



Adult Winter/Spring 2025 Class Descriptions

Fitness/Aquatics

A Walk at the EHS Indoor Track

Are you missing warm, sunny late afternoon walks at the lake? Meet new friends as you walk for fitness around the Edina High School indoor track.

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

128-H101 5 Sessions - \$35
Tuesdays, Jan 28 - Mar 4 5:00 - 6:00 pm
Edina High School Indoor Track
No Class Feb 18

A Walk in the Park

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

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408-H400 7 Sessions - \$49
Tuesdays, Apr 8 - May 20 5:00 - 6:00 pm
Centennial Lakes Park Centennial Lakes Park

Adults with Disabilities: Shake It Off Line Dance

Get ready to dance to Taylor Swift's hit song "Shake It Off" in this fun and inclusive line dance class designed for adults with disabilities and neurodivergent individuals. This class is all about moving to the beat, shaking off the stress, and enjoying the music in a supportive and friendly environment. No dance experience is required—just come ready to have fun and express yourself through movement. Let's shake it off together and make some unforgettable memories!

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225-H202 1 Session - \$15
Tuesday, Feb 25 6:00 - 7:00 pm
Edina Community Center Door 3, Dance Studio



Adult Winter/Spring 2025

Class Descriptions

Baby & Me Pilates

Looking for a way to connect with your baby while also taking care of yourself? Join us for Yogalates, a gentle blend of yoga and Pilates designed for new moms and their babies. This class will focus on core strength, flexibility, and mindful movement, all while incorporating baby bonding time. You'll find a supportive community of fellow moms, plus modifications to meet your postpartum needs. Bring your baby, a mat, and enjoy a rejuvenating experience for both body and mind! Bring your baby carrier. Newborn to sitting aged babies. No crawlers!

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201-H200 1 Session - \$30
Saturday, Feb 1 11:30 am - 12:30 pm
Edina Community Center Door 3, Dance Studio

Baby & Me Pilates

Looking for a way to connect with your baby while also taking care of yourself? Join us for Yogalates, a gentle blend of yoga and Pilates designed for new moms and their babies. This class will focus on core strength, flexibility, and mindful movement, all while incorporating baby bonding time. You'll find a supportive community of fellow moms, plus modifications to meet your postpartum needs. Bring your baby, a mat, and enjoy a rejuvenating experience for both body and mind! Bring your baby carrier. Newborn to sitting aged babies. No crawlers!

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322-H300 1 Session - \$30
Saturday, Mar 22 11:30 am - 12:30 pm
Edina Community Center Door 3, Dance Studio

Ballet Choreography/Performance

Learn ballet choreography created just for you! The beauty of ballet is most often seen through choreography and performance. This class allows you to be part of that beauty and fun! You will: • Learn a newly choreographed group piece, specifically choreographed for those who have signed up for the class (meaning it will be based on steps you know, for the most part). • Rehearse the piece and work to make it better once it is learned. • Perform for your friends or family at the end of the class. The performance will be in the classroom only and will be optional. Those who chose not to perform will be given "understudy roles." It is recommended that you have at least a year of dance class experience (current or past) before signing up for this class. You are also required to take the "Beginning/Intermediate Ballet" class that is directly before this class as a warm up. You must sign up and pay for that class separately. Those who miss the ballet class that day may come to rehearsal and take notes but not dance as dancing cold is unsafe in ballet. Those who are sick or out of town may sign in online via Zoom to watch rehearsal and take notes if they choose and if they give the instructor sufficient notice.

Kaethe Birkner: Kaethe is a professional ballet



Adult Winter/Spring 2025

Class Descriptions

dancer and certified Pilates instructor through Balanced Body, with ten years of experience teaching ballet, Pilates, and stretching classes, and eight years of personal training. Her passion for ballet began at age two, followed by a love for Pilates during her ballet training. Kaethe integrates her expertise in ballet, Pilates, and physical therapy into her teaching, focusing on proper technique, injury prevention, and alignment. She tailors each class to the individual and group needs of her students, emphasizing hands-on corrections to engage both major and minor muscles. Kaethe aims to provide fun, full-body workouts that prioritize technique and safety. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

106-H107 18 Sessions - \$360
Mondays, Jan 6 - May 19 8:00 - 9:00 pm
Edina Community Center Door 3, Dance Studio
No Class Jan 20 & Feb 17

Beginning/Intermediate Ballet Adult/Teen

This class is designed for people with knowledge of basic ballet barre steps, positions and ballet technique and who like to have fun and learn a lot. This class focuses on continuing to teach ballet technique and new ballet steps. It is recommended that you have done at least one session of beginning ballet before taking this class. The teacher also ensures that students get a good workout. Individualized attention is given to all students to help students improve their ballet and their strength while working to prevent pain and injury. This is a hybrid class so you can attend in person or join online via Zoom or a mixture of both. Beginning/Intermediate Ballet is the next step up from the Fundamentals of Ballet class. Students are expected to know all barre steps and basic technique, but not necessarily many center-work steps. This class is also good for people who are coming back to dance and remember some basics but could use the review or just want to get back into ballet shape. Also great for more advanced dancers looking for an easier class to improve their technique. If you have any questions about what class to sign up for just email us and we can help. The most important thing is for all students to be doing ballet safely. communityed@edinaschools.org

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

106-H102 18 Sessions - \$360
Mondays, Jan 6 - May 19 7:00 - 8:00 pm
Edina Community Center Door 3, Dance Studio
No Class Jan 20 & Feb 17

Body Strength 55+

Lift, press, pull, squat, and lunge into a stronger you. We will use weights, bands, balls and our bodies to build muscle, stamina, and balance. And friendships, we build those too. This course is available online or in person. Please be advised that all classes in February will be online only. Zoom meeting id provided in confirmation notes after registering.



Adult Winter/Spring 2025

Class Descriptions

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106-H104 9 Sessions - \$90
Mondays, Jan 6 - Mar 17 12:00 - 12:50 pm
Edina Community Center Door 3, Dance Studio
No Class Jan 20 & Feb 17

Body Strength 55+

Lift, press, pull, squat, and lunge into a stronger you. We will use weights, bands, balls and our bodies to build muscle, stamina, and balance. And friendships, we build those too.

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407-H405 7 Sessions - \$70
Mondays, Apr 7 - May 19 12:00 - 12:50 pm
Edina Community Center Door 3, Dance Studio

Body Strength 55+

Lift, press, pull, squat, and lunge into a stronger you. We will use weights, bands, balls and our bodies to build muscle, stamina, and balance. And friendships, we build those too. Please be advised that all classes in February will be online only. Zoom meeting id provided in confirmation notes after registering.

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

108-H105 11 Sessions - \$110
Wednesdays, Jan 8 - Mar 26 12:00 - 12:50 pm
Edina Community Center Door 3, Dance Studio
No Class Mar 19

Body Strength 55+

Lift, press, pull, squat, and lunge into a stronger you. We will use weights, bands, balls and our bodies to build muscle, stamina, and balance. And friendships, we build those too.

Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days



Adult Winter/Spring 2025 Class Descriptions

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

409-H401 8 Sessions - \$80
Wednesdays, Apr 9 - May 28 12:00 - 12:50 pm
Edina Community Center Door 3, Dance Studio

Body Strength 55+

Lift, press, pull, squat, and lunge into a stronger you. We will use weights, bands, balls and our bodies to build muscle, stamina, and balance. And friendships, we build those too. Please be advised that all February classes will be online only. Zoom link is provided after registration.

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103-H100 11 Sessions - \$110
Fridays, Jan 10 - Mar 28 12:00 - 12:50 pm
Edina Community Center Door 3, Dance Studio
No Class Mar 21

Body Strength 55+

Lift, press, pull, squat, and lunge into a stronger you. We will use weights, bands, balls and our bodies to build muscle, stamina, and balance. And friendships, we build those too.

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411-H400 5 Sessions - \$50
Fridays, Apr 11 - May 9 12:00 - 12:50 pm
Edina Community Center Door 3, Dance Studio

Bond & Breathe: Adult & Young Yogis

Bond & Breathe: Mother/caregiver-child Yoga: Strengthen your bond while stretching your bodies in this special yoga class designed for moms/caregivers and daughters! Other adult and youth combinations encouraged. Enjoy fun partner poses, mindful breathing, and moments of relaxation together. Whether you're new to yoga or experienced, this class provides a joyful way to connect through movement and mindfulness. min age 12

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Adult Winter/Spring 2025

Class Descriptions

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412-H300 6 Sessions - \$60
Saturdays, Feb 8 - Mar 15 11:00 am - 12:00 pm
Edina Community Center Door 3, Dance Studio

412-H401 6 Sessions - \$60
Saturdays, Apr 12 - May 17 11:00 am - 12:00 pm
Edina Community Center Door 3, Dance Studio
No Class Apr 26
Saturday, Apr 26 11:00 am - 12:00 pm
Edina Community Center Door 3, Dance Studio

Calm & Composed Yin Yoga: Thursday

Unwind and Recharge with Yin Yoga Escape the daily rush and find deep relaxation with yin yoga. This introspective practice focuses on gentle stretches that target your body's connective tissues, leaving you feeling spacious and refreshed. Here's what you can expect: Passive Poses: Let gravity do the work as you sink into supported postures that target your joints, ligaments, and fascia. Inner Exploration: Cultivate qualities of surrender, patience, and acceptance as you connect with your breath and body sensations. Renewed Wellbeing: After class, you'll likely feel calm, centered, and ready to face your day with renewed energy. Ready to slow down and discover the power of stillness? Join our yin yoga class! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

109-H107 8 Sessions - \$136
Thursdays, Jan 9 - Feb 27 10:45 - 11:45 am
Edina Community Center Door 3, Dance Studio

Calm & Composed Yin Yoga: Thursday

Unwind and Recharge with Yin Yoga Escape the daily rush and find deep relaxation with yin yoga. This introspective practice focuses on gentle stretches that target your body's connective tissues, leaving you feeling spacious and refreshed. Here's what you can expect: Passive Poses: Let gravity do the work as you sink into supported postures that target your joints, ligaments, and fascia. Inner Exploration: Cultivate qualities of surrender, patience, and acceptance as you connect with your breath and body sensations. Renewed Wellbeing: After class, you'll likely feel calm, centered, and ready to face your day with renewed energy. Ready to slow down and discover the power of stillness? Join our yin yoga class! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

306-H301 6 Sessions - \$102
Thursdays, Mar 6 - Apr 24 10:45 - 11:45 am
Edina Community Center Door 3, Dance Studio



Adult Winter/Spring 2025 Class Descriptions

No Class Mar 20 & Apr 03

Calm & Composed Yin Yoga: Tuesday

Unwind and Recharge with Yin Yoga Escape the daily rush and find deep relaxation with yin yoga. This introspective practice focuses on gentle stretches that target your body's connective tissues, leaving you feeling spacious and refreshed. Here's what you can expect: Passive Poses: Let gravity do the work as you sink into supported postures that target your joints, ligaments, and fascia. Inner Exploration: Cultivate qualities of surrender, patience, and acceptance as you connect with your breath and body sensations. Renewed Wellbeing: After class, you'll likely feel calm, centered, and ready to face your day with renewed energy. Ready to slow down and discover the power of stillness? Join our yin yoga class! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

304-H301 8 Sessions - \$136
Tuesdays, Mar 4 - Apr 29 10:45 - 11:45 am
Edina Community Center Door 3, Dance Studio
No Class Apr 01

Casual Indoor Basketball: Adult

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

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106-H100 10 Sessions - \$110
Mondays, Jan 6 - Mar 31 6:30 - 8:00 pm
Edina Community Center Door 8, City Gym
No Class Jan 20, Feb 17 & Mar 03

Casual Indoor Basketball: Adult

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

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Adult Winter/Spring 2025

Class Descriptions

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407-H400 7 Sessions - \$70
Mondays, Apr 7 - May 19 6:30 - 8:00 pm
Edina Community Center Door 8, City Gym

Casual Indoor Soccer: Adult

This program has been created to help local community members get together in a fun and engaging environment to play indoor soccer. All levels of skill are welcome, with an emphasis of having fun and meeting new people. Teams are decided upon each night and will be played with rotating subs.

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108-H106 16 Sessions - \$160
Wednesdays, Jan 8 - Apr 30 6:00 - 8:00 pm
South View Middle School Room Gym 3
No Class Apr 02

Dynamic Vinyasa Flow: Thursday

Energize your body and mind in this invigorating 60-minute vinyasa class. Synchronize breath with movement as you flow through a sequence of poses designed to build strength, improve flexibility, and cultivate mindfulness. Suitable for all levels, with variations offered. Ready to find your breath and be present? Join our dynamic vinyasa yoga class!

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109-H110 8 Sessions - \$136
Thursdays, Jan 9 - Feb 27 9:30 - 10:30 am
Edina Community Center Door 3, Dance Studio

Dynamic Vinyasa Flow: Thursday

Energize your body and mind in this invigorating 60-minute vinyasa class. Synchronize breath with movement as you flow through a sequence of poses designed to build strength, improve flexibility, and cultivate mindfulness. Suitable for all levels, with variations offered. Ready to find your breath and be present? Join our dynamic vinyasa yoga class!

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Adult Winter/Spring 2025

Class Descriptions

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306-H220 7 Sessions - \$119
Thursdays, Mar 6 - Apr 24 9:30 - 10:30 am
Edina Community Center Door 3, Dance Studio
No Class Apr 03

Dynamic Vinyasa Flow: Tuesday

Energize your body and mind in this invigorating 60-minute vinyasa class. Synchronize breath with movement as you flow through a sequence of poses designed to build strength, improve flexibility, and cultivate mindfulness. Suitable for all levels, with variations offered. Ready to find your breath and be present? Join our dynamic vinyasa yoga class!

