

# Adult Winter/Spring Catalog



## Class Descriptions



### Adult Winter/Spring 2024

#### Fitness/Aquatics

##### **A Walk in the Park-Spring: Adult**

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

409-B2016 7 Sessions - \$49  
Tuesdays, Apr 9 - May 21 5:00 - 6:00 pm  
Centennial Lakes Park Centennial Lakes Park

##### **Ballet Choreography/Performance- Adult/Teen**

\*\*\*Prerequisites: Separate registration, payment, and participation in Beginning/Intermediate Ballet (129-B2027) immediately before this class for warm up purposes.\*\*\* Learn ballet choreography created just for you! The beauty of ballet is most often seen through choreography and performance. This class allows you to be part of that beauty and fun! You will: • Learn a newly choreographed group piece, specifically choreographed for those who have signed up for the class (meaning it will be based on steps you know, for the most part). • Rehearse the piece and work to make it better once it is learned. • Perform for your friends or family at the end of the class. The performance will be in the classroom only and will be optional. Those who chose not to perform will be given "understudy roles." It is recommended that you have at least a year of dance class experience (current or past) before signing up for this class. Those who miss the ballet class that day may come to rehearsal and take notes but not dance as dancing cold is unsafe in ballet. Those who are sick or out of town may sign in online via Zoom to watch rehearsal and take notes if they choose and if they give the instructor sufficient notice.

129-B2027c 16 Sessions - \$275  
Mondays, Jan 29 - May 20 8:30 - 9:30 pm  
Edina Community Center Door 3, Dance Studio  
No Class Feb 19

##### **Beginning II/Intermediate Ballet: Adult**

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

113-B2041 8 Sessions - \$160  
Saturdays, Jan 13 - Mar 2 10:00 - 11:30 am  
Edina Community Center Door 3, Dance Studio

113-B2041b 8 Sessions - \$22  
Saturdays, Jan 13 - Mar 2 10:00 - 11:30 am  
Edina Community Center Door 3, Dance Studio

##### **Beginning II/Intermediate Ballet: Adult**

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

319-B2042 8 Sessions - \$160  
Saturdays, Mar 9 - May 11 10:00 - 11:30 am

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

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Edina Community Center      Door 3, Dance Studio  
No Class Mar 23 & Mar 30

319-B2042b    8 Sessions - \$22  
Saturdays, Mar 9 - May 11    10:00 - 11:30 am  
Edina Community Center      Door 3, Dance Studio  
No Class Mar 23 & Mar 30

### **Casual Indoor Basketball: Adult**

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

226-B2058    13 Sessions - \$130  
Mondays, Feb 26 - May 20    6:00 - 7:30 pm  
Edina Community Center      Small Gym

### **Hybrid: Barre Strength: Adult**

With an emphasis on core engagement, these classes are designed to be muscle endurance workouts. No dancing experience required! This class will be offered hybrid (both in person and online). Please be aware all classes between February 3-March 17 will be ONLINE ONLY.

209-B2046    17 Sessions - \$170  
Fridays, Mar 22 - May 31    9:30 - 10:20 am  
Edina Community Center      Door 3, Dance Studio  
Fridays, Feb 9 - Mar 15      9:30 - 10:20 am  
Your Home      Door 3, Online

### **Hybrid: Beginner/Intermediate Ballet - Adult/Teen**

This class is designed for people with knowledge of basic ballet barre steps and ballet technique and who like to have fun and learn a lot. This class focuses on continuing to teach ballet technique and new ballet steps. It is recommended that you have done at least one session of beginning ballet before taking this class. The teacher also ensures that students get a good workout. Individualized attention is given to all students to help students improve their ballet and their strength while working to prevent pain and injury. Attend in person or join online via Zoom or a mixture of both.

129-B2027    16 Sessions - \$275  
Mondays, Jan 29 - May 20    7:30 - 8:30 pm  
Edina Community Center      Door 3, Dance Studio  
No Class Feb 19

129-B2027b    16 Sessions - \$12  
Mondays, Jan 29 - May 20    7:30 - 8:30 pm  
Edina Community Center      Door 3, Dance Studio  
No Class Feb 19

### **Hybrid: Body Shape Fridays: Adult 55+**

Strength training with weights, bands, and balls with your functional fitness in mind! Join this group in getting stronger and healthier as we age. This class will be offered both in person and online via Zoom.

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

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Please be aware all classes between February 3-March 17 will be ONLINE ONLY.

112-B2045 21 Sessions - \$210  
Fridays, Jan 12 - May 31 12:00 - 12:50 pm  
Edina Community Center Door 3, Dance Studio  
No Class Feb 02, Feb 09, Feb 16, Feb 23, Mar 01, Mar 08 & Mar 15  
Fridays, Feb 2 - Mar 15 12:00 - 12:50 pm  
Your Home Door 3, Online

### **Hybrid: Body Shape Mondays: Adult 55+**

Strength training with weights, bands, and balls with your functional fitness in mind! Join this group in getting stronger and healthier as we age. This class will be offered both in person and online via Zoom. Please be aware all classes between February 3-March 17 will be ONLINE ONLY.

108-B2043 18 Sessions - \$180  
Mondays, Jan 8 - May 20 12:00 - 12:50 pm  
Edina Community Center Door 3, Dance Studio  
No Class Jan 15, Feb 05, Feb 12, Feb 19, Feb 26, Mar 04 & Mar 11  
Mondays, Feb 5 - Mar 11 12:00 - 12:50 pm  
Your Home Door 3, Online  
No Class Feb 19

### **Hybrid: Body Shape Wednesdays: Adult 55+**

Strength training with weights, bands, and balls with your functional fitness in mind! Join this group in getting stronger and healthier as we age. This class will be offered both in person and online via Zoom. Please be aware all classes between February 3-March 17 will be ONLINE ONLY.

110-B2044 21 Sessions - \$210  
Wednesdays, Jan 10 - May 29 12:00 - 12:50 pm  
Edina Community Center Door 3, Dance Studio  
No Class Feb 07, Feb 14, Feb 21, Feb 28, Mar 06 & Mar 13  
Wednesdays, Feb 7 - Mar 13 12:00 - 12:50 pm  
Your Home Door 3, Online

### **Hybrid: Fundamentals of Ballet/Beginning I: Adult**

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

109-B2039 10 Sessions - \$200  
Tuesdays, Jan 9 - Mar 12 7:30 - 9:00 pm  
Edina Community Center Door 3, Dance Studio

109-B2039b 10 Sessions - \$22  
Tuesdays, Jan 9 - Mar 12 7:30 - 9:00 pm  
Edina Community Center Door 3, Dance Studio

### **Hybrid: Fundamentals of Ballet/Beginning II: Adult**

Learn the basics of ballet vocabulary and movement alongside other adults. Ballet is a great way to gain

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strength, flexibility, improve posture, balance, and reduce stress in a non-competitive atmosphere. This class is also perfect for the Teen or Adult who would like to move at a slower pace and/or is returning to ballet.

