



ENGAGE
in a
LIFETIME
of
LEARNING!

Osseo Area Schools

Community Education

11200 93rd Ave N · Maple Grove · 55369



Osseo Community Education Directory

Department Directors

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

Adult Basic Education

Annie Xiong 763-585-7328
Coordinator
Emily Watts 763-585-7321

Adult & Youth Enrichment

Jesse Toren 763-391-7242
Program Manager
Sarah Heyer 763-391-7122
Coordinator
Melissa Henderson 763-391-7117

Early Childhood & Family Education (EC&FE) EC&FE, Early Childhood Screening, Preschool & PreK

Main Office 763-391-8777
Coordinator
Sally Nault-Maurer 763-391-8765

District Enrollment Center

Main Number 763-585-7350
Coordinator
Jim Greeley 763-585-7351

Facility Scheduling

DeAnn Hill 763-391-7123
Program Manager
Jamie Cassidy 763-391-7099
Coordinator
Carrie Larson 763-391-7112

Four Star Express, Spot & Kidstop

Jodie Weappa 763-585-7281
Coordinator
Kristy Johnson 763-585-7280

Targeted Services

Beth Rudolph 763-391-7220
Assistant Director
Carrie Cabe 763-391-7142

District 279 Foundation

Executive Director
Brian Siverson-Hall 763-391-7115
Susan Wineland 763-391-7116

Welcome Lifelong Learners!

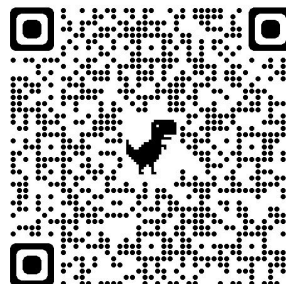
Osseo Community Education's purpose statement:

"Create opportunities that positively impact our whole community through innovative and responsive programs and services".

We hope as you turn the pages you find something inside that ignites your passion, joy, and curiosity for lifelong learning. Our team has been working diligently to plan classes taught by highly-qualified instructors this Fall of 2023. We hope you will find some time to search this publication for your next "night out". We know the classes are enjoyable and are also a great way to meet others in your community.

If you do not see what you are looking for, please reach out to us. Not all programs and classes will be found in this publication, however, we are more than happy to assist you. For example, many of our elementary schools offer after school programs that are supported by different funding streams. We encourage you to contact your school if you do not find what you need here.

We are seeking new members to join our Community Education Advisory Committee (CEPAC); this group meets four times per year from 5:15-6:45 pm at the Educational Service Center (ESC) to assist in the development of our 279 Community Education programs. We're also looking for new Executive Committee members to help guide this work (which will include 3 additional meetings during the year). Meeting dates: 9/14, 11/9, 3/14 & 6/13. Scan the QR code below to complete a form of committee interest.



As always, our commitment to you remains steadfast. Osseo Area Schools Community Education is here to provide you with innovative and responsive opportunities, programs and services. Don't forget - if you have a hobby, skill, or talent that you would like to share with others, there's always a place for you in Osseo Community Education.

With sincere gratitude,

Community Education Enrichment Team



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Mail:	Educational Service Center (ESC-Enrichment) 11200 93rd Ave N, Maple Grove, MN 55369
Drop Box:	Located left of the front entrance at ESC
Online:	osseo.ce.eleyo.com
Phone:	763-391-7242 Mon-Fri, 8 am-4:30 pm
In Person:	Visit our office at the ESC Mon-Fri, 8 am-4:30 pm
Fax:	763-391-7082 (24 hrs)

Oktoberfest

Celebrate German-style with fresh baked pretzels. Enjoy "Sauerbraten" tender pot roast in a tangy sweet & 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. Finish with a classic black Forest cake. This is a demo class. Items are prepped by Chef in order to get through the recipes in 3 hours. Participants will assist with execution and clean up.

Wed, Sept 20 6-9 pm J. Sandino
OMS \$49/person

Tantalizing Thai Cuisine

You'll begin by preparing Vietnamese summer rolls (fresh) served with both hoisin and peanut sauce for dipping. Included are Vietnamese spring rolls (fried) with pork, turkey and glass noodles stuffed in a rice paper and fried crisp and golden. Then prepare Pad Thai blending flavors of Thailand with rice noodles, chicken breast, eggs, chilies, garlic, basil, scallions, and bean sprouts. Enjoy Thai lime custard topped with whipped cream for dessert. Includes both demo and hands-on instruction. Many items are prepped in advance to get through the recipes.

Wed, Oct 18 6-9 pm J. Sandino
OMS \$49/person

Chicken Marsala vs. Chicken Limone

Begins with bruschetta topped with mozzarella cheese, skinned roma tomatoes and sweet roasted bell pepper sprinkled with fresh basil and drizzled with olive oil. Prepare "Chicken Marsala" with sauteed mushrooms in a sweet Marsala butter sauce. You'll see how that measures up against "Chicken Limone" topped with a chardonnay and lemon butter sauce with capers. Both are paired with "Spaghetti Aglio Olio", tender garden veggies tossed with olive oil, garlic and Romano cheese. Finish with "Diplomatico", a combo of rum and espresso soaked pound cake, chocolate mousse and whipped cream. Demo and hands-on instruction included. Many items are prepped by Chef in advance.

Tue, Nov 28 6-9 pm J. Sandino
OMS \$49/person

Lovely Macaron Cookies

Make and assemble three different flavor cookies with yummy fillings, then take home a lovely box of cookies to give as a gift (or to eat yourself!). \$13 supply fee paid to instructor at class.

Thu, Sep 21 6-9 pm N. Burgeson
OMS \$45/person

Spooky Ganache Drip Cakes

Learn to tort, level and fill a two-layer cake. Make your own delicious buttercream to decorate your cake and add the 'drip' effect using chocolate ganache. Then finish using fondant and icing to add bats, ghosts, or scary eyes (your choice!) to decorate your cake.

Mon, Oct 16 6-8:30 pm M. Burnevik
OMS \$45/person

Truffles Candies for All Occasions

You've tried the rest, now try the best truffles of all. This is one of Nancy's most popular classes. She has shown thousands of students how to make these rich, chocolaty delicacies. Make truffles for special occasions from graduations to weddings for gifts and more. You'll make five different recipes and will also take home a nice box of truffles. Candy boxes will be provided. A \$13 supply fee payable to Nancy at class. Optional truffle/candy kit will be available for purchase at \$20 for future candy making projects.

Thu, Nov 2 6-9 pm N. Burgeson
OMS \$45/person

Cupcake Basics

Learn buttercream basics (including how to make, flavor, color) and decorate six cupcakes using swirls, stars, rosettes and other easy techniques. Cupcakes offer up endless options for unique designs. A great intro to cake decorating - no experience necessary! Cupcakes, icing and supplies included as well as tools to take home.

Mon, Nov 6 6-8 pm M. Burnevik
OMS \$39/person

Ugly Sweater Cookies

Learn to decorate using Royal Icing varieties of sugar décor to create 'ugly' cookies! Class includes how to make and work with royal icing, how to use a piping bag, how to color icing, how to use piping tips and all supplies used in class will be yours to take home! Leave class with a selection of cookies to share.

Mon, Dec 4 6-8 pm M. Burnevik
OMS \$45/person

Holiday Cookie Bake & Take

Are holiday preparations getting you down? Don't fret, Nancy's team will help you get your baking done in no time! You'll go home with ten dozen cookies in all. Work in pairs to form, trim, and decorate your cookies. Your treats will be baked for you in large commercial ovens. Hairnets and gloves are provided, but bring your own apron if you like. And, don't forget to bring containers to carry home your ten dozen treats. Please arrive on time and stay the full three hours to assist with clean-up. Due to safety restrictions, and respect for all adult attendees, no children are allowed in or near the class. If you cannot find child care, you may send someone in your place. Please be respectful to others; if you are ill, you may find someone to take your place. Cookies will not be provided for no-shows. \$18 food supply fee payable to the instructor in class. We are not able to accommodate nut allergies. Adults only please.

Fri, Nov 17 6 pm-9 pm N. Burgeson
MGMS \$55/person
Sat, Nov 18 9 am-12 pm N. Burgeson
MGMS \$55/person
Sat, Nov 18 1 pm-4 pm N. Burgeson
MGMS \$55/person



Online osseo.ce.eleyo.com



Phone 763-391-7242

Online: Cooking for Two! Butternut Squash Soup and More When Cooking for Two

This is an online class. Your login information will be sent a few days prior to the class. Please be sure you have an email on file with us. A roasted Butternut Squash Soup for Two with pear and ginger is just like putting on a favorite sweater, it feels so good. Pair this with a simple green salad and sweet and spicy nuts tossed together with a homemade Shallot Vinaigrette. For dessert, together you'll make a simple and easy Classic Hot Fudge Sauce and serve it over ice cream. Join Pam as she shares make ahead soup for supper, tips to make just enough for two. Join this class virtually to cook along or grab a favorite beverage, settle in and watch how to make a simple soup supper for two. This is a virtual cooking class walking you through making one of Pam's favorite soups. Cooking is about confidence and it is Pam's hope to inspire you to try a new recipe after each immersive experience. How does a virtual class work? You'll receive recipes and an on-demand Zoom video link, a free online software, to class a few days prior to the start. Can't make the class? No worries, we'll record the class and email you a link to watch and replay after the class ends. If you need to cancel and have already been sent a recipe for class, no refunds will be given. Pam's recipes are original and are creative property of Our Table 4 2.

Thu, Sep 14 5:30-6:45 pm P. Werley

Online \$35/person

Online: Cooking for Two Weeknight Dinner - Stuffed Squash with Bonus Appetizer & Dessert for Two

This is an online class. Your login information will be sent a few days before class. Please be sure you have an email on file with us. Looking for new weeknight dinner recipes when cooking for two? Pam will walk you through how to choose and stuff a squash with fall ingredients and flavors you love - maple syrup, apples, onion, sage, and dried cranberries, to name just a few. Learn tips and tricks from shopping, cutting, cooking, and stuffing squash to make this superfest hearty dinner. When cooking together we want to avoid starting hungry, so we will whip up a wasabi cream cheese appetizer that is perfect to snack on while stuffing the squash. For dessert, you'll learn how to make creme brulee. Ahead of class, you will receive recipes and shopping lists to make a Sausage Stuffed Squash and a Vegetarian Quinoa Stuffed Squash, an appetizer, and a crème brûlée recipe as well! Join virtually to cook along or grab a favorite beverage, settle in and watch how to make this perfect weeknight dinner for two. How does a virtual class work? You'll receive recipes and an on-demand Zoom video link, a free online software, to class a few days prior to the start. Can't make the class? No worries, we'll record the class and email you a link to watch and replay. If you need to cancel and have been sent a recipe, no refunds will be given. Pam's recipes are original and are creative property of Our Table 4 2.

Thu, Nov 16 5:30-6:45 pm P. Werley

Online \$35/person

Cooking for Two

Online: A Couple's "Cooking Together Night In"

This is an online class. Your login information will be sent a few days prior to the class. Please be sure you have an email on file with us. A couple's cooking date is the perfect way to spend quality time together. Pam has great tips to get you organized. Learn everything you need to plan a couple's "cooking together date night in". Included are the menu, grocery list, and some tips on preparation. Learn how to cook together and roast a chicken the French way that is stunning, tender, and moist. Then roast apples, Yukon golds and sweet potatoes as an easy, yet hearty, side dish. End with a simple and delicious homemade cherry pie. Dishes are portioned for two people, even the pie! Join virtually to cook along with Pam or grab a favorite beverage, settle in and watch how to make this date night dinner for two. How does a virtual class work? You'll receive recipes and an on-demand Zoom video link, a free online software, to class a few days prior to the start. Can't make the class? No worries, we'll record the class and email you a link to watch and replay after the class ends. If you need to cancel and have already been sent a recipe, no refunds will be given. Pam's recipes are original and are creative property of Our Table 4 2.

Thu, Oct 12 5:30-6:45 pm P. Werley

Online \$35/person



Online: Instant Pot® 101 LIVE Cook-Along & Demo

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

Sat, Sep 16 4-6 pm T. Georgakopoulos
Online \$35/person



Online: Focaccia, Stromboli, & Calzones OH MY!

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel, and you have already been sent a recipe, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. What makes a Focaccia a Focaccia, Stromboli a Stromboli, and Calzone a Calzone? How are they different? Discover the answers as you dive into the world of unique rolled & stuffed pizzas and marvelous focaccia bread. Learn to make homemade focaccia bread, a rolled pizza called stromboli, and calzones with homemade pizza dough. Take out pizza may become a thing of the past. On the menu: Stromboli (rolled/filled pizza), Calzones (stuffed pizza), wonderful Focaccia Bread, and amazing pizza sauce. Two different homemade doughs are used. One will be for the pizza options, the other for the focaccia. Tess provides step-by-step instruction to ensure the process is as simple as can be. You can personalize pizzas and focaccia bread with toppings and fillings of your choice. Recipes have been created by Tess and tested time and time again over the years to ensure maximum flavor and ease. Choose which ones you would like to make and watch a demo of the others or make them all. You'll receive an ingredient list 5-7 days in advance to allow time for shopping and preparation. A PDF packet of Tess's personal recipes are included. Equipment needs: A 9x13 non-stick baking pan or a larger sheet pan will be needed for the focaccia bread. Additional sheet pans are needed for stromboli and calzones and a stand mixer is recommended to make both doughs during class.

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



Online: East Indian Instant Pot® Butter Chicken, Coconut Curried Lentils & Homemade Naan

Class takes place on Zoom. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel, and you have already been sent a recipe for the class, you will not receive a refund. Tess's recipes are original and are creative property. Two dishes will be made during this class. Choose one for your cook-along and watch a demo of the other or if you have a second Instant Pot® on hand, make both! Experience how these creations are taken to another level using the Instant Pot® including Tess's Butter Chicken & Coconut Curried Lentils! Tess will also be guiding participants, step-by-step, in making their own Luscious Homemade Naan. Delicious recipes are made with ingredients that are probably already on hand. Participants receive a list of ingredients in advance with enough time for shopping and prep. A PDF packet of Tess's personal recipes are included. As a bonus, she created a private group on Facebook for participants. Everyone will receive an invite; joining is optional. Note: one registration fee for this class can include immediate family members living in the same home/house only. If children are participating, adult supervision is required.

Sat, Sep 23 4-6 pm T. Georgakopoulos Online \$35/person

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

Class takes place on Zoom. You'll receive instructions on how to access class prior to the start. Have a current email on file with us. If you need to cancel one of Tess's classes and you've already been sent a recipe, you will not receive a refund. Her recipes are originals and creative property. Have you ever wondered what the air fryer hype is about? Do you have one and want ideas about what to make? Thinking about purchasing one but would like to know more about it first? This class may answer all your questions. Have fun participating as we dive into the world of air frying. Tess will demonstrate some family favorite recipes and invite participants to join in for one of them. Recipes demonstrated include: homemade eggroll wraps, pizza bites, seasoned potato wedges, and burgers. The cook-along recipe is the instructor's own Copycat KFC Chicken. All are healthy and delicious recipes that will have your family coming back for more. The Copycat KFC recipe is only available to those that register for class. You'll receive a list of ingredients before class to allow time for shopping and prep. A PDF packet of Tess's recipes from this class is included.

Fri, Oct 6 6-8 pm T. Georgakopoulos
Online \$35/person

Online: Freezer Meal Boot Camp! Instant Pot® or Any Pot Make-Ahead Freezer Meals

Class takes place on Zoom. You'll receive instructions on how to access class prior to the start. Have a current email on file with us. If you need to cancel one of Tess's classes and you've already been sent a recipe, you will not receive a refund. Have dinner ready in no time on a busy day. Have fun participating in this virtual demonstration style class with the option to prep-along one of the meals as well. Learn the foundations of preparing nourishing make-ahead meals for your family freezer that can be used straight from the frozen state. Instant Pot meals will be featured, but the foundations can be applied to slow cookers as well. Meals include a variety of protein, vegetable and starch ingredients. Tess will demonstrate how to prepare four or five make-ahead meals for the freezer during this class, and you'll be invited to prepare one of the meals along with her. Two of the meals demonstrated are Sweet and Zesty Meatballs (to be served over rice or noodles), and Greek Lemon Garlic and Herbed Chicken, Pork Chops with Herbs & Gravy, Chicken Vegetable Noodle Soup, and more time permitting. You'll have the option to prepare Cheesy Herbed Stuffed Shells for your freezer as well. Experience how these culinary creations can make it seem you've been cooking for hours, when all you've done is open a bag and push a button. You will receive a list of ingredients and supplies needed to prepare the Cheesy Herbed Stuffed Shells in advance with enough time to allow time for shopping/prep and a detailed PDF handout of Tess's personal recipes. The packet includes a freezer meal prep lesson/guide and labels that can be printed out for cooking instructions. As an added bonus, Tess created a private group on Facebook exclusively for participants of her cooking classes. Everyone will receive an invite to the group but joining is optional.

Sat, Oct 14 4-6 pm T. Georgakopoulos
Online \$39/person

Online: Fright Night Delight! Ghoulish Fall Family Fun

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Fall is synonymous with pumpkins, with spice, harvest, and ghoulish family fun. Join Tess for an evening of fun as she guides you in creating a unique fall family feast called "Fright Night Delight". Delicious simple dishes to satisfy fall cravings of pumpkin spice, enjoyed during fun costume parties, trick-or-treating or more! The menu includes dreamy billowy-soft pumpkin & potato gnocchi (made with pumpkin and shaped into mini pumpkins) with cheesy cream sauce, Ghoulish "Intestines" (stuffed pastry seasoned meat roll) with a gory cranberry dipping sauce, and pumpkin & spice chocolate chip muffins. You'll receive a list of ingredients in advance to allow time for shopping/prep as well as a PDF packet of Tess's personal recipes. As a bonus, she has created a Facebook group for participants of her cooking classes. Everyone will receive an optional invite.

Fri, Oct 13 6-8:30 pm T. Georgakopoulos
Online \$39/person



Online: Escape to the Mediterranean

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Escape to the Mediterranean with flavors of Greece in this cook-along class. Learn how to create a classic mouthwatering Mediterranean Meal for you and your family. Items on the menu include Greek grilled chicken souvlaki (skewers), tzatziki (Greek yogurt dipping sauce), Greek veggie rice, homemade pita bread, drizzle dressing, and Greek salad dressing. Have your questions answered by our instructor and interact with other participants as you cook-along with Tess to create a mouthwatering memorable meal and watch your confidence in cooking grow. Tess's step-by-step cooking instruction is unique and flexible as she is able to support people at all levels of cooking experience learn with each step, and each little bit of advice and instruction. While cooking-along is fun, and highly recommended, it is optional. You will receive a list of ingredients in advance to allow enough time for shopping and prep. A professionally made PDF packet of the instructor's personal recipes from this class will also be received. As a bonus, Tess has created a private group and a public group on Facebook for participants.

Tue, Oct 24 6-8 pm T. Georgakopoulos
Online \$35/person

"Food comes from our relatives, whether they have wings or fins or roots. That is how we consider food. Food has a culture. It has a history. It has a story. It has relationships."
-Winona LaDuke

Online: Pretzel Crust Pizza & Pretzel Knots with Beer Cheese Dip

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Two of the most craved food items in North America are Pizza and Soft Pretzels! Learn how to satisfy these cravings at the same time by joining Tess for this amazing class as she guides you through her step-by-step process of creating her Specialty Gourmet Pretzel Crust Pizza! Participants will also have the pleasure of learning to create her homemade pizza sauce, soft pretzel knots and a velvety beer-cheese dip (beer cooks off and flavor remains)! Have your questions answered by Tess and interact with other participants as you cook along to create mouthwatering memorable pizzas and pretzels that will become family favorites. Participants will receive a list of ingredients in advance of the class to allow time to shop and prep. You'll will also receive a copy of Tess's recipes in PDF format. Tess created a private group on Facebook for cooking class participants. Everyone will receive an invite to the group; joining is optional.

Fri, Oct 27 6-8:30 pm T. Georgakopoulos
Online \$39/person

Online: Dim Sum Stuffed Steamed Buns & Chinese BBQ Chicken & Vegetarian Fillings

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Dim Sum refers to a Chinese or Cantonese meal consisting of numerous small appetizers or finger foods traditionally enjoyed in restaurants. It is considered a shared dining and social experience that can last for hours. Dim Sum often includes some sort of luscious and billowy soft stuffed steamed buns. Join Tess for her newest class where she will guide you in the step-by-step process of creating two types of Dim Sum stuffed steamed buns with homemade dough that will take you to new culinary heights. Two fillings will be made for the buns. One will be a Chinese BBQ chicken filling and the other a vegetarian filling. You will receive a list of ingredients in advance of the class to allow time to shop and prep. You'll receive a copy of Tess's recipes in PDF format.

Fri, Nov 3 6-8:30 pm T. Georgakopoulos
Online \$39/person



Online: Jamaican Meat Hand Pies

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Learn how to make these mouthwatering Jamaican pastries that will take your culinary repertoire to another level! Jamaican Meat Hand-Pies consist of luscious mouthwatering ground meat filling seasoned with warm savory spices and flavors of Jamaica that is then baked inside a tender flaky golden tinted pastry. Follow along with Tess in one of her newest classes as she guides you through the process of creating the pastry and the filling for these golden pockets of goodness from scratch. Do not fear the spice it is there for flavor, not heat. All spices and seasonings can be personalized. Tess will also be sharing tips for freezing and reheating! Participants will receive a list of ingredients in advance of the class to allow time for shopping and prep. Participants will also receive a copy of the instructor's personal recipes in PDF format.

