

COMMUNITY EDUCATION



Opportunities for all ages! Register today:



Scan QR code



isd623.ce.eleyo.com

Equity, Innovation & Excellence in All We Do

CONTENTS

Contents & Upcoming Events.....	2
Registration Information.....	3
Contact Info & Locations.....	4
Adult Enrichment	
Cooking & Food.....	5-6
Home & Family.....	7
Performing Arts.....	8
Art.....	9-12
Mind & Body.....	13-14
Career & Finance.....	15
Languages & Travel.....	16-17
Technology.....	18
Personal Interest.....	19
Defensive Driving.....	20
Fitness.....	21-23
Aquatics.....	24
Senior Program.....	25
Adult Learning Center.....	26
Career Pathways.....	27
Community Bridge.....	27
Friendship Connection.....	28
Early Childhood.....	29
Youth Enrichment.....	30
Driver's Education.....	31

..... SENIOR
HOUSING FAIR



OCTOBER 26
10AM - 1PM

ANPÉTU TÉČA
 EDUCATION CENTER

Family Fall Fest

November 16, 2024

Save the Date!



ROSEVILLE GIFT & CRAFT SHOPPE

Gift & Craft Sale

Oct. 24, 8:30am - 4:00pm
Oct. 25, 8:30am - 4:00pm
Oct. 26, 8:30am - 2:00pm



Anpétu Téča Education Center

***Cash or check only**

Family
LEGO Night

December 9, 2024

Save the Date!



JOIN THE ROSEVILLE COMMUNITY EDUCATION ADVISORY COUNCIL!

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

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



Questions? Contact Jenni Kostecki at jennifer.kostecki@isd623.org



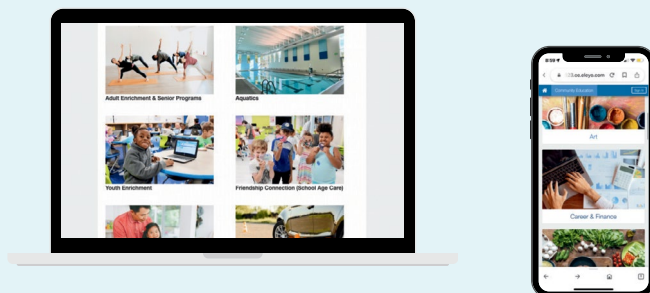
REGISTER TODAY!

Scan here to see all class options and register!



You can also register at
isd623.ce.eleyo.com
or call **651.604.3770**

We're excited for
you to join us!



Community Education Office

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

Register Early!

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

Class Confirmation

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

Cancellation Policy

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

How to Join Online Classes

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

UCare MN

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

No Pitch Guarantee

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

LEARN MORE...

Community Education Main Office

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

Website

www.isd623.org/CommunityEd

Main Phone

651-604-3500

Email

communityed@isd623.org

Social Media



Instagram

@Roseville_CommunityEd



Facebook

@CommunityEd



NextDoor

Roseville Area Schools Community Education



FIND US AT...

Anpétu Téca Education Center (ATEC)

1910 County Road B West
Roseville, MN 55113

Brimhall Elementary (BH)

1744 County Road B West
Roseville, MN 55113

Central Park Elementary (CP)

535 County Road B2 West
Roseville, MN 55113

District Center (DC)

1251 County Road B2 West
Roseville, MN 55113

Edgerton Elementary (EDG)

1929 Edgerton St
Maplewood, MN 55117

Emmet D. Williams Elementary (EDW)

955 County Road D West
Shoreview, MN 55126

Falcon Heights Elementary (FH)

1393 Garden Ave West
Falcon Heights, MN 55113

Harambee Elementary (HAR)

30 County Road B East
Maplewood, MN 55117

Little Canada Elementary (LC)

400 Eli Road
Little Canada, MN 55117

Parkview Center School (PCS)

701 County Road B West
Roseville, MN 55113

Roseville Area Middle School (RAMS)

15 County Road B2 East
Little Canada, MN 55117

Roseville Area High School (RAHS)

1240 County Road B2 West
Roseville, MN 55113

Stone Arch Glass Studio

316 Buchanan St NE
Minneapolis, MN 55413

Our Programs & Departments

Adult Enrichment

651.604.3770

Aquatics

651.604.3770

Early Childhood Family Education (ECFE)

651.487.4378

Early Childhood Screening

651.487.4378

Facility Use

651.604.3510

Pre-K

651.604.3578

Roseville Adult Learning Center (RALC)

651.604.3553

School Age Care

651.604.3505

Senior Program

651.604.3520

Targeted Services

651.604.3508

Youth Enrichment

651.604.3770



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

Register Today!

- 1) Call 651-604-3770
- 2) Visit isd623.ce.eleyo.com
- 3) Or scan this QR code!



TRY THIS!

French Dinner

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

Thursday • Sep 26 • 6-9pm • \$59 • RAHS
[Class ID # 2003](#) • Instructor: Laurel Severson

Growing Microgreens

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

Saturday • Nov 9 • 10-11:30am • \$19
Instructor: Ramsey County Master Gardeners
▶ [Online Class ID # 2001](#)



East African Goat Stew

Join us to make authentic African dishes! We'll make Goat Stew (beef option available too), Pilau Rice, Matooke (mashed plantains with a peanut sauce) and Chapati Bread. This will be a hands-on cooking class so you can explore the step-by-step process. There will be plenty of food to sample! Every step is educational, informative and a dream-like trip into the food culture of these historic countries.

Wednesday • Dec 4 • 6:30-8:30pm • \$39 • RAHS
[Class ID # 2025](#) • Instructor: Mimi Selam Asfaha

Beef Risotto with Gremolata

Learn how to prepare a classic Italian dish, Beef Risotto with Gremolata Sauce, and understand the techniques involved in cooking risotto and making a flavorful sauce with Chef Mimi.

Wednesday • Nov 13 • 6:30-8:30pm • \$39 • RAHS
[Class ID # 2024](#) • Instructor: Mimi Selam Asfaha

Mile High Apple Pie

Get ready for the crisp breeze of fall and the arrival of apple season! Join Nancy as she guides you through making a crust and preparing the filling for your pie using the freshest apples from Brand Farms in Farmington. You will be surprised how easy it is! Each student will leave class with a piping hot apple pie to share with family and friends. Boxes will be provided. Bring along your rolling pin and potato peeler if able.

Thursday • Oct 24 • 6-9pm • \$29 • RAHS
[Class ID # 2019](#) • Instructor: Nancy Burgeson

Marvelous Macarons

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

Thursday • Sep 12 • 6-9pm • \$39 • RAHS
[Class ID # 2010-1](#) • Instructor: Nancy Burgeson

Tuesday • Oct 15 • 6-9pm • \$39 • RAHS
[Class ID # 2010-2](#) • Instructor: Nancy Burgeson



Tantalizing Thai Cuisine

You'll begin by preparing fresh Vietnamese summer rolls paired with a variety of dipping sauces. You'll then prepare Pad Thai blending the vibrant flavors of Thailand with rice noodles, chicken, eggs, chilies, garlic, basil, and more! Vietnamese spring rolls follow, stuffed with pork, turkey, and glass noodles, fried, with nuoc cham for dipping. We'll finish with a creamy lime custard topped with a dollop of fresh whipped cream.

Tuesday • Nov 19 • 6-9pm • \$59 • RAHS
[Class ID # 2012](#) • Instructor: Jeff Sandino

Lefse

If you are Norwegian and missed recording Grandma's lefse recipe, tips, and techniques, this is the class for you! Even if you aren't Norwegian, you'll love this delicious treat. Learn how to make the dough and bake, store, and serve lefse - with a bonus bit of history and humor, too. We will make an authentic recipe with real potatoes and a modern version with instant potatoes. Sample your fresh creations with traditional fillings. Bring a container so you can take home finished lefse and dough to bake and share!

Friday • Nov 8 • 6-9pm • \$55 • RAHS
[Class ID # 2022](#) • Instructor: Laurel Severson

Register Today!

- 1) Call 651-604-3770
- 2) Visit isd623.ce.eleyo.com
- 3) Or scan this QR code!

**Asian Favorites**

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

Tuesday • Sep 24 • 6-9pm • \$59 • RAHS
[Class ID # 2011](#) • Instructor: Jeff Sandino

**Finger Lickin' Louisiana Style Shrimp & Grits**

Join us for a culinary journey to the heart of Louisiana, where the flavors are bold and tasty. In this cooking class, we'll explore classic dishes featuring creamy grits, succulent shrimp, and crumbly cornbread. Chef Mimi will guide you the step by step techniques in one class. Bring your to-go containers as you will have some leftovers to share with your family!

Wednesday • Oct 30 • 6:30-8:30pm • \$39 • RAHS
[Class ID # 2023](#) • Instructor: Mimi Selam Asfaha

Festive Appetizers and Boards

Use your kitchen gadgets* to create yummy appetizers for gatherings! Join Kirsten live online as she demonstrates Instant Pot Hot Crab & Shrimp Dip, Air Fryer Buffalo Cauliflower, Goat Cheese & Garlic Crostini, Jalapeño Rarebit Poppers, Mediterranean Mezze Boards, and more! Registration includes extensive recipe handout and link to class recording. *Recipes will include oven/stovetop directions too.