319-B2040 10 Sessions - \$200  
Tuesdays, Mar 19 - May 21 7:30 - 9:00 pm  
Edina Community Center Door 3, Dance Studio

319-B2040b 10 Sessions - \$22  
Tuesdays, Mar 19 - May 21 7:30 - 9:00 pm  
Edina Community Center Door 3, Dance Studio

### **Hybrid: Hatha Yoga For Life: Adult**

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

129-B2028 13 Sessions - \$195  
Tuesdays, Jan 2 - Mar 26 6:00 - 7:25 pm  
Edina Community Center Door 3, Dance Studio

129-B2028b 13 Sessions - \$16  
Tuesdays, Jan 2 - Mar 26 6:00 - 7:25 pm  
Edina Community Center Door 3, Dance Studio

### **Hybrid: Hatha Yoga For Life: Adult**

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

402-B2029 9 Sessions - \$135  
Tuesdays, Apr 2 - May 28 6:00 - 7:25 pm  
Edina Community Center Door 3, Dance Studio

402-B2029b 9 Sessions - \$16  
Tuesdays, Apr 2 - May 28 6:00 - 7:25 pm  
Edina Community Center Door 3, Dance Studio

### **Hybrid: Hatha Yoga For Life: Adult**

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

104-B2030 13 Sessions - \$195  
Thursdays, Jan 4 - Mar 28 9:30 - 10:55 am

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

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Edina Community Center      Door 3, Dance Studio

104-B2030b    13 Sessions - \$16  
Thursdays, Jan 4 - Mar 28    9:30 - 10:55 am  
Edina Community Center      Door 3, Dance Studio

### **Hybrid: Hatha Yoga For Life: Adult**

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

404-B2031      9 Sessions - \$135  
Thursdays, Apr 4 - May 30    9:30 - 10:55 am  
Edina Community Center      Door 3, Dance Studio

404-B2031b    9 Sessions - \$16  
Thursdays, Apr 4 - May 30    9:30 - 10:55 am  
Edina Community Center      Door 3, Dance Studio

### **Hybrid: Intermediate Ballet I: Adult/Teen**

This class is designed for people with knowledge of basic ballet steps, positions, and ballet technique and who like to have fun and learn a lot. It is a full ballet class that focuses on improving students' knowledge of proper ballet technique and intermediate ballet steps. The teacher also ensures that students get a good workout. Individualized attention is given to all students to help students improve their ballet and their strength while working to prevent pain and injury. Attend in person or join online via Zoom or a mixture of both.

111-B2026      21 Sessions - \$345  
Thursdays, Jan 11 - May 30    7:30 - 9:00 pm  
Edina Community Center      Door 3, Dance Studio  
Thursday, Jan 4                7:30 - 9:00 pm  
Edina Community Center      Door 3, Dance Studio

111-B2026b    21 Sessions - \$12  
Thursdays, Jan 11 - May 30    7:30 - 9:00 pm  
Edina Community Center      Door 3, Dance Studio

### **Hybrid: Mat Pilates: Adult**

An all-level Mat Pilates class that is a full-body, low-impact workout that will make your muscles long and lean. Designed to help you live your best life, this class focuses on injury prevention, pain reduction, and working smart. In true Pilates style, it helps students create balance between smaller, underused muscles and the bigger muscles by learning to relax the overused, larger muscles and engage the smaller muscles. It also teaches the how and why of the exercises, body awareness, body mechanics, and efficiency in motion. This is mainly a strength-building class with some stretching. Attend in person, join online via Zoom, or a combination of both!

111-B2025      21 Sessions - \$360  
Thursdays, Jan 11 - May 30    6:15 - 7:15 pm  
Edina Community Center      Door 3, Dance Studio

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

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111-B2025b 21 Sessions - \$12  
Thursdays, Jan 11 - May 30 6:15 - 7:15 pm  
Edina Community Center Door 3, Dance Studio

### **Lean Out: Adult**

Enjoy a simplified traditional fitness class structured with cardio aerobics and muscle sculpting. Get the best of both worlds while developing those long, lean muscles and torching calories!

110-B2055 19 Sessions - \$239  
Wednesdays, Jan 10 - May 29 8:00 - 9:00 am  
Edina Community Center Door 3, Dance Studio  
No Class Jan 31 & Feb 07

### **Pilates Barre: Adult**

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

109-B2021 9 Sessions - \$141  
Tuesdays, Jan 9 - Mar 5 9:15 - 10:15 am  
Edina Community Center Door 3, Dance Studio

### **Pilates Barre: Adult**

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

326-B2022 10 Sessions - \$157  
Tuesdays, Mar 26 - May 28 9:15 - 10:15 am  
Edina Community Center Door 3, Dance Studio

### **Pilates Plus: Adult**

NEW look at Pilates. Balance, stretching, myofascial movements and strengthening. Challenging for all levels.

111-B2023 9 Sessions - \$141  
Thursdays, Jan 11 - Mar 7 9:00 - 10:00 am  
Edina Community Center Door 3, Dance Studio

### **Pilates Plus: Adult**

NEW look at Pilates. Balance, stretching, myofascial movements and strengthening. Challenging for all levels.

328-B2024 10 Sessions - \$157  
Thursdays, Mar 28 - May 30 9:00 - 10:00 am  
Edina Community Center Door 3, Dance Studio

### **Tai Chi Ruler & Bang Stick: Adult**

Uses an external tool for improving flexibility, focus, calming the mind, and moving energy throughout the

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

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## Class Descriptions



body. Requires very little space, no special skills and can be done sitting or standing.

108-B2017 6 Sessions - \$95  
Mondays, Jan 8 - Feb 26 2:00 - 3:00 pm  
Edina Community Center Door 3, Dance Studio  
No Class Jan 15 & Feb 19

### **Tai Chi Ruler & Bang Stick: Adult**

Uses an external tool for improving flexibility, focus, calming the mind, and moving energy throughout the body. Requires very little space, no special skills and can be done sitting or standing.

318-B2018 7 Sessions - \$110  
Mondays, Mar 18 - Apr 29 2:00 - 3:00 pm  
Edina Community Center Door 3, Dance Studio

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

This form improves mental and physical capacity as well as relaxation, balance and vitality! The postures are done in a slow, gentle, continuous sequence. Proven to relieve pain, increase range of motion and improve quality of life. Arthritis foundations around the world and the CDC are recommending. Suitable for most fitness levels.

117-B2019 6 Sessions - \$95  
Wednesdays, Jan 17 - Feb 21 10:00 - 11:00 am  
Edina Community Center Door 3, Dance Studio

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

This form improves mental and physical capacity as well as relaxation, balance and vitality! The postures are done in a slow, gentle, continuous sequence. Proven to relieve pain, increase range of motion and improve quality of life. Arthritis foundations around the world and the CDC are recommending. Suitable for most fitness levels.

313-B2020 7 Sessions - \$110  
Wednesdays, Mar 13 - Apr 24 10:00 - 11:00 am  
Edina Community Center Door 3, Dance Studio

### **Water Aerobics: Adult**

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

108-B2009 7 Sessions - \$70  
Mondays, Jan 8 - Mar 11 7:15 - 8:15 pm  
Valley View Middle School Door 1, Girls Locker Room  
No Class Jan 15, Feb 05 & Feb 19

### **Water Aerobics: Adult**

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

110-B2010 9 Sessions - \$90

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

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## Class Descriptions



Wednesdays, Jan 10 - Mar 13 7:15 - 8:15 pm  
Valley View Middle School Door 1, Girls Locker Room  
No Class Feb 07

### **Water Aerobics: Adult**

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

401-B2014 8 Sessions - \$80  
Mondays, Apr 1 - May 20 7:15 - 8:15 pm  
Valley View Middle School Door 1, Girls Locker Room

### **Water Aerobics: Adult**

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

403-B2015 8 Sessions - \$80  
Wednesdays, Apr 3 - May 22 7:15 - 8:15 pm  
Valley View Middle School Door 1, Girls Locker Room

### **Water Wellness: Adult**

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

108-B2006 7 Sessions - \$70  
Mondays, Jan 8 - Mar 11 9:15 - 10:15 am  
Edinburgh Park Pool  
No Class Jan 15, Feb 05 & Feb 19

### **Water Wellness: Adult**

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

109-B2007 9 Sessions - \$90  
Tuesdays, Jan 9 - Mar 12 9:15 - 10:15 am  
Edinburgh Park Pool  
No Class Feb 06