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304-H303 8 Sessions - \$136
Tuesdays, Mar 4 - Apr 29 9:30 - 10:30 am
Edina Community Center Door 3, Dance Studio
No Class Apr 01

Dynamic Vinyasa Flow: Tuesday

Energize your body and mind in this invigorating 60-minute vinyasa class. Synchronize breath with movement as you flow through a sequence of poses designed to build strength, improve flexibility, and cultivate mindfulness. Suitable for all levels, with variations offered. Ready to find your breath and be present? Join our dynamic vinyasa yoga class!

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114-H106 7 Sessions - \$119
Tuesdays, Jan 14 - Feb 25 9:30 - 10:30 am
Edina Community Center Door 3, Dance Studio

Easy Partner Dancing

No matter the occasion, you'll be prepared to dance! Be one of the best dancers at your next event, or just have some fun learning to dance together for an entertaining couples' activity. Try something new to add laughter & romance into your relationship. Learn mini-routines that are easy to remember & danceable to all your favorite songs. Dance the night away to rock, blues, country, pop, latin hits, classic ballroom & more! If you think you have no rhythm and 2 left feet, this is the perfect course for you! Couples stay



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dancing together & singles rotate with other singles. Casual, lightweight dress recommended.

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119-H100 4 Sessions - \$69
Sundays, Jan 19 - Feb 9 6:00 - 7:30 pm
Hopkins Center for the Arts Hopkins Center for the Arts

Easy Partner Dancing

No matter the occasion, you'll be prepared to dance! Be one of the best dancers at your next event, or just have some fun learning to dance together for an entertaining couples' activity. Try something new to add laughter & romance into your relationship. Learn mini-routines that are easy to remember & danceable to all your favorite songs. Dance the night away to rock, blues, country, pop, latin hits, classic ballroom & more! If you think you have no rhythm and 2 left feet, this is the perfect course for you! Couples stay dancing together & singles rotate with other singles. Casual, lightweight dress recommended.

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424-H405 4 Sessions - \$69
Thursdays, Apr 24 - May 15 6:30 - 8:00 pm
Eisenhower Community Center Eisenhower Community Center

First Wedding Dance

Make your first dance unforgettable with expert instruction from Jay! Trained with Arthur Murray dance, Jay will guide you through the Waltz, East Coast Swing, Rumba, and Hustle—perfect for wowing your guests on your big day or any special occasion. In Jay's class, you'll receive personalized attention in a lively group setting, ensuring you're confident and polished on the dance floor. Each session builds on the last, so you'll feel more comfortable and ready to shine. Students rave about Jay's patient, fun, and encouraging teaching style, calling him the "best instructor ever." With a reputation that even cruise lines worldwide recognize, Jay's expertise is unmatched. Whether you're preparing as a couple or flying solo, this class is open to everyone. Don't miss your chance to learn from one of the top dance instructors in the metro area—let Jay help you create a magical first dance!

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505-H500 2 Sessions - \$30
Mon May 5 & Mon May 12 6:30 - 8:00 pm



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Edina Community Center Door 3, Dance Studio

Fundamentals of Ballet -MWSB

Discover the fundamentals of ballet vocabulary and movement in a supportive, non-competitive environment. Ballet is an excellent way to build strength, flexibility, improve posture, balance, and reduce stress. This class is perfect for both teens and adults who prefer a slower pace or are returning to ballet after a break. Midwest School of Ballet's experienced instructors provide a traditional ballet format of barre and center work while emphasizing proper alignment, technique, musicality, and artistry. Fundamentals of Ballet/Beginning Ballet is for those who have never taken a ballet class before, or if you have taken a ballet class before but you don't remember the basics. This class would also be appropriate for beginners who needs to refresh their beginner basics or improve their technique. If you have any questions about what class to sign up for just email us and we can help. The most important thing is for all students to be doing ballet safely. communityed@edinaschools.org

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107-H100 4 Sessions - \$80
Tuesdays, Jan 7 - Jan 28 7:30 - 9:00 pm
Edina Community Center Door 3, Dance Studio

107-H200 4 Sessions - \$80
Tuesdays, Feb 4 - Feb 25 7:30 - 9:00 pm
Edina Community Center Door 3, Dance Studio

107-H300 4 Sessions - \$80
Tuesdays, Mar 4 - Mar 25 7:30 - 9:00 pm
Edina Community Center Door 3, Dance Studio

107-H400 4 Sessions - \$80
Tuesdays, Apr 8 - Apr 29 7:30 - 9:00 pm
Edina Community Center Door 3, Dance Studio

107-H500 4 Sessions - \$80
Tuesdays, May 6 - May 27 7:00 - 8:30 pm
Edina Community Center Door 3, Dance Studio

Intermediate Ballet I: Adult/Teen

This class is designed for people with knowledge of basic ballet steps, positions, and ballet technique and who are eager to both enjoy themselves and advance their skills. It offers a comprehensive ballet experience, emphasizing refinement of technique and an introduction to intermediate ballet steps. The seasoned instructor also ensures that students get a fulfilling workout as well as individualized attention aimed at enhancing ballet proficiency and building strength while prioritizing injury prevention. This class is available in person or online. Intermediate Ballet 1: This class is for dancers with enough ballet experience to be comfortable with beginner and intermediate barre steps and basic center work and positions. This class focuses on teaching intermediate center steps using the basic ballet technique learned in lower levels. If you have any questions about what class to sign up for just email us and we can help. The most



Adult Winter/Spring 2025

Class Descriptions

important thing is for all students to be doing ballet safely. communityed@edinaschools.org Kaethe Birkner: Kaethe is a professional ballet dancer and certified Pilates instructor through Balanced Body, with ten years of experience teaching ballet, Pilates, and stretching classes, and eight years of personal training. Her passion for ballet began at age two, followed by a love for Pilates during her ballet training. Kaethe integrates her expertise in ballet, Pilates, and physical therapy into her teaching, focusing on proper technique, injury prevention, and alignment. She tailors each class to the individual and group needs of her students, emphasizing hands-on corrections to engage both major and minor muscles. Kaethe aims to provide fun, full-body workouts that prioritize technique and safety. This is a hybrid class so you can attend in person or join online via Zoom or a mixture of both Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

109-H101 21 Sessions - \$420
Thursdays, Jan 9 - May 29 7:30 - 9:00 pm
Edina Community Center Door 3, Dance Studio

Latin Dance

Spice up your life with Latin Dance, taught by the incredible Jay! Trained by as an Arthur Murray instructor, Jay will lead you through the Rumba, Salsa, Cha-Cha, Tango, and Samba with flair and finesse. In this class, you'll enjoy the best of both worlds: individual attention in a fun group setting, making it easy to pick up those sultry steps. Each week builds on the last, so you'll feel more confident and ready to dance the night away. Students can't stop raving about Jay's teaching style, calling him "patient, fun, and the best instructor ever." It's no wonder—cruise lines around the globe seek him out for his unmatched expertise. Whether you're coming solo or with a partner, everyone is welcome in Jay's class. Don't miss out on the chance to learn from one of the top dance instructors in the metro area! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

407-H402 4 Sessions - \$30
Mondays, Apr 7 - Apr 28 7:30 - 8:45 pm
Edina Community Center Door 3, Dance Studio

Line Dance Basics

Spice up your dance skills with a fusion of classic and trending Latin-inspired line dances! Get moving to all-time favorites like "Copperhead Road" and groove to upbeat pop hits like "Crank It Up." This class is perfect for enhancing cardio fitness, balance, and coordination in a fun, welcoming atmosphere. No experience needed—just bring your energy and love for dance! All levels welcome! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952



Adult Winter/Spring 2025

Class Descriptions

106-H101 10 Sessions - \$100
Mondays, Jan 6 - Mar 24 1:30 - 3:00 pm
Edina Community Center Door 3, Dance Studio
No Class Jan 20 & Feb 17

106-H105 7 Sessions - \$70
Mondays, Apr 7 - May 19 1:30 - 3:00 pm
Edina Community Center Door 3, Dance Studio

Line Dance: Beyonce's Texas Hold 'Em

Ready to kick up your heels and add some flair to your line dancing? Join us for a lively evening of country line dancing set to Beyoncé's latest hit with a country twist! No partner needed—just bring your enthusiasm for a night full of fun, rhythm, and new moves!

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225-H200 1 Session - \$15
Tuesday, Feb 25 7:10 - 8:10 pm
Edina Community Center Door 3, Room 348

Line Dance: Dancing Queen

Calling all dancing queens (and kings)! Step into the spotlight for a joyful line dance class set to ABBA's timeless hit, "Dancing Queen." This fun, inclusive class invites everyone to dance at their own pace, soak in the music, and connect with others on the dance floor. No prior dance experience required—just bring your love for moving, grooving, and celebrating your inner dancing queen! Join us for an uplifting experience filled with laughter, music, and a whole lot of fun in a supportive, welcoming space.

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127-H101 1 Session - \$15
Monday, Jan 27 6:00 - 7:00 pm
Edina Community Center Door 3, Dance Studio

Mat Pilates: Adult/Teen

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



Adult Winter/Spring 2025

Class Descriptions

attend in person, join online via Zoom, or a combination of both!

Kaethe Birkner: Kaethe is a professional ballet dancer and certified Pilates instructor through Balanced Body, with ten years of experience teaching ballet, Pilates, and stretching classes, and eight years of personal training. Her passion for ballet began at age two, followed by a love for Pilates during her ballet training. Kaethe integrates her expertise in ballet, Pilates, and physical therapy into her teaching, focusing on proper technique, injury prevention, and alignment. She tailors each class to the individual and group needs of her students, emphasizing hands-on corrections to engage both major and minor muscles. Kaethe aims to provide fun, full-body workouts that prioritize technique and safety. Please read our [Adult Programming Overview page](#) for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

109-H103 21 Sessions - \$420
Thursdays, Jan 9 - May 29 6:15 - 7:15 pm
Edina Community Center Door 3, Dance Studio

Move 2 Music

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

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

108-H112 14 Sessions - \$100
Wednesdays, Feb 5 - May 14 9:00 - 9:50 am
Edina Community Center Door 3, Dance Studio
No Class Apr 02

Pilates Barre

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

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

107-H106 11 Sessions - \$172
Tuesdays, Jan 7 - Mar 18 9:15 - 10:15 am
Edina Community Center Door 3, Dance Studio

Pilates Barre



Adult Winter/Spring 2025

Class Descriptions

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

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

325-H301 8 Sessions - \$125
Tuesdays, Mar 25 - May 27 9:15 - 10:15 am
Edina Community Center Door 3, Dance Studio
No Class Apr 08 & Apr 15

Pilates Barre Plus

NEW look at Pilates. Balance, stretching, myofascial movements and strengthening. Exercises based on Reformer/Cadillac. Challenging for all levels.

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

320-H300 11 Sessions - \$172
Thursdays, Jan 9 - Mar 20 9:15 - 10:15 am
Edina Community Center Door 3, Dance Studio

Pilates Barre Plus

NEW look at Pilates. Balance, stretching, myofascial movements and strengthening. Exercises based on Reformer/Cadillac. Challenging for all levels.

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

328-H403 8 Sessions - \$125
Thursdays, Mar 27 - May 29 9:15 - 10:15 am
Edina Community Center Door 3, Dance Studio
No Class Apr 10 & Apr 17

Romantic Dance - Bridgerton Style

Learn to move in the romantic style of Bridgerton and add a touch of fantasy to your usual routine. The touch, the look, the embrace ...with an emphasis on grace and elegance; step back in time and discover a different kind of enchantment Couples only please.

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



Adult Winter/Spring 2025

Class Descriptions

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

127-H102 1 Session - \$40
Monday, Jan 27 7:10 - 9:00 pm
Edina Community Center Door 3, Dance Studio

Slow Intermediate Ballet-MWSB

This class is for students who want to refresh previously learned ballet vocabulary, already have some experience and are comfortable moving beyond an intro level, alongside other adults and teens. Ballet classes are a great way to gain strength and flexibility, improve posture and balance, and reduce stress in a noncompetitive atmosphere. Midwest School of Ballet's experienced instructors provide a traditional ballet format of barre and center work while emphasizing proper alignment, technique, musicality, and artistry. _____ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

108-H100 4 Sessions - \$80
Wednesdays, Jan 8 - Jan 29 6:00 - 7:30 pm
Edina Community Center Door 3, Dance Studio

108-H200 4 Sessions - \$80
Wednesdays, Feb 5 - Feb 26 6:00 - 7:30 pm
Edina Community Center Door 3, Dance Studio

108-H300 4 Sessions - \$80
Wednesdays, Mar 5 - Mar 26 6:00 - 7:30 pm
Edina Community Center Door 3, Dance Studio

108-H400 4 Sessions - \$80
Wednesdays, Apr 9 - Apr 30 6:00 - 7:30 pm
Edina Community Center Door 3, Dance Studio

108-H500 4 Sessions - \$80
Wednesdays, May 7 - May 28 6:00 - 7:30 pm
Edina Community Center Door 3, Dance Studio

Slow Intermediate Ballet-MWSB

This class is for students who want to refresh previously learned ballet vocabulary, already have some experience and are comfortable moving beyond an intro level, alongside other adults and teens. Ballet classes are a great way to gain strength and flexibility, improve posture and balance, and reduce stress in a noncompetitive atmosphere. Midwest School of Ballet's experienced instructors provide a traditional ballet format of barre and center work while emphasizing proper alignment, technique, musicality, and artistry. _____ Please read our Adult



Adult Winter/Spring 2025

Class Descriptions

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

111-H100 3 Sessions - \$60
Saturdays, Jan 11 - Jan 25 9:30 - 11:00 am
Edina Community Center Door 3, Dance Studio

111-H200 4 Sessions - \$80
Saturdays, Feb 1 - Feb 22 9:30 - 11:00 am
Edina Community Center Door 3, Dance Studio

111-H300 4 Sessions - \$80
Saturdays, Mar 1 - Mar 22 9:30 - 11:00 am
Edina Community Center Door 3, Dance Studio

