

FALL 2023!



Roseville Area Schools

# COMMUNITY EDUCATION

*Excellence, Innovation & Equity in All We Do*



To register for adult or youth enrichment classes:

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

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

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## ROSEVILLE COMMUNITY EDUCATION

### EXTRAVAGANZA



**AUGUST 7 | 5-7PM**



Food trucks, free ice cream, bouncy house, activities, prizes, & fun for all ages!

Explore what Community Education has to offer this fall!

Angélu Téca Education Center  
1910 County Road B W – Roseville

View our full events calendar on the back cover of this catalog!

 **ROSEVILLE AREA SCHOOLS**

# 623

## WALK/RUN

**COMMUNITY EDUCATION**

**NOVEMBER 11, 2023**

**Stay active, get outdoors!**

**Help us raise money for youth scholarships!**

**Register to get a free t-shirt!**



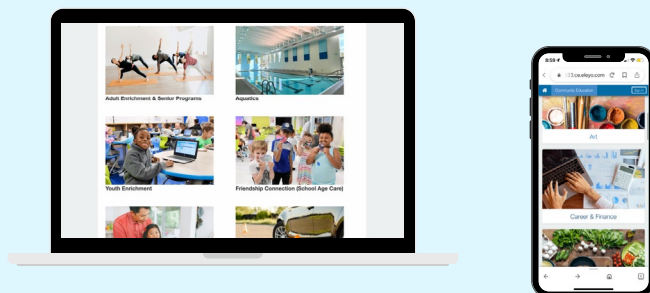
# REGISTER TODAY!

Scan here to see all class options and register!



You can also register at  
[isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)  
or call 651.604.3770

We're excited for  
you to join us!



## Community Education Office

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

## Register Early!

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

## Class Confirmation

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

## Cancellation Policy

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

## How to Join Online Classes

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

## UCare MN

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

## No Pitch Guarantee

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



## LEARN MORE...

### Community Education Main Office

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

### Website

[www.isd623.org/CommunityEd](http://www.isd623.org/CommunityEd)

### Main Phone

651-604-3500

### Email

[communityed@isd623.org](mailto:communityed@isd623.org)

### Social Media



**Instagram**

@Roseville\_CommunityEd



**Facebook**

@CommunityEd



**NextDoor**

Roseville Area Schools Community Education



## FIND US AT...

### Anpétu Téca Education Center (ATEC)

1910 County Road B West  
Roseville, MN 55113

### Brimhall Elementary (BH)

1744 County Road B West  
Roseville, MN 55113

### Chippewa Middle School

5000 Hodgson Road  
North Oaks, MN 55126

### Central Park Elementary (CP)

535 County Road B2 West  
Roseville, MN 55113

### District Center (DC)

1251 County Road B2 West  
Roseville, MN 55113

### Edgerton Elementary (EDG)

1929 Edgerton St  
Maplewood, MN 55117

### Emmet D. Williams Elementary (EDW)

955 County Road D West  
Shoreview, MN 55126

### Falcon Heights Elementary (FH)

1393 Garden Ave West  
Falcon Heights, MN 55113

### Harambee Elementary (HAR)

30 County Road B East  
Maplewood, MN 55117

### Little Canada Elementary (LC)

400 Eli Road  
Little Canada, MN 55117

### Parkview Center School (PCS)

701 County Road B West  
Roseville, MN 55113

### Roseville Area Middle School (RAMS)

15 County Road B2 East  
Little Canada, MN 55117

### Roseville Area High School (RAHS)

1240 County Road B2 West  
Roseville, MN 55113

### Roseville Fire Department

2701 Lexington Ave N  
Roseville, MN 55113

### Stone Arch Glass Studio

316 Buchanan St NE  
Minneapolis, MN 55413

### Our Programs & Departments

#### Adult Enrichment

651.604.3770

#### Aquatics

651.604.3770

#### Early Childhood Family Education (ECFE)

651.487.4378

#### Early Childhood Screening

651.487.4378

#### Facility Use

651.604.3510

#### Pre-K

651.604.3578

#### Roseville Adult Learning Center (RALC)

651.604.3553

#### School Age Care

651.604.3505

#### Senior Program

651.604.3520

#### Targeted Services

651.604.3508

#### Youth Enrichment

651.604.3770



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

## Register Today!

- 1) Call 651-604-3770
- 2) Visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com)
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## TRY THIS!

### Egg Rolls and Samosa by Mimi

Restaurant-quality egg rolls and samosas can be made right in your own kitchen. These appetizers are jammed with flavors from around the world and can be a quick way to incorporate leftovers into something new and fun to eat. Make a variety of egg rolls, samosas and dipping sauces in class. Demonstration, hands-on and tasting. Bring to-go containers for leftovers.

Thursday • Oct 19 • 6:00-8:00PM  
Instructor: Mimi Selam  
[Class ID # 2087](#) • \$69 • RAHS



### The Incredible Edible Cake

THE INCREDIBLE EDIBLE EGG CAKE! What's better than chocolate, caramel, pecans and more! A wonderful 2-layer cake that you will mix, bake, and create in class. With help from Nancy each student will take home a lovely, gooey chocolate creation that you will have made to share with family and friends--if you can part with it that is! Please bring a cake carrier or a box to take your cake home in. Cost of supplies paid to instructor in class: \$16.

Thursday • Oct 12 • 6-9PM  
Instructor: Nancy Burgeson  
[Class ID # 2088](#) • \$35 • RAHS



### Learn Online with Kristen Madaus!

#### *Cooking Beans in the Instant Pot*

Thursday • Sep 28 • 6:30-8PM

🎥 [Online Class ID # 2091](#) • \$29

#### *Air Fryer Advanced*

Thursdays • Oct 5 & 12 • 6:30-8:30PM

🎥 [Online Class ID # 2092](#) • \$49

#### *Instant Pot Holiday Hacks*

Thursday • Nov 2 • 6:30-8PM

🎥 [Online Class ID # 2007](#) • \$29

#### *Monthly Meal Planning*

Saturday & Sunday • Dec 2 & 3 • 3-4PM

🎥 [Online Class ID # 2089](#) • \$49

### Tantalizing Thai Cuisine

You'll begin by preparing Vietnamese summer rolls served with both hoisin and peanut sauce. Vietnamese spring rolls follow with pork, shrimp, and glass noodles stuffed in rice paper and fried to a golden brown, served with the classic nuoc cham dipping sauce. Next, prepare Pad Thai blending the vibrant flavors of Thailand with rice noodles using shrimp, eggs, chilies, garlic, basil, scallions, bean sprouts, sesame oil, lemon and crushed red pepper flakes. For dessert, Thai lime custard topped with fresh whipped cream.

Tuesday • Oct 17 • 6-9PM  
Instructor: Jeff Sandino  
[Class ID # 2049](#) • \$59 • RAHS



### Lovely Macarons

What a beautiful cookie! We will make and assemble 3 different flavor cookies with yummy fillings. Each student will take home a lovely box of cookies to give as a gift (or just eat them yourself!). Supply fee collected in class: \$13.

Wednesday • Sep 13 • 6-9PM  
Instructor: Nancy Burgeson  
[Class ID # 2036](#) • \$35 • RAHS



### Growing Microgreens

Learn about growing microgreens, quick-growing vegetables and herb seedlings that can be grown indoors and used in salads or as fresh green in many types of dishes during the cold seasons of the year.

Monday • Nov 20 • 6:30-7:30PM  
Instructor: Ramsey County Master Gardeners  
🎥 [Online Class ID # 2001](#) • \$19

### Easy Ethiopian/Eritrean Recipes by Mimi

Ethiopian/Eritrean food is light, healthy and flavorful. It can range from a little spicy to very mild, and from meat to vegetarian- friendly. Discover new cooking techniques, exotic spices and ways to easily pair them with your daily ingredients like beans, lentils and vegetables, meat sautéed with flavored butter, ghee and healthy oils. Bring containers to take home leftovers. This is a hands-on cooking class!

Thursday • Sep 14 • 6-8PM  
Instructor: Mimi Selam  
[Class ID # 2085](#) • \$69 • RAHS

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**Lefse**

If you are Norwegian and missed recording Grandma's lefse recipe, tips, and techniques, this is the class for you! Even if you aren't Norwegian, you'll love this delicious treat! Learn how to make the dough and bake, store, and serve lefse - with a bonus bit of history and humor, too. We will make an authentic recipe with real potatoes and a modern version with instant potatoes. At the end of class, you can sample your fresh creations with traditional fillings. Bring a container so you can take home finished lefse and dough to bake and share.

Wednesday • Nov 8 • 6-9PM  
Instructor: Laurel Severson  
[Class ID # 2022](#) • \$55 • RAHS

**Oktoberfest (Demonstration Class)**

Kick off your fall German style starting with fresh baked pretzels. You'll enjoy "Sauerbraten" tender pot roast in a tangy sweet and sour sauce, beef rouladens stuffed with pickles, bacon and onions in red wine sauce, pork blade steak braised with sauerkraut, and "Weiner Schnitzel" tender breast of chicken, lightly breaded with a squeeze of fresh lemon and parsley. Side dishes will include spaetzle, potato pancakes, potato dumplings, mashed potatoes and braised red cabbage. We'll finish with a classic black Forest cake, it's sublime.