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

Online: Classic Homemade Pierogi

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Learn how to make homemade classic pierogi with homemade dough and filling that will make your taste buds dance for joy. You'll also learn to cook and freeze these little dumplings that you can make ahead of time. No fancy equipment needed. You'll receive a list of ingredients in advance to allow time to shop and prep as well as a PDF packet of Tess's personal recipes. Make lasting memories in your kitchen. As a bonus, Tess has created a Facebook group for participants of her cooking classes. Everyone will receive an invite; joining is optional.

Fri, Nov 10 6-8 pm T. Georgakopoulos
Online \$35/person

Online: Pizza! Pizza! Pizza Party! Loaded Baked Potato Pizza, Detroit Style Pizza, & Pizza Monkey Bread

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Participate in this fun-filled pizza cook-along class where Tess will guide you through the process of creating three exceptionally interesting pizza creations that almost guarantee that take-out pizza will be a thing of the past! Experience the rave reviews from previous participants as you learn how to make your own pizzas with her step-by-step instruction and guidance. On the menu: Loaded Baked Potato Pizza, the popular Detroit Style Pizza, a sensational Monkey Bread Pizza and Tess's personal over-the-top Pizza Sauce. Two different homemade doughs are used. One is for the Detroit Style Pizza, and the other for the other two options. Personalize your pizza with toppings you choose. You'll get a list of ingredients and supplies, and Tess's personal recipe for the Detroit Style Pizza Dough a few days prior to the class. The Detroit Style Pizza dough will need to be made ahead of class - it requires additional proofing time. You'll make the second dough together during class. Choose which ones you would like to make and watch a demonstration of the others or if you feel up to it, make them all. As a bonus, Tess created a private group on Facebook for you. Everyone receives an invite; joining is optional. Equipment needs: although optional, a Detroit style pizza pan is highly recommended, but a non-stick 13"x 9" baking pan can be used instead. A sheet-pan/jelly roll style pan is needed for the potato pizza, and either a cast iron skillet (10") or a non-stick bundt pan is needed for the Monkey Bread Pizza.

Sat, Nov 11 4-6:30 pm T. Georgakopoulos
Online \$39/person

Online: Kolache! Texan Savory & European Sweet

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Have you ever been to Texas and experienced the joy of having a Texan Kolache? Have no idea as to what a sweet or savory Kolache is? Wonder no more! A Texan Kolache is a wonderful fluffy extra-large, mildly sweet baked doughnut, stuffed with a choice of sausage and other fillings such as cheese. Generally, an oversized gourmet pig-in-a-blanket but unlike any other you have ever had. People of all ages will love them. Sweet Kolache on the other hand, are wonderful pillowy-soft sweet rolls filled with preserves and/or sweetened cream cheese filling, dusted with confectioners' sugar or drizzled with light icing. Both options will become family favorites any time of year. You'll receive a list of ingredients in advance to allow time to shop and prep. A professionally made PDF packet of the instructor's personal recipes from this class will also be received.

Fri, Nov 17 6-8:30 pm T. Georgakopoulos
Online \$39/person



Online osseo.ce.eleyo.com



Phone 763-391-7242



Online: Baklava & Spanakopita! Sweet & Savory Greek Filo Pastries

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Baklava is a Greek layered dessert pastry made with filo, chopped nuts, other secret ingredients, and bathed in dreamy syrup. Spanakopita on the other hand, is a Greek savory pastry, consisting of a filling made of spinach, cheese, other secret ingredients, and is wrapped in delicate sheets of filo pastry. Tess grew up in a Greek home where Baklava and Spanakopita were enjoyed throughout the year, but especially for holidays. Tess will guide you through the process of creating one of her versions of Baklava she calls Baklava Rolls and will also take you through the process of creating her spanakopita triangles. You'll receive a list of ingredients in advance to allow time to shop and prep and a copy of the recipes.

Tue, Nov 14 6-8:30 pm T. Georgakopoulos
Online \$39/person

Online: Holiday Copycat Cinnabon Cinnamon Rolls & Hot Cocoa Bombs

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Homemade sweets and treats are always wonderful around the holidays and throughout the year as well. Add two treats to your holiday celebrations as you learn to create freshly baked homemade cinnamon rolls, and luscious, velvety hot cocoa bombs. Make them for your family for a memorable holiday breakfast or wrap them up with bows and gift them to those you hold dear. Or better yet, create memories by starting a new holiday tradition as you learn to make these delicious treats with your children or others. After keeping her Copycat Cinnabon recipe a secret for many years, Tess has decided to share it for the first time with those that enroll. She has often been told that her rolls are even better than the actual Cinnabon rolls. You will love these pillowy, warm, gooey, rolls topped with a cream-cheese frosting. Also, if interested, learn how to create a wonderful winter treat known as hot cocoa bombs as the cinnamon rolls are rising. Cocoa bombs make for a wonderful treat in front of a warm fire during the cold MN winter or any time of year. Have your questions answered by Tess and interact with other participants as you bake-along with Tess to create her melt-in-your-mouth Copycat Cinnabon Cinnamon Rolls and have some fun creating cocoa bombs together too. But remember, Tess is only making her Copycat Cinnabon recipe available to participants of this class. You will receive a list of ingredients in advance of the class to allow enough time for shopping and preparation. A PDF packet of the instructor's personal recipes from this class will also be received.

Sat, Dec 2 4-6:30 pm T. Georgakopoulos
Online \$39/person

Online: Mediterranean Chicken Gyro Meal

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Experience the flavors of the Mediterranean in the comfort of your own home in this live cook-along class. Learn to create a full-flavored, mouthwatering chicken gyro meal for you and your family from an actual descendant of Spartans who has been cooking Mediterranean Cuisine for well over 45 years! Now she will teach you how to create the taste of Greece in your own kitchen. Menu includes, Greek Chicken Gyro (made indoors), Tzatziki (traditional Greek yogurt dipping sauce), Greek oven roasted lemon potatoes, homemade pita bread, drizzle dressing, and Greek salad dressing too! You'll receive a list of ingredients in advance of the class to allow time for shopping and prep. Participants will also receive a copy of the instructor's personal recipes in PDF format.

Sat, Nov 18 4-6:30 pm T. Georgakopoulos
Online \$39/person

Online: Air Fryer Finger Foods

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Have you ever wondered what the Air Fryer hype is about? Do you have one and want ideas about what to make in it besides fries or crisping up frozen processed foods? Dive into the world of air frying and learn to make wonderful finger foods from scratch. Freezing tips will also be shared. Tess will demonstrate some of her favorite finger food recipes and invites you to join in for two of them. Demonstration recipes include Air Fryer Cheesy Macaroni and Cheese Balls, Mozzarella Sticks, and Marvelous Meatballs. Cook-along option recipes include Air Fryer Chicken Nuggets and Stuffed Potato Skins. All healthy recipes that will have your family coming back for more. Participants of the instructor's Air Fryer classes say they are no longer intimidated by their air fryers and prefer creating their own fast foods using their new favorite small cooking appliance. Tess's air fryer recipes are only available to those that register. While cooking-along is lots of fun, it is optional. You'll receive a list of ingredients in advance to allow time for shopping and preparation for the cook-along options. A PDF packet of Tess's recipes is included. As a bonus, she created a Facebook page for her classes. You'll receive an invite; joining is optional.

Fri, Dec 1 6-8 pm T. Georgakopoulos
Online \$35/person

*"Life is better with friends, family, fun and
FRESH BAKED COOKIES!"*

Online: Holiday Cookie Bake & Decorate - Foundations of Royal Icing

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Looking to start or continue a holiday cookie baking and decorating tradition? Gather your family for baking and decorating or treat yourself to some quality personal fun time. Learn how to make royal icing and the basics for decorating cookies with it at home. You'll bake cookies ahead of time so that they are ready to decorate at the start of class. A PDF with two of Tess's sugar cookie recipes, and a list of ingredients and supplies needed for the royal icing will be provided 5-7 days before the class, to provide time for shopping and baking. The recipes will include a soft and chewy sugar cookie, and a denser, crisp sugar cookie. You can choose to bake one or the other or both using cookie cutters of choice. One of Tess's favorite holiday cookie cutter shapes is a gingerbread person. This is one shape that proves to be a lot of fun to decorate year after year and sometime will definitely be spent on this in addition to other holiday shapes. No fancy decorating tips or bags will be needed. You will be using simple plastic sandwich bags to decorate. Tess created a private group on Facebook for participants. Everyone receives an invite to the group; joining is optional.

Fri, Dec 8 6-7:30 pm T. Georgakopoulos
Online \$29/person



Online osseo.ce.eleyo.com



Phone 763-391-7242



Online: Gingerbread House Bake & Build

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are creative property and published in her cookbook. Have some fun participating in this live virtual family fun bake-along class, as you bake & build your own gingerbread house together. Start a new holiday family tradition and create lifelong memories as you bring your family together to create a show-stopping edible work of art. Together, you will combine the wonderful flavors of gingerbread and use the dough to create the pieces that will be used to "build" breathtaking houses, and make the stiff royal icing that will hold everything together and be used as the "glue" to decorate your houses with candies and delicious treats. You will receive a list of ingredients at least a week in advance of the class to allow time for shopping and preparation as well as a template that will need to be printed and cut out to use as the gingerbread "pattern" before it is baked. You'll use Tess's gingerbread recipe for these houses that she has tested time and time again to ensure the cookie pieces are delicious but strong enough to hold the weight of the frosting and decorations as well. As a bonus, the instructor has created a private and public group on Facebook for participants of her cooking classes. Everyone will receive an invite; joining is optional. Equipment needs: large sheet pan, parchment paper/non-stick baking mat, rolling pin, and mixer will be needed. Other items are listed in the handout you receive a week before class.

Fri, Dec 15 6-8 pm T. Georgakopoulos
Online \$35/person

Online: Swedish Meatballs & Hand-Pulled Noodles

Class takes place on Zoom. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe for the class, you will not receive a refund. Her recipes are originals and are her creative property and published in her cookbook. Swedish meatballs are a holiday tradition enjoyed by many families around the world. Have you ever wondered what Swedish meatballs are or how they're made? Ever enjoyed the perfect bowl of noodles? Create a mouthwatering holiday meal for your family by registering for this class where Tess will guide you through the process of making the most delicious Swedish meatballs seasoned perfectly and bathed in a savory-velvety cream sauce. Then have the pleasure of serving them over your own hand-pulled noodles. Follow along step-by-step as the instructor guides you through each of her recipes while sharing secrets for making everything about this meal from scratch! You'll receive a list of ingredients in advance to allow time to shop and prep as well as a PDF packet of Tess's personal recipes. As a bonus, Tess has created a Facebook group for participants. Everyone will receive an invite to the groups; joining is optional.

Sat, Dec 9 4-6:30 pm T. Georgakopoulos
Online \$39/person



Online osseo.ce.eleyo.com



Phone 763-391-7242

OSSEO AREA SCHOOLS
ISD 279



Phase II: Equip Students for Tomorrow

This fall, a ballot question is being presented to the community to **address school building needs and provide learning spaces that are secure modern and flexible**. These needs were determined through a multi-year research process.

If approved by voters, the tax impact would be less than \$7/month for the average-value home (\$300,000) in the district.

The priorities of the *Building a Better Future, Phase II* plan are:

- Secure learning environments with **enhanced safety**.
- **Spaces** for math, science and career programs, specialized learning services and growing student populations.
- Access to **similar learning experiences at all district schools**, including program opportunities, class size levels and the functionality of spaces.



Scan the QR code for a detailed list of proposed projects, a look at both phases and answers to FAQ.

GET OUT AND VOTE



Vote early or on Nov. 7, 2023
district279.org/BetterFuture

#BetterFuture



How Does Energy, Frequency & Vibration Affect Each of Us?

Energy is all around you and everything has a certain frequency to it. Water, matter, light and sound not only have a frequency, but react to it as well. What's even more amazing is how our thoughts and emotions can affect matter and frequency. This class will highlight experiments and revelations by some highly intelligent sources. You will have an awakening experience by the end of this presentation.

Wed, Oct 11 6:30-8:15 pm M. Mattsen
ESC \$35/person

Online: Acupressure to Assist Weight Loss

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

Mon, Nov 13 6-7:30 pm J. Novak
Online \$35/person

Online: Seated Abdominal Strengtheners That Won't Stress Your Back or Neck

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

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

Online: Feet, Knees & Ankles

This is an online Zoom class. Please have a current email on file so we can send you the link and PDF handouts prior to class. Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? Learn simple things to help correct these common problems.

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



Online osseo.ce.eleyo.com



Phone 763-391-7242

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

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

Tue, Oct 17 6-7:30 pm J. Novak
Online \$35/person

Online: Thyroid Things You Need to Know

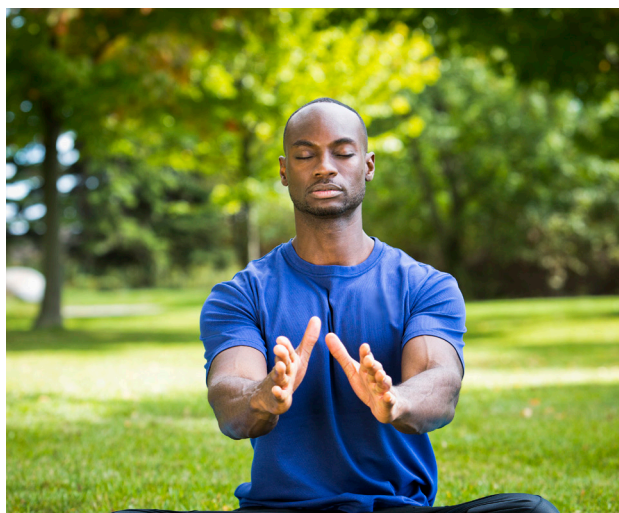
This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. In this workshop, we'll discuss how thyroid function can make any illness worse; the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not help you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and info you need to discuss with your doctor. This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

Mon, Oct 23 6-7:30 pm J. Novak
Online \$35/person

Online: De-Age Your Brain

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Current research shows lifestyle and diet have a big effect on how the brain ages. Cognitive function, which covers all aspects of perceiving, thinking, and reasoning, can improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. Discover which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are excellent for memory, attention, processing information and reducing stress. You will learn simple, easy to implement strategies to help your brain stay healthy and alert.

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



Online: Overcome Your Carbohydrate Cravings

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Ever had a day where you can't stop eating? Do you crave starchy foods, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? Discover a two-week plan that will stop your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but of biology. Learn how you can stop the vicious cycle of food craving and weight gain.

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

Online: Just Breathe! Techniques to Calm, Center & Balance

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

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

The Unity That Is in Us All

Seriously! We're all more alike than different and that means everything. From our physical bodies and even beyond - into the cosmos, we have some very similar characteristics, a connection if you will, as if divinely created that way. Explore the Golden Ratio and how it shows up in the world. Find out what humans have in common with food, flowers, and nature. There are no coincidences.

Thu, Nov 16 6:30-8 pm M. Mattsen
ESC \$35/person

Balance Express (Ages 55+)

Does the impending snow and ice have you worrying about slipping and falling? Do you ever find yourself walking extra cautiously on the stairs lately, making it harder to carry your groceries into your house? Are you afraid of falling? If you answered yes, then enroll now! You can always improve your balance, even as you age. With a few simple exercises and some commitment to putting in the work, you can improve your confidence to easily climb stairs (even ones without rails), walk on uneven trails when you travel, and know exactly what to do if you do happen to lose your balance. Learn: 1. a simple, straightforward exercise routine that you can do anywhere and anytime to improve your balance in less than 10 min. a day, 2. how to safely get up if you do lose your balance and fall, 3. tips, tricks, and equipment you can use to help you stay safe while walking outdoors this winter.

Wed, Sep 13 6-8 pm S. Dueffert
ESC \$35/person

Strength Express (Ages 55+)

If you're anything like the retired people we know, you're busier than ever before. Notice you're needing a little more "oomph" to get up off the couch these days? Are you having a difficult time trying to carry your grandkids? It's time to work on your strength. The trouble is, there are so many options from gym, home workout videos, private fitness clubs and more, but they all take a lot of time and a significant financial commitment. Are you busy and love to travel, so you want a routine to get stronger anywhere at anytime? Learn 1. a simple straightforward exercise routine you can do anywhere, anytime so you can feel stronger, and see results in less than 10 minutes a day, 2. how to stay strong as you age, so that you can feel confident lifting your grandkids and getting up from any low couch (if you know, you know), 3. simple modifications you can make to your routine so that aches, pains, and injuries won't derail progress. Don't miss this opportunity to "fine-tune" yourself for better movement and peace of mind.

Wed, Oct 11 6-8 pm S. Dueffert
ESC \$35/person

Zumba

Zumba is a great way to shape up your workout routine while still challenging yourself to move! With songs by artists like Sia, Megan Trainor and Jennifer Lopez, it's a workout and dance party all in one! And, your amazing instructor is one of our very own ISD 279 employees.

Mon, Sep 11-Oct 16 5-6 pm S. Humphrey
ESC \$79/person
Mon, Nov 13-Dec 18 5-6 pm S. Humphrey
ESC \$79/person



Online osseo.ce.eleyo.com



Phone 763-391-7242

Makeup Bootcamp for Women 40 & Better

When was the last time you updated your makeup and beauty regimen? Has your skin changed over time? What about your hair color? Join this "boot camp" to update your look with tips and techniques for ageless beauty. Learn about a variety of products (some may be completely new to you), applications, and latest trends in makeup and skin care. Julie is a makeup artist with 30 years of experience. No products or services will be sold. This class is essential for busy, beautiful women who could use a little updating.

Wed, Nov 1 6:30-8:30 pm J. Sherman
ESC \$35/person

Online: Emotional Release for Inner Peace

This is an online class and will be held through Zoom account. An email with login information will be sent prior to class. Be sure you have a current email on file with us. If you wish to join class on your smartphone or tablet, you will first need to download the free Zoom app and set up your free Zoom account to join using the web link invitation from us. Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and sabotage our inner peace. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting, and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.

Mon, Oct 2 5:30-8 pm J. Wicher
Online \$45/person

Brain & Body Yoga/Tai Chi

Designed to unify your movements, breathing, and awareness called mindfulness. This is what makes yoga different from regular stretching. Rather than focusing on a set of yoga poses that demands physical strength, classes incorporate a variety of exercises that develop physical, energetic and spiritual bodies. What to expect during class: meridian (energy pathway) stretching-helps to open blockages and let energy flow more easily, breathing postures (relaxation, circulation, energy accumulation in lower abdomen area called DahnJon, energy meditation (feeling energy using palms). One of the advantages of this yoga is that it is easy and simple enough for everyone to learn. Regular practice can offer you the following benefits: increase flexibility/balance, improve your respiration, energy level, abdominal vitality, improve bone density and muscle tone, help you maintain a balanced metabolism, promote cardio and circulatory health, help manage pain in the body, help you relax and handle stress more easily and encourage positive thoughts and self-acceptance. Please bring your own yoga mat.

Tue, Sep 5-Oct 24 6-7 pm Y. Rybachenok
MGMS \$99/person Skip 10/17
Tue, Nov 7-Dec 19 6-7 pm Y. Rybachenok
MGMS \$99/person

Online: Psychic Development & Mediumship

This is an online class and will be held through Zoom. An email with login information will be sent prior to class. Be sure you have a current email on file. If you wish to join class on your smartphone or tablet, you will need to download Zoom and set up your account using the link invitation from us. Think you're not psychic? Think again! Each of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and practice exchanging healing and empowering messages with your classmates.

Tue, Oct 3-31 6-8 pm J. Wicher
Online \$125/person

Online: Healing with Energy

This is an online class and will be held through Zoom. An email with login information will be sent prior to class. Be sure you have a current email on file. If you wish to join class on your smartphone or tablet, you will need to download Zoom and set up your account using the link invitation from us. Harness your power to heal yourself and others - naturally. Whether you're looking for a quick and easy remedy for headaches, wanting to increase vitality, create greater mental and emotional balance or seeking healing for a chronic condition, this class is meant for you. Work with tools and techniques from energy healing practices such as acupressure, chakra clearing, auric-field healing, toning, chi gong and long-distance healing. Class topics include: the power of intent, using your intuition and mastering the mind/body/spirit connection. This course is ideal for healing professionals wishing to expand their tools as well as for individuals who want to open to powerfully experience their own healing potential.

Wed, Oct 4-Nov 1 6-8 pm J. Wicher
Online \$125/person

Online: Meditation for Relaxation & Personal Healing

This is an online class and will be held through Zoom. An email with login information will be sent prior to class. Be sure you have a current email on file. If you wish to join class on your smartphone or tablet, you will need to download Zoom and set up your account using the link invitation from us. Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and sabotage our inner peace. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting, and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.