111-H500 4 Sessions - \$80
Saturdays, May 3 - May 24 9:30 - 11:00 am
Edina Community Center Door 3, Dance Studio

Slow Intermediate Ballet-MWSB

This class is for students who want to refresh previously learned ballet vocabulary, already have some experience and are comfortable moving beyond an intro level, alongside other adults and teens. Ballet classes are a great way to gain strength and flexibility, improve posture and balance, and reduce stress in a noncompetitive atmosphere. Midwest School of Ballet's experienced instructors provide a traditional ballet format of barre and center work while emphasizing proper alignment, technique, musicality, and artistry. _____ Please read our Adult

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

111-H400 4 Sessions - \$80
Saturdays, Apr 5 - Apr 26 9:30 - 11:00 am
Edina Community Center Door 3, Dance Studio

Social Ballroom Dance 1: Waltz, Tango & Foxtrot

With so many unique dances on the social ballroom floor, your first question may be: where to start? Right here. Beginning with the very basics, you will learn the three core "smooth" styles of social partner dance: waltz, tango, and foxtrot. By our last class, you'll have enough moves to step confidently onto the floor at any of the Twin Cities' ballroom dance scenes! Partner dance is for everyone; come solo or with a partner and discover an entire community united by a love of good music and communication through dance! Our seventh session will be an outing to a one-hour practice party from 8-9 p.m. at Cinema Ballroom in St. Paul (small cover charge not included in price of course). Learn how to dance with Anne, a social and competitive ballroom dancer with seven years of teaching experience, specializing in collegiate and adult beginners. This course is part ONE of a two-part series. Enrollment in part two is not a requirement to



Adult Winter/Spring 2025

Class Descriptions

register. This is a 7-week series with classes on site and one social outing on the last day of class at the Cinema Ballroom in St. Paul. Check out this link to see what social ballroom dancing looks like: [Cinema Ballroom](#). Please read our [Adult Programming Overview page](#) for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

129-H100 7 Sessions - \$121
Wednesdays, Jan 29 - Mar 12 7:00 - 8:15 pm
Edina Community Center Door 3, Dance Studio

Social Ballroom Dance 2: Cha-Cha, Rumba & Swing

With so many unique dances on the social ballroom floor, your first question may be: where to start? Right here. Beginning with the very basics, you will learn the three core "rhythm" styles of social partner dance: cha-cha, rumba, and East coast swing. By our last class, you'll have enough moves to step confidently onto the floor at any of the Twin Cities' ballroom dance scenes! Partner dance is for everyone; come solo or with a partner, and discover art, self-expression, a great workout, and wonderful people, all in one place! Our seventh session will be an outing to a one-hour practice party from 8-9 p.m. at Cinema Ballroom in St. Paul (small cover charge not included in price of course). Learn how to dance with Anne, a social and competitive ballroom dancer with seven years of teaching experience, specializing in collegiate and adult beginners. This course is part TWO of a two-part series. Enrollment in part one is not required to register. This is a 7 week series with classes on site and one social outing on the last day of class at the Cinema Ballroom in St. Paul. Check out this link to see what social ballroom dancing looks like: [Cinema Ballroom](#). Please read our [Adult Programming Overview page](#) for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

409-H402 7 Sessions - \$121
Wednesdays, Apr 9 - May 21 7:00 - 8:15 pm
Edina Community Center Door 3, Dance Studio

Soulful Saturdays with Sound Bath: Start Strong

Start the new year with intention and tranquility at Soulful Saturdays. This revitalizing class blends the energizing flow of Vinyasa yoga with the deep relaxation of Yin yoga, guiding you through mindful movements and breathwork. As the session draws to a peaceful close, settle into meditation and experience the calming resonance of a sound bath, designed to align your body and mind for the year ahead. Whether you're seeking balance, inner peace, or simply a fresh start to your Saturday, this class will leave you grounded and ready to embrace the new year with clarity. All levels are welcome! Please bring a yoga mat, a blanket, water bottle, and pillow. Please reach out to Community Ed if you need assistance with those items. Please read our [Adult Programming Overview page](#) for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org phone: 952-848-3952



Adult Winter/Spring 2025 Class Descriptions

125-H109 1 Session - \$115
Saturday, Jan 25 9:00 am - 12:30 pm
Edina Community Center Door 3, Dance Studio

Swing Dance: One night of Fun

One night. One dance. A lifetime of fun! Experience the joy of Swing, a timeless dance filled with spins & turns that will take you from the sidelines onto the dance floor and into each other's arms! Couples only, please. _____ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

502-H500 1 Session - \$40
Friday, May 2 6:10 - 8:00 pm
Edina Community Center Door 3, Dance Studio

Tai Chi for Arthritis, Chronic Pain, & Balance

Tired of doing the same old exercises to reduce your chronic pain and/or improve your balance? Join us and learn a gentle way of moving that will improve your balance, range of motion, mental and physical capacity, and relaxation. You will also learn techniques to reduce your pain (whether or not from Arthritis), decrease your risk of falling, and improve your immunity. "Play Tai Chi" with us and improve your quality of life. _____ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

108-H103 19 Sessions - \$182
Wednesdays, Jan 15 - May 21 10:00 - 11:00 am
Edina Community Center Door 3, Dance Studio

Water Aerobics

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

407-H404 7 Sessions - \$85
Mondays, Apr 7 - May 19 7:15 - 8:15 pm
Valley View Middle School Door 1, VV Pool



Adult Winter/Spring 2025

Class Descriptions

Water Aerobics

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

409-H400 7 Sessions - \$85
Wednesdays, Apr 9 - May 21 7:15 - 8:15 pm
Valley View Middle School Door 1, VV Pool

Water Aerobics

Be part of something fun and motivating in the pool! We provide cardio, strength, endurance, stretching and music. Lots of gain, no pain. Feel refreshed and energized.

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106-H103 10 Sessions - \$120
Mondays, Jan 6 - Mar 24 7:15 - 8:15 pm
Valley View Middle School Door 1, VV Pool
No Class Jan 20 & Feb 17

Water Aerobics

Be part of something fun and motivating in the pool! We provide cardio, strength, endurance, stretching and music. Lots of gain, no pain. Feel refreshed and energized.

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108-H104 12 Sessions - \$144
Wednesdays, Jan 8 - Mar 26 7:15 - 8:15 pm
Valley View Middle School Door 1, VV Pool

Water Wellness

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

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



Adult Winter/Spring 2025

Class Descriptions

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407-H403 7 Sessions - \$85
Mondays, Apr 7 - May 19 9:15 - 10:15 am
Edinborough Park Pool

Water Wellness

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

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

408-H401 7 Sessions - \$85
Tuesdays, Apr 8 - May 20 9:15 - 10:15 am
Edinborough Park Pool

Water Wellness

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

410-H401 7 Sessions - \$85
Thursdays, Apr 10 - May 22 9:15 - 10:15 am
Edinborough Park Pool

Water Wellness

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

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

106-H106 6 Sessions - \$72
Mondays, Jan 6 - Feb 10 9:15 - 10:15 am



Adult Winter/Spring 2025

Class Descriptions

Edinborough Park Pool

Water Wellness

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

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

225-H201 5 Sessions - \$72
Mondays, Feb 24 - Mar 24 9:15 - 10:15 am
Edinborough Park Pool

Water Wellness

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

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

107-H102 6 Sessions - \$72
Tuesdays, Jan 7 - Feb 11 9:15 - 10:15 am
Edinborough Park Pool

Water Wellness

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

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

218-H201 6 Sessions - \$72
Tuesdays, Feb 18 - Mar 25 9:15 - 10:15 am
Edinborough Park Pool

Water Wellness

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



Adult Winter/Spring 2025

Class Descriptions

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109-H102 6 Sessions - \$72
Thursdays, Jan 9 - Feb 13 9:15 - 10:15 am
Edinborough Park Pool

Water Wellness

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

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220-H200 6 Sessions - \$72
Thursdays, Feb 20 - Mar 27 9:15 - 10:15 am
Edinborough Park Pool

Wedding Dance - Look great for that Special Day

It's never too soon to prepare! In this two-hour workshop, learn fun moves and simple tips to have you feeling comfortable and looking great on that special day! With the expert guidance of 3-time Ballroom Dance champion, Monica Mohn, you'll be dancing before you know it. Couples only please.

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310-H301 1 Session - \$40
Monday, Mar 10 7:10 - 9:00 pm
Edina Community Center Door 3, Dance Studio

Wu Style Tai Chi Chuan

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

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



Adult Winter/Spring 2025

Class Descriptions

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

108-H111 6 Sessions - \$60
Wednesdays, Jan 8 - Feb 12 7:00 - 8:00 pm
Edina High School Group Fitness Room / Wood Floor

Wu Style Tai Chi Chuan

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

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

312-H301 12 Sessions - \$120
Wednesdays, Mar 12 - May 28 7:00 - 8:00 pm
Edina High School Group Fitness Room / Wood Floor

Wu Style Tai Chi Chuan

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109-H108 6 Sessions - \$60
Thursdays, Jan 9 - Feb 13 11:00 am - 12:00 pm
Edina Community Center Door 3, Dance Studio

Wu Style Tai Chi Chuan

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

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313-H300 12 Sessions - \$120
Thursdays, Mar 13 - May 29 11:00 am - 12:00 pm
Edina Community Center Door 3, Dance Studio



Adult Winter/Spring 2025

Class Descriptions

Yoga for Core & Pelvic Floor Strength

In this class we will explore the foundational moves of the Restore Your Core® movement method. Through a mind-body lens, we will explore strength and mobility of the joints, core engagement, and how the breath contributes to healing. Students will learn new ways to bring more balance, strength, and mobility into the body, with the goal of reducing or eliminating core and pelvic floor injuries and dysfunction. Please bring a yoga mat and any other props you use in your practice. Some blocks and blankets will be available to borrow. Please note: A catalog error originally labeled this class as \$160 rather than \$80. We apologize for any confusion this may have caused.

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108-H110 4 Sessions - \$80
Wednesdays, Jan 8 - Jan 29 10:15 - 11:30 am
Edina Community Center Door 3, Dance Studio

Lifelong Learning

1st Time & 1st Gen Homebuyers: MN Grants & Funding Essentials

You can own your own home. In this class we will review the process of buying a home from A-Z as well as discuss unique funding that is only available to YOU- a first-time home buyer. With one program, it is possible to buy a home for as little as \$1000 of your own funds. You are generally a first-time buyer if you have not owned a home in the past 3 years.

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109-H100 1 Session - \$5
Thursday, Jan 9 7:00 - 9:00 pm
Edina Community Center Door 3, Welcome Center Conference Room

109-H300 1 Session - \$5
Thursday, Mar 13 7:00 - 9:00 pm
Edina Community Center Door 3, Welcome Center Conference Room

109-H500 1 Session - \$5
Thursday, May 15 7:00 - 9:00 pm
Edina Community Center Door 3, Welcome Center Conference Room

4 Enchanting French Escapes: Beyond Paris

Ever wonder why people fall in love with France? It's more than just Paris and the Eiffel Tower—France captivates with its diverse regions, each offering its own rich history, unique culture, and breathtaking



Adult Winter/Spring 2025

Class Descriptions

landscapes. Expand your horizons while you engage with others on an enriching journey through four captivating regions of France! You will discover Normandy, Loire Valley, Brittany, and Alsace-Lorraine with their unique histories, cultures, geography, and culinary delights. Together we will explore the highlights and hidden gems of each area, so you can stop dreaming and start booking your next flight! Libby Cecchi, fluent in French, has been leading trips to Europe for over 20 years and cannot wait to chat with you about France.

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107-H101 4 Sessions - \$95
Tuesdays, Jan 7 - Jan 28 6:00 - 8:00 pm
Edina Community Center Door 3, Room 317

Adults with Disabilities: My Choice, My Art, Me

Join us for this vibrant and inclusive art experience tailored to every skill level! In this engaging series, each participant will create up to 4 unique artworks using an array of mixed media of their choice—from bold acrylics and paint markers to expressive pastels and color pencils. With a cozy and person-centered class size limited to 6, you'll receive lots of one-to-one support and the freedom to choose your inspiration: whether it's your beloved pet, a mouth-watering dessert, or a favorite vacation spot—special requests are warmly welcomed. Have fun, grow your confidence and creativity, all while learning more about you! This class is designed for adults with developmental and/or intellectual disabilities and neurodiverse individuals. If student has a caregiver: This class is designed to help you support your client's creative journey without overshadowing their independence. We encourage you to be present to assist with their unique needs, while also allowing space for their own artistic expression to shine. Our instructors will guide the process, ensuring that students feel empowered to make their own artistic choices, explore their creativity, and enjoy a sense of accomplishment. Your role? To help when needed but let them lead the way!

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227-H104 5 Sessions - \$250
Thursdays, Feb 27 - Mar 27 6:00 - 7:30 pm
Edina Community Center Door 3, Room 170B (W/ Kitchen)

Air Fryer Veggies

Using an Air Fryer to cook vegetables is quick—and the healthy results are delicious! In this live online class Kirsten will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including Lemon Pepper Broccoli, Miso Sesame Kale Chips, and Roasted Sweet Potatoes. Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can cook along at your convenience. Check out what Kirsten's online cooking classes look like here: [Farm Fresh Feasts - YouTube](#)

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



Adult Winter/Spring 2025

Class Descriptions

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

422-H400 1 Session - \$26
Tuesday, Apr 22 6:30 - 8:00 pm
Your Home Online

Apéro en français

Practice your French while you enjoy a (non-alcoholic) drink with guidance and gentle correction from an Alliance Française instructor. Meet in the atrium on available Thursday evenings from 5:30 to 6:30 pm and bring your own nonalcoholic beverage. For students with some French experience.

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306-H302 2 Sessions - \$20
Thu Mar 6 & Thu Mar 20 5:30 - 6:30 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Apéro en français

Practice your French while you enjoy a (non-alcoholic) drink with guidance and gentle correction from an Alliance Française instructor. Meet in the atrium on available Thursday evenings from 5:30 to 6:30 pm and bring your own nonalcoholic beverage. For students with some French experience.