Tuesday • Sep 12 • 6-9PM  
Instructor: Jeff Sandino  
[Class ID # 2043](#) • \$59 • RAHS

**Four Famous Ethnic Cookies**

Learn to create the rolled Norwegian cookie, Krumkakes are made with cream, butter and cinnamon or sometimes flavored with vanilla. Italian Pizzelles are a flat, anise-flavored cookie that may also be flavored with vanilla. Swedish Sandbakkelse are chewy and almond flavored and baked in tiny tins to resemble tarts. Finally, we will master deep fried Rosettes - fragile, paper thin Scandinavian delicacies dusted with confectioners sugar. You will receive great recipes along with many tips and techniques that will make your baking a success! Bring containers so you can get your creations safely home.

Tuesday • Dec 12 • 6-9PM  
Instructor: Laurel Severson  
[Class ID # 2020](#) • \$55 • RAHS

**Handmade Pasta with Béchamel Sauce by Mimi**

In this hands-on cooking class, you'll learn the time-honored art of creating pasta from scratch. Mimi will teach you how to throw together the perfect pasta dough as well as how to roll and slice it into noodles. You'll also learn to make a creamy Alfredo sauce to smother your freshly made noodles — a rich and satisfying homemade dish. Pair it with a fresh seasonal garden salad to balance out the meal.

Thursday • Sep 28 • 6-8PM  
Instructor: Mimi Selam  
[Class ID # 2086](#) • \$69 • RAHS

**Truffles: Chocolate Candies for all Occasions**

Taste the best truffles of all, and learn how to make them yourself! Nancy has taught hundreds of people to make these easy and delicious chocolate delicacies. Learn how to make 5 different truffle recipes in class for the perfect gift or party favor! Each student will take home 15-18 truffles. Supply fee of \$13 will be payable to the instructor in class. Optional truffle/candy kits will be available for purchase for \$18.

Monday • Nov 6 • 6-9PM  
Instructor: Nancy Burgeson  
[Class ID # 2003](#) • \$35 • RAHS

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

**Chicken Marsala vs. Chicken Limone**

Begins with bruschetta topped with fresh mozzarella cheese, skinned roma tomatoes and sweet roasted bell pepper sprinkled with fresh basil and drizzled with olive oil. You'll prepare "Chicken Marsala" with fresh sauteed mushrooms in a sweet Marsala butter sauce. We'll see how that measures up against "Chicken Limone" topped with a chardonnay, lemon, butter sauce with capers. Both entrees are paired with "Spaghetti Aglio Olio", tender garden vegetables tossed with olive oil, garlic, and Romano cheese. We'll finish with "Diplomatico", a combination of rum and espresso soaked pound cake, rich chocolate mouse and fresh whipped cream. This is a hands-on class!

Wednesday • Dec 20 • 6-9PM  
Instructor: Jeff Sandino  
[Class ID # 2090](#) • \$59 • RAHS





### Fall Into Winter

Learn about how to put your garden to bed. You will be provided information about what to do for your garden and landscape between September and February.

Monday • Sep 18 • 6:30-8PM

Instructor: Ramsey County Master Gardeners

🎥 [Online Class ID # 3500](#) • \$19



### Houseplant Success

Caring for indoor plants is a little different than caring for outdoor plants. With a little special care and consideration, you can keep your indoor plants healthy and avoid common problems.

Saturday • Oct 21 • 10-11AM

Instructor: Ramsey County Master Gardeners

🎥 [Online Class ID # 3501](#) • \$19

### Photo Organization - Print and Digital

Having organized photos ensures peace of mind. Develop a system to get every printed photo, digital photo and all of your memorabilia organized, once and for all. Learn about scanning for slides, movies, prints, backing up, cloud storage and scanners. You'll leave with a plan for a system that allows you to access every photo you own in literally seconds!

Wednesday • Nov 1 • 6:30-8:30PM

Instructor: Kathy Povolny

[Class ID # 3505](#) • \$19 • ATEC



### Fire Safety

Learn about basic home fire safety, common causes of fires, and how to make your home safer.

Thursday • Nov 2 • 9:30-10:30AM

Instructor: Roseville Fire Department

[Class ID # S3536](#) • ATEC • **FREE!**

### All About Seeds

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

Saturday • Dec 16 • 10-11AM

Instructor: Ramsey County Master Gardeners

🎥 [Online Class ID # 3503](#) • \$19

### LEARN FROM A LAWYER!

#### So You are the Trustee, Executor, Attorney-in-Fact, Healthcare Agent or Guardian... Now What?

Trustee, Executor, Attorney-in-Fact, Healthcare Agent or Guardian; what are the responsibilities and liabilities of those who are granted these legal titles? This class is invaluable for those trying to decide who to appoint as well as for those who have been asked to take one of these legal roles.

Wednesday • Oct 25 • 6:30-8PM

Instructor: Steve Ledin

🎥 [Online Class ID # 3511](#) • \$19

### Winter Adult Enrichment registration begins on Monday, November 4th, 2023!



#### Basic Home Repair - Plumbing

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

Saturday • Dec 2 • 9-11:30AM

Instructor: Tod Novinska

[Class ID # 3550](#) • ATEC • \$59

#### Basic Home Repair - Electrical

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

Saturday • Dec 2 • 12:30-3PM

Instructor: Tod Novinska

[Class ID # 3551](#) • ATEC • \$59



### Two Left Feet Social Dance Workshop

Convinced that you have two left feet and that dancing is not meant for you? Or is that true for someone you know? This workshop is easy and only 1 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!

Wednesday • Dec 13 • 7-9PM  
Instructor: Monica Mohn  
[Class ID # 2550](#) • \$39/couple • Harambee



### Ballroom Dance

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

Wednesdays • Nov 8 - 29 • 6-7PM  
Instructor: Monica Mohn  
[Class ID # 2551](#) • \$69/couple • Harambee

### Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do - using chords. Since this course includes an online book and online follow-up video lessons, you can continue your practice on your own! You will also receive a recording of the class. The course is partly lecture/demonstration and partly hands-on instruction.

Monday • Oct 9 • 6:30-9:30PM  
Instructor: Craig Coffman  
🎵 [Online Class ID # 2515](#) • \$69



### Swing Dance Workshop

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

Wednesday • Nov 15 • 7-9PM  
Instructor: Monica Mohn  
[Class ID # 2505](#) • \$39/couple • Harambee

### Country Line Dance Workshop

Join in for a fun filled night of three country classics: Slappin' Leather, Tush Push and Honky Tonk Stomp. No partner needed.

Thursday • Dec 13 • 6-7PM  
Instructor: Monica Mohn  
[Class ID # 2555](#) • \$19 • Harambee



### Salsa Dance Workshop

Add spice to an ordinary week with the salsa. Sassy spins, flirty moves and a close hold creates a fun night. So much fun you may not want to let go by the end of class!

Wednesday • Nov 8 • 7-9PM  
Instructor: Monica Mohn  
[Class ID # 2150](#) • \$39/couple • Harambee

### Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but find it difficult to find the time? In 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 your favorite songs right away. Class includes an online book and online follow-up video lessons. You will also receive a recording of the class! Ages 13+.

Tuesday • Oct 10 • 6:30-9PM  
Instructor: Craig Coffman  
🎵 [Online Class ID # 2516](#) • \$69

### Wondering About Facility Rentals?

Our facility rental program coordinates the rental and scheduling of district facilities for community activities. Requests are prioritized by category and coordinated with the schools to avoid conflicting with district programs.  
**Call 651-604-3510 to learn more.**

### Introduction to Voiceovers

Explore the voiceover industry! Discover current trends, opportunities, and tools. Read a real script and receive coaching from a professional voice actor to improve your delivery. 90 minute, one-on-one, video-chat class! Once you are registered, Voices For All will contact you to schedule your Live 90-minute class for a time of your preference. Class will be conducted via Zoom, Skype, FaceTime, or iChat

Instructor: Voices for All  
🎵 [Online Class ID # 2520](#) • \$49





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## WATERCOLOR PAINTING!

### Beginner I

Instructor: Kevin Kroeber

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

Thursdays, Sep 14 - Oct 12 • 6-8PM  
[Class ID # 1017](#) • \$95 • ATEC



### Beginner II

Instructor: Kevin Kroeber

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

Thursdays, Sep 14 - Oct 12 • 3-5PM  
[Class ID # 1026](#) • \$95 • ATEC



### Intermediate

Instructor: Mary Degen-Hefelfinger

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

Mondays, Oct 2 - Nov 6 • 3-5PM  
[Class ID # 1018-1](#) • \$139 • ATEC

Mondays, Oct 2 - Nov 6 • 6-8PM  
[Class ID # 1018-2](#) • \$139 • ATEC

Mondays, Jan 22 - Feb 26 • 3-5PM  
[Class ID # 1018-3](#) • \$139 • ATEC

Mondays, Jan 22 - Feb 26 • 6-8PM  
[Class ID # 1018-4](#) • \$139 • ATEC



### Henna Workshop

Discover the rich culture of henna. Henna is a dye prepared from leaves of a henna tree also known as Egyptian privet. Henna is temporary body art resulting from the staining of the skin from the dyes. After stains reach their peak color, they hold for a few days, then gradually wear off, typically within two to three weeks. Learn the basics of henna tattoos and practice them. The instructor will fill in or finish your henna design. Materials are provided.