Tuesday • Nov 12 • 6:30-8pm • \$25

 [Online Class ID # 2018](#)

Instructor: Kirsten Madaus

**Monthly Meal Planning**

Are you tired of staring blankly into your fridge, wondering what to make for dinner? Do you find yourself constantly ordering takeout or making the same boring meals on repeat? Fear not, hungry friend, because Megan and Kirsten are here to spice up your kitchen game in one fun-filled weekend! Whether you're a beginner or a seasoned home cook, this live online class is perfect for anyone who wants to take their meal planning to the next level.

Saturday • Dec 7 • 3-5pm • \$39

 [Online Class ID # 2089](#)

Instructor: Kirsten Madaus

Handmade Pasta with Alfredo and Marinara

In this hands-on cooking class, you'll learn the time-honored art of creating pasta from scratch. Chef Mimi will teach you how to throw together the perfect pasta dough as well as how to roll and slice it into noodles. You'll also learn to make a creamy Alfredo sauce to smother your freshly made noodles — a rich and satisfying homemade dish. Pair it with a fresh seasonal garden salad to balance out the meal.

Wednesday • Oct 16 • 6:30-8:30pm • \$39 • RAHS
[Class ID # 2021](#) • Instructor: Mimi Selam Asfaha

Egg Rolls and Samosa by Mimi

Restaurant-quality egg rolls and samosas can be made right in your own kitchen! These appetizers are jammed with flavors from around the world and can be a quick way to incorporate leftovers into something new and fun to eat. Make a variety of egg rolls, samosas and dipping sauces in class. Demonstration, hands-on and tasting. Bring your to-go containers as you will have some leftovers to share with your family.

Wednesday • Dec 18 • 6:30-8:30pm • \$39 • RAHS
[Class ID # 2087](#) • Instructor: Mimi Selam Asfaha

Four Famous Ethnic Cookies

Learn to create the rolled Norwegian cookie, Krumkakes, made with cream, butter and cinnamon or sometimes flavored with vanilla. Italian Pizzelles are a flat, anise-flavored cookie that may also be flavored with vanilla. Swedish Sandbakkelse are chewy and almond flavored and baked in tiny tins to resemble tarts. Finally, we will master deep fried Rosettes - fragile, paper thin Scandinavian delicacies dusted with confectioners sugar. Receive great recipes along with many tips and techniques that will make your baking a success! Bring containers to bring cookies home.

Friday • Dec 13 • 6-9pm • \$55 • RAHS

[Class ID # 2020](#) • Instructor: Laurel Severson

Learn Online with Kristen Madaus!**One Pan, Skillet, or Instant Pot Meals**

Tuesday • Sep 24 • 6:30-8pm

 [Online Class ID # 2006](#) • \$25

Air Fryer Advanced

Tuesdays • Oct 1 & 8 • 6:30-8pm

 [Online Class ID # 2092](#) • \$49



Basic Home Repair - Plumbing

Gain confidence by learning to repair minor plumbing problems or replace fixtures yourself. We will review metal & plastic pipe, valves and fittings. Take apart different types of faucets, replace pop-up drain assembly, and discuss internal workings of the toilet. Handouts provided with the class.

Saturday • Dec 7 • 12:30-3pm • \$59 • ATEC
[Class ID # 3502](#) • Instructor: Tod Novinska



Basic Home Repair - Electrical

Learn about the basic home electrical system with this hands-on class. We will review different gauges of wire, application and discuss proper techniques for stripping wire, attaching to outlets, switches and light fixtures. Wire up a circuit with single pole & 3-way switches, outlet and light fixture. Then we will test the circuit with proper testing equipment. Bring straight & Phillips screwdrivers, long nose pliers and wire stripping pliers to class if you have them. Handouts provided with the class.

Saturday • Dec 7 • 9-11:30am • \$59 • ATEC
[Class ID # 3503](#) • Instructor: Tod Novinska

Winter Sowing

Learn how to get a jump on the growing season and start cold-tolerant seeds during this cold season by using these Winter Sowing techniques!

Monday • Dec 16 • 6:30-8pm
 Instructor: Ramsey County Master Gardeners
 🎥 [Online Class ID # 3504](#) • \$19

Houseplant Success

Caring for indoor plants is a little different than caring for outdoor plants. With a little special care and consideration, you can keep your indoor plants healthy and avoid common problems.

Monday • Oct 21 • 6:30-8pm
 Instructor: Ramsey County Master Gardeners
 🎥 [Online Class ID # 3501](#) • \$19



Fall into Winter

Learn about how to put your garden to bed. You will be provided information about what to do for your garden and landscape between September and February!

Saturday • Sep 14 • 10:00-11:30am
 Instructor: Ramsey County Master Gardeners
 🎥 [Online Class ID # 3500](#) • \$19

Get Organized!

Photo Organization - Print and Digital

Imagine! All your photos organized and a system in place that allows you to access any photo in literally seconds! This class will address the unique needs of Millennials, GenX and Baby Boomers as every generation's photo situation is different. This includes, slides, negatives, VHS, film movies, prints, & old memorabilia. We will talk about AI (Artificial Intelligence), scanners, cloud storage, digitizing & restoration of older photos.

Tuesday • Oct 29 • 6:30-8:30pm • \$25 • ATEC
[Class ID # 3505-1](#) • Instructor: Kathy Povolny

Should I Stay or Should I Go?

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

Thursday • Oct 17 • 10-11:30am • \$15/couple • ATEC
[Class ID # S3521](#) • Instructor: Vaughn Kavlie



Real Estate Fraud and Scams

Learn from real estate expert Lisa Dunn and Lakeville Police Commander Jim Puncochar how to identify tricks and scams criminals use to get your money. Prevent criminals from taking advantage of a stressful situation. While this class is designed with older adults in mind, individuals of all ages are encouraged to attend!

Wednesday • Oct 16 • 6:30-8:30pm • \$25 • ATEC
[Class ID # 3509](#) • Instructor: Lisa Dunn



WHAT'S NEW IN COMMUNITY ED?

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



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



Instagram: [@Roseville_CommunityEd](https://www.instagram.com/Roseville_CommunityEd)



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



Register Today!

- 1) Call 651-604-3770
- 2) Visit isd623.ce.eleyo.com
- 3) Or scan this QR code!



Romantic Dance

Add a little romance to your mid-week. Take your old "swing and sway" and really spice it up with simple, yet easy romantic moves. You'll spin, turn and twirl together before you know it and you'll feel comfortable in any setting. By the end of the session you won't want to let go. Couples only please.

Wednesday • Jan 15 • 7-9pm • \$35/couple • RAMS
[Class ID # 2504](#) • Instructor: Monica Mohn

Line Dance Beyonce's "Texas Hold 'Em"


Enjoy toe tapping, hip shaking, classic country moves to Beyonce's new & fabulous country song. No partner needed for this night of fun!

Wednesday • Jan 15 • 6-7pm • \$19 • RAMS
[Class ID # 2509](#) • Instructor: Monica Mohn



Instant Guitar for Hopelessly Busy People

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

Wednesday • Oct 16 • 6:30-9:30pm • \$69
 [Online Class ID # 2516](#) • Instructor: Craig Coffman

Salsa Dance Workshop

Add spice to an ordinary week with the salsa. Sassy spins, flirty moves and a close hold creates a fun night. So much fun you may not want to let go by the end of class! Couples only please,

Wednesday • Nov 6 • 7-9pm • \$39/couple • RAMS
[Class ID # 2150](#) • Instructor: Monica Mohn



Elvis "Jailhouse Rock" Line Dance

Capture the moves of this iconic Elvis song. A night to remember and a tribute to the King of Rock & Roll. No partner needed for this night of fun!

Wednesday • Dec 11 • 6-7pm • \$19 • RAMS
[Class ID # 2510](#) • Instructor: Monica Mohn

2 Left Feet Social Dance Workshop

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

Wednesday • Dec 11 • 7-9pm • \$49/couple • RAMS
[Class ID # 2502](#) • Instructor: Monica Mohn



Swing Dance Workshop

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

Wednesday • Nov 13 • 7-9pm • \$39/couple • RAMS
[Class ID # 2505](#) • Instructor: Monica Mohn




Ballroom Dance - 4 Session Series!

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

Wed • Nov 6 - 27 • 6-7pm • \$69/couple • RAMS
[Class ID # 2551](#) • Instructor: Monica Mohn

Instant Piano for Hopelessly Busy People

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

Monday • Oct 14 • 6:30-9:00pm • \$69
 [Online Class ID # 2515](#) • Instructor: Craig Coffman



WATERCOLOR PAINTING!

Beginner I

Instructor: Kevin Kroeber

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

Tuesdays • Sep 24 - Oct 29 • 6-8pm

[Class ID # 1009-1](#) • \$99 • ATEC

No class 10/1

Thursdays • Sep 26 - Oct 31 • 6-8pm

[Class ID # 1009-2](#) • \$99 • ATEC

No class 10/3



Beginner II

Instructor: Kevin Kroeber

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

Thursdays • Sep 26 - Oct 31 • 3-5pm

[Class ID # 1010](#) • \$99 • ATEC

No class 10/3



Intermediate

Instructor: Mary Degen-Hefelfinger

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

Mondays • Oct 7 - Nov 11 • 3-5pm

[Class ID # 1018-1](#) • \$139 • ATEC

Mondays • Oct 7 - Nov 11 • 6-8pm

[Class ID # 1018-2](#) • \$139 • ATEC



Drawing Fundamentals

The foundation for a successful artwork is a good drawing! In this class, we will explore the principals of transforming three dimensional objects into two dimensional shapes. We will also explore the art of shading, perspective and other drawing systems.