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410-H402 2 Sessions - \$20
Thu Apr 10 & Thu Apr 24 5:30 - 6:30 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Beginning Mah Jongg: April

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



Adult Winter/Spring 2025

Class Descriptions

still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

409-H404 4 Sessions - \$145
Wednesdays, Apr 9 - Apr 30 10:00 am - 12:30 pm
Edina Community Center Door 3, Room 3rd Floor Commons

409-H405 4 Sessions - \$145
Wednesdays, Apr 9 - Apr 30 6:30 - 9:00 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Beginning Mah Jongg: Daytime Bootcamp

New to Mah Jongg! Why not try this fun 4-day bootcamp. You'll be ready to play with the best of them after you take this course. _____ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

324-H300 4 Sessions - \$145
Mar 24, Mar 26, Mar 27 & Mar 28 10:00 am - 12:30 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Beginning Mah Jongg: Daytime Bootcamp

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210-H200 4 Sessions - \$145
Feb 10, Feb 12, Feb 13 & Feb 14 10:00 am - 12:30 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Beginning Mah Jongg: January

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



Adult Winter/Spring 2025

Class Descriptions

108-H107 4 Sessions - \$145
Wednesdays, Jan 8 - Jan 29 10:00 am - 12:30 pm
Edina Community Center Door 3, Room 3rd Floor Commons

108-H108 4 Sessions - \$145
Wednesdays, Jan 8 - Jan 29 6:30 - 9:00 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Beginning Mah Jongg: May

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

507-H500 4 Sessions - \$145
Wednesdays, May 7 - May 28 10:00 am - 12:30 pm
Edina Community Center Door 3, Room 3rd Floor Commons

507-H501 4 Sessions - \$145
Wednesdays, May 7 - May 28 6:30 - 9:00 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Beginning Woodshop: Women's

Develop your woodworking skills in a supportive, learning-oriented environment. This women only workshop will lead beginning woodworkers through a project that will help registrants learn the basics of woodworking. Individual hands-on instruction is provided. Registrants will all make the same project. (all project materials provided) Upon completion of their first project, each student will be able to choose a second project from a list provided. Beginners welcome! You do not need to take Woodworking Orientation prior to taking this class. Completing this course satisfies the Woodworking Orientation course requirement. ****PLEASE NOTE:** We are continually updating woodshop equipment and we are committed to safety. At the beginning of each new session of Open Woodshop and Women's Woodworking, all participants are required to participate in a safety review process and sign the acknowledgment within the Woodshop Handbook** Helpful suggestions: Bring a pencil. Ear and eye protection provided, but you can bring your own. You might find an apron useful. Avoid loose clothing. The Community Woodshop exists for learning and community-building. Commercial production for sale or profit is not consistent with our goals and mission and is not allowed.

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Class Descriptions

113-H103 9 Sessions - \$105
Mondays, Jan 13 - Mar 24 6:00 - 9:00 pm
Edina Community Center Woodshop
No Class Jan 20 & Feb 17

Breakfast Meal Prep

Need new make-ahead breakfast recipes to start your day in a healthy way? Join Kirsten live online from her kitchen where she'll demonstrate Air Fryer Poached Eggs, Instant Pot Steel-cut Oats, Chimichanga Breakfast Burritos, Overnight Breakfast Grain Bowls, Egg Bites 3 Ways, and more! Additional make ahead breakfast recipes included in the handout, and class is recorded so you can re-watch at your convenience. Check out what Kirsten's online cooking classes look like here: [Farm Fresh Feasts - YouTube](#)

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128-H100 1 Session - \$26
Tuesday, Jan 28 6:30 - 8:00 pm
Your Home Online

Brush & Bond

A painting class can be a delightful and memorable way for women to celebrate together. This step-by-step process will guide you to finish an acrylic canvas 8" x 10" flower bucket. Your colors, your style! My intention is to give boundary pushing experiences that help you to reconnect and interact openly with yourself and or with a loved one. Celebrating a milestone birthday or need a good Mothers' Day gift. Bring your friends or bring your mom and do art together.

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509-H500 1 Session - \$60
Friday, May 9 6:30 - 8:00 pm
Edina Community Center Door 3, Makers Space

Building Strong Communication in Any Relationship

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. Yana Stockman: Yana Stockman An International Clarity Coach/ Keynote Speaker. She has a Master's in psychology. She has taken courses from schools like Wharton, and Yale and has been coached by world-known leaders in the Personal Development industry. She is coaching on 4 continents and helps entrepreneurs, women, and immigrants declutter their



Adult Winter/Spring 2025

Class Descriptions

headspace and organize their heart space by finding a balance between professional success and personal well-being. HER MESSAGE: - by coaching I help Find Clarity & Simplicity in the moment of challenge & transition to make effective decisions and achieve goals.

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211-H201 1 Session - \$42
Tuesday, Feb 11 9:00 - 10:00 am
Your Home Online

Calm & Composed Yin Yoga: Tuesday

Unwind and Recharge with Yin Yoga Escape the daily rush and find deep relaxation with yin yoga. This introspective practice focuses on gentle stretches that target your body's connective tissues, leaving you feeling spacious and refreshed. Here's what you can expect: Passive Poses: Let gravity do the work as you sink into supported postures that target your joints, ligaments, and fascia. Inner Exploration: Cultivate qualities of surrender, patience, and acceptance as you connect with your breath and body sensations. Renewed Wellbeing: After class, you'll likely feel calm, centered, and ready to face your day with renewed energy. Ready to slow down and discover the power of stillness? Join our yin yoga class! Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

114-H110 7 Sessions - \$119
Tuesdays, Jan 14 - Feb 25 10:45 - 11:45 am
Edina Community Center Door 3, Dance Studio

Confident Communication

Confident Communication: 1st Impressions & Body Language | Unleash your inner orator and captivate any audience! Welcome to Confident Communication, where you will transform your speaking skills and exude charisma and confidence in every word. This dynamic, interactive course is designed to ignite your passion for public speaking and empower you to connect with others on a whole new level. From mastering the perfect first impression to learning how to walk, sit, and stand with elegance, our expert instructors will guide you through the art of powerful communication. You'll practice speaking clearly and confidently, ensuring your voice is heard loud and clear. Engage in fun and practical exercises to reinforce your newfound skills, turning theory into unforgettable practice. Prepare to step out of your comfort zone and into the spotlight. Whether you're a seasoned speaker looking to polish your skills or a beginner eager to conquer your fear of public speaking, this course is your gateway to becoming a confident, compelling communicator. Join us and watch your words work wonders!

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Class Descriptions

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

207-H200 1 Session - \$55
Friday, Feb 7 6:00 - 8:00 pm
Edina Community Center Door 3, Room 317

Discover & Discuss Vivre Vite by Brigitte Giraud

For students with an advanced level of French who can read and discuss a novel in French. Discover French contemporary literature. Winner of the renowned Prix Goncourt in 2022, Brigitte Giraud's *Vivre Vite* is a thoughtful look back at the details leading to the accident that killed her husband 20 years earlier. Using moving and precise language, she wonders what could have happened differently to prevent this tragedy; and was it part of their destiny from that start? Book not included in class price; available for purchase at a special rate at La Boutique at Alliance Française.

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417-H400 5 Sessions - \$260
Thursdays, Apr 17 - May 15 6:00 - 8:00 pm
Edina Community Center Door 3, Room 311

Discovering SoulCollage®

SoulCollage® is a fun and meaningful process that blends collage-making with personal exploration. Using images from magazines, you'll be able to collage two cards during our time on the way to creating your own unique deck, where each card represents a different aspect of yourself. This expressive process combines images, imagination, and intuition and is open to anyone; no previous art experience needed. Come and be drawn in by the images, guided on how to read your cards, and be surprised at the synchronicity and insights that emerge! Lisa Mer: Lisa Mer is a trained SoulCollage® facilitator who believes that symbols, images, and metaphors are powerful ways to give voice to our inner wisdom.

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130-H109 1 Session - \$50
Thursday, Jan 30 6:00 - 8:30 pm
Edina Community Center Door 3, Makers Space

Discovering SoulCollage®

SoulCollage® is a fun and meaningful process that blends collage-making with personal exploration. Using images from magazines, you'll be able to collage two cards during our time on the way to creating your own unique deck, where each card represents a different aspect of yourself. This expressive process combines images, imagination, and intuition and is open to anyone; no previous art experience needed. Come and be



Adult Winter/Spring 2025

Class Descriptions

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222-H200 1 Session - \$50
Saturday, Feb 22 9:30 am - 12:00 pm
Edina Community Center Door 3, Makers Space

Drum In Edina

Get ready to drum up some fun this May! The Edina Community Drum In invites everyone to join in, no experience required. Bring your own drum or anything you can tap, bang, or shake, and let's create a powerful rhythm together. This free event is open to all ages, offering a lively space to connect with others and enjoy the simple joy of making music. Come as you are, and let's drum as one! The cost for this event is \$5 or pay what you are able. Please reach out to Community Ed at 952-848-3952 or email us at communityed@edinaschools.org to discuss payment options.

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

508-H500 1 Session - \$5
Thursday, May 8 5:30 - 7:00 pm
TBD TBD

Dynamic Vinyasa Flow: Monday

Energize your body and mind in this invigorating 60-minute vinyasa class. Synchronize breath with movement as you flow through a sequence of poses designed to build strength, improve flexibility, and cultivate mindfulness. Suitable for all levels, with variations offered. Ready to find your breath and be present? Join our dynamic vinyasa yoga class!

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113-H104 9 Sessions - \$153
Mondays, Jan 13 - Mar 31 6:00 - 7:00 pm
Edina Community Center Door 3, Dance Studio
No Class Jan 20, Feb 17 & Mar 03

Edina C.U.B.E.



Adult Winter/Spring 2025

Class Descriptions

Edina C.U.B.E. is a one-hour language and culture course designed to bring people together to foster connection, understanding, belonging, and engagement (C.U.B.E.). Each session's focus is on one language/ culture. You will learn some basic language including greetings and other useful phrases. The instructor will share information about one aspect of their culture that they are passionate about. Finally, the class will end with a brief discussion around the notion that there is more that connects us than what separates us. Dates and topics are as follows: March 25 Somali | April 8 Spanish | April 15 French

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311-H302 1 Session - \$19
Monday, Mar 24 4:00 - 5:00 pm
Edina Community Center Door 3, Room 317

311-H303 1 Session - \$19
Tuesday, Apr 8 8:00 - 9:00 am
Edina Community Center Door 3, Room 317

311-H304 1 Session - \$19
Tuesday, Apr 15 8:00 - 9:00 am
Edina Community Center Door 3, Room 317

Empowering Routines for Health: 10-Week Transformation

Empowering Routines for Health: 10-Week Health Transformation Offered by Krista Maddock RN. Embark on a 10-week journey to intentionally transform your health through simple, everyday habits tailored to your unique wellness goals. With chronic diseases affecting millions of Americans, now is the time to take control of your well-being. Don't let this opportunity to transform your health slip away. Join us to unlock the power of small, consistent changes and pave the way for a healthier, more vibrant you. Your journey to wellness begins with a single step – take it today!

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115-H101 10 Sessions - \$142
Wednesdays, Jan 15 - Mar 19 10:00 - 11:00 am
Edina Community Center Door 3, Room 317

Europe at the Crossroads: Part 1

Europe at the Crossroads: NATO, Eastern Europe & Regional Stability | Europe is home to numerous organizations like NATO, the European Union, the Schengen Area, and the Eurozone, each playing a crucial role in regional stability and cooperation. This course delves into the history, purpose, and functions of these entities, offering a clear understanding of their significance in today's geopolitical landscape, especially in light of the ongoing conflict in Ukraine. Rick Olson: Rick Olson is a retired professional with a



Adult Winter/Spring 2025

Class Descriptions

variety of educational and life experiences. He has worked as an economist, an attorney, a certified financial planner, an agricultural loan officer, an agricultural cooperative president, a State Representative in Michigan and a public-school business manager. He obtained a Juris Doctor degree from Stanford Law School and completed the coursework in two Ph.D. programs (Agricultural Economics and Education Administration), but declined to write a thesis in either, so he is not a Ph.D. An avid traveler, he has been in 47 countries and in all 50 of the United States. He has flown to the Nakivale Refugee Settlement in Uganda three times since February 2020 to guide a non-profit organization he founded to assist the refugees at Best Future School (and now at four such learning centers). He has also led the effort on three Rotary International Global Grants for refugee settlement camps in Uganda. He is now also involved in support of the efforts of Sustainable Cambodia. He currently resides in Prior Lake, Minnesota, USA with his wife of 54 years, a retired school superintendent, and is the father of two boys, ages 45 and 43. Rick is also an adventurer, having climbed Mt. McKinley in Alaska in 1977, riding his bicycle across the USA in 2016, did a 19-day trek to the Base Camp of Mt. Everest in 2017, and climbed Mt. Kilimanjaro in Tanzania in 2019. He led Rotary International tours through Eastern Europe in 2019 and again in 2022.

