

Winter/Spring 25

Arts

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 Millennials, GenX, and Baby Boomers' unique needs, as every generation's photo situation differs. 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! Kathy Povolny For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

Kathy has been teaching photo related classes for over 25 years. She has interests in genealogy and photography.

AECE28 Thu May 8
\$20 1 Session 6:30 - 8:30 PM
John Glenn MS, 263 Multipurpose (west)

Community Events

Crazy Daisy: Singing Cowgirl

Join The Singing Cowgirl, Lisa Murphy, for an afternoon of heartwarming Western music and storytelling at The Gladstone Senior Center! With her John Denver-inspired style, Lisa brings classic tunes, original songs, and nostalgic tales of the American West. Enjoy this lively, engaging show along with complimentary coffee and cookies—perfect for those who love the charm of country classics.

AESE8 Fri Apr 25
\$10 1 Session 3:30 - 4:30 PM
Gladstone CC, Gym

Senior Restaurant Sampler

Each Thursday at 11:45 am Seniors can come pick up samples of food from local restaurants that have been donated. Currently Panera Bread and Olive Garden.

SRRES Thu Jan 9 - Jun 5
\$0 20 Sessions 11:45 AM - 12:15 PM
Gladstone CC, Kitchen
No Class 03/13 & 05/29

Community Events - Discounted Tickets

& Juliet

This hilarious new musical flips the script on the greatest love story ever told. & Juliet asks what would happen next if Juliet didn't end it all over Romeo? Get whisked away on a fabulous journey as she ditches her famous ending for a fresh beginning and a second chance at life and love—her way. Orpheum Theatre, 910 Hennepin Ave., Minneapolis, MN 55403

YEW25-0516 Fri May 16
\$83 1 Session 7:30 - 10:30 PM
Orpheum Theater,

Hadestown

Hadestown intertwines two mythic tales - that of young dreamers Orpheus and Eurydice, and that of King Hades and his wife Persephone - as it invites you on a hell-raising journey to the underworld and back. Orpheum Theatre, 910 Hennepin Ave., Minneapolis, MN 55403

YEW25-0216 Sun Feb 16
\$66 1 Session 6:30 - 9:30 PM
Orpheum Theater,

Creative Expressions

Acrylic Painting (VIRTUAL)

Learn to paint a different quick and expressive acrylic painting with one brush and a limited color palette. Working quickly allows colors to blend and brush strokes to show, creating dynamic results in your acrylic paintings. Vanessa Merry AECE20A - Saturday, January 11 - AECE20B - Saturday, February 1 - AECE20C - Saturday, April 19 - Acrylic Painting supplies needed: 8x10 inch canvas cup of water paper towels Utrecht Filbert Brush 16 acrylic paint colors - good paint brands are Winsor & Newton, Liquitex, Blick, Golden and Gamblin - Titanium white - Mars Black - Cobalt Blue - Cadmium Red Medium Hue - Cadmium Yellow Medium Hue

Vanessa began painting when she was a child. Over the years, she has studied the methods of the great masters in Italy. Her popular Pet Portrait classes are sellouts wherever presented.

AECE21A Sat Jan 11
\$19 1 Session 10:00 AM - 12:00 PM
Online Course,

AECE21B Sat Feb 1
\$19 1 Session 10:00 AM - 12:00 PM
Online Course,

AECE21C Sat Apr 19
\$19 1 Session 10:00 AM - 12:00 PM
Online Course,

Adult-Child Paint Date- Love you always (adult with student in K through 5th grade)

A parent-child paint date is a fun and creative activity that allows parent and children to bond while exploring their artistic side together. In this type of class, parents and children work together to create a painting. The class is designed to be interactive and engaging, with the instructor providing step-by-step guidance on painting techniques and offering tips and tricks to create a cohesive Fall Theme Painting on a 9x12 in canvas. There is an additional \$20 Supply Fee Payable to the instructor in class. - Acrylic Studio Art For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The classrooms are down the first hallway on the left.

Swetha Avula is a professional artist specializing in creating art inspired by Nature - Landscapes, Flowers, Beaches, Sunsets. A strong believer that art has the strength to Inspire, Challenge and provide Happiness. Swetha was drawn to art at an early age influenced by her grandfather - A famous oil painter from Hyderabad, India. Raised in India and moved to the United States in early 2000's has provided unique blended experiences across multiple cultures and geographies. Her works of art when displayed, tend to brighten up things, bring out calm and positive energy while removing negativity.

AECE5Mon May 5
\$35 1 Session 5:30 - 7:30 PM
Gladstone CC, 107A

Amazing handmade greeting cards

Create beautiful handmade greeting cards perfect for any occasion in this engaging workshop! Using an array of stamps, ink, ribbons, gems, and stunning papers, you'll learn to craft personalized cards that convey your heartfelt messages. Join us to express your unique style and spread joy through your handmade creations!

AECE33 Mon Apr 7
\$29 1 Session 6:00 - 8:00 PM
Stillwater Area HS, A104 (Art Drawing)),

Barbie Line Dance-NEW!

Love the movie? Learn those fun Barbie moves to this inspiring dance with its upbeat disco track by Dua Lipa and "Dance the Night" away. No partner needed for a night of fun. Children 8+ can attend with a registered adult.

Monica Mohn, a "USA Dance" National Ballroom champion, and 2-Time nominee in Minnesota Bride "Best Of" Awards for Wedding Dance Instruction, makes it easy and fun to learn dance for all levels. She's coached competitive ballroom dance teams, choreographed flash mobs for MN based Fortune 500 companies, and dance routines for local MN bands.

AECE23 Thu Feb 27
\$20 1 Session 6:00 - 7:00 PM
Matoska Int'l Word School: Cafeteria,

Beginner Country 2-Step-NEW!

Learn to dance and meet new friends while having fun! Whether you're attending our weekly open Country Dance Nights, or at the local bar, it's hard to sit and watch when Country 2-Step music comes on! Learn with a partner the basics of this traveling dance with some spins and turns, and other patterns.

AECE25 Wed Jan 8 - Jan 29
\$60 4 Sessions 7:00 - 7:50 PM
Dance and Entertainment Studios,

Beginner Line Dance-NEW!

Get ready to move, groove, and learn the basics of line dancing in this high-energy, beginner-friendly class! You'll master fundamental steps, build confidence, and revisit favorite dances each week. With no experience or partner needed, you'll be amazed at how fun fitness can be—improving your memory, balance, and coordination while having a blast!

AECE31A Wed Feb 5 - Feb 26
\$45 3 Sessions 6:00 - 6:50 PM
Oak Park Learning Center,
No Class 02/12

AECE31B Wed Mar 5 - Apr 2
\$45 3 Sessions 6:00 - 6:50 PM
Oak Park Learning Center,
No Class 03/12 & 03/26

AECE31C Wed Apr 9 - Apr 23
\$45 3 Sessions 6:00 - 6:50 PM
Oak Park Learning Center,

Beginner Salsa-NEW!

Heat up the night learning some sizzlin' hot Salsa dancing with us! You will learn all the basic patterns needed to get you dancing right away, plus some additional flashy moves to show off to your friends! Learn to dance and meet new friends while having fun!

AECE30 Tue Feb 4 - Feb 25
\$60 4 Sessions 7:00 - 7:50 PM
Dance and Entertainment Studios,

Beyond the Bobbin - Construction Fundamentals

Do you have a basic understanding of your sewing machine and would like to advance your skills? Join us for this fun, informative class where you'll come away with a good understanding of sewing terms, learn how to make button holes and attach zippers, practice gathering, insert elastic, and hemming. bring supplies listed online. \$10 supply fee paid to instructor the first class. Supplies needed: Sewing machine (manual, if you have it), thread, fabric scissors; seam ripper, pins. Sandra Bengtson For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

Sandra Bengtson, owner of Avant Garb Fashions, was fortunate to learn how to sew by her mother at age eight. Decades later, Sandra's passion for sewing has paved the way to fulfilling a lifelong dream; teaching others. As her mother did for her, Sandra is committed to spread her love of sewing. Sandra believes that providing a warm, inclusive classroom environment with fun and laughter, maximizes the learning experience and may even foster new friendships.

AECE10 Thu Mar 20 - Apr 3
\$70 3 Sessions 6:00 - 8:30 PM
John Glenn MS, 263 Multipurpose (west)

Beyond the Bobbin - Pattern Fundamentals

If you know how to use a sewing machine, but are lost when it comes to reading and following a sewing pattern, this class is for you. Learn how to understand envelope information as well as the ins and outs of pattern piece layout and cutting. From start to finish, Sandra will guide you through a step-by-step process that will demystify pattern directions. Leave class with a good start on a sewing project. Supply List: Week 1: Simple beginner sewing pattern fabric scissors or rotary cutter and mat. Week 2-3: Supplies from Week 1. Fabric and notions (discussed Week 1) sewing machine (manual, if you have it), thread seam ripper pins measure tape or ruler For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

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AECE12 Tue May 6 - May 20
\$75 3 Sessions 6:00 - 8:30 PM
John Glenn MS, 263 Multipurpose (west)

Bill Alexander Oil Painting

Paint like Bill Alexander! Come learn the technique of the original "Happy Painter" on PBS who won an Emmy Award. Bill Alexander influenced millions to paint and taught thousands, including Bob Ross. If you think you can't paint, we'll prove you can!

Kevin Klein is a graduate of Alexander Art's Master Class Program. His teachers include direct students of Bill Alexander: Tom Anderson, Buck Paulson, and Steve Ross. He got his start with Kristi Nelson and currently studies with master artist, Eric Armusik.

AECE23A Thu, Fri, and Sat Mar 20 - Mar 21
\$70 3 Sessions 6:00 - 9:00 PM
John Glenn MS, 231 Art

AECE23B Thu, Fri, and Sat May 8 - May 9
\$70 3 Sessions 6:00 - 9:00 PM
John Glenn MS, 231 Art

Brazilian Rhythms Dance Class-NEW!

Join Our Fun Brazilian Dance Class! Are you ready to have fun, relax, and move your body? Learn the dynamic and captivating steps of Brazilian rhythms. Enjoy a lively and supportive environment that will keep you smiling. Get a great workout while dancing to upbeat and infectious music. Let the music and movement melt away your stress and worries. What to Bring: Comfortable clothing, water, and your best dance moves! Whether you're a seasoned dancer or a complete beginner, our class is designed for everyone. Come shake off the stress and groove to the beat with us. Let's dance and have a blast! Life is better when you dance!!!!

I graduated in Dance and Body Movement and I've been dancing since I was 5 years old. I'm 49 years old and in 2018 I created a dance project in Brazil focus in teach all Brazilian rhythms and Ballet to kids, teenagers, adults and elderly. Our classes are more about moving your body and having fun than just learn Brazilian rhythms and music. We will get together to know more people and learn a little about Brazil.

AECE20A Thu Mar 20 - Apr 17
\$60 5 Sessions 7:00 - 8:00 PM
Gladstone CC, Gym

AECE20B Thu Apr 24 - May 22
\$60 5 Sessions 7:00 - 8:00 PM
Gladstone CC, Gym

Cascading Plant Hanger-NEW!

Create a simple, yet eye-catching plant hanger that displays three natural or artificial plants. Hang it on a porch or shed or enjoy it in your home office or sunroom. Perfect for indoors or outdoors. A variety of subtle, colorful and whimsical canvas fabrics will be available for you to choose from. Basic sewing skills recommended. \$25 supply fee paid to instructor. Supply List Sewing machine All-purpose thread Fabric scissors or rotary cutter and mat Ruler Seam Ripper Universal sewing machine needle, size 14 or 16 Pins For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

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AECE14 Thu May 1
\$40 1 Session 6:00 - 8:30 PM
John Glenn MS, 263 Multipurpose (west)

Cold Process Soap Making-NEW!

Join John Hanson, North High Class of '71, owner of Longfellow Soap Company, to learn how soap is made. This is a lecture / demonstration class as lye is used in the process. Each student receives a detailed manual of ingredients, equipment, process, and sources for these things and takes home three bars of finished soap. John Hanson For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

After graduating from North High in 1971 I went to Augsburg College to sing in the choir and complete a less than useful degree in Political Science. This was followed by careers in retail and woodworking. I started my soap company after retiring and now have 13 stores selling my soap. I also teach stained glass classes.

AECE6Tue Mar 18
\$60 1 Session 6:00 - 9:00 PM
John Glenn MS, 284 FACS

DIY- Moss Art-NEW!