### **Water Wellness: Adult**

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

111-B2008 9 Sessions - \$90

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



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## Class Descriptions



Thursdays, Jan 11 - Mar 14 9:15 - 10:15 am  
Edinburgh Park Pool  
No Class Feb 08

### **Water Wellness: Adult**

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

401-B2011 8 Sessions - \$80  
Mondays, Apr 1 - May 20 9:15 - 10:15 am  
Edinburgh Park Pool

### **Water Wellness: Adult**

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

402-B2012 8 Sessions - \$80  
Tuesdays, Apr 2 - May 21 9:15 - 10:15 am  
Edinburgh Park Pool

### **Water Wellness: Adult**

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

404-B2013 8 Sessions - \$80  
Thursdays, Apr 4 - May 23 9:15 - 10:15 am  
Edinburgh Park Pool

### **Wu Style Tai Chi Chuan: Adult**

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

110-B2000 10 Sessions - \$92  
Wednesdays, Jan 10 - Mar 27 7:00 - 8:00 pm  
Edina Community Center Door 3, Dance Studio  
No Class Feb 14 & Feb 21

### **Wu Style Tai Chi Chuan: Adult**

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

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

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## Class Descriptions



403-B2001 9 Sessions - \$85  
Wednesdays, Apr 3 - May 29 7:00 - 8:00 pm  
Edina Community Center Door 3, Dance Studio

### **Wu Style Tai Chi Chuan: Adult**

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

104-B2002 11 Sessions - \$100  
Thursdays, Jan 11 - Mar 28 10:00 - 11:00 am  
Edina Community Center Door 3, Dance Studio  
No Class Feb 15 & Feb 22  
Thursday, Jan 4 10:00 - 11:00 am  
Edina Community Center Door 3, Dance Studio

### **Wu Style Tai Chi Chuan: Adult**

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

404-B2003 9 Sessions - \$85  
Thursdays, Apr 4 - May 30 10:00 - 11:00 am  
Edina Community Center Door 3, Dance Studio

### **Zumba Triple Fusion: Adult**

This is Zumba with the added benefit of Zumba Toning + Zumba Core! A small portion of the class will be done with light dumbbells emphasizing muscle sculpting. You'll feel sweaty, energized, and leaner after taking this all encompassing Zumba class!

108-B2057 17 Sessions - \$215  
Mondays, Jan 8 - Jun 3 9:00 - 10:00 am  
Edina Community Center Door 3, Dance Studio  
No Class Jan 15, Jan 29, Feb 05, Feb 19 & May 27

### **Zumba: Adult**

Zumba combines dance and fitness moves into a fun and lively class format. Rhythms include salsa, merengue, bachata, cha-cha, soca, bhangra, cumbia and more! Your mind will be transcended by the music and your body will thank you!

105-B2056 20 Sessions - \$250  
Fridays, Jan 12 - May 31 8:00 - 9:00 am  
Edina Community Center Door 3, Dance Studio  
No Class Feb 02

### Lifelong Learning

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

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

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

515-L3009    1 Session - \$0  
Wednesday, May 15    7:00 - 9:00 pm  
Edina Community Center    Room 317

### **2 Left Feet Dance Workshop: Adult**

Convinced that you have 2-left feet and that dancing is not meant for you? Or, someone you know? But still... it would be helpful to know a few steps. Just in case... This class is for you! Just one night and geared to beginners; you'll learn fun moves with simple tips to have you out on the dance floor in no time! Perfect for weddings, special events or just plain fun! Couples only please!

311-B2035    1 Session - \$40  
Monday, Mar 11    7:00 - 9:00 pm  
Edina Community Center    Door 3, Dance Studio

### **Air Fryer Veggies - Adult: Online**

Using an Air Fryer to cook vegetables is quick—and the healthy results are delicious! In this class Kirsten will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including Lemon Pepper Broccoli, Miso Sesame Kale Chips, and Roasted Sweet Potatoes.

417-K6013    1 Session - \$30  
Wednesday, Apr 17    6:30 - 8:00 pm  
Your Home    Online

### **Aristophanes and Greek Old Comedy: Adult**

In 5th century B.C. Athens, Old Comedy was like a cross between Monty Python and SNL. This course will take us through its development.

208-K6006    4 Sessions - \$30  
Thursdays, Mar 14 - Apr 4    6:00 - 7:00 pm  
Edina Community Center    Door 3, Room 350

### **Astronomy for Urban Dwellers: Adult**

Gain lifetime comfort with the Night Sky. Star Wheels, diverse sky legends, Moon phases, seasons, ancient celestial navigation, our place in the Universe, other solar systems, aliens, black holes. Buying a family telescope, local FREE star parties.

418-B2077    5 Sessions - \$100  
Thursdays, Apr 18 - May 16    7:00 - 8:30 pm  
Edina Community Center    Door 3, Welcome Center Conference Room

### **Barbie's "Dance the Night" Line Dance: Adult**

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

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Love the movie? Learn those fun Barbie and Ken moves to this the inspiring dance with its upbeat disco track by Dua Lipa and “Dance the Night” away. No partner needed for a night of fun.

129-B2032 1 Session - \$15  
Monday, Jan 29 6:00 - 7:00 pm  
Edina Community Center Door 3, Dance Studio

### **Be Prepared: What to Know about Advocating for your Health Care: Adult**

As an Emergency Department Physician, I often met patients and families in time of crisis who were not prepared to best advocate for the patient. In this class, I will cover health care powers of attorney, living wills, POLSTs, preparing for doctor visits, managing hospital care, when to consider hospice, and other related topics.

116-L3000 1 Session - \$15  
Monday, Jan 22 6:30 - 8:00 pm  
Edina Community Center Room 317

### **Beginning Mah Jongg Session I: Wednesdays: Adult**

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

110-B2047 4 Sessions - \$135  
Wednesdays, Jan 10 - Jan 31 6:30 - 9:00 pm  
Edina Community Center Door 3, Room 3rd Floor Commons

### **Beginning Mah Jongg Session II: Wednesdays: Adult**

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

327-B2048 4 Sessions - \$135  
Wednesdays, Mar 27 - Apr 17 6:30 - 9:00 pm  
Edina Community Center Door 3, Room 3rd Floor Commons

### **Beginning Mah Jongg Session III: Wednesdays: Adult**

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

501-B2049 4 Sessions - \$135  
Wednesdays, May 1 - May 22 6:30 - 9:00 pm  
Edina Community Center Door 3, Room 3rd Floor Commons

### **Beginning Pickleball: Adult**

Learn the sport everyone is talking about! For those just starting pickleball and those who've only played

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

# Adult Winter/Spring Catalog



## Class Descriptions



occasionally. Have fun learning strokes & drills, scoring, strategies (the need for a short game and a long game), and tips on safety and equipment. Instruction and drills followed by game play. Please wear court shoes (not running shoes). Eye protection encouraged. Balls and some paddles provided.

207-B2082 6 Sessions - \$65  
Wednesdays, Feb 7 - Mar 20 6:30 - 8:00 pm  
Edina Community Center Auditorium  
No Class Mar 06

### **Bicycle Repair and Maintenance 2 Hour Class: Adult**

Basic bike set up, identification, shifting adjustments, brake adjustments, how to safety check your bike, preparing a bike for selling, as well as many other helpful tips & tricks. Time will be available to fix many of the mechanical issues you are facing. Bringing in a bike is encouraged. Please bring a bike. Great value if you factor in a basic tune up!!

226-B2071 1 Session - \$79  
Monday, Feb 26 6:45 - 8:45 pm  
South View Middle School Door 4, Room Gym 3

### **Bicycle Repair and Maintenance 2 Hour Class: Adult**

Basic bike set up, identification, shifting adjustments, brake adjustments, how to safety check your bike, preparing a bike for selling, as well as many other helpful tips & tricks. Time will be available to fix many of the mechanical issues you are facing. Bringing in a bike is encouraged. Please bring a bike. Great value if you factor in a basic tune up!!

