



Adult Summer 2024

Class Descriptions



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Fitness/Aquatics

A Walk in the Park

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

625-K39 7 Sessions - \$49
Tuesdays, Jun 25 - Aug 6 5:00 - 6:00 pm
Centennial Lakes Park Centennial Lakes Park

Beginner/Intermediate Ballet - Adult / Teen

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

610-K14: Drop In 12 Sessions - \$21
Mondays, Jun 10 - Aug 26 7:30 - 9:00 pm
Edina Community Center Door 3, ECC Youth TBD

610-K14: Hybrid 12 Sessions - \$245
Mondays, Jun 10 - Aug 26 7:30 - 9:00 pm
Edina Community Center Door 3, Dance Studio

610-K14: Online Drop In 12 Sessions - \$21
Mondays, Jun 10 - Aug 26 7:30 - 9:00 pm
Your Home Online

Beginning II / Intermediate Ballet: Adult

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

608-K11 10 Sessions - \$200
Saturdays, Jun 8 - Aug 17 9:30 - 11:00 am
Edina Community Center Door 3, ECC Youth TBD
No Class Jul 06

608-K11: Drop In 10 Sessions - \$20
Saturdays, Jun 8 - Aug 17 9:30 - 11:00 am
Edina Community Center Door 3, ECC Youth TBD
No Class Jul 06

Body Shape Friday 55+

Work your body with weights, bands, and stability balls to counter a declining metabolism and build strength, stamina, balance and mobility.

614-K27 8 Sessions - \$210

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Fridays, Jun 14 - Aug 9 12:00 - 12:50 pm
Edina Community Center Door 3, Dance Studio
No Class Jul 05

614-K27: Online 8 Sessions - \$210
Fridays, Jun 14 - Aug 9 12:00 - 12:50 pm
Your Home Online
No Class Jul 05

Body Shape Monday 55+

Strength Training for 55+: Weights, Bands, Stability balls for a stronger body!

610-K12 8 Sessions - \$210
Mondays, Jun 10 - Aug 12 12:00 - 12:50 pm
Edina Community Center Door 3, Dance Studio
No Class Jun 17 & Jul 01

610-K12: Online 8 Sessions - \$210
Mondays, Jun 10 - Aug 12 12:00 - 12:50 pm
Your Home Online
No Class Jun 17 & Jul 01

Body Shape Wednesday 55+

Strength Training for 55+: Weights, Bands, Stability balls for a stronger body!

612-K18 8 Sessions - \$210
Wednesdays, Jun 12 - Aug 14 12:00 - 12:50 pm
Edina Community Center Door 3, Dance Studio
No Class Jun 19 & Jul 03

612-K18: Online 8 Sessions - \$210
Wednesdays, Jun 12 - Aug 14 12:00 - 12:50 pm
Your Home Online
No Class Jun 19 & Jul 03

Casual Indoor Basketball: Adult

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

603-K04 12 Sessions - \$130
Mondays, Jun 3 - Aug 26 6:00 - 7:30 pm
Edina Community Center Door 8, City Gym
No Class Aug 12

Deep Water Exercise: Wednesday (PM)

Travel to the deep water to stretch, strengthen and tone your body. You must be comfortable in deep water to attend. Flotation will be provided. Instructor: Kay Zuccaro

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626-K43 7 Sessions - \$84
Wednesdays, Jun 26 - Aug 14 7:30 - 8:00 pm
Valley View Middle School VV Pool
No Class Jul 03

Fundamentals of Ballet/Beginning I

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

611-K16: Drop In 11 Sessions - \$22
Tuesdays, Jun 11 - Aug 27 7:30 - 9:00 pm
Edina Community Center Door 3, Dance Studio
No Class Aug 13

611-K16: Hybrid 11 Sessions - \$210
Tuesdays, Jun 11 - Aug 27 7:30 - 9:00 pm
Edina Community Center Door 3, Dance Studio
No Class Aug 13

611-K16: Online Drop in 11 Sessions - \$22
Tuesdays, Jun 11 - Aug 27 7:30 - 9:00 pm
Your Home Online
No Class Aug 13

Hatha Yoga For Life: Thursday

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

606-Drop In 8 Sessions - \$16
Thursdays, Jun 6 - Aug 1 9:30 - 10:55 am
Edina Community Center Door 3, Dance Studio
No Class Jul 04

