

Summer 25

Adult Enrichment

Community Events - Discounted Tickets

Disney's Beauty and the Beast

Be our guest at Disney's newly reimagined 30th Anniversary production of Beauty and the Beast, the breathtaking musical filled with the romance and grandeur audiences know and love. This enchanting and timeless tale has been brought to life like never before, with spectacular new sets and dazzling costumes. Orpheum Theatre, 910 Hennepin Ave., Minneapolis, MN 55403

YES25-0812 Tue Aug 12
\$67 1 Session 7:30 - 10:30 PM
Orpheum Theater,

MN United and 622 Community Ed Family Night

Join the Minnesota United FC at Allianz Field for an action-packed game against the Colorado Rapids. Tickets are just \$42 per person and you'll be seated in section 109 with other families from District 622. Limited seats available—order your tickets today!

YESUM25 Sun Aug 10
\$42 1 Session 5:00 - 7:00 PM
Allianz Field,

Creative Expressions

Adult-Child Paint Date- Camp Night

A parent-child paint date is a fun and creative activity that allows parents and children even grandparents 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 and beautiful painting. We will paint a summer theme painting. Supply fee of 20\$ per pair is due on the class day.

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.

AECE1Wed Jun 18
\$40 1 Session 6:00 - 8:00 PM
Skyview MS, 804 Art

Chunky Knit Blankets

Join us for this cozy DIY workshop! Create a Chunky Knit Blanket with step-by-step instruction. No knitting experience or tools needed! You will choose your yarn colors upon your arrival for this workshop.

AECE4Wed Aug 13
\$73 1 Session 6:00 - 9:00 PM
Oak Park Learning Center,

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.

AECE3Mon Jun 9
\$64 1 Session 6:30 - 9:00 PM
Online Course,

Instant Piano for Hopelessly Busy People (VIRTUAL)

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano by using the chord method. The chord method is LOTS of fun and a trick that professionals have used for years. This class will include an initial three hour zoom class, an online book, self paced online follow up lessons, a recording of the class and also an optional periodic question and answer session. 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

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.

AECE2Tue Jun 3
\$64 1 Session 6:30 - 9:30 PM
Online Course,

Specialty Silver Smithing Ring Workshop

Craft your own unique style in our Specialty Silver Smithing Ring Workshop! Design and create three stunning sterling silver stacker rings, mixing and matching styles for a personalized touch of wearable art!

AECE5Wed May 21
\$88 1 Session 6:00 - 8:00 PM
Stillwater Area HS, A106 Art,

Curious Minds

Beginner Spanish Boost (VIRTUAL)

Kickstart your Spanish journey with this engaging summer course, perfect for beginners! Designed for those with to no experience, you'll learn essential vocabulary, basic grammar, and practical phrases for everyday conversations. Through group discussions and break out conversation practices, you'll build confidence in speaking and understanding Spanish. Our experienced instructors will guide you in every step of the way, setting you up for continued success. By the end of the course, you'll have the foundational skills to keep learning and speaking with confidence.

AECM3 Wed Jun 4 - Jun 25
\$80 4 Sessions 6:00 - 7:00 PM
Online Course,

Food Scraps Pickup Program

Did you know 20% of trash is food waste? Discover an exciting new way to recycle your food scraps at home! This class will share practical tips for success and show you how to turn waste into a win for the environment. Let's get started on a greener future together!

AECM1 Wed May 7
\$15 1 Session 6:00 - 7:00 PM
Stillwater Area HS, PAC- G113,

Gardening with Native Plants NEW! (VIRTUAL)

Learn about the benefits of growing native plants. In this class you will find out how to identify native plant species and get ideas for using these plants in the landscape, plus information on how to design, install and maintain a native plant garden.

AECM9 Mon Jul 21
\$19 1 Session 6:30 - 8:00 PM
Online Course,

How to Use Chat GPT (VIRTUAL)

What is Chat GPT, how to give prompts to get the best results, writing resume with Chat GPT's help, summarizing documents, writing e-mails, uploading photos, developing video content, and more. This short and simple 1-hr class helps you to determine Chat GPT uses- both at work and in your personal life. This is NOT a technical, ethics AI session. It's a simple, practical class on how Chat GPT AI could help someone to improve their productivity and practice better time management. Good for personal enrichment and professional development.