325-B2073 1 Session - \$79  
Monday, Mar 25 6:45 - 8:45 pm  
South View Middle School Door 4, Room Gym 3

### **Bicycle Repair and Maintenance 2 Hour Class: Adult**

Basic bike set up, identification, shifting adjustments, brake adjustments, how to safety check your bike, preparing a bike for selling, as well as many other helpful tips & tricks. Time will be available to fix many of the mechanical issues you are facing. Bringing in a bike is encouraged. Please bring a bike. Great value if you factor in a basic tune up!!

520-B2076 1 Session - \$79  
Monday, May 20 6:45 - 8:45 pm  
South View Middle School Door 4, Room Gym 3

### **Bicycle Repair and Maintenance 3 Hour Class: Adult**

Weekend 3hr class will build from basic to more advance. Many of your bike issues can be solved in this class! Major focus will be on identification of bicycle parts, trailside repair, shifting adjustments, brake adjustments, chain maintenance, how to repair/replace a tube (flat tire), how to safety check your bike. We will also learn basic wheel truing, replacing a chain, how to replace brake and shifting cables. Please bring a bike. Especially one that need work! Great value if you factor in a tune up!!

323-B2072 1 Session - \$100  
Saturday, Mar 23 9:00 am - 12:00 pm  
South View Middle School Door 4, Room Gym 3

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

# Adult Winter/Spring Catalog



## Class Descriptions



### **Bicycle Repair and Maintenance 3 Hour Class: Adult**

Weekend 3hr class will build from basic to more advance. Many of your bike issues can be solved in this class! Major focus will be on identification of bicycle parts, trailside repair, shifting adjustments, brake adjustments, chain maintenance, how to repair/replace a tube (flat tire), how to safety check your bike. We will also learn basic wheel truing, replacing a chain, how to replace brake and shifting cables. Please bring a bike. Especially one that need work! Great value if you factor in a tune up!!

420-B2074    1 Session - \$100  
Saturday, Apr 20    9:00 am - 12:00 pm  
South View Middle School    Door 1, City Gym

### **Bicycle Repair and Maintenance 3 Hour Class: Adult**

Weekend 3hr class will build from basic to more advance. Many of your bike issues can be solved in this class! Major focus will be on identification of bicycle parts, trailside repair, shifting adjustments, brake adjustments, chain maintenance, how to repair/replace a tube (flat tire), how to safety check your bike. We will also learn basic wheel truing, replacing a chain, how to replace brake and shifting cables. Please bring a bike. Especially one that need work! Great value if you factor in a tune up!!

518-B2075    1 Session - \$100  
Saturday, May 18    9:00 am - 12:00 pm  
South View Middle School    Door 1, City Gym

### **Buying New Construction: Adult**

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

306-L3006    1 Session - \$0  
Wednesday, Mar 6    7:00 - 9:00 pm  
Edina Community Center    Room 317

### **Chicken Marsala & Roasted Asparagus (Online): Adult**

In this 90-minute class, join Pam as she shares tips on cooking fork tender chicken, crisping pancetta and making a rich Marsala sauce. Join the class virtually to cook along or grab a favorite beverage, settle in, and watch how to make a simple supper for two. Participants can join as a couple or as an individual. Recipes and a zoom link will be sent out 3 days prior to the class to confirmed participants. Each participant or couple will need their own computer and an internet connection to join the class. If you cannot make the class, sessions are recorded, and a link to watch the replay will be sent to you a day after the class. If you need to cancel and you have already been sent a recipe for the class a refund will not be given, thank you for your understanding.

314-K6004    1 Session - \$50  
Thursday, Mar 14    5:30 - 7:00 pm  
Your Home    Online

### **Decades of Dance: Adult**

Simple dance moves and fun familiar songs are incorporated into a fun and lively aerobic format. You'll be

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

# Adult Winter/Spring Catalog



## Class Descriptions



moving and grooving and singing along to write nostalgic music from the 50s 60s 70s and today! No prior dance experience necessary.

110-B2054 19 Sessions - \$239  
Wednesdays, Jan 10 - May 29 9:00 - 10:00 am  
Edina Community Center Door 3, Dance Studio  
No Class Jan 31 & Feb 07

### **Downsizing in the Current Housing Market: Adult**

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

416-L3008 1 Session - \$0  
Tuesday, Apr 16 7:00 - 9:00 pm  
Edina Community Center Room 317

### **First Wedding Dance: Adult**

Jay, trained under an Arthur Murray instructor. He will teach the Waltz, East Coast Swing, Rumba, and Hustle dances! Wow your guests with your first dance at your wedding or special occasion. Students receive individual attention in a group setting. Review of the previous week's dance steps reinforces learning.

401-B2005 4 Sessions - \$86  
Mondays, Apr 1 - Apr 22 7:30 - 8:45 pm  
Edina Community Center Door 3, Dance Studio

### **Fly Casting Level 1: Adult**

Introduction to fly casting. Learn the basic foundational techniques to get you started on your fly fishing journey. We will breakdown is easy to understand steps how to manage and cast a flyrod with detailed, personalized instruction.

307-K6017 1 Session - \$75  
Thursday, Mar 7 6:00 - 8:00 pm  
Edina Community Center Door 3, ECC Youth TBD

### **Fly Tying Level 1: Adult**

Learn the basic foundational techniques used in the art of tying a fly. Personal, detailed instruction from a master fly tier including the how and why concerning tools, materials, hooks selection and what do flies represent to the fish. You will tie a minimum of 3 flies that will catch fish!

111-K6015 1 Session - \$60  
Thursday, Jan 11 6:00 - 8:00 pm  
Edina Community Center Door 3, ECC Youth TBD

### **Fly Tying Level 2: Adult**

You've got the fly tying basics down so up your fly tying game to the next level. We will focus on tying

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

# Adult Winter/Spring Catalog



## Class Descriptions



smaller more detailed flies specifically for trout. Registration Requirements: Completed Fly Tying Level 1: (104-K6015)

118-K6016 1 Session - \$60  
Thursday, Jan 18 6:00 - 8:00 pm  
Edina Community Center Door 3, ECC Youth TBD

### **Forest Bathing: Walking Meditation and Nature-Relation: Adult**

When was the last time you spent time in nature, amongst the trees, with no destination in mind and nothing to accomplish? If it has been too long, consider taking a forest bathing walk. Forest Bathing, known in Japan as Shinrin-Yoku, is a method of basking in the forest atmosphere through a slow, gentle practice that guides participants into deeper relationship with their inner nature as well as relationship with the larger natural world. Over the course of this four-week series, participants will learn the art and science of tapping into each of their embodied senses, come together to share in community, and step into authentic relation with our surrounding natural spaces. An essential step toward effective ecology conservation efforts, Forest Bathing participants will learn how to practice anywhere at any time. Each of these classes build upon the prior week's session - participants are encouraged to commit to the entirety of the four-walk series.

\*\*\*Sessions will meet outdoors in natural spaces in the local area.