Mondays • Sep 23 - Nov 4 • 7-8:30pm • \$59 • ATEC

[Class ID # 1004-1](#) • Instructor: Almira Downs

Mondays • Nov 11 - Dec 23 • 7-8:30pm • \$59 • ATEC

[Class ID # 1004-2](#) • Instructor: Almira Downs

Paper Tea Rose Workshop

Delve into the intricate world of paper rose making! Perfect for beginners and enthusiasts alike, this hands-on session will guide you through the steps to create stunning paper roses that capture the beauty and elegance of the real blooms. \$10 supply fee payable to instructor the night of class.

Wednesday • Oct 16 • 6:30-8:30pm • \$39 • ATEC

[Class ID # 1029](#) • Instructor: Anna Gaseitsiwe

Introduction to Glassblowing

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

Class is taught at Stone Arch Glass Studio!

Tuesday • Sep 24 • 5-7pm

[Class ID # 1014-1](#) • \$49

Wednesday • Oct 16 • 5-7pm

[Class ID # 1014-2](#) • \$49

Friday • Nov 15 • 5-7pm

[Class ID # 1014-3](#) • \$49

Monday • Dec 16 • 5-7pm

[Class ID # 1014-4](#) • \$49

Monday • Jan 6 • 5-7pm

[Class ID # 1014-5](#) • \$49

Sneak Peak!



All Occasion Card Class

We will make all occasion cards, featuring five unique designs with five cards each! You'll create 25 beautiful cards suitable for various occasions such as sympathy, gratitude, birthdays, expressions of care, or customizable blank cards for your personal sentiments. Please bring adhesive or purchase some in class.

Tuesday • Oct 22 • 6-9pm • \$35 • ATEC

[Class ID # 1034](#) • Instructor: Elizabeth Cusey

Alcohol Ink Painting!

Alcohol Ink - Whimsical Fish

Alcohol Ink is a painting technique that screams ABSTRACT. After creating the outline of the fish, choose your AI colors to fill in the body, tail and of course, the lips. Spreading the alcohol ink is so fun. After the basic fish is completed, you will use markers to doodle and really make your fish come alive! You will have the choice of making a 2nd fish or use your new skills to make doodle flowers. \$15 supply fee due to instructor at class.

Wednesday • Oct 9 • 6-8pm • \$39 • ATEC
[Class ID #1030](#) • Instructor: Sharon Kay Anderson

Alcohol Ink - Sugar Plum Tree

To make your Sugar Plum Tree, you will first create the background by blowing the Alcohol ink with a hand blower and Isopropyl Alcohol. Then you will create the vase with dripping the AI and spreading with dental tools. Next, you can drop various inks in any color to create your flowers. The last step is to highlight your flowers with doodles. You will make one 8" x 10" painting in your chosen colors. Given time, you can create a 2nd painting. \$15 supply fee due to instructor at class.

Wednesday • Oct 30 • 6-8pm • \$39 • ATEC
[Class ID #1024](#) • Instructor: Sharon Kay Anderson

Alcohol Ink - Glitter Ornaments

Make four beautiful, one-of-a-kind ornaments for your tree or as an incredible gift! Instructor will discuss and demo various processes of working with AI. Then you will pick colors of your choice. The ornaments are painted on the inside so the colors will last forever. \$20 supply fee payable to instructor the night of class. Additional ornaments can be made for a fee of \$4 each.

Wednesday • Dec 4 • 6-7:30pm • \$35 • ATEC
[Class ID #1094](#) • Instructor: Sharon Kay Anderson

Alcohol Ink - Abstract Flower in Vase

Create an outline of a vase in any shape you want, and use AI ink with your choice of colors to fill in the vase. Next, create the funky flowers by putting down a drop of ink and blowing it out with an airbrush. Once your flower picture is complete, you can make a second picture or play on your own. \$15 supply fee due to instructor at class.

Wednesday • Jan 8 • 6-7:30pm • \$35 • ATEC
[Class ID #1031](#) • Instructor: Sharon Kay Anderson

Block Printed Cards: Minnesota Birds

Choose from a loon or a cardinal and learn how to carve, ink, and print with your very own block! Turn your print into a card or hang it in your favorite room.

Tuesday • Nov 19 • 6-8pm • \$49 • ATEC
[Class ID #1033](#) • Instructor: Parcel Arts



Ceramics Wheel Throwing

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

Tuesdays • Sep 10 - Oct 29 • 6:30-9pm • \$200 • RAHS
[Class ID #1000-Wheel](#) • Instructor: Peter Paul
 Pottery pick-up Nov 19 from 6-7pm



Ceramics Hand Building

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

Tuesdays • Sep 10 - Oct 29 • 6:30-9pm • \$200 • RAHS
[Class ID #1000-Hand](#) • Instructor: Peter Paul
 Pottery pick-up Nov 19 from 6-7pm
 No Class 11/5 & 11/12

Holiday Gift "Cold Process" Soap Making

Make your own holiday soaps and surprise your friends and family with these special gifts! You will learn the cold making process. At the end of class, you will have a handmade batch of 6-8 bars of soap to use as gifts or for yourself! The soaps will take 4-6 weeks to "cure." \$15.00 supply fee due to instructor for supplies.

Saturday • Nov 2 • 9-11am • \$35 • RAMS
[Class ID #1019-1](#) • Instructor: Ann Marie Zeimetz-Schultz

Saturday • Nov 2 • 12-2pm • \$35 • RAMS
[Class ID #1019-2](#) • Instructor: Ann Marie Zeimetz-Schultz

Macramé Wall Hanging

Enjoy a blast from the past with the once-again- popular art form, macrame. A fixture of every 1970s home, macrame is making a comeback on the contemporary art scene. In this project, you will learn a variety of knot-tying techniques to create a unique macrame project perfect for any home.

Wednesday • Nov 20 • 6-8:30pm • \$55 • ATEC
[Class ID #1036](#) • Instructor: Erin Stahl



Register Today!

- 1) Call 651-604-3770
- 2) Visit isd623.ce.eleyo.com
- 3) Or scan this QR code!



SEW WITH MARY PASS!

Introduction to Sewing

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

Wednesdays • Sep 4 & 11 • 6-9pm
[Class ID #1015](#) • \$55 • ATEC



Beginning Apparel Sewing

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

Wednesdays • Sep 18 & 25 • 6:30-8pm
Oct 9 - 30 • 6:30-8:45pm • \$79 • ATEC
[Class ID #1016](#) • No class 10/2

Intermediate Apparel Sewing: Knits

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

Wednesdays • Nov 6 - Dec 11 • 6:30-9pm
[Class ID #1017](#) • \$79 • ATEC

Continuing Sewing

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

Tue • Sep 17, Oct 15, Nov 12, Dec 10 • 6:30-8:30pm
[Class ID #1018-1](#) • \$69 • ATEC

Thu • Sep 19, Oct 17, Nov 21, Dec 19 • 6:30-8:30pm
[Class ID #1018-2](#) • \$69 • ATEC

Seed Mosaics: A Great Minnesotan Tradition

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

Monday • Sep 16 • 6-7:30pm • \$45 • ATEC
[Class ID #1006](#) • Instructor: Erin Stahl



Have an idea? Want to teach a class?

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

For more information, visit us at isd623.org/CommunityEd or email Jennifer.Kostecki@isd623.org

Birch Tree Resist Paintings

Learn how to paint the perfect woodland scene, featuring birch trees and accompanying leaves, using a few simple techniques and materials. You will be guided, step-by-step, through the painting process and be introduced to the art terms and techniques related to this project. Friends and family will be impressed by everything you learn, and create in this one-time nature-themed workshop!

Wednesday • Oct 23 • 6-7:30pm • \$39 • ATEC
[Class ID #1082](#) • Instructor: Erin Stahl



Organic Wire Sculptures

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

Wednesday • Nov 13 • 6:30-8pm • \$35 • ATEC
[Class ID #1011](#) • Instructor: Erin Stahl

Register Today!

- 1) Call 651-604-3770
- 2) Visit isd623.ce.eleyo.com
- 3) Or scan this QR code!

**Bob Ross Style Painting!**

Instructor Jay Rupp prefers to paint with people who have no experience painting, and who can't draw a stick figure. If you are one of the "anti-artist" types, you will have fun and be the most amazed! If you are an experienced artist, welcome. There is always much to learn! The painting will be in oil, which is quite easy to work with. Painting supplies and 16x20" canvas provided. Your painting will be ready for you to frame and put on your wall at home! Frames available at the class. Ages 16+.

