

COMMUNITY EDUCATION

WINTER SPRING 2024



learn together

ADULT & CHILD

Winter Survival Camp

Cooking, Yoga,

Family Ninja

It's a
Balancing Act

Breathe to Destress
Happy Habits, Yoga,
Decluttering
Meditation

FIND JOY!

Batik, Welding, Painting
Scrumptious Pies & Tarts
Tango, Samba & Swing



Stay active with Community Education!

A message from Community Education Director Jason Sellars

As the last of the leaves begin to fall around our neighborhoods, thoughts begin to turn to that first snowfall that normally comes around Halloween. Our Community Education Department is here to help you enjoy all a snowy winter has to offer in Minnesota.

If you are looking for fun ways to spend time with the whole family try attending some of our winter offerings

- ◆ Whole family entertainment including Parent and Baby Yoga, adult and child cooking classes, Family Outdoor Hike, and fun-filled Outdoor Family Survival class.
- ◆ Keep the kids busy on days when school isn't in session with No School-No Problem classes like Winter Adventure Camp, Celebrating Black Artists, and Keepsake Garden.
- ◆ Engaging and enriching Early Childhood Family Education classes include Me and My Dad, Art Start, and Out 'n About in Nature.

If you are looking for an evening out with friends or your life partner check out the following hands-on classes

- ◆ Intro to Welding where you will learn concepts of sculptural design and welding while creating a Steel Rose or Garden Sculpture.
- ◆ Cool cooking classes where you venture around the globe and learn to make Chicken Cacciatore, Beef Wellington, Mexican Enchiladas, or a Scandinavian Gourmet Dinner.
- ◆ Breathe to Destress, The Art of Stillness- a Mediation Mini Series and the Full and New Moon Ceremonies provide opportunities to be still and reflect.
- ◆ Take our Genealogy Series classes with the Formidable Genealogist. Start with an Intro to Online Genealogy and progress through more advanced methods on your path to self-discovery. The classes are in person, the research in online.

Find these offerings and many more in our winter/spring catalog!

Don't see something you'd like us to offer? Let us know by emailing or calling and we'll do our best to make it happen. Our Community Education team wishes our entire community a winter season full of peace, joy, and happiness!

Jason Sellars, Director of Community Education



jsellars@ISD191.org 952-707-4112

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Chair-Scott Hume , Vice Chair-Anna Werb, Treasurer-Eric Miller, Clerk,- Lesley Chester,
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Find Your Joy!

Just look Inside!



Adult Child 4-5
Activities & Classes
Martial Arts

Adult Activities
Enrichment 7-25
Adults with Disabilities 26
Seniors 27-32

Directory page, 33

Youth Enrichment 36-46
36 Enrichment Classes
46 Teen Activities & Driver Education
47 Project Kids

Early Childhood 49-61
Events, Outdoor Classroom, Classes, Screening
READY! for K, Preschool, Ready to Learn & Grow

Registration & Policies, page 62-63



one 91
School for Adults
ABE Classes
Register Now!

Classes are FREE!
\$20 Student Registration Fee

English Classes- In
Person and Online

Drivers Education

GED Prep

Pre-CNA Class

Computer and Digital
Literacy Classes

Citizenship Class

Contact Us

952.707.4125

isd191.org/school-for-adults
ssheng@isd191.org

Diamondhead Education Center
200 W. Burnsville Parkway,
Burnsville MN 55337



See Class
Schedule and
Register Online



District 191 is committed to providing safe and healthy in-person instruction for all students. We continue to monitor health conditions in our programs and in the community, as well as guidance from state and federal health officials, and make adjustments to this guidance as needed. Visit <https://www.isd191.org/discover/covid-19> for more information.

Opportunities for Youth & Adults



Tae Kwon Do Age 6-Adult

Learn effective Tae Kwon Do techniques including kicking, blocking, throwing and self-defense strategies. Develop a high level of reaction, force, balance, concentration, speed, strength, stamina and flexibility while achieving self-confidence, esteem, and control. The course uses traditional training equipment, methods, and techniques. Optional uniform and certification from white to black belt is available. Additional fees apply. No class Mar 7.

Nguyen School of Tae Kwon Do

Beginner to Yellow Belts Age 6-14

Tu, Th	6-6:55 pm	Sky Oaks Gym	
STK1-3A	Jan 2-25	8 sessions	\$64
STK1-3B	Jan 30-Feb 22	8 sessions	\$64
STK1-3C	Feb 27-Mar 21	7 sessions	\$56
STK1-4A	Apr 2-Apr 25	8 sessions	\$64
STK1-4B	Apr 30-May 23	8 sessions	\$64
STK1-4C	May 28-Jun 13	6 sessions	\$48

Green-Black Belt & Age 12-Adult

Adult All Levels

Tu, Th	7:15-8:30 pm	Sky Oaks Gym	
STK2-3A	Jan 2-25	8 sessions	\$64
STK2-3B	Jan 30-Feb 22	8 sessions	\$64
STK2-3C	Feb 27-Mar 21	7 sessions	\$56
STK2-4A	Apr 2-Apr 25	8 sessions	\$64
STK2-4B	Apr 30-May 23	8 sessions	\$64
STK2-4C	May 28-Jun 13	6 sessions	\$48

Gymnastics Parties

Join us for a party just for preschoolers!

Kids ages 3-5 are welcome to come for holiday-themed parties to enjoy themed games, crafts, snacks, open gym, and more. Potty trained children are welcome to be dropped off or parents may remain on site.

Tu 9:30-11:30 am \$20 IGM Gymnastics

Valentine's Day GPP-3A Feb 13

St. Patrick's Day GPP-3B Mar 12

Easter Egg Hunting GPP-3C Mar 26

Family Ninja Class

Parent & Child age 5+

Are you looking for something different to do with your child? Do you like unique ways to be active? Check out Family Ninja Class! Develop teamwork and self-esteem as you problem-solve the courses. Experience warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! All fitness levels welcome! Coaches are experienced Ninja Trainers. No class Mar 31.

Su 8 sessions 9-10 am

\$225/Parent & 1 Child, \$300/Parent & 2 children

CPC-03 Jan 7-Feb 25

CPC-04 Mar 3-Apr 28



Family Fun Night is OUT OF THIS WORLD

**Explore spaces & places
Create! Dance! Pretend!**

Monday, May 6

5:30-7:30 pm

\$10 Family Fee

Relax in the inflatable
planetarium
and view the night sky.

Preregistration is appreciated
Visit
[bit.ly/ 191FamilyFun](http://bit.ly/191FamilyFun)
or call 952-707-4150



Family Fun Night is a District 191 Early Childhood Event.
Activities are best suited for children up to age 6.
Food will be available for purchase.

Family Fun Night Monday, May 6

Join us for an "Out of this World" playtime, special exhibit experience... planetarium. Bring the whole family for \$10 family fee

Explore spaces equipped with places to create, spaces to relax, and plenty of chasing your child from one activity to the next. Multiple classrooms will be set up with activities focused on your child's growing skills! Watch for more information. Food will be available for purchase. FF-May 6 M 5:30-7:30 pm DEC

Find Joy Exploring & Learning Together!

Connect, create & grow with these adult-child classes



Adult & School Age Child

Winter Survival Family Camp Adult & Child age 5 and up

Learn skills that could be helpful in a survival situation including the Rules of Three, two types of shelter engineering, fire science and safety, and how to collect and treat water. Expect engaging, fun outdoor activities. See page 41.

Family Ninja Classes Adult & Child age 5+

Are you looking for something different to do with your child? Develop teamwork and self-esteem as you problem-solve the courses. Experience warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! See page 44.

Cooking Classes Adult & Child age 5-14

Get Wrapping Sambusa Style & The Impossible Cake

Somali Sambusa are triangular pastries filled with meat and spices. Prepare these popular appetizers using lean ground beef, sauteed onions, fresh cilantro and jalapeno with East African seasonings. Or for something sweeter, join Eddieca and learn to bake the delicious Impossible Cake. Bake alongside your child, make fun crafts and sample what you've baked. See page 40.

Paint Date Adult & Child age 6-10

Have a blast and spend quality time together painting. You'll get all the supplies needed to create your masterpiece that can stand alone or side-by-side. No experience necessary, the instructor will lead you step-by-step through the painting. Dress for a little mess. \$59/parent & 1 child, \$69/parent & 2 children

Merry Time Arts



Penguin Pals

ADP-03 Sa Feb 10 10 am-12 pm DEC Rm 1025



Young Learners

Parent Tot Gymnastics

Age 18 months to 3 years with adult
See page 42.

Yoga Movement

Infant to 18 months with adult
Enjoy this special time with your baby. Join us for an interactive class that infuses yoga movements with modifications for including your young one. See page 55.

Preschool Snow Day & Winter ABCs Hike with EcoElsa

Age 3-6 with adult

Early learners explore snow and winter. Dress yourself and your child for the weather as most of the time will be spent outside. Recreate these activities at home and enjoy the outside all winter long. See page 41.



Keepsake Garden

Age 18 months-6 years
with adult

Create alongside your child and paint a cheerful flower garden complete with the cutest little flowers you've ever seen. This very special flower garden features the artist's own little hand prints. Make a memory today, and treasure the keepsake for years to come. Children must be accompanied by a caregiver.

AKC-KG3 Sa May 4 9-10 am \$39
Diamondhead Room 1025



Finding and embracing joy in education

I believe that public education is the most important thing that we - all the people in our community, state and nation - do together. That's a big reason that I've been an educator for my whole career, and it's brought me tremendous joy.

This year, I am focused more than ever on the joy I experience when I am in our schools and programs, when I am with our students, with our families and with my colleagues in District 191.

From our youngest learners making friends, recognizing letters and numbers, and simply exploring the world around them to our senior citizens staying fit, learning new skills and volunteering to support this community, education brightens lives, and it's incredibly fulfilling to be part of that work.

You are probably reading this catalog expecting to find something that will bring you joy. Maybe you're hoping to learn a new skill like cooking or even a new language. Maybe you're thinking about improving your work skills or starting to practice yoga. Whatever it is, I'm so glad you're looking to find and spread some joy through education.

In fact, I encourage you to think about experiencing and spreading that joy by joining us! You could teach a class on your area of expertise through Community Education; you could help provide healthful meals to students in our Food & Nutrition Service Department; or you could get right in the classroom as an educational assistant.

I can hardly express how fulfilling it is to be part of that work and to help others find their passion and purpose. You can see what opportunities are available at www.isd191.org/careers.

Thank you for sharing your joy as a member of the One91 Community.

Dr. Theresa Battle, Superintendent



EXPERIENCE ONE91

Blaze Your Path

Burnsville-Eagan-Savage School District 191 is a future-forward school district creating barrier-free pathways for learning for everyone in our community. We believe learning is a lifelong pursuit, and create programs, services and opportunities that inspire this belief.

Civics & History

Instructor Frank Sachs is a lifelong history buff and retired educator. In addition to a 40-year career teaching AP History, Government and Constitutional Law, Mr. Sachs studied at the Supreme Court Institute for Teachers at Georgetown Law School, George Washington at Mount Vernon, and the Founding Fathers at NYU with Richard Brookhiser, the editor of the *National Review*.



America in a World of Empires

Part 2

Look at America's cultural roots using the best seller by Colin Woodward, *American Nations: A History of the Eleven Rival Regional Cultures of North America*, as our guide. We'll examine how distinct foundational American cultures were established through the experiences of European settlers and the influences of the outside world.

Part 2 takes a closer look at the distinct cultures, New Netherlands, Deep South, Midlands, Greater Appalachia and continues into Global Conflict and Building a Nation. Part 1 is not a prerequisite.

Purchasing the book is optional; having it will allow greater knowledge as you enter the lesson. But you will get a great deal out of the class either way. This title is available new or used, printed and digital formats through many book sellers.

103-3A	W	Jan 31-Mar 6
	6 sessions	6:30-7:45 pm
	\$59	DEC Rm 2021

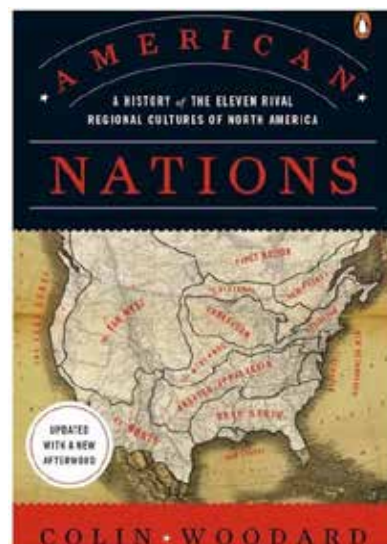
Neglected History

Part 3

Study eclectic topics that are often overlooked or occasionally neglected, yet have been pivotal in determining the course of our nation's history.

Refresh your memory through presentation, lecture and discussion including the Archetype of American Heroism of John Paul Jones 1779, the rise of the Women's Movement, Seneca Falls to the Original Women's March 1848, 1913, Remember the Maine and its mysterious disappearance 1898, The Black Sox Scandal of 1919 which contributed to baseball's loss of innocence, to the Fall of the Wall 1963 to 1987.

103-4A	W	Apr 3-May 1
	5 sessions	6:30-7:45 pm
	\$49	DEC Rm 2021



Check out our new Spanish Language & Culture classes on page 23

Joy Filled New Opportunities

Get Creative

Batik, Welding, Wool Felt
Succulent and lots of new
painting options

Make Winter Delicious

A Spectacular Dinner
Scandinavian Gourmet Dinner
Scrumptious Pies & Tarts
Chili Night with Instant Pot
Winter Wellness Bowl
Summer Snack & Sippers

Find a Healthy Balance

Yin Yoga for Joint Mobility
Reverse or Prevent Diabetes
Meditation Mini Series
Moon Ceremonies
Breath to Destress
Death Doula

Explore & Learn

Learn How to Change Your
Life Through the Words You
Speak & Thoughts You Think
Spanish Language & Culture

Keep informed with New Coffee Talks

How to Plan Ahead for a Move
Estate Planning with Firearms
Low Waste Living
Downsizing
Hospice 101

Connect & Have Fun with Project Explore

Dance the Night (Barbie)
Latin Line Dancing
Sing Along

Craft & Creative



Make Your Own Batik Fabric

Make your own fabric as you dive into the vibrant world of batik art. Traditionally, batik utilizes hot wax to create intricate designs on fabric. We'll explore a unique and accessible spin on this technique. Using tie dye and glue, craft a stunning piece of batik fabric to use however you'd like. You'll be equipped with skills to explore this art form more on your own. Whether you're a seasoned artist or just looking for a fun, engaging craft, you'll enjoy this colorful project. Materials provided. Enter Door 8.

Gabi Spies teaches sewing and fashion design at Burnsville High School.

A200-03 Sa Feb 3 12-2:30 pm
\$59 BHS G110

Visual Creative Mending

Learn basic hand stitches including the straight stitch, back stitch, whip stitch, and satin stitch. Apply what you've learned and choose between a variety of embroidery projects like sewing patches, sashiko (Japanese embroidery), and embroidering a traced design onto clothing. Please bring an article of clothing to class (i.e. jeans, canvas tennis shoes, flannel shirt) that you would like to enhance. Basic sewing materials provided.

Gabi Spies

A201-03 Sa Mar 9 12-2:30 pm
\$59 BHS G110



Burnsville Woodcarvers Club

This is a self-led workshop where woodcarvers inspire and learn from one another and share knowledge of the craft. Participants provide their own projects and materials needed to complete them. Registration covers the entire school year. No carving Nov 23.

BWCC-23 Th Jan 4-June 27 6-9 pm
\$25 DEC Campus Cup



Welding with Greg Kraft

Beginner Level

Learn to TIG weld safely and with confidence. TIG stands for Tungsten Inert Gas. This type of welding bonds metal to metal without the use of rods, sticks or wire feeds.

Students should wear long sleeved cotton shirts, jeans or heavy-duty work pants, closed toe leather shoes or boots. Bring leather work gloves if you have them and your creativity. Instructor provides TIG welder, welding helmets, safety glasses, power tools and gloves and stones (if you do not have them).

Local artist Greg Kraft covers welding safety and introduces concepts of sculptural design. Greg's artistic journey began as a student in community education, where he learned a number of artistic techniques. After retiring from State service, Greg completed courses at Vesper Sculpture College in NE Minneapolis, where he learned to weld and teach community education classes in welding sculpture. Since 2015 he has enjoyed teaching sculpture and carving classes in a variety of folk schools and community education organizations. Park near the tennis courts and enter door 15.

Steel Rose

Your rose will last forever making it the perfect gift.

A403-3A Sa Feb 3 10 am-2 pm \$130 Nicollet 418C

Garden Sculpture

Make a sculpture for your home or garden. You will cut, bend and shape steel straps around a stone. Weld the steel to encase the stone and mount it on a steel rod with more welding. Bring a stone about the size of your fist.

A403-3B Sa Mar 2 10 am-2 pm \$130 Nicollet 418C



Iron Fish

Make an iron fish from a horseshoe. The iron fish may be used as a trivet, door stop or wall art. It may be combined with another horseshoe for a cell phone holder/charging station.

A403-4A Sa May 11 10 am-2 pm
\$130 Nicollet 418C

Bob Ross Method of Oil Painting

Do you remember Bob Ross from the "Joy of Painting" series on PBS? His "Wet on Wet Technique" of painting is for all skill levels including those who have never painted before. Complete an entire oil painting. Be amazed at how much fun and enjoyment this painting technique will give you! Supply fee of \$15 payable to instructor. Bring a roll of paper towels to class.

Kristi Nelson

Tues 6-9 pm \$59 per class + supply fee
DEC Senior Center Meeting Rm

Splendor of Winter
A423-4A Apr 9



Mountain by the Stream
A423-4B May 14



Aurora's Dance
A423-4C June 11



Artistic Endeavors with Merry Time Arts

Classes at out of district locations are held in partnership with Prior Lake - Savage Community Education
Twin Oaks Art Rm ,15860 Fish Point Rd, Prior Lake, MN 55372 & La ola del lago at Grainwood, 5061 Minnesota St SE, Prior Lake.

Vanessa Merry honed her skills studying in Italy and France and at the University of MN, graduating in Visual Arts and Art History.



Acrylic Pour Painting Spring Flower

Pour painting is an innovative way to use acrylic paint to create an art piece. Learn to mix acrylic paints with other materials to give them a more fluid consistency, which can be poured directly onto a canvas. Learn what tools are needed to create a beautiful flower designed pour. An 8" x 10" canvas and all the supplies for the pour are included. Please bring a box or tray to transport your canvas.

A446-3C M Mar 18 6-8 pm \$49
Twin Oaks Art Rm

Impressionist in Oils Monet

Take a no fear approach to oil painting as we recreate Monet's Water lilies on an 8x10 " canvas. You will learn a bit of history about the artist and their style of painting as you follow step-by-step instructions to create your own masterpiece.

A445-3A Th Jan 18 6-9 pm \$59
Twin Oaks Art Rm

Beginning Oil Painting

This class is designed for those interested in learning the timeless art of Oil Painting. Artists love oil paints for their rich colors, durability, and their slow drying time, which allows plenty of time to work on a painting. Learn the basics of oil painting, choosing your materials, color studies and theory, blending, creating glazes and washes, painting shadows, and creating contrast and texture in your paintings. Skills learned will help you create paintings in whatever style you choose. Supplies provided for use in first class. Supply list will be discussed in the first class. Prices will vary based on student preferences and may cost up to \$75.

A445-3B Th Feb 1-22 4 sessions 6-8 pm
Twin Oaks Art Rm \$99



Paint Like the Master

Learn about Impressionist art while you follow step-by-step instructions to create your own masterpiece inspired by a master artist. 8x10" canvas and all supplies provided.

Wed 6-8 pm \$49 Twin Oaks art Rm



Vincent van Gogh's
"Landscape with Olive Trees"

A446-3A Feb 21



Mary Cassatt's
"Children Playing on the Beach"

A446-3B Mar 6



Paul Gauguin's
"Tahitian Landscape"

A446-4A Apr 17



Claude Monet's
"Regatta at Argenteuil"

A446-4B May 8



Beginning Watercolor Painting

Release your inner watercolor artist. Learn step-by-step how to paint quick and easy landscapes with watercolor. You will be surprised how you can really capture the atmosphere of a scene. Leave class knowing the techniques used to paint skies, backgrounds, foregrounds, and trees. Brushes and watercolors are provided. Bring a pad of watercolor paper to class. You will learn about the many paper options in the first class.

A445-3C Tu Jan 30-Feb 20 4 sessions
1-3 pm \$99 DEC Sr Center Meeting Rm

No Fear Oil Painting: Landscapes

Have you ever wanted to experience the joy of painting with oils but been afraid to try? Join us to create a beautiful oil painting on an 8 x 10" canvas following step-by-step instructions. Learn about the paints and other tools needed to create an oil painting. Please bring a box to bring your painting home as oil paints remain wet for a long time.

A445-3D Th Mar 21 1-3 pm
\$59 DEC Sr Center Mtg Rm

Acrylic Painting

Create a unique, quick and expressive acrylic painting. Working quickly allows colors to blend and brush strokes to show, creating dynamic results. Step-by-step instructions and lessons in composition and color mixing contribute to your success. No experience necessary and all supplies are included.