AECM6 Fri Aug 22
\$29 1 Session 6:00 - 7:00 PM
Online Course,

How to Use DeepSeek (AI) (VIRTUAL)

DeepSeek, the AI tool, can be used to write essays, research a topic, data analysis, analyze content, and more. This short and simple 1-hr online class helps you to get a basic understanding of DeepSeek. This is NOT a technical, AI programming class. No prior knowledge necessary. Simply sit back and follow the class for personal enrichment and professional development.

I am an instructor at community colleges, an author, and a Keynote speaker for associations and corporations. I speak on for personal and professional development. I am the founder of Kelum Training and Consulting. www.kelumteam.com. preethifernando.com

AECM5 Mon May 5
\$29 1 Session 7:00 - 8:00 PM
Online Course,

Planting for Pollinators-NEW (VIRTUAL)

Pollinators are critical to a healthy environment and many native species are in jeopardy. Learn what you can do at home to create healthy pollinator habitats for native bees and butterflies in your own yard.

AECM8 Wed Jun 25
\$19 1 Session 6:30 - 8:00 PM
Online Course,

Publish Your Own Book (VIRTUAL)

Getting your own book published can give you a feeling of accomplishment and satisfaction. Publish a children's book, a how-to book, a memoir, art book, a cook book, or just about any type of book. In this class you will learn how to tap into readily available resources to turn your work into a published book. (This is not a writing class.) If you are thinking about publishing a book or simply curious, this class is for you. You will also learn about book marketing and how to get scheduled for speaking engagements.

Preethi Fernando is the author of 15 books, Keynote speaker, and instructor. She is the founder of Kelum Training and Consulting www.kelumteam.com. Preethi wrote her first book at age nine and still going strong. She is the winner of Stephen King's Haven Foundation Award, given to one author each year. Preethi lives in Loveland, Colorado. Visit preethifernando.com Join her on LinkedIn

AECM4 Mon May 5
\$29 1 Session 3:00 - 5:00 PM
Online Course,

Publish Your Own Book (VIRTUAL)

Getting your own book published can give you a feeling of accomplishment and satisfaction. Publish a children's book, a how-to book, a memoir, art book, a cook book, or just about any type of book. In this class you will learn how to tap into readily available resources to turn your work into a published book. (This is not a writing class.) If you are thinking about publishing a book or simply curious, this class is for you .

AECM7 Fri Aug 22
\$29 1 Session 7:00 - 9:00 PM
Online Course,

Spanish for Travelers (VIRTUAL)

Embark on an exciting journey through the Spanish-speaking world-right from your home! This interactive, beginner- friendly LIVE virtual course is designed for adults eager to learn practical Spanish for travel. Our experienced instructors will guide you in practicing essential phrases for greetings, ordering in restaurants and asking for directions. With Futura's dynamic, hands-on approach, you'll stay engaged and have fun while building confidence for your next adventure. Ideal for both new learners and those with some prior experience in Spanish conversation.

AECM2 Tue Jun 3 - Jun 24
\$80 4 Sessions 6:00 - 7:00 PM
Online Course,

Defensive Driving

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.

AEDD1Mon Jun 16
\$35 1 Session 12:00 - 4:00 PM
Gladstone CC, 105

AEDD2Mon Jul 14
\$35 1 Session 12:00 - 4:00 PM
Gladstone CC, 105

AEDD3Mon Aug 11
\$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. 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 Tue Jun 10
\$35 1 Session 9:00 AM - 1:00 PM
Online Course,