Thu, Oct 5-Nov 2 6-8 pm J. Wicher
Online \$125/person



Online: Reiki Certification Class - Level 1 Certification

This is an online class and will be held through Zoom. An email with login information will be sent prior to class. Be sure you have a current email on file. If you wish to join class on your smartphone or tablet, you will need to download Zoom and set up your account using the link invitation from us. Become a certified Reiki healer. During these in-depth sessions, you will delve deeply into the ancient Japanese art of energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality, and correct many of your physical, mental, and emotional imbalances. Each course level provides training, a manual, attunement, and in-class experience of advanced techniques useful for healing yourself, family, friends, or to establish your own Reiki practice. Experience the transforming power of Reiki.

Sat, Oct 7 9 am-4 pm J. Wicher
Online \$175/person

Online: Reiki Certification Class - Level 2 Certification

This is an online class and will be held through Zoom. An email with login information will be sent prior to class. Be sure you have a current email on file. If you wish to join class on your smartphone or tablet, you will need to download Zoom and set up your account using the link invitation from us. Expand on skills, confidence, and healing energy you gained in Reiki I! This class will provide training into the world of traditional Japanese healing by providing you additional practical skills for sensing and working with the human energy field. Learn how you can "scan" the body for energy imbalances and understand how to interpret their meanings. You'll also receive the three Reiki symbols that help to increase your healing power, enhance mental and emotional healing, and strengthen your ability to send energy to others long-distance. Training includes the Attunement, course manual and materials, in-class practice time and certification as a Reiki Level II practitioner. Discover the next level of Reiki and healing power that lies within.

Sat, Oct 28 9 am-4 pm J. Wicher
Online \$175/person



Online: Reiki Certification Class - Advanced Training

This is an online class and will be held through Zoom. An email with login information will be sent prior to class. Be sure you have a current email on file. If you wish to join class on your smartphone or tablet, you'll need to download the Zoom app and set up your account using the link from us. Whether you are ready for a new set of skills to enhance your healing work, or if you just want to get back into practice, this class helps you get to the next level of your healing abilities. Use the one-on-one format to help you learn to work personally, intuitively, and creatively in your healing practice. You will learn how to consciously calibrate the frequency of your palm chakras for specific healing function, work expansively and creatively within the subtle energy bodies of the aura and discover how to direct healing energy with only the power of your mind through visualization and kinesthetic sense. You will also receive an expanded healing format to guide your clients powerfully and confidently through a healing session. As awareness of the flow of energy grows, so too will your ability to be an active participant in the healing process.

Sat, Nov 18 9 am-4 pm J. Wicher
Online \$159/person

Online: Reiki Certification Class - Multi-Dimension Reiki

This is an online class and will be held through Zoom. An email with login information will be sent prior to class. Be sure you have a current email on file. If you wish to join class on your smartphone or tablet, you will need to download Zoom and set up your account using the link invitation from us. Take a quantum leap forward in your energy healing/Reiki practice. Learn to work more trans-personally within the auric and quantum energy fields to effect profound healing change for both your in-person and remote clients. Practice new techniques, like "vertexing", to connect with another person's energy bodies and discover how to powerfully extend your healing abilities across space and time to family, friends, and clientele. You'll strengthen your ability to limit the cause and solution for various energy imbalances and discover how you communicate with a person on a soul level to facilitate life-transforming healing. You'll also discuss methods by which to conduct long-distance healing.

Sat, Dec 2 9 am-4 pm J. Wicher
Online \$159/person

*"Good health is not something we can buy.
However, it can be an extremely valuable
savings account."*



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: Is Your Waistband Too Tight Today? Strategies for Beating Belly Bloat

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

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

Online: Women, Weight & Hormones

This is an online class. You will receive email instructions for logging in a few days before the class start date. Please have a current email address on file with us. Are you finding no matter how well you watch what you eat or how much you exercise that weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything else. Until any imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; simple things you can do every day to boost your metabolism; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain.

Tue, Oct 10 6-7:30 pm J. Novak
Online \$35/person

Online: Soothe Those Achy Joints

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Do you have joints that ache - a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. You'll also discuss which nutrients are needed to help keep your joints healthy.

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



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: Hips, Thighs & Otherwise

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

Wed, Oct 4 6-7:30 pm J. Novak
Online \$35/person

Online: Posture, Get it Straight - Look 10 Yrs Younger, 10 Pounds Thinner & Feel Great

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Have you ever caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? Learn how to correct posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. You'll discuss easy to implement tips when at a computer, in a car or working out. There are so many benefits to improving posture. And, the good news is no matter how long you may have had poor posture, it is NEVER TOO LATE to make improvements. Your clothes will fit better, too. You will need a resistance band for some of the exercises.

Tue, Oct 3 6-7:30 pm J. Novak
Online \$35/person

Online: The Art of De-Aging: Peel Years Off Your Bio Age

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts before class. Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your body age, however, is measured by how well your organs and body systems work. And there are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can peel years off your bio age. Discover simple, scientifically proven things you can do right now to decrease your body age. Also, you will learn facial acupressure points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness and eye bag. Reduce lines and prevent new lines from forming. Help yourself look better, feel younger and age with health and vigor.

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

Online: Face Yoga

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. 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/lower cheeks fuller, reduce eye puffiness and sagging, improve your circulation & nutrient flow into cells and improve lymph circulation. Learn exercises to rejuvenate your face.

Thu, Sep 28	6-7:30 pm	J. Novak
Online	\$35/person	
Mon, Dec 4	6-7:30 pm	J. Novak
Online	\$35/person	

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

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

Tue, Sep 26	6-7:30 pm	J. Novak
Online	\$35/person	
Mon, Dec 11	6-7:30 pm	J. Novak
Online	\$35/person	

Tai Chi & Qigong Sampler Class

New to Tai Chi and/or Qigong? Or just interested in having fun and learning different exercises. "Sample" the different Tai Chi classes. Try the following: Qigong, Yang Short Form; SUN Tai Chi for Arthritis, Chronic Pain, and Balance; Tai Chi Ruler; Tai Chi Bang Stick and Ball. No experience needed, just a curious and adventurous mind. Appropriate for most physical conditions. Wear comfortable, loose clothing, and flat shoes. No sandals please.

Wed, Sep 13-Oct 18	6-7 pm	C. Morgan
OMS	\$79/person	
Wed, Nov 1-Dec 13	6-7 pm	C. Morgan
OMS	\$79/person	(Skip 11/22)

Online: Strong Is the New Skinny - Band Strengtheners You Can Do at Home

This is an online Zoom class. Please have a current email on file so we can send you the link and PDF handouts prior to class. Not everyone can be skinny, but EVERYONE can be stronger - even if you don't get to the gym several times/week. Learn to strengthen your arms, back, shoulders, chest, hips, butt and also thighs using resistance bands while watching a favorite TV or radio show. There are benefits to having stronger muscles. They boost your metabolism, maintain/increase bone density, make daily tasks easier and help you age with quality and grace. These exercises fit into the busiest of schedules. Learn tips and techniques to improve overall health and wellness. You'll need a resistance band.

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



Save Time & Money with Capsule Wardrobing

Did you know that 80% of the time women wear only 20% of their wardrobe? Closet space is valuable real estate so why not make it pay for itself by discovering the secrets that professionals incorporate in order to add versatility and value to their clients' wardrobes? We'll address why & how to: build a great capsule wardrobe using 5-10 pieces to get 15-30 (or even more) outfits, identify your personal style and determine how to spend your time, energy, and money to create your best looks. You're invited (although not required) to bring an item that will become the foundation of your Capsule Wardrobe. Leave class with a smile on your face and a plan for your closet.

Wed, Sep 13	6:30-8:30 pm	C. Halbur
MGSH	\$39/person	

Tai Chi for Arthritis, Chronic Pain, and Balance

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

Tue, Sep 12-Oct 24	6-7 pm	C. Morgan
OMS	\$79/person	(Skip 10/17)
Tue, Nov 7-Dec 12	6-7 pm	C. Morgan
OMS	\$79/person	

Online: Instant Guitar for Hopelessly Busy People

Ever wanted to learn guitar but feel it's difficult to find the time? In a few hours, learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online Q & A session is also included. A recording of the class is included as well. Topics include: how chords work in a song, how to form the three main types of chords, tuning guitars, basic strumming patterns, how to buy a good guitar (things to avoid) & playing along with tunes.

Tue, Oct 10 6:30-9 pm C. Coffman
Online \$65/person

Online: Instant Piano for Hopelessly Busy People

In a few hours, learn enough secrets to give you years of musical enjoyment. Play like a professional - using chords. Since this class is being held online with Zoom, you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. Class includes an online book and online follow-up lessons so you'll be able to continue your practice and study on your own. An optional periodic online question and answer session and a class recording is also included. The course is partly lecture/demonstration and partly hands on instruction. Topics include: how chords work in a song, getting more from sheet music by reading less of it, forming the three main types of chords, how to handle different keys/time signatures, how to avoid "counting", simplifying over 12,000 complex chords.

Mon, Oct 9 6:30-9:30 pm C. Coffman
Online \$65/person

Outstanding Oven Mitts

Learn how to sew a cute and functional oven mitt. Complete step-by-step instructions included and some basic sewing experience required. Must bring your own sewing machine and extension cord. No quilted material please, as you will quilt it in class. Take home one mitt, the pattern, and instructions to make more for gifts. Please bring the following supplies with you to class: 2 pieces of 14" x 21" material or 1 fat quarter (top of mitt), 2 pieces 14" x 21" material or 1 fat quarter (inside mitt), 4 pieces 14" x 21" 100% cotton batting, 2 pieces 14" x 21" Insul-bright heat resistent batting, 20" double folded bias binding for edge of mitt, straight pins, scissors, 12" ruler, fabric marker, thread to match your material, and seam ripper.

Thu, Nov 2 6-9 pm P. Decker
ESC \$35/person



Phone 763-391-7242



Online osseo.ce.eleyo.com



T-Shirt Quilt

Are you looking forward to celebrating a graduation or other special event? Make it memorable by giving an absolutely treasured t-shirt quilt, made by you. Join Sandra Bengtson as she guides you through the basics of making a t-shirt quilt - from stabilizing the t-shirts, to cutting them apart and sewing the blocks into a 72"x90" quilt top. Leave class with a unique, individualized quilt for yourself or a loved one. Basic sewing skills required. Please bring with the following supplies: Session 1: 35-40 t-shirts (washed), rotary cutter and mat (preferred) or fabric scissors, pins or fabric weights, measuring stick (preferred) or ruler, Session 2: sewing machine, thread, pins, scissors, Session 3: supplies from Session 2, fabric for back of quilt (type/amount will be discussed in class), batting (type/amount will be discussed in class). \$10 supply fee payable to the instructor in class.

Wed, Oct 11-25 6-9 pm S. Bengtson
OMS \$55/person

Quilt Blocks 101

Have you admired quilts from afar and wonder how it's done? Join us for this introductory class where Sandra will walk you through a step-by-step process to create four quilt blocks including an Ohio Star, Nine Patch, Pinwheel, etc. Leave class with instructions on turning your blocks into mug rugs or a wall hanging. Basic sewing skills required. \$10 supply fee paid to instructor for fabric. Please bring the following supplies: your sewing machine, white all-purpose thread, fabric scissors, a rotary cutter and mat, acrylic ruler and pins.

Mon, Oct 2 & 9 6-8:30 pm S. Bengtson
OMS \$45/person

Fabulous Flowers

Get creative while turning random pieces of fabric and ribbon into decorative flowers that can be displayed or worn on your favorite hat, jacket, or outfit. Have fun as you cut, hand-sew and/or glue together a variety of colors and patterns that are uniquely you. Complete your project by embellishing your flowers with special buttons and bobbles! Your beautiful floral creations can even be arranged in a vase when not in use. \$5 supply fee paid to instructor in class. Please bring the following supplies: fabric scissors, sharp pencil or marking pen, glue gun (if you have one).

Mon, Sep 25 6-8:30 pm S. Bengtson
OMS \$35/person



Cotton Creations

Do you know how to use your sewing machine but want a simple project to build your confidence and skills? Choose from a variety of cotton fabrics and then make one or more simple projects such as a bowl or cup cozy, an oven mitt, placemat, hair bow or pet bandana. Bring supplies listed online. \$10 supply fee paid to instructor in class for fabric. Please bring the following with you: sewing machine, white all-purpose thread, fabric scissors or rotary cutter & mat, acrylic ruler and pins.

Mon, Dec 11 6-8:30 pm S. Bengtson
OMS \$35/person

Buttons, Hems, Mending, Oh My!

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

Wed, Dec 6 & 13 6-8:30 pm S. Bengtson
OMS \$45/person

Beyond the Bobbin - Pattern Fundamentals

If you know how to use a sewing machine, but are lost when it comes to reading a sewing pattern, this class is for you. Learn to understand envelope information as well as pattern layout and cutting. From start to finish Sandra will guide you through a step-by-step process that will demystify pattern directions. Leave class with a good start on a sewing project. Fabric and notions will be discussed the first class. Bring a beginner pattern and supplies including: fabric scissors or rotary cutter & mat, fabric & notions listed on the pattern envelope, sewing machine, thread, pins and a ruler.

Mon, Nov 13-27 6-8:30 pm S. Bengtson
OMS \$55/person

Online: Self-Growth and the Art of Singing

This is an online class and will be held through Zoom account. An email with login information will be sent prior to class. Be sure you have a current email on file with us. If you wish to join class on your smartphone or tablet, you will first need to download the free Zoom app and set up your free Zoom account to join using the web link invitation from us. Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share with you the wonderful life-lessons he has learned through the study of singing. Through lecture and examples, you will explore with him the profound relationship between the breath, body and voice, and personal growth. Highlights include: "Singing with your own voice," "Getting out of the way," and "Letting go of judgments." This one-evening course is perfect for singers, artists, and anyone wishing to create more freedom and joy in their life - NO SINGING REQUIRED!

Mon, Dec 4 6-8 pm J. Wicher
Online \$45/person

Paint Like Bob Ross: Cardinal

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

Sat, Sep 23 10 am-2 pm J. Rupp
OMS \$65/person

Paint Like Bob Ross: Waterfall

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

Sat, Oct 28 10 am-2 pm J. Rupp
OMS \$65/person

Paint Like Bob Ross: Minnesota Winter

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

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

Online: How to Publish Your Book - Part 1 & 2

This is an online class. A link to login in will be sent a few days prior to class. Please have a current mail on file with us. So, you've written a book, now what? Whether you've written the great American novel and want to share it with the world; or your memoirs to pass on to family and friends - this class is for you. In the first session you'll learn how to prepare your manuscript for publishing; the business of selling your books; and some tips on marketing and promotion. The second session will be hands-on learning experience of preparing your manuscript and cover in Microsoft Word, setting up a Kindle direct publishing account, uploading your files and publishing your book on Amazon. Updated guide-book included. Instructor June Gossler Anderson has written and published a dozen books of her own and helped countless others publish theirs as well.

Wed, Nov 1 & 8 6:30-8:30 pm J. Anderson
Online \$49/person

Online: Intro to Voiceovers LIVE Chat (One-on-One)

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

Online \$49/person Voices for All



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: Comedy Writing: How to Be Funny on Paper and Stage

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

Tue, Oct 3 5-6 pm L. Krusemark
Online \$25/person

Online: Write a Riveting Mystery, Suspense, or Crime Story

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

Tue, Oct 3 6-8 pm L. Krusemark
Online \$35/person

Online: Beginner's Guide to Getting Published

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to: become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, 100 ways to make money as a freelance writer. If you really want to succeed, this step-by-step workshop is a must! Informative handouts for future use are included in the class fee. LeeAnne is a former journalist, current author/editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Thu, Oct 5 6-8 pm L. Krusemark
Online \$35/person

Online: Explore 50 Different Self-Publishing Options (prerequisite)

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Self-Publishing is all the rage, but is it really your best option? (Participants must attend "Beginner's Guide to Getting Published") And, can you do both? You'll discover the pros and cons of your self-publishing options, including print-on-demand and e-book publishing, as well as some Amazon options, and then see how they compare to traditional publishing. Handouts, including a rated description of 50 self-publishing companies for future use, are included in class fee. The instructor LeeAnne is a former journalist, current author/editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Thu, Oct 5 8-9 pm L. Krusemark
Online \$25/person

Online: How to Write Your Life Story

Class is held via Zoom. The login information will be sent to participants via email and digital handouts will be included in the Zoom link. Please make sure you have a current email on file with us when you enroll. You don't need to be famous to leave a legacy behind. 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. Your handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing and publishing options are also discussed. LeeAnne is a former journalist, current author/editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Oct 7 10 am-1 pm L. Krusemark
Online \$49/person

Online: Intro to Screenwriting for TV or Movies

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts before class. Learn about special screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters, and execute your work in the proper format. Discover the difference between a Treatment, a Spec Script, and a Shooting Script and when to do each. You'll get an inside look into the business of selling your script to agents and producers. Informative handouts are included in the class fee. The instructor LeeAnne is a former journalist, current author/editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Oct 7 1-2 pm L. Krusemark
Online \$25/person



Phone 763-391-7242



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

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

Sat, Oct 7	2-5 pm	L. Krusemark
Online	\$49/person	

Tell Your Story

Everyone has a story to tell and no one knows your story better than you. Your story deserves to be shared and celebrated your way. You are the subject of this story, the main character, and the star of this show. This class is designed to walk you through the process of collecting memories, answering questions, organizing content, and equipping you to create a personalized storybook of your life from prompted questions. You do not have to be a writer or an autobiographer to get this done. Your story is important, so let's start telling it with photos or without! This course uses a website of choice, you do not have to use it to complete all of the steps but it is what I demonstrate.

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

The Photo Project: Printed and Digital

S.O.S. my photos are a mess! It's time to digitize, organize, and enjoy your memories! This program works for both iPhone, Android Phones, MAC and PC computers, the box of old family photos, tapes, slides, negatives, reels, audio, artwork, and more. You may need to make additional purchases to Save, Organize, and Share your photo projects. This course uses a website of choice, you do not have to use it to complete all of the steps, but it is what I demonstrate.

Wed, Sep 20	6:30-8:30 pm	B. Schwebach
ESC	\$25/person	
Wed, Nov 8	6-8 pm	B. Schwebach
ESC	\$25/person	



Phone 763-391-7242



Online osseo.ce.eleyo.com



Acrylic Pouring: "Up North"

You've watched the videos, now discover the magical world of acrylic pouring for yourself! Using fluid acrylics and pouring medium, learn how to produce the same beautiful abstract artwork you've seen on Pinterest. Create an acrylic pour on a 12" wooden cut-out. Choose between three options: Outline of Minnesota, Bear, or Fish. We'll provide a tray to carry your painting home.

Mon, Sep 25 7-8:30 pm L. Van Wyk
OMS \$49/person

Custom Glass Mosaic Table or Sign

Learn to design and mosaic a sign or table with pre-cut glass, and stencils (if needed), in 2 fun evenings with homework. The signs vary in size. Popular ideas include: welcome, address sign, or the state of MN. The second night is grouting and learning a bit more about mosaics and supplies. The table is 16"x16" and 16" tall, and the supply fee is \$70. Supply fee for signs are \$16+ and are payable in class to the instructor by cash or Venmo.

Mon, Oct 2 & 9 6-9 pm L. Guetter
OMS \$45/person

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

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

Wed, Oct 11 5-6 pm L. Krusemark
Online \$25/person

Online: Explore the World as a Travel Writer

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

Wed, Oct 11 6-8 pm L. Krusemark
Online \$35/person

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

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

Thu, Oct 12 4:30-6 pm L. Krusemark
Online \$29/person

Online: Writing for Online Blogs, Magazines & Websites

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

Thu, Oct 12 6-8 pm L. Krusemark
Online \$35/person

"Never be limited by other people's limited imaginations."



Phone 763-391-7242



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Social Security & Retiring Wisely

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

Tue, Oct 3 6-7 pm M. Nisbet
MGSH \$15/person

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

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

Wed, Oct 4 5-6 pm L. Krusemark
Online \$25/person

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

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

Wed, Oct 4 8-9 pm L. Krusemark
Online \$25/person

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

This is an online Zoom class. Please have a current email on file so we can send you the link and PDF handouts before class. Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find over 1,000 free and low-cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring and second-tier commissions. You'll also learn SEO secrets to increase your site's ranking and visibility on search engines like Google. Handouts included in class fee.

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



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

This is an online Zoom class. Please have a current email on file so we can send you the link and PDF handouts before class. Tired of working for someone else? Do you need to make more money? Turn your talents into profit and start a home business. Taught by a Chamber of Commerce Past President and award-winning business owner, this is the most comprehensive business start-up workshop you'll ever find. Discover 250+ legitimate home business ideas, mandatory legal documentation, many ways to market your product/service and taking tax deductions (this workshop included). Handouts are included in the class fee.

Wed, Oct 4 6-8 pm L. Krusemark
Online \$35/person

Online: How to Make Extra Cash Pet Sitting

This is an online Zoom class. Please have a current email on file so we can send you the link and PDF handouts before class. Do you love animals...especially dogs? Learn how to make extra money after school or work by watching dogs or other pets, requested in the pet's home. Learn about feeding, watering, exercising pets, making a good impression, as well as what questions to ask when interviewing for a pet sitting job, and what to do when a dog has behavior issues. You'll also discover other services you can offer to make more money, such as dog walking, grooming, puppy training and more. Handouts are included. This class is taught by a seasoned professional pet sitter and entrepreneur.