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106-H108 1 Session - \$15
Monday, Jan 6 4:30 - 6:00 pm
Edina Community Center Door 3, Room 317

Europe at the Crossroads: Part 2

Europe at the Crossroads: NATO, Eastern Europe & Regional Stability | Explore the complex history of Eastern Europe, a region that has experienced significant turmoil due to its strategic position between major powers. This course examines the displacement of populations, the impact of wars, and the rise and fall of autocratic leaders. We'll analyze how these historical events have shaped the region and discuss what lessons, if any, can be applied to modern-day challenges in the United States. Rick Olson: Rick Olson is a retired professional with a variety of educational and life experiences. He has worked as an economist, an attorney, a certified financial planner, an agricultural loan officer, an agricultural cooperative president, a State Representative in Michigan and a public-school business manager. He obtained a Juris Doctor degree from Stanford Law School and completed the coursework in two Ph.D. programs (Agricultural Economics and Education Administration), but declined to write a thesis in either, so he is not a Ph.D. An avid traveler, he has been in 47 countries and in all 50 of the United States. He has flown to the Nakivale Refugee Settlement in Uganda three times since February 2020 to guide a non-profit organization he founded to assist the refugees at Best Future School (and now at four such learning centers). He has also led the effort on three Rotary International Global Grants for refugee settlement camps in Uganda. He is now also involved in support of the efforts of Sustainable Cambodia. He currently resides in Prior Lake, Minnesota, USA with his wife of 54 years, a retired school superintendent, and is the father of two boys, ages 45 and 43. Rick is also an adventurer, having climbed Mt. McKinley in Alaska in 1977, riding his bicycle across the USA in 2016, did a 19-day trek to the Base Camp of Mt. Everest in 2017, and climbed Mt. Kilimanjaro in Tanzania in 2019. He led Rotary International tours through Eastern Europe in 2019 and again in 2022.

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Class Descriptions

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

113-H100 1 Session - \$15
Monday, Jan 13 4:30 - 6:00 pm
Edina Community Center Door 3, Room 351

Fast Family Meals

Bring the family together around the dinner table with quick and satisfying meals. Perfect for busy nights, these dishes are packed with flavor and made with simple, everyday ingredients. In this live online class Kirsten will demonstrate Creamy Taco Soup in a pressure cooker, Turkey-stuffed Peppers or Vegetable Lasagna in an air fryer, and more! Handout will include additional recipes for inspiration, and class will be recorded so you can rewatch at your convenience. Join Kirsten and unlock the secrets to creating fast family meals that are as quick to prepare as they are to disappear from the plate! Check out what Kirsten's online cooking classes look like here: [Farm Fresh Feasts - YouTube](#)

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304-H300 1 Session - \$18
Tuesday, Mar 4 6:30 - 8:00 pm
Your Home Online

Financial Fitness 101: Budgeting, Credit, & Saving Strategies

Take control of your finances and build a solid foundation for your future! In this class, you'll explore essential financial skills, such as creating a budget, understanding credit, building and maintaining a strong credit score, and strategies for saving and sustaining financial stability. You'll also learn how often to check your credit and why it matters. By the end of the course, you'll have created a personalized budget spreadsheet to kick-start your new financial journey. Be sure to bring your financial information to class and get ready to design a plan that works for you! Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings. Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our [Adult Programming Overview](#) page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

307-H300 1 Session - \$55
Friday, Mar 7 6:00 - 8:00 pm
Edina Community Center Door 3, Room 317

Fly Tying 101

Learn the basic foundational techniques used in the art of tying a fly. Personal, detailed instruction from a



Adult Winter/Spring 2025

Class Descriptions

master fly tier including the how and why concerning tools, materials, hooks selection and what do flies represent to the fish. You will tie a minimum of 3 flies that will catch fish!

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303-H300 1 Session - \$75
Monday, Mar 36:00 - 8:00 pm
Edina Community Center Door 3, (Meeting Room)

Français par le jeu

Practice and improve your French with an Alliance Française instructor through classic and newer card and board games, word games and conversation. For students who can converse and complete basic tasks in French. No materials required.

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114-H101 5 Sessions - \$260
Tuesdays, Jan 14 - Feb 11 6:00 - 8:00 pm
Edina Community Center Door 3, Room 311

French for Travelers

Are you planning a trip to a French-speaking destination? Get ready for your trip and learn the basics of French with an Alliance Française instructor in our French for Travelers crash course! This class is for you if you have never studied French before. Booklet provided.

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115-H100 5 Sessions - \$260
Wednesdays, Jan 15 - Feb 12 6:00 - 8:00 pm
Edina Community Center Door 3, Room 315

French for Travelers

Are you planning a trip to a French-speaking destination? Get ready for your trip and learn the basics of French with an Alliance Française instructor in our French for Travelers crash course! This class is for you if you have never studied French before. Booklet provided.

Please read our Adult



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409-H403 5 Sessions - \$260
Wednesdays, Apr 9 - May 7 6:00 - 8:00 pm
Edina Community Center Door 3, Room 317

Great Decisions: AI & American Security: Adult

AI and American Security: The AI revolution is the leading edge of a larger high-tech revolution which promises to transform the world. Experts argue that international cooperation is needed to expand the opportunities these new technologies hold while protecting societies from their dangers. What are the key policy debates in this area, and what are the opportunities and limits on global AI rules of the road? How will the AI revolution impact American national security? What are its policy options to secure the benefits of AI and guard against its dangers? Christi Siver: is a Professor of Political Science at the College of Saint Benedict and Saint John's University. She did her undergraduate work at Lewis and Clark College in Portland, OR, her Masters in International Relations and International Economics at Johns Hopkins School of Advanced International Studies, and her Ph.D. in political science at the University of Washington. She teaches courses on international relations and international security. Her current research interests include international humanitarian law, military technology, and comparative law. The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program. _____ Please read our

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127-H005 1 Session - \$0
Monday, Jan 27 4:00 - 5:30 pm
Edina Community Center Door 3, Room 348

Great Decisions: After Gaza - American Policy in the Middle East

After Gaza - American Policy in the Middle East | The war in Gaza has brought the region to a crossroads. What are the possible outcomes of the war, and how might the United States use its influence to shape a long-term settlement that leaves both Israel and the Palestinians in a better position? How might Arab states in the wider region be brought into a settlement? What are America's interests in the Middle East and how can it advance them? Henry Berman: Henry Berman is a retired businessman, working for 34 years at Ecolab, a global company based in St Paul. Henry has personal ties to the Middle East Region and has spent much time there in the last decade. He has a strong interest in the ever-changing dynamics



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Class Descriptions

in this turbulent part of the world, including the emerging continent of Africa. The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program. _____ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

203-H200 1 Session - \$0
Monday, Feb 34:00 - 5:30 pm
Edina Community Center Door 3, Room 348

Great Decisions: Between China, the West, and the Global South.

Great Decisions: Between China, the West, and the Global South | China, the West, and the Global South are reshaping the global stage—but how does it affect your future? During this GD Coffee Hour we will explore the shifting dynamics of power, trade, and technology between these regions and why their relationships matter to you. From the impact on jobs and innovation to human rights and climate action, we'll dive into the global ripple effects of these evolving alliances Andrew Latham: Andrew Latham is Professor of International Relations and Political Theory at Macalester College, Saint Paul, MN; Non-Resident Fellow, Defense Priorities, Washington, DC; Senior Fellow, Institute for Peace and Diplomacy, Ottawa, CDA; and Opinion Contributor, The Hill, Washington, DC. Professor Latham's primary scholarly interests are in the areas of international relations and political thought. He regularly teaches courses on international security, Chinese foreign policy, regional conflict in the Middle East, regional conflict in the Asia-Pacific, medieval political thought, US foreign policy, and conservative political theory. His most recent publication is *Theorizing Medieval Geopolitics: War and World Order in the Age of the Crusades*. He has also published a novel about the Third Crusade entitled *The Holy Lance*. The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program. _____ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

317-H200 1 Session - \$0



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Class Descriptions

Monday, Mar 17 4:00 - 5:30 pm
Edina Community Center Door 3, Room 348

Great Decisions: Coffee Hour

Great Decisions is one of our most popular free adult events. NEW this winter we are offering a Great Decisions Coffee Hour at FRGMNT cafe in Eden Prairie. Some of your favorite Great Decisions speakers have agreed to moderate these informal discussions. It will be a much smaller group and a more informal setting than the Monday night series at the Edina Community Center. The Coffee Hour is free, but you can purchase coffee and baked goods at FRGMNT. The dates, times, speakers, and topics are listed here: February 8, 2025 8:30-10am | Todd Lefko moderates U.S Leadership and the World Economy: February 8, 8:30-10am. Todd is Todd, President of the International Business Development Company, brings 35+ years of experience in international relations, specializing in import-export and new technologies. He has published over 700 articles as a columnist for Rossiske Vesti and is on the editorial board of the Russian Historical Reporter. Todd has taught thousands of students at Minnesota universities and lectured globally, from Russia to China. A founder of Global Volunteers and Chair of East-West Connections, Todd's academic background includes a BA in History, MA in Public Administration, and studies at Harvard. March 8, 2025, 8:30-10am | Robert Scarlett moderates U.S. Changing Leadership of the World Economy. Robert is in charge of special projects for Hunter Scarlett Consulting. He has a background in international manufacturing & distribution as well as international NGO work. Fluent in English, German, Spanish, and Brazilian Portuguese. April 5, 2025, 4-5:30 pm | Christi Siver moderates AI and American Security: Christi is a Professor of Political Science at the College of Saint Benedict and Saint John's University. She did her undergraduate work at Lewis and Clark College in Portland, OR, her master's in international relations and international economics at Johns Hopkins School of Advanced International Studies, and her Ph.D. in political science at the University of Washington. She teaches courses on international relations and international security. Her current research interests include international humanitarian law, military technology, and comparative law. AI and American Security: The AI revolution is the leading edge of a larger high-tech revolution which promises to transform the world. Experts argue that international cooperation is needed to expand the opportunities these new technologies hold while protecting societies from their dangers. What are the key policy debates in this area, and what are the opportunities and limits on global AI rules of the road? How will the AI revolution impact American national security? What are its policy options to secure the benefits of AI and guard against its dangers? May 3rd, 2025, 4-5:30pm | Jay Shahidi moderates The Future of NATO and American Security: Jay Shahidi: Mehr "Jay" Shahidi is free-lance international affairs researcher, lobbyist, public speaker, consultant, human rights activist as well as a business owner. Jay has taught Great Decisions Courses for Global Minnesota and Foreign Policy Association since 2005. He is the Advocacy Chair and past president of the United Nations Association of USA, the Harold E. Stassen Chapter in Minnesota which is part of the United Nations Foundation. He also served on the National Council of the organization for three years and in 2019 was presented its Arnold Goodman Lifetime Achievement Award for 54 years of concerted advocacy of the UN mission and for his tireless humanitarian efforts. Jay has been an active member of Amnesty International and Minnesota Peace Project and has done citizen lobbying at all levels of government in US for over 51 years.

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



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Class Descriptions

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208-H200 4 Sessions - \$0
Sat Feb 8 & Sat Mar 8 8:30 - 10:00 am
FRGMNT Coffee FRGMNT Coffee
Sat Apr 5 & Sat May 3 4:00 - 5:30 pm
FRGMNT Coffee FRGMNT Coffee

Great Decisions: International Cooperation on Climate Change

International Cooperation on Climate Change | The 2015 Paris Agreement established a UN-sponsored framework for negotiations on climate change and global warming. In subsequent COP meetings, experts and political leaders have come together seeking common cause for this growing global crisis. What is the future of these efforts, and what have they yielded? What is the U.S. role in fostering cooperation on climate change? In a divided country, what are the possible futures for American policy leadership? Todd Lefko: Todd Lefko is an expert on Public Policy. In addition, he is a distinguished Bush Fellow and a member of the Russian American Business and Culture Council. Todd Lefko: Todd is President of the International Business Development Company, brings 35+ years of experience in international relations, specializing in import-export and new technologies. He has published over 700 articles as a columnist for *Rossiske Vesti* and is on the editorial board of the *Russian Historical Reporter*. Todd has taught thousands of students at Minnesota universities and lectured globally, from Russia to China. A founder of Global Volunteers and Chair of East-West Connections, Todd's academic background includes a BA in History, MA in Public Administration, and studies at Harvard. The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center, the Edina Library and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

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421-H400 1 Session - \$0
Monday, Apr 21 4:00 - 5:30 pm
Edina Community Center Door 3, Room 348

Great Decisions: The Future of NATO & European Security

Great Decisions: The Future of NATO & European Security | European security is more uncertain than it has been for decades. Putin's Russia has launched a war with Ukraine on its doorstep, and America's uncertain role as leader of NATO and security provider has been called into question with the failure of



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Class Descriptions

Congress to pass supplemental military support for Ukraine. What are Europe's options, and how might developments on both sides of Western Europe – in Ukraine and across the Atlantic – impact its choices? What are America's stakes in NATO and Europe's strategic dilemmas? Rick Olson: Rick Olson is a retired professional with a variety of educational and life experiences. He has worked as an economist, an attorney, a certified financial planner, an agricultural loan officer, an agricultural cooperative president, a State Representative in Michigan and a public-school business manager. He obtained a Juris Doctor degree from Stanford Law School and completed the coursework in two Ph.D. programs (Agricultural Economics and Education Administration), but declined to write a thesis in either, so he is not a Ph.D. An avid traveler, he has been in 48 countries and in all 50 of the United States. He has flown to the Nakivale Refugee Settlement in Uganda three times since February 2020 to guide a non-profit organization he founded to assist the refugees at Best Future School (and now at four such learning centers). He has also led the effort on three Rotary International Global Grants for refugee settlement camps in Uganda. He is now also involved in support of the efforts of Sustainable Cambodia. He currently resides in Prior Lake, Minnesota, USA with his wife of 54 years, a retired school superintendent, and is the father of two boys, ages 45 and 43. Rick is also an adventurer, having climbed Mt. McKinley in Alaska in 1977, riding his bicycle across the USA in 2016, did a 19-day trek to the Base Camp of Mt. Everest in 2017, and climbed Mt. Kilimanjaro in Tanzania in 2019. He led Rotary International tours through Eastern Europe in 2019 and again in 2022. Most recently he has completed the Camino de Santiago in its entirety. The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

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310-H300 1 Session - \$0
Monday, Mar 34:00 - 5:30 pm
Edina Community Center Door 3, Room 348

