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Once Upon a Time Dance
Guitar Lessons

Osseo Area Schools ●●●

Community Education

11200 93rd Ave N • Maple Grove • 55369

Community Ed Directory

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Brian Siverson-Hall 763-391-7115
Assistant Director
Carrie Cabe 763-391-7142

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Welcome Lifelong Learners!

It's that time of the year when you're busy making choices...about what to serve, what to buy for that special someone, what to wear to the holiday party and whether or not you actually have time for yourself. Amongst the hustle and bustle of hosting, planning, purchasing and wrapping, it's important to remember YOU!

This season is the perfect time to try those ideas that you've been pinning to your Pinterest board. We know just how busy your life can be. When you register for a class through Osseo Area Schools Community Education, you'll meet people just like you...choice-makers, busy-bodies, wanna-be-artists, musicians-in-the-making and more. You see, our classes are meant to inspire you, teach you, connect you and relax you.

We're proud to be a part of this extraordinary community. Approximately 78,000 residents, including you, have received this catalog. We have over 45 new classes for adults and youth this season. Explore cooking with your air fryer or Instant Pot, learn a new language, hunker down with homemade soups, power up in our Power Tools for Women class and so much more.

You have consistently shared that one of the top reasons you enroll in our classes is because we're unique. You have also told us that spending time with friends, while learning a new hobby or skill, is important to you. We'd be surprised if you can't find something that peaks your interest. Our purpose is to create opportunities that positively impact our whole community through innovative and responsive programs and services. Sign up for a class, invite a friend, try something new and discover something beautiful.

If you haven't met our team of dynamic staff, please stop by our district office, call or email us. We look forward to serving you. Because you're so important to us, our promise to you remains simple. If you're not satisfied for any reason, please don't hesitate to call and we'll do our best to make things right. As always, if you have class suggestions we welcome your feedback.

Here's to those happy holidays, new resolutions, cozy sweaters, crackling fires and the company of good friends and family. We wish you another amazing year ahead!

Your Enrichment Team,

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Online - osseo.ce.eleyo.com



Phone - 763-391-7242

YOUR FEATURED INSTRUCTOR - Meeghan Burnevik

Meeghan started decorating over 10 years ago when a friend suggested they needed a 'hobby' during a cold MN winter. After completing the Wilton Method classes, she was hooked. What started out as making cupcakes for friends and family grew into a business creating custom cakes, cupcakes, cookies and candy. She loves to think outside of the box to create some whimsical creations. Meeghan owns Swan Lake Cakes in Cedar, MN and teaches cake decorating classes to adults and children.



Asian Favorites (Participation)

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. This class includes both demonstration and hands-on instruction. Many food items are prepped by the chef in advance in order to get through these amazing recipes in 3 hours.

Wed, Jan 25 6-9 pm J. Sandino
OMS \$49/person

Chicken en Croute (Semi-Participation)

Begin with a Caesar salad using fresh baked croutons, Romano cheese and sweet cherry tomatoes. Assemble the entrée by wrapping tender breast of chicken in flaky puff pastry with shallots and some Portobello mushrooms. Together you'll 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. Then finish with chocolate decadence, a flourless chocolate torte served with an exquisite raspberry sauce and fresh whipped cream. This class includes both demonstration and hands-on instruction. Many food items are prepped by the Chef in advance in order to get through these amazing recipes in 3 hours.

Thu, Feb 23 6-9 pm J. Sandino
OMS \$49/person

Traditional Italian Cuisine (Semi-Participation)

Enjoy the marvelous flavors of traditional Italian cuisine starting with "Panzanella", a toasted bread salad with refreshing summer vegetables in a light vinaigrette. You'll prepare "chicken saltimbocca" using thin prosciutto ham and fresh sage in a lemon, caper, artichoke butter sauce. You'll make potato gnocchi (Italian dumplings) then 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. This class includes both demonstration and hands-on instruction. Many food items are prepped by the Chef in advance in order to get through these amazing recipes in 3 hours.

Wed, Mar 22 6-9 pm J. Sandino
OMS \$49/person

Tantalizing Thai Cuisine (Participation)

Begin by preparing Vietnamese summer rolls served with both hoisin and peanut sauce for dipping. 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. 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. This class includes both demonstration and hands-on instruction. Many food items are prepped by the Chef in advance in order to get through these amazing recipes in 3 hours.

Tue, Apr 18 6-9 pm J. Sandino
OMS \$49/person

The Art of Sushi (Participation)

Explore the world of sushi as you create this Japanese delicacy yourself. You'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. 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. This class includes both demonstration and hands-on instruction. Many food items are prepped by the Chef in advance in order to get through these amazing recipes in 3 hours.

Wed, May 17 6-9 pm J. Sandino
OMS \$49/person

Valentine's Day Cake Pops

Make something sweet for your sweetie. You're going to create red, white and pink cake pops to celebrate Valentine's Day. Learn the basis of cake pop construction, icing and decorating to make 10 unique cake pops. Everything you need for class will be included.

Thu, Feb 9 6-8 pm M. Burnevik
OMS \$45/person



YOUR FEATURED INSTRUCTOR - Laurel Severson

Laurel Severson is a graduate of the University of Minnesota with a double major in Home Economics and Education. Laurel currently works in many Community Education districts throughout the metro area teaching participation cooking classes. She has traveled extensively including living in the Philippines for one year and in London for two years. An avid collector of cookbooks, Laurel generously shares her culinary tips. She entertains extensively in her 1882 home and is an energetic volunteer within her St. Paul community.

Best Brownies Ever

This simple to follow recipe tastes great and allows you to customize brownies with simple additions to create unique flavors. Everyone will create your own batch of brownies and then you'll use a variety of additions to create different toppings such as caramel pretzel, s'mores, peanut butter and cookies & cream. Leave class with a plate full of treats and recipes.

Thu, Apr 6 6-8 pm M. Burnevik
OMS \$39/person

Lefse, Lefse, Lefse!

This Norwegian delicacy is made for banquets, holidays, weddings and special occasions. If you're Norwegian and missed recording Grandma's recipe, tips and techniques enroll now. Note: other nationalities find lefse delicious too. Learn tips for making dough, baking, storing and, of course, how to serve lefse. You'll also receive a bonus of some history and humor mixed in as well. Begin with real potatoes using a number of authentic recipes as well as a modern version using instant potatoes. Sample your fresh, warm creations with traditional fillings, plus take home finished lefse and dough to bake and share with family and friends. \$9 supply fee payable to instructor at class.

Mon, Jan 9 6-9 pm L. Severson
OMS \$39/person

Chicken & More Chicken

Work with whole chicken, parts and skinless-boneless chicken breasts. Use skillets and an oven to prepare and enjoy chicken: cordon blue, marsala with sage, Philippine-style adobo, strips with spicy honey dipping sauce, white wine and mushroom sauce, crab-stuffed breasts, crispy parmesan strips, Italian lemon, lemon kebabs, pineapple-raspberry nibbles, raspberry lime and roasted mushrooms and apples. Three recipes are great appetizers, and the entrees will quickly become your favorites. \$17 supply fee payable to instructor at class.

Wed, Feb 1 6-9 pm L. Severson
OMS \$39/person

Bold Breakfast & Brunch Ideas

Make as a special family weekend brunch or as an excellent alternative to evening entertaining...try a brunch. Learn great tips and techniques for a perfect meal from cheese souffle using ham, strata (crunchy bread cubes in a cheesy casserole), frittata ("open face" omelet), an exceedingly simple puffy pancake traditionally served with lemon and confectioner's sugar. Also enjoy unique bread and beverage ideas too. \$13 supply fee payable to instructor at class.

Wed, Mar 8 6-9 pm L. Severson
OMS \$39/person

Six Superb Ethnic Cookies

Create rolled Norwegian cookie krumkakes made with cream, butter and cinnamon or flavored with vanilla. For generations, Minnesotans have purchased irons to bake krumkake from local manufacturer Nordic Ware in St. Louis Park. Italian pizzelles are also baked on the stove top using an iron but are a flat, anise-flavored cookie also flavored with vanilla. The almond Swedish sandbakkeles are delicate golden brown and are baked in tiny tins to resemble tarts. Magnificently crunchy and heavy with nuts, Italian Biscotti may include almonds, pistachios, dried fruits and cinnamon with a drizzle of chocolate. French Madeleines are spongy little cakes baked in small individual molds. Finally, make deep fried rosettes, the fragile, paper-thin Scandinavian delicacies dusted with confectioners' sugar. Bring containers to take your items home. \$15 food supply fee payable to instructor at class.

Mon, Apr 3 6-9 pm L. Severson
OMS \$39/person

Phyllo Pastry Appetizers, Main Dishes & Desserts

Prepare an assortment of appetizers, main dishes and desserts all made with this fun pastry dough. Prepare phyllo kisses, a fast, 5-minute appetizer. Then hot, feta cheese triangles create a party atmosphere. They can be made in advance, then frozen to be baked when guests arrive. Main dishes use chicken and a veggie 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. You will also receive an easy tip sheet to create perfect results every time for other phyllo recipes too. \$15 supply fee payable to instructor at class.

Wed, May 10 6-9 pm L. Severson
OMS \$39/person



YOUR FEATURED INSTRUCTOR - Tess Georgakopoulos

Tess has been cooking and baking for over 45 years. Her father, also a trained chef, brought the magic of food to life on the weekends as they cooked elaborate family meals together. Tess is experienced in creating classes and curriculum for conventional cooking, baking, air frying, pressure-cooking, pizza-making, Mediterranean cooking and meal preparation. She has been teaching cooking classes through Community Ed for a number of years for more than 30 public school districts. Through teaching, Tess has helped people of all skill levels increase their confidence and expand their skills in the kitchen reaching heights of personal creativity they never even knew existed.

Online: Instant Pot® 101 Live Cook-Along & Demo
Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her cookbook. Demystify the electric pressure cooker/multi-cooker called Instant Pot® during this live virtual class. Discover foundations for cooking/care and how to make satisfying dishes. Breakfast, lunch, dinner, and dessert menu items are demonstrated. You can choose to join in a cook-along for the pasta dish found in this description. In addition to an Instant Pot® yogurt tutorial, menu items include: Creamy Steel-Cut Oatmeal or Egg Bites, Creamy-Cheesy Tuscan Chicken with Penne, and Luscious Lava Cakes or Dreamy Banana Bread. Menu items on the day of the class will depend on ingredients that are on hand. Q & A is built into class. A PDF with Tess's original recipes is also provided. The packet includes the yogurt tutorial, information on cleaning and care, and terms that will help build Instant Pot® confidence. Tess will provide an ingredient list/station prep guide for the Creamy-Cheesy Tuscan Chicken with Penne dish a week prior to class in case you wish to cook-along. As a bonus, Tess created a private group on Facebook for cooking class participants. Everyone will receive an invite to the group; joining is optional. One registration fee for this online class can include participants from the same house only. If children are participating, adult supervision is required.

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

"Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors - it's just how you combine them that sets you apart."

- Wolfgang Puck

Online: Valentine Dreams - Strawberry Cream Cheese Rolls & Kit-Kat No-Bake Cheesecake

Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her cookbook. Valentines Day, synonymous with strawberries/chocolate gifted as an expression of love. Learn to make two dreamy, mouth-watering sweets to share or give to your sweetheart, family, friends or loved ones on Valentine's Day. Learn to make the most wonderful strawberry cream cheese rolls with billowy soft dough and strawberry sauce, drizzled with glaze, chocolate and a luscious dreamy Kit Kat no-bake cheesecake topped with a velvety chocolate ganache. These will become family favorites for any time of the year. Similar to her copycat Cinnabon recipe, Tess kept her strawberry cream cheese roll recipe a secret for many years and has decided to share it for the first time with those that register for this class. She shares her secret for creating wonderfully soft melt-in-your-mouth cream cheese dough full of sweet flavor, and her versatile strawberry sauce. Anyone who is lucky to taste them will love these rolls topped with drizzle and chocolate. Also, if interested, learn how to create a rich velvety chocolaty dessert known as Kit Kat cheesecake as the strawberry rolls are rising. It is a no-bake dessert, so requires some secret finessing, to ensure the filling sets. Tess will share her method for stabilizing the filling so that it stays velvety and sets up so that slices are created with every cut without collapsing. Have your questions answered and interact with other participants as you bake-along with Tess. Participants will receive a list of ingredients in advance to allow enough time for shopping and preparation. A PDF of Tess's personal recipes from class will also be sent. As an added bonus, Tess created a group on Facebook for participants of her cooking classes. Everyone will receive an invite; joining is optional. A 9x11 rectangular baking pan or glass baking dish will be needed for the rolls, and a 7 or 8 in. spring form pan (preferably 8 in.) will be needed to create the cheesecake for this class. One registration fee for this online class can include participants from the same household only. If children are participating, adult supervision is required.

Sat, Feb 4 4-6:30 pm T. Georgakopoulos
Online \$39/person

Online: Copycat Big Mac Attack & No-Churn Ice Cream Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her cookbook. How often have you taken a bite of one of America's favorite double stacked burgers with that special sauce, served under the golden arches and wondered how it was made or if you could ever make one of your own? Tess will share her secrets to creating this mouthwatering goodness in your own kitchen. Tess has kept many cooking secrets from even her closest family members for many years. One of these secrets has been her Copycat Big Mac special sauce and all that she puts into creating that fast food experience for her family at home. All that have partaken in this magic say she has taken that experience and turned it into a healthy gourmet version often resulting in people inviting themselves over. Many have tried to create this sauce, but have not matched the taste, texture, consistency and flare that Tess shares. As an added bonus, she created a group on Facebook for participants. Everyone receives an invite; joining is optional. On the menu: homemade sesame seed buns, patties, special sauce and no-churn ice cream. While cooking along is fun and recommended, it is optional. You'll receive an ingredients list before class to allow enough time for shopping and prep. A PDF packet of Tess's recipes will also be sent. One fee for this online class can include participants from the same household. If children participate, adult supervision is required.

Sat, Feb 25 4-6 pm T. Georgakopoulos
Online \$35/person

Online: Mediterranean Mezze

Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her cookbook. The word "Mezze" refers to finger foods and dips. Many Mediterranean meals consist of a variety of "mezze" items that create the most wonderful flavors, tastes and textures. Similar to charcuterie boards, Mediterranean families have been creating charcuterie tables for generations with a variety of Mezze items. On the menu: Mediterranean Kebabi; full flavored/seasoned ground meat skewers with Greek drizzle dressing, Tiropitakia; Phyllo wrapped savory cheese triangles accompanied by tzatziki; Savory Greek Yogurt Dip, and Greek white bean dip or hummus, and homemade pita bread. This variety of skewers, wraps, dips and pita bread make for a beautiful presentation. Learn to make, wrap, present & plate these wonders with a Greek salad. You'll receive an ingredients list roughly 5-7 days before class to allow time for shopping. You'll also receive a copy of Tess's recipes in PDF format. As a bonus, she created a Facebook page for participants. Everyone receives an invite; joining is optional. One fee for this class includes participants from the same home. If children participate, adult supervision is required.

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

Online: Instant Pot® Carnitas, Classic Chili & Homemade Potato Rolls

Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her cookbook. Have some fun participating in this virtual Instant Pot® cook along class. Create two satisfying classic meals, that would typically take hours to make, in a fraction of the time using the Instant Pot® electric pressure/multi-cooker. Create two dishes during this class. Choose one for your cook along, and watch a demonstration of the other. If you have a second Instant Pot® on hand and want to make both, please do. On the menu: Carnitas; a Latin American-style taco with a smoky BBQ flavor, and a Classic Chili. You'll also quick pickle red onions to be enjoyed with the Carnitas and bake potato dinner rolls from scratch. All recipes created by Tess are made with ingredients readily on hand. Children absolutely love getting involved in the kitchen and will enjoy creating these dishes with you. Have your questions answered by the instructor and interact with other participants as you cook along. You'll receive an ingredients list 5-7 days before class to allow time for shopping. You'll also receive Tess's personal recipes in a PDF. She created a Facebook page for participants of her classes. Everyone receives an invite; joining is optional. One registration fee for this online class can include participants from the same household. If children are participating, adult supervision is required.

Sat, Mar 11 4-6 pm T. Georgakopoulos
Online \$35/person



Online - osseo.ce.eleyo.com



Phone - 763-391-7242

Online: Focaccia, Stromboli & Calzones

Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her cookbook. How are Focaccia, Stromboli and Calzone the same or different? Discover the answer to these questions as you participate in this cook-along class. You'll dive into the world of unique Rolled & Stuffed Pizzas and marvelous focaccia bread. Learn to make your own bread, a wonderful rolled pizza called a stromboli, and stuffed calzones with homemade pizza dough. Experience the rave reviews from previous participants of Tess's pizza classes. Take out pizza may become a thing of the past. On the menu: Stromboli (rolled/filled pizza), Calzones (stuffed pizza), Focaccia Bread, and an out of this world pizza sauce. Two homemade doughs will be used. One for the pizza options, the other for the focaccia. Tess will provide step-by-step instruction to ensure the process is as simple as can be. You can personalize your pizzas and focaccia bread with toppings and fillings of your choosing. All recipes have been created by Tess and tested time and time again. Choose which ones you would like to make and watch a demonstration of the others. Or, if you want, make all. While cooking along is fun, it's optional. You will receive an ingredients list 5-7 days before class to allow time for shopping and prep. A PDF packet of Tess's recipes from class will also be sent. Tess also created a Facebook page for participants. You'll receive an invite to the group; joining is optional. Equipment needs: 9x13 non-stick baking pan or a larger sheet pan needed for focaccia bread. Additional sheet pans needed for the stromboli and calzones. A stand mixer is highly recommended in order to be able to make both doughs during the class. One registration fee for this online class can include participants from same house. If children participate, adult supervision is required.

Sat, Mar 25 4-6:30 pm T. Georgakopoulos
Online \$39/person

"Cooking is like painting or writing a song. Just as there are only so many notes or colors, there are only so many flavors - it's just how you combine them that sets you apart."

- Wolfgang Puck

Online: Classic Pierogi

Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her cookbook. Have some fun participating in this virtual class. Learn how to make your own homemade Classic Pierogi with homemade dough and filling that will make your taste buds dance for joy. You'll also learn how to cook and freeze these little dumplings that you can make ahead and store for a rainy day. No fancy equipment needed. You'll receive a list of ingredients ahead of time to allow time for shopping and prep as well as a PDF packet of Tess's personal recipes. Children love getting involved in the kitchen and will enjoy creating Pierogi with you also. While cooking along is loads of fun, it's optional. As an added bonus, Tess created a Facebook page for participants of her classes. Everyone will receive an invite; joining is optional. One registration fee for this online class can include participants from the same house. If children are participating, adult supervision is required.

Sat, Apr 29 4-6 pm T. Georgakopoulos
Online \$35/person

Online: Homemade Gnocchi Meal - Creamy Tuscan Gnocchi with Chicken & Homemade Bread

Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her book. Gnocchi are bite-sized pillows of pasta goodness. It's very versatile and takes on added flavors that create mouthwatering meals for your family. Gnocchi are even simpler to make than other fresh pasta options. Learn to create these little morsels of goodness, then turn them into a meal Tess created called Creamy Tuscan Gnocchi with Chicken and a wonderful loaf of fresh bread as well. Follow along as she guides you through creating these tender bites of goodness. Then create a wonderful meal with them that will have your family asking for more. While cooking along is fun, it is optional. You'll receive a list of ingredients in advance to allow time for shopping and preparation. A PDF of the Tess's recipes will also be sent. As a bonus, Tess created a Facebook page for her classes. You'll receive an invite; joining is optional. One fee for this class can include participants from the same house. If children participate, adult supervision is required.

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





Online: Fun with Falafel, Pita Pockets & Dips

Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her cookbook. If there were a combination where nutrition meets delicious and simplicity, the combo would be called "Fun with Falafel". Experience fun, and taste nutritious deliciousness while participating in this online cook-along class. Create full-flavored falafel and all that is needed to make, stuff, top, and serve to enjoy them thoroughly. Follow along with Tess as she guides you through creating each of the items. On the menu: Falafel (not deep fried but as amazing), homemade pita-pocket bread, a yogurt tahini sauce and marvelous hummus. You'll also discover options on how to stuff, top and serve these bites of goodness. While cooking along is loads of fun, it is optional. You'll receive a list of ingredients before class to allow time for shopping and preparation. A PDF of the instructor's personal recipes will also be sent. As an added bonus, Tess created a Facebook page for her cooking classes. Everyone receives an invite; joining is optional. One registration fee for this online class can include participants from the same house. If children are participating, adult supervision is required.

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

Online: California Sushi Roll Extravaganza

Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her cookbook. When it comes to sushi made with sushi-grade raw fish, tolerance runs from a strong yes to a strong no with little wiggle room. Try California "Sushi" Rolls that turn a no into a yes. Let Tess walk you through creating a variety of the most marvelous California Rolls that will make you wonder why you haven't tried to make them before. California "Sushi" Roll combos are only limited by your imagination. Create them as vegetarian, with or without seaweed, spicy or not...it's up to you. Learn the skill of creating delicious seasoned sushi rice, spicy mayo, and how to stuff, wrap/shape the rolls with wonderful filling ingredients. One of these fillings is a "crab" salad that's created using crabsticks. While cooking along is loads of fun, it is optional. You'll receive a list of ingredients in advance to allow enough time for shopping and prep. A PDF of recipes will also be sent. As a bonus, she created a Facebook page for participants of her classes. Everyone receives an invite; joining is optional. Ingredients and/or supplies in case you wish to shop early for ingredients: Sushi rice, sushi nori/seaweed sheets, toasted sesame oil, (Japanese) rice vinegar. Additional ingredient list will be sent 5-7 days before class. Bamboo sushi rolling mat can be helpful, but not necessary. One registration fee for this online class can include participants from the same house. If children are participating, adult supervision is required.

