

Adult Fall 2023

Fitness/Aquatics

A Walk in the Park-Fall: Adult

Taught by Patricia A Olson

Meet new friends as you Walk for Fitness around Centennial Lakes Park!

Tuesdays, 5:00-6:00pm Sep 12-Oct 24

7 sessions: \$49 912-B2039

Centennial Lakes Park

Ballroom Dance Series: Adult

Taught by Monica Mohn

Registration cost is per couple (two people) Join the fun in this 4-week sampler of the classic dances: waltz, foxtrot, rumba and tango. By the end of the session you won't want to let go!

Mondays, 6:00-7:00pm Nov 6-Nov 27

4 sessions: \$59 1106-B2033

Edina Community Center - ECC - 301 - Dance Studio

Beginning II/Intermediate Ballet: Adult

Taught by Midwest School of Ballet - Eileen Kamp

Remembering the basics and refreshing previously learned ballet vocabulary alongside other adults. Ballet classes are a great way to gain strength and flexibility, improve posture and balance, and reduce stress in a noncompetitive atmosphere.

Saturdays, 10:00-11:30am Sep 16-Dec 16

12 sessions: \$205 916-B2025

Edina Community Center - ECC - 301 - Dance Studio
No class 10/21, 11/25

Saturdays, 10:00-11:30am Sep 16-Dec 16

12 sessions: \$19 916-B2025b

Edina Community Center - ECC - 301 - Dance Studio
No class 10/21, 11/25

Body Pump Strength Express: Adult

Taught by Christy Zilka

Sculpt, tone and strengthen your entire body, FAST! We'll work with weights, bands and your own body weight to get stronger by Thanksgiving

Tuesdays, 5:15-6:00pm Sep 12-Nov 14

8 sessions: \$128 912-B2026

Edina Community Center - ECC - 301 - Dance Studio
No class 10/31, 11/ 7

Casual Indoor Basketball: Adult

Register: <https://edina.ce.eleyo.com>

Taught by Tim Faklis and Zeebo Karouso

Come join us for a fun night playing basketball. This is for all those people who enjoy playing basketball and who want to get a good, fun run in without the competitive attitudes that leagues can have. We'll put teams together on the night and then play 2s and 3s first to 21. Teams will rotate through, winner stays on. Come and join us to let the Monday steam off.

Mondays, 6:00-7:30pm Sep 11-Nov 13
10 sessions: \$100 911-B2042
Edina Community Center - ECC Gym - City Gym

Casual Indoor Basketball: Adult

Taught by Tim Faklis and Zeebo Karouso

Come join us for a fun night playing basketball. This is for all those people who enjoy playing basketball and who want to get a good, fun run in without the competitive attitudes that leagues can have. We'll put teams together on the night and then play 2s and 3s first to 21. Teams will rotate through, winner stays on. Come and join us to let the Monday steam off.

Mondays, 6:00-7:30pm Nov 20-Feb 12
10 sessions: \$100 1120-B2043
Edina Community Center - ECC Gym - City Gym No class 12/25, 1/ 1, 1/15

Enhance Your Balance; Low Intensity Level: Adult

Ever experience dizzy spells? Feel "off-balanced" at times? This low-impact, composure and balance class will assist with your equilibrium/stability issues. Includes gait exercises (stride, pace, steady footing) muscle toning and stretching. 15 sessions!

Mondays/Wednesdays, 4:00-4:45pm Sep 6-Oct 25
15 sessions: \$150 906-B2022
Edina Community Center - ECC - 301 - Dance Studio

Hybrid: Fundamentals of Ballet/Beginning I: Adult

Taught by Midwest School of Ballet - Eileen Kamp

Learn the basics of ballet vocabulary and movement alongside other adults. Ballet is a great way to gain strength, flexibility, improve posture, balance, and reduce stress in a non-competitive atmosphere. This class is also perfect for the Teen or Adult who would like to move at a slower pace and/or returning to ballet.

Tuesdays, 7:00-8:30pm Sep 5-Dec 19
14 sessions: \$280 905-B2024
Edina Community Center - ECC - 301 - Dance Studio No class 11/ 7, 11/21

Tuesdays, 7:00-8:30pm Sep 5-Dec 19
14 sessions: \$22 905-B2024b
Edina Community Center - ECC - 301 - Dance Studio No class 11/ 7, 11/21

Register: <https://edina.ce.eleyo.com>

Hybrid: Barre Strength: Adult

Taught by Catherine Earley

The precision and balance of Barre (or chair at home) meets the load and power of strength training. You will be able to work at your own pace to improve strength and balance. Have fun getting stronger. This class will be offered hybrid (both in person and online)

Fridays, 9:30-10:20am Sep 8-Dec 22

13 sessions: \$130 908-B2019

Edina Community Center - ECC - 301 - Dance Studio No class 9/22, 9/29, 11/24

Hybrid: Body Shape Fridays: Adult 55+

Taught by Catherine Earley

This is a group strength training class for all levels. We work with weights, bands, balls, and body weight. You will see gains in metabolism, muscle and balance. Strong bodies are found here! This class will be offered both in person and online via Zoom.

Fridays, 12:00-12:50pm Sep 8-Dec 22

13 sessions: \$130 908-B2018

Edina Community Center - ECC - 301 - Dance Studio No class 9/22, 9/29, 11/24

Hybrid: Body Shape Mondays: Adult 55+

Taught by Catherine Earley

This is a group strength training class for all levels. We work with weights, bands, balls, and body weight. You will see gains in metabolism, muscle and balance. Strong bodies are found here! This class will be offered both in person and online via Zoom.

Mondays, 12:00-12:50pm Sep 11-Dec 18

13 sessions: \$130 911-B2016

Edina Community Center - ECC - 301 - Dance Studio No class 9/18, 9/25

Hybrid: Body Shape Wednesdays: Adult 55+

Taught by Catherine Earley

This is a group strength training class for all levels. We work with weights, bands, balls, and body weight. You will see gains in metabolism, muscle and balance. Strong bodies are found here! This class will be offered both in person and online via Zoom.

Wednesdays, 12:00-12:50pm Sep 6-Dec 20

13 sessions: \$130 906-B2017

Edina Community Center - ECC - 301 - Dance Studio No class 9/20, 9/27, 11/22

Hybrid: Hatha Yoga For Life: Adult

Taught by Wendy Anderson

Beginners welcome! Enjoy in-depth instruction as you practice a wide variety of yoga poses, plus meditation / relaxation. Attend in person or online via zoom. You'll improve flexibility, strength, balance, and

Register: <https://edina.ce.eleyo.com>

range of motion. Reduce tension and stress, aches and pains, and feel better overall. Work at your own level in this supportive class. Enjoy soothing music, and easy to follow directions. This is a relaxed style that works for most regardless of age or physical condition. Bring a mat.

Tuesdays, 6:00-7:25pm Sep 5-Dec 19
15 sessions: \$210 905-B2012
Edina Community Center - ECC - 318 - Dance Studio No class 11/7

Hybrid: Hatha Yoga For Life: Adult

Taught by Wendy Anderson

Beginners welcome! Enjoy in-depth instruction as you practice a wide variety of yoga poses, plus meditation / relaxation. Attend in person or online via zoom. You'll improve flexibility, strength, balance, and range of motion. Reduce tension and stress, aches and pains, and feel better overall. Work at your own level in this supportive class. Enjoy soothing music, and easy to follow directions. This is a relaxed style that works for most regardless of age or physical condition. Bring a mat.

Thursdays, 10:00-11:25am Sep 7-Dec 21
15 sessions: \$210 907-B2013
Edina Community Center - ECC - 318 - Dance Studio No class 11/23

Hybrid: Hatha Yoga For Life: Adult

Taught by Wendy Anderson

This section is a single-day registration option for both the Tuesday and Thursday Hatha Yoga classes. You may register multiple times, but you need to register for each day you wish to drop in. Each time you register, you will be asked which date you are registering for. Beginners welcome! Enjoy in-depth instruction as you practice a wide variety of yoga poses, plus meditation / relaxation. Attend in person or online via zoom. You'll improve flexibility, strength, balance, and range of motion. Reduce tension and stress, aches and pains, and feel better overall. Work at your own level in this supportive class. Enjoy soothing music, and easy to follow directions. This is a relaxed style that works for most regardless of age or physical condition. Bring a mat.