606-K10: Hybrid 8 Sessions - \$120
Thursdays, Jun 6 - Aug 1 9:30 - 10:55 am
Edina Community Center Door 3, Dance Studio
No Class Jul 04

606-K10: Online Drop In 8 Sessions - \$16
Thursdays, Jun 6 - Aug 1 9:30 - 10:55 am
Your Home Online
No Class Jul 04

Hatha Yoga For Life: Tuesday

Enjoy yoga poses, relaxation and centering to improve flexibility, strength, balance, and overall health, and reduce tension and stress. Work at your own level in this supportive, relaxed style class which works for

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most regardless of age or physical issues.

604-Hybrid 8 Sessions - \$120
Tuesdays, Jun 4 - Jul 30 6:00 - 7:25 pm
Edina Community Center Door 3, Dance Studio
No Class Jul 02

604-K08: Drop In 8 Sessions - \$16
Tuesdays, Jun 4 - Jul 30 6:00 - 7:25 pm
Edina Community Center Door 3, Dance Studio
No Class Jul 02

604-K08: Online Drop In 8 Sessions - \$16
Tuesdays, Jun 4 - Jul 30 6:00 - 7:25 pm
Your Home Online
No Class Jul 02

Intermediate Ballet I: Adult/Teen

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

613 -K26: Drop In 11 Sessions - \$21
Thursdays, Jun 13 - Aug 29 7:30 - 9:00 pm
Edina Community Center Door 3, Dance Studio
No Class Jul 04

613 -K26: Hybrid 11 Sessions - \$225
Thursdays, Jun 13 - Aug 29 7:30 - 9:00 pm
Edina Community Center Door 3, Dance Studio
No Class Jul 04

613 -K26: Online Drop In 11 Sessions - \$21
Thursdays, Jun 13 - Aug 29 7:30 - 9:00 pm
Your Home Online
No Class Jul 04

Mat Pilates

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

613-K25: Drop In 11 Sessions - \$21
Thursdays, Jun 13 - Aug 29 6:15 - 7:15 pm
Edina Community Center Door 3, Dance Studio

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No Class Jul 04

613-K25: Hybrid 11 Sessions - \$225
Thursdays, Jun 13 - Aug 29 6:15 - 7:15 pm
Edina Community Center Door 3, Dance Studio
No Class Jul 04

613-K25: Online Drop In 11 Sessions - \$21
Thursdays, Jun 13 - Aug 29 6:15 - 7:15 pm
Your Home Online
No Class Jul 04

Move 2 Music

Move2Music is a holistic, whole-body fitness practice that engages mind and motion to make a fun, 50-minute experience. All ages, and all levels can enjoy!

710-K71 4 Sessions - \$30
Wednesdays, Jul 10 - Jul 31 11:00 - 11:50 am
Edina Community Center Door 3, Room 313

Move 2 Music

Move2Music is a holistic, whole-body fitness practice that engages mind and motion to make a fun, 50-minute experience. All ages, and all levels can enjoy!

809-K86 4 Sessions - \$30
Fridays, Aug 2 - Aug 23 11:00 - 11:50 am
Edina Community Center Door 3, Room 313

Move 2 Music: Online

Move2Music is a holistic, whole-body fitness practice that engages mind and motion to make a fun, 50-minute experience. All ages, and all levels can enjoy!

719-K72 4 Sessions - \$30
Wednesdays, Jul 10 - Jul 31 11:00 - 11:50 am
Your Home Online

Pilates Barre Plus (+)

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

613-K22 6 Sessions - \$16
Thursdays, Jun 13 - Aug 8 9:15 - 10:15 am
Edina Community Center Door 3, Dance Studio
No Class Jun 20, Jun 27 & Jul 04

Pilates: Barre

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

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604-K06 9 Sessions - \$16
Tuesdays, Jun 4 - Aug 13 9:15 - 10:15 am
Edina Community Center Door 3, Dance Studio
No Class Jun 25 & Jul 02

Qigong & Tai Chi Ruler: Adult

Ancient, gentle, yet powerful exercises to cultivate internal energy that require little space and no special skills. Improves flexibility, focus, and relaxation, and is appropriate for all fitness levels.