Sat, May 13 4-6 pm T. Georgakopoulos
Online \$35/person



Online - osseco.ce.leyo.com



Phone - 763-391-7242

Online: Air Fryer Hype - Copycat KFC & Recipe Ideas for All Ages

Class takes place on Zoom or on Microsoft TEAMS; a free online software. Please have a current email on file. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, a refund will not be given. Tess's recipes are all originals and are creative property published in her cookbook. Do you have an air fryer and want ideas about what to make in it besides fries or crisping up frozen processed foods? Are you thinking about purchasing one, but would like to know more about it? Participate in this online Air Fryer Demonstration and Partial Cook-Along class and 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 demonstrated include: homemade eggroll wraps, pizza bites, seasoned potato wedges, and burgers. The cook-along recipe is Tess's own Copycat KFC Chicken. All healthy, delicious recipes that will have your family coming back for more. Leftovers may become a thing of the past. Participants of this class and all consumers of Tess's recipe say Copycat KFC is way better than actual KFC...try it for yourself. The recipe is only available to those that register for this class. While cooking along is fun, it is optional. You'll receive a list of ingredients before class to allow time for shopping and preparation. A PDF packet of Tess's recipes from class will also be sent. As a bonus, Tess created a Facebook page for participants of her classes. One registration fee for this online class can include participants from the same house. If children participate, adult supervision is required.

Sat, Jan 28

4-6 pm

T. Georgakopoulos

Online

\$35/person

TOP 6 BENEFITS TO USING AN AIR FRYER

1. Fry your favorite meals faster.
2. Eat healthier without compromising taste.
3. Clean them more easily than other appliances.
4. Conserve electricity.
5. Prepare a wide variety of meals.
6. Emit less heat in your kitchen.

“Cooking is LOVE made visible.”



Online: Improve Your Health at Any Age

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Every day, your body makes about 330 billion new cells which means 3.8 million cells are replaced every second. The quality of cells your body can produce this second is very 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 well-being now and in the future. Discuss steps you can take to make every system in your body healthy.

Wed, Jan 25 6-7:30 pm J. Novak
Online \$35/person

Online: Strong Is the New Skinny

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Not everyone can be skinny, but everyone can be stronger even if you don't go to the gym several times/week. Strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV show. There are benefits to having stronger muscles. They boost your metabolism, maintain/increase bone density, make tasks easier and help you age with grace. These multi-tasking exercises can fit easily into even the busiest of schedules. It's wonderful to be strong, fit and functional. You'll need a resistance band.

Thu, Jan 26 6-7:30 pm J. Novak
Online \$35/person

Online: Acupressure & Other Tools for Women 35+

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Acupressure is an ancient healing art that can offer great relief, with no side effects from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance hormone levels naturally, including thyroid hormones. Acupressure is a self-help tool that helps you feel your best. You'll discuss breathing, nutrition, and more.

Mon, Jan 30 6-7:30 pm J. Novak
Online \$35/person

Online: The Art of De-Aging

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Your chronological age is the number of years you've been alive. Your biological, or body age, is measured by how well your organs and body systems work. There are many things you can do to affect your bio age. You have more control over how your body ages than you think. Research shows you can peel years off your bio age. Learn proven things you can do to decrease your body age. Discover facial acupressure points to help erase years from your face by increasing muscle tone, decreasing puffiness and eye bag. Reduce lines and prevent new lines from forming.

Tue, Jan 31 6-7:30 pm J. Novak
Online \$35/person

Online: Posture - Get It Straight

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and handouts before class. Ever caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? Learn how to correct posture problems and learn an 'Instant Alignment Technique' that'll have you standing straighter immediately. You'll discuss easy to implement tips when at a computer, in a car or working out. There are many benefits to improving posture. No matter how long you may have had poor posture, it is never too late to make improvements. Resistance band needed for some exercises.

Thu, Feb 2 6-7:30 pm J. Novak
Online \$35/person

Online: Face Yoga

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing "puppet mouth" lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face.

Wed, Apr 12 6-7:30 pm J. Novak
Online \$35/person

Online: Soothe Those Achy Joints

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. 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 quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. You'll also discuss which nutrients are needed to help keep your joints healthy.

Thu, Apr 27 6-7:30 pm J. Novak
Online \$35/person



Online: Avoid the Pitfalls & Weight Gain of Perimenopause/Menopause

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Perimenopause starts around the age of 35 for most women and can last 10-15 yrs. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, migraines, fibroids, exaggerated PMS and more. Understand what is causing all of these troublesome symptoms. Discuss how to get hormone levels measured, blood test vs. saliva test, and what to do with results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. Leave with multiple tools and techniques for restoring health and well-being.

Wed, Feb 8 6-7:30 pm J. Novak
Online \$35/person

Online: Women, Weight & Hormones

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Are you finding no matter how well you watch what you eat or exercise that weight is not budging? Your inability to lose weight is likely due to hormone levels. Until you correct imbalances, trying to lose weight will feel like shoveling sand against the tide. Discuss concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; things you can do every day to boost your metabolism; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to check hormone levels reliably; steps needed to eliminate hormone-related weight gain.

Thu, Feb 9 6-7:30 pm J. Novak
Online \$35/person

Online: Is Your Waistband Too Tight Today?

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Have you ever found that in the A.M. your pants fit fine but by mid-afternoon, the waistband squeezes you like a tourniquet? Or no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing abdominal exercises. Learn the main causes and 6 strategies for getting rid of belly bloat. You'll do a few exercises designed to strengthen the deepest layer of ab muscle; the layer responsible for flattening a stomach, shaping your waistline, and supporting your lower back. You'll do this without getting on the floor.

Wed, Feb 15 6-7:30 pm J. Novak
Online \$35/person

Online: Thyroid Things You Need to Know

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. If you currently take thyroid meds but are still gaining weight and have 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 some of the symptoms. Learn how thyroid function can make illnesses worse; 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help/hinder; misunderstood rules of how and/or when to take thyroid meds; environmental triggers and info you need to discuss with your doctor. This class is informative and is not a substitute for advice of a qualified medical professional.

Thu, Feb 16 6-7:30 pm J. Novak
Online \$35/person

Online: Just Breathe!

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the most powerful thing you can practice for improving energy levels, health, and well-being. Learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out. The most powerful technique for optimum health is free and right under your nose.

Tue, Feb 21 6-7:30 pm J. Novak
Online \$35/person

Online: Acupressure to Assist Weightloss

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Acupressure is a Chinese healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight seems impossible. Learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

Mon, Feb 27 6-7:30 pm J. Novak
Online \$35/person



Online - osseo.ce.leyo.com



Phone - 763-391-7242

Online: Hips, Thighs & Otherwise

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. If you've noticed hip/thigh/butt spread, you're not alone. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. Learn my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles and increase metabolism/bone density; decrease 2 in. off saddlebag areas in two weeks; trim inches off of your lower body by getting rid of excess water weight; breathing techniques to stimulate fat metabolism; acupressure points for lymph circulation and drainage. If you don't have time/money/inclination to haul yourself to a gym several times a week, you'll love these techniques. You need a resistance band tied in a loop for the '10 Minute Miracle Exercise'.

Tue, Mar 21 6-7:30 pm J. Novak
Online \$35/person

Online: Acupressure Face Lift & Skin Savvy

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Here's a facelift you can do at home. Acupressure is an amazing Chinese healing method that works with the energy that flows through your body. Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin, decrease headaches, relieve eye strain, soothe nerves, and increase relaxation. Learn how to make your skin healthy from the inside out.

Wed, Mar 1 6-7:30 pm J. Novak
Online \$35/person

"Your body holds deep wisdom. Trust in it. Learn from it. Nourish it and then watch your life transform and be healthy."

- Bella Bleue

Online: Feet, Knees & Ankles

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. 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? 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? Learn simple things to correct these common problems.

Thu, Mar 16 6-7:30 pm J. Novak
Online \$35/person

Online: Ancient Art of Hand Yoga

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Mudras, or 'yoga of the hands' has been recognized for centuries as an effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental, and physical well-being and that regular practice of hand positions can rejuvenate body and mind. The positions are easy to do, take minutes to perform and can be done almost anywhere at any time. Mudras can also help relieve conditions such as anxiety, stress, digestive issues, weight loss, bloating, insomnia and more.

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

Online: Vitamins & Herbs - Facts & Falacies

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Confusion abounds about vitamin supplements. Which ones are best? How do you choose? Learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (Janice does not sell supplements). Also, you'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, and herbal preparations such as Glucosamine Chondroitin, Melatonin, St. John's Wort, Ginkgo, Ginseng, Echinacea, & DHEA.

Tue, Mar 14 6-7:30 pm J. Novak
Online \$35/person

Online: Acupressure to Relieve Stress, Anxiety, Insomnia, Sinus Problems & More

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and frequently prescribed to assist systems in your body.

Thu, Mar 9 6-7:30 pm J. Novak
Online \$35/person

Online: Seated Abdominal Strengtheners

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Common abdominal exercises like crunches can place too much stress on back and neck joints. Learn a series of extremely effective exercises to quickly strengthen all four layers of the abdomen, without stressing back or neck joints and without getting on the floor.

Tue, Feb 28 6-7:30 pm J. Novak
Online \$35/person



Online: Improve Your Health at Any Age

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Every day, your body makes about 330 billion new cells which means 3.8 million cells are replaced every second. Every second is a chance to make your body systems healthier. The quality of cell your body can produce this second is very dependent on what raw materials you have floating in your blood. 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.

Wed, Jan 25 6-7:30 pm J. Novak
Online \$35/person

Online: De-Age Your Brain

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Current research shows lifestyle and diet have an effect on how the brain ages. Cognitive function, which covers aspects of perceiving/thinking/reasoning, can improve. The good news is no matter what your age, there are things you can do today to improve how effectively brain cells communicate. Discover which 'superfoods' reduce the damaging effects of toxins/inflammation on your brain and great nutrients for memory, attention, processing and reducing stress. Learn simple strategies to help your brain stay healthy.

Tue, Apr 11 6-7:30 pm J. Novak
Online \$35/person

Online: Posture & Osteoporosis

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Have you ever seen your reflection in a window/mirror to notice your head leads the way? Or that your shoulders and upper back are too rounded forward? You'll learn techniques to improve posture and stand straighter. Do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Reduce the risks of osteoporosis and re-gain bone mass. Discover the latest findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear comfortable clothes. Resistance band or tube needed.

Tue, Apr 25 6-7:30 pm J. Novak
Online \$35/person

Online: Overcome Your Carbohydrate Cravings

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. Ever had a day where you can't stop eating? Do you crave starches, snack foods, or sweets and find the more you eat, the more you want to? Is your snacking out of control? Discuss a 2-week plan that will end your cravings, help you lose weight and help keep your insulin levels balanced. It's not a matter of willpower but of biology. Learn to stop the vicious cycle of food craving and weight gain. No hype, just the facts.

Tue, May 2 6-7:30 pm J. Novak
Online \$35/person

YOUR FEATURED INSTRUCTOR - Christine Morgan

Christine has been practicing Tai Chi since the mid 80s and teaching for approximately 18 yrs. She has certified in the Chen Synthetic style and now teaches Yang Short Form, SUN Forms, and Qigong Forms. She's a Certified Tai Chi Instructor, Qigong Instructor & Level III American Tai Chi and Qigong Instructor (over 2,000 hrs of teaching students). Christine is also a member of the US Tai Chi Community.



Online: Metabolism Boosters & Busters

This is an online class held via Zoom. Make sure you have a current email on file so we can send the link and PDF handouts before class. In the past, you likely dropped weight by cutting back on calories or exercising a bit more. Then suddenly, the scale stops moving and you just can't lose weight. Lose up to 20 lbs in a year without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. Learn 20 things you can do every day to boost metabolism and burn up to 30% more.

Wed, May 31 6-7:30 pm J. Novak

Online \$35/person

Tai Chi Ruler, Ball, & Bang Stick

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 class focuses on exercises for whole-body health that simultaneously improve balance and stability. Develop useful techniques to regain balance that can be easily added into everyday life without taking time away from a busy schedule. You will receive a ball and half dome to take home for use which is included in the price of the class.

Mon, Jan 23-Mar 6 6:30-7:30 pm C. Morgan

OMS \$69/person Skip 2/20

Mon, Apr 3-May 8 6:30-7:30 pm C. Morgan

OMS \$69/person

Tai Chi for Arthritis, Chronic Pain & Balance

This gentle SUN family form improves your mental and physical capacity as well as relaxation, balance and your vitality. Postures are done in a slow, gentle, continuous sequence. Tai Chi has proven through scientific studies to relieve 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, Jan 24-Mar 14 6:30-7:30 pm C. Morgan

OMS \$69/person Skip 1/31, 2/21

Tue, Apr 4-May 16 6:30-7:30 pm C. Morgan

OMS \$69/person Skip 4/18

The Power of a Whole Food Plant-Based Diet

The Global Burden of Disease Study, funded by the Bill and Melinda Gates Foundation, determined the leading cause of death and disability in the United States is our diet. Explore how a plant-based diet extends your life and prevents a broad range of diseases.

Wed, Mar 22 6-7:30 pm D. Ogren

ESC \$25/person

Time Restricted Eating

Time restricted eating, also known as intermittent fasting, is one of the world's most popular health and fitness trends. Many people are using it to lose weight, improve their health and simplify their lifestyles. Find out how painless this is to implement and the health benefits it can provide you.

Wed, Apr 19 7-8 pm R. Timm

ESC \$19/person

Online: What Do You Do With Difficult Things? A Mind-Body-Spirit Approach

During this jam packed seminar, get ready to explore a comprehensive approach for managing stress, difficulty, and human hardship. Master three go-to formulas used by many psychologists for anger, anxiety and overwhelm. Study over 50 tips and strategies for energizing your body, calming your mind and waking your spirit. Learn what emotional resilience is and how to readily access it when life throws you hard things.

Thu, Jan 26 6:30-8:30 pm H. Kopacek

ESC \$39/person



Online - osseo.ce.eleyo.com



Phone - 763-391-7242

YOUR FEATURED INSTRUCTOR - Lily McNamara

Lily started on her path as a holistic healer at the age of 10, yes it's true, and has been practicing for over 16 years. Her ability to see the energy around you is a gift that has led her to her life's purpose of helping people heal. And involved member of local health and wellness communities, she teaches classes and guides meditations all around the Twin Cities in addition to the private services she offers at her office. Lily is also head of youth programming for a local nonprofit and an ordained minister. She also does animal communication and healing. As someone who definitely believes in giving back, Lily started a holistic healing program for U.S. veterans to help those who have bravely served our country.



Discover Your Past Life Workshop

Ever wonder who you were in a past life? Everyone has lived multiple lives. Learn about past lives and what that can mean for you today. Through guided meditation you will discover who you were in a past life and how that can help or hinder you in your present one. Afterwards there will be an opportunity to journal your experience and ask psychic questions for clarity. Bring a notebook and pen for taking notes.

Tue, Feb 21 6:30-8:30 pm L. McNamara
OMS \$35/person

Basics of Mindfulness & Meditation

With all the many distractions around us, it is difficult to concentrate and be present. To live in the moment, enjoy what you are doing and be fully aware of whatever you are experiencing. You will get the chance to participate in several different activities discovering what mindfulness techniques (exercises/practices) work best for you outside the classroom, in real life. Bring a notebook and pen for taking notes.

Tue, Apr 18 6:30-8:30 pm L. McNamara
OMS \$35/person

Online: Meditation for Relaxation & Personal Healing

This is an online ZOOM class. You will receive a link to the class and all information prior to the start via email. Please make sure your email is on file with us. Do you suffer from stress, anxiety, sleeplessness, or even high blood pressure or hypertension? Does your mind simply never stop going? Meditation can help. It is a simple, easy to learn practice that involves focusing your thoughts and your breathing to help you relax into the present moment. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce the physical effects of stress and create a greater sense of well being. Learn empowering concepts and techniques for successful personal meditation and find support in crafting your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health and spiritual connection that come from meditation.

Tue, Jan 31-Feb 28 6-8 pm J. Wicher
Online \$159/person

Online: Psychic Development & Mediumship

This is an online ZOOM class. You will receive a link to the class and all information prior to the start via email. Please make sure your email is on file with us. Think you're not psychic? Think again. Each of you is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to, and trust the subtle impressions you get, gain amazingly accurate insights into the questions of your life and the lives of others. During this five-week course, build confidence in your natural abilities through engaging, skill exercises and practice exchanging healing/empowering messages with your classmates.

Wed, Feb 1-Mar 1 6-8 pm J. Wicher
Online \$159/person

Online: Emotional Release for Inner Peace

This is an online ZOOM class. You will receive a link to the class and all information prior to the start via email. Please make sure your email is on file with us. Inner peace is impossible to maintain while you still hold on to the feelings and beliefs that keep you from being peaceful to begin with. Trapped negative emotions such as 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 emotions that keep us from ourselves. Nobody wants to suffer.

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

Foundation of Spiritual Health

Building a solid foundation is essential for your spiritual health. To do this you must first learn how to ground and center in yourself. The next step is a basic knowledge of protection, shielding and warding. In this class you will learn exercises and techniques for each of these key aspects of your spiritual life to live your best life. Bring a notebook and pen for taking notes.

Tue, Mar 21 6:30-8:30 pm L. McNamara
OMS \$35/person

Online: Secrets of Happiness

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Learn to believe in the happiness you want for your life, all over again. Over the course of five weeks, you'll be guided on a journey of self-discovery. Through the practice of time-honored techniques, you'll experience your own life-transforming power to choose happiness in any situation, reconnect with the spontaneity and wisdom of your inner-child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Uncover how to give yourself permission to be happy and begin filling each moment with freedom, creativity and joy.

Thu, Feb 2-Mar 2 6-8 pm J. Wicher
Online \$159/person

Online: Practical Compassion

This is an online ZOOM class. You will receive a link to the class and all information prior to the start via email. Please make sure your email is on file with us. Each of you is seeking the goodness you need for your life in the best way you know how. The fact that none of you does this perfectly, and that nobody truly wants to suffer, can help you to have greater understanding and compassion through the sometimes painful lessons of life. Apply the universal principals of compassion to bring acceptance, forgiveness and wisdom to your relationships with yourself, others and the world. Discover practical tools you need to create sustainable personal boundaries to help you live and love more open-heartedly in your life. Learn how to expand beyond the barriers that separate you and become the healing change you wish to see in the world.

Mar 9-Apr 6 6-8 pm J. Wicher
Online \$159/person

Online: Reiki Certification Class

This is an online ZOOM class. You will receive a link to the class and all information prior to the start via email. Please make sure your email is on file with us. Become a certified Reiki healer. During these in-depth sessions, you'll delve deeply into the ancient Japanese art of energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality and correct physical, mental and emotional imbalances. Each course level provides training, course manual, attunement and in-class experience of advanced techniques useful for healing yourself, family and friends or for establishing your own Reiki practice.

Level 1 Certification

Sat, Jan 28 9 am-4 pm J. Wicher
Online \$199/person

Level 2 Certification

Sat, Feb 18 9 am-4 pm J. Wicher
Online \$199/person

Advanced Training

Sat, Mar 11 9 am-4 pm J. Wicher
Online \$199/person

Multi-Dimensional

Sat, Mar 25 9 am-4 pm J. Wicher
Online \$199/person

Brain & Body Yoga/Tai Chi

These unique classes are designed to unify movements, breathing, and awareness. This is what makes yoga different from regular stretching. Rather than focusing on a strict set of yoga poses that demands physical strength, classes incorporate a wide variety of exercises that stretch the physical, energetic and spiritual bodies. Brain & Body wellness classes are a brain-centered approach to help people create energetic, balanced, and healthy lives. It includes paying careful attention to proper posture while controlling your breathing and concentration in the present moment. Classes are a combination of meridian stretching, breathing postures and energy meditation. One of the advantages of this yoga is that it is easy and simple enough for everyone to learn. Regular practice can offer you the following: increase flexibility and balance, improve respiration, energy level, ab vitality, improve bone density and muscle tone, help maintain a balanced metabolism, promote cardio and circulatory health, help manage pain in the body, help you relax and handle stressful situations more easily, encourage positive thoughts and self-acceptance.

Tue, Jan 31-Mar 28 6-7 pm Y. Rybachenok
ESC \$105/person Skip 2/28
Tue, Apr 4-May 30 6-7 pm Y. Rybachenok
ESC \$109/person Skip 5/23



Online - osseo.ce.eleyo.com



Phone - 763-391-7242

Online: Self-Growth & the Art of Singing

This is an online ZOOM class. You will receive a link to the class and all information prior to the start via email. Make sure your email is on file with us. Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share with you the wonderful life-lessons he has learned through the study of singing. Through both lecture and examples, you'll explore the profound relationship between the breath, body and voice, and personal growth. Highlights include: "Singing with your own voice," "Getting out of the way," and "Letting go of judgments." This engaging one-evening course is perfect for singers, artists, and anyone wishing to create more freedom and joy in your life - no singing required. Come learn what good singing can teach you about good living!

Mon, Mar 20 5:30-8 pm J. Wicher
Online \$49/person

Online: Singing Lessons for Everyone

This is an online class. Make sure you have a current email address on file with us. Classes are open to all ages. Online singing lessons are conducted using a computer, tablet or smartphone via Skype, ZOOM and most other live chat platforms. Once you enroll, you will be notified and provided with your instructor's contact information. Learning to sing over the internet is fun and easy. Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing. Lessons are 30 minutes of private instruction.

Dates TBD Times TBD J. Wicher
Online \$129/person

Online: Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply feel it's difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with 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 any pressure at all. And since the class includes an online book and follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Topics include: how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar (things to avoid), how to play along with simple tunes.

Tue, Feb 7 6:30-9 pm C. Coffman
Online \$59/person

You really are
good ENOUGH,
pretty ENOUGH,
& *strong* ENOUGH!



Online: Instant Piano for Hopelessly Busy People
Learn enough secrets of the trade to give you years of musical enjoyment. Play piano like the professionals do - using chords. Since class is held online with ZOOM, you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And, since class includes an online book and follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included with a recording of the class. The course is partly lecture/demonstration and partly hands on instruction. Topics include: how chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid "counting", how to simplify over 12,000 complex chords.

Mon, Feb 6 6:30-9:30 pm C. Coffman
Online \$59/person

Photo Organization: Digital & Print

You know how so many people remember, celebrate and connect through photos & videos? Yet they can't find them or share them because of disorganization, outdated media or dreadful loss. Let's solve this generational photo problem for the last time. Learn about a complete memory keeping system for slides, negatives, tapes, reels, printed photos, digital photos, videos, memorabilia, art-work, etc. Print options. Leave inspired and equipped to become your best memory keeper and visual storyteller.

Thu, Jan 19 6:30-8:30 pm B. Schwebach
ESC \$25/person
Thu, Apr 13 6:30-8:30 pm B. Schwebach
ESC \$25/person

Digital Scrapbooking & Photo Gifts

Design online or with PC software. Anyone can feel like a graphic designer and create graphic works of heart. Express your creativity and tell your story through Page Prints, Photo Books or Photo Gifts. Learn some design options, themes, templates, embellishments, text boxes, QR codes and more. Bring 7-10 digital photos and your device: working laptop recommended, a smart phone or tablet will work too.

