

WINTER/SPRING 2023-2024



Roseville Area Schools

# COMMUNITY EDUCATION

*Excellence, Innovation & Equity in All We Do*



To register for adult or youth enrichment classes:

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

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

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Emmy® Award Winning, Billboard® Top 5 Artist,  
Lead Singer of Tonic Sol-Fa

# SHAUN JOHNSON

+ The Big Band Experience

**Saturday, February 3**  
**7:30 - 10:00 PM**

Roseville Area High School  
Thein Auditorium

**\$39/Ticket**  
Great holiday gift idea!

To buy your ticket, call  
651-604-3770, visit  
[isd623.ce.eleyo.com](http://isd623.ce.eleyo.com) or  
scan this QR code!




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



**WINTER BEACH PARTY!**

**SATURDAY, JANUARY 20**

**SAVE THE DATE!**



**ADULT PROM NIGHT**

**SATURDAY, MAY 4, 2024**



**ROSEVILLE ROYAL BALL**

**April 20, 2024**

Character performances, sing-alongs, royal dance lessons & more!

Save the Date!

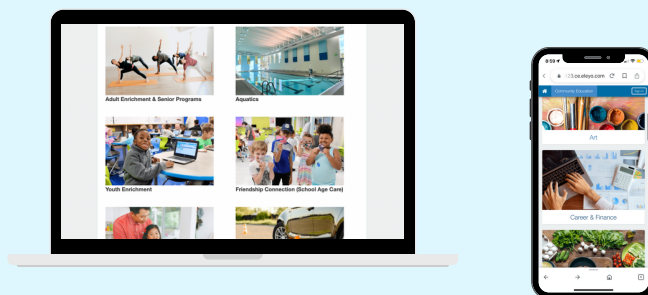
# REGISTER TODAY!

Scan here to see all class options and register!



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

We're excited for you to join us!



## Community Education Office

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

## Register Early!

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

## Class Confirmation

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

## Cancellation Policy

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

## How to Join Online Classes

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

## UCare MN

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

## No Pitch Guarantee

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

## LEARN MORE...

### Community Education Main Office

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

### Website

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

### Main Phone

651-604-3500

### Email

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

### Social Media



**Instagram**

@Roseville\_CommunityEd



**Facebook**

@CommunityEd



**NextDoor**

Roseville Area Schools Community Education



## FIND US AT...

### Anpétu Téca Education Center (ATEC)

1910 County Road B West  
Roseville, MN 55113

### Brimhall Elementary (BH)

1744 County Road B West  
Roseville, MN 55113

### Central Park Elementary (CP)

535 County Road B2 West  
Roseville, MN 55113

### District Center (DC)

1251 County Road B2 West  
Roseville, MN 55113

### Edgerton Elementary (EDG)

1929 Edgerton St  
Maplewood, MN 55117

### Emmet D. Williams Elementary (EDW)

955 County Road D West  
Shoreview, MN 55126

### Falcon Heights Elementary (FH)

1393 Garden Ave West  
Falcon Heights, MN 55113

### Harambee Elementary (HAR)

30 County Road B East  
Maplewood, MN 55117

### Little Canada Elementary (LC)

400 Eli Road  
Little Canada, MN 55117

### Parkview Center School (PCS)

701 County Road B West  
Roseville, MN 55113

### Roseville Area Middle School (RAMS)

15 County Road B2 East  
Little Canada, MN 55117

### Roseville Area High School (RAHS)

1240 County Road B2 West  
Roseville, MN 55113

### Stone Arch Glass Studio

316 Buchanan St NE  
Minneapolis, MN 55413

### Our Programs & Departments

#### Adult Enrichment

651.604.3770

#### Aquatics

651.604.3770

#### Early Childhood Family Education (ECFE)

651.487.4378

#### Early Childhood Screening

651.487.4378

#### Facility Use

651.604.3510

#### Pre-K

651.604.3578

#### Roseville Adult Learning Center (RALC)

651.604.3553

#### School Age Care

651.604.3505

#### Senior Program

651.604.3520

#### Targeted Services

651.604.3508

#### Youth Enrichment

651.604.3770



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

## Register Today!

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



## TRY THIS!

### French Dinner

Send your taste buds on a trip to romantic France! During this hands-on class, you will prepare a course French dinner that will be sure to impress. Provence, the regional home to Marseille, Nice and the Riviera, often bases its cuisine on garlic, olive oil, tomatoes, saffron, and herbs. Experience vichyssoise, potato galettes, saffron rice, coquilles St. Jaques a la Provencale and crème caramel. You will also learn something of the history and culture of the French Provence region.

Thursday • Feb 8 • 6-9pm • \$59 • RAHS  
[Class ID # 2003](#) • Instructor: Laurel Severson

### Fun and Easy to Learn Pad Thai

Indulge yourself in this popular chicken Pad Thai cooking class! During this fun-filled and hands-on class, you will be guided step-by-step in recreating this classic, known for its diverse flavor profile of sweet, salty, sour and spicy to properly prepare and build the flavor profile of an authentic Pad Thai sauce. Perfect for entertaining, wow your friends and family at your next dinner party with your new-found signature dish!

Monday • April 29 • 6-8pm • \$69 • RAHS  
[Class ID # 2018](#) • Instructor: Mimi Selam

### Let's Decorate!

Join Nancy for a fun evening of learning how to decorate and make lovely desserts. Bring along any baking questions or problems that you may have had, and learn helpful hints to solve them! Desserts do not have to be time consuming or hard to make. Best of all, you will leave class with a beautiful box of treats that you created yourself! No prior experience necessary. \$13 supply fee paid to instructor in class.

Tuesday • Apr 23 • 6-9pm • \$39 • RAHS  
[Class ID # 2016](#) • Instructor: Nancy Burgeson

### Growing Microgreens

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

Saturday • Jan 13 • 10-11am • \$25  
Instructor: Ramsey County Master Gardeners

[Online Class ID # 2001](#)

### Cookies Galore

Are you tired of everyday, store-bought cookies? Join us for a fun evening of making the most beautiful, tasty cookies you have ever seen! We'll use pan molds to make spring tulips, roses and other cool-shaped cookies. The dough making is easy, and molding is fun and simple, too! Once our cookies bake and cool, we will work together to trim them. You will go home with a lovely box of colorful, finished cookies. \$13 supply fee paid to instructor in class.

Wednesday • Mar 20 • 6-9pm • \$39 • RAHS  
[Class ID # 2015](#) • Instructor: Nancy Burgeson

### Marvelous Macarons

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

Wednesday • Feb 21 • 6-9pm • \$39 • RAHS  
[Class ID # 2010](#) • Instructor: Nancy Burgeson



### Traditional Southern Cooking

Beginning in the 1960s, food in the U.S. deep south was heavily influenced by early settlers from France, Germany, and Spain. Slaves from Senegal, Africa, and Cuban refugees and Cajuns from Nova Scotia, Canada also contributed to the medley of flavors using the wealth of local seafood, vegetables, poultry, livestock and of course, pecans. Join us in creating a memorable meal to include crab dip, traditional cheese straws, gumbo, jambalaya, red beans and rice, buttermilk biscuits, cheese grits, pecan praline candy and traditional bread pudding with bourbon sauce!

Tuesday • Jan 23 • 6-9pm • \$59 • RAHS  
[Class ID # 2002](#) • Instructor: Laurel Severson

### Easy Ethiopian/Eritrean Recipes by Mimi

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

Thursday • Feb 29 • 6-8pm • \$69 • RAHS  
[Class ID # 2017](#) • Instructor: Mimi Selam



**Register Today!**

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 3) Or scan this QR code!



**Tantalizing Thai Cuisine**

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

Wednesday • May 8 • 6-9pm • \$59 • RAHS  
[Class ID # 2012](#) • Instructor: Jeff Sandino


**Bodacious Brunch Buffet** *(Demonstration Class)*

We'll begin with tender scones riddled with fresh berries and white chocolate. The quintessential fresh fruit salad follows with a delightful sauce for dipping. Featured are both crab cakes with basil aioli and coconut shrimp with a zippy marmalade. You'll learn to prepare quiche using a delicious combination of veggies, meats and cheeses baked in a flaky pastry crust along. A twist on eggs benedict stacking, poached eggs on brioche with black forest ham and velvety hollandaise sauce. French toast finishes this extravaganza using croissants soaked in a rich bath of custard, sautéed to a honey brown crispness and topped with maple syrup and fresh whipped cream!


Wednesday • Apr 17 • 6-9pm • \$59 • RAHS  
[Class ID # 2014](#) • Instructor: Jeff Sandino

**Learn Online with Kristen Madaus!**


*Winter Wellness Bowl Meal Prep*

Wednesday • Jan 31 • 6:30-8pm  
 [Online Class ID # 2008](#) • \$29


*Instant Pot Basic Series*

Wednesdays • Feb 7 - 28 • 6:30-8pm  
 [Online Class ID # 2007](#) • \$99


*Chili Night With Your Instant Pot*

Wednesday • Mar 6 • 6:30-8pm  
 [Online Class ID # 2005](#) • \$29

*Air Fryer Veggies*

Wednesday • Apr 17 • 6:30-8pm  
 [Online Class ID # 2006](#) • \$29

*Summer Snacks and Sippers*

Wednesday • May 15 • 6:30-8pm  
 [Online Class ID # 2009](#) • \$29



**Scandinavian Gourmet Dinner**

From the northern countries of Sweden, Norway, Denmark and Finland, we'll create an assortment of superb entrees and desserts - but NO lutefisk! Recipes will include apple stuffed pork loin, Swedish meatballs, salmon with dill and lemon, cold poached salmon, carrot casserole, spinach soup, pineapple beet salad and cheese sticks. Desserts will include rice pudding, toska cake, Finnish nut logs, raspberry ribbons, oatmeal wafers and famous fruit soup!