Tuesdays/Thursdays, 10:00am-7:25pm Sep 5-Dec 21
30 sessions: \$16 905-B2012b
Edina Community Center - ECC - 318 - Dance Studio No class 11/7, 11/23

Hybrid: Intermediate Ballet I: Adult/Teen

Taught by Kaethe Birkner

This class is designed for people with knowledge of basic ballet steps, positions, and ballet technique. The focus of the class is to improve students' knowledge of proper ballet technique and intermediate ballet steps while getting a good and fun workout. Attend in person or join online via Zoom.

Thursdays, 7:30-9:00pm Sep 7-Dec 21
15 sessions: \$257 907-B2021
Edina Community Center - ECC - 301 - Dance Studio No class 11/23

Thursdays, 7:30-9:00pm Sep 7-Dec 21
15 sessions: \$20 907-B2021b

Register: <https://edina.ce.eleyo.com>

Edina Community Center - ECC - 301 - Dance Studio No class 11/23

Hybrid: Mat Pilates: Adult

Taught by Kaethe Birkner

An all-level Mat Pilates class that is a full-body workout that will make your muscles long and lean. This class focuses on injury prevention, pain reduction, and working smart, while teaching the how and why, body awareness, body mechanics, and efficiency in motion. This is mainly a strength-building class with some stretching. Attend in person or join online via Zoom.

Thursdays, 6:15-7:15pm Sep 7-Dec 21

15 sessions: \$257 907-B2020

Edina Community Center - ECC - 301 - Dance Studio No class 11/23

Thursdays, 6:15-7:15pm Sep 7-Dec 21

15 sessions: \$20 907-B2020b

Edina Community Center - ECC - 301 - Dance Studio No class 11/23

Hybrid: Pilates Plus: Adult

Taught by Joan Mielke Nimerfroh

Pilates with a NEW look. Myofascial movements, balance, toning & stretches. Variety of equipment utilized to intensity pilates movement. Balls, rollers, bands, circles and barres.

Thursdays, 9:00-10:00am Sep 7-Dec 21

13 sessions: \$205 907-B2015

Edina Community Center - ECC - 301 - Dance Studio No class 10/19, 11/23, 12/7

Move, Stretch and Flex Express: Adult

Taught by Christy Zilka

Whole body routines to achieve better Cardio, Strength and Flexibility. We'll use Bands, Blocks, Weights and the Barre to help us build a stronger body.

Thursdays, 5:15-6:00pm Sep 14-Nov 2

8 sessions: \$128 914-B2028

Edina Community Center - ECC - 301 - Dance Studio

Party Line Dance: Adult

Taught by Monica Mohn

Step into the party with this workshop of the popular line dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. No partner needed for an entire evening of fun!

Wednesdays, 6:00-7:00pm Sep 13

1 session: \$15 913-B2029

Edina Community Center - ECC - 301 - Dance Studio

Register: <https://edina.ce.eleyo.com>

Pilates Barre: Adult

Taught by Joan Mielke Nimerfroh

Class design is based on Reformer & Cadillac training. Focus on fascia movement, standing functional training, balance and strength. Challenging for all levels.

Tuesdays, 9:15-10:15am Sep 5-Dec 19
15 sessions: \$235 905-B2014
Edina Community Center - ECC - 301 - Dance Studio No class 11/ 7

Restorative Deep Stretch: Adult

Taught by Christy Zilka

Work more deeply into your connective tissue, joints, tendons and ligaments. Find a release in your body with longer holds and breath work.

Wednesdays, 5:15-6:00pm Sep 13-Nov 1
8 sessions: \$128 913-B2027
Edina Community Center - ECC - 318 - Dance Studio

Salsa and Cha Cha Dance Workshop: Adult

Taught by Monica Mohn

ChaCha and Salsa! Two a great dances with fun spins & turns that will have you out on the dance floor and having a blast! Couples only please.

Mondays, 7:00-9:00pm Nov 27
1 session: \$39 1127-B2034
Edina Community Center - ECC - 301 - Dance Studio

Swing Dance – 1 Night Of Fun: Adult

Taught by Monica Mohn

One night. One dance. A lifetime of fun! An "Arch" and a "Loop" are just two of the patterns that can take you from the sidelines onto the dance floor. Couples only, please.

Wednesdays, 7:00-9:00pm Dec 6
1 session: \$39 1206-B2036
Edina Community Center - ECC - 301 - Dance Studio

Tai Chi Ruler and Qigong Combination Class: Adult

Taught by Christine T. Morgan

Combination of two different, gentle ancient exercises to cultivate energy and calm the mind. Can be done sitting or standing. Qigong and Tai Chi Ruler are ancient and gentle. They are unique methods of cultivating internal energy. Ruler uses an external object (the Ruler) to aid in its development. Ruler and Qigong exercises can be used for improving flexibility, focus, calming the mind, and moving energy throughout the body. Both require very little space and no special skills. Appropriate for all levels of fitness.

Mondays, 10:00-11:00am Sep 18-Oct 23
6 sessions: \$72 918-B2008
Edina Community Center - ECC - 315 - Dance Studio

Tai Chi Ruler and Qigong Combination Class: Adult

Taught by Christine T. Morgan

Combination of two different, gentle ancient exercises to cultivate energy and calm the mind. Can be done sitting or standing. Qigong and Tai Chi Ruler are ancient and gentle. They are unique methods of cultivating internal energy. Ruler uses an external object (the Ruler) to aid in its development. Ruler and Qigong exercises can be used for improving flexibility, focus, calming the mind, and moving energy throughout the body. Both require very little space and no special skills. Appropriate for all levels of fitness.

Mondays, 10:00-11:00am Nov 6-Dec 11
6 sessions: \$72 1106-B2040
Edina Community Center - ECC - 315 - Dance Studio

Tai Chi for Arthritis, Chronic Pain, and Balance: Adult

Taught by Christine T. Morgan

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

Wednesdays, 1:30-2:30pm Sep 20-Oct 25
6 sessions: \$72 920-B2009
Edina Community Center - ECC - 315 - Dance Studio

Tai Chi for Arthritis, Chronic Pain, and Balance: Adult

Taught by Christine T. Morgan

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

Wednesdays, 1:30-2:30pm Nov 8-Dec 13
6 sessions: \$72 1108-B2041
Edina Community Center - ECC - 315 - Dance Studio

Taylor Swift's "Shake It Off" Line Dance: Adult

Taught by Monica Mohn

Didn't get tickets to her concert? Just "shake it off" with this fun line dance that captures the spirit and energy of the song! You'll be hummin', singin' and dancin' long after the class is done! No partner needed.

Wednesdays, 6:00-7:00pm Dec 6
1 session: \$15 1206-B2035
Edina Community Center - ECC - 301 - Dance Studio

Thriller Line Dance: Adult

Taught by Monica Mohn

This fun line dance is a great, easy version of the classic moves that inspired us all! Why not include the kids and get into the spirit of Halloween together... No partner needed.

Mondays, 6:00-7:00pm Oct 9
1 session: \$15 1009-B2031
Edina Community Center - ECC - 301 - Dance Studio

Two Left Feet Dance Workshop: Adult

Taught by Monica Mohn

Registration cost is per couple (two people) Come for a one-time dance workshop geared towards beginners and guided by a dance champion. By the end of the night, you'll be dancing in basic patterns and doing some fun turning!

Mondays, 7:00-9:00pm Oct 9
1 session: \$39 1009-B2032
Edina Community Center - ECC - 301 - Dance Studio

Water Aerobics: Adult

Taught by Kay Zuccaro

In Water Aerobics, we will work through a warm-up, strengthening and toning exercises, 20-25 minutes of aerobics and a cool down. You don't have to be a swimmer or even get your hair wet!

Mondays, 7:15-8:15pm Sep 11-Dec 18
14 sessions: \$140 911-B2000
Valley View Middle School - VV Pool, VV Gym - Boys Locker Room, VV Gym - Girls Locker Room No class 11/20

Water Aerobics: Adult

Taught by Kay Zuccaro

In Water Aerobics, we will work through a warm-up, strengthening and toning exercises, 20-25 minutes of aerobics and a cool down. You don't have to be a swimmer or even get your hair wet!