Mon, Feb 13 6:30-8:30 pm B. Schwebach
ESC \$25/person
Mon, May 15 6:30-8:30 pm B. Schwebach
ESC \$25/person

Online: Introduction to Voiceovers

Do you have a passion for voiceovers? Want to earn income using your talents from the comfort of your home? Explore the fun, rewarding possibilities of the growing remote voiceover industry! Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. You'll learn about different types of voiceovers and tools you'll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later in a follow up call. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. 18 and over. Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

Dates TBD 6-7:30 pm Voices for All
Online \$35/person

Exploring Pottery

This popular class is taught by an expert and Maple Grove Senior High art teacher and fills quickly! With an emphasis on exploring and developing throwing skills on the pottery wheel, uncover many techniques, including slab-based designs, coils, slip molds, sprigs and textures. Learn about glazes and under glazes as well. Wear old clothes and be ready to sink your hands into clay. All materials are included in the class fee. Wear hard sole shoes to class. Bring your own tools or use the ones we provide for you. Aprons or lab coats are also provided. Please note: 2/27 & 5/15 are an optional pick-up day for projects only - not a full class.

Mon, Jan 9-Feb 27 6:30-9 pm C. Manders
MGSH \$125/person Skip 2/20
Mon, Apr 3-May 15 6:30-9 pm C. Manders
MGSH \$125/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

YOUR FEATURED INSTRUCTOR - Sandra Bengston

Sandra is the owner of Avant Garb Fashions. She created, in part, because she believes that knowing how to sew is an important life skill that, if nourished, becomes a hobby and great way to express creativity. She loves to create and share with others the one-of-a-kind, handmade items that reflect ones style. After almost 30 years in Community Ed, she now offers beginner and advanced-beginner sewing classes that provide a warm, inclusive environment with fun, laughter, and perhaps even new friendships.

What's a Bobbin?

Do you having a sewing machine but don't have a clue how to use it? Join this fun, informative class where you'll come away with an understanding of machine operation and tips to get you started on your sewing journey. Test out essential sewing accessories, practice a variety of stitches on woven and knit fabrics, as well as, learn how to read a pattern. Class ends with a field trip where you'll learn how to navigate a fabric store. A \$5 supply fee is payable to Sandra at class. Bring the following supplies to class: sewing machine/manual, thread, fabric scissors, pins.

Mon, May 1-15 6-8:30 pm S. Bengston
OMS \$49/person

Buttons, Hems, Mending, Oh My!

How many items of clothing are tucked away in your closet, waiting for that one little alteration? Join Sandra and discover useful alteration tips and tricks including attaching buttons and embellishments, shortening hems, and patching rips and tears. Bring a few projects to work on in class, if desired. Basic sewing skills required. Bring your questions and the following supplies to class: your sewing machine and thread, fabric scissors and seam ripper, ruler or measure tape, pins.

Tue, Jan 17 & 24 6-8:30 pm S. Bengston
OMS \$49/person

Memory T-Shirt Quilt

Are you looking forward to celebrating a graduation or other special event? Make it more memorable by giving an absolutely treasured t-shirt quilt, made by you. Join Sandra as she guides you through the basics of making a t-shirt quilt from stabilizing the t-shirts, to cutting them apart and sewing the blocks into a 72" x 90" quilt top. Leave with a unique, individualized quilt for yourself or a loved one. Basic sewing skills required. \$10 supply fee payable to Sandra in class. Bring the following supplies: session 1: 35-40 t-shirts (washed), rotary cutter and mat (preferred) or fabric scissors, pins or fabric weights, measuring stick (preferred) or ruler, session 2: sewing machine, thread, pins, scissors, session 3: supplies from session 2, fabric for back of quilt (type/amount will be discussed in class), batting (type/amount discussed in class).

Thu, Mar 9-23 6-9 pm S. Bengston
OMS \$49/person

Memory Pillow

Are you holding onto clothing in an effort to preserve memories from a special occasion or loved one? All too often we keep items and struggle with what to do with them. Learn how to transform mom's wedding dress, dad's favorite flannel shirt or grandma's sweater into a special pillow that can be displayed and passed down to loved ones. Basic sewing skills required. Bring your imagination and the following supplies: keepsake item of your choice, sewing machine and thread, fabric scissors and seam ripper, pins or fabric weights, ruler/measuring tape.

Tue, Feb 7 6-8:30 pm S. Bengston
OMS \$35/person

Get Cozy with Your Sewing Machine: Bowl

If you know how to operate your sewing machine but aren't quite ready to tackle a sewing project on your own, then this class is for you. Learn how to cut out and piece together a reversible bowl cozy that will keep your food warm and your hands safe. You can even use it in the microwave! Bring your enthusiasm and supplies listed online. Basic sewing skills required. \$5 supply fee paid to instructor in class. Please bring the following supplies: sewing machine, 3/8 yard 100% woven cotton fabric; 3/8 yard contrasting fabric, if desired 100% thread and seam ripper, sharp pencil or fabric marking pen, pins or fabric weights, fabric scissors or rotary cutter and mat.

Thu, May 11 6-8:30 pm S. Bengston
OMS \$35/person

Pet-dana

Get creative by making a bandana for your furry friend or give as a gift to your favorite pet lover. All materials provided with many fabrics to choose from. Some basic sewing skills required. Bring supplies listed online. A \$5 supply fee per bandana paid to instructor in class. Please bring with the following supplies: sewing machine and thread, fabric scissors and seam ripper, pins or fabric weights, neck size of pet or length/width of collar.

Sat, Apr 29 10 am-12 pm S. Bengston
OMS \$29/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

Boho Bag

Make a lined crossbody bag that is both versatile and comfortable to wear. This large capacity bag is great for carrying just about anything - except for the kitchen sink. Bring your enthusiasm and supplies listed online. Some basic sewing skills are required. Bring the following supplies: sewing machine and thread, 2 yards, woven cotton fabric, cotton canvas preferred (1 yd main/1 yd lining), fabric scissors or rotary cutter and mat, sharp pencil or fabric marking pen, pins or fabric weights, seam ripper.

Mon, May 22 6-9 pm S. Bengston
OMS \$39/person

Smittens

Did you know that a sweater plus a mitten is a Smitten? Turn your favorite, old wool sweater (or one rescued from the thrift store) into mittens that are sure to keep you, a friend, or a family member cozy and warm. All size patterns, from child to adult, will be available to use and can be purchased from instructor for \$5. Smittens make great gifts for people. Bring the following supplies: sewing machine and thread, fabric scissors, pins or fabric weights, one wool sweater washed in hot water and dried in a hot dryer, matching or contrasting fleece fabric; 3/8 yard.

Thu, Feb 2 6-9 pm S. Bengston
OMS \$39/person

Glass Mosaic Table or Sign

Glass mosaic sounds like a fancy, difficult art form. 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 precut glass. Sign ideas include welcome, house number, last name, state of MN. Tables are 16" x 16" tall and are \$65 each. Signs vary in size and are \$16-\$40 each. Please bring an old towel to class on the 2nd night.

Mon, May 15-22 6-9 pm L. Guetter
OMS \$39/person

Paint Like Bob Ross: Majestic

"Majestic" is an exciting, fun, and spectacular picture to paint. It will thrill you each time you look at it on your wall. Make sure that you sign your masterpiece so that you can prove that you actually painted it. The painting will be in oil which is easy to work with. All materials provided in class including paints, 16 X 20 inch canvas and painting supplies. Your painting will be ready for you to frame and put on your wall at home when you finish. The oil painting will take 4 weeks to dry but can still be put into a frame and hung immediately on your favorite wall. Frames for sale at class if you wish to purchase for between \$30-40 with metal clips for hanging. Instructor, Jay Rupp, is a certified Bob Ross art instructor.

Sat, Jan 14 10 am-2 pm J. Rupp
OMS \$65/person

Paint Like Bob Ross: Mississippi River

"Mississippi" is an exciting, fun, and spectacular picture to paint. It will thrill you each time you look at it on your wall. Make sure that you sign your masterpiece so that you can prove that you actually painted it. You have the option to choose any sky color you prefer instead of the bright red sky. The painting will be in oil which is easy to work with. All materials are provided including paints, 16 X 20 inch canvas and painting supplies. Your painting will be ready for you to frame and put on your wall at home when you finish. The oil painting will take 4 weeks to dry but can still be put into the frame of your choice and hung immediately on your favorite wall. Frames for sale at class if you wish to purchase for between \$30-40 with metal clips for hanging. Instructor, Jay Rupp, is a certified Bob Ross art instructor.

Sat, Mar 18 10 am-2 pm J. Rupp
OMS \$65/person

Alcohol Ink Monogram Platter

Create a fun one-of-a-kind monogrammed platter using alcohol inks. Choose any name you like to monogram on a 10"x 5.75" plate or create a design. Alcohol inks are pigment-intense and vibrant, free-flowing and filled with an energy all their own. You'll leave the workshop with knowledge of a new technique that you can then take home and expand your artistic interest. *Indicate what name you would like for your monogram template when enrolling.

Mon, Mar 6 7-8:30 pm L. Van Wyk
OMS \$45/person

Pottery for Empty Bowls

Participate and create bowls that you will donate to the Empty Bowls event, which will raise 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. Mar 4 is a kiln and pick-up day. The actual Empty Bowls event will be held on Thu, Mar 16 from 4-7 pm at Church of the Open Door: 9060 Zanzibar Ln N, Maple Grove 55311.

Sat, Feb 4-11 & Mar 11 9:30-11:30 am J. Barrierro
MGSH FREE

Makeup Boot Camp for Women 40 & Better

When was the last time you updated your makeup and beauty regimen? Has your skin changed over time? What about your hair color? Join this "boot camp" to update your look with tips and techniques for ageless beauty. Learn about a variety of products, some may be completely 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.

Mon, Jan 30 6:30-8:30 pm J. Sherman
ESC \$35/person

Online: How to Write Your Life Story (for fun/profit)

This is an online class held via Zoom. Make sure you have a current email on file. The link and PDF handouts are sent prior to class. You don't need to be famous to have a legacy to leave behind. Create an autobiography for your family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. Your handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing/publishing options will also be discussed. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Mar 4	10-11 am	L. Krusemark
Online	\$25/person	

Online: How to Outline and Write an Irresistible Romance

This is an online class held via Zoom. Make sure you have a current email on file. The link and PDF handouts are sent to you prior to class. Romance is definitely the #1 selling fiction genre. This comprehensive session will help you sharpen your skills with practical step-by-step advice. Discover the different romance sub-genres and understand the proven romance formula. You will also learn to create a unique setting, introduce your lead character, percolate friction, and write dialogue as well as intimate scenes. Publishing will also be discussed and handouts are included in your class fee. LeeAnne Krusemark is a former journalist, current author and editor, and a Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Mar 4	11 am-12 pm	L. Krusemark
Online	\$25/person	

Online: Write a Mystery, Suspense, or Crime Story

This is an online class held via Zoom. Make sure you have a current email on file. The link and PDF handouts are sent prior to class. Become a mystery writer for fun or profit. You will discover the different sub-genres and three-act story structure of mystery writing and create an intriguing cast of characters. Learn how to research and pick your setting, make sure your opening grabs readers' attention, use "red herrings" to misdirect your readers and create suspense until you're ready for the final reveal. Publishing options will also be discussed. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Mar 4	12-1 pm	L. Krusemark
Online	\$25/person	

Online: Explore the World as a Travel Writer

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. If you love to travel and love to write, this is for you. Discuss how to use your senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest, and whether you need to include photos with your work. You will also learn how to find and submit your finished product to print and online markets, the business side of travel writing (how to take travel tax deductions), and how to avoid worn-out travel writing cliches. Informative handouts are included in class fee. LeeAnne Krusemark is a former journalist, author and editor, and nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Ed.

Sat, Mar 4	1-2 pm	L. Krusemark
Online	\$25/person	

Online: Comedy Writing - How To Be Funny On Paper & Stage

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Whether you need to make a dull presentation more lively, mix laughter with learning in the classroom, or ultimately want to write for print/production or perform your own stand up routine, this fast-paced session shows you how to apply humor to all aspects of your life. Learn the anatomy of a joke, how to use your powers of observation to sharpen your wit, write different types of jokes and use humor to entertain/influence people. Handouts for future use are included in fee. Your instructor, LeeAnne Krusemark, is a former comedian at places like The Laugh Factory in Hollywood, is a an author and editor, and a Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Mar 4	2-3 pm	L. Krusemark
Online	\$25/person	

Online: Meet the Publisher/Agent & Get Your Manuscript Critiqued

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Have you ever wanted to talk to a real agent or publisher? Tired of having your manuscript critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email a page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children's book. (Optional: You can send your manuscript for a professional critique - for a fee of \$50 for up to 25 double-spaced pages + \$1/page thereafter, and a list of publishers/agents interested in your type of work.) Informative handouts are included. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Mar 4	3-4 pm	L. Krusemark
Online	\$25/person	

YOUR FEATURED INSTRUCTOR - LeeAnne Krusemark

LeeAnne Krusemark is an author, speaker, business owner, Chamber of Commerce Past President, and guest speaker at more than 200 colleges from Maine to Hawaii, as well as adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. Her inspiration in the classroom has even been compared to Oprah!



Online: Beginner's Guide to Getting Published

This is an online class held via Zoom. Make sure you have a current email on file with us. The link and PDF handouts are sent to you before class. If your goal is to become a published writer by selling magazine articles, a short story, poem, or even a novel to a traditional publisher, this workshop will guide you to, then past the editor's desk. Discover how to become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent and 100 ways to make money as a freelance writer. If you want to succeed, this step-by-step workshop is a must. Handouts are included in fee.

Tue, Mar 7 5-7 pm L. Krusemark
Online \$35/person

Online: Explore 50 Different Self-Publishing Options

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Self-Publishing is all the rage, but is it really the best option for you? (you must attend "Beginner's Guide to Getting Published") And, can you do both? You'll discover the pros and cons of all of the self-publishing options, including print-on-demand and e-book publishing, as well as your Amazon options, and see how they compare to traditional publishing. Informative handouts, including a rated description of 50 self-publishing companies for future use included.

Tue, Mar 7 7-8 pm L. Krusemark
Online \$25/person

Online: Using Amazon's Kindle Direct to Self-Publish Your Book for Free

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Whether you're looking to publish a paperback novel or short eBook now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript and upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page and write an author bio. Informative handouts included.

Sat, Mar 11 11 am-12 pm L. Krusemark
Online \$25/person

Online: Writing for Blogs, Magazines & Websites

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. You don't need a journalism degree or previously published articles to write for anyone's online blog, magazine or website. Some opportunities offer exposure while many pay well (\$1 a word and more). In this fast paced session you will learn how to: find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters and then use this credibility to sell other articles or even your self published novel. Informative handouts for future use are included in class fee.

Sat, Mar 11 1-2 pm L. Krusemark
Online \$25/person

Online: Be a Better Writer - 10 Easy Steps to Improve Your Writing Now

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. You write every-day: emails, social media posts, work projects and even non-fiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable and may help get you a promotion at work or avoid rejection from a publisher. In this hands on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest and you will leave with a workbook full of writing tips and tricks, which is included in the class fee.

Sat, Mar 11 2-4 pm L. Krusemark
Online \$35/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: How to Publish a Book Without Going Broke
This is an online class. A link to login in will be sent a few days prior to class. Please have a current mail on file with us. Whether you've written the great American novel and want to share it with the world; or your memoirs to pass on to family and friends - this class is for you. In the first session you will learn how to prepare your manuscript for publishing; the business of selling your books; and some tips on marketing and promotion. The second session will be 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. Instructor June Gossler Anderson has written and published a dozen books of her own and helped countless others publish theirs as well. Todd Anderson has over 30 years experience in the book printing industry. Now retired, he has helped dozens of people publish their books. Manual included with class.

Thu, Mar 30 & Apr 6 6:30-8p J. Anderson
Online \$29/person

Online: Intro to Screenwriting for TV or Movies
This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts before class. Learn about special screenwriting terms and formats for television and the big screen. Discover how to plot a story, develop your characters and execute your work in the proper screenwriting format. You will discover the difference between a Treatment, a Spec Script and a Shooting Script and when to do each. Get an inside look into the business of selling your script to agents and producers. Informative handouts for future use are included in class fee.

Sat, Mar 11 12-1 pm L. Krusemark
Online \$25/person

Online: A Road Trip Around MN - Barn Quilt Trails
This is a live online class conducted via Zoom. Links will be sent to you one week before the presentation once we have reached minimum enrollment requirements. Please have a current email on file with us. Minnesota is fortunate to have several Barn Quilt Trails. Pieces of art that adorn the side of barns and buildings throughout the state are set up to not only pay homage to heritage or interests; but to bring people into an area. Instructor Jay Grammond will lead you around the state to give you a sampling of what is out there in hopes that you will make your own road trip.

Thu, Jan 26 10-11 am J. Grammond
Online \$19/person

Online: A "Cure" for Cabin Fever
This is a live online class conducted via Zoom. Links will be sent to you one week before the presentation once we have reached minimum enrollment requirements. Are you feeling like you have had enough of Winter? Can't wait to get out of your house? Photographer, Jay Grammond will lead you on a photographic journey of possibilities that gets you out and about and into your own yard, or local park this Winter. Learn to see and compose creatively; how to create or look for great back-grounds; what subjects to focus on; and useful Apps and resources to help you create your best images yet.

Thu, Jan 26 6:30-7:30 pm J. Grammond
Online \$19/person

*"The secret to getting ahead is
getting started."*

- Mark Twain



Online: Take Your Photography from Good to Great
This is a live online class conducted via Zoom. Links will be sent to you one week before the presentation once we have reached minimum enrollment requirements. Are you a photographer that wants to take your images to the next level? Or are you someone that is looking to just get started? Do you want to be a photographer that just TAKES snapshots; or one that CREATES images? Leave class with ideas and concepts that you can put into practice right away. Cover compositional basics that will surely improve your images if you are not already using them. You will also uncover concepts of building your photographic vision to take your images from good to great.

Thu, Mar 2 6:30-7:30 pm J. Grammond
Online \$19/person

Online: Introduction to Voiceovers

Do you have a passion for voiceovers? Want to earn income using your talents from the comfort of your home? Explore the fun, rewarding possibilities of the growing remote voiceover industry! Discover the current trends in the industry and how easy and affordable it can be to learn, set up and work from home. You'll learn about different types of voiceovers and tools you'll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later in a follow up call. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. 18 and over. Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience.

Dates TBD Times TBD Voices for All
Online \$49/person

Online: Fading Ads of the Twin Cities

This is a live online class conducted via Zoom. Links will be sent to you one week before the presentation once we have reached minimum enrollment requirements. Do you remember seeing those old painted ads on the sides of buildings for Coca-Cola, Grain Belt Beer, grocery stores, warehouses, etc. Our 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 book 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 sort of "Art Gallery" that surrounds us. You will also learn a bit about the history of some of these companies that date back into the 1800's.

Thu, Feb 2 10-11 am J. Grammond
Online \$19/person



Phone 763-391-7242



Online osseo.ce.eleyo.com



Online: How To Be a Smart College Shopper

This is an online Live ZOOM class. An invitation and information to login will be sent to you prior to class so make sure you have an email on file with us. A free copy of the PowerPoint can be emailed to you if you request it. This class runs each month and is put on by college advisors. Your student is getting ready for college. You saved your money. Do you have enough? Learn how to be a smart shopper! Discover where your student will fit best academically, socially, and financially. Do you know which schools will offer your student the largest merit scholarships? How do you apply for grants and how does the FAFSA work? Get all of these questions answered and more. Gain an education - not a debt.

Wed, Jan 18	6:30-8:30 pm	College Advisors Network
Online	\$25/person	
Mon, Feb 13	6:30-8:30 pm	College Advisors Network
Online	\$25/person	
Tue, Mar 14	6:30-8:30 pm	College Advisors Network
Online	\$25/person	
Thu, Apr 13	6:30-8:30 pm	College Advisors Network
Online	\$25/person	
Mon, May 8	6:30-8:30 pm	College Advisors Network
Online	\$25/person	

Social Security & Retiring Wisely

Big decisions can be tough to make...especially if you don't have the answers. When should you apply for your Social Security? How can you maximize your benefits? How will this affect your spouse? Will you have enough? Will your retirement income last? How do taxes affect your retirement? You have a lot of questions to answer and mistakes can be costly. Discover the answers you need to bring greater peace of mind.

Tue, Apr 11	6-7 pm	Michelle Nisbet
MGSH	\$15/person	

Steps To Take Now to Maximize Your Home's Value

Are you considering selling your home? Don't waste your money on unnecessary home repairs before taking this class. Discover the best places to focus your home efforts while spending the least amount of money. Take this class to ensure your home appeals to the buyers of today by taking simple steps without spending much money.

Tue, Mar 21	7-8:30 pm	Steve Hoem
MGSH	\$19/person	

Medicare Basics: Parts A-D

Turning 65 soon? Discover the cost and coverages with Medicare, when and exactly how to sign up, how to avoid penalties and a detailed explanation of parts A, B, C, and D.

Thu, Jan 26	6-7:30 pm	Dan Pfeifer
ESC	\$15/person	





You've Been Appointed Executor or Trustee, Now What?

Learn how to serve as executor or trustee to wind up a decedent's affairs. Instructor Attorney Susan Peterson-Lerdahl, who practices in the areas of estate administration, estate planning, and elder law, will explain foundational concepts, job descriptions, and timelines; discuss what makes a valid Will or trust; delve into tax considerations, creditor issues, spousal rights, and fiduciary concerns; and share many tips and tricks gleaned from years of experience.

Wed, Jan 18 6-7:30 pm S. Peterson-Lerdahl
MGSH \$25/person

No Problem: Estate Planning for Complicated Lives

"His" and "hers" children, step-children or step-grand children, out-of-state real estate, business interests, tax considerations, special need beneficiaries, asset protection concerns, jointly-owned real estate, and family cabins and the like can seem like complications when it comes to estate planning, but they present no actual problem. Instructor Attorney Susan Peterson-Lerdahl, who practices in the areas of estate planning, estate administration, and elder law, routinely helps clients of all ages and asset classes with their estate planning needs. She will explain key concepts in the law to you and prepare you for a painless planning process.

