



45+ NEW CLASSES INSIDE!

Mile High Apple Pie
Majestic Trees in Watercolor
Acrylic Pouring
Acting Techniques & Scene Study
Writing Life's Chapters
Paint Like O'Keefe
Seed Mosaics
Google Drawing and Slides
Become an Airbnb Owner
Wealth Creation Today

Osseo Area Schools Community Education Fall '24



"Community Education creates opportunities that positively impact our whole community through innovative and responsive programs and services".

Department Directors

Executive Director

Brian Siverson-Hall 763-391-7115

Assistant Director

Carrie Cabe 763-391-7142

Adult Basic Education

Annie Xiong 763-585-7328

Coordinator

Emily Watts 763-585-7321

Adult and Youth Enrichment

Jesse Toren 763-391-7242

Program Manager

Sarah Heyer 763-391-7122

Coordinator

Melissa Carstens 763-391-7117

Early Childhood & Family Education (EC&FE)

EC&FE, Early Childhood Screening,

Preschool and PreK

Main Number 763-391-8777

Coordinator

Kari Sawyer 763-391-8765

District Enrollment Center

Main Number 763-585-7350

Coordinator

Jen Thomas 763-585-7351

Facility Scheduling

DeAnn Hill 763-391-7123

LaToya McKinley 763-391-7119

Program Manager

Jamie Cassidy 763-391-7099

Program Manager

Dana Nelson 763-391-7256

Coordinator

Carrie Larson 763-391-7112

Four Star Express, Spot & Kidstop

Jodie Weappa 763-585-7281

Coordinator

Kristy Johnson 763-585-7280

Targeted Services

Beth Rudolph 763-391-7220

Assistant Director

Carrie Cabe 763-391-7142

District 279 Foundation

Susan Wineland 763-391-7116

Executive Director

Brian Siverson-Hall 763-391-7115

Welcome Lifelong Learners!

Osseo Community Education's purpose statement:

"Create opportunities that positively impact our whole community through innovative and responsive programs and services".

We hope as you turn the pages you find something inside that ignites your passion, joy and curiosity for lifelong learning. Our team has been working diligently to plan exciting and engaging classes taught by highly-qualified instructors. We hope you'll find some time to search for your next "night out". Our classes are enjoyable and are a great way to meet others in your community. We are here to provide you with innovative and responsive opportunities, programs and services. If you have a hobby or talent that you would like to share with others, we may have just the place for you in Osseo Community Education. Here's to another wonderful Fall season full of warm days, cool nights, bonfires, flannels and hot cocoa.

With sincere gratitude,

Community Education Enrichment Team

Did You Know?

There are so many wonderful things happening in Osseo Community Education. Take a look below for program opportunities.

Youth Enrichment

- We are expanding to four additional east side schools this Fall.
- Youth classes are not included in this publication. Call 763-391-7242 for details or check the following:
 - Peachjar flyers, school newsletters, Smore email blasts, District 279 website, Facebook

Kidstop and Four Star Express

- Kidstop offers care for scholars in K-5th grade. Call 763-585-7281 for details. Save the following dates for registration:
 - Kidstop summer registration - March 4, 2025
 - School year registration is March 11, 2025
 - Four Star Express registration is January 14, 2025
- Job postings for summer 2025 will be on the district website on December 20, 2024.
- Four Star Express PreK program is for children who turn four on or before September 1. Call 763-585-7281 for details.

Early Childhood and Family Education

- Classes for families and young children ages birth to five. If you do not receive their catalog, call 763-391-8777 for details.

Adult Basic Education

- Polish your academic skills, complete your GED, or learn English with Osseo Adult Basic Education.
 - Free online and in-person classes for adults ages 17 and older.
 - Classes are held during the day or in the evening.
- Call 763-566-5452 for details, stop by the office at 7051 Brooklyn Blvd, Brooklyn Center, MN or visit us online at district279.org/abe and click on the registration "start" button.

Facilities Rental

- We welcome the use of district facilities by individuals, groups, or businesses. Email facilities@district279.org for details.



Culinary Creations - Pages 4-8



Artful Living - Pages 15-21



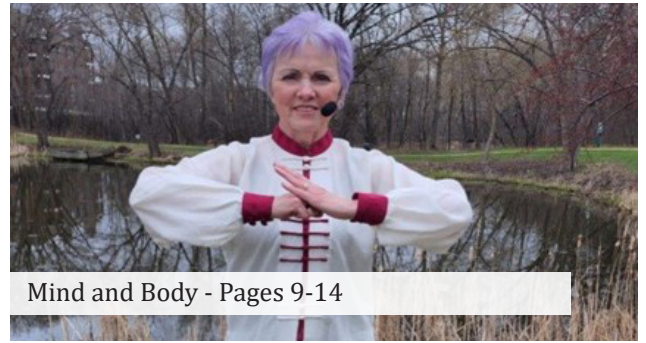
Get Wired - Pages 25-28



Health and Safety - Page 31



On the Go - Pages 35-37



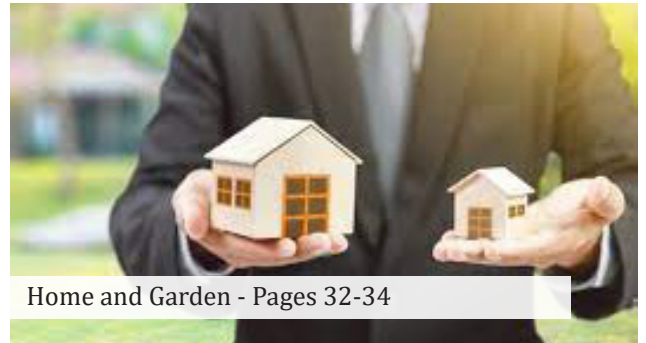
Mind and Body - Pages 9-14



Family and Finance - Pages 22-24



Global Languages/Experiences - Pages 29-30



Home and Garden - Pages 32-34



Teen Driver's Ed and Policies - Pages 38-39

Online: osseo.ce.eleyo.com
 Phone: 763-391-7242; Mon-Fri, 8 am-4:30 pm
 In-Person: Visit our office at the ESC

Mail: Educational Service Center (ESC-Enrichment)
 11200 93rd Ave N, Maple Grove, MN 55369
 Drop Box: Located left of the front entrance at ESC

Marvelous Macarons

They are beautiful and fun to make! Nancy will show you simple tricks to make the process easy. Make three different kinds: blueberry, lemon, and pink cherry or strawberry. There will also be chocolate macarons to sample. Bake and assemble one recipe from start to finish, as well as decorate and assemble the other two recipes. You'll be the talk of the party when you serve these tasty little delicacies. \$13 supply fee payable to instructor at class. Cookie containers are provided.

Tue, Sept. 10	6 p.m.-9 p.m.	\$45/person
MGMS	Burgeson	
Mon, Sept. 23	6 p.m.-9 p.m.	\$45/person
MGMS	Burgeson	
Thu, Oct. 3	6 p.m.-9 p.m.	\$45/person
MGMS	Burgeson	
Wed, Oct. 9	6 p.m.-9 p.m.	\$45/person
MGMS	Burgeson	

NEW! Mile High Apple Pie

Fall is in the air! With that comes apple season. This is the time of year to make the very best apple pie. If you have ever said "I can't make pies", then this class is meant for you. Nancy will take you through all the steps, from making a crust, to preparing all of the filling for your pie using the freshest apples from Brand Farms in Farmington. You will be surprised how easy it is! Each student will leave class with a hot apple pie to share with family and friends. Boxes will be provided, but please bring a rolling pin and a potato peeler to class if you have them. Nancy will have some extras, too. A supply fee of \$14 per student is payable to the instructor at class.

Wed, Oct. 23	6 p.m.-9 p.m.	\$45/person
MGMS	Burgeson	
Mon, Oct. 28	6 p.m.-9 p.m.	\$45/person
MGMS	Burgeson	

Holiday Bake & Take

Let Nancy's team help you get your baking done in no time. Go home with ten dozen cookies. Work in pairs with cookie dough and everything you need to form, trim, and decorate your cookies. They'll be baked by our team in commercial ovens. Hairnets/gloves provided; bring your own apron if you like. Bring containers to carry treats home. Arrive on time and plan to stay the full three hours, which includes assisting with clean-up. For safety restrictions, children are not allowed in or near the class. If you cannot find child care, you may send someone in your place. If ill, please find someone to take your place. Cookies are not provided for no-shows. \$20 food supply fee payable at class. We are unable to accommodate nut allergies. This is an adult class only.

Fri, Nov. 15	6 p.m.-9 p.m.	\$59/person
MGMS	Burgeson	
Sat, Nov. 16	9 a.m.-12 p.m.	\$59/person
MGMS	Burgeson	
Sat, Nov. 16	1 p.m.-4 p.m.	\$59/person
MGMS	Burgeson	

Love Your Lefse

This Norwegian delicacy is made for banquets, holidays, weddings and other occasions. If you're Norwegian and missed recording Grandma's recipe, tips and techniques, then you'll flip for this class. Learn the fine points in making dough, baking, storing and how to serve lefse. Bonus is there is a bit of history and humor involved also. Begin with real potatoes using authentic recipes and a modern version using instant potatoes. Plan to sample your fresh creations plus take home finished lefse and dough to bake and share with family and friends.

Tue, Nov. 26	6 p.m.-9 p.m.	\$45/person
OMS	Severson	

Four Famous Ethnic Cookies

Learn to create the Norwegian cookie, krumkakes, made with cream, butter, and cinnamon or vanilla. For generations, Minnesotans have purchased irons from local manufacturer Nordic Ware in St. Louis Park to bake krumkakes. Italian pizzelles are also baked on a stovetop using an iron but are a flat, anise-flavored cookie also flavored with vanilla. The chewy, almond Swedish sandbakkeles are delicate golden brown and are baked in tiny tins to resemble tarts. You'll master deep fried rosettes, those fragile, paper thin Scandinavian delicacies dusted with confectioners' sugar. Expect great recipes plus the many steps and techniques that will make your baking a success! Please bring containers with you.

Fri, Dec. 20	6 p.m.-9 p.m.	\$45/person
OMS	Severson	

Asian Favorites

You'll begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with both hot mustard and sweet and sour sauce for dipping. You'll then prepare fried rice using chicken, shrimp, fresh vegetables, and the secret sauce. Classic pork chow mein follows served with crispy egg noodles along with egg foo young made with both, chicken and shrimp. You'll finish this extravaganza with a delightful lemon custard tort. This class includes both demonstration and hands-on instruction. Many food items are prepped by the chef in advance in order to get through these amazing recipes in 3 hours.

Tue, Sept. 10	6 p.m.-9 p.m.	\$49/person
OMS	Sandino	

Tantalizing Thai Cuisine

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

Wed, Nov. 20	6 p.m.-9 p.m.	\$49/person
OMS	Sandino	

Class information for Instructor Georgakopoulos: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file. If you need to cancel one of her classes, and you've already been sent a recipe/ingredient list for a class, you will not receive a refund. Recipes are original creative property and will be published in her cookbook. You may contact us about transferring your enrollment to another participant. A PDF packet of her recipes is included. Tess also created a private and public Facebook group for participants. You'll receive an optional invite to the groups. Note: one registration fee includes family members living full-time in the same home only.

The Art of Phyllo Pastry

Did you know you could do so much with phyllo? Don't be terrified of this paper-thin, frozen pastry. Prepare an assortment of great appetizers, main dishes and desserts all made with this amazing dough. Begin by preparing phyllo kisses, a fast, 5-minute appetizer. Then hot, puffy, feta cheese triangles create a party atmosphere. And they can be made in advance, then frozen to be baked as guests arrive! Main dishes can use chicken and vegetable highlight, such as fresh broccoli with a cheese sauce, rolled in this golden, crisp pastry. Of course, no class on phyllo would be complete without Baklava, loaded with nuts and saturated with a honey syrup! After this evening, you'll have conquered your fear plus you will receive an easy tip sheet to create perfect results every time for other phyllo recipes too. \$13 supply fee payable to instructor at class.

Wed, Sept. 18 6 p.m.-9 p.m. \$45/person
OMS Severson

NEW! Online: Scratch Japanese Miso Ramen

This class is not about instant ramen. In fact, you will be making Japanese miso ramen from scratch. You'll start with making ramen noodles from scratch. Then, braise cha shu chicken and make miso broth. You'll serve your ramen with marinated soft-boiled eggs and different toppings.

Tue, Dec. 10 6 p.m.-8 p.m. \$35/person
Online Khunisoron

NEW! Online: Chinese Steamed Bao

Steamed buns (Bao) are a popular street food in many countries in East and Southeast Asia and especially in China. They are easy to eat and provide complete nutrients in one bite. Make cha shu chicken bao with pickled vegetables and cabbage bao. You'll also make the dough from scratch.

Tue, Oct. 22 6 p.m.-8 p.m. \$35/person
Online Khunisoron

Online: Air Fryer Hype! Copycat KFC and Recipe Ideas for All Ages

Dive into the world of air frying. Tess demonstrates family favorite recipes and invites you to join in for one of them. Demonstrated recipes: eggrolls wraps, pizza bites, seasoned potato wedges, and burgers. Cook-along recipe: her Copycat KFC® Chicken. All healthy, delicious recipes that will have your family coming back for more. While cooking-along is fun, it is optional. You will receive a list of ingredients in advance to allow for shopping and preparation. A PDF packet of Tess's personal recipes is included. As a bonus, Tess created a private and public group on Facebook for participants. Everyone will receive an optional invite to the groups. One registration fee for class can include immediate family members living full-time in the same home. If children participate, adult supervision is required.

Fri, Sept. 27 5 p.m.-7 p.m. \$35/person
Online Georgakopoulos

Online: Fright Night Delight! Fall Family Fun

Pumpkin and Potato Gnocchi (made with pumpkin and shaped into mini pumpkins) with cheesy cream sauce, Ghoulish "Intestines" (stuffed pastry seasoned meat roll) with a gory Cranberry Dipping Sauce, and Pumpkin and Spice Chocolate Chip Muffins. You'll receive a list of ingredients to allow time for shopping and prep. A PDF packet of Tess's personal recipes is included. As a bonus, Tess created a private and public group on Facebook for participants. Everyone will receive an optional invite to the groups. Note: one registration fee can include immediate family members living full-time in the same home only. If children participate, adult supervision is required.

Fri, Oct. 25 5 p.m.-7:30 p.m. \$39/person
Online Georgakopoulos

***"Real cooking is more about following
your heart than following recipes."***

{Unknown}



Phone 763-391-7242



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Chinese Steamed Bao

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NEW! Online: Zuppa Toscana, Italian Wedding Meatball Soup and Homemade Baguettes

Learn to create two wonderful soups and Homemade Baguettes. Choose one soup for your cook-along and watch a demo of the other or make both. Tess will make one soup in the Instant Pot®, and the other on the stove. The menu: her copycat version of Olive Garden's Zuppa Toscana, her Italian Wedding Meatball Soup, and her quick Baguettes. While cooking-along is fun, it is optional. You'll receive a list of ingredients to allow time for shopping and preparation.

Sat, Oct. 12 4 p.m.-6:30 p.m. \$45/person
Online Georgakopoulos

NEW! Online: Baklava and Spanakopita - Sweet and Savory Greek Phyllo Pastries

Baklava is a traditional Greek layered dessert pastry made with phyllo, chopped nuts and other secret ingredients, and bathed in syrup. Spanakopita is a Greek savory pastry consisting of a filling made of spinach, cheese, and other ingredients, then wrapped in sheets of phyllo pastry. You'll receive a list of ingredients in advance to allow time for shopping and preparation. A PDF packet of Tess's recipes is included. As a bonus, Tess created a private and public group on Facebook for participants. Everyone receives an optional invite to the groups. Note: one registration fee can include family members living full-time in the same home only. If children participate, adult supervision is required.

