

Community Education

*Building Bridges Through
Lifelong Learning*

ISD 709 DULUTH PUBLIC SCHOOLS
www.duluthcommunityed.org

FALL 2024



- Early Childhood
- KEY Zone/Youth
- Adult Enrichment Classes
- And more...

**Registration starts
September 9!**

Exciting class opportunities
in-person and on-line.

Upcoming Offerings

As the crisp fall weather settles in and the holidays draw near, it's the perfect time to explore new activities and skills with our exciting Community Education classes! Whether you're looking for a festive outing or a fun way to learn something new, we have something for everyone.

Enjoy the upcoming holidays with our exciting bus trips to the Chanhassen Dinner Theater and the Mall of America! Join us for an unforgettable adventure. For those who love to cook or want to learn how, our cooking classes are a must. Learn the art of making fresh pasta and bread from scratch, and create a variety of delicious holiday cookies that are sure to become family favorites. Our experienced instructor will guide you through each step!

In addition to these, we offer a wide range of other classes and activities designed to enrich your fall and holiday experience. From arts and crafts to fitness and wellness, there's something to inspire and engage everyone in our community. Don't miss out on this wonderful opportunity to learn, explore, and make the most of the season with Community Education!

Keep up with Community Education offerings and sneak peeks of upcoming offerings by following us on Instagram and Facebook!



Cover photo credit: Bob King, of Duluth, who has been teaching community education astronomy classes at the Marshall Alworth planetarium since 1987.

Our Mission

To provide and continually improve lifelong learning opportunities that complement and support the school district educational programs. Community Education provides opportunities for all ages through classes and activities which serve people's social, recreational, enrichment and academic needs.

Community Education DIRECTORY

**Academic Excellence Online
High School** **218-336-8766**
11 E. Superior St., Suite 140 • Duluth, MN 55802

Aquatics **218-310-8124**
haleathers@gmail.com

Area Learning Center **218-336-8756**
11 E. Superior St., Suite 140 • Duluth, MN 55802

District Office **218-336-8760**
709 Portia Johnson Drive • Duluth, MN 55811

Driver Education **218-336-8760 x. 3**
301 North 40th Avenue East • Duluth, MN 55804

Duluth Adult Education **218-336-8725**
325 W. 1st St., 3rd Floor • Duluth, MN 55802

Duluth Preschool **218-336-8815 x. 2**
709 Portia Johnson Drive • Duluth, MN 55811

**Early Childhood
Family Education** **218-336-8815 x. 1**
709 Portia Johnson Drive • Duluth, MN 55811

**Lincoln Park Middle School
Community Education Office** **218-336-8760 x. 5**
3215 West 3rd Street • Duluth, MN 55806

**Ordean East Middle School
Community Education Office** **218-336-8760 x. 1**
2900 East 4th Street • Duluth, MN 55812

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www.facebook.com/duluthcommunityed

Send us an email at
communityeducation@isd709.org

Visit our website
www.duluthcommunityed.org

Are you caring for the children of a friend,
 neighbor, or family member?



Play & Learn for Family, Friend, and Neighbor Care Providers

Monday, September 16

MAIN LIBRARY | 10:00 - 11:30 am

Join us for a fun-filled event of reading, singing, and playing together with the little ones you care for! Meet other care providers and help children learn and build skills through play. All participants will receive free books, supplies, and snacks.

Presented by:



INSTRUCTORS WANTED:

*Interested in offering a class through
 Duluth Community Education?*

We are always looking for new instructors willing to share their special skill, talent, hobby, or expertise with the community. Community Education classes are creatively designed, and flexible, because they are built around the real needs of the people in our community.

For more information, please contact the
 Community Education Office at 218-336-8760, or
 email communityeducation@isd709.org.



DULUTH PUBLIC SCHOOLS

Every Student. Every Day.



WHAT'S INSIDE THIS ISSUE:

- **Creating Career Pathways**
- **Graduation Rates Increase**
- **Providing Outside Play Areas**

OUR FOCUS FOR THE NEW YEAR

Written by Adelle Wellens

With each new school year comes strategic focus on learning, teaching and growth. For the 2024-25 school year, our district is prioritizing literacy, core instruction and continued student growth.

We are committed to enhancing literacy skills across all grade levels, ensuring that every student has a strong foundation in reading and writing. Our focus on core instruction will emphasize high-quality, engaging teaching practices in key subject areas to foster deeper understanding and academic excellence.

Additionally, we remain dedicated to supporting student growth, using data-driven approaches to identify areas of improvement and celebrate achievements. As you will see in the next few pages, we have made strides in our graduation rates for all of our schools and preliminary data shows we have rebound to pre-pandemic test scores on the standardized tests.

Our goal is to create an enriching educational environment that prepares all students for future success.



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Duluth, MN 55811

CREATING CAREER PATHWAYS FOR STUDENTS

The Curriculum and Instruction Department has been hard at work over the past year to create clear career pathways for students starting in middle school.

This work, led by Principal on Special Assignment Danette Seboe, has been focused on Career and Technical Education or CTE. CTE programs are a series of classes that mix regular school subjects with job skills. These classes help students get ready

for college and/or the job force. CTE gives students the chance to learn about different careers that are in high demand.

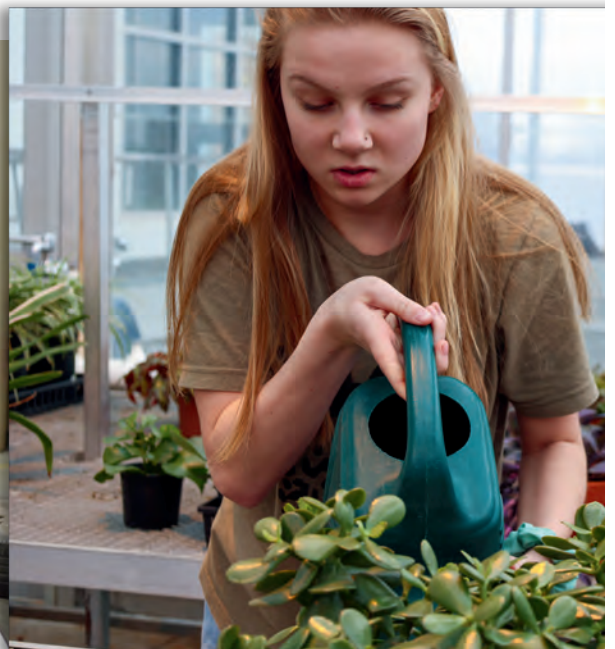
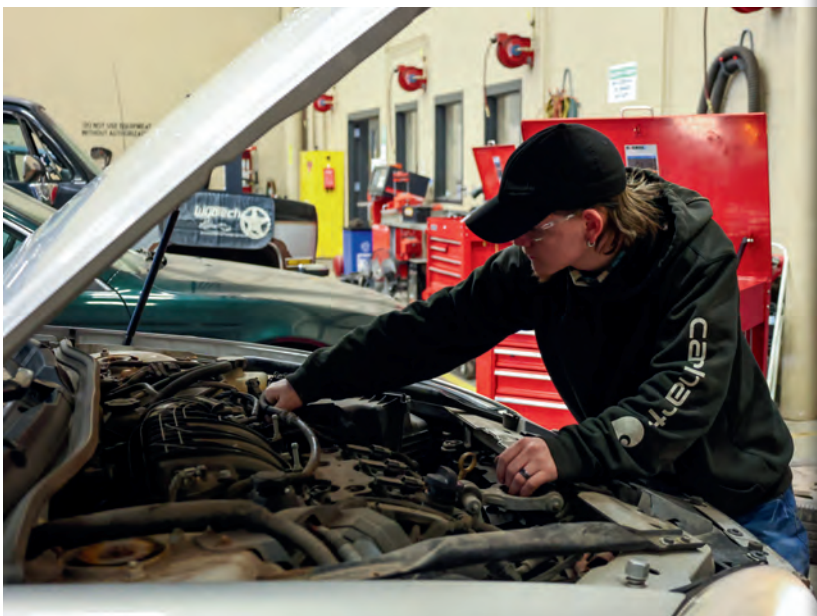
Our current career field offerings include:

- Agriculture, Food & Natural Resources
- Arts, Communications and Information Systems
- Engineering, Manufacturing and Technology
- Health Science Technology
- Human Services (Culinary, Law Enforcement, Early Childhood, etc.)
- Business, Management and Administration

This year we are able to offer new courses in these fields. New courses include:

- Intro to Baking
- Advanced Culinary
- Meal Prep and Packaging
- Intro to Law Enforcement
- Intro to Construction
- Woodworking
- Construction Trades 1 & 2

For more information on our CTE offerings visit www.isd709.org/cte.





GRADUATION RATES INCREASE

Four-year graduation rates for Denfeld High School (+1.34%), East High School (+2.26%), Academic Excellence Online (+3.3%), and Duluth Area Learning Center (+5.3%) all increased in 2023.

"We are thrilled to see the great efforts and dedication of our students, staff and families paying off with these significantly improved graduation rates," Superintendent John Magas said. "We still have a lot of work to be done in a variety of areas, but a strong foundation for student growth is in place."

The four-year graduation rate for American Indian students saw an increase of 4.69%; Black students increased 3.78%; students identifying as two or more races increased 5.55%; and Hispanic or Latino students increased 1.15%.

"The increased graduation rates are very encouraging as it demonstrates that we can improve achievement outcomes for students. I am confident the rates will continue to increase every year, especially for our students of color," Assistant Superintendent Anthony Bonds said. "We have done a lot of work to make sure students are supported every day they come into our buildings so they have the tools to walk across the stage."

“

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This project gives families with young children a place to learn, grow and create a sense of community.
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PROVIDING OUTSIDE PLAY FOR OUR YOUNGEST CHILDREN

On June 25, Duluth Public Schools Early Childhood and Family Education (ECFE) held a ribbon cutting and grand opening of a new playscape at the Washington Center downtown.

The playscape is made for children under the age of 5 and the first of its kind in the city of Duluth.

“One of the Minnesota 10 Commitments to Equity is ‘Start Early.’ This project does just that by giving families with young children a place to learn, grow and create a sense of community,” said Jen Jaros, Early Childhood Family Education Coordinator. “We are extremely proud of the work that has gone into getting this developmentally appropriate space.”

This playscape wouldn’t have happened without funding from the community partners like Essentia Health, Duluth Library Foundation. Every Child Ready Duluth and collaboration with the City of Duluth.

“We are thankful for all of our community partners,” Jaros said.

We hope that families with young children from all over the city will take advantage of this wonderful new park.



Arts, Crafts & Hobbies

Canoe Paddles

Instructors: Ron Weber and Bill Majewski

Making your own paddle is a great way to personalize your paddling experience. This class offers materials, instruction, and design help so that you can make your own canoe paddle. Choose bent or straight-shafted, with either solid or laminated construction. There will be work time during class, but participants should plan on also working from home. Materials and gluing extra charge discussed in class (about \$30). Minimum age 16 with adult supervision.

#5011 Monday, Nov. 18 6:30 to 9:00 PM Lincoln Park Middle School 1 Session - \$20

Drawing 101

Instructor: Deb Hannu

Want to learn to draw better? Or even just learn to draw, period? This class is for you! Learn tips and tricks for drawing from real life, as well as techniques for tapping your own creativity and imagination. If you can write your name, you have the motor skill needed to draw! No experience necessary; bring some pencils (HB, 2B, or 4B), pens (black ink, medium tip) or ultra thin-tip markers and some drawing paper! Drawing tools packet available for purchase from instructor (upon request) for \$15. This class is for adult students.

#2015 Wednesdays, Sep. 25 - Oct. 9 6:00 to 8:00 PM Ordean East Middle School 3 Sessions - \$50 Class fee

Fall Felted Pumpkins

Instructor: Chrissy Valento

Happy fall! Come join us while we create four 3-Dimensional felted pumpkins, each pumpkin being around 3" tall/wide. If our 2 hour class period doesn't warrant enough time to complete all four, materials will be available to take home to finish what you have learned. Keep all 4 pumpkins, or give as gifts! \$25 due to the instructor at time of class.

#5210 Thursday, Oct. 24 6:00 to 8:00 PM Lincoln Park Middle School, 1310, Art 1 Session - \$25

Felted Ornaments

Instructor: Chrissy Valento

Come join us while we create felted ornaments just in time for holiday celebrations. We will create 4 ornaments, each unique and created by using the wet felting technique. Each ornament will be one of a kind. Keep all 4 ornaments, or give as gifts! Felting is addicting, so be wary! \$25 due to the instructor at time of class.

#5212 Thursday, Dec. 12 6:00 to 8:00 PM Lincoln Park Middle School, 1310, Art 1 Session - \$25

Intermediate Quilting

Instructor: Mary O'Neil

This is a continuation of the spring Intermediate class. Bring your machines, project(s) and questions. No class 9/26, 10/10 and 10/17.

#2071 Thursdays, Sep. 19 - Nov. 14 6:30 to 9:00 PM Ordean East Middle School 6 Sessions - \$5

Intro to Mixed Media Art Journaling

Instructor: Laurie Pinther

This class is for beginner to intermediate level. You don't need any art experience as this is an experimental process that allows you to be creative and expressive. This is a fun class to learn how to combine mixed media layers to create a small art journal. We will explore art journaling and discuss many ideas for using your journal. You will learn several mixed media techniques and practice creating layers using a variety of tools and art supplies to experiment with color and texture to create your one of a kind journal cover. Optional Journal kits available for purchase at class from the instructor (approx. \$5-15).

#1210 Monday, October 28 6:00 to 8:00 PM Ordean East Middle School 1 Session - \$20

Linoleum Printing: Holiday Cards

Instructor: Chrissy Valento

Come join us while we create linoleum carved printed cards for upcoming holidays/celebrations. Bring ideas / images with you for inspiration. All tools and materials are provided. Just bring your creativity! \$20 due to the instructor at time of class.

#5211 Thursday, Nov. 21 6:00 to 8:00 PM Lincoln Park Middle School, 1310, Art 1 Session - \$25

Matting Mounting and Framing

Instructor: Deb Hannu

Learn tips and tricks for taking care of your photographs and artwork yourself! With just a bit of skill and some simple tools, you can easily mat, mount and frame work yourself, instead of using a frame shop. Personalize your walls and save some money by doing it yourself. Instructor will give you guidance on sizing, color, framing ideas and more. \$10 materials payable to instructor at class.

#2048 Wednesday, Nov. 13 6:00 to 8:00 PM Ordean East Middle School 1 Session - \$10 Class fee

Arts, Crafts & Hobbies

Painting 101

Instructor: Deb Hannu

Want to learn about composition and color? How to 'get started' with a painting? What types of paints are out there, and what's best for what purpose? Experiment with some tips, tricks and techniques as you dip a brush into the world of painting. (Recommend taking Drawing 101 first!) Painting Supply kit available for purchase from instructor (upon request) for \$25.