Wed, Feb 8 6-7:30 pm S. Peterson-Lerdahl
MGSH \$25/person

Online: Need-To-Know Changes to the College Planning Process

This class is held via Zoom. Provide your email address when enrolling. You'll be sent login information a few days prior to your class. This past year has resulted in some of the biggest changes to the planning process in decades. Schools have gone ACT/SAT optional, but not necessarily when they award scholarships. Some recent legislation included substantial changes to the FAFSA and college financial aid. Behind-the-scenes rules have changed on how colleges can recruit students and award scholarships. Join us and learn how these changes may impact your family, and new strategies to consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid. If you're a parent of a 9-11 grade student, you will not want to miss this important information. Enroll now!

Tue, Feb 7 7-8 pm Cozy Wittman
Online \$15/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. Class is for generally people with estates under \$1 million who do not own a business. This class is taught by an attorney.

Tue, Mar 14 7-9 pm A. Altman
MGSH \$39/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: How To Start Any Home Business + 250 Home Business Ideas

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award winning business owner, this is probably the most comprehensive business start up workshop you will ever find. You will discover: more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service, how to take tax deductions (this workshop included). Informative handouts for future use are included in class fee.

Wed, Mar 8 5-7 pm L. Krusemark
Online \$35/person

Online: Earn Extra Money Mystery Shopping (post-prerequisite)

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. (Participants must also attend "Explore 250 Legitimate Home-Based Business Ideas" for a clear understanding of this endeavor.). You will learn how to sign up with many legitimate mystery shopping companies without fees, avoid pitfalls and scams, create a required mystery shopping resume and profile and how to file your mystery shopping reports for payment. Informative handouts for future use are included in class fee, including a list of 25 legitimate companies you can work for.

Wed, Mar 8 4-5 pm L. Krusemark
Online \$25/person

Online: Make Money with a Virtual Assistant/Word Processing Business (prerequisite)

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. If you can type, then you can make money at home using your computer. You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. (Participants must also attend "Explore 250 Legitimate Home-Based Business Ideas" for a clear understanding of this endeavor.) There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Informative handouts for future use are included in class fee.

Wed, Mar 8 7-8 pm L. Krusemark
Online \$25/person

Online: \$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free/low cost opportunities and how to avoid scams/links that will not offer a beneficial ROI (return on investment). Learn how to find high, recurring and second-tier commissions. Discover SEO secrets to increase your site's ranking and visibility on search engines like Google. Informative handouts for future use are included in class fee.

Thu, Mar 9 5-6 pm L. Krusemark
Online \$25/person

Online: Beginner's Guide to Starting a Free Blog

Online blogging is a great way to get the word out about you, your service, your product, or information you want to share! You will learn step-by-step how to: start a FREE blog with WordPress, choose a blog template, emphasize your blog content with a creative name, use your unique voice to share your expertise, and connect your domain/website. You will also learn how to earn an income with your blog, including links to other websites/advertising on your blog, as well as increase your internet ranking.

Thu, Mar 9 6-8 pm L. Krusemark
Online \$35/person

Online: Save Money with Extreme Couponing

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Learn how to save \$\$\$ every day with extreme couponing. Coupons are not just for groceries. The savings can add up to hundreds or even thousands of dollars every year. This comprehensive workshop will teach you: where to find all different types of coupons, even for high ticket items, how to find the best coupon apps and websites, how to match coupons with sales for maximum savings. This workshop is taught by someone who has used many couponing secrets to save thousands. Informative handouts for future use are included in class fee.

Sat, Mar 11 10-11 am L. Krusemark
Online \$25/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: Computer Help for the Almost Beginner

This is an online class. You must have an email address on file with us upon enrollment. You'll be sent an email prior to class so you can enter with 3 simple clicks from your e-mail! Simply click the text sent to your e-mail, type your name, click "register" or "join", and then click the word "ok" and you will be "in class", watching and listening to your live instructor. Learn basic terms that can be foreign to the beginner. Navigate the desktop and look at some of the benefits of using a computer. Take the mystery out of 'www' and the Internet, then compose an e-mail, and check out the current news. Other features may be discussed as time allows. (Not for Apple/Mac users) Basic requirement: you must know how to use a mouse or touchpad and be able to access your e-mail account.

Sun, Jan 8	2:30-3:30 pm	M. Wilson
Online	\$29/person	

Online: How Do I Take a Live Zoom Class?

This is an online class. You must have an email address on file with us upon enrollment. You'll be sent an email prior to class so you can enter with 3 simple clicks from your e-mail! Many instructors use Zoom for live/virtual classes such as cooking classes, painting, exercising, computers, music, and others. Students and/or participants should have a working knowledge of how to use Zoom controls. Author and computer instructor, Mike Wilson, will help you understand the process of receiving Zoom invites, "getting to your classroom," and navigating the features used in Zoom.

Sun, Jan 15	2:30-3:30 pm	M. Wilson
Online	\$29/person	

Online: I Need To Host My Own Zoom Meeting?

This is an online class. You must have an email address on file with us upon enrollment. You'll be sent an email prior to class so you can enter with 3 simple clicks from your e-mail! Let's make your tasks in Microsoft Word a lot easier. You'll see how a host sends an e-mail, invites, and schedules meetings. Even the basic host controls can seem overwhelming, you'll explore those, as well. Learn how to Share Screen, invite, and send links to e-mails. This class is a great start before hosting your first meeting!

Sun, Jan 22	2:30-3:30 pm	M. Wilson
Online	\$29/person	
Fri, Mar 3	12-1 pm	M. Wilson
Online	\$29/person	

Online: Enjoy Navigating Your Windows 10 Computer

This is an online class. You must have an email address on file with us upon enrollment. You'll be sent an email prior to class so you can enter with 3 simple clicks from your e-mail! Need help with your recently purchased computer? Your instructor will define and demonstrate the Windows 10 operating system and related features. See how to navigate the desktop, use the taskbar, and work with icons. Learn about apps and how they are organized in Windows 10 and use the start menu to explore even more features. (Not for Apple/Mac users.)

Wed, Jan 11	1-2 pm	M. Wilson
Online	\$29/person	

Online: The Easy to Learn iPad Class

Class takes place on Zoom or Microsoft TEAMS; a free on-line software. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. Take this fun and informative iPad class. We will explore the practical uses of your iPad and how to use the features. You will learn how to navigate, use apps, work with e-mail, take pictures, go online and do more as time permits. Your patient instructor's iPad screen and features will be clearly displayed over Zoom. Not for Android tablet users.

Wed-Fri, Feb 15-17	6-7 pm	M. Wilson
Online	\$69/person	
Sat, Apr 15-29	10-11 am	M. Wilson
Online	\$69/person	

Online: Windows 11 - Starting from the Beginning

This is an online Zoom class. You must have an email address on file with us. You'll be sent an email prior to the class start with your login credentials. This is an adult-friendly Windows 11 class. See how to use the desktop and the new taskbar. Explore the start menu and related features. You'll also learn about the new design, the use of widgets and how Windows 11 is organized. (Not for Apple/Mac users.)

Mon, Jan 9	6-7 pm	M. Wilson
Online	\$29/person	
Sun, Mar 19	6-7 pm	M. Wilson
Online	\$29/person	

Online: Microsoft Word - The Very Basics

This is an online class. You must have an email address on file with us upon enrollment. You will be sent an email prior to the class start with your login credentials. You will enter your instructor-led classroom with 3 simple clicks from your e-mail. Your instructor will break down the unknown Microsoft Word stuff and present them to you in a clear and enjoyable way. You'll briefly look at the free and paid version of word processors. Then Mike will open and show basic functions in Microsoft Word. Go on to explore saving, alignments, bullets, numbering, and indents. (Not for Apple/Mac users.)

Tue, Jan 24	5-6 pm	M. Wilson
Online	\$29/person	
Tue, Apr 4	11 am-12 pm	M. Wilson
Online	\$29/person	

Online: Getting More Out of Microsoft Word

This is an online class. You must have an email address on file with us upon enrollment. You will be sent an email prior to the class start with your login credentials. Enter your instructor-led classroom with 3 simple clicks from your e-mail. Let's make your tasks in Microsoft Word a lot easier. You'll save time and frustration and see how to properly use tabs. Then go on to explore dictation, easy paragraph functions, the sort feature, and using macros to eliminate laborious repetition. Discover the beauty of working with soft and hard returns and how to create and use tables. Get tips and tricks, as well as use shortcuts to save time. Look at creating headers/footers and using the Format Painter to format text. (Not for Apple/Mac users.)

Tue, Jan 31	5-6 pm	M. Wilson
Online	\$29/person	

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.

Thu, Apr 20 7-8:30 pm R. Timm
ESC \$25/person

Online: Excel 101

This is an online class. A detailed email will be sent to you prior to class to log in to your Zoom account. Please have a current email address on file with us. You will also need access to a computer with Microsoft Excel software. Establish essential skills in Microsoft Excel. Enter data, manage ranges, columns and rows. Then change number and date setting, font colors, add borders and shading. Learn to incorporate formulas with various projects, applying the sum, average, count, and min/max functions. Prerequisite: Computer basics or equivalent.

Tue, Jan 24 & 31 6:30-8:30 pm M. Mills
Online \$65/person

Online: Excel 102

This is an online class. A detailed email will be sent to you prior to class to log in to your Zoom account. Please have a current email address on file with us. You will also need access to a computer with Microsoft Excel software. Graduate from simple worksheets to managing large lists of data. Learn sort commands and methods to apply drop-down filters to include/extract specific data, plus some ways to use the subtotal versus sum function to recalculate any filter applied. Introduce headers and footers plus repeating column headings for printed worksheets. Prerequisite: Excel 101 or equivalent.

Tue, Feb 7 & 14 6:30-8:30 pm M. Mills
Online \$65/person

Online: Excel 103

This is an online class. A detailed email will be sent to you prior to class to log in to your Zoom account. Please have a current email address on file with us. You will also need access to a computer with Microsoft Excel software. Take formula skills to the next level. Work with absolute references and settings to link cells and workbooks together. Learn logical, date and time, text and look-up functions as well as what-if analysis. Use templates to create an amortization schedule and then begin other projects with re-designed templates. Prerequisite: Excel 102.

Tue, Feb 21 & 28 6:30-8:30 pm M. Mills
Online \$65/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: Excel 104

This is an online class. A detailed email will be sent to you prior to class to log in to your Zoom account. Please have a current email address on file with us. You will also need access to a computer with Excel software. Discover how to use pivot tables to organize, summarize and calculate lists of data in just seconds! Learn to group dates, insert additional calculated fields and calculate percentage of growth using pivot tables. Using charts as well as pivot chart features, you will learn to display your data visually and professionally, including pie, bar, area, stock, pie-in-pie and more custom settings. Prerequisite: Excel 103

Tue, Mar 7 & 14 6:30-8:30 pm M. Mills
Online \$65/person

Online: Computer Scams & What Not to Click On!

This is an online class. You must have an email address on file with us upon enrollment. You'll be sent an email prior to class so you can enter with 3 simple clicks from your e-mail. Don't let your computer control you. Find out what you should and should not click on. Instructor will discuss scams to know about; those frustrating and suspicious pop-ups; your haywire computer, e-mail ads, and links. (Not for Apple/Mac users, or tablets)

Sat, Jan 28 1-2 pm M. Wilson
Online \$29/person
Thu, Mar 23 1-2 pm M. Wilson
Online \$29/person

Online: Search for Practically Anything Through Google

This is an online class. You must have an email address on file with us upon enrollment. You'll be sent an email prior to class so you can enter with 3 simple clicks from your e-mail! 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 more accuracy. Great class to open the power of Google search!

Thu, Feb 23 11 am-12 pm M. Wilson
Online \$29/person
Sun, Apr 2 6-7 pm M. Wilson
Online \$29/person

Online: Excel for the Absolute Beginner

This is a Zoom online class. Please make sure you have a current email address on file. You will be sent a link a few days prior to the class start. Learn how to navigate and interface with Excel's basic features. See how to create a simple contact list. You will view how to use calculations such as AutoSum and see how to generate simple formulas. Also, learn to use the fill handle, sort existing data, merge and center, move cells and ranges and wrap text. These easy steps will be held over Zoom.

Tue, Feb 7 5-6 pm M. Wilson
Online \$29/person
Sun, Mar 26 6-7 pm M. Wilson
Online \$29/person

Online: Save Time & Money with an Easy Computer Tune-Up

This is an online class. You must have an email address on file with us upon enrollment. You'll be sent an email prior to class so you can enter with 3 simple clicks from your e-mail. Save money and fix your computer yourself. No great skills needed. Use three proven free online software to fix most software related issues such as malware and viruses with a few clicks of a button. Speed up your computer in no time! (Not for Apple/Mac users)

Mon, Mar 6	2-3 pm	M. Wilson
Online	\$29/person	
Wed, Apr 26	3-4 pm	M. Wilson
Online	\$29/person	

Online: Learn to Use PowerPoint for Zoom & Other Presentations

This is an online class. You must have an email address on file with us upon enrollment. You'll be sent an email prior to class so you can enter with 3 simple clicks from your e-mail! You can create eye-catching presentations with PowerPoint. Explore the PowerPoint interface and see presentations from simple stock designs. Learn to easily apply themes, animate text, and insert images. See how to create text boxes and manipulate slides for printing. You will enhance a presentation by adding animations and transitions. Finally, view the actual presentation as seen by your audience and get a few tips and tricks to design presentations for maximum impact. We do not show how to share PowerPoint in Zoom during this class. (Not for Apple/Mac users)

Wed, Mar 8	6-7 pm	M. Wilson
Online	\$29/person	
Tue, Apr 18	3-4 pm	M. Wilson
Online	\$29/person	

Online: All About Pictures - Finding, Organizing, Editing & Saving on Your Computer

This is an online class. You must have an email address on file with us upon enrollment. You will be sent an email prior to the class start with your login credentials. You will enter your instructor-led classroom with 3 simple clicks from your e-mail. During this class you will learn how to manage pictures on your computer. Also, find out how to name, rename and move pictures into folders to get organized. You will take a look at using the photo gallery and minor editing of pictures, such as cropping and making enhancements. Use pictures for desktop backgrounds and insert a picture into Microsoft Word to manipulate for flyers, invitations, and other materials. (Not for Apple/Mac users)

Wed, Jan 18	5-6 pm	M. Wilson
Online	\$29/person	
Sun, Feb 12	3-4 pm	M. Wilson
Online	\$29/person	

Online: Let's Learn All About Emailing

This is an online class. You will be sent a link with the handouts a few days before the class begins. Please have a current email on file. Learn how to email, forward, reply and send attachments. You'll see how emails are organized and deleted. Work with other features such as starred, drafts and sent. Become acquainted with the writing tools, email folders and creating links to direct others to your area of interest and websites you've visited. In addition, look at contacts and how to use them. All these features will be clearly demonstrated in Zoom.

Sun, Feb 5	1-2 pm	M. Wilson
Online	\$29/person	
Wed, May 3	4-5 pm	M. Wilson
Online	\$29/person	

Online: Working With & Organizing Your Documents On Windows 10/11

This is an online class. You must have an email address on file with us upon enrollment. You will be sent an email prior to the class start with your login credentials. You will enter your instructor led classroom with 3 simple clicks from your e-mail. Mike will show you how to save files with Word and your free installed Windows 10 word processor. You'll also cover how to create a PDF file and why you would use them. See how to view, organize and find your documents as well as place them on flash drives, external drives and the cloud. Explore features to preview documents without opening them and attach documents to your email for sending. Learn all these features in the Zoom classroom. (Not for Apple/Mac users.)

Sun, Feb 19	3-4 pm	M. Wilson
Online	\$29/person	
Fri, Apr 21	6-7 pm	M. Wilson
Online	\$29/person	

Online: Getting To Know Your iPhone

This is a online class. You'll be sent a link and information you need for class prior to the start. Please have a current email on file with us. Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent iPhone users. Mike will cover cell phone topics such as the photo app, texting, navigating, apps, contacts, email, camera, App store and the Internet. Your patient instructor and class will meet over Zoom. Not for Android users.

Wed-Fri, Jan 25-27	11 am-12 pm	M. Wilson
Online	\$69/person	



Phone 763-391-7242



Online osseo.ce.eleyo.com





Raising Racially Conscious Kids

This is a six-week course designed for children in 3rd-5th grades and their caregivers. Students and caregivers will be given important tools to engage in uncomfortable conversations, develop key terminology and concepts to understand racism, and promote healthy racial identities of all people centered in love and humanity. Caregivers will also begin to unpack how everyday child rearing choices can be obstacles for equity. This class is held in person at Susan Lindgren Elementary School: 4801 W 41st St, St Louis Park, MN 55416 and includes dinner.

Tue, Jan 24-Feb 28 5:30-7 pm HOPE Speaks Project
St. Louis Park \$89/person

Online: So You Want To Be An Anti-Racist?

This is an online course. You'll be sent login information a few days prior to class so be sure you have a current email on file with us. This six-week course is offered to anyone looking to deepen their understanding of what it means to be anti-racist. You will be given tools to engage in uncomfortable conversations, develop racial literacy, and begin to unpack how race operates in your everyday life - often without consent and/or acknowledgement, all while building the muscles to move into action.

Thu, Jan 26-Mar 9 7-8:30 pm HOPE Speaks Project
Online \$69/person Skip 2/16

We See Color (Adult/Child)

This is a six-week course designed for children in grades K-2 and their caregivers. Rather than instill false notions of "colorblindness" that ignore parts of our identity, this course will teach kids and caregivers how to engage in meaningful conversations that celebrate and honor our unique differences. Raise the racial consciousness of your child rearing and have fun in the process. This course will be held at Susan Lindgren Elementary: 4801 W 41st St, St Louis Park, MN 55416 and includes dinner.

Tue, Apr 11-May 16 5:30-7 pm HOPE Speaks Project
St. Louis Park \$89/person

Online: MN Medal of Honor Recipients from the Civil War to Vietnam

This is an online class. You'll receive email instructions for logging in a few days before the class start date. Please have a current email address on file with us. During her PowerPoint presentation honoring these MN heroes, you'll meet the 14 year-old orphan who was awarded the Medal of Honor for heroism during the Civil War battle; the Schoolmaster who took his students to war, dooming their hometown to oblivion; the Commander of the USS Arizona who went down with his ship at Pearl Harbor; a Hungarian Freedom Fighter who signed up to fight Commies in Vietnam; and a host of other brave men who fought and died for their country.

Mon, Feb 20 7-8 pm J. Gossler Anderson
Online \$15/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: A Road Trip Around MN - Lakes & Waterfalls

This is a live online class conducted via Zoom. Links will be sent to you one week before the presentation once we have reached minimum enrollment requirements. Ready to take one more day or weekend road trip around the state before a deep MN winter sets in? Join Photographer, Jay Grammond on a virtual road trip around the state to learn about some of Minnesota'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 and local community economies, as well as to the citizen as a form of recreation and relaxation. Walk away with seeds to plant for your own road trip.

Thu, Feb 16 6:30-7:30 pm J. Grammond
Online \$19/person

Online: "The Call of Paradise" - A Spiritual Journey to Hawai'i

This is an online ZOOM class. You will receive a link to the class and all information prior to the start via email. Please make sure your email is on file with us. Have you ever dreamed of traveling to Hawai'i? Sun-kissed beaches. Fiery volcanoes. Lu'au feasts. 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. Through fascinating pictures and stories, 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. In addition, you'll meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the temples of many of the world's beliefs that call Hawai'i home. For those who are interested, there will be an opportunity after the presentation to discuss the details of our 10-day spiritual tour to Hawai'i in May 2022. Join us for an evening of inspiration and let the magic of Hawai'i "call you home" to Paradise.

Mon, Feb 20 5:30-8 pm J. Wicher
Online \$25/person

Online: History & Haunting of Ireland

This is an online class. You will receive email instructions for logging in a few days before the class start date. Have a current email address on file with us. Ireland is famous for its "thin places", a membrane or a thin layer between worlds that cross over each other. From pagan times to present, Ireland's dark history has been recorded in abbeys and churches, forts and castles, jails and graveyards by those who lived during those turbulent times and often perished because of them. Their ghosts are eyewitnesses to this history. Sometimes, they are the history.

Thu, Mar 16 7-8 pm J. Gossler Anderson
Online \$15/person





Online: Adult Conversational Spanish - Beginner 2

This is an online class and will be held through Futura's Zoom account. An email with login information will be sent before class. Be sure you have a current email on file. Learning a language is a lifelong journey and now you're on your way. Keep up the momentum in Beginner Part 2. Continue with practical conversational components and builder phrases in Spanish enabling you 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* conjunctions. Culture discussions will include the importance of food, family, and friendships in Spanish speaking countries. Applicable to new students and previous Beginner Part 1 Spanish conversation participants.

Mon, Feb 20-Mar 27	6-7 pm	Futura
Online	\$139/person	
Tue, Feb 21-Mar 28	6-7 pm	Futura
Online	\$139/person	

Online: Adult Conversational Spanish - Intermediate 2

This is an online class and will be held through Futura's Zoom account. An email with login information will be sent before class. Be sure you have a current email on file. ¿Quieres hablar más Español? 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. You'll 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 related to music, dance, and famous people in Spanish speaking countries. Applicable to those who completed Intermediate Part 1 or previous Beginner Spanish Part 2 conversation participants.

Wed, Feb 22-Mar 29	6-7 pm	Futura
Online	\$139/person	

Online: Adult Conversational Spanish - Advanced 2

This is an online class and will be held through Futura's Zoom account. An email with login information will be sent prior to class. Be sure you have a current email on file with us. ¿Quieres ampliar tu Español? Then this is the course for you! You will expand your 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. Applicable to students who completed Advanced Spanish Part I or have had more than two years of Spanish.

Thu, Feb 23-Mar 30	6-7 pm	Futura
Online	\$139/person	

Online: Women's Heart Health

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Heart disease is the number one killer of women. Symptoms are different for women than for men so many symptoms are ignored or go unrecognized. You have the power to control, prevent, and in some cases, reverse heart disease. Discuss signs, symptoms, and risk factors for a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life.

