

# Adult Fall 2024 Catalog

## Class Descriptions



### Adult Fall 2024

#### Fitness/Aquatics

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

Learn ballet choreography created just for you! The beauty of ballet is most often seen through choreography and performance. This class allows you to be part of that beauty and fun! You will:

- Learn a newly choreographed group piece, specifically choreographed for those who have signed up for the class (meaning it will be based on steps you know, for the most part).
- Rehearse the piece and work to make it better once it is learned.
- Perform for your friends or family at the end of the class. The performance will be in the classroom only and will be optional. Those who chose not to perform will be given understudy roles.

It is recommended that you have at least a year of dance class experience (current or past) before signing up for this class. You are also required to take the "Beginning/Intermediate Ballet" class that is directly before this class as a warmup. You must sign up and pay for that class separately. Those who miss the ballet class that day may come to rehearsal and take notes but not dance as dancing cold is unsafe in ballet. Kaethe Birkner: Kaethe is a professional ballet dancer and certified Pilates instructor through Balanced Body, with ten years of experience teaching ballet, Pilates, and stretching classes, and eight years of personal training. Her passion for ballet began at age two, followed by a love for Pilates during her ballet training. Kaethe integrates her expertise in ballet, Pilates, and physical therapy into her teaching, focusing on proper technique, injury prevention, and alignment. She tailors each class to the individual and group needs of her students, emphasizing hands-on corrections to engage both major and minor muscles. Kaethe aims to provide fun, full-body workouts that prioritize technique and safety. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

909-K557      12 Sessions - \$233  
Mondays, Sep 23 - Dec 16      8:00 - 9:00 pm  
Edina Community Center      Door 3, Dance Studio  
No Class Oct 14

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

Join your experienced instructor and other ballet enthusiasts to experience the physical and mental benefits of ballet together. We will review the basics and refresh previously learned ballet vocabulary in a non-competitive atmosphere. Ballet classes are a great way to gain strength and flexibility, improve posture and balance, and reduce stress. Kaethe Birkner: Kaethe is a professional ballet dancer and certified Pilates instructor through Balanced Body, with ten years of experience teaching ballet, Pilates, and stretching classes, and eight years of personal training. Her passion for ballet began at age two, followed by a love for Pilates during her ballet training. Kaethe integrates her expertise in ballet, Pilates, and physical therapy into her teaching, focusing on proper technique, injury prevention, and alignment. She tailors each class to the individual and group needs of her students, emphasizing hands-on corrections to engage both major and minor muscles. Kaethe aims to provide fun, full-body workouts that prioritize technique and safety. This is a hybrid class so you can attend in person or join online via Zoom or a mixture of both. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email:

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



communityed@edinaschools.org Phone: (952) 848-3952

914-H124 13 Sessions - \$260  
Wednesdays, Sep 18 - Dec 18 5:30 - 7:00 pm  
Edina Community Center Door 3, Dance Studio  
No Class Nov 27

914-K123 14 Sessions - \$280  
Saturdays, Sep 14 - Dec 21 9:30 - 11:00 am  
Edina Community Center Door 3, Dance Studio  
No Class Nov 30

### Beginning Intermediate Ballet

This class is designed for people with knowledge of basic ballet barre steps, positions and ballet technique. If you like to get a good workout, have fun and learn a lot this class is for you. Our focus is on strengthening your foundational ballet skills while adding new ones to your repertoire. One session of beginning ballet is the pre-requisite for this class. The experienced instructor will provide personalized guidance to each student, enhancing their ballet skills and strength while ensuring safe practices to prevent pain and injury. Kaethe Birkner: Kaethe is a professional ballet dancer and certified Pilates instructor through Balanced Body, with ten years of experience teaching ballet, Pilates, and stretching classes, and eight years of personal training. Her passion for ballet began at age two, followed by a love for Pilates during her ballet training. Kaethe integrates her expertise in ballet, Pilates, and physical therapy into her teaching, focusing on proper technique, injury prevention, and alignment. She tailors each class to the individual and group needs of her students, emphasizing hands-on corrections to engage both major and minor muscles. Kaethe aims to provide fun, full-body workouts that prioritize technique and safety. This is a hybrid class so you can attend in person or join online via Zoom or a mixture of both. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

909-K122 12 Sessions - \$233  
Mondays, Sep 23 - Dec 16 7:00 - 8:00 pm  
Edina Community Center Door 3, Dance Studio  
No Class Oct 14

909-K122: Drop In 12 Sessions - \$22  
Mondays, Sep 23 - Dec 16 7:00 - 8:00 pm  
Edina Community Center Door 3, Dance Studio  
No Class Oct 14

### Body Shape 55+

Defend against bone density loss and a slowing metabolism with our empowering "Body Shape 55+" class! This strength-based workout is designed to help you build muscle, improve stability, and foster a supportive community. Together, we'll get stronger and more resilient using weights, resistance bands, stability balls, and bodyweight exercises. Join us to enhance your fitness, boost your confidence, and connect with like-minded individuals in a motivating group setting. Enroll today and take the first step toward a healthier, stronger you! Catherine Earley: Catherine Earley has over 20 years of fitness instruction experience as

## Register:

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

# Adult Fall 2024 Catalog

## Class Descriptions



both a certified group and personal trainer. She focuses on strength, balance and endurance in her workouts. A sense of community is as important as a strong body - and both are stressed in her classes.

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909-K80            14 Sessions - \$140  
Mondays, Sep 9 - Dec 16    12:00 - 12:50 pm  
Edina Community Center    Door 3, Dance Studio  
No Class Sep 16

### Body Shape 55+

Get strong, lean, and improve your balance in our community-minded workout! Using weights, resistance bands, stability balls, and our own bodies, we'll combat a declining metabolism and bone density loss together. Join us to enhance your fitness, build resilience, and connect with a supportive group of like-minded individuals. Enroll today and become a stronger, healthier you! Catherine Earley: Catherine Earley has over 20 years of fitness instruction experience as both a certified group and personal trainer. She focuses on strength, balance and endurance in her workouts. A sense of community is as important as a strong body - and both are stressed in her classes.

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904-K83            15 Sessions - \$150  
Wednesdays, Sep 4 - Dec 18 12:00 - 12:50 pm  
Edina Community Center    Door 3, Dance Studio  
No Class Sep 18

### Body Shape 55+

Get strong, lean, and improve your balance in our community-minded workout! Using weights, resistance bands, stability balls, and our own bodies, we'll combat a declining metabolism and bone density loss together. Join us to enhance your fitness, build resilience, and connect with a supportive group of like-minded individuals. Enroll today and become a stronger, healthier you! Catherine Earley: Catherine Earley has over 20 years of fitness instruction experience as both a certified group and personal trainer. She focuses on strength, balance and endurance in her workouts. A sense of community is as important as a strong body - and both are stressed in her classes.

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# Adult Fall 2024 Catalog

## Class Descriptions



906-K85      14 Sessions - \$140  
Fridays, Sep 6 - Dec 20      12:00 - 12:50 pm  
Edina Community Center      Door 3, Dance Studio  
No Class Sep 20 & Nov 29

### **Calm & Composed Yin Yoga: I**

Unwind and Recharge with Yin Yoga Escape the daily rush and find deep relaxation with yin yoga. This introspective practice focuses on gentle stretches that target your body's connective tissues, leaving you feeling spacious and refreshed. Here's what you can expect: Passive Poses: Let gravity do the work as you sink into supported postures that target your joints, ligaments, and fascia. Inner Exploration: Cultivate qualities of surrender, patience, and acceptance as you connect with your breath and body sensations. Renewed Wellbeing: After class, you'll likely feel calm, centered, and ready to face your day with renewed energy. Ready to slow down and discover the power of stillness? Join our yin yoga class! Edith Mancini: Edith Mancini is a certified Yin Yoga and Pilates instructor with over 20 years of experience. At the core of Edith's teaching philosophy is the belief that yoga can be a pathway to inner peace and harmony. Her classes are designed to help individuals discover these qualities within themselves, fostering a sense of balance that extends beyond the yoga mat and into their daily lives. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

906-K118      7 Sessions - \$112  
Fridays, Sep 6 - Oct 25      9:00 - 10:00 am  
Edina Community Center      Door 3, Dance Studio  
No Class Oct 18

### **Calm & Composed Yin Yoga: II**

Unwind and Recharge with Yin Yoga Escape the daily rush and find deep relaxation with yin yoga. This introspective practice focuses on gentle stretches that target your body's connective tissues, leaving you feeling spacious and refreshed. Here's what you can expect: Passive Poses: Let gravity do the work as you sink into supported postures that target your joints, ligaments, and fascia. Inner Exploration: Cultivate qualities of surrender, patience, and acceptance as you connect with your breath and body sensations. Renewed Wellbeing: After class, you'll likely feel calm, centered, and ready to face your day with renewed energy. Ready to slow down and discover the power of stillness? Join our yin yoga class! Edith Mancini: Edith Mancini is a certified Yin Yoga and Pilates instructor with over 20 years of experience. At the core of Edith's teaching philosophy is the belief that yoga can be a pathway to inner peace and harmony. Her classes are designed to help individuals discover these qualities within themselves, fostering a sense of balance that extends beyond the yoga mat and into their daily lives. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1101-K179      6 Sessions - \$96  
Fridays, Nov 1 - Dec 13      9:00 - 10:00 am  
Edina Community Center      Door 3, Dance Studio

**Register:**

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# Adult Fall 2024 Catalog

## Class Descriptions



No Class Nov 29

### **Calm & Composed Yin Yoga: III**

Unwind and Recharge with Yin Yoga Escape the daily rush and find deep relaxation with yin yoga. This introspective practice focuses on gentle stretches that target your body's connective tissues, leaving you feeling spacious and refreshed. Here's what you can expect: Passive Poses: Let gravity do the work as you sink into supported postures that target your joints, ligaments, and fascia. Inner Exploration: Cultivate qualities of surrender, patience, and acceptance as you connect with your breath and body sensations. Renewed Wellbeing: After class, you'll likely feel calm, centered, and ready to face your day with renewed energy. Ready to slow down and discover the power of stillness? Join our yin yoga class! Edith Mancini: Edith Mancini is a certified Yin Yoga and Pilates instructor with over 20 years of experience. At the core of Edith's teaching philosophy is the belief that yoga can be a pathway to inner peace and harmony. Her classes are designed to help individuals discover these qualities within themselves, fostering a sense of balance that extends beyond the yoga mat and into their daily lives. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

907-K181      7 Sessions - \$112  
Saturdays, Sep 7 - Oct 26      8:00 - 9:00 am  
Edina Community Center      Door 3, Dance Studio  
No Class Oct 19

### **Calm & Composed Yin Yoga: IV**

Unwind and Recharge with Yin Yoga Escape the daily rush and find deep relaxation with yin yoga. This introspective practice focuses on gentle stretches that target your body's connective tissues, leaving you feeling spacious and refreshed. Here's what you can expect: Passive Poses: Let gravity do the work as you sink into supported postures that target your joints, ligaments, and fascia. Inner Exploration: Cultivate qualities of surrender, patience, and acceptance as you connect with your breath and body sensations. Renewed Wellbeing: After class, you'll likely feel calm, centered, and ready to face your day with renewed energy. Ready to slow down and discover the power of stillness? Join our yin yoga class! Edith Mancini: Edith Mancini is a certified Yin Yoga and Pilates instructor with over 20 years of experience. At the core of Edith's teaching philosophy is the belief that yoga can be a pathway to inner peace and harmony. Her classes are designed to help individuals discover these qualities within themselves, fostering a sense of balance that extends beyond the yoga mat and into their daily lives. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1102-K180      6 Sessions - \$96  
Saturdays, Nov 2 - Dec 14      8:00 - 9:00 am  
Edina Community Center      Door 3, Dance Studio  
No Class Nov 30