A445-4A Th Apr 18 1-3 pm
\$49 DEC Sr Center Mtg Rm



Acrylic Painting



No Fear Oil Painting



Wool Felt Succulent

Create a beautiful succulent plant in a pot out of wool roving. Learn to use felting needles to create a cute little succulent plant to decorate your desk or be given as a gift. Held in the art room at La ola del lago at Grainwood, 5061 Minnesota St SE, Prior Lake.

A444-4A Th Apr 25 6-8 pm \$49



Folk Art

Norwegian Os Rosemaling Age 13-Adult

Explore the bright colors of the Norwegian Folk Art known as Os Rosemaling. Designed for all ages and skill levels including folks who have not painted before. Stories and history are shared as you follow step-by-step instructions to create your own folk art using acrylic painting on canvas. All supplies are provided. Wear a paint apron or clothing you can get a little paint on. Students under age 13 may register with a paid adult. For best experience, please arrive on time.

Julie Anderson is a local instructor with a national following. Inspired by Nordic and Germanic folk arts, she structures her classes to teach techniques and paint designs.

O44-04 Th Apr 25 6-8 pm \$49
DEC Sr Center Mtg Rm

Cooking

Make it a date night-Register with your partner or a friend!

All cooking classes take place at Burnsville High School, Room G140

600 Hwy 13 E. Use Door #8 at BHS to enter for cooking classes. Other entrances may not be open.



Cooking Club

with Matt Deutsch

Matt is the Culinary instructor at Burnsville High School. He was instrumental in developing the Culinary Arts Pathway for BHS and accompanying Chef classes. An avid gardener, Matt also nurtures and tends the BHS Giving Garden.

Chicken Cacciatore

This hearty hunter's stew features the most flavorful chicken, a rich Italian sauce, and all the perfect winter veggies. We will pair it with a velvety cauliflower puree, a salad featuring winter greens with citrus, and a trio of bruschetta for our appetizer. Wrap it up with tiramisu for dessert and a mocktail spritz!

C401-3A Tu Jan 9 6-9 pm \$59

Beef Wellington

Master this classic that seems to be the rage on many cooking shows. Start with an amuse bouche and "Love is in the Air", a February mocktail. Next make a composed salad with roasted vegetables and champagne vinaigrette. Assemble all aspects of the Wellington: the filet, duxelles, puff pastry, and of course a fantastic thyme and red wine sauce. Dessert is in the works too with a classic British pudding. We will have a mix of hands on and demonstration to meet the time constraints of this dish.

C401-3B Tu Feb 6 6-9 pm \$59

Dinners, Baking & More with Laurel Severson

Laurel Severson is a Twin Cities cooking class institution. She brings decades of experience in commercial food service, recipe testing and editing to the classroom. She is also known to include interesting history and delightful stories about the food you prepare.



A Spectacular Dinner

Whether for special company or for a family celebration, learn to create a special (but not difficult) meal. Begin with Authentic French Onion Soup topped with French bread that is covered with melted golden brown Swiss cheese. We will make two entrees: French Pork Tenderloin with Apple Brandy and Roasted Pork Tenderloin with Balsamic Vinegar/Raisin sauce. Select a vegetable that is easy but elegant: Glazed Fresh Parsnips with Carrots and Carrots Sauteéd in Raspberry Vinegar. Add a Red Onion Confit for color and accent plus a Golden Potato Tart. Conclude your meal with Chocolate Amaretto Mousse garnished with Crème Fraiche. Delicious!

C323-3A Th Jan 25 6-9 pm \$59

Czech Kolaches

Czech Kolaches are a marvelous egg-rich, slightly sweet yeast bread. Traditionally filled with fruit mixtures such as apricot, cottage cheese, poppy seed or prune; they can be shaped into small rounds, squared, tied packages, or filled turnovers. We will make variations in class and taste samples. Plan to take home an assortment to share with family, friends or to freeze. You will also leave with many recipes, tips and techniques to master these Old World delicacies. Better than the bakery! bring a container to take some Kolaches home.

C323-3B Sa Feb 17 9 am-1 pm \$59

Scandinavian Gourmet Dinner

From the northern countries of Sweden, Norway, Denmark and Finland, we will create an assortment of superb entrees and desserts balanced with a soup and salad, but NO lutefisk! A larger class will include 14 recipes with fewer included for a smaller group. You'll receive recipes and we will talk about all the dishes. On the menu: Apple Stuffed Pork Loin, Swedish Meatballs, Salmon with Dill and Lemon, Cold Poached Salmon, Carrot Casserole, Spinach Soup, Pineapple Beet Salad and Cheese Sticks. Great desserts: Rice Pudding, Toska Cake, Finnish Nut Logs, Raspberry Ribbons, Oatmeal Wafers and the famous Fruit Soup. Do come! Velkommen! Välkommen! Welcome!

C323-4A Th Apr 4 6-9 pm \$59

Scrumptious Pies & Tarts

Nothing beats a homemade pie or tart-and they're easy to make! Served hot or cold, bursting with fruit or loaded with creamy texture, you may combine the filling with a simple food processor pastry, or make the pastry by hand. A lattice top is not only pretty, but easy to create. You will mix and match your favorite fruits and berries for artistic, tasty tarts. Pucker up for classic Lemon Meringue Pie. Expect a number of wonderful recipes featuring fruits, nuts and shiny glaze for tarts to tempt you, your family and friends. There will be tips galore to ensure that you have success every time. Sample creations in class and bring a container to transport more samples home. Expect to master fruit pies, custard/cream pies and spectacular tarts.

C323-4B Sa May 4 9 am-1 pm \$59



Traditional Mexican Enchiladas

It's Fiesta Time! We'll start with a refreshing mocktail. You'll learn to make red and green sauces from scratch, plus accompaniments of rice and beans. Next you'll assemble and cook the enchiladas before enjoying this Mexican meal. Part demonstration and part hands on. Recipes and dietary substitutions will be included. Tuition includes all food supplies.

Lori Cherne

C402-03 F Feb 2 6-9 pm \$59



Marvelous Macarons

What a beautiful cookie!

Make and assemble three different flavored cookies with yummy fillings too. Each student will take home a lovely box of cookies to give as a gift (or just eat them yourself)! A supply fee of \$13 per student is payable to the instructor in class.

Nancy Burgeson, a skilled and knowledgeable instructor, has 45 years' experience baking and teaching. She is periodically featured on Twin Cities Live, KSTP Channel 5, and has won numerous awards at county and state fairs.

C332-3A Tu Mar 5 6-9 pm \$39

Live Online Cooking with Kirsten Madaus

Kirsten Madaus is a champion of cookware who enjoys teaching Instant Pot/air fryer classes from her kitchen with 3 dogs underfoot. Kirsten spends some days creating beautiful food sustainably while helping fight food insecurity at Chowgirls Catering. She has been eating with local intention and sharing how to make the most of the farm share via her website Farm Fresh Feasts for more than 10 years. There will be ample time for questions during the live sessions, and participants will receive a link to the recording afterwards so you can follow along at your convenience. **Participants need internet and a device with camera, microphone and speakers. Zoom meeting information and an extensive handout will be emailed the day before class.** If you don't receive it, check your spam folder or call Community Ed, Monday-Friday, 8 am-4 pm at 952-707-4150. **All classes are Live Online, Wed 6:30-8 pm**



Winter Wellness Bowl Meal Prep

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

O405-3A Jan 31 6:30-8 pm \$29

Instant Pot Basics

It's time to finally use that Instant Pot! Learn to make breakfasts, dinners, appetizers and desserts! Each week Kirsten will demonstrate a different aspect of pressure cooking: from how a pressure cooker works to how to cook with frozen meats to all-in-one meals to pot-in-pot cooking. Handouts accompanying each session offer additional recipes beyond what is demonstrated during class and each week there's plenty of time for Q&A and sharing how we've used our Pots since the previous class.

O405-3B Feb 7-28 \$99 4 sessions

Chili Night with your Instant Pot

The electric pressure cooker makes a faster and more flavorful Pot of chili compared to stove top or slow cooker, and you can make your sides in the Instant Pot, too! Kirsten will demonstrate Easy Weeknight Chili, Turkey Verde Chili and vegan Quinoa Chili, along with Instant Pot "Baked" Potatoes and Loaded Cornbread. We'll discuss how you can adapt your favorite recipe for a pressure cooker.

O405-3C Mar 6 \$29

Air Fryer Veggies

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

O405-4A Apr 17 \$29

Summer Snacks & Sippers

Kirsten will demonstrate a variety of recipes to brighten up your summer, including quick air fryer vegetable-forward seasonal snacks plus a Blueberry-Ginger Shrub and Rosemary Lemon Syrup to liven up your warm weather libations.

O405-4B May 15 \$29

Dance



Easy Couples Dance Routines for All Occasions

No matter the occasion, you'll be prepared to dance. Taking steps from classic ballroom dances, learn easy to remember mini-routines, danceable to all your favorite songs including pop, blues, rock, country and more. Add spark and fun to your relationship. Exercise your mind and body. Couples stay paired. Singles rotate with other singles. Past participants are always welcome. You'll pick up a new step or two!

Deanna Constantine follows in the footsteps of her parents, the renowned Minnesota dance instructors Dean and Mary Constantine. Deanna grew up helping in the family business and spent much of her childhood training in ballroom dancing and classical ballet.

Th 4 sessions 7-8:30 pm \$65/person, \$130/pair DEC Studio A
D368-03 Feb 15-Mar 7
D368-04 Apr 25-May 16

Friday Line Dance

Learn the special elements, steps and styles of the featured dance in a choreographed routine.. Latin partner dancing will be easier to learn upon completion of this class. No experience necessary.

Rose Dahl, a NDCA certified professional Ballroom & Latin Dance instructor, has been teaching for nearly 20 years. The unique teaching programs she has created are very effective! Rose is assisted by instructors from the Ballroom and Latin Dance Club.

Fri 7-8:30 pm \$15 DEC Studio A
Rumba D369-3A Feb 2
Samba D369-3B Mar 1

Friday Social Dance

Focus on one popular dance. Learn the basics and 5-6 steps/patterns for each dance and lead and follow techniques. Gain confidence and enjoy the dance floor even more! Couples and Singles are welcome.

Fri 7:30-9:30 pm \$20 DEC Studio A

East Coast (Triple) Swing	D367-3A	Jan 5
West Coast Swing	D367-3B	Jan 26
Foxtrot	D367-3C	Feb 23
Tango	D367-3D	Mar 29
Waltz	D367-4A	Apr 26

Fitness & Health



QiVitality™ Yoga/Qigong/Meditation

Wake up with Vitality! Begin with gentle yoga stretches for flexibility then flow into Qigong healing movements and deep breathing to increase circulation and improve health. Finish with a variety of meditation techniques to relax the mind while rejuvenating the brain. Exercises are for every level of ability and can be done standing or sitting. If the district cancels classes due to inclement weather, you will receive a Zoom link via email to attend online class. New students please come to first class 10 minutes early for orientation. Please bring a yoga mat and water bottle to class. Two ways to register- Class only: attend class in person or Class Plus Recording: Attend classes plus receive a Video Playlist with all class recordings to practice anytime anywhere throughout the 5 week session.

Christy Lovlie

DEC Studio A 5 sessions \$59 Class Only, \$65 Class + Recording

Monday 10-11 am

O703-3A Feb 5-Mar 4
O703-4B Mar 11-Apr 15
O703-4C Apr 22-May 20

NEW! Zumba Age 16-Adult

Join the Zumba® party! Zumba is known for high energy, easy-to-follow dance routines. Dance to world music and pop songs for effective head-to-toe, low impact fitness. Practice movement and balance while protecting knees and joints. No dance experience necessary. Wear comfortable clothing and tennis shoes. Bring a water bottle and a hand towel.

Katie Scott is a Zumba fitness enthusiast. She's been a class participant for many years. Newly retired, she completed training and certification to become a Zumba instructor. Katie is excited to share her Zumba joy in a knee and joint friendly class.

Tuesday

10-11 am DEC Studio A

F850-3A	Jan 9-30	4 sessions	\$49
F850-3B	Feb 6-27	4 sessions	\$49
F850-3C	Mar 12-26	3 sessions	\$39
F850-4A	Apr 2-23	4 sessions	\$49
F850-4B	Apr 30-May 21	4 sessions	\$49
F850-4C	June 4-25	4 sessions	\$49

Gentle Yoga

Practice a gentler style of Hatha yoga with a sequence of poses. Ideal for all who are interested in learning yoga at a beginner level. Stretching, flexibility, balance, strength and yoga breath work with relaxation, so important for maintaining health and keeping your joints lubricated.

Gerri Carlson has been instructing and practicing yoga for 15 years. She is adept at modifying poses for students of all ages and fitness levels.

9-10 am Diamondhead Studio B

Tuesday

F870-3A	Jan 2-30	5 sessions	\$59
F870-3B	Feb 6-27	4 sessions	\$49
F870-3C	Mar 5-26	4 sessions	\$49
F870-4A	Apr 2-30	5 sessions	\$59
F870-4B	May 7-28	4 sessions	\$49
F870-4C	June 4-25	4 sessions	\$49

Thursday

F871-3A	Jan 4-25	4 sessions	\$49
F871-3B	Feb 1-29	5 sessions	\$59
F871-3C	Mar 7-28	4 sessions	\$49
F871-4A	Apr 4-25	4 sessions	\$49
F871-4B	May 2-30	5 sessions	\$59
F871-4C	June 6-27	4 sessions	\$49

Midweek Yoga

All Levels Age 14-16 are welcome with paid adult

Focus on opening, stretching and strengthening for better mobility and since we meet in the evening, relaxation. Each session will provide more adaptations than the previous. We end each meeting with restorative or yin poses. Wear loose, comfortable, layered clothing,

Alpa Goswami was introduced to asana practice at an early age, and immersed herself deeply into it as an adult. With a strong base in Hatha Yoga, her style of yoga is accessible to everyone.

Wednesday

6-7 pm DEC Studio B

F872-3A	Jan 10-31	4 sessions	\$49
F872-3B	Feb 7-28	4 sessions	\$49
F872-3C	Mar 6-27	4 sessions	\$49
F872-4A	Apr 3-24	4 sessions	\$49
F872-4B	May 1-29	5 sessions	\$59

Yin Yoga for Joint Mobility

A Yin style yoga practice builds strength and flexibility within your joints. This slower version of yoga works joints and fascia by focusing on longer holds. The longer holds bring a meditative aspect to the practice. Get focused, flexible, and calm. Bring any props you have.

Nicole Cantin, a former personal trainer and graduate as a Health Fitness Specialist, teaches a variety of yoga styles, to help individuals meet goals with a safe, yet effective, mode of exercise to all abilities.

Thursday

6-7 pm \$69 DEC Studio A

F873-3A	Jan 4-Feb 8	6 sessions	\$69
F873-3B	Feb 15-Mar 21	6 sessions	\$69
F873-4A	Mar 28-May 2	6 sessions	\$69
F873-4B	May 9-30	4 sessions	\$49

Mat Pilates

Mat Pilates is a strengthening and lengthening form of exercise that focuses on core muscles while also training your arms and legs. Emphasis is placed on stretching, breath and proper technique to help build, sculpt, and tone muscles, develop better posture and more efficient movement. Modifications provided for different levels of fitness. Dress in comfy clothes. Bare feet or Pilates socks recommended for traction. Bring a Pilates mat or thicker yoga mat. No class Feb 21, Apr 17

Naseema Omer has over a decade of experience as a certified group fitness instructor.

Wednesday

5-5:45 pm DEC Studio B

F856-3A	Jan 3-31	5 sessions	\$59
F856-3B	Feb 1-Mar 20	5 sessions	\$59
F856-4A	Apr 3-May 1	4 sessions	\$49
F856-4B	May 8-22	5 sessions	\$59

Bring a yoga mat, towel & water bottle to yoga & pilates classes

Mat & Wall Pilates

Pilates is a total body, low impact workout focusing on core muscles. It is a safe, powerful workout suitable for all age groups. Practice Mat Pilates with added Wall variations for additional resistance. Focus on controlled, concentrated exercises, to stretch, strengthen, and sculpt for better flexibility, posture, and movement. Bring a Pilates mat or thicker Yoga mat. No class Apr 15.

Naseema Omer

Monday

5:15-6 pm DEC Studio B

F857-3A	Jan 8-28	4 sessions	\$49
F857-3B	Feb 12-Mar 18	5 sessions	\$59
F857-4A	Apr 1-29	4 sessions	\$49
F857-4B	May 6-20	3 sessions	\$39

XaBeat Dance Fitness

No dance background required

Sculpt your body and burn calories as you dance the calories away. Routines are simple and easy to follow so you can concentrate on getting a better work out and having a good time. No class Feb 5, Mar 18, Apr 29, May 27, June 10.

Julie Casperson is a registered XaBeat instructor. She teaches basic dance skills and motivates her students. Her contagious passion for dance fitness will have you feeling better when you leave class than when you arrived.

Monday

5 sessions 6:30-7:30 pm \$59 DEC Studio B

F855-3B	Jan 8-Feb 12
F855-3D	Feb 19-Mar 25
F855-4B	Apr 1-May 6
F855-4D	May 13-June 24

Thursday

5 sessions 5:30-6:30 pm \$59 DEC Studio A

F855-3A	Jan 4-Feb 1
F855-3C	Feb 15-Mar 14
F855-4A	Mar 28-Apr 25
F855-4C	May 9-June 6

Live Virtual Classes with Janice Novak

ONLINE

Janice Novak has a Master's degree in Health Education and is an internationally acclaimed author, speaker and wellness consultant. [Participants will receive a link to join class via email the day prior to class.](#) **\$29 per class. All classes meet online 6-7:30 pm**



Strong is the New Skinny Total Body Strengtheners You Can Do At Home

Learn how to strengthen your arms, back, shoulders, chest, hips, butt and things using resistance bands. Stronger muscles boost metabolism, maintain and increase bone density, make daily tasks easier and help you age with quality and grace. These multi-tasking exercises can fit easily into the busiest of schedules. Learn tips and techniques to improve overall health and wellness. You will need a resistance band for class.

O720-3A M Jan 22

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

Chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological age is measured by how well your organs and body systems work. Learn simple, scientifically proven things you can do right now to decrease your body age. Additionally, learn facial acupressure points to naturally help erase years from your face by increasing muscle tone, decreasing puffiness, eye bags, reduce lines and prevent new lines from forming.

O720-3B M Jan 29

Hips, Thighs & Otherwise

We've become a nation of professional sitters, causing lower body muscles to weaken and sag. If you don't have time, money, or inclination to haul yourself to a gym, you'll love these powerful and effective techniques. The '10 Minute Miracle Exercise' series strengthens lower body muscles quickly and, in the process, increases metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off the lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupressure points for lymph circulation and drainage. You will need a resistance band, tied in a loop for some of the exercises.

O720-3C W Jan 31

Overcome Carb Cravings

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

O720-3D Tu Feb 6

Avoid the Pitfalls of Perimenopause & Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, migraines, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured - blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

O720-3E Tu Feb 20

De-Age Your Brain

Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. The very good news - is no matter what your age there are things you can begin today to improve how quickly and effectively brain cells communicate with each other. Discussion includes 'superfoods', which reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. Learn simple, easy to implement strategies to help your brain stay healthy and alert.

O720-3F Tu Feb 27

Women, Weight, & Hormones

Are you finding no matter how well you watch what you eat or how much you exercise that weight is not budging? Until any hormonal imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; simple things you can do every day to boost your metabolism; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps you can take to safely break the vicious cycle of hormone related weight gain.

0720-3G M Mar 18

Metabolism Boosters & Busters

There's good news! You could lose up to 20 pounds in a year – without eating less. By revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. Learn 20 SIMPLE things you can do every day to boost your metabolism and burn as much as 30% more calories every day.

0720-3H Tu Mar 26

Seven Steps to Reverse or Prevent Diabetes

Diabetes is a condition in which too much belly fat leads a person to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Whether you have a little extra weight around the middle, insulin resistance or type 2 diabetes, the root cause of ALL these conditions are the same - problems with our diet, lifestyle and exposure to environmental toxins. The good news is all of this can be reversed. Learn how to work with your doctor to help restore your body to health.

0720-4A M Apr 29

NEW! Moon Ceremonies

All levels welcome, no experience is necessary. A practice to reflect upon the current moon cycle and how it will affect our well-being. Come enjoy an opening ceremony, yoga practice, chanting meditation, sound healing, journal activity, and time to discuss and share any experiences or reflections you had during our time together. Bring your yoga mat if you have one, water, blanket, if you wish, for final relaxation.

Nicole Cantin

Tu 6:30-8 pm \$30 DEC Studio B

Full Moon

F874-3A Tu Jan 16

F874-4A Tu Apr 23

New Moon

F874-3B Tu Mar 12

F874-4B Tu May 7

NEW! Breathe to Destress

Our breath is directly connected to our emotional well-being. This workshop will cover the benefits of regular breathwork, several different breath practices to try and reflect upon as a group, and a home practice to begin your breath journey.

Nicole Cantin

F875-3A Tu Feb 13 6:30-8 pm
\$30 DEC Studio B

NEW! Meditation Mini Series

The Art of Stillness

New to meditation or want to learn more about the art of sitting still and why it's important in the first place? Join us as we cover what meditation is and its benefits. We'll discuss and practice different styles of meditation, reflect on our experiences, and a home practice. No experience needed. Bring mat, water, snacks, blankets & pillows.