This class is for adult students.

#2016 Wednesdays, Oct. 23 - Nov. 6

6:00 to 8:00 PM

Ordean East Middle School

3 Sessions - \$50 Class fee

Quilting Basics

Instructor: Mary O'Neil

Would you like to learn to quilt, or do you need help finishing a quilt? In our first class we will discuss supplies, patterns, color selection, borders and bindings (no machines needed on the first night). After that, we will get to work. If you have a project in mind, bring it with you. You will supply your own pattern, materials, and machine.

#2070 Thursdays, Sep. 19 - Nov. 14, No Class Oct 10, Oct 17 & Oct 31 6:30 to 9:00 PM Ordean East Middle School 6 Sessions - \$5 Class fee

Rosemaling, Norwegian

Instructor: Claudia Abrahamson

Learn the basic brush strokes and techniques of Norwegian Rosemaling for beginners plus more intermediate skills taught to repeat students. Brushes may be purchased from the instructor at class. Rosemaling Class Supply List - Available at craft (ex. Michaels) and grocery stores Tracing Paper tablet Pallet Paper tablet Boiled Linseed Oil Brush cleaning fluid Pencil Dead/dry pen or stylus Pallet knife Paints (oils): Titanium White Cadmium Red Light Cadmium Yellow Raw Umber Raw Sienna Burnt Umber Burnt Sienna Ivory Black Paynes Grey Yellow Ochre Alizarin Crimson Prussian Blue Grocery Store: Murphy's Oil Soap Salad Oil Viva paper towels

#2013 Mondays, Sep. 23 - Oct. 28

5:00 to 8:00 PM

Ordean East Middle School

6 Sessions - \$50 Class fee

Walking Sticks and Stuff Intro

Instructor: Ron Weber

Choose from a variety of woods and create your own custom walking stick. Learn how to highlight the natural features of the wood and enhance the natural beauty of each piece. Sticks available from the instructor for \$8 each. You may also bring your own stick for no charge. Please bring any carving tools that you may have. Under 16 must be accompanied by a parent/guardian while in class.

#5051 Wednesday, Dec. 4

6:30 to 8:30 PM

Lincoln Park Middle School, 1380, Shop

1 Session - \$10

Bus Trips – Northern Explorers

PICK UP & DROP OFF LOCATIONS:

HERMANTOWN HOCKEY ARENA, ST. LUKE'S SPORTS, or ESSENTIA DULUTH HERITAGE CENTER.

Participants will receive a detailed email approximately 10 business days prior to each trip with complete details, including departure times.

Mall of America and Ikea Shopping Trip

Holiday shopping spree at either the Mall of America or IKEA. Leave the worries of winter driving behind and enjoy a comfortable ride seated on a bus. There will be ample time to do your shopping and relish a nice lunch at one of the many restaurants featured at the Mall of America. BLOOMINGTON, MN \$40/PERSON NOVEMBER 22 FRIDAY 7:30 AM - 7:30 PM

#3012 Friday, Nov. 22

7:30 AM to 7:30 PM

Mall of America

1 Session - \$40

White Christmas - Chanhassen Dinner Theater

Join us for "White Christmas" at The Chanhassen Dinner Theater. The musical tells the story of two veterans, Bob Wallace and Phil Davis, who have a successful song-and-dance act after World War II. In the hopes of finding love, the two follow a pair of singing sisters to their Christmas show at a Vermont lodge, which happens to be owned by their former army commander. The musical features a dazzling score with well-known standards such as "Blue Skies," "I Love A Piano," "How Deep Is the Ocean," and the title song, "White Christmas." It's an uplifting and wholesome musical that will delight audiences of all ages. Chanhassen, MN \$155/PERSON Wednesday December 4th 7:00 AM-7:15 PM.

#3013 Wednesday, Dec. 4

7:00 AM to 7:15 PM

Chanhassen Dinner Theater

1 Session - \$155

Cooking

Bread Making

Instructor: Ilone Hamilton

Let's make some dough. We will explore the world of wheat flour, yeast, and water. Try out some different preparation methods and a variety of ingredients. Under 18 must be accompanied by an adult, and both registered for the course. BRING AN ADDITIONAL SUPPLY FEE OF \$15 TO INSTRUCTOR AT CLASS TIME.

#2236	Monday, Sep. 23	5:00 to 8:30 PM	Ordean East Middle School	1 Session - \$10 class fee
#5236	Wednesday, Oct. 2	5:00 to 8:30 PM	Lincoln Park Middle School	1 Session - \$10 class fee

Cookie Take and Bake

Instructor: Ilone Hamilton

Get ready for the Holidays! Bake & Take 12 dozen holiday cookies to share with your family and friends. Bring an additional \$38 supply fee for the instructor. 2 cookie sheets, foil, spatula and take home containers.

#2228	Wednesday, Dec. 4	6:00 to 8:30 PM	Ordean East Middle School	1 Session - \$10
#5228-A	Wednesday, Dec. 11	6:00 to 8:30 PM	Lincoln Park Middle School	1 Session - \$10
#5228-B	Wednesday, Dec. 18	6:00 to 8:30 PM	Lincoln Park Middle School	1 Session - \$10

Pasta Primer

Instructor: Ilone Hamilton

Learn to cook pasta like a pro. Learn to make noodles from scratch, ravioli, and some sauces. We will share tips and recipes along with hands-on cooking for you. Bring an additional \$20 supply fee for the instructor.

#5225	Wednesday, Nov. 13	6:00 to 8:30 PM	Lincoln Park Middle School, 1340, FACS	1 Session - \$10
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Russian Cuisine

Instructor: Ilone Hamilton

Learn some authentic home-style Slovic recipes that are enjoyed throughout Eastern Europe. Create some new traditions for your family. Bring \$20 for recipes and supplies.

#5208	Wednesday, Nov. 6	6:00 to 8:30 PM	Lincoln Park Middle School, 1340, FACS	1 Session - \$10
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Taste of Thailand

Instructor: Ilone Hamilton

Thai food is traditionally a spicy, simple food. In this class we will make one spicy entrée, but will explore other flavors for those who like a little less heat. Recipes we will make include: Pad Thai, roti dough, and chicken ginger soup. Send your taste buds on an exotic vacation, no passport required. Bring an additional \$16 supply fee for the instructor.

#5220	Wednesday, Oct. 9	6:00 to 8:30 PM	Lincoln Park Middle School, 1340, FACS	1 Session - \$10
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Taste of the Mediteranian

Instructor: Ilone Hamilton

Find out how inexpensive and easy it is to make these delicious Mediterranean classics. Italian stew, fresh homemade pita bread, Tzatziki sauce (everyone's favorite!) and Falafel. Please bring your favorite wooden rolling pin if possible. This is a hands-on class where you will make your own. Bring \$15 for recipes and supplies.

#5230	Wednesday, Oct. 30	6:00 to 8:30 PM	Lincoln Park Middle School, 1340, FACS	1 Session - \$10
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Thai Finger Food

Instructor: Ilone Hamilton

Expand your Thai food knowledge! You will need nimble fingers to make egg rolls, potstickers, chicken satay, peanut sauce, and thai chai. Bring a \$20 supply fee for the instructor.

#5237	Wednesday, Oct. 23	6:00 to 8:30 PM	Lincoln Park Middle School, 1340, FACS	1 Session - \$10
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Dance

Introduction to Ballroom Dance

Instructors: North Shore Ballroom instructors

Thorough dance instruction in the smooth ballroom styles including the Waltz, Tango and FoxTrot. You will learn the basics of ballroom dancing and have fun along the way.

#2400	Wednesdays, Sep. 25 - Oct. 30	7:00 to 7:50 PM	Ordean East Middle School	6 Sessions - \$50
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Beginner Ballroom Dance

Instructor: Keith Miernicki

We will start slow and spend time learning the basic footwork for the Cha-Cha, Rumba, Tango, and Foxtrot (2 step). Once you learn the basic steps, we add turns and twirls. Each night starts with a review of the steps learned the week before. Singles are always welcome. Life is short, learn to dance.

#5402	Tuesdays, Nov. 12 - Dec. 3	7:00 to 8:00 PM	Lincoln Park Middle School, Commons, Second Floor	4 Sessions - \$20
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Dance

Beginner Belly Dance I

Instructor: Deb Poldoski

This class will introduce you to the building blocks of belly dance with basic dance movement, technique and combinations. Wear comfortable clothing.

#5401 Wednesdays, Sep. 18 - Nov. 20 7:05 to 8:05 PM Lincoln Park Middle School 10 Sessions - \$55

Beginner Belly Dance II

Instructor: Deb Poldoski

Continue your Belly Dance Experience. You must have taken at least 1 year (3 sessions) of Beginner Belly Dance I. No Class Nov. 27th.

#5403 Wednesdays, Sep. 18 - Nov. 27 6:00 to 7:00 PM Lincoln Park Middle School 11 Sessions - \$60

Beginner Swing Dance

Instructor: Keith Miernicki

A,B,C Swing Dancing: Geared toward the absolute beginner. Check "learn to dance" off your bucket list, prepare for a specific event, or just come and have a little fun learning to dance. Start at the beginner level and move slowly, adding a few steps each week. Life is short, learn to dance. Classes are very casual and fun. Singles welcome.

#5412 Tuesdays, Oct. 8 - Oct. 29 7:00 to 8:00 PM Lincoln Park Middle School, Commons, Second Floor 4 Sessions - \$20

Duluth International Folk Dance

Instructors: Kathie Haney and Dianne Dorland

Join the long running Duluth International Folk Dance class. Classes are ongoing and you may start any time. Come dance in a friendly, welcoming environment. You will learn dances from all around the world. Dances are taught the first hour and the second hour focuses on requests from participants. Partners are not necessary.

#2404 Mondays, Sep. 16 - Dec. 16 6:45 to 8:45 PM Ordean East Middle School 14 Sessions - \$5

Introduction to Latin Dance

Instructors: North Shore Ballroom instructors

Spice things up with the rhythm dances. This class will introduce you to the ChaCha, Rhumba, swing dance and Salsa.

#2430 Wednesdays, Sep. 25 - Oct. 30 8:00 to 8:50 PM Ordean East Middle School 6 Sessions - \$50

Sports & Exercise/Fitness

Body Fitness

Instructor: Mary Gavitt

This class has been designed to complement your regular fitness routine. Classes include both cardio and Pilates workouts, with a focus on stretching and low impact floor exercises. A thorough warm-up and cool-down are incorporated into the class. All ages and fitness levels are welcome in this comfortable atmosphere. Bring a floor mat/pad. No class: 10/10, 11/28.

#2502 Mon/Thu, Sep. 16 - Dec. 12 5:00 to 6:00 PM Ordean East Middle School 24 Sessions - \$50

Xtreme Hip Hop Step Aerobics

Instructor: K. Carroll

Get ready to turn up the heat with our Xtreme Hip-Hop Step class! Groove to the beat, feel the burn, and bring your A-game because we're mixing up cardio, step boards, and hip-hop vibes for the ultimate workout experience. Suitable for all ages and levels, this class is your ticket to a fun and effective fitness regimen. Just don't forget to bring your own step aerobics platform and yoga mat – we'll handle the rest! Let's sweat, step, and slay together! No class 10/17.

#2760 Thursdays, Sep. 26 - Nov. 14 7:00 to 8:00 PM Ordean East Middle School 7 Sessions - \$50

Zumba: High Impact

Instructor: Chasity Lindquist

Join the party and melt the pounds away in this Zumba fitness dance class. Zumba combines fast and slow rhythms that tone and sculpt the body using merengue, salsa, Cumbia, Reggaeton, hip hop and belly dance. This class is a blast with easy to follow steps for all levels, ages and sizes. Zumba is a great weight loss and stress relief party environment.

#2552-A Tuesdays, Sep. 24 - Oct. 29 7:00 to 8:00 PM Ordean East Middle School 6 Sessions - \$35

#2552-B Thursdays, Sep. 26 - Oct. 31 7:00 to 8:00 PM Ordean East Middle School 6 Sessions - \$35

Zumba: Low Impact

Instructor: Sue Brunette

This Zumba fitness dance class is great for beginners or those new to an exercise program. Zumba combines fast and slow rhythms that tone and sculpt the body using merengue, salsa, Cumbia, Reggaeton, hip hop and belly dance. This class is a blast with easy to follow steps for all levels, ages and sizes.

#2550 Mondays, Sep. 16 - Nov. 18 6:15 to 7:15 PM Ordean East Middle School 10 Sessions - \$40 class fee

General Interest

5 Keys to Retiring Fearlessly - Lincoln

Instructors: Jordan A. Fahlsing and Kevin J. King

Do you know what next steps to take so you can retire? We can help. Join us for 5 Keys to Retiring Fearlessly, a free workshop with insights to help you achieve your retirement goals, by answering the following questions: Will I have enough to retire? Will my retirement income last? Are my assets protected? In this workshop we'll also explore how understanding the tax status of retirement investments can help you make informed decisions and avoid paying more than your fair share.

#5165 Wednesday, Dec. 18 6:00 to 7:00 PM Lincoln Park Middle School, Media Center, Second Floor 1 Session - \$5

5 Keys to Retiring Fearlessly - Ordean

Instructors: Jordan A. Fahlsing and Kevin J. King

Do you know what next steps to take so you can retire? We can help. Join us for 5 Keys to Retiring Fearlessly, a free workshop with insights to help you achieve your retirement goals, by answering the following questions: Will I have enough to retire? Will my retirement income last? Are my assets protected? In this workshop we'll also explore how understanding the tax status of retirement investments can help you make informed decisions and avoid paying more than your fair share.

#5165-B Wednesday, Oct. 23 6:00 to 7:00 PM Ordean East Middle School 1 Session - \$5

50+ Cohousing

Instructor: Lee A Pedersen

An overview of a multifamily housing model started in Denmark and brought to the United States in the late 1980's. Cohousing combines a collaborative and cooperative community of private residences with common spaces, activities, and governance (no shared income). Examples in the U.S. will be discussed. Resources will be recommended for registrants to use as follow up.

#5149 Monday, Oct. 21 6:30 to 7:30 PM Lincoln Park Middle School 1 Session - \$5

50+ Cohousing - Webinar

Instructor: Lee A Pedersen

Learn about 50+ (aka Seniors, Elders, Active Adult) communities based on cohousing principles of a property with full-featured private homes and common spaces, meals, governing, and activities. Cooperation, collaboration, sharing, access-friendly design, and, especially, caring for neighbors are the values of this age specific cohousing. Discuss principles and practices and explore examples of senior communities. Resources will be recommended to use for follow up. Once you register, you will be emailed the content link. You may view it anytime. There is an optional discussion on Lee's Zoom Monday, November 25, 6:30-7:30 PM.