Tue, Nov. 12 5 p.m.-7:30 p.m. \$39/person
Online Georgakopoulos

NEW! Online: Blast from the Past Diner Dinner Menu

Learn how to recreate a gourmet level Diner Dinner as you remember days gone by. On the menu: Hot Hamburger Steak with "Umami Bomb" Gravy served over Homemade Bread from scratch, followed by an Apple Strudel. You're welcome to add your own sides to round off the meal. You'll receive a list of ingredients in advance to allow for shopping and prep and a copy of Tess's personal recipes in PDF format.

Sat, Nov. 2 4 p.m.-6:30 p.m. \$45/person
Online Georgakopoulos



Phone 763-391-7242



Online osseo.ce.eleyo.com

NEW! Online: High-Protein Churros and Handmade Tortilla Taco Fiesta

Enjoy a restaurant-quality fiesta packed with protein, and naturally gluten free (corn tortillas are made with corn). On the menu: Churros coated in warm sweet spice and dunked in velvety chocolate sauce. Homemade Corn Tortillas, guacamole, taco meat seasoned with homemade seasoning and re-fried beans. High protein/gluten free version: everything on the menu, apart from Churros, is considered high protein/gluten free. While cooking-along is fun, it is optional. You'll receive a list of ingredients to allow time for shopping and preparation.

Tue, Oct. 15 5 p.m.-7:30 p.m. \$49/person
Online Georgakopoulos

NEW! Online: Dim Sum Stuffed Steamed Buns - Chinese BBQ Chicken and Vegetarian Fillings

Dim Sum is a Chinese or Cantonese meal consisting of small appetizers/finger foods. It's a shared dining and social experience that can last for hours. Dim Sum often includes Stuffed Steamed Buns. Create two types of Steamed Buns with homemade dough and Chinese BBQ Chicken and vegetarian fillings. While cooking-along is fun, it is optional. You will receive a list of ingredients to allow time for shopping and prep and a copy of her recipes. Equipment: a bamboo steamer is "nice to have", but not required.

Fri, Nov. 1 5 p.m.-7:30 p.m. \$39/person
Online Georgakopoulos

NEW! Online: High-Protein Mediterranean Chicken Gyro Meal

Create a mouthwatering chicken gyro meal. On the menu: Greek Chicken Gyro, Tzatziki (traditional Greek yogurt sauce), Oven Roasted Lemon Potatoes, Greek Barley Salad, Homemade Pita Bread, Drizzle Dressing, and Greek Salad Dressing too. High protein menu version: Chicken Gyro, Tzatziki made with Greek yogurt, Barley Salad, Whole-Wheat Pita Bread, Drizzle Dressing, & Greek Salad dressing. Gluten-Free menu version: everything apart from Pita Bread is gluten free. You'll receive a list of ingredients to allow time for shopping and prep and a copy of her recipes included. Equipment: a bamboo steamer is "nice to have", but not required.

Sat, Oct. 19 4 p.m.-6:30 p.m. \$45/person
Online Georgakopoulos

NEW! Online: Principles of Pizza Making - Master Class!

There is more than one type of dough and one type of pizza. Learn how to make a Neapolitan Style Pizza comparable to restaurant brick ovens. This will begin before the class when Tess provides a guide for you to prep your pizza starter called a "Poolish", which is used in class the next day. Class includes a presentation on principles of pizza making, the "do's and don'ts of pizza and sauce making", differences in flours, dough hydration, appliances/equipment, accessories and more. You'll receive an extensive PDF packet with recipes and info shared during class. You'll receive a list of ingredients to allow time for shopping and prep and a guide for the Poolish.

Sat, Nov. 16 4 p.m.-7 p.m. \$139/person
Online Georgakopoulos

Online: Holiday Cookie Magic, Royal Icing and Stuffed Cookies Workshop

Learn the foundations of decorating with Royal Icing. You'll bake cookies for decorating ahead of time so they are ready to decorate at the start of class. A PDF with two of Tess's sugar cookie recipes and a list of ingredients/supplies needed will be provided to allow time for shopping and baking. Recipes include a soft sugar cookie and a more crisp sugar cookie. Choose to bake one or both using cookie cutters of your choice. Use plastic sandwich bags to decorate. Your packet includes ingredients required for the Stuffed Cookies you'll create during class.

Fri, Dec. 6 5 p.m.-7 p.m. \$35/person
Online Georgakopoulos

Online: Copycat Cinnabon Cinnamon Rolls, Basque Burnt Cheesecake and Hot Cocoa Bombs

Create homemade Cinnamon Rolls, Basque Burnt Cheesecake, and velvety Hot Cocoa Bombs. After keeping her recipe a secret for years, Tess has decided to share it with class participants. You'll love these luscious rolls topped with cream cheese frosting. Also enjoy her version of Basque "Burnt" Cheesecake. The exterior resembles crème brûlée and the interior is more airy than New York Style Cheesecake with a "mousse like" consistency. You'll also enjoy Hot Cocoa Bombs. Note: check equipment needs below. You'll receive a list of ingredients to allow time for shopping and prep. Equipment needs: a cocoa bomb silicone mold available at most craft stores or online. A minimum of 2 ¼ in. cocoa bomb mold is recommended or a 3" mold works well too. A spring form pan (8 or 9-in. interior) needed for cheesecake.

Sat, Dec. 14 4 p.m.-6:30 p.m. \$45/person
Online Georgakopoulos



Phone 763-391-7242

Online osseo.ce.eleyo.com**Online: Swedish Meatballs and Hand-Pulled Noodles**

Create a mouthwatering holiday meal where Tess guides you through making Swedish meatballs seasoned to perfection and bathed in a savory cream sauce. Enjoy serving them over your own Hand-Pulled Noodles. You'll receive a list of ingredients to allow time for shopping and prep as well as a PDF packet of Tess's recipes. While cooking along is fun, it is optional.

Fri, Dec. 13 5 p.m.-7:30 p.m. \$39/person
Online Georgakopoulos

Online: Instant Pot Chicken Burrito Bowls, East Indian Butter Chicken & Homemade Naan

On the menu: Tess's version of Chicken Burrito Bowls and Butter Chicken. Tess will also provide step-by-step guidance for making Homemade Naan. While cooking along is fun, it is optional. You'll receive a list of ingredients to allow time for shopping and prep.

Sat, Sept. 21 4 p.m.-6 p.m. \$35/person
Online Georgakopoulos

Online: Classic Homemade Pierogi and Sweet Berry Pierogi

Make Homemade Classic Pierogi, and wonderful Sweet Berry Pierogi with two types of dough and filling. You'll also learn to cook and freeze these dumplings that you can make ahead and store for a rainy day. No fancy equipment needed. You'll receive a list of ingredients to allow time for shopping and prep as well as a PDF packet of Tess's recipes. While cooking-along is fun, it is optional.

Tue, Nov. 19 5 p.m.-7 p.m. \$39/person
Online Georgakopoulos

NEW! Online: Better Than Take-Out Chinese Dinner Favorites - Master Class!

Learn how to create a wonderful Chinese "better-than-take-out" meal. Learn about ingredients and step-by-step processes that turn your ingredients into fabulous Chinese take-out favorites. Although many Chinese take-out items are fried, this class provides healthier options. Class includes a cook-along option for four recipes and an extra recipe will be demonstrated. There'll be a discussion/presentation about ingredients in addition to equipment that is nice to have and why. You'll receive a PDF packet of recipes also. Your menu: Fried Rice, Orange Chicken, General Tso's Chicken, & Veggie or Chicken Egg Rolls. Additional demo only recipe: Chicken or Pork Lo Mein. Advanced prep is required. You'll receive a list of ingredients to allow time for shopping and preparation.

Sat, Oct. 26 4 p.m.-6:30 p.m. \$79/person
Online Georgakopoulos

Class information for Instructor Georgakopoulos: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file. If you need to cancel one of her classes, and you've already been sent a recipe/ingredient list for a class, you will not receive a refund. Recipes are original creative property and will be published in her cookbook. You may contact us about transferring your enrollment to another participant. A PDF packet of her recipes is included. Tess also created a private and public Facebook group for participants. You'll receive an optional invite to the groups. Note: one registration fee includes family members living full-time in the same home only.

Online: Greek Pastitsio and Galaktoboureko

Pastitsio is a delicacy of layered Greek pasta, savory spiced meat sauce, and a topping of "mile high" cheesy béchamel sauce, baked to perfection. Galaktoboureko is a gourmet dessert made with a Greek custard, wrapped in phyllo pastry and bathed in syrup. Cook-along option: you're encouraged to create the Pastitsio during class. Demonstration: Tess demonstrates creating the Galaktoboureko. Both dishes require much work and prep and require an oven; too much for you to take on in class. Both recipes are included in your packet. You'll receive a list of ingredients to allow enough time for shopping and prep.

Sat, Dec. 7 4 p.m.-6:30 p.m. \$49/person
Online Georgakopoulos

Online: High-Protein Chicken Shawarma Meal

On the menu: Quick Chicken Shawarma, Pita Pocket Bread, Special Drizzle Dipping Sauce and a side of gluten-free Roasted Chickpea and Curry Rice. High-protein menu version: Quick Chicken Shawarma, Pita Pocket Bread made with whole wheat flour (or skip), Drizzle Dipping Sauce made with Greek yogurt, and a side of gluten-free Roasted Chickpea and Curry Rice (brown rice). Gluten-free menu: everything besides pita is gluten-free. You'll receive a list of ingredients to allow time for shopping and prep.

Sat, Nov. 9 4 p.m.-6:30 p.m. \$45/person
Online Georgakopoulos

Online: Gourmet Detroit Style Pizza, Pretzel Crust Pizza and Pizza Sauce

On the menu: Tess's ever-popular Detroit Style Pizza, Pretzel Crust Pizza (the best you've ever had) and her personal over-the-top Pizza Sauce. Two types of homemade dough will be used. Personalize with toppings of your choosing. You'll receive a list of ingredients and supplies, and her recipe for the Detroit Style Pizza dough before class. This dough needs to be made ahead, as it requires proofing time. Make the second dough during the class. Equipment needs: optional Detroit style pizza pan (recommended), but a non-stick 13"x9" baking pan can be used instead. Pizza pans with or without holes needed for Pretzel Crust Pizza.

Sat, Sept. 28 4 p.m.-6:30 p.m. \$39/person
Online Georgakopoulos

Online: Dreamy Steamed Bao Buns and Korean Bulgogi BBQ Chicken

Bao buns are created by steaming yeasted dough and are stuffed with fillings. Create buns used "to wrap" the your Korean Bulgogi BBQ Chicken and a wonderful variety of pickled vegetables. Everything from the buns, chicken and veggies are made from scratch. You'll receive a list of ingredients with enough time for shopping and preparation and a copy of Tess's recipes. Equipment: a bamboo steamer is a "nice to have", but not required. A stand mixer is highly recommended.

Fri, Oct. 11 5 p.m.-7:30 p.m. \$45/person
Online Georgakopoulos

NEW! Online: Easy as Pie - Crust, Fillings and Toppings for Delicious Desserts - Master Class!

Pie is the "crème de la crème" of a holiday meal or a simple visit to grandma's house. Class includes a bake-along option for two different pies, where you'll learn two methods for making a flaky crust for your pie. Tess will also demonstrate creating two additional pies. Discover techniques for constructing and decorating the top crust. You'll also learn about types of pies, fillings and crusts, blind-baking, and more. Discover flours that can be used, the effect they have on the crust, and the ingredients that can be added to enhance your pies. Receive tips for pie making success, what makes pie a pie, a tart a tart, and a galette a galette, how to prevent meringue from weeping, and more. Pie options for class include: Apple Cheddar Pie, Cherry Pie, Chocolate Pecan Pie, Chocolate Cream Pie, Lemon Meringue Pie, Pumpkin Pie, and Sour Cream Raisin Pie. Two of these, (one single crust and one double crust) will be selected for the bake-along portion of class and two different options selected for the demonstration portion. You'll complete a quick survey to record preferences and determine the pies featured in each segment of class. Recipes will be included in the info packet sent after class. Note: you'll receive a list of ingredients to allow time for shopping and prep.

Sat, Nov. 23 4 p.m.-6:30 p.m. \$79/person
Online Georgakopoulos



Phone 763-391-7242



Online osseo.ce.eleyo.com

Learn Positive Communication (Even in Difficult Situations)

Learn to communicate in a positive way, even in difficult situations. Learn four key insights that will provide you a roadmap to an improved communication style. The insights help you foster a positive attitude by embracing grace and gratefulness. Ultimately, you'll learn to develop a communication style that leads to more positive interactions with people on a day-to-day basis. Your presenter calls this approach, "choosing to make lemonade."

Tue, Sept. 24-Oct 1	6 p.m.-8 p.m.	\$59/person
ESC	Sonnek	
Thu, Nov. 7-14	6 p.m.-8 p.m.	\$59/person
ESC	Sonnek	

Tai Chi for Arthritis, Chronic Pain, and Balance

Improve your mental and physical capacity as well as relaxation, balance and vitality! The postures are done in a slow, gentle, continuous sequence. Tai Chi has proven through scientific studies to relieve pain, increase your range of motion and improve quality of life. Arthritis foundations and the CDC recommend it for arthritis and fall prevention. This form is suitable for most physical conditions and can be done sitting or standing. Wear comfortable clothes and flat shoes (no sandals).

Tue, Sept. 10-Oct 29	7 p.m.-8 p.m.	\$89/person
OMS	Morgan	Skip 10/15
Tue, Nov. 12-Dec 17	7 p.m.-8 p.m.	\$85/person
OMS	Morgan	

Yoga for Healthy Bones

This "all levels" low-intensity yoga class focuses on maintaining healthy bones. Learn a mix of poses, somatics, yin styles, and joints/glands techniques along with breath work and restorative poses while focusing on bone health. Most people experience bone loss after the age of 40, and it can continue to diminish. There are things you can do to help. Explanations of why poses are beneficial and handouts for home practice will be provided. No experience necessary. Yoga or exercise mat needed and a block or two if you have them. If you've been diagnosed with a fracture or osteoporosis, check with your provider prior to class.

Wed, Oct. 2-Nov. 6	6 p.m.-7 p.m.	\$69/person
ESC	Illikainen	

What Makes Us One with Nature?

Seriously! We're more alike than different and that means everything. From our physical bodies and beyond into the cosmos, we have some similar characteristics, a connection if you will, as if divinely created that way. Come explore the Golden Ratio and how it shows up in the world. Find what humans have in common with food, flowers, and nature. There are no coincidences. If you're open to expanding your mind, this class is for you.

Thu, Oct. 24	6:30 p.m.-8 p.m.	\$45/person
ESC	Mattsen-Kraljic	

How Energy, Frequency, and Vibration Affect Us

Energy is all around us and everything has a frequency to it. Water, matter, light and sound not only have a frequency but react to it as well. What's even more amazing is how our thoughts and emotions can affect matter and frequency. This presentation will highlight experiments and revelations by some highly intelligent sources. You will have an awakening experience by the end of this presentation.

Wed, Nov. 6	6:30 p.m.-8:30 p.m.	\$45/person
ESC	Mattsen-Kraljic	

How to Overcome the Imposter Syndrome Phenomenon

Are you a high performer but constantly feel like a failure? Do you feel like a fraud when receiving praise for your well-deserved accomplishments? Your objectives speak for themselves, but you are the only one who cannot see this as success? This course is for you! Discover the behavioral health phenomenon of imposter syndrome. Understanding how imposter syndrome impacts us can be complex, challenging, and eye opening. Unlock your full potential and conquer your dreams by discovering what causes it, how to recognize it, and how to overcome it. Regardless of your age, gender, lifestyle or culture, this course is designed to offer direction that is specific to you. Join us as you discover the pathway to your dreams. This course offers a quick glance at the phenomenon and how to change it, specifically in your own desires, in an instructor led 60-minute course with a self-reflection workbook.