Friday • Apr 5 • 6-9pm • \$59 • RAHS  
[Class ID # 2004](#) • Instructor: Laurel Severson

**Asian Favorites**

You'll begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with both hot mustard and sweet and sour sauce for dipping. You'll then prepare fried rice using chicken, shrimp, fresh vegetables, and the secret sauce. Classic pork chow mein follows served with crispy egg noodles along with egg foo young made with both, chicken and shrimp. We'll finish this extravaganza with a delightful lemon custard tort!

Tuesday • Jan 16 • 6-9pm • \$59 • RAHS  
[Class ID # 2011](#) • Instructor: Jeff Sandino

**Good and Cheap - Cooking on a Budget**

Food is expensive. Join Mia Bremer, ACE Health Coach, to learn how to eat "good and cheap" using her favorite, go-to cookbook of the same name by Leanne Brown, a New York University student who developed recipes for people using the SNAP program.

Thursday • Mar 21 • 9:30-11am • \$25 • ATEC  
[Class ID # S2095](#) • Instructor: Mia Bremer

**Family Style Italian Cuisine**

Prepare chicken cacciatore using fresh chopped garlic, sweet basil, red onion, mushrooms and capers simmered in a delightful marinara sauce. You'll enjoy beef braciolo stuffed with prosciutto ham and parmesan cheese in a savory burgundy sauce. We'll pair these delicacies with creamy, garlic mashed potatoes, tender green beans tossed in olive oil with lemon and plenty of bruschetta for dipping. We'll finish with Crème brulee, a rich, creamy custard with a caramel crust.

Tuesday • Feb 20 • 6-9pm • \$59 • RAHS  
[Class ID # 2013](#) • Instructor: Jeff Sandino

### Basic Home Repair - Plumbing

We will review the plumbing system, discuss all types of plastic and metal pipe and where it's used. We will take apart different types of faucets, replace pop-up drain assembly, and toilet parts. Watch how to cut plastic pipe and solder copper pipe. \$5 for *Step by Step Guidebook to Home Plumbing* is collected at class.

Saturday • Apr 6 • 12:30-3pm • \$59 • ATEC  
[Class ID # 3502](#) • Instructor: Tod Novinska



### Basic Home Repair - Electrical

Attend this electrical class for beginners! Learn about different wire gauge, tools, test equipment and compare a variety of LED light bulbs. Hands-on exercise includes installing outlet, switches and light fixture, energizing & testing the circuit. Bring screwdrivers, long nose & wire stripping pliers to class if you have them. \$5 for *Step by Step Guidebook to Home Wiring* is collected at the class.

Saturday • Apr 6 • 9-11:30am • \$59 • ATEC  
[Class ID # 3503](#) • Instructor: Tod Novinska

### Winter Sowing

Learn how to get a jump on the growing season and start cold-tolerant seeds while the snow is still falling using these Winter Sowing techniques!

Saturday • Mar 9 • 10-11am  
 Instructor: Ramsey County Master Gardeners  
 🎥 [Online Class ID # 3504](#) • \$25



### Home Composting

Learn the basics and benefits of home composting, including how to recycle kitchen waste, grow healthier plants, and create a more sustainable garden!

Monday • Apr 15 • 6:30-7:30pm  
 Instructor: Ramsey County Master Gardeners  
 🎥 [Online Class ID # 3506](#) • \$25

### Introduction to Vegetable Gardening

This class teaches the basics of growing your first vegetable garden. Come and learn what you need to know about where to plant your vegetables, which plants to choose, and how to care for your garden all season long!

Saturday • May 11 • 10-11am  
 Instructor: Ramsey County Master Gardeners  
 🎥 [Online Class ID # 3500](#) • \$25

### Get Organized!

#### Photo Organization - Print and Digital

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

Monday • Mar 4 • 6:30-8:30pm • \$25 • ATEC  
[Class ID # 3505-1](#) • Instructor: Kathy Povolny

Wednesday • May 8 • 6:30-8:30pm • \$25 • ATEC  
[Class ID # 3505-2](#) • Instructor: Kathy Povolny

#### Should I Stay or Should I Go?

Learn the steps to review your housing needs for today and for the future. Discuss lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risks or should I go - moving to a home option that may be handicap accessible, single level living? We will take an assessment and give you the tools to make educated decisions!

Thursday • Feb 8 • 10-11:30am • \$15 • ATEC  
[Class ID # S3521](#) • Instructor: Vaughn Kavlie



#### Spring Into Summer

Learn about how to wake up your garden in this class, which provides information about what to do for your garden and landscape between March and August!

Monday • Feb 19 • 6:30-7:30pm  
 Instructor: Ramsey County Master Gardeners  
 🎥 [Online Class ID # 3501](#) • \$25



#### WHAT'S NEW IN COMMUNITY ED?

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



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



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



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

**Register Today!**

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

**Private Singing Lessons for Everyone (Online)**

Learning to sing is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Open to all ages! Lessons are 30 minutes of private instruction.

5 Week Session • Flexible Scheduling • \$125  
 ▶ [Online Class ID # 2507](#) • Instructor: Jesse Wicher

**Instant Guitar for Hopelessly Busy People**

Have you ever wanted to learn the guitar but find it difficult to find the time? In a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Class includes an online book and online follow-up video lessons. You will also receive a recording of the class! Ages 13+.

Tuesday • Feb 6 • 6:30-9pm • \$69  
 ▶ [Online Class ID # 2500](#) • Instructor: Craig Coffman

**Instant Piano for Hopelessly Busy People**

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

Monday • Feb 5 • 6:30-9:30pm • \$69  
 ▶ [Online Class ID # 2501](#) • Instructor: Craig Coffman

**How to Play Piano by Ear**

Learn how to play songs without relying on music! This practical presentation of music theory includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Fee includes online book, online follow-up lessons, a class recording and an optional question and answer session. Piano or keyboard required. Ages 13+.

Saturday • Mar 2 • 9-11:30am • \$69  
 ▶ [Online Class ID # 2508-1](#) • Instructor: Craig Coffman

Saturday • May 11 • 9-11:30am • \$69  
 ▶ [Online Class ID # 2508-2](#) • Instructor: Craig Coffman

**Line Dance: Taylor Swift's "Shake it Off"**

Taylor Swift's fun, sassy songs invite you to move your feet, sing along, and... "Shake it Off!" Grab some of your friends and enjoy an hour of fun that will have you dancing the night away! No partner needed.

Wednesday • Feb 28 • 7-8pm • \$19 • HAR  
[Class ID # 2504](#) • Instructor: Monica Mohn

**Two Left Feet Social Dance Workshop**

Convinced that you have two left feet and that dancing is not meant for you? Or is that true for someone you know? Learn fun moves and simple tips from a pro to ease you into dancing. A little bit of Swing, a touch of Foxtrot, a smattering of Waltz, a tweak of Rumba, and a jazzed up "high school prom Swing & Sway" are all it takes to get you on the dance floor! Couples only please.

Tuesday • Apr 30 • 7-9pm • \$49/couple • HAR  
[Class ID # 2502](#) • Instructor: Monica Mohn

**Ballroom Dance**

Experience the thrill of four classic ballroom dances! By the last week, you'll find yourself whirling with the Waltz, rotating to the Rumba, floating through the Foxtrot, and tantalizing your partner with the Tango! With the expert guidance of ballroom dance champion Monica Mohn, you'll be dancing before you know it. Couples only please.

Wed • Feb 28 - Mar 20 • 6-7pm • \$69/couple • HAR  
[Class ID # 2503](#) • Instructor: Monica Mohn

**Party Line Dance**

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

Tuesday • Apr 30 • 6-7pm • \$19 • HAR  
[Class ID # 2506](#) • Instructor: Monica Mohn

**Swing Dance Workshop**

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

Wednesday • Mar 6 • 7-9pm • \$49/couple • HAR  
[Class ID # 2505](#) • Instructor: Monica Mohn



## WATERCOLOR PAINTING!

### Beginner I

Instructor: Kevin Kroeber

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

Wednesdays, Jan 24 - Feb 21 • 6-8pm

[Class ID # 1009-1](#) • \$95 • ATEC

Thursdays, Jan 25 - Feb 22 • 3-5pm

[Class ID # 1009-2](#) • \$95 • ATEC



### Beginner II

Instructor: Kevin Kroeber

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

Thursdays, Jan 25 - Feb 22 • 6-8pm

[Class ID # 1010](#) • \$95 • ATEC



### Intermediate

Instructor: Mary Degen-Hefelfinger

If you have some experience with watercolor, join this class to develop your skills! You will learn techniques, see demonstrations, receive guided instruction, and participate in a class critique. Work on a different topic each week! Please purchase a copy of John Shaw and Ferdinand Petrie's "The Big Book of Painting Nature in Watercolor" prior to class

Mondays, Mar 11 - Apr 15 • 3-5pm

[Class ID # 1019-1](#) • \$139 • ATEC

Mondays, Mar 11 - Apr 15 • 6-8pm

[Class ID # 1019-2](#) • \$139 • ATEC



### Drawing Fundamentals

The foundation for a successful artwork is a good drawing! In this class, we will explore the principals of transforming three dimensional objects into two dimensional shapes. We will also explore the art of shading, perspective and other drawing systems. Instructor Almira Downs' artwork has been shown in galleries throughout the midwest and even in Brazil!