Fri, Oct 6 6-8 pm L. Krusemark
Online \$35/person



Online: Need to Know Changes to the College Process

This is an online class conducted via Zoom. Please make sure you have an email on file with us. You will be sent the login information a few days prior to the start of class. This past year has resulted in some of the most significant changes to the college planning process in decades. Admission trends have changed how colleges admit students. There are substantial changes to the FAFSA and college financial aid that may make colleges more expensive. Schools have gone ACT/SAT optional, but not necessarily when they award scholarships. Learn how these changes may impact your family, and new strategies to consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid.

Mon, Oct 2 7-8 pm C. Wittman
Online \$19/person

Online: Beginner's Guide to Starting a FREE Blog

This is an online Zoom class. Please have a current email on file so we can send you the link and PDF handouts before class. Online blogging is a great way to get the word out about you, your service, a product, or info you want to share. Learn step-by-step how to: start a free blog with WordPress, choose a blog template, emphasize your content with a creative name, use your unique voice to share your expertise, connect your domain/website. You'll also learn how to earn an income with your blog, including links to other websites/advertising on your blog, as well as increase your internet ranking.

Tue, Oct 10 6-8 pm L. Krusemark
Online \$35/person

Simply & Inexpensively Increase Your Home's Value

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

Wed, Nov 1 7-8:30 pm S. Hoem
MGSH \$19/person

Online: Understanding A, B, C & D of Medicare

This is an online Zoom class. A link for login will be sent to you prior to your class. Make sure you have a current email on file with us. Learn about the different parts of Medicare A, B, C and D and why each part is important. You will also review the similarities and differences between Medicare supplements, Medicare Advantage plans and Medicare prescription drug plans. Learn the "Alphabet Soup" of Medicare today!

Wed, Sep 27 6-7 pm G. Milbert
Online \$15/person

Understanding A, B, C & D of Medicare

Learn about the different parts of Medicare A, B, C and D and why each part is important. You will also review the similarities and differences between Medicare supplements, Medicare Advantage plans and Medicare prescription drug plans

Tue, Oct 17 6-7 pm G. Milbert
ESC \$15/person

Medicare Basics: Parts A-D

Turning 65 soon? You will discuss the cost and coverages with Medicare, when and how to sign up, how to avoid penalties and explain parts A, B, C, and D.

Thu, Oct 12 6-7:30 pm D. Pfeifer
MGSH \$15/person

Online: Save Money with Extreme Couponing

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

Mon, Oct 2 5-6 pm L. Krusemark
Online \$25/person

Online: Computer Help for the Almost Absolute Beginner

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail. Simply click the text sent to your e-mail and follow a few simple instructions to enter the "Zoom classroom". You will then watch and listen to your instructor. He will start off explaining basic terms that can be foreign to beginners. You'll navigate the desktop and look at some of the benefits of using a computer. Let's take the mystery out of 'www' and the internet, compose an email and check out the current news. Other features may be discussed as time allows. (Not for Apple/Mac users) Note: you may contact the instructor at backoncourse@att.net at least a few days before class for tech assistance.

Sat, Sep 16 12-1 pm M. Wilson
Online \$29/person

Online: I Need to Host My Own Zoom Meeting

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks. You will see how a host sends an email, invites, and schedules meetings. Even the basic host controls can seem overwhelming, but we will explore those as well. You'll learn how to share screen, invite, and send links to emails. It's a great place to start before hosting your first Zoom meeting.

Fri, Oct 20 7-8 pm M. Wilson
Online \$29/person

Online: Navigating Your Windows 10 Computer

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! Need help with your recently purchased computer? Your instructor will define and demonstrate the Windows 10 operating system and its features. Learn to navigate the desktop, use the taskbar and work with icons. Learn about apps, how they are organized in Windows 10 and use the start menu to explore more features. (Not for Apple/Mac users.)

Thu, Oct 19 4-5pm M. Wilson
Online \$29/person

Online: The Easy to Learn iPad Class

This is an online class. You must have an email address on file with us. You'll be sent an email prior to class with your login credentials. You'll enter your instructor-led classroom with three simple clicks from your e-mail! Take this fun and informative iPad class. We will explore the practical uses of your iPad and how to use the features. You will learn how to navigate, use apps, work with e-mail, take pictures, go online, and do more as time permits. Your patient instructor's iPad screen and features will be clearly displayed over Zoom. (Not for Android tablet users.)

Sun, Nov 12-26 1-2pm M. Wilson
Online \$69/person



Online: Excel for the Absolute Beginner

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! Learn how to navigate and interface with Excel's basic features. See how to create a simple contact list. You will view how to use calculations such as AutoSum and see how to generate simple formulas. Also, learn to use the fill handle, sort existing data, merge and center, move cells and ranges, and wrap text. These easy steps will be held over Zoom.

Sat, Sep 30 10-11 am M. Wilson
Online \$29/person

Online: Search for Practically Anything Through Google

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! Understand how to use and get the best out of a search engine such as Google for looking up information and doing research. Find out how to search for practically anything online and limit your searching for more accuracy. Great class to open the power of Google search!

Sun, Oct 22 1-2 pm M. Wilson
Online \$29/person

Online: Working with & Organizing Your Documents on Windows 10/11 Computers

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! The instructor will show you how to save files with Microsoft Word and your free installed Windows 10 and 11 word processors. We will also cover how to create a PDF file and why we would use them. You will see how to view, organize and find your documents, as well as place them on flash drives, external drives and the cloud. We'll explore features to preview documents without opening them and attach documents to your email for sending. Learn all these features in the Zoom classroom. (Not for Apple/Mac users)

Sun, Sep 24 2-3 pm M. Wilson
Online \$29/person

Online: Windows 11 - Starting from the Beginning

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! This is an adult friendly Windows 11 class. See how to use the desktop and the new taskbar. We'll also explore the start menu and related features. In addition, you will learn about the new design, the use of widgets and how Windows 11 is organized. (Not for Apple/Mac users.) Join this informative class by Zoom.

Fri, Nov 17 6:30-7:30 pm M. Wilson
Online \$29/person

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

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

Sun, Dec 10 3-4 pm M. Wilson
Online \$29/person

Online: Getting More Out of Microsoft Word

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! Let's make your tasks in Microsoft Word a lot easier. You will save time and frustration and see how to properly use tabs. Explore dictation, easy paragraph functions, the sort feature and using macros to eliminate laborious repetition. See the beauty of working with soft and hard returns and how to easily create and use tables. Get tips, tricks and use shortcuts to save time. Let's look at creating headers/footers and using the Format Painter to easily format existing text. (Not for Apple/Mac users.) Learn lots of great information by Zoom.

Fri, Dec 8 6-7 pm M. Wilson
Online \$29/person

Online: Microsoft Word: The Very Basics

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! Your instructor will break down the unknown Microsoft Word stuff and present them to you in a clear, sensible and enjoyable way. We will briefly look at the free and paid version of word processors. Then the instructor will open and show basic functions in Microsoft Word. We will go on to explore saving, alignments, bullets, numbering, and indents. (Not for Apple/Mac users.) Join this informative class by Zoom.

Wed, Nov 8 6-7 pm M. Wilson
Online \$29/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

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

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! Save yourself money and fix your computer yourself. No great skills needed. Use three proven free online software to fix most software related issues like malware and viruses with a few clicks of a button. Speed up your computer in no time! *(Not for Apple/Mac users)*

Sun, Oct 1 1-2 pm M. Wilson
Online \$29/person

Online: Learn to Use PowerPoint for Zoom & Other Presentations

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

Sat, Oct 7 12-1 pm M. Wilson
Online \$29/person

Online: Getting To Know Your iPhone

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent iPhone users. Mike will cover cell phone topics such as the photo app, texting, navigating, apps, contacts, email, camera, App store, settings, and the Internet. *(Not for Android users.)*

Sat, Nov 4-18 10-11 am M. Wilson
Online \$69/person

Online: Let's Learn All About E-mail

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! Learn to e-mail, forward, reply, and send attachments. You'll see how e-mails are organized and deleted. Work with other features such as starred, drafts, and sent. Become acquainted with the writing tools, e-mail folders, and creating links to direct others to areas of interest and websites you have visited. In addition, you'll look at contacts and how to use them.

Sun, Oct 15 1-2 pm M. Wilson
Online \$29/person

Online: How Do I Take a Live Zoom Class?

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! Many instructors use Zoom for live/virtual classes such as cooking classes, painting, exercising, computers, and more. Author and computer instructor, Mike Wilson, will help you understand the process of receiving Zoom invites, "getting to your classroom" and navigating the features used in Zoom. If you need assistance getting on Zoom, please e-mail instructor a few days prior to class at backoncourse@att.net.

Sun, Sep 10 4-5 pm M. Wilson
Online FREE
Tue, Sep 12 12-1 pm M. Wilson
Online FREE
Wed, Sep 13 3-4 pm M. Wilson
Online FREE

Online: Computer Scams & What Not to Click On!

This is an online class. You must have an email address on file with us. You will be sent an email prior to class with your login credentials. Enter your instructor-led classroom with three simple clicks from your e-mail! Don't let your computer control you! Find out what you should and should NOT click on. Instructor will discuss scams to know about; those frustrating and suspicious pop-ups; your haywire computer, e-mail ads, and links. *(Not for Apple/Mac users, or tablets)*

Mon, Nov 20 1-2 pm M. Wilson
Online \$29/person



Phone 763-391-7242



Online osseo.ce.eleyo.com





Online: History and Haunting of Emerald Isle

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

Thu, Oct 19 7-8 pm J. Anderson
Online \$15/person

Online: Tracking Dracula Through Ireland & Transylvania

Class takes place on Zoom; a free on-line software. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. From the stone-cold crypt beneath St. Michan’s Church in Dublin, to the ruin of Whitby Abbey in England, to the storied castles of Romania once frequented by Vlad Tepes, known by reputation as “Vlad the Impaler”, June Anderson traces the stories and the influences that led to the creation of Bram Stoker’s timeless masterpiece of horror, Dracula.

Thu, Oct 12 7-8 pm J. Anderson
Online \$15/person

Online: Native American - Appreciating Instead of Appropriating Indigenous Culture

This is an online class. You’ll be sent login information a few days before class begins. Please have a current email on file so you receive the information. Interested in appreciating Indigenous culture and avoiding cultural appropriation but feel unsure about where to start? In this class, you’ll learn how to spot cultural appropriation and understand why it’s harmful to Indigenous people and nations. Presenters will use real-life examples to demonstrate how cultural appropriation shows up in various industries, such as fashion, design, and wellness. You’ll come away from the session with strategies for avoiding appropriation, in addition 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! You’ll also participate in breakout sessions and a live Q&A with the presenters.

Mon, Nov 6 6:30-7:30 pm L. Kramer
Online \$19/person

Online: Christmas in Krakow

This is an online class. You will receive email instructions for logging in a few days before the class start date. Please have a current email address on file with us. During our hour-long armchair journey to the Old World, you will partake of the wonders of the Medieval Market Square alive with Christmas and Santa Claus and visit the open-air cloth market filled with wondrous gifts. You’ll view a 1,100-year-old church that has sunk up to the 2nd floor, and the Church of the Virgin Mary that was the scene of a deadly competition between two brothers as they vied to build the tallest tower. And no visit to Krakow would be complete without a visit to Wawel Castle where you will encounter the fire-breathing statue of Smok, the Polish dragon, that lived in a cave underneath the castle. As part of your Christmas adventure, you will join a gala VIP event, attend a New Year’s Eve concert, and sample the cuisine in one of Krakow’s historic restaurants. And throughout your virtual tour, you will be exploring some of the history and legends that make up the rich tapestry of Polish culture.

Thu, Dec 7 7-8 pm J. Anderson
Online \$15/person

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

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

Thu, Nov 9 7-8 pm J. Anderson
Online \$15/person

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

This is an online Zoom class. An email with login info will be sent prior to class. Be sure to have a current email on file. If you wish to join class on your smartphone/tablet, you’ll need to download the Zoom app and set up your free Zoom account to join using the web link invitation from us. Have you ever dreamed of traveling to Hawai’i? Enjoy sun-kissed beaches, fiery volcanoes, lu’au feasts, the beauty of a hula dancer. Spend an evening luxuriating in the aloha of the islands as you look into the history, culture, and spirituality of this part of America. Through fascinating pictures/stories, explore the heritage and traditions that make Hawai’i one of the most beautiful, healing, and life-giving places on Earth. This journey will take you to the lush islands of Maui and Kaua’i. Drive the famous Road to Hana and visit otherworldly Haleakala Volcano National Park. Tour the “Grand Canyon of the Pacific” and experience Kaua’i’s mystical Na Pali Coast, all while surrounded by the song of wintering humpback whales. You’ll also meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the temples of many of the world’s beliefs. Join us for an evening of inspiration and let the magic of Hawai’i “call you home” to Paradise!

Mon, Nov 6 6-8 pm J. Wicher
Online \$29/person

The Assassination of President John F. Kennedy: An In-Depth Analysis

2023 marks the 60th anniversary of the assassination of President Kennedy. This class examines the many discrepancies between the Western Commission that investigated the assassination for ten months and then published their findings in September 1964 along with the conclusions reached by the United States House of Representatives that investigated the assassination for 31 months and published their report in March 1979. You’ll develop a well-rounded perspective regarding the controversies of the assassination of President Kennedy. Each of the sessions will have ample time for participant comments and questions.

Tue, Oct 3 & Wed, Oct 4 7-9 pm D. Yorks
ESC \$35/person

Introduction to Islam and Muslims

Want to learn more about Islam and Muslims? Seek a better understanding of what Islam teaches and what Muslims practice. This class introduces you to some of the basic terminology, demographics and differences between religion and culture. Learn about beliefs and practices of Muslims as well as religious celebrations. You’ll also have the opportunity to get your questions answered firsthand in a comfortable environment.

Wed, Oct 18 6:30-8 pm Islamic Resource Group
ESC \$15/person



Phone 763-391-7242



Online osseo.ce.eleyo.com



Online: Adult Conversational Spanish - Beginner Part 1 (Live)

This is an online class and will be held through Futura's Zoom account. An email with login information will be sent prior to class. Please have a current email on file. Always dreamed of learning Spanish or refreshing your high school Spanish? The primary focus of the class will be on building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics include common greetings and introductions, pronunciation, numbers, food, clothing, likes/dislikes. Grammar topics will include subject pronouns, the verb estar conjugation, gender of nouns, and plurality. Learn how to carry on small conversations in Spanish and each class includes interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. Working computer knowledge is essential.

Mon, Oct 23-Nov 27 6-7 pm Futura
Online \$139/person

Online: Adult Conversational Spanish - Beginner Part 1 (Live)

This is an online class and will be held through Futura's Zoom account. An email with login information will be sent prior to class. Please have a current email on file. Always dreamed of learning Spanish or refreshing your high school Spanish? The primary focus is on building conversational tools through fun, interactive exercises. Vocabulary topics include: greetings and introductions, pronunciation, numbers, food, clothing, likes/dislikes. Grammar topics will include subject pronouns, the verb estar conjugation, gender of nouns, and plurality. Learn how to carry on small conversations in Spanish. Each class includes cultural anecdotes including Spanish word origin, dialect differences and names. Working computer knowledge is essential.

Tue, Oct 24-Nov 28 6-7 pm Futura
Online \$139/person

Online: Adult Conversational Spanish - Beginner Part 2 (Live)

This is an online class and will be held through Futura's Zoom account. An email with login information will be sent prior to class. Please have a current email on file. Learning a language is a lifelong journey and now you are on your way! Keep up the momentum in Beginner Spanish Part Two. Continue practical conversational components and builder phrases in Spanish enabling you to carry on small conversations related to giving/asking for directions and restaurant conversation. The vocabulary and grammar components include: weather, seasons, dates with months, days of the week, family vocabulary and the verbs ser and tener conjugations. Culture discussions will include the importance of food, family/friendship in Spanish-speaking countries. New students and previous Beginner 1 Spanish participants welcome. Working computer knowledge is essential.

Tue, Oct 24-Nov 28 6-7 pm Futura
Online \$139/person



Online: Adult Spanish in the Kitchen (Live)

This is an online class and will be held through Futura's Zoom account. An email with login information will be sent prior to class. Please have a current email on file. Learn useful Spanish vocabulary and many conversation components around a food and cooking theme that can be applied to real life settings. Topics will include typical Hispanic dishes, restaurant vocabulary, understanding a market experience, setting the table, using a recipe, food vocabulary, and conversation elements. Open to new/previous Spanish participants. Basic Spanish experience preferred. Working computer knowledge is essential.

Thu, Oct 26-Dec 7 6-7 pm Futura
Online \$139/person (Skip 11/23)

Online: Adult Conversational Spanish - Intermediate Part 1 (Live)

This is an online class and is held through Futura's Zoom account. An email with login information will be sent prior to class. Please have a current email on file. Hablas un poquito Espanol? Intermediate level is designed for the adult learner who has taken some Spanish in the past but wishes to improve conversational skills. Grammar and vocabulary concepts will include present tense AR verb conjugation, infinitive verbs, future tense with the verb IR, adverbs of frequency, useful prepositions, and more. You'll practice conversation skills including learning how to make plans and discussing preferences in Spanish. Culture discussions cover holiday traditions / celebrations in Spanish speaking countries. New student and previous Beginner Spanish 1 & 2 participants welcome. Working computer knowledge is essential.

Wed, Oct 25-Dec 6 6-7 pm Futura
Online \$139/person (Skip 11/22)

Online: Adult Conversational Spanish Advanced Part 1 (Live)

This is an online class and is held through Futura's Zoom account. An email with login information will be sent prior to class. Please have a current email on file with us. Quieres mejorar to Español? Class is for those who have had previous Spanish classes and are looking for the next level. Advanced Spanish focuses on past tense (preterite and imperfect tenses) and complex grammatical aspects including verb tenses and conjugations. Learn to express past things you've done in Spanish and broaden your skills. Applicable to new/previous intermediate Spanish students. Working computer knowledge is essential.

Thu, Oct 26-Dec 7 6-7 pm Futura
Online \$139/person (Skip 11/23)

Online: Chinese 1 - Mandarin

This is an online class. You'll be sent login information a few days before class. Please have a current email on file so you can receive the information. Explore Chinese culture and learn the basics of the language such as greetings, days of the week, phrases, pronunciation and intonation. Taught as a hybrid with in-person and online students.

Mon, Oct 2-Nov 20 6-7:30 pm X. Chen
Online \$75/person



Adult CPR & AED

In this American Heart Association AAOS/ECSI/ASHI Adult CPR course, you will learn how to recognize the signs and symptoms of a heart attack, cardiac arrest, stroke, and choking adults with use of barrier devices. You will also learn how to facilitate efficient training and testing in the use of automated external defibrillators (AED). Course completion card is good for two years.

Wed, Sep 27 5:30-8 pm Save a Life
ESC \$99/person

Pediatric CPR and First Aid (2 classes)

The Pediatric First Aid and CPR course is a credentialed course specifically designed to train those responsible for children's health to meet specific requirements. Course modules cover first-aid basics; medical, injury, and environmental emergencies; verbal and pediatric CPR; choking; and additional topics. Course completion card for First Aid and CPR will be good for two years.

Wed, Oct 4 & Thu, Oct 5 5:30-7:30 pm Save a Life
ESC \$125/person

CPR and AED for Adult, Child & Infant

Learn how to save a life with CPR/AED training, Heart Saver Adult, Child, & Infant CPR Course teaches you the recognition of signs/symptoms of a heart attack, cardiac arrest, stroke, and choking in adults, children, infants. Use of barrier devices and verbal AED. This class is for new or renewing students. Your course completion card is valid for two years; ASHI and AHA.

Wed, Nov 15 5:30-8:30 pm Save a Life
ESC \$115/person

American Heart Association: BLS Refresher

The AHA's new BLS course refresher has been updated to include science and education from 2020 Guidelines Update for CPR/ECC. It teaches both single-rescuer and team basic life support skills for application in both pre-hospital and in-facility environments, with a focus on high-quality CPR and team dynamics. Participate in simulated clinical scenarios and learning stations. You'll also work with an AHA BLS instructor to complete BLS skills practice and skills testing. This also includes a written exam. Class will cover the following: the importance of high-quality CPR and its impact on survival, the steps of the Chain of Survival and apply the BLS concepts of the Chain of Survival, recognize the signs of someone needing CPR, perform high-quality CPR for adults, children, and infants, the importance of early use of an AED and demonstrate its use, provide effective ventilations by using a barrier device, the importance of teams in multi-rescuer resuscitation and perform as an effective team member during multi-rescuer CPR, the technique for relief of foreign-body airway obstruction (choking) for adults and infants.