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



### **Calming Exercises for a Stressful World: I**

Enjoy relaxation and stress relief through controlled breathing paired with gentle movements. You will also learn how to apply pressure with your own hands to relieve pain, nausea, and anxiety. Appropriate for most physical abilities. Wear loose comfortable clothing and flat shoes. Christine Morgan: Christine T. Morgan is certified through both Tai Chi Healthways & Associates and The American Tai Chi & Qigong Association as a level 3 Instructor. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

919-K55      5 Sessions - \$90  
Thursdays, Sep 19 - Oct 17    9:00 - 10:00 am  
Edina Community Center      Door 3, Room 313

### **Calming Exercises for a Stressful World: II**

Enjoy relaxation and stress relief through controlled breathing paired with gentle movements. You will also learn how to apply pressure with your own hands to relieve pain, nausea, and anxiety. Appropriate for most physical abilities. Wear loose comfortable clothing and flat shoes. Christine Morgan: Christine T. Morgan is certified through both Tai Chi Healthways & Associates and The American Tai Chi & Qigong Association as a level 3 Instructor. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1107-K405      5 Sessions - \$90  
Thursdays, Nov 7 - Dec 12    10:00 - 11:00 am  
Edina Community Center      Door 3, Room 313  
No Class Nov 28

### **Casual Indoor Basketball**

Join us for a fun-filled evening of basketball! Perfect for those who love the game and want a great workout without the competitive pressure of leagues. We'll form teams on the spot and play 2-on-2 and 3-on-3 games, first to 21. Teams rotate, with the winners staying on the court. It's a fantastic way to unwind, get active, and enjoy the game in a relaxed, friendly atmosphere. Come release your Monday steam and make new friends on the court. See you there!

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911-K55      15 Sessions - \$155  
Mondays, Sep 9 - Dec 16      6:00 - 7:30 pm  
Edina Community Center      Small Gym

**Register:**

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# Adult Fall 2024 Catalog

## Class Descriptions



### Easy Partner Dancing for All Occasions

No matter the occasion, you'll be prepared to dance! Be one of the best dancers at your next event, or just have some fun learning to dance together for an entertaining couples' activity. Try something new to add laughter & romance into your relationship. Learn mini-routines that are easy to remember & danceable to all your favorite songs. Dance the night away to rock, blues, country, pop, Latin hits, classic ballroom & more! If you think you have no rhythm and 2 left feet, this is the perfect course for you! Couples stay dancing together & singles rotate with other singles. Casual, lightweight dress recommended. Deanna Constantine: Deanna follows in the footsteps of her parents, the renowned Minnesota dance instructors Dean and Mary Constantine. Deanna grew up helping in the family business and spent much of her childhood training in ballroom dancing and classical ballet. She shares her passion for dance by conducting group classes and private lessons in communities throughout the Twin Cities and surrounding suburbs. She contracts with park & recreation and community education programs to make learning to dance more accessible and affordable to her students. She strives to make classes fun and easy, so all her students experience success! She holds a bachelor's degree in elementary education from the University of MN. Whenever possible she likes to escape the cold winters to visit her 3 young adult children who live in warmer places! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1013-K126 4 Sessions - \$134

Sundays, Oct 13 - Nov 3 3:00 - 4:30 pm

Eisenhower Community Center Cafeteria Eisenhower Community Center Cafeteria

### Fundamentals of Ballet: Beginning I

Discover the fundamentals of ballet vocabulary and movement in a supportive, non-competitive environment. Ballet is an excellent way to build strength, flexibility, improve posture, balance, and reduce stress. This class is perfect for both teens and adults who prefer a slower pace or are returning to ballet after a break. Kaethe Birkner: Kaethe is a professional ballet dancer and certified Pilates instructor through Balanced Body, with ten years of experience teaching ballet, Pilates, and stretching classes, and eight years of personal training. Her passion for ballet began at age two, followed by a love for Pilates during her ballet training. Kaethe integrates her expertise in ballet, Pilates, and physical therapy into her teaching, focusing on proper technique, injury prevention, and alignment. She tailors each class to the individual and group needs of her students, emphasizing hands-on corrections to engage both major and minor muscles. Kaethe aims to provide fun, full-body workouts that prioritize technique and safety. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

909-K160 14 Sessions - \$280

Tuesdays, Sep 10 - Dec 17 7:30 - 9:00 pm

Edina Community Center Door 3, Dance Studio

No Class Nov 26

### Hatha Yoga for Life - Thursday

Beginners welcome! Enjoy in-depth instruction as you practice a wide variety of yoga poses, plus relaxation

## Register:

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# Adult Fall 2024 Catalog

## Class Descriptions



and meditation. Attend in person or online via zoom. You'll improve flexibility, strength, and balance; reduce tension and stress; and feel better overall! Work at your own pace and level in this supportive class. Enjoy soothing music and easy to follow directions. This is a relaxed style that works for most. Bring a mat. Wendy Anderson: Wendy has an extensive background in yoga. This includes 3 years of residential yoga study (living in an 'ashram'); completion of a 2-year teacher training/certification program through the Himalayan International Institute; and teaching traditional Hatha yoga since 1974 in a wide variety of settings. She enjoys making yoga accessible to everyone regardless of age, level of fitness, size, shape, or physical issues. She encourages each person to work at the pace and level that is right for them

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905-K141 15 Sessions - \$245  
Thursdays, Sep 5 - Dec 19 9:30 - 10:55 am  
Edina Community Center Door 3, Dance Studio  
No Class Nov 28

905-K141 Online only 15 Sessions - \$245  
Thursdays, Sep 5 - Dec 19 9:30 - 10:55 am  
Your Home Online  
No Class Nov 28

### **Hatha Yoga for Life - Tuesday**

Beginners welcome! Enjoy in-depth instruction as you practice a wide variety of yoga poses, plus relaxation and meditation. Attend in person or online via zoom. You'll improve flexibility, strength, and balance; reduce tension and stress; and feel better overall! Work at your own pace and level in this supportive class. Enjoy soothing music and easy to follow directions. This is a relaxed style that works for most. Bring a mat. Wendy Anderson: Wendy has an extensive background in yoga. This includes 3 years of residential yoga study (living in an 'ashram'); completion of a 2-year teacher training/certification program through the Himalayan International Institute; and teaching traditional Hatha yoga since 1974 in a wide variety of settings. She enjoys making yoga accessible to everyone regardless of age, level of fitness, size, shape, or physical issues. She encourages each person to work at the pace and level that is right for them Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

903-K140 15 Sessions - \$245  
Tuesdays, Sep 3 - Dec 17 6:00 - 7:25 pm  
Edina Community Center Door 3, Dance Studio  
No Class Nov 05

903-K140 Online only 15 Sessions - \$245  
Tuesdays, Sep 3 - Dec 17 6:00 - 7:25 pm  
Your Home Online

**Register:**

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# Adult Fall 2024 Catalog

## Class Descriptions



No Class Nov 05

### Intermediate Ballet I: Adult/Teen

This class is designed for people with knowledge of basic ballet steps, positions, and ballet technique and who are eager to both enjoy themselves and advance their skills. It offers a comprehensive ballet experience, emphasizing refinement of technique and an introduction to intermediate ballet steps. The seasoned instructor also ensures that students get a fulfilling workout as well as individualized attention aimed at enhancing ballet proficiency and building strength while prioritizing injury prevention. Kaethe Birkner: Kaethe is a professional ballet dancer and certified Pilates instructor through Balanced Body, with ten years of experience teaching ballet, Pilates, and stretching classes, and eight years of personal training. Her passion for ballet began at age two, followed by a love for Pilates during her ballet training. Kaethe integrates her expertise in ballet, Pilates, and physical therapy into her teaching, focusing on proper technique, injury prevention, and alignment. She tailors each class to the individual and group needs of her students, emphasizing hands-on corrections to engage both major and minor muscles. Kaethe aims to provide fun, full-body workouts that prioritize technique and safety. This is a hybrid class so you can attend in person or join online via Zoom or a mixture of both Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

905-K124      15 Sessions - \$293  
Thursdays, Sep 5 - Dec 19      7:30 - 9:00 pm  
Edina Community Center      Door 3, Dance Studio  
No Class Nov 28

### Latin Dance

Jay's students consistently give him high praise for his fun and engaging classes. His exceptional dance knowledge and skills have made him a sought-after instructor for cruise lines around the globe. Whether you're a single dancer or bringing a partner, all are welcome to join this dynamic class. If you miss a session, don't worry. Embark on a dance journey with one of the metro area's top instructors and experience the joy of dancing like never before! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

909-K75      2 Sessions - \$20  
Mon Sep 9 & Mon Sep 16      7:30 - 8:45 pm  
Edina Community Center      Door 3, Dance Studio

### Line Dance: "Ghostbusters"

Get ready to turn any night into a dancing night with our electrifying line dance to the iconic "Ghostbusters" theme! Picture yourself grooving to this toe-tapping tune, no partner needed. Channel your inner Ghostbuster and let the rhythm take over. And if you love the Blues Brothers, you'll appreciate the infectious energy and sheer fun of this class! Dance like no one's watching. It's time to bust some moves

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# Adult Fall 2024 Catalog

## Class Descriptions



and have a ghostly good time. Who you gonna call for a fantastic night of dancing? Ghostbusters!

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Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1014-K27      1 Session - \$20  
Monday, Oct 14      6:00 - 7:00 pm  
Edina Community Center      Door 3, Dance Studio

### Line Dance: Barbie's "Dance the Night Away"

Back by popular demand! Ease into the fall season with the fun and fabulous Barbie moves set to the inspiring and upbeat disco track by Dua Lipa, "Dance the Night." No partner is needed—just bring your energy and enthusiasm for a night of pure fun! Join us and "Dance the Night" away in this exciting, high-energy class that's perfect for all dance lovers. Whether you're a seasoned dancer or just looking to have a great time, this class promises an unforgettable experience filled with music, movement, and joy.

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911-K26      1 Session - \$20  
Wednesday, Sep 11      6:00 - 7:00 pm  
Edina Community Center      Door 3, Dance Studio

### Mat Pilates: Adult/Teen

Discover the transformative benefits of this all-levels Mat Pilates class, a holistic workout designed to lengthen and strengthen muscles for a leaner physique. This low impact session is crafted to enhance your overall wellbeing by prioritizing injury prevention and alleviating discomfort. Embracing the essence of Pilates the class fosters harmony between major and minor muscle groups, encouraging relaxation for overused muscles, while engaging underused ones. Gain insight into exercise mechanics and cultivate body awareness to move more efficiently and more effectively. Join this Mat Pilates class to for a healthier, more balanced you. This is a hybrid class so you can attend in person or join online via Zoom or a mixture of both Kaethe Birkner: Kaethe is a professional ballet dancer and certified Pilates instructor through Balanced Body, with ten years of experience teaching ballet, Pilates, and stretching classes, and eight years of personal training. Her passion for ballet began at age two, followed by a love for Pilates during her ballet training. Kaethe integrates her expertise in ballet, Pilates, and physical therapy into her teaching, focusing on proper technique, injury prevention, and alignment. She tailors each class to the individual and group needs of her students, emphasizing hands-on corrections to engage both major and minor muscles. Kaethe aims to provide fun, full-body workouts that prioritize technique and safety. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

## Register:

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

# Adult Fall 2024 Catalog

## Class Descriptions



905-K25      15 Sessions - \$293  
Thursdays, Sep 5 - Dec 19      6:15 - 7:15 pm  
Edina Community Center      Door 3, Dance Studio  
No Class Nov 28

### **Pilates Barre**

Dive into a dynamic Mat Pilates class inspired by Reformer and Cadillac training. This class focuses on standing functional exercises, enhancing your balance and strength, and promoting facial movement. Whether you're a beginner or a seasoned pro, this class offers challenges and benefits for all fitness levels. Join us to build a stronger, more balanced you!