Mondays • Mar 11 - Apr 15 • 7-8:30pm • \$59 • ATEC

[Class ID # 1004](#) • Instructor: Almira Downs

### Origami: The Art of Paper Folding

Origami is a popular art of folding paper in Aisa, especially in Japan and China. This fun activity is a great way to express your creativity all while improving your hand and brain coordination. Come join us to relax and socialize with this Asian art!

Wednesdays • Jan 10 - 24 • 6-7:30pm • \$35 • ATEC

[Class ID # 1008](#) • Instructor: Joseph Lin

### Introduction to Glassblowing

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

Class is taught at Stone Arch Glass Studio!

Friday • Jan 5 • 5-7pm

[Class ID # 1014-1](#) • \$49

Tuesday • Feb 20 • 5-7pm

[Class ID # 1014-2](#) • \$49

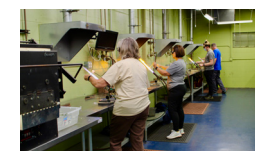
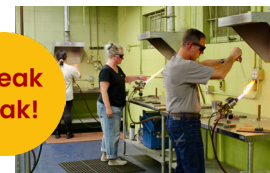
Monday • Apr 8 • 5-7pm

[Class ID # 1014-3](#) • \$49

Wednesday • May 1 • 5-7pm

[Class ID # 1014-4](#) • \$49

**Sneak Peak!**



### Hand-Stamped Cards

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

Wednesday • Apr 24 • 6-9pm • \$35 • HAR

[Class ID # 1002](#) • Instructor: Elizabeth Cusey



**Alcohol Ink Painting!**

**Alcohol Ink - Hearts and Doodles**

Do you have a special Valentine? Make them a custom heart using Alcohol Ink and doodles! You will first create the heart using various colors of Alcohol Ink. Don't worry, the heart does not have to be perfect, it will continue to take on its own personality when you cover it with doodles. Make two 5" x 7" hearts! \$10 supply fee payable to instructor the night of class.

Tuesday • Jan 16 • 6-8pm • \$39 • ATEC  
[Class ID #1022](#) • Instructor: Kay Anderson



**Alcohol Ink - Sugar Plum Tree**

Alcohol Ink (AI) painting is abstract and gives you the freedom to paint without rules! To make your sugar plum tree, you will first create the background by blowing the Alcohol Ink with a hand blower and Isopropyl Alcohol. Create the vase by dripping ink and spreading with dental tools. Next, you can drop various inks of any color to create your flowers. Finally, highlight your flowers with doodles! You will make one 5" x 7" painting in your chosen colors. If there is time, create a 2nd painting with a white or black background. The best part of using Alcohol Ink? If you don't like a part of your picture, you can wipe it off with ISO alcohol! \$15 supply fee payable to instructor the night of class.

Tuesday • Feb 20 • 6-8pm • \$39 • ATEC  
[Class ID #1024](#) • Instructor: Kay Anderson



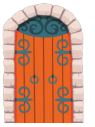
**Alcohol Ink - Burst of the Sunflower**

To make your sunflower, you will first lay down ink for the center. The next step is to create the petals using a hand rubber blower. Finally, create the center by dropping various colors to brighten and create depth in your flower! Come explore your creativity. You will make one 5" x 7" painting in your chosen colors. If there is time, create a 2nd painting with a white or black background. \$15 supply fee payable to instructor the night of class.

Tuesday • Mar 19 • 6-8pm • \$39 • ATEC  
[Class ID #1023](#) • Instructor: Kay Anderson

**Ceramic Fairy Door**

Come build your very own ceramic fairy door! We use imagination and clay to create one or more fairy doors to display as you please. Come only with your apron and imagination; clay, underglaze and tools will be provided for an evening of clayworks and fun. Pots and Whatnots will fire your pieces in their kiln, and you will pick up when complete.



Thursday • Apr 11 • 6-8:30pm • \$65 • ATEC  
[Class ID #1007](#) • Instructor: Pots and Whatnots

**Clay Handbuilding Mini Session**

Do you feel the need to get your hands into clay but just don't have the space or time? Come join us for a ceramics handbuilding class! The first session will focus on building your piece, the second session will focus on adding glaze. Come only with your apron and imagination; clay, underglaze and tools will be provided for an evening of clayworks and fun. Pots and Whatnots will fire your pieces in their kiln and you will pick up when complete.

Thursdays • Feb 8 & 29 • 6-8pm • \$65 • ATEC  
[Class ID #1005](#) • Instructor: Pots and Whatnots

**Ceramics Wheel Throwing**

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

Tuesdays • Jan 2 - Feb 20 • 6:30-9pm • \$200 • RAHS  
[Class ID #1000-Wheel A](#) • Instructor: Peter Paul  
 Pottery pick-up Mar 12 from 6-7pm

Tuesdays • Mar 19 - May 7 • 6:30-9pm • \$200 • RAHS  
[Class ID #1000-Wheel B](#) • Instructor: Peter Paul  
 Pottery pick-up May 28 from 6-7pm



**Ceramics Hand Building**

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

Tuesdays • Jan 2 - Feb 20 • 6:30-9pm • \$200 • RAHS  
[Class ID #1000-Hand A](#) • Instructor: Peter Paul  
 Pottery pick-up Mar 12 from 6-7pm

Tuesdays • Mar 19 - May 7 • 6:30-9pm • \$200 • RAHS  
[Class ID #1000-Hand B](#) • Instructor: Peter Paul  
 Pottery pick-up May 28 from 6-7pm

**Register Today!**

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

**SEW WITH MARY PASS!****Introduction to Sewing**

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

Wednesdays • Jan 10 - 24 • 6:30-8:30pm  
[Class ID #1015](#) • \$55 • ATEC

**Beginning Apparel Sewing**

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

Wednesdays • Jan 31 - Mar 13 • 6:30-8:45pm  
[Class ID #1016](#) • \$79 • ATEC  
 No class 2/14

**Intermediate Apparel Sewing: Knits**

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

Wednesdays • Mar 20 - May 1 • 6:30-8:30pm  
[Class ID #1017](#) • \$79 • ATEC  
 No class 4/10

**Continuing Sewing**

Develop and improve your sewing skills while working on a project of your choice. Students who have completed the Introduction, Beginning, or Intermediate sewing classes will receive instructor support, guidance, and extra help with challenging techniques, pattern instructions, or finishing an already-started project.

Thurs • Jan 25, Feb 29, Mar 28, Apr 25 • 6:30-8:30pm  
[Class ID #1018-1](#) • \$69 • ATEC  
 Wednesdays • May 8 - 29 • 6:30-8:30pm  
[Class ID #1018-2](#) • \$69 • ATEC

**Seed Mosaics: A Great Minnesotan Tradition**

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

Wednesday • Jan 17 • 6:30-8pm • \$45 • HAR  
[Class ID #1006](#) • Instructor: Erin Stahl

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

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

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

**Linocut Relief Printing**

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

Monday • Feb 12 • 6-8pm • \$45 • HAR  
[Class ID #1021](#) • Instructor: Erin Stahl

**Watercolor Leaf Prints**

Using watercolor paints and leaves from the park, participants will create a unique and vibrant composition. After a lesson about the history of watercolors and art techniques, participants will try their hand at a creative process that is part printmaking and part watercolor painting!

Wednesday • Mar 6 • 6:30-8pm • \$45 • HAR  
[Class ID #1003](#) • Instructor: Erin Stahl

**Register Today!**

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



**Bob Ross Style Painting!**

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

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

**Next Vacation**

Wednesday • Jan 31 • 5:30-9pm  
[Class ID #1020](#) • \$65 • ATEC



**Circles - Felted Table Runner**

Create a colorful runner or wall hanging from wool fibers and a little soapy water. No knitting or sewing required, learn the magic of wet felting and create a work of art for your table or wall. Inspired by vintage penny rugs and the Russian artist Kandinsky, this design looks great in any home, office or cabin. \$35 materials fee includes all fibers and supplies is payable to instructor. Some physical stamina needed for felting classes. Bring from home: a bag lunch, 2-3 hand towels, 1 old bath towel and a plastic bag to carry home wet items.