501-L3022 4 Sessions - \$89  
Wednesdays, May 1 - May 22 10:00 - 11:30 am  
Offsite Offsite

### **Fun with Ballroom Dance: Adult**

Whether you've never danced before, or have a bit of experience this 2 hour workshop will have you turning, spinning & more in the classic dances of Waltz, Foxtrot and Rumba. Couples only please

129-B2033 1 Session - \$40  
Monday, Jan 29 7:00 - 9:00 pm  
Edina Community Center Door 3, Dance Studio

### **Genealogy Methods: Research Skills Through Case Studies: Adult**

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

417-L3015 1 Session - \$20  
Wednesday, Apr 17 6:30 - 7:30 pm  
Edina Community Center Room 317

### **Get Your Home Ready to Sell: Adult**

The spring real estate market will be here before you know it! Whether you are planning to sell your house soon or you are just thinking about it, now is the time to learn how to best prepare! In this class you will get expert advice on how to get top dollar for your home. You'll learn about the importance of staging, what projects have the biggest return on investment, timing to get things done and the value of decluttering. You'll also learn how to manage stress while getting your home ready and the best resources to get all your projects finished. Taking this class is guaranteed to prepare you to sell and earn more profit on the sale!

416-B2080 1 Session - \$45  
Tuesday, Apr 16 7:00 - 8:30 pm

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



# Adult Winter/Spring Catalog



## Class Descriptions



Edina Community Center      Door 3, Welcome Center Conference Room

### **Great Decisions: Climate Technology and Competition: Adult**

Will the U.S. and China, with other powerful countries following suit, approach current and future climate initiatives with an increased commitment to trade protectionism and nationalism, by various measures including trade restrictions? Or could a growing spirit of international accord develop to confront the "common enemy" of climate change? The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

212-A1401      1 Session - \$0  
Monday, Feb 12      4:00 - 5:30 pm  
Edina Community Center      Door 3, Room 348

### **Great Decisions: Mideast Realignment: Adult**

The United States and Middle East are at a crossroads. In spite of a reduced presence in the Middle East, the U.S. still has significant national interests there and the area is a key arena for global power politics. Can the U.S. continue to defend its interests in the Middle East and globally with a lower level of military and political involvement, or should it recommit to a leading role in the region? The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

304-A1402      1 Session - \$0  
Monday, Mar 44:00 - 5:30 pm  
Edina Community Center      Door 3, Room 348

### **Great Decisions: NATO's Future: Adult**

Since the Russian invasion of Ukraine in February 2022, the North Atlantic Treaty Organization (NATO) has come under increased scrutiny, not because NATO troops are involved in the conflict, but because of its role in relations between Russia and its neighbors. Will expanding membership in NATO protect countries, or will it further provoke Russia? The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the

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

# Adult Winter/Spring Catalog



## Class Descriptions



Edina Library and Global Minnesota have graciously co-sponsored this program.

513-A1404 1 Session - \$0  
Monday, May 13 4:00 - 5:30 pm  
Edina Community Center Door 3, Room 348

### **Great Decisions: Science Across Borders: Adult**

Scientific advances benefit from collaboration between researchers, but what happens when material, such as Artificial Intelligence (AI) is controversial and important to a nation's national security? Is there a middle ground between sharing information and denying access? How can we regulate cooperation? The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

408-A1403 1 Session - \$0  
Monday, Apr 8 4:00 - 5:30 pm  
Edina Community Center Door 3, Room 348

### **Great Decisions: U.S.- China Trade Rivalry: Adult**

China's economic rise and its current policies of increasing the role of the state in the economy have led some U.S. policymakers to seek to deny China access to U.S. technology and investment. This is seen as a necessary corrective to decades of predatory Chinese economic policies. Is this a wise strategy, and how effective can it be? The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

108-A1400 1 Session - \$0  
Monday, Jan 8 4:00 - 5:30 pm  
Edina Community Center Door 3, Room 348

### **Homebuying 101: How To Buy Your First Home: Adult**

Are you thinking about buying your own home? It can be an exciting, yet daunting adventure! Whether you're looking to buy a home 2 months or 2 years from now, this class will help you become an informed, prepared, and successful homebuyer.

124-L3023 1 Session - \$0  
Wednesday, Jan 24 6:30 - 8:30 pm  
Edina Community Center Room 317

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

# Adult Winter/Spring Catalog



## Class Descriptions



### **Homebuying 101: How To Buy Your First Home: Adult**

Are you thinking about buying your own home? It can be an exciting, yet daunting adventure! Whether you're looking to buy a home 2 months or 2 years from now, this class will help you become an informed, prepared, and successful homebuyer.

320-L3024 1 Session - \$0  
Wednesday, Mar 20 6:30 - 8:30 pm  
Edina Community Center Room 317

### **Homebuying 101: How To Buy Your First Home: Adult**

Are you thinking about buying your own home? It can be an exciting, yet daunting adventure! Whether you're looking to buy a home 2 months or 2 years from now, this class will help you become an informed, prepared, and successful homebuyer.

515-L3025 1 Session - \$0  
Wednesday, May 15 6:30 - 8:30 pm  
Edina Community Center Room 350

### **How to Win with Investment Properties: Adult**

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

404-L3007 1 Session - \$0  
Thursday, Apr 4 7:00 - 9:00 pm  
Edina Community Center Room 351

### **Hybrid: Small Business Financial Strategies: Adult**

As a business owner, you are familiar with the unique rewards and challenges that come with owning your business. That is why it is important to have financial strategies that cover the needs of your business and employees, as well as the needs of you and your family. \*\*\* Light snacks and beverages will be provided

116-L3016 1 Session - \$0  
Tuesday, Jan 16 5:30 - 6:30 pm  
Edina Community Center Room 317

### **Hybrid: Small Business Financial Strategies: Adult**

As a business owner, you are familiar with the unique rewards and challenges that come with owning your business. That is why it is important to have financial strategies that cover the needs of your business and employees, as well as the needs of you and your family. \*\*\* Light snacks and beverages will be provided

220-L3017 1 Session - \$0  
Tuesday, Feb 20 5:30 - 6:30 pm  
Edina Community Center Room 317

### **Hybrid: Small Business Financial Strategies: Adult**

As a business owner, you are familiar with the unique rewards and challenges that come with owning your business. That is why it is important to have financial strategies that cover the needs of your business and

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

# Adult Winter/Spring Catalog



## Class Descriptions



employees, as well as the needs of you and your family. \*\*\* Light snacks and beverages will be provided

319-L3018 1 Session - \$0  
Tuesday, Mar 19 5:30 - 6:30 pm  
Edina Community Center Room 317

### **Hybrid: Small Business Financial Strategies: Adult**

As a business owner, you are familiar with the unique rewards and challenges that come with owning your business. That is why it is important to have financial strategies that cover the needs of your business and employees, as well as the needs of you and your family. \*\*\* Light snacks and beverages will be provided

416-L3019 1 Session - \$0  
Tuesday, Apr 16 5:30 - 6:30 pm  
Edina Community Center Room 317

### **Hybrid: Small Business Financial Strategies: Adult**

As a business owner, you are familiar with the unique rewards and challenges that come with owning your business. That is why it is important to have financial strategies that cover the needs of your business and employees, as well as the needs of you and your family. \*\*\* Light snacks and beverages will be provided

514-L3020 1 Session - \$0  
Tuesday, May 14 5:30 - 6:30 pm  
Edina Community Center Room 317

### **Instant Pot Basics (Online): Adult**

It's time to finally use that Instant Pot! In this live 4-part online Zoom class you'll learn how to make breakfasts thru dinners and appetizers thru desserts! Each week Kirsten will demonstrate a different aspect of pressure cooking: from how a pressure cooker works to how to cook with frozen meats to all-in-one meals to pot-in-pot cooking.

207-K6011 4 Sessions - \$105  
Wednesdays, Feb 7 - Feb 28 6:30 - 8:00 pm  
Your Home Online

### **Instant Pot Chili Night (Online): Adult**

The electric pressure cooker makes a faster and more flavorful Pot of chili compared to stove top or slow cooker—and you can make your sides in the Instant Pot, too! In this live online class Kirsten will demonstrate Easy Weeknight Chili, Turkey Verde Chili, and vegan Quinoa Chili, along with Instant Pot “Baked” Potatoes and Loaded Cornbread. We'll also discuss how you can adapt your favorite recipe for pressure cooker use. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can follow along at your convenience.