Welcome to the Moss Tree Art Class! In this creative and immersive course, you will embark on a unique artistic journey inspired by the beauty of dry moss-covered trees. This class is designed for artists of all levels, from beginners to experienced creators, who wish to explore nature's wonders through their artwork. All the art supplies are provided which include 12x16 canvas and acrylic colors, moss, sand..... Supply fee \$10 due to the Instructor in class. -Acrylic Studio Art

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AECE8Tue Apr 1
\$25 1 Session 5:30 - 7:30 PM
Gladstone CC, 107A

Easy Partner Dancing for All Occasions

No matter the occasion, you'll be prepared to dance! Be one of the best dancers at your event, or just have fun dancing together at home! Try something new to add laughter & romance to your relationship! Taking steps from classic ballroom dances, you'll learn easy-to-remember mini-routines, danceable to all your favorite songs, including pop, blues, rock, country, and more! If you think you have no rhythm and two left feet, this is the perfect course for you! Couples stay dancing together. Solo attendees rotate, but partners are uncertain. Casual Dress. Deanna Constantine

AECE26A Tue Jan 21 - Feb 11
\$69 4 Sessions 7:00 - 8:30 PM
Red Rock Elementary: Cafeteria,

AECE26B Wed Jan 22 - Feb 12
\$69 4 Sessions 6:30 - 8:00 PM
Lakeaires Elementary / Cafeteria,

AECE26C Thu Mar 20 - Apr 17
\$69 4 Sessions 6:30 - 8:00 PM
Matoska Int'l Word School: Cafeteria,
No Class 04/ 3

AECE26D Tue Apr 29 - May 20
\$69 4 Sessions 7:00 - 8:30 PM
Red Rock Elementary: Cafeteria,

Embroidered Fabric Collage-NEW!

Create a beautiful hanging fabric collage using a technique called Slow Stitching - a relaxing form of embroidery that focuses on process rather than pattern. We'll begin by layering fabric scraps onto a 6 x 6" square and then use a variety of hand embroidery stitches as well as trims, beads, etc. to add texture and color. Whether you are a new or experienced crafter, come explore your creative side. Please bring Fabric Scissors and a \$20 supply fee payable to the instructor in the first class. Sandra Bengtson For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

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AECE16 Tue Apr 15 - Apr 22
\$50 2 Sessions 6:00 - 8:30 PM
John Glenn MS, 263 Multipurpose (west)

Family Clay Fun-NEW!

Join us for some messy, muddy clay exploration for the whole family! We'll have both earthen and air dry clay, tools, and more. The best part? You don't have to clean up! It's a great opportunity for kids of all ages and caregivers to have some creative time together

AECE36 Sat Apr 19
\$35 1 Session 2:30 - 4:30 PM
Stillwater Area HS, A108 Art,

Family Dance Parties at Curio Dance-NEW!

Bring the whole family for an afternoon of fun at Curio Dance! These lively dance parties feature a live DJ, follow-the-leader style dancing, and fun movement activities for all ages. No dance experience required—just come ready to move and have a blast! Light refreshments will be provided to keep the energy going. Don't miss out on this exciting family-friendly event!

AECE39A Sat Jan 11
\$30 1 Session 3:30 - 5:00 PM
Curio Dance Studio,

AECE39B Sat Feb 8
\$30 1 Session 3:30 - 5:00 PM
Curio Dance Studio,

AECE39C Sat Mar 8
\$30 1 Session 3:30 - 5:00 PM
Curio Dance Studio,

AECE39D Sat Apr 12
\$30 1 Session 3:30 - 5:00 PM
Curio Dance Studio,

AECE39E Sat Jan 11 - Apr 12
\$100 4 Sessions 3:30 - 5:00 PM
Curio Dance Studio,
No Class 01/18, 01/25, 02/ 1, 02/15, 02/22, 03/ 1, 03/15, 03/22, 03/29 & 04/ 5

Fancy Fleece Hat-NEW!

Minnesota winters may be cold, but that doesn't mean you have to look like Paul Bunyan. Show off your personal style (and stay warm) with a fancy fleece hat embellished with fleece flower and button; all made by you! Basic sewing skills required. Patterns available for your use and can be purchased from instructor, if desired. Sandra Bengtson Supply List Sewing machine 3/8 yard fleece main and 1/4 yard coordinating fleece decorative button all-purpose thread fabric scissors ruler seam ripper pins. For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

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AECE13 Thu Jan 16
\$40 1 Session 6:00 - 8:30 PM
John Glenn MS, 263 Multipurpose (west)

Fascinating Fascinator- NEW!

Whether going to a Kentucky Derby, Downton Abbey or special tea party, show off your personal style with a fascinating fascinator (tiny hat) embellished with fabric, ribbon, netting, feathers, buttons and more; all made by you! Bring your creativity!. A \$15 supply fee is payable to the instructor in class. Supply List: Hand sewing needle all-purpose thread fabric scissors pins. For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

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AECE15 Thu Apr 10
\$40 1 Session 6:00 - 8:30 PM
John Glenn MS, 263 Multipurpose (west)

Fused Glass Create a Flower Bowl-NEW!

Celebrate Spring by creating a beautiful flower shaped bowl!! - You will embellish your design with glass frit, stringers, bits of dichroic glass and pebbles. All glass and tools needed will be supplied. No experience needed. After class, the bowl will be fused. Your works of art will be available for pick up about 7-10 days after the class. All materials provided with supply fee. The Supply fee is \$20 payable to the instructor.

Ellen Aeling is a retired product development chemist. She became interested in art as a child when her mother taught her mosaics. Several years ago she decided to spend more time on glass art including stained glass and glass fusing. She loves to experiment with glass and try new techniques. Ellen makes and sells mosaics, stained glass, and fused glass decorations. She finds glass to be an amazing material!

AECE17 Mon Apr 7
\$35 1 Session 6:30 - 9:00 PM
Skyview MS, 804 Art

Fused Glass – Decorative, Delightful Plant Stakes-NEW!

Jazz up your spring planter and garden with fused glass plant stakes!! - You will make 3 plant stakes. Build your design with pebbles, stringers, murrinis, bits of dichroic glass and glass frit. All glass and tools needed will be supplied. No experience needed. After class, the stakes will be fused. Your works of art will be available for pick up about 6-9 days after the class. All materials provided with supply fee. The supply fee is \$20 payable to the instructor. If time allows additional plant stakes can be made for an additional cost.

Ellen Aeling is a retired product development chemist. She became interested in art as a child when her mother taught her mosaics. Several years ago she decided to spend more time on glass art including stained glass and glass fusing. She loves to experiment with glass and try new techniques. Ellen makes and sells mosaics, stained glass, and fused glass decorations. She finds glass to be an amazing material!

AECE18 Mon Apr 28
\$35 1 Session 6:30 - 9:00 PM
Skyview MS, 804 Art

Fused Glass-Optical Illusion Plate

Amaze your friends with a unique 6-inch optical illusion plate – using clear glass and glass stringers plus the flow of glass to create a 6-inch optical illusion plate. No experience is needed. Learn about the glass fusing process, plus how to use simple hand tools. The instructor will complete the fusing process at her home studio. The plates will be fired (8-10 days required) You will pick up your pieces from the instructor about a week after the class. A material fee of \$25 (cash, check or credit card) is payable to the instructor in class. Ellen Aeling For Classes at Skyview Park in the south lot and enter through door 6, signs indicate Activities Entrance.

Ellen Aeling is a retired product development chemist. She became interested in art as a child when her mother taught her mosaics. Several years ago she decided to spend more time on glass art including stained glass and glass fusing. She loves to experiment with glass and try new techniques. Ellen makes and sells mosaics, stained glass, and fused glass decorations. She finds glass to be an amazing material!

AECE9 Mon Mar 17
\$35 1 Session 6:00 - 9:00 PM
Skyview MS, 804 Art

Glass Mosaic Table or Sign

Tap into your artistic potential in this two-evening workshop as you design and mosaic a stunning sign or table using beautiful precut glass. Choose from popular themes like “Welcome,” your address, or the state of MN, and let your imagination shine! On the first night, you’ll bring your vision to life, and on the second, you’ll learn the art of grouting while diving deeper into the world of mosaics and supplies. A little homework adds to the fun—get ready to create a unique piece that reflects your personal style!

After a day at the office where Lindsey is an analyst for an airline, and a mom to two boys, she loves to unwind with mosaics. After realizing how relaxing it is, she now teaches it in a way to make it accessible to all ages and skill levels. Her goal is to make this a fun, relaxing, humorous evening where time flies.

AECE32 Mon Mar 10 - Mar 17
\$39 2 Sessions 6:00 - 9:00 PM
Stillwater Area HS, A106 Art,

Instant Guitar for Hopelessly Busy People (VIRTUAL)

Learn to play the guitar in just a few hours! This crash course will teach you basic chords and how to play along with your favorite songs right away. The class is conducted online via Zoom, so you can participate from the comfort of your home. You'll also receive an online book, follow-up video lessons, and the option to join periodic online Q&A sessions. The focus of this class is on learning Christmas songs, and a recording of the class is included. Topics to be covered include: How chords function in a song Formation of the three primary types of chords Guitar tuning basics Fundamental strumming patterns Tips for purchasing a quality guitar (what to avoid) Playing along with simple melodies

In 1993, Craig founded Chords are Key, in Gilbert Arizona. Over the years he and his contractors have taught over 30,000 students in 15 states and overseas. The classes have been offered under the title: Instant Piano and Instant Guitar or Chords are Key - Piano and Chords are Key - Guitar. He is the primary instructor for the Virtual classes.

AECE2 Sat Apr 26
\$64 1 Session 1:00 - 3:30 PM
Online Course,

Instant Piano for Hopelessly Busy People (VIRTUAL)

Learn the secrets of playing piano professionally in just a few hours. This online course, conducted via Zoom, allows you to comfortably take the lessons at home with your piano or keyboard. The course provides an online book, follow-up video lessons, and an optional periodic Q&A. Additionally, a recording of the class is included for your reference. The course combines lecture/demonstration with hands-on instruction, emphasizing the learning of Christmas songs. Topics include: Understanding how chords function in a song Maximizing sheet music comprehension by reading less Forming the three primary types of chords Managing various keys and time signatures Eliminating the need for counting Simplifying over 12,000 complex chords

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AECE1 Sat Apr 26
\$64 1 Session 9:00 AM - 12:00 PM
Online Course,

Intro to Swing Dances

East Coast Swing has two rhythm and timing variations: single-time and triple-time, which allows it to be danced to either slow or fast music! We'll teach you to recognize the difference and be able to dance both! (No lifts or aerals will be taught in this class).

AECE37 Mon Mar 3 - Mar 31
\$60 4 Sessions 7:00 - 7:50 PM
Dance and Entertainment Studios,
No Class 03/10

Intro to Wedding Dances: Rumba & Swing-NEW!

Wedding Season is just around the corner, and you will need to know how to dance to both slow and fast music! We will teach you the basics of Rumba and Single-time East Coast Swing so you and your partner are no longer the ones sitting out!

AECE34 Tue Apr 1 - Apr 29
\$72 5 Sessions 7:00 - 7:50 PM
Dance and Entertainment Studios,

Line Dance: Mama Mia Dancing Queen-NEW!

Get ready to move your feet and sing along to the classic hits of ABBA in this lively line dance class! Enjoy an hour filled with laughter and rhythm as you learn fun dance steps that will have you twirling and grooving all night long. No partner needed—just bring your energy and enthusiasm, and let the music take you away!

AECE35 Sat Apr 12
\$15 1 Session 6:00 - 6:50 PM
Stillwater Middle School-Gymnastics Gym,

Painting Landscapes in Alcohol Inks

This medium is very special. It's not like any other art form. It's so exciting to watch the inks move & flow & it happens right in your hands! Anyone can do it...no need to have experience. Each painting is totally unique, bright & powerful. I'll walk you through the steps to beautiful vibrant paintings. We'll also be creating doodle flowers. We'll be using the inks on Yupo paper as well as tiles for amazing effects! We'll also be experimenting with different brands of inks and ink markers & gold foil. All supplies included! Come & have fun with colors & free flow painting. You'll take home many little gems of paintings as well as some on tiles! For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby and the classrooms are down the first hallway on the left.

Julie Schroeder has taught watercolors nationally & internationally. She has also has developed programs and taught workshops in the Canadian Arctic. Her work is currently featured at Kelley Gallery in Woodbury. She has shown in solo exhibits, group shows at art galleries, and museums throughout the country as well as exhibiting in National and International Juried Exhibits. For more information on Julie visit livingwatercolours.com.

AECE38 Fri Apr 4
\$45 1 Session 9:00 - 11:00 AM
Gladstone CC, 107A

Quilt Blocks 101

Have you seen quilts and wondered how they're made? It starts with quilt blocks. Come learn how to make four quilt blocks including the Ohio Star, Fence Rail, Nine Patch, and Pin Wheel. Leave with ideas on how to make your blocks into mug rugs or a wall hanging. Basic sewing skills required. A \$20 supply fee is payable to instructor in class. Sandra Bengtson Please bring the following supplies needed: Sewing Machine thread fabric scissors fabric marking pen or chalk pins or fabric weights acrylic ruler rotary cutter and mat seam ripper.

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AECE11 Tue Jan 21 - Jan 28
\$50 2 Sessions 5:30 - 8:15 PM
Gladstone CC, 107A

Salsa Dancing-NEW!

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

Monica Mohn, a "USA Dance" National Ballroom champion, and 2-Time nominee in Minnesota Bride "Best Of" Awards for Wedding Dance Instruction, makes it easy and fun to learn dance for all levels. She's coached competitive ballroom dance teams, choreographed flash mobs for MN based Fortune 500 companies, and dance routines for local MN bands.

AECE24 Thu Feb 27
\$35 1 Session 7:00 - 9:00 PM
Matoska Int'l Word School: Cafeteria,

Self-Growth and the Art of Singing (VIRTUAL)

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

Jesse Wicher is a holistic health educator, a certified Reiki Instructor as well as a professional singing teacher. He has been teaching privately as well as offering community education classes for nearly 20 years.