Great Decisions: U.S. Changing Leadership of the World Economy

Great Decisions: U.S. Changing Leadership of the World Economy: Under President Biden, the U.S. has advanced new ideas about trade, technology, industrial policy, competition with China, and the organization of the world economy. For most of the postwar era, the U.S. has tied its global leadership to cooperative agendas aimed at creating a more open-world trading system, but that has apparently come to an end. What are America's options and opportunities as a leader of the world economy? How will America's "foreign policy for the middle class" and strategic competition with China impact its leadership role? How can the postwar rules and institutions of the world economy be made safe for economic nationalism and great power competition? Rick Olson: Rick Olson is a retired professional with a variety of educational and life experiences. He has worked as an economist, an attorney, a certified financial planner, an agricultural loan officer, an agricultural cooperative president, a State Representative in Michigan and a public-school business manager. He obtained a Juris Doctor degree from Stanford Law School and completed the coursework in two Ph.D. programs (Agricultural Economics and Education Administration), but declined to



Adult Winter/Spring 2025

Class Descriptions

write a thesis in either, so he is not a Ph.D. An avid traveler, he has been in 48 countries and in all 50 of the United States. He has flown to the Nakivale Refugee Settlement in Uganda three times since February 2020 to guide a non-profit organization he founded to assist the refugees at Best Future School (and now at four such learning centers). He has also led the effort on three Rotary International Global Grants for refugee settlement camps in Uganda. He is now also involved in support of the efforts of Sustainable Cambodia. He currently resides in Prior Lake, Minnesota, USA with his wife of 54 years, a retired school superintendent, and is the father of two boys, ages 45 and 43. Rick is also an adventurer, having climbed Mt. McKinley in Alaska in 1977, riding his bicycle across the USA in 2016, did a 19-day trek to the Base Camp of Mt. Everest in 2017, and climbed Mt. Kilimanjaro in Tanzania in 2019. He led Rotary International tours through Eastern Europe in 2019 and again in 2022. Most recently he has completed the Camino de Santiago in its entirety. The Great Decisions program provides background information and policy options for the eight most critical issues facing America each year and serves as the focal text for discussion groups across the country. The Great Decisions program was created by the Foreign Policy Association. The mission of the Foreign Policy Association today, as it has been for over 100 years, is to serve as a catalyst for developing awareness, understanding, and informed opinion on U.S. foreign policy and global issues. Through its balanced, nonpartisan programs and publications, the FPA encourages citizens to participate in the foreign policy process. This program is brought to the community through a partnership with the Edina Senior Center and Edina Community Ed. The Friends of the Edina Library and Global Minnesota have graciously co-sponsored this program.

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

505-H501 1 Session - \$0
Monday, May 5 4:00 - 5:30 pm
Edina Community Center Door 3, Room 348

Happy 100th, Great Gatsby: Exploring the Great American Novel

Happy 100th, Great Gatsby: Exploring the Great American Novel! This spring marks one hundred years since the publication of F. Scott Fitzgerald's *The Great Gatsby*, and the best way to celebrate is by reading it again. We will examine the *Great Gatsby* with a fresh exploration of this perhaps greatest of American novels. Students should bring a copy of the book for the first class. Laura Landola: Laura Landola served on the Board and was a frequent lecturer for the non-profit Fitzgerald in St. Paul. She is a regular presenter at the International Fitzgerald Society Conference. _____ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

204-H201 4 Sessions - \$80
Tuesdays, Feb 4 - Feb 25 6:30 - 8:00 pm
Edina Community Center Door 3, Room 317

Instant Pot Sweets For Your Sweetheart

Get ready to impress your loved ones with delectable desserts made in your Instant Pot! Is your sweetheart



Adult Winter/Spring 2025

Class Descriptions

a chocoholic? Choose your adventure with 3 different versions of Chocolate Lava Cake. Does your Googly Bear avoid gluten? Treat them to Coconut Chai Rice Pudding. Looking for something light? Try a Lemon Spongecake! In this live online class Kirsten will use pressure cookers to demonstrate several desserts perfect for any occasion, especially when you want to show someone how much you care. This course caters to many dietary preferences, including vegan and gluten-free options, so everyone can indulge in these delightful treats. Handout includes additional recipes for inspiration and class will be recorded so you can re-watch at your convenience. Check out what Kirsten's online cooking classes look like here: [Farm Fresh Feasts - YouTube](#) Please read our [Adult Programming Overview](#) page for all info regarding registration, cancellation, and building info. [Adult Programs - Edina Community Ed \(edinaschools.org\)](#) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

204-H200 1 Session - \$26
Tuesday, Feb 4 6:30 - 8:00 pm
Your Home Online

Intermediate Tarot - The Major Arcana

Dive into the rich symbolism of the Major Arcana cards and discover new ways to deepen your tarot understanding through meditation, journaling, and structured study. Ideal for those who completed the Easy Tarot class or have some basic tarot experience, this class focuses on building a strong foundation for exploring each card in depth. We'll wrap up with a brief introduction to tarot spreads, but our primary focus will be on the Major Arcana. Please bring to class a Rider-Waite-Smith Universal Tarot deck. This is not an oracle or angel card class.

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

412-H400 1 Session - \$14.50
Saturday, Apr 12 9:30 - 11:30 am
Edina Community Center Door 3, (Meeting Room)

Joy of Exploration: SAORI Weaving with Chiaki O'Brien

Join local artist Chiaki O'Brien for SAORI Weaving this spring! This class is specifically designed for adults with disabilities, providing a supportive and inclusive environment for creative expression. Originally from Japan, Chiaki brings SAORI Weaving to participants ranging from small children to older adults. This modern Japanese weaving style has traveled along with her since she came to the United States in 2004. SAORI is a way of self-expression through weaving, and an opportunity to enjoy the moment of weaving with colors and textures! Chiaki will provide SAORI looms for the students to work on and she will facilitate and encourage students as they develop skills and enjoy the SAORI Weaving process. The aim of the workshop is for students to create a one-of-a-kind piece of woven art! This class is provided in partnership with COMPAS Arts. This class is provided in partnership with COMPAS Arts. If you wish to register past the start date on [March 5], please call the Community Ed office at 952-848-3952, and we will prorate the fee

Please read our [Adult Programming Overview](#) page for all info regarding registration, cancellation, and building info. [Adult](#)



Adult Winter/Spring 2025

Class Descriptions

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

305-M0013 4 Sessions - \$80
Tuesdays, Feb 4 - Feb 25 10:00 am - 12:00 pm
Edina Community Center Door 3, (Meeting Room)
No Class Feb 18
Tuesday, Feb 18 10:00 am - 12:00 pm
Edina Community Center Door 3, ECC Youth TBD

Labor & Birth Prep-The Final Countdown

Step confidently into parenthood with this comprehensive labor and delivery course, led by Karen and Chanda, two compassionate labor and delivery nurses who bring years of experience to guide you through the journey of childbirth. Together, they'll cover essential topics, from understanding labor induction and natural birth options to navigating pain management, cesarean birth, and each stage of labor. This is your time to ask questions, explore your options, and gain insights on how to best prepare. Bring a friend, your support person, or both, and join us for a warm, welcoming space where you can address any lingering concerns or fears. Our goal? To help you feel informed, supported, and ready to welcome your baby with confidence and calm. Come learn with us—you've got this!.

Please read our Adult

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

424-H401 1 Session - \$70
Thursday, Apr 24 6:30 - 8:00 pm
Edina Community Center Door 3, Room 315

Labor & Birth Prep-The Final Countdown

Step confidently into parenthood with this comprehensive labor and delivery course, led by Karen and Chanda, two compassionate labor and delivery nurses who bring years of experience to guide you through the journey of childbirth. Together, they'll cover essential topics, from understanding labor induction and natural birth options to navigating pain management, cesarean birth, and each stage of labor. This is your time to ask questions, explore your options, and gain insights on how to best prepare. Bring a friend, your support person, or both, and join us for a warm, welcoming space where you can address any lingering concerns or fears. Our goal? To help you feel informed, supported, and ready to welcome your baby with confidence and calm. Come learn with us—you've got this!.

Please read our Adult

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

115-H111 1 Session - \$70



Adult Winter/Spring 2025 Class Descriptions

Wednesday, Jan 15 6:30 - 8:00 pm
Edina Community Center Door 3, Room 317

Maker's Series: Mandala Stones

Unwind with an evening of creativity as we paint beautiful, mandala-inspired stones! No experience is needed—just bring yourself and enjoy a relaxing night of art. All supplies are provided, so you can fully focus on designing and painting your unique creations.

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324-H301 1 Session - \$45
Monday, Mar 24 6:00 - 8:30 pm
Edina Community Center Door 3, Makers Space

Maker's Series: Spring Felt Flower Wreath

Brighten up your home with a cheerful, handmade spring wreath! In this class, you'll learn to create a variety of felt flowers in the colors of your choice, perfect for adding a pop of color to any space. Your finished wreath makes a beautiful addition to your home or a thoughtful housewarming or host/hostess gift

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410-H403 1 Session - \$45
Thursday, Apr 10 6:00 - 8:30 pm
Edina Community Center Door 3, Makers Space

Makeup Bootcamp for Women 40 & Better

When was the last time you updated your makeup and beauty regimen? Has your skin changed over time? What about your hair color? Join this "boot camp" to update your look with tips and techniques for ageless beauty. Learn about a variety of products, some may be completely new to you, application, and the latest trends in makeup and skin care. Julie Sherman is a makeup artist with 30 years of experience. No products or services will be sold! This class is essential for busy, beautiful women who could use a little updating!

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117-H100 1 Session - \$35
Friday, Jan 17 6:30 - 8:30 pm



Adult Winter/Spring 2025 Class Descriptions

Edina Community Center Door 3, Room 317

Makeup Bootcamp for Women 40 & Better

When was the last time you updated your makeup and beauty regimen? Has your skin changed over time? What about your hair color? Join this "boot camp" to update your look with tips and techniques for ageless beauty. Learn about a variety of products, some may be completely new to you, application, and the latest trends in makeup and skin care. Julie Sherman is a makeup artist with 30 years of experience. No products or services will be sold! This class is essential for busy, beautiful women who could use a little updating!

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

312-H300 1 Session - \$35
Wednesday, Mar 12 6:30 - 8:30 pm
Edina Community Center Door 3, Room 317

New updated: Photo Organization - Print & Digital

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

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

317-H302 1 Session - \$24
Monday, Mar 17 6:30 - 8:30 pm
Edina Community Center Door 3, Room 317

Next Steps Playtime & Mah Jongg Coaching

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



Adult Winter/Spring 2025

Class Descriptions

205-H202 1 Session - \$32
Wednesday, Feb 5 10:00 am - 12:30 pm
Edina Community Center Door 3, Room 3rd Floor Commons

205-H203 1 Session - \$32
Wednesday, Feb 5 6:30 - 9:00 pm
Edina Community Center Door 3, Room 3rd Floor Commons

Next Steps Playtime & Mah Jongg Coaching

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

326-H300 1 Session - \$32
Wednesday, Mar 26 6:30 - 9:00 pm
Edina Community Center Room 3rd Floor Commons

Online Adult Conversational Spanish: Beginner

Want to learn or refresh your Spanish? This class builds conversational skills through interactive exercises, covering greetings, pronunciation, numbers, food, clothing, and likes. Grammar includes subject pronouns, the verb "estar", noun gender, and plurality. Classes feature cultural anecdotes and require Zoom access and basic computer knowledge. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org phone: 952-848-3952

218-H207 6 Sessions - \$145
Tuesdays, Feb 18 - Mar 25 6:00 - 7:00 pm
Your Home Online

Open Woodshop: M-F Mornings

Join a lively community of men and women committed to the craft of woodworking, and always available to lend advice and support. Our wood shop is equipped with major power equipment and hand tools as well as a paint room—all the tools you might need to complete your own projects. **PLEASE NOTE: We are continually updating woodshop equipment and we are committed to safety. At the beginning of each new session of Open Woodshop and Women’s Woodworking, all participants are required to participate in a safety review process and sign the acknowledgment within the Woodshop Handbook** Note - All participants must: have some experience in operating the equipment (including completion of our



Adult Winter/Spring 2025

Class Descriptions

Woodshop Orientation or Reorientation), be able to work independently, and be willing to volunteer as Woodshop Monitor several times during the session Helpful suggestions: Bring a pencil. Ear and eye protection provided, but you can bring your own. You might find an apron useful. Avoid loose clothing. The Community Woodshop exists for learning and community-building. Commercial production for sale or profit is not consistent with our goals and mission and is not allowed.

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

106-H109 104 Sessions - \$105
Mon-Fri, Jan 2 - May 30 8:00 am - 12:00 pm
Edina Community Center Woodshop
No Class Jan 20, Feb 17 & May 26

Open Woodshop: MWF Afternoons

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

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

106-H110 60 Sessions - \$105
Mon/Wed/Fri, Jan 6 - May 30 12:30 - 3:30 pm
Edina Community Center Woodshop
No Class Jan 20, Feb 17 & May 26

Open Woodshop: Tu, Thu, and Sat Mornings

Join a lively community of men and women committed to the craft of woodworking, and always available to lend advice and support. Our wood shop is equipped with major power equipment and hand tools as well as a paint room—all the tools you might need to complete your own projects on Tuesday, and Thursday evening and Saturday mornings. ****PLEASE NOTE:** We are continually updating woodshop equipment and we are committed to safety. At the beginning of each new session of Open Woodshop and Women's Woodworking, all participants are required to participate in a safety review process and sign the



Adult Winter/Spring 2025

Class Descriptions

acknowledgment within the Woodshop Handbook** Note - All participants must: have some experience in operating the equipment (including completion of our Woodshop Orientation or Reorientation), be able to work independently, and be willing to volunteer as Woodshop Monitor several times during the session Helpful suggestions: Bring a pencil. Ear and eye protection provided, but you can bring your own. You might find an apron useful. Avoid loose clothing. The Community Woodshop exists for learning and community-building. Commercial production for sale or profit is not consistent with our goals and mission and is not allowed. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

107-H105 65 Sessions - \$105
Tue/Thu, Jan 2 - May 29 6:00 - 9:00 pm
Edina Community Center Woodshop
Saturdays, Jan 4 - May 31 8:00 am - 12:00 pm
Edina Community Center Woodshop

Parenting with Less Conflict

Do you have conflicts around devices, homework, meals and bedtimes? Do you feel like you are working harder at solving these problems than your child? Then come learn new ways of being together that help your child develop the self-discipline to make good choices without using extrinsic rewards and punishments. This dynamic talk will leave you with an understanding that all behavior is purposeful and will help you identify what needs are getting met when kids are behaving in ways that are in conflict with the beliefs of your family. You will learn the tools from leading Parent Educators and Behavioral Psychologists that help create lasting behavioral change rather than relying on more reminders or supervision.