#5149-B Viewable Sep. 9 - Dec. 20 Virtual ONLINE 1 Sessions - \$5

ABC&Ds of Medicare

Instructor: Celeste Plunkett

This is an educational presentation that will provide a foundation of understanding of Medicare, one letter at a time.

#2195-A Tuesday, Sep. 24 5:30 to 7:00 PM Ordean East Middle School 1 Session - \$5 Reg Fee

#2195-B Tuesday, Oct. 1 5:30 to 7:00 PM Ordean East Middle School 1 Session - \$5 Reg Fee

#2195-C Wednesday, Nov. 20 5:30 to 7:00 PM Ordean East Middle School 1 Session - \$5 Reg Fee

Aging Successfully Living in Community

Instructor: Lee A Pedersen

An overview about living in community, rather than home care or residing in assisted living or nursing homes, to "age in place".

Explore models for community for second half living. Resources will be recommended for registrants to use as follow up.

#5418 Monday, Oct. 7 6:30 to 8:00 PM Lincoln Park Middle School 1 Session - \$5

Aging Successfully Living in Community - Webinar

Instructor: Lee A Pedersen

An overview about living in community, rather than home care or residing in assisted living or nursing homes, to "age in place".

Explore models for community for second half living. Resources will be recommended to use for follow up. Once you register, you will be emailed the content link. You may view it anytime. There is an optional discussion on Lee's Zoom November 11 Monday 6:30-7:30 PM.

#5419 Sun, Mon-Sat, Sep. 9 - Dec. 20 12:00 AM to 11:59 PM Virtual ONLINE 103 Sessions - \$5

Astronomy for Everyone

Instructor: Bob King

Want to learn more about what's twinkling overhead at night? Get all the latest space news? Join us for four weeks of heaven as we survey the sky. We'll use the planetarium to get better acquainted with the current constellations, planets and deep-sky objects. On clear nights after class, we'll meet at Hawk Ridge to see these spectacular sights through a telescope. Class will be held in person at the UMD Marshall Alworth Planetarium. Please bring an additional \$8 fee per person that will go toward supporting UMD planetarium programs, payable to UMD and given to the instructor the first night of class.

#2190 Tuesdays, Sep. 24 - Oct. 15 7:00 to 8:30 PM UMD Planetarium 4 Sessions - \$17 Reg Fee

General Interest

Astrology, Numerology, Tarot, and “The Wheel of Predictability”

Instructor: Pam Losasso

The intent of these classes is to heighten your awareness as to the predictability of life experiences using ancient tools. Discover the hidden meaning of the numbers in your date of birth and the numeric formula that reveals when you may be faced with predestined life events, potential opportunities and/or challenges throughout the coming year. Additional \$25 supply fee due to instructor at class time.

#1133 Wednesdays, Oct. 9 - Oct. 23 6:00 to 8:00 PM Ordean East Middle School 3 Sessions - \$40

Cohousing 101

Instructor: Lee A Pedersen

An overview of a multifamily housing model started in Denmark and brought to the United States in the late 1980's. Cohousing combines a collaborative and cooperative community of private residences with common spaces, activities, and governance (no shared income). Examples in the U.S. will be discussed. Resources will be recommended for registrants to use as follow up.

#5154 Monday, Oct. 14 6:30 to 7:30 PM Lincoln Park Middle School 1 Session - \$5

Cohousing 101 - Webinar

Instructor: Lee A Pedersen

An overview about living in community, rather than home care or residing in assisted living or nursing homes, to “age in place”. Explore models for community for second half living. Resources will be recommended to use for follow up. Once you register, you will be emailed the content link. You may view it anytime. There is an optional discussion on Lee's Zoom November 11 Monday 6:30-7:30 PM.

#5154B Sun, Mon-Sat, Sep. 9 - Dec. 20 12:00 AM to 11:59 PM Virtual ONLINE 103 Sessions - \$5

Confident Retirement: Planning for a Confident Retirement

Instructors: Brian Johnson and Conrad Hjort

You don't want to JUST retire, you want to be confident about your retirement. This class will be an overview of many retirement topics that you need to be aware of. These topics include retirement income, tax strategies, pensions, social security, investment choices, healthcare, estate planning and much more. Join us for a fun, educational evening.

#2407 Monday, Oct. 7 5:00 to 7:00 PM Ordean East Middle School 1 Session - \$5 Class fee

Confident Retirement: Retirement Income Strategies

Instructors: Brian Johnson and Conrad Hjort

Your successful retirement depends on a sustainable source of income. We will review strategies for pensions, social security and investments. We will discuss health care needs, premature deaths and economic risks. Whether you have been retired 20 years or are planning to retire next year, this class will help you be confident about your retirement. Bring your questions.

#2408 Monday, Oct. 21 5:00 to 7:00 PM Ordean East Middle School 1 Session - \$5 Class fee

Finding Everyday Wisdom

Instructor: Jim Lytle

What is Wisdom? We recognize wise people when we see them, but what are the components of wisdom? Can these be encouraged in the workplace or in the public square? Let's learn about these profound long term thinkers without going down a rabbit hole of doubtful spiritual practices.

#5099 Thursday, Nov. 7 6:00 to 7:30 PM Lincoln Park Middle School 1 Session - \$10

Follow the Flow: A Clean Water Adventure

Instructor: Ryan Ihrke, WLSSD Staff

Curious about where the water goes when you flush? The Western Lake Superior Sanitary District collects and processes wastewater from residents and industries in a 530-square-mile region in St. Louis and Carlton counties. Participants will get a special behind-the-scenes facility tour to learn the science and see the biological processes used to clean water, create renewable energy, and protect public health and our environment. The tour is indoor/ outdoor and moderately strenuous, including stairs and uneven surfaces. Under 18 must be accompanied by an adult. Tour is free but please register on the Community Education website *LOCATED AT WLSSD* 2626 Courtland Street, Duluth Instructor: Ryan Ihrke.

#5604 Saturday, Oct. 5 10:00 AM to 12:00 PM WLSSD 1 Session - \$0

Foundations of Investing

Instructor: Rebecca Hudoba

Foundations of Investing is an educational program for people who are either new to investing or need a refresher. Participants will learn the importance of developing a strategy, the impact of asset allocation, and the influence of inflation on your long-term goals. Presented by a financial advisor. Must be 18 years or older to attend.

#2176-A Thursday, Sep. 26 7:00 to 8:30 PM Ordean East Middle School 1 Session - \$5 Reg fee

#2176-B Thursday, Nov. 21 7:00 to 8:30 PM Ordean East Middle School 1 Session - \$5 Reg fee

General Interest

Helping You Through the Medicare Maze

Instructors: Jordan A. Fahlsing and Kevin J. King

Learning Medicare lingo is the first step in understanding Medicare. There are lots of letters, types of supplemental plans, and new terms to understand.

#5325 Wednesday, Dec. 4 6:00 to 7:00 PM Lincoln Park Middle School 1 Session - \$5

How to Keep the Family Cabin in the Family

Instructor: Raymond J. Peterson

An experienced estate planning attorney will discuss different types of ownership structures for cabins including passing the cabin from one generation to the next, maintaining family harmony, shared costs, ownership transfer and endowments.

#2145 Wednesday, Oct. 9 6:00 to 7:30 PM Ordean East Middle School 1 Session - \$5 Reg Fee

Intuition: The Key to Self-Knowledge and Spiritual Awareness

Instructor: Pam Losasso

This course will explore tools that can help develop your sixth sense (intuition) and heighten your awareness as to your life's mission.

#1135 Monday, Oct. 14 6:00 to 8:00 PM Ordean East Middle School 1 Session - \$15

Knots for Beginners

Instructor: Anna Swarts

Do you find yourself at a loss when it comes to tying knots? In this class we'll practice tying a few useful knots for your everyday life and outdoor adventures. Just bring yourself! All materials provided.

#5202 Tuesday, Oct. 8 5:30 to 7:00 PM Lincoln Park Middle School 1 Session - \$15

#5202B Tuesday, Nov. 12 5:30 to 7:00 PM Lincoln Park Middle School 1 Session - \$15

Learning to Play Bridge

Instructor: Laird Schaub

Over the course of 8 weeks, you'll learn how to play the game, as well as the basic strategy. Each night will consist of instruction followed by card play - learn by doing and have fun at the same time. Class does not meet on: 10/10

#1120 Thursdays, Sep. 26 - Nov. 21 6:30 to 8:30 PM Ordean East Middle School 8 Sessions - \$40

Legal Estate Planning

Instructor: Carrie L. Schneider

An experienced estate planning attorney will discuss and explain information about legal estate planning topics such as: wills, trusts, probate, and power of attorney.

#2129 Tuesday, Oct. 29 6:00 to 7:30 PM Ordean East Middle School 1 Session - \$5 Reg fee

Medical Assistance and Long-Term Care Planning

Instructor: Carrie L. Schneider

An experienced estate planning attorney will discuss the basics of Medical Assistance, including what happens to a person's assets when he/she needs long term care (nursing home); options and risks in protecting assets; and the process for applying for medical assistance.

#2169 Tuesday, Oct. 15 6:00 to 7:30 PM Ordean East Middle School 1 Session - \$5 Reg fee

Paranormal Investigation 101

Instructor: Heidi Steffens

You've seen it on TV, now you can learn the basics of ghost-hunting and paranormal investigations. You'll see evidence from actual investigations, discover what equipment works best, learn investigation ethics and proper investigation techniques. What does it take to run an investigation? We'll cover what you need to know from start to finish. You'll even have a chance to get hands-on experience with equipment and techniques during a mini investigation at the end of class.

#5127 Thursday, Oct. 3 6:00 to 8:30 PM Lincoln Park Middle School 1 Session - \$45

Paranormal Investigation 102: Ordean East Auditorium

Instructor: Heidi Steffens

You've learned the basics in Paranormal Investigating 101, now let's put your skills to the test with a full investigation! We'll split into groups to investigate and come together at the end to compare notes. Bring any equipment you may have to use during class. We will have a few pieces of equipment to borrow as well. Pre-requisite: Paranormal Investigating 101 **Please note: This class will take place at the Ordean East Middle School Auditorium**

#5128 Friday, Oct. 4 6:00 to 8:30 PM Ordean East Middle School 1 Session - \$45

Paranormal Investigation 103: Seance: Denfeld Auditorium

Instructor: Heidi Steffens

It's time to level up your communication with the Spirits... In honor of the history of Denfeld Auditorium, built in 1925, don your finest flapper-era fashion and attend a full-scale event. Spirit Guide, Heidi Steffens, will transport the attendees in a seance on the Denfeld Auditorium stage. Seances became popular around the turn of the last century, and were well attended by society's elite. Step back in time and don't miss what is sure to become a Duluth Halloween tradition. **Please note: This class will take place at the Denfeld Auditorium**

#5209 Saturday, Oct. 5 6:00 to 8:30 PM Denfeld High School, To Be Determined 1 Session - \$65

General Interest

Planning a Barging Trip to France

Instructor: Sara Duke

Learn the tips & tricks of successful boat travel in France: how to plan, choosing self-drive or guided barging, when to go, where to go, what to expect, what to pack, how much will it cost, etiquette and expectations, and most of all, how to enjoy your trip to the fullest. Presentation followed by Q&A time.

#5071 Thursday, Nov. 14 6:00 to 8:00 PM Lincoln Park Middle School 1 Session - \$5

Planning a Trip to France

Instructor: Sara Duke

Learn the tips & tricks of successful travel to France: how to plan, when to go, where to go, what to expect, what to pack, where to stay, how to get around, what to eat, what to see, how much it will cost, etiquette and expectations, and most of all, how to enjoy your trip to the fullest. Presentation followed by Q&A time

#5070 Thursday, Oct. 24 6:00 to 8:00 PM Lincoln Park Middle School 1 Session - \$5

Prepare for Postpartum with Lactation Lacey

Instructor: Lacey Parr

Receive personalized education and create a supported postpartum experience with Lacey Parr, certified breastfeeding specialist and mother of 4. In the first class, participants will learn the basics of lactation and breastfeeding, how to get things off to a good start and what to expect in the early days of your baby's life. In the second class, participants will learn about common lactation and breastfeeding issues and how to work through them. In the final class, participants will make a plan for a supported postpartum experience.

#5080 Wednesdays, Oct. 9 - Oct. 23 6:00 to 8:00 PM Lincoln Park Middle School 3 Sessions - \$60

QHHT Group Session: Visit a Past Life Through Hypnosis

Instructor: Teresa Lannucci

Come on a journey with me through meditation and visit a past life. Join me in an interesting exploration of a past life while taking part in a group hypnosis session. The session will include an introduction to hypnosis and visualization exercises as a warm up. You will then participate in a group past life regression, offering a glimpse into scenes from a past life. You will be conscious during the session. It will seem like an intense daydream. We will be recording our experiences upon awakening because they will quickly fade like a dream. Wear comfy clothes and bring paper and pencil to write about your experience and a yoga mat, if you wish. Bring a friend to accompany you on this fun adventure! I cannot hypnotize people under 17 years old.

#5081 Thursday, Sep. 26 6:00 to 7:30 PM Lincoln Park Middle School 1 Session - \$25

QHHT Group Session: Visit a Past Life Through Hypnosis

Instructor: Teresa Lannucci

Come on a journey with me through meditation and visit a past life. Join me in an interesting exploration of a past life while taking part in a group hypnosis session. The session will include an introduction to hypnosis and visualization exercises as a warm up. You will then participate in a group past life regression, offering a glimpse into scenes from a past life. You will be conscious during the session. It will seem like an intense daydream. We will be recording our experiences upon awakening because they will quickly fade like a dream. Wear comfy clothes and bring paper and pencil to write about your experience and a yoga mat, if you wish. Bring a friend to accompany you on this fun adventure! I cannot hypnotize people under 17 years old.

#5081B Thursday, Oct. 24 6:00 to 7:30 PM Lincoln Park Middle School 1 Session - \$25

Real Estate 101

Instructor: Leah Borgren

Whether you're thinking of buying or selling, come meet our panel of local experts and get answers to all of your real estate questions. Realtors, mortgage lenders and a licensed home inspector will be on hand to guide you through the process and share their knowledge of the current market and what you can expect as you plan for your future. Monday's class will be geared toward "Buyers" and Tuesday's will be geared toward "Sellers". Students may attend one or both nights depending on their level of interest.