Tue, Oct. 22	6 p.m.-7 p.m.	\$45/person
ESC	Van Buskirk	

Online: How to Overcome the Imposter Syndrome Phenomenon

Are you a high performer but constantly feel like a failure? Do you feel like a fraud when receiving praise for your well-deserved accomplishments? Your objectives speak for themselves, but you are the only one who cannot see this as success? This course is for you! Discover the behavioral health phenomenon of imposter syndrome. Understanding how imposter syndrome impacts us can be complex, challenging, and eye opening. Unlock your full potential and conquer your dreams by discovering what causes it, how to recognize it, and how to overcome it. Regardless of your age, gender, lifestyle or culture, this course is designed to offer direction that is specific to you. Join us as you discover the pathway to your dreams. This course offers a quick glance at the phenomenon and how to change it, specifically in your own desires, in an instructor led 60-minute course with a self-reflection workbook.

Sun, Nov. 10	7 p.m.-8 p.m.	\$39/person
Online	Van Buskirk	



Phone 763-391-7242



Online osseo.ce.eleyo.com

Gentle Yoga and Relaxation

Immerse yourself in a mindful practice that seamlessly blends gentle yoga postures, deep breathing techniques, and subtle body exercises. This beginner-friendly class aims to ease soreness, engage connective tissues, and provide time to restore and rejuvenate. Please bring a comfortable yoga mat to ground yourself. Optionally, consider bringing blocks, straps, pillows or towels to enhance your relaxation during the poses.
Mon, Sept. 23-Oct. 28 7 p.m.-8 p.m. \$69/person
ESC Newkirk

Body & Brain Yoga/Tai Chi

Body & Brain classes are designed to unify movements, breathing, and awareness called mindfulness. This is what makes yoga different from regular stretching. Rather than focusing on poses that demand physical strength, classes incorporate a variety of exercises that develop physical and spiritual bodies. What to expect during the class: meridian stretching helps to open blockages and let energy flow more easily, special breathing postures, energy meditation (feeling the energy using palms). One of the advantages of this yoga is that it is easy and simple to learn. Regular practice can offer benefits to increase flexibility and balance, improve respiration, energy level, ab vitality, improve bone density and muscle tone, help maintain a balanced metabolism, promote cardio and circulatory health, help manage pain in the body, help you relax and handle stressful situations more easily, encourage positive thoughts and self-acceptance. And overall - have more joy and happiness in everyday life.
Tue, Sept. 10-Oct. 22 6 p.m.-7 p.m. \$125/person
MGMS Rybachenok Skip 10/15
Tue, Oct. 29-Dec 17 6 p.m.-7 p.m. \$135/person
MGMS Rybachenok Skip 11/5

Online: Healing with Energy

Harness your power to heal yourself and others - Naturally! Whether you're looking for a quick and easy remedy for headaches, wanting to increase vitality, create greater mental/emotional balance or seeking healing for a chronic condition, this class has something for you. In this engaging, interactive course, you will work with tools and techniques from a variety of energy healing practices such as acupressure, chakra clearing, auric-field healing, toning, chi gong and long-distance healing. Topics include the power of intent, using your intuition and mastering the mind/body/spirit connection. This course is ideal for healing professionals wishing to expand their tools as well as for individuals who want to open to powerfully experience their own healing potential.
Thu, Oct. 3-31 6 p.m.-8 p.m. \$149/person
Online Wicher

Online: Emotional Release for Inner Peace

Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and actually sabotage our inner peace. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.
Mon, Sept. 30 5:30 p.m.- 8 p.m. \$39/person
Online Wicher

Online: Psychic Development and Mediumship

Think you're not psychic? Think again! Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention to and trust the subtle impressions we all get, we can gain amazingly accurate insights into the questions of our lives and the lives of others. During this five-week course, you will build confidence in your natural abilities through engaging, skill-building exercises and will practice exchanging healing and empowering messages with your classmates. Come experience the freedom and fun of opening to your inner gifts as you grow in your spiritual connection!
Wed, Oct. 2-30 6 p.m.-8 p.m. \$149/person
Online Wicher

Online: Meditation for Relaxation and Personal Healing

Do you suffer from stress, anxiety or sleeplessness-or even high blood pressure or hypertension? Does your mind never stop going? Meditation can help. Meditation is a simple, easy to learn practice that involves focusing your thoughts and your breathing to help you relax into the present moment. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce the physical effects of stress and create a greater sense of well being. In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health and spiritual connection that come from meditation.
Tue, Oct. 1-29 6 p.m.-8 p.m. \$149/person
Online Wicher



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online class information for Instructor Novak: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of Janice's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Online: Vitamins and Herbs - Facts and Fallacies

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, you'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, and herbal preparations such as Glucosamine Chondroitin, Melatonin, St. John's Wort, Ginkgo, Ginseng, Echinacea, & DHEA.
Wed, Sept. 25 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Soothe Those Achy Joints

Do you have joints that ache - a knee, hip, or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. You'll also discuss which nutrients are needed to help keep your joints healthy.
Thu, Sept. 26 6 p.m.-7:30 p.m. \$39/person
Online Novak

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

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or body age, however, is measured by how well your organs and body systems work. And there are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can peel years off your bio age. In this workshop, you will learn simple, scientifically proven things you can do right now to decrease your body age. Also, you will learn facial acupressure points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness and eye bag. Reduce lines and prevent new lines from forming. Help yourself look better, feel younger and age with health and vigor.
Mon, Sept. 30 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Face Yoga

There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing "puppet mouth" lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face.
Tue, Oct. 1 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Avoid the Pitfalls and Weight Gain of Perimenopause/Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, migraines, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. You'll discuss how to get hormone levels measured - blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.
Mon, Oct. 7 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Overcome Your Carbohydrate Cravings

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype - just the facts.
Tue, Oct. 8 6 p.m.-7:30 p.m. \$39/person
Online Novak
Tue, Dec. 3 6 p.m.-7:30 p.m. \$39/person
Online Novak

*"The mind and body are not separate.
What affects one, affects the other."
{Unknown}*



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online class information for Instructor Novak: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of Janice's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Online: Thyroid Things You Need to Know

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. In this workshop, we'll discuss how thyroid function can make any illness worse; the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and info you need to discuss with your doctor. This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

Mon, Oct. 14 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Metabolism Boosters and Busters

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving and you just can't seem to lose weight. The good news is - you could lose up to 20 pounds in a year without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 simple things you can do every day to boost your metabolism and burn as much as 30% more calories every day.

Tue, Oct. 15 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Hips Thighs and Otherwise

If you've noticed hip/thigh/butt spread, you are not alone, and this workshop is for you. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. In this workshop, you will learn: my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupressure points for lymph circulation and drainage. If you don't have time/money/inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. You will need a resistance band, tied in a loop for the '10 Minute Miracle Exercise'.

Mon, Oct. 21 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Acupressure to Assist Weightloss

Acupressure is a Chinese healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

Mon, Nov. 18 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Posture, Get It Straight! Look 10 Years Younger and Feel Better

Ever caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? You will learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy to implement tips when at a computer, in a car or working out. There are many benefits to improving posture. And, the good news is no matter how long you may have had poor posture, it is NEVER TOO LATE to make improvements. Your clothes will fit better, too! You'll need a resistance band for some exercises.

Tue, Nov. 19 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Acupressure Face Lift and Skin Savvy

Here's a facelift you can do at home. Acupressure is an ancient Chinese healing method that works with the energy that flows through your body. Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin; increase firming; even decrease headaches, relieve eye strain, soothe nerves, and increase relaxation. Learn how to make your skin as healthy as possible from the inside out.

Tue, Dec. 2 6 p.m.-7:30 p.m. \$39/person
Online Novak



Phone 763-391-7242



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Online: Seated Abdominal Strengtheners That Won't Stress Your Back or Neck

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Common abdominal exercises like crunches can place too much stress on back and neck joints. Learn a series of extremely effective exercises to quickly strengthen all four layers of the abdomen, without stressing back or neck joints and without getting on the floor.

Tue, Oct. 22 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Acupressure to Relieve Stress, Anxiety, and Insomnia

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

Mon, Oct. 28 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Posture and Osteoporosis - Building Better Bones

Ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

Mon, Nov. 4 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Just Breathe! Techniques to Calm, Center, and Balance

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health, and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out. The simplest and most powerful technique for optimum health is free and right under your nose.

Mon, Nov. 11 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Women, Weight, and Hormones

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

Wed, Nov. 6 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Is Your Waistband Too Tight Today? How to Heal Belly Bloat

Have you ever found that in the a.m. your pants fit fine but by mid-afternoon, the waistband squeezes you like a tourniquet? Or that no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing abdominal exercises. In this workshop, you will learn the main causes and 6 strategies for getting rid of belly bloat. We will do a few exercises designed to strengthen the deepest layer of abdominal muscle - the layer that is responsible for flattening your stomach, shaping your waistline, and supporting your lower back. And we will do this without getting on the floor.

Tue, Nov. 12 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: De-Age Your Brain

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

Tue, Dec. 10 6 p.m.-7:30 p.m. \$39/person
Online Novak



Phone 763-391-7242



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Online: Techniques to Activate Your Brain's Creativity Center

Learn the many things you can do to tap into your brain's creativity center. You'll discuss and do ancient breathing patterns to activate the right side of your brain where creativity lives. You'll do acupressure points that offer instant clarity and calm. Learn the Energy Medicine technique called 'Thumping' to activate creative centers as well as how colors play a role in brain function. Leave class with a bunch of new tools to help you be your best before endeavoring on any creative activity.

Mon, Dec. 9 6 p.m.-7:30 p.m. \$39/person
Online Novak

Makeup Bootcamp for Women 40 and Better

When was the last time you updated your make-up 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 make-up 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.

Mon, Sept. 23 6:30 p.m.-8:30 p.m. \$45/person
ESC Sherman
Wed, Nov. 6 6:30 p.m.-8:30 p.m. \$45/person
ESC Sherman

10 Benefits of Painting for Your Mind and Body

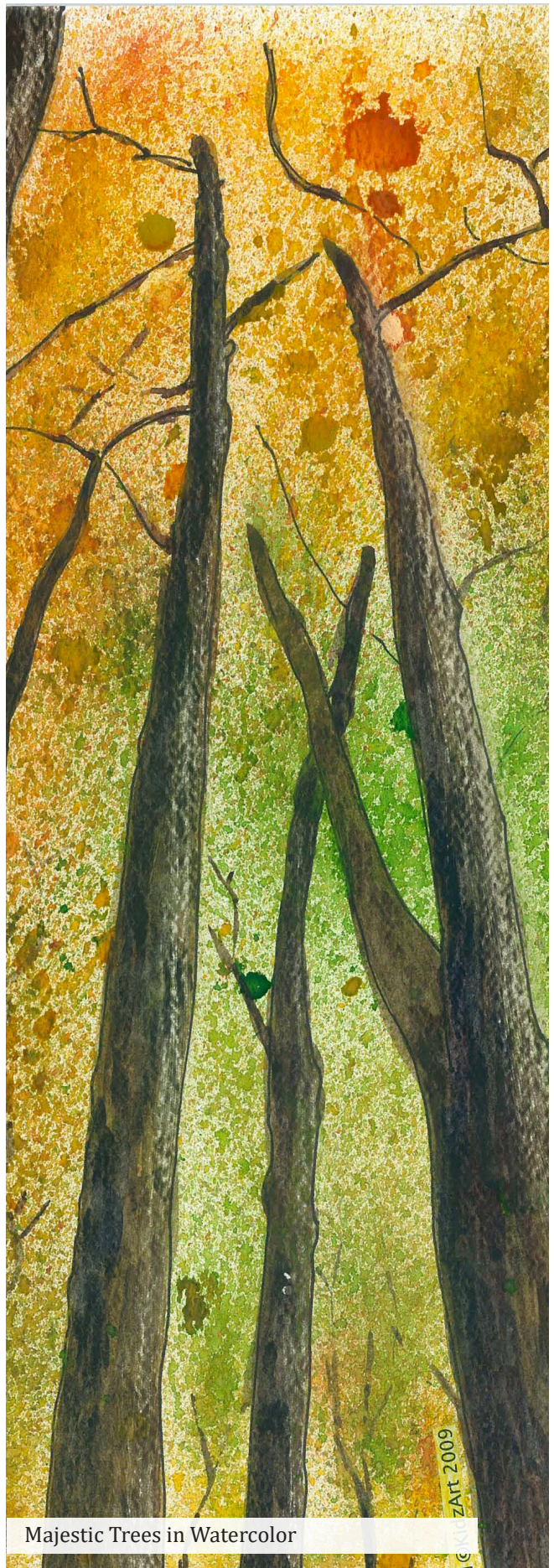
- Promotes creative growth
- Enhances problem-solving skills
- Improves fine motor skills
- Encourages positivity and stress relief
- Bolsters memory and concentration
- Fosters emotional awareness and growth
- Offers a healthy challenge
- Boosts self-confidence
- Builds nonverbal communication skills
- Brings people together



Phone 763-391-7242



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Majestic Trees in Watercolor

© Nancy Zart 2009

NEW! Capture the Colors of Fall: Painting Majestic Trees in Watercolor

Have you ever been captivated by the vibrant hues of Fall foliage? Learn how to translate that same beauty onto paper, creating stunning paintings of majestic Fall trees. No previous experience necessary. This class is perfect for beginners who are curious about watercolors and want to explore a fun and seasonal theme. You will also have a selection of additional materials for use in class, such as fluid and salt.

Sat, Oct. 12 10 a.m.-12 p.m. \$45/person
OMS Van Wyk

NEW! Alcohol Ink Coaster Set

Learn to create stunning, one-of-a kind alcohol ink coasters. Alcohol inks are pigment-intense and vibrant, free-flowing and filled with an energy all their own. Leave this workshop with knowledge of a new technique that you can then take home and expand your artistic interest. Choose between these three themes: Minnesota state shape, snowflakes, or holiday items. You will create a set of 4 coasters. This makes a great gift for someone special.

Mon, Nov. 25 6:30 p.m.-8 p.m. \$49/person
OMS Van Wyk

NEW! Acrylic Pouring: "Up North"

You've likely watched the videos, now discover the magical world of acrylic pouring for yourself! Using fluid acrylics and pouring medium, our instructor will show you how to produce the same beautiful abstract artwork you've seen on Pinterest. Create an acrylic pour on a 12" wooden cut-out. Choose between three options: outline of Minnesota, bear, or fish. We'll provide a tray to carry your painting home.

Mon, Sept. 16 6:30 p.m.-8 p.m. \$49/person
OMS Van Wyk

Barn Quilt Painting

Grab your friends and family and gather to create a beautiful barn quilt pattern on a 14" x 14" reclaimed wood pallet. You will be guided step-by-step through in-person and written instructions. You're welcome to choose your own colors to make it your own. The barn wood is locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality. The wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. The wood has been carefully selected, pre-sanded and assembled. Design options include: pinwheel, flag, faded star, friendship star, marigold, hidden cross, blue cross and tulips.