Wed, Sep 6 6-9 pm Save a Life
ESC \$95/person



Phone 763-391-7242



Online osseo.ce.eleyo.com



Hypnosis: Weight Loss and/or Eliminating Tobacco Use

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

Thu, Sep 28 5:45-8:45 pm M. Fisher
 ESC \$55/person for weightloss or tobacco
 \$99/person for weightloss & tobacco

Online: Intro to Medical Terminology

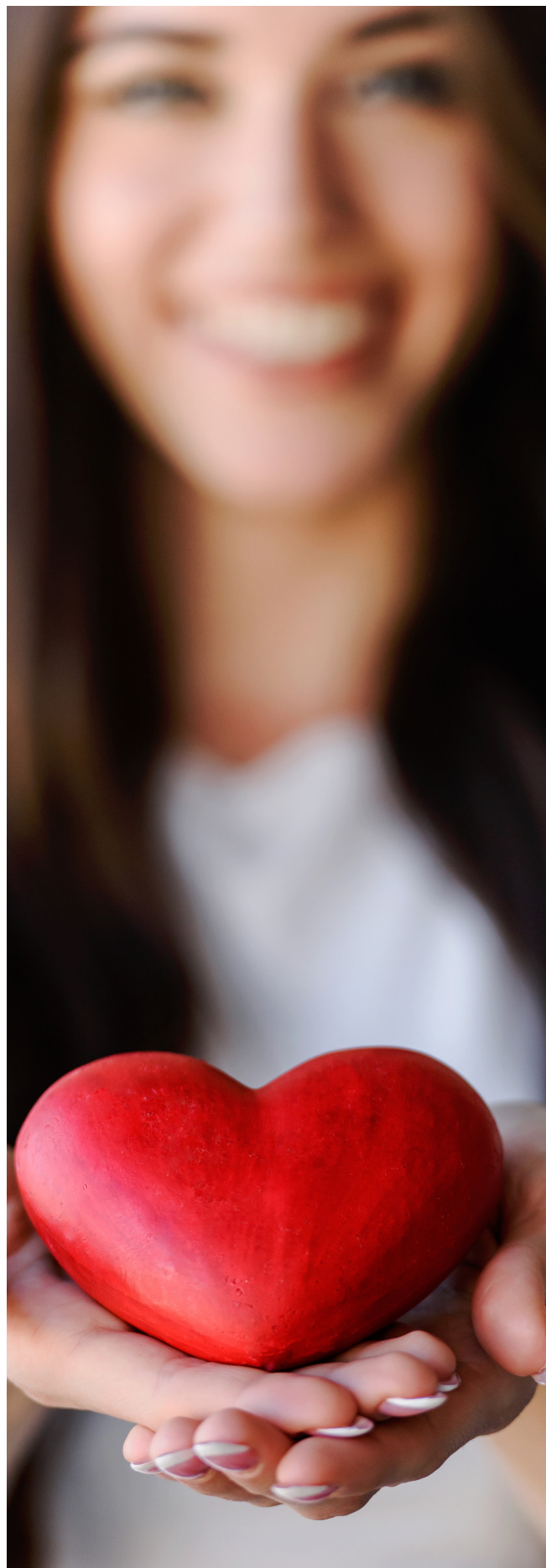
This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Medical terminology is the first step to any career in the medical field or simply to understand your family's medical visits. No prior experience is necessary.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

Mon, Oct 2 6-9 pm L. Krusemark
 Online \$45/person

American Heart Association: BLS Course

The AHA's new BLS course has been updated to include science and education from the 2020 Guidelines Update for CPR and ECC. It teaches both single-rescuer and team basic life support skills for application in both prehospital and in-facility environments, with a focus on high-quality CPR and team dynamics. In the instructor-led course, you'll participate in simulated clinical scenarios and learning stations. You will also work with an AHA BLS instructor to complete BLS skills practice and skills testing. You will also complete a written exam. Areas covered include: the importance of high-quality CPR and its impact on survival, all steps of the Chain of Survival and apply the BLS concepts of the Chain of Survival, recognize the signs of someone needing CPR, perform high-quality CPR for adults, children, and infants, the importance of early use of an AED and demonstrate its use, provide effective ventilations by using barrier device, the importance of teams in multi-rescuer resuscitation and perform as an effective team member during multi-rescuer CPR, the technique for relief of foreign-body airway obstruction (choking) for adults and infants.

Wed, Sep 6 5:30-9:30 pm Save a Life
 ESC \$115/person



Thriller Line Dance

Get into the spirit of Fall and Halloween with this fun line dance version of the “Thriller” dance that still inspires us all. No partner needed but why not gather some friends and family for a thrilling night of fun!

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

Two Left Feet Dance Workshop

Looking for a few new moves to use on the dance floor but are convinced you have 2-left feet? Taught by a national dance champion and only one night, learn tips on how to dance comfortably together plus fun moves that you can use at any event or to just have fun! Couples only please.

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

Country Line Dance

Are you ready to kick up your heels and expand your line dancing skills? Join us for an exciting evening of country line dancing where you’ll learn the Honky Tonk Stomp & Slappin’ Leather. No partner needed.

Fri, Nov 10 6-7 pm M. Mohn
OSH \$15/person

Romantic Dance

Start out the weekend with a little romance. Spice up your usual “swing and sway” and really spice it up with simple, yet easy romantic moves. You’ll spin, turn and twirl together before you know it and you’ll feel comfortable in any setting. By the end of the session, you won’t want to let go. Couples only please.

Fri, Nov 10 7-9 pm M. Mohn
OSH \$39/couple

Swing Dance Level 2 (4 sessions)

Continue to build your understanding and increase your confidence on the dance floor, with additional fun steps & turns and partnership connection to the Single Time Swing. Knowledge of basic swing patterns are helpful but not required. If possible, wear shoes without rubber soles. Partners are encouraged, but not necessary.

Wed, Oct 18-Nov 15 6:30-7:30 pm C. Brecht-Wiles
OSH \$59/person (Skip 10/25)

“When you dance your purpose is not to get to a certain place on the floor. It’s to enjoy each step along the way.”

-Wayne Dyer



Phone 763-391-7242



Online osseo.ce.eleyo.com



Downsizing? Start Here First!

Are you thinking about moving or downsizing but don't know where to start? If you're thinking of downsizing in the next five years or less, enroll now! Learn simple steps to guide you through the process along with a few practical tips and tricks of what to do and how to avoid common and expensive mistakes. Leave empowered to begin your downsizing process.

Thu, Oct 26 7-8:30 pm S. Hoem
MGSH \$19/person

Ready to Buy a Home?

Rent is going up! Homeownership isn't beyond reach for you. If you're thinking of owning your first home or just want to know whether buying a home is a good decision, this class is for you. Discuss advantages and costs of homeownership and learn inside tricks to succeed in a challenging home buying market. Leave confident of the next steps to take on your personal journey.

Wed, Oct 25 7-8:30 pm S. Hoem
MGSH \$19/person

Online: Selling Your Home in a Shifting Market

This is an online class taught via Zoom. Login information will be sent to you prior to the class. Make sure you have an email on file. Let us give you straightforward advice on the changing housing market without a sales pitch. Learn proven strategies and case studies that will get your home ready without overspending on updates and/or repairs. Walk away with notes to get you started.

Wed, Sep 6 6-7:30 pm S. & B. Schellsmidt
Online \$19/person
Sat, Sep 16 10-11:30 am S. & B. Schellsmidt
Online \$19/person
Wed, Oct 11 6-7:30 pm S. & B. Schellsmidt
Online \$19/person
Mon, Oct 16 10-11:30 am S. & B. Schellsmidt
Online \$19/person

"The Magnificent Seven": Things You Need to Know Before Buying a Home Today!

Not all home buying seminars are the same. In a market where rates are constantly in flux, inventory is scarce, and prices are out of line, discover the seven things you need to know regarding opportunities that exist for "free" money to help you buy, making sure you outshine competing offers, using strategies sellers can't ignore.

Mon, Sep 18 6:30-8:30 pm M. Vanderheyden
ESC \$19/person

Power Tools for Women I

LOCATION: Fran's Shop - 7155 160th Lane NW, Ramsey, MN 55303 - (763) 323-8550. A 1500 sq. ft. building with plenty of parking that is fully heated. This space offers room to work, a wide variety of tools and is optimal for learning and building. Explore the world of power tools and woodworking. Learn to use drills, sanders, routers and saws. Week 1: learn the proper way to use tools safely. You'll use all tools. Week 2: complete a small bench for home. Supply fee of \$30 payable to Fran at class. Long hair must be tied back. No loose clothing for safety. Bring safety goggles, tape measure, pencil.

Tue, Sep 26 & Oct 3 6:30-9 pm F. Kaas
Fran's Shop \$59/person

Selling Your Home is EASY...If You Want to WASTE Money

Selling your home for the most money requires effective planning and marketing strategies built for today's technology and buyer's desires. Anyone can sell their home quickly. But it can cost you thousands. Make sure your real estate portfolio (even if you have one home) gets the same analysis your financial portfolio does.

Tue, Sep 19 6:30-8:30 pm M. Vanderheyden
ESC \$19/person

Preparing to Downsize

Empty nester? Moving to a retirement community or assisted living? Preparing to downsize is ideal because the process can be overwhelming. Focus on getting your home and steps to take to begin the process of living with less. Lessen the burden of your transition and learn to let go of the things you cannot take along, how to donate or sell your items, places to recycle or dispose items, what it takes to prep to sell and the ideal timeline to seamlessly move to your new home.

Wed, Nov 8 6-7:30 pm K. Vanderlan
ESC \$29/person

Zestfully Declutter

Overwhelmed by the clutter? Don't know how to start decluttering? Learn how to zestfully declutter from a professional home organizer. Discover the benefits of decluttering on your emotional health, pocketbook, and lifestyle! Learn how to let go, where to take your "stuff", how to sell your possessions and, most importantly, how you can live zestfully with less. All you need for class is something to take notes and a willingness to start letting go of the things that are weighing you down.

Wed, Sep 27 6-7:30 pm K. Vanderlan
ESC \$29/person

Get Your Home Ready to Sell

Whether you are planning to sell your home soon or thinking about it, now is the time to best prepare. Gain expert advice on getting top dollar for your home. Learn the importance of staging, what projects have a big return on investment, timing to get things done and the value of decluttering. Manage your stress while getting ready to sell and the best resources to get your projects completed.

Mon, Oct 16 6-8 pm K. Vanderlan
ESC \$35/person

Power Tools for Women II

LOCATION: Fran's Shop - 7155 160th Lane NW, Ramsey, MN 55303 - (763) 323-8550. A 1500 sq. ft. building with plenty of parking that is fully heated. This space offers room to work, a variety of tools and is optimal for building. Make an end table with a shelf underneath. Must have taken Power Tools I or have permission of Fran. You must transport project home the first night and back the second. Long hair must be tied back. No loose clothing for safety. Bring safety goggles, tape measure, pencil. Supply fee of \$48-\$60 (depending on lumber costs) payable to Fran at class.

Tue, Oct 17 & Wed, Oct 24 6:30-9 pm F. Kaas
Fran's Shop \$59/person

Participant Name _____

Student Birthdate: _____/_____/_____ 23/24 grade _____ (students only)

Email Address: (for registration confirmation) _____

Address: _____
street city state zip

Phones: (_____) _____ (_____) _____
work cell/home

METHOD OF PAYMENT

☐ Cash ☐ Check # _____ Payable to ISD 279 (ACH - auto payment taken out immediately)

☐ Visa ☐ Discover ☐ MasterCard ☐ Am Ex Name on card: _____

Card Number: _____ - _____ - _____ - _____

Exp Date: _____/_____/_____

Signature: _____

CLASS INFORMATION

Class/Event Title: _____

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

Class/Event Title: _____

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

Class/Event Title: _____

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

Class/Event Title: _____

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

TOTAL DUE \$ _____

ADULT CLASS POLICIES

Class Confirmation - Enroll Early

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

Cancellation & Refund Policy

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

Building Entrances

Please use the entrance information from your class confirmation or listed at the right.

Weather

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

District Map

To map a site location, go online to: osseo.ce.eleyo.com. Click on your class registration to view the site map.

Room Numbers

Follow the posted signs to your classroom or ask the building supervisor located near the entrance.

ESC - Educational Service Center

11200 93rd Ave N

Maple Grove, MN 55369

Enter main door - Door 1

PCSH - Park Center Senior High

7300 Brooklyn Blvd

Brooklyn Park, MN 55443

Enter off Noble Ave - Door L

OMS - Osseo Middle School

10223 93rd Ave N

Osseo, MN 55369

Enter East side - Door 17

OSH - Osseo Senior High

317 Second Ave NW

Osseo, MN 55369

Enter main door - Door 1

MGMS - Maple Grove Middle School

7000 Hemlock Ln

Maple Grove, MN 55369

Enter East side - Door 2

MGSH - Maple Grove Senior High

9800 Fernbrook Ln

Maple Grove, MN 55369

Enter main door - Door A

YOUTH CLASS POLICIES

Check-In & Snack

Students must report directly to the cafeteria for attendance and snack (included in fee) before class begins. If you're coming from another location, enter through main office and tell them you're there for class.

Class Confirmation - Enroll Early

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

School Notification - IMPORTANT!

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

Behavior

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

Weather

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

Late Fees

Late fee is \$10 for the first 10 min. and \$1 per min. thereafter. We'll contact you to collect your payment in full. Please make a plan for bad weather and send someone in your place if needed.

Cancellation & Refund Policy

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

Pick-up

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

Absence

If your student is absent from school, please notify us at (763) 391-7242 or TorenJ@District279.org.

Attendance

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

Outstanding Balances

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

Holiday Gift Making

New projects. Get a jumpstart on holiday gift making in this after school class. Create the perfect gifts for your relatives or friends. Bring home three hand-made and gift-wrapped gifts just in time for the holidays.

Tue, Nov 21-Dec 12 3:30-4:30 pm \$85/person
Gr K-5 Abrakadoodle

Home Alone Safety

Learn the responsibilities of being safe alone-at-home. Topics include basic first aid, fire safety, kitchen safety, internet safety, small and large emergencies, stranger danger, sibling arguments, & more. Handouts included.

Tue, Oct 10 3:30-5:15 pm \$35/person
8-12 yrs. A. Timm

FSA Sports Sampler

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

Tue, Oct 17-Nov 14 3:30-4:45 pm \$89/person
Gr K-5 FSA Skip 11/7

Jr STEM Club: Session 1

All new lessons each session! Focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Mechanical Engineering, Aerospace Engineering, Industrial Engineering, Acoustic Engineering.

Thu, Sep 21-Oct 12 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

Jr STEM Club: Session 2

All new lessons each session! Focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Optical Engineering, Mechanical Engineering, Electrical Engineering, Industrial Engineering.

Thu, Oct 26-Nov 16 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

Jr STEM Club: Session 3

All new lessons each session! Engineering for Kids Jr STEM Club introduces you to a new lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our lesson library, you'll never repeat an activity! Includes lessons in: Acoustic, Mechanical, Aerospace and Chemical Engineering.

Thu, Nov 30-Dec 14 3:30-4:30 pm \$75/person
Gr K-3 Fun Engineerz

Fun Fall Art

Let's design and create autumn themed art projects in this special 3-week workshop. Use acrylic paint on canvas to paint a pumpkin with polka dots, draw furry friends of the forest and a tree full of fall colors, and use air-dry color to create a relief sculpture.

Wed, Sep 20-Oct 4 3:30-4:30 pm \$55/person
Gr K-5 KidzArt

Skyhawks Basketball

This skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Thu, Nov 30-Dec 14 3:30-5 pm \$79/person
Gr 1-5 Skyhawks

Discover the Magic of Spanish

16 Weeks (Full Year)

The road to Spanish language learning success begins with this all new 16-week Spanish adventure! In the Fall, Vamos por el pueblo (Let's go to the town) class amigos, Dani and Beto, share the culture and daily life of a small town in Mexico. After break, the journey continues with Vamos a la ciudad (Let's go to the city!) to the bustling city of Madrid, Spain. Learn practical conversation skills as well as vocabulary related to the home, community, health, sports, and pastimes. Explore enriching cultures and the passion of the Spanish language.

Wed, Oct 4-Apr 10 3:30-4:30 pm \$269/person
Gr K-5 Futura

Skip 10/11, 11/22, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31, 2/7 & 3/27

After School Soccer

Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch. Challenges will be incorporated to keep you engaged and active during the fall months. Coach Ferguson will lead this program. More info: fergie@kickersfc.org or 763-439-3880.

Tue, Sep 19-Oct 3 3:30-4:30 pm \$35/person
Gr K-5 G. Ferguson

Adult/Child DIY Build-A-Birdfeeder

Elpis Enterprises is proud to offer an Adult/Child DIY Build-A-Bird Feeder workshop. Learn how to use jigs to set up your bird feeder kit parts and then you will fully assemble your bird feeder created from reclaimed fence wood. You'll get a small bag of birdseed to fill up your feeder. Taught by Karl Erickson, an ISD 279 Alumni, 2x Iraq war vet and former teacher in St. Paul.

Mon, Nov 6 6-7 pm \$15/person
Ages 5+ K. Erickson

Draw It!

A new school year with all new art lessons from Young Rembrandts. Get artistic at this drawing class and build your drawing skills and develop new techniques.

Fri, Sep 29-Oct 27 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts Skip 10/20



Online osseo.ce.eleyo.com



Phone 763-391-7242

Ornament Making

Join us for an ornament making party. Experience four stations making four different ornaments. Get in the spirit, get festive and ready for an interactive class.

Fri, Dec 8 3:30-4:30 pm \$45/person
Gr K-5 Kidcreate Studio

The Artist Lab

Experiment with artist grade materials as KidzArt walks you through six weeks of creative fun. Learn to draw an Axolotl and paint it with watercolors, create a scratch-art line design of a Griffin, create a patterned landscape on metal. You'll be blown away with what you create!

Wed, Oct 18-Nov 22 3:30-4:30 pm \$95/person
Gr K-5 KidzArt

Family Paint Night: Frosty the Snowman & Cupcakes

Grab the whole family and join KidzArt for a fun family painting event. Everyone will create their own painting of a snowman on an 11" x 14" stretched canvas. Enjoy a cupcake while your painting dries. Fee is per person as everyone paints!

Wed, Dec 6 6-7:15 pm \$29/person
Ages 6+ KidzArt

Winter Magic Art

Join us for this enchanting and creative winter workshop inspired by all things magical in winter! Bring your ice powers and paint snowflakes with watercolor and crayon resist, sculpt a snowman out of Sculpey clay, and learn to draw kids having a ball sledding down a snow-covered hill.

Wed, Nov 29-Dec 13 3:30-4:30 pm \$55/person
Gr K-5 KidzArt

Family Paint Night: Boo! & Cookies

Grab your family and join us for a spooktacular fun painting event. Create your own fall themed painting on an 11 x 14" stretched canvas. Enjoy a cookie while your painting dries. Fee is per person; everyone paints.

Tue, Oct 3 6-7:15 pm \$29/person
Ages 6+ KidzArt

Robotics 2.1

Build a spy-bot, satellite or design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to...be alarming. {YEL!}'s Teach It! Practice It! Play It!® method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit YELKids.com for more info. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site/program.

Mon, Nov 6-27 3:30-4:30 pm \$89/person
Gr 1-5 {YEL!}
Skip 10/10 & 10/17

Chess Club

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

Tue, Oct 17-Dec 12 3:30-4:30 pm \$135/person
Gr K-5 {YEL!} Skip 11/7

Flag Football

Dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL's Teach It, Practice It, Play It® approach teaches you new skills each class, practices those skills in kid-friendly games, and then encourages you to use those skills in non-contact flag football games. Safety and sportsmanship are emphasized! Focus on basic skills development in passing, catching, defending, and teamwork. Sign up before the two-minute warning!

Wed, Sep 20-Oct 18 3:30-4:30 pm \$59/person
Gr 2-5 {YEL!} Skip 10/11

TGA Tennis

TGA (Teach. Grow. Achieve) provides you with group tennis instruction making it convenient and affordable to learn tennis in a fun and safe environment. We help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Top-notch equipment and materials are provided. All skill levels have the chance to come out and play.

Thu, Sep 21-Nov 2 3:30-4:30 pm \$115/person
Gr K-5 TGA Skip 10/19

Wed, Nov 1-Dec 13 3:30-4:30 pm \$115/person
Gr K-5 TGA

TGA Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Mon, Sep 18-Oct 30 3:30-4:30 pm \$115/person
Gr K-5 TGA

Skip 10/9 & 10/16

Mon, Nov 6-Dec 11 3:30-4:30 pm \$135/person
Gr K-5 TGA

Anime and Manga

Draw and color all things Anime. Learn to draw your own anime-style characters ranging from easy to challenging. A great way to perfect your skills and learn new manga tricks. You'll complete multiple pieces of artwork!

Mon, Nov 6-27 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts

Ultimate Art Sampler

If you love art, painting, and sculpting clay, this is the class for you! Explore your artistic side as you have fun using different materials like watercolors, pastels, clay, canvas, and more! Learn art tricks that make art magic.

Tue, Sep 26-Oct 24	4:10-5:10 pm	\$85/person
Gr K-5	Abakadoodle	Skip 10/10

Holiday Gift Making

New projects. Get a jumpstart on holiday gift making in this after school class. Create the perfect gifts for your relatives or friends. Bring home three hand-made and gift-wrapped gifts just in time for the holidays.

Wed, Nov 15-Dec 13	4:10-5:10 pm	\$85/person
Gr K-5	Abakadoodle	Skip 11/22

Home Alone Safety

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

Mon, Sep 25	4:10-5:55 pm	\$35/person
8-12 yrs.	A. Timm	

Jr STEM Club: Session 1

All new lessons each session! Focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Mechanical Engineering, Aerospace Engineering, Industrial Engineering, Acoustic Engineering.