Wed, Feb 1 6-7:30 pm J. Novak
Online \$35/person

Hypnosis: Weight Loss and/or Eliminating Tobacco Use

Weight Loss: stop your cravings for sweets, greasy foods and soda and begin to desire more fruits, veggies, and salads. It's time to stop overeating and snacking. Become motivated to walk and exercise. **Tobacco:** stop smoking and/or chewing tobacco today. Hypnosis helps stop the cravings. You could save \$20,000 in the next 5-8 years. Smokers will have a 45 min. smoking break off the school grounds. Bring your cigarettes. Class includes a free reinforcement CD and lifetime membership card to attend future classes for free. You may sit or lay down during the hypnosis session. Feel free to bring blankets, pillows, mats, or sleeping bag for added comfort. Optional flash drives will be available for \$15 at class.

Mon, Jan 30 5:45-8:45 pm M. Fischer
MGMS \$55/person or \$99/person
Mon, Apr 3 5:45-8:45 pm M. Fischer
MGMS \$55/person or \$99/person

Online: Intro to Medical Terminology

This is an online class held via Zoom. Make sure you have a current email on file so we can send you the link and PDF handouts before class. Medical terminology is the first step to any career in the medical field or simply to understand your family's medical visits. No experience is necessary. This highly specialized language involves word building with root words, prefixes, suffixes, and also abbreviations. Leave with a solid foundation of medical language as well as basic medical billing and coding terminology. After submitting and passing the open-book exam included in the workbook you receive in class, you will earn a Certificate of Completion. This course is taught by longtime educator LeeAnne Krusemark, and Credentialed Medical Professional Vanessa Grinnell, RRT.

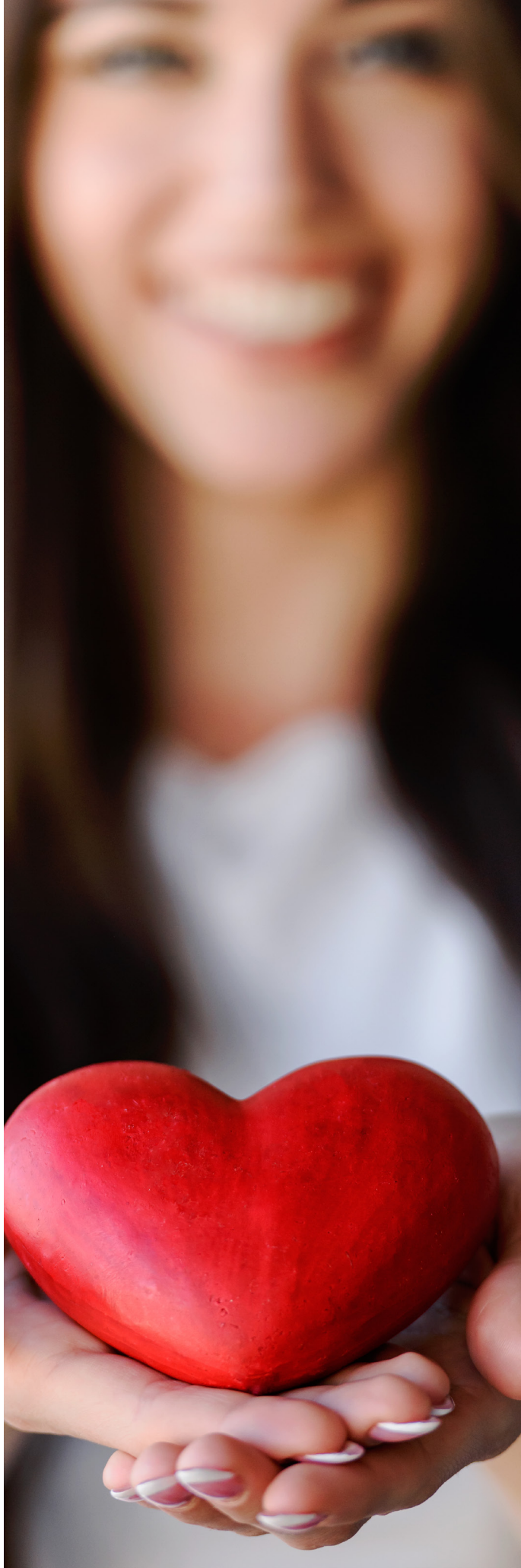
Mon, Mar 6 6-9 pm L. Krusemark
Online \$45/person



Phone 763-391-7242



Online osseo.ce.eleyo.com



How Do You Eat An Elephant? One Bite at a Time!

Just like downsizing your home. One step at a time. Many of us have lived in our home for 20, 30 or 40+ yrs, filling our closets and basements with a collection of things we never use anymore. Maybe it is time to let go of some belongings, but you do not know where to begin. You'll learn how to begin their downsizing journey with tips about managing your expectations regarding the value of some items to exploring downsizing resources that work best for you, either by donation or resale. Handouts and resources will be provided.

Tue, Feb 7 7-8 pm K. Green
ESC \$25/person

Power Tools for Women I

Explore the wonderful world of power tools and woodworking in this introductory hands-on class. Learn to safely use drills, sanders, routers and saws. Week 1: learn the proper ways to use tools and the important safety considerations. Everyone will use all the tools. Week 2: complete a small bench woodworking project to take home. Supply fee of \$30 payable to instructor at class. Note: long hair must be tied back. No loose clothing can be worn for safety reasons. Bring safety goggles, a tape measure and pencil to class. NEW LOCATION! This class is located at Fran's woodworking shop in Ramsey, MN at 7155 160th Lane. It is a separate 1,500 sq. ft building, with lots of parking, and is completely heated. This space offers more room to work, a wider variety of tools and is optimal for learning and building.

Mon, Jan 16 & 23 6:30-9 pm F. Kaas
Ramsey \$49/person

Power Tools for Women II

You asked for it! Continue the learning and woodworking fun in this sequel to Power Tools I. We will be making an end table with a bookshelf underneath. Must have taken Power Tools I or have permission of instructor. Students must transport project home the first night and back the second evening. Note: Long hair must be tied back and no loose clothing for safety reasons. Bring safety goggles, a tape measure and pencil to class. Instructor Francis Kaas is a Master Carpenter who has been building and remodeling homes for 30+ years. Supply fee of \$48 -\$60 (depending on lumber prices at time of class) payable to instructor at class.

Mon, Feb 6 & 13 6:30-9 pm F. Kaas
Ramsey \$49/person

Online: Get Creative with Cool Weather Containers

Class is held via Zoom. Please provide your current email address when enrolling. You'll be sent your login information a few days prior to your class. Container designer, Michelle Mero Riedel, will show you how to reflect the rich texture of the season in your beautiful container combinations. Get creative adding seasonal favorites like mums, kale, and pansies to your existing containers or start new by combining them with perennials, annuals and seasonal grasses. Detailed, color handout provided.

Wed, Mar 22 7-8:30 pm M. Riedel
Online \$25/person

Four Simple Steps to Home Ownership

Rent costs are increasing steadily and some landlords are not always responsive to requests for repairs or updates. Are you ready to own your very first home? You'll discuss advantages and costs of homeownership and learn some inside tricks to succeed in a challenging home buying market. You'll leave this class feeling confident of the next steps to take on your personal plan.

Mon, Mar 20 7-8:30 pm S. Hoem
MGSH \$19/person

Simple Steps to Downsizing

Do you want to downsize but the thought of it is overwhelming? If you're thinking of downsizing in the next five years or less, join us! Learn practical tips and tricks to simplify and minimize your "stuff" while discussing the next steps of preparing your home for sale to maximize your profits. Explore the latest in housing trends which will help you decide what is best for you. Leave feeling empowered to begin your downsizing process.

Thu, Mar 23 7-8:30 pm S. Hoem
MGSH \$19/person

Raised Bed Square Foot Gardening

Growing your own vegetables can be easy and fun with a raised bed square foot garden. This class covers: getting started, choosing a raised bed that right for you, planting and harvesting advice, rotating crops and then choosing companion plants. Plus, receive a 3-year garden journal with tips, planning pages and record keeping for your personal garden. Suitable for any level of experience.

Thu, Mar 23 6:30-8:30 pm S. Balhorn
ESC \$35/person

Mosaic Birdbath

Create a colorful birdbath to entice birds to your yard. Decorate a terra cotta 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. Wear clothes that can get dirty. A \$25 supply fee is payable to instructor at class.

Tue, May 16 6-9 pm P. Decker
OMS \$29/person



Country Dance Workshop

Learn the basics of Country Dance. This class will cover two popular partner dances: Country Waltz and Country Two-Step. Partnership dancing makes a fun hobby and a great social venue. Dance to classic country, as well as some "top tunes". If possible, wear shoes without rubber soles or your cowboy boots; partners are encouraged.

Fri, Feb 24 7:15-9:15 pm C. Brecht-Wiles
OMS \$35/person

Swing & Salsa Dance Workshop

A little classic and a little Latin...learn the timeless American dance called swing. This versatile dance can be performed to a variety of music styles including big band, rock & roll, disco and pop. Also, "spice" up the dance floor with the "sassy salsa". Includes fun, basic steps and under arm turns. This beginner class is for everyone. If you're looking for a fun activity for your social night out, these two dances are the ones. If possible, wear shoes without rubber soles. Partners encouraged.

Fri, Mar 24 7-9 pm C. Brecht-Wiles
OMS \$35/person

Wedding Dance Workshop

Experience wedding dance favorites including waltz, swing and slow dance. Whether you're a beginner or want to brush up on your steps for a wedding, this class is for everyone. Wedding couples, family and friends are most welcome to join us. If possible, please wear shoes without rubber soles. Couples only; please. Carol Brecht-Wiles has been making dance fun for more than 20 years in a number of dance studios and class venues.

Fri, May 12 7-9 pm C. Brecht-Wiles
OMS \$35/person

Grease: You're the One That I Want

A tribute to Olivia Newton John. Spend the night moving and grooving to this iconic song - such a great tune with fun moves. Be prepared for a fabulous night. No partner required.

Fri, Feb 3 6-7 pm M. Mohn
OSH \$15/person

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 3 7-9 pm M. Mohn
OSH \$39/couple

**Mamma Mia - Here I Go Again**

Start the weekend with a night filled with dancing to this all time classic ABBA song. Learn easy moves that capture the joy of ABBA's music and bring out the dancer in all of us. No partner required.

Fri, Apr 14 6-7 pm M. 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 14 7-9 pm M. Mohn
OSH \$39/couple



Phone 763-391-7242



Online osseo.ce.eleyo.com



Community Ed

Adult & Youth Enrichment

11200 93rd Ave. N, Maple Grove, MN 55369
763-391-7223

We offer unique and engaging classes that provide you with ways to become inspired, discover new hobbies, and connect with your community.



Community Ed

Facilities Scheduling

11200 93rd Ave. N, Maple Grove, MN 55369
(763) 391-7123

Rent our District 279 facilities for meetings, banquets, performing arts, athletics, or special events. Public schools are owned and operated by and for the community, and we welcome and encourage the use of our facilities by any individual, group, or business.



Community Ed

Targeted Services

11200 93rd Ave. N, Maple Grove, MN 55369
763-391-7142

Targeted services program's purpose is to provide programs for students in grades K-8 who may be struggling in the regular school program to develop skills needed to then be successful in the regular school program.



Community Ed

Kidstop

7051 Brooklyn Blvd, Brooklyn Center, MN 55429
763-585-7281

Dedicated to providing an enriching choice-based experience in a welcoming environment where children are inspired, personal growth is nurtured, and families are supported.



Community Ed

Four Star Express

7051 Brooklyn Blvd, Brooklyn Center, MN 55429
763-585-7281

Four Star Express is a childcare experience that supports the early learning needs of four-year-old children in a school setting. Our program provides a cooperative and developmentally appropriate childcare experience.



Community Ed

Enrollment Center

7051 Brooklyn Blvd, Brooklyn Center, MN 55429
763-585-7350

PreK through 12th grade school enrollment. Your child's hopes and dreams mean the world to you. They mean the world to us, too, which is why our mission is all about your child. We exist to help children achieve their dreams, whatever they may be.



Community Ed

Adult Basic Education

Main Office: Northwest Family Service Center
7051 Brooklyn Boulevard Brooklyn Center, MN 55429
763-566-5452

Osseo Adult Basic Education (ABE) offers free classes for adults. Our caring, patient staff can help you achieve your goal!

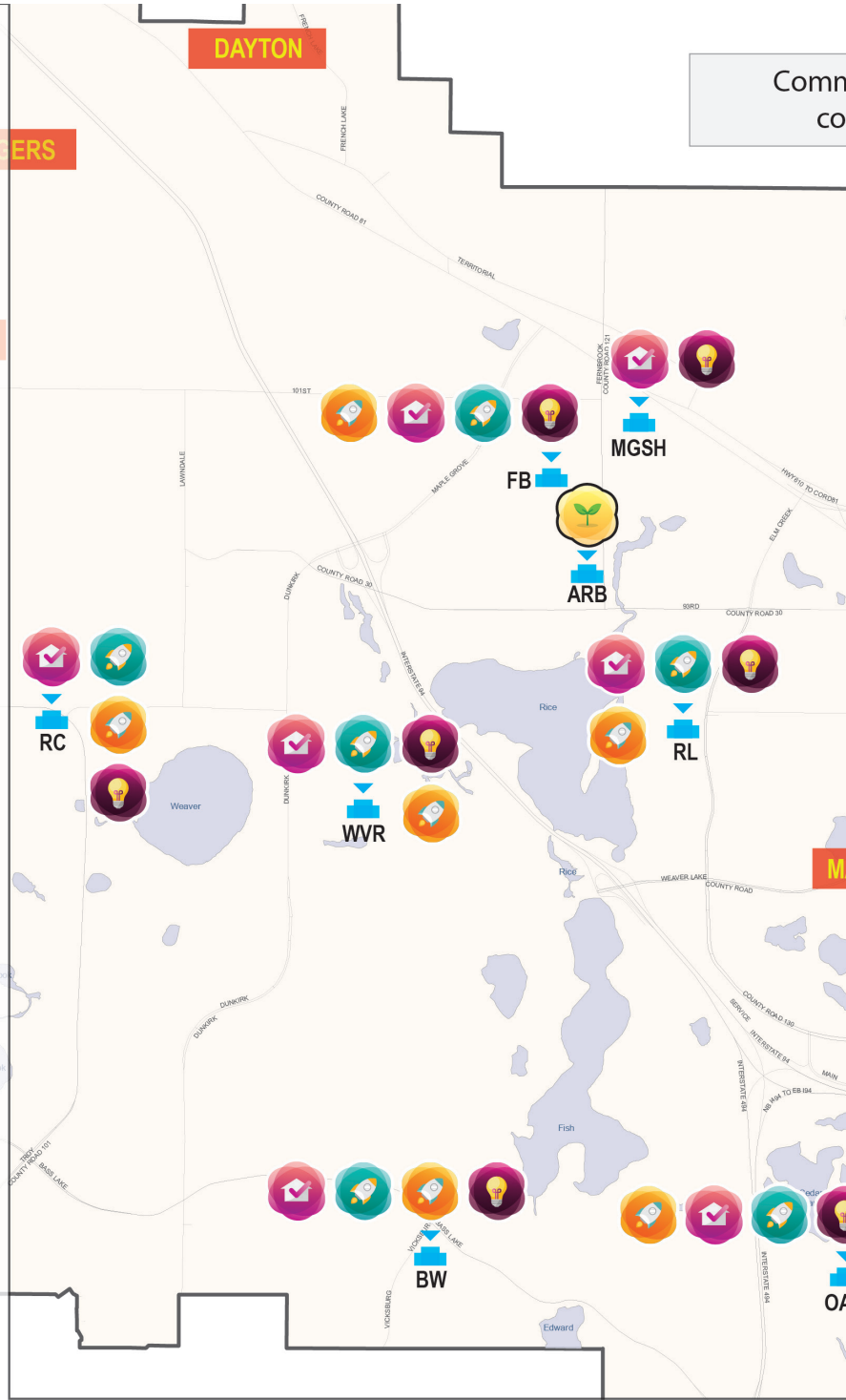


Community Ed

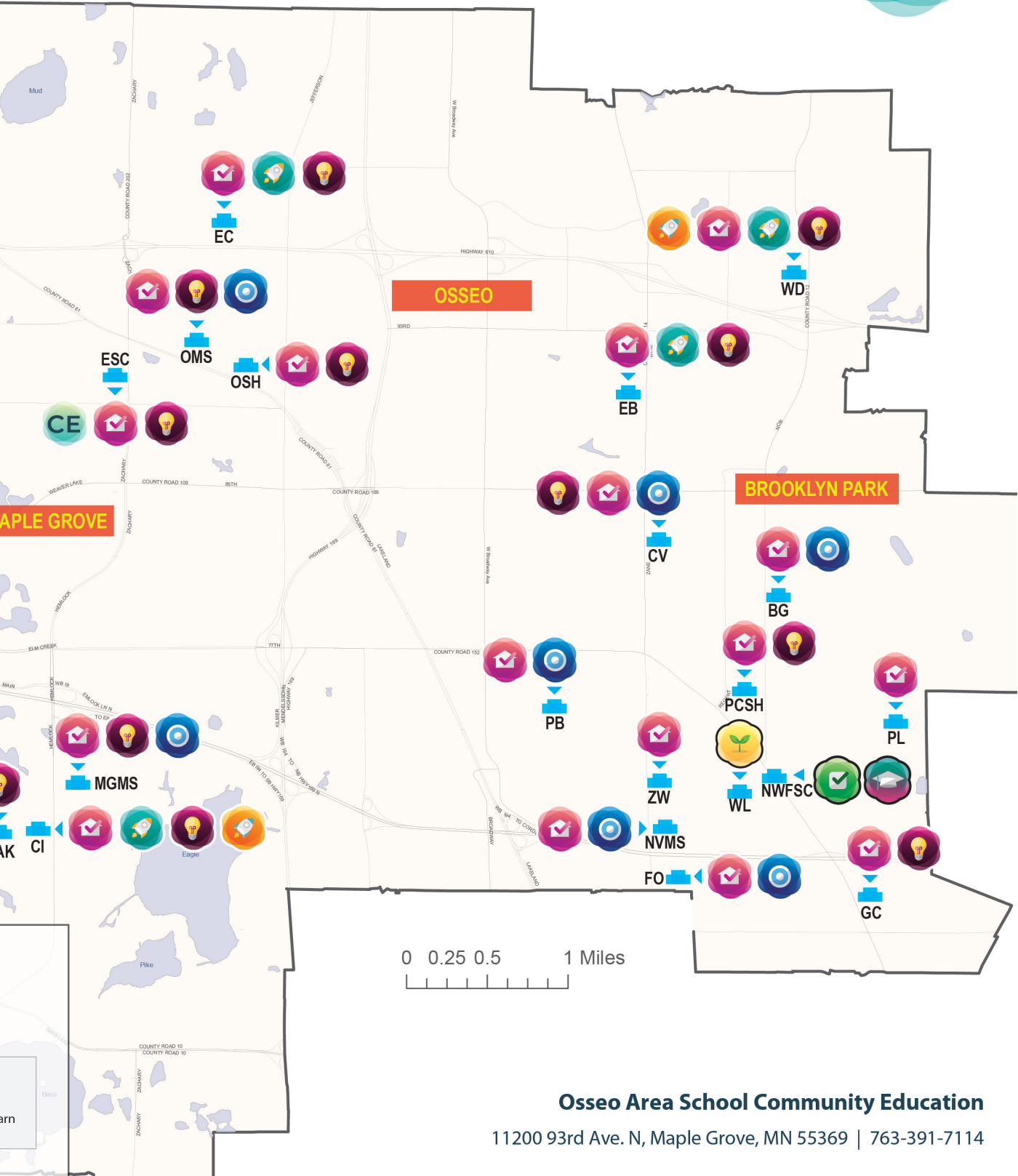
Early Childhood & Family Education

9401 Fernbrook Ln. N, Maple Grove, MN 55369
763-391-8777

Early Childhood & Family Education (EC&FE) provides all parents and children birth to five opportunities to explore new experiences, meet other families in the community and grow and learn together.



Community Education creates opportunities that positively impact our whole community through innovative and responsive programs and services.



Osseo Area School Community Education

11200 93rd Ave. N, Maple Grove, MN 55369 | 763-391-7114

Participant Name _____

Student Birthdate: _____ / _____ / _____ 22/23 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: _____ / _____ /23 Fee \$ _____

Class/Event Title: _____

Start Date: _____ / _____ /23 Fee \$ _____

Class/Event Title: _____

Start Date: _____ / _____ /23 Fee \$ _____

Class/Event Title: _____

Start Date: _____ / _____ /23 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 at the right.

Weather

Check WCCO 830 AM radio or TV for cancellations as well as your email or text messages (if you have a phone or email on file).

District Map

To map a site location, go online to: 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.

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 must report directly to the cafeteria for attendance and snack (included in fee) before class begins. If you're coming from another location, enter through main office and tell them you're there for 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 as well as your email or text messages (if you have a phone or email on file).

Late Fees

Late fee is \$10 for the first 10 min. and \$1 per min. thereafter. 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/sessions due to COVID-19.

Pick-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) 391-7242 or TorenJ@District279.org.

Attendance

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

Outstanding Balances

If you have an outstanding balance in another Comm Ed program you will not be able to enroll in an enrichment program until that is paid.

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 are incorporated to keep you engaged. Coach Gordon Ferguson leads this program.

Tue, Jan 10-31 3:30-4:30 pm \$35/person
Gr K-5 G. Ferguson

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.

Mon, Jan 23, 30, Feb 27, Mar 6, 13 3:30-4:30 pm
\$115/person Gr K-5 TGA

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.

Thu, Jan 26-Mar 2 3:30-4:30 pm \$115/person
Gr K-5 TGA Skip 2/9

Making Life Colorful

Join KidzArt as we create some amazing colorful works of art. Use your imagination to draw a magical flying car and learn about Henri Matisse by cutting an abstract collage. You will have fun experimenting with different artistic grade mediums. Get creative and feel uplifted as you build your confidence.

Fri, Mar 17-Apr 28 3:30-4:30 pm \$79/person
Gr K-5 KidzArt
Skip 3/31 & 4/7

Skyhawks Floor Hockey

Get active this winter playing floor hockey. You will work on stick handling, passing, shooting, and playing defense in a fun, positive environment. The final day of class is 'Game Day', where you will get to showcase your floor hockey skills.

Wed, Feb 15-Mar 8 3:30-5 pm \$105/person
Gr K-5 Skyhawks

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.