Wednesday • Sep 27 • 5:30-7:30PM  
Instructor: Swetha Avula  
[Class ID # 1086](#) • \$45 • Harambee

### Macramé Plant Shelf

Enjoy a blast from the past with the once again popular art form, macramé. A fixture of every 1970's home, this art form is making a come back on the contemporary art scene. In this project, participants will learn a variety of knot-tying techniques to create a unique macramé plant shelf perfect for any home.

Wednesday • Sep 13 • 6-8:30PM  
Instructor: Erin Stahl  
[Class ID # 1036](#) • \$35 • ATEC



### Introduction to Glassblowing

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

Monday • Sep 18 • 5-7PM  
[Class ID # 1025-1](#) • \$45 • Stone Arch Glass Studio

Thursday • Oct 26 • 5-7PM  
[Class ID # 1025-2](#) • \$45 • Stone Arch Glass Studio

Friday • Dec 1 • 5-7PM  
[Class ID # 1025-3](#) • \$45 • Stone Arch Glass Studio

### Hand-Made Cards

Make 25 hand-stamped All Occasion cards (5 cards of 5 designs)! Designs may include birthday, thank you, sympathy or blank. Tools, stamps, ink and envelopes are provided! Bring your own adhesive/glue or purchase some at class.

Thursday • Oct 19 • 6-9PM  
Instructor: Elizabeth Hawley  
[Class ID # 1002](#) • \$35 • Harambee



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**Alcohol Ink Flower - Beginner Class**

Alcohol Ink (AI) painting is abstract which gives you the freedom to paint without rules! This class will focus on blowing flower petals with an airbrush. The instructor will demo how to blow petals, and you will get to practice on a white 6" x 6" white tile. AI wipes clear using Isopropyl Alcohol on specific substances. Once you feel comfortable creating petals, you will create a flower on the tile using the colors of your choice. The instructor will demo how to make basic centers. Create flowers on both white and black plastic paper! Supply fee payable to instructor: \$15.

Wednesday • Sep 27 • 6-8PM  
Instructor: Kay Anderson  
[Class ID #1093](#) • \$35 • ATEC

**Needle Felted Pumpkins**

Decorate your shelf, mantle, or table with a festive needle felted pumpkin that will last for years! Learn how to sculpt a base form using a special needle and loose wool roving. Then embellish your shape with fancy details that will bring your miniature gourd to life.

Wednesday • Oct 18 • 6-8PM  
Instructor: Parcel Arts  
[Class ID #1098](#) • \$49 • ATEC

**Save the Date – Senior Housing Fair!**

**Saturday, October 28th**  
**Anpétu Téča Education Center**

**Pottery - Wheel Throwing**

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

Tuesdays • Sep 5 - Nov 21 • 6:30-9PM  
Instructor: Peter Paul  
[Class ID #1055 Wheel](#) • \$200 • RAHS  
No class 10/31, 11/7, 11/14

**Pottery - Hand Building**

Learn the basics of creating hand-built pottery! Create cylinders, bowls, vases, and platters. Create slab forms, pinch pots, and coil pots. Supply fee of \$20 payable to instructor.

Tuesdays • Sep 5 - Nov 21 • 6:30-9PM  
Instructor: Peter Paul  
[Class ID #1055 Hand Building](#) • \$200 • RAHS  
No class 10/31, 11/7, 11/14

**Alcohol Ink Glitter Ornaments**

Make 4 beautiful Alcohol Ink (AI) glass Glitter Ornaments for your tree or for gifts! The instructor will discuss and demo various processes of working with AI. Then you will pick colors of your choice to create unique ornaments that are painted on the inside, so the colors will last forever! Supply fee payable to instructor the night of class: \$15. Additional ornaments can be made for \$4 each.

Wednesday • Nov 1 • 6-8PM  
Instructor: Kay Anderson  
[Class ID #1094](#) • \$35 • ATEC

**Glass Mosaic Table or Sign**

Learn how glass mosaic 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. The first night is for designing your project and gluing the glass. You will have some homework. The second night is for grouting and learning about supplies and mosaic. Sign ideas include Welcome, house number, last name, state of MN. Tables are 16"x16" and 16" tall. Signs vary in size. Supply fee of \$16-40 (signs) and \$70 (table) payable to instructor.

Tuesdays • Nov 21 & 28 • 6-9PM  
Instructor: Lindsey Guetter  
[Class ID #1062](#) • \$49 • ATEC

**Linocut Relief Printing**

Realize your true artistic abilities by learning how to create linocuts. With all forms of printmaking, it's easy to print one image multiple times, with each print varying just slightly in appearance. By carving images into a linoleum block, you will carve out your place in the world of printmaking, rising to the ranks of other great print artists!

Wednesday • Nov 8 • 6-8PM  
Instructor: Erin Stahl  
[Class ID #1099](#) • \$29 • ATEC

**Harvest Basket**

Learn to weave this spacious fall basket and use it for years to come! Starting with an oval oak base, we use natural materials accented with rows of burlap brown and your choice of either soft sunset orange or harvest gold. Perfect for fruit, bread basket, or a special gift for someone who has everything! Finished size is 11" long x 8" wide. Material fee to instructor night of class: \$27

Wednesday • Nov 8 • 6-9PM  
Instructor: Ellie Lida  
[Class ID #1000](#) • \$29 • ATEC





## SEW WITH MARY PASS!

### Introduction to Sewing

Learn how to thread your sewing machine, how to read a pattern, sewing terms and equipment, and basic sewing techniques to sew a tote bag in class. Perfect for those with little or no sewing experience! Students under age 18 must register with an adult. \$10 supply fee payable to instructor.

Wednesdays • Sep 13 - 27 • 6:30-8:30PM  
[Class ID #1020](#) • \$45 • ATEC

### Beginning Apparel Sewing

Build on your sewing skills and learn how to read and use a pattern to create a garment of your choice in class! Classes consist of group instruction and demonstrations to further explore terms, techniques, and materials as well as time to work on your own project with instructor guidance. Students should be comfortable threading and using their sewing machine. Students under age 18 must register with an adult.

Wednesdays • Oct 4 - Nov 8 • 6:30-8:45PM  
[Class ID #1021](#) • \$69 • ATEC

### Intermediate Apparel Sewing: Knits

Have you felt intimidated or scared to sew with knit fabrics? Or been frustrated when you've tried? We'll demystify knits and eliminate frustrations and sew a garment of your choice in class that you'll wear with pride. Students should be comfortable with machine sewing and familiar working with and reading patterns.

Wednesdays • Nov 15 - Dec 27 • 6:30-8:30PM  
[Class ID #1096](#) • \$69 • ATEC  
 No class 11/22 or 12/20

### Sew a Christmas Stocking

Sew your own lined Christmas stocking with a contrasting cuff. Students should be comfortable threading and using their sewing machine. Get the supply list in your email confirmation.

Thursday • Nov 9 • 6-8:30PM  
[Class ID #1097](#) • \$25 • ATEC



### Felted Luminarias

Add a warm glow to the holiday season with pretty, felted luminarias. Learn traditional wet felting techniques using wool and a little soapy water. Add texture and other design embellishments using a variety of materials. Your luminarias are the perfect accent for the mantle, dinner table, or any spot that needs a little soft illumination. They make great gifts, too! Make 2 in class. \$30 material fee payable to instructor.

Saturday • Nov 18 • 10AM - 2:30PM  
 Instructor: Leslie Granbeck  
[Class ID #1095](#) • \$39 • ATEC



### Mandala Rock Art

Keep calm and relax by learning the art of mandala rocks. In this workshop, you will learn the history and meaning behind mandala art, and apply that knowledge to creating your own mandala rock art.

Wednesday • Dec 6 • 6-7:30PM  
 Instructor: Erin Stahl  
[Class ID #1003](#) • \$19 • ATEC

### Holiday Gift "Cold Process" Soap Making

Come join the holiday fun! Make your own crafted holiday soaps and surprise friends and family with special holiday gifts! You will learn the cold making process. At the end of class, you will have a completely holiday handmade batch of 6-8 bars of soap to use as gifts or for yourself! The soaps will take 4-6 weeks to "cure" and will be ready just in time for holiday gifts! \$15 fee payable to the instructor.

Instructor: Ann Marie Zeimetz-Schultz

Saturday • Oct 14 • 9-11AM  
[Class ID #1019-1](#) • \$29 • RAMS

Saturday • Oct 14 • 12:30 - 2:30PM  
[Class ID #1019-2](#) • \$29 • RAMS

### Holiday Basket

This basket can be used for years to come! Great for a special gift, filled with festive holiday décor or functional to use year-round. Choose either a deep blue spruce green or cardinal red color, complementing the natural wood spokes. Finished size: 9" x 6" x 6". Bring an old washcloth, pencil, and be ready to create something special. Material fee to instructor night of class is \$25.