Thu, Sep 21-Oct 26	4:10-5:10 pm	\$99/person
Gr K-3	Fun Engineerz	

Skip 10/12 & 10/19

Jr STEM Club: Session 2

All new lessons each session! Focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Optical Engineering, Mechanical Engineering, Electrical Engineering, Industrial Engineering.

Thu, Nov 2-30	4:10-5:10 pm	\$99/person
Gr K-3	Fun Engineerz	Skip 11/23

Skyhawks Basketball

This skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Thu, Oct 26-Nov 16	4:10-5:40 pm	\$105/person
Gr 1-5	Skyhawks	

Ornament Making

Join us for an ornament making party. Experience four stations making four different ornaments. Get in the spirit, get festive and ready for an interactive class.

Mon, Dec 4	4:10-5:10 pm	\$45/person
Gr K-5	Kidcreate Studio	

Willy Wonka Kid

The delicious adventures experienced by Charlie Bucket on his visit to Willy Wonka's mysterious chocolate factory light up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film starring Gene Wilder, in addition to a host of fun new songs, Roald Dahl's Willy Wonka KIDS is a scrumdilyumptious musical guaranteed to delight everyone's sweet tooth. Roald Dahl's Willy Wonka KIDS follows enigmatic candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. Roald Dahl's Willy Wonka KIDS has a flexible cast size with many featured and ensemble roles, including the singing & dancing Oompa-Loompas. A great opportunity for any student who wants to work together to make something special! All students who are registered receive a part in the musical! Auditions will be held the first few days of rehearsals. There will be two performances for friends and family. Costumes included in the fee. Students will need to provide the base layer. Performances: Fri, Nov 10 at 7 pm; Sat, Nov 11 at 2 pm. Tech rehearsal: Thu, Nov 11 (time TBD) Mon/Wed, Sep 25-Nov 8 4:10-5:40 pm \$195/person Gr. 1-5 Stages Theater Skip 10/4 & 10/11 Located at Oak View

Chess Club

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

Mon, Oct 23-Dec 11	4:10-5:10 pm	\$135/person
Gr K-5	{YEL!}	

**Discover the Magic of Spanish
16 Weeks (Full Year)**

In the Fall, Vamos por el pueblo (Let's go to the town) class amigos, Dani and Beto, share the culture and daily life of a small town in Mexico. After break, the journey continues with Vamos a la ciudad (Let's go to the city!) to the bustling city of Madrid, Spain. Learn practical conversation skills as well as vocabulary related to the home, community, health, sports, and pastimes. Explore the passion of the Spanish language.

Wed, Oct 11-Apr 3	8:20-9:20 am	\$269/person
Gr K-5	Futura	

Skip 11/22, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31 & 3/27

After School Soccer

Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges keep you engaged and active during the fall months. Coach Gordon Ferguson will lead this program. For more information, contact Gordon Ferguson at fergie@kickersfc.org or call 763-439-3880.

Tue, Dec 12 & 19	4:10-5:10 pm	\$25/person
Gr K-5	G. Ferguson	

Home Alone Safety - EDINBROOK

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

Mon, Oct 9 3:30-5:15 pm \$35/person
8-12 yrs. A. Timm

FSA Sports Sampler - EDINBROOK

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

Mon, Oct 9-30 3:30-4:45 pm \$89/person
Gr K-5 FSA

Chess Club - EDINBROOK

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

Fri, Oct 27-Dec 15 3:30-4:30 pm \$99/person
Gr K-5 {YEL!}
Skip 11/24 & 12/1

After School Soccer - EDINBROOK

Come join a very player-centered and fun after-school soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active during the fall months. Coach Gordon Ferguson will lead this program. For more information, contact Gordon Ferguson at fergie@kickersfc.org or call 763-439-3880.

Thu, Sep 21, 28 & Wed, Oct 25 3:30-4:30 pm
\$35/person Gr K-5 G. Ferguson

Skyhawks Basketball - EDINBROOK

This exciting and skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Tue, Oct 24 & Nov 14 3:30-5 pm \$55/person
Gr 1-5 Skyhawks

Ornament Making - EDINBROOK

Join us for an ornament making party. Experience four stations making four different ornaments. Get in the spirit, get festive and ready for an interactive class.

Wed, Dec 6 3:30-4:30 pm \$45/person
Gr K-5 Kidcreate Studio

Selections from Seussical Kids - EDINBROOK

The BEAT (Bunce Educational Adventure Theater) will be offering a theater experience, Selections from Seussical Kids. Students learn 3-4 songs from the musical Seussical Kids and will learn and play theater games while learning theater skills. A brief performance will be offered for families on the final day of rehearsals at Edinbrook. The BEAT (Bunce Educational Adventure Theater) will provide trained staff to lead students through this musical theater experience that will promote problem-solving skills, cooperation, leadership and self-confidence. All students will get a Bunce Performing Arts t-shirt to wear (and keep) during the performance. Free show on Thu, Oct 12 at 5 pm at Edinbrook Elementary.

Tue-Thu, Sep 26-Oct 12 3:30-5 pm \$15/person
Gr. 2-5 Bunce Backyard

Musical Theater Movement - CREST VIEW

The BEAT (Bunce Educational Adventure Theater) will be offering a NEW theater experience, Musical Theater Movement. Students will learn 3-4 songs from popular musicals, play theater games and learn theater skills. The BEAT (Bunce Educational Adventure Theater) will provide trained theater staff to lead students through your musical theater experience to promote problem-solving skills, working cooperatively, leadership and self-confidence. All students will get a Bunce Performing Arts t-shirt to wear (and keep) during the performance. A brief performance will be offered for parents on the final day (Nov 30 at 5 pm) of rehearsals at Crest View.

Nov 20-22 & 28-30 3:30-5 pm \$9/person
Gr. 1-5 Bunce Backyard



Online osseo.ce.eleyo.com



Phone 763-391-7242

TGA Tennis

TGA (Teach. Grow. Achieve) provides you group tennis instruction making it convenient and affordable to learn tennis in a fun and safe environment. Instructors help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Thu, Nov 9-Dec 14 3:30-4:30 pm \$115/person
Gr K-5 TGA Skip 11/23

Ultimate Art Sampler

If you love art, painting, and sculpting clay, this is the class for you! Explore your artistic side as you have fun using different materials like watercolors, pastels, clay, canvas, and more! Learn art tricks that make art magic.

Wed, Sep 27-Oct 18 3:30-4:30 pm \$85/person
Gr K-5 Abrakadoodle

Home Alone Safety

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

Wed, Oct 4 3:30-5:15 pm \$35/person
8-12 yrs. A. Timm

Discover the Magic of Spanish 16 Weeks (Full Year)

The road to Spanish language learning success begins with this all new 16-week Spanish adventure! In the Fall, Vamos por el pueblo (Let's go to the town) class amigos, Dani and Beto, share the culture and daily life of a small town in Mexico. After break, the journey continues with Vamos a la ciudad (Let's go to the city!) to the bustling city of Madrid, Spain. Learn practical conversation skills as well as vocabulary related to the home, community, health, sports, and pastimes. Explore enriching cultures and the passion of the Spanish language.

Wed, Oct 11-Apr 10 3:30-4:30 pm \$269/person
Gr K-5 Futura
Skip 11/22, 12/13, 12/20, 12/27, 1/3, 1/10, 1/17, 1/24, 1/31, 3/6 & 3/27

After School Soccer

Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch. Challenges will be incorporated to keep you engaged and active during the fall months. Coach Ferguson will lead this program. More info: fergie@kickersfc.org or 763-439-3880.

Tue, Oct 24 & 31 3:30-4:30 pm \$25/person
Gr K-5 G. Ferguson

Skyhawks Flag Football

Dash to the end zone with our high-octane Flag Football course. Develop your basic passing, catching, defending, and teamwork skills. Safety and sportsmanship are emphasized. Each week we do basic skill-building exercises followed by action-packed games to cement those skills.

Mon, Sep 18-Oct 9 3:30-5 pm \$105/person
Gr 1-5 Skyhawks

Draw It!

A new school year with all new art lessons from Young Rembrandts. Get artistic at this drawing class and build your drawing skills and develop new techniques.

Tue, Sep 26-Oct 31 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts
Skip 10/10 & 10/17

Ornament Making

Join us for an ornament making party. Experience four stations making four different ornaments. Get in the spirit, get festive and ready for an interactive class.

Tue, Dec 5 3:30-4:30 pm \$45/person
Gr K-5 Kidcreate Studio

Nailed It: Hawaii Challenge

Unleash your creativity and problem-solving skills. Just like the popular series "Nailed It", you'll have everything you need to recreate some awesome final products – but it's entirely up to you how you make it happen. Get ready to take on some island challenges!

Tue, Nov 14-Dec 5 3:30-4:30 pm \$75/person
Gr K-5 Kidcreate Studio

Chess Club

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

Thu, Oct 26-Dec 14 3:30-4:30 pm \$119/person
Gr K-5 {YEL!} Skip 11/23

Skyhawks Basketball

This skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Mon, Oct 23-Nov 13 3:30-5 pm \$105/person
Gr 1-5 Skyhawks

TGA Golf

TGA (Teach. Grow. Achieve) makes it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided.

Thu, Sep 21-Nov 2 3:30-4:30 pm \$115/person
Gr K-5 TGA
Skip 10/12 & 10/19

DIY Build-A-Birdfeeder

Elpis Enterprises is proud to offer a DIY Build-A-Bird Feeder workshop. You will learn how to use jigs to set up your bird feeder kit parts and then you will fully assemble your bird feeder created from reclaimed fence wood. You will get a small bag of birdseed to fill up your feeder. Taught by Karl Erickson, an ISD 279 Alumni, 2x Iraq war vet and former teacher in St. Paul.

Wed, Nov 15 3:30-4:30 pm \$15/person
Gr 3-5 K. Erickson

Discover the Magic of Spanish

16 Weeks (Full Year)

The road to Spanish language learning success begins with this all new 16-week Spanish adventure! In the Fall, Vamos por el pueblo (Let's go to the town) class amigos, Dani and Beto, share the culture and daily life of a small town in Mexico. After break, the journey continues with Vamos a la ciudad (Let's go to the city!) to the city of Madrid, Spain. Learn practical conversation skills, vocab related to the home, community, health, sports, and pastimes. Explore the passion of the Spanish language.

Thu, Oct 5-Apr 11 3:30-4:30 pm \$269/person
Gr K-5 Futura

Skip 10/12, 10/19, 11/23, 12/21, 12/28, 1/4, 1/11,
1/18, 1/25, 2/1, 2/8 & 3/28

After School Soccer

Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch. Challenges will be incorporated to keep you engaged and active during the fall months. Coach Ferguson will lead this program. More info: fergie@kickersfc.org or 763-439-3880.

Mon, Sep 18-Oct 2 3:30-4:30 pm \$35/person
Gr K-5 G. Ferguson

Adult/Child DIY Build-A-Birdfeeder

Elpis Enterprises is proud to offer an Adult/Child DIY Build-A-Bird Feeder workshop. Learn how to use jigs to set up your bird feeder kit parts and then you will fully assemble your bird feeder created from reclaimed fence wood. You'll get a small bag of birdseed to fill up your feeder. Taught by Karl Erickson, an ISD 279 Alumni, 2x Iraq war vet and former teacher in St. Paul.

Mon, Nov 13 6-7 pm \$15/person
Gr 3-5 K. Erickson

Skyhawks Basketball

This skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player and teach sportsmanship and teamwork. Learn fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Wed, Oct 25-Nov 15 3:30-5 pm \$105/person
Gr 1-5 Skyhawks

Anime and Manga

If you have Manga Mania, sign up for this class. You'll be drawing and coloring all things Anime. Learn to draw your own anime style characters ranging from easy to challenging. A great way to perfect your skills and learn new manga tricks. Each class you will complete multiple pieces of artwork!

Fri, Nov 3-Dec 8 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts

Skip 11/24 & 12/1

Draw It!

A new school year with all new art lessons from Young Rembrandts. Get artistic at this drawing class and build your drawing skills and develop new techniques.

Mon, Oct 9-30 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts

Ornament Making

Join us for an ornament making party. Experience four stations making four different ornaments. Get in the spirit, get festive and ready for an interactive class.

Wed, Dec 13 3:30-4:30 pm \$45/person
Gr K-5 Kidcreate Studio

Nailed It: Hawaii Challenge

Crafty kids who love Hawaii...look no further! Unleash your creative side and power up on problem-solving skills. Just like the popular series "Nailed It", you will have everything you need to recreate some awesome final products – but it's entirely up to you how you make it happen. Get ready to take on some island challenges!

Thu, Sep 21-Oct 26 3:30-4:30 pm \$75/person
Gr K-5 Kidcreate Studio

Skip 10/12 & 10/19

Family Paint Night: Boo! & Cookies

Grab the family for a spooktacular fun painting event. Create your own fall themed painting on an 11" x 14" stretched canvas. Enjoy a cookie dessert while your painting dries. Fee is per person as everyone paints.

Wed, Oct 11 6-7:15 pm \$29/person
Ages 6+ KidzArt

Family Paint Night: Frosty the Snowman & Cupcakes

Grab the family for a fun painting event. Everyone will create their own painting of a snowman on an 11" x 14" stretched canvas. Enjoy a cupcake while your painting dries. Fee is per person as everyone paints!

Tue, Dec 5 6-7:15 pm \$29/person
Ages 6+ KidzArt

TGA Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Thu, Nov 2-Dec 7 3:30-4:30 pm \$115/person
Gr K-5 TGA Skip 11/23

Robotics 2.1

Build a spy-bot, satellite or design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to...be alarming. {YEL!}'s Teach It! Practice It! Play It!® method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit YELKids.com for more info. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Thu, Nov 2-Dec 14 3:30-4:30 pm \$89/person
Gr 1-5 {YEL!} Skip 11/23



Online osseo.ce.eleyo.com



Phone 763-391-7242

Home Alone Safety

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

Tue, Sep 12 3:30-5:15 pm \$35/person
8-12 yrs. A. Timm

FSA Sports Sampler

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

Tue, Nov 21-Dec 12 3:30-4:45 pm \$65/person
Gr K-5 FSA Skip 12/5

Jr STEM Club: Session 1

All new lessons each session! Focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Mechanical Engineering, Aerospace Engineering, Industrial Engineering, Acoustic Engineering.

Wed, Sep 20-Oct 11 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

Jr STEM Club: Session 2

All new lessons each session! Focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Optical Engineering, Mechanical Engineering, Electrical Engineering, Industrial Engineering.

Wed, Oct 18-Nov 8 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

Jr STEM Club: Session 3

All new lessons each session! Engineering for Kids Jr STEM Club introduces you to a new lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our lesson library, you'll never repeat an activity! Includes lessons in: Acoustic, Mechanical, Aerospace and Chemical Engineering.

Wed, Nov 15-Dec 6 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

Chess Club

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

Fri, Oct 27-Dec 15 3:30-4:30 pm \$99/person
Gr K-5 {YEL!}
Skip 11/24 & 12/1

Flag Football

Dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL's Teach It, Practice It, Play It® approach teaches you new skills, practices those skills in fun, friendly games, and then encourages you to use them in non-contact flag football games. Safety and sportsmanship are emphasized! We focus on basic skills development in passing, catching, defending, and teamwork.

Tue, Sep 19-Oct 24 3:30-4:30 pm \$59/person
Gr 2-5 {YEL!}
Skip 10/10 & 10/17





Ultimate Art Sampler

Explore your artistic side as you have fun using different materials like watercolors, pastels, clay, canvas, and more! Learn art tricks that make art magic.

Thu, Sep 28-Nov 2 4:10-5:10 pm \$85/person Gr K-5 Abrakadoodle
Skip 10/12 & 10/19

Jr STEM Club: Session 1

Focus on developing 21st Century skills such as problem-solving, critical thinking and peer collaboration. With our library, you'll never repeat a STEM activity! Sessions include: Mechanical, Aerospace, Industrial, and Acoustic Engineering.

Mon, Sep 18-Oct 9 4:10-5:10 pm \$99/person
Gr K-3 Fun Engineerz

Jr STEM Club: Session 2

Focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library, you will never repeat a STEM activity! Sessions include: Optical, Mechanical, Electrical and Industrial Engineering.

Mon, Oct 16-Nov 6 4:10-5:10 pm \$99/person
Gr K-3 Fun Engineerz

Jr STEM Club: Session 3

Learn about various engineering disciplines. Focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library, you will never repeat a STEM activity! Includes: Acoustic, Mechanical, Aerospace and Chemical Engineering.

Mon, Nov 13-Dec 4 4:10-5:10 pm \$99/person
Gr K-3 Fun Engineerz

After School Soccer

Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you active during the fall months. Coach Gordon Ferguson will lead this program. For more information, contact coach Ferguson at fergie@kickersfc.org or call 763-439-3880.

Tue, Nov 14-28 4:10-5:10 pm \$35/person
Gr K-5 G. Ferguson

Home Alone Safety

Learn the responsibilities of being safe alone-at-home. Topics include basic first aid, fire safety, kitchen safety, internet safety, small and large emergencies, stranger danger, sibling arguments, and more. You'll take home a handout.

Tue, Sep 26 4:10-5:55 pm \$35/person
8-12 yrs. A. Timm

Anime and Manga

Draw and color all things Anime. Learn to draw your own anime-style characters ranging from easy to challenging. A great way to perfect your skills and learn new manga tricks.

Wed, Nov 8-29 4:10-5:10 pm \$69/person
Gr K-5 Young Rembrandts

DIY Build-A-Birdfeeder

Elpis Enterprises is proud to offer a DIY Build-A-Bird Feeder workshop. You will learn how to use jigs to set up your bird feeder kit parts and then you will fully assemble your bird feeder created from reclaimed fence wood. You will get a small bag of birdseed to fill up your feeder.

Thu, Nov 16 4:10-5:10 pm \$15/person
Gr 3-5 K. Erickson

FSA Basketball Open Runs

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

Mon, Nov 13-Dec 18 4:10-5:25 pm \$129/person
Gr K-5 FSA

Willy Wonka Kids - OAK VIEW

The delicious adventures experienced by Charlie Bucket on his visit to Willy Wonka's mysterious chocolate factory light up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film starring Gene Wilder, in addition to a host of fun new songs, Roald Dahl's Willy Wonka KIDS is a scrumdilyumptious musical guaranteed to delight everyone's sweet tooth. Roald Dahl's Willy Wonka KIDS follows enigmatic candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. Roald Dahl's Willy Wonka KIDS has a flexible cast size with many featured and ensemble roles, including the singing & dancing Oompa-Loompas. A great opportunity for any student who wants to work together to make something special! All students who are registered receive a part in the musical! Auditions will be held the first few days of rehearsals. There will be two performances for friends and family. Costumes included in the fee. Students will need to provide the base layer. Performances: Fri, Nov 10 at 7 pm; Sat, Nov 11 at 2 pm. Tech rehearsal: Thu, Nov 11 (time TBD)
 Mon/Wed, Sep 25-Nov 8 4:10-5:40 pm \$195/person
 Gr. 1-5 Stages Theater
 Skip 10/4 & 10/11

Chess Club

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

Tue, Oct 17-Dec 12	4:10-5:10 pm	\$135/person
Gr K-5	{YEL!}	Skip 11/7

Skyhawks Flag Football

Dash to the end zone! Develop your basic passing, catching, defending, and teamwork skills. Safety and sportsmanship are emphasized. Each week you do basic skill-building exercises followed by action-packed games to cement those skills. Sure to energize young athletes!

Tue, Sep 19-Oct 10	4:10-5:40 pm	\$105/person
Gr 1-5	Skyhawks	

TGA Tennis

TGA (Teach. Grow. Achieve) provides you group tennis instruction making it convenient and affordable to learn tennis in a fun and safe environment. Instructors help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Equipment and training materials are provided.

Tue, Oct 31-Dec 12	4:10-5:10 pm	\$135/person
Gr K-5	TGA	Skip 11/7

Ornament Making

Join us for an ornament making party. Experience four stations making four different ornaments. Get in the spirit, get festive and ready for an interactive class.

Thu, Dec 7	4:10-5:10 pm	\$45/person
Gr K-5	Kidcreate Studio	



Holiday Gift Making

New projects. Get a jumpstart on holiday gift making in this after school class. Create the perfect gifts for your relatives or friends. Bring home three hand-made and gift-wrapped gifts just in time for the holidays.

Thu, Nov 16-Dec 14 3:30-4:30 pm \$85/person
Gr K-5 Abrakadoodle Skip 11/23

Jr STEM Club: Session 1

All new lessons each session! Focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Mechanical Engineering, Aerospace Engineering, Industrial Engineering, Acoustic Engineering.

Mon, Sep 18-Oct 9 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

Jr STEM Club: Session 2

All new lessons each session! Focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Optical Engineering, Mechanical Engineering, Electrical Engineering, Industrial Engineering.

Mon, Oct 16-Nov 6 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

Jr STEM Club: Session 3

All new lessons each session! Engineering for Kids Jr STEM Club introduces you to a new lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our lesson library, you'll never repeat an activity! Includes lessons in: Acoustic, Mechanical, Aerospace and Chemical Engineering.