Cascades

Wednesday • Sep 11 • 5:30-9pm
[Class ID #1026](#) • \$65 • St. Anthony Community Center

Lake Superior

Wednesday • Oct 2 • 5:30-9pm
[Class ID #1020](#) • \$65 • Chippewa Middle School

Winter Cabin

Wednesday • Nov 6 • 5:30-9pm
[Class ID #1027](#) • \$65 • ATEC

**Glass Mosaic Table Lamp or Window**

Create a colorful table lamp or window in 2 fun evenings! Using precut glass and some creativity, you will cover a 4"x9" or 8"x8" lamp or 20"x25" four pane window. Stencils will be available. The second night is for grout, so bring some old towels. Learn about glass cutting, mosaic resources, other types of mosaics, too! Supply fee due to instructor first night of class (\$30-45 for lamp, \$80 for window).

Mondays • Sep 23 & 30 • 6-9pm • \$49 • ATEC
[Class ID #1063](#) • Instructor: Lindsey Guetter

Glass Mosaic Table or Sign

Look through the idea book, browse the patterns and stencils, and choose from dozens of colors of precut glass. The first evening will involve homework and we will grout the second evening. Sign ideas include welcome sign, house number, last name, state of MN. Supply fee due to instructor first night of class (\$75 for table, \$16-40 for sign).

Thursdays • Dec 5 & 12 • 6-9pm • \$49 • ATEC
[Class ID #1013](#) • Instructor: Lindsey Guetter

Felted Tulip Bowls - NEW!

Felt a simple tulip-shaped vessel without using a resist! The secret to the shape is the direction you lay your wool and the number of layers. Fascinating! Learn the basics of differential shrinkage in this fun new class. Some physical stamina is needed for felting classes. \$20 supply fee payable to instructor the day of class. Please bring: 2-3 hand towels, 1 old bath towel, sharp scissors, plastic bag.

Saturday • Sep 21 • 10am-3pm • \$39 • ATEC
[Class ID #1032](#) • Instructor: Leslie Granbeck

Felted Luminarias

Add a warm glow to the holiday season with pretty, felted luminarias. Learn traditional wet felting techniques using wool and a little soapy water. Add texture and other design elements using a variety of natural materials. Your luminarias are the perfect accent for the mantle or dinner table. \$30 materials fee, payable to instructor. Please bring: 2-3 hand towels, 1 old bath towel, sharp scissors, plastic bag

Saturday • Nov 9 • 10am-3pm • \$39 • ATEC
[Class ID #1095](#) • Instructor: Leslie Granbeck

Mandala Rock Art

Keep calm and relax by learning the art of mandala rocks. In this workshop, you will learn the history and meaning behind mandala art, and apply that knowledge to creating your own mandala rock art.

Monday • Sep 23 • 6-7:30pm • \$35 • ATEC
[Class ID #1003](#) • Instructor: Erin Stahl

Harvest Basket

Discover the art of basket weaving! Crafted with two sizes of natural spokes, the round basket features warm tobacco brown weaving and a striking harvest gold band. Rows of natural twining add intricate detail. Finished dimensions: 9" wide, 6" tall. Material fee of \$28 is payable to the instructor.

Tuesday • Oct 15 • 6-9pm • \$29 • ATEC
[Class ID #1002](#) • Instructor: Ellie Lida

Holiday Basket

Grace your home with this classy basket. Start with an Amish crafted base, weave a spacious oval basket using natural and dyed materials. Accented with swirled paired wicker that resembles candy cane striping. Color choices available. Size: 11"x8"x5.5". \$30 material fee due to instructor night of class.

Tuesday • Nov 19 • 6-9pm • \$29 • ATEC
[Class ID #1001](#) • Instructor: Ellie Lida

Hypnosis - Stop the Obsessions

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

Tuesday • Oct 8 • 5:45-9pm • ATEC
[Class ID # 4501](#) • Instructor: Mary Fischer



Meet Your Energy Body

The human energy field is a complex system that is just as important as the physical body. Our energy systems can be disrupted by stress, trauma, and factors like diet and pollutants. Energy-based therapies promote physical, emotional, and spiritual healing by directly addressing the energy body. Come learn about your energy system and practice a self-care technique for relaxation.

Tuesday • Dec 3 • 6-7pm • \$25 • ATEC
[Class ID # 4532](#) • Instructor: Karen Ballen

Don't Let Osteoporosis Stop You

Often referred to as "the silent disease" osteoporosis and osteopenia affect both women and men as we age. But, if we can work to lessen the degree of bone loss with diet and exercise, we can move more easily and safely through our lives. Take time to learn how to change your bones for the better!

Tuesday • Nov 12 • 1-2:30pm • ATEC • \$25
[Class ID # S4562-2](#) • Instructor: Mia Bremer



Medicare

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

Monday • Nov 4 • 6:30-8pm • \$19 • ATEC
[Class ID # 3522-a](#) • Instructor: Greg DeKeuster

Monday • Nov 25 • 6:30-8pm • \$19 • ATEC
[Class ID # 3522-b](#) • Instructor: Greg DeKeuster

Midlife Renewal: Unlock Strategies to Manage Weight Frustrations For Good

Are you ready to embrace a healthier, more vibrant you? Are you tired of fad diets to lose weight? Join us to tackle your midlife weight management challenges for good. You'll team up with a registered dietitian nutritionist and an exercise physiologist to uncover evidence-based strategies for success and craft a personalized nutrition and movement plan tailored just for you. With practical nutrition, fitness, and mindfulness guidance, this course empowers you to make lasting lifestyle changes.

Tuesday • Oct 29 • 6-8pm • ATEC • \$45
[Class ID # 4574](#) • Instructor: Rebecca Lindberg

FREE Classes with the Alzheimer's Association

Intro to Alzheimer's

This class covers the difference between Alzheimer's and dementia, risk factors and warning signs, resources, and how you can join the fight against the disease.

Tuesday • Oct 15 • 6:30-7:30pm
 🎧 [Online Class ID # S4550](#) • **FREE!**



Empowered Caregiver Series: Building Foundations of Caregiving

This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

Tuesday • Nov 12 • 6:30-8pm
 🎧 [Online Class ID # S4552](#) • **FREE!**

Empowered Caregiver Series: Supporting Independence

This class focuses on helping the person living with dementia take part in daily activities, providing the right amount of support and balancing safety and independence while managing expectations.

Tuesday • Dec 10 • 6:30-8pm
 🎧 [Online Class ID # S4553](#) • **FREE!**

Forest Bathing (Shinrin Yoku)

Experience an ancient wellness practice being rediscovered anew. Join us on an immersive, meditative Japanese forest bathing experience (Shinrin Yoku). Feel how nature's fractals, sounds, and sensations reduce your stress and anxiety, and enhance your focus. Give yourself permission to slow down and connect your senses to the healing beauty of green forested spaces.

Saturday • Oct 5 • 2-4pm • Reservoir Woods • \$45
[Class ID # 4531-a](#) • Instructor: David Michael Motzenbecker

Sunday • Nov 3 • 10am-12pm • Reservoir Woods • \$45
[Class ID # 4531-b](#) • Instructor: David Michael Motzenbecker

Becoming EcoWell: Elevate Wellbeing, Nourish Your Environment

Learn how our individual choices play a vital role in determining the quality of both our health and that of the environment. By serving the needs of one we benefit the other. This session will inspire participants to make simple changes in their daily lives that increase the resiliency of our environment, both internal and external.

Tuesday • Oct 8 • 6:30-8pm • \$35 • ATEC
[Class ID # 4520](#) • Instructor: Kate Hanson, Michelle Porter

Meditation for Relaxation & Personal Healing

Tuesdays • Oct 1 - 29 • 6-8pm • \$149
 🎧 [Online Class ID # 5018](#) • Instructor: Jesse Wicher

Psychic Development & Mediumship

Wednesdays • Oct 2 - 30 • 6-8pm • \$149
 🎧 [Online Class ID # 4511](#) • Instructor: Jesse Wicher

Reiki Level 1 Certification

Saturday • Oct 5 • 9am-4pm • \$175
 🎧 [Online Class ID # 4512](#) • Instructor: Jesse Wicher

Reiki Level 2 Certification

Saturday • Oct 26 • 9am-4pm • \$199
 🎧 [Online Class ID # 4513](#) • Instructor: Jesse Wicher

FallProof! Workshop

Learn why our risk for falling increases as we age, and exercises and strategies we can use to reduce those risks. This is an interactive workshop – you will be practicing skills and taking home useful information that can save you from a trip to the floor. You'll also learn what to do if you end up there!

Tuesday • Dec 10 • 1-2:30pm • ATEC • \$25
[Class ID # S4560](#) • Instructor: Mia Bremer

Learn Online with Janice Novak!

Metabolism Boosters & Busters

Tuesday • Oct 15 • 6-7:30pm
 🎧 [Online Class ID # 4525](#) • \$39

Women, Weight & Hormones

Wednesday • Nov 6 • 6-7:30pm
 🎧 [Online Class ID # 4505](#) • \$29

Overcome Carbohydrate Cravings

Tuesday • Dec 3 • 6-7:30pm
 🎧 [Online Class ID # 4503](#) • \$29



Register Today!

- 1) Call 651-604-3770
- 2) Visit isd623.ce.eleyo.com
- 3) Or scan this QR code!