Saturday • Mar 16 • 10am-4pm • \$45 • ATEC  
[Class ID #1012](#) • Instructor: Leslie Granbeck



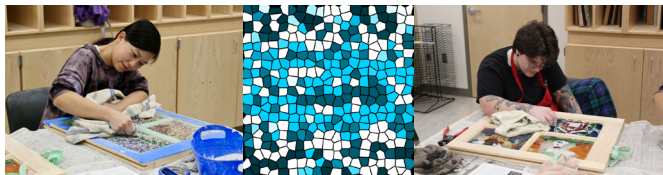
**Sneak Peak!**



**Organic Wire Sculptures**

Taking inspiration from the natural surroundings or images of plants and wildlife, participants will create their own 3D wire form by bending and shaping metal wire. Finished projects will consist of 3D shaped wire mounted on a base, culminating in a uniquely organic sculpture you will be proud to share with your family and friends!

Tuesday • Jan 16 • 6:30-8pm • \$45 • HAR  
[Class ID #1011](#) • Instructor: Erin Stahl



**Glass Mosaic Table or Sign**

Learn how glass mosaic can be fun and easy while creating a table top or sign! Look through ideas, browse the patterns and stencils, and choose from many colors of pre-cut glass. The first night is for designing your project and gluing the glass. You will have some homework. The second night is for grouting and learning about supplies and mosaic. Sign ideas include Welcome, house number, last name, state of MN. Supply fee of \$16-40 (signs) and \$70 (table) payable to instructor.

Thursdays • May 2 & 9 • 6-9pm • \$49 • ATEC  
[Class ID #1013](#) • Instructor: Lindsey Guetter

**JOIN THE**

**ROSEVILLE COMMUNITY EDUCATION ADVISORY COUNCIL!**

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

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



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



**Anxiety or ANXIETY!**

We all feel anxious at times. It's a normal human emotion. When anxiety gets the better of us or becomes a daily state of being, however, we need to take a close look at why. ACE Health Coach, Mia Bremer, will share tools she's learned from both personal experience and years of experience coaching people living with mental health disorders . As a personal trainer, Mia understands how the mind and body work together.

Thursday • Jan 18 • 9:30-11am • ATEC • \$25  
[Class ID # S4570](#) • Instructor: Mia Bremer

**Heal with Nature**

Come delve into simple yet profound practices to promote mental, emotional, physical, and energetic healing through nature. Scientific research increasingly highlights the benefits of nature on our health, including reduced inflammation, lowered stress levels, and enhanced quality of sleep. Laura Adrian will not only demystify these techniques but also provide tailored frameworks for integrating them into your busy schedule. Laura's new book, a valuable resource accompanying this workshop, elaborates on the benefits of these practices and offers practical guidance for their application.

Wednesdays • Apr 17 - May 15 • 6-7pm • ATEC • \$45  
[Class ID # 4510](#) • Instructor: Laura Adrian

**Hypnosis - Stop the Obsessions**

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

Wednesday • Feb 28 • 5:45-9pm • ATEC  
[Class ID # 4501-1](#) • Instructor: Mary Fischer

Tuesday • May 7 • 5:45-9pm • ATEC  
[Class ID # 4501-2](#) • Instructor: Mary Fischer



**Inflammation - Friend or Foe?**

The foods we choose can make a big impact on our health and recent research concludes that food is strong medicine when it comes to chronic inflammation in the body. Acute inflammation is our friend in that it helps us heal injuries and infection, but when inflammation stays, it causes problems and is a precursor to diseases such as diabetes and cardiovascular disease. Join us for a discussion on inflammation and foods that help and hurt.

Tuesday • Apr 30 • 9:30-11am • ATEC • \$25  
[Class ID # S4572](#) • Instructor: Mia Bremer

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

**Understanding and Responding to Dementia-Related Behavior**


Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some common behavioral challenges of Alzheimer's.

Thursday • Feb 15 • 6:30-7:30pm  
 [Online Class ID # S4553](#) • FREE!



**Effective Communication Strategies**

As people with Alzheimer's disease and other dementias progress in their journey and the ability to use words is lost, families need new ways to connect. Explore how communication takes place when someone has Alzheimer's, learn to decode the verbal and behavioral messages delivered by someone with dementia, and identify strategies to help you connect and communicate.


Tuesday • Mar 26 • 6:30-7:30pm  
 [Online Class ID # S4550](#) • FREE!

**Driving, Doctor's Visits, Legal and Financial Planning**


Conversations with family about changing behaviors can be challenging and uncomfortable. We'll provide tips for talking with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or treatment, deciding when to stop driving, and making legal and financial plans for future care.

Monday • Apr 15 • 6:30-7:30pm  
 [Online Class ID # S4552](#) • FREE!


**Psychic Development & Mediumship**

Thursdays • Feb 29 - Mar 28 • 6-8pm • \$149  
 [Online Class ID # 4511](#) • Instructor: Jesse Wicher

**Reiki Level 1 Certification**

Saturday • Mar 2 • 9am-4pm • \$175  
 [Online Class ID # 4512](#) • Instructor: Jesse Wicher

**Reiki Level 2 Certification**

Saturday • Mar 23 • 9am-4pm • \$199  
 [Online Class ID # 4513](#) • Instructor: Jesse Wicher



**Medicare**

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

Wednesday • Apr 17 • 6:30-8pm • \$19 • ATEC  
[Class ID # 3522](#) • Instructor: Greg De Keuster








**Parkinson's Disease and Exercise**



Whether you have been diagnosed with Parkinson's Disease or have a friend or loved one living with PD, this workshop will give you an overview of the disease and how it pertains to movement and exercise in particular. Mia Bremer is an ACE Medical Exercise Specialist with training in exercise for people living with PD.

Tuesday • Feb 13 • 9:30-11am • \$25 • ATEC  
[Class ID # S4571](#) • Instructor: Mia Bremer

**Learn Online with Janice Novak!**

- **The Art of De-Aging**  
 Monday • Jan 29 • 6-7:30pm  
 [Online Class ID # 4506](#) • \$29
- **Overcome Your Carb Cravings**  
 Tuesday • Feb 6 • 6-7:30pm  
 [Online Class ID # 4503](#) • \$29
- **Seated Abdominal Strengtheners**  
 Monday • Feb 12 • 6-7:30pm  
 [Online Class ID # 4508](#) • \$29
- **Avoid the Pitfalls of Perimenopause**  
 Tuesday • Feb 20 • 6-7:30pm  
 [Online Class ID # 4502](#) • \$29
- **Soothe Those Achy Joints**  
 Tuesday • Mar 5 • 6-7:30pm  
 [Online Class ID # 4507](#) • \$29
- **Women, Weight & Hormones**  
 Monday • Mar 18 • 6-7:30pm  
 [Online Class ID # 4505](#) • \$29
- **Metabolism Boosters & Busters**  
 Tuesday • Mar 26 • 6-7:30pm  
 [Online Class ID # 4504](#) • \$29



**American Heart Association**

**CPR/AED Only**

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

Saturday • Jan 20 • 9-11:30am • ATEC  
[Class ID # 4500-1 - CPR/AED Only](#) • \$95

Saturday • Apr 20 • 9-11:30am • ATEC  
[Class ID # 4500-2 - CPR/AED Only](#) • \$95

**First Aid Only**

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

Saturday • Jan 20 • 11:30AM-2:30pm • ATEC  
[Class ID # 4500-1 - First Aid Only](#) • \$95

Saturday • Apr 20 • 11:30AM-2:30pm • ATEC  
[Class ID # 4500-2 - First Aid Only](#) • \$95

**CPR/AED with First Aid**

Combine CPR, AED & First Aid into one class!

Saturday • Jan 20 • 9AM-2:30pm • ATEC  
[Class ID # 4500-1 - CPR, AED & First Aid](#) • \$119

Saturday • Apr 20 • 9AM-2:30pm • ATEC  
[Class ID # 4500-2 - CPR, AED & First Aid](#) • \$119

**Nourished by Nature: Relax, Rejuvenate, and Regenerate**

This workshop is particularly for people who are seeking refuge from the busyness of daily life. In each class, we'll focus on one nature practice that will help restore energy and cultivate creativity to navigate life, connection to your inner wisdom, and a sense of calm. Laura offers signature frameworks for integrating these practices into your life so that you can receive benefit from spending time in nature. You'll also receive Laura's new book, which fleshes out the benefits of the practices and outlines the practices!

Saturdays • Apr 20 - May 18 • 5:30-6:30pm • ATEC • \$45  
[Class ID # 4509](#) • Instructor: Laura Adrian

**Register Today!**

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

**Write Your Own Will**

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

Tuesday • Mar 12 • 6-9pm • ATEC • \$69  
[Class ID # 1507-1](#) • Instructor: Riley Sullivan

Tuesday • May 21 • 6-9pm • ATEC • \$69  
[Class ID # 1507-2](#) • Instructor: Riley Sullivan

**The Special Needs Trust: Estate Planning for Families with Special Needs Members**

With an ever-changing benefit system, you will be happy to learn that your estate plan include provisions for the care of a child, grandchild or family member with special needs without adversely affecting their benefits or programs. Discuss how to properly protect your assets and provide for the future benefit of your loved one. Learn the pros and cons of a special needs trust and how it may be an option to be considered.