#2162 Mon, Tue, Oct. 21 - Oct. 22 6:00 to 8:00 PM Ordean East Middle School 2 Sessions - \$5 Reg Fee

Sign Language: Level 1

Instructor: David Moberg

Text required, please order your copy in advance on Amazon. com or online textbook resellers, title: A Basic Course In American Sign Language by Tom Humphries (Spiral or hard bound 2nd edition 1994, approx. \$20-50). This is the first in the series of sign language classes that will continue through the entire school year using the same book.

#2311 Wednesdays, Sep. 18 - Oct. 23 6:15 to 8:15 PM Ordean East Middle School 6 Sessions - \$35 Class fee

General Interest

Sign Language: Level 2

Instructor: David Moberg

Text required, available to order in advance online; title: A Basic Course In American Sign Language by Tom Humphries Humphries (Spiral or hard bound 2nd edition 1994) Continue learning from the beginning book and look for sessions 3-5 in this series to follow through May 2024.

#2312 Wednesdays, Oct. 30 - Dec. 11 6:15 to 8:15 PM Ordean East Middle School 7 Sessions - \$35 Class fee

Social Security: Timing is Everything

Instructors: Jordan A. Fahlsing and Kevin J. King

When should I apply for Social Security? How can I maximize my benefits? How will this affect my spouse? Social Security is a vital income source for many retirees, but it can be a confusing topic and making the most of it can have a lot to do with timing it right. This workshop can help you get answers to your questions and learn what Social Security can mean for you.

#2156 Wednesday, Oct. 16 6:00 to 7:00 PM Ordean East Middle School 1 Session - \$5

#5162 Wednesday, Dec. 11 6:00 to 7:00 PM Lincoln Park Middle School 1 Session - \$5

Tarot Class For Beginners

Instructor: Pam Losasso

Where and when the Tarot originated no one knows for sure. Yet, this ancient art continues to exist because of a belief system that it can provide insight into one's life. If you would like to learn how to use this ancient tool, please bring your own Tarot deck to class. If you do not have a deck, Pam recommends the Rider Waite Tarot deck for beginners.

#1137 Monday, Oct. 28 6:00 to 8:00 PM Ordean East Middle School 1 Session - \$15

The Secret History of Fairy Tales and Nursery Rhymes

Instructor: Tom O'Neil

This class will consist of tales of torture, deceit, treason and death. Who was Mary quite contrary? Who was Humpty Dumpty? Take a deep dive into the truth behind the tales. This class is for adults only.

#1191 Thursdays, Sep. 19 - Nov. 14, No Class Sep 26, Oct 10 & Oct 17 6:30 to 9:00 PM Ordean East Middle School 6 Sessions - \$20

The Wisdom in the Schools

Instructor Jim Lyttle

Let's put a flower on that STEM. Sure, science is important but what about common sense? seeing many sides of an issue? suspending judgement until the facts are in? caring about all the stakeholders in a decision? If you think these things can't be taught, you might be wrong. We'll learn about "wisdom curriculums" that have been proposed for public schools.

#5104 Wednesday, Oct. 9 6:00 to 7:30 PM Lincoln Park Middle School 1 Session - \$10

The Wisdom of Humor

Instructor Jim Lyttle

Some humor is silly and just for fun; but some of it is funny because it's true. This course looks carefully at jokes and cartoons that reveal time-tested wisdom that we can all pursue.

#5109 Monday, Sep. 30 6:00 to 7:30 PM Lincoln Park Middle School 1 Session - \$10

Unpacking PFAS: Per- and Polyfluoroalkyl Substances

Instructor: WLSSD Staff

In this 1-hour class, we'll describe what PFAS are, why they are problematic, and how to reduce exposure to them in our homes. Class is free, but space is limited. Please register on the Community Education website. Tour will take place at the WLSSD Administration Building (2626 Courtland Street Duluth, MN 55806)

#5607 Thursday, Oct. 3 1:00 to 2:00 PM WLSSD 1 Session - \$0

Who are the Metis?

Instructor: Leif A. DeVaney, PhD.

Historical and cultural summary of the Metis people, especially in Minnesota.

#5123 Thursday, Oct. 10 6:00 to 7:00 PM Lincoln Park Middle School 1 Session - \$5

You Can't Be Serious

Instructor Jim Lyttle

How often have you heard an idea and wondered how anyone could believe that? Chances are that you misunderstood it or weren't given enough context. Join us in taking a careful look at some of the things people say to see if they can make sense to us. We'll learn to get out of our own ways and wear an idea like a hat - just to try it on and see how it feels.

#5100 Tuesday, Nov. 12 6:00 to 7:30 PM Lincoln Park Middle School 1 Session - \$10

Health & Wellness

All About Balance and Fall Prevention

Instructor: Brent Fisher

This course will review human balance and fall-prevention steps.

#1196	Monday, Oct. 14	6:00 to 7:00 PM	Ordean East Middle School	1 Session - \$5 Class fee
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All About Hearing Aids, Implants, and Related Technology

Instructor: Brent Fisher

This course will provide a basic review of hearing equipment including hearing aids, implantable devices, and over-the counter (OTC) products intended to support communication.

#1195	Monday, Oct. 7	6:00 to 7:00 PM	Ordean East Middle School	1 Session - \$5 Class fee
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Basic Navigation with a Map and Compass

Instructor Anna Swarts

In this class, we will learn the basics of maps, compasses, and using them together to get ourselves from point A to B. Plan to start indoors and move outdoors for hands-on practice. Wear clothing and footwear that will keep you comfortable and prepare for the chance of mud. All mobility abilities welcome: please note if you have mobility concerns during registration so that accommodations can be made.

#5195	Monday, Sep. 23	5:30 to 7:30 PM	Lincoln Park Middle School	1 Session - \$15
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Basic Navigation with a Map and Compass for Women and Nonbinary Folks

Instructor Anna Swarts

In this class, we will learn the basics of maps, compasses, and using them together to get ourselves from point A to B. Plan to start indoors and move outdoors for hands-on practice. Wear clothing and footwear that will keep you comfortable and prepare for the chance of mud. All mobility abilities welcome: please note if you have mobility concerns during registration so that accommodations can be made.

#5198	Tuesday, Sep. 24	5:30 to 7:30 PM	Lincoln Park Middle School	1 Session - \$15
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CPR/AED Training - Ordean

Instructor: Elmer Engman

The Emergency First Response CPR and AED training is designed as a “hands on” two part program to teach CPR on infants or adults and relief of foreign-body airway obstruction (FBAO)

to all lay rescuers, particularly those who are expected to respond to emergencies in the workplace and give first aid. In the Automated External Defibrillator (AED) training component, learn how to use the AED machines now available in most public buildings. Wear comfortable clothing. There will be modifications to accommodate any Covid-19 precautions in place at time of class. **Bring additional \$30 for printed materials, certificate (good for two years) and equipment rental.**

#2351	Thursdays, Oct. 3 - Oct. 17	6:30 to 8:30 PM	Ordean East Middle School	2 Sessions - \$15 Class fee
#5354	Tuesdays, Oct. 8 - Oct. 15	6:30 to 8:30 PM	Lincoln Park Middle School	2 Sessions - \$15 Reg fee

Caring for our Aging Elders

Instructor: Jolane Sundstrom

As our parents, grandparents and elders age, their needs change & community help it needed. Caring for an elder can be confusing & even exhausting. This class gives you handy tips & resources to help keep your loved one in their home. Instructor cared for 2 generations of elders.

#2204	Wednesdays, Oct. 2 - Oct. 16	6:30 to 8:30 PM	Ordean East Middle School	3 Sessions - \$25 Class fee
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First Aid and CPR/AED Training

Instructor: Elmer Engman

This class adds the additional First Aid Certification component to our CPR/AED class. The Emergency First Response CPR and AED training is designed as a “hands on” two part program to teach CPR on infants or adults and relief of foreign-body airway obstruction (FBAO) to all lay rescuers, particularly those who are expected to respond to emergencies in the workplace and give first aid. In the Automated External Defibrillator (AED) training component, learn how to use the AED machines now available in most public buildings. Wear comfortable clothing. **Bring additional \$60 for printed materials, certificate (good for two years) and equipment rental.**

#2352	Thursdays, Oct. 3 - Oct. 24, No Class Oct 10	6:30 to 8:30 PM	Ordean East Middle School	3 Sessions - \$15 Class fee
#5355	Tuesdays, Oct. 8 - Oct. 22	6:30 to 8:30 PM	Lincoln Park Middle School	3 Sessions - \$15 Reg fee

Health & Wellness

Tai Chi & Qigong Gentle Exercises

Instructor: Richie Townsend

In this class we will explore a variety of ancient Chinese movements and breathing exercises of Tai Chi Chuan and Qigong. They are geared towards promoting balance, proper breathing, relaxation, better circulation and increased energy. We will practice a variety of walking, standing, and sitting exercises. These gentle exercises are easy to learn and practice, and having fun learning them is the highest priority. Wear loose fitting, comfortable clothes. Enrollment is limited.

#2354-A Wednesdays, Sep. 25 - Nov. 20

4:45 to 5:45 PM

Ordean East Middle School

9 Sessions - \$20

#2354-B Thursdays, Sep. 26 - Dec. 5 (No Class Oct 17 and Nov 28)

5:00 to 6:00 PM

Piedmont Elementary

9 Sessions - \$20

Tai Chi: 24 Forms

Instructor: Richie Townsend

The Yang Style 24 Forms, also known as Simplified Tai Chi Chuan, contains the essence of Yang Family Tai Chi Chuan. In this class we will learn proper breathing, body alignment, focus of energy, and the choreographed movements of the basic forms. The main priority is to have fun and enjoy movement. The exercises are relaxing and enjoyable with many health benefits. No Tai Chi experience is needed. Wear comfortable, loose fitting clothing. Enrollment is limited.

#2355-A Wednesdays, Sep. 25 - Nov. 20

5:45 to 6:45 PM

Ordean East Middle School

9 Sessions - \$20

#2355-B Thursdays, Sep. 26 - Dec. 5 (No Class Oct 17 and Nov 28)

6:00 to 7:00 PM

Piedmont Elementary

9 Sessions - \$20

Youth

Stepping Stone Craft

Instructors: Ines Chandler and Natascha Ellis

Children will each create a personalized stepping stone for the garden or backyard. We'll provide all the materials and guide them through the process. This activity is an excellent way to nurture their creativity and imagination. Kids who attend KEYZone may also participate in this after school activity. Instructors will pick kids up at KEYZone and bring them back to the KEYZone room after the craft is completed.

#2356 Wednesday, Sep 11

2:15 to 3PM

Piedmont Elementary School

1 Session - \$12

Music

Intermediate Steel Drum

Instructor: Jeremy Craycraft

Learn a new instrument, the "pan," in this entry-level steel drum band. This Caribbean ensemble is composed of multiple steel drum voices and has eleven spots total (not including drum set and electric bass if anyone is interested in joining us). We will meet at the College of St. Scholastica, Tower Hall, room 3625. This band is designed for those that have either already taken the Beginning Steel Band (above) or have musical experience on other instruments and/or voice. You have also likely played in an ensemble before this, and have a basic ability to read music-one clef or the other. This band moves into more traditional Caribbean pop music realms: Calypso, Soca, Latin/Island, and Reggae.

#2481 Wednesdays, Sep. 25 - Nov. 20

7:00 to 8:15 PM

College of Saint Scholastica, Tower Hall, room 3265

9 Sessions - \$45 Class Fee

5 String Banjo: Intermediate

Instructor: Eileen Sugars

For those wishing to continue their banjo journey, we will start transitioning into the "soft skills" of learning to play by ear, improvising in different keys, playing in a group, and basic music theory. Students should have basic 5-string skills and be able to play some tunes from memory.

#2471 Tuesdays, Oct. 1 - Nov. 26. No Class Oct 8, Oct 22 & Nov 5

6:00 to 7:00 PM

Ordean East Middle School

6 Sessions - \$40 Class fee

5-String Banjo: Beginning

Instructor: Eileen Sugars

Learn to play Scruggs-Style 5-string banjo. Learn how to hold, tune, and pick your banjo. Also shopping for banjos and accessories, chords, practice methods, reading banjo tablature with eventual learning to play by ear, and some basic bluegrass tunes. Please bring a 5-string banjo in playable condition, 1 thumb pick and 2 finger picks.

#2470 Tuesdays, Oct. 1 - Nov. 26, No Class Oct 8, Oct 22 & Nov 5

7:00 to 8:00 PM

Ordean East Middle School

6 Sessions - \$40 Class fee

Music

Beginning Steel Band

Instructor: Jeremy Craycraft

Learn a new instrument, the “pan,” in this entry-level steel drum band. This Caribbean ensemble is composed of multiple steel drum voices and has eleven spots total (not including drum set and electric bass if anyone is interested in joining us). We will meet at the College of St. Scholastica, Tower Hall, room 3625. This band is designed for those with no, or limited, musical experience—on any instrument or voice. It introduces the historical and cultural context of the steel drum, and music learning is accomplished through a mix of basic notation and rote memorization. The ensemble uses folk melodies, easy pop hits, and pan-Caribbean party music as an entry point.

#2480 Wednesdays, Sep. 25 - Nov. 20 5:45 to 7:00 PM College of Saint Scholastica, Tower Hall, room 3265 9 Sessions - \$45 Class Fee

Duluth Civic Orchestra

Instructor: Brandon Smith

Play a varied repertoire for the joy of it with a congenial group of musicians. We welcome anyone who plays standard symphony orchestra instruments (within the confines of balanced instrumentation). No auditions required, and no age restrictions, but you must be able to sight-read music, have your own instrument, and play at the high school level. Regular concerts in the area. No class 5/14. Thursday 5/16 will be the make up day.

#5450 Tuesdays, Sep. 24 - Dec. 10, No Class Nov 5 7:00 to 9:00 PM Lincoln Park Middle School, 2420, Band Room 11 Sessions - \$44

Duluth Community Jazz Ensemble

Instructors: Tracey Gibbens and Brian Langlee

This is an opportunity to play big band jazz. No class November 5.

#5461 Tuesdays, Sep. 24 - Dec. 17, No Class Nov 5 7:00 to 9:00 PM Denfeld High School, 1026 Band Room 12 Sessions - \$65

Duluth Symphonic Winds / Community Band

Instructor: Brian Langlee

Dust off your old instrument and join up with a great collection of players performing fun and interesting pieces.

This long-standing Duluth group welcomes all new members who can sight-read music, and provide their own instruments.

Come ready for upcoming concert dates. No solos or auditions required. Trumpets and trombones are especially wanted!

No class October 14, November 11.