Wednesday • Dec 6 • 6-9PM • Instructor: Ellie Lida  
[Class ID #1001](#) • \$29 • ATEC



**Register Today!**

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

**Seed Mosaics: A Great Minnesotan Tradition**

Every year, the Minnesota State Fair showcases seed mosaics created by artists all over the state. In our seed mosaic workshop, you will continue this great tradition by creating your own works of seed art. Learn about the history and techniques of mosaic art and create a design of your own. Once completed, you will share your designs with fellow seed artists and share this Minnesotan art form with family and friends!

Wednesday • Oct 11 • 6:30-8PM

Instructor: Erin Stahl

[Class ID #1037](#) • \$25 • ATEC

**BOB ROSS STYLE PAINTING!**

Instructor Jay Rupp prefers to paint with people who have no experience painting, don't want to paint, and who can't draw a stick figure. If you are one of the "anti-artist" types, you will have the most fun and be the most amazed! If you are an experienced artist, welcome. There is always much to learn!

The painting will be in oil, which is quite easy to work with. Painting supplies and 16x20" canvas provided. Your painting will be ready for you to frame and put on your wall at home when you finish! Frames will be available at the class. Ages 16+.

**The Cardinal**

Wednesday • Sep 27 • 5:30-9PM

[Class ID #1089](#) • \$65 • ATEC

**The Waterfall**

Wednesday • Oct 25 • 5:30-9PM

[Class ID #1090](#) • \$65 • ATEC

**Minnesota Winter**

Wednesday • Jan 10 • 5:30-9PM

[Class ID #1091](#) • \$65 • Chippewa Middle School

**Paint Nights with Swetha Avula**

Relax, paint and have a great time at our Paint Along! Grab a friend or make it a group event and enjoy a fun evening. The instructor will teach you step by step to create artwork on a canvas ready to be displayed. We will be using acrylic paints. Includes all the art supplies canvas, easel, aprons, paints.

**Pumpkin Patch Painting**

Friday • Oct 20 • 5:30-7:30PM

[Class ID #1087](#) • \$45 • Harambee

**Wine & Grapes Painting**

Thursday • Nov 16 • 5:30-7:30PM

[Class ID #1092](#) • \$45 • Harambee

**Colorful Glass Mosaic Sun-Catcher or Table Lamp**

Learn how glass mosaic art can be fun and easy while you mosaic a table lamp or sun-catcher! Look through the idea book, browse the patterns and stencils, and choose from dozens of colors of precut glass. There will be time to make multiple sun-catchers! Supply fee for instructor: lamps range from \$30-\$40, suncatchers range from \$18-\$25.

Fridays • Sep 29 & Oct 6 • 6-9PM

Instructor: Lindsey Guetter

[Class ID #1063](#) • \$45 • ATEC

**Explore Acrylic Painting**

With over 10 years of experience, our instructor will share tips and techniques for creating your own still life or landscapes, whether you are the next Monet or have never picked up a paintbrush. Learn the fundamentals of acrylic painting and introduce acrylic mediums, different brushes and techniques. Take home projects from the last two classes. Includes all the art supplies canvas, easel, aprons, paints... just come along! \$20 supply fee payable to instructor.

Mondays • Oct 9 - 23 • 5:30-7:30PM

Instructor: Swetha Avula

[Class ID #1088](#) • \$85 • Harambee

**JOIN THE****ROSEVILLE COMMUNITY EDUCATION ADVISORY COUNCIL!**

We are looking for people who participate in our programs, are key stakeholders, or have a strong interest in Community Education to provide insight, input and guidance for our programs! Meet 4 times per year - a light dinner is provided.

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



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



### Fire Station Tour & Hands Only CPR

Tour the Roseville Fire Station and check out the fire trucks and then learn how to save a life with hands only CPR!

Tuesday • Sep 19 • 9:30-10:30AM  
Instructor & Location: Roseville Fire Department  
[Class ID # S4572](#) • **FREE!**

### FallProof! Workshop

The ability to improve your balance and reduce fall risks is in your hands. Instructor Mia Bremer is a Master Balance and Mobility Specialist who has taught the program to professionals across the country. Learn why our risk for falling increases as we age, as well as exercises and strategies we can use to reduce those risks. This is an interactive workshop – you will be practicing skills and taking home useful information that can save you from a trip to the floor. You will also learn what to do if you end up there!

Tuesday • Oct 10 • 9:30-11AM  
Instructor: Mia Bremer  
[Class ID # S4560](#) • ATEC • \$25

### Hypnosis - Stop the Obsessions

Choose between quitting smoking, vaping, and chewing tobacco or losing weight and stopping the cravings. You'll be relaxed and in control at all times! Includes CD and lifetime membership card for free reinforcement. Bring a pillow and blanket to class. \$69 for weight loss OR quitting smoking, \$138 for both.

Monday • Oct 30 • 5:45-9PM  
Instructor: Mary Fischer  
[Class ID # 4509](#) • ATEC

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



### Learn the Basics of CPR, AED & First Aid


We love to give back and help out our communities! If you would like to learn the basics of CPR, AED use and First Aid for a low cost, please sign up for a session below! Note, this class is informational only and not for certification.

Monday • Dec 4 • 6:30-7:30PM  
Instructor: HeartCert  
[Class ID # 4500 - Basics](#) • ATEC • \$15

### FREE Alzheimer's Series with the Alzheimer's Association

#### Understanding Alzheimer's and Dementia


Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's; the difference between Alzheimer's and dementia; stages and risk factors; current research and treatments available for some symptoms; and Alzheimer's Association resources.

Monday • Oct 2 • 6:30-7:30PM  
 [Online Class ID # S4550](#) • **FREE!**



#### 10 Warning Signs

Alzheimer's and other dementias cause memory, thinking, and behavior problems that interfere with daily living. Join us to learn how to recognize common signs of the disease; how to approach someone about memory concerns; the importance of early detection and benefits of a diagnosis; possible tests and assessments for the diagnostic process, and Alzheimer's Association resources.

Monday • Nov 6 • 6:30-7:30PM  
 [Online Class ID # S4551](#) • **FREE!**

#### Healthy Living for Your Brain and Body

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

Wednesday • Dec 6 • 6:30-7:30PM  
 [Online Class ID # S4551-2](#) • **FREE!**

### Exercise and Managing Blood Pressure

Healthy arteries and veins are a priority as we age because we know that when they are unhealthy – stiff and/or gunked-up – they are a key contributor to stroke and heart disease. A combination of the right food in the right quantities, along with exercise, can go a long way in keeping our cardiovascular system healthy and reducing the risk of disease, even if you have a genetic predisposition.

Thursday • Sep 14 • 9:30-11AM  
Instructor: Mia Bremer  
[Class ID # S4561](#) • ATEC • \$25





## Medicare

Instructor: Greg De Keuster

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

Thursday • Oct 19 • 6:30-8PM  
[Class ID # 3522-1](#) • \$19 • ATEC

Wednesday • Jan 24 • 6:30-8PM  
[Class ID # 3522-2](#) • \$19 • ATEC



## WHAT'S NEW IN COMMUNITY ED?

Follow our social media pages, visit our website, or join our email list for regular updates!



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



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



**Website:** [isd623.org/CommunityEd](https://isd623.org/CommunityEd)  
 Click on "Quick Links" in the top right, and then go to "Contact Us" to join our email list!

## Learn Online with Janice Novak!

- **The Art of De-Aging**  
 Monday • Oct 2 • 6-7:30PM  
 🎧 [Online Class ID # 4531](#) • \$39
- **Soothe Those Achy Joints**  
 Monday • Oct 9 • 6-7:30PM  
 🎧 [Online Class ID # 4539](#) • \$39
- **Women, Weight, & Hormones**  
 Tuesday • Oct 10 • 6-7:30PM  
 🎧 [Online Class ID # 4529](#) • \$39
- **Posture and Osteoporosis**  
 Tuesday • Oct 24 • 6-7:30PM  
 🎧 [Online Class ID # 4526](#) • \$39
- **Vitamins & Herbs: Facts & Fallacies**  
 Wednesday • Nov 1 • 6-7:30PM  
 🎧 [Online Class ID # 4528](#) • \$39
- **Metabolism Boosters & Busters**  
 Tuesday • Nov 28 • 6-7:30PM  
 🎧 [Online Class ID # 4525](#) • \$39

## American Heart Association

### CPR/AED Only

This CPR/AED class gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies until advanced medical personnel arrive. This course certifies individuals in CPR/AED for adults, children and infants and is valid for 2 years.

Saturday • Oct 14 • 9-11:30AM • ATEC  
[Class ID # 4500 - Oct - CPR/AED Only](#) • \$95

### First Aid Only

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

Saturday • Oct 14 • 11:30AM-2:30PM • ATEC  
[Class ID # 4500 - Oct - First Aid Only](#) • \$95

### CPR/AED with First Aid

Combine CPR, AED & First Aid into one class!

Saturday • Oct 14 • 9AM-2:30PM • ATEC  
[Class ID # 4500 - Oct - CPR, AED & First Aid](#) • \$119

### Morning Talk - Talking About Hospice

Hospice is specialized care for someone with a terminal illness. Learn the benefits of hospice as well as the myths.