Monday • Apr 22 • 6:30-8pm • ATEC • \$29/couple  
[Class ID # 1501](#) • Instructor: Steve Ledin

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

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

Tuesday • Feb 6 • 6-7:30pm • ATEC • \$25  
[Class ID # 1502](#) • Instructor: Amanda Hesper

**Five Common Mistakes That Can Ruin Your Hard-Earned Retirement**

With over 50 years of practice with Minnesotans planning for and reaching retirement, we have learned that whether you're in your 40s, 50s, or 60s, there are several milestones and overlooked life areas where mistakes can lead to discomfort or disaster. Let's identify those issues for you in a comfortable learning session full of real-life examples and opportunities to get questions and issues answered.

Wednesday • Jan 17 • 6:30-8pm • ATEC • \$29  
[Class ID # 1504](#) • Instructor: Steve Ledin

**Explore Finances with Your Partner!****From Me to We**

Discover how to establish a solid financial foundation and partnership. Learn how to identify values and attitudes about money, set goals as individuals and as a couple, and discover tools to help achieve your goals and reduce financial stressors. Ideal for couples that are recently engaged, newly married, or remarried couples!

Monday • Feb 12 • 6-7pm • ATEC • \$29/couple  
[Class ID # 1506-1](#) • Instructor: Gideon Ngobi

Monday • Apr 29 • 6-7pm • ATEC • \$29/couple  
[Class ID # 1506-2](#) • Instructor: Gideon Ngobi

**So You're Thinking About Leaving Minnesota: An Attorneys Perspective On How To Do It**

Every retirement or resettlement discussion involves the issues that help us decide where to call home. Is it taxes, the political landscape, weather, location of family assets, debt or income concerns, cost of living, or health concerns? Did you know many states do not tax Social Security, pensions or other retirement income sources? Which are the worst states for estate taxes? How about quality of medical resources and retirement facilities? These issues will be discussed in an open manner with questions encouraged!

Wednesday • Feb 21 • 6:30-8pm • ATEC • \$29  
[Class ID # 1505](#) • Instructor: Steve Ledin

**Why You Can't Always Trust Your Trust**

A revocable or living trust is the most oversold and misunderstood legal product on the market is today. Most people believe that their trust shields assets from the nursing home and creditors. In Minnesota, that is not the case. Come learn about the pros and cons of a revocable trust and whether it is a fit for you.

Monday • Mar 11 • 6:30-8pm • \$29  
 🎧 [Online Class ID # 1500](#) • Instructor: Steve Ledin

**Save Money with Extreme Couponing!**

Friday • Mar 1 • 5-6pm • \$25  
 🎧 [Online Class ID # 1503](#) • Instructor: LeeAnne Krusemark

**Grow Your Business with Instagram**

Tuesday • Jan 16 • 12-1pm • \$29  
 🎧 [Online Class ID # 1509](#) • Instructor: Nickie Welsh



**Conversational Swedish**

Planning a trip to Sweden? Have Swedish roots and want to learn more about the culture? This class is available to anyone interested in beginning to learn Swedish. You will learn everything from the alphabet to basic phrases, as well as a chance to learn about some of the Swedish culture and etiquette when traveling to Scandinavia!

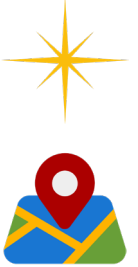
Mondays • Feb 12 - Mar 18 • 6-7pm • ATEC • \$135  
[Class ID # 4006](#) • Instructor: Annika Eriksson



**Morning Talks - From the North Star to GPS**

Most people today use GPS to navigate. Join us as we learn how the North Star, the great Plague of the 1300's, and Albert Einstein helped give rise to today's Global Positioning System! Free blood pressure screening is also available before the session from 8:30-9am.

Tuesday • Mar 5 • 9-10am • ATEC • **FREE!**  
[Class ID # S4001](#) • Instructor: Paul Ciernia



**Learn Spanish with Futura Language Professionals!**

**Beginner Part 1**

Build conversational tools in Spanish through interactive practice and exercises! Learn greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes, subject pronouns, the verb estar conjugation, gender of nouns, and plurality. Each class includes interesting cultural anecdotes, too! No experience needed.

Tuesdays • Feb 20 - Mar 26 • 6-7pm • \$135  
 🎧 [Online Class ID # 4018-Tuesdays](#)

**Beginner Part 2**

Continue with practical conversational components and phrases in Spanish. Practice restaurant conversations and asking for directions! Learn weather, seasons, months, days of the week, family vocabulary, and the verbs ser and tener. Discuss the importance of food, family, and friendships in Spanish speaking countries! Applicable to new students and previous Beginner Part 1 students.

Mondays • Feb 19 - Mar 25 • 6-7pm • \$135  
 🎧 [Online Class ID # 4016-Mondays](#)  
 Tuesdays • Feb 20 - Mar 26 • 6-7pm • \$135  
 🎧 [Online Class ID # 4016-Tuesdays](#)

**Adult Spanish for Travel**

Do you have future aspirations for traveling to a Spanish-speaking country? Come learn basic conversation skills to get around a Spanish-speaking country with greater ease! Learn 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! A dynamic and interactive approach will be used to keep class fun and exciting! Applicable to new students and previous Spanish conversation participants.

Thursdays • Feb 22 - Mar 28 • 6-7pm • \$135  
 🎧 [Online Class ID # 4015-Thursdays](#)

**Intermediate Part 2**

Continue building on previous Spanish skills to further develop conversational abilities like expressing recommendations and comparisons! Delve 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. Exciting culture discussions are related to music, dance, and famous people in Spanish-speaking countries.

Wednesdays • Feb 21 - Mar 27 • 6-7pm • \$135  
 🎧 [Online Class ID # 4019-Wednesdays](#)

**Advanced Part 2**

¿Quieres ampliar tu Español? Expand your skills learning new complex grammatical concepts and sentence structures. Challenge yourself and build your language expertise with an overview of the subjunctive in Spanish. The Spanish subjunctive is a special verb form used to express uncertainty, possibility, mood, and expressions!

Thursdays • Feb 22 - Mar 28 • 6-7pm • \$135  
 🎧 [Online Class ID # 4017-Thursdays](#)



**Register Today!**

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- 3) Or scan this QR code!



**Learn American Sign Language (ASL) with AJ Herculeidez!**

**Beginner American Sign Language 1**

Are you ready to start your ASL journey? Come join us for an ASL Beginner 1 course. This is a great opportunity for those interested in learning a new language and culture; improving communication skills with the D/deaf and Hard of Hearing communities.

Wednesdays • Jan 24 - Feb 21 • 5:30-6:30pm • \$99  
[Class ID # 4007](#) • ATEC

**Beginner American Sign Language 2**

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

Wednesdays • Mar 6 - Apr 3 • 5:30-6:30pm • \$99  
[Class ID # 4008](#) • ATEC

**Beginner American Sign Language 3**

Embark on the next phase of your ASL learning! You'll further enhance your vocabulary and refine your language proficiency while increasing fluency. Elevate your communication abilities and engage with the Deaf community on a more profound level!

Wednesdays • Jan 24 - Feb 21 • 6:45-7:45pm • \$99  
[Class ID # 4009](#) • ATEC

**Beginner American Sign Language 4**

Advance to the next level of your ASL journey! Building upon the strong foundation you've acquired, this course aims to introduce you to ASL grammatical structure and classifiers. We'll focus on enhancing your receptive and expressive skills to achieve a higher level of fluency and explore ASL storytelling and visual vernacular.

Wednesdays • Mar 6 - Apr 3 • 6:45-7:45pm • \$99  
[Class ID # 4010](#) • ATEC

**Using Uber for Transportation Independence**

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

Thursday • Jan 25 • 12-1pm • \$25  
 ▶ [Online Class ID # S4015](#) • Instructor: Nickie Welsh

**How to Travel Free and Make Money Traveling**

Saturday • Feb 3 • 11am-2pm • \$49  
 ▶ [Online Class ID # 4000](#) • Instructor: Gina Henry

**Get Paid to Teach English**

Saturday • Feb 10 • 11am-2pm • \$49  
 ▶ [Online Class ID # 4002](#) • Instructor: Gina Henry

**The Secrets of Travel Hacking**

Saturday • Feb 17 • 11am-2pm • \$49  
 ▶ [Online Class ID # 4003](#) • Instructor: Gina Henry

**Work Remotely & Become a Digital Nomad**

Saturday • Mar 30 • 11am-2pm • \$49  
 ▶ [Online Class ID # 4001](#) • Instructor: Gina Henry

**Get Paid to be a Tour Guide and Travel Free**

Saturday • Apr 6 • 11am-2pm • \$49  
 ▶ [Online Class ID # 4004](#) • Instructor: Gina Henry

**Landmark Tours - Extended Travel Showcase**

Learn about extended travel opportunities through Landmark Tours and learn how the travel industry is adapting to a new reality! Hear about fantastic travel opportunities for 2024 and beyond.

Monday • Feb 12 • 9:30-10:30am • ATEC • **FREE!**  
[Class ID # S4002](#) • Instructor: John Lyons



**Mystery Shopping - Get Paid to Shop!**

Do you like to shop? Learn how become a mystery shopper! Mystery shoppers observe a stores or services to report about what they experienced. They complete tasks at an assigned location, such as returning an item or purchasing a product. There are even many online shopping assignments you can do from home! Come learn how you can mystery shop to get free dinners, gas, groceries, dry cleaning, and more!