American Heart Association

CPR/AED Only

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

Saturday • Sep 21 • 9-11:30am • ATEC
[Class ID # 4500-1 - CPR/AED Only](#) • \$95

First Aid Only

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

Saturday • Sep 21 • 11:30am-2:30pm • ATEC
[Class ID # 4500-1 - First Aid Only](#) • \$95

CPR/AED with First Aid

Combine CPR, AED & First Aid into one class!
 Saturday • Sep 21 • 9am-2:30pm • ATEC
[Class ID # 4500-1 - CPR, AED & First Aid](#) • \$119



Feet First - Start at the Bottom to Feel Tip-Top

Feet are the first defense in balance and fall prevention and, sometimes, as the source of pain and frustration. Mia Bremer is a fitness specialist who specializes in older adult fitness. She will talk about, and let you feel and notice, how exercise, myofascial release, foot massage techniques and even the shoes you choose can all alter the way you walk and comfort in which you do it.

Tuesday • Oct 8 • 1-2:30pm • ATEC • \$25
[Class ID # S4562](#) • Instructor: Mia Bremer

Goal Setting with WOOP (Wish, Outcome, Obstacle, and Plan)

Wednesday • Oct 16 • 6-8pm • ATEC • \$29
[Class ID # 4573](#) • Instructor: Kim Rice



Embracing a Growth Mindset: How to Shift from a Fixed Mindset to a Growth Mindset

Wednesdays • Jan 8, 15 & 22 • 6-8pm • ATEC • \$45
[Class ID # 4575](#) • Instructor: Kim Rice

Write Your Own Will

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

Tuesday • Oct 8 • 6-9pm • ATEC • \$75
[Class ID # 1507-1](#) • Instructor: Riley Sullivan

Tuesday • Dec 3 • 6-9pm • ATEC • \$75
[Class ID # 1507-2](#) • Instructor: Riley Sullivan



How Wills and Trusts Can and Cannot Help You

What is estate planning and why is it crucial? This class explores the purposes for estate planning, basic plans for married couples and single individuals, and reviews wills and trusts in detail. We will also review powers of attorney, guardianships, health care directives, and the probate process. A well-planned estate will allow the maker to stay in control even in the event of disability, and will avoid probate and unnecessary fees and delays upon death.

Tuesday • Nov 19 • 6-7:30pm • ATEC • \$25
[Class ID # 1518](#) • Instructor: Amanda Hespen



Retirement Planning Today for Ages 50 to 70

We cover maximizing income sources (social security, annuities, pensions, investment withdrawals), and tax deferred and tax free accounts like Roth IRAs, Roth 401(k)s, Roth conversions and HSAs. We discuss stocks, bonds and mutual funds. We dive into retirement risk management including Medicare, Medicaid, disability insurance, long term care and life insurance. And we close with high level estate planning. One additional guest may attend at no additional cost. Book included!

Mondays • Oct 7 & 14 • 6-8:30pm • ATEC • \$49
[Class ID # 1529-1](#) • Instructor: Mark Josephs

Thursdays • Oct 17 & 24 • 6-8:30pm • ATEC • \$49
[Class ID # 1529-2](#) • Instructor: Mark Josephs

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

Tuesday • Nov 12 • 6:30-8pm • \$29
 ▶ [Online Class ID # 1505](#) • Instructor: Steve Ledin

Five Important People You Need to Know on Your Way to Heaven

Thursday • Oct 3 • 6:30-8pm • \$29
 ▶ [Online Class ID # 1517](#) • Instructor: Steve Ledin

Learn from an Attorney!

Why You Can't Always Trust Your Trust

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

Thursday • Dec 12 • 6:30-8pm • ATEC • \$29
[Class ID # 1500](#) • Instructor: Steve Ledin

How to Pay for the Nursing Home, An Attorney's Perspective

How do I pay for the nursing home and still leave an inheritance for the next generation? How will I meet my nursing home goals? Is Long Term Care Insurance for me? Would I qualify for Medicaid? Does my Trust protect my assets? What if my spouse goes into the nursing home and exhausts our money?

Wednesday • Sep 25 • 6:30-8pm • \$29
 ▶ [Online Class ID # 1515](#) • Instructor: Steve Ledin

Preventing Elder Financial Abuse

Elder financial abuse is the illegal or unauthorized use of an older adult's funds or resources for the benefit of someone other than the older adult. This includes fraud, theft, and act of deception to gain control over a senior's money or property. You will learn about common types of financial abuse, indicators, and signs, how to report and get help. This class is for older adults and their families.

Thursday • Sep 19 • 10-11:30am • ATEC • \$15/couple
[Class ID # S1540](#) • Instructor: Vaughn Kavlie

Save Money with Extreme Couponing!

Wednesday • Oct 9 • 4-5pm • \$25
 ▶ [Online Class ID # 1503](#) • Instructor: LeeAnne Krusemark



College Planning: Need-to-Know Changes

Monday • Sep 30 • 7:30-8:30pm • \$19
 ▶ [Online Class ID # 1516](#) • Instructor: Cozy Wittman

How to be a Smart College Shopper

Thursday • Oct 17 • 6:30-8:30pm • \$19/family
 ▶ [Online Class ID # 1528-1](#) • Instructor: College Advisors Network
 Thursday • Dec 5 • 6:30-8:30pm • \$19/family
 ▶ [Online Class ID # 1528-2](#) • Instructor: College Advisors Network



Conversational Swedish

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

Mondays • Sep 23 - Oct 28 • 7-8pm • ATEC • \$129 • [Class ID # 4006](#) • Instructor: Annika Eriksson



Learn Spanish with Futura Language Professionals!

Beginner Part 1

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

Mondays • Oct 21 - Nov 25 • 6-7pm • \$135

▶ [Online Class ID # 4030-Mondays](#)

Tuesdays • Oct 22 - Nov 26 • 6-7pm • \$135

▶ [Online Class ID # 4030-Tuesdays](#)

Wednesdays • Oct 16 - Nov 20 • 6-7pm • \$135

▶ [Online Class ID # 4030-Wednesdays](#)

Beginner Part 2

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

Tuesdays • Oct 22 - Nov 26 • 6-7pm • \$135

▶ [Online Class ID # 4031-Tuesdays](#)

Adult Spanish for Travel

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

Thursdays • Oct 17 - Nov 21 • 6-7pm • \$135

▶ [Online Class ID # 4015-Thursdays](#)

Intermediate Part 1

Designed for the adult learner who has taken some Spanish in the past but wishes to improve. Grammar and vocabulary concepts will include present tense AR verb conjugation, infinitive verbs, future tense with the verb IR, adverbs of frequency, useful prepositions, and more. Practice conversation skills including learning how to make plans and discussing preferences in Spanish. Culture discussions will cover holiday traditions and celebrations in Spanish speaking countries. A dynamic interactive approach will be used to keep the class fun and exciting!

Wednesdays • Oct 16 - Nov 20 • 6-7pm • \$135

▶ [Online Class ID # 4032-Wednesdays](#)

Advanced Part 1

¿Quieres ampliar tu Español? Advanced Spanish will focus on the past tense (preterite and imperfect tenses) and more complex grammatical aspects of conversation including verb tenses and conjugations. Students will learn to express things they've done in the past in Spanish as well as broaden their conversational skills.

Thursdays • Oct 17 - Nov 21 • 6-7pm • \$135

▶ [Online Class ID # 4033-Thursdays](#)

Register Today!

- 1) Call 651-604-3770
- 2) Visit isd623.ce.eleyo.com
- 3) Or scan this QR code!



Learn American Sign Language (ASL) with AJ Herculeidez!

Beginner American Sign Language 1

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

Wednesdays • Nov 13 - Dec 18 • 5:30-6:30pm • \$99
[Class ID # 4007](#) • ATEC

ASL 1 & 2 Lab: If you don't use it, you lose it!

Connect with other students by participating in vocabulary review, immersive activities, group practice and role-play scenarios designed to reinforce and solidify your learning; enhancing your signing abilities and developing confidence. We'll empower each other through the beautiful and expressive world of American Sign Language.

Wednesdays • Sep 25 - Oct 30 • 6:45-7:45pm • \$95
[Class ID # 4035](#) • ATEC
**No class 10/2*

Beginner American Sign Language 5

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

Wednesdays • Sep 25 - Oct 30 • 5:30-6:30pm • \$99
[Class ID # 4010](#) • ATEC
No class on 10/2

Beginner American Sign Language 3

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

Wednesdays • Nov 13 - Dec 18 • 6:45-7:45pm • \$99
[Class ID # 4036](#) • ATEC

How to Travel Free and Make Money Traveling

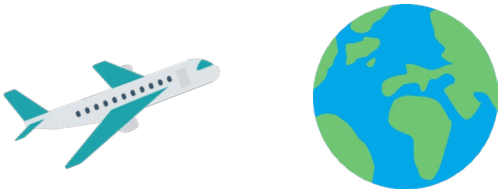
Saturday • Oct 5 • 11am-2pm • \$49

🎧 [Online Class ID # 4000](#) • Instructor: Gina Henry

Get Paid to Teach English

Saturday • Oct 12 • 11am-2pm • \$49

🎧 [Online Class ID # 4002](#) • Instructor: Gina Henry



Work Remotely & Become a Digital Nomad

Saturday • Nov 2 • 11am-2pm • \$49

🎧 [Online Class ID # 4001](#) • Instructor: Gina Henry

Get Paid to be a Tour Guide and Travel Free

Saturday • Nov 9 • 11am-2pm • \$49

🎧 [Online Class ID # 4004](#) • Instructor: Gina Henry

The Secrets of Travel Hacking

You can earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel and then redeem them for high-value trips. Gina will show you her strategies that earn 1 million+ reward points a year. All the major reward programs will be detailed: airlines, hotels, banks, etc. Also learn tips for flying business and first class.