617-K31 8 Sessions - \$110
Mondays, Jun 17 - Aug 5 10:30 - 11:30 am
Edina Community Center Door 3, Room 313

Tai Chi and Qigong Sampler

This fun class introduces you to several of the popular Chinese exercises. Each week you will get to try a different exercise: Tai Chi SUN and Yang, Ruler, Bang Stick, Qigong, and Ball.

613-K23 6 Sessions - \$80
Thursdays, Jun 13 - Jul 25 10:00 - 11:00 am
Edina Community Center Door 3, Room 313
No Class Jul 04

Tai Chi for Arthritis, Chronic Pain and Balance

Gentle, slow exercise to improve mental and physical capacity, relaxation, balance and vitality! Relieves pain, increases range of motion, fall prevention, and improves quality of life.

612-K19 8 Sessions - \$110
Wednesdays, Jun 12 - Aug 7 1:30 - 2:30 pm
Edina Community Center Door 3, Room 313
No Class Jun 19

Water Aerobics: Wednesday (PM)

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

626-K41 7 Sessions - \$84
Wednesdays, Jun 26 - Aug 14 6:30 - 7:30 pm
Valley View Middle School VV Pool
No Class Jul 03

Water Wellness: Monday (AM)

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

603-K02 6 Sessions - \$72
Mondays, Jun 3 - Jul 15 9:15 - 10:15 am
Edinburgh Park Pool

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Class Descriptions



No Class Jul 01

Water Wellness: Monday (AM)

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

722-K78 6 Sessions - \$72
Mondays, Jul 22 - Aug 26 9:15 - 10:15 am
Edinburgh Park Pool

Water Wellness: Thursday (AM)

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

606-K09 6 Sessions - \$72
Thursdays, Jun 6 - Jul 18 9:15 - 10:15 am
Edinburgh Park Pool
No Class Jul 04

Water Wellness: Thursday (AM)

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

725-K83 6 Sessions - \$72
Thursdays, Jul 25 - Aug 29 9:15 - 10:15 am
Edinburgh Park Pool

Water Wellness: Tuesday (AM)

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

604-K05 6 Sessions - \$72
Tuesdays, Jun 4 - Jul 16 9:15 - 10:15 am
Edinburgh Park Pool
No Class Jul 02

Water Wellness: Tuesday (AM)

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



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723-K79 6 Sessions - \$72
Tuesdays, Jul 23 - Aug 27 9:15 - 10:15 am
Edinburgh Park Pool

Wu Style Tai Chi Chuan

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

612-K21 8 Sessions - \$85
Wednesdays, Jun 12 - Aug 14 7:00 - 8:00 pm
Edina Community Center Door 3, Dance Studio
No Class Jun 19 & Jul 03

Wu Style Tai Chi Chuan - Thursday

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

613-K24 8 Sessions - \$85
Thursdays, Jun 13 - Aug 15 10:00 - 11:00 am
Edina Community Center Door 3, ECC Youth TBD
No Class Jul 04 & Aug 01

Lifelong Learning

10 Secrets & Tips for Successfully Buying or Selling a Home or Investment 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.

815-K90 1 Session - \$0
Thursday, Aug 15 7:00 - 9:00 pm
Edina Community Center Door 3, Room 317

Adult Open Sewing Time: Basic Knowledge to Expert

Are you an expert sewer or simply want to refresh your skills? This is the class for you! Come join us this summer for open sewing time. If you have a project you've been putting off or a project you've been dreaming up, let's make it happen! A basic knowledge of sewing is required to take this class. Share your ideas, and collaborate with other adults! We encourage you to bring your own machine and projects in! No machine, no worries- we have a number of machines to use. Simple projects will also be available for sale if you need help getting inspired! Note: This is a sewing only class and no quilting techniques will be taught.

709-K69 3 Sessions - \$60
Tuesdays, Jul 9 - Aug 6 6:00 - 9:00 pm
Edina Community Center Door 3, Makers Space
No Class Jul 23 & Jul 30



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Air Dry Clay - Tray

We will explore the fundamentals of crafting clay, with step-by-step instructions on how to pinch, slip, and score clay. We will paint them and make them shine!