Tue, Nov. 12 5:30 p.m.-8:30 p.m. \$69/person
OMS Lill Diemand

Paint Like Bob Ross: Cascades

"Cascades" is an exciting, fun, and spectacular picture to paint. It will thrill you each time you look at it on your wall. Make sure that you sign your masterpiece so that you can prove that you actually painted it. The painting will be in oil which is easy to work with. All materials provided in class including paints, 16 X 20 inch canvas and painting supplies. Your painting will be ready for you to frame and put on your wall at home when you finish. The oil painting will take 4 weeks to dry but can still be put into the frame of your choice and hung immediately on your favorite wall. Frames for sale at class if you wish to purchase for between \$30-40 with metal clips for hanging. Your instructor, Jay Rupp, is a certified Bob Ross art instructor.

Sat, Sept. 28 10 a.m.-2 p.m. \$65/person
OMS Rupp

Paint Like Bob Ross: Lake Superior

"Lake Superior" is an exciting, fun, and spectacular picture to paint. It will thrill you each time you look at it on your wall. Make sure that you sign your masterpiece so that you can prove that you actually painted it. The painting will be in oil which is easy to work with. All materials provided in class including paints, 16 X 20 inch canvas and painting supplies. Your painting will be ready for you to frame and put on your wall at home when you finish. The oil painting will take 4 weeks to dry but can still be put into the frame of your choice and hung immediately on your favorite wall. Frames for sale at class if you wish to purchase for between \$30-40 with metal clips for hanging. Your instructor, Jay Rupp, is a certified Bob Ross art instructor.

Sat, Oct. 26 10 a.m.-2 p.m. \$65/person
OMS Rupp

Paint Like Bob Ross: Winter Cabin

"Winter Cabin" is an exciting, fun, and spectacular picture to paint. It will thrill you each time you look at it on your wall. Make sure that you sign your masterpiece so that you can prove that you actually painted it. The painting will be in oil which is easy to work with. All materials provided in class including paints, 16 X 20 inch canvas and painting supplies. Your painting will be ready for you to frame and put on your wall at home when you finish. The oil painting will take 4 weeks to dry but can still be put into the frame of your choice and hung immediately on your favorite wall. Frames for sale at class if you wish to purchase for between \$30-40 with metal clips for hanging. Your instructor, Jay Rupp, is a certified Bob Ross art instructor.

Sat, Dec. 7 10 a.m.-2 p.m. \$65/person
OMS Rupp



Phone 763-391-7242



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NEW! Northern Lights

Paint a beautiful northern lights sky silhouetted by tall pine trees and a little black bear in acrylic paint on a 12"x16" stretched canvas. You will be guided step-by-step to learn about the practice of painting through close observation. Shape, pattern, texture, contrast, and painting basics will be instructed. Watch live demonstrations, experiment with a variety of materials, practice, and have fun!

Thu, Dec. 19 6 p.m.-8 p.m. \$55/person
OMS Lill Diemand

NEW! Bob Ross Painting: Mountain Serenity

Join Julie, a certified Bob Ross instructor, as she guides you step-by-step through the process of creating this Mountain Serenity painting. She will explain how to prep your canvas, load your brushes, and the brush strokes needed to complete each step. You will have plenty of time to work on your painting as she comes around to help and answer any questions you may have. This is a wet-on-wet oil painting technique that anyone, 12 years or up, can do if you are willing to step out of your comfort zone and just give it a try. No experience is necessary. Cost includes all supplies. Yes, you can paint like Bob Ross!

Sat, Oct. 26 1 p.m.-4 p.m. \$69/person
OSH Fjetland

NEW! Acting Technique for Stage and Screen

For anyone wanting to hone their skills for acting on stage or for the camera, this class will cover specific techniques to allow you to become more emotionally engaged while also being completely present and in the moment. Camera work will include techniques for acting for film and tv, as well as commercials.

Wed, Sept. 25-Oct. 30 7 p.m.-9 p.m. \$135/person
MGMS Ricci

NEW! Acting - Scene Study

Stretch out those acting muscles by diving into scenes from contemporary and classic plays. This class will focus on script analysis, character breakdown, given circumstances, listening and reacting in the moment, and emotional and physical commitment. Participants should have a fundamental understanding of acting technique and will perhaps have performed on stage. Participants are also encouraged to bring in any scenes they may be currently working on.

Wed, Nov. 6-Dec. 18 7 p.m.-9 p.m. \$135/person
MGMS Ricci Skip 11/27

Exploring Pottery

This highly popular class is taught by an expert and Maple Grove Senior High art teacher and fills quickly! With an emphasis on exploring and developing throwing skills on the pottery wheel, students could explore all the various pottery techniques, including slab-based designs, coils, slip molds, sprigs and textures. Learn about glazes and under glazes as well. Wear old clothes and be ready to sink your hands into clay. All materials are included in the class fee. Wear hard sole shoes to class. Bring your own tools or use the ones we provide for you. Aprons or lab coats are also provided. Please note: November 13 is a project pick up date only. More details will be shared at class by your instructor.

Wed, Oct. 2-Nov. 13 6:30 p.m.-9 p.m. \$129/person
MGSH Manders

NEW! Poetry: Writing Through Life's Many Chapters

While art may be a necessity in our lives, we hardly seem to have time for it in our packed schedules. While this course will cover some poetry basics, it is designed for writers at any experience level. The point of this course is to create time, space, and resources to extract our experiences, memories, and inner life and transform those things into poetry. The way that you learn how to do this is by reading writers who can show you different methods and techniques to do this, and from playing in the sandbox of writing ourselves. Come write with us!

Wed, Sept. 4-25 6:30 p.m.-8:30 p.m. \$69/person
ESC Ruelle

NEW! Ornament Acrylic Pour

Pour painting is an innovative way to use acrylic paints to create a work of art. Learn the process of mixing acrylic paints with other mediums to give it a more fluid consistency so that it can be poured directly over a globe ornament. Each painter will get two ornaments to pour paint on. These make beautiful holiday gifts.

Wed, Dec. 11 6 p.m.-8 p.m. \$45/person
OMS Merry

NEW! Linocut Printmaking

Linocut is a printmaking technique in which you carve a design into a sheet of linoleum using a variety of specialized tools. You will use Blick Ready-Cut Printing Blocks which are more versatile and easier to work with. Learn how to design, carve and create multiple prints of your image. In this introductory course, learn a bit of the history of linocut printmaking and the possibilities for more advanced applications of this art form. Linocut prints make the perfect holiday cards.

Fri, Nov. 1 6 p.m.-8 p.m. \$45/person
OMS Merry



Phone 763-391-7242



Online osseo.ce.eleyo.com

NEW! Linocut Relief Printing

Realize your true artistic abilities by learning how to create linocuts. With all forms of printmaking, it's easy to print one image multiple times, with each print varying just slightly in appearance. You will carve images into a linoleum block, then use it to make a series of prints.

Wed, Oct. 9 6 p.m.-8 p.m. \$45/person
OMS Stahl

NEW! Paint Like Georgia O'Keeffe

Create an acrylic painting on an 8 x 10 inch canvas in the style of Georgia O'Keeffe. You will learn a bit of history about her and her style of painting as you follow step-by-step instructions to create your own masterpiece.

Fri, Sept. 20 6 p.m.-8 p.m. \$45/person
OMS Merry

NEW! Palette Knife Painting

Palette knife painting is a fun alternative to painting with just a brush. Learn to create striking texture and effects as you create a beautiful painting on an 8 x 10 inch canvas following step-by-step instructions.

Mon, Oct. 7 6 p.m.-8 p.m. \$45/person
OMS Merry

What's a Bobbin?

Do you have a sewing machine but don't have a clue how to use it? Join us for this fun, informative class where you'll come away with an understanding of machine set-up and operation as well as tips to get you started on your sewing journey. We'll test out essential sewing accessories, learn about a variety of woven and knit fabrics and practice a variety of stitches. Class ends with a field trip where we'll learn how to navigate a fabric store. \$5 supply fee paid to instructor the first class. Please bring the following supplies with you to class: sewing machine (manual if you have it), thread, fabric scissors and pins. Note: the last session of the class is a field trip to the fabric store.

Wed, Sept. 25-Oct. 9 6 p.m.-8:30 p.m. \$69/person
OMS Bengtson

Quilt Blocks 101

Have you admired quilts and want to learn how they are made? It starts with quilt blocks. Join us for this introductory class where Sandra will walk you through a step-by-step process to create four quilt blocks including an Ohio Star, Nine Patch, Pinwheel, and Fence Rail. Leave class with instructions on turning your blocks into mug rugs or a wall hanging. Basic sewing skills required. \$15 supply fee paid to instructor at class. Please bring with the following supplies: sewing machine, white, all-purpose thread, fabric scissors or rotary cutter and mat (preferred), acrylic ruler, seam ripper, and pins.

Tue, Oct. 15-22 6 p.m.-9 p.m. \$49/person
OMS Bengtson

Cotton Creations

Do you know how to use your sewing machine but looking for an opportunity to build your skills and confidence? Choose from a variety of cotton fabrics and then make one or more simple projects such as a bowl or cup cozy, oven mitt, reusable gift bag, pet bandana, etc. A \$5-\$15 supply fee payable to instructor at class depending on project choices. Please bring the following supplies: sewing machine, white all-purpose thread, fabric scissors or rotary cutter and mat, ruler, seam ripper, and pins.

Wed, Oct. 30 6 p.m.-9 p.m. \$35/person
OMS Bengtson

NEW! Hand Embroidery Basics

Did you know that hand embroidery has been practiced around the world for centuries and includes over 300 different stitches? Learn ten basic stitches including the Running, Chain, and Back Stitch, a French Knot, Eyelet and more. Leave class with a project to practice on and the confidence to tackle hand embroidery on your own. Bring a 6" embroidery hoop and scissors. A \$5 supply fee is payable to instructor at class.

Thu, Dec. 5 6 p.m.-9 p.m. \$35/person
OMS Bengtson

NEW! Birch Tree Resist Paintings

Learn how to paint the perfect woodland scene featuring beautiful birch trees and their accompanying leaves using a few simple techniques and materials. You'll be guided step-by-step through the painting process and be introduced to new art terms and techniques as you create your piece.

Wed, Nov. 6 6:30 p.m.-8 p.m. \$45/person
OMS Stahl

NEW! Gelli Plate Printmaking

Gelli prints are a fresh, fun twist on monoprinting. You will learn about nontraditional printmaking, then create a series of unique prints from gelatin plates combining natural materials, stencils and paint. This method allows for experimenting with layers and exploring natural shapes and textures.

Wed, Oct. 30 6:30 p.m.-8 p.m. \$45/person
OMS Stahl

NEW! Seed Mosaic: A Minnesota Tradition

Each summer the MN State Fair displays wonderful seed mosaics created by Minnesota artists. In this workshop, you will learn about this great tradition and make your own unique seed mosaic.

Wed, Dec. 4 6 p.m.-7:30 p.m. \$35/person
OMS Stahl



Phone 763-391-7242



Online osseo.ce.eleyo.com

NEW! Macrame Plant Shelves

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

Wed, Sept. 18 6 p.m.-8:30 p.m. \$55/person
OMS Stahl

S.O.S. Photo Organization - Digital or Print

S.O.S. my photos are a mess! It's time to digitize, organize, and enjoy your photo memories. Learn a proven long term system that works for both iPhone, Android Phones, MAC and PC computers, the box of old photos, tapes, slides, negatives, reels, audio, artwork, and more...take the first step! It's time to remember what you already forgot. You may need to make additional purchases to Save, Organize, and Share your photo projects. This course uses a website of choice, you do not have to use it to complete all of the steps but it is what I demonstrate. Laptop provided during class. Bring old media to get digitized and digital photos to upload and create with.

Mon, Sept. 30 6:30 p.m.-8:30 p.m. \$15/person
ESC Schwebach

Mon, Oct. 28 6:30 p.m.-8:30 p.m. \$15/person
ESC Schwebach

NEW! Google Drawing and Google Slides

Need a fun and creative way to present your presentation? How about just a fun and creative way to tell a story? If your answer is yes, then join us for this interactive technology class. You'll learn how to draw in Google Drawing and Google Slides and then how to animate these drawings in Google Slides to tell your story. You will need to have a Google email in order to use Google Drawing and Google Slides. You can also bring your own laptop if you prefer but they will be provided at class.

Sat, Sept. 14 9 a.m.-12 p.m. \$49/person
ESC Vang

Wed, Oct. 16 6 p.m.-9 p.m. \$49/person
ESC Vang

Online: Introduction to Voiceovers

This is an online class. Upon registration you will be contacted by Voices for All to schedule your class for a day and time of your convenience. Explore the craft of voiceovers! Discover current trends, opportunities and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo> 18 and over. Upon registration you will be contacted by VFA to schedule your class, day and time of your convenience.

Online Voices for All \$49/person

Online: Instant Piano for Hopelessly Busy People

In just a few hours, learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with Zoom, you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. Topics include: how chords work in a song, how to get more out of sheet music, forming the three main types of chords, handling different keys and time signatures, how you can avoid "counting", how to simplify over 12,000 complex chords, and so much more.

Mon, Oct. 7 6:30 p.m.-9:30 p.m. \$69/person
Online Coffman

Online: Instant Guitar for Hopelessly Busy People

Ever wanted to learn the guitar but simply feel it's 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. Since this class is being held online, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes a book and online follow-up video lessons, you'll be able to continue your practice and study on your own. An optional periodic online question and answer session and a recording of the class is included. Topics include: how chords work in a song, forming the three main types of chords, tuning your guitar, basic strumming patterns, how to buy a good guitar, how to play along with simple tunes, and more.

Wed, Oct. 9 6:30 p.m.-9 p.m. \$69/person
Online Coffman

Online: How to Publish Your Book Without Going Broke

So, you've written a book. Now what? Whether you've written the next great American novel and want to share it with the world, or your memoirs to pass on to family and friends, this class is for you. In these three sessions, you will learn how to prepare your manuscript for publishing, the business of selling your books, and tips on marketing and promotion. This class includes a guidebook that will be emailed to you prior to class.

Mon, Nov. 18-Dec. 2 6:30 p.m.-8:30 p.m.
\$65/person Online Gossler-Anderson

Online class information for Instructor Krusemark: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of LeeAnne's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Online: Self-Growth and the Art of Singing

Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share with you the wonderful life-lessons he has learned through the study of singing. Through lecture and examples, you will explore with him the profound relationship between the breath, body and voice, and personal growth. Highlights include: "Singing with your own voice," "Getting out of the way," and "Letting go of judgments." This engaging one-evening course is perfect for singers, artists, and anyone wishing to create more freedom and joy in their life - NO SINGING REQUIRED! Come learn what good singing can teach you about good living! Mon, Nov. 4 6p.m.-8 p.m. \$35/person
Online Wicher

Online: Writing for Online Blogs, Magazines, and Websites

You don't need a journalism degree or previously published articles to write for an online blog, magazine or website. Some opportunities offer exposure while many pay well at \$1 a word or more. In this fast paced session you will learn how to find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews, and create interesting content, protect your copyright, write query letters and then use this credibility to sell other articles or even your self published novel. Informative handouts for future use are included in class fee.