Wednesdays, 7:15-8:15pm Sep 13-Dec 20
14 sessions: \$140 913-B2001
Valley View Middle School - VV Pool, VV Gym - Boys Locker Room, VV Gym - Girls Locker Room No class 11/22

Water Wellness: Adult

Register: <https://edina.ce.eleyo.com>

Taught by Kay Zuccaro

Enjoy the benefits of working out in the water! The buoyancy of the water protects muscles and joints against injury. The sessions consist of stretching, toning, water walking and light aerobics. All ages are welcome. Water shoes recommended. Instructor: Kay Zuccaro Good to know: Water shoes are recommended. If you have questions, call Kay Zuccaro at 952-451-3694.

Mondays, 9:15-10:15am Sep 11-Oct 23
7 sessions: \$70 911-B2002
Edinburgh Park - Pool

Water Wellness: Adult

Taught by Kay Zuccaro

Enjoy the benefits of working out in the water! The buoyancy of the water protects muscles and joints against injury. The sessions consist of stretching, toning, water walking and light aerobics. All ages are welcome. Water shoes recommended. Instructor: Kay Zuccaro Good to know: Water shoes are recommended. If you have questions, call Kay Zuccaro at 952-451-3694.

Tuesdays, 9:15-10:15am Sep 12-Oct 24
7 sessions: \$70 912-B2003
Edinburgh Park - Pool

Water Wellness: Adult

Taught by Kay Zuccaro

Enjoy the benefits of working out in the water! The buoyancy of the water protects muscles and joints against injury. The sessions consist of stretching, toning, water walking and light aerobics. All ages are welcome. Water shoes recommended. Instructor: Kay Zuccaro Good to know: Water shoes are recommended. If you have questions, call Kay Zuccaro at 952-451-3694.

Thursdays, 9:15-10:15am Sep 14-Oct 26
7 sessions: \$70 914-B2004
Edinburgh Park - Pool

Water Wellness: Adult

Taught by Kay Zuccaro

Enjoy the benefits of working out in the water! The buoyancy of the water protects muscles and joints against injury. The sessions consist of stretching, toning, water walking and light aerobics. All ages are welcome. Water shoes recommended. Instructor: Kay Zuccaro Good to know: Water shoes are recommended. If you have questions, call Kay Zuccaro at 952-451-3694.

Mondays, 9:15-10:15am Oct 30-Dec 18
7 sessions: \$70 1030-B2005
Edinburgh Park - Pool No class 11/20

Water Wellness: Adult

Taught by Kay Zuccaro

Register: <https://edina.ce.eleyo.com>

Enjoy the benefits of working out in the water! The buoyancy of the water protects muscles and joints against injury. The sessions consist of stretching, toning, water walking and light aerobics. All ages are welcome. Water shoes recommended. Instructor: Kay Zuccaro Good to know: Water shoes are recommended. If you have questions, call Kay Zuccaro at 952-451-3694.

Tuesdays, 9:15-10:15am Oct 31-Dec 19
7 sessions: \$70 1031-B2006
Edinburgh Park - Pool No class 11/21

Water Wellness: Adult

Taught by Kay Zuccaro

Enjoy the benefits of working out in the water! The buoyancy of the water protects muscles and joints against injury. The sessions consist of stretching, toning, water walking and light aerobics. All ages are welcome. Water shoes recommended. Instructor: Kay Zuccaro Good to know: Water shoes are recommended. If you have questions, call Kay Zuccaro at 952-451-3694.

Thursdays, 9:15-10:15am Nov 2-Dec 21
7 sessions: \$70 1102-B2007
Edinburgh Park - Pool No class 11/23

Wedding Dance – It's Not too Late to Look Great: Adult

Taught by Monica Mohn

This registration is per couple (2 people) In this two-hour workshop, learn fun moves and simple tips to have you feeling comfortable and looking great on that special day! With the expert guidance of 3-time Ballroom Dance champion, Monica Mohn, you'll be dancing before you know it!

Wednesdays, 7:00-9:00pm Sep 13
1 session: \$39 913-B2030
Edina Community Center - ECC - 301 - Dance Studio

Wishful Shrinking - High Intensity Workout: Adult

Do you crave more energy? Wish your clothes fit better? Having trouble sleeping? Exercise will remedy these pesky problems! My goal for you, as we travel this path together, is to revamp your outlook on life by taking steps toward an active lifestyle! Losing weight is only one (of the many) side effects of working out. More restful sleep, increased focus/concentration, more energy, improved physical appearance and being in a better mood are just a few examples. 15 sessions total of full body, fast-paced aerobics.

Mondays/Wednesdays, 5:00-5:45pm Sep 6-Oct 25
15 sessions: \$150 906-B2023
Edina Community Center - ECC - 301 - Dance Studio

Wu Style Tai Chi Chuan: Adult

Taught by Robert Dixon

Robert Dixon teaches traditional Tai Chi Chuan as taught by the Wu family, which is one of the main styles

Register: <https://edina.ce.eleyo.com>

of TCC. The first thing that beginners will learn is the solo form. It is a relaxing exercise that restores energy to the body and mind, as well as improving strength, balance, flexibility, and coordination.

Mondays, 11:00am-12:00pm Sep 11-Dec 18
15 sessions: \$142 911-B2010
Edina Community Center - ECC - 318 - Dance Studio

Wu Style Tai Chi Chuan: Adult

Taught by Robert Dixon

Robert Dixon teaches traditional Tai Chi Chuan as taught by the Wu family, which is one of the main styles of TCC. The first thing that beginners will learn is the solo form. It is a relaxing exercise that restores energy to the body and mind, as well as improving strength, balance, flexibility, and coordination.

Wednesdays, 7:00-8:00pm Sep 6-Dec 20
16 sessions: \$158 906-B2011
Edina Community Center - ECC - 318 - Dance Studio

Lifelong Learning

10 Secrets & Tips for Successfully Buying or selling a Home or Investment Property: Adult

Taught by John Mazzara

Learn how to be more successful when acquiring or selling real estate by understanding the purchase agreement, strategies for getting your offer accepted in multiple offers, and different ways to cover closing costs and mortgage insurance. We explore Twin Cities housing market data, an overview of loan programs- including a loan for escrowing improvements, appraisal issues affecting a home sale, and small things to improve your chances of selling your property. Making updates such as paint, carpet, light fixtures, and de-cluttering. An opportunity for a no obligation price evaluation of your home by the instructor is included with class tuition.

Tuesdays, 7:00-9:00pm Sep 19
1 session: \$0 919-L3005
Edina Community Center - ECC Prof Dev - 350

5-Ingredient Recipes for Fall: Adult

Taught by Jackie Mart


The path to true health begins in your kitchen, but who has time to slave over the stove all day with laborious and complicated healthy recipes? In this class, I will show you how to prepare simple, nutrient dense, 3-5-ingredient recipes in as little as 25 minutes or less! (Min 7 Max 25) On the Menu: Vegan Black Bean Burgers Caramel Apple Fruit Dip Crispy Sweet Potato Cakes

Wednesdays, 6:00-7:30pm Oct 11
1 session: \$45 1011-K4208
Edina Community Center - ECC Prof Dev - 351

Air Fryer Advanced: Adult

Register: <https://edina.ce.eleyo.com>

Taught by Kirsten Madaus

If you thought air fryers were just for making crispy fries or reheating pizza, think again! Get ready to level up your air frying skills as Kirsten's demonstration takes you on a journey through the ins and outs of air fryer cooking, showing you how to create a wide variety of dishes without turning on your stove. You'll learn how to whip up delicious and healthy meals in no time, all without sacrificing flavor or texture. Whether you're an omnivore, a veggie fanatic, or a dessert enthusiast there are recipes for everyone. This live class will be recorded so you can revisit the lesson on demand.  Kirsten Madaus is an air fryer aficionado and she's here to teach you all her tips and tricks for getting the most out of your appliances.

Thursdays, 6:30am-8:00pm Oct 5
1 session: \$55 1005-K4224
Edina Community Center - ECC Prof Dev - 351

Beginning Mah Jongg Session I: Wednesdays: Adult

Taught by Abbe Blacker

This introductory course to American MahJongg will show you everything we've learned to love about the wonderful world of "MAHJ" - the snacks, the chat, and of course the game! In this four-part series you will learn the basics, be able to ask questions, and get plenty of practice. Soon you will master this exciting and challenging game of skill, strategy, and luck.