626-K42 2 Sessions - \$60
Wed Jun 26 & Wed Jul 3 6:30 - 8:30 pm
Edina Community Center Door 3, Makers Space

Beyond the Textbook: Exploring Somali Culture

This is your opportunity to learn more about Somali culture. This 1 hour class will focus on: Daily life and social customs The arts People / Ethnic groups / Languages Community Interdependence This class will be led by Amal B Omar-Samatar ,a licensed bilingual parent educator. Upcoming Somali Cultural Events: <http://www.somalimuseum.org/events-calendar.html>

605-002 1 Session - \$0
Wednesday, Jun 5 4:30 - 5:30 pm
Edina Community Center Room 317

Buying New Construction

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

723-K80 1 Session - \$0
Tuesday, Jul 23 7:00 - 9:00 pm
Edina Community Center Door 3, Room 317

Capsule Wardrobe: Take Control of Your Closet

Learn how to build flattering and functional Capsule Wardrobes -- for travel, for work, for fun! We'll consider sustainability, manufacturing practices, thrifting and PPW (Price Per Wear!)

814-K88 2 Sessions - \$15
Wed Aug 14 & Wed Aug 21 5:30 - 6:20 pm
Edina Community Center Door 3, Room 317

Confident Communication: Mastering First Impressions & Body Language

In this course you will learn how to make a great first impression, walk, sit and stand properly. How to speak clearly and with confidence. You will do exercises to practice your new learned knowledge.

615-K30 3 Sessions - \$85
Sat Jun 15, Sat Jul 20 & Sat Aug 3 1:00 - 2:30 pm
Edina Community Center Door 3, Room 351
No Class Jun 22, Jun 29, Jul 06, Jul 13 & Jul 27

DIY Paper Mache

Make a bowl out of Paper Mache. Learn the tricks to make a clean design with a professional look. You get

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to be the designer. The first class of this course will be taught in person. The second class will be taught over zoom. 6/11 Class in-person: • Park in Red or Green Lot • Enter the Community Center through the main entrance (Door 3) on the North side of the building • During business hours, please sign in at the Welcome Desk before heading to your classroom • Your class takes place in Room 325 - The Makers Space _____ 6/14 Class Zoom Link: After registering for class, you will receive a confirmation email containing the zoom link Please take a moment to review our Cancellation and Refund policies with this link: <https://communityed.edinaschools.org/cancellations...>

611-K15 2 Sessions - \$45
Tue Jun 11 & Mon Jun 17 6:30 - 8:00 pm
Edina Community Center Door 3, Makers Space

Design Your Health: Food & Exercise for You

Ready to ditch the confusion and overwhelm when it comes to eating right and staying active as you age gracefully? Dive into an exhilarating 2-hour session where you'll team up with a registered dietitian nutritionist and an exercise physiologist to craft a personalized nutrition and movement plan tailored just for you and leave armed with the top 10 game-changing strategies for living your best life and thriving as you age.

624-K37 1 Session - \$50
Monday, Jun 24 6:30 - 8:30 pm
Edina Community Center Door 3, Room 317

Downsizing in the Current Housing Market

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

808-K87 1 Session - \$0
Thursday, Aug 8 7:00 - 9:00 pm
Edina Community Center Door 3, Room 317

Fantasy Football

Participants will learn how to draft players (there will be a mock 4 round draft), understand important terms and abbreviations needed to succeed in fantasy football, be provided tools (websites) that make it fun and easy compete week to week, and how to begin a league. Participants will learn how fun and easy fantasy football can be.

617-K32 1 Session - \$22
Monday, Jun 17 6:00 - 8:00 pm
Edina Community Center Door 3, Room 351

Financial Fitness 101: Budgeting, Credit, & Saving Strategies

You will learn about Starting a Budget Rules, Why do I need Credit? What is a credit score? How to build Credit? How often should I check my credit? How do I maintain financial stability? Ways to save your income, and you will make your own personal budget spreadsheet in class. Please bring your information to class and be prepared to start a new financial plan.

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629-K46 3 Sessions - \$125
Sat Jun 29, Sat Jul 27 & Sat Aug 10 4:00 - 5:30 pm
Edina Community Center Door 3, Room 351
No Class Jul 06, Jul 13, Jul 20 & Aug 03

Get Your Home Ready to Sell!