306-K6012 1 Session - \$30  
Wednesday, Mar 6 6:30 - 8:00 pm  
Your Home Online

### **Intro to Online Genealogy: Adult**

There has never been a better time to start discovering your family's history. Gone are the days of only

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

# Adult Winter/Spring Catalog



## Class Descriptions



traveling to courthouse basements and archives. You can now research easily from your own home. Join me as I teach you how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher.

129-L3012 1 Session - \$20  
Monday, Jan 29 6:30 - 7:30 pm  
Edina Community Center Room 348

### **Introduction to Senior Housing: Adult**

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

220-L3005 1 Session - \$0  
Tuesday, Feb 20 7:00 - 9:00 pm  
Edina Community Center Room 317

### **Khan Academy for Elementary School Math: Adult**

A class for parents to learn how to use Khan Academy to support kids in elementary school mathematics.

110-L3021 1 Session - \$9  
Wednesday, Jan 10 7:00 - 8:15 pm  
Edina Community Center ECC Youth TBD

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

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

212-L3013 1 Session - \$20  
Monday, Feb 12 6:00 - 7:30 pm  
Edina Community Center Room 317

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

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

326-L3014 1 Session - \$20  
Tuesday, Mar 26 6:00 - 7:30 pm  
Edina Community Center Room 348

### **Maker's Series: Embroidery Sampler: Adult**

Ever thought about learning embroidery? Let's start at the beginning. While you sew this charming sampler, you will learn some basic embroidery stitches. Enjoy some time with old and new friends as you stitch a treat for yourself (or a gift for someone else). "Art washes away from the soul the dust of every day life." - Picasso \*\*\*registered children are welcome to attend with a registered adult\*\*\*

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

# Adult Winter/Spring Catalog



## Class Descriptions



408-A1500 1 Session - \$35  
Monday, Apr 8 6:00 - 8:00 pm  
Edina Community Center Door 3, Makers Space

### **Maker's Series: Polymer Clay Open Studio: Adult**

Let your imagination run wild! We will have polymer clay supplies ready for your inspiration. Instructor will be available with tools galore. Have a blast living your best creative life. \*\*\*registered children welcome with registered adult\*\*\*

520-A1503 1 Session - \$45  
Monday, May 20 6:00 - 8:00 pm  
Edina Community Center Door 3, Makers Space

### **Maker's Series: Resin Jewelry: Adult**

Give yourself the gift of time to create! Join us for an evening learning skills to make a beautiful flower resin pendant. The instructor will lead you through the steps to take to create a one-of-a-kind piece of wearable art. All supplies are included. \*\*\*registered children welcome with registered adult\*\*\*

422-A1501 1 Session - \$45  
Monday, Apr 22 6:00 - 8:00 pm  
Edina Community Center Door 3, Makers Space

### **Maker's Series: Spring Felt Bird Ornament: Adult**

Spring has sprung! Celebrate the season while you make this adorable chickadee ornament. Grab a friend and give yourself the time to create. All supplies are included. \*\*\*registered children welcome with registered adult\*\*\*

506-A1502 1 Session - \$45  
Monday, May 6 6:00 - 8:00 pm  
Edina Community Center Door 3, Makers Space

### **Makeup Bootcamp for Women 40 and Better: Adult**

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

228-L3011 1 Session - \$36  
Wednesday, Feb 28 7:00 - 9:00 pm  
Edina Community Center Room 317

### **Makeup Bootcamp for Women 40 and Better: Adult**

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

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

# Adult Winter/Spring Catalog



## Class Descriptions



409-L3012 1 Session - \$36  
Tuesday, Apr 9 7:00 - 9:00 pm  
Edina Community Center Room 317

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

Many baby boomers today are facing the tough decision of finding appropriate housing options for their parents. Moving mom and dad is often a challenge, especially when mom and dad are reluctant to address the issue. In this class we will discuss and give an overview of the housing market in general for those considering buying or selling a home. We also provide a guide called Moving Mom & Dad, a \$24.95 value. The guide covers the five common mistakes Children of aging parents make and how to avoid them. The guide also includes the following topics: • Conversation's starters for discussing late-life housing choices with aging parents, • Solutions for remodeling homes designed for aging-in-place, • Descriptions of common senior living options and 55+ communities, • Key questions to ask when researching assisted living and long-term care communities, • Tips and criteria for hiring key service providers, Frequently Asked Questions and much more. Access to preferred service providers and discount coupons provided to all attendees as well as a no cost home evaluation for those who want to know the value of their home and recommended suggestions to make it more salable.

528-L3010 1 Session - \$0  
Tuesday, May 28 7:00 - 9:00 pm  
Edina Community Center Room 317

### **Next Steps; Intermediate Mah Jongg: Session I: Adult**

Are you enjoying playing Mahj but feel like you could use some coaching to better your game? Are you looking for some insight on how to make better strategic choices while playing? Then this is the class for you! Please join us!

207-B2050 1 Session - \$32  
Wednesday, Feb 7 6:30 - 9:00 pm  
Edina Community Center Door 3, Room 3rd Floor Commons

### **Next Steps; Intermediate Mah Jongg: Session II: Adult**

Are you enjoying playing Mahj but feel like you could use some coaching to better your game? Are you looking for some insight on how to make better strategic choices while playing? Then this is the class for you! Please join us!

328-B2051 1 Session - \$32  
Thursday, Mar 28 6:30 - 9:00 pm  
Edina Community Center Door 3, Room 3rd Floor Commons

### **Next Steps; Intermediate Mah Jongg: Session III: Adult**

Are you enjoying playing Mahj but feel like you could use some coaching to better your game? Are you looking for some insight on how to make better strategic choices while playing? Then this is the class for you! Please join us!

418-B2052 1 Session - \$32  
Thursday, Apr 18 6:30 - 9:00 pm  
Edina Community Center Door 3, Room 3rd Floor Commons

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

# Adult Winter/Spring Catalog



## Class Descriptions



### **Next Steps; Intermediate Mah Jongg: Session IV: Adult**

Are you enjoying playing Mahj but feel like you could use some coaching to better your game? Are you looking for some insight on how to make better strategic choices while playing? Then this is the class for you! Please join us!

523-B2053    1 Session - \$32  
Thursday, May 23    6:30 - 9:00 pm  
Edina Community Center    Door 3, Room 3rd Floor Commons

### **Online: Conversational Spanish: Advanced Part 2 (Live Virtual): Adult**

¿Quieres ampliar tu Español? Then this is the course for you! Students will expand their skills learning new complex grammatical concepts and sentence structures. Challenge yourself and build your language expertise with an overview of the subjunctive in Spanish. The Spanish subjunctive is a special verb form used to express uncertainty, possibility, mood, and expressions. Ability to access zoom and basic working computer knowledge essential. Applicable to students who completed Advanced Spanish Part 1 or have had more than two years of the Spanish language.

222-B2063    6 Sessions - \$142  
Thursdays, Feb 22 - Mar 28    6:00 - 7:00 pm  
Your Home    Online

### **Online: Conversational Spanish: Beginner Part 1 (Live Virtual): Adult**

Always dreamed of learning Spanish or refreshing your high school Spanish? Then this class is for you! The primary focus of the class will be on building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics will include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes. Grammar topics will include subject pronouns, the verb estar conjugation, gender of nouns, and plurality. Participants will learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. Ability to access zoom and basic working computer knowledge essential.