Nicole Cantin of Red Raven Yoga

F875-3B Tu Mar 19-Apr 2 3 sessions
6:30-8 pm \$80 DEC Studio B



Happy Habits Amazing Science-Based Benefits

By engaging in just a few habits from positive psychology research, you can spark happiness, reduce stress, feel more engaged, have less physical pain and live longer. (Caprino 2016 and others) Join us to learn and practice some ideas from the science of happiness tool box. Expect a highly interactive experience.

Peg Lonquist

A424-3B Th Feb 22-29 2 sessions
6-7:30 pm \$59 DEC Rm 2020

Have You Heard of a Death Doula

Let's Talk about Death & learn about the support of a Death Doula. I welcome you to explore the mystery of death and dying with me. Learn about the growing trend to have a Death Doula by your side. I believe in the importance of restoring death to its sacred place in the beauty, mystery and celebration of life. Bring a comforting hot tea, coffee or water & we'll have a conversation about a topic that is often not talked about until it is upon us. You'll leave with information to spur these valuable conversations with loved ones.

Ann Viveros is a graduate of the Conscious Dying Institute. She is a death doula and end of life coach. Her passion is teaching self-care and inquiry-based mindful awareness practices so that we may experience a more peaceful death

H422-04 Sa Apr 6 10 am-12 pm
\$29 DEC Sr Center Mtg Rm

Home & Garden

Real Estate & Decluttering Classes

Julie DeHart is an experienced real estate agent serving the north and south metro. She's up to date on market trends, and educates and informs her clients throughout the process.

John Mazzara is a St. Thomas MBA graduate in Finance with an extensive financial background. He is a licensed real estate broker helping families and investors buy and sell properties in addition to owning and managing his own rentals since 1986.

Loris Sofia Gregory is a clutter coach, community educator, historian, researcher, writer and archivist committed to personal, community and planetary health.



Moving Mom & Dad

Are you facing the the difficult decision of finding appropriate housing for your parents? Moving mom and dad is often challenging, especially when mom and dad are reluctant to address the issue. You'll get an overview of the housing market in general for those considering buying or selling a home. You will also receive a guide called Moving Mom & Dad, a \$24.95 value, at no cost. The guide covers the five common mistakes and includes conversation starters for discussing late-life housing choices. Solutions for remodeling homes for aging-in-place, descriptions of common senior living options and 55+ communities.

John Mazzara

H435-3A Th Jan 25 7-9 pm
\$15 DEC Rm 2020

Buying New Construction

Are you considering new construction because you want a specific floor plan? Explore what is available, where to find it, and what to expect in new construction; including timelines, hidden costs, risks, and the coordination of selling your existing home or providing appropriate notice on your lease. Learn about differences when selecting a smaller builder versus a national builder.

John Mazzara

H435-3B Th Feb 1 7-9 pm
\$15 DEC Rm 2020

Intro to Senior Housing

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

John Mazzara

H435-3C Tu Mar 19 7-9 pm
\$15 DEC Rm 2020

Real Estate for Home Sellers

Learn the best strategies for selling your home, including staging and pricing strategies. We'll discuss the current market & how it may affect your bottom line. Julie will explain selling terminology and walk you through a step by step process for selling your home. You will leave with a 24 page Seller's Guide.

Julie DeHart

H436-4A Th Apr 4 6:30-8 pm
\$15 DEC Rm 2022

Downsizing in the Current Housing Market

Have you been thinking that now might be the time to downsize but just aren't sure where to start? Join us to learn what your options are and get moving! Bonus- all attendees receive the Downsizing Made Easy Guide PDF, (a \$24.95 value), access to preferred service providers and coupons provided to all attendees.

John Mazzara

H435-4A W Apr 10 7-9 pm
\$15 DEC Rm 2020

Real Estate for Home Buyers

Learn the best strategies for buying a your first or next home. You'll learn home buyer terminology; financial strategies and credit repair. Julie will answer your questions and walk you through a step by step process for a home purchase. You will leave with a 24 page Buyer's Guide.

Julie DeHart

H436-4B Th Apr 18 6:30-8 pm
\$15 DEC Rm 1025



10 Secrets & Tips for Successfully Buying or Selling a Home or Invest- ment Property

Learn how to be more successful when acquiring or selling real estate by understanding the purchase agreement, strategies for getting your offer accepted in multiple offers, and different ways to cover closing costs and mortgage insurance.

Explore the Twin Cities housing market data, an overview of loan programs-including a loan for escrowing improvements, appraisal issues affecting a home sale, and small things to improve your chances of selling your property.

Making updates such as paint, carpet, light fixtures, and decluttering.

John Mazzara

H435-4B Th May 9 7-9 pm
\$15 DEC Rm 2020

Lighten Up Clutter & Weight

Commit to 10+ steps to lighten up and release your clutter and extra weight for good. Gain a fresh perspective on all that is weighing you down and release all that no longer serves your healthiest lightest life. Discover your primary "domestic toxic interference" that is keeping you, your kitchen and your home overweight. Learn about local charities that can use your items for people and animals in need. Receive health coaching, inspiring handouts and a helpful e-book.

Loris Sofia Gregory

W745-3A Sa Jan 13 10 am-12 pm
\$29 DEC Sr Center Mtg Rm

Taming Your Paper Chaos

Papers can multiply on every surface and in every room of our home and offices. Discover steps, secrets, and systems to minimize paper piles and efficiently deal with mail, receipts, newspapers, magazines, catalogs and books. Learn how to make clear decisions for recycling, shredding and organizing your well-established piles as well as daily actions and simple systems to eliminate paper piles for good. Be inspired to tame your paper piles immediately. Informative handouts included.

Loris Sofia Gregory

W745-3B W Feb 7 6-8 pm
\$29 DEC Rm 2020

Decluttering Intimidating Spaces

Closets, basements, attics, garages, and storage units can be intimidating spaces to declutter and organize, representing hidden and forgotten belongings that have accumulated behind closed doors. Explore why we cling to a diversity of items we will never wear or use again, continually diminishing our peace of mind and our money. Learn how to fearlessly declutter, organize, and empty these spaces to lighten your life and save time, money, and energy. Handouts included.

Loris Sofia Gregory

W745-4 W May 1 6-8 pm
\$29 DEC Rm 2022



Classes held at Falcon Ridge Middle School, 12900 Johnny Cake Ridge Rd in Apple Valley in partnership with District 196 Community Education.

Preserve, Organize & Share Family Memories

Overwhelmed with irreplaceable family photos, slides, movies, memorabilia and documents? Learn clear steps, best supplies and helpful resources for safely handling, organizing and permanently preserving family images and stories, physically and digitally. Explore scanning options and safest online cloud storage. Create digital books and new cherished heirlooms. Easily preserve and share your precious history with family and friends as well as future generations. Informative handouts included.

W745-3C W Mar 13 6-8 pm
\$29 Falcon Ridge Rm 151

Keep the Memories, Lose the Stuff

"Tired of living with too much stuff? Need to downsize your or your parents' home? Inspired by Matt Paxton's 2022 book and his PBS series, "Legacy List", receive guidance in clarifying priorities, sifting through generations of clutter and memories, navigating mental and emotional roadblocks and releasing all no longer needed or used. Commit to steps and community resources to "right size" while donating, upcycling and recycling. Informative handouts included.

W745-4A W Apr 3 6-8 pm
\$29 Falcon Ridge Rm 151

Money Matters



Savvy Social Security

Social Security is more complicated than many people realize. Decisions made now may have an impact on the total amount of benefits received over a lifetime. Learn essential information to help ease concerns about financial security in retirement and innovative strategies for maximizing benefits.

Rolf White has worked in the Financial Service Industry for over 20 years. He holds an Accredited Investment Fiduciary license.

For Couples

\$10/person, \$15/pair DEC Rm 2020
M675-3B M Jan 8 6:30-8 pm
M675-3D W Mar 13 6:30-8 pm

For Women Only

How to take advantage of spousal benefits, survivor benefits, divorced spouse benefits, and divorced spouse survivor benefits. How to coordinate your own retirement benefits with benefits you might receive as a spouse or divorced spouse. Why you should consider your husband's life expectancy when deciding when to claim your own retirement benefits and more.

Rolf White

M675-4A Tu Apr 16 6:30 pm-8:15 pm
\$10 DEC Rm 2020

Taxes in Retirement

Learn how the current tax system, Social Security rules and other factors interact to either cost or save you money. What an effective marginal tax rate is and why it matters more than your tax bracket. How the timing of withdrawals from different retirement income accounts impacts what you keep and what you pay in taxes.

Rolf White

6:30-8 pm \$10
M675-3C Th Feb 1 DEC Rm 2021
M675-4B W May 1 DEC Rm 2020

Medicare Made Simple

As you get closer to age 65, you may feel bombarded with information about Medicare. Simplify that information and learn the basics of Medicare. You will get an overview for Medicare coverage and explanations of Part A, B, C and D. You'll also learn about how and when to apply and how to avoid penalties. There will be plenty of time for questions. All ages are welcome to attend.

Melody Manthey is a licensed insurance representative.

6:30-8 pm \$10 DEC Sr Center Mtg Rm
M621-3A Th Feb 8 1 session
M621-4A Th Apr 11 1 session

Tax Basics

Learn how to do your taxes, including general tax information, details about different forms and documents and how to file. Paige will answer general tax related questions. This class is for folks who do their own taxes and are looking for information and support. Taxes will not be done for you.

Paige Thompson graduated from MSU Denver in 2019 and obtained her CPA license this year. She worked in public accounting for several years before making the switch to corporate accounting.

Th 6-7:30 pm DEC Room 2021 \$10
M674-3A Feb 15
M674-3B Mar 14
M674-3C Apr 4

Music

Instant Piano & Guitar for Busy People Online

Age 13+

Learn piano or guitar in the comfort of your home. Online book, follow-up video lessons, class recording and optional online Q & A session are included.

Craig Coffman Chords Are Key

Instant Guitar

This crash course in guitar teaches you some basic chords and has you playing along with your favorite songs right away. Topics include: How chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar, and things to avoid. Class limited to 15 students.

M268-3 Tu Feb 6 6:30-9 pm \$59

Instant Piano

Learn to play the piano the way professionals do using chords. Course is partly lecture/demonstration and partly hands on instruction. Topics include: How chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid "counting", and how to simplify over 12,000 complex chords.

M269-3 M Feb 5 6:30-9:30 pm \$59



Personal Development



Genealogy with Jen Shaffer

Jen is a full-time professional genealogist and owner of the Formidable Genealogist research company. 90-minute classes provide 60 minutes of instruction and 30 minutes for questions.

Intro to Online Genealogy

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

502-3A M Jan 8 6-7:30 pm \$29 DEC Rm 2021

Level Up Your Genealogy Research

Moving Beyond MyHeritage & Ancestry

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

503-2B M Jan 22 6-7:30 pm \$29
Falcon Ridge Middle School Rm 150, 12900 Johnny Cake Ridge Rd, Apple Valley

Level Up Your Genealogy Research 2

Genealogy Boot Camp

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

503-3C M Feb 5 6-7:30 pm \$29
Falcon Ridge Middle School Rm 150, 12900 Johnny Cake Ridge Rd, Apple Valley

Genealogy Methods Research Skills Through Case Studies

It can take years to learn how to research effectively. Watch and learn steps that are used by professional genealogists to solve common research problems. These case studies will show you techniques that you can apply to your own research.

502-4B M Feb 26 6-7:30 pm \$29 DEC Rm 2021

Learn How to Change Your Life Through the Words You Speak & Thoughts You Think

Intuition and affirmations act as a team to defragment a cluttered mind. Intuition is a partner in the creative force that magnetizes that which we most desire. Moreover, intuition helps deepen our relationships with the people we love, even those who are no longer physically with us.

Affirmations, also a partner in the creative force, are a powerful instrument of transformation. Learn to use affirmations to help quiet that pervasive internal voice that says you can't, you won't, and you aren't good enough.

Learn to enhance personal boundaries, boost confidence and self-esteem and create positive change. Learn how to write and use affirmations to enrich career relationships, and health.

Learn to reduce stress and anxiety and strengthen problem solving skills by employing intuition and affirmations in your daily life.

Learn to be more receptive, creative, and innovative through enhanced intuition. Learn to identify signs from The Other Side.

You've seen her on Twin Cities Live, now join her in person, Jodi Livon, the Happy Medium and intuitive coach.

P199-4 W May 22 6:30-9 pm \$49
Twin Oaks Auditorium
15860 Fish Point Rd in Prior Lake



Tarot Retreat

Take a walk on The Fool's Journey to learn the meaning of the tarot deck. We'll explore tarot in a variety of ways, look at layers of interpretations, and have fun with simple readings during class. Bring a lunch and your tarot cards with you, or select an option to purchase a boxed tarot set with guidebook. (Requires 7 day advanced registration to receive the boxed set.)

Instructor Heidi Steffens leads the Minnesota Paranormal Research Society and co-hosts The Gathering, a weekly paranormal radio show in addition to hosting the My Spirit Experience podcast. Heidi holds a Bachelor of Sacred Elemental Studies and a Master of Shamanic Intuitional Practices. She is focused on helping people navigate their healing and soul-purpose paths in this world as well as the lost spirits that are caught between dimensions.

504-03 Sa Jan 20 9 am-4 pm

\$99 retreat only, \$129/retreat + Tarot cards & guidebook

Held at Twin Oaks Media Center, 15860 Fish Point Rd SE, Prior Lake



Know Your Neighbor

Bringing people together across difference since 2017

Know Your Neighbor facilitated conversations are flexible and focus on current events and life events. Join us for meaningful, respectful conversations. Through consistent conversations we learn to look past the differences and embrace the similarities among us.

All are welcome.

Celebrating Commonalities & Respecting Differences

How do we stay connected when we disagree?

Thurs, January 25 6-8:30 pm DEC Upper level

Conversations are facilitated by John Mueller Nowell, a retired pastor and church consultant for the United Methodist Churches of Minnesota, and Mashood Yunus, a teacher at a local Muslim Community Center.

Pre-registration is appreciated, though not required (KYN-3A).

Upcoming meetings: Feb 22, Mar 21, Apr 25, May 16

Listen. Educate. NAVIGATE.™

A Conversation on Disability

Thurs, March 21 6-8:30 pm DEC Upper level

Accessing disability services can be confusing and overwhelming but it doesn't have to be! Join us for a presentation on how to get started with disability services, a panel discussion with people who have lived the experience, and a resource fair with information about disability services, housing, transportation, transition schools, and more! Resource fair opens at 6 pm, and the panel discussion starts at 7 pm. Please join us.

Pre-registration is appreciated, though not required (KYN-3B).

Offered in partnership with Lifeworks, a nonprofit serving people with disabilities and the Dakota Child and Family Clinic.



Say What You Mean & Still Be MN Nice

Minnesotans are "nice" or are we? We'll learn, and practice, a method for communicating clearly and constructively while respecting others. Expect to participate & gain practical tips. Clear, respectful communication is the nicest of all!

Instructor Peg Lonnquist is an energetic workshop facilitator. Peg's 2nd half portfolio includes registering voters, coordinating a dancing dinosaur troupe & biking with SeniorsOnBikes.

A424-3A Tu Feb 20-27 2 sessions
1-2:30 pm \$59 DEC Sr Center Mtg Rm



Cutting the Cord with Cable

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

\$29 per class **Classes held in DEC Rm 220**

T510-3A	W	Jan 24	10 am-12 pm
T510-3B	Tu	Feb 6	6:30-8:30 pm
T510-3C	W	Feb 21	10 am-12 pm
T510-04	W	Apr 10	10 am-12 pm

One to One Computer Tutorial Create Your Own Class

You'll have 100 percent of the instructor's attention to assist you with a computer project of your choosing. You select the topics, which could include: basic computer skills, navigating the Internet, e-mail basics, Google docs, software applications such as Word or Excel, how to organize digital photos, creating a newsletter, or how to do a mail merge. If you have an Adobe account Mark Hubbard can help with any of those applications too! We'll create the class just for you! Two people may attend together, if interested in the same training. Call 952-707-4150 to discuss your specific needs. Be prepared with suggested dates and times which we will share with the instructor. You will be scheduled for one 90 minute class. Your specific time will be confirmed directly with the instructor. Community Ed collects your payment at the time of class confirmation.

T525-03 \$79/person, \$99/pair attending the same training

UGotClass

Online Career & Certification Classes

Update, add or improve your work-related skills conveniently through online learning.

Accounting and Finance, Bookkeeping, Entrepreneurship, Effective Copywriting, Workplace Communication, Basic Game Design, Data Science, Non-Profit Administration, Six Sigma Green Belt Certification, Web Design, Graphic Design, Software Essentials Beginning Spanish and more. **Courses start monthly.**

you participate when it works best for you.



Learn more at



Language & Culture

Cerveza, Baño is Not Enough

Essential Spanish

You know how to say "Hola, Cerveza, baño" NOW! It is time to learn Spanish from a native Peruvian Spanish speaker. Being bilingual has many cognitive benefits. When you learn Spanish as an adult, you keep your brain sharp while learning something fascinating and fun.

Fun and learning go hand in hand with a system that focuses on expanding vocabulary and understanding of the Spanish language and keen insight into Latino-Hispanic culture. Gain practical knowledge regarding introductions and greetings, expressions, weather, restaurants, and foods. Class materials are included.

Class is conducted in person on Tuesdays. Practice what you've learned on Thursday online. Meeting links provided to registered participants.

Jessica is a native of Peru and moved to Minnesota to get her master's degree in International Business Administration. She worked in several corporations as a leader in the Latin American market; she taught Spanish at Gustavus and Mankato State University, served as an interpreter for the Bloomington and Eagan school districts, and volunteered in different capacities with several organizations in the Twin Cities.

L251-3A Mar 5-28 8 sessions 6:30-8:30 pm \$129
2 hour in person 6:30-8:30 pm Tuesday at DEC 2021
1 hour online practice session 6:30 -7:30 pm Thursday

Business Etiquette for Latin America

Tips and tools for successful engagement when traveling for business to Spanish-speaking countries.

Jessica Lineras

L251-3B T Mar 12 5-6:15 pm DEC Rm 2021 \$39



Sports & Recreation

Pickleball

Balls provided. Paddles provided in Intro classes only. Players provide paddles for all other levels. Eye protection is highly recommended at every level of play.



Pickleball Introduction Cedar School Gym

Designed for those who have never played or have played less than 10 games. The goal is to educate you on the game and build confidence in your play. We'll discuss: equipment, rules, scoring, serve & return, drives, dinking, drop shots, lobs, and being a good partner. Typical class will have 20-30 minutes of instruction followed by social (noncompetitive) game play.

Court manager Kraig Kutz.

7 sessions Wed 8-9:30 pm \$89
S590-13C Jan 10-Feb 21
S590-14A Feb 28-Apr 10

Court Managers Jason Kellen, Mitch Ware

7 sessions Thur 6-7:30 pm \$89
S590-13A Jan 11-Feb 22
S590-14B Feb 29-Apr 11

Competitive Play

No instruction provided, this is solely for highly competitive game play.

**At Cedar School Gym
For self-rated players level 3.5-4.0**

Court Managers Jason Kellen, Mitch Ware

S593-43A Tu Jan 9-Apr 16 14 sessions
6-9:45 pm \$129 Cedar School Gym

**At Rahn
For self-rated players level 3-3.5**

Court Manager TBD

S593-43B Th Jan 11-Apr 11 14 sessions
6-9:30 pm \$120 Rahn Gym

Drill & Play

Cedar School Gym

Instructor led class is geared towards players looking to improve basic skills and build confidence, consistency in their play. Typical class will consist of 30 minutes or more of instructor led drills followed by game play with instructor observations/feedback.

Participants must be below a 3.5 level, know the rules, scoring and have played more than 20 games.

Court Manager Dave Ruocco.

S592-33C M Jan 8-Feb 19 7 sessions
7:45-9:45 pm \$99

Court Managers Jason Kellen, Mitch Ware

7 sessions Thur 7:45-9:45 pm \$109
S592-33 Jan 11-Feb 22
S592-34 Feb 29-Apr 11

Level Up

Cedar School Gym

Instructor led class designed to level up your pickleball skills for Level 2.5-3. Topics include: 3rd shot drop and 3rd shot drive strategy, stacking, fast vs slow, resets and advanced game play. Gain knowledge to play in a tournament environment and/or higher level of pickleball with your friends.

Court Managers Jay Dahlin, Mike Taylor.

S591-24A M Jan 8-Apr 15 14 sessions
6-7:30 pm \$124
This class is full



Social Play Night

At Rahn gym for Intermediate level players below a 3.0 rating.

Play social, noncompetitive style games. Eye protection is highly recommended. Players provide their own paddles.

14 sessions 6-9:30 pm \$119

Court Manager TBD

S592-54A M Jan 8-Apr 15

Court Managers Leo and Teresa Julkowski

S592-54B Tu Jan 9-Apr 16

Court Manager Terri Vandergriff

S592-54C W Jan 10-Apr 10

Team Play Level Up

Cedar School Gym

Teams must be currently playing at a 2.5-3.5 level, have a firm grasp of rules and gameplay. Some league/tournament play is helpful. Teams can be any combination of gender.