Tuesday • Oct 3 • 9-10AM  
 Instructor: Ecumen Hospice - Randy Gnadke  
[Class ID # S4565](#) • ATEC • **FREE!**

### Simple Stretches for Injury Prevention and Pain Reduction

Flexibility is important because lack of mobility changes how we move. Compensating for a lack of flexibility is one cause of pain and can also be a direct cause of injury since mobility and balance are both affected by being inflexible. Mia Bremer will explain how flexibility affects your daily lives and provide simple stretches to incorporate into your daily routine.

Thursday • Dec 7 • 9:30-11AM  
 Instructor: Mia Bremer  
[Class ID # S4563](#) • ATEC • \$25



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### Write Your Own Will

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

Instructor: Jesse Griffin

Tuesday • Sep 26 • 6-9PM • ATEC  
[Class ID # 1510-1](#) • \$65

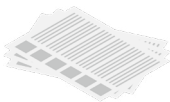
Tuesday • Nov 21 • 6-9PM • ATEC  
[Class ID # 1510-2](#) • \$65



### Write Your Own Health Care Directive and Power of Attorney

If you become incapacitated, who will carry out your wishes regarding your health care and personal financial affairs? By having a plan, you get to make your own choices.

Tuesday • Dec 19 • 6-9PM • ATEC  
Instructor: Jesse Griffin  
[Class ID # 1540](#) • \$65





### How to be a Smart College Shopper


Learn where your student will fit best academically, socially and financially. Which schools will offer the largest merit scholarships? How do you apply for grants and how does the FAFSA work? Learn how to get an education, not a debt!

Instructor: College Advisors Network

Wednesday • Sep 27 • 6:30-8:30PM  
 [Online Class ID # 1528-1](#) • \$19/family


Thursday • Oct 19 • 6:30-8:30PM  
 [Online Class ID # 1528-2](#) • \$19/family

Monday • Nov 13 • 6:30-8:30PM  
 [Online Class ID # 1528-3](#) • \$19/family

Tuesday • Dec 5 • 6:30-8:30PM  
 [Online Class ID # 1528-4](#) • \$19/family

### Get Paid to Teach English

Learn how Gina has taught her way around the world & paid for vacations and travel to over 98 countries! Learn the best paying jobs, qualifications, certification programs & specific hiring organizations.

Saturday • Sep 30 • 11AM-2PM  
Instructor: Gina Henry  
 [Online Class ID # 1530](#) • \$49

### Q & A SEMINAR

#### Q & A Seminar with a Minnesota Will and Trust Planning Attorney

This is a relaxed and friendly open-forum seminar for participants with a seasoned Will & Trust attorney. Questions like: Should I avoid Probate? Is a Will good enough? Do I need a Trust? How does my plan deal with the nursing home? How do we gift the assets of husband and wife? What about separate assets not of the marriage? If I am alone, what tools protect me best? What is the death tax? How do I avoid leaving a mess for my children? Which Trust is best for my needs? Can I use a Transfer-On-Death Deed? How do my retirement assets operate in my Will or Trust? All questions will be answered!

Tuesday • Dec 12 • 6:30-8PM • ATEC  
Instructor: Steve Ledin  
[Class ID # 1558](#) • \$19

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


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

Tuesday • Sep 12 • 6:30-8PM • ATEC  
Instructor: Steve Ledin  
[Class ID # 1515](#) • \$29



#### Save Money with Extreme Couponing!

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. Learn where to find all different types of coupons, how to find the best coupon apps and websites, and how to match coupons with sales for maximum savings. LeeAnne Krusemark has used many couponing secrets to save thousands! Informative handouts will be given to all participants.

Monday • Oct 2 • 5-6PM  
Instructor: LeeAnne Krusemark  
 [Online Class ID # 1562](#) • \$25



### Retirement Planning Today for Ages 50 to 70

This is a comprehensive retirement planning course that includes a 100-page book! We cover maximizing income sources like social security, annuities, pensions and investment withdrawals. We discuss minimizing taxes and tax diversification in tax deferred and tax free accounts like Roth IRAs, Roth 401(k)s, Roth conversions and Health Savings Accounts. We include an investment education section on stocks, bonds and mutual funds. We dive into retirement risk management including Medicare, Medicaid, disability insurance, long term care and life insurance. And we close with high level estate planning. One additional guest may attend at no additional cost!

Instructor: Mark Josephs

Tuesdays • Oct 10 & 17 • 6-9PM • Harambee  
[Class ID # 1529-1](#) • \$49

Thursdays • Oct 19 & 26 • 6-9PM • Harambee  
[Class ID # 1529-2](#) • \$49

### Work Remotely & Become a Digital Nomad

Join thousands of individuals who are taking their work with them and hitting the road! Earn a living as you travel. Get the "how to" of downsizing, putting your stuff in storage, getting your mail, how to have a "physical address", the RV lifestyle, timeshares, international living, long-term rentals, housesitting, and more.

Saturday • Oct 28 • 11AM-2PM • Instructor: Gina Henry  
[Online Class ID # 1531](#) • \$49

### Keeping the Cabin, Farm or Business In the Family Before and After Your Death

Learn how to keep your cabin, farm, or business in the family without creating a family conflict. We will discuss ways to ensure your children receive equal inheritance, the impact of taxes, and how to properly position your assets for the next generation.

Tuesday • Nov 14 • 6:30-8PM • Instructor: Steve Ledin  
[Online Class ID # 1514](#) • \$19

### College Planning: Need-to-Know Changes

Admission trends have changed how colleges admit students, and FAFSA has changed. Schools have gone ACT/SAT optional - but not necessarily when they award scholarships. Learn new strategies to give your student the best opportunity to be admitted and maximize scholarships and financial aid!

Monday • Oct 2 • 7-8PM  
 Instructor: College Inside Track - Cozy Wittman  
[Online Class ID # 1516](#) • \$19

### Learn with LeeAnne Krusemark!

#### Intro to Medical Terminology

Medical terminology is the first step to any career in the medical field or simply to understand your family's medical visits. This course is taught by longtime educator LeeAnne Krusemark, and Credentialed Medical Professional Vanessa Grinnell, RRT.

Monday • Oct 2 • 6-9PM  
[Online Class ID # 1563](#) • \$49

#### Monetize Websites, Blogs, and Social Media with Affiliate Marketing

Thursday • Oct 5 • 5-6PM  
[Online Class ID # 1564](#) • \$25

#### How to Make Extra Cash Pet Sitting

Learn how to make extra money after school or work by watching dogs or other pets, requestedly in the pet's home. This class is taught by a professional pet sitter and a longtime entrepreneur!

Friday • Oct 6 • 6-8PM  
[Online Class ID # 1565](#) • \$35

#### Write Your Life Story

Create an inspirational autobiography for 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. Printing/publishing options will also be discussed.

Saturday • Oct 7 • 10AM-1PM  
[Online Class ID # 5043](#) • \$49

#### Explore the World as a Travel Writer

Wednesday • Oct 11 • 6-8PM  
[Online Class ID # 5042](#) • \$35

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

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

Tuesday • Nov 21 • 6-7:30PM • ATEC  
 Instructor: Amanda Hespen  
[Class ID # 1517](#) • \$25

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**Adult Conversational Spanish with Futura Language Professionals!****Beginner Part 1**

Build conversational tools in Spanish through interactive practice and exercises! Learn greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes, subject pronouns, the verb *estar* conjugation, gender of nouns, and plurality. Each class includes interesting cultural anecdotes, too!

Mondays • Oct 23 - Nov 27 • 6-7PM

▶ [Online Class ID # 4030 - Mondays](#) • \$135

Tuesdays • Oct 24 - Nov 28 • 6-7PM

▶ [Online Class ID # 4030 - Tuesdays](#) • \$135**Beginner Part 2**

Continue with practical conversational components and phrases in Spanish. Practice restaurant conversations and asking for directions! Learn weather, seasons, months, days of the week, family vocabulary, and the verbs *ser* and *tener*. Discuss the importance of food, family, and friendships in Spanish speaking countries!

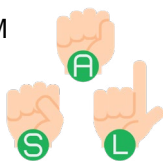
Tuesdays • Oct 24 - Nov 28 • 6-7PM

▶ [Online Class ID # 4031 - Tuesdays](#) • \$135**Beginner American Sign Language 2**

Take the next step in your journey towards becoming a confident ASL communicator. You'll use your knowledge from ASL 1 as the foundation to continue your interactive and fun journey to becoming more fluent. We'll broaden your vocabulary, comprehension, and understanding of Deaf experience and culture.

Wednesdays • Sep 13 - Oct 11 • 5:30-6:30PM

Instructor: AJ Herculeidez

[Class ID # 4034](#) • \$95 • ATEC**Beginner American Sign Language 3**

Embark on the next phase of your ASL learning! Enhance your vocabulary and grammar, and refine your language proficiency while increasing fluency. We'll be exploring ASL storytelling and visual vernacular in a nurturing and supportive environment!