220-B2061    6 Sessions - \$142  
Tuesdays, Feb 20 - Mar 26    6:00 - 7:00 pm  
Your Home    Online

### **Online: Conversational Spanish: Beginner Part 2 (Live Virtual): Adult**

Learning a language is a lifelong journey and now you are on your way! Participants will practice with real-world conversational components and builder phrases in Spanish enabling them to carry on small conversations related to giving and asking for directions and restaurant conversation. Vocabulary and grammar components will include weather, seasons, dates with months, days of the week, family vocabulary along with the verbs ser and tener conjugations. Culture discussions will include the importance of food, family, and friendships in Spanish speaking countries. Ability to access zoom and basic working computer knowledge essential. Applicable to new students and previous Beginner Spanish conversation participants.

219-B2059    6 Sessions - \$142  
Mondays, Feb 19 - Mar 25    6:00 - 7:00 pm  
Your Home    Online

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



# Adult Winter/Spring Catalog



## Class Descriptions



### **Online: Conversational Spanish: Beginner Part 2 (Live Virtual): Adult**

Learning a language is a lifelong journey and now you are on your way! Participants will practice with real-world conversational components and builder phrases in Spanish enabling them to carry on small conversations related to giving and asking for directions and restaurant conversation. Vocabulary and grammar components will include weather, seasons, dates with months, days of the week, family vocabulary along with the verbs ser and tener conjugations. Culture discussions will include the importance of food, family, and friendships in Spanish speaking countries. Ability to access zoom and basic working computer knowledge essential. Applicable to new students and previous Beginner Spanish conversation participants.

220-B2060    6 Sessions - \$142  
Tuesdays, Feb 20 - Mar 26    6:00 - 7:00 pm  
Your Home    Online

### **Online: Conversational Spanish: Intermediate Part 2 (Live Virtual): Adult**

¿Quieres hablar más Español? Then this course is for you! Continue building on previous Spanish skills to further develop conversational abilities in the language which will include expressing recommendations and comparisons. Real life scenarios will be introduced, and role played in Spanish to ensure a dynamic and interactive learning environment. Participants will also be delving into more complex grammatical instruction and vocabulary to create full sentences in Spanish. This will include present tense conjugation with ER & IR verbs, hobbies, sports, and workplace vocabulary in Spanish. Exciting culture discussions are related to music, dance, and famous people in Spanish speaking countries. Ability to access zoom and basic working computer knowledge essential. Applicable to students who completed Intermediate Spanish Part 1 or previous Beginner Spanish conversation participants.

221-B2062    6 Sessions - \$142  
Wednesdays, Feb 21 - Mar 27 6:00 - 7:00 pm  
Your Home    Online

### **Online: Spanish for Travel (Live Virtual): Adult**

Do you have future aspirations for traveling to a Spanish speaking country? If so, this is the class for you! Participants learn basic conversation skills to get around a Spanish speaking country with greater ease. This class will include helpful dialogue, greetings, how to barter at a market and order in a restaurant, and how to ask for simple directions. Each class will include a travel related theme to practice real world Spanish! Like all Futura classes, a dynamic and interactive approach will be used to keep the class fun and exciting! Applicable to new students and previous Spanish conversation participants

222-B2064    6 Sessions - \$142  
Thursdays, Feb 22 - Mar 28    6:00 - 7:00 pm  
Your Home    Online

### **Open Woodshop: Winter/Spring: Adult**

Join a lively community of men and women committed to the craft of woodworking, and always available to lend advice and support. Our wood shop is equipped with major power equipment and hand tools as well as a paint room—all the tools you might need to complete your own projects. NOTE: There will be no woodshop on January 15, February 19, or May 27. \*\* We are continually updating woodshop equipment and we are committed to safety. At the beginning of each new session of Open Woodshop and Women's Woodworking, all participants are required to participate in a safety review process and sign the acknowledgment within the Woodshop Handbook\*\* All participants must have completed one of the following within the last two years: Woodshop Orientation Women's Beginning Woodshop Helpful

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

# Adult Winter/Spring Catalog



## Class Descriptions



suggestions: Bring a pencil. Ear and eye protection provided, but you can bring your own. You might find an apron useful. Avoid loose clothing. The Community Woodshop exists for learning and community-building. Commercial production for sale or profit is not consistent with our goals and mission and is not allowed.

108-B2066 102 Sessions - \$95  
Mon-Fri, Jan 8 - May 31 8:00 am - 12:00 pm  
Edina Community Center Doors , Woodshop  
No Class Jan 15, Feb 19 & May 27

108-B2067 60 Sessions - \$95  
Mon/Wed/Fri, Jan 8 - May 31 12:30 - 3:30 pm  
Edina Community Center Doors , Woodshop  
No Class Jan 15, Feb 19 & May 27

108-B2068 81 Sessions - \$95  
Tue/Thu/Fri, Jan 9 - May 31 6:00 - 9:00 pm  
Edina Community Center Doors , Woodshop  
No Class Jan 12 & May 24  
Saturdays, Jan 13 - Jun 1 8:00 am - 12:00 pm  
Edina Community Center Doors , Woodshop  
No Class May 25

### **Photo Organization - Print & Digital: Adult**

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

215-K6008 1 Session - \$29  
Thursday, Feb 15 6:30 - 8:30 pm  
Edina Community Center Door 3, Room 311

### **Photo Organization - Print & Digital: Adult**

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

502-K6009 1 Session - \$29  
Thursday, May 2 6:30 - 8:30 pm  
Edina Community Center Door 3, Room 311

### **Polymer Clay Earrings: Adult**

Come and create your very own pair of polymer clay earrings! Any level (beginner-advanced) of artists are encouraged to join! All supplies will be provided.

122-K6001 1 Session - \$29  
Monday, Jan 22 5:00 - 7:00 pm  
Edina Community Center Door 3, Makers Space

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

# Adult Winter/Spring Catalog



## Class Descriptions



### **Polymer Clay Earrings: Adult**

Come and create your very own pair of polymer clay earrings! Any level (beginner-advanced) of artists are encouraged to join! All supplies will be provided.

419-K6002    1 Session - \$29  
Friday, Apr 19 5:00 - 7:00 pm  
Edina Community Center    Door 3, Makers Space

### **Preparing to Downsize: Adult**

Empty nester? Lived in your home for decades? Moving to a retirement community or assisted living? Preparing to downsize well in advance is ideal because the process can be overwhelming. The focus of the class is getting your home ready to sell and the steps you need to take to begin the process of living with less. To lessen the burden of your transition, learn how to let go of the things you cannot take along, how to donate or sell your stuff, places to recycle or dispose of unwanted items, what you need to do to get your home ready to sell and the ideal timeline to seamlessly move to your new home.

522-B2081    1 Session - \$45  
Wednesday, May 22 6:30 - 8:00 pm  
Edina Community Center    Door 3, Room 317

### **Revocable Trusts, Wills and Other Estate Planning Tools: Adult**

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

326-L3002    1 Session - \$0  
Tuesday, Mar 26 6:30 - 8:00 pm  
Edina Community Center    Room 317

### **Sherlock Holmes: What Do the Data Say?**

This course takes a high-level, data-driven look at Sherlock Holmes stories by measuring what actually occurs in them. For example: Did you know that Professor Moriarty NEVER actually appears "on-stage"?

314-K6007    1 Session - \$45  
Thursday, Mar 14 6:00 - 7:00 pm  
Edina Community Center    Door 3, Room 317

### **Summer Snacks & Sippers (Online): Adult**

Join Kirsten from her home kitchen in this live online cooking class as she demonstrates variety of recipes to brighten up your summer, including quick air fryer vegetable-forward seasonal snacks plus a Blueberry-Ginger Shrub and Rosemary Lemon Syrup to liven up your warm weather libations. Extensive handout with additional recipes included. Class is recorded so you can watch when you're able to or cook along at your convenience.