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

716-K74 1 Session - \$45
Tuesday, Jul 16 6:30 - 8:00 pm
Edina Community Center Door 3, Welcome Center Conference Room

Great Decisions: Understanding Indonesia

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

729-K84 1 Session - \$0
Monday, Jul 29 4:00 - 5:30 pm
Edina Community Center Door 3, Room 348

How to Win with Investment Properties

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

709-K70 1 Session - \$0
Tuesday, Jul 9 7:00 - 9:00 pm
Edina Community Center Door 3, Room 317

Introduction to Senior Housing

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

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624-K38 1 Session - \$0
Monday, Jun 24 7:00 - 9:00 pm
Edina Community Center Door 3, Room 350

Listening to Your Body with Ayurveda (Online)

In this course, you can learn how the traditional science of Ayurveda can help you understand your body and support it day-to-day. We will learn the basics of Ayurveda theory and practice finding support for holistic wellness in our kitchens and homes.

711-K73 4 Sessions - \$30
Thursdays, Jul 11 - Aug 1 5:30 - 7:30 pm
Your Home Online

Mah Jongg Beginning I: Morning

This introductory course to American Mah Jongg will teach you everything we've learned to love about the wonderful world of "MAHJ" - the snacks, the chat, and of course the game! In this four-part beginning series you will learn the basics, be able to ask questions, and get plenty of practice. Soon you will master this exciting and challenging game of skill, strategy, and luck. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! No equipment needed, just pull up a chair and join us!

612-K17 4 Sessions - \$98
Wednesdays, Jun 12 - Jul 17 10:00 am - 12:30 pm
Edina Community Center Door 3, Room 3rd Floor Commons
No Class Jun 19 & Jul 03

Mah Jongg Beginning II: Evening

This introductory course to American Mah Jongg will teach you everything we've learned to love about the wonderful world of "MAHJ" - the snacks, the chat, and of course the game! In this four-part beginning series you will learn the basics, be able to ask questions, and get plenty of practice. Soon you will master this exciting and challenging game of skill, strategy, and luck. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! No equipment needed, just pull up a chair and join us!

724-K82 4 Sessions - \$98
Wednesdays, Jul 24 - Aug 14 6:30 - 9:00 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Mah Jongg Beginning: Evening

This introductory course to American Mah Jongg will teach you everything we've learned to love about the wonderful world of "MAHJ" - the snacks, the chat, and of course the game! In this four-part beginning series you will learn the basics, be able to ask questions, and get plenty of practice. Soon you will master this exciting and challenging game of skill, strategy, and luck. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! No equipment needed, just pull up a chair and join us!

612-K20 4 Sessions - \$98
Wednesdays, Jun 12 - Jul 17 6:30 - 9:00 pm
Edina Community Center Door 3, Room 3rd Floor Commons



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No Class Jun 19 & Jul 03

Mah Jongg Next Steps: Morning Play

How about a fun morning of Mah Jongg? We are gathering players for an easy “meet up” of casual Mahj play with the option of getting some additional coaching from instructor, Abbe Blacker, who will be on hand to help make strategic, winning suggestions to you during the games. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! * Note: Participants should have at least a basic understanding of the mechanics of the game. Although there will be an instructor on hand to help players with assistance as needed, this is not a beginner’s class.

724-K81 1 Session - \$23
Wednesday, Jul 24 10:00 am - 12:30 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Mah Jongg Next Steps: Play Night

How about a fun night of Mah Jongg? We are gathering players for an easy “meet up” of casual Mahj play with the option of getting some additional coaching from instructor, Abbe Blacker, who will be on hand to help make strategic, winning suggestions to you during the games. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! * Note: Participants should have at least a basic understanding of the mechanics of the game. Although there will be an instructor on hand to help players with assistance as needed, this is not a beginner’s class.

717-K76 1 Session - \$23
Wednesday, Jul 17 6:30 - 9:00 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Mah Jongg Next Steps: Play Night

How about a fun night of Mah Jongg? We are gathering players for an easy “meet up” of casual Mahj play with the option of getting some additional coaching from instructor, Abbe Blacker, who will be on hand to help make strategic, winning suggestions to you during the games. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! * Note: Participants should have at least a basic understanding of the mechanics of the game. Although there will be an instructor on hand to help players with assistance as needed, this is not a beginner’s class.