Saturday • Apr 13 • 11am-2pm • \$49  
 ▶ [Online Class ID # 4005](#) • Instructor: Gina Henry

## Classes with Sara Reimann!

**Keeping Track of Your Passwords**

A good password is easy to remember, but difficult to guess, both for people who know you, and for anonymous password-crackers. We have so many different passwords to keep track of—rather than taking the dangerous shortcuts of using the same password for everything, or writing passwords down and keeping them near your computer, this course will teach you tips to make it easier to create unique, memorable passwords for every different application.

Wednesday • Feb 7 • 10am-12pm • \$35

▶ [Online Class ID # 5509](#)

**Built-in Apps: iPad & iPhone Series**

Wednesday • Jan 3 • 10am-12pm • \$35

▶ [Online Class ID # 5505](#)

**Back Up Your Computer Before It's Too Late!**

Thanks to new software, hardware, and services, it's easier than ever to back up your computer. Let's take a look at the types of backups available, as well as the tools you'll need to pull it off. Don't risk your important documents and irreplaceable photos!

Wednesday • Jan 10 • 10am-12pm • \$35

▶ [Online Class ID # 5507](#)

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

Wednesday • Jan 31 • 10am-12pm • \$35

▶ [Online Class ID # 5510](#)

**Cut the Cable Bill - Streaming Live TV**

Wednesday • Feb 7 • 5:30-7:30pm • \$35

▶ [Online Class ID # 5508](#)

**Resume and Job Searching Online**

While it's important to know the best places to find job listings online, it's also critical for candidates to know where to post their resumes. Employers look for potential hires in various places, from their own corporate websites to niche job search sites. Learn where they're looking and where to create your online profile for maximum exposure!

Wednesday • Feb 21 • 10am-12pm • \$35

▶ [Online Class ID # 5504](#)

## Classes with Nickie Welsh!

**Podcasts for Beginners**

Tuesday • Jan 9 • 12-1pm • \$29

▶ [Online Class ID # 5502](#)

**Social Media for Business**

Driving new customer traffic to your website and promoting your business is imperative in today's technology world! In this class, learn how to craft a simple but effective social media marketing strategy, listen directly to customers and implement tips to grow your business all while staying organized without technology overwhelm.

Thursday • Jan 11 • 12-1pm • \$29

▶ [Online Class ID # 5501](#)

**Using Snapchat Safely in 2024!**

Have you been curious as to what Snapchat is? We will cover everything adults need to know about one of most popular social media apps in the world! Learn how Snapchat is used, what the basic features include, how to set up safety features, how to check for profile details, and how advertisers work to target audience members. Stay up to date in today's digital world with this fun and informational class. Classes will be recorded. You can watch the playback for easy reference, or if you are unable to attend at the time of the live class.

Thursday • Jan 18 • 12-1pm • \$29

▶ [Online Class ID # 5506](#)

**How To Create Your Own YouTube Channel**

Thursday • Feb 1 • 12-1pm • \$29

▶ [Online Class ID # 5503](#)

**How To Use Venmo Safely in 2024**

Stay up-to-date and learn what you need to know about the mobile payment service called Venmo! Learn how to pay friends and businesses or receive money without using cash or checks. You'll leave this class with a confident understanding of how to set up Venmo safely, fees to avoid, and real world scenarios you or your family and friends may use with this mobile payment option.

Thursday • Feb 15 • 12-1pm • \$29

▶ [Online Class ID # S1530](#)

**Register Today!**

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

**Tips for Writers with LeeAnne Krusemark!****Write Your Life Story**

[Online](#) Sat • Mar 2 • 10am-1pm • [Class ID # 5008](#) • \$49

**Be a Better Writer**

[Online](#) Sat • Mar 2 • 3-6pm • [Class ID # 5001](#) • \$49

**Explore the World as a Travel Writer**

[Online](#) Mon • Mar 4 • 4-6pm • [Class ID # 5004](#) • \$35

**Beginner's Guide to Getting Published**

[Online](#) Tue • Mar 5 • 6-8pm • [Class ID # 5002](#) • \$35

**Writing for Online Blogs, Magazines & Websites**

[Online](#) Tue • Mar 5 • 4-6pm • [Class ID # 5009](#) • \$35

**Guide to Using Chat GPT (AI) for Writers**

[Online](#) Sat • Mar 9 • 1-3pm • [Class ID # 5003](#) • \$35

**Sound Healing**

Sound healing is the educated and conscious use of the energy of sound to promote wellness in the human system – including the expansion of consciousness. Come relax and enjoy the playing of 7 chakra singing bowls and other modes of sound healing!

Tuesdays • Apr 16 - May 21 • 6:30-7:15pm • ATEC • \$75  
[Class ID # 5000](#) • Instructor: Jill Winegar

**Morning Talks - Day of Remembrance for Japanese Americans During WWII**

Learn about the February 19 day of remembrance, the incarceration of Japanese Americans during WWII, and how they were trained to be translators and fight in the war.

Tuesday • Feb 6 • 9-10am • ATEC • **FREE!**  
[Class ID # S5020](#) • Instructor: Peggy Doi

**All the Presidents' Other Women**

Monday • Jan 22 • 9:30-11am • ATEC • \$10  
[Class ID # S5015](#) • Instructor: Jerry Graham

**Ranking the Presidents of the United States**

Thursday • Feb 22 • 9:30-11am • ATEC • \$10  
[Class ID # S5014](#) • Instructor: Jerry Graham

**How Good Where the "Good Old Days?"**

Monday • Mar 18 • 10-11am • ATEC • \$10  
[Class ID # S5013](#) • Instructor: Jerry Graham

**Eleanor Roosevelt: The Woman of the Century**

Monday • Apr 22 • 9:30-11am • ATEC • \$10  
[Class ID # S5009](#) • Instructor: Jerry Graham

**Introduction to Fly Fishing**

Join us to discover the enjoyment of fly fishing! Did you know that, in addition to trout and salmon, you can catch bass, sunfish, northern pike, and muskie on a fly? Or saltwater fish like redfish, bonefish, permit, and tarpon? After taking this class, you'll be ready to catch all those, and more, with a fly rod! Children ages 10-15 are welcome with a parent or other participating adult.

Saturday • May 18 • 8:30am-4:30pm • \$75 • ATEC  
[Class ID # 5005](#) • Instructor: MN Flyfishers - Lew Beccone

**Puzzlemania**

Are you a dissectologist, otherwise known as a puzzle enthusiast? Join the Roseville Area Senior Program for an afternoon of puzzle solving! Puzzles are provided.

Wednesday • Jan 17 • 1-3pm • ATEC • **FREE!**  
[Class ID # S5010](#)

**Board Battles**

Who doesn't love a classic board game? Join us to enjoy a trip down memory lane as you get competitive over games that have been popular for decades.

Wednesday • Mar 20 • 1-3pm • ATEC • **FREE!**  
[Class ID # S5012](#)

**Card Sharks**

Have fun playing cards with others who enjoy card games as much as you do! We'll have Uno, Skip Bo, Phase 10, and regular cards to play!

Wednesday • Feb 21 • 1-3pm • ATEC • **FREE!**  
[Class ID # S5011](#)

**So You Want to Be Anti-Racist?**

Deepen your understanding of what it means to be anti-racist! Learn tools to engage in uncomfortable conversations, develop your racial literacy, and unpack how race operates in our everyday lives, all the while building the muscles to move into action!

Tuesdays • Jan 23 - Feb 27 • 7-8:30pm • \$75  
 [Online](#) [Class ID # 5007-1](#) • Instructor: Hope Speaks Project

Thursdays • Apr 11 - May 16 • 7-8:30pm • \$75  
 [Online](#) [Class ID # 5007-2](#) • Instructor: Hope Speaks Project

**Self Defense Fundamentals**

Learn effective responses to practical situations, experience hands-on exercises, and unlock what you are capable of in order to defend yourself!