\_\_\_\_\_ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

903-K118      16 Sessions - \$240  
Tuesdays, Sep 3 - Dec 17      9:15 - 10:15 am  
Edina Community Center      Door 3, Dance Studio

### **Pilates Barre**

In this class you will start with an active Pilates warm-up to energize your body, then transition into a strengthening phase where weights are optional but encouraged. Finish strong with a dynamic Pilates/Barre session. Throughout the class, myofascial movements are incorporated to enhance flexibility and release tension. Perfect for all levels, this class will leave you feeling balanced, strong, and rejuvenated.

\_\_\_\_\_ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

905-K119      13 Sessions - \$195  
Thursdays, Sep 5 - Dec 19      9:15 - 10:15 am  
Edina Community Center      Door 3, Dance Studio  
No Class Sep 12, Nov 28 & Dec 05

### **Romantic Dance for Two**

Start the week with a little romance in this workshop that takes your old "Swing and Sway" and spices it up with simple, easy romantic moves. You'll be spinning; turning and twirling 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 read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



1014-K28      1 Session - \$45  
Monday, Oct 14      7:00 - 9:00 pm  
Edina Community Center      Door 3, Dance Studio

### Swing and Ballroom Dance

In this fun-filled class you will learn the East Coast Swing, Hustle, & Waltz dance steps! Students receive individual attention in a group setting, something not found in every dance class. Review of the previous week's dance steps reinforces learning and helps you feel comfortable. Jay compliments ALL of his students. Singles welcome.

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Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

909-K71      2 Sessions - \$20  
Mon Sep 9 & Mon Sep 16      6:15 - 7:30 pm  
Edina Community Center      Door 3, Dance Studio

### Tai Chi for Arthritis, Chronic Pain, and Balance: Session I

Tired of doing the same old exercises to reduce your chronic pain and/or improve your balance? Then join us and learn a gentle way of moving that will improve your balance, range of motion, mental and physical capacity, and relaxation. You will also learn techniques to reduce your pain, decrease your risk of falling, and improve your immunity. "Play Tai Chi" with us and improve your quality of life. Suitable for most physical conditions. Can be done sitting or standing. Wear comfortable clothes and flat shoes (no sandals, please). Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

911-K54      7 Sessions - \$120  
Wednesdays, Sep 11 - Oct 23 10:00 - 11:00 am  
Edina Community Center      Door 3, Dance Studio

### Tai Chi for Arthritis, Chronic Pain, and Balance: Session II

Tired of doing the same old exercises to reduce your chronic pain and/or improve your balance? Then join us and learn a gentle way of moving that will improve your balance, range of motion, mental and physical capacity, and relaxation. You will also learn techniques to reduce your pain, decrease your risk of falling, and improve your immunity. "Play Tai Chi" with us and improve your quality of life. Suitable for most physical conditions. Can be done sitting or standing. Wear comfortable clothes and flat shoes (no sandals, please). Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



1106-K171 7 Sessions - \$120  
Wednesdays, Nov 6 - Dec 18 10:00 - 11:00 am  
Edina Community Center Door 3, Dance Studio

### Water Aerobics

Be part of something fun and motivating in the pool! We provide cardio, strength, endurance, stretching, balance and music. Lots of gain with no pain. Feel refreshed and energized. Water shoes recommended. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

909-K57 14 Sessions - \$170  
Mondays, Sep 9 - Dec 16 7:15 - 8:15 pm  
Valley View Middle School Door 1, VV Pool  
No Class Nov 25

### Water Aerobics

Be part of something fun and motivating in the pool! We provide cardio, strength, endurance, stretching and music. Lots of gain, no pain. Feel refreshed and energized. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

911-K58 14 Sessions - \$170  
Wednesdays, Sep 11 - Dec 18 7:15 - 8:15 pm  
Valley View Middle School Door 1, VV Pool  
No Class Nov 27

### Water Wellness: 1

Engage your mind and body for a fun water workout! Stretching, cardio, new friends, balance and music are all part of this class. Work at your own pace and ability.

Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

909-K59 7 Sessions - \$85  
Mondays, Sep 9 - Oct 21 9:15 - 10:15 am  
Edinborough Park Pool

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



### **Water Wellness: 2**

Engage your mind and body for a fun water workout! Stretching, cardio, endurance, balance and music are all part of this class. Work at your own pace and ability. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

910-K60      7 Sessions - \$85  
Tuesdays, Sep 10 - Oct 22    9:15 - 10:15 am  
Edinburgh Park      Pool

### **Water Wellness: 3**

Engage your mind and body for a fun water workout! Stretching, cardio, endurance, balance, and music are part of this class. Work at your own pace and ability. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

912-K61      7 Sessions - \$85  
Thursdays, Sep 12 - Oct 24    9:15 - 10:15 am  
Edinburgh Park      Pool

### **Water Wellness: 4**

Engage your mind and body for a fun water workout! Stretching, cardio, endurance, balance, and music are all part of this class. Work at your own pace and ability. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1028-K61      7 Sessions - \$85  
Mondays, Oct 28 - Dec 16    9:15 - 10:15 am  
Edinburgh Park      Pool  
No Class Nov 25

### **Water Wellness: 5**

Engage your mind and body for a fun water workout! Stretching, cardio, endurance, balance, and music are all part of this class. Work at your own pace and ability. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



1029-K62      7 Sessions - \$85  
Tuesdays, Oct 29 - Dec 17    9:15 - 10:15 am  
Edinburgh Park      Pool  
No Class Nov 26

### **Water Wellness: 6**

Engage your mind and body for a fun water workout! Stretching, cardio, endurance, balance, and music are all part of this class. Work at your own pace and ability. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1031-K63      7 Sessions - \$85  
Thursdays, Oct 31 - Dec 19    9:15 - 10:15 am  
Edinburgh Park      Pool  
No Class Nov 28

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

You thought about it! You wanted to! But where did the time go? Not to worry. In this 2-hour workshop Monica Mohn, nominated by MNBride for "Best Wedding Dance Instruction" will guide you with fun moves and simple tips to have you feeling comfortable and looking great on that special day! Couples only please. Registration Deadline Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

911-K24      1 Session - \$45  
Wednesday, Sep 11    7:00 - 9:00 pm  
Edina Community Center      Door 3, Dance Studio

### **Wu Style Tai Chi Chuan**

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

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904-K105      8 Sessions - \$80  
Wednesdays, Sep 4 - Oct 23    7:00 - 8:00 pm  
Edina Community Center      Door 3, Dance Studio

## **Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



### Wu Style Tai Chi Chuan

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1030-K109    8 Sessions - \$80  
Wednesdays, Oct 30 - Dec 18 7:00 - 8:00 pm  
Edina Community Center    Door 3, Dance Studio

### Wu Style Tai Chi Chuan

Robert teaches traditional Tai Chi Chuan as taught by the Wu family, which is one of the main styles of TCC. It is a relaxing exercise that restores energy to the body and mind, as well as improving strength, balance, flexibility, and coordination. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

905-K110    8 Sessions - \$80  
Thursdays, Sep 5 - Oct 24    10:15 - 11:15 am  
Edina Community Center    Door 3, Dance Studio

### Wu Style Tai Chi Chuan

Robert teaches traditional Tai Chi Chuan as taught by the Wu family, which is one of the main styles of TCC. It is a relaxing exercise that restores energy to the body and mind, as well as improving strength, balance, flexibility, and coordination. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1031-K556    7 Sessions - \$70  
Thursdays, Oct 31 - Dec 19    10:30 - 11:30 am  
Edina Community Center    Door 3, Dance Studio  
No Class Nov 28

### Lifelong Learning

#### Adult Conversational Spanish: Advanced Part 1 (Live Virtual)

¿Quieres mejorar tu español? Would you like to improve your Spanish? If so, then this is the course for

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



# Adult Fall 2024 Catalog

## Class Descriptions



you! This advanced course is for students who have had previous Spanish classes and are looking to take their skills to the next level. Advanced Spanish will focus on the past tense (preterit 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. Applicable to new students and previous Intermediate Spanish conversation participants. Ability to access zoom and basic working computer knowledge essential. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1017-K117    6 Sessions - \$145  
Thursdays, Oct 17 - Nov 21    6:00 - 7:00 pm  
Your Home    Online

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

Always dreamed of learning Spanish or refreshing your high school Spanish? Then this class is for you! The primary focus of the class will be on building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics will include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes. Grammar topics will include subject pronouns, the verb "estar" conjugation, gender of nouns, and plurality. Participants will learn how to carry on small conversations in Spanish. Each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. Like all Futura classes, a dynamic interactive approach will be used to keep the class fun and exciting! Ability to access zoom and basic working computer knowledge essential. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1021-K113    6 Sessions - \$145  
Mondays, Oct 21 - Nov 25    6:00 - 7:00 pm  
Your Home    Online

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

Always dreamed of learning Spanish or refreshing your high school Spanish? Then this class is for you! The primary focus of the class will be on building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics will include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes. Grammar topics will include subject pronouns, the verb estar conjugation, gender of nouns, and plurality. Participants will learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. Ability to access zoom and basic working computer knowledge essential. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



1022-K114 6 Sessions - \$145  
Tuesdays, Oct 22 - Nov 26 6:00 - 7:00 pm  
Your Home Online

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

Embark on the next exciting chapter of your language-learning journey with Beginner Spanish Part Two! This course is designed to keep your momentum going as you delve deeper into practical conversational skills and essential builder phrases. You'll gain the confidence to carry on small conversations, from asking for directions to dining out. In this course, you'll expand your vocabulary and grammar knowledge with topics such as weather, seasons, dates (including months and days of the week), and family-related words. You'll also master the conjugations of the verbs ser and tener, fundamental to everyday Spanish. Our cultural discussions will enrich your learning experience, focusing on the importance of food, family, and friendships in Spanish-speaking countries. Immerse yourself in the vibrant cultures and enhance your understanding of the language beyond the classroom. Join us in Beginner Spanish Part Two and continue your journey toward fluency in a fun and supportive environment! Like all Futura classes, a dynamic interactive approach will be used to keep the class fun and exciting! Applicable to new students and previous Beginner Part 1 Spanish conversation participants. Ability to access zoom and basic working computer knowledge essential. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1022-K115 6 Sessions - \$145  
Tuesdays, Oct 22 - Nov 26 6:00 - 7:00 pm  
Your Home Online

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

¿Habras un poquito español? Then this course is for you! Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve conversational skills. 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. Participants will 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. Like all Futura classes, a dynamic interactive approach will be used to keep the class fun and exciting! Applicable to new students and previous Beginner Spanish Part 1 and 2 conversation participants. Ability to access zoom and basic working computer knowledge essential. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1016-K116 6 Sessions - \$145  
Wednesdays, Oct 16 - Nov 20 6:00 - 7:00 pm  
Your Home Online