Wednesdays, 6:30-9:00pm Sep 13-Oct 4
4 sessions: \$135 913-A1126
Edina Community Center - ECC Prof Dev - 351, ECC - 3rd Floor Commons

Beginning Mah Jongg Session II: Wednesdays: Adult

Taught by Abbe Blacker

This introductory course to American MahJongg will show you everything we've learned to love about the wonderful world of "MAHJ" - the snacks, the chat, and of course the game! In this four-part series you will learn the basics, be able to ask questions, and get plenty of practice. Soon you will master this exciting and challenging game of skill, strategy, and luck.

Wednesdays, 6:30-9:00pm Oct 11-Nov 1
4 sessions: \$135 1011-A1127
Edina Community Center - ECC Prof Dev - 350, ECC - 3rd Floor Commons

Beginning Mah Jongg Session III: Wednesdays: Adult

Taught by Abbe Blacker

This introductory course to American MahJongg will show you everything we've learned to love about the wonderful world of "MAHJ" - the snacks, the chat, and of course the game! In this four-part series you will learn the basics, be able to ask questions, and get plenty of practice. Soon you will master this exciting and challenging game of skill, strategy, and luck.

Wednesdays, 6:30-9:00pm Nov 8-Dec 6
4 sessions: \$135 1111-A1128
Edina Community Center - ECC Prof Dev - 350, ECC - 3rd Floor Commons No class 11/22

Register: <https://edina.ce.eleyo.com>

Bicycle Repair and Maintenance 2 Hour Class: Adult

Taught by Erik Bloom

Each class goes through a checklist of learning. Once a level is completed the learner moves on to the next level and corresponding checklist. Complete levels and earn equipment that will help you with potential bicycle issues.

Mondays, 6:45-8:45pm Sep 25

1 session: \$79 925-A1007

Edina Community Center - ECC Prof Dev - 166 - Welcome Center Conference Room

Bicycle Repair and Maintenance 2 Hour Class: Adult

Taught by Erik Bloom

Each class goes through a checklist of learning. Once a level is completed the learner moves on to the next level and corresponding checklist. Complete levels and earn equipment that will help you with potential bicycle issues.

Mondays, 6:45-8:45pm Oct 23

1 session: \$79 1023-A1008

Edina Community Center - ECC Prof Dev - 166 - Welcome Center Conference Room

Bicycle Repair and Maintenance 2 Hour Class: Adult

Taught by Erik Bloom

Each class goes through a checklist of learning. Once a level is completed the learner moves on to the next level and corresponding checklist. Complete levels and earn equipment that will help you with potential bicycle issues.

Mondays, 6:45-8:45pm Nov 13

1 session: \$79 1113-A1011

Edina Community Center - ECC Prof Dev - 166 - Welcome Center Conference Room

Bicycle Repair and Maintenance 3 Hour Class: Adult

Taught by Erik Bloom

This class will build from basic to more advance. Many of your bike issues can be solved in this class! Major focus will be on identification of bicycle parts, trailside repair, shifting adjustments, brake adjustments, chain maintenance, how to repair/replace a tube (flat tire), how to safety check your bike. We will also learn basic wheel truing, replacing a chain, how to replace brake and shifting cables. Please bring a bike. Especially one that need work! Great value if you factor in a tune up!!

Saturdays, 9:00am-12:00pm Sep 16

1 session: \$100 916-A1012

Edina Community Center - ECC Prof Dev - 166 - Welcome Center Conference Room

Bicycle Repair and Maintenance 3 Hour Class: Adult

Taught by Erik Bloom

This class will build from basic to more advance. Many of your bike issues can be solved in this class! Major focus will be on identification of bicycle parts, trailside repair, shifting adjustments, brake adjustments, chain maintenance, how to repair/replace a tube (flat tire), how to safety check your bike. We will also learn basic wheel truing, replacing a chain, how to replace brake and shifting cables. Please bring a bike. Especially one that need work! Great value if you factor in a tune up!!

Saturdays, 9:00am-12:00pm Oct 28

1 session: \$100 1028-A1012

Edina Community Center - ECC Prof Dev - 166 - Welcome Center Conference Room

Box Making: Adult

Taught by Ed Neu

Here's your opportunity to learn how to make a very handsome, small wooden box. You will have your choice from two different box designs: a simple lift-lid box (approx. 3" x 3" x 3") or a rustic treasure box (approx. 4-1/2" x 7-1/2" x 3"). You'll learn how to make your box so the wood grain appears to be continuous around all four sides. You'll also learn how to cut and assemble different joining methods for the corners, how to make your own simple handles, and even learn a bit about how wood moves over time so you can account for that in your box design. Finally, you'll learn at least one method of applying finish. Basic shop safety and machine operating knowledge are pre-requisites for this class. The class will be run over 4 weeks, meeting in the shop for a 3-hour session once per week. You will be provided all materials to build your box, and also be provided with detailed plans and build instructions. Curriculum: Night 1 - Discuss box designs and fabrication approach. Begin cutting parts. Night 2 - Complete parts and start joinery Night 3 - Complete joinery and assemble Night 4 - Refine details, sand and apply finish - pieces should be adequately dry by the end of the night to transport home

Thursdays, 6:00-9:00pm Sep 14-Oct 5

4 sessions: \$165 918-A1117

Edina Community Center - ECC Classroom - 154 - Woodshop

Buying New Construction: Adult

Taught by John Mazzara

Thinking about moving and considering new construction a housing option because you want an open floor plan and larger closets? Explore what is available, where to find it, and what to expect in new construction include timelines, hidden costs, risks, and the coordination selling your existing home or giving appropriate notice on your lease. You will find that there are differences when selecting a smaller builder verses a national builder.

Tuesdays, 7:00-9:00pm Nov 14

1 session: \$0 1114-L3010

Edina Community Center - ECC Prof Dev - 317

Cooking Beans in the Instant Pot: Adult

Taught by Kirsten Madaus

Are you ready to take your bean game from basic to BOOM? Sick of the soak? Kirsten will show you how to take those dry beans from neglected shelf-dwellers to savory superstars in record time with the help of the Instant Pot—no overnight soaking required! You'll be amazed at how versatile, economical, and easy it

Register: <https://edina.ce.eleyo.com>

is to whip up a batch of beans for any occasion—whether you're meal prepping for the week or entertaining guests. Join Kirsten live online via Zoom as she demonstrates BBQ Baked Beans, Greek Salad with Black Eyed Peas, One Pot Lebanese Lentils and Rice, Borracho Beans, Hummus, and more! Class will be recorded and extensive recipe handout with pressure cooking tips and tricks provided. Kirsten Madaus has 3 dogs and 3 Instant Pots and loves them all . . . equally?

Thursdays, 6:30-8:00pm Sep 28
1 session: \$30 928-K4223
Edina Community Center - ECC Prof Dev - 351

Cutting The Cable Cord: Adult

Taught by Nice Guy Technology

Are you fed up with how much you pay for TV, internet, and phone? Join this class to learn the 3 Rs of Cutting The Cord, how to save money and still have the services that you want and need.

Tuesdays, 10:00am-12:00pm Sep 19
1 session: \$40 919-K4212
Edina Community Center - ECC Prof Dev - 351

Downsizing in the Current Housing Market: Adult

Taught by John Mazzara

Have you been thinking that now might be the time to downsize but aren't sure where to start, how to do it, or what your options are? Bonus-all attendees receive the Downsizing Made Easy guide PDF-A \$24.95 value. Access to preferred service providers and discount coupons provided to all attendees as well as a no cost home evaluation for those who want to know the value of their home and recommended suggestions to make it more salable.

Tuesdays, 7:00-9:00pm Nov 21
1 session: \$0 1121-L3008
Edina Community Center - ECC Prof Dev - 317

Easy Partner Dancing: Adult

Taught by Deanna Constantine

No matter the occasion, you'll be prepared to dance! Try something new to add laughter & romance into your relationship. Come dance with your partner just for the fun of it, or to be ready to dance at your wedding or other upcoming event. Taking steps & turns from ballroom dancing, you'll learn easy to remember moves that are danceable to popular songs from the past to the present. Couples stay partnered. Solo attendees rotate, but partners are uncertain.