Wed • Jan 10 • 6-8pm • ATEC • \$59  
[Class ID # 5006-2](#) • Instructor: Rebecca Danaher

Mon • Apr 15 • 6-8pm • ATEC • \$59  
[Class ID # 5006-3](#) • Instructor: Rebecca Danaher

**Register Today!**

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



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

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

Tuesday • Jan 9 • 1:00-5:00pm  
Class ID # S5020-1 • \$31 • ATEC

Wednesday • Mar 6 • 1:00-5:00pm  
Class ID # S5020-7 • \$31 • ATEC

Saturday • Jan 20 • 9:00am-1:00pm  
Class ID # S5020-2 • \$31 • ATEC

Saturday • Mar 23 • 9:00am-1:00pm  
Class ID # S5020-8 • \$31 • ATEC

Thursday • Jan 25 • 9:00am-1:00pm  
Class ID # S5020-3 • \$31 • ATEC

Thursday • Mar 28 • 9:00am-1:00pm  
Class ID # S5020-9 • \$31 • ATEC

Wednesday • Jan 31 • 12:00-4:00pm  
 Online Class ID # SZ5020-1 • \$31

Tuesday • Apr 9 • 1:00-5:00pm  
Class ID # S5020-10 • \$31 • ATEC

Monday • Feb 5 • 9:00am-1:00pm  
Class ID # S5020-4 • \$31 • ATEC

Saturday • Apr 20 • 9:00am-1:00pm  
Class ID # S5020-11 • \$31 • ATEC

Thursday • Feb 8 • 9:00am-1:00pm  
 Online Class ID # SZ5020-2 • \$31

Tuesday • Apr 23 • 12:00-4:00pm  
 Online Class ID # SZ5020-3 • \$31

Saturday • Feb 10 • 9:00am-1:00pm  
Class ID # S5020-5 • \$31 • ATEC

Monday • Apr 29 • 9:00am-1:00pm  
Class ID # S5020-12 • \$31 • ATEC

Wednesday • Feb 28 • 1:00-5:00pm  
Class ID # S5020-6 • \$31 • ATEC

Tuesday • Jun 4 • 9:00am-1:00pm  
 Online Class ID # SZ5020-4 • \$31



**55+ Defensive Driving 8-Hour**

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

Tue/Wed • Jan 23 & 24 • 1:30-5:30pm  
 Online Class ID # SZ5021-1 • \$35

Tue/Wed • May 21 & 22 • 1:30-5:30pm  
 Online Class ID # SZ5021-5 • \$35

Tue/Wed • Feb 20 & 21 • 5:30-9:30pm  
 Online Class ID # SZ5021-2 • \$35

Tue/Wed • Jun 18 & 19 • 5:30-9:30pm  
 Online Class ID # SZ5021-6 • \$35

Tue/Wed • Mar 19 & 20 • 1:30-5:30pm  
 Online Class ID # SZ5021-3 • \$35

Tue/Wed • Jul 16 & 17 • 1:30-5:30pm  
 Online Class ID # SZ5021-7 • \$35

Tue/Wed • Apr 23 & 24 • 5:30-9:30pm  
 Online Class ID # SZ5021-4 • \$35





**SESSION 1: January 2 - 31**

Mon-Thurs • 6-7pm  
 Fridays • 5:45-6:45pm  
 Saturdays • 9-10am  
 Class ID 3000-E • \$65  
 No class on 1/15

**SESSION 2: February 1 - 29**

Mon-Thurs • 6-7pm  
 Fridays • 5:45-6:45pm  
 Saturdays • 9-10am  
 Class ID 3000-F • \$65  
 No class on 2/27

**SESSION 3: March 1 - 29**

Mon-Thurs • 6-7pm  
 Fridays • 5:45-6:45pm  
 Saturdays • 9-10am  
 Class ID 3000-G • \$65  
 No class on 3/5

**SESSION 4: April 1 - 30**

Mon-Thurs • 6-7pm  
 Fridays • 5:45-6:45pm  
 Saturdays • 9-10am  
 Class ID 3000-H • \$65

**SESSION 5: May 1 - 31**

Mon-Thurs • 6-7pm  
 Fridays • 5:45-6:45pm  
 Saturdays • 9-10am  
 Class ID 3000-I • \$65  
 No class on 5/25, 5/27

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

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



**Cardio Sculpt**

*Mondays, Thursdays, Saturdays*

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

**Sculpt60**

*Tuesdays*

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

**Interval CardioSculpt**

*Wednesdays*

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

**PowerSculpt45 and CardioSculpt5**

*Alternating Fridays*

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

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

**SilverSneakers®  
Class Schedule**



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

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

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

**Soma Yoga**

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

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

Wednesdays • Jan 17 - Mar 13 • 10-11am  
[Class ID #3052-1](#) • \$99 • ATEC

Wednesdays • Mar 20 - May 29 • 10-11am  
[Class ID #3052-2](#) • \$125 • ATEC

**YogaStretch - Gentle Core Strengthening**

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

Tues/Thurs • Jan 16 - Feb 29 • 9-9:45am  
[Class ID #3054-1](#) • \$155 • ATEC

Tues/Thurs • Mar 7 - Apr 18 • 9-9:45am  
[Class ID #3054-2](#) • \$145 • ATEC

Tues/Thurs • Apr 23 - May 30 • 9-9:45am  
[Class ID #3054-3](#) • \$135 • ATEC

**Strength and Stretch**

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

Mon/Fri • Jan 19 - Feb 26 • 10-11am • ATEC • \$125  
[Class ID #3051-1](#) • No class 2/2

Mon/Fri • Mar 1 - Apr 1 • 10-11am • ATEC • \$99  
[Class ID #3051-2](#) • No class 3/29

Mon/Fri • Apr 12 - May 31 • 10-11am • ATEC • \$125  
[Class ID #3051-3](#) • No class 4/26, 4/29, 5/24, 5/27

**SilverSneakers**

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

Mon/Wed/Fri • Jan 17 - Feb 16 • 9-9:45am • ATEC  
[Class ID #3050-1](#) • \$125 • No class 1/31, 2/2, 2/5

Mon/Wed/Fri • Feb 19 - Mar 15 • 9-9:45am • ATEC  
[Class ID #3050-2](#) • \$135 • ATEC

Mon/Wed/Fri • Mar 18 - Apr 19 • 9-9:45am • ATEC  
[Class ID #3050-3](#) • \$135 • No class 3/29, 4/5, 4/8

Mon/Wed/Fri • Apr 22 - May 31 • 9-9:45am • ATEC  
[Class ID #3050-4](#) • \$155 • No class 4/26, 4/29, 5/24, 5/27

**Register Today!**

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



**Strength Training**

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

Tue/Thurs • Jan 16 - Feb 29 • 10-10:45am  
[Class ID #3053-1](#) • \$155 • ATEC

Tue/Thurs • Mar 7 - Apr 18 • 10-10:45am  
[Class ID #3053-2](#) • \$145 • ATEC

Tue/Thurs • Apr 23 - May 30 • 10-10:45am  
[Class ID #3053-3](#) • \$135 • ATEC

## Register Today!

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



### Yoga Nidra

Experience complete physical, mental and emotional relaxation through the powerful practice of Yoga Nidra. Yoga Nidra is a meditation technique that prompts the body to consciously relax while the mind remains inwardly aware. Yoga Nidra can be performed laying down or seated and is beginner and pregnancy friendly. Please wear comfortable clothing and bring a yoga mat.

Wednesdays • Dec 20 - Jan 24 • 6:30-7:30pm • ATEC • \$95  
[Class ID # 3002-Dec/Jan](#) • Instructor: Amanda Keck-Bodger


Wednesdays • Feb 14 - Mar 20 • 6:30-7:30pm • ATEC • \$95  
[Class ID # 3002-Feb/Mar](#) • Instructor: Amanda Keck-Bodger




### T'ai Chi Chih for Life (Online)

T'ai Chi Chih is a moving meditation using a series of gentle movements that circulate energy (chi) through the meridian channels in the body to provide joy through movement that promotes health and well-being. Benefits reported include: stress reduction, balanced blood pressure, increased balance, improved immune system, and faster injury recovery. Wear comfortable clothing!

Instructor: Ev Hanson-Florin

Tuesdays • Jan 16 - Mar 19 • 5:30-6:30pm • \$69  
 [Online Class ID # 3006-1](#) • No class 3/5, 3/12

Tuesdays • Mar 26 - May 21 • 5:30-6:30pm • \$69  
 [Online Class ID # 3006-2](#) • No class 4/9

### T'ai Chi Chih (In Person)

Explore the benefits of T'ai Chi Chih, a moving meditation that improves balance and flexibility, reduces stress, and promotes mindfulness and concentration. T'ai Chi Chih is easy to learn regardless of age or physical ability. No special clothing required, just bring flexible shoes or barefoot. \$12 drop-in sessions available. Ages 10+.

Instructor: Linda Zelig

Mondays • Jan 8 - Feb 26 • 4:30-5:30pm • ATEC • \$79  
[Class ID # 3007-1](#) • No class 1/15

Mondays • Mar 4 - Apr 15 • 4:30-5:30pm • ATEC • \$79  
[Class ID # 3007-2](#)

Mondays • Apr 22 - May 20 • 4:30-5:30pm • ATEC • \$59  
[Class ID # 3007-3](#)

Wednesdays • Jan 3 - Feb 14 • 7:45-8:45am • ATEC • \$79  
[Class ID # 3008-1](#)

Wednesdays • Feb 28 - Apr 10 • 7:45-8:45am • ATEC • \$79  
[Class ID # 3008-2](#)

Wednesdays • Apr 17 - May 29 • 7:45-8:45am • ATEC • \$79  
[Class ID # 3008-3](#)

### Zumba

Zumba exercise classes are "fitness-parties" that blend upbeat music, easy-to-follow choreography, and fitness moves for a total-body workout. All ages and levels are welcome! We will modify moves to suit all fitness needs. \$12/drop-in sessions available, pay at the door.