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



### Adult Spanish for Travel (Live Virtual)

Do you have future aspirations for traveling to a Spanish speaking country? If so, this is the class for you! Participants learn basic conversation skills to get around a Spanish-speaking country with greater ease. This class will include helpful dialogue, greetings, how to barter at a market and order in a restaurant, and how to ask for simple directions. Each class will include a travel related theme to practice real world Spanish! Like all Futura classes, a dynamic and interactive approach will be used to keep the class fun and exciting! Applicable to new students and previous Spanish conversation participants. Ability to access zoom and basic working computer knowledge essential. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1017-K121    6 Sessions - \$145  
Thursdays, Oct 17 - Nov 21    6:00 - 7:00 pm  
Your Home    Online

### Advanced Woodworking: Women's

Develop your woodworking skills in a supportive, learning oriented environment. This workshop is equipped with major power equipment and hand tools as well as a paint room. Plus, you will have access to ideas for projects as well as advice and support from experienced woodworkers. You must have completed one of the following in the last two years: Woodshop Orientation or Women's Beginning Woodshop Workshop. **\*\*PLEASE NOTE:** We are continually updating woodshop equipment and we are committed to safety. At the beginning of each new session of Open Woodshop and Women's Woodworking, all participants are required to participate in a safety review process and sign the acknowledgment within the Woodshop Handbook\*\* Helpful suggestions: Bring a pencil. Ear and eye protection provided, but you can bring your own. You might find an apron useful. Avoid loose clothing. The Community Woodshop exists for learning and community-building. Commercial production for sale or profit is not consistent with our goals and mission and is not allowed. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

925-K16    9 Sessions - \$100  
Wednesdays, Sep 25 - Nov 20    6:00 - 9:00 pm  
Edina Community Center    Doors , Woodshop

### Astronomy for Urban Dwellers: Adult

Do you love the night sky? Join our beginner-friendly astronomy class and embark on a journey through the stars and constellations! Using unique astronomy teaching models and diverse sky legends, we'll demystify the wonders of the universe. In this class, you'll learn about black holes, moon phases, and the changing seasons. You'll also discover free astro apps, local star parties, and receive valuable advice on choosing the right family telescope. Whether you're a novice stargazer or simply curious about the cosmos, this class is the perfect way to explore the night sky. Join us and let the stars ignite your passion for astronomy! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

905-K120      6 Sessions - \$100  
Thursdays, Sep 5 - Oct 10      7:00 - 8:30 pm  
Edina Community Center      Door 3, Welcome Center Conference Room

### **Basic Sewing Knowledge 101: Session I**

Ready to stitch your way into a new hobby? Join "Sewing Knowledge 101" and discover the joy of creating with fabric! Whether you're a complete novice or have dabbled with a needle and thread, this class is designed to take you get you started. Learn the essentials of sewing, including machine operation, cutting fabric, hand stitches, measuring and pattern reading. Victoria will provide hands-on guidance, ensuring you master each step and feel proud. Plus, you'll join a vibrant community of fellow sewing enthusiasts to share tips, tricks, and inspiration. By the end of this beginner class you will be ready to conquer simple sewing projects on your own. Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

913-K95      2 Sessions - \$55  
Fri Sep 13 & Fri Sep 20      6:00 - 8:00 pm  
Edina Community Center      Door 3, Makers Space

### **Basic Sewing Knowledge 101: Session II**

Ready to stitch your way into a new hobby? Join "Sewing Knowledge 101" and discover the joy of creating with fabric! Whether you're a complete novice or have dabbled with a needle and thread, this class is designed to take you get you started. Learn the essentials of sewing, including machine operation, cutting fabric, hand stitches, measuring and pattern reading. Victoria will provide hands-on guidance, ensuring you master each step and feel proud. Plus, you'll join a vibrant community of fellow sewing enthusiasts to share tips, tricks, and inspiration. By the end of this beginner class you will be ready to conquer simple sewing projects on your own. Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1025-K96      2 Sessions - \$55

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

# Adult Fall 2024 Catalog

## Class Descriptions



Fri Oct 25 & Fri Nov 1 6:00 - 8:00 pm  
Edina Community Center Door 3, Makers Space

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

This introductory course to American Mah Jongg will teach you everything we've learned to love about the wonderful world of "MAHJ" - the snacks, the chat, and of course the game! In this four-part beginning series you will learn the basics, be able to ask questions, and get plenty of practice. Soon you will master this exciting and challenging game of skill, strategy, and luck. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! No equipment needed, just pull up a chair and join us! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

904-K72 4 Sessions - \$145  
Wednesdays, Sep 4 - Sep 25 6:30 - 9:00 pm  
Edina Community Center Door 3, Room 3rd Floor Commons

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

This introductory course to American Mah Jongg will teach you everything we've learned to love about the wonderful world of "MAHJ" - the snacks, the chat, and of course the game! In this four-part beginning series you will learn the basics, be able to ask questions, and get plenty of practice. Soon you will master this exciting and challenging game of skill, strategy, and luck. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! No equipment needed, just pull up a chair and join us! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1009-K73 4 Sessions - \$145  
Wednesdays, Oct 9 - Oct 30 6:30 - 9:00 pm  
Edina Community Center Door 3, Room 3rd Floor Commons

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

This introductory course to American Mah Jongg will teach you everything we've learned to love about the wonderful world of "MAHJ" - the snacks, the chat, and of course the game! In this four-part beginning series you will learn the basics, be able to ask questions, and get plenty of practice. Soon you will master this exciting and challenging game of skill, strategy, and luck. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! No equipment needed, just pull up a chair and join us! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1113-K74 4 Sessions - \$145

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

# Adult Fall 2024 Catalog

## Class Descriptions



Wednesdays, Nov 13 - Dec 11      6:30 - 9:00 pm  
Edina Community Center      Door 3, Room 3rd Floor Commons  
No Class Nov 27

### **Beginning Woodshop: Women's**

Develop your woodworking skills in a supportive, learning-oriented environment. This women only workshop will lead beginning woodworkers through a project that will help registrants learn the basics of woodworking. Individual hands-on instruction is provided. Registrants will all make the same project. (all project materials provided) Upon completion of their first project, each student will be able to choose a second project from a list provided. Beginners welcome! You do not need to take Woodworking Orientation prior to taking this class. Completing this course satisfies the Woodworking Orientation course requirement. **\*\*PLEASE NOTE:** We are continually updating woodshop equipment and we are committed to safety. At the beginning of each new session of Open Woodshop and Women's Woodworking, all participants are required to participate in a safety review process and sign the acknowledgment within the Woodshop Handbook\*\* Helpful suggestions: Bring a pencil. Ear and eye protection provided, but you can bring your own. You might find an apron useful. Avoid loose clothing. The Community Woodshop exists for learning and community-building. Commercial production for sale or profit is not consistent with our goals and mission and is not allowed. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

923-K09      9 Sessions - \$100  
Mondays, Sep 23 - Nov 18      6:00 - 9:00 pm  
Edina Community Center      Woodshop

### **Brain Health Series 1: Evening**

Join us for an enlightening class on brain health across the lifespan, with a strong emphasis on prevention through practical, easy-to-implement practices. Understanding and tracking your cognitive health is crucial, so we will review how and why to assess brain health using effective screening tools to catch the earliest signs of decline or dysfunction. We'll explore the THINK, CONNECT, EAT, MOVE, and SLEEP approach in depth, providing you with comprehensive strategies to preserve and enhance brain health. These key pillars will be covered thoroughly in Parts 2-4 of the course. Whether you want to maintain your own cognitive well-being or care for someone else's, this course is for you. Enroll today and empower yourself with the knowledge and tools to support a healthy brain throughout life! Krista Maddock: As a dedicated health educator, Krista specializes in chronic disease prevention and empowering individuals to make informed choices for long-term health. With a background in public health and behavior change, she uses evidence-based practices to support and inspire healthy lifestyles. She holds a bachelor's degree in nursing, an active Minnesota Nursing license, and certifications in Brain Health Coaching and neurodegenerative disease management. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

924-K32      1 Session - \$25

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



Tuesday, Sep 24 7:30 - 8:30 pm  
Edina Community Center Door 3, Room 350

### Brain Health Series 1: Morning

Join us for an enlightening class on brain health across the lifespan, with a strong emphasis on prevention through practical, easy-to-implement practices. Understanding and tracking your cognitive health is crucial, so we will review how and why to assess brain health using effective screening tools to catch the earliest signs of decline or dysfunction. We'll explore the THINK, CONNECT, EAT, MOVE, and SLEEP approach in depth, providing you with comprehensive strategies to preserve and enhance brain health. These key pillars will be covered thoroughly in Parts 2-4 of the course. Whether you want to maintain your own cognitive well-being or care for someone else's, this course is for you. Enroll today and empower yourself with the knowledge and tools to support a healthy brain throughout life! Krista Maddock: As a dedicated health educator, Krista specializes in chronic disease prevention and empowering individuals to make informed choices for long-term health. With a background in public health and behavior change, she uses evidence-based practices to support and inspire healthy lifestyles. She holds a bachelor's degree in nursing, an active Minnesota Nursing license, and certifications in Brain Health Coaching and neurodegenerative disease management. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

924-K31 1 Session - \$25  
Tuesday, Sep 24 10:30 - 11:30 am  
Edina Community Center Door 3, Room 350

### Brain Health Series 2: Evening

Join us for the second part of the brain health across the lifespan series, emphasizing prevention with practical, easy-to-implement brain health practices. This class will focus on the first two interventions in the THINK, CONNECT, EAT, MOVE, and SLEEP approach. THINK: Learn to identify areas of cognitive weakness (with or without marked decline) and stimulate those areas of the brain through focused, challenging training. CONNECT: Understand the critical role of relationships, connections, and community in maintaining and enhancing brain health. If you enjoy engaging assignments, you'll love the practical homework designed to sharpen your thinking and deepen your connections with intention. Empower yourself with the tools to support brain health throughout your life. Enroll today! Krista Maddock: As a dedicated health educator, Krista specializes in chronic disease prevention and empowering individuals to make informed choices for long-term health. With a background in public health and behavior change, she uses evidence-based practices to support and inspire healthy lifestyles. She holds a bachelor's degree in nursing, an active Minnesota Nursing license, and certifications in Brain Health Coaching and neurodegenerative disease management. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1022-K34 1 Session - \$25  
Tuesday, Oct 22 7:30 - 8:30 pm

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



Edina Community Center      Door 3, Room 350

### Brain Health Series 2: Morning

Join us for the second part of the brain health across the lifespan series, emphasizing prevention with practical, easy-to-implement brain health practices. This class will focus on the first two interventions in the THINK, CONNECT, EAT, MOVE, and SLEEP approach. THINK: Learn to identify areas of cognitive weakness (with or without marked decline) and stimulate those areas of the brain through focused, challenging training. CONNECT: Understand the critical role of relationships, connections, and community in maintaining and enhancing brain health. If you enjoy engaging assignments, you'll love the practical homework designed to sharpen your thinking and deepen your connections with intention. Empower yourself with the tools to support brain health throughout your life. Enroll today! Krista Maddock: As a dedicated health educator, Krista specializes in chronic disease prevention and empowering individuals to make informed choices for long-term health. With a background in public health and behavior change, she uses evidence-based practices to support and inspire healthy lifestyles. She holds a bachelor's degree in nursing, an active Minnesota Nursing license, and certifications in Brain Health Coaching and neurodegenerative disease management. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1022-K33      1 Session - \$25  
Tuesday, Oct 22      10:30 - 11:30 am  
Edina Community Center      Door 3, Room 350