AECE3Mon Mar 31
\$35 1 Session 6:00 - 8:00 PM
Online Course,

Singing Lessons for Everyone -NEW! (VIRTUAL)

Learning to sing over the Internet is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages! Lessons are 30 minutes of private instruction. 5 week session - flexible scheduling! **Online singing lessons can be conducted using a computer, tablet or smartphone via Skype, Zoom and most other live chat platforms. You will be contacted by the instructor within a week of registration to set up your lessons on dates and times that work for you.

AECE4

\$125 0 Sessions

Watercolor Bookmarks

Join us for a delightful experience that transforms your love for reading into a beautiful art form! Whether you're a seasoned artist or just starting out, you'll create five unique bookmarks that add a touch of elegance to your reading adventures. Explore the beauty of watercolors as you express your creativity and make personalized pieces that reflect your style. A \$10 supply fee is due to the instructor at the beginning of class.

Swetha Avula is a professional artist specializing in creating art inspired by Nature - Landscapes, Flowers, Beaches, Sunsets. A strong believer that art has the strength to Inspire, Challenge and provide Happiness. Swetha was drawn to art at an early age influenced by her grandfather - A famous oil painter from Hyderabad, India. Raised in India and moved to the United States in early 2000's has provided unique blended experiences across multiple cultures and geographies. Her works of art when displayed, tend to brighten up things, bring out calm and positive energy while removing negativity.

AECE29 Tue Jan 21

\$20 1 Session 9:00 - 10:00 AM

Stillwater Area HS, A105 (Art Drawing),

Watercolor Painting (VIRTUAL)

Join Vanessa as you learn to paint a beautiful scene in watercolors. You'll know step-by-step instructions and understand the difference between dry brush work, wet-on-wet, and wet-on-dry. This is a great no-fear way to learn to paint using watercolors. Vanessa Merry AECE22A - Saturday, January 18 - AECE22B - Saturday, February 22th - AECE22C - Saturday, April 26 - Watercolor supplies needed: Artist's Loft™ Fundamentals™ Watercolor Pan Set, Watercolor Paper such as Canson 9 x 12 pad Watercolor Brushes such as Royal & Langnickel acrylic handle round number 10 brush Recommended - 1 inch flat soft bristle flat brush Other Supplies Needed: Pencil Cup or jar for water Paper towel A board to tape paper flat to. Masking tape Hair dryer to speed dry time

Vanessa began painting when she was a child. Over the years, she has studied the methods of the great masters in Italy. Her popular Pet Portrait classes are sellouts wherever presented.

AECE22A Sat Jan 18

\$19 1 Session 10:00 AM - 12:00 PM

Online Course,

AECE22B Sat Feb 22

\$19 1 Session 10:00 AM - 12:00 PM

Online Course,

AECE22C Sat Apr 26

\$19 1 Session 10:00 AM - 12:00 PM

Online Course,

Wedding Dance Rescue-NEW!

Your wedding day is nearing and you don't know how to dance. Not to worry! In this single 2 hour lesson you and your fiancé will be taught everything you need to know to make your first dance much more interesting than shifting awkwardly from side to side. Learn an entrance onto the dance floor, easy steps and turns that fit with most songs, and an impressive dip to end your dance! Class is geared to bride & groom, but father/daughter, mother/son, and parents of the bride/groom may also attend. Casual dress. To reach the instructor in advance of your lesson to share your song or discuss your needs, visit www.ConstantineDance.com. Link provided there for song ideas, too!

AECE27A Fri Mar 28
\$40 1 Session 6:30 - 8:30 PM
Matoska Int'l Word School: Cafeteria,

AECE27B Sat May 10
\$40 1 Session 10:00 AM - 12:00 PM
Mariner Middle School,

Wine Glass Painting-NEW!

We're so excited to announce our new wine glass painting classes! We know that sometimes you just want to get together with friends and paint something fun. We also know that it seems like all of your friends are busy, and scheduling a date can be difficult. That's why we created this class. This art form can be used to create personalized gifts, decorative pieces for events or parties, or even to add a unique touch to your own glassware collection. Includes two wine glasses and all the art supplies, can purchase additional wine glass for \$8.- Swetha Avula For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby and the classrooms are down the first hallway on the left.

Swetha Avula is a professional artist specializing in creating art inspired by Nature - Landscapes, Flowers, Beaches, Sunsets. A strong believer that art has the strength to Inspire, Challenge and provide Happiness. Swetha was drawn to art at an early age influenced by her grandfather - A famous oil painter from Hyderabad, India. Raised in India and moved to the United States in early 2000's has provided unique blended experiences across multiple cultures and geographies. Her works of art when displayed, tend to brighten up things, bring out calm and positive energy while removing negativity.

AECE7Thu Mar 6
\$35 1 Session 5:30 - 7:30 PM
Gladstone CC, 107A

Curious Minds

All about Seeds (VIRTUAL)

Seeds are the foundation of a garden. Learn about choosing seeds, growing seeds and saving seeds. It's all in the name: this class is All About Seeds. The Instructor is a Ramsey County Master Gardener.

Instructor is a Ramsey County Master Gardener

AECM6 Thu Feb 27
\$19 1 Session 6:30 - 8:00 PM
Online Course,

Basic French Conversation-NEW!

This is a French conversation class for those who speak some French already and want to continue with more sentence structure, pronunciation, and vocabulary through conversation in an informal setting. Topics are oriented to the group's interests and abilities. Jordi Teillard-Cui For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby and the classrooms are down the first hallway on the left.

Originally from New Caledonia, Jordi has an extensive background in teaching French. Prior to relocating to Minnesota, he served as a French instructor at the Concordia Language Training Center and taught within the Department of Classical & Modern Languages at Truman State University. Additionally, he held the role of co-director at the Romance Language House. A graduate of Indiana University, Jordi brings over 15 years of teaching experience to his work. His professional journey has taken him across the South Pacific, Europe, Africa, and Asia, enriching his perspective and teaching approach.

AECM2 Tue Mar 18 - Apr 29
\$79 7 Sessions 6:00 - 7:30 PM
 Stillwater Area HS, PAC- G113,

Basic Home Electric Repair

Learn how to save money on electrician costs by attending a hands-on class for beginners in electrical repair. In this class, you'll learn how to replace single pole and 3-way switches, wall outlets, and light fixtures. You will also learn how to test electrical circuits and rewire a lamp. If you have them, please bring a wire stripper, straight slot and Phillips screwdrivers, and long-nose pliers to class. Handouts provided with the class. Tod Novinska For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

Tod has been teaching the Basic Home Repair Classes for 10 years. He enjoys being a mentor to the students, and helping them gain confidence to make simple repairs themselves.

AECM12 Sat Apr 26
\$60 1 Session 9:00 - 11:30 AM
 John Glenn MS, 264 IT

Basic Home Plumbing Repair

Are you dealing with a leaky faucet but don't want to spend money replacing the entire fixture? Learn how to repair minor plumbing issues or replace fixtures and save money. In this class, you will learn to dismantle different types of faucets, replace a pop-up drain assembly, and understand the internal workings of a toilet. You will also get hands-on practice cutting and gluing plastic pipe and cutting and soldering copper pipe and fittings. Handouts are provided with the class. Tod Novinska For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

Tod has been teaching the Basic Home Repair Classes for 10 years. He enjoys being a mentor to the students, and helping them gain confidence to make simple repairs themselves.

AECM13 Sat Apr 26
\$60 1 Session 12:30 - 3:00 PM
 John Glenn MS, 264 IT

Container Garden like a Pro (VIRTUAL)

Join professional photographer and gardener Michelle Mero Riedel in this online discussion class to learn the art of creating stunning, healthy and colorful container gardens. Discover fast-growing, high-quality plants for season-long beauty. Michelle will showcase beautiful garden combinations, provide detailed color handouts for each container design and answer your questions. It's the perfect way to beat the winter blues and plan your summer garden with a friend. Don't miss this opportunity to elevate your gardening skills and create vibrant outdoor spaces. Join us online! This class will be held online using Zoom. Upon registering, you will receive information to access the class. Simply follow the provided instructions on the day and time of class and Michelle will lead you through the class from the comfort of your own home! This online class is held in partnership with multiple Community Ed programs.

Michelle is a Master Gardener and a writer and photographer for Northern Gardener Magazine. She's been featured on KARE-11 and in Garden Gate and Northern Gardener Magazines. When not teaching, she is a professional photographer specializing in people and plants.

AECM4 Wed Mar 19
\$19 1 Session 7:00 - 8:30 PM
Online Course,

Explore Ireland's Famine Museums-NEW!

Planning a trip to Ireland in the near future now that nonstop travel between MSP and Dublin is available? You will want to explore an important component of Irish history - its famines and emigration. Go back in time when you visit three distinct famine/emigration museums (in Dublin, Cobh and Strokestown) and learn about life in 19th Century Ireland. Discover what each museum offers visitors and which one(s) is a must-see on your trip! Jane Kennedy

As a dual citizen of the U.S. and Ireland, Ms. Kennedy has visited Ireland five times and enjoys learning about her family's life in Ireland over a century ago. She enjoys exploring famine/emigration museums and cultural centers throughout the island. When she is at home in St. Paul, Ms. Kennedy teaches occasional Irish History classes on various topics through Celtic Junction Arts Center.

AECM1 Thu Mar 6
\$19 1 Session 6:00 - 7:30 PM
John Glenn MS, 263 Multipurpose (west)

Herb Gardening (VIRTUAL)

Herbs pack a lot of flavors that help improve the taste of many foods. Get to know some of the herbs commonly used in cooking and learn how you can use them year-round. Ramsey County Master Gardener

The instructor is a Ramsey County Master Gardener.

AECM9 Thu May 22
\$19 1 Session 6:30 - 8:00 PM
Online Course,

Home Composting (VIRTUAL)

Learn the science behind and the benefits of home composting, including information on different composting methods, recommended compostable materials, and common uses of compost around the yard and garden.

Instructor is a Ramsey County Master Gardener

AECM7 Thu Mar 27
\$19 1 Session 6:30 - 8:00 PM
Online Course,

Introduction to Vegetable Gardening (VIRTUAL)

Learn the basics of vegetable gardening to successfully grow fresh produce. Practical, simple advice on where to begin: what defines a good location, the right size garden bed, soil preparation, deciding what to plant, buying seeds or transplants, how and when to plant, best time to harvest and much more. Using University of Minnesota research-based information and the instructor's many years of successes and failures, this class will get you excited to grow and harvest your own vegetables.

AECM8 Thu Apr 24
\$19 1 Session 6:30 - 8:00 PM
Online Course,

Makeup Bootcamp for Women 40 and Better-NEW!

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!

Julie Sherman is a Makeup Artist who has been in the industry for 30 years. She has been a Regional Makeup Artist for several high-end cosmetic companies, and currently works for a popular makeup line. She keeps up with all the latest trends, and loves letting women know that makeup is a way to make a woman feel like herself, only prettier and more confident. She is a certified fitness instructor and has been teaching for 35 years.

AECM11 Thu Mar 20
\$38 1 Session 7:00 - 9:00 PM
White Bear Lake Senior Center,

Organizing Tips and Strategies-NEW!

Learn easy-to-implement steps to get out of chaos and prevent disorder. How can mini habits, simple routines and master lists streamline your efforts of maintaining organization? Proven techniques will be offered with plenty of time to discuss to each participants' unique organizing issues.

AECM15 Tue Apr 15
\$19 1 Session 1:00 - 2:30 PM
Gladstone CC, 105

Senior Housing: Should I Stay or Should I Go?

Discuss lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risks, or should I move to new home options that may be handicapped accessible, single-level living? Take a needs assessment to give you the tools to make educated decisions. Vaughn Kavlie For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby and the classrooms are down the first hallway on the left.

Vaughn entered the financial services industry in 1989 where he works primarily with Independent Community Banks, Financial Planners, Realtors and Professional Associations. Vaughn is a Certified Mortgage Planning Specialist (CMPS™), has trained and given seminars to hundreds of professionals about the real estate marketplace, and appeared numerous times as a mortgage industry guest on WCCO Radio 830 and also on AM 1570 Wellness Radio. From first time homebuyers to reverse mortgage candidates and everyone inbetween, Vaughn enjoys the education and planning process with his clients.

AECM10 Wed Mar 26
\$0 1 Session 10:00 - 11:30 AM
Gladstone CC, 105

Square Foot Gardening-NEW!

Learn to plant a vegetable garden using the Square Foot Planting method. This method uses minimal space and maximizes your yield.

AECM14 Mon Apr 14
\$29 1 Session 6:30 - 8:00 PM
 Stillwater Area HS, PAC- G113,

The French-speaking world-NEW!

March is Le mois de la Francophonie, a global celebration of the diversity of those who speak French. Find out why and what this means. Explore the French-speaking world for an afternoon! Jordi Teillard-Cui For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby and the classrooms are down the first hallway on the left.

Originally from New Caledonia, Jordi has an extensive background in teaching French. Prior to relocating to Minnesota, he served as a French instructor at the Concordia Language Training Center and taught within the Department of Classical & Modern Languages at Truman State University. Additionally, he held the role of co-director at the Romance Language House. A graduate of Indiana University, Jordi brings over 15 years of teaching experience to his work. His professional journey has taken him across the South Pacific, Europe, Africa, and Asia, enriching his perspective and teaching approach.