AEDDV2 Tue Jun 24
\$35 1 Session 5:00 - 9:00 PM
Online Course,

AEDDV3 Tue Jul 29
\$35 1 Session 5:00 - 9:00 PM
Online Course,

AEDDV4 Thu Aug 7
\$35 1 Session 1:00 - 5:00 PM
Online Course,

AEDDV5 Thu Sep 18
\$35 1 Session 9:00 AM - 1:00 PM
Online Course,

Financial Mastery

Basics of Estate Planning–Wills and Trusts

Final Preparation Series Planning ahead ensures your wishes are honored, reduces legal and financial burdens, and provides peace of mind for you and your loved ones. This three-class series covers key aspects of end-of-life planning, from estate management to healthcare decisions and funeral arrangements. Each session provides expert guidance, practical tools, and a Q&A to address individual concerns. Session 2: Basics of Estate Planning This session explores how assets pass through probate, the advantages and limitations of wills and trusts, and the critical role of powers of attorney and healthcare directives. Attendees will gain valuable insights into protecting assets, minimizing legal complications, and ensuring their wishes are carried out.

Tom Stanton is an estate planning attorney admitted to the Minnesota Bar and a 2024 graduate of Mitchell Hamline School of Law. With three years of experience as a law clerk before becoming a practicing attorney, Tom brings valuable insight into the estate planning process.

AEFM11 Thu Jun 26
\$19 1 Session 6:00 - 7:30 PM
John Glenn MS, 263 Multipurpose (west)

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.

AEFM1Tue Jun 10
\$10 1 Session 6:30 - 8:00 PM
Gladstone CC, 105

Funeral Pre-Planning: Where to Start

Final Preparation Series Planning ahead ensures your wishes are honored, reduces legal and financial burdens, and provides peace of mind for you and your loved ones. This three-class series covers key aspects of end-of-life planning, from estate management to healthcare decisions and funeral arrangements. Each session provides expert guidance, practical tools, and a Q&A to address individual concerns. Session 3: Funeral Pre-Planning: Where to Start Pre-planning a funeral can bring peace for you and your family, but sometimes it's hard to know where to start. Take part in this class to uncover the steps you need to take to bring you and your family serenity in your final time.

AEFM13 Thu Jul 10
\$10 1 Session 6:00 - 7:30 PM
John Glenn MS, 263 Multipurpose (west)

How to Make Extra Cash Pet Sitting After School/Work (VIRTUAL)

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

AEFM8Tue Jul 29
\$35 1 Session 5:00 - 7:00 PM
Online Course,

How to Outline and Write an Irresistible Romance (VIRTUAL)

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

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.)

AEFM9Wed Jul 30
\$35 1 Session 3:00 - 5:00 PM
Online Course,

How to Start Any Home Business + 250 Home Business Ideas! (VIRTUAL)

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award winning business owner, this is probably the most comprehensive business start up workshop you will ever find. You will discover: more than 250 legitimate home business ideas mandatory legal documentation many ways to market your product/service how to take tax deductions (this workshop included!) Informative handouts for future use are included 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 2 days before class in a reminder email.

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AEFM10 Wed Jul 30
\$35 1 Session 6:00 - 8:00 PM
Online Course,

Let's Probate an Actual Minnesota Estate

Take an in-depth walk-thru of an actual Minnesota Probate Estate from the filing of the Application for Probate to the Final Accounts and all the steps in between. Learn the process, see the current forms and court and filing requirements, discuss the accounting and procedural steps, and the procedures for the sale and distribution of estate assets. Discussion will also include the roles, responsibilities, and liabilities of a person appointed as the Executor/Personal Representative. The class will have real-life examples and solutions to many issues involving typical (or not typical) Minnesota Probate Estate. This class encourages questions: Is there a "reading of the Will"? What about personal items? Does the Executor get paid? What about estate bills and creditors? Bring your questions. Steve Ledin 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.

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.

AEFM3Tue Jul 22
\$19 1 Session 10:30 AM - 12:00 PM
Gladstone CC, 105

Monetize Websites, Blogs, and Social Media with Affiliate Marketing (VIRTUAL)

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

AEFM7Thu Jul 24
\$35 1 Session 6:00 - 8:00 PM
Online Course,

Preventing Senior Frauds & Scams

Scams targeting seniors come in many forms, from simple schemes to complex frauds, and can be perpetrated by strangers or even those you trust. Learn how to protect yourself in this informative session led by staff from the Minnesota Attorney General's Office. Discover common scams targeting older adults and gain practical strategies to safeguard your personal and financial well-being. This session takes place on May 15, National Senior Fraud Awareness Day—a day dedicated to raising awareness and empowering seniors to recognize and prevent fraud. The \$5 class fee covers administrative costs for the Adult and Senior Programs.