814-K89 1 Session - \$23
Wednesday, Aug 14 6:30 - 9:00 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Midlife Transformation: Unleash Your Power

Embark on a journey of self-discovery and empowerment during this transformative class designed to help you conquer your deepest desires, live life to the fullest, and flourish while being tailored just for you—a midlife woman ready to feel great and live well. Say goodbye to setbacks and hello to success as we uncover the game-changing strategy you’re missing for success, and get ready to strut out of the session with your personalized 90-Day Journal, armed and empowered to turn knowledge into action.

731-K85 1 Session - \$43
Wednesday, Jul 31 6:30 - 8:00 pm
Edina Community Center Door 3, Room 317

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Online: Beginner Spanish: (Live Virtual)

If you are seeking opportunities to practice speaking Spanish, this is the class for you! Instructors will engage participants each week with real-life conversation scenarios to encourage chatting and conversation. Conversation topics include 'un poco de todo' a little of everything and everyday Spanish (home, work, travel, leisure, etc).

604-K07 4 Sessions - \$100
Tuesdays, Jun 4 - Jun 25 6:00 - 7:00 pm
Edina Community Center Door 3, Room 350

Open Woodshop: Morning

Join a lively community of men and women committed to the craft of woodworking, and always available to lend advice and support. Our wood shop is equipped with major power equipment and hand tools as well as a paint room—all the tools you might need to complete your own projects. ****PLEASE NOTE:** We are continually updating woodshop equipment and we are committed to safety. At the beginning of each new session of Open Woodshop and Women's Woodworking, all participants are required to participate in a safety review process and sign the acknowledgment within the Woodshop Handbook** Note - All participants must: have some experience in operating the equipment (including completion of our Woodshop Orientation or Reorientation), be able to work independently, and be willing to volunteer as Woodshop Monitor several times during the session Helpful suggestions: Bring a pencil. Ear and eye protection provided, but you can bring your own. You might find an apron useful. Avoid loose clothing. The Community Woodshop exists for learning and community-building. Commercial production for sale or profit is not consistent with our goals and mission and is not allowed.

603-K01 58 Sessions - \$95
Mon-Fri, Jun 3 - Aug 29 8:00 am - 12:00 pm
Edina Community Center Woodshop
No Class Jun 19 & Jul 01-Jul 05

Preparing to Downsize

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

717-K75 1 Session - \$45
Wednesday, Jul 17 6:30 - 8:00 pm
Edina Community Center Door 3, Welcome Center Conference Room

Quantum Leap - Empowering you to live a BIG life

This personal growth experience takes a deep dive into the success models and tools that you need to take action on your best life. Quantum Leap is your pocket guide to shifting your mindset, relinquishing limiting beliefs and living BIG. Participants can expect to: Choose to live with intention and purpose. Put down on paper, their personal life mission. Visualize a life that excites them. Learn about the 80/20 rule and how to harness it for success. Moving with purposeful action. Design their personalized success strategy. Tools for tracking and accountability. All you need to bring is a notebook, pen and an open mind! Class handouts will be provided.

629-K45 1 Session - \$25

Adult Summer 2024



Class Descriptions



Saturday, Jun 29 9:00 am - 1:00 pm
Edina Community Center Door 3, Room 317

Schedule Smackdown: Create Personalized Plans for Daily Life

In this class you will learn how to make a daily schedule with the broken down for you. You will also learn how to make a daily, weekly and monthly cleaning schedule. We will be making these agendas and schedule in class so please bring your personal agendas and schedules with you.

628-K44 3 Sessions - \$125
Fri Jun 28 & Fri Jul 26 6:00 - 7:30 pm
Edina Community Center Door 3, Room 351
Saturday, Aug 10 1:00 - 2:30 pm
Edina Community Center Door 3, Room 351

Sew Green: Learn to Sew Reusable Bags

Sew two colorful, reusable shopping bags and say goodbye to plastic bags! You'll sew one bag style in two different sizes to take home. Patterns are included to make additional bags on your own. This adult class is geared for beginners, but all skill levels are welcome. Enjoy a fun night of sewing! Beginning July 1, most businesses will charge you 5 cents per carryout bag. The Climate Action Plan has a goal to reduce waste collection in Edina. Part of that goal includes promoting more environmentally friendly ways to shop. If you bring your own bag when you shop, you help both your wallet by not being charged the carryout bag fee and the planet by not using as many bags! What businesses will charge for bags? The ordinance applies to merchants and retailers that sell or provide merchandise, goods or materials in Edina. This includes, but is not limited to: grocery stores clothing and home goods stores convenience stores street vendors sports/entertainment facilities