### Brain Health Series 3: Evening

Dive into the third intervention of the THINK, CONNECT, EAT, MOVE, SLEEP comprehensive series on brain health across the lifespan, with a focus on prevention through practical and easy brain health practices. EAT: This HOT topic deserves its own dedicated class! Learn how to simplify and build meal planning systems that promote brain and metabolic health. We'll discuss the importance of providing the right fuel for your brain and strategies to avoid insulin resistance, a key factor in preventing early cognitive decline. Discover the link between Type 3 diabetes, often presenting as cognitive decline due to insulin resistance in the brain, and how it's the most treatable form of dementia. Understanding this risk factor is crucial for dementia prevention, emphasizing the importance of healthy habits throughout your life. You'll leave this class inspired to make simple dietary changes that can have a significant impact on how you feel and think. Enroll today and take the first step towards a healthier, sharper mind! Krista Maddock: As a dedicated health educator, Krista specializes in chronic disease prevention and empowering individuals to make informed choices for long-term health. With a background in public health and behavior change, she uses evidence-based practices to support and inspire healthy lifestyles. She holds a bachelor's degree in nursing, an active Minnesota Nursing license, and certifications in Brain Health Coaching and neurodegenerative disease management. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1119-K36      1 Session - \$25

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



# Adult Fall 2024 Catalog

## Class Descriptions



Tuesday, Nov 19      7:30 - 8:30 pm  
Edina Community Center      Door 3, Room 350

### Brain Health Series 3: Morning

Dive into the third intervention of the THINK, CONNECT, EAT, MOVE, SLEEP comprehensive series on brain health across the lifespan, with a focus on prevention through practical and easy brain health practices. EAT: This HOT topic deserves its own dedicated class! Learn how to simplify and build meal planning systems that promote brain and metabolic health. We'll discuss the importance of providing the right fuel for your brain and strategies to avoid insulin resistance, a key factor in preventing early cognitive decline. Discover the link between Type 3 diabetes, often presenting as cognitive decline due to insulin resistance in the brain, and how it's the most treatable form of dementia. Understanding this risk factor is crucial for dementia prevention, emphasizing the importance of healthy habits throughout your life. You'll leave this class inspired to make simple dietary changes that can have a significant impact on how you feel and think. Enroll today and take the first step towards a healthier, sharper mind! Krista Maddock: As a dedicated health educator, Krista specializes in chronic disease prevention and empowering individuals to make informed choices for long-term health. With a background in public health and behavior change, she uses evidence-based practices to support and inspire healthy lifestyles. She holds a bachelor's degree in nursing, an active Minnesota Nursing license, and certifications in Brain Health Coaching and neurodegenerative disease management. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1119-K35      1 Session - \$25  
Tuesday, Nov 19      10:30 - 11:30 am  
Edina Community Center      Door 3, Room 350

### Brain Health Series 4: Evening

Explore the final two interventions in the comprehensive series on brain health across the lifespan, focusing on prevention through practical and easy brain health practices. MOVE: Discover the powerful impact of exercise on brain health. Exercise enhances blood flow, supports healthy blood vessels, and stimulates Brain-Derived Neurotrophic Factor (BDNF), crucial for neuronal survival, growth, learning, and memory. SLEEP: Embrace the importance of rest for brain recovery. Quality sleep is essential for overall brain health and function. By the end of this class, you'll be equipped to set personal goals for optimal exercise and sleep. Start from where you are and find support within your community to achieve lasting brain health. Enroll today and prioritize your brain's well-being! Krista Maddock: As a dedicated health educator, Krista specializes in chronic disease prevention and empowering individuals to make informed choices for long-term health. With a background in public health and behavior change, she uses evidence-based practices to support and inspire healthy lifestyles. She holds a bachelor's degree in nursing, an active Minnesota Nursing license, and certifications in Brain Health Coaching and neurodegenerative disease management. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1217-K37      1 Session - \$25

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

# Adult Fall 2024 Catalog

## Class Descriptions



Tuesday, Dec 17 7:30 - 8:30 pm  
Edina Community Center Door 3, Room 350

### **Brain Health Series 4: Morning**

Explore the final two interventions in the comprehensive series on brain health across the lifespan, focusing on prevention through practical and easy brain health practices. **MOVE:** Discover the powerful impact of exercise on brain health. Exercise enhances blood flow, supports healthy blood vessels, and stimulates Brain-Derived Neurotrophic Factor (BDNF), crucial for neuronal survival, growth, learning, and memory. **SLEEP:** Embrace the importance of rest for brain recovery. Quality sleep is essential for overall brain health and function. By the end of this class, you'll be equipped to set personal goals for optimal exercise and sleep. Start from where you are and find support within your community to achieve lasting brain health. Enroll today and prioritize your brain's well-being! **Krista Maddock:** As a dedicated health educator, Krista specializes in chronic disease prevention and empowering individuals to make informed choices for long-term health. With a background in public health and behavior change, she uses evidence-based practices to support and inspire healthy lifestyles. She holds a bachelor's degree in nursing, an active Minnesota Nursing license, and certifications in Brain Health Coaching and neurodegenerative disease management. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. **Late Registration:** If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1217-K36 1 Session - \$25  
Tuesday, Dec 17 10:30 - 11:30 am  
Edina Community Center Door 3, Room 350

### **Confident Communication: Mastering First Impressions & Body Language - Session I**

Unleash your inner orator and captivate any audience! Welcome to Confident Communication, where you will transform your speaking skills and exude charisma and confidence in every word. This dynamic, interactive course is designed to ignite your passion for public speaking and empower you to connect with others on a whole new level. From mastering the perfect first impression to learning how to walk, sit, and stand with elegance, our expert instructors will guide you through the art of powerful communication. You'll practice speaking clearly and confidently, ensuring your voice is heard loud and clear. Engage in fun and practical exercises to reinforce your newfound skills, turning theory into unforgettable practice. Prepare to step out of your comfort zone and into the spotlight. Whether you're a seasoned speaker looking to polish your skills or a beginner eager to conquer your fear of public speaking, this course is your gateway to becoming a confident, compelling communicator. Join us and watch your words work wonders! **Victoria Anderson:** Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. **Late Registration:** If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

928-K91 2 Sessions - \$55

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

# Adult Fall 2024 Catalog

## Class Descriptions



Sat Sep 28 & Sat Oct 5      12:00 - 2:00 pm  
Edina Community Center      Door 3, Room 317

### **Confident Communication: Mastering First Impressions & Body Language - Session II**

Unleash your inner orator and captivate any audience! Welcome to Confident Communication, where you will transform your speaking skills and exude charisma and confidence in every word. This dynamic, interactive course is designed to ignite your passion for public speaking and empower you to connect with others on a whole new level. From mastering the perfect first impression to learning how to walk, sit, and stand with elegance, our expert instructors will guide you through the art of powerful communication. You'll practice speaking clearly and confidently, ensuring your voice is heard loud and clear. Engage in fun and practical exercises to reinforce your newfound skills, turning theory into unforgettable practice. Prepare to step out of your comfort zone and into the spotlight. Whether you're a seasoned speaker looking to polish your skills or a beginner eager to conquer your fear of public speaking, this course is your gateway to becoming a confident, compelling communicator. Join us and watch your words work wonders! Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1109-K92      2 Sessions - \$55  
Sat Nov 9 & Sat Nov 16      12:00 - 2:00 pm  
Edina Community Center      Door 3, Room 317

### **Craft Your Canvas: Coptic Bound Journal Workshop**

Make a beautiful, flat-laying journal using the ancient Coptic binding technique! Perfect for beginners and experienced crafters alike. All materials included, with a bring-your-own list provided. Learn step-by-step and create a unique book to treasure. (Hand strength & dexterity helpful)

Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1106-K163      2 Sessions - \$60  
Wed Nov 6 & Wed Nov 13      6:30 - 8:00 pm  
Edina Community Center      Door 3, Makers Space

### **Embroidery Class - Line Stitches**

Whether you're new to embroidery or looking to refresh your skills, this class is perfect for you. Explore a variety of line stitches, including stem, running, chain, and back stitches. Learn how to combine these stitches to add variety and dimension to your projects. No experience needed. Take this class on its own or

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

# Adult Fall 2024 Catalog

## Class Descriptions



pair it with our other embroidery courses for a comprehensive learning experience. Jan Hagerman: Jan attributes her creative side to her mother, an artist in many mediums and a renowned ceramics and floral instructor. Jan appears regularly on WCCO sharing her DIY knowledge with the community. She is thrilled to share her creativity and knowledge with Edina Community Ed. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

909-K143      1 Session - \$45  
Monday, Sep 96:00 - 8:30 pm  
Edina Community Center      Door 3, Makers Space

### Embroidery Class: Filling stitches

Expand your embroidery skills in this Filling Stitches Embroidery class! Dive into techniques like satin, flame, and leaf stitches, along with other intricate patterns. Learn how to combine colors to create beautiful, cohesive designs. Perfect for beginners—no prior experience needed. This class can be taken on its own or as a complement to the many other embroidery courses. Jan Hagerman: Jan attributes her creative side to her mother, an artist in many mediums and a renowned ceramics and floral instructor. Jan appears regularly on WCCO sharing her DIY knowledge with the community. She is thrilled to share her creativity and knowledge with Edina Community Ed.

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1007-K144      1 Session - \$45  
Monday, Oct 7 6:00 - 8:30 pm  
Edina Community Center      Door 3, Makers Space

### Embroidery: Dala Horse

This cute Dala horse will be a wonderful addition to your Holidays or a gift for someone special. Basic embroidery knowledge is helpful but not required. Jan Hagerman: Jan attributes her creative side to her mother, an artist in many mediums and a renowned ceramics and floral instructor. Jan appears regularly on WCCO sharing her DIY knowledge with the community. She is thrilled to share her creativity and knowledge with Edina Community Ed. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1118-K147      1 Session - \$45  
Monday, Nov 18      6:00 - 8:30 pm  
Edina Community Center      Door 3, Makers Space

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

# Adult Fall 2024 Catalog

## Class Descriptions



### **Embroidery: Feather and Chain Stitches**

This class has so many fun stitches to add to your repertoire! Coral, seed, feather and chain to name a few. No experience needed. Take as a stand alone or add it to one of the other embroidery classes. Jan Hagerman: Jan attributes her creative side to her mother, an artist in many mediums and a renowned ceramics and floral instructor. Jan appears regularly on WCCO sharing her DIY knowledge with the community. She is thrilled to share her creativity and knowledge with Edina Community Ed. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1111-K145    1 Session - \$45  
Monday, Nov 11    6:00 - 8:30 pm  
Edina Community Center    Door 3, Makers Space

### **Embroidery: Sampler**

Leave this class with an embroidery sampler in progress and the knowledge of how to do a variety of stitches. Combined with any of the other embroidery classes or taken on its own it is a great way to learn embroidery or add new stitches to your repertoire. Jan Hagerman: Jan attributes her creative side to her mother, an artist in many mediums and a renowned ceramics and floral instructor. Jan appears regularly on WCCO sharing her DIY knowledge with the community. She is thrilled to share her creativity and knowledge with Edina Community Ed. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1209-K146    1 Session - \$45  
Monday, Dec 9:00 - 8:30 pm  
Edina Community Center    Door 3, Makers Space

### **Fashionably Going Green**

Discover the art of crafting your own eco-friendly essentials! Join our sewing class and master advanced techniques like inserting zippers and applying bias tape to create a reusable shopping bag and a toiletry pouch. Unlock your creativity and sustainability in every stitch!