Become a better pickleball teammate. Looking to start playing in a league/tournament or improve your current league/tournament play? Come level up your team play in this partner only PB session. This unique, 6 week instructor led class is designed for pickleball partners/teams looking to improve partner dynamics such as moving as a team, offensive/defensive strategies, stacking, communication, and proper warm up routines designed for tournament/league play. Class will consist of 5 weeks of drills & active team play with instructor observations/feedback & will conclude with a tournament the final week of class. Note: you are signing up as a team of 2 and will always play/drill with your team partner.

Court Manager Dave Ruocco.

S591-24B M Mar 11-Apr 15
6 sessions 7:45-9:45 pm \$160 per pair



Open Basketball

Nicollet Gym

Preregistration is required for this 'pick-up' style game.

No play May 27, June 19

12 sessions 8-10 pm \$60

Court Manager Roger Gruhlke

S591-3A M Jan 8-Mar 25

S591-4A M Apr 1-June 24

Court Manager Jeremy Sims

S591-3B W Jan 10-Mar 27

S591-4B W Apr 3-June 26

Volleyball Co-Ed League

Gather your volleyball friends and join this self-monitored league. Co-Rec teams play for good times, good health and final awards. All evenings are doubleheaders! The league will run for eight weeks, with seven regular season weeks and one playoff week. All teams will be involved in postseason playoffs. Each team is required to submit a separate roster (six players minimum, ten max maximum).

Offered in partnership with the City of Burnsville. Registration opened November 29.

<https://burnsvillemn.gov/2241/Winter-Indoor-Volleyball-League>

S595-03 M Jan 8-Feb 26 8 sessions
6:15-10 pm \$150 Eagle Ridge Gym



Aqua Exercise

Nicollet Pool

Enjoy VIGOROUS, low impact aqua exercise focusing on range of motion and strength building. This cardiovascular workout can assist with weight control and is easily adaptable to your fitness level.

No swimming skills necessary. Optional: Bring 1-2 pound hand weights to increase your work out.

Tues & Thurs 6:30-7:45 pm

Q155-3A	Jan 9-25	6 sessions	\$48
Q155-3B	Feb 6-22	6 sessions	\$48
Q155-3C	Mar 5-21	6 sessions	\$48
Q155-4A	Apr 2-11	4 sessions	\$32
Q155-4B	Apr 30-May 9	4 sessions	\$32

BLACK DOG SWIM CLUB

Competitive Swim for Age 9-Adult



The mission of Black Dog Swimming is to welcome athletes with various ability levels and encourage them to develop their skills, improve their performance, achieve their personal goals and chase success in a healthy, competitive, family friendly team environment. We teach proper fundamentals of competitive swimming and develop skills through a gradual progression that ensures appropriate demands for physical, mental and emotional consistency.

USA Swimming Annual fee for registration \$74. Black Dog Processing Fee \$20. Please email info@blackdogswimming.org with questions about joining Black Dog Swim Club. Check out BlackDogSwimming.com for schedules, and more detailed description of technique and time standards needed for each group.

GROUP	AGE	PRACTICES	
Developmental	13 & Under	2-3 days/wk	\$20 per week
Age Group	Age 9-14	3-4 days/wk	\$40 per week
Juniors	Age 11-18	3-6 days/wk	\$45 per week
Seniors	Age 13-18	3-6 days/wk	\$48 per week





Special Olympics

If you are not a current special Olympics athlete, please visit minnesotaspecialolympics.org and complete an athletic application. Register for Special Olympics with District 191 Community Education.

Basketball Age 12-adult

Join our BLAST basketball team for a fun and rewarding experience. Athletes of all ability levels, are encouraged to participate. Athletes will be assigned to recreational or competitive teams by coaching staff.

D693-BB3 W Mar 20-June 18 6-7:30 pm
10 sessions \$25 BHS A14-16

Track and Field Age 8-Adult all ability levels

Get outside for fresh air, fun and exercise when you join our BLAST Special Olympics team. Wear comfortable clothes and athletic shoes. Location may be subject to change. Instructor will provide a detailed schedule.

D693-T4 M Apr 1-June 17 6:15-7:30 pm
11 sessions \$25 BHS Pates Stadium

Project Explore

A consortium of five school districts that provides activities for adults with disabilities

For more information regarding Project Explore contact projectexplore@district196.org or call 651-423-7931.

Move & Groove

Join us for stretching and moving to music. We'll also use some hand weights for more muscle toning. This easy exercise class is so much fun you will forget it is good for you! Wear comfortable clothing and tennis shoes. Bring a water bottle and hand weights if you have them.

Wednesdays 6:30-7:30 pm Nicollet Cafeteria
Dec 6, 19, Jan 3, 23, Feb 14, 27 \$5/time

Dance the Night!

Join Monica to dance to a great song featured in "The Barbie Movie". Learn the moves and dance the upbeat disco track by Dua Lipa and "Dance the Night" away. No partner needed for a night of fun.

Monday, January 22 6:30-7:30 pm
Valley Middle School \$8 per person

Latin Line Dance

What better way spend a cold winter night than dancing to some "hot" Latin music? Get your body moving and your feet grooving with sultry Latin moves. No need for a partner...this is pure fun in line dance form. Please note that this class meets the same time as Pasta Dinner.

Wednesday, February 7 6:30-7:30 pm
Valley Middle School \$8 per person

Sing Along

Do you love to sing? Join Nick and Pat for a wonderful evening singing your favorite songs. There will be song sheets for you so you can follow along! Nick plays guitar and Pat leads the singing. Beverages will be served.

Wednesday, January 31 6:30-7:30 pm
Thursday, February 29 6:30-7:30 pm
Valley Middle School \$6 per person



Know Your Neighbor

Listen. Educate. NAVIGATE.™ A Conversation on Disability

Thurs, March 21 6-8:30 pm DEC Upper level

Accessing disability services can be confusing and overwhelming but it doesn't have to be! Join us for a presentation on how to get started with disability services, a panel discussion with people who have lived the experience, and a resource fair with information about disability services, housing, transportation, transition schools, and more! See more details on page 22.

DEFENSIVE DRIVING CLASSES



ADULT
SENIOR
ENRICHMENT

Classes held at Diamondhead Education Center Senior Center meeting room

The Burnsville Senior Center has partnered with Minnesota Highway Safety and Research Center to offer driver improvement course for mature drivers. Instructors complete 40 hours of training and present the most up-to-date research in the field.



The course has been proven to reduce accidents and traffic violations and is designed to meet the needs of the mature driver.

MHSRC 8-Hr Driver Safety Program

Topics include but are not limited to, visual scanning and steering techniques, anti-lock brake systems, airbag safety and new vehicle technology.

**Cost is \$28 for each 2 session/
8 hour course.**

0908-Jan1718	W, Th	Jan 17, 18
		5:30-9:30 pm
0908-Feb1415	W, Th	Feb 14, 15
		1-5 pm
0908-Apr0203	Tu, W	Apr 2, 3
		5:30-9:30 pm
0908-May2223	W, Th	May 22, 23
		5:30-9:30 pm



4-Hr Refresher Program

The 4 hour program is open to anyone who has previously taken the 8 hour course, in need of renewal.

**Cost is \$24 for each 1 session
4 hour course**

0904-Jan9	Tu	Jan 9	1-5 pm
0904-Jan22	M	Jan 22	5:30-9:30 pm
0904-Feb1	Th	Feb 1	1-5 pm
0904-Feb7	W	Feb 7	5:30-9:30 pm
0904-Feb19	M	Feb 19	1-5 pm
0904-Feb27	Tu	Feb 27	5:30-9:30 pm
0904-Mar14	Th	Mar 14	1-5 pm
0904-Mar26	Tu	Mar 26	5:30-9:30 pm
0904-Apr17	W	Apr 17	1-5 pm
0904-Apr23	Tu	Apr 23	5:30-9:30 pm
0904-May8	W	May 8	5:30-9:30 pm
0904-May21	Tu	May 21	1-5 pm

Insurance Discounts

As with all driver improvement courses sanctioned by the State Department of Public Safety, drivers over 55 may be entitled to a 10% discount on their auto insurance.

An eight- hour course is initially required, then you are encouraged to take a refresher course every three years to keep the discount in force. NO written or behind-the-wheel tests will be given.

Classes are intended to be non-threatening, interactive and informative.

Registration

- ◆ **Mail** in your registration form with payment.
- ◆ **Call** the Burnsville Senior Center 952-707-4120, or visit us and we will assist you. VISA and MasterCard accepted. You may also call the MHSRC toll-free at 888-234-1294 to register.
- ◆ **Visit communityed191.org**
Find the Senior Center tab in the menu across the top. Click on Defensive Driving in the drop down menu.

There is a \$10 fee for any changes on prepaid classes, and no refunds if you are unable to attend a class.

BURNSVILLE SENIOR CENTER

The Senior Center offers a variety of events, services, screenings, enrichment and social groups. Located in Diamondhead Education Center, 200 W Burnsville Parkway in Burnsville.

To find out more about programs, services, resources and The Chatter, call 952-707-4120

The Senior Center is closed December 22-January 1 & May 27.



Get Connected

The Chatter

The Chatter is filled with activities, news and events you are sure to love! It is published in January, May and September. To subscribe, call 952-707-4120.

Senior Center Advisory Council

3rd Monday of the Month at 9:30 am

All are welcome to attend.

Jan 15, Feb 19, Mar 18, Apr 15, May 20

Meals On Wheels Program

Nutritious meals are delivered to homebound seniors in the area.

Call the Meals on Wheels coordinator at 952-393-9860.

Volunteers are always needed.

Ongoing Activities

Card Recyclers

2nd & 4th Mon

12:30-4 pm Conference Rm II

With some funny scissors, a little paper and a lot of creativity, these once anticipated trash are made into another's treasure.

Jan 8, 22, Feb 12, 26, Mar 11, 25,

Apr 8, 22, May 13

Knitters

2nd Fri 9 am-12 pm Big Meeting Rm

The Knitters Group generates hundreds of mittens, scarves, lap robes, afghans, booties, slippers, and more for various charitable organizations within our community. We'll even help you learn basic knitting and crocheting.

Jan 12, Feb 9, Mar 8, Apr 12, May 10

Quilters

2nd & 4th Tues 9 am-12 pm

Big Meeting Rm

They use donated material to provide cheer and warmth. Their beautiful creations are donated to various charitable groups. We can always use fabric donations.

Jan 9, 23, Feb 13, 27, Mar 12, 26,

Apr 9, 23, May 14, 28

Stroke Club

4th Tuesday

10:30 am-Noon Big Meeting Room

Twin Cities Ukulele Group

Wed, 10 am-12 pm

Contact Dwight Olinger at doling136@comcast.net

Crafters

1st & 3rd Thur, 9 am-12 pm, Kitchen

Partake in this community-minded craft-social group by creating and making special projects for people who receive meals on wheels, and people in nursing homes, health care centers, and hospitals.

Jan 4, 18, Feb 1, 15, Mar 7, 21,

Apr 4, 18, May 2, 16

Games at the Senior Center

Cribbage Wed, 10 am

Scrabble Tues, 11 am

Duplicate Bridge Tues, 11:45 am

500 Wed, 12:45 pm

Hand & Foot Fri, 12:15 pm

South Metro Stitchers

4th Mon, 5-8 pm

Do you like to cross stitch, needlepoint, knit, crochet, tat or do another type of hand stitching? Bring your project and stitch with us. If you are a beginner looking for tips, we probably have someone who can help you. Contact Sara sbmillerok@yahoo.com for more information.



Health, Enrichment & Fitness



Chair Tai Chi

Tai Chi has been practiced in China for centuries for both its health benefits and to harmonize the body and mind. The slow-flowing movements of Tai Chi are non-impact and help build balance, flexibility, and strength while also reducing stress and relieving pain. The class is particularly beneficial for those with limited mobility or with chronic conditions such as MS, Parkinson's or arthritis. Students will use a chair but may progress to standing, if appropriate.

Join us for fun, exercise, and relaxation. For questions, call 952-707-4120 or send an email to anne.m.kamiri@gmail.com.

Anne Kamiri

Wed 11:15 am-12 pm DEC Studio
No class Mar 20, May 15, June 19

09TC-Mar6 Mar 6-Apr 24 7 sessions \$49
09TC-May1 May 1-June 26 7 sessions \$49

Sunrise Stretch

A self led early morning exercise class done with pre-recorded instructions.

M, W, F 8:30-9:30 am \$10 DEC Studio B

09SS-Jan3 Jan 3-31
09SS-Feb2 Feb 2-28
09SS-Mar1 Mar 1-29
09SS-Apr1 Apr 1-29
09SS-May1 May 1-31

Strength & Balance

An exercise class where the primary goal is to have fun. This low impact class helps you improve flexibility and build strong muscles. Strength exercises may include lifting weights, using resistance bands or doing body-weight exercises. This class is designed for independent seniors and may be covered by your health insurance. It is not available for online registration because ALL insurance information must be verified. To determine if this class is covered by your health insurance, please provide up-to-date health insurance information, a Silver Sneakers, Silver & Fit, Active ReNew or One Pass confirmation number and your date of birth when registering.

M, W, F \$32 DEC Studio B
No class May 27

10:30 am

09SB-Jan1030 Jan 3-31
09SB-Feb1030 Feb 2-28
09SB-Mar1030 Mar 1-29
09SB-Apr1030 Apr 1-29
09SB-May1030 May 1-31

11:30 am

09SB-Jan1130 Jan 3-31
09SB-Feb1130 Feb 2-28
09SB-Mar1130 Mar 1-29
09SB-Apr1130 Apr 1-29
09SB-May1130 May 1-31

Painter's Workshop

Self-led workshop for beginning and experienced artists in oils and acrylics. Enjoy a cooperative painting time that allows you to develop and enhance your own artistic style. The group setting provides a great source a motivation and inspiration. Students gain perspective and insight from one another, while developing knowledge on the proper use of materials, blending, color mixing, other techniques, and art history through demonstrations, discussions and handouts. Please bring your own materials

Fri 9 am-12 pm \$12	DEC Sr Center
09PW-Jan5 Jan 5-26	4 sessions \$12
09PW-Feb2 Feb 2-23	4 sessions \$12
09PW-Mar1 Mar 1-29	5 sessions \$15
09PW-Apr5 Apr 5-26	4 sessions \$12
09PW-May3 May 3-31	5 sessions \$15

Volunteer Appreciation Event

Thursday, April 18 at 10 am



Time to remind you just how much we appreciate you, everything you do & say -thank you!

The Burnsville Senior Center invites you to join us for a pancake brunch as a token of our appreciation
RSVP by calling 952-707-4120.

Coffee Talks

Coffee Talks are Free Preregistration Required

Classes are held at DEC Senior Center Meeting Room unless otherwise listed.

To register call 952-707-4120 or visit CommunityEd191.org>Senior Center>SeniorClassRegistration

How to Plan Ahead for a Move

Wed, Feb 7 @ 1 pm



Sponsor – RE/MAX

Results Change AGENTS

Presenter: Lisa Dunn #09CT-FEB7

What is the best housing option for your lifestyle? How can you maximize the equity in your home? How should you manage the logistics of a move? How to avoid real estate scams. Join us and learn how to process with less stress.

How to Write & Update a Health Care Directive

Wed, Feb 21 & May 29 @ 2 pm

Sponsor: M Health Fairview

Presenter: Lauren Harding

#09CT-FEB21



Downsizing? Financing Your Untapped Home Equity

Wed, Feb 28 @ 1 pm

Sponsor – Fairway Mortgage

Presenter: Kelly Kelly

#09CT-FEB28



Learn about financial options to help you stay in your current home, how to increase your purchasing power if you want to downsize into something new, how to finance the purchase of your next home without any new monthly payment, and other ideas to help you be more financially successful in retirement.

Should I Stay or Should I Go? Before & After the Funeral

Mon, Mar 4 @ 10 am

Presenter: Jeanne McGill, CSA, CPC & Mary Frances Price, Elder Law Attorney #09CT-MAR4



Hospice 101

Thur, Mar 7 @ 1 pm

Sponsor: Minnesota Hospice

Presenter: Allison Oja #09CT-MAR7

Join us as we explore the basics of hospice care, including the philosophy, the services covered, the care team, hospice indicators, how hospice is paid for, the benefits of early referral and how direct care staff and hospice work together to deliver quality end-of-life care. If you might be interested in learning more, please join us.

A Fond Farewell

Mon, Mar 11 & June 10 @ 10 am

Presenter: Jeanne McGill, CSA, CPC

#09CT-MAR11

Don't Be Caught Without A Living Will

Mon, Mar 18 & June 17

@ 10 am

Presenter: Jeanne McGill, CSA, CPC

#09CT-MAR18



Estate Planning with Firearms



Thur, Mar 21 @ 10 am

Sponsor: Senior Helpers

Presenter: Mary Frances Price, Elder Law Attorney #09CT-Mar21

Do you own firearms? Have you made plans for what happens to these assets if you become incapacitated or how they will be transferred at death? This session will explore these questions and more as you learn what to do with firearms as it relates to your estate planning.

You Don't Know What You Don't Know

Mon, Mar 25 @ 10 am

Presenter: Jeanne McGill, CSA, CPC and Mary Frances Price, Elder Law Attorney #09CT-MAR25

Wills and Powers of Attorney

Tues, Apr 2 @ 10 am

Sponsor: Augustana Regent at Burnsville



Presenter Mary Frances Price, Elder Law Attorney #09CT-APR2

Low Waste Living Apr 4 @ 1 pm

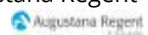
Presenter: City of Burnsville Recycling Department

We all know about recycling, but often we forget to Reduce and Reuse. Learn tips for reducing the amount of waste you generate on a day-to-day basis, and ideas for reusing items before disposing of them.

Medical Assistance & Veterans Benefits

Tues, April 16 @ 10 am

Sponsor: Augustana Regent at Burnsville



Presenter Mary Frances Price, Elder Law Attorney #09CT-APR16



Fun & Friendship Club

Thursdays, 11 am-2 pm Members only

A meeting is held, followed by a group activity, or entertainment and then lunch. After lunch, those interested stay to play Bingo. This is a core group of volunteers and program leaders and a great way to learn more about the opportunities available. Annual membership fee is \$15 per year. Lunch is available to members for \$10 and \$5 for Bingo. [Preregistration is required the Friday prior to each meeting. No walk ins.](#)

09FF-MEM23 \$15 Annual Membership

Jan 11	Spaghetti	Dice Game
Jan 25	Meatloaf	Sponge painted flowers
Feb 8	Fried Chicken	Decorate a Valentine Cookie
Feb 22	Loaded Baked Potatoes	Troy Flemming 60-80s Music
Mar 14	Chicken Potpie	Dice Game
Mar 28	Quiche	Basket Decorating
Apr 11	Chicken Enchiladas	Tasha (Ivy) Cox – poetry reading
Apr 25	No meeting	Expo
May 9	Roast Beef	BHS Free Style Choir
May 23	Pizza	Patriotic Flag wreath making
June 13	Taco salad	Twin Cities Ukulele Club

Ladies Breakfast Chat

[Please register in advance](#)

Join us for a breakfast filled with conversation at 9 am Fridays at Morgan's Restaurant in the Best Western, 14201 Nicollet Ave S, Burnsville. For more information, contact Maggie at dancnldy57@yahoo.com

[Jan 12, Feb 9, Mar 8, Apr 12, May 10](#)

Men's Breakfast

Join us on the 1st Tuesday of the month, 8:30 am at The Original Pancake House. To RSVP and get more information, call Dan McElroy at 952-797-4548 or email danmcelroy@comcast.net.

[Jan 2, Feb 6, Mar 5, Apr 2, May 7](#)



Books R Us Book Club

Mondays, 1 pm in DEC Meeting Rm

Jan 15 – Hotel at the Corner of Bitter and Sweet
by Jamie Ford

Feb 19 – Friends and Strangers
by J. Courtney Sullivan

Mar 18 – Walk the Blue Line
by James Patterson &
Matt Eversmann w/ Chris Mooney

Apr 15 – The Maid by Niki Prose


May 20 – Island of Sea Women by Lisa See



Tuesday Book Club

This group meets the 1st Tuesday each month at Barnes & Noble, 828 W County Rd 42.

Events & Services



ERA Aging & Wellness Expo

Promoting area services for older adults and caregivers
www.erasouth.org

ERA
elder resource association
south of the river

Thursday, April 25, 2024
2-5 pm at Burnsville Senior Center
Diamondhead Education Center, 200 W. Burnsville Pkwy
952-707-4120

Foot Care Clinic

1st & 3rd Thursday / 3rd & 4th Friday 9 am

Happy Feet will provide basic foot care, including foot soak, care for corns and calluses, foot massage, nail trimming and treating ingrown nails. Please bring a towel. People who have not canceled at least 24 hours in advance will be charged for their missed appointments. Call 763-346-3390 to schedule an appointment. \$45 DEC Conf Rm II.



Hearing Screening & Instrument Cleaning

Jan 25 & Mar 28, 10 am-12 pm

Rachel Cheron of Sounds Good

Hearing screening can determine whether or not hearing loss is present and if further testing is needed. Appointments are necessary. Please call 952-707-4120.