Mondays, 7:00-8:30pm Oct 16-Nov 6
4 sessions: \$65 1024-B2037
Edina Community Center - ECC - 318 - Dance Studio

Genealogy Methods: Research Skills Through Case Studies: Adult

Taught by Jennifer Shaffer

Register: <https://edina.ce.eleyo.com>

It can take years to learn how to research effectively. Watch as I go through the steps that I use as a professional genealogist to solve common research problems. These case studies will show you techniques that you can apply to your own research.

Tuesdays, 6:00-7:30pm Dec 5
1 session: \$20 1205-L3021
Edina Community Center - ECC Prof Dev - 317

Great Decisions: Climate Migration: Adult

As climate change accelerates and drought and rising sea levels become more common, millions of people in affected regions must uproot themselves and seek safety elsewhere. Who are these affected individuals, and how might the United States aid them, and be affected by the migration? The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

Mondays, 4:00-5:30pm Sep 11
1 session: \$0 911-A1100
Edina Community Center - ECC Prof Dev - 348

Great Decisions: Global Famine : Adult

Fears of global food shortages have followed Russia's invasion of Ukraine, which has disrupted grain shipments from the major grain producer. But what about countries and regions that were suffering before this impending shortage? How is famine defined, and how is it different from simple food shortages? What if any remedies are there? The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

Mondays, 4:00-5:30pm Nov 13
1 session: \$0 1113-A1102
Edina Community Center - ECC Prof Dev - 348

Great Decisions: Iran at a Crossroads : Adult

By the fall of 2022, Iran was in a state of turmoil due to widespread protests against government-enforced wearing of the hijab, a failing economy, an ineffective new president, and the looming succession of the

Register: <https://edina.ce.eleyo.com>

country's leader, Ayatollah Khamenei. Abroad, renewal of the Iran nuclear deal seemed doubtful and tensions remain high between Iran, Israel, and Arab states. Many Iranians have lost hope of a better future, and the country seems at a crossroads. The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

Mondays, 4:00-5:30pm Oct 9
1 session: \$0 1009-A1101
Edina Community Center - ECC Prof Dev - 348

Great Decisions: Politics in Latin America : Adult

Electoral results in Latin America over the past four years have led many observers of the regional/political scene to discern a left-wing surge in the hemisphere, reminiscent of the so-called "Pink Tide" that swept the area some 20 years ago. But how much do these politicians actually have in common? What implication does their ascendancy have for the region? The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

Mondays, 4:00-5:30pm Dec 11
1 session: \$0 1211-A1103
Edina Community Center - ECC Prof Dev - 348

Greek Tragedy: Adult

Taught by Stephen Kurt Partridge

Learning never stops! Engage in some high level conversations about the Greek classics. This class will cover Greek tragedy of the 5th century BC, focusing on 10 plays selected from those of Aeschylus, Sophocles, and Euripides.

Tuesdays, 6:00-7:00pm Sep 12-Nov 7
9 sessions: \$30 912-A1111
Edina Community Center - ECC Prof Dev - 351

Homebuying 101: How To Buy Your First Home: Adult

Taught by Erin Kline

Are you thinking about buying your first home? Learning what to think about, look for, and how best to

Register: <https://edina.ce.eleyo.com>

prepare will put you in the best possible position when you're ready to make the move. During this course, we'll discuss agent representation, choosing an agent, what to look for in a property, choosing a lender, optimizing your credit score, and putting yourself in the best possible position for affordable mortgage financing. This is the education you need to become not just a homeowner, but a smart and successful homeowner! Whether you're looking to buy a home 2 months or 2 years from now, the class will help you to become an informed, prepared and successful homebuyer.

Wednesdays, 6:30-8:30pm Oct 18
1 session: \$0 1018-L3017
Edina Community Center - ECC Prof Dev - 317

How to Cut the Cable Cord: Adult

Taught by Ron Timm

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

Tuesdays, 7:00-8:30pm Sep 19
1 session: \$25 919-L3000
Edina Community Center - ECC Prof Dev - 317

How to Win with Investment Properties: Adult

Taught by John Mazzara

Ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and things to put in a lease. We review all aspects of becoming a landlord from buying, selling, and renting.

Tuesdays, 7:00-9:00pm Oct 24
1 session: \$0 1024-L3006
Edina Community Center - ECC Prof Dev - 317

Instant Pot Holiday Hacks: Adult

Taught by Kirsten Madaus

Looking for a way to shake up your holiday cooking routines and impress your guests with some delicious, time-saving dishes? From turkey stock to cranberry sauce, make ahead mashed potatoes to sweet pumpkin cheesecake, Kirsten's cool cooking hacks will simplify your kitchen efforts during the hectic holiday season. Discover how to turn your pressure cooker into a holiday miracle worker from the comfort of your own home in this live cooking demonstration. An extensive recipe handout is included, the class will be recorded and available to rewatch on demand.

Thursdays, 6:30am-8:00pm Nov 2
1 session: \$30 1102-K4225
Edina Community Center - ECC Prof Dev - 351

Register: <https://edina.ce.eleyo.com>

Intro to Online Genealogy: Adult

Taught by Jennifer Shaffer

There has never been a better time to start discovering your family's history. Gone are the days of only traveling to courthouse basements and archives. You can now research easily from your own home. Join me as I teach you how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher.

Tuesdays, 6:00-7:30pm Sep 12
1 session: \$20 912-L3018
Edina Community Center - ECC Prof Dev - 348

Introduction to Senior Housing: Adult

Taught by John Mazzara

Explore alternatives to single family living-from condo & townhomes, cooperatives, subsidized apartments, market rate independent rentals, and housing complexes that offer a continuum of care ranging from independent living to assisted living. Come with your questions to decide what will work best for you and what are your next steps?

Tuesdays, 7:00-9:00pm Dec 12
1 session: \$0 1212-L3009
Edina Community Center - ECC Prof Dev - 317

Keeping Your Private Stuff Private: Adult

Taught by Nice Guy Technology

Join this to class to learn how to protect your private information and data. We will cover the latest in technology privacy & security so you feel comfortable keeping your information private and ensure your data is secure. You will walk away with 5 practical things you can do when you leave the classroom to increase your online privacy.

Tuesdays, 10:00am-12:00pm Oct 10
1 session: \$40 1010-K4217
Edina Community Center - ECC Prof Dev - 351

Level Up Your Genealogy Research 1: Moving Beyond MyHeritage & Ancestry.com: Adult

Taught by Jennifer Shaffer

MyHeritage and Ancestry are some of the biggest research sites, but what do you do when they don't have the information that you're looking for? This course covers how to use the Family Search catalog, working with autosomal DNA for known and unknown family lines and other repositories to use beyond the large genealogy platforms.

Wednesdays, 6:00-7:30pm Oct 4
1 session: \$20 1004-L3019
Edina Community Center - ECC Prof Dev - 317

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

Register: <https://edina.ce.eleyo.com>

Taught by Jennifer Shaffer

Moving beyond auto-generated hints on the big platforms like Ancestry.com and MyHeritage is the only way to make progress in your research. I will show you more ways to find obscure records, how to use them and research techniques used by the pros.

Wednesdays, 6:00-7:30pm Nov 8
1 session: \$20 1108-L3020
Edina Community Center - ECC Prof Dev - 317

Mah Jongg: Next Steps and Play Time: Adult

Taught by Abbe Blacker

Now that you have the basics of beginning Mah Jongg play and are looking for some more advanced game strategies, this is the class for you! This is a great opportunity for play time with a bit of additional coaching and guidance.