AECM3 Thu Mar 20
\$15 1 Session 1:30 - 3:00 PM
 Gladstone CC, 105

Winter Sowing (VIRTUAL)

Learn how to get a jump on the growing season and start cold-tolerant seeds while the snow is still falling using winter sowing techniques. The instructor is a Ramsey County Master Gardener

Instructor is a Ramsey County Master Gardener

AECM5 Thu Jan 23
\$19 1 Session 6:30 - 8:00 PM
 Online Course,

Exercise

Essentrics®

A dynamic, full-body workout suitable for all fitness levels that simultaneously combines stretching and strengthening while engaging all 650 muscles. This class will leave you feeling energized with increased flexibility and mobility. Wear comfortable clothing and nonslip socks or practice barefoot. Bring water, an exercise mat, and a towel. Cheryl Gysbers For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby

Cheryl Gysbers is a Level 2 Certified Essentrics Instructor with extensive experience leading classes for individuals of all fitness levels. Passionate about promoting wellness through movement, Cheryl focuses on helping participants achieve increased flexibility, strength, and overall body awareness. Her dynamic teaching style and personalized approach ensure that every participant feels supported and challenged in their fitness journey. Cheryl's classes are designed to leave you feeling energized, empowered, and refreshed.

AEFW20A Tue Jan 7 - Feb 11
\$42 6 Sessions 5:30 - 6:30 PM
Gladstone CC, Gym

AEFW20B Tue Feb 25 - Apr 8
\$42 6 Sessions 5:30 - 6:30 PM
Gladstone CC, Gym
No Class 03/11

AEFW20C Tue Apr 15 - May 20
\$35 5 Sessions 5:30 - 6:30 PM
Gladstone CC, 109
No Class 05/13

Essentrics® Aging Backwards

Slow the aging process by increasing your flexibility and mobility with this slower paced stretching and strengthening workout. Wear comfortable clothing and nonslip socks or practice barefoot. Bring water, an exercise mat and a towel to class. Cheryl Gysbers For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The classrooms are down the first hallway on the left.

Cheryl Gysbers is a Level 2 Certified Essentrics Instructor with extensive experience leading classes for individuals of all fitness levels. Passionate about promoting wellness through movement, Cheryl focuses on helping participants achieve increased flexibility, strength, and overall body awareness. Her dynamic teaching style and personalized approach ensure that every participant feels supported and challenged in their fitness journey. Cheryl's classes are designed to leave you feeling energized, empowered, and refreshed.

AEFW19A Mon Jan 13 - Feb 10
\$28 4 Sessions 9:30 - 10:30 AM
Gladstone CC, 109
No Class 01/20

AEFW19B Wed Jan 8 - Feb 12
\$42 6 Sessions 9:30 - 10:30 AM
Gladstone CC, 109

AEFW19C Mon Feb 24 - Apr 7
\$35 6 Sessions 9:30 - 10:30 AM
Gladstone CC, 109
No Class 03/10

AEFW19D Wed Feb 26 - Apr 9
\$35 6 Sessions 9:30 - 10:30 AM
Gladstone CC, 109
No Class 03/12

AEFW19E Mon Apr 14 - May 5
\$28 4 Sessions 9:30 - 10:30 AM
Gladstone CC, 109

AEFW19F Wed Apr 16 - May 21
\$35 5 Sessions 9:30 - 10:30 AM
Gladstone CC, 109
No Class 05/14

Financial Mastery

10 Steps to Selling Your Home and Moving to Senior Living-NEW!

Come and find out the 10 Steps to consider when you're thinking of selling your home and moving to your next home as a senior. Presenters will share many practical tips to help you in the process to get the best return on your investment. This class will be interactive and fun!

Faith Waters is a full-time realtor with the Joy Erickson Real Estate Team with Edina Realty. She began her journey in real estate as a stager 10 years ago by preparing homeowners to sell their homes through positive feedback and creative staging. As a full time realtor, she thoroughly enjoys building relationships with buyers and sellers through positive communication throughout the moving process. She is certified as a Senior Real Estate and Probate Specialist and thoroughly enjoys working with seniors.

Joy has been a full-time Realtor with Edina Realty for 20 years after previously serving as a full-time teacher. She has continuously worked with all ages and life situations while developing systems and strategies to help Seniors. Joy consistently earns Edina Realty's Top Recognition -Executive Circle (Top 3% of Edina agents) & Multi-Year Winner of "Super Real Estate Agent". Her motto is "It's a JOY to Serve You" and she demonstrates empathy and care for the family while focusing on the best plan to sell each home.

AEFM1Thu Apr 3
\$19 1 Session 1:00 - 2:30 PM
Gladstone CC, 105

4 Strategies for a Smarter College Search (VIRTUAL)

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

Cozy speaks nationally about college, and is passionate about educating families about the process to find the right fit and dispelling myths that cost families money! She is a mom of 5 kids with very different goals for college so she is no stranger to the challenges herself.

AEFM2Mon Feb 10
\$19 1 Session 7:30 - 8:30 PM
Online Course,

Ageing Loved Ones: How to have the "Heart-to-Heart"-NEW!

Ageing and the changes that come with the need for additional caregiving can have a significant impact on personal finances as well as family relationships. This workshop reviews the considerations to make in planning for changes that arise as we age and provides tips for starting healthy conversations with family members that can lead to positive outcomes.

AEFM11 Tue Mar 18
\$29 1 Session 6:30 - 7:30 PM
Stillwater Area HS, PAC-G115,

Everything You Want To Know About Medicare

This class is an educational presentation for anyone who wants to know more about Medicare. Topics will include Parts A, B, C, & D of Medicare, the application process, estimated costs, supplements, MAPD, and when is the right time to sign up. This is an ideal course for people that are turning 65 or over 65 and coming off their employer medical plan as well as those currently enrolled in Medicare. For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The classrooms are down the first hallway on the left.

Our presenter today is Greg De Keuster, President of NPF Benefits. NPF Benefits is a North Oaks, MN-based healthcare insurance agency. NPF Benefits provides healthcare consulting services to employers, Medicare beneficiaries, and individuals. Greg has been counseling clients for the past 15 years. Greg works with multiple insurance carriers to provide you with the right Medicare solution for your needs. Outside of the insurance world. Greg's partner is a 7th-grade English teacher. They share two kids together. Lainey is 7-month-old, and Landon is nine years old. Greg is also active in the St. Paul Winter Carnival.

AEFM8Tue Apr 8
\$10 1 Session 6:30 - 8:00 PM
Gladstone CC, 103

Home Buying Webinar (VIRTUAL)

Ready to buy a house, but not sure what steps to take? Our mortgage team is here to help. Join us at this FREE webinar to learn the ins and outs of the home buying process. Discover the key players in purchasing a home, mortgage loan options and the steps you can start taking to make home ownership a reality. Plus, ask all of your questions to a certified mortgage loan expert. Lindsey Palin

Lindsey Palin, Mortgage Loan Officer at City & County Credit Union, has been helping people finance their dream home for over 20 years. She is extremely passionate about hosting home buying workshops because she believes every borrower should feel comfortable and confident in their decision. Outside of work, you can find Lindsey traveling with her fiancé and 2 boys. Lindsey loves hanging at home with her 2 pups, cooking, and boating on the lake.

AEFM7A Wed Feb 12
\$0 1 Session 12:00 - 1:00 PM
Online Course,

AEFM7B Thu May 8
\$0 1 Session 12:00 - 1:00 PM
Online Course,

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

How do you pay for the nursing home and still leave assets for the next generation? Many updates for 2021 in the ever-changing estate planning laws and great increases in nursing home costs, this is a concern for many. Understand what your options are, get your long-term care finance questions answered and learn how to plan and place your assets to meet your future goals. For this class, park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby and the classrooms are down the first hallway on the left.

Steve is the founding member of Ledin Law PLLC, a small business and estate planning focused law firm based in the East metro area. Steve practices extensively in the areas of estate planning and corporate transactional law. His services in estate planning cover a wide spectrum of clients varying in estate size, value, and complexity from young couples starting a life together, up to large well-established estates of significant value and complexity. In the transactional business area, he provides services on a wide variety of legal matters including business formation; mergers and acquisitions; buy-sell agreements; contract review and negotiation, real estate purchasing/leasing; and business succession.

Rick Peterson is a Financial Advisor with Principal Financial Group

AEFM9Thu May 1
\$19 1 Session 6:30 - 8:00 PM
Gladstone CC, 105

How to retire from the Attorney's perspective

You work your whole career with the goal of someday retiring. This seminar covers the crucial years leading up to your retirement date, the active years of your retirement, and the winding down of your retirement years. Subjects will include: (i) Estate planning while working, during retirement and at the end of life, (ii) When to take your Social Security, (iii) Key financial products and services available in the market (Medicaid compliant annuities, Long Term Care Insurance, Life Insurance Long Term Care Riders), (iv) What to look for in a professional (Financial Advisor, CFP, RIA, Fiduciary)?, and (v) the final plans before the end – what can be too little too late? Please bring your questions, this class is an interactive forum.
Steve Ledin

Steve is the founding member of Ledin Law PLLC, a small business and estate planning focused law firm based in the East metro area. Steve practices extensively in the areas of estate planning and corporate transactional law. His services in estate planning cover a wide spectrum of clients varying in estate size, value, and complexity from young couples starting a life together, up to large well-established estates of significant value and complexity. In the transactional business area, he provides services on a wide variety of legal matters including business formation; mergers and acquisitions; buy-sell agreements; contract review and negotiation, real estate purchasing/leasing; and business succession.

Rick Peterson is a Financial Advisor with Principal Financial Group

AEFM4Wed Feb 26
\$19 1 Session 6:30 - 8:00 PM
Gladstone CC, 105

Q & A with a Minnesota Will & Trust Planning Attorney

A friendly, and informational, open-forum with a seasoned will & trust attorney. Questions like: Should I avoid probate? Is a will good enough? Do I need a Trust? How does my plan deal with the nursing home? How do we gift the assets of husband and wife? What about separate assets not of the marriage? What is the death tax? How do I avoid leaving a mess for my children? Which Trust is best for my needs? Can I use a Transfer-On-Death Deed? How do my retirement assets operate in my Will or Trust? All questions will be answered! For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The classrooms are down the first hallway on the left.

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Rick Peterson is a Financial Advisor with Principal Financial Group

AEFM6Tue Apr 22
\$19 1 Session 10:30 AM - 12:00 PM
Gladstone CC, 105

The five important people you need on your way to heaven-NEW!

In each Minnesotan's life, there are five people we should be prepared to count on as we age and move into the last stages of our lives. In this class we will learn the answers to: What are the roles and responsibilities of these people? How long do they serve and how much of a time commitment are we asking? How much guidance can we give them? Who makes an ideal selection for each of these vastly different roles? Who makes a bad selection for these roles? What pitfalls and problems should we be aware of? Each of these jobs: Attorney-In-Fact, Health Care Agent, Estate Executor, Trustee and Guardian are vastly different jobs that benefit you and they deserve careful thought. This class encourages questions. We will provide the answers. Steve Ledin

Steve is the founding member of Ledin Law PLLC, a small business and estate planning focused law firm based in the East metro area. Steve practices extensively in the areas of estate planning and corporate transactional law. His services in estate planning cover a wide spectrum of clients varying in estate size, value, and complexity from young couples starting a life together, up to large well-established estates of significant value and complexity. In the transactional business area, he provides services on a wide variety of legal matters including business formation; mergers and acquisitions; buy-sell agreements; contract review and negotiation, real estate purchasing/leasing; and business succession.

Rick Peterson is a Financial Advisor with Principal Financial Group

AEFM3Tue Jan 7
\$19 1 Session 10:30 AM - 12:00 PM
Gladstone CC, 105

Why You Can't Trust Your Trust

The Trust is a prevalent component and tool to be used in estate planning. However, there are various vastly different Trust options, and the question arises: "Am I using the right Trust for my needs and goals?" Often used Trusts include living Trusts, Testamentary Trusts, and Irrevocable Trusts; each serves a different purpose, and each has a different result. One common problem that often needs addressing is the over-utilization of the Living Trust for goals or problems that it does not resolve. For example, a Living Trust probably doesn't protect your assets against Medicaid and the nursing home. The Irrevocable Trust and the

Testamentary Trust have their strengths and weaknesses. Define the strengths and weaknesses of each type of Trust and when to use them. Explore your goals and wishes to see where they fall in the realm of Trusts. Steve Ledin

Steve is the founding member of Ledin Law PLLC, a small business and estate planning focused law firm based in the East metro area. Steve practices extensively in the areas of estate planning and corporate transactional law. His services in estate planning cover a wide spectrum of clients varying in estate size, value, and complexity from young couples starting a life together, up to large well-established estates of significant value and complexity. In the transactional business area, he provides services on a wide variety of legal matters including business formation; mergers and acquisitions; buy-sell agreements; contract review and negotiation, real estate purchasing/leasing; and business succession.