AEFM15 Thu May 15
\$5 1 Session 10:00 - 11:00 AM
Gladstone CC, 105

Save Money with Extreme Couponing! (VIRTUAL)

Learn how to save \$\$\$ every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you: where to find all different types of coupons, even for high ticket items how to find the best coupon apps and websites how to match coupons with sales for maximum savings This workshop is taught by someone who has used many couponing secrets to save thousands. Informative handouts for future use are included in class fee. The webinar login information will be emailed in a course reminder 2 days before class. LeeAnne Krusemark

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.)

AEFM5Thu Jul 10
\$25 1 Session 3:00 - 4:00 PM
Online Course,

The Importance of Your Parent's Estate Plan NEW

10 Really Important Reasons Your Parent's Estate Plan is Important to You In this class we will take an in-depth review of many issues (and problems) that may be faced from our parents estate plan (or lack thereof) such as: creating a difficult Probate, loss of assets to the Nursing Home, fighting amongst the children, senior care issues, guardianship, privacy, the continued life of the surviving parent, estate tax protection, fairness and equality, legacy assets and the flow of critical information between the generations. With our 30 years of experience, we will discuss actual Minnesota examples of all of the above challenges and how they can be avoided in advance with some simple planning and exchange of information. All questions will be answered in an open and friendly forum. 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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AEFM2Tue Jun 17
\$19 1 Session 10:30 AM - 12:00 PM
Gladstone CC, 105

Thinking About Leaving Minnesota? An Attorney's Perspective

So you're thinking about leaving Minnesota, an Attorney's perspective on how to do it A vital part of every retirement or resettlement discussion involves the roadmap of issues that help us decide where we want to call home! Is it Taxes, the Political Landscape, the Weather, the location of Family assets, Debt or Income concerns in Retirement, Cost of Living, Health Concerns or . . . our Friends are already there! When should we start this discussion? Did you know many States do not tax Social Security, Pensions or other Qualified Retirement Income sources? Which are the worst states for Estate Taxes? How do we establish Domicile? How about quality of medical resources and retirement facilities – who is good, who is not-so-good? All these issues will be raised and discussed in an open and friendly manner with questions encouraged. 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.

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AEFM4Tue Aug 5
\$19 1 Session 10:30 AM - 12:00 PM
Gladstone CC, 105

UCare Medicare Meeting

Join us for an informative and interactive UCare Medicare Meeting where we'll guide you through the ins and outs of Medicare. Whether you're new to Medicare or looking to make changes, we'll help you understand the coverage choices available with UCare in a relaxed, friendly environment. Come with your questions and leave with the knowledge to make informed decisions about your healthcare! The registration fee is non-refundable, except in the case of a cancellation by ISD 622 Community Education..

AEFM14A Thu Jun 12
\$5 1 Session 10:00 AM - 12:00 PM
Gladstone CC, 105

AEFM14B Thu Jun 26
\$5 1 Session 1:00 - 3:00 PM
Gladstone CC, 105

AEFM14C Thu Jul 10
\$5 1 Session 10:00 AM - 12:00 PM
Gladstone CC, 105

AEFM14D Thu Jul 24
\$5 1 Session 1:00 - 3:00 PM
Gladstone CC, 105

AEFM14E Thu Aug 14
\$5 1 Session 10:00 AM - 12:00 PM
Gladstone CC, 105

Writing your Health Care Directive

Final Preparation Series Planning ahead ensures your wishes are honored, reduces legal and financial burdens, and provides peace of mind for you and your loved ones. This three-class series covers key aspects of end-of-life planning, from estate management to healthcare decisions and funeral arrangements. Each session provides expert guidance, practical tools, and a Q&A to address individual concerns. Session 1: Living Deeply, Dying Well: Writing your Health Care Directive Get ready to complete your Health Care Directive. Learn about this important legal document. We will discuss health care options and share stories about end of life. Learn how to advocate wisely with your health care providers and feel more comfortable talking with loved ones about your end of life wishes.