Saturday • Oct 19 • 11am-2pm • \$49

🎧 [Online Class ID # 4003](#) • Instructor: Gina Henry

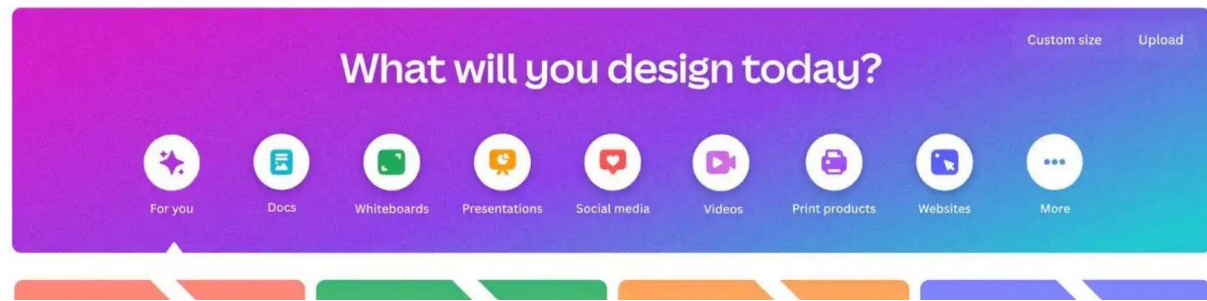
Mystery Shopping - Get Paid to Shop!

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

Saturday • Nov 16 • 11am-2pm • \$49

🎧 [Online Class ID # 4005](#) • Instructor: Gina Henry





How to Create Your Own YouTube Channel

In this fun beginner class, you'll learn the basics to create and begin your very own YouTube channel. Join the world's largest media platform to share your hobbies, advice, instructions, gifts and more with the world and your audience! We'll walk you through a step-by-step process so that you can get started.

Tuesday • Sep 24 • 12-1pm • \$25

🎥 [Online Class ID # 5503](#) • Instructor: Nickie Welsh

Canva for Beginners

Canva is the perfect digital tool for beginners and novices! Open up a world of possibilities by learning how to use the easiest design website available all for free. In this class you will learn how to create designs from scratch or use templates with step-by-step guidance for any digital image you need. From online documents, business cards, email signatures and more, you'll leave this class with a practical guide to use Canva with confidence!

Thursday • Oct 10 • 12-1pm • \$25

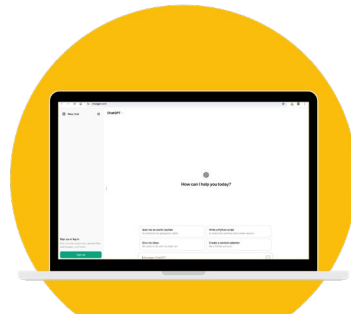
🎥 [Online Class ID # 5511](#) • Instructor: Nickie Welsh

Practical ChatGPT Training for Everyone

Have you been curious about what ChatGPT is exactly and how it may affect you? Learn what you need to know about ChatGPT powered by Artificial Intelligence in this fun and engaging class! You will understand how it works exactly and why it's taking the world by storm. You'll also learn practical everyday uses for ChatGPT in the workforce and at home. Don't get left behind in today's tech savvy world, and attend this upcoming training!

Tuesday • Oct 15 • 12-1pm • \$25

🎥 [Online Class ID # 5512](#) • Instructor: Nickie Welsh



Order Roseville Apparel & Support Community Ed!

Choose from this selection of limited edition shirts! Your purchase will support Roseville Area Schools Community Education programs and services. These shirts are a soft, comfortable tri-blend fabric (50/37/13 poly/cotton/rayon) in a unisex fit. Sizes are available in adult S - 3XL.



To order, scan this QR code or visit isd623.ce.eleyo.com. All orders are due by October 4, 2024. Shirts will arrive near the end of October!



\$15



\$20



\$20

Register Today!

- 1) Call 651-604-3770
 2) Visit isd623.ce.eleyo.com
 3) Or scan this QR code!

**Learn How to Play Mah Jongg**

American Style Mah Jongg is an Ancient Chinese game similar to Gin Rummy except it is played with tiles instead of cards. Instructor Tarri Levine is a Director of Mah Jongg Tournaments, as well as, Mah Jongg enthusiast and Instructor. Rules, strategies and etiquette will be the focus of the class. Learning materials will be provided.

Beginner I: Tue/Thu • Oct 22 & 24 • 9am-12pm • ATEC
[Class ID # 5050](#) • Instructor: Tarri Levine • \$55

Beginner II: Tue/Thu • Oct 29 & 31 • 9am-12pm • ATEC
[Class ID # 5051](#) • Instructor: Tarri Levine • \$55

Paranormal Investigating 101

Learn the basics of ghost hunting and paranormal investigations. You'll see evidence from actual investigations, discover what equipment works best, and learn ethics and proper investigation techniques. You'll even have a chance to get hands-on experience with equipment and techniques during a mini-investigation at the end of class.

Tuesday • Sep 10 • 7-9:30pm • ATEC • \$45
[Class ID # 5021](#) • Instructor: Heidi Steffens

Paranormal Investigating 102

Tuesday • Oct 8 • 7-9:30pm • ATEC • \$55
[Class ID # 5022](#) • Instructor: Heidi Steffens

**Memoir Writing**

Everybody has stories about their lives. By writing them down, you can gain a better understanding of your own life and, in the process, leave something memorable for those you love and for the historical record. No writing experience required—just life experiences!

Mondays • Nov 4 - Dec 9 • 10am-12pm • ATEC • \$19
[Class ID # 5049](#) • Instructor: Louise Mengelkoch

Infusing Fun: Bring Playfulness Back

Explore which areas of your life are craving playfulness. Rediscover the art of joy, one playful step at a time. Experience enhanced well-being and relationships, increased positivity, and a revived sense of fulfillment.

Tuesday • Nov 19 • 6-7pm • ATEC • \$29
[Class ID # 5054](#) • Instructor: Valerie Petit

Declutter Your Mind

Tuesday • Oct 15 • 6-7pm • ATEC • \$29
[Class ID # 5052](#) • Instructor: Valerie Petit

**Breaking Through: What's Holding You Back?**

Thursday • Dec 5 • 6-7pm • ATEC • \$29
[Class ID # 5055](#) • Instructor: Valerie Petit

Sound Healing

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

Tuesdays • Sep 17 - Oct 8 • 6:30-7:15pm • ATEC • \$55
[Class ID # 5000](#) • Instructor: Jill Winegar

How to Start Any Home Business + 250 Ideas!

📺 [Online](#) Thu • Oct 17 • 6-8pm • \$35
[Class ID # 5001](#) • Instructor: LeeAnne Krusemark

Guide to Using FREE Chat GPT (AI) for Writers

📺 [Online](#) Sat • Oct 19 • 12-2pm • \$35
[Class ID # 5003](#) • Instructor: LeeAnne Krusemark

Decision Fatigue: Less Overwhelm, Better Results

Does decision-making leave you stressed and tired? Learn how beating decision fatigue can help you feel more relaxed and confident in your smarter decisions!

Tuesday • Oct 29 • 6-7pm • ATEC • \$29
[Class ID # 5053](#) • Instructor: Valerie Petit

Introduction to Online Genealogy

There has never been a better time to start discovering 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. 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!

Monday • Sep 30 • 6:30-7:45pm • \$35
 📺 [Online](#) [Class ID # 5045](#) • Instructor: Jen Shaffer

Level Up Your Genealogy 1

Tuesday • Oct 22 • 6:30-7:45pm • \$35
 📺 [Online](#) [Class ID # 5046](#) • Instructor: Jen Shaffer

Level Up Your Genealogy 2

Wednesday • Nov 20 • 6:30-7:45pm • \$35
 📺 [Online](#) [Class ID # 5047](#) • Instructor: Jen Shaffer

Genealogy Methods: Research Skills

Thursday • Dec 12 • 6:30-7:45pm • \$35
 📺 [Online](#) [Class ID # 5048](#) • Instructor: Jen Shaffer

**In-Home Organization**

Tuesday • Oct 29 • 9-10:30am • \$39
 📺 [Online](#) [Class ID # 5038](#) • Instructor: Rebecca Danaher

Register Today!

- 1) Call 651-604-3770
- 2) Visit isd623.ce.eleyo.com
- 3) Or scan this QR code!

**55+ Defensive Driving**

Important update to the MN Statue regarding 55+ accident prevention courses: During the 2024 legislative session, a change was made to the Accident Prevention Course Rule. Effective July 1, 2024, the new rule states that the course must be a total of at least 4 hours. This means that a first-time participant can take a 4-hour course as their initial training – the 8-hour course will no longer be a requirement. Starting July 1, we will only be offering the 4-hour course both online and in person.