Instructor: Jan Campbell

Tues/Thurs • Jan 16 - Feb 22 • 5:45-6:45pm • ATEC • \$149  
[Class ID #3005-T&TH Winter](#)

Tuesdays • Jan 16 - Feb 20 • 5:45-6:45pm • ATEC • \$79  
[Class ID #3005-T Winter](#)

Thursdays • Jan 18 - Feb 22 • 5:45-6:45pm • ATEC • \$79  
[Class ID #3005-TH Winter](#)

Tues/Thurs • Mar 12 - May 9 • 5:45-6:45pm • ATEC • \$209  
[Class ID #3005-T&TH Spring](#)

Tuesdays • Mar 12 - May 7 • 5:45-6:45pm • ATEC • \$109  
[Class ID #3005-T Spring](#)

Thursdays • Mar 14 - May 9 • 5:45-6:45pm • ATEC • \$109  
[Class ID #3005-TH Spring](#)

### Fencing with MN Sword Play

For ages 6 to 106! Fencing emphasizes the practice of the sword as an art, science, and recreational activity. Learn the basics of fencing with minimal rules and lots of play. Fence with others of all levels in a fun, safe, active environment. Fencing equipment is provided!

Instructor: MN Sword Play

Saturdays • Jan 6 - Mar 9 • 10:30-11:30am • ATEC • \$95  
[Class ID #3004-1](#) • No class 1/20, 1/27, 2/10, 2/24

Saturdays • Mar 16 - Apr 27 • 10:30-11:30am • ATEC • \$95  
[Class ID #3004-2](#) • No class 3/30

### Hatha Yoga

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

Mondays • Feb 12 - Mar 25 • 6:15-7:30pm • ATEC • \$95  
[Class ID # 3003](#) • Instructor: Amanda Keck-Bodger  
No class 2/19

### Basics of Learning Golf

Learn how to build your golf game from a PGA Master Professional of Player Development! Greg provides a pressure-free, embarrassment-free and judgement-free learning environment! Clubs are available for use!

Tuesdays • Apr 23 - May 21 • 6:30-7:30pm • U of M • \$135  
[Class ID # 3001](#) • Instructor: Greg Schulze

# AQUATICS OPPORTUNITIES WITH ROSEVILLE COMMUNITY EDUCATION!

Come enjoy the pool at Anpétu Téča Education Center! The water is a warm 86 degrees.

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



## OPEN AND LAP SWIM

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



## ADULT WATER EXERCISE CLASSES

Join us for a variety of water aerobics classes! Aquatics exercise engages your full body to promote heart health, lung health, endurance, and strength, and is easy on the body and joints.



- H2O Cardio: Mondays at 6:45pm, Fridays at 7:00am
- T.A.B.A.T.A.: Tuesdays at 11:00am
- Disco Splash: Wednesdays at 7:00pm
- Swimnastics: Wednesdays at 10:00am
- Aqua Stretch & Tone: Thursdays at 11:00am

Registration for winter exercise classes is open! Register for one month, multiple months, or even just a drop-in session.



## SWIM LESSONS

- Red Cross Swim Lessons: ages 5-14 years
- Pre-K Swim Lessons: ages 3 - 5 years
- Parent/Child Swim Lessons: ages 9 months - 5 years

Swim lessons increase your child's safety and confidence in the water while also providing an opportunity for fun and recreation!

Registration for winter lessons opens on December 1 at 12:00pm, and sessions will start the week of January 22!



## BECOME A LIFEGUARD OR SWIM INSTRUCTOR

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





# Roseville Area Senior Program

## ROSEVILLE AREA SENIOR PROGRAM (RASP)

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

651-604-3520  
rasp@isd623.org  
www.isd623.org/RASP



### MEALS ON WHEELS

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

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

New Participants:  
**651-318-9091**  
Current Participants:  
**651-604-3524**

### DROP-IN LOUNGE

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



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

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

### GIFT & CRAFT SHOPPE

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



### VOLUNTEERS

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

### SEASONS NEWSLETTER

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

Come get a fresh meal! All are welcome!

Monday-Friday | 11:00am-12:15pm

1910 County Rd B W, Roseville | 651.604.3518

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

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



# Roseville Adult Learning Center

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

## Roseville Adult Learning Center Offers:

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

## Our Program Features:

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

### ADULT BASIC EDUCATION (ABE)

#### Adult Diploma, GED Preparation and Review

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

#### Eligibility

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

#### Dual Enrollment - Credit Recovery

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

### HYFLEX CLASSES - ONLINE & IN PERSON

We offer hyflex classes, meaning that you can choose to attend class in person or online! You get to decide which class style works best for you each day. You can do your work at home or anywhere you have internet access! This opportunity is great for those who are parents, who have jobs, or who don't have easy access to transportation.

### ENGLISH LEARNER

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

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

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

**Mornings:** Monday - Friday, 9:00am-1:00pm

**Evenings:** Mon, Tues, Weds, Thurs, 6:00-8:30pm



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

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

# READY TO JUMSPSTART YOUR CAREER?

Join our **Apprentice & Manufacturing Ready** career pathway program to prepare for an apprenticeship in the trades! **Get hands-on experience! No cost to join.**



## NOW ENROLLING!

In this Apprenticeship and Manufacturing Ready program with the Roseville Adult Learning Center and Karen Organization of Minnesota, you will:

- Learn to use basic hand and power tools
- Visit union training centers and see different trades careers firsthand
- Get help with resumes and interview preparation
- Review math skills you'll need to know for construction work

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

## Community Education Programs for Adults with Developmental Disabilities

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

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

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



# FRIENDSHIP CONNECTION

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

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

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



## SCHOOL YEAR 2023-2024 RATES

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

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

**Registration for school year 2024-2025 will begin in February, 2024!**

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

**Starting at \$17/hour!**

- Work with youth in Pre-K - 8<sup>th</sup> grade before and after school!
- Act as a role model for a diverse youth population!
- Must be 18+ years old and have a high school diploma
- Experience working with school-age youth necessary



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



# EARLY CHILDHOOD

Giving your family a great start!

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

We want to journey with you on the road to school success by offering day classes, evening and Saturday classes, drop in and play classes, early childhood screening, Pre-K classes for 3-4 year olds, parenting classes, home visits, and more!



## ECFE CLASSES

Early Childhood Family Education (ECFE) provides support and educational opportunities for all children from birth to kindergarten entry. Most class fees are based on a sliding fee scale. Some of our offerings include:

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



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



## PRE-K CLASSES



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

Pre-K is for children age 3 or 4 by September 1, 2024. There are still some openings in Pre-K for the 2023-2024 school year!

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

## EARLY CHILDHOOD SCREENING

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



Roseville Area Schools Community Education

# YOUTH ENRICHMENT

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

## We offer opportunities in:

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



## Check out our NEW Family Art Nights!

Each session will have a different art project that your family can do together!

- **January 22, 2024:** Winter Wonderland – Snowman Art
- **February 7, 2024:** Family Paint Night – Snow Fun
- **February 12, 2024:** Squishy Squishmallow – Clay Art
- **March 18, 2024:** Party with a Sloth – Painting

**Registration for SUMMER Youth Enrichment opens Thursday, February 1!**

View our summer catalog online beginning February 1 at [isd623.ce.eleyo.com](http://isd623.ce.eleyo.com). Watch for physical catalogs to come home in backpacks in mid-February!



## Save the date for these upcoming family events!

- **February 17, 2024:** Spidermania Superhero Training
- **January 20, 2024:** Winter Beach Party
- **April 20, 2024:** Roseville Royal Ball



## To Register:

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



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



# Teen Driver's Education

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

<b>January 9 - 25</b> <i>**No class 1/15</i>	<b>February 5 - 21</b> <i>**No class 2/19</i>	<b>February 5 - 21</b> <i>**No class 2/19</i>	<b>March 5 - 20</b>	<b>April 8 - 24</b> <i>**No class 4/10</i>	<b>May 6 - 21</b>	<b>May 6 - 21</b>
In Person	In Person	Online	In Person	In Person	In Person	Online
3:00-6:00pm	3:00-6:00pm	3:30-6:30pm	3:00-6:00pm	3:00-6:00pm	3:00-6:00pm	3:30-6:30pm
# 6500 - A	# 6500 - B	# 6501 - A	# 6500 - C	# 6500 - D	# 6500 - E	# 6501 - C

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

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

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

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

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

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

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

**Roseville Community Education**

1910 County Rd B W  
Roseville, MN 55113

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EDDM

**WINTER/SPRING 2023-2024**



*Roseville Area Schools*

# COMMUNITY EDUCATION

*Excellence, Innovation & Equity in All We Do*

## SAVE THE DATE! Happening Winter/Spring 2023-2024:

- November 21 - Registration opens for January - March Youth Enrichment
- January 20 - Winter Beach Party
- January 22 - Pre-K registration opens for 2024-25
- February 1 - Registration opens for summer Youth Enrichment
- February 3 - Shaun Johnson Big Band Experience
- February 17 - Spidermania Superhero Training
- February 26 - Registration opens for Friendship Connection 2024-25
- March 1 - Registration opens for April and May Youth Enrichment
- March 4 - Registration opens for summer Adult Enrichment
- March 9 - Raider Puzzle Palooza
- April 20 - Roseville Royal Ball
- May 4 - Adult Prom Night



### To register for adult or youth enrichment classes:

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



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