For 30 years, Laurel Riedel guided women and families through the miracle and mystery of birth as a nurse midwife. She also cared for both of her parents through the challenges of aging and dementia and was their Health Care Agent. Being deeply invested in the transitions into and out of life, her passion now is to help people write thoughtful Health Care Directives and more importantly to befriend the conversations about end of life.

AEFM12 Thu Jun 12
\$10 1 Session 6:00 - 7:30 PM
John Glenn MS, 263 Multipurpose (west)

Fitness and Wellness

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.

AEFW22 Mon and Fri Jun 9 - Jun 20
\$70 4 Sessions 10:15 - 11:45 AM
John Glenn MS, x Tennis Courts

Becoming EcoWell: Crafting Your Blueprint for Healthy and Harmonious Living

Discover how sustainable choices can enhance both your summer vitality and our planet's health! Learn simple, refreshing ways to boost your mental and physical well-being while nurturing the environment. Join us to explore creative solutions that will help you and our world thrive during this bright, energizing season.

AEFW12 Thu May 22
\$19 1 Session 6:00 - 7:30 PM
Stillwater Area HS,

Beginner Pickleball Lessons

Beginner Pickleball: 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.

AEFW21A Mon and Fri Jun 9 - Jun 20
\$70 4 Sessions 8:30 - 10:00 AM
John Glenn MS, x Tennis Courts

AEFW21B Mon and Fri Jul 7 - Jul 18
\$70 4 Sessions 8:30 - 10:00 AM
John Glenn MS, x Tennis Courts

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.

AEFW25 Mon Jun 2 - Jul 21
\$65 7 Sessions 10:00 - 11:00 AM
Gladstone CC, 109
No Class 06/30

AEFW25V Mon Jun 2 - Jul 21
\$65 7 Sessions 10:00 - 11:00 AM
Online Course,
No Class 06/30

Decision Fatigue: Less Overwhelm, Better Results (VIRTUAL)

Does decision-making leave you stressed and tired? Learn how beating decision fatigue can help you feel more relaxed and confident in your smarter decisions!

Coach Val is a Certified Life and Health Coach, focusing on Stress Management. She left her 25-year career in the corporate world because of Burnout. Through her coaching programs, her clients learn to prioritize themselves by digging into areas they want to improve but do not allow themselves to think about. Clients come to reduce their stress and leave with bigger changes and dreams.

AEFW3 Tue Jun 10
\$29 1 Session 5:30 - 6:30 PM
Online Course,

Footcare

Footcare for seniors

SRFOOT Mon and Wed Jun 9 - Sep 15
\$50 8 Sessions 9:00 AM - 3:00 PM
Gladstone CC, 107A
No Class 06/16, 06/18, 06/23, 06/25, 06/30, 07/ 2, 07/ 7, 07/16, 07/21, 07/23, 07/28, 07/30, 08/ 4, 08/ 6, 08/18, 08/20, 08/25, 08/27, 09/ 1, 09/ 3 & 09/ 8

Infusing Fun: Bring Playfulness Back (Virtual)

Explore which areas of your life are craving playfulness. Rediscover the art of joy, one playful step at a time. Experience enhanced well-being and relationships, increased positivity, and a revived sense of fulfillment.

Coach Val is a Certified Life and Health Coach, focusing on Stress Management. She left her 25-year career in the corporate world because of Burnout. Through her coaching programs, her clients learn to prioritize themselves by digging into areas they want to improve but do not allow themselves to think about. Clients come to reduce their stress and leave with bigger changes and dreams.

AEFW4 Tue Aug 12
\$29 1 Session 5:30 - 6:30 PM
Online Course,

Learning Reiki: Level 1 NEW!

Discover the healing art of Reiki in this Level 1 course. Learn its history, principles, and transformative uses while gaining hands-on experience. Through guided instruction, you'll explore foundational techniques and receive a personal attunement to channel Reiki energy. By the end of the class, you'll be empowered to practice self-Reiki, fostering balance, relaxation, and self-healing. Perfect for beginners seeking to deepen their connection to energy work and create a foundation for personal wellness.