Wednesdays • Sep 13 - Oct 11 • 6:45-7:45PM

Instructor: AJ Herculeidez

[Class ID # 4036](#) • \$95 • ATEC**Using Uber for Transportation Independence**

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber!

Thursday • Sep 21 • 12-1PM

Instructor: Nickie Welsh

▶ [Online Class ID # S4015](#) • \$25**Intermediate Part 1**

Learn present tense AR verb conjugation, infinitive verbs, future tense with the verb *IR*, adverbs of frequency, useful prepositions, and more. Learn to make plans and discuss preferences. Culture discussions will cover holiday traditions and celebrations in Spanish speaking countries!

Wednesdays • Oct 25 - Dec 6 • 6-7PM (no class 11/22)

▶ [Online Class ID # 4032 - Wednesdays](#) • \$135**Advanced Part 1**

Expand your skills learning new complex grammatical concepts and sentence structures. Build your language expertise with an overview of the subjunctive in Spanish - a special verb form used to express uncertainty, possibility, mood, and expressions!

Thursdays • Oct 26 - Dec 7 • 6-7PM (no class 11/23)

▶ [Online Class ID # 4033 - Thursdays](#) • \$135**Conversational Swedish**

Mondays • Oct 23 - Nov 27 • 6-7PM

Instructor: Annika Eriksson

[Class ID # 4037](#) • \$135 • ATEC**Chinese 1: Mandarin**

Explore Chinese culture and learn the basics of the language. This class is hybrid, with in person and online students!

Thursdays • Oct 12 - Nov 30 • 6-7:30PM

Instructor: Xiaohong Chen

▶ [Online Class ID # 4040](#) • \$79**Get Paid to be a Tour Guide and Travel Free**

Saturday • Oct 21 • 11AM-2PM

Instructor: Gina Henry

▶ [Online Class ID # 4039](#) • \$49**How to Travel Free and Make Money Traveling**

Saturday • Sep 23 • 11AM-2PM

Instructor: Gina Henry

▶ [Online Class ID # 4000](#) • \$49**The Secrets of Travel Hacking**

Saturday • Oct 7 • 11AM-2PM

Instructor: Gina Henry

▶ [Online Class ID # 4041](#) • \$49**Mystery Shopping - Get Paid to Shop!**

Saturday • Nov 4 • 11AM-2PM

Instructor: Gina Henry

▶ [Online Class ID # 4038](#) • \$49





## Classes with Sara Reimann!

### Managing Email Message with Outlook

Microsoft Outlook helps you organize and manage your communications, contacts, schedules, and tasks. Use Outlook to streamline your messages so that you can easily find and respond to them later!

Tuesday • Sep 5 • 5:30-7:30PM

Instructor: Sara Reimann

▶ [Online Class ID # 5531](#) • \$35



### Mac Basics

Tuesday • Sep 12 • 5:30-7:30PM

▶ [Online Class ID # 5510](#) • \$35

### Using Google and All It Has To Offer

Tuesday • Sep 19 • 5:30-7:30PM

▶ [Online Class ID # 5513](#) • \$35

### What's New in Windows 11

Tuesday • Oct 10 • 5:30-7:30PM

▶ [Online Class ID # 5514](#) • \$35

### iPad & iPhone Introduction

Tuesday • Oct 17 • 5:30-7:30PM

▶ [Online Class ID # 5515](#) • \$35



### Windows vs Mac

Tuesday • Nov 7 • 5:30-7:30PM

▶ [Online Class ID # 5506](#) • \$35

### Getting Started with Microsoft Excel 2019

Tuesday • Nov 14 • 5:30-7:30PM

▶ [Online Class ID # 5516](#) • \$35

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

Tuesday • Nov 21 • 5:30-7:30PM

▶ [Online Class ID # 5541](#) • \$35

### What to Share and What Not to Share on Social Media

Tuesday • Nov 28 • 5:30-7:30PM

▶ [Online Class ID # 5542](#) • \$35

### Protect Your PC - Defend Your PC Against Viruses, Hackers & Malicious Software

Tuesday • Dec 12 • 5:30-7:30PM

▶ [Online Class ID # 5543](#) • \$35

## Classes with Nickie Welsh!

### How To Create Your Own YouTube Channel

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

Thursday • Sep 28 • 12-1PM

Instructor: Nickie Welsh

▶ [Online Class ID # 5503](#) • \$29

### My Kid Wants To Be a YouTuber - Help!

We will walk you through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Parents will learn the basic guidelines of being able to help manage and monitor their activity, all while incorporating practical business skills when it comes to managing your own channel.

Thursday • Oct 5 • 12-1PM

▶ [Online Class ID # 5512](#) • \$29

### Podcasts for Beginners

Tuesday • Sep 5 • 12-1PM

▶ [Online Class ID # 5502](#) • \$29



### Social Media for Business

Thursday • Sep 7 • 12-1PM

▶ [Online Class ID # 5501](#) • \$29

### Grow Your Business with Instagram

Tuesday • Sep 12 • 12-1PM

▶ [Online Class ID # 1544](#) • \$29

### Shutterfly - Do More with Your Digital Photos

Personalized home decor is the best way to display the images that mean the most to you. Turn your captured memories of your wedding day, your children's milestones, and favorite vacations into custom home decor items perfect for your living space!

Tuesday • Dec 19 • 5:30-7:30PM

Instructor: Sara Reimann

▶ [Online Class ID # 5544](#) • \$35

## So You Want to Be Anti-Racist?

Learn tools to engage in uncomfortable conversations, develop racial literacy, and begin to unpack how race operates in our everyday lives often without consent and/or acknowledgement, all the while building the muscles to move into action!

Thurs • Nov 2 - Dec 14 • 7-8:30PM

📺 [Online Class ID # 5029](#) • \$75 • Hope Speaks Project

## 60th Anniversary of the Assassination of John Kennedy: An In-Depth Analysis

This year marks the 60th anniversary of President Kennedy's assassination. Come exam the discrepancies between the Warren Commission and the conclusions reached by the United States House of Representatives. Develop a rounded perspective on the controversies surrounding this assassination. Each of the sessions will have ample time for participant comments and questions!

Tues & Wed • Oct 10 & 11 • 6:30-8:30PM

Instructor: David Yorks

[Class ID # 5034](#) • \$29 • ATEC



## Intro to Online Genealogy

Research family history from your own home! Join me to discuss getting started, reviews of subscription websites, tools to use, which types of records you'll find, and how to be an effective and accurate researcher.

Thurs • Dec 7 • 6-7:15PM • Instructor: Jen Shaffer

[Class ID # 5045](#) • \$35 • ATEC

## Level Up Your Genealogy Research 2: More Ways of Advancing Your Research

Mon • Dec 18 • 6-7:15PM • Instructor: Jen Shaffer

[Class ID # 5046](#) • \$35 • ATEC

## How to Publish Your Book

Wednesdays • Nov 1 & 8 • 6:30-8:30PM

Instructor: Todd Anderson & June Gossler-Anderson

📺 [Online Class ID # 5002](#) • \$49

## Learn from Rebecca Danaher!

### Self Defense Fundamentals

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

Wed • Sep 20 • 6-8PM • [Class ID # 5006-1](#) • \$59 • ATEC

Wed • Jan 10 • 6-8PM • [Class ID # 5006-2](#) • \$59 • ATEC

### Finding Energy

Thursday • Sep 21 • 6-7:30PM

📺 [Online Class ID # 5036](#) • \$39

### Prioritization & Purpose

Sunday • Oct 1 • 9-10:30AM

📺 [Online Class ID # 5037](#) • \$39

### In-Home Organization

Saturday • Oct 14 • 9-10:30AM

📺 [Online Class ID # 5038](#) • \$39

## Register Today!

1) Call 651-604-3770

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

3) Or scan this QR code!



## Photography with Don Tredinnick!

### Digital Photography Fundamentals

Learn about the different camera modes, exposure settings, how to make use of light, focusing techniques, and managing depth of field! We will also cover lens selection, and the effects different lens have on the final photo. The class will consist of both a lecture and field shoot! Don will be available the entire time to assist you.

Sat • Sep 23 • 9AM-1PM • [Class ID # 5033](#) • \$65 • ATEC

### Night Photography

November is a great time for night photography! During this class, we will cover urban scenes, astro photography, and light painting. We discuss camera settings, focusing techniques, and reading the histogram on your camera. Next, we will go over techniques to compose the shot, and discuss post processing techniques. The class will consist of both a lecture and field shoot!

Sat • Nov 18 • 3:30-8PM • [Class ID # 5039](#) • \$69 • ATEC

### Photographing in a Winter Wonderland

Oftentimes, our winter photos turn out with grey dingy snow, or really dark subjects. The good news is that this can be easily corrected! We will discuss camera settings, composition, challenges, and how to protect your equipment. Next, we will head over to the Harriett Alexander Nature Center for our field shoot!

Sat • Jan 13 • 9AM-1PM • [Class ID # 5040](#) • \$65 • ATEC

## Native American: Appreciating Instead of Appropriating Indigenous Culture

Learn how to spot cultural appropriation and understand why it's harmful to Indigenous people and nations. We will use real-life examples to demonstrate how cultural appropriation shows up in fashion, design, and wellness. Learn strategies for avoiding appropriation and ideas for supporting Native artists and creators in the local community! The event is geared toward beginners and open to all: come with your questions!