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203-H201 1 Session - \$10
Tuesday, Feb 4 6:30 - 8:00 pm
South View Middle School Dragseth Auditorium

Path to Growth: Transform Self-Defeating Patterns

Are you feeling stuck in a cycle of self-doubt and limiting beliefs? Join our Exclusive Mini-Retreat designed to help you break free from these internal barriers. Discover the hidden beliefs that are holding you back from achieving your goals and dreams. Learn to recognize and overcome self-defeating patterns that are preventing you from reaching your full potential. Develop a positive self-image and build the confidence you need to succeed. Create a personalized transformation plan, and step into your authentic self By the end of the day, you'll leave feeling empowered, inspired, and ready to embrace a life of limitless possibilities

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Adult Winter/Spring 2025

Class Descriptions

limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org
phone: 952-848-3952

315-H300 1 Session - \$115
Saturday, Mar 15 9:00 am - 12:00 pm
Edina Community Center Door 3, Room 311

Pause Café

Practice your French while you drink your morning café (or thé if you prefer!) with guidance and gentle correction from an Alliance Française instructor. Meet in the atrium on available Saturdays from 10 to 11 am and bring your own hot beverage. For students with some French experience.

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

222-H201 2 Sessions - \$20
Sat Feb 22 & Sat Mar 8 10:00 - 11:00 am
Edina Community Center Door 3, Room 3rd Floor Commons

Pause café

Practice your French while you drink your morning café (or thé if you prefer!) with guidance and gentle correction from an Alliance Française instructor. Meet in the atrium on available Saturdays from 10 to 11 am and bring your own hot beverage. For students with some French experience.

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

125-H100 2 Sessions - \$20
Sat Jan 25 & Sat Feb 8 10:00 - 11:00 am
Edina Community Center Door 3, Room 3rd Floor Commons

Re-Discover Le Petit Prince by Antoine de Saint-Exupéry

For students who can converse and feel comfortable reading and discussing a text in French. Discover a classic of French literature at an intermediate level. Re-read this classic or discover it in French for the first time! You thought it was a children's book? Give it a second look and find new layers of meaning. Join an Alliance Française instructor to appreciate the different layers of this tale of a small boy from an asteroid, his rose, a sheep, a fox and the pilot who finds him in the desert. Book not included in class price; available for purchase at La Boutique at Alliance Française.

Please read our [Adult Programming Overview page](#) for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office.



Adult Winter/Spring 2025

Class Descriptions

Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org phone: 952-848-3952

415-H400 5 Sessions - \$260
Tuesdays, Apr 15 - May 13 6:00 - 8:00 pm
Edina Community Center Door 3, Room 311

Red Cross First Aid & CPR

American Red Cross First Aid and CPR "blended" learning format. Participants will do online learning on their own. Hands on skills will be taught and assessed in the class. The in person session will be approximately 2.5 hours. _____ Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org phone: 952-848-3952

116-H100 3 Sessions - \$100
Thu Jan 23, Thu Feb 13 & Thu Mar 13 6:00 - 8:30 pm
Edina Community Center Door 3, Room 348
No Class Jan 30, Feb 06, Feb 20, Feb 27 & Mar 06

Seeing You for You: Self-Portraits with Katrina Knutson

Join local artist Katrina Knutson for self-portraiture class Thursday evenings this spring! This class is specifically designed for adults with disabilities, providing a supportive and inclusive environment for creative expression. Katrina brings six years of experience from Minneapolis' Interact Visual and Performing Arts Center, where she worked with adult artists with disabilities as a painting and drawing instructor, and curated the Inside Out Gallery. The connection between justice, creating, building, teaching, learning, and sharing is central to the way Katrina lives her life and the work she strives to accomplish. In this course, we will focus on self-study: looking at ourselves in the mirror and through photos, we will paint, draw, and collage images of ourselves. The final product will incorporate deeper reflections of who you are, using imagery to represent what we love, what we can do, and/or where we are from. This class is provided in partnership with COMPAS Arts. If you wish to register past the start date on [March 6th] , please call the Community Ed office at 952-848-3952, and we will prorate the fee.

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306-M0012 8 Sessions - \$160
Thursdays, Feb 6 - Mar 27 4:00 - 6:00 pm
Edina Community Center Door 3, Makers Space

Sewing Basics

Ready to stitch your way into a new hobby? Join "Sewing Knowledge 101" and discover the joy of creating with fabric! Whether you're a complete novice or have dabbled with a needle and thread, this class is



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Class Descriptions

designed to take you get you started. Learn the essentials of sewing, including machine operation, cutting fabric, hand stitches, measuring and pattern reading. Victoria will provide hands-on guidance, ensuring you master each step and feel proud. Plus, you'll join a vibrant community of fellow sewing enthusiasts to share tips, tricks, and inspiration. By the end of this beginner class you will be ready to conquer simple sewing projects on your own. If you have your own sewing machine please bring it. Please bring a basic sewing kit and any fabric scraps you have. Instructor will provide materials for class including a small sewing kit.

Victoria Anderson: Victoria Anderson is on a mission to bring essential life skills to everyone, from all walks of life! With her vibrant and engaging teaching style, she has inspired adults in a variety of settings.

Whether you're 25 and just starting out, or 55 and looking to fine-tune your skills, Victoria is here to help you shine. Ready to improve your people skills, elevate your dining experience, or master the basics of cooking and sewing? Victoria can do it all with flair and fun. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office.

Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org Phone: (952) 848-3952

117-H101 1 Session - \$60
Friday, Jan 17 6:00 - 8:00 pm
Edina Community Center Door 3, Makers Space

Shaping Our Future: Part 1

Shaping Our Future: Part 1: Climate Solutions | The impact of climate change is becoming increasingly visible worldwide. This course offers an objective examination of various strategies to address the climate crisis, including solar and wind energy, electric vehicles, green hydrogen, and nuclear power. We'll discuss the potential of these technologies to mitigate temperature rise, as well as explore methods for adapting to the changes already underway. Participants will gain a deeper understanding of the scientific and technological options available to combat climate change.

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205-H200 1 Session - \$15
Wednesday, Feb 5 4:30 - 6:00 pm
Edina Community Center Door 3, Room 317

Shaping Our Future: Part 2

Shaping Our Future: Part 2: Housing Challenges | As the population ages and birth rates decline, the demand for elder housing is increasing. This course explores the various housing options available for older adults, the challenges of affordability, and how these issues intersect with the broader housing market. We'll also consider the implications for younger generations and potential solutions to the affordability crisis. Rick Olson: Rick Olson is a retired professional with a variety of educational and life experiences. He has worked as an economist, an attorney, a certified financial planner, an agricultural loan officer, an agricultural cooperative president, a State Representative in Michigan and a public-school business manager. He obtained a Juris Doctor degree from Stanford Law School and completed the coursework in two Ph.D. programs (Agricultural Economics and Education Administration), but declined to



Adult Winter/Spring 2025

Class Descriptions

write a thesis in either, so he is not a Ph.D. An avid traveler, he has been in 47 countries and in all 50 of the United States. He has flown to the Nakivale Refugee Settlement in Uganda three times since February 2020 to guide a non-profit organization he founded to assist the refugees at Best Future School (and now at four such learning centers). He has also led the effort on three Rotary International Global Grants for refugee settlement camps in Uganda. He is now also involved in support of the efforts of Sustainable Cambodia. He currently resides in Prior Lake, Minnesota, USA with his wife of 54 years, a retired school superintendent, and is the father of two boys, ages 45 and 43. Rick is also an adventurer, having climbed Mt. McKinley in Alaska in 1977, riding his bicycle across the USA in 2016, did a 19-day trek to the Base Camp of Mt. Everest in 2017, and climbed Mt. Kilimanjaro in Tanzania in 2019. He led Rotary International tours through Eastern Europe in 2019 and again in 2022. Most recently he has completed the entirety of the "Camino de Santiago". Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org phone: 952-848-3952

212-H200 1 Session - \$15
Wednesday, Feb 12 4:30 - 6:00 pm
Edina Community Center Door 3, Room 315

Soulful Saturdays with Sound Bath: Spring into Summer

Awaken your body and soul as we transition from spring into the warmth of summer with Soulful Saturdays. This rejuvenating class combines the dynamic flow of Vinyasa yoga with the soothing stillness of Yin yoga, creating harmony through mindful movement and breath. As the season blossoms, let yourself unwind in meditation and bask in the healing sounds of a sound bath, helping you release what no longer serves you. Whether you're seeking renewal, inner peace, or a fresh weekend routine, this class will leave you grounded, refreshed, and ready to embrace the energy of summer. All levels are welcome! Please bring a yoga mat, a blanket, water bottle, and pillow. Please reach out to Community Ed if you need assistance with those items. Please read our Adult Programming Overview page for all info regarding registration, cancellation, and building info. Adult Programs - Edina Community Ed (edinaschools.org) Registration for all class sessions closes 3 days before the start date. Late Registration: If you miss the deadline but are still interested, you can contact the Community Ed office. Space may be limited, but we'll try our best to accommodate late registrations. Email: communityed@edinaschools.org phone: 952-848-3952

426-H600 1 Session - \$115
Saturday, Apr 26 9:00 am - 12:30 pm
Edina Community Center Door 3, Dance Studio

Tai Chi Ruler & Qigong Sampler

New to Tai Chi and/or Qigong? Or just interested in having fun and learning different exercises. Come and "sample" different Tai Chi Classes . You have an opportunity to try the following: Qigong, Yang Short Form; SUN Tai Chi for Arthritis, Chronic Pain, and Balance; Tai Chi Ruler; Tai Chi Bang Stick and Ball. No experience needed, just a curious and adventurous mind. Appropriate for most physical conditions. Wear comfortable, loose clothing, and flat shoes. No sandals please.

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127-H100 6 Sessions - \$71
Mondays, Jan 27 - Mar 10 2:00 - 3:00 pm
Edina Community Center Door 3, Dance Studio
No Class Feb 17

Tarot for Beginners

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

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405-H400 1 Session - \$14.50
Saturday, Apr 5 9:30 - 11:00 am
Edina Community Center Door 3, (Meeting Room)

The Art of Fine Dining: Etiquette & Elegance

Welcome to the Art of Fine Dining: Etiquette and Elegance where you will learn to dine like a pro. Imagine impressing friends, family, and colleagues with your impeccable dining skills—whether you're at a casual brunch, a fancy restaurant, or an elegant tea party. This course is your ticket to becoming the epitome of sophistication and grace at the table. Dive into the world of proper informal and formal dining, where you'll learn the art of navigating multi-course meals with ease. Discover the secrets to restaurant dining that will make you the most polished guest at any establishment. And, of course, no dining class would be complete without mastering the refined rituals of a tea party. But we won't just tell you about these skills; you'll practice them through engaging and interactive exercises. You'll leave this class not only knowing the rules but living them, ready to dazzle at any dining occasion. Join us and transform every meal into a delightful dance of decorum and confidence. Get ready to dine like a pro!

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509-H501 2 Sessions - \$55
Fri May 9 & Fri May 16 6:00 - 8:00 pm
Edina Community Center Door 3, Room 317



Adult Winter/Spring 2025

Class Descriptions

The Minoans: Greece Before the Greeks

This class will explore the history, culture, and especially the art of the first civilization in Europe: the Minoans of the island of modern-day Crete. This egalitarian, peace-loving civilization flourished from circa 3000 B.C. till 1200 B.C. Its impact on ancient Greece cannot be overestimated.

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305-H300 4 Sessions - \$40
Wednesdays, Mar 5 - Mar 26 6:00 - 7:00 pm
Edina Community Center Door 3, Room 348

The Organized Life: Tailor Your Daily Plan

Master Your Schedule: Create Plans that Work for You Tired of feeling like there aren't enough hours in the day? This interactive class will teach you how to design daily, weekly, and monthly schedules that actually work—tailored to your unique lifestyle! Daily Scheduling Made Simple: Break your day into manageable chunks and discover practical tips to stay on track. Cleaning Routines that Last: From daily tidying to monthly deep cleans, create a system that suits your home and habits. Personalized Planning: Bring your personal schedules to class, and we'll collaborate to fine-tune them to meet your needs. This isn't just a class—it's a hands-on experience. You'll leave with personalized tools, a sense of order, and even have some fun through creative activities. Get ready to transform chaos into clarity! Sign up today and take the first step toward a more organized, stress-free life.