Improve your driving skills and get a 10% discount on your car insurance for 3 years! The Defensive Driving Course, developed by the National Safety Council, teaches basic crash prevention techniques, and has a proven record of reducing traffic violations and incidents. There is no behind-the-wheel driving or test. You can take the course every 3 years to continue your discount. **Preregistration is required at least 2 weeks prior to the class date. Call 651-604-3770 or register online. In person classes are held at Anpétu Tēca Education Center.**

In Person

Tuesday • July 16 • 9:00am - 1:00pm
Class ID # S5020-5 • \$31

Saturday • July 27 • 9:00am - 1:00pm
Class ID # S5020-6 • \$31

Saturday • August 17 • 9:00am - 1:00pm
Class ID # S5020-7 • \$31

Wednesday • August 28 • 1:00 - 5:00pm
Class ID # S5020-8 • \$31

Tuesday • September 10 • 5:30 - 9:30pm
Class ID # S5020-1 • \$31

Wednesday • September 25 • 1:00 - 5:00pm
Class ID # S5020-2 • \$31

Monday • October 7 • 9:00am - 1:00pm
Class ID # S5020-3 • \$31

Tuesday • October 22 • 5:30 - 9:30pm
Class ID # S5020-4 • \$31


Thursday • November 7 • 9:00am - 1:00pm
Class ID # S5020-5 • \$31


Saturday • November 16 • 9:00am - 1:00pm
Class ID # S5020-6 • \$31


Wednesday • December 11 • 1:00 - 5:00pm
Class ID # S5020-7 • \$31


Thursday • January 9 • 9:00am - 1:00pm
Class ID # S5020-8 • \$31


**Online**


Tuesday • July 16 • 1:30 - 5:30pm
 **Online** Class ID # SZ5020-3 • \$31


Wednesday • August 14 • 9:00am - 1:00pm
 **Online** Class ID # SZ5020-2 • \$31


Tuesday • August 27 • 1:30 - 5:30pm
 **Online** Class ID # SZ5020-4 • \$31


Tuesday • September 17 • 5:30 - 9:30pm
 **Online** Class ID # SZ5020-5 • \$31


Tuesday • September 24 • 5:30 - 9:30pm
 **Online** Class ID # SZ5020-1 • \$31


Wednesday • October 9 • 9:00am - 1:00pm
 **Online** Class ID # SZ5020-2 • \$31

Wednesday • October 22 • 1:30 - 5:30pm
 **Online** Class ID # SZ5020-6 • \$31

Tuesday • November 12 • 1:00 - 5:00pm
 **Online** Class ID # SZ5020-3 • \$31

Tuesday • November 19 • 5:30 - 9:30pm
 **Online** Class ID # SZ5020-7 • \$31

Tuesday • December 4 • 1:30 - 5:30pm
 **Online** Class ID # SZ5020-8 • \$31

Tuesday • December 10 • 9:00am - 1:00pm
 **Online** Class ID # SZ5020-4 • \$31



**SESSION 1: September 3 - 30**

Mon-Thurs • 6-7pm
 Fridays • 5:45-6:45pm
 Saturdays • 9-10am
 Class ID 3000-A • \$75

SESSION 2: October 1 - 31

Mon-Thurs • 6-7pm
 Fridays • 5:45-6:45pm
 Saturdays • 9-10am
 Class ID 3000-B • \$75

SESSION 3: November 1 - 30

Mon-Thurs • 6-7pm
 Fridays • 5:45-6:45pm
 Saturdays • 9-10am
 Class ID 3000-C • \$75
 No class on 11/5, 11/28, 11/29

SESSION 4: December 2 - 28

Mon-Thurs • 6-7pm
 Fridays • 5:45-6:45pm
 Saturdays • 9-10am
 Class ID 3000-D • \$75

SESSION 5: January 2 - 31

Mon-Thurs • 6-7pm
 Fridays • 5:45-6:45pm
 Saturdays • 9-10am
 Class ID 3000-A • \$75
 No class on 1/20

Please note that classes will be LIVE-STREAMED only on these dates (no in-person classes):

- October 2, 3, 4, 11, 12
- November 7
- December 26, 27, 28

You can also drop in to any singular session for just \$15!

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

**Cardio Sculpt**

Mondays, Thursdays, Saturdays

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

Sculpt60

Tuesdays

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

Interval CardioSculpt

Wednesdays

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

PowerSculpt45 and CardioSculpt5

Alternating Fridays

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

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

SilverSneakers® Class Schedule



SilverSneakers	9-9:45am	M, W, F	\$12 Drop-in fee
YogaStretch	9-9:45am	T, TH	\$12 Drop-in fee
Strength Training	10-10:45am	T, TH	\$12 Drop-in fee
Strength & Stretch	10-10:45am	W	\$12 Drop-in fee

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

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

YogaStretch - Gentle Core Strengthening

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

Tue/Thu • Sep 3 - 26 • 9-9:45am
[Class ID #3054-a](#) • \$89 • ATEC

Tue/Thu • Oct 1 - 29 • 9-9:45am
[Class ID #3054-b](#) • \$99 • ATEC

Tue/Thu • Nov 7 - 26 • 9-9:45am
[Class ID #3054-c](#) • \$69 • ATEC

Tue/Thu • Dec 3 - 19 • 9-9:45am
[Class ID #3054-d](#) • \$69 • ATEC

Tue/Thu • Jan 2 - 30 • 9-9:45am
[Class ID #3054-e](#) • \$99 • ATEC

Strength Training

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

Tue/Thu • Sep 3 - 26 • 10-10:45am
[Class ID #3053-a](#) • \$89 • ATEC

Tue/Thu • Oct 1 - 29 • 10-10:45am
[Class ID #3053-b](#) • \$99 • ATEC

Tue/Thu • Nov 7 - 26 • 10-10:45am
[Class ID #3053-c](#) • \$69 • ATEC

Tue/Thu • Dec 3 - 19 • 10-10:45am
[Class ID #3053-d](#) • \$69 • ATEC

Tue/Thu • Jan 2 - 30 • 10-10:45am
[Class ID #3053-e](#) • \$99 • ATEC

SilverSneakers

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

Mon/Wed/Fri • Sep 4 - 30 • 9-9:45am • ATEC
[Class ID #3050-a](#) • \$125 • No class 9/20

Mon/Wed/Fri • Oct 2 - 28 • 9-9:45am • ATEC
[Class ID #3050-b](#) • \$135 • ATEC

Mon/Wed/Fri • Nov 1 - 27 • 9-9:45am • ATEC
[Class ID #3050-c](#) • \$135

Mon/Wed/Fri • Dec 2 - 20 • 9-9:45am • ATEC
[Class ID #3050-d](#) • \$99

Mon/Wed/Fri • Jan 3 - 31 • 9-9:45am • ATEC
[Class ID #3050-d](#) • \$135 • No class 1/20

Strength and Stretch

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

Wed • Sep 4 - 25 • 10-11am
[Class ID #3051-a](#) • \$45 • ATEC

Wed • Oct 2 - 23 • 10-11am
[Class ID #3051-b](#) • \$45 • ATEC

Wed • Nov 6 - 27 • 10-11am
[Class ID #3051-c](#) • \$45 • ATEC

Wed • Dec 4, 11, & 18 • 10-11am
[Class ID #3051-a](#) • \$35 • ATEC

Wed • Jan 8 - 29 • 10-11am
[Class ID #3051-b](#) • \$45 • ATEC

Register Today!

1) Call 651-604-3770

2) Visit isd623.ce.eleyo.com

3) Or scan this QR code!



Beginning Taiko Class - Come Hit Big Drums!

Let's make some noise and have fun hitting big drums! Taiko is movement infused, heart-pounding, dynamic group drumming. Think of it as a high energy performance art that combines music, dance, martial arts, athletics, and culture. If you can count to four, you are set! Originally Japanese, taiko now is a global art form. You will use your brain and body, be social, laugh, and have fun. Wear comfortable clothing and bring water.

Wednesdays • Sep 11 - Oct 30 • 6-7pm • ATEC • \$95
[Class ID # 3055-1](#) • Instructor: Wendy Gertjeanssen
No class 10/2, 10/16

Wednesdays • Nov 6 - Dec 11 • 6-7pm • ATEC • \$95
[Class ID # 3055-2](#) • Instructor: Wendy Gertjeanssen

Hatha Yoga

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

Mondays • Sep 9 - Oct 21 • 6:15-7:30pm • ATEC • \$95
[Class ID # 3003](#) • Instructor: Amanda Keck-Bodger
No class 9/16

T'ai Chi Chih (In Person)

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

Wednesdays • Sep 11 - Nov 27 • 7:45-8:45am • ATEC
[Class ID # 3008](#) • Instructor: Linda Zelig • \$135

Self Defense Fundamentals (Adult)

Find strength and confidence in learning self-defense fundamentals. Learn effective responses to practical situations, experience hands-on exercises, and unlock what you are capable of in order to defend yourself.

Wednesday • Oct 9 • 6-8pm • ATEC • \$59
[Class ID # 5006-1](#) • Instructor: Rebecca Danaher

Monday • Jan 13 • 6-8pm • ATEC • \$59
[Class ID # 5006-2](#) • Instructor: Rebecca Danaher

Zumba

Zumba exercise classes are "fitness-parties" that blend upbeat music, easy-to-follow choreography, and fitness moves for a total-body workout. All ages and levels are welcome! We will modify moves to suit all fitness needs. \$15/drop-in sessions available, pay at the door.