Mon, May 1 3:30-5:15 pm \$35/person
Ages 8-11 A. Timm

Family Paint Night: Cupcakes & Canvas Winter Night

Grab the whole family and join KidzArt for a fun family paint event. Everyone will create their own winter night scene with reindeer, using acrylic paint on a 11x14" stretched canvas. All supplies and food included in the fee. Fee is per person. Everyone paints! Enjoy a cupcake dessert while you wait for your painting to dry.

Wed, Jan 25 6-7:30 pm \$29/person
Ages 6+ KidzArt

Family Paint Night: Pizza & Canvas Monarch Butterfly

Grab the whole family and join KidzArt for a fun family event. Everyone will create their own painting of spring flowers and a monarch butterfly using acrylic paints on a 11x14" stretched canvas. All supplies and food included in the fee. Fee is per person. Everyone paints. You will enjoy pizza together before you begin painting.

Mon, Apr 17 6-7:30 pm \$29/person
Ages 6+ KidzArt

Discover the Magic of Spanish

In this 8-week adventure, Vamos con la Musica (Let's go with Music!), you will learn music and school related vocabulary along with useful conversational Spanish taught using dynamic songs and games. You will also delve into the fascinating culture of Argentina. Put on your thinking cap because each week will be packed full of useful Spanish. This is the half-year program (8 weeks). NOTE: If you signed up in the Fall 2022, do NOT sign up, you are already enrolled!

Wed, Feb 15-Apr 12 3:30-4:30 pm \$149/person
Gr K-5 Futura Skip 3/29

Artistic Wonders

This is KidzArt where you will have fun as you learn to draw and experience creativity-building exercises. Explore using foreshortening technique in drawing a steam engine chugging down the tracks, use oil pastels to blend a landscape drawing of a seaside windmill, work with vine charcoal and learn about igloos. You will use a variety of mediums and let your imagination expand in this all new session of KidzArt.

Fri, Jan 20-Feb 24 3:30-4:30 pm \$95/person
Gr K-5 KidzArt



Grandmasters of Chess

New and returning students welcome. Learn, Practice and Play chess each class. The {YEL!} Teach It!...Practice It!...Play It! method keeps students on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Fee includes ChessKid.com membership for the session (\$49 annual value). Enroll to THINK, LEARN and PLAY WELL with {YEL!}.

Tue, Jan 24-Mar 14	3:30-4:30 pm	\$115/person
Gr K-5	{YEL!}	Skip 2/7
Tue, Apr 4-May 23	3:30-4:30 pm	\$129/person
Gr K-5	{YEL!}	

Skyhawks Pickleball

NEW! Learn how to play the latest popular sport! Pickleball combines elements of tennis, badminton, and ping-pong into a fun new court game. Learn the rules of Pickleball, along with similar skills and games that you can use in multiple racquet sports. If you have your own racquet, you can bring it or one will be provided to use.

Mon, Mar 20-Apr 17	3:30-5 pm	\$105/person
Gr K-5	Skyhawks	Skip 3/27

Skyhawks Track & Field

Join us after school and participate in track & field drills that will prepare you for a future in cross-country, track and field events, distance running - while inspiring a love for running and being active. Learn the fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered.

Wed, May 3-24	3:30-5 pm	\$105/person
Gr K-5	Skyhawks	

Brick Builders - Winter

Build a street sweeper, an egg beater, a racer, and more using LEGO® bricks. Use these brick models to explore STEM concepts. The {YEL!} Teach It!...Practice It!...Play It! method engages you to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Mon, Jan 23-Mar 20	3:30-4:30 pm	\$89/person
Gr 1-5	Engineering for Kids	
Skip 2/6, 2/13, 2/20		

Brick Builders - Spring

Build a watchtower, bridge, and crane using LEGO® bricks. Use these LEGO® brick models to explore STEM concepts. The {YEL!} Teach It!...Practice It!...Play It! method engages you to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Mon, Apr 3-May 15	3:30-4:30 pm	\$89/person
Gr 1-5	Engineering for Kids	
Skip 4/24		

Sensational Slime

Get ready for some slimey fun! You will mix up a batch of fabulous fluffy slime and then try your hand at Bubblegum-scented silly putty slime. Don't miss out on the after-school fun.

Thu, Apr 20	3:30-4:30 pm	\$25/person
Gr K-5	Kidcreate Studio	



Cartoon Club

Make this spring memorable and enroll in Cartoon Club. Learn the essential skills needed to illustrate imagery that is filled with dynamic characters and personalities. Create cartoon characters from fun subjects like robots, dogs and insects. Develop your visual storytelling skills as you draw sequential images.

Thu, May 4-25	3:30-4:30 pm	\$59/person
Gr K-5	Young Rembrandts	

Jr STEM Club (Sessions 1, 2, and/or 3)

All new lessons each session. Engineering for Kids introduces you to 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. With our library of lessons, you will never repeat a STEM activity.

SESSION 1

Thu, Jan 26-Feb 23 3:30-4:30 pm \$99/person
Gr K-3 Engineering for Kids Skip 2/9

SESSION 2

Thu, Mar 2-23 3:30-4:30 pm \$99/person
Gr K-3 Engineering for Kids

SESSION 3

Thu, Apr 13-May 4 3:30-4:30 pm \$99/person
Gr K-3 Engineering for Kids

A World of Drawing

Explore the fun, artistic world of Young Rembrandts drawing classes. There's no better time than now to sign up for this artistically challenging class! You will create amazing pieces of artwork and grow in your drawing skills.

Wed, Jan 11-Feb 8 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts

Mirabel's World

Do you wish you were a part of the Madrigal family? Here's your chance to discover your own magical powers! In this truly enchanted class, we'll paint, sculpt with air-dry clay, and even sing along to some of your favorite tunes while creating dazzling clay butterflies, magical bedroom doors, Colombian rainforest creatures and so much more. Come join Mirabel, Isabella, Antonio, and the rest of the Madrigals as you explore the enchanted side of creativity.

Thu, Jan 26-Feb 23 3:30-4:30 pm \$75/person
Gr K-5 Kidcreate Studio Skip 2/9

FSA Sports Sampler

Get active after school at this multi-sport experience! You will compete in small competitions and participate in skill building activities. Sports include basketball, soccer, flag football, and baseball.

Wed, Apr 5-26 3:30-5 pm \$89/person
Gr 1-5 FSA



Musical Theatre

"Life is not a dress rehearsal. The curtain is up and you are on, so get out there and give it your best shot."

- Anonymous

Junie B Jones the Musical Jr. (Gr 2-5)

Laugh yourself silly with Junie B. Jones in this hilarious Broadway Junior adaptation of Barbara Park's beloved series. Junie B. Jones The Musical JR is a delightful adaptation of four of Barbara Park's best-selling books, brought to life and created specifically for you! Join Junie B. on her first day of first grade, where many changes are in store: Junie's best friend Lucille has found new best friends - and Junie B. makes friends with Herb, the new kid at school. While in Mr. Scary's class, Junie has trouble reading the blackboard - and she may need glasses. Add in a friendly cafeteria lady, an intense kickball tournament and a "Top-Secret Personal Beeswax Journal," and first grade has never been more exciting. Featuring many lovable characters and fun-filled songs, Junie B. Jones JR. will capture your heart! 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. Costumes included in the fee. Students will need to provide the base layer. All students who audition will receive a part in the musical.

CLASS INFORMATION

Tue, Mar 21, Apr 4-25, May 2 & 9 3:30-5 pm
Thu, Mar 16, 23, Apr 6-27, May 4 3:30-5 pm
\$185/person Stages Theatre Skip 3/28 & 3/30

TECH REHEARSAL

Thu, May 11 4-6 pm Maple Grove Middle School

PERFORMANCES

Fri, May 12 7 pm Maple Grove Middle School
Sat, May 13 2 pm Maple Grove Middle School



Phone 763-391-7242



Online osseo.ce.eleyo.com

Brick Builders - Winter

Build a street sweeper, an egg beater, a racer, and more using LEGO® bricks. Use these brick models to explore STEM concepts. The {YEL!} Teach It!...Practice It!...Play It! method engages you to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Fri, Feb 3-Mar 17 4:10-5:10 pm \$89/person
Gr 1-5 Engineering for Kids
Skip 3/10

Brick Builders - Spring

Build a watchtower, bridge, and crane using LEGO® bricks. Use these LEGO® brick models to explore STEM concepts. The {YEL!} Teach It!...Practice It!...Play It! method engages you to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Fri, Apr 14-May 19 4:10-5:10 pm \$89/person
Gr 1-5 Engineering for Kids

Grandmasters of Chess

New and returning students welcome. Learn, Practice and Play chess each class. The {YEL!} Teach It!...Practice It!...Play It! method keeps you on track with new chess lessons and puzzles each week as well as guided games and class tournaments. Includes ChessKid.com membership for session (\$49 value). THINK, LEARN and PLAY WELL with {YEL!}.

Mon, Jan 23-Mar 20 4:10-5:10 pm \$115/person
Gr K-5 {YEL!} Skip 2/6, 2/20
Mon, Apr 3-May 22 4:10-5:10 pm \$115/person
Gr K-5 {YEL!} Skip 4/24

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 are incorporated to keep you engaged. Coach Gordon Ferguson leads this program.

Thu, Feb 16-Mar 2 4:10-5:10 pm \$29/person
Gr K-5 G. Ferguson

Sensational Slime

Get ready for some slimey fun! You will mix up a batch of fabulous fluffy slime and then try your hand at Bubblegum-scented silly putty slime. Don't miss out on the after-school fun.

Tue, Apr 18 4:10-5:10 pm \$25/person
Gr K-5 Kidcreate Studio

FSA Sports Sampler

Get active after school at this multi-sport experience! You will compete in small competitions and participate in skill building activities. Sports include basketball, soccer, flag football, and baseball.

Wed, Apr 5-26 4:10-5:40 pm \$89/person
Gr 1-5 FSA

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.

Mon, May 15 4:10-5:55 pm \$35/person
Ages 8-11 A. Timm

FSA Basketball Open Runs

Open Runs sessions are designed to emphasize the concept of after school playground basketball. Participate in different basketball activities such as stations, twenty-one, three-on-three games, five-on-five, and other basketball related games.

Tue, Mar 7-21 4:10-5:40 pm \$65/person
Gr 1-5 FSA

Discover the Magic of Spanish

In this 8-week adventure, Vamos con la Musica (Let's go with Music!), you will learn music and school related vocabulary along with useful conversational Spanish taught using dynamic songs and games. You will also delve into the fascinating culture of Argentina. Put on your thinking cap because each week will be packed full of useful Spanish. This is the half-year program (8 weeks). NOTE: If you signed up in the Fall 2022, do NOT sign up, you are already enrolled!

Wed, Feb 15-Apr 12 8:20-9:20 am \$149/person
Gr K-5 Futura Skip 3/29





Get Active, Stay Healthy, Have Fun!

Grandmasters of Chess

New and returning students welcome. Learn, Practice and Play chess each class. The {YEL!} Teach It!...Practice It!...Play It! method keeps students on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Fee includes ChessKid.com membership for the session (\$49 annual value). THINK, LEARN and PLAY WELL with {YEL!}.

Fri, Jan 20-Mar 17	3:30-4:30 pm	\$129/person
Gr K-5	{YEL!}	Skip 3/10
Fri, Apr 14-May 26	3:30-4:30 pm	\$115/person
Gr K-5	{YEL!}	

Sensational Slime

Get ready for some slimey fun! You will mix up a batch of fabulous fluffy slime and then try your hand at Bubblegum-scented silly putty slime. Don't miss out on the after-school fun.

Thu, Apr 27	3:30-4:30 pm	\$25/person
Gr K-5	Kidcreate Studio	

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 are incorporated to keep you engaged. Coach Gordon Ferguson leads this program.

Mon, Jan 9-Feb 13	3:30-4:30 pm	\$35/person
Gr K-5	G. Ferguson	
Skip 1/16 & 2/6		

FSA Basketball Open Runs

Open Runs sessions are designed to emphasize the concept of after school playground basketball. Participate in different basketball activities such as stations, twenty-one, three-on-three games, five-on-five, and other basketball related games.

Tue, Apr 11-25	3:30-5 pm	\$65/person
Gr 1-5	FSA	

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 you develop golf skills and knowledge through full swing, chipping and putting stations. Top-notch equipment and training materials provided; all levels welcome.

Thu, Jan 26-Feb 23	3:30-4:30 pm	\$89/person
Gr K-5	TGA	Skip 2/2

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.

Tue, Apr 11	3:30-5:15 pm	\$35/person
Gr 8-11	A. Timm	

Discover the Magic of Spanish

In this 8-week adventure, Vamos con la Musica (Let's go with Music!), you will learn music and school related vocabulary along with useful conversational Spanish taught using dynamic songs and games. You will also delve into the fascinating culture of Argentina. Put on your thinking cap because each week will be packed full of useful Spanish. This is the half-year program (8 weeks). NOTE: If you signed up in Fall 2022, do NOT sign up, you are already enrolled.

Wed, Feb 15-Apr 12	3:30-4:30 pm	\$149/person
Gr K-5	Futura	Skip 3/29

FSA Sports Sampler

Get active after school at this multi-sport experience! You will compete in small competitions and participate in skill building activities. Sports include basketball, soccer, flag football, and baseball.

Mon, Apr 3-17	3:30-5 pm	\$65/person
Gr 1-5	FSA	

FSA Basketball Open Runs

Open Runs sessions are designed to emphasize the concept of after school playground basketball. Participate in different basketball activities such as stations, twenty-one, three-on-three games, five-on-five, and other games.

Tue, Jan 10-31	3:30-5 pm	\$89/person
Gr 1-5	FSA	

A World of Drawing

Explore the fun, artistic world of Young Rembrandts drawing classes. There's no better time than now to sign up for this artistically challenging class. Create amazing pieces of artwork and grow in your drawing skills.

Tue, Jan 10-Feb 7	3:30-4:30 pm	\$69/person
Gr K-5	Young Rembrandts	

Sensational Slime

Get ready for some slimey fun! Mix up a batch of fabulous fluffy slime and then try your hand at Bubblegum-scented silly putty slime. Don't miss out on the after-school fun.

Tue, May 2	3:30-4:30 pm	\$25/person
Gr K-5	Kidcreate Studio	

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 are incorporated to keep you engaged. Coach Gordon Ferguson leads this program.

Tue, Feb 7-21	3:30-4:30 pm	\$29/person
Gr K-5	G. Ferguson	

Grandmasters of Chess

New and returning students welcome. Learn, Practice and Play chess each class. The {YEL!} Teach It!... Practice It!...Play It! method keeps you on track with new chess lessons and puzzles each week as well as guided games and class tournaments. Includes ChessKid.com membership for session (\$49 value). THINK, LEARN and PLAY WELL with {YEL!}.

Thu, Jan 26-Mar 16	3:30-4:30 pm	\$115/person
Gr K-5	{YEL!}	Skip 3/2
Thu, Apr 6-May 25	3:30-4:30 pm	\$129/person
Gr K-5	{YEL!}	

Smart Art with Kidcreate

Explore STEAM concepts with art. Get creative and make fridge-worthy masterpieces as you experience experiential learning and loads of messy art fun. You'll design your own mini playground, learn about MC Escher and Picasso, make your own lava lamp, and more.

Tue, Mar 14-Apr 11	3:30-4:30 pm	\$75/person
Gr K-5	Kidcreate Studio	Skip 3/28

Junie B Jones the Musical Jr. (Gr 2-5)

Laugh yourself silly with Junie B. Jones in this hilarious Broadway Junior adaptation of Barbara Park's beloved series. Junie B. Jones The Musical JR is a delightful adaptation of four of Barbara Park's best-selling books, brought to life and created specifically for you! Join Junie B. on her first day of first grade, where many changes are in store: Junie's best friend Lucille has found new best friends — and Junie B. makes friends with Herb, the new kid at school. While in Mr. Scary's class, Junie has trouble reading the blackboard — and she may need glasses. Add in a friendly cafeteria lady, an intense kickball tournament and a "Top-Secret Personal Beeswax Journal," and first grade has never been more exciting. Featuring many lovable characters and fun-filled songs, Junie B. Jones JR. will capture your heart! 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. Costumes included in the fee. Students need to provide base layer. All students who audition receive a part.

CLASS INFORMATION

Mon, Jan 23, 30, Feb 13, 27, Mar 6 & 13	3:30-5 pm
Wed, Jan 18, 25, Feb 1-22, Mar 1 & 8	3:30-5 pm
\$185/person	Stages Theatre
	Skip 2/20

TECH REHEARSAL

Wed, Mar 15	5-7 pm	Park Center Senior High
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PERFORMANCES

Fri, Mar 17	7 pm	Park Center Senior High
Sat, Mar 18	2 pm	Park Center Senior High

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 are incorporated to keep you engaged. Coach Gordon Ferguson leads this program.

Tue, Apr 4-25	3:30-4:30 pm	\$35/person
Gr K-5	G. Ferguson	

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.

Mon, Apr 10-May 22	3:30-4:30 pm	\$129/person
Skip 4/24	Gr K-5	TGA

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, Feb 8-Mar 8	3:30-4:30 pm	\$115/person
Gr K-5	TGA	

Discover the Magic of Spanish

In this 8-week adventure, Vamos con la Musica (Let's go with Music!), you will learn music and school related vocabulary along with useful conversational Spanish taught using dynamic songs and games. You will also delve into the fascinating culture of Argentina. Put on your thinking cap because each week will be packed full of useful Spanish. This is the half-year program (8 weeks). NOTE: If you signed up in the Fall 2022, do NOT sign up, you are already enrolled!

Thu, Feb 23-Apr 20	3:30-4:30 pm	\$149/person
Gr K-5	Futura	Skip 3/30

Grandmasters of Chess

New and returning students welcome. Learn, Practice and Play chess each class. The {YEL!} Teach It!... Practice It!...Play It! method keeps you on track with new chess lessons and puzzles each week as well as guided games and class tournaments. Includes ChessKid.com membership for session (\$49 value). THINK, LEARN and PLAY WELL with {YEL!}.

Fri, Jan 20-Mar 17	3:30-4:30 pm	\$129/person
Gr K-5	{YEL!}	Skip 3/10
Fri, Apr 14-May 26	3:30-4:30 pm	\$115/person
Gr K-5	{YEL!}	

Family Paint Night: Cupcakes & Canvas Winter Night
Grab the whole family and join KidzArt for a fun family paint event. Everyone will create their own winter night scene with reindeer, using acrylic paint on a 11x14" stretched canvas. All supplies and food included in the fee. Fee is per person. Everyone paints! Enjoy a cupcake dessert while you wait for your painting to dry.

Mon, Jan 30	6-7:30 pm	\$29/person
Ages 6+	KidzArt	

Family Paint Night: Pizza & Canvas Monarch Butterfly
Grab the whole family and join KidzArt for a fun family event. Everyone will create their own painting of spring flowers and a monarch butterfly using acrylic paints on a 11x14" stretched canvas. All supplies and food included in the fee. Fee is per person. Everyone paints. You will enjoy pizza together before you begin painting.

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

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.

Mon, Apr 17	3:30-5:15 pm	\$35/person
Ages 8-11	A. Timm	

Canvas Fun: Kitty Love

Bring your friends for this special one-time painting class. You will use acrylic paint on a 9 x 12 canvas to paint cuddly cats just in time for Valentine's Day.

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

Skyhawks Pickleball

NEW! Learn how to play the latest popular sport! Pickleball combines elements of tennis, badminton, and ping-pong into a fun new court game. Learn the rules of Pickleball, along with similar skills and games that you can use in multiple racquet sports. If you have your own racquet, you can bring it or one will be provided to use.

Thu, Apr 6-20	3:30-5 pm	\$79/person
Gr K-5	Skyhawks	

Skyhawks Track & Field

Join us after school and participate in track & field drills that will prepare you for a future in cross-country, track and field events, distance running - while inspiring a love for running and being active. Learn the fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered.

Tue, May 2-23	3:30-5 pm	\$105/person
Gr K-5	Skyhawks	

Brick Builders - Winter

Build a street sweeper, an egg beater, a racer, and more using LEGO® bricks. Use these brick models to explore STEM concepts. The {YEL!} Teach It!...Practice It!...Play It! method engages you to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Thu, Feb 23-Mar 23 3:30-4:30 pm \$89/person
Gr 1-5 Engineering for Kids

Brick Builders - Spring

Build a watchtower, bridge, and crane using LEGO® bricks. Use these LEGO® brick models to explore STEM concepts. The {YEL!} Teach It!...Practice It!...Play It! method engages you to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Thu, Apr 6-May 11 3:30-4:30 pm \$89/person
Gr 1-5 Engineering for Kids

Mirabel's World

Do you wish you were a part of the Madrigal family? Here's your chance to discover your own magical powers! In this truly enchanted class, we'll paint, sculpt with air-dry clay, and even sing along to some of your favorite tunes while creating dazzling clay butterflies, magical bedroom doors, Colombian rainforest creatures and so much more. Come join Mirabel, Isabella, Antonio, and the rest of the Madrigals as you explore the enchanted side of creativity.

Tue, Jan 24-Feb 14 3:30-4:30 pm \$75/person
Gr K-5 Kidcreate Studio

Sensational Slime

Get ready for some slimey fun! You will mix up a batch of fabulous fluffy slime and then try your hand at Bubblegum-scented silly putty slime. Don't miss out on the after-school fun.

Wed, Apr 26 3:30-4:30 pm \$25/person
Gr K-5 Kidcreate Studio

FSA Basketball Open Runs

Open Runs sessions are designed to emphasize the concept of after school playground basketball. Participate in different basketball activities such as stations, twenty-one, three-on-three games, five-on-five, and other basketball related games.

Tue, Feb 21-Mar 14 3:30-5 pm \$89/person
Gr 1-5 FSA

Amazing Athletes

Get active while you develop motor skills, hand-eye coordination, cardiovascular fitness and more through Amazing Athletes. Each one hour class encompasses two different developmental sport lessons, muscle identification and fruit or vegetable introduction, using fun activities in a non-competitive atmosphere.

Mon, Jan 9-Feb 27 3:30-4:30 pm \$69/person
Gr K-2 Amazing Athletes

Skip 1/16, 2/6, 2/13, 2/20

Seussical Kids (Gr 2-5)

The BEAT (Bunce Educational Adventure Theater) presents Seussical Kids. Get ready to be transported from the Jungle of Nool to the Circus McGurkus, the Cat in the Hat, our narrator, tells the story of Horton, an elephant who discovers a speck of dust containing tiny people called the Whos, including Jojo, a Who child, who gets in trouble for thinking too many "thinks." Seussical 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! All students receive a part in the musical. The BEAT (Bunce Educational Adventure Theater) will provide trained theater staff to lead students through a musical theater experience that will promote problem solving skills, working cooperatively, leadership and self-confidence. All students must be pre-registered before the first rehearsal. Auditions will be held the first day. Costumes are provided, students need to provide base layer. bunceperformingarts.com.