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1008-K101    4 Sessions - \$180  
Tuesdays, Oct 8 - Oct 29    6:00 - 8:30 pm  
Edina Community Center    Door 3, Makers Space

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

# Adult Fall 2024 Catalog

## Class Descriptions



### **Financial Fitness 101: Budgeting, Credit, & Saving Strategies - Session I**

You will learn about Starting a Budget Rules, Why do I need Credit? What is a credit score? How to build Credit? How often should I check my credit? How do I maintain financial stability? Ways to save your income, and you will make your own personal budget spreadsheet in class. Please bring your information to class and be prepared to start a new financial plan. Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1011-K92      2 Sessions - \$55  
Fri Oct 11 & Fri Oct 18 6:00 - 8:00 pm  
Edina Community Center      Door 3, Room 317

### **Financial Fitness 101: Budgeting, Credit, & Saving Strategies - Session II**

Dive into the exciting world of financial savvy with our entertaining and enlightening class designed to turn your money worries into money wins! Budgeting Basics: Master the art of starting and sticking to a budget with simple, effective rules. Credit Conundrums Decoded: Understand the importance of credit, how to build it, and the secrets behind your credit score. Credit Check Tips: Learn how often you should check your credit and the best ways to maintain financial stability. Smart Savings Strategies: Discover innovative ways to save your income and watch your savings grow. Personalized Budget Spreadsheet: Get hands-on and create your very own budget spreadsheet in class. Bring your financial information and be ready to embark on a journey towards a new financial plan that works for you. We promise a fun and supportive atmosphere where you'll gain the knowledge and confidence to take control of your finances. Don't miss this opportunity to make financial freedom a reality. Sign up now and let's start building a brighter financial future together! Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1122-K93      2 Sessions - \$55  
Fri Nov 22 & Fri Dec 6 6:00 - 8:00 pm  
Edina Community Center      Door 3, Room 317

### **Great Decisions: High Seas Treaty : Adult**

Areas of the seas beyond national jurisdiction comprise the high seas, which are facing a degradation of ecosystems due to climate change and the increase in human activities, such as shipping, overfishing,

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



pollution, and deep-sea mining. The recently negotiated High Seas Treaty, also known as the Biodiversity Beyond National Jurisdiction treaty, will attempt to address these issues. How difficult will it be to convince nations to participate? The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program. Andrew Latham: Andrew Latham is Professor of International Relations and Political Theory at Macalester College, Saint Paul, MN; Non-Resident Fellow, Defense Priorities, Washington, DC; Senior Fellow, Institute for Peace and Diplomacy, Ottawa, CDA; and Opinion Contributor, The Hill, Washington, DC. Professor Latham's primary scholarly interests are in the areas of international relations and political thought. He regularly teaches courses on international security, Chinese foreign policy, regional conflict in the Middle East, regional conflict in the Asia-Pacific, medieval political thought, US foreign policy, and conservative political theory. His most recent publication is *Theorizing Medieval Geopolitics: War and World Order in the Age of the Crusades*. He has also published a novel about the Third Crusade entitled *The Holy Lance*. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

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916-H002      1 Session - \$0  
Monday, Sep 16      3:45 - 5:30 pm  
Edina Community Center      Door 3, Room 348

### **Great Decisions: Pandemic Preparedness: Adult**

Pandemic Preparedness: Research has shown that the question is not "if," but "when" the next pandemic will occur. Although the previous pandemic seems to have waned, there are many lessons to learn about what's needed for a new, global biosecurity infrastructure, so that we can mitigate the risks from the next pandemic. We need technology that can support rapid identification and understanding of emerging threats, such as collecting samples, analyzing data, and generating meaningful insights for public health officials and policymakers. Rick Olson: Rick Olson is a retired professional with a variety of educational and life experiences. He has worked as an economist, an attorney, a certified financial planner, an agricultural loan officer, an agricultural cooperative president, a State Representative in Michigan and a public-school business manager. He obtained a Juris Doctor degree from Stanford Law School and completed the coursework in two Ph.D. programs (Agricultural Economics and Education Administration), but declined to write a thesis in either, so he is not a Ph.D. An avid traveler, he has been in 47 countries and in all 50 of the United States. He has flown to the Nakivale Refugee Settlement in Uganda three times since February 2020 to guide a non-profit organization he founded to assist the refugees at Best Future School (and now at four such learning centers). He has also led the effort on three Rotary International Global Grants for refugee settlement camps in Uganda. He is now also involved in support of the efforts of Sustainable Cambodia. He currently resides in Prior Lake, Minnesota, USA with his wife of 54 years, a retired school superintendent, and is the father of two boys, ages 45 and 43. Rick is also an adventurer, having climbed Mt. McKinley in Alaska in 1977, riding his bicycle across the USA in 2016, did a 19-day trek

**Register:**

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# Adult Fall 2024 Catalog

## Class Descriptions



to the Base Camp of Mt. Everest in 2017, and climbed Mt. Kilimanjaro in Tanzania in 2019. He led Rotary International tours through Eastern Europe in 2019 and again in 2022. The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

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1021-H004    1 Session - \$0  
Monday, Oct 21    3:45 - 5:30 pm  
Edina Community Center    Door 3, Room 348

### **Great Decisions: Understanding Indonesia: Adult**

Understanding Indonesia: Despite its large size, Indonesia remains virtually invisible to most Americans. But as one of the world's largest democracies, the world's largest Muslim-majority nation, and as an economic driver of ASEAN, why does it fly below the radar? What are current issues in U.S.-Indonesian relations, and what role can the country play in Asia? Henry Berman: Henry Berman is a retired businessman, working for 34 years at Ecolab, a global company based in St Paul. Henry has personal ties to the Middle East Region and has spent much time there in the last decade. He has a strong interest in the ever-changing dynamics in this turbulent part of the world, including the emerging continent of Africa. Henry is a member of the Council of Foreign Relations and is active in a local Great Decisions Group. He has given popular presentations throughout Minnesota on such varied topics as Saudi Arabia, Future of the Kurds, Egypt and the Arab Spring, Syrian Refugee Crisis and the U.S.- Israel relationship. Henry has a BA from Hamilton College and an MBA from the Tuck School of Business at Dartmouth College. The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

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1111-H003    1 Session - \$0

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



# Adult Fall 2024 Catalog

## Class Descriptions



Monday, Nov 11 3:45 - 5:30 pm  
Edina Community Center Door 3, Room 348

### **Guitar on the Go: Master the Essentials in Your Busy Schedule! (Online)**

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1016-K17 1 Session - \$73  
Wednesday, Oct 16 6:30 - 9:00 pm  
Your Home Online

### **Hard Cover Book Reimagined**

Turn discarded hardcover books into cherished creative spaces! Learn how to transform old books into personalized journals where you can write, draw, paint, doodle, and collage. Embrace your creativity and give new life to forgotten books in this fun and inspiring class.

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1010-K44 1 Session - \$32  
Thursday, Oct 10 10:00 am - 1:00 pm  
Edina Community Center Door 3, Makers Space

### **Hidden Delight Upcycled Journal**

Transform discarded cereal and cracker boxes into unique, personalized journals! In this class, you'll use a variety of fun papers and embellishments to create a one-of-a-kind journal that's both eco-friendly and stylish. \_\_\_\_\_ Please read our

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1021-K45 1 Session - \$40  
Monday, Oct 21 1:00 - 4:00 pm  
Edina Community Center Door 3, Makers Space

## Register:

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# Adult Fall 2024 Catalog

## Class Descriptions



### Introduction to Book History

Join a professional bookbinder to delve into the fascinating history of books and their evolution across different cultures and eras. Discover why books vary in appearance and function based on their origins. Examine examples and model books to understand terminology related to structure, repair, and collecting, gaining a deeper appreciation for the art and craft of bookbinding.

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919-K161      1 Session - \$15  
Thursday, Sep 19      6:30 - 8:00 pm  
Edina Community Center      Door 3, Makers Space

### Joy of Exploration: Adaptive SAORI Weaving with Chiaki O'Brien

Join local artist Chiaki O'Brien for SAORI Weaving this fall! Originally from Japan, Chiaki brings SAORI Weaving to participants ranging from small children to older adults. This modern Japanese weaving style has traveled along with her since she came to the United States in 2004. SAORI is a way of self-expression through weaving, and an opportunity to enjoy the moment of weaving with colors and textures! Chiaki will provide SAORI looms for the students to work on and she will facilitate and encourage students as they develop skills and enjoy the SAORI Weaving process. The aim of the workshop is for students to create a one-of-a-kind piece of woven art! This class is provided in partnership with COMPAS Arts.

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924-B6000      8 Sessions - \$160  
Tuesdays, Sep 24 - Nov 19      10:00 am - 12:00 pm  
Edina Community Center      Door 3, (Meeting Room)  
No Class Nov 05

### Keep Every Child Safe: Child Abuse Prevention (Offsite)

Whether you're a parent, relative, teacher, coach, or neighbor – everyone has the power to keep children and adolescents safe by being able to recognize concerning behaviors and integrate safety and empowerment strategies. CornerHouse has developed a powerful 1-hour training session will help you: Identify and respond to concerns and potential threats Talk with your children about body safety Implement and reinforce safety strategies Create healthy boundaries Address online safety Identify and respond to concerns Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

925-K10      1 Session - \$0

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# Adult Fall 2024 Catalog

## Class Descriptions



Wednesday, Sep 25 6:00 - 7:00 pm  
Edina Senior Center Fireside Room

### **Kiln Fusing Glass Discovery Workshop (Offsite)**

In this immersive hands-on class, you'll work one-on-one with a professional glass instructor to create your choice of a 5" x 5" fused glass dish, suncatcher, or coaster. Discover the art of kiln fusing and take home a beautiful, handmade piece of glass art. This class is sponsored by the Minnesota Center for Glass Art FOCI. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1009-K131 1 Session - \$110

Wednesday, Oct 9 6:00 - 8:00 pm

Foci Minnesota Center for Glass Arts Foci Minnesota Center for Glass Arts

### **Little Golden Book- Transformed!**

Upcycle a Little Golden Book into a playful and functional journal. Add scrapbook and other specialty papers, ribbon and your own favorite solid or scrapbook papers to create a one-of-a-kind treasure. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1118-K49 1 Session - \$40

Monday, Nov 18 1:00 - 4:00 pm

Edina Community Center Door 3, Makers Space

### **Mah Jongg Play Night: Session I**

How about a fun night of Mah Jongg? We are gathering players for an easy "meet up" of casual Mahj play with the option of getting some additional coaching from instructor, Abbe Blacker, who will be on hand to help make strategic, winning suggestions to you during the games. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! \* Note: Participants should have at least a basic understanding of the mechanics of the game. Although there will be an instructor on hand to help players with assistance as needed, this is not a beginner's class. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1106-K01 1 Session - \$32

Wednesday, Nov 6 6:30 - 9:00 pm

Edina Community Center Door 3, Room 3rd Floor Commons

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



### **Mah Jongg: Play Night: Session II**

How about a fun night of Mah Jongg? We are gathering players for an easy “meet up” of casual Mahj play with the option of getting some additional coaching from instructor, Abbe Blacker, who will be on hand to help make strategic, winning suggestions to you during the games. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! \* Note: Participants should have at least a basic understanding of the mechanics of the game. Although there will be an instructor on hand to help players with assistance as needed, this is not a beginner’s class. Registration Deadline Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1218-K70      1 Session - \$32  
Wednesday, Dec 18    6:30 - 9:00 pm  
Edina Community Center      Door 3, Room 3rd Floor Commons

### **Mah Jongg: Wednesday morning**

This introductory course to American Mah Jongg will teach you everything we’ve learned to love about the wonderful world of “MAHJ” - the snacks, the chat, and of course the game! In this four-part beginning series you will learn the basics, be able to ask questions, and get plenty of practice. Soon you will master this exciting and challenging game of skill, strategy, and luck. Mah Jongg is an excellent way to bond with family and friends, create community, and keep you quick on your toes! No equipment needed, just pull up a chair and join us! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1009-H002      4 Sessions - \$145  
Wednesdays, Oct 9 - Oct 30    10:00 am - 12:30 pm  
Edina Community Center      Door 3, Room 3rd Floor Commons