515-K6014    1 Session - \$30  
Wednesday, May 15 6:30 - 8:00 pm  
Your Home    Online

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

# Adult Winter/Spring Catalog



## Class Descriptions



### **Supporting Students Through the College Application Process: Adult**

With the many changes in college admissions and financial aid in the past year, parents need to be aware of how they affect students in the future. High School Counselor Angela Kieffer and former Counselor Bill Hicks will provide guidance to what the high school is doing and what you should be doing to support your son/s or daughter/s. For parents of present 9th, 10th and 11th grade students.

305-L3001     1 Session - \$75  
Tuesday, Mar 5     7:00 - 9:00 pm  
Edina Community Center     Room 317

### **Swedish Meatballs & Lingonberry Jam (Online): Adult**

In this 90-minute class, you will learn tips and tricks for making Swedish meatballs and Swedish pickled cucumbers. Join the class virtually to cook along or grab a favorite beverage, settle in, and watch how to make a simple soup supper for two. Participants can join as a couple or as an individual. Recipes and a zoom link will be sent out 3 days prior to the class to confirmed participants. Each participant or couple will need their own computer and an internet connection to join the class. If you cannot make the class, sessions are recorded, and a link to watch the replay will be sent to you a day after the class.

118-K6003     1 Session - \$50  
Thursday, Jan 18     5:30 - 7:00 pm  
Your Home     Online

### **Swing Dance Workshop: Adult**

One night. One dance. A lifetime of fun! Basic patterns plus fun spins that will take you from the sidelines onto the dance floor. Couples only, please.

503-B2036     1 Session - \$40  
Friday, May 3     7:00 - 9:00 pm  
Edina Community Center     Door 3, Dance Studio

### **Swing and Ballroom Dance: Adult**

Jay, trained under an Arthur Murray instructor. He will teach East Coast Swing, Hustle & Waltz dances! Students receive individual attention in a group setting. Review of the previous week's dance steps reinforces learning and helps you feel comfortable. Cruise lines around the world recruit him for his dance knowledge.

401-B2004     4 Sessions - \$86  
Mondays, Apr 1 - Apr 22     6:15 - 7:30 pm  
Edina Community Center     Door 3, Dance Studio

### **Tango Dance Workshop: Adult**

Pure romance in dance form! This exciting workshop covers the basics of Tango... the embrace... the sultry walks... the sensuous footwork. Tango is "the history of love - for three minutes". Couples only please

131-B2034     1 Session - \$40  
Wednesday, Jan 31     7:00 - 9:00 pm  
Edina Community Center     Door 3, Dance Studio

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

# Adult Winter/Spring Catalog



## Class Descriptions



### **TexMex Enchiladas (Online): Adult**

In this 90-minute class, join Pam as she shares tips for homemade enchilada sauce and a key lime dessert cup that takes only 10 minutes to bake! Join the class virtually to cook along or grab a favorite beverage, settle in, and watch how to make a simple supper for two. Participants can join as a couple or as an individual. Recipes and a zoom link will be sent out 3 days prior to the class to confirmed participants. Each participant or couple will need their own computer and an internet connection to join the class. If you cannot make the class, sessions are recorded, and a link to watch the replay will be sent to you a day after the class. If you need to cancel and you have already been sent a recipe for the class a refund will not be given, thank you for your understanding.

418-K6005    1 Session - \$50  
Thursday, Apr 18    5:30 - 7:00 pm  
Your Home    Online

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

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

130-L3004    1 Session - \$0  
Tuesday, Jan 30    7:00 - 9:00 pm  
Edina Community Center    Room 317

### **Unlocking the Secrets of Newborn Sleep: Adult**

Unlock the mysteries of newborn sleep! Learn to lay a healthy sleep foundation for your newborn baby. This class is ideal for soon-to-be parents. Learn the ins and outs of newborn sleep habits, age appropriate wake windows, and techniques to soothe your baby. Taught by a Certified Pediatric Sleep Consultant, this class will have you feeling confident and ready to welcome your new baby!

203-B2078    1 Session - \$72  
Saturday, Feb 3    10:00 - 11:30 am  
Edina Community Center    Door 5, Room 116

### **Wedding Dance- It's Not too Late to Look Great: Adult**

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

513-B2038    1 Session - \$40  
Monday, May 13    7:00 - 9:00 pm  
Edina Community Center    Door 3, Dance Studio

### **Winter Wellness Meal Prep - Adult Online**

You can create the building blocks for a variety of healthy meals using your Instant Pot and/or air fryer! In this live online class Kirsten will demonstrate a vegetarian Southwestern Breakfast Bowl, a Korean Chicken Bowl, and a flexitarian Mediterranean Bowl while discussing ways to change up your daily meals with different sauces and toppings.

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

# Adult Winter/Spring Catalog



## Class Descriptions



131-K6010 1 Session - \$30  
Wednesday, Jan 31 6:30 - 8:00 pm  
Your Home Online

### **Women's Advanced Woodworking: Adult**

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

124-B2070 10 Sessions - \$107  
Wednesdays, Jan 24 - Mar 27 6:00 - 9:00 pm  
Edina Community Center Doors , Woodshop

### **Women's Beginning Woodworking Workshop Winter/Spring: Adult**

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

122-B2069 9 Sessions - \$107  
Mondays, Jan 22 - Mar 25 6:00 - 9:00 pm  
Edina Community Center Doors , Woodshop  
No Class Feb 19

### **Woodshop Orientation**

Your first step in the world of woodworking is to sign up for this orientation workshop, where you will become familiar with the safe operation of all of the major power equipment and tools, and learn basic elements of woodworking and shop procedures. You will complete a wooden bread board during the orientation, and you will leave feeling inspired and empowered to do your own woodworking projects to share with those around you. Note: This orientation is required for all new members of the Open Wood Shop. No prior experience is necessary. Beginners are welcome. Once this orientation is completed, participants are allowed access to the Open Wood Shop. The fee for Open Wood Shop is waived ONLY IF participants begin utilizing the Open Wood Shop during the two weeks immediately following this orientation. If orientation participants do not attend the Open Wood Shop during two weeks immediately

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

# Adult Winter/Spring Catalog



## Class Descriptions



following this orientation, they will be charged the fee for the Open Wood Shop and will be required to take the Safety Review.

108-B2065    3 Sessions - \$95  
Jan 8, Jan 10 & Jan 12    6:00 - 9:00 pm  
Edina Community Center    Doors , Woodshop

### **Writers' Group: Adult**

Two weeks before the scheduled class the instructor will send out writing prompts to all writers. Writers can use these prompts to prepare a piece for the class, or do something entirely on their own. The next week they will email their writing to the instructor and she will send it out the entire class. During class, each writer's work will be discussed, respectfully, and with a focus on constructive feedback and encouragement.

109-L3003    5 Sessions - \$100  
Tue Jan 9, Tue Feb 13, Tue Mar 12, Tue Apr 9 & Tue May 14    6:00 - 8:00 pm  
Edina Community Center    Welcome Center Conference Room  
No Class Jan 16, Jan 23, Jan 30, Feb 06, Feb 20, Feb 27, Mar 05, Mar 19, Mar 26, Apr 02, Apr 16, Apr 23, Apr 30 & May 07

### **Zestfully Declutter: Adult**

Overwhelmed by clutter? Don't know how to get started decluttering? Not sure where to take your possessions or how to sell them? Learn how to zestfully declutter from a professional home organizer. Discover the amazing benefits of decluttering on your emotional health, pocketbook and lifestyle! In the class you will 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 to bring to the class is something to take notes and a willingness to start letting go of the things that are weighing you down!

325-B2079    1 Session - \$45  
Monday, Mar 25    7:00 - 8:30 pm  
Edina Community Center    Door 3, Room 317

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