Tuesdays, 6:30-9:00pm Nov 14-Nov 21
2 sessions: \$60 1107-A1129
Edina Community Center - ECC - 3rd Floor Commons

Maker's Series: Embroidered Tote Bag: Adult

Taught by Jan Hagerman

Save the planet with style. Come make something that is both beautiful and useful. You will leave class with this darling hand-embroidered tote bag that has one million uses. Enjoy some time with old and new friends as you stitch a treat for yourself (or a gift for someone else). "Art washes away from the soul the dust of every day life." - Picasso ***registered children are welcome to attend with a registered adult***

Wednesdays, 6:00-8:00pm Sep 20
1 session: \$35 920-A1105
Edina Community Center - ECC - 325 - Makers Space

Maker's Series: Fall Ornament: Adult

Taught by Jan Hagerman

Fall is the time we move indoors. Why not dress up your cozy Fall home with this darling ornament? Come and paint a sweet floral arrangement on a dainty wood slice. Enjoy some time with old and new friends as you stitch a treat for yourself (or a gift for someone else). "Art washes away from the soul the dust of every day life." - Picasso ***registered children are welcome to attend with a registered adult***

Wednesdays, 6:00-8:00pm Oct 25
1 session: \$25 1025-A1107
Edina Community Center - ECC - 325 - Makers Space

Maker's Series: Hand Painted Taper Candles: Adult

Taught by Jan Hagerman

It is the season of lights! Spend some quiet time learning to hand paint a pair of taper candles. Each

Register: <https://edina.ce.eleyo.com>

participant will have the chance to hand paint a pair of these lovely taper candles. Enjoy some time with old and new friends as you stich a treat for yourself (or a gift for someone else). "Art washes away from the soul the dust of every day life." - Picasso ***registered children are welcome to attend with a registered adult***

Wednesdays, 6:00-8:00pm Nov 29
1 session: \$35 1129-A1109
Edina Community Center - ECC - 325 - Makers Space

Maker's Series: Pressed Flower Lanterns: Adult

Taught by Jan Hagerman

What could be more charming than this pressed flower tea light lantern? A few pressed flowers, a bit of glue and a sprinkle of magic combines to make this sweet project. Enjoy some time with old and new friends as you stich a treat for yourself (or a gift for someone else). "Art washes away from the soul the dust of every day life." - Picasso ***registered children are welcome to attend with a registered adult***

Wednesdays, 6:00-8:00pm Oct 4
1 session: \$25 1004-A1106
Edina Community Center - ECC - 325 - Makers Space

Maker's Series: Salt Dough Feather Ornament: Adult

Taught by Jan Hagerman

Something unique for the season! Learn the versatility of basic salt dough while making these unexpectedly delightful ornaments. Enjoy some time with old and new friends as you stich a treat for yourself (or a gift for someone else). "Art washes away from the soul the dust of every day life." - Picasso ***registered children are welcome to attend with a registered adult***

Wednesdays, 6:00-8:00pm Dec 13
1 session: \$25 1213-A1110
Edina Community Center - ECC - 325 - Makers Space

Maker's Series: Terrazzo Coaster Set: Adult

Taught by Jan Hagerman

Perfect for the upcoming holiday gatherings or the gift giving season. Learn a new technique as you create these trendy terrazzo coasters. Enjoy some time with old and new friends as you stich a treat for yourself (or a gift for someone else). "Art washes away from the soul the dust of every day life." - Picasso ***registered children are welcome to attend with a registered adult***

Wednesdays, 6:00-8:00pm Nov 8
1 session: \$45 1108-A1108
Edina Community Center - ECC Prof Dev - 351

Makeup Bootcamp for Women 40 and Better: Adult

Taught by Julie Sherman

When was the last time you updated your makeup and beauty regimen? Has your skin changed over time?

Register: <https://edina.ce.eleyo.com>

What about your hair color? Join this “boot camp” to update your look with tips and techniques for ageless beauty. Learn about a variety of products, some may be completely new to you, application, and the latest trends in makeup and skin care. Julie Sherman is a makeup artist with 30 years of experience. No products or services will be sold! This class is essential for busy, beautiful women who could use a little updating!

Thursdays, 7:00-9:00pm Oct 5
1 session: \$39 1005-L3011
Edina Community Center - ECC Prof Dev - 317

Monthly Meal Planning: Adult

Taught by Kirsten Madaus

Are you tired of staring blankly into your fridge, wondering what to make for dinner? Do you find yourself constantly ordering takeout or making the same boring meals on repeat? Fear not, hungry friend, because Megan and Kirsten are here to spice up your kitchen game in one fun-filled weekend! Whether you're a beginner or a seasoned home cook, this live online class is perfect for anyone who wants to take their meal planning to the next level. From “a Month of Meatless Mondays” to “Taco Tuesdays Ten Ways” to “Souper Sundays”, there's something for everyone. Megan and Kirsten believe that meal planning should be fun! They'll share their favorite tips and tricks for making meal prep a breeze—from grocery shopping to prepping ingredients in advance—in a handout full of recipes. The live classes will be recorded so you can rewatch at your convenience. Kirsten is a champion of cookware who enjoys teaching Instant Pot/air fryer classes from her kitchen with 3 dogs underfoot. Megan is a master of meal planning who manages her busy boys' schedules and school with grace and style—and would never have a dog in her kitchen!

Saturdays, 3:00-4:00pm Dec 2
1 session: \$55 1202-K4226
Edina Community Center - ECC Prof Dev - 351

Moving Mom & Dad 5 Common Mistakes Children of Aging Parents Make and How to Avoid Them!: Adult

Taught by John Mazzara

Many baby boomers today are facing the tough decision of finding appropriate housing options for their parents. Moving mom and dad is often a challenge, especially when mom and dad are reluctant to address the issue. In this class we will discuss and give an overview of the housing market in general for those considering buying or selling a home. We also provide a guide called Moving Mom & Dad, a \$24.95 value. The guide covers the five common mistakes Children of aging parents make and how to avoid them.

Thursdays, 7:00-9:00pm Oct 19
1 session: \$0 1019-L3007
Edina Community Center - ECC Prof Dev - 317

Online: Face Yoga: Adult

Taught by Janice Novak

There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing “puppet mouth” lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face.

Register: <https://edina.ce.eleyo.com>

Thursdays, 6:00-7:30pm Sep 28
1 session: \$29 928-L3001
Your Home - Online

Online: How to Read Visual Art: Adult
Taught by Selen Ozakhun

This class is an exploration of visual art forms and their meaning designed for learners with little or no experience in the visual arts. In this class you will learn how to analyze, interpret, and evaluate modern and contemporary artworks; maximize your understanding and appreciation of art.

Saturdays, 10:30am-12:30pm Oct 21
1 session: \$36 1021-K4257
Your Home - Online

Online: How to be a Smart College Shopper!: Adult
Taught by Gloria Weinblatt

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

Thursdays, 6:30-8:30pm Oct 19
1 session: \$0 1019-L3024
Your Home - Online

Online: How to be a Smart College Shopper!: Adult
Taught by Gloria Weinblatt

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

Wednesdays, 6:30-8:30pm Sep 27
1 session: \$0 927-L3023
Your Home - Online

Online: How to be a Smart College Shopper!: Adult
Taught by Gloria Weinblatt

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

Mondays, 6:30-8:30pm Nov 13

1 session: \$0 1113-L3025
Your Home - Online

Online: How to be a Smart College Shopper!: Adult
Taught by Gloria Weinblatt

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

Tuesdays, 6:30-8:30pm Dec 5
1 session: \$0 1205-L3026
Your Home - Online

Online: Need to Know Changes to the College Process: Adult
Taught by Chris Wills

Cozy speaks nationally about college, and is passionate about educating families about the process to find the right fit and dispelling myths that cost families money! She is a mom of 5 kids with very different goals for college so she is no stranger to the challenges herself.

Mondays, 7:00-8:00pm Oct 2
1 session: \$0 1002-L3012
Your Home - Online

Online: Overcome Your Carbohydrate Cravings: Adult
Taught by Janice Novak

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two-week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype – just the facts.

Mondays, 6:00-7:30pm Nov 6
1 session: \$29 1116-L3002
Your Home - Online

Online: Posture and Osteoporosis Workshop: Building Better Bones: Adult
Taught by Janice Novak

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

Register: <https://edina.ce.eleyo.com>

Tuesdays, 6:00-7:30pm Oct 24
1 session: \$29 1024-L3003
Your Home - Online

Open Woodshop Fall: Adult Taught by Edina Woodcrafters

Join a lively community of men and women committed to the craft of woodworking, and always available to lend advice and support. Our wood shop is equipped with major power equipment and hand tools as well as a paint room—all the tools you might need to complete your own projects. NOTE: There will be no woodshop on September 22 and 23 ** We are continually updating woodshop equipment and we are committed to safety. At the beginning of each new session of Open Woodshop and Women's Woodworking, all participants are required to participate in a safety review process and sign the acknowledgment within the Woodshop Handbook** All participants must have completed one of the following within the last two years: Woodshop Orientation Women's Beginning Woodshop Helpful suggestions: Bring a pencil. Ear and eye protection provided, but you can bring your own. You might find an apron useful. Avoid loose clothing. The Community Woodshop exists for learning and community-building. Commercial production for sale or profit is not consistent with our goals and mission and is not allowed.