Tate is a Reiki Master with years of experience in energy healing and intuitive practices. As the founder of Sacred Space Healing, she specializes in creating safe, inclusive spaces for personal growth and wellness. Passionate about teaching, Tate blends her knowledge of Reiki's history and principles with a human-centered approach, empowering students to connect with their own healing potential. Her expertise ensures a supportive, engaging experience for anyone beginning their Reiki journey.

AEFW23 Wed Jun 18 - Jun 25
\$90 2 Sessions 5:30 - 7:30 PM
Skyview MS, 406 Fitness Rm

Mental Health First Aid to help Youth NEW

Learn how to identify, understand and respond to signs of mental health and substance use challenges among children and adolescents ages 12-18. The class will cover common signs and symptoms of mental health challenges, substance use challenges and how to interact with a child or adolescent in crisis. Information is given on connecting with youth help.

AEFW20 Mon Apr 28 - May 12
\$49 3 Sessions 5:00 - 8:30 PM
Stillwater Area HS, PAC-G115,

Mindful Spaces: Decluttering Sustainably for Mental Health NEW

Are you ready to tackle the clutter but unsure where everything should go? In this class, you'll explore how clutter impacts mental health and learn practical ways to reclaim your space. Discover local resources for recycling, repurposing, reusing, donating, and selling items—focusing on reducing waste while simplifying your life. With expert tips and tricks from Valerie Cady, professional organizer, you'll leave feeling inspired, equipped to organize your home with ease and purpose, and empowered to overcome overwhelm for good.

AEFW16 Wed May 28
\$29 1 Session 6:30 - 7:30 PM
Stillwater Area HS, PAC- G113,

Nutrition: Eating With Mental Health in Mind NEW

Learn how nutrition can impact an individual's mental health and how to use nutrition as a tool to support good mental health. Gain knowledge on how what we eat not only affects our mood, but also our brain chemistry. Learn strategies to eat mindfully when living with a mental illness or experiencing poor mental health.

AEFW18 Thu May 15
\$0 1 Session 6:00 - 7:00 PM
Stillwater Area HS, PAC- G113,

Pickleball Court Reservation

Join the fun. No instruction is available, but all levels of play are welcome. Bring your own paddles or use loaners onsite. Reservations are non-refundable and must be made by the Wednesday before the Reservation date.

AEPBC1 Fri Apr 4
\$5 1 Session 1:00 - 3:00 PM
Gladstone CC, Gym

AEPBC2 Fri Apr 11
\$5 1 Session 1:00 - 3:00 PM
Gladstone CC, Gym

AEPBC3 Fri May 9
\$5 1 Session 1:00 - 3:00 PM
Gladstone CC, Gym

AEPBC4 Fri May 16
\$5 1 Session 1:00 - 3:00 PM
Gladstone CC, Gym

Relax and Restore Yoga HYBRID-NEW!

Participate in a restorative yoga practice with the intention to calm the mind and soothe the soul and body, followed by a mini-Yoga Nidra practice. Yoga Nidra is a guided deep relaxation that provides scientifically supported benefits. It helps to calm and soothe the nervous system, inviting you to respond to life instead of just react. This class will provide you with the opportunity to come back to your center and experience true peace and relaxation.

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.

AEFW24 Thu Jun 5 - Jul 31
\$65 7 Sessions 12:00 - 1:00 PM
Gladstone CC, 109
No Class 06/19 & 07/ 3

AEFW24V Thu Jun 5 - Jul 31
\$65 7 Sessions 12:00 - 1:00 PM
Online Course,
No Class 06/19 & 07/ 3

Resilience and Stress Management

Life throws stress at us from all directions—physical, emotional, and chemical—but what if you could strengthen your body's ability to bounce back? In this class, discover simple, practical ways to build your internal resilience and learn how your nervous system manages stress as well as tips to help it thrive.

AEFW11 Tue May 20
\$19 1 Session 6:00 - 7:00 PM
Stillwater Area HS, PAC- G113,

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.