Rick Peterson is a Financial Advisor with Principal Financial Group

AEFM5Tue Mar 25
\$19 1 Session 10:30 AM - 12:00 PM
Gladstone CC, 105

Women, Wealth and Wisdom-NEW!

In this workshop, attendees will hear stories about six women who have discovered how to best manage their finances and reach their financial goals. We will discuss: 1. Managing your money. 2. Protecting your most valuable asset. 3. Saving the company match. 4. Living the life you want. 5. Avoiding regrets 6. Paying it forward. Hannah Selness For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The classrooms are down the first hallway on the left.

I am a mom, wife, daughter, sister and proud Thrivent financial professional. I provide personalized financial guidance to people at all stages of life. At Thrivent, we view money not as a goal, but as a tool — one that can afford you a life rich in meaning and gratitude. We believe humanity thrives when individuals make the most of all they've been given. I help clients do just that.

I am a fully licensed financial advisor with over 3 years of experience, currently about 200 active clients. I have continued my education past the licensing process, acquiring two additional professional designations and continuing to study for the next one. The majority of my clients are approaching retirement age, where we focus on tax strategies, social security, health care, retirement income, and other aspects that are important to that age group.

AEFM10 Thu Apr 3
\$20 1 Session 6:00 - 7:00 PM
Gladstone CC, 107A

Fitness and Wellness

ACUPRESSURE TO RELIEVE STRESS, ANXIETY & INSOMNIA (VIRTUAL)

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

Janice Novak has a Master's degree in Health Education and is a best selling author, speaker and wellness consultant

AEFW16 Tue Feb 25
\$35 1 Session 6:00 - 7:30 PM
Online Course,

Ageless, Active and Fit

Gently challenge your whole body with this balanced fitness class that blends classic walking-style aerobics (no jumping), mat exercises, and use of resistance equipment. You will receive cardio benefits, burn calories, increase core strength/ balance, sculpt your muscles, and see results! Bring hand weights (if you have them), exercise mat, and water bottle. Bernice Baker For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby and the classrooms are down the first hallway on the left.

Bernice Baker is a Certified Fitness Instructor (API).

AEFW1A Wed Jan 15 - Mar 5
\$56 8 Sessions 6:00 - 7:00 PM
Gladstone CC, 109

AEFW1B Wed Mar 19 - May 7
\$56 8 Sessions 6:00 - 7:00 PM
Gladstone CC, 109

Baby and Me Yoga-NEW!

Nurture your baby while caring for yourself! This class is for pre-crawling babies and a caregiver to bond through loving touch, sight, sound, and movement. This class incorporates infant massage, gentle yoga, breath awareness while offering an opportunity to connect with other new parents in a warm and supportive environment.

AEFW8A Sat Mar 1
\$24 1 Session 9:30 - 10:30 AM
Stillwater Early Childhood Family Center (ECFC),

AEFW8B Sat Apr 5
\$24 1 Session 9:30 - 10:30 AM
Stillwater Early Childhood Family Center (ECFC),

AEFW8C Sat Apr 19
\$24 1 Session 9:30 - 10:30 AM
Stillwater Area HS,

Becoming EcoWell: Crafting Your Blueprint for Healthy and Harmonious Living-NEW!

Explore the powerful connection between personal choices, well-being, and environmental health. Discover simple, creative changes that nurture both your inner resilience and our planet's vitality. Perfect for those curious about holistic healing and sustainable living. Join us to craft your unique path to well-being that harmonizes with a thriving Earth.

AEFW13 Tue Feb 18
\$19 1 Session 6:30 - 8:00 PM
Stillwater Area HS, B117 (Orchestra),

Chair Yoga HYBRID

A gentle form of yoga that is practiced sitting on a chair, or standing using a chair for support -no moving up and down from the floor. Improve your balance, flexibility, and strength. You may attend in person at Gladstone or Online via Zoom. Wear comfortable clothing and bring a water bottle.

Gil Surine has been practicing yoga for over 20 years and studying it since 2017, at Devanadi School of Yoga and Wellness, in Minneapolis. "I believe yoga has the power to transform, it is for everybody, and it is sustainable. We practice it with the intention of getting healthier without the pressure of time. The results come with practice. We use our body in a respectful way, knowing our limits, and we start from there, as we are, physically and emotionally. Our goal for our yoga class is to create a safe and sensitive space for anyone." Gil also has a certification on Trauma Informed Yoga from Yoga Vidya (NY) and recently got her Chair Yoga Certification. She is a member of Yoga Alliance.

AEFW17A Mon Mar 17 - Apr 21
\$48 6 Sessions 12:00 - 1:00 PM
Gladstone CC, 109

AEFW17AV Mon Mar 17 - Apr 21
\$48 6 Sessions 12:00 - 1:00 PM
Online Course,

AEFW17B Mon Mar 17 - Apr 21
\$48 6 Sessions 4:00 - 5:00 PM
Gladstone CC, 109

AEFW17BV Mon Mar 17 - Apr 21
\$48 6 Sessions 4:00 - 5:00 PM
Online Course,

Compassionate Tactics for Difficult Conversations-NEW!

When faced with heightened emotions—whether from a child, partner, or colleague—responding with care while staying grounded can be tough. This workshop offers practical skills to help you navigate these moments with confidence and compassion. You'll explore the internal states of escalated individuals, learn body language techniques to convey calm and trust, and practice restorative questioning for relationship repair. Perfect for anyone looking to improve communication, resolve conflicts, or strengthen their parenting approach, these invaluable skills will enhance your ability to respond thoughtfully in challenging situations.

AEFW9 Sat Apr 19
\$40 1 Session 10:00 AM - 12:00 PM
Stillwater Early Childhood Family Center (ECFC),

EveryBODY Fit-NEW!

Join us for an invigorating dance fitness class at the Curio Dance studio! EveryBODY Fit, taught by the instructors at Curio Dance, combines Dance, Pilates, and Yoga for a holistic workout. No dance experience is necessary. This class is designed to boost your heart rate, balance, focus, mood, and endorphins. Workouts should be fun, so get ready to sweat with a smile!

AEFW6 Sat Jan 25 - Mar 22
\$130 8 Sessions 9:00 - 10:00 AM
Curio Dance Studio,
No Class 03/ 1

Footcare

Footcare for seniors

SRFOOT Wed Jan 8 - Jun 11
\$50 9 Sessions 9:00 AM - 3:00 PM
Gladstone CC, 107A
No Class 01/15, 01/22, 02/ 5, 02/26, 03/12, 03/19, 04/ 2, 04/16, 04/23, 04/30, 05/ 7, 05/21, 05/28 &
06/ 4

Gentle Yoga HYBRID

Increase your strength, flexibility and your ability to focus and relax. Classes include breathing exercises, postures, and final relaxation. Accommodations can be made for all abilities. Yoga is practiced without wearing socks or shoes. You may attend in person at Gladstone or Online via Zoom. Wear comfortable clothing and bring a yoga mat and water. Gil Surine For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby and the classrooms are down the first hallway on the left.

Gil Surine has been practicing yoga for over 20 years and studying it since 2017, at Devanadi School of Yoga and Wellness, in Minneapolis. "I believe yoga has the power to transform, it is for everybody, and it is sustainable. We practice it with the intention of getting healthier without the pressure of time. The results come with practice. We use our body in a respectful way, knowing our limits, and we start from there, as we are, physically and emotionally. Our goal for our yoga class is to create a safe and sensitive space for anyone." Gil also has a certification on Trauma Informed Yoga from Yoga Vidya (NY) and recently got her Chair Yoga Certification. She is a member of Yoga Alliance.

AEFW18 Thu Mar 20 - Apr 24
\$54 6 Sessions 6:00 - 7:00 PM
Gladstone CC, 109

AEFW18V Thu Mar 20 - Apr 24
\$48 6 Sessions 6:00 - 7:00 PM
Online Course,

Healing Sound Bath

The vibrational frequencies of sound healing instruments have the ability to move through skin, fluid and bones of the body. Benefits may include a full body relaxation and recalibration and achieving well being in the mind, body, and soul. Be ready to restore and heal in this receptive 60 minute session.

JennieRuth is a Yoga, Sound and Energy Healer, and Recording Artist located in Central MN. She grew up as a classically trained musician has been practicing sound healing since the summer of 2022. Her CD Healing Waves of Sound can be found on Amazon, Amazon-music, Pandora, Instagram and Youtube.

AEFW20 Mon Feb 3
\$29 1 Session 6:00 - 7:00 PM
Gladstone CC, 109

Intro to Zen & Meditation: Awakening the Heart-Mind-NEW!

In this experiential class you'll be introduced to Zen teachings and will learn meditation skills including what to do with your mind and how to find the posture that is best for you. We supply cushions, benches, and chairs. All are welcome regardless of experience or religious affiliation.

AEFW7 Mon Feb 3
\$29 1 Session 6:00 - 8:00 PM
Stillwater Area HS, PAC-G115,

Mind Mapping for Inner Peace-NEW!

Do you struggle with accomplishing the items on your to do list and following a routine? If you are a visual person or someone who finds staying on task challenging, you may benefit from learning how to capture and organize the mental clutter of your responsibilities. During this class you will learn and practice various uses for mind mapping to help you visualize and hold yourself accountable. Suggested applications: personal goals, daily routines, monthly planning, home organization, and parenting/supporting children. You'll explore which type works best for your lifestyle, how to create and use a mind map, and even take it to the next level by utilizing it for a meditative, artistic, or creative outlet. Please bring your favorite markers, pens, or colored pencils. Paper provided.

AEFW12 Tue May 6
\$39 1 Session 6:30 - 8:00 PM
Stillwater Area HS, PAC- G113,

Nordic Pole Walking

Do you already walk for enjoyment or exercise? Nordic Pole Walking will turn a simple walk into a full body workout without feeling like you are working any harder! This style of walking will increase your heartrate and create resistance to build better bone density while working your upper body as well as your legs. It uses specially designed poles-not to be confused with trekking poles - to enhance your natural walking experience. Burn more calories, improve your posture and gait. Wear comfortable shoes and dress for the weather. Poles provided by the instructor. Kay Okey Meets outside at Gladstone Please note the date for this class was originally May 20 but has changed to June 10.

Kay Okey has been teaching Nordic walking classes since 2012. She is certified through the American Nordic Walking Association and Nordic Walk Now. Through her business, Flatrock Adventures, LLC, she provides classes and trips and adventures designed to connect you with the outdoors.

AEFW3 Tue Jun 10
\$35 1 Session 3:30 - 4:45 PM
Gladstone CC, Common Areas

POSTURE, GET IT STRAIGHT! Look 10 Years Younger, & Feel Better

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

AEFW19 Tue Mar 11
\$35 1 Session 6:00 - 7:30 PM
Online Course,

Safety Aware: Self-Defense for Adults

Discover practical strategies and tactics for staying safe in your daily life. Gain knowledge and experience in the three pillars of self-protection through discussion and hands-on exercises. Avoiding risky situations, escaping from a situation you could not avoid, and (as a last resort) engaging in physical contact to escape harm. You must be 18 years of age or older. No special skills or athletic ability is required. Gordon Shumaker For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

Gordon Shumaker is a self defense instructor at Aiki-Protect.

AEFW4 Sat Apr 12
\$55 1 Session 9:00 AM - 12:30 PM
John Glenn MS, Gym 3 and 261 Multipurpose (east)

Self-Defense Workshop for Women & Girls

This seminar will help participants acquire the strategies and skills necessary to protect themselves from assault situations common to females. A strong emphasis will be placed on empowering the mind, which is vitally important to end an attack effectively. Come and see for yourself how this seminar will give you the self-confidence and extraordinary power to stand up to any threatening situation and, ultimately, prevail. Jeff Wood For Classes at Skyview Park in the south lot and enter through door 6, signs indicate Activities Entrance.

Master Jeff Wood, M.A., is a 5th Dan Black Belt in Tae Kwon Do, and has been teaching martial arts for the past 28 years. He is the President/C.E.O. of the Young Americans School of Self-Defense. He holds a Master of Arts degree in Clinical Psychology from Central Michigan University.

AEFW2A Wed Jan 29
\$35 1 Session 6:00 - 8:30 PM
Skyview MS, Cafeteria

AEFW2B Wed May 21
\$35 1 Session 6:00 - 8:30 PM
Skyview MS, Cafeteria

Tai Chi

Tai Chi is a Chinese exercise discipline that utilizes a series of slow, graceful, low impact body movements, and specialized breathing techniques, to improve health, balance, and relaxation. See for yourself how Tai Chi can enhance your physical fitness, increase and enrich your sense of tranquility, and elevate you to new levels of vitality and well-being. Master Jeff Wood Wear loose, comfortable clothing and nonslip stockings or practice barefoot. For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The classrooms are down the first hallway on the left.

Master Jeff Wood, 5th Dan Black Belt in Tae Kwon Do, has been teaching martial arts and Tai Chi for the past 27 years. He is the President/C.E.O. of the Young Americans Schools of Self-Defense. He also holds a Master of Arts degree in Clinical Psychology from Central Michigan University.

AEFW5 Wed Mar 19 - May 7
\$69 8 Sessions 2:30 - 3:30 PM
 Gladstone CC, 109

The Journey Within-NEW!