Thu, Oct. 10 4 p.m.-6 p.m. \$35/person
Online Krusemark

Online: Beginner's Guide to Getting Published

If your goal is to become a published writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this workshop will guide you to, then past, the editor's desk. Discover how to: become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, and 100 ways to make money as a freelance writer. If you want to succeed, this workshop is a must. Informative handouts for future use are included. Thu, Oct. 10 6 p.m.-8 p.m. \$35/person
Online Krusemark

Online: Explore 50 Different Self-Publishing Options (Prerequisite)

Self-Publishing is all the rage, but is it really the best option for you? (must attend "Beginner's Guide to Getting Published") And, can you do both? Discover the pros and cons of the self-publishing options, including print-on-demand and e-book publishing, as well as some Amazon options, and see how they compare to traditional publishing. Informative handouts, including a rated description of 50 self publishing companies for future use are included in class fee. Thu, Oct. 10 8 p.m.-9 p.m. \$25/person
Online Krusemark

Online: Explore the World as a Travel Writer

If you love to travel and love to write, this is for you. Learn how to use all your senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest, and whether or not you need to include photos with your work. You will also learn how to find and submit your finished product to print and online markets, the business side of travel writing (how to take travel tax deductions), and how to avoid worn out travel writing cliches. Informative handouts for future use are included. Fri, Oct. 11 4 p.m.-6 p.m. \$35/person
Online Krusemark

Online: How to Write Your Life Story (for fun or profit)

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. Your handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing/publishing options will also be discussed. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. Sat, Oct. 12 10 a.m.-1 p.m. \$49/person
Online Krusemark



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online class information for Instructor Krusemark: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of LeeAnne's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Online: Intro to Screenwriting for TV or Movies

Learn about screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters and execute your work in the proper screenwriting format. You will discover the difference between a Treatment, a Spec Script and a Shooting Script and when to do each. You'll get an inside look into the business of selling your script to agents and producers. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Oct. 12 1 p.m.-3 p.m. \$35/person
Online Krusemark

Online: Be a Better Writer - 10 Easy Tips to Improve Your Writing Now

We write everyday: emails, social media posts, work projects and even non-fiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable and may help get you a promotion at work or avoid rejection from a publisher. In this hands on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest and you will leave with a workbook full of writing tips and tricks.

Sat, Oct. 12 3 p.m.-6 p.m. \$49/person
Online Krusemark

Online: Comedy Writing: How to Be Funny on Paper and Stage

Whether you need to make a dull presentation more lively, mix laughter with learning in the classroom, or ultimately want to write for print/production or perform your own stand up routine, this fast-paced session will show you how to apply humor to all aspects of your life. You'll learn the anatomy of a joke, how to use your powers of observation to sharpen your wit, write different types of jokes and use humor to entertain and influence people. Informative handouts for future use are included.

Wed, Oct. 16 4 p.m.-6 p.m. \$35/person
Online Krusemark

Online: Using Amazon's Kindle Direct to Self-Publish Your Book for Free

Whether you want to publish a paperback novel or short eBook, learn to create an Amazon KDP account, format your manuscript and upload it to the platform, create a book cover from templates, determine pricing and royalties, develop a sales pitch for your Amazon page and write an Amazon author bio. Informative handouts for future use are included.

Thu, Oct. 17 4 p.m.-5 p.m. \$25/person
Online Krusemark

Online: How to Outline and Write an Irresistible Romance

Romance is the #1 selling fiction genre. Whether you're a new or experienced writer, this comprehensive session will help you sharpen your skills with practical step-by-step advice. You will discover the different romance sub-genres and understand the proven romance formula. You will also learn to create a unique setting, introduce your protagonist (lead character), percolate friction, and write relatable dialogue as well as intimate scenes. Publishing options will also be discussed. Informative handouts for future use are included.

Fri, Oct. 18 4 p.m.-6 p.m. \$35/person
Online Krusemark

Online: Write a Riveting Mystery, Suspense, or Crime Story

Discover the different sub-genres and three-act story structure of mystery writing and create an intriguing cast of characters. Learn how to research and pick your setting, make sure your opening grabs readers' attention, use "red herrings" to misdirect your readers and create suspense until you're ready for the final reveal. Publishing options will also be discussed. Informative handouts for future use are included.

Fri, Oct. 18 6 p.m.-8 p.m. \$35/person
Online Krusemark

Online: Write Your First Novel (in 90 days)

Learn how to select your novel genre and develop a compelling premise, create multi-dimensional characters and settings, craft a detailed plot outline, manage time to keep writing flow consistent, combat roadblocks, master self-editing, refine your plot, and fix pacing, dialogue, and characterization problems, receive constructive criticism from beta readers, and explore publishing options. By the end, you'll know how to complete your novel and have the knowledge and confidence to move forward with the publishing process.

Sat, Oct. 19 10 a.m.-12 p.m. \$35/person
Online Krusemark



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: Meet the Publisher/Agent - Get Your Manuscript Critiqued

Ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book or children's book. Optional: you can then send your manuscript for a professional critique (for a critique fee of \$50 for up to 25 double spaced pages + \$1/page thereafter, and a list of publishers/agents who are interested in your type of work.) Informative handouts for future use are included.
Sat, Oct. 19 4 p.m.-5:30 p.m. \$29/person
Online Krusemark

Online: Beginner's Guide to Using FREE ChatGPT (AI) for Writers

ChatGPT (AI) is here to stay and is the future for writers and content creators. Don't be left behind! No prior AI experience required. Want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts? Learn how to: register for a FREE ChatGPT account, input effective writing prompts to avoid nonsense responses, build creative content, from stories to marketing copy, determine its capabilities and limitations, and understand ethical/legal considerations using ChatGPT. It's crucial for everyone to adapt, learn new skills, and be open to working in collaboration with AI, so start building your expertise in the world of ChatGPT now! Informative handouts for future use are included.
Sat, Oct. 19 12 p.m.-2 p.m. \$35/person
Online Krusemark

7 Psychological Benefits of Writing Regularly

- Makes you happier
- Helps clarify your thinking
- Can help you handle difficult times
- Makes you feel more grateful
- Helps close out your "mental tabs"
- Is a proven and effective way to learn
- Is leadership at scale



Phone 763-391-7242



Online osseo.ce.eleyo.com



Ornament Acrylic Pour



Macrame Plant Shelves



Birch Tree Resist Painting



Paint Like Georgia O'Keefe

NEW! Preventing Elder Financial Abuse

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

Tue, Sept. 17 6 p.m.-7:30 p.m. \$19/person
ESC Kavlie

NEW! How to Talk with Your Disengaged Teen

Teenagers have a reputation, but parenting teens doesn't have to be terrifying. I explain adolescent brain changes behind teen behavior, making communication with them less confusing. You'll receive some tips and ideas that make a noticeable difference with your teen right away.

Tue, Oct. 8 6:30 p.m.- 8 p.m. \$45/person
MGSH Johnson

Medicare Basics: Parts A-D

Are you approaching Medicare age? Discover what Medicare covers, how to enroll, what to do and what not to do if you are still working, the costs, and coverages. It pays to be prepared!

Thu, Oct. 10 6 p.m.-7:30 p.m. \$25/person
ESC Pfeifer

NEW! Become an Airbnb Owner

Airbnb and VRBO (short term rental) are ways people make money. Is this right for you? Come learn from an Airbnb owner on how to find property, set up your rental, potential risks and problems and how to set yourself up for success. An interactive class with real life examples.

Wed, Oct. 23 6:30 p.m.-8:30 p.m. \$25/person
ESC Kaas

Online: Major Changes to the College Process in 2024

This past year has resulted in some of the most significant changes to the college planning process in decades. Admission trends have changed around how colleges admit students and there are substantial changes to the FAFSA and financial aid that may make college more expensive. Schools have gone ACT/SAT optional, but not necessarily when they award scholarships, and some colleges are going back to requiring standardized tests. Join us to learn how these changes may impact your family, and new strategies to consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid. If you are the parent of a high school student in grades 9-11, this is incredibly important information you will not want to miss.

Mon, Sept. 30 7:30 p.m.-8:30 p.m. \$19/person
Online Wittman

NEW! Wealth Creation Today

Practical strategies for reaching financial goals. Experience a comprehensive approach to an integrated financial plan designed to help adults in the midst of juggling careers, kids, and aging parents stay focused on their own retirement. Class is intended for participants ages 30-50 years.

Tue, Oct. 8-15 6:30 p.m.-9:30 p.m. \$49/person
ESC Berger Financial Group
Thu, Oct. 10-17 6:30 p.m.-9:30 p.m. \$49/person
ESC Berger Financial Group

Social Security and Retiring Wisely

Big decisions can be tough to make...especially if you don't have all the answers. When should you apply for Social Security? How can you maximize your benefits? How will this affect your spouse? Will you have enough money to retire? Will your retirement income last? How do taxes affect your retirement? You have a lot of questions to answer and mistakes can be costly. Discover the answers you need to bring you greater peace of mind.

Tue, Oct. 1 6 p.m.-7 p.m. \$19/person
MGSH Nisbet

Buying and Selling Online

You have a local or worldwide online audience for things you want or things you want to get rid of. Learn how to buy and sell on Facebook Marketplace, Amazon, eBay, and Craigslist and the advantages of each platform in this informative and money-making class. Ron Timm will demonstrate how to research prices on what you want to sell and how to list products for sale.

Tue, Sept. 17 7 p.m.-8:30 p.m. \$19/person
ESC Timm

Medicare Basics: Parts A-D

Learn about parts A, B, C, and D, the cost and coverages with Medicare, when and how to sign up and how to avoid penalties. Learn from a Health Insurance Specialist and Medicare expert.

Thu, Sept. 12 6-6:45 p.m. \$9/person
ESC Milbert
Wed, Oct. 9 6-6:45 p.m. \$9/person
ESC Milbert

Low Cost Actions to Maximize Your Home's Value

Are you considering selling your home? Don't make any changes to your home or make costly repairs before taking this class! Discover the best places to focus your home preparation efforts. Take this class to ensure your home appeals to today's home buyers by taking simple steps and minimizing costs..

Tue, Oct. 29 7 p.m.-8:30 p.m. \$15/person
MGSH Hoem

Online class information for Instructor Krusemark: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of LeeAnne's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Prepare Your Own Will

Without a will, the laws of MN determine to whom your estate goes and even who should be the guardian of your minor children. Learn about wills and the probate process and prepare and complete a legally binding will that evening. You'll be provided with a professionally prepared will form, witnesses and notary public, everything necessary to complete this important document. Class is for generally people with estates under \$1 million who do not own a business. This class is taught by an attorney.

Tue, Sept. 17	7 p.m.-9 p.m.	\$45/person
MGS	Altman	
Tue, Dec. 17	7 p.m.-9 p.m.	\$45/person
MGS	Altman	

Step-by-Step to Successful Downsizing

Are you thinking about moving or downsizing but don't know where to start? If you're thinking of downsizing in the next five years or less, this class is for you! Learn the simple steps to guide you through the process along with a few practical tips and tricks of what to do and how to avoid the most common and expensive mistakes. Leave feeling empowered to begin your downsizing process.

Mon, Oct. 28	7 p.m.-8:30 p.m.	\$15/person
MGS	Hoem	
Mon, Dec. 9	7 p.m.-8:30 p.m.	\$15/person
MGS	Hoem	

Online: Save Money with Extreme Couponing

This workshop is taught by someone who has used many couponing secrets to save thousands. Informative handouts for future use are included in class fee. Learn how to save money every day with extreme couponing. Coupons are not just for groceries. The savings can add up to hundreds or even thousands of dollars every year. Learn where to find different types of coupons, even for high ticket items, how to find the best coupon apps and websites, and how to match coupons with sales for maximum savings.

Wed, Oct. 9	4 p.m.-5 p.m.	\$25/person
Online	Krusemark	

Online: How to Make Extra Cash Pet Sitting

Do you love animals...especially dogs? Learn how to make extra money after school or work by watching dogs or other pets, requestedly in the pet's home. Learn about feeding, watering, exercising pets, how to make a good impression as well as what questions to ask when interviewing for a pet sitting job, and what to do when a dog has behavioral issues. You'll also discover other services you can offer to make more money, such as dog walking, grooming, puppy training, etc. Informative handouts for future use are included in your class fee. Taught by a seasoned professional pet sitter and a longtime entrepreneur.

Fri, Oct. 11	6 p.m.-8 p.m.	\$35/person
Online	Krusemark	

Online: \$Monetize\$ Websites, Blogs, and Social Media with Affiliate Marketing

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring and second-tier commissions. You'll also learn SEO secrets to increase your site's ranking and visibility on search engines like Google. Informative handouts for future use are included.

Wed, Oct. 16	6 p.m.-8 p.m.	\$35/person
Online	Krusemark	

Online: Make Money with a Virtual Assistant/ Word Processing Business (Pre-requisite)

If you can type, then you can make money at home using your computer. Discover how and where to find clients, fifty ways to advertise and market your services, effective home office equipment choices, and 100 ways to make money with a computer. (Participants must also attend "Explore 250 Legitimate Home-Based Business Ideas" for a clear understanding of this endeavor.) There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Informative handouts for future use are included.

Thu, Oct. 17	5 p.m.-6 p.m.	\$25/person
Online	Krusemark	

"The best things in life don't cost any money. It' becomes clear that the most precious resource we all have is time."
{Unknown}



Phone 763-391-7242



Online osseo.ce.eleyo.com

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Online: How to Be a Smart College Shopper

FAFSA? CSS Profile? Merit money? In this seminar, we will explain what each of these things are and offer many more practical tips and tricks that can be used right away to help high school scholars achieve their dreams without accruing mountains of debt. This interactive seminar is designed for both parents/caregivers and high school students, and a copy of the slide deck will be made available by request following the class.

Mon, Sept. 30	6:30 p.m.-8:30 p.m.	\$19/person
Online	Fine	
Wed, Oct. 30	6:30 p.m.-8:30 p.m.	\$19/person
Online	Fine	
Tue, Nov. 19	6:30 p.m.-8:30 p.m.	\$19/person
Online	Fine	
Thu, Dec. 5	6:30 p.m.-8:30 p.m.	\$19/person
Online	Fine	

Online: How To Start Any Home Business + 250 Home Business Ideas

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award winning business owner, this is probably the most comprehensive business start up workshop you will ever find. You will discover: more than 250 legitimate home business ideas, mandatory legal documentation, many ways to market your product/service, how to take tax deductions (this workshop included!) Informative handouts for future use are included.

Thu, Oct. 17	6 p.m.-8 p.m.	\$35/person
Online	Krusemark	

Online: Beginner's Guide to Starting a FREE Blog

Online blogging is a great way to get the word out about you, your service, your product, or information you want to share! You will learn step-by-step how to: start a FREE blog with WordPress, choose a blog template, emphasize your blog content with a creative name, use your unique voice to share your expertise, connect your domain/website. You'll also learn how to earn an income with your blog, including links to other websites and advertising on your blog, as well as increase your internet ranking.

Sat, Oct. 19	2 p.m.-4 p.m.	\$35/person
Online	Krusemark	

Online: Earn Extra Money Mystery Shopping (post-requisite)

Have you seen ads telling you how to become a shopper, but only if you send them money? You do not have to pay to begin a new career in this exciting field. (You must also attend "Explore 250 Legitimate Home-Based Business Ideas" for a clear understanding of this endeavor.). You will learn how to sign up with many legitimate mystery shopping companies without fees, avoid pitfalls and scams, create a required mystery shopping resume and profile and how to file your mystery shopping reports for payment. Informative handouts for future use are included with a list of 25 legitimate companies you can work for.

Thu, Oct. 17	5 p.m.-6 p.m.	\$25/person
Online	Krusemark	



Instructor Nickie Welsh



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online class information for Instructor Welsh: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of Nickie's classes, and you have already been sent the link and electronic handouts, you will not receive a refund. If you are unable to attend the live online class, you may still enroll and watch the recording at your convenience.

Online: Simplified Social Media for Business

Driving new customer traffic to your website and promoting your business is imperative in today's world. Don't let your skillset or company get left behind by missing the key social media rules you need to know. Learn to craft a simple but effective social media marketing strategy, listen directly to customers and implement tips to grow your business while staying organized without overwhelm. Leave with action items you can easily implement to see results for your business or role within your organization. You'll also benefit from having a plan for the rest of the year and know how to be effective with your time on social media for maximum results.