#5460 Mondays, Sep. 23 - Dec. 16, No Class Oct 14 and Nov 11 7:00 to 9:00 PM Denfeld High School, 1026 Band Room 11 Sessions - \$65

Group Sing

Instructor: Sarma Stumbris

Come share your love of singing! All ages and skill levels welcome to squeak and belt out some traditional, fun, sad, and hokey songs together. Bring songs to teach or just add your voice.

**#5108 Wednesdays, Oct. 16 - Nov. 6 6:30 to 8:00 PM
Lincoln Park Middle School 4 Sessions - \$25**

Holiday Group Sing

Instructor: Sarma Stumbris

Come share your love of singing holiday songs together, all ages and skill levels are welcome to this community song circle.

**#5103 Wednesdays, Dec. 4 - Dec. 11 6:00 to 8:00 PM
Lincoln Park Middle School 2 Sessions - \$15**

How to Put Sheet Music on Your Device

Instructor: Rachel Johnson

This 2 day (total 4 hour) class will help you explore the ease of music storage on an android tablet or apple iPad. You can put all of your music just a click away without having to lug bags to your practices or gigs. Having a device is optimum or just come see if this is right for you.

**#5119 Wednesdays, Oct. 2 - Oct. 9 6:00 to 8:00 PM
Lincoln Park Middle School 2 Sessions - \$20**



Employment is Ageless

Are you 50 or older and Want Help Getting a Job?

- Individual help
 - Discover your strengths
 - Computer skills training
 - Resume, applications & interview help
 - Paid work experience
 - Support services
 - Help finding a job

Contact Leslie (218) 730-5221
lperrett@duluthmn.gov
Duluth Workforce Development
Scan QR Code to apply online.



*The State of Minnesota Department of Employment and Economic Development (DEED) funded (or funded in part) this training through a grant. The grant recipient created this training. DEED does not endorse this publicly or training or make guarantees, warranties, or assurances of any kind, express or implied, regarding the accuracy, completeness, timeliness, usefulness, suitability, continued availability or ownership of the information herein or elsewhere.

Pool Activities

Abs & Aqua Fit

Instructor: Jolane Sundstrom

Complete, safe, fun body workout. Both floors & pool. Feel & be in your best health through this gentle peaceful program.

Share time with incredible women. 50 yrs experience.

#2750 Tue, Thu, Sep. 19 - Nov. 14 6:20 to 7:50 PM Ordean East Middle School 14 Sessions - \$40

Aqua Burn

Instructor: Mikilia Carroll

Dive into fitness with Aqua Burn! Our lively Aqua Burn Camp offers a splash of excitement as you work towards your fitness goals. No swimming skills required – just chest-deep water and a whole lot of enthusiasm! Whether you're a newbie or a fitness fanatic, this aquatic adventure is tailored for everyone. Join us for a refreshing one-day-a-week workout or add it to your fitness lineup for an extra splash of fun. Get ready to make waves and have a blast with Aqua Burn!

#2758 Fridays, Sep. 27 - Nov. 15, No Class Oct 18 6:45 to 7:45 PM Ordean East Middle School 7 Sessions - \$45 Class fee

Aqua Cardio Fit

Instructor: Diana Quinn-Jereczek

Take the plunge and come join an energetic low-impact water workout. Includes strength building and aerobic exercises, using routines that build flexibility targeting all the muscle groups. More importantly water-resistance workouts boosts endurance, providing fun dance moves and challenging opportunities to stay healthy and fit. Recommend aqua socks.

#2754-A Mondays, Sep. 23 - Oct. 28 7:00 to 8:00 PM Ordean East Middle School 6 Sessions - \$35 Class Fee

#2754-C Mondays, Sep. 23 - Dec. 9 7:00 to 8:00 PM Ordean East Middle School 12 Sessions - \$65 Class Fee

#2754-B Mondays, Nov. 4 - Dec. 9 7:00 to 8:00 PM Ordean East Middle School 6 Sessions - \$35 Class Fee

Beginning Scuba Diving

Instructor: Jorie Strunk

This class is for beginners, ages 12 and up. Classroom and pool time will give you the knowledge and skills to make the open water dives required for certification. The four dives required for certification are not part of the class fee. All equipment is provided including mask, fins and snorkel. There is an additional equipment fee of \$150 payable to the instructor for equipment use and materials. Come prepared to swim.

#2752 Wednesdays, Sep. 18 - Oct. 23 6:30 to 8:30 PM Ordean East Middle School 6 Sessions - \$25 Reg Fee

Scuba (PADI) Certified

Instructor: Lake Superior Divers

Course includes classroom and in-water skill development with a PADI instructor and text, equipment and air. Bring your own mask, snorkel and fins to each class. Come take the first step to enjoying the fascinating underwater world of SCUBA. Additional SCUBA text, equipment and fees paid separately to the instructor. Minimum age 12. Call 624-7285 or stop by Lake Superior Divers Supply, 3028 West 3rd Street, Duluth, for additional information.

#5710-A Mondays, Sep. 23 - Oct. 28 6:00 to 9:00 PM Lincoln Park Middle School 6 Sessions - \$25 Registration Fee

#5710-B Mondays, Nov. 11 - Dec. 16 6:00 to 9:00 PM Lincoln Park Middle School 6 Sessions - \$25 Registration Fee



Pool Activities

OPEN and LAP SWIM SCHEDULE

LIFEGUARD SUPERVISED ADULT LAP SWIM ORDEAN EAST

Wednesday Evenings, 10/2-12/18

TIME: 6:45 PM-8:15 PM

No Adult Lap Swim on 10/16

COST: \$4 or Punch Cards Available from the Lifeguard (10 Punches for \$30)
Balls, water wings, toys, and noodles are not allowed.

LIFEGUARD SUPERVISED OPEN/ LAP SWIM LINCOLN PARK

Wednesday Evenings, 10/4-11/8

TIME: 7:30 PM-8:30 PM

Wednesday Evenings, 11/18-12/13

TIME: 6:45 PM-8:15 PM

No Adult Lap Swim on 10/16



YOUTH SWIMMING LESSONS

Registration for Youth Swim Lessons is easy and secure.

1. Go to www.lsscaquatics.com and click on Swim Lessons.
2. Set up your own secure personal account using your Visa or MasterCard, checks are not accepted.
3. Be sure to remember your password for future online registration.



The Fine Print

Online registration is required.

Classes fill FAST and are filled on a first come first serve basis, please register early. Scholarships are available for those eligible for ISD 709's Free or Reduced Lunch Program
Classes are subject to change.

Questions or scholarship information?
Contact Howie Leathers at haleathers@gmail.com

YOUTH SWIM LESSONS - \$65 per student*
Bring your own suit and towel.

ORDEAN EAST MIDDLE SCHOOL

2900 East 4th Street-Duluth
Please Park in the lot off Hawthorne.

LINCOLN PARK MIDDLE SCHOOL

3215 West 3rd Street-Duluth
Please Park in the **UPPER** lot.

Adult viewing available at balcony level.

Parents are not allowed on the pool deck.
Six lessons, approximately 30 minutes.

FALL SESSION 1 AT ORDEAN EAST MIDDLE SCHOOL

Saturdays: Dates to be determined.

See www.lsscaquatics.com for the latest updated information.

8:00-8:30 AM	Level 1	Level 2	Level 3
8:35-9:05 AM	Level 3	Level 4	Level 5
9:10-9:40 AM	Aqua Tots*	Level 1	Level 2
9:45-10:15 AM	Aqua Tots*	Level 1	Level 3
10:25-10:55 AM	Level 1	Level 2	Level 5

FALL SESSION 2 AT LINCOLN PARK MIDDLE SCHOOL

Saturdays: Dates to be determined.

See www.lsscaquatics.com for the latest updated information.

8:00-8:30 AM	Level 1	Level 2	Level 3
8:35-9:05 AM	Level 3	Level 4	Level 5
9:10-9:40 AM	Aqua Tots*	Level 1	Level 2
9:45-10:15 AM	Aqua Tots*	Level 1	Level 3
10:25-10:55 AM	Level 1	Level 2	Level 5

*Aqua Tots (Parent/Child with Instructor) Cost \$35

Designed as fun water time for children 6 months to 4 years. An adult must accompany each child in the pool. Includes games, songs, and pre-swimming skills. Each swimmer must have their own suit (or swim diaper) plus a towel.

Virtual Classes/Webinars

A Practical Computer Class for Older Adults: Webinar

Instructor: Mike Wilson

Have you taken computer classes before and been totally lost? Well, this unique class is for those who are looking for simple and practical instructions. Your patient instructor has trained 1000s of older adults, with 4 and 5- star ratings! 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. So, if you have been frustrated with other classes, consider taking this refreshing and informative computer class for older adults! You won't be disappointed!

#5203 Wednesday, Nov. 6 2:00 to 3:00 PM Virtual ONLINE 1 Session - \$29

AI (Ai) for Older Adults – So Easy and Practical: Webinar

Instructor: Mike Wilson

Are you curious about AI (Ai)? Then this class is for you! (Older adults will find this class very rewarding!) We will 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 will quickly generate any text for you based on your interest. Take your search, research, inquiries, and answers to questions to a whole new level! Also, never worry about grammar and spelling errors again! You will be amazed at how user-friendly this session will be. Take this class; you won't be disappointed!

#5204 Tuesday, Oct. 1 12:00 to 1:00 PM Virtual ONLINE 1 Session - \$29

Amateur Radio: Technical License

Instructor: Robert Schulz

On-line instruction for those who want to become Ham Radio operators. Learn communications for weather spotting, marathons, and disasters as well as chatting around the world via radio. The ZOOM classes will cover what you need to know to get your Technician license, using the Gordon West Technician Manual. Local testing available on the last day of class in Duluth, MN but others will be shown local options near their location. Please provide an email address in your Eleyo account so the instructor can contact you.

#5098 Tuesdays, Sep. 24 - Jan. 28, No Class Nov 5, Nov 26 & Dec 24 7:00 to 9:30 PM Virtual ONLINE 16 Sessions - \$5

Canva for Awesome Beginners: Webinar

Instructor: Nickie Welsh

Unlock a world of creative possibilities with Canva, the ideal digital tool for beginners and novices! This class will teach you how to harness the power of Canva, the easiest design website available, all for free. You'll learn to create stunning designs from scratch or use templates with step-by-step guidance for any digital image you need. Whether it's online documents, business cards, email signatures, or more, you'll leave this class with the confidence and skills to use Canva effectively and creatively.

#5129 Thursday, Oct. 10 12:00 to 1:00 PM Virtual ONLINE 1 Session - \$22

Cell Phones and Parenting, Oh My!: Webinar

Instructor: Nickie Welsh

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! This class takes place online. You will be sent the meeting link before class begins.

#5138 Thursday, Dec. 12, 12:00 to 1:00 PM Virtual ONLINE 1 Session - \$22

Computer Scams, and What Not to Click On: Webinar

Instructor: Mike Wilson

Don't let your computer control you! Find out what you should and should NOT click on. 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.) We'll use Zoom as our classroom. 4-5 star ratings from 1000s of older adults!

#5206 Monday, Nov. 18 4:00 to 5:00 PM Virtual ONLINE 1 Session - \$29

Create Your Own YouTube Channel: Webinar

Instructor: Nickie Welsh

Join our fun and engaging beginner class to learn how to create and launch your very own YouTube channel! Discover how to share your hobbies, advice, tutorials, talents, and more with the world on the largest media platform. We'll guide you through a step-by-step process, ensuring you have all the tools and knowledge to get started today. Dive in and start building your YouTube presence today!

#5134 Tuesday, Sep. 24 12:00 to 1:00 PM Virtual ONLINE 1 Session - \$22

Excel for the Absolute Beginner: Webinar

Instructor: Mike Wilson

Instructor will demonstrate how 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. These easy steps will be held over Zoom. 4-5 star ratings from 1000s of older adults!

#5205 Tuesday, Nov. 19 11:00 AM to 12:00 PM Virtual ONLINE 1 Session - \$29

Virtual Classes/Webinars

Google Sheets for Awesome Beginners: Webinar

Instructor: Nickie Welsh

Unlock the full potential of Google Sheets and gain skills that will benefit you for a lifetime! Whether you're using it for work or personal projects, this comprehensive class will transform you from a novice into an expert. You'll master the essential functions of Google Sheets, including entering, organizing, refining, analyzing, and visualizing data. Join us to build a solid foundation in Google Sheets and enhance your productivity and data management capabilities!

#5135 Thursday, Sep. 26

12:00 to 1:00 PM

Virtual ONLINE

1 Session - \$22

Grow Your Business with Instagram: Webinar

Instructor: Nickie Welsh

What can you do on Instagram that can result in huge growth for your customer base and sales? In this fun and engaging class, you'll learn to make your content irresistible and have fun using Instagram in the process! This class takes place online. You will be sent the meeting link before class begins.

#5139 Thursday, Dec. 5

12:00 to 1:00 PM

Virtual ONLINE

1 Session - \$23

How to Create Social Media Content without Panicking: Webinar

Instructor: Nickie Welsh

Do you have a business, product, event, or service but panic at the thought of putting yourself on social media? In this beginner class, you'll learn helpful tips and strategies to create social media content with ease. Say goodbye to freezing up in front of the camera, thanks to the practical skills you'll gain. We'll guide you through a step-by-step process, so you can start creating content confidently today!

#5130 Tuesday, Oct. 8

12:00 to 1:00 PM

Virtual ONLINE

1 Session - \$22

How to Use Venmo Safely: Webinar

Instructor: Nickie Welsh

Stay relevant and up to date by learning all about Venmo, the popular mobile payment service. In this class, you'll discover how to securely pay friends and businesses, as well as receive money without the need for cash or checks. You'll gain a confident understanding of setting up Venmo safely, avoiding unnecessary fees, and applying it in real-world scenarios for you and your family. You'll be able to discuss the topic among family, friends and have an understanding of the key terms used when you hear about VENMO in the news! Join us to master Venmo and handle mobile payments with ease and security.

#5131 Thursday, Oct. 3

12:00 to 1:00 PM

Virtual ONLINE

1 Session - \$22

My Kid Wants to be a YouTuber - Help!: Webinar

Instructor: Nickie Welsh

Cover everything from setting up a YouTube channel and configuring safety settings to considerations specific to kids, teens and young adults. Learn the basic guidelines to help manage and monitor your child's activity while incorporating practical business skills for managing a channel. Discover how this hobby can evolve into a practical career, explore safety practices, and create fun videos together! Parents will leave with a solid foundation and helpful guidelines to safely kickstart their child's new creative outlet in 2023. Please note, children must be age 13 and have parental permission to start a YouTube channel.