Monday • Nov 6 • 6-7:30PM

Instructor: Cree Rose Dueker and Lauren Kramer

📺 [Online Class ID # 5041](#) • \$19

## Armchair Tour Through Haunted Anoka

Join us on a virtual trip through forgotten Anoka - the Jackson Hotel, now Billy's, the old Post Office, Colonial Hall, the Masonic Lodge, and some infamous residences, all haunted, of course.

Thursday • Oct 26 • 7-8PM • Instructor: June Gossler-Anderson

📺 [Online Class ID # 5031](#) • \$19




**Register Today!**

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


**55+ Defensive Driving Refresher 4-Hour**

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

Tuesday • Sep 12 • 9AM-1PM  
Class ID # S5020-1 • \$31 • ATEC


Tuesday • Sep 19 • 5:30-9:30PM  
 *Online* Class ID # SZ5020-1 • \$31

Wednesday • Sep 20 • 1-5PM  
Class ID # S5020-2 • \$31 • ATEC

Tuesday • Sep 26 • 9AM-1PM  
 *Online* Class ID # SZ5020-2 • \$31

Saturday • Sep 30 • 9AM-1PM  
Class ID # S5020-3 • \$31 • ATEC


Thursday • Oct 5 • 9AM-1PM  
Class ID # S5020-4 • \$31 • ATEC

Tuesday • Oct 10 • 5:30-9:30PM  
 *Online* Class ID # SZ5020-3 • \$31

Saturday • Oct 14 • 9AM-1PM  
Class ID # S5020-5 • \$31 • ATEC

Tuesday • Oct 17 • 1-5PM  
Class ID # S5020-6 • \$31 • ATEC

Wednesday • Nov 1 • 1-5PM  
Class ID # S5020-7 • \$31 • ATEC


Thursday • Nov 2 • 5:30-9:30PM  
 *Online* Class ID # SZ5020-4 • \$31

Saturday • Nov 11 • 9AM-1PM  
Class ID # S5020-8 • \$31 • ATEC

Thursday • Nov 30 • 9AM-1PM  
Class ID # S5020-9 • \$31 • ATEC


Saturday • Dec 9 • 9AM-1PM  
Class ID # S5020-10 • \$31 • ATEC


Tuesday • Dec 12 • 1-5PM  
Class ID # S5020-11 • \$31 • ATEC


Tuesday • Dec 19 • 1-5PM  
 *Online* Class ID # SZ5020-5 • \$31


**55+ Defensive Driving 8-Hour**


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


Tue/Wed • Sep 12 & 13 • 5:30-9:30PM  
 *Online* Class ID # SZ5021-1 • \$35


Wed/Thu • Sep 27 & 28 • 1:30-5:30PM  
 *Online* Class ID # SZ5021-2 • \$35

Wed/Thu • Oct 11 & 12 • 1:30-5:30PM  
 *Online* Class ID # SZ5021-3 • \$35

Tue/Thu • Oct 24 & 26 • 5:30-9:30PM  
 *Online* Class ID # SZ5021-4 • \$35

Wed/Thu • Nov 8 & 9 • 5:30-9:30PM  
 *Online* Class ID # SZ5021-5 • \$35

Tue/Wed • Nov 28 & 29 • 1:30-5:30PM  
 *Online* Class ID # SZ5021-6 • \$35

Tue/Wed • Dec 12 & 13 • 1:30-5:30PM  
 *Online* Class ID # SZ5021-7 • \$35





**SESSION 1: September 1 - 30**

Mon-Thurs • 6-7PM  
 Fridays • 5:45-6:45PM  
 Saturdays • 9-10AM  
 Class ID 3000-A • \$65  
 No class on 9/2, 9/4

**SESSION 2: October 2 - 31**

Mon-Thurs • 6-7PM  
 Fridays • 5:45-6:45PM  
 Saturdays • 9-10AM  
 Class ID 3000-B • \$65

**SESSION 3: November 1 - 30**

Mon-Thurs • 6-7PM  
 Fridays • 5:45-6:45PM  
 Saturdays • 9-10AM  
 Class ID 3000-C • \$65  
 No class on 11/7, 11/9, 11/23 - 11/25

**SESSION 4: December 1 - 29**

Mon-Thurs • 6-7PM  
 Fridays • 5:45-6:45PM  
 Saturdays • 9-10AM  
 Class ID 3000-D • \$65  
 No class on 12/22, 12/23, 12/25

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

Classes are held in person and livestreamed on Zoom. Once you register for the class, you can choose which way to participate. Each day, you will receive an email with the link for the Zoom class - come in person, or dance in your living room! In-person classes are held at Anpétu Téca Education Center (1910 County Road B West in Roseville).

**Cardio Sculpt**

*Mondays, Thursdays, Saturdays*

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

**Sculpt60**

*Tuesdays*

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

**Interval CardioSculpt**

*Wednesdays*

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

**PowerSculpt45 and CardioSculpt5**

*Alternating Fridays*

**PowerSculpt45:** We pump up the power in this circuit-based 45 minute class to work every angle of your body. Focused muscle pumping sets will challenge your strength, and the amplified dance moves will crank up your cardio.

**CardioSculpt45:** Our signature class format packed into 45 minutes. Set to your favorite top hits, this full-body workout combines high intensity, dance-based cardio with strength training and stretching. The perfect way to start your weekend.

## SilverSneakers® Class Schedule



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

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

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

### Soma Yoga

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

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

Wednesdays • Sep 13 - Nov 8 • 10-11AM

[Class ID #3052-1](#) • \$89 • ATEC

Wednesdays • Nov 22 - Jan 10 • 10-11AM

[Class ID #3052-2](#) • \$79 • ATEC

### YogaStretch - Gentle Core Strengthening

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

Tues/Thurs • Sep 12 - Nov 9 • 9-9:45AM

[Class ID #3054-1](#) • \$179 • ATEC

Tues/Thurs • Nov 14 - Jan 11 • 9-9:45AM

[Class ID #3054-2](#) • \$169 • ATEC

No class 11/23

### Strength Training

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

Tue/Thurs • Sep 12 - Nov 9 • 10-10:45

[Class ID #3053-1](#) • \$179 • ATEC

Tue/Thurs • Nov 14 - Jan 11 • 10-10:45AM

[Class ID #3053-2](#) • \$169 • ATEC

No class 11/23

### SilverSneakers

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

Mon/Wed/Fri • Sep 11 - Oct 13 • 9-9:45AM

[Class ID #3050-1](#) • \$149 • ATEC

No class 10/9

Mon/Wed/Fri • Oct 16 - Nov 22 • 9-9:45AM

[Class ID #3050-2](#) • \$169 • ATEC

Mon/Wed/Fri • Nov 27 - Jan 12 • 9-9:45AM

[Class ID #3050-3](#) • \$179 • ATEC

No class 12/22, 12/25, 1/1

### Register Today!

1) Call 651-604-3770

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

3) Or scan this QR code!



### Strength and Stretch

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

Mon/Fri • Sep 8 - Oct 30 • 10-11AM

[Class ID #3051-1](#) • \$159 • ATEC

No class 10/9

Mon/Fri • Nov 3 - Jan 12 • 10-11AM

[Class ID #3051-2](#) • \$169 • ATEC

No class 11/24, 12/22, 12/25, 1/1



## Register Today!

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



### Zumba

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

Instructor: Jan Campbell

Tues/Thurs • Sep 26 - Dec 14 • 5:45-6:45PM  
[Class ID #3017-T&TH](#) • \$199 or \$12/drop-in • ATEC  
No class 11/2, 11/7, 11/9, 11/23

Tuesdays Only • Sep 26 - Dec 12 • 5:45-6:45PM  
[Class ID #3017-T](#) • \$109 or \$12/drop-in • ATEC  
No class 11/7

Thursdays Only • Sep 28 - Dec 14 • 5:45-6:45PM  
[Class ID #3017-TH](#) • \$89 or \$12/drop-in • ATEC  
No class 11/2, 11/9, 11/23

### Yin Yoga for Deep Relaxation

Rejuvenate your body with Yin Yoga postures that target your body's deep connective tissues while promoting a quiet and relaxed mind. Yin Yoga postures are held longer than traditional yoga poses, allowing a healthy flow of energy throughout the body. Please wear comfortable clothing you can move in and bring a yoga mat, blanket, and bolster or large pillow.

Wednesdays • Sep 20 - Oct 25 • 6:30-7:45PM  
Instructor: Amanda Keck-Bodger  
[Class ID # 3402](#) • \$89 • ATEC

### Hatha Yoga

Slowly and gently build yoga postures that increase strength and get your blood flowing. Hatha yoga emphasizes connecting the mind, body, and breath to develop self-awareness. Perfect for beginners and those looking to start a mind-body-breath practice. Please wear comfortable clothing and bring a yoga mat.