In the rush of life, we often lose sight of our deeper purpose. This half-day retreat offers a chance to pause and ask, "Why?" Through guided reflection and heartfelt sharing, we'll explore your core values and craft a personal mission statement to light your path forward. Whether you're at a crossroads or simply seeking clarity, this retreat will help you reconnect with your inner voice and rediscover who you are and why you're here. Open to all seekers—adults and old souls alike.

AEFW10 Sat Apr 26
\$45 1 Session 1:00 - 4:00 PM
 Stillwater Early Childhood Family Center (ECFC),

Tidying Your Mind and Home with KonMari Method-NEW!

Feeling overwhelmed by clutter or struggling to stay organized? This class is for you! Discover the KonMari® Method, a revolutionary approach to tidying that transforms both your space and your mindset. Learn how to declutter by category, keep only what sparks joy, and create lasting change in your home. Leave feeling empowered and ready to start your own tidying journey! Perfect for anyone curious about simplifying and creating a more intentional lifestyle.

AEFW14 Thu Feb 6
\$39 1 Session 6:30 - 8:00 PM
 Stillwater Area HS, PAC-G115,

Tidying with Kids-NEW!

Aging and the changes that come with the need for additional caregiving can have a significant impact on personal finances as well as family relationships. This workshop reviews the considerations to make in planning for changes that arise as we age and provides tips for starting healthy conversations with family members that can lead to positive outcomes.

AEFW15 Tue Feb 11
\$39 1 Session 6:30 - 8:00 PM
 Stillwater Area HS, PAC-G115,

Together in Tune: A Workshop for Deeper Understanding and Intimacy-NEW!

This relational workshop focuses on enhancing connection and improving communication between partners. Led by an experienced therapist, the workshop will provide practical tools for understanding emotions and fostering deeper intimacy in relationships. Couples will learn effective ways to resolve conflicts, build trust, and strengthen emotional bonds. Whether in long-term relationships or just starting out, participants will leave with a renewed sense of clarity and connection.

AEFW11 Mon Apr 28
\$39 1 Session 6:00 - 8:00 PM
Stillwater Area HS, PAC- G113,

Traditional Okinawan Shuri Te Karate (Self- Defense)

Okinawan Shuri Te Karate is a martial art that developed around the city of Shuri on the island of Okinawa. Karate is a Japanese word that means empty hand. This class will teach traditional karate that includes an emphasis on self defense and incorporates basic Judo for a comprehensive martial arts training. Jason Meyer For Classes at Skyview Park in the south lot and enter through door 6, signs indicate Activities Entrance

Jason currently co-teaches a Karate class and assists with other classes taught by his organization in association with St. Paul Parks & Rec. He co-teaches a weekly class at MLK Rec Center on Wednesdays. He started with a class taught by former instructor, David Graff through a ISD 622 Community Education Karate class in the late 80's. He enjoys teaching youth and adults and is happy to re-start a class for community members of ISD 622.

AEFW4A Mon Jan 6 - Mar 3
\$70 7 Sessions 6:15 - 7:45 PM
Skyview MS, 406 Fitness Rm
No Class 01/20 & 02/17

AEFW4B Mon Mar 17 - Apr 28
\$70 7 Sessions 6:15 - 7:45 PM
Skyview MS, 406 Fitness Rm

Interest Groups

500 - Cards

500 - Monday & Wednesdays 12:30 PM - 3:00 PM

SR8 Mon and Wed Jan 6 - Jun 4
\$0 39 Sessions 12:30 - 3:30 PM
Gladstone CC, 107B
No Class 01/20, 02/17, 03/10, 03/12 & 05/26

Cribbage

Senior Activity

SR5 Fri Jan 10 - May 30
\$0 19 Sessions 1:00 - 3:00 PM
Gladstone CC, 107B
No Class 03/14 & 04/18

Dominoes & Easy Card Games

Mexican train, Chicken Foot and Wild Fire are just a few dominoes games you can plan. Sometimes card games are part of the afternoon. Laughter and fun are always included.

SR13 Tue Jan 7 - Jun 3
\$0 21 Sessions 12:30 - 3:30 PM
Gladstone CC, 107B
No Class 03/11

Hand and Foot

Thursdays 12:30-3:30 PM

SR9 Thu Jan 9 - Jun 5
\$0 20 Sessions 12:30 - 3:30 PM
Gladstone CC, 107B
No Class 03/13 & 05/29

KNITTING/CROCHETING GROUP

Knit or crochet baby hats (which are donated to area hospitals), prayer shawls, dish towels, afghans, or "do your own thing". Bring your own supplies. Wednesdays 9:00-12:00 PM

SR10 Wed Jan 8 - Jun 4
\$0 21 Sessions 9:00 AM - 12:00 PM
Gladstone CC, 107B
No Class 03/12

Mahjong

Senior club

SR6 Thu Jan 9 - Jun 5
\$0 21 Sessions 9:30 - 11:30 AM
Gladstone CC, 107B
No Class 03/13

Interest Groups

Pinochle

Senior Card Game

SR4 Fri Jan 10 - Jun 6
\$0 20 Sessions 9:30 AM - 12:00 PM
Gladstone CC, 107B
No Class 03/14 & 04/18

Senior Cardio and Strength

Get fit with a fun and friendly group! Senior Cardio & Strength is welcoming new participants. This moderate-intensity exercise class includes balance, low-impact aerobics, strength training, and flexibility activities which can be done standing or seated in a chair. Bring a bottle of water; adjustable weight cuffs are provided. Please wear supportive tie or Velcro-on shoes and comfortable clothes. Class fee is \$5 (facility fee) and free for qualifying Medicare program participants. Proof of insurance will be required and verified to take this class at no charge.

Penny Madvig is a Certified fitness professional.

SR1 Tue and Thu Jan 7 - Jun 5
\$96 42 Sessions 8:00 - 9:00 AM
Gladstone CC, Gym
No Class 03/11 & 03/13

Six Handed 500 - Cards

500 - Thursdays 12:30 PM - 3:00 PM

SR7 Thu Jan 9 - Jun 5
\$0 21 Sessions 12:30 - 3:30 PM
Gladstone CC, 107B
No Class 03/13

TOPS

New members are always welcome to join this weekly weight loss group. Join in the fun and learn to shed those stubborn pounds.

SR2 Thu Jan 9 - Jun 5
\$0 21 Sessions 10:30 AM - 12:15 PM
Gladstone CC, 103
No Class 03/13

TOPS

New members are always welcome to join this weekly weight loss group. Join in the fun and learn to shed those stubborn pounds.

SR3 Mon Apr 7 - Jun 2
\$0 8 Sessions 12:00 - 1:00 PM
Gladstone CC, 103
No Class 05/26

Women's Group

Ramsey County Support Group

SR11 Wed Jan 8 - Jun 4
\$0 21 Sessions 1:30 - 3:15 PM
Gladstone CC, 103
No Class 03/12

Woodcarving Group

A lively group of men and women meet at Gladstone to work on woodcarving projects. There is a range of carving ability from beginners to the experienced. Group members are always happy to share techniques and encourage new carvers. If you are looking to learn a new skill or just for fun and fellowship, drop by!"

SR12 Tue Jan 7 - Jun 3
\$0 21 Sessions 1:00 - 3:00 PM
Gladstone CC, 107A
No Class 03/11

Kitchen Creations

Air Fryer Seafood-NEW! (VIRTUAL)

Transform your kitchen into a seafood haven with the convenience of an air fryer! In this live online class Kirsten will use air fryers to demonstrate Glazed Salmon 3 Ways, Gnocchi with Shrimp and Tomatoes, Mini Tuna Casseroles, and more! You'll also explore creative sauces that complement your seafood creations perfectly. Handout includes additional recipes for inspiration, and class will be recorded so you can watch again at your convenience. Kirsten Madaus

A recent transplant to Minnesota, Kirsten Madaus has been eating with local intention since 2006 and sharing how to make the most of the farm share via her website Farm Fresh Feasts. In addition to sharing her love of Instant pot and air fryer cooking with folks in person and online, Kirsten spends her days helping fight food insecurity with Minnesota Central Kitchen at Chowgirls Catering.

AEKC6Tue Feb 25
\$29 1 Session 6:30 - 8:00 PM
Online Course,

Air Fryer Veggies (VIRTUAL)

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. Kirsten Madaus

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AEKC8Tue Apr 22
\$29 1 Session 6:30 - 8:00 PM
Online Course,

Breakfast Meal Prep-NEW!(VIRTUAL)

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 for you to re-watch at your convenience. Kirsten Madaus

A recent transplant to Minnesota, Kirsten Madaus has been eating with local intention and sharing how to make the most of the farm share via her website Farm Fresh Feasts. In addition to sharing her love of Instant Pot and air fryer cooking with folks in person and online, Kirsten spends her days helping fight food insecurity with Minnesota Central Kitchen at Chowgirls Catering.

AEKC4 Tue Jan 28
\$29 1 Session 6:30 - 8:00 PM
Online Course,

Chicken Fried Rice

Join our hands-on cooking class and discover the art of making delicious Chicken Fried Rice! In this fun and interactive session, you'll learn to prepare perfectly seasoned chicken, vibrant vegetables, and fluffy rice, all tossed together in a savory sauce. The instructor will guide you through essential techniques, from stir-frying to flavor balancing, ensuring you leave with the skills to recreate this classic dish at home. Perfect for all skill levels, this class promises to be a delightful culinary adventure!

AEKC14 Sat Apr 12
\$47 1 Session 6:00 - 9:00 PM
Oak Park Learning Center,

Chicken Pad Thai

Join us for a delicious culinary adventure as we dive into the vibrant flavors of Chicken Pad Thai! In this hands-on class, you'll learn to prepare this classic Thai dish from scratch, mastering techniques for stir-frying rice noodles, balancing flavors with tamarind paste, and creating the perfect sauce. We'll also explore the art of garnishing with fresh herbs, peanuts, and lime for that authentic touch. Whether you're a beginner or looking to enhance your cooking skills, this class will equip you with everything you need to recreate this beloved dish at home. Come hungry and ready to savor the taste of Thailand!

AEKC12 Wed Jan 15
\$47 1 Session 6:00 - 9:00 PM
Oak Park Learning Center,

Chicken Red Curry

Join us for an exciting cooking class where you'll master the art of making authentic Thai Chicken Red Curry, served with fragrant jasmine rice! In this immersive experience, you'll learn to create a rich, flavorful curry from scratch using fresh ingredients and aromatic spices. Our expert chef will guide you through the process of preparing tender chicken, vibrant vegetables, and a luscious coconut milk sauce, all complemented by perfectly cooked rice. Whether you're a beginner or an experienced cook, this class will enhance your culinary skills and transport your taste buds to Thailand. Come and enjoy a delightful evening of cooking and tasting!

AEKC15 Wed Mar 5
\$47 1 Session 6:00 - 9:00 PM
Oak Park Learning Center,

Classic French Macarons

French macarons are delicate and colorful confections. They are crisp on the outside and chewy in the middle, and they pair well with tea. They are perfect for holiday gifts. You can learn to bake light and airy meringue-based macaron shells using the French technique. While the shells are setting, you can prepare the fillings. As you assemble the macarons, we'll discuss how to store them so that your hard work can be enjoyed well after they are made. A \$13 supply fee is included in the cost of the class. Eleanor Sullivan For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

Pastry Chef Eleanor Sullivan studied at the Culinary Institute of America in New York.

AEKC16A Thu Apr 24
\$52 1 Session 6:30 - 8:30 PM
John Glenn MS, 284 FACS

AEKC16B Thu May 1
\$52 1 Session 6:30 - 8:30 PM
John Glenn MS, 284 FACS

Fast Family Meals-NEW! (VIRTUAL)

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 re-watch 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! Kirsten Madaus

A recent transplant to Minnesota, Kirsten Madaus has been eating with local intention since 2006 and sharing how to make the most of the farm share via her website Farm Fresh Feasts. In addition to sharing her love of Instant pot and air fryer cooking with folks in person and online, Kirsten spends her days helping fight food insecurity with Minnesota Central Kitchen at Chowgirls Catering.

AEKC7Tue Mar 4
\$29 1 Session 6:30 - 8:00 PM
Online Course,

Great MN Hot Dishes-NEW!

With winter approaching, it is time to think of hearty and savory meals that are easy to prepare. Using fresh ingredients, create and sample various sensational dishes to share with your loved ones or to bring to the next potluck. Join us to create up to 15 sensational dishes including: Beef, Pork and Sauerkraut; Pork Loin with dried Apricots and Cherries; Beef and Spinach or Broccoli; Eggplant and Cheese; Chicken Cobbler with Carrots, Mushrooms and Peas; Lentils and Vegetables; and Baked Penne Pasta with Chicken Broccoli and Mushrooms just to name a few. Our recipes are enhanced by a blend of diverse ethnic influences to create a sensational food, easy to prepare, a pleasure to serve and a delight to eat. Laurel Severson A supply fee of \$16 is payable to the instructor in class. Bring containers to take leftovers home. For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

Laurel Severson is a Home Economist working in commercial food service and recipe testing.