Mon, Nov 13-Dec 4 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

Discover the Magic of Spanish 16 Weeks (Full Year)

The road to Spanish language learning success begins with this all new 16-week Spanish adventure! In the Fall, Vamos por el pueblo (Let's go to the town) class amigos, Dani and Beto, share the culture and daily life of a small town in Mexico. After break, the journey continues with Vamos a la ciudad (Let's go to the city!) to the bustling city of Madrid, Spain. Learn practical conversation skills as well as vocabulary related to the home, community, health, sports, and pastimes. Explore enriching cultures and the passion of the Spanish language.

Tue, Oct 3-Apr 9 3:30-4:30 pm \$269/person
Gr K-5 Futura
Skip 10/10, 10/17, 11/7, 12/19, 12/26, 1/2, 1/9, 1/16,
1/23, 1/30, 2/20 & 3/26



Online osseo.ce.eleyo.com



Phone 763-391-7242

Skyhawks Basketball

This exciting and skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Tue, Nov 21-Dec 12 3:30-5 pm \$105/person
Gr 1-5 Skyhawks

Draw It!

A new school year with all new art lessons from Young Rembrandts. Get artistic at this drawing class and build your drawing skills and develop new techniques. All are welcome!

Thu, Sep 21-Oct 26 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts
Skip 10/12 & 10/19

DIY Build-A-Birdfeeder

Elpis Enterprises is proud to offer a DIY Build-A-Bird Feeder workshop. You will learn how to use jigs to set up your bird feeder kit parts and then you will fully assemble your bird feeder created from reclaimed fence wood. You will get a small bag of birdseed to fill up your feeder. Taught by Karl Erickson, an ISD 279 Alumni, 2x Iraq war vet and former teacher in St. Paul.

Mon, Nov 6 3:30-4:30 pm \$15/person
Gr 3-5 K. Erickson



Home Alone Safety

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

Tue, Sep 19 3:30-5:15 pm \$35/person
8-12 yrs. A. Timm

After School Soccer

Come join a very player-centered and fun after-school soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active during the fall months. Coach Gordon Ferguson will lead this program. For more information, contact Gordon Ferguson at fergie@kickersfc.org or call 763-439-3880.

Thu, Oct 26-Nov 9 3:30-4:30 pm \$35/person
Gr K-5 G. Ferguson

Ornament Making

Join us for an ornament making party. Experience four stations making four different ornaments. Get in the spirit, get festive and ready for an interactive class.

Mon, Dec 11 3:30-4:30 pm \$45/person
Gr K-5 Kidcreate Studio

*"Competitive sports are played mainly on
a five-and-a-half inch court, the space
between your ears."*

-Bobby Jones

TGA Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Wed, Nov 1-Dec 13 3:30-4:30 pm \$135/person
Gr K-5 TGA Skip 11/22

Flag Football

Get ready to dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL's Teach It, Practice It, Play It® approach teaches you new skills each class, practices those skills in kid-friendly games, and then encourages you to use those skills in non-contact flag football games. SAFETY & SPORTSMANSHIP are emphasized! We focus on basic skills development in passing, catching, defending, and teamwork. Sign up before the two-minute warning!

Mon, Sep 18-Oct 9 3:30-4:30 pm \$59/person
Gr 2-5 {YEL!}

Chess Club

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

Wed, Oct 25-Dec 13 3:30-4:30 pm \$135/person
Gr K-5 {YEL!}



Home Alone Safety

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

Mon, Sep 18 4:10-5:55 pm \$35/person
8-12 yrs. A. Timm

Jr STEM Club: Session 1

All new lessons each session! Engineering for Kids Jr STEM Club introduces you to a new, hands-on lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Mechanical Engineering, Aerospace Engineering, Industrial Engineering, Acoustic Engineering.

Tue, Sep 19-Oct 24 4:10-5:10 pm \$99/person
Gr K-3 Fun Engineerz
Skip 10/3 & 10/24

Jr STEM Club: Session 2

All new lessons each session! Engineering for Kids Jr STEM Club introduces you to a new, hands-on lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Optical Engineering, Mechanical Engineering, Electrical Engineering, Industrial Engineering.

Tue, Oct 31-Nov 28 4:10-5:10 pm \$99/person
Gr K-3 Fun Engineerz Skip 11/7

Jr STEM Club: Session 3

All new lessons each session! Engineering for Kids Jr STEM Club introduces you to a new, hands-on lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Acoustic Engineering, Mechanical Engineering, Aerospace Engineering, Chemical Engineering.

Tue, Dec 5-19 4:10-5:10 pm \$75/person
Gr K-3 Fun Engineerz

Draw It!

A new school year with all new art lessons from Young Rembrandts. Get artistic at this drawing class and build your drawing skills and develop new techniques. All are welcome!

Wed, Oct 4-25 4:10-5:10 pm \$69/person
Gr K-5 Young Rembrandts

After School Soccer

Come join a very player-centered and fun after-school soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active during the fall months. Coach Gordon Ferguson will lead this program. For more information, contact Gordon Ferguson at fergie@kickersfc.org or call 763-439-3880.

Thu, Nov 16-Dec 14 4:10-5:10 pm \$39/person
Gr K-5 G. Ferguson Skip 11/23

Discover the Magic of Spanish 16 Weeks (Full Year)

The road to Spanish language learning success begins with this all new 16-week Spanish adventure! In the Fall, Vamos por el pueblo (Let's go to the town) class amigos, Dani and Beto, share the culture and daily life of a small town in Mexico. After break, the journey continues with Vamos a la ciudad (Let's go to the city!) to the bustling city of Madrid, Spain. Learn practical conversation skills as well as vocabulary related to the home, community, health, sports, and pastimes. Explore enriching cultures and the passion of the Spanish language.

Mon, Oct 16-Apr 15 4:10-5:10 pm \$269/person
Gr K-5 Futura
Skip 12/11, 12/18, 12/25, 1/1, 1/8, 1/15, 1/22, 1/29, 2/5, 2/19 & 3/25

Adult/Child DIY Build-A-Birdfeeder

Elpis Enterprises is proud to offer an Adult/Child DIY Build-A-Bird Feeder workshop. You will learn how to use jigs to set up your bird feeder kit parts and then you will fully assemble your bird feeder created from reclaimed fence wood. You will get a small bag of birdseed to fill up your feeder. Taught by Karl Erickson, an ISD 279 Alumni, 2x Iraq war vet and former teacher in St. Paul.

Wed, Nov 15 6-7 pm \$15/person
Ages 5+ K. Erickson

Ornament Making

Join us for an ornament making party. Experience four stations making four different ornaments. Get in the spirit, get festive and ready for an interactive class.

Tue, Dec 12 4:10-5:10 pm \$45/person
Gr K-5 Kidcreate Studio

Skyhawks Basketball

This exciting and skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Wed, Nov 22-Dec 13 4:10-5:40 pm \$105/person
Gr 1-5 Skyhawks

Fun Fall Art

Let's design and create autumn themed art projects in this special 3-week workshop. Use acrylic paint on canvas to paint a pumpkin with polka dots, draw furry friends of the forest and a tree full of fall colors, and use air-dry color to create a relief sculpture.

Mon, Oct 2-16 4:10-5:10 pm \$55/person
Gr K-5 KidzArt

The Artist Lab

Get ready to experiment with different artist grade materials as KidzArt walks you through six weeks of creative fun. Learn to draw an Axolotl and paint it with watercolors, create a colorful scratch-art line design of a Griffin, create a patterned landscape on metal. Get ready to be blown away with what you create!

Mon, Oct 23-Nov 27 4:10-5:10 pm \$95/person
Gr K-5 KidzArt

Winter Magic Art

Join KidzArt for this enchanting and creative winter workshop inspired by all things magical in winter! Bring your ice powers and be amazed at all the wonderful things you'll create. Paint snowflakes with watercolor and crayon resist, sculpt a snowman out of Sculpey clay, and learn to draw kids having a ball sledding down a snow-covered hill.

Mon, Dec 4-18 4:10-5:10 pm \$55/person
Gr K-5 KidzArt

Family Paint Night: Boo! & Cookies

Grab the whole family and join us for a spooktacular fun family painting event. Create your own fall themed painting on an 11" x 14" stretched canvas. Enjoy a cookie dessert while your painting dries. Fee is per person as everyone paints.

Thu, Oct 5 6-7:15 pm \$29/person
Ages 6+ KidzArt

Family Paint Night: Frosty the Snowman & Cupcakes

Grab the whole family and join KidzArt for a fun family painting event. Everyone will create their own painting of a snowman on an 11" x 14" stretched canvas. Enjoy a cupcake while your painting dries. Fee is per person as everyone paints!

Mon, Dec 11 6-7:15 pm \$29/person
Ages 6+ KidzArt

Flag Football

Get ready to dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL's Teach It, Practice It, Play It® approach teaches you new skills each class, practices those skills in kid-friendly games, and then encourages you to use those skills in non-contact flag football games. SAFETY & SPORTSMANSHIP are emphasized! We focus on basic skills development in passing, catching, defending, and teamwork. Sign up before the two-minute warning!

Fri, Sep 22- Oct 13 4:10-5:10 pm \$59/person
Gr 2-5 {YEL!}

TGA Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Tue, Sep 19-Oct 24 4:10-5:10 pm \$89/person
Gr K-5 TGA
Skip 10/10 & 10/17

TGA Tennis

TGA (Teach. Grow. Achieve) provides you group tennis instruction making it convenient and affordable to learn tennis in a fun and safe environment. Instructors help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Mon, Sep 18-Oct 23 4:10-5:10 pm \$135/person
Gr K-5 TGA

Anime and Manga

If you have Manga Mania, sign up for this class. You'll be drawing and coloring all things Anime. Learn to draw your own anime style characters ranging from easy to challenging. A great way to perfect your skills and learn new manga tricks. Each class you will complete multiple pieces of artwork!

Thu, Nov 2-30 4:10-5:10 pm \$69/person
Gr K-5 Young Rembrandts Skip 11/23

Robotics 2.1

Build a spy-bot, satellite or design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to...be alarming. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit YELKids.com for more information. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Wed, Nov 1-Dec 6 4:10-5:10 pm \$89/person
Gr 1-5 {YEL!}

Chess Club

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

Mon, Oct 23-Dec 11 4:10-5:10 pm \$135/person
Gr K-5 {YEL!}



Online osseo.ce.eleyo.com



Phone 763-391-7242

Ultimate Art Sampler

If you love art, painting, and sculpting clay, this is the class for you! Explore your artistic side as you have fun using different materials like watercolors, pastels, clay, canvas, and more! Learn art tricks that make art magic.
 Mon, Sep 25-Oct 16 4:10-5:10 pm \$85/person
 Gr K-5 Abrakadoodle

FSA Basketball Open Runs

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

Wed, Sep 20-Oct 25 4:10-5:25 pm \$129/person
 Gr K-5 FSA

Jr STEM Club: Session 1

All new lessons each session! Engineering for Kids Jr STEM Club introduces you to a new, hands-on lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Mechanical Engineering, Aerospace Engineering, Industrial Engineering, Acoustic Engineering.

Wed, Sep 20-Oct 11 4:10-5:10 pm \$99/person
 Gr K-3 Fun Engineerz

Jr STEM Club: Session 2

All new lessons each session! Engineering for Kids Jr STEM Club introduces you to a new, hands-on lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Optical Engineering, Mechanical Engineering, Electrical Engineering, Industrial Engineering.

Wed, Oct 18-Nov 8 4:10-5:10 pm \$99/person
 Gr K-3 Fun Engineerz

Jr STEM Club: Session 3

All new lessons each session! Engineering for Kids Jr STEM Club introduces you to a new, hands-on lesson every week from various engineering disciplines. For each lesson, you will focus on developing 21st Century skills such as problem-solving critical thinking and peer collaboration. With our library of lessons, you will never repeat a STEM activity! Sessions include lessons in: Acoustic Engineering, Mechanical Engineering, Aerospace Engineering, Chemical Engineering.

Wed, Nov 15-Dec 6 4:10-5:10 pm \$99/person
 Gr K-3 Fun Engineerz



Online osseo.ce.eleyo.com



Phone 763-391-7242

**Discover the Magic of Spanish
16 Weeks (Full Year)**

The road to Spanish language learning success begins with this all new 16-week Spanish adventure! In the Fall, Vamos por el pueblo (Let's go to the town) class amigos, Dani and Beto, share the culture and daily life of a small town in Mexico. After break, the journey continues with Vamos a la ciudad (Let's go to the city!) to the bustling city of Madrid, Spain. Learn practical conversation skills as well as vocabulary related to the home, community, health, sports, and pastimes. Explore enriching cultures and the passion of the Spanish language.

Tue, Oct 3-Apr 2 4:10-5:10 pm \$269/person
 Gr K-5 Futura

Skip 10/10, 10/17, 11/7, 12/19, 12/26, 1/2, 1/9, 1/16, 1/23, 1/30 & 3/26

After School Soccer

Come join a very player-centered and fun after-school soccer program. Our high energy coaches will take you through skills that include dribbling, shooting, and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges will be incorporated to keep you engaged and active during the fall months. Coach Gordon Ferguson will lead this program. For more information, contact Gordon Ferguson at fergie@kickersfc.org or call 763-439-3880.

Mon, Oct 9-23 4:10-5:10 pm \$35/person
 Gr K-5 G. Ferguson

Skyhawks Basketball

This exciting and skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Mon, Nov 20-Dec 11 4:10-5:40 pm \$105/person
 Gr 1-5 Skyhawks

Chess Club

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

Thu, Oct 26-Dec 14 4:10-5:10 pm \$119/person
 Gr K-5 {YEL!} Skip 11/23

DIY Build-A-Birdfeeder

Elpis Enterprises is proud to offer a DIY Build-A-Bird Feeder workshop. You will learn how to use jigs to set up your bird feeder kit parts and then you will fully assemble your bird feeder created from reclaimed fence wood. You will get a small bag of birdseed to fill up your feeder. Taught by Karl Erickson, an ISD 279 Alumni, 2x Iraq war vet and former teacher in St. Paul.

Mon, Nov 13 4:10-5:10 pm \$15/person
 Gr 3-5 K. Erickson

Home Alone Safety

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

Tue, Oct 24 4:10-5:55 pm \$35/person
8-12 yrs. A. Timm

Ornament Making

Join us for an ornament making party. Experience four stations making four different ornaments. Get in the spirit, get festive and ready for an interactive class.

Fri, Dec 15 4:10-5:10 pm \$45/person
Gr K-5 Kidcreate Studio

Nailed It: Hawaii Challenge

Crafty kids who love Hawaii...look no further! Unleash your creative side and power up on problem-solving skills. Just like the popular series "Nailed It", you will have everything you need to recreate some awesome final products – but it's entirely up to you how you make it happen. Get ready to take on some island challenges!

Wed, Nov 22-Dec 13 4:10-5:10 pm \$75/person
Gr K-5 Kidcreate Studio

Anime and Manga

If you have Manga Mania, sign up for this class. You'll be drawing and coloring all things Anime. Learn to draw your own anime style characters ranging from easy to challenging. A great way to perfect your skills and learn new manga tricks. Each class you will complete multiple pieces of artwork!

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

TGA Tennis

TGA (Teach. Grow. Achieve) provides you group tennis instruction making it convenient and affordable to learn tennis in a fun and safe environment. Instructors help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Tue, Sep 19-Oct 31 4:10-5:10 pm \$115/person
Gr K-5 TGA
Skip Oct 10 & Oct 17

Robotics 2.1

Build a spy-bot, satellite or design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to...be alarming. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit YELKids.com for more information. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Tue, Nov 14-Dec 19 4:10-5:10 pm \$89/person
Gr 1-5 {YEL!}

Frozen Kids

Do you want to build a snowman? Enjoy this fanciful and heartwarming adaptation of the celebrated animated film. Join Anna, Elsa, Olaf, Sven, and all of your favorite characters as they embark on an epic, ice-filled journey of self-discovery, camaraderie, and the real meaning of true love. This musical includes favorite Frozen songs such as "Love Is an Open Door," "Do You Want to Build a Snowman?," and "Let It Go," as well as wonderful new songs from the Broadway production. Frozen Kids is a great show for students who enjoy singing, dancing, and creating different characters. It's also a great opportunity for any student who wants to work together to make something special! All students receive a part in the musical. Space is limited to 45 students - all students must be pre-registered before the first rehearsal. The BEAT (Bunce Educational Adventure Theater) will provide trained theater staff who will lead students through a musical theater experience that will promote problem solving skills, working cooperatively, leadership and self-confidence. From beginners to experienced – learning never stops! Auditions for lead characters will be held on the first day. Costumes are provided, students need to provide base layer. Free performance on Sat, Nov 18 at 2 pm. Tech rehearsal is on Fri, Nov 17 from 5-7:15 pm. If planned family commitments/holidays will prevent you from attending rehearsals, *it's recommended that your student not take a spot in the production.*

Wed-Fri, Nov 1-10 4:10-5:45 pm \$189/person
Tue-Thu, Nov 14-16
Gr. 2-5 Bunce Backyard

TGA Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Tue, Nov 14-Dec 12 4:10-5:10 pm \$115/person
Gr K-5 TGA

Flag Football

Get ready to dash to the end zone with our high-octane, inclusive (everyone plays) Flag Football course. YEL's Teach It, Practice It, Play It® approach teaches you new skills each class, practices those skills in kid-friendly games, and then encourages you to use those skills in non-contact flag football games. SAFETY & SPORTSMANSHIP are emphasized! We focus on basic skills development in passing, catching, defending, and teamwork. Sign up before the two-minute warning!

Thu, Sep 21- Oct 5 4:10-5:10 pm \$45/person
Gr 2-5 {YEL!}



Online osseo.ce.eleyo.com



Phone 763-391-7242

Holiday Gift Making

New projects. Get a jumpstart on holiday gift making in this after school class. Create the perfect gifts for your relatives or friends. Bring home three hand-made and gift-wrapped gifts just in time for the holidays.

Mon, Nov 20-Dec 11 4:10-5:10 pm \$85/person
Gr K-5 Abrakadoodle

Home Alone Safety

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

Mon, Oct 23 4:10-5:55 pm \$35/person
8-12 yrs. A. Timm

FSA Basketball Open Runs

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

Wed, Nov 15-Dec 6 4:10-5:25 pm \$89/person
Gr K-5 FSA

Adult/Child DIY Build-A-Birdfeeder

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Mon, Nov 20 6-7 pm \$15/person
Ages 5+ K. Erickson

Skyhawks Flag Football

Get ready to dash to the end zone with our high-octane Flag Football course. Develop your basic passing, catching, defending, and teamwork skills. Safety and sportsmanship are emphasized. Each week we do basic skill-building exercises followed by action-packed games to cement those skills. Sure to energize young athletes!

Wed, Sep 20-Oct 11 4:10-5:40 pm \$105/person
Gr 1-5 Skyhawks

Family Paint Night: Frosty the Snowman & Cupcakes

Grab the whole family and join KidzArt for a fun family painting event. Everyone will create their own painting of a snowman on an 11" x 14" stretched canvas. Enjoy a cupcake while your painting dries. Fee is per person as everyone paints!

Thu, Dec 7 6-7:15 pm \$29/person
Ages 6+ KidzArt

Ornament Making

Join us for an ornament making party. Experience four stations making four different ornaments. Get in the spirit, get festive and ready for an interactive class.

Thu, Dec 14 4:10-5:10 pm \$45/person
Gr K-5 Kidcreate Studio

Nailed It: Hawaii Challenge

Crafty kids who love Hawaii...look no further! Unleash your creative side and power up on problem-solving skills. Just like the popular series "Nailed It", you will have everything you need to recreate some awesome final products – but it's entirely up to you how you make it happen. Get ready to take on some island challenges!

Mon, Oct 2-23 4:10-5:10 pm \$75/person
Gr K-5 Kidcreate Studio

Family Paint Night: Boo! & Cookies

Grab the whole family and join us for a spooktacular fun family painting event. Create your own fall themed painting on an 11 x 14" stretched canvas. Enjoy a cookie dessert while your painting dries. Fee is per person.