Mondays/Tuesdays/Wednesdays/Thursdays/Fridays, 8:00am-12:00pm Sep 11-Dec 22
69 sessions: \$95 911-A1112
Edina Community Center - ECC Classroom - 154 - Woodshop No class 9/22, 10/19, 10/20, 11/22, 11/23, 11/24

Tuesdays/Thursdays/Saturdays, 8:00am-9:00pm Sep 12-Dec 21
41 sessions: \$95 911-A1113
Edina Community Center - ECC Classroom - 154 - Woodshop No class 9/23, 11/23, 11/25

Mondays/Wednesdays/Fridays, 12:30-3:30pm Sep 11-Dec 22
43 sessions: \$95 911-A1114
Edina Community Center - ECC Classroom - 154 - Woodshop No class 9/22, 11/24

Our Favorite iPhone Tips Taught by Nice Guy Technology

In this class, we will show you some of our favorite tips and tricks for the iPhone. You will learn things that make using your iPhone easier, more efficient, and extra delightful.

Tuesdays, 10:00am-12:00pm Sep 26
1 session: \$40 926-K4215
Edina Community Center - ECC Prof Dev - 351

Paranormal Investigating 101: Adult Taught by Heidi Steffens

It is fall. There is a chill in the air. Days are getting shorter. Nights are getting longer. It's time to get ready for spooky season... You've seen it on TV, now you can learn the basics of ghost-hunting and paranormal investigations. You'll see evidence from actual investigations, discover what equipment works best, learn

Register: <https://edina.ce.eleyo.com>

investigation ethics and proper investigation techniques. What does it take to run an investigation? We'll cover what you need to know from start to finish. You'll even have a chance to get hands-on experience with equipment and techniques during a mini investigation at the end of class.

Wednesdays, 6:30-9:00pm Sep 20
1 session: \$55 920-A1104
Edina Community Center - ECC Prof Dev - 350

Paranormal Investigating 102: Adult

Taught by Heidi Steffens

It is fall. There is a chill in the air. Days are getting shorter. Nights are getting longer. It's time to get ready for spooky season... You've learned the basics in Paranormal Investigating 101, now let's put your skills to the test with a full investigation! We'll split into groups to investigate and come together at the end to compare notes. Bring any equipment you may have to use during class. We will have a few pieces of equipment to borrow out as well. Pre-requisite: Paranormal Investigating 101

Mondays, 6:30-9:00pm Oct 23
1 session: \$65 1023-A1105
Edina Community Center - ECC Prof Dev - 350

Photo Organization - Print & Digital: Adult

Taught by Kathy Povolny

Imagine all your photos organized in one place and imagine having a system so you can find any photo in literally seconds. We will talk about scanning & repairing old photos, movies, slides & negatives as well as the many options for organizing; using the cloud and owning vs renting cloud space. It's fun, it's easy and you no longer have to imagine. Your photos CAN be totally organized

Thursdays, 6:30-8:30pm Oct 26
1 session: \$29 1026-K4256
Edina Community Center - ECC Prof Dev - 317

Plan For Your Digital Legacy: Adult

Taught by Nice Guy Technology

Plan for your digital legacy to make life easier for those left behind. Join this class to learn how to come up with a set of clear instructions and a plan that your loved ones will thank you for after you are gone.

Tuesdays, 10:00am-12:00pm Oct 24
1 session: \$40 1024-K4219
Edina Community Center - ECC Prof Dev - 351

Puzzle Madness: Bracket Tournament: Adult

Assemble a team of up to four players to compete in a jigsaw puzzle competition. This tournament will be held in bracket format over 3 Friday evenings: October 6th: First Round. All teams will participate in completing the same 500 piece puzzle. The fastest 6 teams will advance October 13th: Second Round. The fastest 6 teams from round one will complete the same 750 piece puzzle. The fastest 3 teams will

Register: <https://edina.ce.eleyo.com>

advance. October 27th: Final Round. The fastest 3 teams from round two will complete the same 1000 piece puzzle. Bring in your old puzzles that are still in good condition to swap with other puzzlers! ***Children are welcome to compete on a registered adults. A 1/1 child/adult ratio is required*** This offering is brought to you through a partnership with Edina Community Ed and the Edina Senior Center.

Fridays, 6:00-7:30pm Oct 6-Oct 27
3 sessions: \$15 1006-A1119
Edina Community Center - ECC Prof Dev - 348 No class 10/20

Revocable Trusts, Wills and Other Estate Planning Tools: Adult

Taught by Elizabeth E. Michaelis

What is the difference between a Revocable Trust and a Will? Which tools are right for you given your goals and intentions for your estate? This class will review the key planning tools available to you, including Revocable Trusts, Wills, Powers of Attorney and Health Care Directives. Information will also be provided on probate avoidance and recent shifts in the laws that may impact your planning options and strategies.

Tuesdays, 6:30-8:00pm Oct 10
1 session: \$0 1010-L3013
Edina Community Center - ECC Prof Dev - 317

Sewing Basics I: Adult

Taught by Kim Poncius

Don't worry... you can do it! Even if you are a first-time sewer or someone with some experience- this is the class for you. come learn some sewing skills, complete a project and make a new friend or two!

Mondays, 6:30-8:30pm Oct 2-Oct 23
4 sessions: \$125 1002-1020
Edina Community Center - ECC - 311

Sewing Basics II: Adult

Taught by Kim Poncius

Take your skills to the next level! Are you a someone with a bit of sewing experience- this is the class for you. come learn some sewing skills, complete a project and make a new friend or two!

Mondays, 6:30-8:30pm Oct 30-Nov 20
4 sessions: \$125 1030-1021
Edina Community Center - ECC - 311

Sewing Basics III: Adult

Taught by Kim Poncius

Take your skills to the next level! Are you a someone with sewing experience who is now looking to refine their skills? This is the class for you. come learn some sewing skills, complete a project and make a new friend or two!

Mondays, 6:30-8:30pm Nov 27-Dec 18

Register: <https://edina.ce.eleyo.com>

4 sessions: \$125 1127-1022
Edina Community Center - ECC - 311

Tarot Development: Adult

Taught by Heidi Steffens

A jam-packed, four week journey introducing you to the Tarot deck in a simple and user-friendly way! Learn the history of Tarot, the layout of the deck, and dive into the cards to learn their properties and meanings. See how the cards can be a reflection of our own life cycles and healing path. We will look at ways intuition can play a role in reading the cards or alter their meanings altogether. Basic layouts and creating a proper set up will also be introduced. Bringing your own Tarot deck is recommended but some decks will be available to borrow or available for purchase.

Mondays, 7:00-9:00pm Nov 20-Dec 11
4 sessions: \$175 1111-A1106
Edina Community Center - ECC Prof Dev - 351

Tech Self-Defense: Adult

Taught by Nice Guy Technology

Learn tech self-defense techniques that can help you fight off a scammer or hacker who is trying to separate you from your money, passwords, or personal information. The bad guys are getting more sophisticated each year that passes by and you need to know how to protect yourself.

Tuesdays, 10:00am-12:00pm Oct 17
1 session: \$40 1017-K4220
Edina Community Center - ECC Prof Dev - 351

The Baby Boomer's Guide to Medicare Planning - Learn the Medicare Basics: Adult

Taught by John Mazzara

Are you turning sixty-five and wondering about Medicare? Would you like to understand Medicare Part A & B as well as the difference between Medicare supplements and Advantage plans? What are your choices if you are working and have a group plan? Learn when you can enroll and where you can make some comparisons so you can select the right option for you. Presented via PowerPoint with take away handouts and reference guide. Class is generic and educational. Optional one on one meeting provided free of charge to attendees to discuss specific options and available plans if so desired.