#5133 Tuesday, Oct. 1

12:00 to 1:00 PM

Virtual ONLINE

1 Session - \$22

New Updated! Photo Organization: Print & Digital

Instructor: Kathy Povolny

Imagine! All your photos organized and a system in place that allows you to access any photo in literally seconds! This class will address the unique needs of Millennials, GenX and Baby Boomers as every generation's photo situation is different. This includes, slides, negatives, VHS, film movies, prints, & old memorabilia. We will talk about AI (Artificial Intelligence), scanners, cloud storage, digitizing & restoration of older photos. You no longer have to imagine; make this your reality! This class will be live online on Zoom. Please provide an email address in your Eleyo account.

#5033 Monday, Sept. 30

6:30 to 8:30 PM

Virtual ONLINE

1 Session - \$19

New Updated! Photo Organization: Print & Digital

Instructor: Kathy Povolny

Imagine! All your photos organized and a system in place that allows you to access any photo in literally seconds! This class will address the unique needs of Millennials, GenX and Baby Boomers as every generation's photo situation is different. This includes, slides, negatives, VHS, film movies, prints, & old memorabilia. We will talk about AI (Artificial Intelligence), scanners, cloud storage, digitizing & restoration of older photos. You no longer have to imagine; make this your reality! This class will be live online on Zoom. Please provide an email address in your Eleyo account.

#5033B Wednesday, Nov. 13

6:30 to 8:30 PM

Virtual ONLINE

1 Session - \$19

Virtual Classes/Webinars

Practical ChatGPT Training for Everyone: Webinar

Instructor: Nickie Welsh

Have you been curious about what ChatGPT is exactly and how it can be used? Join our fun and engaging class to learn everything you need to know about ChatGPT powered by Artificial Intelligence. Understand how it works and why it's taking the world by storm. You'll explore practical everyday uses for ChatGPT in both the workforce and at home, ensuring you stay in the loop when ChatGPT is mentioned in conversations and on the news. Don't get left behind in today's tech-savvy world—attend this essential training and don't get left behind!

#5118 Tuesday, Oct. 15 12:00 to 1:00 PM Virtual ONLINE 1 Session - \$22

Clean Up Clutter and Stay Organized

Instructor: Yana Stockman

Do you ever wonder why your home doesn't look like the ones in the magazine or how come your life seems so messy or disorganized? Introducing the "21-Day Guide" which will focus on changing your clutter habit, help you get organized and allow you to find extra space, more time, and feel better about your current lifestyle.

#2117 Tuesday, Oct. 1 6:00 to 7:00 PM Virtual ONLINE 1 Session - \$25 Reg fee

Effective Use of Time to Stay Focused and Accountable

Instructor: Yana Stockman

Time moves quickly and there are only 24 hours in a day to accomplish all of your important things? Learn how to manage your time, day, and life more effectively and efficiently using these 4 key elements: Manage, Focus, Avoid, and Limit. These are the tools; come join the process, practice the skills, and learn 101 ways to minimize your procrastination.

#2118 Tuesday, Oct. 8 6:00 to 7:00 PM Virtual ONLINE 1 Session - \$25

How to Build Strong Communication In Any Relationship

Instructor: Yana Stockman

One of the most important factors in any successful and long-lasting relationship is communication. This class will provide insights into our own and other people's behavior. You will get a formula to successful communication in existing relationships, relationships with your family, friends, and at work. You will learn ways to prevent or resolve conflicts in relationships.

#2120 Tuesday, Oct. 15, 6:00 to 7:00 PM Virtual ONLINE 1 Session - \$25 Reg fee

Presenting Yourself With Style and Confidence

Instructor: Yana Stockman

Giving a speech, being in an interview or impressing someone special on a date can provoke great fears for people. Learn useful tips and guidelines for presenting yourself. You will learn about clothing color combinations, shapes and styles to translate the message you want to send.

#2116 Tuesday, Oct. 22 6:00 to 7:00 PM Virtual ONLINE 1 Session - \$25 Reg fee

Core and Glutes Virtual

Instructor: Shannon Polson

This 30 minute class combines strengthening and flexibility exercises to target and tone your entire midsection. Each session will focus on building muscle and increasing your endurance, which can decrease pain and improve your posture. Start your Tuesday mornings feeling stronger with more energy for the day! Classes held via Zoom.

#2510-A	Tuesdays, Sep. 3 - Sep. 24	6:15 to 6:45 AM	Virtual ONLINE	4 Sessions - \$25
#2510-B	Tuesdays, Oct. 1 - Oct. 22	6:15 to 6:45 AM	Virtual ONLINE	4 Sessions - \$25
#2510-C	Tuesdays, Oct. 29 - Nov. 19	6:15 to 6:45 AM	Virtual ONLINE	4 Sessions - \$25
#2510-D	Tuesdays, Jan. 7 - Jan. 28	6:15 to 6:45 AM	Virtual ONLINE	4 Sessions - \$25

Gentle Morning Yoga Virtual

Instructor: Shannon Polson

Start your morning with a gentle flow that is meant to leave you feeling inspired, calm and refreshed. Each pose is strategically paired to assist in building strong joints, tendons and ligaments, all while strengthening your major and minor muscle groups.

Controlled breathing techniques will fill your body up with encouragement, preparing you for a productive day ahead. Intensity level: All levels are welcome | Classes held on Zoom

#2527-A	Thursdays, Sep. 5 - Sep. 26	6:15 to 6:45 AM	Virtual ONLINE	4 Sessions - \$25
#2527-B	Thursdays, Oct. 3 - Oct. 24	6:15 to 6:45 AM	Virtual ONLINE	4 Sessions - \$25
#2527-C	Thursdays, Oct. 31 - Nov. 21	6:15 to 6:45 AM	Virtual ONLINE	4 Sessions - \$25

Short Workouts For Women 40+

Instructor: Shannon Polson

In this course, you'll have 6 weeks of full access to quick and effective workout routines specifically designed for women aged 40 and above. Each week comes with 5 workouts that include step-by-step demonstration, are low-impact, and suitable for women of all fitness levels. This course is both guided and self-paced; you'll have personalized weekly check-ins with me, a certified personal trainer, with the flexibility to complete workouts at your pace! Intensity level: All levels are welcome Course held virtually; access to your course will be emailed after sign-up.

#1198-A	Sep. 30 - Nov. 10	Virtual ONLINE	\$157 Class fee
#1198-B	Nov. 11 - Dec. 22	Virtual ONLINE	\$157 Class fee

Yoga

Chair Yoga

Instructor: Lois Opseth

Chair yoga provides an opportunity for anyone to practice yoga. In this class you will learn to do yoga poses while sitting on a chair or using the chair as a prop. Modifications of poses will be offered so they can be adapted to match your ability. Breathe work, which helps to quiet our minds and enhances our body functions, is incorporated into the class. Yoga helps improve your flexibility, mobility and balance. Wear comfortable clothes and bring a yoga mat.

#2362-A	Thursdays, Sep. 19 - Oct. 17, No Class Oct 10	5:00 to 6:00 PM	Ordean East Middle School	4 Sessions - \$35 Class fee
#2362-B	Thursdays, Oct. 24 - Nov. 21	5:00 to 6:00 PM	Ordean East Middle School	5 Sessions - \$40 Class fee

Vinyasa Yoga Flow II

Instructor: Diana Quinn-Jereczek

Expect to position your body, move with your breath and focus your attention. This well balanced flow class will help to discover new and different poses to advance and enhance your practice - moving out of your head and into your body and your breath. Plan to move mindfully while building flexibility, strength and balance, yet slowing down, moving purposely, powerfully, and breathing deeply. All modifications welcome. Bring a yoga mat.

#2525	Thursdays, Sep. 26 - Nov. 14	6:00 to 7:00 PM	Ordean East Middle School	8 Sessions - \$65 Class fee
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Yoga for Vitality

Instructor: Anna Swarts

This slower paced class welcomes beginners, older adults, and anyone who wants to practice mindful movement in a positive, small group environment. Modifications and alternatives will be provided. Please bring a mat and wear comfortable clothing. No class October 7.

#5201	Mondays, Sep. 30 - Nov. 4	5:30 to 6:30 PM	Lincoln Park Middle School	5 Sessions - \$37
#5201-B	Mondays, Nov. 18 - Dec. 1	5:30 to 6:30 PM	Lincoln Park Middle School	5 Sessions - \$37



Project Access

Classes Accessible to Individuals with Disabilities or Special Needs

Create A Mixed Media Zine

Instructor: Laurie Pinther

This is a fun class to learn how to combine mixed media layers to create a zine. You will pick from a variety of different tools and art supplies to experiment with color and texture to create one of a kind designs. Then we'll learn how to fold and assemble your creation into a mini zine. We will talk about ways that you may want to use text, pictures, embellishments, or artwork to fill your zine. Guardians, care-givers, and volunteers are more than welcome. Scholarships are available and encouraged.

#1272	Monday, Nov. 11th	5:30 to 6:30 PM	Ordean East Middle School	1 Session - \$10
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5 Senses Journal (Craft & Learn)

Instructor: Laurie Pinther

This is a fun class to learn how to combine mixed media layers to create a zine. You will pick from a variety of different tools and art supplies to experiment with color and texture to create one of a kind designs. Then we'll learn how to fold and assemble your creation into a mini zine. We will talk about ways that you may want to use text, pictures, embellishments, or artwork to fill your zine. Guardians, care-givers, and volunteers are more than welcome. Scholarships are available and encouraged.

#1273	Monday, Nov. 18th	5:30 to 6:30 PM	Ordean East Middle School	1 Session - \$10
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Fun, Friends, Games & Sharing

Instructor: Wendy Grethen

Each week will include games or other activities to have a fun evening together. Scholarships are available and encouraged.

#1276	Wednesdays, Oct 2-16	6:00-7:00 PM	Ordean East Middle School	3 Sessions - \$30
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Transformation Through Art

Instructor: Mikilia Carroll

Join us for a unique opportunity where creativity meets culinary exploration! This class is designed for individuals with cognitive, developmental, emotional, or physical disabilities who want to unleash their inner artists and chefs. Week by week, we'll alternate between art and cooking sessions, ensuring a diverse and engaging experience for all participants. If you have any food allergies, please inform us in advance so we can accommodate your needs during our cooking segments. Families, caregivers, and volunteers, you are all warmly welcome to join us on this inspiring journey. Scholarships are available to ensure everyone can participate and grow together. Let's create, cook, and connect in a space that nurtures who you are. Don't miss this opportunity to learn, laugh, and thrive with us! Scholarships are available and encouraged.

#1270	Mondays, Sep. 23 - Nov. 4	5:00 to 6:30 PM	Ordean East Middle School	7 Sessions - \$40
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Welcome to Early Childhood Education Birth to Age 5!

In Early Childhood Family Education (ECFE) we understand that parents are a child's first and most important teachers. We partner with our parents/caregivers to offer the very best in early childhood and family education. Our team of parent educators and early childhood teachers offer support and education for your child and your family.

We are eager to welcome your family and young children as an important part of our school communities. Join us!



What Happens in ECFE?

All Early Childhood Family Education (ECFE) programs include parent education, early childhood education, and parent-child interaction.

- Parent education time: Guided by a licensed parent educator. Conversations are focused on research-based curriculum, relate to child and parent/caregiver development and are tailored to meet parent and family needs.
- Parent-child time: Time in the children's classroom for parents and children to play and learn together in a safe and educational environment.
- Early childhood classroom time: Children will have time to play with peers and enjoy activities planned by a licensed early childhood teacher.
- Sibling care: Sibling care is offered, for your convenience, to siblings of class participants. You must register your children for sibling care.
- Parent Advisory Council: Parents/caregivers are given the opportunity to be part of site and citywide advisory council to offer their input around programming.
- Family events: Offered throughout the year at various locations.
- Home visits: Offered to families who are not able to attend a class or have an individual child, parent/caregiver or family need to address.

What are the Benefits of ECFE?

For Parents/Caregivers & Families:

- Information on child development
- Strategies for effective limit-setting and teaching
- Strategies for balancing work & family & managing stress
- Familiarity with community resources for families with young children
- Comfort with schools and understanding the parent/caregiver role in supporting developmental milestones and school success
- Focused time for parents /caregivers and children to learn & explore in an early childhood environment

For Schools & Communities

- Parents/caregivers who have positive connections to schools and other community programs
- Parents/caregivers who are engaged and ready for leadership in schools
- Enhanced social connections and informal support between families in the community
- Community norms for appropriate and effective discipline for young children



**EARLY CHILDHOOD
FAMILY EDUCATION**

Duluth Early Childhood Office:

709 Portia Johnson Drive
Duluth, MN 55811
218-336-8815

earlychildhood@isd709.org

Check us out online!

www.isd709.org

(SCHOOL & PROGRAMS/
Opportunities/Pre-school Birth to Age 5)

earlychildhood@isd709.org



Duluth ECFE-Early Childhood
Family Education

Online registration is available:

www.isd709.org

(HOW TO ENROLL – EARLY CHILDHOOD)

earlychildhood@isd709.org

Minnesota Early Learning Scholarships Now Available

If you have a child under the age of 5
you may qualify for up to

\$15,000

to help pay for child care or preschool!

Beginning July 1, 2024, priority
expands to children:

- Who have an incarcerated parent;
- Who have a parent in a substance use treatment program;
- Who have a parent in a mental health treatment program;
- Who have experienced domestic violence.



 **NORTHLAND
FOUNDATION**



FREE Six Week Parent/Infant Class

ECFE offers a Six Week class for parents of 0-4 month olds. These classes provide support, insight on development and attachment and supportive connections.

Session #1	Session #2	Session #3	Session #4	Session #5
Piedmont Elementary	Piedmont Elementary	Piedmont Elementary	Piedmont Elementary	Piedmont Elementary
2827 Chambersburg Ave, Room 201	2827 Chambersburg Ave, Room 201	2827 Chambersburg Ave, Room 201	2827 Chambersburg Ave, Room 201	2827 Chambersburg Ave, Room 201
Wednesdays 2:30-4:00	Wednesdays 2:30-4:00	Wednesdays 2:30-4:00	Wednesdays 2:30-4:00	Wednesdays 2:30-4:00
September 11, 18, 25 October 2, 9, 16	October 30 November 6, 13, 20 December 4, 11	January 8, 15, 22, 29 February 5, 12	February 26 March 5, 12, 19, 26	April 23, 30 May 7, 14, 21, 28

Home Visits:

ECFE offers home visits to families who cannot attend class or would benefit from a parent educator visiting them at home to address individual child, parent, or family needs. If you have questions about home visiting, please contact the ECFE office. 218-336-8815 or earlychildhood@isd709.org. Visits can also be done by phone or virtually.