### **Makeup for Every Age: Master Your Look After 40**

When was the last time you updated your makeup and beauty regimen? Has your skin changed over time? What about your hair color? Join this “boot camp” to update your look with tips and techniques for ageless beauty. Learn about a variety of products, some may be completely new to you, application, and the latest trends in makeup and skin care. Julie Sherman is a makeup artist with 30 years of experience. No products or services will be sold! This class is essential for busy, beautiful women who could use a little updating! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

925-K11      2 Sessions - \$40  
Wed Sep 25 & Tue Nov 12    6:30 - 8:30 pm  
Edina Community Center      Door 3, Room 311

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

# Adult Fall 2024 Catalog

## Class Descriptions



### **Meal Planning Hacks for Busy Live: Online**

Ditch Takeout, Master Meals! Weekend Online Workshop with Megan & Kirsten. Learn fun meal planning (Taco Tuesdays!), delicious recipes, and kitchen hacks (hello Instant Pot!). All Levels Welcome! Get a recipe handout & class recording. Bonus: Dog-free kitchen! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1207-K23      1 Session - \$55  
Saturday, Dec 7      3:00 - 5:00 pm  
Your Home      Online

### **Memories Made Digital: The Ultimate Photo Organization Boot Camp**

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 & more. We will talk about AI (Artificial Intelligence), scanners, cloud storage, digitizing & restoration of older photos. You no longer have to imagine; make this your reality! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1001-K40      1 Session - \$35  
Tuesday, Oct 1      6:30 - 8:30 pm  
Edina Community Center      Door 3, Room 317

### **Microgreens 101: Learn to Cultivate Nutritious Greens at Home**

Learn to grow your own microgreens! Microgreens are nutrient dense, young vegetable greens that are approximately 1-3 inches tall, harvested at the stage between sprouts and baby leaf vegetables. They can be grown year-round, require little space, and have a short growth cycle, making them a great way to grow your own food! Join us for an interactive class where you will seed your first tray of microgreens and learn all the health science behind the mighty microgreen! Krista Maddock: As a dedicated health educator, Krista specializes in chronic disease prevention and empowering individuals to make informed choices for long-term health. With a background in public health and behavior change, she uses evidence-based practices to support and inspire healthy lifestyles. She holds a bachelor's degree in nursing, an active Minnesota Nursing license, and certifications in Brain Health Coaching and neurodegenerative disease management. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@ed.org](mailto:communityed@ed.org) Phone: (952) 848-3952

914-K08      1 Session - \$30  
Saturday, Sep 14      10:00 - 11:00 am  
Edina Community Center      Door 3, Room 170B (W/ Kitchen)

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



### **Music for the Time-Crunched: Learn Piano Without the Commitment (Online)**

Unlock years of musical joy in just a few hours! Discover the secrets of playing piano like a pro with our exciting chord method. It's a blast to learn and far easier than traditional note reading. We eliminate the usual hurdles, ensuring you stay motivated and inspired. Yes, you CAN play the piano without reading notes! Join us and start your musical journey today! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1014-K16      1 Session - \$73  
Monday, Oct 14      6:30 - 9:30 pm  
Your Home      Online

### **My Choice, My Art, Me!**

Dive into a vibrant and inclusive art adventure tailored to every skill level! Join our engaging series where each participant will craft 3-6 unique artworks using an array of mixed media—from bold acrylics and paint markers to expressive pastels and graphite. With a cozy class size limited to just 6 students, you'll have the freedom to choose your inspiration: whether it's your beloved pet, a music icon, a mouth-watering dish, or a dreamy travel destination—special requests warmly welcomed! Embrace creativity in a supportive environment designed for adults with developmental/intellectual disabilities and neurodiverse individuals. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

916-K125      10 Sessions - \$200  
Mondays, Sep 16 - Nov 18      6:00 - 7:30 pm  
Edina Community Center      Door 3, Room 170B (W/ Kitchen)

### **Open Woodshop: M-F Mornings**

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

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Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina

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

# Adult Fall 2024 Catalog

## Class Descriptions



Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

909-K02        73 Sessions - \$100  
Mon-Fri, Sep 9 - Dec 20        8:00 am - 12:00 pm  
Edina Community Center        Woodshop  
No Class Nov 28 & Nov 29

### Open Woodshop: MWF Afternoons

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

\_\_\_\_\_ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

909-K03        44 Sessions - \$100  
Mon/Wed/Fri, Sep 9 - Dec 20 12:30 - 3:30 pm  
Edina Community Center        Woodshop  
No Class Nov 29

### Open Woodshop: Tu, Thu, and Sat Mornings

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

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

# Adult Fall 2024 Catalog

## Class Descriptions



Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

910-K05      42 Sessions - \$100  
Tue/Thu, Sep 10 - Dec 19      6:00 - 9:00 pm  
Edina Community Center      Woodshop  
No Class Nov 05 & Nov 28  
Saturdays, Sep 14 - Dec 21      8:00 am - 12:00 pm  
Edina Community Center      Woodshop  
No Class Nov 30

### **Paperweight Discovery Workshop (Offsite)**

During your Paperweight Glass Discovery, you will work one-on-one with a professional glass instructor to make a solid glass globe sculpture! Learn safety, witness a demo, and get one-on-one hands-on instruction from a pro instructor (no experience needed). Sign up today! Adult Liability Waiver Minor Liability Waiver (must sign up with a parent/guardian) Foci Website Class Description and Info Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

925-K78      1 Session - \$135  
Wednesday, Sep 25      6:00 - 8:00 pm  
Foci Minnesota Center for Glass Arts Foci Minnesota Center for Glass Arts

### **Paperweight Discovery Workshop (Offsite)**

Craft your own solid glass globe sculpture during a Paperweight Glass Discovery Workshop! Learn safety, witness a demo, and get one-on-one hands-on instruction from a pro instructor (no experience needed). Sign up today! Adult Liability Waiver Minor Liability Waiver (must sign up with a parent/guardian) Foci Website Class Description and Info Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

918-K77      1 Session - \$135  
Wednesday, Sep 18      6:00 - 8:00 pm  
Foci Minnesota Center for Glass Arts Foci Minnesota Center for Glass Arts

### **Party Platters in a Pinch: Whip Up Festive Appetizers & Boards Online!**

Use your kitchen gadgets to create yummy appetizers for holiday gatherings, game nights, or just for fun. Join Kirsten live online from her home kitchen as she demonstrates Instant Pot Hot Crab & Shrimp Dip, Air Fryer Buffalo Cauliflower, Goat Cheese & Garlic Crostini, Jalapeño Rarebit Poppers, Mediterranean Mezze

**Register:**

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



# Adult Fall 2024 Catalog

## Class Descriptions



Boards, and more! Registration includes extensive recipe handout and link to class recording so you can re-watch at your convenience. \*No air fryer or Instant Pot? No problem! Recipes will include oven/stovetop directions too. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1112-K22      1 Session - \$30  
Tuesday, Nov 12      6:30 - 8:00 pm  
Your Home      Online

### Personal Pattern Picking

Embark on a sewing adventure! Explore the sewing process as you select your preferred fabric and pattern. While I'll be there to provide guidance, this class is all about embracing your creativity and making choices that reflect your style. For the first class, we will be meeting at Joann Fabrics in Edina. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1112-K102      3 Sessions - \$155  
Tuesdays, Nov 12 - Nov 26      5:45 - 9:00 pm  
Edina Community Center      Door 3, Makers Space

### Schedule Smackdown: Create Personalized Plans for Daily Life - Session I

Are you ready to take control of your life and make organization a breeze? Join us for a lively and interactive class where you'll learn the art of creating daily, weekly, and monthly schedules that actually work for you. Daily Schedules Made Easy: Discover how to break down your day into manageable tasks with tips and tricks to stay on track. Cleaning Routines That Stick: From daily tidying to monthly deep cleans, we'll help you create a cleaning schedule that fits your lifestyle. Personalized Planning: Bring your personal agendas and schedules to class, and we'll work together to tailor them to your needs. This isn't just a class—it's a hands-on experience where you'll leave with practical tools and a newfound sense of order. Plus, we'll have some fun along the way with creative activities and a supportive environment. Don't miss out on the chance to make your life more organized and enjoyable. Sign up now and start your journey to a more organized, stress-free you! Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1012-K89      2 Sessions - \$55  
Sat Oct 12 & Sat Oct 19      12:00 - 2:00 pm

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



Edina Community Center      Door 3, Room 317

### **Schedule Smackdown: Create Personalized Plans for Daily Life - Session II**

Are you ready to take control of your life and make organization a breeze? Join us for a lively and interactive class where you'll learn the art of creating daily, weekly, and monthly schedules that actually work for you. Daily Schedules Made Easy: Discover how to break down your day into manageable tasks with tips and tricks to stay on track. Cleaning Routines That Stick: From daily tidying to monthly deep cleans, we'll help you create a cleaning schedule that fits your lifestyle. Personalized Planning: Bring your personal agendas and schedules to class, and we'll work together to tailor them to your needs. This isn't just a class—it's a hands-on experience where you'll leave with practical tools and a newfound sense of order. Plus, we'll have some fun along the way with creative activities and a supportive environment. Don't miss out on the chance to make your life more organized and enjoyable. Sign up now and start your journey to a more organized, stress-free you! Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1123-K90      2 Sessions - \$55  
Sat Nov 23 & Sat Dec 7      12:00 - 2:00 pm  
Edina Community Center      Door 3, Room 317

### **Second Step Sewing**

Harness your sewing skills in our upcoming class! Dive into the world of crafting as you create essential items like a pin cushion, hot/cold pack, can koozie, and hot pads. Whether you're a seasoned stitcher or just starting out, this class is perfect for those with basic sewing skills or those who have completed Sewing 101. Join us and let your creativity flourish! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

910-K100      4 Sessions - \$180  
Tuesdays, Sep 10 - Oct 1      6:00 - 8:30 pm  
Edina Community Center      Door 3, Makers Space

### **Secret Folds: The Art of Historical Letterlocking**

Unlock the secrets of letter locking, a centuries-old method used to secure private messages. In this captivating hands-on workshop, you'll master the art of folding and sealing letters just like royalty, spies, and everyday people of the past. Immerse yourself in history and learn techniques that add a touch of intrigue and elegance to your correspondence! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



(edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1009-K162    2 Sessions - \$60  
Wed Oct 9 & Thu Oct 10    6:30 - 8:00 pm  
Edina Community Center    Door 3, Room 317

### **Seeing You for You: Adaptive Self-Portraits with Katrina Knutson**

Join local artist Katrina Knutson for adaptive self-portraiture Thursday evenings this fall! Katrina spent 6 years at Minneapolis' Interact Visual and Performing Arts Center, working with adult artists with disabilities as a painting and drawing instructor, and curating the Inside Out Gallery. The connection between justice, creating, building, teaching, learning and sharing is central to the way Katrina lives her life and what she hopes to accomplish in her work. Study of self: looking at ourselves in the mirror and through photos, we will paint, draw, and collage images of ourselves. The final product will be a piece or pieces that incorporate deeper pieces of who you are, using imagery to represent what we love, what we can do and/or where we are from. This class is provided in partnership with COMPAS Arts.