Thu, Sept. 5 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: Grow Your Business with Instagram

What can you do on Instagram that can result in huge growth for your customer base and sales? We've got the answers you need in this fun beginner level class to grow your business with Instagram. Learn the key steps needed in order to improve your company bottom line and also gain more followers. Plus, you'll learn to make your content irresistible and have fun in the process.

Tue, Sept. 10 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: A Parent's Guide to TikTok

Have you heard about the latest new app called TikTok? Learn how it's used and how parents can also help their kids stay safe while on it. You'll leave the class with helpful action items with your family to help gain a better understanding on what to do/what not to do within the app. The class will help set up a healthy foundation for technology habits your family members can use for the rest of their life whether in school or in their professional careers.

Thu, Sept. 12 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: How to Use Uber for Transportation Independence

Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this class, you will learn the basics and gain the knowledge on how to use Uber. Learn to use Uber at major airports so that you can travel with confidence and without having to ask a friend for a ride, as well as other appointments and errands.

Tue, Sept. 17 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: Cell Phones and Parenting - Oh My!

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. In this class you'll understand recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more! You will leave this class with a confident plan to simplify the technology so that you and your child can use the phone safely without worry.

Thu, Sept. 19 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: Google Sheets for Awesome Beginners

Expand your skills with Google Sheets and use this training for a lifetime! Whether it's for work or for play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. Learn to enter, organize, refine, analyze, and visualize your data using Google Sheets.

Thu, Sept. 26 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: My Kid Wants to Be a YouTuber - Help!

Does your child dream of having their own YouTube channel? Eliminate the worry with this helpful class as we walk you through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Learn the basic guidelines of being able to help manage and monitor their activity, all while incorporating practical business skills when it comes to managing a channel. You'll learn how this hobby can become a practical career, safety practices, and even create fun videos! Parents will leave class with guidelines to get their kid's channel started safely and a solid foundation for their child's new creative outlet in 2024. Gain clarity on what is involved for creating a YouTube channel for your child (and be able to see if it's the correct decision for your family). Leave with an easy-to-follow game plan for the correct steps to set up and manage your channel effectively and keep up safety standards as well as business practices. Please note, children must be age 13 with parental permission to start a YouTube channel.

Tue, Oct. 1 12 p.m.-1 p.m. \$29/person
Online Welsh



Phone 763-391-7242



Online osseo.ce.eleyo.com

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Online: How to Use Venmo Safely in 2024

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

Thu, Oct. 3	12 p.m.-1 p.m.	\$29/person
Online	Welsh	

Online: Create Social Media Content Without Panicking

Are you nervous to begin filming and posting your own social media content? Do you have a business, product or service, but panic at the thought of putting yourself on social media? Learn helpful tips and strategies to create social media content with ease. You'll never have to worry about freezing up in front of a camera, all thanks to the helpful skills you'll be taking with you once your class is complete. Walk through a step-by-step process so that you can get started today. Leave with confidence to effectively create social media content for your specific audience, tips for filming a video and more. Understand key terms, and leave with action items to create posts without panicking.

Tue, Oct. 8	12 p.m.-1 p.m.	\$29/person
Online	Welsh	

Online: A Practical Computer Class for Older Adults

This unique class is for those who are looking for simple and practical instructions. We will discuss the popular YouTube website that offers 1000s of free informative and entertaining videos, show a few email tips and tricks, demonstrate online shopping, visit AARP and other related websites for seniors, use some shortcut keys, and navigate Google Search to do research and get information. Consider this refreshing and informative computer class now.

Mon, Sept. 16	12 p.m.-1 p.m.	\$29/person
Online	Wilson	
Sun, Oct. 6	6 p.m.-7 p.m.	\$29/person
Online	Wilson	

Online: Practical ChatGPT Training for Everyone

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

Tue, Oct. 15	12 p.m.-1 p.m.	\$29/person
Online	Welsh	

NEW! Online: Canva for Awesome Beginners

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

Thu, Oct. 10	12 p.m.-1 p.m.	\$29/person
Online	Welsh	

Online: AI for Older Adults - Easy and Practical

Explore the practical benefits of using a basic form of AI called ChatGPT. Find quick written solutions to problems based on your exact needs. Generate personalized text in seconds for invitations, letters, and any other materials you are looking to create. AI generates any text for you based on your interest. Take your search, research, inquiries, and answers to questions to a whole new level. Never worry about grammar and spelling errors again. You'll be amazed at how user-friendly this session will be.

Sun, Sept. 15	1 p.m.-2 p.m.	\$29/person
Online	Wilson	
Wed, Oct. 30	5 p.m.-6 p.m.	\$29/person
Online	Wilson	

Online: I Need to Host My Own Zoom Meeting

You will see how a host sends an email, invites, and schedules meetings. Even the basic host controls can seem overwhelming, but we will explore those as well. You'll learn how to Share Screen, invite and send links to emails. This class is a great place to start before hosting your first Zoom meeting.

Tue, Sept. 24	7 p.m.-8 p.m.	\$29/person
Online	Wilson	



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online class information for Instructor Wilson: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of Mike's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Online: Windows 11 - Start from the Beginning

This is an adult friendly Windows 11 class. See how to use the desktop and the new taskbar. You'll also explore the start menu and related features. Learn about the new design, the use of widgets and how Windows 11 is organized. Not for Apple/Mac users.

Sat, Sept. 28 1 p.m.-2 p.m. \$29/person
Online Wilson

Online: Microsoft Word: The Very Basics

Instructor Wilson breaks down the "unknown" Microsoft Word stuff and presents it to you in a clear, sensible and enjoyable way. You'll briefly look at the free and paid version of word processors. Then the instructor will open and show basic functions in Microsoft Word. You'll also explore saving, alignments, bullets, numbering and indents. Not for Apple/Mac users.

Sun, Oct. 20 2 p.m.-3 p.m. \$29/person
Online Wilson

Online: Getting More Out of Microsoft Word

Let's make your tasks in Microsoft Word easier. Save time and frustration and see how to properly use tabs. You'll explore dictation, easy paragraph functions, the sort feature, and using macros to eliminate laborious repetition. See the beauty of working with soft and hard returns and how to easily create and use tables. Get tips and tricks, as well as use shortcuts to save time. Let's look at creating headers/footers and using the Format Painter to easily format existing text. Not for Apple/Mac users.

Sun, Oct. 27 2 p.m.-3 p.m. \$29/person
Online Wilson

Online: All About Pictures-Finding, Organizing, Editing and Saving on Your Computer

Learn how to manage pictures on your computer. Find out how to name, rename and move pictures into folders to get organized. You'll look at using the photo gallery and minor editing of pictures, such as cropping and making enhancements. Use pictures for desktop backgrounds and insert a picture into Microsoft Word to manipulate for flyers, invitations, and other print materials. Not for Apple/Mac users.

Sat, Oct. 5 2 p.m.-3 p.m. \$29/person
Online Wilson

Online: Working with and Organizing Your Documents on Windows 10/11 Computers

Learn how to save files with Microsoft Word, how to create a PDF file and why you would use them. You'll see how to view, organize and find your documents as well as place them on flash drives, external drives and the cloud. Explore features to preview documents without opening them and attach documents to your email for sending. Not for Apple/Mac users.

Sun, Sept. 29 2 p.m.-3 p.m. \$29/person
Online Wilson

Online: Excel for the Absolute Beginner

Learn to navigate and interface with Excel's basic features. See how to create a simple contact list. You will view how to use calculations such as AutoSum and see how to generate simple formulas. Also, learn to use the fill handle, sort existing data, merge and center, move cells and ranges and wrap text.

Thu, Oct. 3 11 a.m.-12 p.m. \$29/person
Online Wilson
Sun, Oct. 27 7 p.m.-8 p.m. \$29/person
Online Wilson

Online: Let's Learn All About Emailing

Learn how to email, forward, reply, and send attachments. You'll see how emails are organized and deleted. Work with other features such as starred, drafts and sent. Become acquainted with the writing tools, email folders and creating links to direct others to your area of interest and websites you have visited. In addition, you'll look at contacts and how to use them.

Mon, Sept. 16 4 p.m.-5 p.m. \$29/person
Online Wilson

Online: Computer Scams and What Not To Click On

Don't let your computer control you. Find out what you should and should not click on. Your instructor will discuss scams to know about: frustrating and suspicious popups, advertisements, your haywire computer, email ads and links. Not for Apple/Mac users or tablets.

Fri, Oct. 18 4 p.m.-5 p.m. \$29/person
Online Wilson



Phone 763-391-7242



Online osseo.ce.eleyo.com

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Online: Getting To Know Your iPhone

Instructor Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent iPhone users. Mike will cover topics such as the photo app, texting, navigating, apps, contacts, email, camera, App store and the Internet. Not for Android users.

Tue-Thu, Oct. 8-10 5 p.m.-6 p.m. \$75/person
Online Wilson

Online: Getting To Know Your Android

Instructor Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent Android users. Mike will cover topics such as the photo app, texting, navigating, apps, contacts, e-mail, camera, the Play Store, settings, and the Internet. Not for iPhone users.

Tue-Thu, Oct. 22-24 5 p.m.-6 p.m. \$75/person
Online Wilson

Online: Save Time and Money With an Easy Computer Tune Up

Save money and fix your computer yourself. No great skills needed. Use three proven free online software to fix most software related issues like malware and viruses with a few clicks of a button. Speed up your computer in no time. Not for Apple/Mac users.

Sun, Nov. 3 1 p.m.-2 p.m. \$29/person
Online Wilson

NEW! ChatGPT Hero: Unleash Your AI Superpowers

Unlock the power of ChatGPT and revolutionize the way you interact with AI! In this exciting course designed specifically for adults, you'll dive into the world of ChatGPT and discover how to harness its potential to streamline your daily tasks, boost creativity, and expand your knowledge. Through hands-on exercises and engaging discussions, you'll learn to master ChatGPT's features, transforming the way you communicate, write, and problem-solve. Whether you're a professional looking to enhance your productivity or simply curious about the latest AI advancements, this course will provide you with the skills and confidence to make ChatGPT your personal AI assistant. Get ready to embark on a fun and transformative journey that will open up a world of possibilities!

Wed, Sept 25 6 p.m.-7:30 p.m. \$29/person
ESC Casey & Waataja



Instructor A Casey



Instructor Ron Timm

Introduction to Islam and Muslims

Have you wanted to learn more about Islam and Muslims? Seek a better understanding of what Islam teaches and what Muslims practice. This class will introduce basic terminology, demographics and differences between religion and culture. Learn about the beliefs and practices of Muslims as well as religious celebrations. You'll also have the opportunity to get your questions answered in a comfortable and nurturing environment.

Wed, Oct. 23 6:30 p.m.- 8 p.m. \$19/person
ESC Islamic Resource Group

NEW! Know Your Muslim Neighbor

Join a lively discussion to learn more about Islam and Muslims. You'll learn about the articles of faith, rituals and practices, and how they affect a Muslim's daily life. This event provides you with a safe room to ask any related questions about your Muslim neighbor. We look forward to seeing you in our journey to break through any stereotypes and misconceptions about each other and build a stronger community.

Wed, Dec. 4 6 p.m.-9 p.m. \$19/person
ESC Zagozda

Online: So You Want to Be Anti-Racist?

This six-week online course is offered to anyone looking to deepen their understanding of what it means to be anti-racist. You'll be provided with tools to engage in uncomfortable conversations, develop your racial literacy, and begin to unpack how race operates in your everyday life, often without consent or acknowledgement, all while building the muscles to move into action.

Thu, Nov. 7-Dec. 19 7 p.m.-8:30 p.m. \$69/person
Online HOPE Speaks Skip 11/28

Online: "The Call of Paradise" - A Spiritual Journey to Hawai'i

Have you ever dreamed of traveling to Hawai'i with sun-kissed beaches, fiery volcanoes, lu'au feasts, and the gracious beauty of a hula dancer. Hawai'i is all of this and more. Spend an evening luxuriating in the aloha of the islands as you look more deeply into the history, culture, and spirituality of this remarkable part of America. Through fascinating pictures and stories, explore the rich heritage and traditions that make Hawai'i one of the most beautiful, healing and life-giving places on Earth. This journey will take you to the lush islands of Maui and Kaua'i. Drive the famous Road to Hana and visit otherworldly Haleakala Volcano National Park. Tour the "Grand Canyon of the Pacific" and experience Kaua'i's mystical Na Pali Coast, all while surrounded by the song of wintering humpback whales. You'll also meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the temples of many of the world's beliefs that call Hawai'i home.

Mon, Nov. 18 6 p.m.-8 p.m. \$19/person
Online Wicher

NEW! The Assassination of President John F. Kennedy: An In-Depth Analysis

Analyze the disparities between the findings of the Warren Commission and the United States House of Representatives regarding the assassination of President Kennedy. The Warren Commission, which conducted a ten-month investigation and released its conclusions in Sept. 1964, will be compared with the conclusions reached by the House of Representatives, which conducted a more extensive thirty-one-month investigation and published its report in March 1979. Throughout the course, you'll have the opportunity to develop an understanding of the controversies surrounding President Kennedy's assassination. The two-day, two-hour sessions are structured to provide ample time for you to share your comments and pose questions, fostering a dynamic and engaging learning environment. There is no political agenda. This approach encourages a well-rounded exploration of the subject matter, allowing you to delve into various perspectives and gain a deeper insight into the complexities surrounding this historical event.

Tue-Wed, Sept. 10-11 6 p.m.-8 p.m. \$29/person
ESC Yorks

Online: Adult Conversational Spanish - Beginner Part 1 (Live)

The primary focus of the class will be on building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics 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. Learn to carry on conversations in Spanish while learning interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. Ability to access Zoom and basic working computer knowledge essential.

Mon, Oct. 21-Nov. 25 6 p.m.-7 p.m. \$145/person
Online Futura
Tue, Oct. 22-Nov. 26 6 p.m.-7 p.m. \$145/person
Online Futura
Wed, Oct. 16-Nov. 20 6 p.m.-7 p.m. \$145/person
Online Futura

*"To learn a language is to have
one more window from which to
look at the world."
{Chinese Proverb}*



Phone 763-391-7242



Online osseo.ce.eleyo.com



Online: Adult Spanish for Travel

Online: Adult Conversational Spanish - Beginner Part 2 (Live)

Continue with practical conversational components and builder phrases in Spanish enabling you to carry on small conversations related to giving and asking for directions and restaurant conversation. Vocabulary and grammar components will include weather, seasons, dates with months, days of the week, family vocabulary along with the verbs *ser* and *tener* conjugations. Culture discussions include the importance of food, family, and friendships in Spanish speaking countries. For new and previous Beginner Part 1 Spanish conversation participants. Ability to access Zoom and basic computer knowledge essential.

Tue, Oct. 22-Nov. 26 6 p.m.-7 p.m. \$145/person
Online Futura

Online: Adult Conversational Spanish - Intermediate Part 1 (Live)

Intermediate Spanish is specifically designed for the adult learner who has taken some Spanish in the past but wishes to improve skills. Grammar and vocabulary concepts include present tense AR verb conjugation, infinitive verbs, future tense with the verb IR, adverbs of frequency, prepositions, and more. Practice your conversation skills including making plans and preferences in Spanish. Culture discussions cover holiday traditions and celebrations in Spanish speaking countries. For new and previous Beginner Spanish Part 1 and 2 participants. Ability to access Zoom and basic computer knowledge essential.

Wed, Oct. 16-Nov. 20 6 p.m.-7 p.m. \$145/person
Online Futura

Online: Adult Conversational Spanish - Advanced Part 1 (Live)

This advanced course is for those who had previous Spanish classes and are looking to take your skills to the next level. Advanced Spanish focuses on the past tense (preterite and imperfect tenses) and complex grammatical aspects of conversation including verb tenses and conjugations. Learn to express things you've done in Spanish as well as broaden your conversational skills. For new and previous Intermediate Spanish conversation participants. Ability to access Zoom and basic working computer knowledge essential.