Child Care Provider Mentorship:

In a group environment, a licensed early childhood or parent educator provides Circle of Security Parenting series and coaching for child care providers. Please contact our office if you are interested in this FREE opportunity. Spaces are limited. 218-336-8815 or earlychildhood@isd709.org

Empowering Teen Parents: Pregnancy through Age 5

In this hybrid course, students will engage in group discussion as well as individual reflection regarding the many dimensions of parenting, including child and parent development, appropriate limit-setting and teaching, utilizing community resources, and balancing family and personal time and stress. The in-person group discussions will take place on *most* Tuesdays from 4:30-6:00 pm at the Duluth Children's Museum; these group sessions are intended for students to attend with their children. Contact meghan.caine@isd709.org

ECFE classes begin the week of September 9

Two NEW ECFE classes at Piedmont Elementary.

- 2 - 4 Year Olds, Tuesdays from 9:00-10:30
- 0 - 4 Year Olds, Tuesdays from 11:00-12:30

ECFE offers classes at
Lester Park Elementary, Piedmont Elementary,
Stowe Elementary, and Washington Center.

Registration was done in the spring.

We still have openings!

Check class availability online at www.duluthcommunityed.org.



ECFE REGISTRATION & TUITION INFORMATION

REGISTRATION

Register online at www.isd709.org
(Academics-Early Childhood)

Contact our office if you would like
a paper registration form mailed or
emailed to you.

Duluth Early Childhood Office:
709 Portia Johnson Drive
Duluth, MN 55811

Phone: 218-336-8815, option 1

Email: earlychildhood@isd709.org

REGISTRATION TIMELINE

In order to be included in the first
round of registration, you must
register by **May 1st**. As in previous
years, registrations will be put
into a lottery if more people have
registered then there are spaces
available.

CLASS CONFIRMATION

Confirmation emails will be sent to
you on or before May 15th. If you
do not have an email a confirmation
letter will be mailed to you.

**We continue to take registrations
throughout the school year if
there are openings.**

SELECTING A CLASS

We enroll according to the age a
child is on 09/01/24. For example,
if you are enrolling in a 1-year-old
class, your child must have turned
one on or before 09/01/24.

MULTIPLE CLASSES

In order to serve as many families
as possible, we allow a family to be
registered in only one class at a time.

ATTENDANCE

Out of respect for families on a
waiting list, consistent attendance
is expected.

**REGISTRATION WAS DONE IN THE SPRING. WE STILL HAVE OPENINGS!
CHECK CLASS AVAILABILITY ONLINE AT WWW.DULUTHCOMMUNITYED.ORG.
ECFE CLASSES BEGIN THE WEEK OF SEPTEMBER 9, 2024**



TUITION

The ECFE program depends upon fees from
participants to maintain its scope of services.
Fees are based on a sliding scale determined by
family income. All are welcome. **No family
is denied a class due to inability to pay.**
Please call our office to discuss options.
All payments are confidential.

**Tuition will be charged monthly
September - May.**



**EARLY CHILDHOOD
FAMILY EDUCATION**

ECFE SESSIONS

<i>Annual Income</i>	<i>Monthly Fee September - May</i>
\$80,000 or more	\$44
\$60,000-\$79,999	\$34
\$40,000-\$59,999	\$24
\$20,000-\$39,999	\$14
Under \$20,000	\$9

SIBLING CARE

<i>Annual Income</i>	<i>Monthly Fee September - May</i>
\$60,000 or more	\$9
\$20,000-\$59,999	\$5
Under \$20,000	\$3

FREE weekly Play & Learn Fridays just for FFN Care Providers!!

Where: Piedmont Elementary ECFE Classroom

When: Friday mornings, 9:00-10:30.

Beginning September 27

Online Registration: **duluth.ce.eleyo.com**



Join Duluth ECFE for fun-filled mornings of reading, singing, and playing together with the little ones you care for!

Meet other care providers, help children learn and build skills through play, and learn helpful tips for caring for them.

Receive FREE books, project supplies, snacks and resources. Sessions are designed for care providers to bring children with them, but you can also come on your own.



Play & Learn

For Family, Friend & Neighbor (FFN) Care Providers

Other FFN Events Offered by The Duluth Public Library

Where: **Main Library/Green Room**

Time: **10:00-11:30**

Monday, September 16

Friday, October 18

Monday, November 18

Monday, December 16

Story time, craft, play time, and snack!



DULUTH
PUBLIC
LIBRARY



Who are FFN Care Providers?

Many young children are cared for by Family Members, Friends, or Neighbors (FFN) while parents work or go to school.

FFN providers might be:

- Grandparents
- Friends of the Family
- Neighbors in the Community
- Aunts or Uncles
- Older Sisters or Brothers



Questions:

anne.zimpel@isd709.org

218-336-8700 x 2644



CIRCLE OF SECURITY PARENTING COURSE

Location: Piedmont Elementary School, Room 201- 2827 Chambersburg Ave

Session 1: Mondays Sept 30, Oct 7, 21, 28, Nov 4, 11, 18, 25

Session 2: Mondays Jan 6, 13, 27, Feb 3, 10, March 3, 10, 17

Session 3: Mondays April 7, 14, 21, 28, May 5, 12, 19, June 2

Time: 5:30-6:45 pm

Limited childcare spots available

Location: Myers-Wilkins Elementary School, 1027 N 8th Ave E

Session 1: Wednesdays Oct 2, 9, 16, 23, 30, Nov 6, 13, 20

Session 2: Wednesdays Jan 8, 15, 22, 29, Feb 5, 12, 26, March 5

Session 3: Wednesdays March 19, 26, April 16, 23, 30, May 7, 14, 21

Time: 12:30 - 2:00 pm

Childcare is not available at this time

Commitment to attending the course is important as each class builds upon the other.

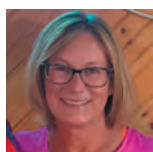
Who can attend: Anyone caring for children is welcome to attend! COSP has been highly valued by parents, grandparents, teachers/school staff, childcare providers, foster parents, and more!

Seats are limited. Registration can be found at duluthcommunityed.org Please email sharie.blevins@isd709.org or call 218-336-8815 with any questions.

The Circle of Security® Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened. The sessions are practical skills-based, using video clips, discussion, and handouts to explore children's emotional needs and build parents' ability to respond sensitively to those needs.

You Will Learn To:

- Understand your child's emotional world by learning to read the emotional needs
- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem



Lynn Henderson is a mother of four, and a registered Circle of Security® Parenting™ facilitator. She completed a Masters degree in Family Science, and works as an Early Childhood Teacher and Parent Educator for the ECCE program at ISD 709.



COMMUNITY RESOURCE HUB

Helping pregnant
parents & families
of young children
access services

Help finding resources to keep you and your young child healthy, learning, and on more solid financial footing!

There are many kinds of programs and services for families with young children (birth to 8 years old) and parents who are expecting a baby.

Find out what is available, if you are eligible, and how to sign up. Work with a local navigator who can answer questions and work with you to get to the next step.



**Explore and use the
Help Me Connect
website and Bridge
to Benefits website.**



Apply for things like

- food and nutrition programs
- health insurance programs
- tax credits
- child care resources
- medical & dental care
- and more



Connect with services like

- preschool screening
- early learning programs
- disability services
- family wellbeing and mental health
- legal services
- and more

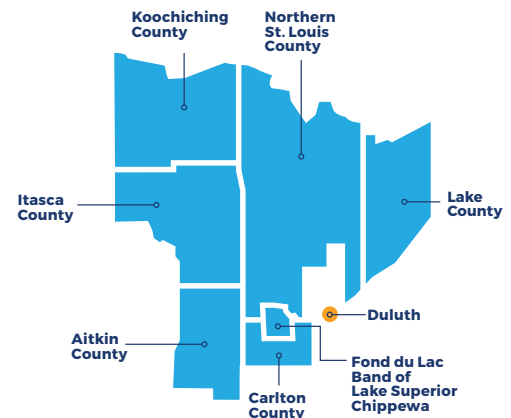
CALL OR EMAIL US:

Navigator Name Diane Mozol

Name of Organization Duluth Early Childhood

Phone Number 218-461-7250

Email diane.mozol@isd709.org



FUNDING INFORMATION: This project is made possible using federal funding, 93.434 – ESSA Preschool Development Grants Birth through Five. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of the Office of Child Care, the Administration for Children and Families, or the U.S. Department of Health and Human Services.



Duluth Preschool



What are the benefits of attending Duluth Preschool?

Strong bodies: We strive to spend at least one hour outside daily. We work to ensure families have access to healthcare and balanced meals offering health and nutrition services.

Strong minds: We implement an inquiry-based curriculum that encourages curiosity, collaboration, and communication in a play-based environment led by licensed teachers.

Strong families: We provide advocacy, support, and education to parents and caregivers. We partner with families to celebrate strengths and reach for goals.



Nature Based Programming:

All classrooms have access to nature play areas and rain gear.

Children enjoy fun activities such as snow shoeing, hiking, fort building and many other great experiences!

Spending time outside in all types of weather has many benefits for children.



We are proud to be one of the first preschool programs in the state to earn a **four star rating** from Minnesota Parent Aware - the highest rating possible! Parent Aware's rating system helps parents find preschools and childcare programs focused on high quality early learning and kindergarten readiness.

For more information check out the parent aware website:
www.parentawareratings.org



BUS TRANSPORTATION

- Available TO & FROM Full Day Classes
- Available TO the AM Classes
- Child must be 4 years old by 9/1/24
- Must be transported to/from an address within the transportation boundaries
- Mid-day bussing is not available

GREAT NEWS!

Many of our preschool classrooms have once again been awarded Minnesota Reading Corp tutor positions.

For more information or to apply to be a tutor visit:
www.minnesotareadingcorps.org



If you have questions about Duluth Preschool:

218-336-8815 option 2
earlychildhood@isd709.org



Duluth Preschool



SLIDING SCALE

ALL DAY CLASSROOMS

Income	Annual Tuition	Monthly Payment Sept-May
\$75,000 or more	\$5,310	\$590
\$40,000 to \$74,999	\$4,140	\$460
\$20,000 to \$39,999	\$2,529	\$281
Under \$20,000	\$0	\$0

HALF DAY CLASSROOMS

Income	Annual Tuition	Monthly Payment Sept-May
\$75,000 or more	\$3,168	\$352
\$40,000 to \$74,999	\$2,529	\$281
\$20,000 to \$39,999	\$1,548	\$172
Under \$20,000	\$0	\$0

TUITION

- Families eligible for Head Start will not be charged tuition.
- Voluntary Pre-Kindergarten & School Readiness Families pay tuition based on a sliding fee scale. All payments are confidential.

FEDERAL POVERTY GUIDELINES USED FOR HEAD START ENROLLMENT

Persons in Family/ Household	Poverty Guideline
2	up to \$20,440
3	up to \$25,820
4	up to \$31,200
5	up to \$36,580
6	up to \$41,960
7	up to \$47,340
8	up to \$52,720
Each Additional Person	add \$5,380

HOW TO APPLY

- **Online Application:** Complete the application online at www.isd709.org ► Academics ► Early Childhood
- **Paper Application:** Call our office if you would like a copy mailed to you. Paper copies are also available at the elementary schools.
- **Personal Appointment:** Please call 218-336-8815 option 4 to schedule time with our enrollment recruiter in person.
- **Phone Application:** Please call 218-336-8815 option 4 to apply over the phone.



K.E.Y. ZONE

Knowledge, Enrichment & Youth Development



JOIN OUR CAUSE
BE A PART OF
OUR TEAM

YOU CAN MAKE A DIFFERENCE WITH YOUTH

School-Age Care Youth Specialists

Staff maintain a safe and engaging environment for school-aged youth in an afterschool and/or summer setting. Support youth while building your skills.

SCAN TO APPLY



16+ years of age minimum
starting rate of \$15/hour

tinyurl.com/careercenterymca
218-722-4745 ext. 168
recruiting@duluthymca.org

**Opportunity
for Growth**

**FREE YMCA
Membership**

Flexible Hours

Paid Time Off

K.E.Y. ZONE

Knowledge, Enrichment & Youth Development

K.E.Y. Zone is an enrichment program of the Duluth Area Family YMCA in partnership with the Duluth Public Schools. It offers year-round programming for students grades K - 5.

- The school year program is in all 9 ISD 709 Elementary Schools.
- The program runs every day afterschool until 6:00 p.m.
- All day programming is available for an additional fee on select break days and during the summer at specific locations.
- A \$35 registration fee is required.
- Space is limited.

ISD
709 **Duluth**
Public Schools



For Rates and Registration:

Register online at duluthymca.org/register or contact 218-722-4745 x140 for assistance.

For More Information:

Visit isd709.org, duluthymca.org, or connect with us on social media at Facebook.com/keyzoneduluth

Child Care Assistance is accepted and financial assistance is available for qualifying families.





CREATING CONNECTION:

AUTHENTIC LISTENING & SPEAKING

"Anything anyone says or does is an attempt to fulfill their unmet needs."
Dr. Marshall B. Rosenberg

Increase your ability to be calm and compassionate in today's world. When communication breaks down, the escalating stress of difficult conflicts can drain our energy and damage our relationships.

Nonviolent Compassionate Communication (aka NVC), developed by Marshall B. Rosenberg, PhD, helps us resolve our differences so that everyone's needs matter and workable solutions emerge.

This Introductory NVC Workshop is designed for people who want to:

- Remain calm, confident, compassionate in conflict situations
- Learn conflict resolution skills for workplace, parenting, family dynamics, etc.
- Break patterns of thinking that lead to rumination, burnout, and depression
- Honor personal, family, and community values—in life-affirming ways
- Build **authentic relationships** based on compassion and mutual respect

Cost: \$25

Includes all materials
and a light supper

“This class has helped me to
understand needs and feelings that
free me from ingrained trauma
responses.”
Quote from an attendee

To Register Visit:

www.juniorleagueduluth.org

Scholarships available. To apply, email:
DuluthThrives@gmail.com

Brought to you by Junior League of Duluth,
First Witness Child Advocacy Center, and
Duluth Thrives.

**Wednesday
October 09, 2024**

4:30 - 8:30 PM
Great Lakes Ballroom,
Holiday Center
Downtown Duluth
Free parking in the ramp!



**Workshop Presenter:
Ann Harrington, M.A.**

Ann Harrington Training & Consulting |
Compassionate Communication Training
(annwharrington.com)



Driver Education

DRIVER EDUCATION PROGRAM

Driver education classes are offered at Denfeld and East High Schools, or fully online at the students' own pace and on their schedule. The program features 30 hours of classroom instruction leading to the permit test followed by 6 hours of behind the wheel instruction.