Annual Holiday Open House



Friday, January 5, 2024
1 – 3 pm

Join us to welcome in the New Year with some new friends, a little food and something sweet! Please call 952-707-4120 to RSVP.



Dessert courtesy of
regent
at burnsville
a division of Regent
senior living on early lake



BURNSVILLE SENIOR CENTER

SPRING BAKE SALE

Tuesday, March 19
9 am-2 pm

Homemade BAKED GOODS

Gently Used Jewelry

LUNCH for sale

Diamondhead Education Center
200 W. Burnsville Pkwy.
Burnsville, MN 55337
952-707-4120



fare for all
a program of the food group

Open to ALL!
No pre-registration, just show up to shop!

What is Fare for All?

A great way to save money on high-quality foods!

- A community-supported, affordable grocery program with locations throughout MN.
- We buy fresh fruit, veggies & frozen meat in bulk to save you 30-40% off grocery store prices.
- We select the best food & pre-package it to bring you the best deals!
- Like a co-op, the more people who shop, the better the value becomes for everyone!

Stay in touch:
fareforall.org
facebook.com/fareforall
763-450-3880

Credit, debit, EBT, or cash accepted. No checks.

Diamondhead Education Center
200 W Burnsville Parkway
Lower Level off Pleasant Ave
Walk in Door 11

Jan 24, Feb 21, Mar 27
Apr 24, May 22, June 26
3-5 pm



Our Schools

Burnsville Senior High School

600 E Hwy 13, Burnsville 55337
952-707-2100

Burnsville Alternative High School (Cedar)

2140 Diffley Rd, Eagan 55122
952-707-4040

Eagle Ridge Middle School

13955 Glendale Rd, Savage 55378
952-707-2800

Nicollet Middle School

400 E 134th St, Burnsville 55337
952-707-2600

Edward Neill Elementary

13409 Upton Ave S, Burnsville 55337
952-707-3100

Gideon Pond Elementary

613 E 130th St, Burnsville 55337
952-707-3000

Sky Oaks Elementary

100 E 134th St, Burnsville 55337
952-707-3700

Vista View Elementary

13109 Cty Rd 5, Burnsville 55337
952-707-3400

William Byrne Elementary

11608 River Hills Dr, Burnsville 55337
952-707-3500

Rahn Elementary

4424 Sandstone Dr, Eagan 55122
952-707-3600

Hidden Valley Elementary

13875 Glendale Rd, Savage 55378
952-707-3800

Harriet Bishop Elementary

14400 O'Connell Rd, Savage 55378
952-707-3900

One91 Virtual Academy

13109 Cty Rd 5, Burnsville 55337
952-707-2900

Para Español llame o correo electrónico

Eddieca Ontiveros, 952-707-4142
eontiveros@isd191.org

Af Soomali baan ku hadlaa

Hamde Daoud, 952-707-4153
hdaoud@isd191.org

Diamondhead Education Center

200 W Burnsville Parkway, Burnsville 55337 (DEC)

ISD 191 Administrative Services Center 952-707-2000

Enrollment Center 952-707-4180 Lower level, door 11

Community Education Office 952-707-4150

Office hours are Monday through Friday 8 am to 4:30 pm.

Our Community Education offices and the program facilities at Diamondhead are located in the lower level of our building.

Park in the east lower lot off of Pillsbury and enter door 11

Jason Sellars, Director

Angela Henle, Administrative Assistant 952-707-4111

Community Education Enrichment 952-707-4150

Jennifer Green, Enrichment Coordinator

Allison Jordan ALC/CE Youth Coordinator

Kate Rother, Registration Secretary

Hamde Daoud & Eddieca Ontiveros, Community Connections Coordinators

Naimo Adan, ALC and CE Clerical 952-707-4185

Burnsville Senior Citizen Center 952-707-4120

Michele Starkey, Senior Center Coordinator

Early Childhood Programs & Services 952-707-4110

Early Childhood Family Education, Preschool & Early Care, School Readiness

Cynthia Sampers, Coordinator of Early Learning

Karen, Preschool Enrollment 952-707-4110 preschool@isd191.org

Lyndsey Griffin, Ready to Grow/Learn Coordinator 952-707-4146

Kaitlin Cantolla, Early Childhood Specialist

Screening 952-707-4105

School-Age Project Kids 952-707-4150

Edward Neill 952-707-3108 Gideon Pond 952-707-3008

Harriet Bishop 952-707-3908 Hidden Valley 952-707-3808

Rahn 952-707-3608 Sky Oaks 952-707-3708

Vista View 952-707-3408 William Byrne 952-707-3508

BHS Youth Service 952-707-2116

Courtnee Floback, cfloback@isd191.org

School For Adults 952-707-4125 (Use door 13 on upper level)

Susan Edmonson, Coordinator School for Adults

Shuai Sheng, Admin Assistant ssheng@isd191.org

ABE (Adult Basic Education), GED, ELL (English Language Learners)

Community Use Of Facilities 952-707-4123

Kyle Hinrichsen, Facilities Coordinator

Share your Joy!

Become part of our Community Education team!



Be Valued. Be Vital. Shine Onward in District 191.

Removing barriers and forging unique pathways
to create a future-ready community

Positions available

Licensed Early Childhood and Parent Educators,
Classroom Assistants, Certified Aquatics Staff,
Early Childhood and School Age Childcare

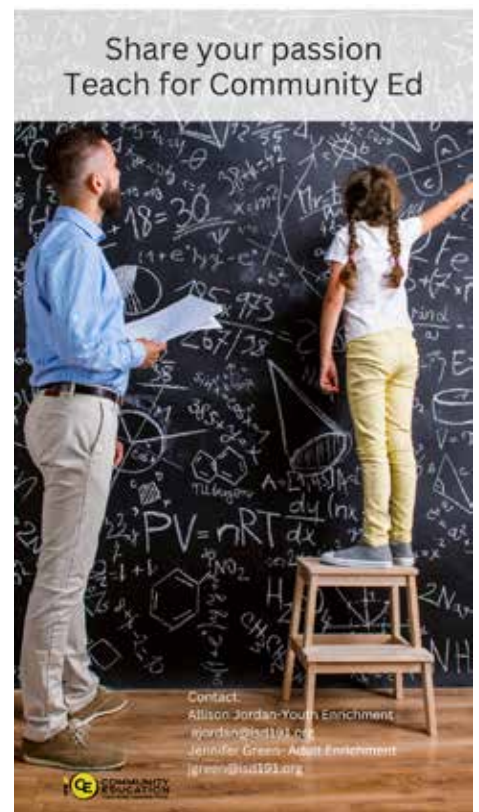
For information, visit
isd191.org/connect/careers

Teach a class for Community Education
and share your knowledge, expertise
and passion with our community.

Contacts

Allison Jordan - Youth Programs/ALC Coordinator ajordan@isd191.org

Jennifer Green - Adult Programs Coordinator,
Marketing & Advertising jgreen@isd191.org



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Share your passion.
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Contact:
Allison Jordan-Youth Enrichment
ajordah@isd191.org
Jennifer Green- Adult Enrichment
jgreen@isd191.org

Brainpower In A Backpack

tinyurl.com/whatisbrainpower

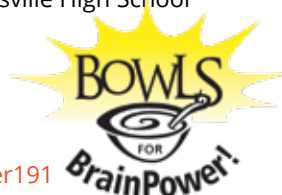
BrainPower in a Backpack is ISD 191's Hunger Relief Project sponsored by 191 Community Education and Burnsville High School Youth Services benefiting all students, staff and families.

Burnsville High School student volunteers pack 600 to 700 weekend food packages available to all ISD 191 students in preschool, elementary, middle and high schools to help families who struggle to put enough food on the table. Because academic performance is related to nutrition, BrainPower's goal is to improve the student learning experience for children with the greatest need in ISD 191.

Pamela Voigt,

BrainPower in a Backpack Coordinator

ISD 191 Community Ed and Burnsville High School
@BrainPower191
@BrainPowerBowls



Want to volunteer?

Visit www.tinyurl.com/brainpower191
or email brainpower191@gmail.com.

Student Sign Up Link tinyurl.com/bpbpsignup

Burnsville High School Theatre Guild
Season 63

EVENING OF ONE ACTS
JANUARY 26-27

PETER AND THE STAR CATCHER
LOST BGTZ ONLY!!
NO PIRATS ALLOWED!

SENIOR PREVIEW:
FEBRUARY 14 @ 4 PM
FEBRUARY 15-17 & 23 @ 7 PM
FEBRUARY 24 @ 2 PM & 7 PM

SHOWCASE!
MAY 9-18
BHS Theatre Guild

For more information and tickets, scan here →

Academics & STEM



After School Chess Club 🔥

Grade 1-5

If you missed signing up for chess in the fall- it's not too late. Join us for the second half of the season!

The "King of Games and the Game of Kings."

Chess is a fun game of strategy proven to improve concentration and build brain power.

Tuition includes a premium subscription to Chess Kids. Subscription includes video tutorials, online practice puzzles and leveled play as well as the opportunity to play other chess club members online from home.

When enrollment permits, chess clubs are divided by ability.

Chess clubs are coordinated by Brian Ribnick, coach of the award winning ISD 191 chess teams. Coaching staff ranges from classroom teachers to Burnsville High students with a long-term love of the game.

4-5 pm \$10 sessions \$69

No class Feb 19, Mar 6, 7, Apr 8-11

ECH-HB3	M	Jan 29-Apr 15	Harriet Bishop Media
ECH-RN3	M	Jan 29-Apr 15	Rahn Media
ECH-VV3	M	Jan 29-Apr 15	Vista View Media
ECH-SO3	Tu	Jan 30-Apr 2	Sky Oaks Media
ECH-GP3	W	Jan 31-Apr 17	Gideon Pond Media
ECH-HV3	Th	Feb 1-Apr 18	Hidden Valley Media
ECH-EN3	Th	Feb 1-Apr 18	Edward Neill Media
ECH-WB3	Th	Feb 1-Apr 18	William Byrne Media



At Home Activities with Tech Academy

Tech Academy programs simplify the world of educational technology for students by connecting science, technology, engineering, math and the arts. Classes are project-based, hands-on and designed to make learning fun.

Technical Requirements: Computer- PC (Windows 7 or later), Mac (OSX) with at least a 2GHz processor and 4GB of RAM. Chromebooks, Tablets, and Phones typically do not work. Broadband internet, webcam, microphone, speakers and Zoom must be installed on computers

Video Production: Special Effects

Grade 3-7

Learn film editing basics and how to use Hollywood style effects techniques, including how to create magical special effects.

Necessary class information will be sent to your email 7-10 days before class including a free download of Wondershare Filmora.

ETA-3A Sa Jan 27-Feb 3 2 sessions 8-10 am \$79

Dungeons & Dragons 101 with Character Creation



Grade 2-6

What's it like to play Dungeons and Dragon? Dungeons and Dragons, a timeless game of fantastical elements such as magic, mythical, creatures, and fairies. This offers great opportunities to develop problem-solving skills, team building abilities, and creative thinking that cannot be replicated elsewhere. Start by learning the basics, creating your own character and embarking on an amazing role playing game.

ETA-3B Sa Feb 10 9 am-12 pm \$59

Virtual Reality Coding

Grade 3-7

Design, develop, and create 3D virtual reality environments and characters to make your own 3D games, virtual reality projects and Metaverse's new platform Hatch. Hatch is an incredibly fun and stimulating way to learn STEM. Virtual Reality programs can be viewed on most mobile phones and Virtual Reality systems like Oculus or Google Cardboard. However, worlds can be viewed on PCs, phones and tablets in 3D. You will only need a laptop or computer to get started. Class information will be sent to your email 7-10 days before class, including how to register for a Hatch VR account.

ETA-3C Sa Apr 6-13 2 sessions 10:30 am-12:30 pm \$79

Parents, advise your classroom teacher whenever your student is staying after school for an activity with Community Education. Students, check in with Project KIDS in the cafeteria for a snack. Students are escorted to the classroom. 🔥



After School Maker Space Mania 🔥

Grade 2-5

Be a maker using high tech robotics and coding, low tech building projects, arts and crafts and strategy games. Makers work collaboratively to discover, create, explore and play. Maker Space helps students develop valuable life long skills in the most fun environment.

Denise Engberg is the Media EA at William Byrne

4 sessions 4-4:55 pm \$50 William Byrne Media

TMS-3A Tu Jan 9-30

TMS-3B Tu Feb 6-27

Full Release Day Solar Robots & Machines

Grade K-6

Stimulate creativity by designing and building epic, solar powered cars, robots and machines from easy-to-assemble parts. In addition, build solar powered cranes, lift bridges, and many other designs. Explore, problem-solve and imagine in the world of solar energy.

Go Solar Kidz

TGS-03 M Feb 19 8:30 am-12:30 pm

\$119 DEC Rm 1026

After School Solar Robots & Machines 🔥

Grade K-5

Stimulate creativity by designing and building epic, solar powered cars, robots and machines from easy-to-assemble parts. In addition, build solar powered cranes, lift bridges, and many other designs. Explore, problem-solve and imagine in the world of solar energy.

Go Solar Kidz

TGS-04 W Mar 13-Apr 3 4-5 pm 4 sessions
\$119 Rahn Art Rm

Full Release Day Great Reactions in Science

Grade 1-5

Join Science Explorers as we explore the fascinating world of chemistry! Experiment with mixtures that are sloppy, foamy, and more while investigating the differences between chemical and physical reactions. Please dress for a mess in our fun, "hands in" STEM class.

Science Explorers

TSE-04 W Apr 10 10 am-12 pm
\$39 DEC Room 1026

Creative After School Art



ArtVentures Club

Grade K-5

This winter Young Rembrandts artists are in for a treat with a lineup of all new, beginner friendly drawing lessons. From a vibrant pop art dog to a powerful unicorn, and fascinating art history, there's so much to learn and love. We prioritize proper technique and excellent color selection in every lesson. Enhance skills and have a blast personalizing cool drawings like soccer players and robots.

Young Rembrandts

4 sessions 4-5 pm \$69

AYR-RN3 W Jan 10-31 Rahn Art Rm

AYR-GP3 M Feb 26-Mar 18
Gideon Pond Art Rm

Messes & Masterpieces

Grade K-5

What's one thing all great artists have in common? They make a mess-of course! Create stunning masterpieces while using some of the coolest, messiest art techniques ever. From Frida Kahlo, Picasso, Salvador Dali and more, each messy masterpiece will be inspired by a different master artist. Roll up your sleeves, because no masterpiece was ever made without first making a mess.

Kidcreate Studios

4 sessions 4-5 pm \$89

AKC-HB3 W Jan 17-Feb 7
Harriet Bishop Art Rm

AKC-WB3 Tu Feb 6-27
William Byrne Art Rm

AKC-VV3 W Mar 13-Apr 3
Vista View Art

Optical Illusion Drawing

Age 8-13

Learn to draw mesmerizing, mysterious optical illusions. You'll create 2-3 optical illusion drawings using permanent marker and colored pencils. Learn to combine design elements and color to create unique optical illusions. Colored pencil techniques and shading are explained and demonstrated before the project work begins.

Maria Starkey is an art specialist
in ISD 191

AOI-03 F Feb 21-Mar 27 5 sessions
4-5 pm \$69 Rahn Art Rm



Optical Illusion & Neurographic Art

Neurographic Art

Age 8-13

Neurographic art is a mindful, intentional drawing method provides students with lots of freedom, choice, and the fun of knowing that you can't really do it wrong. Join us for this engaging 5-lesson course that will include working with various types of paint to create beautiful works of art that you will treasure forever! No class May 7.

Maria Starkey is an art specialist
in ISD 191

ANG-04 T Apr 16-May 21 5 sessions
4-5 pm \$69 Rahn Art Rm



Full Release Day Activity! Celebrating Black Artists Kidcreate Studios

Grade K-5

Celebrate black excellence! We'll create artwork inspired by several amazing Black American artists. Paint, cut, and collage your way from the Harlem Renaissance to the present-day. You'll even create a self-portrait in the style of the famed contemporary portraitist Amy Sherald. Perfect for those who desire to learn about amazing artists, explore new techniques, and create masterpieces of their own. Bring a water bottle and a peanut-free lunch and snack.

Kidcreate Studios

AKC-EN3 F Mar 8 9 am-3 pm
\$109 Edward Neill Rm 23



Keepsake Garden

Parent & child 18 months-6 years

Create alongside your child and paint a cheerful flower garden complete with the cutest little flowers you've ever seen. This very special flower garden features the artist's own little hand prints. Make a memory today, and treasure the keepsake for years to come.

AKC-KG4 Sa May 4 9-10 am \$39
DEC Room 1025



Dance & Music

Dance Studio with Mayer Arts

Winter Theme Frozen 2 / Spring Theme Wish

Our dance classes are sure to keep students active. Mayer Arts teaches students proper technique, terminology, body awareness, and an appreciation for the arts. The goal of Mayer Arts is that students find a love for the arts, build healthy habits and self-esteem; skills that are helpful throughout their lives.

No class April 8. All classes are held Mondays in DEC Studio A.



Wish Upon a Ballet

Age 3-6

Wish Upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet stories to create a dance class that is more than ballet steps.

Using musical instruments, parachutes and scarves we create a complete fairy tale experience while we skip, leap, jump, and spin.

The movements and vocabulary of ballet are introduced in a fun and creative manner.

Stories and songs are always entertaining and preschool friendly.

Parents, family and friends are invited to observe a special performance at the end of each class. Come join the fun!

Mon 8 sessions \$99

Frozen 2

DWB-3A Jan 29-Mar 18 5-5:45 pm
DWB-3B Jan 29-Mar 18 5:45-6:30 pm

Wish

DWB-4A Mar 25-May 20 5-5:45 pm
DWB-4B Mar 25-May 20 5:45-6:30 pm

Ballet and Tap

Age 5-8

This class includes the Wish Upon a Ballet curriculum with the added fun of tap! Proper terms for dance steps will be taught as well as body awareness to improve posture, strength, and flexibility. Students will gain poise and confidence as they leap and spin! Ballet and tap shoes are required.

Mon 8 sessions 6:30-7:15 pm \$99

Frozen 2 DBT-03 Jan 29-Mar 18

Wish DBT-04 Mar 25-May 20

Jazz and Hip Hop

Age 5-8

Get into the groove! Stay active while learning upbeat styles such as jazz and hip hop to your favorite songs. You'll learn warm up stretching, isolations and across the floor exercises. Come leap, turn and shine. Dancing improves posture, strength, and flexibility in a positive and self-esteem building atmosphere. Ballet or jazz shoes are required.

Mon 8 sessions 7:15-8 pm \$99

Frozen 2 DJH-03 Jan 29-Mar 18

Wish DJH-04 Mar 25-May 20

Allegro Choral Academy

Experience musical excellence in an environment that nurtures creativity, teamwork and the love of singing. Learn the art of reading music, develop your vocals, ear training, musicianship and ensemble skills.

There is a concert at the end of each trimester. Allegro's Got Talent concert is Feb 16 at 7 pm. May 9 is the Spring Concert date.

The most up to date calendar is available on the Allegro website. Changes are communicated by Allegro staff.

Bel Canto Grade 7-9

Instructor Greg Douma

Th 6:20-8 pm 11 sessions \$200

ACM-33 Dec 7-Feb 15

ACM-34 Feb 22-May 9

Prima Voce Grade 4-6

Instructor Kari Douma

Th 6:20-7:45 pm 11 sessions \$200

ACM-23 Dec 7-Feb 15

ACM-24 Feb 22-May 9

Vivace Grade 2-3

Instructor April Rios

Th 6:20-7:20 pm 11 sessions \$200

ACM-13 Dec 7-Feb 15

ACM-14 Feb 22-May 9



Cooking

All classes are held in Eagle Ridge Food Lab and include supplies



Kids Cooking with Optimum Wellness

Grade K-5

Bring your water bottle & come ready to eat your creations!

Mac 'n' Cheese Mix Up

This class features gluten free recipes with a spin on the classic children's favorite- macaroni and cheese! On the menu: Mac and Cheese Bites and Mac and Cheese Pizza.

EOW-3A W Feb 7 6-7 pm \$39

Eat the Rainbow

Explore foods of every color and learn about their health benefits. We will make a yummy, gluten and dairy free recipe incorporating every color of the rainbow.

EOW-3B Tu Mar 12 6-7 pm \$39

Delightful Desserts

Health(ier) desserts without the added sugar highs. Join Holistic Nutritionist, Jackie Mart, for this children's hands on cooking class. We'll make Chocolate Chip Cookie Dough Protein Bars and Strawberry Nice Cream treats sans gluten, refined sugars, grains, artificial flavorings and colorings.

EOW-3C W Mar 20 6-7 pm \$39

Spring Shakes

It's time to shake things up now that the weather is warming up! We'll make flavorful drinks with a twist on the modern milkshake. *No artificial colors, sugars, or flavors. On the Menu: Skittles Shake, Strawberry Cheesecake Shake, Banana Cream Pie Shake.

EOW-04 Th Apr 4 6-7 pm \$39



The Impossible Cake

Adult & Child age 5-14

Come learn to bake the delicious Impossible Cake. If you can't decide what to serve for dessert- how about making chocolate cake and flan in one? Bake alongside your child and make a fun craft. Decorating options will be demonstrated. We'll sample the instructor's cake in class and you will take your cake home to decorate and share with family! All ingredients provided. Bring your Bundt pan and a plate to display your finished cake on.