PRACTICE DATES

Tue-Thu, Jan 17-19, Jan 24-26, Jan 31-Feb 2
\$185/person 3:30-5:30 pm Fernbrook

TECH REHEARSAL

Fri, Feb 3 6-8 pm MGMS

PERFORMANCES (FREE)

Sat, Feb 4 2 pm MGMS
(Cast arrives 12 pm)

Jr STEM Club (Sessions 1, 2, and/or 3)

All new lessons each session. Engineering for Kids introduces you to 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. With our library of lessons, you will never repeat a STEM activity.

SESSION 1

Wed, Feb 1-22 3:30-4:30 pm \$99/person
Gr K-3 Engineering for Kids

SESSION 2

Wed, Mar 1-22 3:30-4:30 pm \$99/person
Gr K-3 Engineering for Kids

SESSION 3

Wed, Apr 12-May 3 3:30-4:30 pm \$99/person
Gr K-3 Engineering for Kids



Online osseo.ce.eleyo.com



Phone 763-391-7242

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 are incorporated to keep you engaged. Coach Gordon Ferguson leads this program.

Tue, Mar 7 & 21	4:10-5:10 pm	\$19/person
Gr K-5	G. Ferguson	

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.

Mon, May 8	4:10-5:55 pm	\$35/person
Ages 8-11	A. Timm	

**Grandmasters of Chess**

New and returning students welcome. Learn, Practice and Play chess each class. The {YEL!} Teach It!... Practice It!...Play It! method keeps you on track with new chess lessons and puzzles each week as well as guided games and class tournaments. Includes ChessKid.com membership for session (\$49 value). THINK, LEARN and PLAY WELL with {YEL!}.

Tue, Jan 24-Mar 14	4:10-5:10 pm	\$115/person
Gr K-5	{YEL!}	Skip 2/28
Tue, Apr 4-May 23	4:10-5:10 pm	\$129/person
Gr K-5	{YEL!}	

Smart Art with Kidcreate

Explore STEAM concepts with art. Get creative and make fridge-worthy masterpieces as you experience experiential learning and loads of messy art fun. You'll design your own mini playground, learn about MC Escher and Picasso, make your own lava lamp, and more.

Wed, Mar 1-Apr 5	4:10-5:10 pm	\$75/person
Gr K-5	Kidcreate Studio	
Skip 3/8		

Sensational Slime

Get ready for some slimey fun! You will mix up a batch of fabulous fluffy slime and then try your hand at Bubblegum-scented silly putty slime. Don't miss out on the after-school fun.

Wed, Apr 19	4:10-5:10 pm	\$25/person
Gr K-5	Kidcreate Studio	

FSA Basketball Open Runs

Open Runs sessions are designed to emphasize the concept of after school playground basketball. Participate in different basketball activities such as stations, twenty-one, three-on-three games, five-on-five, and other basketball related games.

Thu, Jan 12-26	4:10-5:40 pm	\$65/person
Gr 1-5	FSA	

FSA Sports Sampler

Get active after school at this multi-sport experience! You will compete in small competitions and participate in skill building activities. Sports include basketball, soccer, flag football, and baseball.

Wed, Feb 1-22	4:10-5:40 pm	\$89/person
Gr 1-5	FSA	

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.

Tue, Apr 11-May 16	4:1-5:10 pm	\$115/person
Gr K-5	TGA	Skip 4/25

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 are incorporated to keep you engaged. Coach Gordon Ferguson leads this program.

Thu, Apr 6-27 3:30-4:30 pm \$35/person
Gr K-5 G. Ferguson

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.

Tue, Apr 11-May 16 3:30-4:30 pm \$129/person
Gr K-5 TGA

Canvas Fun: Kitty Love

Bring your friends for this special one-time painting class. You will use acrylic paint on a 9 x 12 canvas to paint cuddly cats just in time for Valentine's Day.

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

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.

Tue, May 9 3:30-5:15 pm \$35/person
Ages 8-11 A. Timm

Grandmasters of Chess

New and returning students welcome. Learn, Practice and Play chess each class. The {YEL!} Teach It!... Practice It!...Play It! method keeps you on track with new chess lessons and puzzles each week as well as guided games and class tournaments. Includes ChessKid.com membership for session (\$49 value). THINK, LEARN and PLAY WELL with {YEL!}.

Wed, Jan 18-Mar 8 3:30-4:30 pm \$129/person
Gr K-5 {YEL!}

Wed, Apr 5-May 24 3:30-4:30 pm \$129/person
Gr K-5 {YEL!}

Skyhawks Floor Hockey

Get active this winter playing floor hockey. You will work on stick handling, passing, shooting, and playing defense in a fun, positive environment. The final day of class is 'Game Day,' where you will get to showcase your floor hockey skills.

Mon, Feb 13-Mar 6 3:30-5 pm \$79/person
Gr K-5 Skyhawks Skip 2/20

Discover the Magic of Spanish

In this 8-week adventure, Vamos con la Musica (Let's go with Music!), you will learn music and school related vocabulary along with useful conversational Spanish taught using dynamic songs and games. You will also delve into the fascinating culture of Argentina. Put on your thinking cap because each week will be packed full of useful Spanish. This is the half-year program (8 weeks). NOTE: If you signed up in the Fall 2022, do NOT sign up, you are already enrolled!

Tue, Feb 14-Apr 18 3:30-4:30 pm \$149/person
Gr K-5 Futura

Skip 3/21 & 3/28

Skyhawks Track & Field

Join us after school and participate in track & field drills that will prepare you for a future in cross-country, track and field events, distance running - while inspiring a love for running and being active. Learn the fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered.

Mon, May 1-22 3:30-5 pm \$105/person
Gr K-5 Skyhawks

Junie B Jones the Musical Jr. (Gr 2-5)

Laugh yourself silly with Junie B. Jones in this hilarious Broadway Junior adaptation of Barbara Park's beloved series. Junie B. Jones The Musical JR is a delightful adaptation of four of Barbara Park's best-selling books, brought to life and created specifically for you! Join Junie B. on her first day of first grade, where many changes are in store: Junie's best friend Lucille has found new best friends - and Junie B. makes friends with Herb, the new kid at school. While in Mr. Scary's class, Junie has trouble reading the blackboard -and she may need glasses. Add in a friendly cafeteria lady, an intense kickball tournament and a "Top-Secret Personal Beeswax Journal," and first grade has never been more exciting. Featuring many lovable characters and fun-filled songs, Junie B. Jones JR. will capture your heart! 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. Costumes included in the fee. Students will need to provide the base layer. All students who audition will receive a part in the musical.

CLASS INFORMATION

Tue, Jan 17-31, Feb 7-28 3:30-5 pm
Thu, Jan 12-26, Feb 2-23 3:30-5 pm
\$185/person Stages Theatre

TECH REHEARSAL

Thu, Mar 2 5-7 pm MGMS

PERFORMANCES

Fri, Mar 3 7 pm MGMS
Sat, Mar 4 2 pm MGMS

Amazing Clay Animals

Join us for an afternoon of hands on fun! Learn how to sculpt, coil, slab, and pinch clay to make super cute and fun animals out of air dry clay.

Fri, Jan 20-Feb 10 3:30-4:30 pm \$65/person
Gr K-5 Abrakadoodle

Smart Art with Kidcreate

Explore STEAM concepts with art. Get creative and make fridge-worthy masterpieces as you experience experiential learning and loads of messy art fun. You'll design your own mini playground, learn about MC Escher and Picasso, make your own lava lamp, and more.

Fri, Mar 17-Apr 21 3:30-4:30 pm \$75/person
Gr K-5 Kidcreate Studio
Skip 3/31 & 4/7

Sensational Slime

Get ready for some slimey fun! You will mix up a batch of fabulous fluffy slime and then try your hand at Bubblegum-scented silly putty slime. Don't miss out on the after-school fun.

Mon, Apr 17 3:30-4:30 pm \$25/person
Gr K-5 Kidcreate Studio

FSA Basketball Open Runs

Open Runs sessions are designed to emphasize the concept of after school playground basketball. Participate in different basketball activities such as stations, twenty-one, three-on-three games, five-on-five, and other basketball related games.

Thu, Mar 9-23 3:30-5 pm \$65/person
Gr 1-5 FSA

Cartoon Club

Make this spring memorable and enroll in Cartoon Club! You will learn the essential skills needed to illustrate cartoon imagery that is filled with dynamic characters and expressive personalities. Create cartoon characters from fun subjects like robots, dogs, and insects. Develop your visual story telling skills as you draw sequential images. .

Wed, Apr 12-May 3 3:30-4:30 pm \$59/person
Gr K-5 Young Rembrandts

Mirabel's World

Do you wish you were a part of the Madrigal family? Here's your chance to discover your own magical powers! In this truly enchanted class, we'll paint, sculpt with air-dry clay, and even sing along to some of your favorite tunes while creating dazzling clay butterflies, magical bedroom doors, Colombian rainforest creatures and so much more. Come join Mirabel, Isabella, Antonio, and the rest of the Madrigals as you explore the enchanted side of creativity.

Wed, Jan 25-Feb 15 3:30-4:30 pm \$75/person
Gr K-5 Kidcreate Studio

FSA Sports Sampler

Get active after school at this multi-sport experience! You will compete in small competitions and participate in skill building activities. Sports include basketball, soccer, flag football, and baseball.

Mon, Jan 9-30 3:30-5 pm \$65/person
Gr 1-5 FSA Skip 1/16

Jr STEM Club (Sessions 1, 2, and/or 3)

All new lessons each session. Engineering for Kids introduces you to 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. With our library of lessons, you will never repeat a STEM activity.

SESSION 1

Mon, Jan 23-Feb 27 3:30-4:30 pm \$99/person
Gr K-3 Engineering for Kids
Skip 2/6 & 2/20

SESSION 2

Mon, Mar 6-Apr 10 3:30-4:30 pm \$99/person
Gr K-3 Engineering for Kids
Skip 3/13 & 3/27

SESSION 3

Mon, Apr 17-May 15 3:30-4:30 pm \$99/person
Gr K-3 Engineering for Kids
Skip 4/24



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 are incorporated to keep you engaged. Coach Gordon Ferguson leads this program.

Thu, Mar 9-23	4:10-5:10 pm	\$29/person
Gr K-5	G. Ferguson	

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.

Tue, Jan 24-Feb 28	4:10-5:10 pm	\$115/person
Gr K-5	TGA	Skip 2/7

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 welcome to play.

Mon, Jan 23-Mar 13	4:10-5:10 pm	\$129/person
Gr K-5	TGA	Skip 2/6, 2/20
Thu, Apr 13-May 18	4:10-5:10 pm	\$129/person
Gr K-5	TGA	

Artistic Wonders

This is KidzArt where you will have fun as you learn to draw and experience creativity-building exercises. Explore using foreshortening technique in drawing a steam engine chugging down the tracks, use oil pastels to blend a landscape drawing of a seaside windmill, work with vine charcoal and learn about igloos. Use a variety of mediums and let your imagination soar.

Mon, Jan 23-Mar 13	4:10-5:10 pm	\$95/person
Gr K-5	KidzArt	

Skip 2/6 & 2/20

Making Life Colorful

Join KidzArt as we create some amazing colorful works of art. Use your imaginations to draw a magical flying car and learn about Henri Matisse by cutting an abstract collage. Have fun experimenting with different artistic grade mediums. Get creative and build your confidence.

Mon, Mar 20-May 1	4:10-5:10 pm	\$79/person
Gr K-5	KidzArt	

Skip 3/27 & 4/24

A World of Drawing

Explore the fun, artistic world of Young Rembrandts drawing classes. There's no better time than now to sign up for this artistically challenging class. Create amazing pieces of artwork and grow in your drawing skills.

Tue, Feb 14-Mar 14	4:10-5:10 pm	\$69/person
Gr K-5	Young Rembrandts	

Family Paint Night: Cupcakes & Canvas Winter Night

Grab the whole family and join KidzArt for a fun family paint event. Everyone will create their own winter night scene with reindeer, using acrylic paint on a 11x14" stretched canvas. All supplies and food included in the fee. Fee is per person. Everyone paints! Enjoy a cupcake dessert while you wait for your painting to dry.

Wed, Feb 8	6-7:30 pm	\$29/person
Ages 6+	KidzArt	

Family Paint Night: Pizza & Canvas Monarch Butterfly

Grab the whole family and join KidzArt for a fun family event. Everyone will create their own painting of spring flowers and a monarch butterfly using acrylic paints on a 11x14" stretched canvas. All supplies and food included in the fee. Fee is per person. Everyone paints. You will enjoy pizza together before you begin painting.

Wed, Apr 12	6-7:30 pm	\$29/person
Ages 6+	KidzArt	

Discover the Magic of Spanish

In this 8-week adventure, Vamos con la Musica (Let's go with Music!), you will learn music and school related vocabulary along with useful conversational Spanish taught using dynamic songs and games. Delve into the fascinating culture of Argentina. Put on your thinking cap because each week is packed full of useful Spanish. This is the half-year program.. NOTE: If you signed up in Fall 2022, do NOT sign up, you're already enrolled!

Mon, Feb 13-Apr 17	4:10-5:10 pm	\$149/person
Gr K-5	Futura	

Skip 2/20 & 3/27

Junie B Jones the Musical Jr. (Gr 2-5)

Laugh yourself silly with Junie B. Jones in this hilarious Broadway Junior adaptation of Barbara Park's beloved series. Junie B. Jones The Musical JR is a delightful adaptation of four of Barbara Park's best-selling books, brought to life and created specifically for you! Join Junie B. on her first day of first grade, where many changes are in store: Junie's best friend Lucille has found new best friends - and Junie B. makes friends with Herb, the new kid at school. While in Mr. Scary's class, Junie has trouble reading the blackboard -and she may need glasses. Add in a friendly cafeteria lady, an intense kickball tournament and a "Top-Secret Personal Beeswax Journal," and first grade has never been more exciting. Featuring lovable characters and fun-filled songs, Junie B. Jones JR. will capture your heart. Auditions are held on the first day of rehearsals. There are two performances. Costumes included in fee. Students provide the base layer. All who audition receive a part.

CLASS INFORMATION

Mon, Mar 20, Apr 3-17, May 1-15	4:10-5:40 pm
Wed, Mar 22, Apr 5-26, May 3-10	4:10-5:40 pm
Skip 3/27, 3/29, 4/24	
\$185/person	Stages Theatre

TECH REHEARSAL

Wed, May 17	4:30-6:30 pm	OSH
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PERFORMANCES

Fri, May 19	7 pm	OSH
Sat, May 20	2 pm	OSH

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.

Tue, May 2 4:10-5:55 pm \$35/person
Ages 8-11 A. Timm

Skyhawks Pickleball

NEW! Learn how to play the latest popular sport! Pickleball combines elements of tennis, badminton, and ping-pong into a fun new court game. Learn the rules of Pickleball, along with similar skills and games that you can use in multiple racquet sports. If you have your own racquet, you can bring it or one will be provided to use.

Tue, Mar 21-Apr 18 4:10-5:40 pm \$105/person
Gr K-5 Skyhawks

Skyhawks Basketball

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

Wed, Jan 11-Feb 1 4:10-5:40 pm \$105/person
Gr K-5 Skyhawks

Grandmasters of Chess

New and returning students welcome. Learn, Practice and Play chess each class. The {YEL!} Teach It!...Practice It!...Play It! method keeps you on track with new chess lessons and puzzles each week as well as guided games and class tournaments. Includes ChessKid.com membership for session (\$49 value). THINK, LEARN and PLAY WELL with {YEL!}.

Mon, Jan 9-Mar 20 4:10-5:10 pm \$129/person
Gr K-5 {YEL!}

Skip 1/16, 2/6, 2/20

Mon, Apr 3-May 22 4:10-5:10 pm \$115/person
Gr K-5 {YEL!} Skip 4/24

Amazing Clay Animals

Join us for an afternoon of hands on fun. Learn how to sculpt, coil, slab, and pinch clay to make super cute and fun animals out of air dry clay.

Thu, Jan 19-Feb 23 4:10-5:10 pm \$65/person
Gr K-5 Abrakadoodle

Skip 2/9 & 2/16

Cartoon Club

Make this spring memorable and enroll in Cartoon Club. Learn the essential skills needed to illustrate cartoon imagery that is filled with dynamic characters and expressive personalities. Create cartoon characters from fun subjects like robots, dogs, and insects. Develop your visual story telling skills as you draw sequential images.

Tue, May 2-23 4:10-5:10 pm \$59/person
Gr K-5 Young Rembrandts

Brick Builders - Winter

Build a street sweeper, an egg beater, a racer, and more using LEGO® bricks. Use these brick models to explore STEM concepts. The {YEL!} Teach It!...Practice It!...Play It! method engages you to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Wed, Feb 8-Mar 15 4:10-5:10 pm \$89/person
Gr 1-5 Engineering for Kids

Brick Builders - Spring

Build a watchtower, bridge, and crane using LEGO® bricks. Use these LEGO® brick models to explore STEM concepts. The {YEL!} Teach It!...Practice It!...Play It! method engages you to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Wed, Apr 5-May 10 4:10-5:10 pm \$89/person
Gr 1-5 Engineering for Kids

Smart Art with Kidcreate

Explore STEAM concepts with art. Get creative and make fridge-worthy masterpieces as you experience experiential learning and loads of messy art fun. You'll design your own mini playground, learn about MC Escher and Picasso, make your own lava lamp, and more.

Thu, Mar 16-Apr 13 4:10-5:10 pm \$75/person
Gr K-5 Kidcreate Studio

Skip 3/30

Sensational Slime

Get ready for some slimey fun! You will mix up a batch of fabulous fluffy slime and then try your hand at Bubblegum-scented silly putty slime. Don't miss out on the after-school fun.

Thu, May 4 4:10-5:10 pm \$25/person
Gr K-5 Kidcreate Studio

Jr STEM Club (Sessions 1, 2, and/or 3)

All new lessons each session. Engineering for Kids introduces you to 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. With our library of lessons, you will never repeat a STEM activity.

SESSION 1

Tue, Jan 31-Feb 28 4:10-5:10 pm \$99/person
Gr K-3 Engineering for Kids

Skip 2/7

SESSION 2

Tue, Mar 7-Apr 4 4:10-5:10 pm \$99/person
Gr K-3 Engineering for Kids

Skip 3/28

SESSION 3

Tue, Apr 18-May 9 4:10-5:10 pm \$99/person
Gr K-3 Engineering for Kids

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 are incorporated to keep you engaged. Coach Gordon Ferguson leads this program.

Thu, Jan 12-Feb 2 4:10-5:10 pm \$35/person
Gr K-5 G. Ferguson

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.

Tue, Apr 25 4:10-5:55 pm \$35/person
Ages 8-11 A. Timm

Discover the Magic of Spanish

In this 8-week adventure, Vamos con la Musica (Let's go with Music!), you will learn music and school related vocabulary along with useful conversational Spanish taught using dynamic songs and games. You will also delve into the fascinating culture of Argentina. Put on your thinking cap because each week will be packed full of useful Spanish. This is the half-year program (8 weeks). NOTE: If you signed up in the Fall 2022, do NOT sign up, you are already enrolled!

Tue, Feb 14-Apr 18 4:10-5:10 pm \$149/person
Gr K-5 Futura
Skip 2/28 & 3/28

Skyhawks Track & Field

Join us after school and participate in track & field drills that will prepare you for a future in cross-country, track and field events, distance running - while inspiring a love for running and being active. Learn the fundamentals of body positioning, stride, proper stretching, and cool-down techniques are all covered.

Thu, May 4-25 4:10-5:40 pm \$105/person
Gr K-5 Skyhawks

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 welcome to play.

Tue, Jan 24-Feb 21 4:10-5:10 pm \$115/person
Gr K-5 TGA

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, Jan 25-Mar 1 4:10-5:10 pm \$129/person
Gr K-5 TGA

Skyhawks Pickleball

NEW! Learn how to play the latest popular sport. Pickleball combines elements of tennis, badminton, and ping-pong into a fun new court game. Learn the rules of Pickleball, along with similar skills and games that you can use in multiple racquet sports. If you have your own racquet, you can bring it or one will be provided to use.

Wed, Mar 22-Apr 19 4:10-5:40 pm \$105/person
Gr K-5 Skyhawks
Skip 3/29

Grandmasters of Chess

New and returning students welcome. Learn, Practice and Play chess during 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 class tournaments. Includes ChessKid.com membership for session (\$49 value). THINK, LEARN and PLAY WELL with {YEL!}.

Thu, Jan 19-Mar 16 4:10-5:10 pm \$115/person
Gr K-5 {YEL!}

Skip 2/23 & 3/2

Thu, Apr 6-May 25 4:10-5:10 pm \$129/person
Gr K-5 {YEL!}

Amazing Clay Animals

Join us for an afternoon of hands on fun! Learn how to sculpt, coil, slab, and pinch clay to make super cute and fun animals out of air dry clay.

Mon, Jan 23-Feb 27 4:10-5:10 pm \$65/person
Gr K-5 Abrakadoodle

Skip 2/6 & 2/20



Online osseo.ce.eleyo.com



Phone 763-391-7223



Brick Builders - Winter

Build a street sweeper, an egg beater, a racer, and more using LEGO® bricks. Use these brick models to explore STEM concepts. The {YEL!} Teach It!...Practice It!...Play It! method engages you to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Tue, Feb 7-Mar 21 4:10-5:10 pm \$89/person
Gr 1-5 Engineering for Kids Skip 3/28

Brick Builders - Spring

Build a watchtower, bridge, and crane using LEGO® bricks. Use these LEGO® brick models to explore STEM concepts. The {YEL!} Teach It!...Practice It!...Play It! method engages you to create and innovate. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Tue, Apr 4-May 9 4:10-5:10 pm \$89/person
Gr 1-5 Engineering for Kids

Amazing Athletes

Get active while you develop motor skills, hand-eye coordination, cardiovascular fitness and more through Amazing Athletes. Each one hour class encompasses two different developmental sport lessons, muscle identification and fruit or vegetable introduction, using fun activities in a non-competitive atmosphere.