Classes are open to students 15 years of age and older who reside or attend public school within the Duluth School District and have their parent or guardian's permission if under 18.

Online registration for fall classes will take place this fall with dates yet to be determined. Registration information will be emailed to all Duluth Public School 9th graders at that time. If you are not in that group and would like to receive a schedule through the mail please call 218-336-8760 ext. 3 and leave your address.

- Instructed by public school teachers
- Guest speakers from MADD, law enforcement, etc.
- Parent involvement component
- Behind the wheel cars from Kia of Duluth



WANTED: Driver Education Teachers

We are looking for individuals who may be interested in teaching Driver Education classroom and behind the wheel for the Duluth Public Schools Community Education Program.

Licensed K-12 teachers interested in teaching Driver Education through the Duluth Public schools are encouraged to contact Community Education by phone 218-336-8760 x3 or email communityeducation@isd709.org.

Driver Education classes are offered at Denfeld and East during after school hours and in the summer. It is a great way to earn extra money while helping students learn a critical skill.



55+ Driver Discount Program

For Drivers Over 55 Years of Age

Complete this course to get a 10% discount in your auto insurance premiums! Taught as a presentation from a certified instructor, you'll discuss challenges we face as drivers, new road designs, vehicle technology, and updates on current laws. Best of all, there are no written or behind the wheel tests! Certificate will be provided at the end of class.

****8-hour initial class requirement has been removed as of July 1st, 2024.**
Participants must take 4-hour course to initially earn the discount and then repeat the 4-hour class every three years to maintain the discount.

Cost is \$24 per participant. Pre-registration is required.

Call 320-308-1400 or 1-888-234-1294 to register.

You can also register at www.driverdiscountprogram.com.

Dates:

October 10th from 4 pm to 8 pm

November 20th from 4 pm to 8 pm

December 5th from 4 pm to 8 pm

Brought to you by:



PRECISION
DRIVING CENTER
A DIVISION OF ST. CLOUD STATE UNIVERSITY



PROJECT ACCESS

Classes Accessible to Individuals with Disabilities or Special Needs



FREE SUPPORT SERVICES AVAILABLE (advance notice needed)

Interpreters, Classrooms, Mobility aids, Entrances, Readers/note takers, Elevators, Limited Scholarships, Restrooms, Disability Parking

ACCESSIBILITY

Duluth Community Education welcomes participants of all abilities. Reasonable accommodations available with advance notice. Indicate your need on registration form, or call the **Community Education Office at 218-336-8760 x3.**

INTERESTED IN TEACHING?

Have you ever thought about leading an activity or teaching a Community Education class for Project Access? You do not need a license or special training, just a desire to share your time and knowledge. Persons with disabilities are encouraged to apply.

Call the Community Education Office for more information at 336-8760 x3 or email communityeducation@isd709.org

Duluth Adult Education

FREE CLASSES *for* ADULTS AGES 18-99+



Get your GED
or Diploma



Learn English



Build Core Skills



Prepare for College



Start a Career Path



Improve
Computer Skills



"For those of you out there that think you can't do something, whether it's school, work or anything, I am proof you can! Remember anything is truly possible."

STUDENT SUPPORTS

- FREE CHILDCARE
- FREE TRANSPORTATION
- CHROMEBOOK CHECKOUT
- ONLINE AND IN PERSON
- DAY AND EVENING

VOLUNTEER OPPORTUNITIES

SUPPORT ADULT STUDENTS ON THEIR JOURNEY TO LEARN, ACHIEVE, AND SHINE.

- GED Tutor
- Computer Skills Tutor
- English Language Tutor
- Reading and Math Tutor
- Office Support

Learn more: <https://dae.isd709.org/about-us/volunteers> OR scan:



DULUTH
ADULT
EDUCATION

ISD
709
Duluth
Public Schools

325 W. 1ST STREET, ARVIG BUILDING, 3RD FLOOR, DULUTH, MN 55802
218-336-8725 // DAE@ISD709.ORG // DAE.ISD709.ORG

Duluth Adult Education

FALL and WINTER CLASS OFFERINGS 2024



START YOUR FUTURE TODAY! *Register Online.*
dae.isd709.org



CLASS	DATE	DAY	TIME	DELIVERY	LOCATION
CORE SKILLS PROGRAM (Reading, Writing, Math)					
All Classes	Ongoing	M,T,W,Th	9:00-1:00	In Person	DAE
GED and DIPLOMA PROGRAM					
Teacher Office Hours	Ongoing	M,T,W,Th	10:00-1:00	In Person	DAE
GED Social Studies Prep	Ongoing	M	9:00-10:00	In Person	DAE
GED Math Prep	Ongoing	T	9:00-10:00	In Person	DAE
GED Science Prep	Ongoing	W	9:00-10:00	In Person	DAE
GED Reading Prep	Ongoing	Th	9:00-10:00	In Person	DAE
GED Social Studies Prep	Ongoing	M	1:30-2:30	Online	Remote
GED Math Prep	Ongoing	T	1:30-2:30	Online	Remote
GED Science Prep	Ongoing	W	1:30-2:30	Online	Remote
GED Reading Prep	Ongoing	Th	1:30-2:30	Online	Remote
GED Tutoring	Ongoing	W	5:00-7:00	In Person	DAE

Duluth Adult Education

CLASS	DATE	DAY	TIME	DELIVERY	LOCATION
ENGLISH LANGUAGE PROGRAM (ELL/ESL)					
Beginner	Ongoing	M,T,W,Th	11:30-1:00	In Person	DAE
Intermediate	Ongoing	M,T,W,Th	9:00-11:00	In Person	DAE
Conversation and Language Class	Ongoing	W	5:00-7:00	In Person	DAE
English Vocab for MN Driver's Test	TBD	TBD	TBD	Online	Remote
English for Healthcare	TBD	TBD	TBD	Online	Remote
English for Hospitality	TBD	TBD	TBD	Online	Remote
COLLEGE PREP PROGRAM					
Pathways Read/Write	8/26-12/19	M,W	12:00-1:50	In Person	LSC
Pathways Math 1	8/26-12/19	M,W	9:00-10:50	In Person	LSC
Pathways Math 2	8/26-12/19	T,Th	12:00-1:50	In Person	LSC
Pathways Read/Write	8/26-12/19	Flexible	Flexible	Online	Remote
Pathways Math 2	8/26-12/19	Flexible	Flexible	Online	Remote
CAREER PATH PROGRAM					
Multiple Opportunities	Contact DAE for more info.				

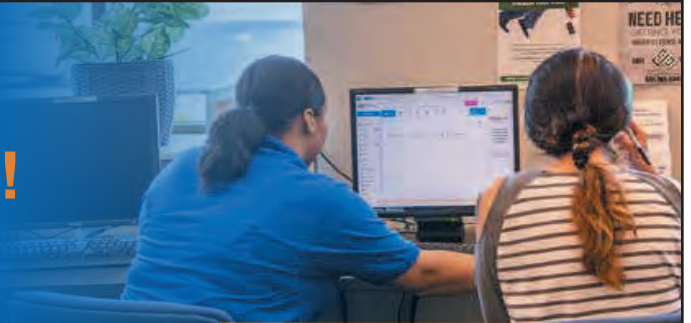
Duluth Adult Education



Career Lab is OPEN!

WE ARE OPEN TO SERVE YOU!

NO APPOINTMENT NECESSARY TO USE COMPUTERS.



Visit the Duluth CareerForce location to:

- Utilize computers for employment or training-related activities
- Search for jobs, maintain your unemployment account, create a resume
- And more!

We are here to help!

- Friendly and skilled staff are available to assist you
- Customers can also schedule one-on-one appointments with a job counselor



Monday through Friday
10 a.m. – 4 p.m.



Duluth CareerForce
402 W 1st Street
Duluth, MN 55802



Call 218-302-8400
with any questions

We look forward to seeing you!

[CareerForceMN.com/Duluth](https://www.CareerForceMN.com/Duluth)

Individuals needing accommodations to utilize CareerForce Services or who need this document in an alternative format can contact: 218-302-8400.
CareerForce is an equal opportunity employer and program provider and a proud partner of America's Job Center Network.

1/2023

Are you age 14 to 24 and need help with school, or building employment skills? YES Duluth can help!

Receive financial support for education and employment, and earn money for time spent on GED and Job Skills Training!



YESDuluth

Apply Online!



218-302-8400



/youthemploymentduluth



yesduluth@duluthmn.gov



/yesduluth

Funded by the U.S. Dept of Labor through the Dept of Employment and Economic Development
For more information visit <http://www.duluthmn.gov/workforce-development>

Duluth Public Library



**Available now to all ISD 709
students at Duluth Public Library!**

PORT CARDS

Easy to Use. Impossible to Lose.



What is a Port Card?

A Port Card is an electronic library card that gives all ISD709 students FREE access to Duluth Public Library resources with no financial risk.

How do I sign up?

All ISD709 students are automatically enrolled in the Port Card program, unless parents choose to opt their student out.

How do I log in?

Just use your student ID# and birthdate at checkout or online. Use the format shown here and don't forget the 21256600 prefix!



BARCODE: 21256600 + student ID number *

PASSWORD: birthday [MMDDYY]

* For 5-digit student ID numbers, add an additional zero (0) before the student ID number.

How can I use my Port Card?

Use your Port Card to check out physical things like books, magazines, toys, language kits, puzzles, CDs, and DVDs.



You can also use your Port Card to access digital materials like ebooks, audiobooks, and library databases.

You can even use your Port Card to check out 4-person passes to the Lake Superior Zoo and 7-day passes to Minnesota State Parks!



More questions? We're here to help!

FALL 2024 PROGRAMS



Fall Programs coming to a park near you!

*Mountain Biking • Hiking • Fishing • Archery
Open Skate • Leagues • Senior Programs • Community Events*

Parks and Recreation is excited to bring a variety of programming focused on being out and active in our parks throughout the community.

Visit our website for Parks and Recreation Information

Program Guide • Register for Programs • Facility Rentals
Parks and Trails Projects • Volunteer Information

Register online for Parks & Recreation Programs

Visit: duluthmn.gov/parks

- Click the Register for Programs button
- Within the registration portal, click the Log In/Create Account button
- Login:
 - If you have an existing account, select Log in with Email
 - If you're new to Parks programs, select Create your Duluth Account
- Continue with online registration

Follow DuluthParksMN on social media for the latest on programs, parks, and trails!



duluthmn.gov/parks • 218-730-4300



**Duluth Community
School Collaborative**

Volunteer & Board Member Opportunities!

www.duluthcsc.org/support



**Supporting Students at:
Myers-Wilkins Elementary
Lincoln Park Middle
Denfeld High School**





TWO FREE WORKSHOPS FROM DULUTH THRIVES!

Registration Required for these free workshops.
To register email: DuluthThrives@gmail.com

COMPASSIONATE COMMUNICATION

In this free introductory workshop, you will learn the basics of the internationally known communication model Nonviolent Compassionate Communication (NVC). You'll learn that unmet needs/values are at the core of every conflict. And you'll learn constructive approaches for dealing with conflict and stressful situations. Authentic communication is at the core of this model. You'll learn how to identify needs/values (yours and others) in a way that inspires a certain quality of connection and understanding.

Workshop Date: Monday, September 23 from 6:00 p.m. - 7:30 p.m.

Location: First Witness, Capstan Training Center, 1402 E 2nd St., Duluth, MN

Instructor: Ann Harrington: M.A., Training and Consulting

UNDERSTANDING ACES (ADVERSE CHILDHOOD EXPERIENCES)

When we understand the impacts of childhood adversity, the discussion changes from "What's wrong with you?" to "What happened to you?" This free online workshop offers information and brain science that explains why ACEs impact people's lives. This workshop provides time for Q&A and discussion of resiliency strategies to improve health and build resiliency in our community.

Required: Participants must watch Dr. Burke's 15 minute TED Talk before class. Google the following: Nadine Harris Burke ACEs TED talk "how childhood trauma affects health."

Workshop Date: Monday, November 4 from noon - 1 p.m.

Location: Online. Receive the Zoom link when you register

Instructor: Michelle Nelson: B.A., M.A.M., Certified Trainer

STUDENT NAME _____

EMAIL ADDRESS _____

ADDRESS _____ CITY/STATE _____ ZIP _____

HOME/CELL _____ WORK PHONE _____

CLASS #	SITE	COURSE NAME	DATE	FEE

CHECK # _____ TOTAL _____

Adults with Disability Services Needed: ☐ Interpreter ☐ Tutor ☐ Mobility Aide ☐ Reader ☐ Other

Parent/Guardian Signature (for youth classes) _____

IMPORTANT INFORMATION

Easy ways to register:

- 1) ONLINE (preferred):** Go to duluthcommunityed.org and click on the Login icon. Set up your own secure personal account for class registration using your Visa, MasterCard, or Discover. Be sure to remember your password for future online registration.
- 2) MAIL:** Mail registration form (above) and payment to address shown on form. Checks payable to ISD #709.
- 3) PHONE:** Call 218-336-8760, then select the building where your class will be located.
- 4) IN PERSON:** Bring registration form and payment to any Community Education office.

GENERAL INFORMATION

Classes are filled on a first come, first serve basis, so register early! A \$5 registration fee is included in the course fee. Class fees do not include supplies, text, or materials fee unless otherwise stated. Such fees are paid at the class location on the first night. Registration accepted late when space is available. All information will be considered confidential. Room numbers will be posted the night of the class.

CONFIRMATIONS/CANCELLATIONS

No news is good news. It means you are in unless you hear from us. Only online registrations receive an email confirmation. If class is cancelled due to insufficient enrollment, or if a class is filled, you will be notified.

REFUND POLICY

A full refund is issued if a class is cancelled. If a student must cancel prior to the beginning of a class, requests for a refund (or credit) must be made at least two days prior to the beginning of class. If, after attending the first class, a refund or credit is desired, requests must be made in the community school office the night of the first class. There will be no refunds for single session classes. If a student requires a refund, the \$5 registration fee is non-refundable.

WEATHER/SCHOOL CLOSINGS

On days when the public schools are closed due to weather, community education locations will also be closed. If threatening weather occurs during the school-day, you will be contacted if evening classes need to be cancelled. Make sure we have your correct contact information on file.



Independent School District 709
709 Portia Johnson Drive
Duluth, MN 55811
www.isd709.org

Non-Profit
U.S. Postage
PAID
Duluth, MN
Permit No. 210

****ECRWSS EDDM****
POSTAL CUSTOMER



709 Portia Johnson Drive • Duluth, MN 55811 • Phone 218-336-8760

MENTOR YOUTH
make a difference

**APPLY
TODAY**



**TRUE NORTH
AMERICORPS**