618-K34 1 Session - \$50
Tuesday, Jun 18 6:00 - 9:00 pm
Edina Community Center Door 3, Makers Space

Sew Green: Learn to Sew Reusable Bags

Sew two colorful, reusable shopping bags and say goodbye to plastic bags! You'll sew one bag style in two different sizes to take home. Patterns are included to make additional bags on your own. This adult class is geared for beginners, but all skill levels are welcome. Enjoy a fun night of sewing! Beginning July 1, most businesses will charge you 5 cents per carryout bag. The Climate Action Plan has a goal to reduce waste collection in Edina. Part of that goal includes promoting more environmentally friendly ways to shop. If you bring your own bag when you shop, you help both your wallet by not being charged the carryout bag fee and the planet by not using as many bags! What businesses will charge for bags? The ordinance applies to merchants and retailers that sell or provide merchandise, goods or materials in Edina. This includes, but is not limited to: grocery stores clothing and home goods stores convenience stores street vendors sports/entertainment facilities

625-K40 1 Session - \$50
Tuesday, Jun 25 6:00 - 9:00 pm
Edina Community Center Door 3, Makers Space

Sit, Stay, Play: Virtual Dog Training

Most issues start at your house, so it's best to deal with them in their own environment! Participants can practice in the environment where their pets' behaviors are taking place and trainers are able to identify exact triggers in the students' actual homes. During your virtual training sessions, trainer John Rossakis will



Adult Summer 2024

Class Descriptions



observe your dog's behavior, and walk you through step-by-step instruction handle it. What to Expect This course is for BASIC obedience. If your dog has had previous obedience training, you may find some or all of the course content redundant. - Skills we will cover include: Sit, Down, Wait, Place, Recall, Leash Walking Skills, and Off (preventing jumping). - The first class is for humans only! - This class is not designed to address significant behavioral issues. Examples of significant behavioral needs include: not being able to calm/settle easily; significant reactivity/aggression; and/or significant fear/anxiety/shyness Class Schedule (ALL CLASSES ARE VIRUTAL) -1st Class: Participants Only -Remaining Classes: Participants + Pet in training

620-K35 6 Sessions - \$50
Thursdays, Jun 20 - Aug 1 6:30 - 7:30 pm
Your Home Online
No Class Jul 04

The Art of Fine Dining: Etiquette & Elegance

In this course you will learn proper informal and formal eating and dining etiquette, proper dining order, restaurant dining etiquette, tea etiquette, coffee knowledge. You will do exercises to practice your new learned knowledge in class.

614-K28 6 Sessions - \$85
Fridays, Jun 14 - Aug 9 6:00 - 7:30 pm
Edina Community Center Door 3, Room 351
No Class Jun 28, Jul 05 & Jul 26

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

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

617-K33 1 Session - \$0
Monday, Jun 17 7:00 - 9:00 pm
Edina Community Center Door 3, Room 350

Unlocking the Secrets of Newborn Sleep

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

615-K29 1 Session - \$72
Saturday, Jun 15 10:00 - 11:30 am
Edina Community Center Door 3, Room 116

Whisk It, Don't Risk It: Mastering the Kitchen Basics

In this course you will learn different cooking styles, kitchen must haves, cooking conversions, cooking temperatures and times, seasoning blends, basic baking knowledge, cookware knowledge

Adult Summer 2024



Class Descriptions



621-K36 3 Sessions - \$85
Sat Jun 22 & Sat Jul 13 1:00 - 2:30 pm
Edina Community Center Door 3, Room 351
Saturday, Aug 3 4:00 - 5:30 pm
Edina Community Center Door 3, Room 351

Zestfully Declutter

In the class you will learn from a professional home organizer how to get unstuck and let go, where to take your stuff, how to sell your possessions and most importantly how you can live zestfully with less. You will discover the amazing benefits of decluttering on your emotional health, pocketbook and lifestyle!

718-K77 1 Session - \$45
Thursday, Jul 18 7:00 - 8:30 pm
Edina Community Center Door 3, Welcome Center Conference Room