Mon, Mar 6-Apr 3 4:10-5:10 pm \$69/person
Gr K-2 Amazing Athletes Skip 3/27

Mirabel's World

Do you wish you were a part of the Madrigal family? Here's your chance to discover your own magical powers! In this truly enchanted class, we'll paint, sculpt with air-dry clay, and even sing along to some of your favorite tunes while creating dazzling clay butterflies, magical bedroom doors, Colombian rainforest creatures and so much more. Come join Mirabel, Isabella, Antonio, and the rest of the Madrigals as you explore the enchanted side of creativity.

Fri, Jan 27-Feb 17 4:10-5:10 pm \$75/person
Gr K-5 Kidcreate Studio

Smart Art with Kidcreate

Explore STEAM concepts with art. Get creative and make fridge-worthy masterpieces as you experience experiential learning and loads of messy art fun. You'll design your own mini playground, learn about MC Escher and Picasso, make your own lava lamp, and more.

Mon, Mar 13-Apr 10 4:10-5:10 pm \$75/person
Gr K-5 Kidcreate Studio Skip 3/27

Cartoon Club

Explore STEAM concepts with art. Get creative and make fridge-worthy masterpieces as you experience experiential learning and loads of messy art fun. You'll design your own mini playground, learn about MC Escher and Picasso, make your own lava lamp, and more.

Thu, Apr 6-27 4:10-5:10 pm \$59/person
Gr K-5 Young Rembrandts

Sensational Slime

Get ready for some slimey fun! You will mix up a batch of fabulous fluffy slime and then try your hand at Bubblegum-scented silly putty slime. Don't miss out on the after-school fun.

Mon, May 1 4:10-5:10 pm \$25/person
Gr K-5 Kidcreate Studio

FSA Basketball Open Runs

Open Runs sessions are designed to emphasize the concept of after school playground basketball. Participate in different basketball activities such as stations, twenty-one, three-on-three games, five-on-five, and other basketball related games.

Thu, Mar 9-23 4:10-5:40 pm \$65/person
Gr 1-5 FSA

FSA Sports Sampler

Get active after school at this multi-sport experience! You will compete in small competitions and participate in skill building activities. Sports include basketball, soccer, flag football, and baseball.

Mon, Jan 9-30 4:10-5:40 pm \$65/person
Gr 1-5 FSA Skip 1/16

Jr STEM Club (Sessions 1, 2, and/or 3)

All new lessons each session. Engineering for Kids introduces you to 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. With our library of lessons, you will never repeat a STEM activity.

SESSION 1

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

SESSION 2

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

SESSION 3

Wed, Apr 12-May 3 4:10-5:10 pm \$99/person
Gr K-3 Engineering for Kids



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 are incorporated to keep you engaged. Coach Gordon Ferguson leads this program.

Mon, Feb 27-Mar 20 4:10-5:10 pm \$35/person
Gr K-5 G. Ferguson

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.

Tue, Apr 18 4:10-5:55 pm \$35/person
Ages 8-11 A. Timm

Discover the Magic of Spanish

In this 8-week adventure, Vamos con la Musica (Let's go with Music!), you will learn music and school related vocabulary along with useful conversational Spanish taught using dynamic songs and games. You will also delve into the fascinating culture of Argentina. Put on your thinking cap because each week will be packed full of useful Spanish. This is the half-year program (8 weeks). NOTE: If you signed up in the Fall 2022, do NOT sign up, you are already enrolled!

Thu, Feb 16-Apr 13 8:20-9:20 am \$149/person
Gr K-5 Futura Skip 3/30

Skyhawks Basketball

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

Tue, Jan 10-31 4:10-5:40 pm \$105/person
Gr K-5 Skyhawks

Mirabel's World

Do you wish you were a part of the Madrigal family? Here's your chance to discover your own magical powers! In this truly enchanted class, we'll paint, sculpt with air-dry clay, and even sing along to some of your favorite tunes while creating dazzling clay butterflies, magical bedroom doors, Colombian rainforest creatures and so much more. Join Mirabel, Isabella, Antonio, and the rest of the Madrigals as you explore your enchanted creativity.

Mon, Jan 23-Feb 27 4:10-5:10 pm \$75/person
Gr K-5 Kidcreate Studio

Skip 2/6 & 2/20

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 welcome to play.

Mon, Apr 10-May 22 4:10-5:10 pm \$115/person
Gr K-5 TGA

Skip 4/24 & 5/8

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.

Thu, Apr 13-May 18 4:10-5:10 pm \$115/person
Gr K-5 TGA Skip 5/11

Grandmasters of Chess

New and returning students welcome. Learn, Practice and Play chess during 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 class tournaments. Includes ChessKid.com membership for session (\$49 value). THINK, LEARN and PLAY WELL with {YEL!}.

Wed, Jan 18-Mar 15 4:10-5:10 pm \$129/person
Gr K-5 {YEL!} Skip 2/1

Wed, Apr 5-May 24 4:10-5:10 pm \$129/person
Gr K-5 {YEL!}

FSA Basketball Open Runs

Open Runs sessions are designed to emphasize the concept of after school playground basketball. Participate in different basketball activities such as stations, twenty-one, three-on-three games, five-on-five, and other basketball related games.

Thu, Mar 9-23 4:10-5:40 pm \$65/person
Gr 1-5 FSA

Sensational Slime

Get ready for some slimey fun! You will mix up a batch of fabulous fluffy slime and then try your hand at Bubblegum-scented silly putty slime. Don't miss out on the after-school fun.

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



Online osseo.ce.eleyo.com



Phone 763-391-7242

Spanish: LIVE Virtual Classes

Discover the magic of Spanish! In this eight-week LIVE virtual adventure, Vamos con la Musica! (Let's go with Music), you will learn music and school related vocabulary along with useful conversational Spanish taught using dynamic songs and games. This class will also delve into the fascinating culture of Argentina. Put on your thinking cap because each week will be packed full of useful Spanish.

Wed, Feb 15-Apr 12	3:30-4:30 pm	\$149/person
Gr K-5	Futura	Skip 3/29



Child & Babysitting Safety

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute (approved by the American Pediatrics Association) gives everything you need to know for safe and successful babysitting. 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 fire safety. Dolls, bottles and diaper supplies will be provided at class for hands-on participation. You will receive a manual and certification card. Bring a nut-free snack and beverage to class.

Sat, Apr 29	9 am-12:30 pm	\$65/person
11 yrs. +	MGMS	
Sat, May 20	9 am-12:30 pm	\$65/person
11 yrs. +	MGMS	

1:1 Academic Assistance

Do you want your child to thrive academically? Watch your child's confidence flourish through 1:1 academic support. Community Education has partnered with Academic All Star Tutoring to find the best teachers in the metro area to help your child achieve success. A caring and qualified teacher will guide your child through 60 minute lessons. We provide individualized lessons tailored to your child's needs. We offer the academic support your child needs all year long. Choose from 10, 15 or 20 session packages that cost much less than most tutoring centers. These are set dates and times conveniently located in the safety of our schools. Please call 763-391-7242 for more details. We are happy to mail you an information packet.

Seussical Musical (Middle School)

The BEAT (Bunce Educational Adventure Theater) presents Seussical Kids. Get ready to be transported from the Jungle of Nool to the Circus McGurkus, the Cat in the Hat, our narrator, tells the story of Horton, an elephant who discovers a speck of dust containing tiny people called the Whos, including Jojo, a Who child, who gets in trouble for thinking too many "thinks." Seussical 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! All students receive a part in the musical. The BEAT (Bunce Educational Adventure Theater) will provide trained theater staff to lead middle school students through a musical theater experience that will promote problem solving skills, working cooperatively, leadership and self-confidence. All students must be pre-registered before the first rehearsal. Auditions will be held the first day. Costumes are provided, students need to provide base layer. bunceperformingarts.com.

REHEARSAL DATES

Mon, Mar 6	2:45-5 pm	OSH
Tue, Feb 28, Mar 14	2:45-5 pm	OSH
Wed, Mar 1, 8, 15	2:45-5 pm	OSH
Thu, Mar 2, 9, 16	2:45-5 pm	OSH
Gr 6-8	\$189/person	

TECH REHEARSAL

Fri, Mar 17	6-8 pm	OSH
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PERFORMANCE (free)

Sat, Mar 18	2 pm	OSH
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Amazing Theatre Opportunity
6th-8th Grade
Fills QUICKLY!

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 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. 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.

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.

Online Classes ONLY - You will need to pick up a class workbook and a current Driving Manual from your student's school office or from the Educational Service Center at: 11200 93rd Ave N, Maple Grove 55369. (In-person classes will receive these materials on the first day of class at school).

Additional Class Information

- Register: 763-391-7242 or osseo.ce.eleyo.com
- In-person classes run 2:20-5:20 pm at each high school
- Online classes run 3:30-6:30 pm
- Questions for Safeway? Call 651-351-9150 or email safewaydrivingschool.com

NOTE: If your child is more than 5 minutes late to class (in-person or online) 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 9, 10, 11, 12, 17, 18, 23, 24, 25, 30

Session 2 - Feb 7, 8, 9, 13, 14, 15, 16, 21, 22, 23

Session 3 - Mar 6, 7, 8, 9, 13, 14, 15, 16, 20, 21

Session 4 - May 8, 9, 10, 11, 15, 16, 17, 18, 22, 23

Osseo Sr.

Session 1 - Jan 9, 10, 12, 17, 18, 19, 23, 24, 26, 30

Session 2 - Mar 6, 7, 8, 9, 13, 14, 15, 16, 20, 21

Session 3 - Apr 26, 27, May 1, 2, 3, 4, 8, 9, 10, 11

Park Center Sr.

Session 1 - Feb 7, 8, 9, 13, 14, 15, 16, 21, 22, 23

Session 2 - Apr 3, 4, 5, 6, 10, 11, 12, 13, 17, 18

Session 3 - May 15, 16, 17, 18, 22, 23, 24, 25, 30, 31

Online

Session 1 - Jan 9, 10, 11, 12, 17, 18, 19, 23, 24, 25

Session 2 - Feb 1, 2, 6, 7, 8, 9, 13, 14, 15, 16

Session 3 - Feb 22, 23, 27, 28, Mar 1, 2, 6, 7, 8, 9

Session 4 - Apr 3, 4, 5, 6, 10, 11, 12, 13, 17, 18

Session 5 - May 9, 10, 11, 15, 16, 17, 18, 22, 23, 24

PrepStar Premium ACT Prep

While many colleges have chosen a test optional policy for admissions, a strong ACT score will still add to an academic resume leading to more scholarship opportunities. These valuable scholarships can significantly reduce student loans. PrepStar Premium is a 24-hour ACT preparation course unlike any other. The class is thorough, challenging and extremely effective. The 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.

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!" - District Parent

Thu, Mar 9, 16, Apr 6, 13 5:30-8:30 pm

Sat, Mar 11, 18 & 15 9 am-1 pm

MGSH \$379/person PrepStar





Camp Invention®

MAKE NEW DISCOVERIES THIS SUMMER



This year's all-new program inspires confidence as campers collaborate in creative problem-solving challenges led by qualified educators to bring their biggest ideas to life!

SAVE \$35

 WITH CODE **GIFT35**

EXPIRES DEC. 31, 2022

SAVE \$25

 WITH CODE **WONDER25**

EXPIRES MARCH 30, 2023

SAVE \$15

 WITH CODE **WONDER15**

EXPIRES MAY 17, 2023

SAVE \$30

 WITH CODE **SIBLOVE30**

FOR 2 SIBLINGS

SAVE \$40

 WITH CODE **SIBLOVE40**

FOR 3 OR MORE SIBLINGS

SECURE YOUR SPOT TODAY!

Register at [INVENT.ORG/CAMP](https://invent.org/camp) or 800-968-4332

Camp Invention® is for children entering grades K-6th.

Location: Weaver Lake Elementary School

15900 Weaver Lake Rd, Maple Grove, MN 55311

Date: June 20 - 23, 2023

Time & Cost: 8:00 AM to 4:00 PM | \$270 (before discount)

Camp Director: Christina Saugstad | saugstadc@district279.org

Questions? Please contact: Sarah Heyer, Program Manager

763-391-7122 | heyers@district279.org

No district funds were used to produce this flyer.

Please note: This is a 4-day program running Tuesday - Friday. Camp Invention will not be held on Monday, June 19, 2023.

If these dates/times don't work for you, please visit invent.org/camp for other locations near you.



OSSEO AREA SCHOOLS
Community Ed
Adult & Youth Enrichment



Scan to secure
your spot today!

REGISTER HERE!

Camp Invention is a nonprofit program of the National Inventors Hall of Fame.



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Walton Family Foundation

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Guitar Lessons

Fall guitar lessons will be offered in-person (or online by request) and online on Tuesdays. Learn how to play the guitar or continue learning with lessons. Brandon Wells has over 30 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 a basic approach that is applicable for any music style. 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 reativity.

Monthly lesson fee includes lesson dates listed below and include the 2022-23 school year (Sept 2022-May 2023). 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 in lessons, you are registered for the entire school year.

Location: Rush Creek Elementary School

Fri, Jan 6, 13, 20, 27	Fee: \$99
Fri, Feb 3, 10, 17, 24	Fee: \$99
Fri, Mar 3, 17, 24	Fee: \$75
Fri, Apr 14, 21, 28	Fee: \$75
Fri, May 5, 12, 19, 26	Fee: \$99

Lesson Times:

4:30-5 pm, 5-5:30 pm, 5:30-6 pm, 6-6:30 pm
6:30-7 pm, 7-7:30 pm, 7:30-8 pm, 8-8:30 pm

Location: Rush Creek Elementary School

Mon, Jan 9, 23, 30	Fee: \$75
Mon, Feb 13, 27	Fee: \$49
Mon, Mar 6, 13, 20	Fee: \$75
Mon, Apr 3, 10, 17	Fee: \$75
Mon, May 1, 8, 15, 22	Fee: \$99

Lesson Times:

4-4:30 pm, 4:30-5 pm, 5-5:30 pm, 5:30-6 pm,
6-6:30 pm, 6:30-7 pm, 7-7:30 pm, 7:30-8 pm,
8-8:30 pm

"Music is to the soul what words are to the mind."

- Anonymous



Early Childhood Family Education (EC&FE)

For over 40 years Osseo Area Schools Early Childhood & Family Education (EC&FE) has partnered with parents and children birth to age five by providing opportunities for early learning and parent education.

You can come to our program to:

- Be encouraged and supported during the early years of your child's life.
- Build upon your family strengths through learning about child development and parenting.
- Find belonging through healthy, trusting parent-child relationships with others in the community.
- Explore diverse perspectives honoring unique strengths, values, beliefs and experiences of families.

ECFE classes and play times are for parents and children birth to five. They provide a fun and safe space to nourish your child's curiosity and learning and an opportunity to explore parenting strategies and education topics, as well as child development. Class fees are based on your family income and no one will be denied participation due to inability to pay. Classes specifically for parents and infants are free. Free transportation is available to you, if needed to participate.

Locations: Arbor View and Willow Lane Early Childhood Centers

Registration: osseo.ce.eleyo.com

Contact: Arbor View Early Childhood Center

9401 Fernbrook Ln. N., Maple Grove, MN 55369

Office hours: Mon-Fri 8 am- 3:30 pm

Phone: 763-391-8777

Email: ecfe@district279.org

Website: osseoec.org

View current ECFE courses and play time opportunities online at osseo.ce.eleyo.com

Course highlights:

Affinity Group for hispanic families

Affinity Groups share culture, language, or roles. Affinity groups are not racist or segregationist. Their purpose is to provide places for parents to learn with and from others who share similar identities and experiences to be able to express themselves honestly, reflect openly and create community.

Grupo de afinidad para familias hispanas

Para niños desde el nacimiento hasta los cinco años, EC&FE es un lugar seguro para jugar libremente, convivir con otros niños, y aprender. Para sus padres, EC&FE es un lugar para recibir apoyo de otros padres de familia, hacerle preguntas sobre la crianza o educación de su hijo a una maestra licenciada, y reflexionar sobre sus valores y prácticas familiares. La clase de EC&FE para familias hispanas se dirige a los que hablan español en casa y que quisieran participar en la conversación entre los padres en español.

14-506W martes 11 am.-12:30 pm

13 de septiembre-10 de enero

Información e inscripción llamar al 763-391-8777 o en línea osseo.ce.eleyo.com

Infant Massage

For parents with infants birth to 9 months

Learn how to understand and respond to your baby's cues and signals as you deepen your bond through the relaxing practice of massage. Participants will also learn:

- Practices for better infant sleep and digestion.
- Ways to increase your infant's brain and nervous system development.
- How to deepen your baby's sense of safety and their attachment to caregivers.

This class will be taught by an instructor certified through the International Institute of Infant Massage. Classes that meet one time will give a general overview. Classes that meet two times will go more in-depth and provide you opportunities to practice and reflect on strategies learned.

Location: Arbor View Early Childhood Center

Dates and Times:

Course 2-006A Dec 6 and 13 from 9:30-10:45 am

Course 2-007A Jan 3 and 10 from 9:30-10:45 am

Registration: osseo.ce.eleyo.com

Contact: Arbor View Early Childhood Center

9401 Fernbrook Ln. N., Maple Grove, MN 55369

Office hours: Mon-Fri, 8 am-3:30 pm

Phone: 763-391-8777

Email: ecfe@district279.org

Website: osseoec.org

Family Literacy

Parents and children 2 ½ to 5

Osseo Area Schools Adult Basic Education and Early Childhood & Family Education (EC&FE) have partnered to offer family literacy classes. Parents can study English, participate in a parenting education class and have learning time with their children.

Location: Willow Lane Early Childhood Center

Dates and Times:

Mon, Wed, Fri (3 day a week class)

9 am-12:30 pm, Sept 7-June 7

To register or for information, call 763-566-5452.

Continuous registration available.





Early Childhood & Family Education (EC&FE) Preschool for Threes and PreK for Fours and Fives
For children three or four by Sept 1

Our welcoming, nurturing, and inclusive Preschool and PreK programs help children grow and develop through hands-on experiences in language, literacy, mathematical and scientific thinking, social-emotional development, physical development, and art and creativity. Our highly trained and caring teaching staff use curriculum to ensure the success of every child. We partner with parents and scholars on learning goals while honoring each scholar's strengths and experiences at school. Class tuition is based on family income. Reduced tuition and scholarships are available.

Locations: Arbor View Early Childhood Center, Cedar Island Elementary, Elm Creek Elementary, Fernbrook Elementary, Oak View Elementary, Rice Lake Elementary, Willow Lane Early Childhood Center, Woodland Elementary

Days and Hours: A variety of half-days mornings or afternoons; two to five days a week.

Registration: osseo.ce.eleyo.com

Registration will continue for the 2022-2023 school year until all classes are full. Registration will begin in January of 2023 for the 2023-2024 school year.

Contact: Arbor View Early Childhood Center
9401 Fernbrook Ln. N., Maple Grove, MN 55369
Office hours: Mon-Fri, 8 am-3:30 pm
Phone: 763-391-8777
Email: ecfe@district279.org
Website: osseoec.org

Early Childhood Screening

A FREE service for all children three to five.

Screening is a simple check of your child's development to help identify children who may benefit from resources to help in their development.

- Screening is a FREE service to all Osseo Area Schools children age 3 to 5.
- MN all children complete Early Childhood Screening prior to entering kindergarten.
- An appointment takes about one hour and includes a check of your child's hearing, vision and developmental progress.

Locations: Arbor View or Willow Lane Early Childhood Centers

Schedule an appointment: osseo.ce.eleyo.com

Contact: Arbor View Early Childhood Center
9401 Fernbrook Ln. N., Maple Grove, MN 55369
Office hours: Mon-Fri, 8 am-3:30 pm
Phone: 763-391-8777
Email: ecfe@district279.org
Website: osseoec.org

Individualized Family Education

We provide FREE parenting support, information and activities to encourage the growth and development of your child.

- Home visit: Our family educators visit with your family in a home or community setting of your choice.
- Parent consultation: One-on-one parent only visits with a family educator by phone, virtually, or in person in a setting of your choice.

Contact: Arbor View Early Childhood Center
9401 Fernbrook Ln. N., Maple Grove, MN 55369
Office hours: Mon-Fri, 8 am-3:30 pm
Phone: 763-391-8777
Email: ecfe@district279.org
Website: osseoec.org



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GROUP TRAVEL TRIP: Journey to Classical Greece

Travel with Osseo Community Education and your host, Steve Boulka, on a beautiful sightseeing tour to spectacular Greece in 2023. Fly to Athens and travel to Delphi, once home to the famed Oracle of Delphi. Visit the ancient Sanctuary of Apollo. Make a visit to Ancient Olympia while learning about the origins of the Olympic Games. Cross the Peloponnese and visit Nafplio. Explore Ancient Mycenae and Epidauros. Cross the Corinth Canal as you conclude the tour with three nights in Athens. See the Parthenon and Acropolis. Enjoy a day-long cruise to the Saronic Gulf Islands. Return home or opt to extend with a 3-night Greek Island cruise! Make memories to last a lifetime on your journey to Greece. This trip is for adults 18 and older only and is hosted through GrandTours.

Tour Features Include:

- Round trip airfare from Minneapolis to Athens, Greece
- Transportation by deluxe motor coach in Greece
- Multi-lingual Greek tour manager for duration of the tour
- 7-nights in twin occupancy at 4-star hotels
- Buffet breakfast daily, 5 group dinners & 1-lunch
- Visit Mycenae, Epidauros, and Olympia
- Visit to the Delphi Archeological Museum
- Guided tour of the Parthenon and Acropolis in Athens
- Cruise to the Saronic Gulf islands with an included lunch
- Sightseeing as listed in the itinerary
- All admissions for included sightseeing
- Online tour registration
- Individual billing with installment payment plan
- Option to pay by check or debit / credit card
- One free checked, carry-on, and personal item as baggage
- Gratuities to tour drivers, guides, group restaurants
- Complete set of travel documents

Optional 3-night Greek Islands Cruise Extension

- 3-nights in twin occupancy onboard the Celestial Olympia
- Single occupancy available for supplemental fee
- Onboard dining
- Unlimited classic drinks
- Entertainment onboard
- Visits to Mykonos, Kusadasi, Patmos, Crete and Santorini
- Visit to ancient Ephesus
- Visit to the Palace of Knossos on Crete