Mondays • Oct 2 - Nov 13 • 6:15-7:30PM  
Instructor: Amanda Keck-Bodger  
[Class ID # 3403](#) • \$89 • ATEC  
No class 10/9

### T'ai Chi Chih for Life

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

Tuesdays • Sep 19 - Nov 14 • 5:30-6:30PM  
Instructor: Ev Hanson-Florin  
 [Online Class ID # 3008](#) • \$69

### Fencing with MN Sword Play

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

Instructor: MN Sword Play

Saturdays • Sep 16 - Oct 21 • 10:30-11:30AM  
[Class ID #3012-1](#) • \$95 • ATEC

Saturdays • Oct 28 - Dec 9 • 10:30-11:30AM  
[Class ID #3012-2](#) • \$95 • ATEC  
No class 11/25



**T'ai Chi Chih with Linda Zelig**  
\$12 drop-in sessions available!

**In Person, Monday Afternoons**  
Mondays • Sep 11 - Oct 30 • 4:30-5:30PM  
[Class ID # 3009-1](#) • \$89 • ATEC

Mondays • Nov 6 - Dec 18 • 4:30-5:30PM  
[Class ID # 3009-2](#) • \$79 • ATEC

**In Person, Wednesday Mornings**  
Wednesdays • Sep 13 - Oct 25 • 7:45-8:45AM  
[Class ID # 3010-1](#) • \$89 • ATEC

Wednesdays • Nov 1 - Dec 20 • 7:45-8:45AM  
[Class ID # 3010-1](#) • \$89 • ATEC



## Have an idea? Want to teach a class?

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

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

# AQUATICS OPPORTUNITIES!

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

**To register and learn more, visit [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com), call 651-604-3770, visit us at 1910 County Road B W in Roseville, or scan this QR code!**



## OPEN AND LAP SWIM

Open and lap swim provide great opportunities for recreation and exercise! Spend quality time with your family and friends, or just bring yourself! All are welcome. \$6 per session, or \$25 for 5 sessions.



## ADULT WATER EXERCISE CLASSES

Join us for a variety of water aerobics classes! Register for one month, multiple months, or even just try out a one-time drop-in session! Aquatics exercise engages your full body to promote heart health, lung health, endurance, and muscle strength! The pool provides a gravity-reduced environment that is easy on the body and joints.

## RED CROSS SWIM LESSONS

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

## PRE-K AND TOTS LESSONS

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

## LIFEGUARD OR BECOME A SWIM INSTRUCTOR

We occasionally offer lifeguard certification courses, junior lifeguard courses, and other similar opportunities! You can also apply to be a lifeguard or swim instructor with our program at [isd623.org/careers](http://isd623.org/careers).







# Roseville Area Senior Program

## ROSEVILLE AREA SENIOR PROGRAM (RASP)

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

651-604-3520

[rasp@isd623.org](mailto:rasp@isd623.org)

[www.isd623.org/RASP](http://www.isd623.org/RASP)



## MEALS ON WHEELS

We provide daily, fresh or frozen, nutritionally balanced noontime meals Mondays - Fridays for older adults and adults with disabilities in the Roseville Area School District who are unable to prepare or access food, or choose not to cook themselves.

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

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

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

## DROP-IN LOUNGE

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



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

In the spirit of life-long learning, we offer a variety of formal and informal groups and classes. Whether you like to learn new skills, gather to meet friends, or make new ones there is something for everyone. Activity or class fees may apply.

## GIFT & CRAFT SHOPPE

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



## VOLUNTEERS

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

## SEASONS NEWSLETTER

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



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

**Monday-Friday**  
**11:00am-12:00pm until Sept. 1st, 2023**  
**11:00am-12:15pm starting Sept. 5th, 2023**

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

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

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

## Come shop at our Holiday Bazaar!

**Thursday - Saturday | Oct 26 - 28**  
**Anpétu Téča Education Center**

**Watch for more details to come!**



# Roseville Adult Learning Center

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

## Roseville Adult Learning Center Offers:

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

## Our Program Features:

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

### ADULT BASIC EDUCATION (ABE)

#### Adult Diploma, GED Preparation and Review

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

#### Eligibility

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

#### Dual Enrollment - Credit Recovery

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

### DISTANCE LEARNING/BASIC SKILLS

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

### ENGLISH LEARNER

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

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

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

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

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



**ADPÉTU TÉÇA EDUCATION CENTER**  
1910 County Road B West  
Roseville, MN 55113

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



# READY TO JUMSPSTART YOUR CAREER?



**Certified  
Nursing Assistant**



**Translating  
and Interpreting**



**Apprentice and  
Manufacturing Ready**

## CAREER PATHWAYS... NOW ENROLLING!

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

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

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

## Community Education Programs for Adults with Developmental Disabilities



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

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

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

# FRIENDSHIP CONNECTION

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

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

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



## SCHOOL YEAR 2023-2024 RATES

Site	Consistent Schedule Option		Contact
	Before School	After School	
Brimhall	\$13.80/day	\$12.70/day	651.633.4327
Central Park	\$12.70/day	\$13.80/day	651.481.0745
Edgerton	\$13.80/day	\$12.70/day	651.771.9835
E. D. Williams	\$13.80/day	\$12.70/day	651.482.0421
Falcon Heights	\$12.70/day	\$13.80/day	651.641.0035
Harambee	\$13.80/day	\$12.70/day	651.379.2566
Little Canada	\$12.70/day	\$13.80/day	651.482.0420
Parkview	not available	\$17.80/day	651.487.4391

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

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

- **Starting at \$17/hour beginning September 1st, 2023!**
- Work with youth in Pre-K - 8<sup>th</sup> grade before and after school!
- Act as a role model for a diverse youth population!
- Must be 18+ years old and have a high school diploma
- Experience working with school-age youth necessary



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



# EARLY CHILDHOOD

Giving your family a great start!

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

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



## ECFE CLASSES

Early Childhood Family Education (ECFE) provides support and educational opportunities for all children from birth to kindergarten entry. Some of our offerings include:

- Classes (Separating and Non-Separating)
- Parenting Discussions
- Toy Lending Library
- Drop In & Play



View all class options online at [www.isd623.org/ECFE](http://www.isd623.org/ECFE)  
Register online or by phone at 651.487.4378, ext 1



## PRE-K CLASSES



Roseville Area Schools Pre-K is a four star Parent Aware rated program. We offer half-day, all-day, and bilingual classes to provide your child with the building blocks for school success!

Pre-K is for children age 3 or 4 by September 1, 2024.

Call 651.604.3578 or visit [www.isd623.org/PreK](http://www.isd623.org/PreK) for more information about class registration and financial assistance.

## EARLY CHILDHOOD SCREENING

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



ROSEVILLE AREA SCHOOLS  
COMMUNITY EDUCATION



# YOUTH ENRICHMENT

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

**We offer opportunities in:**

- Art
- Technology
- Adventure
- Science
- Math
- Cooking
- Language
- Literature
- Sports
- Creative Play
- ... and more!



**Registration for fall Youth Enrichment begins on Tuesday, August 29th!**

View our online catalog beginning August 29th at [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com). Watch for physical copies of the catalogs to come home in backpacks at the beginning of September!

**Register Today!**

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



**Join us for a Superhero Training event on September 30th! Come meet your favorite heroes and join them for fun activities!**



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



# Teen Driver's Education

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

September 11 - 26	September 18 - October 4 <i>**No class 9/25</i>	October 9 - 25	November 6 - 21	November 13 - 29	December 4 - 19
In Person	Online	In Person	Online	In Person	In Person
3:00-6:00PM	3:30-6:30PM	3:00-6:00PM	3:30-6:30PM	3:00-6:00PM	3:00-6:00PM
# 6500 - A	# 6501 - A	# 6500 - B	# 6501 - C	# 6500 - C	# 6500 - D

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

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

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

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

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

**Cost** of the teen package is \$415 and includes the classroom and behind-the-wheel lessons. Pay in full upon registration or choose the payment plan: \$245 payable to Community Education upon registration and \$170 (two payments of \$85 each) payable to Safeway at the behind-the-wheel lessons.

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

## Roseville Community Education

1910 County Rd B W  
Roseville, MN 55113

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Roseville, MN  
Permit # 3248

**FALL 2023!**



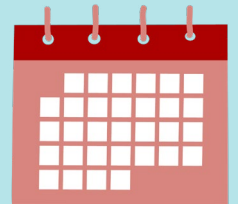
*Roseville Area Schools*

# COMMUNITY EDUCATION

*Excellence, Innovation & Equity in All We Do*

## SAVE THE DATE! Happening Fall 2023:

- August 7 - Community Education Extravaganza
- August 29 - Registration Opens for Fall Youth Enrichment
- September 11 - Pre-K Begins for the 2023-24 School Year
- September 11 - Roseville Adult Learning Center Fall Semester Begins
- September 18 - Fall Early Childhood Family Education Classes Begin
- September 30 - Superhero Training
- October 26 - 28 - Holiday Bazaar at the Roseville Craft Shoppe
- October 28 - Senior Housing Fair
- November 4 - Registration Opens for Winter Adult Enrichment
- November 9 - National Community Education Day
- November 11 - 37th Annual 623 Walk/Run
- November 21 - Registration Opens for January - March Youth Enrichment



## To register for adult or youth enrichment classes:

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



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