Thu, Oct. 17-Nov. 21 6 p.m.-7 p.m. \$145/person
Online Futura

Online: Adult Spanish for Travel

Have future aspirations for traveling to a Spanish speaking country? Learn basic conversation skills to get around a Spanish speaking country with greater ease. Includes helpful dialogue, greetings, how to barter at a market and order in a restaurant, and how to ask for simple directions. Classes include a travel related theme to real world Spanish. For new and previous Spanish conversation participants.

Thu, Oct. 17-Nov. 21 6 p.m.-7 p.m. \$145/person
Online Futura

Online: Intro to Medical Terminology

Medical terminology is the first step to any career in the medical field or simply to understand your family's medical visits. No experience necessary. This highly specialized language involves word building with root words, prefixes, suffixes, and abbreviations. Leave with a foundation of medical language and a basic medical billing and coding terminology. After submitting and passing the open-book exam included in the workbook you receive in class, you will earn a Certificate of Completion. This course is taught by longtime educator LeeAnne Krusemark, and Credentialed Medical Professional Vanessa Grinnell, RRT.

Wed, Sept. 9 5 p.m.-8 p.m. \$49/person
Online Krusemark/Grinnell

Pediatric CPR and First Aid (2 classes)

This Pediatric First Aid and CPR course is a credentialed course designed to train those responsible for children's health in meeting state-specific requirements. Course modules cover first-aid basics; medical, injury, and environmental emergencies; verbal and pediatric CPR; choking; and additional topics. Your course completion card for First Aid and CPR will be good for two years. A \$10 book available for purchase at class (optional).

Wed & Fri, Sept. 25 & 27 6:30 p.m.-8:30 p.m.
\$129/person ESC Save a Life

Adult CPR and AED

Learn how to recognize the signs and symptoms of a heart attack, cardiac arrest, stroke, and choking adults with use of barrier devices. You will also learn how to facilitate efficient training and testing in the use of automated external defibrillators (AED). Your course completion card will be good for two years.

Tue, Sept. 17 5:30 p.m.-7:30 p.m. \$99/person
ESC Save a Life

Adult First Aid

This training course provides current training in general First Aid and Bloodborne Pathogens. Course covers medical emergencies and recognition of signs and symptoms other medical emergencies including choking in adults. Hands-on scenario-based training. You'll receive a two-year certification upon completion of the course. A \$10 book available for purchase at class (optional).

Tue, Sept. 24 5:30 p.m.-9 p.m. \$129/person
ESC Save a Life

Hypnosis: Weight Loss and/or Eliminating Tobacco Use

Weight Loss: stop your cravings for sweets, greasy foods and soda and begin to desire more fruits, veggies, and salads. It's time to stop overeating and snacking. Become motivated to walk and exercise. **Tobacco:** stop smoking and/or chewing tobacco today. Hypnosis helps stop the cravings. You could save \$25,000 in the next 5-8 years. Smokers will have a 45 min. smoking break off the school grounds. Bring your cigarettes. Class includes a free reinforcement CD and lifetime membership card to attend future classes for free. You may sit or lay down during the hypnosis session. Feel free to bring blankets, pillows, mats, or sleeping bag for added comfort. Optional flash drives will be available for \$15 at class.

Mon, Sept. 16 5:45 p.m.-9 p.m. \$59/1 session
ESC Fischer \$99/2 sessions
Sat, Oct. 26 9 a.m.-12:15 p.m. \$59/1 session
ESC Fischer \$99/2 sessions



Online: Adult Spanish for Travel

11 Benefits of Learning CPR

It can save a life

Identify and respond to signs of cardiac arrest

Learn how to use an AED

Help someone who is choking

Assist someone who is drowning

Help with a serious accident

Serve in a natural disaster

Save a life in a classroom

Learn basic anatomy

Meet job requirements

Practice crisis management



Phone 763-391-7242



Online osseo.ce.eleyo.com

NEW! Should I Stay or Should I Go: Steps to Review Your Housing Needs for Today and Tomorrow

Discuss various lifestyle options for senior living. Should you stay and age in place, making home modifications to reduce safety risks, or should you move to a home option that may be handicapped accessible, single level living? Take an assessment and you'll receive the tools to make educated decisions.

Tue, Oct. 15 6 p.m.-7:30 p.m. \$19/person
ESC Kavlie

NEW! Chimney and Fireplace Maintenance

Learn the importance of regular chimney sweeps and inspections of chimneys and fireplaces, especially if used for fires. Information will be shared about repairs and installation of chimney caps by a former chimney sweep with 30 years of experience. Your instructor brings experience through an informative and interactive Q & A session. Class is meant to assist those those that are buying or selling a home with a chimney to know what to look for, consider and be aware of moving forward.

Mon, Sept. 16 6:30 p.m.-8 p.m. \$29/person
ESC Miller

Power Tools for Women I

Explore the world of power tools and woodworking in this introductory hands-on class. Learn to safely use drills, sanders, routers and saws. Week 1: learn the proper ways to use tools and important safety considerations. Everyone will use all the tools. Week 2: complete a small bench woodworking project to take home. Supply fee of \$30 payable to instructor at class. Note: long hair must be tied back. No loose clothing can be worn for safety reasons. Bring safety goggles, a tape measure and pencil to class. **RAMSEY LOCATION!** This class will be located at Fran's woodworking shop in Ramsey, MN at 7155 160th Lane. It is a 1500 sq. ft. building with plenty of parking and is completely heated. This optimal space offers more room to work and a wider variety of tools.

Tue, Sept. 24-Oct. 1 6:30 p.m.-8:30 p.m.
\$59/person Kaas Workshop Kaas

Power Tools for Women II

Continue learning and woodworking in this sequel to Power Tools I. You will be making an end table with a bookshelf underneath. Must have taken Power Tools I or have permission of instructor. Students must transport project home the first night and back the second evening. Note: long hair must be tied back and no loose clothing for safety reasons. Bring safety goggles, a tape measure and pencil to class. Instructor Kaas is a Master Carpenter who has been building and remodeling homes for over 30 years. Supply fee of \$48-\$60 (depending on lumber prices at time of class) payable to instructor at class.

Tue, Oct. 15 & 22 6:30 p.m.-8:30 p.m.
\$59/person F. Kaas Workshop Kaas

NEW! Landlording 101! The Good, The Bad and The Lease

Solid advice from someone who has been there. Discuss advertising, screening tenants, security deposits, repairs, evictions, and more. Explore if you have what it takes to succeed in this challenging but rewarding profession. Your instructor is an experienced landlord. Supply fee of \$7 paid to instructor at class for binder of materials.

Mon, Nov. 4 6:30 p.m.-9 p.m. \$29/person
ESC Kaas

NEW! The Empowered Homeowner (Series): Before - Understanding Your Homeowners Insurance Policy

A series of educational workshops aimed at empowering you throughout your home insurance, maintenance, claims, and repair processes. Each of these classes is designed to be a stand alone module, and as a whole try to represent the insurance policy, maintenance, and claim cycle. You do not need to attend all three, but it is designed as a before, during, and after series. Purchasing a Homeowner's insurance policy to protect your home in case of unexpected events typically goes hand in hand with the purchase of a home. What doesn't always accompany these purchases is an understanding of how your homeowner's insurance works including what is or isn't covered, what affects the price of your policy and what will happen if you have an unexpected event leading to a claim. Learn the basics of insurance coverage and leave with some sample policy language (regardless of carrier), as well as a list of questions to take back to your agent so that you can make more informed decisions that align with your priorities for your home, budget and lifestyle.

Mon, Sept. 16 7 p.m.-8:30 p.m. \$19/person
ESC Baso



Instructor Sarah Baso



Phone 763-391-7242



Online osseo.ce.eleyo.com

NEW! The Empowered Homeowner (Series): During - Care and Feeding of Your Home Exterior

A series of educational workshops aimed at empowering you throughout your home insurance, maintenance, claims, and repair processes. Each of these classes is designed to be a stand alone module, and as a whole try to represent the insurance policy, maintenance, and claim cycle. You do not need to attend all three, but it is designed as a before, during, and after series. Owning a home can be a lot to bite off for many people, and while this workshop only touches the tip of the iceberg, we hope to outline some of the most common areas of wear and tear to the exterior of your home that can prevent (or minimize) larger damage issues that are either excluded or not covered by your insurance. You'll also discuss some areas (with photos) where we see homeowners think there has been weather/storm damage but it is actually the result of other issues (maintenance, improper installation, product warranty).

Thu, Sept. 26 7 p.m.-8:30 p.m. \$19/person
ESC Baso

NEW! The Empowered Homeowner (Series): After - Understanding the Homeowners Insurance Claims Process

A series of educational workshops aimed at empowering you throughout your home insurance, maintenance, claims, and repair processes. Each of these classes is designed to be a stand alone module, and as a whole try to represent the insurance policy, maintenance, and claim cycle. You do not need to attend all three, but it is designed as a before, during, and after series. While many people can go through the entire time of owning a home without filing an insurance claim, it is more often the case that you will need to decide whether to file an insurance claim at some point in your ownership journey. In this workshop we will briefly touch on when and why to file a claim - particularly as it relates to weather and storm damage. Then we will work through a flow chart of the claims process from beginning to end. Leave with a handout about the process as well as sample language and terms of insurance claim paperwork so if you're ever dealing with this you have tools to make the best decision for your home.

Thu, Oct. 3 7 p.m.-8:30 p.m. \$19/person
ESC Baso

NEW! Chaos to Confidence

Drowning in clothes? This fun, interactive workshop goes beyond just decluttering your closet. Led by a fashion stylist/clothing designer with over 30 years in the business, you'll not only get pro tips for re-purposing your clothes, but you'll learn how to avoid wasting money on future purchases by discovering your personal clothing style.

Wed, Oct. 9 6 p.m.-7 p.m. \$29/person
ESC Halbur

Zestfully Declutter

Overwhelmed by clutter? Don't know how to get started decluttering? Not sure where to take your possessions or how to sell them? Learn how to zestfully declutter from a professional home organizer. Discover the amazing benefits of decluttering on your emotional health, pocketbook and lifestyle! Learn how to let go, where to take your "stuff", how to sell your possessions and, most importantly, how you can live zestfully with less. All you need for class is something to take notes and a willingness to start letting go of the things that are weighing you down.

Wed, Sept. 18 6 p.m.-7:30 p.m. \$19/person
ESC Vanderlan

DIY for Females: Kitchen Cabinet Painting and Trim Enameling

Have you recently bought a new home that needs renovating? Want to join the millions of homeowners who are painting the wood in their homes to brighten and liven up the space? Don't have the budget? Convinced you can do it yourself, but just need some simple guidance and instruction? Jamie has kept busy enameling hundreds of kitchens and trim work throughout homes. "De-Oaking" is a trend that won't be going away anytime soon and can make your existing space so much brighter. Go through the step-by-step process from cleaning and prepping the wood to priming and enameling. Save yourself thousands of dollars and learn how to give yourself a professional-looking painted kitchen and living space. Wear clothing that can get dirty and full of paint. Closed toe shoes preferred. A \$50 supply fee is included in class fee.

Wed, Sept. 25 & Oct. 2	6 p.m.-7:30 p.m.	
\$125/person	OMS	Wasser
Wed, Nov. 20 & 27	6 p.m.-7:30 p.m.	
\$125/person	OMS	Wasser

DIY for Females: Painting and Drywall

Are you a single female? Divorced? Widowed? Maybe a new home owner? Or just a lady who doesn't mind getting a little dirty to tackle her own honey-do list? Hiring a professional can be expensive and outside of the budget. This course is a great place to start. Dive into the ins and outs of basic, and not so basic, drywall repairs and painting. Jamie demonstrates how to make repairs to various sized holes and cracks in your walls and guides you through a step-by-step process of properly prepping and painting your home from start to finish for a professional look. You'll discuss types of paints and what they are used for and how to pick the best color for your spaces. Wear clothing that you can get dirty and full of paint. Closed toe shoes preferred.

Tue, Sept. 3 & 10	6 p.m.-7:30 p.m.	
\$95/person	OMS	Wasser
Tue, Oct. 1 & 8	6 p.m.-7:30 p.m.	
\$95/person	OMS	Wasser

NEW! Basic Home Electrical Repair I

Week 1 of 2 session class: in this introductory class, review the home electrical system, different types and gauge of wire, application and safety. Proper techniques discussed for stripping wire, attaching to outlets, switches and light fixtures, as well as test equipment. Bring straight and Phillips screwdrivers, long nose pliers and wire stripping pliers to class if you have them. The Electrical Repair class is two separate sessions. The instructor recommends enrolling for both classes at the same time. You must take Basic Home Electrical Repair I before attending the Advanced Home Electrical Repair II class.

Mon, Dec. 2 6 p.m.-8 p.m. \$59/person
MGMS Novinska

NEW! Advanced Home Electrical Repair II

Week 2 prerequisite: must attend the Basic Home Electrical Repair I class. Continue your learning by attending this hands-on class. You will install single pole and 3-way switches, outlets and light fixtures to energize a light bulb and test the circuit. You will compare different light bulbs and proper selection of LED light bulbs. Discuss installation of different light fixtures and ceiling fans. Please bring your wire stripper, straight & Phillips screwdriver, and long-nose pliers if you have them..

Mon, Dec. 9 6 p.m.-8 p.m. \$59/person
MGMS Novinska

NEW! Basic Home Plumbing Repair

Gain self-confidence by learning to repair minor plumbing problems or replace fixtures yourself. You will discuss the plumbing system and then review different types of plastic and metal pipe. Take apart different types of faucets, replace pop-up drain assembly, and discuss the internal working parts of a toilet.

Mon, Dec. 16 6 p.m.-8:30 p.m. \$59/person
MGMS Novinska



Phone 763-391-7242



Online osseo.ce.eleyo.com



Instructor June Gossler-Anderson



Instructor Carol Brecht-Wiles

Online: Armchair Travel - Unique Uzbekistan

Travel along the Silk Road as we visit the ancient cities of Uzbekistan. Begin and end in Tashkent, the capital city, that has reinvented itself after a century of Soviet occupation. Next stop will be Samarkand, a city of mosques and madrassa, built in the 15th century by Temur Amir, 14th Century conqueror and modern-day hero of the Uzbeks. Then, you'll join the throngs of holiday-goers for the Goldbroidey Festival in the timeless city of Bukhara to enjoy song, dance, and shopping for treasures.

Thu, Sept. 12 7 p.m.-8 p.m. \$19/person
Online Gossler-Anderson

Online: Armchair Travel - Ancient Armenia

Embark on an armchair tour of this ancient land. After first viewing the Biblical Mt. Ararat from its capital city, Yerevan, you'll explore Areni Cave where archeologists have unearthed a 6,000 year-old wine press and an array of fermenting vats and storage pots. Follow the trail of prehistoric standing stones, Armenia's Stonehenge, marching across the mountaintop, visit a pagan temple complex, and a monastery carved into a mountain with holy water seeping through its rocky walls. And, you'll learn the truth about the holocaust perpetrated by the Ottoman Turks in 1915 in which 1.5 million Armenians lost their lives.

Thu, Sept. 26 7 p.m.-8 p.m. \$19/person
Online Gossler-Anderson

Online: Armchair Travel - Tracking Dracula

This is the story of two men - one a writer, the other a warlord, who lived in different countries in different centuries, and how their lives intertwined to create the most memorable villain of all time - Count Dracula. In 1897 Bram Stoker's novel, Dracula, launched an entire genre of literature and film about vampires. Join him as we track Dracula from a crypt in Dublin, to the ruins of Whitby Abbey in England, to castles in Romania once frequented by Vlad Tepes, aka "Vlad the Impaler."