Eddieca Ontiveros is a Community Connections Coordinator for ISD 191 Community Education

CIC-03 F Feb 2 5-7:30 pm
\$55/1 adult & child, \$65 /1 adult and 2 children



Get Wrapping Sambusa Style

Adult & Child age 5-14

Somali Sambusa are triangular pastries filled with meat and spices. Cook along with Hamde as she prepares these popular appetizers using lean ground beef, sauteed onions, fresh cilantro and jalapeno with East African seasonings. Handout with shopping list and recipes for other fillings provided. Once you learn the technique, you can fill with whatever you wish!

Hamde Daoud is a Community Connections Coordinator for ISD 191 Community Education

CGW-03 F Feb 9 4:30-7:30 pm \$79/Parent & 1 child



Enrichment

Learn in Nature with EcoElsa EcoElsa connects people to nature by “Teaching Anything Outdoors”

Preschool Snow Day

Adult & Child Age 3-6

Early learners explore snow and winter. Plan to build, play games, make art, and do science with snow. Dress yourself and your child for the weather as most of the time will be spent outside. Recreate these activities at home and enjoy the outside all winter long.

ELN-3C Sa Jan 27 10 am-12 pm DEC Room 1026
\$39/Parent & 1 child, \$49/Parent & 2 children

Winter Survival Camps

Learn skills that could be helpful in a survival situation. You'll leave class knowing the Rules of Three, two types of shelter engineering, fire science and safety, and how to collect and treat water. Expect engaging, fun activities. Make sure to dress for the weather as most of the class will be spent outdoors.

Family Camp for Adult & Child age 5 and up

ELN-3A Sa Jan 6 9-11 am Eagle Ridge Cafeteria
\$59/Adult & 1 child, \$99/Household of 4, \$29/each additional person

Youth Camp Age 7-13

ELN-3E Sa Mar 9 9 am-12 pm \$59 Eagle Ridge Cafeteria

Winter ABCs Hike

Adult & Child Age 3-6

Come on a hike with an EcoElsa educator and learn about winter and the ABCs. Play hiking games and do activities that encourage language skills, large motor skills and more. Class takes place at McColl Pond, Environmental Learning Center, 13350 Dakota Ave in Savage.

ELN-3D M Feb 26 10 am-12 pm
McColl Pond \$39/Parent & 1 child, \$49/Parent & 2 children

Full Release Day Winter Adventure Camp

Age 7-14

Join us for a winter adventure like none other! Outdoor winter skills are helpful and important for Minnesotans. Imagine the fun you'll have learning to navigate the snow, snowshoeing, following animal tracks, and fire building safety. Increase your skills of observation, teamwork and more. Make sure to dress for the weather as most of the class will be spent outdoors. Bring a peanut free snack, lunch and your water bottle.

ELN-3B M Jan 22 9 am-3:30 pm \$99
Eagle Ridge Cafeteria

Gymnastics

IGM Classes are "So Much Fun, Kids Will Flip!"

All IGM gymnastics programs are designed by age groups. The curriculum focuses on core gymnastics skills, flexibility, and exercise training, while assisting in children's over-all growth, strength, and coordination.

Held at IGM Gymnastics Center, 12117 Riverwood Dr, Burnsville. * **No class Sat, May 25. Schedule a makeup with IGM.**



Boys Beginner Age 5-10

Develop and strengthen skills consistent with the 10 levels of men's gymnastics. Including floor, vault, rings, parallel bars, high bar and pommel horse. Practice ends on trampolines. Fun and challenging skills motivate gymnasts to continue.

GYM-3A	M	Jan 8-Feb 19	7 sessions	4:45-5:40 pm	\$172
GYM-3B	Sa	Jan 13-Feb 24	7 sessions	9:30-10:25 am	\$172
GYM-4A	M	Feb 26-Apr 8	7 sessions	4:45-5:40 pm	\$172
GYM-4B	Sa	Mar 2-Apr 13	7 sessions	9:30-10:25 am	\$172
GYM-4C	M	Apr 15-May 20	6 sessions	4:45-5:40 pm	\$148
*GYM-4D	Sa	Apr 20-May 25	5 sessions	9:30-10:25 am	\$148

Girls Beginner Age 5-10

Students develop the skills for all gymnastic events including vault, bars, beam, floor, and trampoline. Channel your energy into flexibility, strength, and coordination.

7 Sessions \$172

GYF-3A	M	Jan 8-Feb 19	6:45-7:40 pm
GYF-3B	Tu	Jan 9-Feb 20	4:30-5:25 pm
GYF-3C	W	Jan 10-Feb 21	4:45-5:40 pm
GYF-3D	W	Jan 10-Feb 21	6:45-7:40 pm
GYF-3E	Th	Jan 11-Feb 22	4:45-5:40 pm
GYF-3F	Th	Jan 11-Feb 22	6:45-7:40 pm
GYF-3G	Sa	Jan 13-Feb 24	8:45-9:40 am
GYF-3H	Sa	Jan 13-Feb 24	11:30 am-12:25 pm
GYF-4A	M	Feb 26-Apr 8	6:45-7:40 pm
GYF-4B	Tu	Feb 27-Apr 9	4:30-5:25 pm
GYF-4C	W	Feb 28-Apr 10	4:45-5:40 pm
GYF-4D	W	Feb 28-Apr 10	6:45-7:40 pm
GYF-4E	Th	Feb 29-Apr 11	4:45-5:40 pm
GYF-4F	Th	Feb 29-Apr 11	6:45-7:40 pm
GYF-4G	Sa	Mar 2-Apr 13	8:45-9:40 am
GYF-4H	Sa	Mar 2-Apr 13	11:30 am-12:25 pm

6 Sessions \$148

GYF-4I	M	Apr 15-May 20	6:45-7:40 pm
GYF-4J	Tu	Apr 16-May 21	4:30-5:25 pm
GYF-4K	W	Apr 17-May 22	4:45-5:40 pm
GYF-4L	W	Apr 17-May 22	6:45-7:40 pm
GYF-4M	Th	Apr 18-May 23	4:45-5:40 pm
GYF-4N	Th	Apr 18-May 23	6:45-7:40 pm
*GYF-4O	Sa	Apr 20-May 25	8:45-9:40 am
*GYF-4P	Sa	Apr 20-May 25	11:30 am-12:25 pm



Little Twister Age 3-5

Kids have fun learning the fundamentals of the bars, beam, floor and trampoline. Develop coordination and listening skills. Build confidence and independence without parental supervision.

7 Sessions \$151

GYW-3A	M	Jan 8-Feb 19	9:30-10:15 am
GYW-3B	W	Jan 10-Feb 21	10:30 pm-11:15 pm
GYW-3C	Th	Jan 11-Feb 22	4:45-5:30 pm
GYW-3D	Sa	Jan 13-Feb 24	9:45-10:30 am
GYW-3E	Sa	Jan 13-Feb 24	10:45-11:30 am
GYW-3F	Sa	Jan 13-Feb 24	11:45 am-12:30 pm
GYW-4A	M	Feb 26-Apr 8	9:30-10:15 am
GYW-4B	W	Feb 28-Apr 10	10:30-11:15 am
GYW-4C	Th	Feb 29-Apr 11	4:45-5:30 pm
GYW-4D	Sa	Mar 2-Apr 13	9:45-10:30 am
GYW-4E	Sa	Mar 2-Apr 13	10:45 am-11:30 pm

6 Sessions \$130

GYW-4G	M	Apr 15-May 20	9:30-10:15 am
GYW-4H	W	Apr 17-May 22	10:30-11:15 am
GYW-4I	Th	Apr 18-May 23	4:45 pm-5:30 pm
*GYW-4J	Sa	Apr 20-May 25	9:45 am-10:30 am
*GYW-4K	Sa	Apr 20-May 25	10:45 am-11:30 am
*GYW-4L	Sa	Apr 20-May 25	11:45 am-12:30 pm

Parent & Tot Gymnastics

Age 18 months to 3 years with adult

Parents join in the fun with your toddler. The gym is set with age appropriate equipment, obstacle courses and music. Children work on coordination, rhythm, spacial awareness, social and motor skills.

7 Sessions \$151

GYP-3A	M	Jan 8-Feb 19	10:30-11:15 am
GYP-3B	M	Jan 8-Feb 19	5:45-6:30 pm
GYP-3C	W	Jan 10-Feb 21	9:30-10:15 am
GYP-3D	Sa	Jan 13-Feb 24	8:45-9:30 am
GYP-3E	Sa	Jan 13-Feb 24	9:45-10:30 am
GYP-3F	Sa	Jan 13-Feb 24	10:45-11:30 am
GYP-4A	M	Feb 26-Apr 8	10:30-11:15 am
GYP-4B	M	Feb 26-Apr 8	5:45-6:30 pm
GYP-4C	W	Feb 28-Apr 10	9:30-10:15 am
GYP-4D	Sa	Mar 2-Apr 13	8:45-9:30 am
GYP-4E	Sa	Mar 2-Apr 13	9:45-10:30 am
GYP-4F	Sa	Mar 2-Apr 13	10:45-11:30 am

6 Sessions \$130

GYP-4G	M	Apr 15-May 20	10:30-11:15 am
GYP-4H	M	Apr 15-May 20	5:45-6:30 pm
GYP-4I	W	Apr 17-May 22	9:30-10:15 am
*GYP-4J	Sa	Apr 20-May 25	8:45-9:30 am
*GYP-4K	Sa	Apr 20-May 25	9:45-10:30 am
*GYP-4L	Sa	Apr 20-May 25	10:45-11:30 am

Check out our Gymnastics Parties for age 3-5

See page 43

Sports and Recreation

Gymnastics Parties

Join us for a party just for preschoolers age 3-5!

Kids ages 3-5 are welcome to come for holiday-themed parties to enjoy themed games, crafts, snacks, open gym, and more. Potty trained children are welcome to be dropped off or parents may remain on site.

Tu 9:30-11:30 am \$20 IGM Gymnastics

Valentine's Day GPP-3A Feb 13

St. Patrick's Day GPP-3B Mar 12

Easter Egg Hunting GPP-3C Mar 26



Blaze Youth Wrestling Freestyle & Greco-Roman

Age 4-Grade 5 Boys & Girls

MN-USA card not required for class participation, but will be needed to participate in tournaments.

Prerequisite: One year minimum of wrestling experience.

Coaches Jose Quintana, Alfonso Xinastle, and Dan Gerner

BSW-04 M, Tu Mar 18-Apr 30
12 sessions 6-7:30 pm \$39
BHS A153 Wrestling Gym
No class April 8 & 9



DASH Sports Camps

DASH Sports Tykes camps provide players an introductory experience to sports through fun skill-based drills and mini-games. Scrimmage on the final day. Bring a water bottle. Balls and bats are provided. Shin guards and spikes are optional. Parent participation is encouraged when necessary. No class Mar 6.

Basketball Tykes

Players are taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment.

Age 2-3 4 sessions 5:15-5:45 pm \$79

DSB-13A W Feb 28-Mar 27 Hidden Valley Gym

DSB-13B Th Feb 29-Mar 28 William Byrne Gym

Age 4-6 4 sessions 6-6:30 pm \$79

DSB-23A W Feb 28-Mar 27 Hidden Valley Gym

DSB-23B Th Feb 29-Mar 28 William Byrne Gym

Soccer Tykes

Key elements of dribbling, passing, and shooting are taught and practiced.

Age 2-3 4 sessions 5:15-5:45 pm \$79

DSS-14A W Apr 3-May 1 Hidden Valley Gym

DSS-14B Th Apr 4-May 2 William Byrne Gym

Age 4-6 4 sessions 6-6:30 pm \$79

DSS-24A W Apr 3-May 1 Hidden Valley Gym

DSS-24B Th Apr 4-May 2 William Byrne Gym

T-Ball

Learn key elements of throwing, fielding/catching, batting, and base running. Players are grouped and challenged at an appropriate level in a fun, positive environment. Bring a baseball glove.

Age 2-3 5 sessions 9-9:30 am \$79

DST-14A Sa Apr 20-May 18 Harriet Bishop Field 1

Ages 4-6 5 sessions 9:40 am-10:10 am \$79

DST-24A Sa Apr 20-May 18 Harriet Bishop Field 1

Grade K-2 5 sessions 10:20-11:20 am \$89

DST-34 A Sa Apr 20-May 18 Harriet Bishop Field 1

Sports and Recreation

Ninja classes held at the Burnsville Conquer Gym

3203 Corporate Center Drive. All activities are coached by experienced Ninja Trainers.



Conquer Ninja Rec Team

All Experience Levels

Ninja Obstacle Training is super popular with kids, and it's easy to see why. You practice on real obstacles inspired by the tv show like warped walls, salmon ladders, tilting ladders and so much more. It's a fun way to develop confidence, strength, endurance, balance and friendships. You benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. Rec Team members develop their Ninja Skills with over 40 different obstacles. 6 practices, 2 competitions. No class Mar 29.

Fri 8 Sessions \$185

Age 6-13

CNR-13A Jan 5-Feb 23 4-5 pm
CNR-14A Mar 1-Apr 26 4-5 pm

Age 6-9

CNR-13B Jan 5-Feb 23 5:15-6:16 pm
CNR-14B Mar 1-Apr 26 5:15-6:16 pm

Age 8-13

CNR-13C Jan 5-Feb 23 6:30-7:30 pm
CNR-14C Mar 1-Apr 26 6:30-7:30 pm

Full Release Day Parents Day Out

Age 5-13

We have all the action needed to keep your ninja engaged and active! During this 2 hour event your ninja will get to practice on 40+ obstacles, compete in a warped wall challenge, and play exciting ninja games.

Mon \$40

CPD-3A Jan 15 9-11 am
CPD-3B Jan 15 1-3 pm
CPD-3C Feb 19 9-11 am
CPD-3D Feb 19 1-3 pm

Intro To Ninja

Age 5-9

Develop the strength, agility, style and technique to master Ninja inspired obstacles, like warped walls, angled steps, salmon ladders, cliff hangers and tilted ladders. Increase flexibility, coordination and problem solving skills that you can apply to ninja levels and testing or to enhance other athletic performances.

8 Sessions \$160

CNI-13A	M	Jan 8-Feb 26	4:30-5:30 pm
CNI-13B	W	Jan 10-Feb 28	5:30-6:30 pm
CNI-14A	M	Mar 4-Apr 22	4:30-5:30 pm
CNI-14B	W	Mar 6-Apr 24	5:30-6:30 pm



Family Ninja Classes

Parent & Child age 5+

Are you looking for something different to do with your child? Do you like unique ways to be active? Check out Family Ninja Class! Develop teamwork and self-esteem as you problem-solve the courses. Experience warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! All fitness levels welcome! Coaches are experienced Ninja Trainers. No class Mar 31.

Su 8 sessions 9-10 am

\$225/Parent & 1 Child, \$300/Parent & 2 children

CPC-03 Jan 7-Feb 25
CPC-04 Mar 3-Apr 28



Tae Kwon Do

Learn effective Tae Kwon Do techniques including kicking, blocking, throwing and self-defense strategies. Develop a high level of reaction, force, balance, concentration, speed, strength, stamina and flexibility while achieving self-confidence, esteem, and control. The course uses traditional training equipment, methods, and techniques. Optional uniform and certification from white to black belt is available. Additional fees apply. No class Mar 7.

Nguyen School of Tae Kwon Do

Beginner to Yellow Belts Age 6-14

Tu, Th	6-6:55 pm	Sky Oaks Gym	
STK1-3A	Jan 2-25	8 sessions	\$64
STK1-3B	Jan 30-Feb 22	8 sessions	\$64
STK1-3C	Feb 27-Mar 21	7 sessions	\$56
STK1-4A	Apr 2-Apr 25	8 sessions	\$64
STK1-4B	Apr 30-May 23	8 sessions	\$64
STK1-4C	May 28-Jun 13	6 sessions	\$48

Green-Black Belt & Adult All Levels Age 12-Adult

Tu, Th	7:15-8:30 pm	Sky Oaks Gym	
STK2-3A	Jan 2-25	8 sessions	\$64
STK2-3B	Jan 30-Feb 22	8 sessions	\$64
STK2-3C	Feb 27-Mar 21	7 sessions	\$56
STK2-4A	Apr 2-Apr 25	8 sessions	\$64
STK2-4B	Apr 30-May 23	8 sessions	\$64
STK2-4C	May 28-Jun 13	6 sessions	\$48

Fitness Boomers Age 4-6

Get ready for a fun-filled journey with Fitness Boomers. Have a blast with fitness-based games and jumping challenges! Develop balance, flexibility, agility, coordination, speed and sportsmanship. Creativity is encouraged throughout the class in a safe environment enhanced with upbeat music. Relax with a quick mindfulness activity at the end of class.

Fitness Boomers, is a one of a kind Fitness and yoga meditation opportunity for kids. They combine the traditional with fun, modern methodologies, to promote marked improvements in the physical and mental wellbeing of children.

SPF-3A Th Mar 7-28 4 sessions \$59 DEC Studio B

Yoga Movement

Parent and Infant up to 18 months

Enjoy this special time with your baby. Join us for an interactive class that infuses yoga movements with modifications for including your young one. Bring your mat, water and a blanket. (optional)

Nicole Cantin

PIY-3A F Feb 2-23 4 sessions 9:30-10:30 am
\$49/Parent & 1 child, DEC Studio A



Afterschool Sports

Bring a water bottle. Please notify your student's teacher of participation in this class. Students should report to Project Kids at the end of the day and will be picked up by an instructor.

Phy Ed Games

Grade K-5

Phy Ed Games provides students with a fun experience learning and playing their favorite physical education games! Games may include Capture the Flag, Kickball, Dodgeball, Tag Games, Ultimate Frisbee/Football, Sharks and Minnows, Soccer and more!

Dash Sports

DPG-GP3 M Jan 29-Feb 12
3 sessions \$79 4-5:20 pm

4 sessions \$79 4-5 pm

DPG-RN3 Tu Jan 30-Feb 20 Rahn
DPG-EN3 Tu Jan 30-Feb 20 Edward Neill Gym
DPG-HV3 W Jan 31-Feb 21 Hidden Valley Gym
DPG-WB3 Th Feb 1-22 William Byrne Gym
DPG-SO3 F Feb 2-23 Sky Oaks Gym

After School Kickball Club

Grades 3-5

Get moving! Develop your competitive spirit in a friendly environment, while burning off energy after school. Learn sportsmanship and respect for others. Gain self-confidence and work on coordination, spatial awareness and get a great cardio workout too.

Vista View Kickball is led by District 191 teacher, Jason Mode

Tu 4-5 pm Vista View Gym

SKB-VV3 Jan 9-Feb 27 8 sessions \$40
SKB-VV4 Apr 16-May 28 7 sessions \$35

Harriet Bishop Kickball is led by District 191 PE teacher, Jake Loesch

M, Th 4-4:45 pm 6 Sessions Harriet Bishop Gym

IKC-HB3A Jan 8-Feb 1 No class Jan 15, 22 \$30
IKC-HB3B Feb 26-Mar 21 No class Mar 7, 14 \$30

Teens



Secondary Chess Clubs

All interested players, from beginning to advanced are welcome to join our team of players. Learn to play at your level and compete along with others. Work to improve your current skills, learn new game strategies, challenge other teams' players, and engage in fun challenging competitive play. No class March 7.

Brian Ribnick

BHS Grade 9-12
BHC-BH3 T Jan 2-Apr 2 2:50-4:30 pm \$69

Eagle Ridge Grade 6-8
ECH-ER3 T/Th Jan 2-Apr 4 2:30-4:35 pm \$89

Nicollet Grade 6-8
ECH-NM T/Th Jan 2-Apr 4 2:30-4:35 pm \$89



Comic Strip Design Grade 6-8

Learn the basics of cartooning and create your own characters! We'll cover subjects like characteristics, features, exaggeration, action, and personification. Watch your skills advance. You will immediately apply new skills in every class as you work on your original cartoon characters. Beginners welcome.

Fri 2:50-4 pm 4 sessions \$69
YRA-3A Mar 22-Apr 19 Eagle Ridge Art Rm
YRA-3B Apr 26-May 17 Nicollet Media Center



We are hiring Water Safety Instructors & Lifeguards

Contact jemosley@isd191.org

Driver Education For Teens 15 and Up

Classroom & Behind the Wheel Package \$400 or Classroom Only \$230 then pay Safeway directly for your Behind the Wheel instruction.

30 Hours of Classroom Instruction

Provided in 10 independent lessons. After class is completed, students who are 15 years old are eligible to take their permit test at any Minnesota exam center. All materials are provided to students in the classroom. If a student misses a lesson, they can sign up for a make-up lesson on their Safeway account.

M-Th 2:50-5:50 pm 10 Sessions BHS B112 No class Jan 22, Feb 19, May 27

DSW-3A Jan 16-Feb 1
DSW-3B Feb 12-28
DSW-3C Mar 11-26
DSW-4A Apr 15-30
DSW-4B May 13-29

Behind-the-Wheel Instruction

Includes six hours of driving in three, two-hour lessons. All driving is in a real car with a licensed Safeway instructor. The lessons take place on actual city streets, highways and freeways. Driving lessons may be completed up to one year after obtaining the permit. Scheduling is offered online for 24/7 convenience. Pick up for behind-the-wheel lessons may be from home, school or work.