AEKC2Thu Feb 20
\$39 1 Session 6:00 - 9:00 PM
John Glenn MS, 284 FACS

Greek Dinner

Prepare a scrumptious feast: Soupa Avgolemono (the national soup) which is a lemon flavored chicken soup. Saganaki (a flaming cheese appetizer) plus an eggplant appetizer. Moussaka (Ground Lamb) made with zucchini is a wonderful variation from the traditional eggplant dish. You will also master spanakopita (spinach rolls in fillo) and walnut cake with orange syrup, known as Karidopita. Laurel Severson Food costs of \$17 is payable to instructor at class. For Classes at John Glenn Park in the main parking lot and enter through door 3N, the activities entrance

AEKC3Thu Mar 20
\$39 1 Session 6:00 - 9:00 PM
John Glenn MS, 284 FACS

Indian Cooking

Step into the heart of an Indian kitchen and uncover the secrets of the spices that bring every meal to life. In this interactive class, you'll not only learn about the essential spices found in every Indian household, but also gain insider tips on how to use them to elevate your dishes. From savory appetizers and aromatic rice dishes to indulgent desserts, each offering a distinct taste of culture and tradition.

AEKC13 Wed Feb 5
\$40 1 Session 6:00 - 8:00 PM
Oak Park Learning Center,

Instant Pot Sweets For Your Sweetheart (VIRTUAL)

Get ready to impress your loved ones with delectable desserts made in your Instant Pot! Is your sweetheart 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 Sponge cake! 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. Kirsten Madaus

A recent transplant to Minnesota, Kirsten Madaus has been eating with local intention and sharing how to make the most of the farm share via her website Farm Fresh Feasts. In addition to sharing her love of Instant Pot and air fryer cooking with folks in person and online, Kirsten spends her days helping fight food insecurity with Minnesota Central Kitchen at Chowgirls Catering.

AEKC5Tue Feb 4
\$29 1 Session 6:30 - 8:00 PM
Online Course,

Make your own Lefse

Learn the art of making this Norwegian delicacy. Lefse is traditionally served for holidays and special occasions and can be used as a main course or as a dessert. Bring a gallon-size food storage bag, dishcloth, and dish towel for clean-up. If you have a rolling pin at home that you would like to try using, you may also bring it. Supply fee of \$9 payable to instructor at class. Laurel Severson For Classes at John Glenn Park in the front parking lot and enter through door 3N – Activities Entrance.

Laurel Severson is a Home Economist working in commercial food service and recipe testing.

AEKC1Thu Jan 23
\$39 1 Session 6:00 - 9:00 PM
John Glenn MS, 284 FACS

Marvelous Macarons

Macrons are beautiful and so fun to make! Learn some simple tricks to make the process easy. You will make three different kinds. You will bake, assemble and decorate one recipe as well as decorate and assemble the other two. A supply fee of \$13 per student will be payable to the instructor in class. Please bring containers, dishcloths, and towels. Nancy Burgeson For Classes at Skyview Park in the south lot and enter through door 6, signs indicate Activities Entrance.

Nancy Burgeson, a skilled and knowledgeable instructor, has 45 years experience baking and teaching. She is periodically featured on Twin Cities Live, KSTP Channel 5, and has won numerous awards at county and state fairs. She has also been inducted into the Wilton Enterprises Teacher Hall of Fame. Past students have shared: Nancy is an excellent teacher, great class and high quality food items, very organized and prepared, shares a lot of good information, loved the class and will tell others to enroll, really glad I registered, will take more classes from Nancy, good cost and location, have seen Nancy on TV and was excited to take a class from her, great price and time, liked the option that we could purchase supplies if we desired, love this instructor, most informative class I have taken, absolutely wonderful class, Nancy is great.

AEKC9Wed Mar 26
\$39 1 Session 6:00 - 9:00 PM
Skyview MS, 700 FACS

Mexican Tacos (VIRTUAL)

Mexican tacos are as vast and diverse as the country. In this interactive online class, we'll start by making flour tortillas from scratch. We'll also make pan-grilled shrimp tacos with chipotle pepper sauce and chicken tacos with fresh tomato salsa.

Ploy Khunisorn is a native of Thailand. She went to Suan Dusit International Culinary School while she was working as a financial analyst in Bangkok. She came to the USA to do Master's Degree in Sustainability at Harvard University and Master's Degree in Education at Cambridge College. She started teaching cooking classes in 2014. With her love of traveling to over 50 countries, she has learned varieties of cuisines around the world. In her 10+ years of teaching experience, Ploy has taught over 7,000 students to cook and bake Asian cuisines, plant-based food, pastries, and more.

AEKC19 Mon May 5
\$35 1 Session 6:00 - 8:00 PM
Online Course,

Oh, You Beautiful Cake!-NEW!

What could be better than chocolate, caramel, pecans, and more? In this class, you will mix, bake, and assemble a decadent 3-layer cake. With guidance from Nancy, each student will create and take home a deliciously gooey chocolate masterpiece, perfect for sharing with family and friends—if you can resist keeping it all for yourself! A supply fee of \$16 per student payable to the instructor in class.

Nancy Burgeson, a skilled and knowledgeable instructor, has 45 years experience baking and teaching. She is periodically featured on Twin Cities Live, KSTP Channel 5, and has won numerous awards at county and state fairs. She has also been inducted into the Wilton Enterprises Teacher Hall of Fame. Past students have shared: Nancy is an excellent teacher, great class and high quality food items, very organized and prepared, shares a lot of good information, loved the class and will tell others to enroll, really glad I registered, will take more classes from Nancy, good cost and location, have seen Nancy on TV and was excited to take a class from her, great price and time, liked the option that we could purchase supplies if we desired, love this instructor, most informative class I have taken, absolutely wonderful class, Nancy is great.

AEKC10 Wed Apr 23
\$39 1 Session 6:00 - 9:00 PM
Skyview MS, 700 FACS

Thai Street Food (VIRTUAL)

Thai cuisine is full of aromatic ingredients, cooking styles, and dish decorations. In this online interactive class, we'll make 3 popular and delicious Thai dishes from scratch including Thai vermicelli salad, Thai coconut soup, and pad Thai with chicken.

Ploy Khunisorn is a native of Thailand. She went to Suan Dusit International Culinary School while working as a financial analyst in Bangkok. She came to the USA to do a Master's Degree in Sustainability at Harvard University and a Master's Degree in Education at Cambridge College. She started teaching cooking classes in 2014. With her love of traveling to over 50 countries, she has learned varieties of cuisines around the world. In her 10+ years of teaching experience, Ploy has taught over 7,000 students to cook and bake Asian cuisines.

AEKC17 Mon Jan 13
\$35 1 Session 6:00 - 8:00 PM
Online Course,

Vietnamese Street Food (VIRTUAL)

Embrace the light and delicate flavors of Vietnamese cuisine known for fresh herbs, vegetables, and dipping sauce. In this online interactive cooking class, we'll make Vietnamese fresh rolls with dipping sauce and Vietnamese noodle soup (pho) with chicken.

Ploy Khunisorn is a native of Thailand. She went to Suan Dusit International Culinary School while she was working as a financial analyst in Bangkok. She came to the USA to do Master's Degree in Sustainability at Harvard University and Master's Degree in Education at Cambridge College. She started teaching cooking classes in 2014. With her love of traveling to over 50 countries, she has learned varieties of cuisines around the world. In her 10+ years of teaching experience, Ploy has taught over 7,000 students to cook and bake Asian cuisines, plant-based food, pastries, and more.

AEKC18 Mon Mar 3
\$35 1 Session 6:00 - 8:00 PM
Online Course,

Pickleball

Advanced Beginner Pickleball Lessons

Advanced Beginner Level Pickleball lessons: These classes are an excellent way for brand-new players to learn the sport of Pickleball. You will learn all the basics to be able to play. We will cover Pickleball rules, scoring system, body positioning, footwork, drills, and doubles game strategy. Safety is emphasized. Paddles will be provided, or bring your own. Please dress for the weather, wear athletic shoes and bring water. Richard Milles

Bringing over a decade of experience as a YMCA Specialty Instructor, following a fulfilling career spanning 27 years with ISD 625 and the Minnesota State Colleges and Universities system.

AEPB2A Mon Mar 17 - Apr 7
\$70 4 Sessions 4:00 - 5:30 PM
Gladstone CC, Gym

AEPB2B Mon May 12 - Jun 9
\$70 4 Sessions 4:00 - 5:30 PM
Gladstone CC, Gym
No Class 05/26

Beginner Pickleball Lessons

Adult Pickleball lessons: These classes are an excellent way for brand-new players to learn the sport of Pickleball. You will learn all the basics to be able to play. We will cover Pickleball rules, scoring system, body positioning, footwork, drills, and doubles game strategy. Safety is emphasized. Paddles will be provided, or bring your own. Please dress for the weather, wear athletic shoes and bring water.

Bringing over a decade of experience as a YMCA Specialty Instructor, following a fulfilling career spanning 27 years with ISD 625 and the Minnesota State Colleges and Universities system.

AEPB1A Mon Jan 27 - Feb 24
\$70 4 Sessions 4:00 - 5:30 PM
Gladstone CC, Gym
No Class 02/17

AEPB1B Mon Apr 14 - May 5
\$70 4 Sessions 4:00 - 5:30 PM
Gladstone CC, Gym

Gym Reservation

Gym reservation/ PB Courts

Gymres
\$15 0 Sessions

Pickleball Clinics: Intro to the Game

Join us for 90-minute pickleball clinics for both beginners and those who want to improve their game.

Bringing over a decade of experience as a YMCA Specialty Instructor, following a fulfilling career spanning 27 years with ISD 625 and the Minnesota State Colleges and Universities system.

AEPB3A Fri Feb 21
\$50 1 Session 4:00 - 5:30 PM

Gladstone CC, Gym

AEPB3B Fri Apr 4
\$50 1 Session 4:00 - 5:30 PM
Gladstone CC, Gym

Pickleball Clinics: Step Up Your Game

Step up your game clinics are for current players who want to take their game to the next level.

Bringing over a decade of experience as a YMCA Specialty Instructor, following a fulfilling career spanning 27 years with ISD 625 and the Minnesota State Colleges and Universities system.

AEPB4A Fri Mar 21
\$50 1 Session 4:00 - 5:30 PM
Gladstone CC, Gym

AEPB4B Fri May 2
\$50 1 Session 4:00 - 5:30 PM
Gladstone CC, Gym

Special Events

Adult Day Trip-History Theater: The Root Beer Lady-NEW!

The Root Beer Lady tells the story of the indomitable Dorothy Molter, the last legal non-indigenous resident of the Boundary Waters. The story reflects the beauty and hardships of Molter's solitary yet satisfying life beginning in 1934. The play, funny and passionate, explores her independence, fortitude, and love of nature. Molter pushes back against the premise that her time in the North Woods made her the "Loneliest Woman in America," as the Saturday Evening Post claimed in 1952. Back by popular demand, Dorothy's story will delight all, young and old. "...a warm, enjoyable love letter to the Boundary Waters." - Pioneer Press Fee includes bus and show tickets. NOTE: There will not be lunch on this trip. Please bring a small snack if you will need one. No refunds will be given after January 3.

AESE2 Thu Jan 30
\$54 1 Session 8:30 AM - 12:30 PM
Mahtomedi District Center,

Adult Day Trip: Explore the Minnesota Landscape Arboretum!

Explore 1,200 acres of professionally maintained gardens, rare plant collections, and accessible trails. The Minnesota Landscape Arboretum is a research center and extension of the University of Minnesota. Join us for a guided and narrated one hour three mile tram tour highlighting varied collections, display gardens, and the Arboretum Farm! Your fee includes lunch and 10% off at the Gift and Garden Store. We will also have self guided exploration time of the 30+ gardens and natural areas, trails, library, and conservatory. - Lunch Menu: Flowerpot lunch includes a choice of sandwich (turkey, ham, roast beef or veggie), chips, an apple, cookie, and bottled water 9:00 am - Meet at Mahtomedi DEC, 12:00 pm - Lunch, 4:00 - Return to Mahtomedi DEC Please register by May 5th, no refunds will be given after this date.

AESE4 Tue May 20
\$79 1 Session 9:00 AM - 4:00 PM
Mahtomedi District Center,

Day Trippers Dinner Theater- 37 Postcards

37 Postcards by Michael McKeever After years of traveling abroad, Avery Sutton is happy to return to the comfort of his home in Connecticut. Unfortunately, almost nothing is as he remembered it. The entire house is tilted at a distinct angle, the dog hasn't been fed in five years, and Avery's Grandmother, who everyone thought was dead, is still alive and kicking. Forced to either accept the oddities of his family or leave them behind, 37 Postcards suggests that you can, in fact, go home again... You just never know what you're going to find. Lunch Menu: Quarter savory roast chicken, Baked lasagna, Tuscan vegetable medley, Garden salad with assorted dressings, Assorted rolls, Mashed potatoes, Specialty dessert, Coffee and tea. Departure from Gladstone: 10:45 a.m. Lunch: 12:15 p.m. Performance: 1:15 p.m. Return to Gladstone: 4:00 p.m. Please register by April 10. No Refunds will be given after this date.