Tuesdays, 7:00-9:00pm Sep 12
1 session: \$0 912-L3004
Edina Community Center - ECC Prof Dev - 317

What's in Your Attic: Adult

Ever wonder if that dusty stuff in your attic is worth anything? Schedule an appointment to have up to two items appraised. Brought to you by the Edina Senior Center, Edina Community Education and the Edina Historical Society. ***A separate registration is required for each appraisal*** *** This event takes place at the Edina Senior Center***

Register: <https://edina.ce.eleyo.com>

Saturdays, 10:00am-1:00pm Sep 9
1 session: \$15 909-A1118
Edina Senior Center - Fireside Room

Women's Beginning Woodworking Workshop Fall: Adult

Taught by Edina Woodcrafters

Develop your woodworking skills in a supportive, learning-oriented environment. This workshop will lead beginning woodworkers through a project that will help registrants learn the basics of woodworking. Individual hands-on instruction is provided. Registrants will all make the same project. All materials for the project will be provided. Upon completion of their first project, each student will be able to choose a second project from a list provided. Beginners welcome! You do not need to take Woodworking Orientation prior to taking this class. ****PLEASE NOTE: We are continually updating woodshop equipment and we are committed to safety. At the beginning of each new session of Open Woodshop and Women's Woodworking, all participants are required to participate in a safety review process and sign the acknowledgment within the Woodshop Handbook**** Helpful suggestions: Bring a pencil. Ear and eye protection provided, but you can bring your own. You might find an apron useful. Avoid loose clothing. The Community Woodshop exists for learning and community-building. Commercial production for sale or profit is not consistent with our goals and mission and is not allowed.

Mondays, 6:00-9:00pm Sep 18-Nov 13
9 sessions: \$107 918-A1115
Edina Community Center - ECC Classroom - 154 - Woodshop

Women's Woodworking Workshop Fall: Adult

Taught by Edina Woodcrafters

Develop your woodworking skills in a supportive, learning-oriented environment. This workshop is equipped with major power equipment and hand tools as well as a paint room. Plus, you will have access to ideas for projects as well as advice and support from experienced woodworkers. You must have completed one of the following in the last two years: Woodshop Orientation or Women's Beginning Woodshop Workshop. ****PLEASE NOTE: We are continually updating woodshop equipment and we are committed to safety. At the beginning of each new session of Open Woodshop and Women's Woodworking, all participants are required to participate in a safety review process and sign the acknowledgment within the Woodshop Handbook**** Helpful suggestions: Bring a pencil. Ear and eye protection provided, but you can bring your own. You might find an apron useful. Avoid loose clothing. The Community Woodshop exists for learning and community-building. Commercial production for sale or profit is not consistent with our goals and mission and is not allowed.

Wednesdays, 6:00-9:00pm Sep 20-Nov 15
9 sessions: \$107 913-A1116
Edina Community Center - ECC Classroom - 154 - Woodshop

Woodshop Orientation

Taught by Edina Woodcrafters

Your first step in the world of woodworking is to sign up for this orientation workshop, where you will become familiar with the safe operation of all of the major power equipment and tools, and learn basic elements of woodworking and shop procedures. You will complete a wooden bread board during the orientation, and you will leave feeling inspired and empowered to do your own woodworking projects to

Register: <https://edina.ce.eleyo.com>

share with those around you. Note: This orientation is required for all new members of the Open Wood Shop. No prior experience is necessary. Beginners are welcome. Once this orientation is completed, participants are allowed access to the Open Wood Shop. The fee for Open Wood Shop is waived ONLY IF participants begin utilizing the Open Wood Shop during the two weeks immediately following this orientation. If orientation participants do not attend the Open Wood Shop during two weeks immediately following this orientation, they will be charged the fee for the Open Wood Shop and will be required to take the Safety Review.

Mondays/Wednesdays/Fridays, 6:00-9:00pm Sep 11-Sep 15
3 sessions: \$95 911-A1116
Edina Community Center - ECC Classroom - 154 - Woodshop

Writers' Group

Taught by Maureen Millea Smith

Writing prompts are sent out two weeks before each class. Writers can share any writing they have done, not just from the prompts. Maureen will guide the class through discussion of each piece.

Tuesdays, 6:00-8:00pm Oct 10-Dec 12
3 sessions: \$75 1010-B2038
Edina Community Center - ECC Prof Dev - 166 - Welcome Center Conference Room No class 10/17,
10/24, 10/31, 11/ 7, 11/21, 11/28, 12/ 5

iPhone App Camera: Adult

Taught by Nice Guy Technology

In this class we will cover several tips and tricks that will help you take stunning photos and videos right from your iPhone, including the various settings on your camera & filters.

Tuesdays, 10:00am-12:00pm Oct 3
1 session: \$40 1003-K4216
Edina Community Center - ECC Prof Dev - 351

Partnerships

Finding Your What's Next: Bringing Your Purpose to Life: Part II: Saturday: Adult

Taught by Lori Syverson

In the 1900's the life expectancy in the United States was 47 years. Today we have added more than three decades to the average. We are living longer, healthier, and more active lives than ever before. And the Covid pandemic has forced all of us to look at life through a different lens. There are plenty of 30, 40, 50, 60, 70 and 80 something adults searching for new ways to find fulfillment. We often trudge along and begin to feel the effects of lack of purpose once we have a career, a family, the kids are off to college, or we begin retirement. Part 2- Finding Your What's Next: Bringing Your Purpose to Life is for individuals who know their "what's next" but aren't sure how to bring it to reality and realize it in their day-to-day life. This workshop is your GPS for navigating this new, and exciting phase. You'll learn a personal guidance system to confidently navigate and take steps toward your "what's next." This is a great opportunity to use the built-in support system of participants to begin your journey.

Register: <https://edina.ce.eleyo.com>

Saturdays, 8:00-10:30am Oct 14
1 session: \$35 1014-A1125
Edina Innovation Lab

Finding Your What's Next: Bringing Your Purpose to Life: Part II: Thursday: Adult

Taught by Lori Syverson

In the 1900's the life expectancy in the United States was 47 years. Today we have added more than three decades to the average. We are living longer, healthier, and more active lives than ever before. And the Covid pandemic has forced all of us to look at life through a different lens. There are plenty of 30, 40, 50, 60, 70 and 80 something adults searching for new ways to find fulfillment. We often trudge along and begin to feel the effects of lack of purpose once we have a career, a family, the kids are off to college, or we begin retirement. Part 2- Finding Your What's Next: Bringing Your Purpose to Life is for individuals who know their "what's next" but aren't sure how to bring it to reality and realize it in their day-to-day life. This workshop is your GPS for navigating this new, and exciting phase. You'll learn a personal guidance system to confidently navigate and take steps toward your "what's next." This is a great opportunity to use the built-in support system of participants to begin your journey.

Thursdays, 6:00-8:30pm Oct 26
1 session: \$35 1026-A1124
Edina Innovation Lab

Finding Your What's Next: Unlocking Your Purpose: Part I: Saturday: Adult

Taught by Lori Syverson

In the 1900's the life expectancy in the United States was 47 years. Today we have added more than three decades to the average. We are living longer, healthier, and more active lives than ever before. And the Covid pandemic has forced all of us to look at life through a different lens. There are plenty of 30, 40, 50, 60, 70 and 80 something adults searching for new ways to find fulfillment. We often trudge along and begin to feel the effects of lack of purpose once we have a career, a family, the kids are off to college, or we begin retirement. Part 1- Finding Your What's Next: Unlocking Your Purpose is for individuals unclear about their purpose and having difficulty defining and articulating what purpose means in their life. By the end of this hands-on session, you'll have an individualized purpose statement and will begin to chart your roadmap to greater fulfillment.

Saturdays, 8:00-10:30am Sep 23
1 session: \$35 923-A1122
Edina Innovation Lab

Finding Your What's Next: Unlocking Your Purpose: Part I: Thursday: Adult

Taught by Lori Syverson

In the 1900's the life expectancy in the United States was 47 years. Today we have added more than three decades to the average. We are living longer, healthier, and more active lives than ever before. And the Covid pandemic has forced all of us to look at life through a different lens. There are plenty of 30, 40, 50, 60, 70 and 80 something adults searching for new ways to find fulfillment. We often trudge along and begin to feel the effects of lack of purpose once we have a career, a family, the kids are off to college, or we begin retirement. Part 1- Finding Your What's Next: Unlocking Your Purpose is for individuals unclear about their purpose and having difficulty defining and articulating what purpose means in their life. By the end of this hands-on session, you'll have an individualized purpose statement and will begin to chart your

Register: <https://edina.ce.eleyo.com>



Adult Fall Catalog Class Descriptions



roadmap to greater fulfillment.

Thursdays, 6:00-9:30pm Sep 28
1 session: \$35 928-A1123
Edina Innovation Lab

Register: <https://edina.ce.eleyo.com>