School Age Care by **PROJECT KIDS** For Children in Kindergarten-5th Grade

Keeping kids safe and engaged with fun, high quality educational and recreational experiences

Caring educated staff members provide fun, consistent, nurturing environments and the support children need to succeed. Our goal is to ensure the success of all children in our communities.



Monday-Friday, 7 am-5:30 pm

Vista View, Hidden Valley

Martha Dudley, 952-707-3708, MDudley@isd191.org

Edward Neill, Harriet Bishop

Shar Lattery 952-707-3908, SLattery@isd191.org

Rahn, William Byrne

Jeanine Kristjanson, 952-707-3508, JKristjanson@isd191.org

Gideon Pond, Sky Oaks

Stacey Konopa, 952-707-3008, SKonopa@isd191.org

For current details, visit communityed191.org

PALS and BYC at Elementary & Middle Schools Near You

For more information contact Allison Jordan 952-707-4104 ajordan@isd191.org



PALS - Partners Achieving Learning Success

For students in grade K-5

The focus of PALS is to promote additional learning for students in grades K-5. PALS focuses on academics while providing enrichment to enhance academic skills.



BYC - Burnsville Youth Collaborative

For students in grade 6-8

During BYC we focus on academics as well as providing enrichment opportunities.



Spanish & Somali Parent Meetings

Diamondhead Education Center Wed, 6-8 pm

Spanish and Somali Parent Meetings are held monthly at Diamondhead Education Center. We address and discuss community related concerns and families are provided a platform to express their needs and desires regarding district programs and services. We provide tailored support and resources that align with our families unique perspectives, and foster a stronger, more inclusive community.

Waxaan qabanaa shirar waalid oo bille ah oo gaar u ah qoysaska ku hadla Isbaanishka iyo Soomaaliga si wax looga qabto loogana hadlo walaacyada la xiriira bulshada. Kulamadani waxay u adeegaan sidii meel qoysaskan ay ku sheegaan baahiyahooda iyo rabitaankooda ku saabsan barnaamijyada iyo adeegyada kala duwan. Ujeedadayadu waa in aan bixino taageero iyo agab ku habboon aragtidda iyo shuruudahooda, kobcinta bulsho xoog badan oo loo dhan yahay. Jan 31, Feb 28, Apr 24, May 22. Mar 27 no meeting due to Ramadan.

Las reuniones de padres en español y somalí se llevan a cabo mensualmente los miércoles, de 6 a 8 p. m. en el Centro Educativo Diamondhead. Abordamos y discutimos inquietudes relacionadas con la comunidad y las familias reciben una plataforma para expresar sus necesidades y deseos con respecto a los programas y servicios del distrito. Brindamos apoyo y recursos personalizados que se alinean con las perspectivas únicas de nuestras familias y fomentan una comunidad más fuerte e inclusiva.

31 de enero, 27 de marzo, 24 de abril y 22 de mayo Grupo de padres latino contactar a Eddieca Ontiveros en eontiveros@isd191.org

Somali Group Hamde Daoud hdaoud@isd191.org

Spanish Group Eddieca Ontiveros eontiveros@isd191.org

community pantry 191

food at no cost to you

bulshada cuntada bilaasha 191
Cunto oo kuu bilaash ah

despensa comunitaria 191
comida sin costo para Ud



Quantities are limited.
Contact Pam Voigt
pvoigt@isd191.org

1st & 3rd Tuesday
of the month
Diamondhead
Education Center
200 W. Burnsville Pkwy

2 pm
until food is gone

Drive-thru pick-up
Pleasant Ave Door 9
West Side Lower Lot



fare for all

a program of the food group

Open to ALL!
No pre-registration, just show up to shop!

What is Fare for All?

A great way to save money on high-quality foods!

- A community-supported, affordable grocery program with locations throughout MN.
- We buy fresh fruit, veggies & frozen meat in bulk to save you 30-40% off grocery store prices.
- We select the best food & pre-package it to bring you the best deals!
- Like a co-op, the more people who shop, the better the value becomes for everyone!

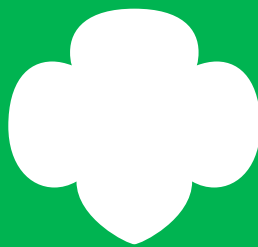
Stay in touch:
fareforall.org
facebook.com/fareforall
763-450-3880

Credit, debit, EBT, or cash accepted. No checks.

Diamondhead Education Center
200 W Burnsville Parkway
Lower Level off Pleasant Ave
Walk in Door 11

Jan 24, Feb 21, Mar 27
Apr 24, May 22, June 26
3-5 pm

Be a Girl Scout!



Learn more at
gsrv.gs/join

One91 Early Childhood Programs

One191 Early Childhood programs offer a continuum of services that meet the needs of families. We strive to provide high quality learning experiences and resources for children and adults.



ECFE Early Childhood Family Education

Registration is ongoing

Our classes provide families with warm and welcoming environments designed with the whole family in mind. Activity time is rich with play & learn stations that spark curiosity and exploration for parents and children. Enjoy quality time with your child, meet new people and see old friends.

Parent discussion time supports adults and provides information helpful for parenting in today's world.

Two hour classes consist of parent-child activity time, followed by parent discussion, which is led by a licensed Family Educator in a separate space. During 90 minute classes, parent discussion may be less formal since families stay together the entire time.

Tuition is based on a Sliding Fee Scale which is determined by income.

You may register for the full year as soon as registration is open. Full payment must accompany each registration.

Winter Break for all classes Dec 18-Jan 8

Winter Quarter January 9-April 5

No class Jan 15, 22, Mar 6, 7, 8

Spring Quarter April 15-June 6

No class May 6, 27

2024-25 Preschool Registration

Begins Monday, February 12

Watch for the most up-to-date information at communityed191.org

Early Childhood Family Education

ECFE, for families with children newborn-age 8, offers learning experiences that support, nurture, and engage your family.

Early Childhood Screening

Screening helps ensure that all young children are well equipped for learning, and families are aware of resources in the school and community. The ideal age for screening is 3 years old. Interpreters provided. This is a free service. Complete a screening request form on the website or call 952-707-4105.

District One91 Preschool Programs

Prekindergarten for 4 year olds

at each District 191 elementary school.

Preschool for 3 to 5 year olds

at Diamondhead Education Center.

Preschool Plus for parents and children
33 months-4 years.

Registration information
Call 952-707-4110 to learn more.

Ready to Grow & Ready to Learn

Early Care and Education for Children

6 weeks to 5 years

Provided Monday-Friday, 7 am-5:30 pm
at Diamondhead Education Center.

Contact Lyndsay Griffin at 952-707-4146,
lgriffin@isd191.org

READY! For Kindergarten

Parent education to support children's play and learning at home. Classes for parents of children, birth to 5 years. Free to District 191 residents.

More activities for young children offered through Community Ed

Wish Upon a Ballet, Preschool Snow Day, Parent & Tot Gymnastics, Keepsake Garden and more at communityed191.org

2024 ECFE Infant & Toddlers

Infant Toddler classes are non-separating. Parent discussion takes place in the children’s classroom.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<p>10-11:30 am Room 1030 Toddler Topics W E2-13 18-36 months S E2-14 18months-3 years</p>	<p>9-10:30 am Room 1030 Transitions in Parenting W E0-13 3-12 months S E0-14 6-24 months</p> <p>11am-12:30 pm Room 1030 Joys and Concerns of Toddlers 18-36 months W E2-23 S E2-24</p>	<p>8-9:30 am Room 1030 Early Birds NB-36 months W E0-33 S E0-34</p> <p>10-11:30 am Room 1030 Baby Bundle W E0-23 7-14 months S E0-24 9-18 months</p> <p>6:30-8 pm Room 1030 Evening with the Tots NB-36 Months W E2-33 S E2-34</p>		<p>9-10:30 am Room 1030 Growing Babies on the Move W E0-53 12-24 months S E0-54 15-30 months</p> <p>11 am-12:30 pm Room 1030 Celebrating Baby NB-12 months W E0-43 S E0-44</p>	<p>8:45-10:15 am Room 1030 Infant/Toddler Playtime NB-36 months W/S E5-23</p>

One91 ECFE Offers Families

A community & sense of belonging • Social benefits for children & parents • Valuable parenting time that includes support & quality information

Our ECFE teaching teams are growing - not all positions have been filled therefore teacher names are not listed. See the online version of ECFE offerings for the most up to date information at communityed191.org. *Classes marked **F-** Fall, **W-** Winter, **S-** Spring, **FY** -Full Year.*

Mixed Age Classes

Monday

9:30-11:30 am
Room 1033
Family Transitions

NB-PreK
W E5-03
S E5-04

12:30-2:30 pm
Room 1033

Playful Preschoolers
2-5 years

W E4-13
S E4-14

4-5:30 pm
Room 1033

Art Start
Extended Years

NB-age 8
W EX-13
S EX-14

5:45-7:45 pm
Room 1031

Me and My Dad

NB- PreK
W E6-13
S E6-14

Tuesday

9:30-11:30 am
Room 1033

Preschool Plus
33 months-PreK

9:45-11:45 am
Room 1031

Book Discussions
NB- PreK

W E5-13 Good Inside
S E5-14 Bringing Up
Race

12:45-2:45 pm
Room 1031

Making a Difference
Parent Advisory Council

NB-PreK
FY EY-2324

12:30-2:30 pm
Room 1033

Preschool Plus
33 months-PreK

6-7:30 pm
Room 1033

Family Playtime

NB-PreK
W E6-23
S E6-24

Wednesday

9:30-11:30 am
Room 1033

ECFE Connections
NB-PreK

W E5-23
S E5-24

1-2:30 pm Room 1033
More Preschool Fun

2-5 years
W E4-23
S E4-24

Thursday

9:30-11:30 am
Room 1033

Preschool Plus
33 months-PreK

9:45-11:45 am
Room 1031

Terrific 2's & 3s
24-48 months

W E2-13
S E2-14

12:45-2:45 pm
Room 1031

Peek a Boo!
Parents as Mirrors

Newborn to PreK
W E533
S E534

12:30-2:30 pm
Room 1033

Preschool Plus
33 months - PreK

Friday

9:30-11:30 am
Room 1031

Grand Ol'
Friday with

Grandparents
NB-PreK

W E5-53
S E5-54

9:30-11:30 am
Room 1033

Fabulous Fridays

NB-PreK
W E5-43
S E5-44

12:30-2 pm
Room 1031

Nature Fun:
Inside & Out

NB-PreK
W E5-73
S E5-74

Saturday

10:30 am-12 pm
Room 1030

Family Playtime

NB-PreK
W/S E5-33

10:45-12:15 pm

Art Start
NB-PreK

Room 1031
W/S EX-33

Infants & Toddlers Newborn To Age 3

Infant and toddler classes are set up with age appropriate activities in a safe environment geared toward building skills and confidence. Smaller age brackets offer parents the opportunity to meet other families with similar aged children while receiving support and information specific to the age and stage of their child.

Most classes are 90 minutes and are non-separating.



Infants

Come together to share in the joy and transition to parenthood. You've prepared for this journey, and now your baby has arrived. Explore the 4th trimester and beyond with the support of a licensed early childhood parent educator. Grow your supportive community in this space where the educator will provide resources and you bring your questions and experiences to share with one another.

Baby Bundle

7-18 months

Celebrate your wee ones as their personality and curiosity really start to blossom! Activities, information and support for families. No class Mar 7.

Wed 10-11:30 am DEC Rm 1030 Fee A

7-14 months E0-22 Jan 10-Apr 3

9-18 months E0-24 Apr 17-June 5

Celebrating Babies

Free for Parents & Newborn-12 months

Many cultures have ways of celebrating new members of the family. We would love to meet your little one and you too! ECFE is a great place to meet others with children the same age as yours. Lifelong friendships have developed among folks who meet at ECFE while focusing on the needs of babies and themselves. Bring your questions and your baby to this free class. Space is limited, please register in advance. No class Mar 8.

Fri 11 am-12:30 pm DEC Room 1030

E0-43 Jan 12-Apr 5 Fee A

E0-44 Apr 19-May 31 Fee C

Early Birds

Newborn-36 months

Babies and young toddlers are up and at 'em! Come to ECFE for support, information, and activities for the day ahead. No class Mar 7.

Wed 8-9:30 am DEC Room 1030 Fee A

E0-33 Jan 10-Apr 3

E0-34 Apr 18-June 6

Evening with the Tots

Newborn-36 months

An evening just for families with newborn-36 month old children. Gather to receive support, resources and activities planned just for you. No class March 6.

Wed 6:30-8 pm DEC Rm 1030 Fee A

E2-33 Jan 10-Apr 3

E2-34 Apr 17-June 5

Growing Babies on the Move

12-30 months

Babies and young toddlers are on the go! Come to ECFE for support, information, and activities for these busy times. No class March 8.

Fri 9-10:30 am DEC Rm 1030

12-24 months E0-53 Jan 12-Apr 5 Fee A

15-30 months E0-54 Apr 19-May 31 Fee C

Transitions in Parenting

Adding a child to your family is an adjustment for big sisters and brothers. Changing roles within the family and possible changes to your employment create new dynamics.

Tues 9-10:30 am DEC Rm 1030 Fee A

3-12 months

E0-13 Jan 9-Apr 2

6-24 months

E0-14 Apr 16-June 4



Toddlers

Information and activities for families with toddlers. Emerging language skills and independence bring joys and frustrations for your child and you. We will explore ways to offer choices to your child and gain cooperation.

Joys and Concerns of Toddlers

Age 18-36 months

This age brings the best of times and some of the more challenging. Emerging language skills, potty training, and a budding sense of humor are all part of it. Our space is equipped with many opportunities for play and learning. Join with other parents and a licensed parent educator for support, information, and fun.

Tues 11 am-12:30 pm DEC Rm 1030 Fee A
E2-23 Jan 9-Apr 2 E2-24 Apr 16-June 4

Terrific 2s & 3s Age 24-28 months

You'll love being a part of this supportive community as your child transitions from toddler to preschooler. In addition to support, we provide engaging activities and information families with 2 and 3 year olds find helpful. No class Mar 6, 7.

Thur 9:45-11:45 am DEC Rm 1031 Fee B
E3-13 Jan 11-Apr 4 E3-14 Apr 18-June 6

Toddler Topics Age 15 months-3 years

Toddlers grow and change at a rapid pace. Just when you think you have your little one figured out, they change again! From crawling to running, crying to using words, focusing on adults to seeking out playmates... toddler time is a period of rapid growth! Classroom activities are designed for young learners who learn best while having fun. Caregivers assist in selection of discussion topics. No class Feb 19, May 6, 27.

Mon 10-11:30 am DEC Rm 1030
E2-13 Jan 29-Apr 1 Fee A E2-14 Apr 15-June 3 Fee C



Learn more about how young children develop!

Help Me Grow has many resources for parents and professionals, including information on developmental milestones, caregiver strategies to support development, and how screening and evaluation can benefit young children.

www.helpmegrowmn.org

GROWING THE FUTURE FAMILY STRONG



Our Mission

Nurturing the growth and development of children in the context of family and community relationships by providing a continuum of high quality family and early childhood education and experiences.

Early Childhood Programs CORE COMPONENTS

Parents are a child's first and most important teacher

Social emotional development is the foundation for strength and growth

Connecting children to nature through outdoor learning is essential

MN Early Childhood Indicators of Progress is an important guiding tool

Engagement with community partnerships and events is a valuable resource

one91
Burnsville • Eagan • Savage

Mixed Age Classes Newborn-Pre K

ECFE offers a variety of classes for families with children newborn through pre-kindergarten age. Families enjoy a wide assortment of activities, support and connections during class. In a 2 hour class, families are together for a portion of class and then adults separate for more in depth parenting discussion.



Book Discussion Classes

We use a text to generate intentional conversation on a specific topic. Our time together encourages thought provoking conversations in a safe space. Books are available for participants to check out for the duration of class.

Tu 9:45-11:45 am DEC Rm 1031 Fee B

Good Inside 2022, Becky Kennedy.

Ever thought about what kind of a parent you want to be? Just like your own parents? Or something different? Reflect on things you want to repeat and other aspects of parenting you wish to leave behind. Learn practical strategies to become who you want to be. Sliding

E5-13 Jan 9-Apr 2

Bringing Up Race: How to Raise a Kind Child in a Prejudiced World 2021, by Uji Asika.

Possible topics for discussion include: how to have open, honest, age-appropriate conversations about race, and how children and parents can handle racial bullying.

E5-14 Apr 16-June 4

ECFE Connections

All families share the goal of happy, healthy kids. Understanding development and temperament helps strengthen connections within the family. We'll explore how personalities mesh or conflict affects family dynamics.

Wed 9:30-11:30 am DEC Rm 1033 Fee B
E5-23 Jan 10-Apr 3
E5-24 Apr 17-June 5

Fabulous Fridays

Multifaceted fun for everyone. We'll focus on fascinating activities, building friendships for kids and parents, and flexible discussion topics to fit your family's needs.

Hurray for Fabulous Friday.

Fri 9:30-11:30 am DEC Rm 1033
E5-43 Jan 12-Apr 5 Fee B
E5-44 Apr 19-May 31 Fee D

Family Transitions

Family support for rapid changes in the early years. Parents suggest topics to discuss which may include adding a sibling, starting preschool, and new work schedules. This class begins with short periods of separation that grow to nearly an hour of parent discussion. Children are cared for by our experienced and skilled early childhood team during parent discussion. No class May 6, 27.

Mon 9:30-11:30 am DEC Rm 1033
E5-03 Jan 29-Apr 1 Fee B
E5-04 Apr 15-June 3 Fee D

Me and My Dad

A special time just for dad and the kids. ECFE plans fun activities, circle time, gym time and more. Parent discussion focuses on topics important to dads. No class May 6, 27.

Mon 5:45-7:45 pm DEC Rm 1033
E6-13 Jan 29-Apr 1 Fee B
E6-14 Apr 15-June 3 Fee D

Grand Ol'Fridays with Grandparents

Connect with fellow grandparents sharing in the modern family and caregiving experience. Feel welcome to share your family traditions, celebrations and heritage as well as special ways to love your grandchildren. Come as you are!

Fri 9:30-11:30 am DEC Rm 1031
E5-53 Jan 12-Apr 5 Fee B
E5-54 Apr 19-May 31 Fee D

Nature Fun: Inside & Out

During Minnesota's coldest days, we'll bring nature inside for exploration. We'll talk about the right clothes for every weather condition and make a plan to enjoy time together outside. We'll talk about the restorative power of nature and its effects on the mind and body. As spring returns, we'll continue the fun at a park.

Fri 1-2:30 pm DEC Rm 1031
E5-73 Jan 12-Apr 5 Fee A
E5-74 Apr 19-May 31 Fee C

Peek a Boo! Parents as Mirrors

Let's look at how ups and downs of daily life affect a family, and consider how choices parents make affect relationships with children. When parents reflect on their own beliefs and perspectives it can help strengthen their interactions with their child.

Thur 12:45-2:45 pm DEC Rm 1031 Fee B
E5-33 Jan 11-Apr 4
E5-34 Apr 18-June 5

Newborn-Age 8



More Preschool Fun

Ages 2-5

Looking to add to your child's preschool experience and enjoy the activities together, this class is for you. Caregivers and children will play and learn in a preschool classroom, complete with a variety of activities for learning and fun.

Wed 12:30-2 pm DEC Room 1033 Fee A

E4-23 Jan 10-Apr 3
E4-24 Apr 17-June 5

Playful Preschoolers

Ages 2-5

Are you looking for another day of preschool fun or a way to introduce your child to group activities? Check out this class especially for preschoolers and their families. Expect an afternoon of fun and learning through multiple learning stations. We'll also share simple ways to enhance day to day routines for learning at home. No class May 6.

Mon 12:30-2:30 pm DEC Rm 1033

E4-13 Jan 29-Apr 1 Fee B
E4-14 Apr 15-June 3 Fee D

Art Start

Newborn to Age 8

Focus on creativity and explore process versus product art. Dress for a mess and prepare to enjoy creative experiences and art materials suitable for all ages. Kids get to paint with a variety of brushes and materials, learn how to use glue and practice with scissors. Additionally, there will be play dough and other sensory materials to squeeze and make things with. Each week, take home a recipe or guide for at-home art with household supplies. No class Feb 19, May 6, 27.

Mon 4-5:30 pm DEC Rm 1033

EX-13 Jan 29-Apr 1 Fee A
EX-14 Apr 15-June 3 Fee C

Sat- twice a month 10:45 am-12:15 pm DEC Rm 1031 Fee A

EX-33 Jan 13, 27, Feb 10, 24, Mar 9, 23, Apr 6, 20, May 4, 18

Check out this Parent Child Community Education Opportunity!

Yoga Movement

Parent and Infant up to 18 months

Enjoy this special time with your baby. Join us for an interactive class that infuses yoga movements with modifications for including your young one. Bring your mat, water and a blanket. (optional)

Nicole Cantin

PIY-3A Fri, Feb 2-23 4 sessions 9:30-10:30 am
\$49/Parent & 1 child, DEC Studio A



Making a Difference ECFE Parent Advisory Council

Free ECFE Class for Advisory Council Members & Their Child

Share your ideas- join the ECFE Advisory Council. Included in your ECFE class is a monthly Advisory Council meeting held during your regular class time. This free opportunity is reserved for residents of District 191 who serve on the Advisory Council. No class during quarter breaks.