Thu, Oct. 10 7 p.m.-8 p.m. \$19/person
Online Gossler-Anderson

Online: Armchair Travel - Hauntings and History of Emerald Isle

Experience history with a paranormal twist on an armchair tour through Ireland. Ireland is famous for its "thin places," a membrane or a thin layer between worlds that cross over each other. From pagan times to present, Ireland's dark history has been recorded in its abbeys and churches, forts and castles, jails and graveyards by those who lived during those turbulent times and often perished because of them. Their ghosts are eyewitnesses to this history. Sometimes, they are the history.

Tue, Oct. 15 7 p.m.-8 p.m. \$19/person
Online Gossler-Anderson

Online: Armchair Travel - MN Medal of Honor Recipients

In honor of Veterans' Day, learn the stories of some of the 72 Minnesota men who have been awarded the Medal of Honor, dating from the Civil War to the Vietnam Conflict. Meet the Schoolmaster who took his students to war, dooming their hometown to oblivion; a Hungarian Freedom Fighter who signed up to fight Commies in Vietnam; the Anoka hometown hero who smothered a grenade and lived to tell the tale, and a host of other brave men who fought and died for their country.

Mon, Nov. 11 7 p.m.-8 p.m. \$19/person
Online Gossler-Anderson

Online: Armchair Travel - Christmas in Krakow

Twenty years ago, my husband and I celebrated the most wonderous Christmas of our lives in Krakow, Poland as we joined our son and his family for the holiday. We visited the medieval Market Square, alive with Christmas, Santa Claus, and Ronald McDonald; rode in a carriage to Wawal castle and met its fire-breathing dragon, Smok; and took a one-horse open sleigh ride over the river and thru the forested hills of the Carpathian Mountains. Let me share this storybook memory with you.

Thu, Dec. 5 7 p.m.-8 p.m. \$19/person
Online Gossler-Anderson

East Coast Triple Time Swing

Another member of the swing family of dances, very similar to the classic swing single time but triple swing has more steps to slower tempo music. Have fun and get some exercise in this upbeat class. Learn basic patterns, underarm turns and "swing hip motion" in triple-timing. Previous swing experience helpful, but not necessary. If possible, please wear shoes without rubber heels.

Wed, Sept. 16-Nov. 13 7 p.m.-8 p.m. \$59/person
OMS Brecht-Wiles Skip 10/23

Night Club Two-Step Workshop

Learn a practical and versatile social dance designed to be used with contemporary soft rock. This romantic dance fills a gap where no other ballroom dance fits and is an easy dance that almost anyone can learn. Class will cover basic patterns and fun turns. Gain the confidence to get out dancing and practice your moves. Wear shoes without a rubber sole.

Fri, Nov. 15 7 p.m.-9 p.m. \$35/person
OMS Brecht-Wiles



Phone 763-391-7242



Online osseo.ce.eleyo.com

Thriller Line Dance

Get into the spirit of Fall and Halloween with this fun line dance version of the "Thriller" dance that still inspires us all. No partner needed but why not gather some friends and family for a thrilling night of fun!

Fri, Oct. 4 6 p.m.-7 p.m. \$19/person
OSH Mohn

Two Left Feet Dance Workshop

Convinced that you have 2-left feet and that dancing is not meant for you? Or, someone you know? But still...it would be helpful to know a few steps for those "just in case" moments. This class is meant for you! Just one night and geared toward beginners. You'll learn fun moves with simple tips to have you out on the dance floor in no time. Perfect for special events or just plain fun. Couples only please.

Fri, Oct. 4 7 p.m.-9 p.m. \$45/couple
OSH Mohn

Line Dance: Beyonce's Texas Hold 'Em

Are you ready to kick up your heels and expand your line dancing skills? Join us for an exciting evening of country line dancing to Beyonce's new fabulous country song. No partner needed for a night of fun!

Fri, Nov. 8 6 p.m.-7 p.m. \$19/person
OSH Mohn

Romantic Dance

Start out the weekend with a little romance. Spice up your usual "swing and sway" and really spice it up with simple, yet easy romantic moves. You'll spin, turn and twirl together before you know it and you'll feel comfortable in any setting. By the end, you won't want to let go. Couples only please.

Fri, Nov. 8 7 p.m.-9 p.m. \$45/couple
OSH Mohn

Online: How to Travel Free and Make Money Traveling

Everything is getting more expensive, so how do you make travel free? Learn to find travel discounts motivating you to see the world. Learn about COVID issues affecting travel. If you're retired, changing careers, a student, or someone who likes the idea of making additional income to support travel, join us. Gina Henry shows you how she has traveled for free to 100 countries and all 50 states. Learn important tips on travel safety, insurance, affordable retirement opportunities and other strategies. Earn free airline tickets, hotel nights, tours, cruises and more. Volunteer, fun work-vacations, paid travel, teach English, mystery shopping, importing, drop shipping and remote employment opportunities. Gina teaches this online class while she is traveling all over the U.S. and worldwide for free. Fee includes her 100-page digital book "How to Travel Free".

Sat, Oct. 5 11 a.m.-2 p.m. \$19/person
Online Henry

Online: Get Paid to Teach English Overseas, in the USA, or Online

Learn how Gina has taught her way around the world and paid for vacations and travel to 100 countries. Teaching English can be a high paying career or simply a great way to travel free. English is the world's business and travel language. Being able to speak English helps people get better paying jobs and life changing choices. If you speak English, you can teach conversational English! You don't have to be certified or speak the local language. However, getting certified can help you make more money and get a job faster and easier. There are now many excellent affordable online certification programs. Plus, make money teaching English online, earn a free vacation, a 2-month paid summer job, or full-time work that earns up to \$90K a year. Learn about the best paying jobs, how to promote your teaching qualifications, the best certification programs (online and in person) and specific hiring organizations. Gina teaches this online class while she is traveling around the worldwide. Fee includes Gina's 100-page digital book "Get Paid To Teach English".

Sat, Oct. 12 11 a.m.-2 p.m. \$19/person
Online Henry

Online: Create Your Money-Making Travel Lifestyle and Work Anywhere

Working remotely is now the thing. Why not add travel into the mix? Join thousands of individuals who are taking their work with them and hitting the road! You can make your travels sustainable by earning a living as you travel. Professional traveler Gina Henry has been doing this for years and shares her wealth of knowledge. Get the "how to" of living on the road including downsizing, putting your stuff in storage, getting your mail, how to have a "physical address", the RV lifestyle, timeshares, international living, long-term rentals, housesitting, and more. Learn the best ways to set up your remote office and get quality Wi-Fi in your hotel, long-term rental, and out of your car or RV. Plus learn about the many remote jobs available: how to start your own business, companies wanting only remote employees, consulting, affiliate marketing, freelance jobs, digital books, blogging, podcasting, online classes, social media, drop shipping, volunteering & more. Gina Henry founded Go Global, Inc. over 30 years ago and has been location independent, working remotely for over the past ten years. Fee includes Gina's 100-page digital book "Work Remotely and Become a Digital Nomad".

Sat, Nov. 2 11 a.m.-2 p.m. \$19/person
Online Henry



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: The Secrets of Travel Hacking: Free Air, Hotels and Cash Back

Earn thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel and then redeem them for high-value trips. Flights and hotels are typically the most expensive part of your vacation budget. Plus, earn cash back to pay for other travel expenses. Gina will show you her easy "Beginner Strategy" then graduate you to more advanced strategies that earn you 1 million+ reward points a year. All the major reward programs will be detailed: airlines, hotels, banks, etc. Also learn tips for flying business and first class. Gina Henry, founder of Go Global, Inc, has been a professional traveler for over 30 years and earns 15 free airline tickets, dozens of free hotel nights, and hundreds of dollars cash-back each year. Tuition includes Gina's 100-page digital book "The Secrets of Traveling Hacking - Free Air, Hotels & Cash Back".

Sat, Oct. 19 11 a.m.-2 p.m. \$19/person
Online Henry

Online: Get Paid To Be a Tour Guide and Travel Free

Many well-paying professional jobs are now available, both domestically and internationally! We are getting back to our travels and many Americans are motivated to travel all across the USA & worldwide. Before COVID, foreign tourists were finding America to be a great value and this is returning quickly. Many people will not travel unless they book a tour, take a cruise or travel with you their friend who knows the destination. Travel and tourism is the world's fastest growing industry, and relatively recession proof. If you love to travel, earn income as a tour director. Learn about tour director salaries and work part or full-time leading tours for major companies. Travel free on a tour by becoming an "affiliate" or "tour coordinator", putting together a group of friends to go on a trip and you go free (and possibly earn extra income). Learn how to put together your own tours and market them to friends, family or the public, starting your own tour business. Learn the qualifications needed to be a tour guide, the "Five Easy Ways To Get A Job In the Tour Industry", how to design excellent tours and negotiate group discounts, and "101 Ways To Promote Your Tour & Make It A Success" in this online class. Instructor, Gina Henry, founder of Go Global, Inc., leads tours worldwide, working with major tour companies as well as her operating her own tour business of 30 years. She is an International Tour Management Institute (ITMI) certified tour director & teaches travel classes nationwide. Fee includes Gina's 100-page digital book "Get Paid To Be a Tour Guide & Travel Free" which provides names, phone numbers, and websites of all of the contacts you need to put this information to use.

Sat, Nov. 9 11 a.m.-2 p.m. \$19/person
Online Henry



Online: How to Travel Free and Make Money

Adult Class Policies

We recommend enrolling at least one week prior to the class start date. You must include an email address for a class confirmation and/or receipt.

Cancellation and Refund Policy

- If more than 5 business days before class: full refund less a \$5 processing fee.
- If less than 5 business days before class: 50% refund less a \$5 processing fee.
- Day of class or after: no refunds given.
- Cooking classes **require** 8+ day advance cancellation.
- Refunds are not given for missed classes or COVID exposure.
- If you've been sent handouts or login information for your online class, you will not be issued a refund. In some cases we may be able to transfer your enrollment to another session.

Building Entrances

Please use the entrance information from your class confirmation or listed at the right.

Weather

Check WCCO 830 AM radio or TV for cancellations as well as your email or text messages (if you have a phone or email on file).

District Map

To map a site location, go online to: osseo.ce.eleyo.com. Click on your class registration to view the site map.

Room Numbers

Please follow signs to your classroom or ask the building supervisor located near the entrance for assistance.

NOTE: ISD 279 is tobacco & alcohol-free per Policy 921.

ESC - Educational Service Center

11200 93rd Ave N
Maple Grove, MN 55369
Enter main door - Door 1

PCSH - Park Center Senior High: An International Baccalaureate World School

7300 Brooklyn Blvd
Brooklyn Park, MN 55443
Enter off Noble Ave - Door L

OMS - Osseo Middle School

10223 93rd Ave N
Osseo, MN 55369
Enter East side - Door 17

OSH - Osseo Senior High

317 Second Ave NW
Osseo, MN 55369
Enter Door 2 or 7
**can change depending on evening events*

MGMS - Maple Grove Middle School

7000 Hemlock Ln
Maple Grove, MN 55369
Enter East side - Door 23

MGSH - Maple Grove Senior High

9800 Fernbrook Ln
Maple Grove, MN 55369
Enter main door - Door A

Teen Driver's Education with Safeway Driving School

Safeway Driving School is the largest driving school in MN, instructing over 9,000 teens this year alone. It has an A+ rating with the Better Business Bureau and is a BBB Accredited Business. Safeway has 80+ experienced instructors background checked by the MN Dept. of Public Safety.

Classroom Training - can be taken by students who are 14-1/2 years or older and consists of 10 three-hour lessons. Each lesson is independent and can be taken in any order. If a lesson is missed, the student can sign up for make-up lesson on their Safeway account at www.safewaydrivingschool.com. If you miss a lesson, you need to make up the exact lesson you miss. Lesson calendars are all available on Safeway's website at www.safewaydrivingschool.com. Students more than 5 minutes late to class will need to retake the lesson for that day.

Behind-the-Wheel Training - consists of three, two-hour private lessons that can be scheduled online or by calling Safeway at 651-351-9150. Pick-up and drop-off is at home, school or work. Training is done in a white late-model car with Safeway's "Student Driver" graphics.

Payment - You may either pay the full \$425 upfront or you can pay \$275 at registration with \$75 due at your 1st behind-the-wheel and \$75 at the 2nd behind-the-wheel. Program includes classroom and behind-the-wheel lessons and all class materials. Classroom instruction is 30 hours and behind-the-wheel training is 6 hours.

Classroom Materials - A current Minnesota Driver's Manual and workbook will be given to all students for the in-person classes. If your students is taking the online classes, you can either pick them up from your student's home school office, or you can come to the Educational Service Center located at 11200 93rd Ave N, Maple Grove, MN 55369 and ask the front receptionist for the Teen Driver's Education materials.

Enrollment and Schedule Information *(Full schedule of dates/times posted online at osseo.ce.eleyo.com)*

- Register: 763-391-7242 or osseo.ce.eleyo.com
- In-person classes run 2:20 p.m.-5:20 p.m. at each high school and online classes run 3:30 p.m.-6:30 p.m.
- Questions for Safeway? Call 651-351-9150 or email safewaydrivingschool.com.

Participant Name _____

Email Address: (for registration confirmation) _____

Address: _____
street city state zip

Phones: (_____) _____ (_____) _____
work cell/home

METHOD OF PAYMENT

☐ Cash ☐ Check # _____ Payable to ISD 279 (ACH - auto payment taken out immediately)

☐ Visa ☐ Discover ☐ MasterCard ☐ Am Ex Name on card: _____

Card Number: _____ - _____ - _____

Exp Date: _____ / _____

Signature: _____

CLASS INFORMATION

Class/Event Title: _____

Start Date: _____ / _____ /24 Fee \$ _____

Class/Event Title: _____

Start Date: _____ / _____ /24 Fee \$ _____

Class/Event Title: _____

Start Date: _____ / _____ /24 Fee \$ _____

Class/Event Title: _____

Start Date: _____ / _____ /24 Fee \$ _____ **TOTAL DUE** \$ _____

Mail this form to: Educational Service Center - 11200 93rd Ave. N, Maple Grove, MN 55369; Attn: AE Comm Ed

Osseo Area Schools Community Education
11200 93rd Avenue N
Maple Grove, MN 55369



OSSEO AREA SCHOOLS
Community Ed
Adult & Youth Enrichment

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ECRWSS RESIDENTIAL POSTAL PATRON

SUPPORTING SCHOLARS IN OSSEO AREA SCHOOLS



DISTRICT 279
FOUNDATION

OUR FOCUS

Support scholars through innovative and creative projects that enhance curriculum, provide experiential learning opportunities or contribute to community.

Recognize the achievements of scholars, staff and volunteers in Osseo Area Schools at the annual Investment in Youth celebration.

JOIN US

Reading is Fun 5K

Saturday, September 21, 2024

This family friendly 5K raises funds for media centers (libraries) in Osseo Area Schools to purchase learning resources.

A Night Out

Friday, February 7, 2025

This fundraising event supports District 279 Foundation's grants program which funds creative projects for scholars in Osseo Area Schools.

Investment in Youth

Sunday, May 4, 2025

This celebration recognizes the achievements of scholars, staff and volunteers in Osseo Area Schools.

Scan or visit district279foundation.org



@D279F



@district279foundation

District 279 Foundation, 11200 93rd Avenue North, Maple Grove, MN 55369

Phone: 763-391-7118 | **Email:** foundation@district279.org