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404-H400 1 Session - \$55
Friday, Apr 25 6:00 - 8:00 pm
Edina Community Center Door 3, Room 317

Thinking About Our Thinking: Uncovering Cognitive Biases

Cognitive biases influence our decision-making, often without us realizing it. In this course, you'll learn about the different types of biases, how they form, and their potential impact on your personal and professional life. Through discussions and practical exercises, we'll explore strategies to recognize and mitigate these biases, enhancing your ability to make informed decisions. Rick Olson: Rick Olson is a retired professional with a variety of educational and life experiences. He has worked as an economist, an attorney, a certified financial planner, an agricultural loan officer, an agricultural cooperative president, a State Representative in Michigan and a public-school business manager. He obtained a Juris Doctor degree from Stanford Law School and completed the coursework in two Ph.D. programs (Agricultural Economics and Education Administration), but declined to write a thesis in either, so he is not a Ph.D. An avid traveler, he has been in 48 countries and in all 50 of the United States. He has flown to the Nakivale Refugee Settlement in Uganda three times since February 2020 to guide a non-profit organization he founded to assist the refugees at Best Future School (and now at four such learning centers). He has also



Adult Winter/Spring 2025

Class Descriptions

led the effort on three Rotary International Global Grants for refugee settlement camps in Uganda. He is now also involved in support of the efforts of Sustainable Cambodia. He currently resides in Prior Lake, Minnesota, USA with his wife of 54 years, a retired school superintendent, and is the father of two boys, ages 45 and 43. Rick is also an adventurer, having climbed Mt. McKinley in Alaska in 1977, riding his bicycle across the USA in 2016, did a 19-day trek to the Base Camp of Mt. Everest in 2017, and climbed Mt. Kilimanjaro in Tanzania in 2019. He led Rotary International tours through Eastern Europe in 2019 and again in 2022. Most recently Rick has completed the entirety of the Camino de Santiago.

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224-H201 1 Session - \$15
Monday, Feb 24 4:30 - 6:00 pm
Edina Community Center Door 3, Room 351

Tiny Gardens, Big Impact

Attract pollinators in any space! Join Shao Chyi, Master Gardener for this gardening class. Mid-May is the perfect time to help pollinators thrive! Did you know that even the smallest garden can make a huge difference for pollinators like bees, butterflies, and birds? In this hands-on class, you'll learn how to create a pollinator-friendly space, no matter how small your yard or balcony. Discover the best plants for attracting pollinators, the importance of native species, and tips for sustainable gardening. Whether you're a beginner or experienced gardener, this class will leave you buzzing with excitement to transform your home into a haven for nature! You will leave with compostable starter plantings. Supply fee included in the cost of the course.

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512-H500 1 Session - \$15
Monday, May 12 10:00 - 11:00 am
Edina Community Center Door 3, Makers Space

Tiny Gardens, Big Impact

Attract pollinators in any space. Join Master Gardener Shao Chyi for this gardening class. Mid-May is the perfect time to help pollinators thrive! Did you know that even the smallest garden can make a huge difference for pollinators like bees, butterflies, and birds? In this hands-on class, you'll learn how to create a pollinator-friendly space, no matter how small your yard or balcony. Discover the best plants for attracting pollinators, the importance of native species, and tips for sustainable gardening. Whether you're a beginner or experienced gardener, this class will leave you buzzing with excitement to transform your home into a haven for nature! You will leave with compostable starter plantings. Supply fee included in the cost of the course.

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Adult Winter/Spring 2025

Class Descriptions

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515-H501 1 Session - \$15
Thursday, May 15 7:00 - 8:00 pm
Edina Community Center Door 3, Makers Space

Vision Board 2025

Unlock the power of vision boards to create the life you envision, whether you're looking to make small adjustments or embrace a complete transformation. In this hands-on workshop, you'll: Clarify your dreams and goals Manifest your ideal life Gain a guiding focus for the year ahead From setting meaningful goals to crafting an inspiring collage, this workshop is designed to help you bring your dreams to life. Join us to gather materials, spark ideas, and discuss strategies that make your vision board a practical and motivating tool for the year!

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110-H100 1 Session - \$50
Friday, Jan 10 6:30 - 8:00 pm
Edina Community Center Door 3, Makers Space

WELL-ME: Building Deep & Meaningful Connections

Thriving Together: Building Deep and Meaningful Connections in Midlife: Cultivating meaningful connections is essential to fostering community and vitality in midlife. Explore strategies for building and nurturing deep, supportive relationships that enrich your life and promote personal growth. Join us to discover how connecting with others can boost your well-being, improve your mental health, provide valuable support, and contribute to a more fulfilling and vibrant midlife. This is the fifth class in the WELL-ME (Women Empowered: Learning and Living vibrantly in Midlife) series. Midlife is a pivotal time in a woman's life, offering the opportunity to redefine what it means to live well and embrace the years ahead with strength, purpose, and community. WELL-ME "Women Empowered: Learning and Living Vibrantly in Midlife" is a new series that empowers you to live to your full potential with purpose and energy during this stage of life. During this transformative stage, you will learn the steps to prioritize your health, well-being, and personal growth. Living well in midlife is more than managing physical health—it's also about nurturing your emotional well-being, fostering meaningful connections, continuing to learn and grow, and advocating for others. By embracing a balanced lifestyle that honors your needs and aspirations, you will enhance your quality of life and set the stage for a vibrant and fulfilling future. Living well in midlife is about empowerment, mindfulness, resilience, and making intentional choices that help you live well and flourish for decades. Dive into our empowering community by signing up for the entire series or choose individual classes that spark your interest. Whether you're looking to explore a specific topic or connect with like-minded women, there's a perfect fit waiting for you. Start your journey today and embrace a vibrant midlife with support and inspiration!

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Class Descriptions

424-H400 1 Session - \$50
Thursday, Apr 24 6:30 - 8:00 pm
Edina Community Center Door 3, Room 317

WELL-ME: Crafting a Vision to Live Well & Flourish

Empowered Midlife: Crafting a Vision to Live Well and Flourish: How do you envision living in midlife? What do you desire? What adventures do you want to experience? How do you measure progress? Join us to crystalize what it means to live well in midlife and design a framework to flourish. This is the first class in the WELL-ME (Women Empowered: Learning and Living vibrantly in Midlife) series. Midlife is a pivotal time in a woman's life, offering the opportunity to redefine what it means to live well and embrace the years ahead with strength, purpose, and community. WELL-ME "Women Empowered: Learning and Living Vibrantly in Midlife" is a new series that empowers you to live to your full potential with purpose and energy during this stage of life. During this transformative stage, you will learn the steps to prioritize your health, well-being, and personal growth. Living well in midlife is more than managing physical health—it's also about nurturing your emotional well-being, fostering meaningful connections, continuing to learn and grow, and advocating for others. By embracing a balanced lifestyle that honors your needs and aspirations, you will enhance your quality of life and set the stage for a vibrant and fulfilling future. Living well in midlife is about empowerment, mindfulness, resilience, and making intentional choices that help you live well and flourish for decades. Dive into our empowering community by signing up for the entire series or choose individual classes that spark your interest. Whether you're looking to explore a specific topic or connect with like-minded women, there's a perfect fit waiting for you. Start your journey today and embrace a vibrant midlife with support and inspiration!

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116-H101 1 Session - \$50
Thursday, Jan 16 6:30 - 8:00 pm
Edina Community Center Door 3, Room 317

WELL-ME: Mindful Eating for Midlife

WELL-ME: Mindful Eating for Midlife: Nourishing Body & Soul | Reconnect with your body's natural hunger and fullness cues and discover a balanced, intuitive approach to eating. Midlife is the perfect time to ditch dieting and food restriction and embrace a positive relationship with food. Realize ways to eat that will nourish your body, rekindle your love for food traditions, and make mealtime enjoyable again!

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306-H300 1 Session - \$50
Thursday, Mar 6 6:30 - 8:00 pm
Edina Community Center Door 3, Room 317



Adult Winter/Spring 2025

Class Descriptions

WELL-ME: Mindset Reset

Mindset Reset: Embracing Strength and Confidence in Midlife: Shift your focus from numbers on the scale to building inner and outer strength. This transformative class guides you in redefining well-being by prioritizing physical empowerment and resilience over body size. Through expert-led strength training and mindset exercises, you'll learn to appreciate and cultivate your body's capabilities, fostering a positive self-image and achieving lasting wellness. This is the second class in the WELL-ME (Women Empowered: Learning and Living vibrantly in Midlife) series. Midlife is a pivotal time in a woman's life, offering the opportunity to redefine what it means to live well and embrace the years ahead with strength, purpose, and community. WELL-ME "Women Empowered: Learning and Living Vibrantly in Midlife" is a new series that empowers you to live to your full potential with purpose and energy during this stage of life. During this transformative stage, you will learn the steps to prioritize your health, well-being, and personal growth. Living well in midlife is more than managing physical health—it's also about nurturing your emotional well-being, fostering meaningful connections, continuing to learn and grow, and advocating for others. By embracing a balanced lifestyle that honors your needs and aspirations, you will enhance your quality of life and set the stage for a vibrant and fulfilling future. Living well in midlife is about empowerment, mindfulness, resilience, and making intentional choices that help you live well and flourish for decades. Dive into our empowering community by signing up for the entire series or choose individual classes that spark your interest. Whether you're looking to explore a specific topic or connect with like-minded women, there's a perfect fit waiting for you. Start your journey today and embrace a vibrant midlife with support and inspiration!

206-H200 1 Session - \$50
Thursday, Feb 6 6:30 - 8:00 pm
Edina Community Center Door 3, Dance Studio
Thursday, Feb 6 6:30 - 8:00 pm
Edina Community Center Door 3, Room 317

WELL-ME: Rest & Renew

WELL-ME: Rest & Renew: Mastering Better Sleep & Stress Relief | Enhance your well-being by improving your sleep and managing stress effectively. You'll explore practical strategies and techniques to achieve restful sleep and build resilience against midlife transitions and challenges. Discover how prioritizing these elements can lead to a more balanced and fulfilling midlife experience. This is the fourth class in the WELL-ME (Women Empowered: Learning and Living vibrantly in Midlife) series. Midlife is a pivotal time in a woman's life, offering the opportunity to redefine what it means to live well and embrace the years ahead with strength, purpose, and community.

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Class Descriptions

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

410-H404 1 Session - \$50
Thursday, Apr 10 6:30 - 8:00 pm
Edina Community Center Door 3, Room 317

We Need to Talk: Family Conversations with Older Drivers

How do you know when it's time for your loved one, patient, or resident to limit or stop driving? Don't worry, this seminar can help! "We Need to Talk" is produced by AARP and based on information created jointly by the Hartford and MIT AgeLab. This seminar is facilitated by a trained volunteer and offers practical tips and advice about having a family conversation with older drivers.

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409-H406 1 Session - \$0
Wednesday, Apr 9 7:00 - 8:00 pm
Edina Community Center Door 3, Room 311

Woodshop Orientation

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

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113-H102 3 Sessions - \$105
Jan 6, Jan 8 & Jan 10 6:00 - 9:00 pm
Edina Community Center Woodshop



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Class Descriptions

Woodshop: Advanced Women's Woodworking

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

115-H102 9 Sessions - \$105
Wednesdays, Jan 15 - Mar 12 6:00 - 9:00 pm
Edina Community Center Woodshop

Writers' Group

Creative writers of all genres are invited to discover and hone their writing skills in this monthly writers' group. Two weeks before each scheduled class, you will receive a prompt from the instructor, which you may use to prepare a piece for class or write something entirely on your own. One week before class, you will email your writing to the instructor, who will send all submitted pieces to the entire group for review. During class, the group will discuss each writer's work respectfully with a focus on constructive feedback, growth and encouragement. This class, formerly taught by Maureen Millea Smith, will be taught by Johanna Buch, a friend and writing peer of Maureen's.

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

114-H102 5 Sessions - \$120
Tue Jan 14, Tue Feb 11, Tue Mar 11, Tue Apr 8 & Tue May 13 6:00 - 8:00 pm
Edina Community Center Door 3, Welcome Center Conference Room
No Class Jan 21, Jan 28, Feb 04, Feb 18, Feb 25, Mar 04, Mar 18, Mar 25, Apr 01, Apr 15, Apr 22, Apr 29 & May 06

You Can Teach Community Ed Classes

Do you have a special skill, interest, knowledge or hobby you'd like to share with your neighbors? Professional certification is not required; passion and enthusiasm are a must! Edina Community Education is always looking for enthusiastic teachers and new class ideas that help meet the needs of learners of all ages, stages, abilities, and interests. Come and learn what it takes to be a great community education instructor. Take in a short presentation and discussion facilitated by Edina Community Education Staff.



Adult Winter/Spring 2025

Class Descriptions

We'll answer your questions and help you refine ideas. Our course catalog isn't complete without you. Join us! Heather Larson: Heather has been teaching for most of her adult life. Whether it's teaching adults or youth, she is passionate about the profession and eager to share helpful tips and strategies.

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127-H103 1 Session - \$0
Monday, Jan 27 9:30 - 10:30 am
Edina Community Center Door 3, Room 317

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205-H201 1 Session - \$0
Wednesday, Jan 22 4:30 - 5:30 pm
Edina Community Center Door 3, Room 317

Sweethearts' Community Dance

Sweethearts' Community Dance Come one, come all to Edina Community Ed's Sweethearts' Dance! Whether you're dancing with a special someone, your best friends, or flying solo, this all-community event is for everyone! Held in the Normandale Elementary School gym, the evening promises to be full of fun, laughter, and sweet memories. Grab your dancing shoes and enjoy a night of music, movement, and community connections. No matter your age or dance experience, you're welcome to join the fun!

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213-H213 1 Session - \$5
Thursday, Feb 13 6:00 - 8:00 pm



Adult Winter/Spring 2025 Class Descriptions

Edina Community Center Auditorium

Partnerships

Connections Cafe

New to Edina Community Ed this year. Come join us on the 3rd floor in the atrium to connect and have conversations with other folks from Edina. Whether you've lived here your whole life or just moved to Edina, it's a space for all! Bring your favorite hot or cold beverage while you relax and chat for 30 minutes. If you have something you like to bake that you want to share, you are welcome to bring it. That's fine if you just bring yourself and your smiling face too! Let's connect Edina!

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108-H101 8 Sessions - \$0
Tuesdays, Jan 14 - Apr 1 8:00 - 8:45 am
Edina Community Center Door 3, Room 3rd Floor Commons
No Class Mar 04, Mar 11, Mar 18 & Mar 25

108-H102 7 Sessions - \$0
Thursdays, Jan 16 - Feb 27 8:00 - 8:45 am
Edina Community Center Door 3, Room 3rd Floor Commons