EY-2324 Tu Jan 9-June 4 Free
12:45-2:45 pm DEC Rm 1031

Interested in joining the Advisory Council

If you are interested in being part of the ECFE Advisory Council please send an email to csampers@isd191.org letting us know a little bit about yourself and why you would like to join.

School Readiness

EARLY CHILDHOOD SCREENING

What is this free visit for?

This free visit helps us learn about you and your child, and can help your child prepare for kindergarten. It will last about one hour. It is important that all children are screened before the age of 4. Our warm and caring staff are eager to meet you and every family with young children in our district before they turn 4 years of age.

Why is this visit important?

Our brains grow the fastest during the early years. The sooner we see you, the more we can offer you. You'll receive free tools and resources during your screening appointment. Every child is different—we can help your child build on their strengths and get ready for school learning.

How does this visit help my family?

- ◆ Get their hearing, vision, height, and weight checked to make sure they are ready to learn
- ◆ Learn about how your child is growing and developing.
- ◆ Meet the friendly school staff in your district.
- ◆ Go home with advice, support, and resources.
- ◆ Make a plan together to help your child be the best they can be.



When your child is 3, call 952-707-4105 to make an appointment

Diamondhead Education Center, 200 W Burnsville Pkwy, Burnsville. Enter through Door #11 on the lower level off of Pillsbury Ave & follow the signs to the Early Childhood Screening office.



If you have a child under the age of 3 and you have concerns about their development

Call Early Childhood Special Education at 952-895-6610



ECFE Playtimes

Leave the work to us. We set the stage for learning through play. You'll find creative ideas to use at home as well as a great place to meet with other families.

Tuesday Evening Family Playtime

Newborn-PreK

Tues 6-7:30 pm

E6-23 Jan 9-Apr 2

DEC Rm 1033

Family Fee \$65

E6-24 Apr 16-June 4

DEC Rm 1033

Family Fee \$40

Saturday Infant & Toddler Playtime

Newborn-36 months

Sat 8:45-10:15 am DEC 1033

E6-53

Jan 13, 27, Feb 10, 24, Mar 9, 23, Apr 6, 20, May 4, 18

Family Fee \$50

Saturday Family Playtime

Newborn-PreK

Sat 10:30 am-12 pm DEC Rm 1033

E6-63

Jan 13, 27, Feb 10, 24, Mar 9, 13, Apr 6, 20, May 4, 18

Family Fee \$50

Kindergarten Information Nights



Watch for more information regarding Kindergarten Information nights in late January & early February.

Learn more about kindergarten in District 191 at isd191.org/kindergarten

READY! For Kindergarten



Parent Education classes to support children's play and learning at home

Classes for parents of children, birth to 5 years. Free to District 191 residents.

READY! For Kindergarten impacts the lively early learning years before a child enters school. This time lays the foundation for all future learning. Parents learn how to "Play with a purpose," which builds strong minds and relationships. You'll receive FREE materials to make learning at home fun and effective based on your child's age as of September 1, 2023.

Tuesday classes presented online in real time. Registered families will receive instructions via email on how to join. Thursday and Saturday classes held in the Community Campus on the upper level of Diamondhead Education Center, DEC C Wing. No childcare provided. Babies Birth-4 months are welcome to attend with parents. Orientation is required for first time attendees and begins 30 minutes prior to class start time.

Parents enroll in one session per season. Preregistration is required. One set of materials per family, full attendance required to receive the materials for use at home. Out of district residents are welcome to attend for the cost of the materials, \$50. Contact Carmen Cook, ccook@isd191.org.



Winter

Age 0-1

RFK1-V3	Tu	Feb 6	6:30-8 pm
RFK1-B3	Th	Feb 8	6:30-8 pm
RFK1-C3	Sa	Feb 10	9:30-11 am

Age 1-2

RFK2-V3	Tu	Feb 6	6:30-8 pm
RFK2-B3	Th	Feb 8	6:30-8 pm
RFK2-C3	Sa	Feb 10	9:30-11 am

Age 2-3

RFK3-V3	Tu	Feb 6	6:30-8 pm
RFK3-B3	Th	Feb 8	6:30-8 pm
RFK3-C3	Sa	Feb 10	9:30-11 am

Age 3-4

RFK4-V3	Tu	Feb 6	6:30-8 pm
RFK4-B3	Th	Feb 8	6:30-8 pm
RFK4-C3	Sa	Feb 10	9:30-11 am

Age 4-5

RFK5-V3	Tu	Feb 6	6:30-8 pm
RFK5-B3	Th	Feb 8	6:30-8 pm
RFK5-C3	Sa	Feb 10	9:30-11 am

Spring

Age 0-1

RFK1-V4	Tu	Apr 16	6:30-8 pm
RFK1-B4	Th	Apr 18	6:30-8 pm
RFK1-C4	Sa	Apr 20	9:30-11 am

Age 1-2

RFK2-V4	Tu	Apr 16	6:30-8 pm
RFK2-B4	Th	Apr 18	6:30-8 pm
RFK2-C4	Sa	Apr 20	9:30-11 am

Age 2-3

RFK3-V4	Tu	Apr 16	6:30-8 pm
RFK3-B4	Th	Apr 18	6:30-8 pm
RFK3-C4	Sa	Apr 20	9:30-11 am

Age 3-4

RFK4-V4	Tu	Apr 16	6:30-8 pm
RFK4-B4	Th	Apr 18	6:30-8 pm
RFK4-C4	Sa	Apr 20	9:30-11 am

Age 4-5

RFK5-V4	Tu	Apr 16	6:30-8 pm
RFK5-B4	Th	Apr 18	6:30-8 pm
RFK5-C4	Sa	Apr 20	9:30-11 am



Immunizations

Minnesota law requires children enrolled in early education programs to be immunized against certain diseases or file a legal medical or conscientious exemption. Immunizations must be on file PRIOR to the start date of class, current as appropriate to the child's age or in progress, in order to attend One91 Early Childhood Programs.

District 191 requires immunization records for Early Childhood Family Education (ECFE) classes that run six weeks or more, One91 Preschool, and Kindergarten classes.

Submit a current copy of your child's immunization records to the District 191 Early Childhood Nurse, Fax to 952-707-4166 or complete the Early Childhood Immunization Form on our website and mail or drop off at the Community Education office at Diamondhead Education Center.

Weather Cancellations

Alerts will be posted on the District and Community Education websites. Information will be relayed through local television and radio stations along with Facebook and Twitter accounts.

Photos in Classes

One91 Early Childhood Programs periodically take pictures of participants in our classes and during other sponsored activities. These photos may be used in community education and district publications or other promotional materials. By registering for a class with us, you are giving permission for use of your photos. If you do not wish to have your picture taken or published, you must provide us written notice in advance.

Email Notifications

Include your email address on your registration. We send a confirmation email and messages regarding changes to class via email. We will never give your information to any other agency it is strictly for use by District 191.

Our experienced and caring teaching staff lead parents and children in engaging and stimulating activities that spark curiosity and exploration.

Class Cancellations

If Community Education cancels class due to low enrollment, you will receive a full refund. If you cancel out of a class more than 5 business days before the class start date, you will receive a refund less a \$10 processing fee. If you cancel less than 5 business days before the start of a class or activity there will be no refund. No refunds for online classes once the meeting information has been sent.

If you find that a class is not the right fit for you or your child, contact us after the first week of class for assistance in finding a better fit. If a class is not available, you will receive a credit on your community education account for use on a future class.



ECFE Registration



Return with payment to ECFE 200 W. Burnsville Parkway, Burnsville, MN 55337

Payment and a copy of immunization record must be submitted at the time of registration.

Please register each child attending class. Do not send cash in the mail

Parent/Guardian Name _____

Child Attending	Birth Date	Class Name	ID#	\$
Child Attending	Birth Date	Class Name	ID#	\$
Child Attending	Birth Date	Class Name	ID#	\$

Address _____

City/State/Zip _____

Home Phone _____

Work/Cell Phone _____

Email _____

Annual Income _____

District Resident: ☐ Yes ☐ No ☐ Cash ☐ Check

☐ Visa/MC/Discover _____ Exp. ____/____ Cardholder Signature _____

\$2 service fee is added to credit card transactions.

UCare No. (If applicable) _____ ☐ Fee assistance request: I am able to pay \$ _____

ECFE Tuition -Sliding Fee Scale

Fees vary according to class length and number of sessions. All classes offer a sliding fee based on total family income. We encourage all families to participate in ECFE regardless of payment. Choose what you feel you are able to pay or indicate waive fee when registering. Limit of one fee waiver per quarter.

Annual Income	Fee A	Fee B	Fee C Short Session	Fee D Short Session
0-\$19,999	\$30	\$40	\$20	\$20
\$20-44,999	\$50	\$60	\$25	\$30
\$45-64,999	\$75	\$85	\$35	\$40
\$70-84,999	\$100	\$110	\$50	\$55
\$85,000 & Up	\$130	\$150	\$65	\$75

Registration is ongoing

1. Register online at communityed191.org or at the Diamondhead Education Center office
2. Choose your classes and special events
3. Determine the fee based on our sliding fee scale
4. Complete Registration & Immunization information and submit with payment

One91 PRESCHOOL

Sparking the Love of Learning

In preschool, Pathways learning is designed to spark the love of learning. Our students widen their worlds and build foundational skills to continue their learning journey.

Children learn and grow best through play experiences. We embed skill-building into play to promote healthy development of the whole child throughout the classroom. For example, math skills show up at the snack table, the block corner, in cooking activities and more.



Flexible Programs for Every Family

One91 Preschool provides flexible options for families based on schedule, location and cost. No matter which option, One91 Preschool is ready to spark curiosity, creativity, engagement, knowledge, and a love of learning in each child. Fees are based on income unless otherwise listed. Scholarships may be available for qualifying residents of District 191. [Watch for an email from your classroom teacher with Open House information.](#)

Preschool Options 2024-25 School Year

For more information contact, preschool@isd191.org, or 952-707-4110.

Puede llamar a Eddieca Ontiveros al 952-707-4142 para asistencia en español.

Haddii ad af Somaali ku hadlasiid fadlan Hamde Daoud wac 952-707-4153.

Voluntary PreKindergarten (VPK)

Must be 4 years of age by Sept 1, 2023 and not yet kindergarten eligible

This option immerses students in the elementary school experience. Space is limited. Transportation and meal service available. Independent toileting skills required (no pull ups). Free for District 191 residents.

4 days per week, Tuesday-Friday, mornings or afternoons at each of the district's neighborhood elementary schools

Preschool

Must be 3 years of age by Sept 1, 2024

The benefit of this mixed age group of 3-5 year olds, is peer modeling and leadership skills. Our most flexible option. No transportation or meals provided. Independent toileting skills are required (no pull ups). Fee based.

2, 3, or 4 days per week, mornings or afternoons at Diamondhead Education Center

Preschool Plus Preschool Plus con un interprete de español

Must be 3 years of age by Dec 1, 2024

Transition into preschool through this part-time option that includes time for parents and children. Fee based.

Independent toileting skills are not required. No transportation or meals provided. Sibling Care available.

Watch for details for upcoming open houses in September. More information will be mailed to registered participants.

Preschool Plus con un interprete de espanol solo por la tarde

2 days per week (1 day child only, 1 day child+parent), mornings or afternoons at Diamondhead Education Center

Registration for Fall 2024 begins Monday, Feb 12

To apply, download the application packet beginning Feb 1 at communityed191.org.

ONLY COMPLETE applications will be accepted and considered for enrollment: preschool@isd191.org.

Priority enrollment is given to District 191 students. We accept applications until all seats are filled.

New students for current school year will be accepted on a space available basis



Ready to Grow & Ready to Learn

Care for Young Children Year-round Monday-Friday, 7 am-5:30 pm

Ready to Grow/Ready to Learn is proud to have earned our Parent Aware Four-Star Rating! This Parent Aware Rating means we're using school readiness best practices to make sure the kids we care for are prepared for kindergarten. Flexible care schedules at Diamondhead Education Center. For more information or to schedule a tour for either Ready to Grow or Ready to Learn, contact Lyndsay at 952-707-4146, lgriffin@isd191.org.

Ready to Grow

Infant/Toddler Care 6 weeks to 3 years

You and your infant or toddler benefit from individualized care. Ready to Grow embraces the philosophy of primary care giving that allows for nurturing and attachment to and from your child's primary caregiver.

Ready to Learn

Care & Education 33 months to 5 years

The Ready to Learn curriculum focuses on school readiness in the areas of language and literacy, science and math, creative art and music, dramatic play and movement as well as health and nutrition. We believe play is a central component to the curriculum.



We've earned the highest rating... 4 Stars!

EVERY CHILD COUNTS IN 191!

Please visit isd191.org/enroll to learn about the new Federal Community Eligibility Program for all schools.

Even though meals are free for most students, District 191 asks that all families complete the Alternate Application for Educational Benefits.

By completing this form, families are helping ensure District 191 schools receive everything we need to support students, including additional funding.

Any information submitted remains confidential.



Policies & Information



Register Now... It's Easy!

Visit Our website communityed191.org

Register from the comfort of your home using your VISA, Discover or MasterCard.

Our website displays all the information contained in our quarterly catalog, including course descriptions, class numbers and fees. Just follow the directions on the website to register.

Mail or Drop Off ISD 191 Community Education, 200 W Burnsville Parkway, Burnsville, MN 55337, Door 11

Fax 952-707-4140 Fax us your registration form, along with VISA/MasterCard information.

Use Our 24-Hour Drop Box Registration drop box is located outside the east entrance door on the lower level by door 11 at Diamondhead Education Center.

Email Notifications & Announcements

Fill out the email address on your registration so we can send a confirmation, instructor and weather cancellation messages. We will never give your information to any other agency, it is strictly for use by ISD 191 Community Education.

Tuition Assistance

Financial assistance may be available on a limited basis for ISD 191 residents in need. Call 952-707-4150 for more details.

Photos in Classes

ISD 191 Community Education periodically takes picture of participants in classes and during other sponsored activities for use in promotional materials. [If you do not wish to have your picture taken or published, you must provide us written notice in advance.](#)

Refund Policy

Classes Canceled by Community Ed

Community Education reserves the right to cancel any activity. Community Education will make every effort to contact registrants 48 hours before the scheduled start of the activity. Complete refunds will be given when this occurs.

If you cancel your registration

Call 952-707-4150 to cancel a registration. If you cancel more than 5 business days before the class you will receive a refund less a \$10 processing fee. If you cancel less than 5 business days before the start of the class or activity there will be no refund. No refunds on activities that are mailed to your home, nor for online classes once the meeting information has been sent.

Charges for Returned Checks

ISD 191 has contracted with Account Liquidation Services to collect funds for returned checks. Charges related to returned checks are determined by Account Liquidation Services.

UCare Discount

UCare members may get up to a \$15 discount on most Community Ed classes. Members must have UCare insurance at the time of registration and throughout the duration of the class. Provide UCare ID card when registering for class.

Emergency Cancellations

When severe weather or other emergencies affect the regular school day, daytime community education activities or ones that meet immediately after school are also canceled.

Diamondhead (DEC) East Side Entry Doors

Enter door 11 on the lower level with room numbers beginning with 1
Community Education office, Enrollment Center, Early Childhood,
Dance Studios and Burnsville Senior Center

Enter door 1 upper level for room numbers beginning with a 2
ABE/Adult Education, Eagan and Savage rooms and Campus Cup

Community Education Registration

Participant	Class	Class #	Start Date	Fee

Street Address _____

City/State/Zip _____

Home Phone _____ Work/Cell Phone _____

Email _____

Youth Classes

Child's Name _____ Birth Date _____ Grade _____

Parent Name _____ Phone _____

Payment

Cash/Check # _____ **Make checks payable to ISD 191**

Charge My ☐ Visa ☐ MasterCard ☐ Discover _____ - _____ - _____ - _____

\$2 service fee is added to credit card transactions.

Exp. Date ____/____/____ Signature _____

Total Fee _____ UCare # _____

191 Community Education 952-707-4150

Diamondhead Education Center

200 W Burnsville Parkway, Burnsville, MN 55337

Visit our website for new classes and additional dates for ongoing offerings at communityed191.org

Early Childhood 952-707-4110 Burnsville Senior Citizen Center 952-707-4120

School For Adults (ABE, GED, ELL) 952-707-4125

School-Age Care 952-707-4150 Community Use Of Facilities 952-707-4123

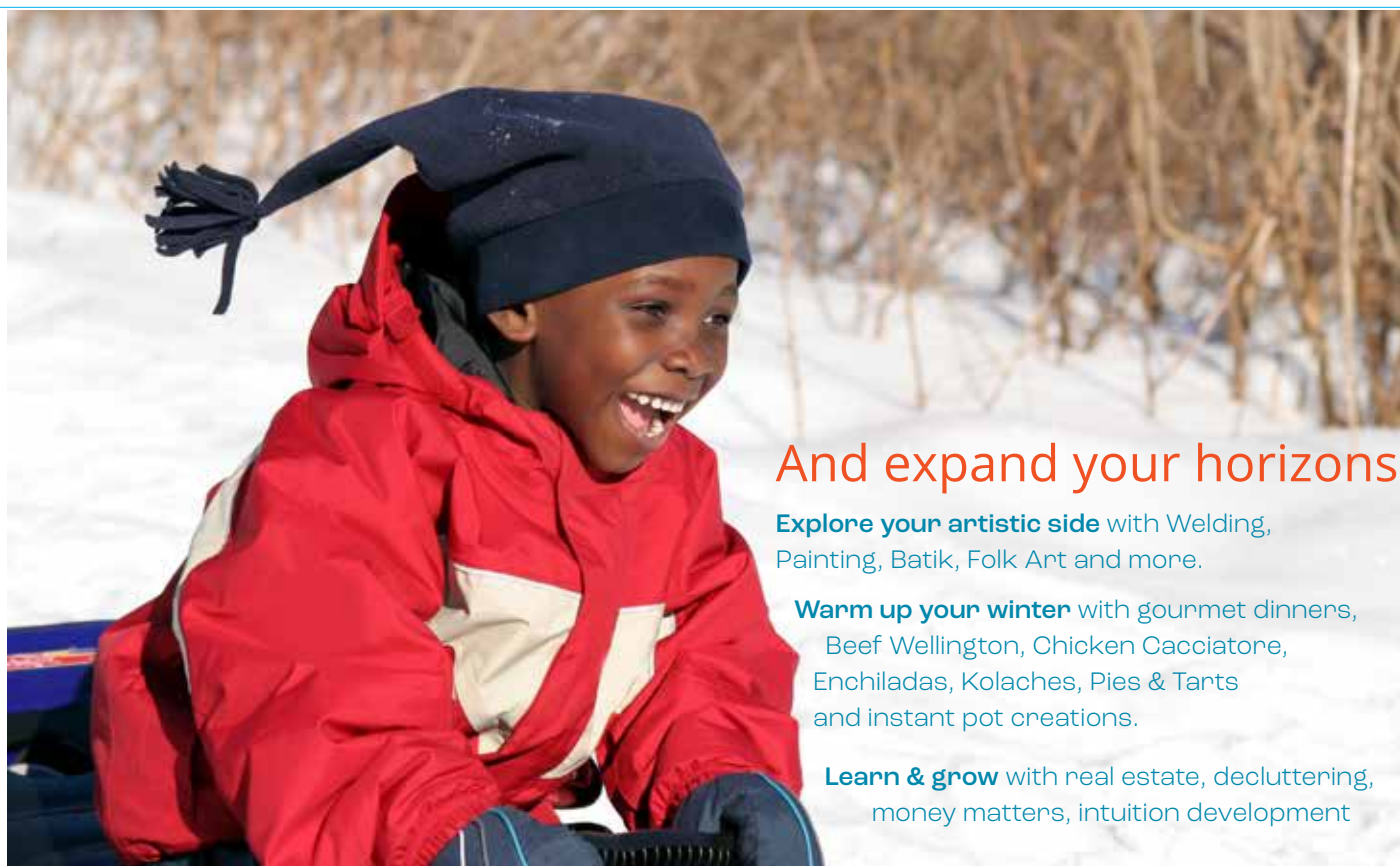
ISD 191 Administration 952-707-2000

Enrollment Center: 952-707-4180 Food Service: Amy Terwilliger 952-707-2051



ECRWSS

Residential Postal Customer



And expand your horizons

Explore your artistic side with Welding, Painting, Batik, Folk Art and more.

Warm up your winter with gourmet dinners, Beef Wellington, Chicken Cacciatore, Enchiladas, Kolaches, Pies & Tarts and instant pot creations.

Learn & grow with real estate, decluttering, money matters, intuition development

Find Your Joy!

Meditation, Happy Habits & Moon Ceremonies, Sports, Genealogy, Piano & Guitar classes

Learn & explore together

Check out Family Activities

Gymnastics, Family Fun Night, Tykes Sports, Winter Survival, Ninja, Cooking, Paint Date, Yoga, Preschool Snow Day, Winter ABCs Hike, Keepsake Garden and more on page 4-5.