AESE3 Thu Apr 24

\$99 1 Session 10:45 AM - 4:00 PM
Gladstone CC, Common Areas

Defensive Driving Course

Review the rules of the road and learn new information regarding today's cars, and update your driving skills. Those over the age of 55 qualify to receive a 10 percent discount on their auto insurance after completing the Defensive Driving course. To maintain this discount, a 4-hour refresher course is required every three years. Register at least one week before the class date; no walk-ins. Minnesota Safety Council. IMPORTANT UPDATE: Effective July 1, 2024, the 4-hour defensive driving program can be taken for the initial and the refresher courses. For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby and the classrooms are down the first hallway on the left.

We offer traffic programs for the workplace and the larger community, including defensive driving classes for mature drivers and interactive online programs for teens. Our defensive driving instructors are National Safety Council certified.

AEDD1 Mon Jan 13

\$35 1 Session 12:00 - 4:00 PM
Gladstone CC, 105

AEDD2 Mon Feb 10

\$35 1 Session 12:00 - 4:00 PM
Gladstone CC, 105

AEDD3 Mon Mar 10

\$35 1 Session 12:00 - 4:00 PM
Gladstone CC, 105

AEDD4 Mon Apr 14

\$35 1 Session 12:00 - 4:00 PM
Gladstone CC, 105

AEDD5 Mon May 12

\$35 1 Session 12:00 - 4:00 PM
Gladstone CC, 105

Defensive Driving Course (VIRTUAL)

Review the rules of the road and learn new information regarding today's cars, and update your driving skills. Those over the age of 55 qualify to receive a 10 percent discount on their auto insurance after completing this 4-hour basic course. This course is a live online presentation offered in a 4-hour Online session. A 4-hour refresher course is required every three years. Register at least one week before the class date and please stop by Gladstone Community Education Center Office (1945 Manton St. Maplewood, MN 55109) to pick up your required booklet. Office hours are Monday- Friday 7:30 a.m. - 4:00 p.m. Minnesota Safety Council. **IMPORTANT UPDATE:** Effective July 1, 2024, the 4-hour defensive driving program can be taken for the initial and the refresher courses. During the registration process please confirm the best email address to reach you. The class link will come in a confirmation email one day prior to your class start date.

We offer traffic programs for the workplace and the larger community, including defensive driving classes for mature drivers and interactive online programs for teens. Our defensive driving instructors are National Safety Council certified.

AEDDV1 Thu Jan 16
\$35 1 Session 1:00 - 5:00 PM
Online Course,

AEDDV2 Tue Feb 11
\$35 1 Session 9:00 AM - 1:00 PM
Online Course,

AEDDV3 Tue Mar 25
\$35 1 Session 5:00 - 9:00 PM
Online Course,

AEDDV4 Tue Apr 22
\$35 1 Session 1:00 - 5:00 PM
Online Course,

AEDDV5 Tue May 20
\$35 1 Session 9:00 AM - 1:00 PM
Online Course,

Extended Travel Showcase FREE!

Landmark Tours, a local, family-owned tour operator, will present an array of inclusive, extended travel packages to destinations all across the U.S. beyond. Mark your calendars now to learn more about travel opportunities ISD 622 Community Education Center offers in partnership with Landmark Tours. This showcase is offered at no cost, but pre-registration is requested. Can't make it? Call for a catalog: (612) 230-2040. Or visit <http://www.gowithlandmark.com> For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The classrooms are down the first hallway on the left.

AESE1 Tue Feb 4
\$0 1 Session 10:00 - 11:00 AM
Gladstone CC, 105

Hudson Food Walk Tour: Savor, Stroll and Experience Hudson

Experience the unique tastes and unforgettable charm of historic downtown Hudson on a guided walking and food tour from Hudson Food Walk. During your three-hour tour, you'll learn about Hudson's rich history, stroll along the banks of the scenic St. Croix River, and enjoy tastings at six popular destinations including: Pier 500, Barker's Bar & Grill, St. Croix Baking Company, Pedro's del Este, Knoke's Chocolates & Nuts and Grand Fete or Black Rooster Bistro. Guests will meet at the Phipps Center for the Arts, 109 Locust Street, Hudson. There is ample parking across the street, both in the lakefront lot and on the street. Tours take place rain, snow, or shine so please dress comfortably for the weather.

AESE5 Thu Apr 10
\$60 1 Session 1:30 - 4:30 PM
Phipps Center for the Arts,

Senior Golden Prom

Dust off those dancing shoes and come enjoy a great afternoon of catered food, beverages, socialization, and dancing to live music performed by the Golden Tones Band! All of this is included in the price of admission. Tickets are only \$15. A large bingo game with door prizes is always available for those who are tired of dancing. Tickets are on sale now and can be purchased here or at the Gladstone Community Education Center. Thank you to our Students: North and Tartan High School, for organizing this event to make it an enjoyable and affordable afternoon for seniors. Pre-registration is required. No walk-ins will be allowed. Attire is dressy casual. Tickets are non-refundable, and seating is limited, so stop by the Gladstone office or give us a call at 651-748-7250 to get your tickets now!

AESE6 Wed May 21
\$15 1 Session 11:30 AM - 2:00 PM
Guardian Angels Church,

Senior Sweetheart Dance

Join the Tartan High School National Honor Society students, in partnership with Twin Cities In Motion, for a delightful afternoon filled with music, dancing, dessert, and door prizes! Enjoy live entertainment by the talented Robert Everest. Tickets for all of our events can be conveniently purchased online at isd622.ce.eleyo.com. Prefer to buy in person? Visit us at the Gladstone Community Education Center. Don't worry if you don't have a sweetheart—just come for the music and a fun time! For Classes at Gladstone Park in the main lot on Manton St and enter through door 1E. The gym is to the right of the lobby and the classrooms are down the first hallway on the left

AESE7 Wed Feb 12
\$5 1 Session 3:30 - 5:30 PM
Gladstone CC, Gym

Tech Savvy Skills

Beginner's Guide to Getting Published- NEW! (VIRTUAL)

If your goal is to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to: become a "published" writer overnight *submit manuscripts the correct way *find the right publisher for your work *write irresistible query letters *determine when and how to get an agent *100 ways to make money as a freelance writer If you really want to succeed, this step-by-step workshop is a must! Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed in your confirmation 2 days before class.

LeeAnne is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges from Maine to Hawaii, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. LeeAnne's inspiration in the classroom has even been compared to Oprah! (For more information, Internet search: LeeAnne Krusemark or visit KrusemarkGrinnell.com.)

AETSS8 Wed Feb 26
\$39 1 Session 6:00 - 8:00 PM
Online Course,

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

ChatGPT (AI) is here to stay and is the future for writers and content creators. Don't be left behind! No prior AI experience required. Do you want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts? In this beginner-friendly course, you'll learn how to: register for a FREE ChatGPT account input effective writing prompts to avoid nonsense responses build creative content, from stories to marketing copy determine its capabilities and limitations understand ethical/legal considerations using ChatGPT There's no doubt ChatGPT and similar AI systems will force the job market to evolve. It's crucial for everyone to adapt, learn new skills, and be open to working in collaboration with AI, so start building your expertise in the world of ChatGPT now! The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

LeeAnne is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges from Maine to Hawaii, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. LeeAnne's inspiration in the classroom has even been compared to Oprah! (For more information, Internet search: LeeAnne Krusemark or visit KrusemarkGrinnell.com.)

AETSS9 Thu Feb 27
\$39 1 Session 4:00 - 6:00 PM
Online Course,

Canva for Awesome Beginners (VIRTUAL)

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

I'm an experienced instructor who is passionate about helping Adults & Seniors use technology to improve their lives in a positive way. I provide the best resources on using popular social media platforms, ride sharing apps, online safety, podcasts and more to help eliminate technology overwhelm.

AETSS2A Tue Jan 14
\$29 1 Session 12:00 - 1:00 PM
Online Course,

AETSS2B Thu Mar 20
\$29 1 Session 12:00 - 1:00 PM
Online Course,

Creative Writing 101: A Beginner's Guide (VIRTUAL)

You don't need a degree in creative writing to be an exceptional writer and get paid for it! Anyone with a passion for writing can learn and develop their fiction and non-fiction writing skills. Whether you're writing from your own life experience, creating new worlds, or informing readers about important information, this class will teach you about the different forms of creative writing, the top 10 creative writing tips for beginners, as well as how to brainstorm for new creative writing ideas, bring your words to life with engaging descriptions, develop your own writing style, and how to get paid for your creative writing. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

LeeAnne is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges from Maine to Hawaii, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. LeeAnne's inspiration in the classroom has even been compared to Oprah! (For more information, Internet search: LeeAnne Krusemark or visit KrusemarkGrinnell.com.)

AETSS10 Thu Mar 6
\$39 1 Session 4:00 - 6:00 PM
Online Course,

Fast-Track to Social Media Marketing for Business-NEW! (VIRTUAL)

Take your business to new heights with our fast-paced, comprehensive session designed to equip business owners, entrepreneurs, and marketing professionals with the essential skills and strategies needed to leverage social media for business success. Learn how to effectively reach your target audience, increase brand awareness, and drive engagement across major social media platforms. Nickie Welsh

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AETSS1 Mon Jan 13
\$29 1 Session 12:00 - 1:00 PM
Online Course,

Google Sheets for Awesome Beginners (VIRTUAL)

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

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AETSS5 Thu Feb 6
\$29 1 Session 12:00 - 1:00 PM
Online Course,

Introduction to Journaling: A Beginner's Guide-NEW! (VIRTUAL)

Journaling is simply recording your thoughts, feelings, and insights in a written, drawn, or typed format. It can be done on paper or on a computer, and it's a low-cost way to improve your mental health. Journaling can help you reduce stress, improve your self-awareness, as well as prioritize problems, fears, and concerns, and provide an opportunity for positive self-talk. You'll learn how to start journaling (even when you don't know what to write), the 10 most popular types of journaling, how to kick-start self-reflection and self-discovery, and track your progress and personal growth. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.

LeeAnne is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges from Maine to Hawaii, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. LeeAnne's inspiration in the classroom has even been compared to Oprah! (For more information, Internet search: LeeAnne Krusemark or visit KrusemarkGrinnell.com.)

AETSS11 Fri Mar 7
\$39 1 Session 4:00 - 6:00 PM
Online Course,

LinkedIn 101

Boost your professional presence on LinkedIn! This course will guide you through creating a compelling profile, expanding your network, and leveraging LinkedIn's features to enhance your career prospects. Ideal for beginners, you'll gain practical skills to confidently navigate and utilize LinkedIn for professional success. Participants should bring their current professional resume and a Laptop computer or iPad.
Instructor: Kirsten J. Parker

AETSS6 Tue Jan 28
\$29 1 Session 6:00 - 7:00 PM
Stillwater Area HS, PAC- G113,

Make Money as a Freelance Writer: A Beginner's Guide -NEW! (VIRTUAL)

If you've got a way with words and love to write, freelance writing has emerged as a significant force in the gig economy, offering flexibility, independence and a way to make money online and offline, for supplemental income or a full-time career. You'll learn the top 10 areas of freelance writing, as well as how to create writing samples and pitches/queries, develop your freelance writing "brand," and find reliable job boards and avoid content mills. Informative handouts for future use are included in class fee, and include links to more than 1,000 ways to get paid as a freelance writer. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

AETSS12 Fri Mar 7
\$39 1 Session 6:00 - 8:00 PM
Online Course,

Meet the Publisher/Agent — Get Your Manuscript Critiqued-NEW! (VIRTUAL)

Have you ever wanted to talk to a real agent or publisher? Are you tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children's book. (Optional: You can then send your manuscript for a professional critique (for a critique fee of \$50 for up to 25 double-spaced pages + \$1/page thereafter, and a list of publishers/agents who are interested in your type of work.) Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed in your reminder email two days prior to class.

LeeAnne is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges from Maine to Hawaii, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard. LeeAnne's inspiration in the classroom has even been compared to Oprah! (For more information, Internet search: LeeAnne Krusemark or visit KrusemarkGrinnell.com.)

AETSS13 Sat Mar 8
\$35 1 Session 3:00 - 4:30 PM
Online Course,

Navigate with Uber: Achieve Transportation Freedom -NEW! (VIRTUAL)

Take your business to new heights with our fast-paced, comprehensive session designed to equip business owners, entrepreneurs, and marketing professionals with the essential skills and strategies needed to leverage social media for business success. Learn how to effectively reach your target audience, increase brand awareness, and drive engagement across major social media platforms. Nickie Welsh

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AETSS4 Thu Jan 30
\$29 1 Session 12:00 - 1:00 PM
Online Course,

Practical ChatGPT Training for Everyone (VIRTUAL)

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

I'm an experienced instructor who is passionate about helping Adults & Seniors use technology to improve their lives in a positive way. I provide the best resources on using popular social media platforms, ride sharing apps, online safety, podcasts and more to help eliminate technology overwhelm.

AETSS3 Tue Jan 28
\$29 1 Session 12:00 - 1:00 PM
Online Course,

Writing for Online Blogs, Magazines & Websites (VIRTUAL)

You don't need a journalism degree or previously published articles to write for anyone's online blog, magazine, or website. Some opportunities offer exposure, while many pay well -- \$1 a word and more. In this fast-paced session, you will learn how to: find ideas, sources, and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters, and then use this credibility to sell other articles or even your self published novel. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

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AETSS7 Wed Feb 26
\$39 1 Session 4:00 - 6:00 PM
Online Course,