Instructor: Jan Campbell

Tue/Thu • Sep 10 - Oct 29 • 5:45-6:45pm • ATEC • \$185
[Class ID #3005-a Tue/Thu](#) • *No class 10/3*

Tuesdays • Sep 10 - Oct 29 • 5:45-6:45pm • ATEC • \$105
[Class ID #3005-a Tue Only](#)

Thursdays • Sep 12 - Oct 24 • 5:45-6:45pm • ATEC • \$79
[Class ID #3005-a Thu Only](#) • *No class 10/3*

Tue/Thu • Nov 12 - Dec 19 • 5:45-6:45pm • ATEC • \$145
[Class ID #3005-b Tue/Thu](#) • *No class 11/28*

Tuesdays • Nov 12 - Dec 17 • 5:45-6:45pm • ATEC • \$79
[Class ID #3005-b Tue Only](#)

Thursdays • Nov 14 - Dec 19 • 5:45-6:45pm • ATEC • \$69
[Class ID #3005-b Thu Only](#) • *No class 11/28*

Mat Pilates

Join us for Mat Pilates, a dynamic class designed to enhance your strength, flexibility, and balance by targeting core muscles and the spine. Developed initially for rehabilitation, Mat Pilates emphasizes proper posture and movement patterns, promoting improved posture and overall well-being. Led by Jill Winegar, a seasoned master trainer in Stott Pilates with nearly three decades of experience. Our classes blend expertise with a nurturing environment. Don't forget to bring your own mat! \$15 for a single drop-in.

Fridays • Dec 6 - Jan 17 • 10-11am • ATEC • \$79
[Class ID # 3056](#) • Instructor: Jill Winegar

No class 12/27

Fencing with MN Sword Play

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

Instructor: MN Sword Play

Saturdays • Sep 14 - Oct 19 • 10:30-11:30am • ATEC
[Class ID #3004-1](#) • \$95

Saturdays • Oct 26 - Dec 7 • 10:30-11:30am • ATEC
[Class ID #3004-2](#) • *No class 11/30* • \$95

AQUATICS OPPORTUNITIES WITH ROSEVILLE COMMUNITY EDUCATION!

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

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

OPEN AND LAP SWIM

Open and lap swim provide great opportunities for recreation and exercise! Spend quality time with your family and friends, or just bring yourself! All are welcome. \$8 per session, or \$35 for 5 sessions.



ADULT WATER EXERCISE CLASSES

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

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



Registration for fall water exercise begins July 27! Register for one month, multiple months, or even just a drop-in session.

SWIM LESSONS

- Adult Lessons: teens and adults ages 15+
- Youth Lessons: ages 5-14 years
- Pre-K Swim Lessons: ages 3 - 5 years
- Parent/Child Swim Lessons: ages 9 months - 5 years

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

Registration for fall swim lessons will begin on:
Friday, August 23 at 12:00pm!

BECOME A LIFEGUARD OR SWIM INSTRUCTOR

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





Roseville Area Senior Program

ROSEVILLE AREA SENIOR PROGRAM (RASP)

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

651-604-3520

rasp@isd623.org

www.isd623.org/RASP



MEALS ON WHEELS

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

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

New Participants:
651-318-9091

Current Participants:
651-604-3524

DROP-IN LOUNGE

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



EDUCATIONAL, SOCIAL, HEALTH & WELLNESS GROUPS & CLASSES

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

GIFT & CRAFT SHOPPE

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



VOLUNTEERS

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

SEASONS NEWSLETTER

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



Come get a fresh meal! All are welcome!

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

1910 County Rd B W, Roseville | 651.604.3518

Monthly menus available online at isd623.org/CommunityEd

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

Roseville Adult Learning Center

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

Roseville Adult Learning Center Offers:

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

Our Program Features:

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

ADULT BASIC EDUCATION (ABE)

Adult Diploma, GED Preparation and Review

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

Eligibility

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

Dual Enrollment - Credit Recovery

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

ENGLISH LEARNER

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

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

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

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

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

BUSINESS SERVICES PATHWAY

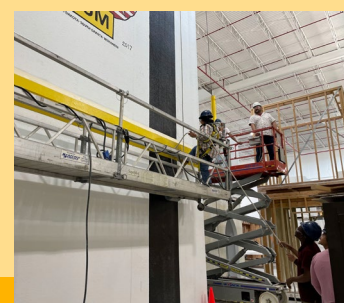
Earn your adult diploma while gaining experience and skills that will prepare you for a career in business! Explore areas like project management, leadership, communication, and business services. Learn soft skills that will make you a great candidate for jobs. You will get to join us on job site visits and shadow different types of employees in a business office setting.



ADPÉTU TÉÇA EDUCATION CENTER
1910 County Road B West
Roseville, MN 55113
651.604.3553 • www.isd623.org/ralc

READY TO JUMPSTART YOUR CAREER?

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



NOW ENROLLING!

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

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

For more information, please call 651.604.3512 or email tim.obrien@isd623.org

Community Education Programs for Adults with Developmental Disabilities

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



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

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

FRIENDSHIP CONNECTION

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

To register for Friendship Connection, contact your child's school Friendship Connection site, or contact the main office at Anpétu Téca Education Center: **651.604.3505** or online at www.isd623.org/friendship

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



SCHOOL YEAR 2024-2025 RATES

Site	Consistent Schedule Option		Contact
	Before School	After School	
Brimhall	\$14/day	\$13/day	651.724.6210
Central Park	\$13/day	\$14/day	651.481.0745
Edgerton	\$14/day	\$13/day	651.771.9835
E. D. Williams	\$14/day	\$13/day	651.482.0421
Falcon Heights	\$13/day	\$14/day	651.641.0035
Harambee	\$14/day	\$13/day	651.379.2566
Little Canada	\$13/day	\$14/day	651.482.0420
Parkview	not available	\$18/day	651.487.4391

We also offer a Pick Your Days schedule! Find rates for this option and learn more at isd623.org/friendship.

Registration for summer 2025 and school year 2025-2026 will begin on February 24, 2025!

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

Starting at \$17/hour!

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

To learn more about this position and apply, please visit www.isd623.org/careers and apply for the "Out of School Time Youth Worker" position, scan this QR code, or call **651.604.3591** for more information!



EARLY CHILDHOOD

Giving your family a great start!

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

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



ECFE CLASSES

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

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



View all class options online at www.isd623.org/ECFE
Register online or by phone at 651.487.4378, ext 1



PRE-K CLASSES



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

Pre-K is for children age 3 or 4 by September 1, 2024. There are still some openings in Pre-K for the 2024-2025 school year!

Call 651.604.3578 or visit www.isd623.org/PreK for more information about class registration and financial assistance.

EARLY CHILDHOOD SCREENING

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



Roseville Area Schools Community Education

YOUTH ENRICHMENT

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

We offer opportunities in:

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



Check out our new class instructors!

- **DASH Sports**
 - Opportunities for games, teamwork, fun, and exercise!
- **Mayer Arts**
 - All things theater! Let's sing, dance, and act!

Registration for FALL Youth Enrichment opens Monday, July 15!

Browse all opportunities online at isd623.ce.eleyo.com beginning July 15. Watch for physical catalogs to come home in backpacks in September!



Save the date for these upcoming family events!

- **November 16, 2024: Family Fall Fest**
- **December 9, 2024: Family LEGO Night**



To Register:

- 1) Visit isd623.ce.eleyo.com
- 2) Call 651-604-3770
- 3) Or scan this QR code!



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

Teen Driver's Education

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

Sep 16 - Oct 1	Oct 7 - 24	Oct 14 - 31	Nov 11 - 26	Nov 13 - Dec 3	Dec 3 - 18
---	No class on 10/16 & 10/17	No class on 10/16 & 10/17	---	No class on 11/27 & 11/28	---
In Person	Online	In Person	In Person	Online	In Person
3:00-6:00pm	3:30-6:30pm	3:00-6:00pm	3:00-6:00pm	3:30-6:30pm	3:00-6:00pm
# 6500 - A	# 6501 - A	# 6500 - B	# 6500 - C	# 6501 - B	# 6500 - D

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

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

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

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

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

Cost of the teen package is \$439 and includes the classroom and behind-the-wheel lessons. Pay in full upon registration or choose the payment plan: \$259 payable to Community Education upon registration and \$180 (two payments of \$90 each) payable to Safeway at the behind-the-wheel lessons.

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

Roseville Community Education

1910 County Road B W
Roseville, MN 55113

ECRWSS
Postal Customer

NONPROFIT

U.S. Postage

PAID

Roseville, MN
Permit # 3248

EDDM

Roseville Area Schools

Fall 2024

COMMUNITY EDUCATION

SAVE THE DATE!

Happening Fall 2024:

August 12: Community Education Extravaganza

August 23: Swim Lessons Registration Begins

September 2 – 30: Community Collection – Donate Toiletries!

October 24 – 26: Gift & Craft Sale

October 26: Senior Housing Fair

November 16: Fall Family Fest

December 9: Family LEGO Night



Opportunities for all ages! Register today:



Scan QR code



isd623.ce.eleyo.com

Equity, Innovation & Excellence in All We Do