Please read our Adult Programming

Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

919-B6001    8 Sessions - \$160  
Thursdays, Sep 19 - Nov 7    4:00 - 6:00 pm  
Edina Community Center    Door 3, Makers Space

### **Slow Stitch Meditation Scroll**

Immerse yourself in the soothing world of slow stitching, where mindfulness meets creativity. In this enchanting course, you will create a beautiful, portable fabric scroll using your collection of fabric scraps, lace, trims, buttons, beads, and other cherished embellishments. As you stitch, you'll find peace and relaxation, transforming simple materials into a unique piece of art. This course is perfect for anyone looking to unwind and connect with their creative side while giving new life to forgotten treasures. Join us and experience the meditative joy of slow stitching! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

911-K43    1 Session - \$25  
Wednesday, Sep 11    6:30 - 8:30 pm  
Edina Community Center    Door 3, Makers Space

### **Stained Glass Discovery Workshop (Offsite)**

Unleash your creativity and craft a beautiful stained glass suncatcher in this Stained Glass Discovery

## Register:

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

# Adult Fall 2024 Catalog

## Class Descriptions



Experience! No prior experience necessary! All materials are provided. Ready to let your light shine through? Sign up today! Registration Deadline Registration for this class will close 5 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1002-K130 1 Session - \$115  
Wednesday, Oct 2 6:00 - 9:00 pm  
Foci Minnesota Center for Glass Arts Foci Minnesota Center for Glass Arts

### **Stitch a Story: Hands-on Side Sewn Binding**

Craft your own beautiful book with exposed stitching! Learn a traditional binding technique used in East Asia for centuries. This class is perfect for all skill levels, but good hand strength and dexterity are helpful. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1109-K162 2 Sessions - \$90  
Sat Nov 9 & Sat Nov 16 9:00 am - 12:00 pm  
Edina Community Center Door 3, Makers Space

### **Tarot for Beginners: Unveiling the Secrets of the Deck**

Have you dabbled with tarot cards but never really found the best method for learning how to read them? Join us to cover everything from how to read patterns in the deck, tarot spreads, proper card handling, and how to intuitively connect with the cards. No prior experience necessary. Please bring to class a Rider-Waite-Smith Universal Tarot deck. This is not an oracle or angel card class. We will not be able to cover every card in the tarot deck during this class. This is a beginners class only, designed to introduce you to the deck and also to a specific study method for learning on your own.

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928-K12 1 Session - \$15  
Saturday, Sep 28 10:00 am - 12:00 pm  
Edina Community Center Door 3, Room 311

### **The Art of Fine Dining: Etiquette & Elegance: Session I**

Welcome to the Art of Fine Dining: Etiquette and Elegance where you will learn to dine like a pro. Imagine impressing friends, family, and colleagues with your impeccable dining skills—whether you're at a casual brunch, a fancy restaurant, or an elegant tea party. This course is your ticket to becoming the epitome of sophistication and grace at the table. Dive into the world of proper informal and formal dining, where you'll learn the art of navigating multi-course meals with ease. Discover the secrets to restaurant dining that will make you the most polished guest at any establishment. And, of course, no dining class would be complete

## Register:

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

# Adult Fall 2024 Catalog

## Class Descriptions



without mastering the refined rituals of a tea party. But we won't just tell you about these skills; you'll practice them through engaging and interactive exercises. You'll leave this class not only knowing the rules but living them, ready to dazzle at any dining occasion. Join us and transform every meal into a delightful dance of decorum and confidence. Get ready to dine like a pro! Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

927-K87      2 Sessions - \$55  
Fri Sep 27 & Fri Oct 4 6:00 - 8:00 pm  
Edina Community Center      Door 3, Room 351

### **The Art of Fine Dining: Etiquette & Elegance: Session II**

Welcome to the Art of Fine Dining: Etiquette and Elegance where you will learn to dine like a pro. Imagine impressing friends, family, and colleagues with your impeccable dining skills—whether you're at a casual brunch, a fancy restaurant, or an elegant tea party. This course is your ticket to becoming the epitome of sophistication and grace at the table. Dive into the world of proper informal and formal dining, where you'll learn the art of navigating multi-course meals with ease. Discover the secrets to restaurant dining that will make you the most polished guest at any establishment. And, of course, no dining class would be complete without mastering the refined rituals of a tea party. But we won't just tell you about these skills; you'll practice them through engaging and interactive exercises. You'll leave this class not only knowing the rules but living them, ready to dazzle at any dining occasion. Join us and transform every meal into a delightful dance of decorum and confidence. Get ready to dine like a pro! Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1108-K88      2 Sessions - \$55  
Fri Nov 8 & Fri Nov 15 6:00 - 8:00 pm  
Edina Community Center      Door 3, Room 317

### **Walt Disney World Planning Tips & Tricks Part 1: Booking a Trip**

Are you thinking about taking a trip to Florida's Walt Disney World? It IS the most magical place on earth after all - but without some basic knowledge and practical strategies, Disney World can seem like an overwhelming destination experience. Whether this is your first Walt Disney World vacation, or if you simply need a refresher on the recent changes, this course is for you! Jonathan "Buck" Buckley, an Edina High School English teacher and coach, loves to help plan Disney vacations. In addition to teaching and

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



coaching, Buck is a travel planner who specializes in Disney destinations for The Magic For Less Travel team which is an Authorized Disney Vacation Planner. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

910-K50            1 Session - \$21  
Tuesday, Sep 10        6:30 - 8:00 pm  
Edina Community Center    Door 3, Room 317

### **Walt Disney World Planning Tips & Tricks Part 2: Touring Strategies & Tips**

Part 2: Touring Strategies & Tips focuses on planning for your vacation and using strategies to help minimize lines, maximize fun & navigate resorts with pro strategies. Discover the best restaurants, character encounters, fireworks spots & more! Plan a magical vacation with expert tips & handy handouts. Taught by Edina's very own John Buckley! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1008-K51            1 Session - \$21  
Tuesday, Oct 8            6:30 - 8:00 pm  
Edina Community Center    Door 3, Room 317

### **Whisk It, Don't Risk It: Mastering the Kitchen Basics - Session I**

Welcome to Whisk It Don't Risk It, your gateway to mastering essential cooking skills with confidence! Whether you're new to the kitchen or eager to enhance your culinary abilities, this course covers everything you need to know. Learn about the fundamentals of cooking and discover the essential kitchen tools and cookware that make cooking a joy. Dive into cooking conversions, temperatures, and the art of seasoning blends. Gain essential baking knowledge to create delightful desserts. Join us for hands-on lessons filled with fun and practical tips, and soon you'll be whipping up delicious dishes that impress everyone around your table! Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

914-K88            2 Sessions - \$55  
Sat Sep 14 & Sat Sep 21    11:00 am - 1:00 pm  
Edina Community Center    Door 3, Room 170B (W/ Kitchen)

**Register:**

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

# Adult Fall 2024 Catalog

## Class Descriptions



### **Whisk It, Don't Risk It: Mastering the Kitchen Basics - Session II**

Welcome to Whisk It Don't Risk It, your gateway to mastering essential cooking skills with confidence! Whether you're new to the kitchen or eager to enhance your culinary abilities, this course covers everything you need to know. Learn about the fundamentals of cooking and discover the essential kitchen tools and cookware that make cooking a joy. Dive into cooking conversions, temperatures, and the art of seasoning blends. Gain essential baking knowledge to create delightful desserts. Join us for hands-on lessons filled with fun and practical tips, and soon you'll be whipping up delicious dishes that impress everyone around your table! Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed ([edinaschools.org](http://edinaschools.org)) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: [communityed@edinaschools.org](mailto:communityed@edinaschools.org) Phone: (952) 848-3952

1026-K89      2 Sessions - \$55  
Sat Oct 26 & Sat Nov 2      11:00 am - 1:00 pm  
Edina Community Center      Door 3, Room 170B (W/ Kitchen)

### **Woodshop Orientation**

Your first step in the world of woodworking is to sign up for this orientation workshop, where you will become familiar with the safe operation of all of the major power equipment and tools, and learn basic elements of woodworking and shop procedures. You will complete a wooden bread board during the orientation, and you will leave feeling inspired and empowered to do your own woodworking projects to share with those around you. Note: This orientation is required for all new members of the Open Woodshop and for those that have not been active in our Open Woodshop for the past two years or longer. Once this orientation is completed, participants are allowed access to the Open Wood Shop. The fee for Open Wood Shop is waived ONLY IF participants sign up for one of the Open Wood Shop sessions within the 2 weeks immediately following this orientation. Participants may only attend the session they signed up for. If orientation participants do not attend the Open Wood Shop during the two weeks immediately following this orientation, they will be charged the fee for the Open Wood Shop and will be required to take the Safety Review.

916-K04      3 Sessions - \$100  
Sep 16, Sep 18 & Sep 20      6:00 - 9:00 pm  
Edina Community Center      Woodshop

### **World War II in the Pacific**

Dive deep into the pivotal events and underlying causes of World War II in the Pacific in this comprehensive course. While the focus will be on the significant role of the United States, we'll also explore the crucial contributions of other Allies, including China, Britain, Australia, and New Zealand. Through engaging slide presentations, we'll journey through the major battles and strategies that shaped the war's outcome. Complementing our visual narrative, you'll experience historical newsreels and films that bring the intensity of actual battles to life. Join us for a captivating exploration of one of history's most consequential conflicts. \_\_\_\_\_ Please

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# Adult Fall 2024 Catalog

## Class Descriptions



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904-001H 9 Sessions - \$65  
Wednesdays, Sep 4 - Oct 30 5:45 - 7:15 pm  
Edina Community Center Door 3, Room 350

### You Can Teach Community Ed Classes

Do you have a special skill, interest, knowledge or hobby you'd like to share with your neighbors? Professional certification is not required; passion and enthusiasm are a must! Edina Community Education is always looking for enthusiastic teachers and new class ideas that help meet the needs of learners of all ages, stages, abilities, and interests. Come and learn what it takes to be a great community education instructor. Take in a short presentation and discussion facilitated by Edina Community Education Staff. We'll answer your questions and help you refine ideas. Our course catalog isn't complete without you. Join us! Heather Larson: Heather has been teaching for most of her adult life. Whether it's teaching adults or youth, she is passionate about the profession and eager to share helpful tips and strategies.

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101-01 1 Session - \$0  
Monday, Sep 99:30 - 10:30 am  
Edina Community Center Door 3, Room 170B (W/ Kitchen)

101-02 1 Session - \$0  
Wednesday, Sep 18 4:30 - 5:30 pm  
Edina Community Center Door 3, (Meeting Room)

### Partnerships

#### Professional Learning: South View Middle School Site Visit

\*\*\*This course is intended for educational professionals and not available for members of the general public.\*\*\* South View is proud to share the great work of Edina Public Schools in carrying out its mission of being a dynamic learning community delivering educational excellence and preparing all students to realize their full potential. South View was one of eleven middle schools recognized as a School of Distinction by the Association for Middle Level Education. This distinction is a reflection of South View's progressive work around developing agency and belonging for all learners. We will continue to be a model for what it looks like to be a responsive, challenging, empowering, equitable and engaging middle school. One of the ways we continue to grow is by hosting site visits. Sponsoring space and time for other sites and programs to learn and share effective practices builds on our teacher efficacy. There is so much value in learning in the context of an actual school day. Some schools come to see the flexible learning spaces, others want to see how daily flex time and advisory works, but all schools learn about instructional practices that put learners

## Register:

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# Adult Fall 2024 Catalog

## Class Descriptions



at the center so each and every student can reach their full potential and thrive.

SV-OCT25 1 Session - \$150  
Friday, Oct 25 8:00 am - 3:15 pm  
South View Middle School Room Door #1

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