Mon, Oct 9 6-7:15 pm \$29/person
Ages 6+ KidzArt

Willy Wonka Kids

The delicious adventures experienced by Charlie Bucket on his visit to Willy Wonka's mysterious chocolate factory light up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film starring Gene Wilder, in addition to a host of fun new songs, Roald Dahl's Willy Wonka KIDS is a scrumdilyumptious musical guaranteed to delight everyone's sweet tooth. Roald Dahl's Willy Wonka KIDS follows enigmatic candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. Roald Dahl's Willy Wonka KIDS has a flexible cast size with many featured and ensemble roles, including the singing & dancing Oompa-Loompas. A great opportunity for any student who wants to work together to make something special! All students who are registered receive a part in the musical! Auditions will be held the first few days of rehearsals. There will be two performances for friends/family. Costumes included in the fee. Students will need to provide the base layer. All students who audition receive a part. Performances: Fri, Nov 17 at 7 pm; Sat, Nov 18 at 2 pm. Tech rehearsal: Thu, Nov 16 (time TBD)

Tue/Thu, Sep 19-Nov 14 4:10-5:40 pm \$195/person
Gr. 1-5 Stages Theater
Skip 10/19, 10/31, 11/7



Online osseo.ce.eleyo.com



Phone 763-391-7242

TGA Tennis

TGA (Teach. Grow. Achieve) provides you group tennis instruction making it convenient and affordable to learn tennis in a fun and safe environment. Instructors help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Mon, Nov 13-Dec 4 4:10-5:10 pm \$89/person
Gr K-5 TGA

Chess Club

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

Wed, Oct 18-Dec 13 4:10-5:10 pm \$119/person
Gr K-5 {YEL!}

Skip 11/1 & 11/8

Robotics 2.1

Build a spy-bot, satellite or design your own earthquake alarm. Then program the spy-bot to be sneaky, the satellite to orbit, and the alarm to...be alarming. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century Learning skills like STEM, teamwork, and problem solving. Visit YELKids.com for more information. LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Fri, Oct 27-Dec 15 4:10-5:10 pm \$89/person
Gr 1-5 {YEL!}

Skip 11/24 & 12/1

Discover the Magic of Spanish

16 Weeks (Full Year)

The road to Spanish language learning success begins with this all new 16-week Spanish adventure! In the Fall, Vamos por el pueblo (Let's go to the town) class amigos, Dani and Beto, share the culture and daily life of a small town in Mexico. After break, the journey continues with Vamos a la ciudad (Let's go to the city!) to the bustling city of Madrid, Spain. Learn practical conversation skills as well as vocabulary related to the home, community, health, sports, and pastimes. Explore enriching cultures and the passion of the Spanish language.

Thu, Oct 5-Apr 11 8:20-9:20 am \$269/person
Gr K-5 Futura

Skip 10/19, 11/23, 12/14, 12/21, 12/28, 1/4, 1/11, 1/18, 1/25, 2/1, 2/8, 2/22 & 3/28



Online: Spanish Prep Middle School

Spark enthusiasm for Spanish language learning success with this all new and exciting LIVE virtual Spanish class! Get a jump start preparing for future middle school or even traditional high-school Spanish classes. The course includes practical learning of Spanish conversation foundations, advanced vocabulary, and verb conjugations for sentence structures. Stay engaged with games and cultural anecdotes in this live interactive virtual setting. Experience a comprehensive bilingual experience and the building blocks to succeed in Spanish that you'll use for a lifetime! (Online resources and practice tools included.)

Mon, Oct 16-Dec 4	3:30-4:15 pm	\$149/person
Online	Gr 6-8	Futura

Skyhawks Basketball Tots with Parent/Guardian

This fun parent/child class will introduce your little one to the sport of basketball. Athletes will develop motor skills using engaging, fun games that delight and intrigue kids. The goal is to improve the child's fitness, basketball skills and athleticism while introducing the joy of sports activity. Enter door #1 when arriving at Rice Lake. Enter door #9 when arriving at Basswood.

Tue, Nov 21-Dec 12	5:15-5:45 pm	\$69/child+adult
Ages 3-6 yrs	Skyhawks	Rice Lake
Thu, Nov 30-Dec 14	5:15-5:45 pm	\$49/child+adult
Ages 3-6 yrs	Skyhawks	Basswood

Child & Babysitting Safety (CABS)

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute (approved by the American Pediatrics Association) gives everything you need to know for safe and successful babysitting. You will learn the responsibilities of being a prepared, safe, responsible and professional babysitter. Topics include supervision, behavior guidance, proper feeding and diapering techniques, personal safety, basic first aid, medical emergencies, and fire safety. Dolls, bottles and diaper supplies will be provided at class for hands-on participation. You will receive a manual and certification card. Bring a nut-free snack and beverage. Ages 11+.

Sat, Sept 16	9 am-12:30 pm	\$65/person
MGMS	A. Timm	
Sat, Oct 7	9 am-12:30 pm	\$65/person
MGMS	A. Timm	

Winter Wonderland Fairy Garden

Come learn how to build a miniature fairy garden with a winter twist! Our winter wonderland fairy garden will be the perfect place for fairies, snowmen, and gnomes to celebrate the frozen world of winter. Use model magic, paint, & Shrinky-dinks to build imaginary winter scenes.

Sat, Dec 2	10 am-12 pm	\$55/person
MGMS	Gr K-5	KidzArt

Shaolin Kung Fu

Shaolin Kung Fu is the oldest and original martial art, and preferred style of the film-industry. Learn traditional Kung Fu in a fun, relaxed atmosphere. Shaolin Kung Fu and Kid Fu are a great whole body aerobic workout that improves cardio, flexibility, strength, balance, weight loss, cognitive ability and memory, fine motor skills, confidence, self-esteem, balance, and coordination that last a lifetime. Classes are full participation, non-competitive, and designed to develop skills at each students pace and abilities by focusing on exercises and repetition to improve techniques. Come and learn and develop traditional kicks, punches, forms, self-defense and advance sparring techniques, board breaking, traditional instruments, and more. Earn degrees from beginner through black sash. You are eligible to test and earn through your black sash. Instructor Shifu Robert Mehus is a certified fourth degree Black Sash who started his training in 1982 and has training under a renowned Shaolin Fighting Monk. Shifu Mehus has over 35 years of teaching experience. For ages 5+.

Session 1 (Mon & Wed)

Oct 2, 4, 9, 11, 16, 18, 23, 25, 30, Nov 1, 6, 8, 13, 15, 20, 22 at Rush Creek Elementary

Session 2 (Mon & Wed)

Nov 27, 29, Dec 4, 6, 11, 13, 18, Jan 8, 10, 17, 22, 24, 29, 31, Feb 7, 12 at Rush Creek Elementary

Kid Fu Kids	Ages 5+ and Guardian
6-7 pm	(Beginner-Yellow)
\$59 (1 day/wk) or \$89 (2 day/wk)	

Kid Fu Kids	Ages 5+ and Guardian
7-8 pm	(Intermediate-Orange-Black)
\$59 (1 day/wk) or \$89 (2 day/wk)	

Shaolin Kung Fu	Ages 13+
8-9 pm	(Beginner-Advanced)
\$89 (2 day/wk)	



Teen Driver's Education

Safeway Driving School is under new ownership and is the largest driving school in MN, instructing over 9,000 teens this year alone. It has an A+ rating with the Better Business Bureau and is a BBB Accredited Business. Safeway has 80+ experienced instructors background checked by the MN Dept. of Public Safety. Their website is comprehensive and includes a list of tools to make the process seamless.

Classroom Training - can be taken by students who are 14-1/2 years or older and consists of 10 three-hour lessons. Each lesson is independent and can be taken in any order. If a lesson is missed, the student can sign up for make-up lesson on their Safeway account at www.safewaydrivingschool.com. If you miss a lesson, you need to make up the exact lesson you miss. Lesson calendars are all available on Safeway's website at www.safewaydrivingschool.com.

Behind-the-Wheel Training - consists of three, two-hour private lessons that can be scheduled online or by calling Safeway at 651-351-9150. Pick-up and drop-off is at home, school or work. Training is done in a white late-model car with Safeway's "Student Driver" graphics.

Payment - You may either pay the full \$425 upfront or you can pay \$275 at registration with \$75 due at your 1st behind-the-wheel and \$75 at the 2nd behind-the-wheel. Program includes classroom and behind-the-wheel lessons and all class materials. Classroom instruction is 30 hours and behind-the-wheel training is 6 hours.

Additional Class Information

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

NOTE: If your child is more than 5 minutes late to class they will not be allowed to participate in that day's lesson. This is a MN State standard that Safeway follows closely and can be found under the frequently asked questions on their website.

Maple Grove Sr.

Session 1 - Sep 11, 13, 14, 18, 19, 20, 21, 25, 26, 27
Session 2 - Oct 2, 3, 4, 5, 9, 11, 12, 16, 23, 24
Session 3 - Oct 30, 31, Nov 1, 2, 6, 8, 9, 13, 14, 15
Session 4 - Nov 27, 28, 29, 30, Dec 4, 5, 6, 7, 11, 12

Osseo Sr.

Session 1 - Sep 18, 19, 20, 21, 25, 26, 27, 28, Oct 2, 3
Session 2 - Nov 6, 8, 9, 13, 14, 15, 16, 20, 21, 22

Park Center Sr.

Session 1 - Oct 9, 10, 11, 16, 18, 23, 24, 25, 26, 30
Session 2 - Dec 4, 5, 6, 7, 11, 12, 13, 14, 18, 19

Online

Session 1 - Oct 16, 17, 23, 24, 25, 26, 30, 31, Nov 1, 2
Session 2 - Dec 4, 5, 6, 7, 11, 12, 13, 14, 18, 19

Classroom Materials

A current MN Driver's Manual and workbook will be given to all students for the in-person classes. If your students is taking the online classes, you can either pick them up from your student's home school office, or you can come to the Educational Service Center located at 11200 93rd Ave N, Maple Grove, MN 55369 and ask the front receptionist for the Teen Driver's Education materials.



Guitar Lessons

Learn how to play the guitar or continue learning and taking lessons. Instructor Brandon Wells has over thirty years of experience playing guitar and bass. He teaches all styles of music - rock, classical, jazz, metal, blues, country, folk, praise and worship, and pop as well as just a basic approach that is applicable for any style of music. Music theory, note reading, music interpretation, composition, music appreciation and music therapy are all a part of his teaching program, which gives his students the tools they need to play guitar, learn the music they love and express their creativity.

Monthly lesson fee includes lesson dates listed below and include the 2023-24 school year (Sept 2023-May 2024). After the first month, enrollment for the next month is automatically charged to the credit/debit card used for the initial month. Fees will be charged the 1st of each month. Cancellations must be made by the 15th for lessons the next month. Once you enroll in lessons, you are enrolled for the entire school year.

Location: Rush Creek Elementary School


Fri, Sep 8, 15, 22, 29	Fee: \$119
Fri, Oct 6, 13	Fee: \$59
Fri, Nov 3, 10, 17	Fee: \$89
Fri, Dec 8, 15	Fee: \$59
Fri, Jan 5, 19, 26	Fee: \$89
Fri, Feb 2, 9, 16, 23	Fee: \$119
Fri, Mar 1, 15, 22	Fee: \$89
Fri, Apr 5, 12, 26	Fee: \$89
Fri, May 3, 10, 17, 24, 31	Fee: \$149


30-minute time slots available between 4 pm & 8 pm.

Location: Rush Creek Elementary School

Mon, Sep 11, 18, 25	Fee: \$89
Mon, Oct 2, 9, 16, 23, 30	Fee: \$149
Mon, Nov 6, 13, 20, 27	Fee: \$119
Mon, Dec 4, 11, 18	Fee: \$89
Mon, Jan 8, 22, 29	Fee: \$89
Mon, Feb 12, 26	Fee: \$59
Mon, Mar 4, 11, 18	Fee: \$89
Mon, Apr 1, 8, 15, 22, 29	Fee: \$149
Mon, May 13, 20	Fee: \$59

30-minute time slots available between 4 pm & 8 pm.

 Online osseo.ce.eleyo.com

 Phone 763-391-7242



Early Childhood Family Education (EC&FE)

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

Come to our program to:

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

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

Locations: Arbor View (ARB) & Willow Lane (WL) Early Childhood Centers

ARB - 9401 Fernbrook Ln N, Maple Grove, MN 55369

WL - 7020 Perry Ave N, Brooklyn Center, MN 55429

Registration: osseo.ce.eleyo.com

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

Email: ecfe@district279.org

Website: osseoec.org

View current EC&FE courses and play time opportunities online at osseo.ce.eleyo.com

Affinity Group for Hispanic Families

An Affinity Group specifically shares a culture, language, or role. Affinity groups are not racist or segregationist. The purpose of affinity groups is to provide places for parents to learn with and from others who share similar identities and experiences to be able to communicate honestly, reflect openly and create community.

Grupo de Afinidad Para Familias Hispanas

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

13-507W martes 11 am-12:30 pm

12 de septiembre-9 de enero

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

Affinity Group for East African Families

This class starts with opportunities for parents and children to explore and learn together through early learning activities. Parents will connect with each other through discussions on family routines, explore cultural differences in parenting, and learn guidance strategies. Course 6-511W

Location: Willow Lane Early Childhood Center

7020 Perry Ave N, Brooklyn Center, MN 55429

Registration: osseo.ce.eleyo.com

Dates & Times: Sep 12-Oct 24 from 6-7:30 pm

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

Phone: 763-585-7330

Email: ecfe@district279.org

Website: osseoec.org

Grandparent[s] and Me

This class focuses on the special relationships between grandparents and grandchildren, whether caregiving is daily, weekly, or occasionally. Explore and learn together through early learning activities. Grandparents will also connect with other grandparents to support each other in the joys and questions of the grandparenting world. Course 6-513W

Location: Willow Lane Early Childhood Center

7020 Perry Ave N, Brooklyn Center, MN 55429

Registration: osseo.ce.eleyo.com

Dates & Times: Nov 14-Jan 9 from 6-7:30 pm

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

Phone: 763-585-7330

Email: ecfe@district279.org

Website: osseoec.org

Infant Massage

For parents with infants birth to 9 months

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

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

Taught by a certified instructor through the International Institute of Infant Massage. One-time classes will give a general overview. Two-time classes are more in-depth and provide you an opportunity to practice and reflect.

Location: Arbor View Early Childhood Center

9401 Fernbrook Ln N, Maple Grove, MN 55369

Dates & Times:

Course 1-004A, Sep 12 from 9:30-10:45 am

Course 2-005A, Oct 3 & Oct 10 from 9:30-10:45 am

Course 1-006A, Nov 14 from 9:30-10:45 am

Course 2-007A, Dec 5 & Dec 12 from 9:30-10:45 am

Course 2-008A, Jan 2 & Jan 9 from 9:30-10:45 am

Registration: osseo.ce.eleyo.com

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

Phone: 763-391-8777

Email: ecfe@district279.org

Website: osseoec.org

Family Literacy

Parents and children 2 ½ to 5

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

Location: Willow Lane Early Childhood Center
7020 Perry Ave N, Brooklyn Center, MN 55429

Dates & Times:

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

Sep 6-Jun 7 from 9 am-12:30 pm

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

**Continuous registration available*

Early Childhood & Family Education (EC&FE) Preschool for Threes and PreK for Fours & Fives

For children who turn three or four on or before Sept 1, 2023.

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

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

Days & Hours: A variety of half-day mornings or afternoons; two to five days per week.

Registration: osseo.ce.eleyo.com

**Registration will continue for the 2023-2024 school year until all classes are full.*

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

Early Childhood Screening

A FREE service for all children three to five.

Screening is a simple check of your child's development to help identify children who may benefit from resources to help in their development. Screening is a free service to all Osseo Area Schools children ages three to five. In MN, all children complete Early Childhood Screening prior to entering kindergarten. Your appointment takes about one hour and includes checking your child's vision, hearing and developmental progress.

Locations: Arbor View or Willow Lane Early Childhood Centers

Schedule Appointment: osseo.ce.eleyo.com

Contact: Arbor View Early Childhood Center

9401 Fernbrook Ln N, Maple Grove, MN 55369

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

Phone: 763-391-8777

Email: ecfe@district279.org

Website: osseoec.org

Individualized Family Education

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

Home visit: Our family educators visit with your family in a home or community setting of your choice.

Parent Consultation: One-on-one parent only visits with a family educator by phone, virtually, or in-person in a setting of your choice.

Contact: Arbor View Early Childhood Center

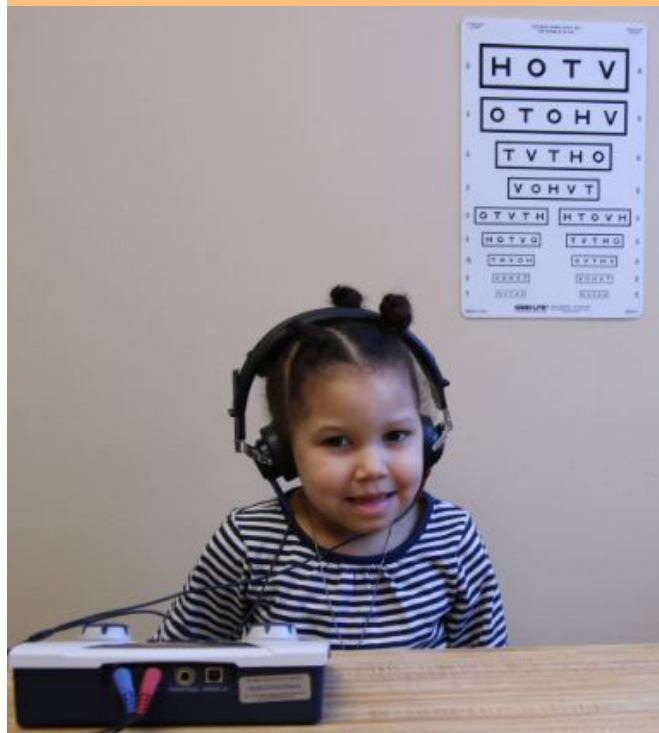
9401 Fernbrook Ln N, Maple Grove, MN 55369

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

Phone: 763-391-8777

Email: ecfe@district279.org

Website: osseoec.org



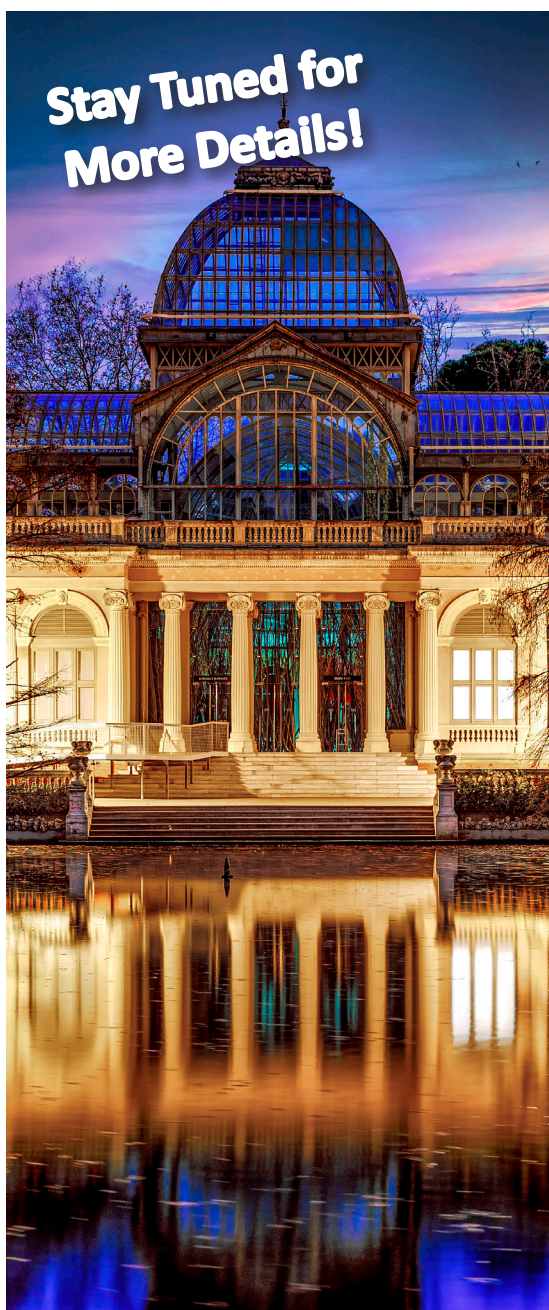
Osseo Area Schools Community Education
11200 93rd Avenue N
Maple Grove, MN 55369



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A Grand Tour to Spain!

MARCH 20 - 29, 2024

GRANADA | RONDA | SEVILLE CORDOBA | TOLEDO | MADRID

We invite you to join your host, Steve Boulka and Osseo Community Education on an exciting tour of beautiful Spain including Granada, Ronda, Seville, Cordoba, Toledo and Madrid. Fly to Malaga on the Costa Del Sol and begin the tour in Granada. Visit the remarkable Moorish Alhambra Palace and explore the city. Journey to beautiful Ronda, a mountaintop city in the province of Malaga and home to one of the oldest bull rings in Spain. Make your way to Seville, the launching point for the expeditions of Columbus and Magellan in the Era of Discovery. Travel to Cordoba to visit the Mezquita, with its cathedral inside a mosque. Continue on to the capital city of Madrid. See the Plaza Mayor, El Retiro Park, and El Ventas Bull Ring. Spend a day in Toledo, a medieval city with imposing walls and once home to the artist, El Greco. Make memories to last a lifetime on this exciting tour to spectacular Spain!

TOUR FEATURES

- Round trip airfare from Minneapolis
- Transportation by deluxe motor coach in Spain
- Professional tour manager to facilitate the program
- 8-nights hotel in twin/triple occupancy
- Breakfast daily at hotels; 4-evening dinners
- Sightseeing as listed in the itinerary
- Admissions as required for sightseeing program
- Locally guided tours of Granada, Seville, Toledo, Madrid
- Visits to historic Ronda and Cordoba
- Flamenco dinner show in Madrid
- Radio headset for use during sightseeing activities
- Gratuities to tour managers, drivers and local city-guides
- Online tour registration and individual billing
- Complete set of travel documents
- Access to the GrandTours app

Watch for additional details and trip fees on our website, via email, and through GrandTours, Inc. coming soon!