AEFW1 Mon Jun 16 - Aug 11
\$69 8 Sessions 12:00 - 1:00 PM
Gladstone CC, 109
No Class 06/30

Women's Self Defense Seminar

This women's self-defense seminar will help you acquire the strategies and skills sets necessary to protect yourself from attack situations which are common and unique to females. Learn preemptive tactics, escape maneuvers, verbal interventions, physical techniques, and the effective use of self-defense devices, in order to quickly, and successfully, end a potentially dangerous encounter or assault. A strong emphasis will also be placed on empowering the mind, which is of paramount importance in prevailing in an attack. Come see for yourself how this seminar will give you the supreme confidence and extraordinary power to face any threatening situation. Ages 13-15 must be accompanied by a registered adult, Ages 16-17 with an adult (female or male) who stays to observe.

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.

AEFW2 Wed Aug 20
\$35 1 Session 5:00 - 8:00 PM
Mahtomedi Middle School,

Garden

Harmony Community Garden Plots

Created in 2010, the Harmony Community Garden is a joint effort between Gladstone Community Education Center and Harmony Learning Center to connect residents throughout the District 622 community, educate students and residents about healthful food options, and provide fresh produce to families in need. The garden is located behind Harmony Learning Center. Water is available on site, and a shed houses tools available for the gardeners to use. Registration Dates: Current Students/staff who gardened at Harmony in 2024 - Monday, March 24 at 8 a.m. to Friday, March 28 at 4:30 p.m. Current Students/staff who have not gardened at Harmony in the past - Monday, March 31 to Friday, April 4 at 4:30 p.m. 2023 Gardeners who are no longer students/staff at Harmony - Monday, April 7 to Friday, April 11 at 4:30 p.m. General Information: Garden plots are 10' by 20' District provides plot and water access, gardeners are responsible for tilling, planting, weeding, etc. No refunds after May 1. A \$5 cancellation fee will be applied to refunds before May 1. All gardens must be attended to by May 31, planted by June 15, and have something planted the entire season. Renters must have their plots cleaned and cleared by November 1. Garden Contract: I will have something planted in my garden plot no later than June 15th. I will keep the weeds down in my garden plot and maintain any pathways adjacent to my plot. I will harvest in my plot only and not from any other plot. I will roll up the watering hose after I use it. I will return any tools back to their storage location. I will put weeds and other plants in the designated yard waste containers, not on the pathways. At the end of the growing season, I will clear my plot of all plant material, stakes, cages, etc., and leave the plot as it was at the start of the growing season. Children are welcome in the garden but must be accompanied by an adult at all times. I will not bring pets into the garden space. I will not enter other spaces at Harmony Learning Center without permission. Most days you will be able to drive and park close to the garden, but occasionally there may be events happening where cars will not be allowed in the lower parking lot. We do our best to notify you of these days in advance via email. I will help to make the garden a happy, secure, and enjoyable place to garden and socialize.

AEG1

\$55 0 Sessions

Interest Groups

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 and Mon Jun 10 - Sep 1
\$0 12 Sessions 12:30 - 3:30 PM
Gladstone CC, 107B
No Class 07/ 1

Kayaking

Buck Moon Kayak Adventure - Renting Equipment

Would you like to spend an enjoyable couple of hours on the lake with cool people? Tanners Lake is the perfect size lake to paddle on a guided tour. Take in the sites of a beautiful lake shore as the sun sets and the moon rises. This adventure is suitable for all levels; guides will provide pointers about how to properly paddle and maneuver your kayaks.

My name is Christina and I am in my 3rd season of guiding people to experience kayaking in the state of 10,000 lakes. Kayaking is a wonderful way to spend time with friends and family. It is a low impact sport for all ages and is a great way to travel waterways with little impact to the environment. Exploring nature with others who are up for an adventure is what I enjoy most about guiding and educating kayak enthusiasts.

AEFW9 Thu Jul 10
\$35 1 Session 7:30 - 9:00 PM
Tanners Lake,

Buck Moon Kayak Adventure- Bringing Own Equipment

Would you like to spend an enjoyable couple of hours on the lake with cool people? Tanners Lake is the perfect size lake to paddle on a guided tour. Take in the sites of a beautiful lake shore as the sun sets and the moon rises. This adventure is suitable for all levels; guides will provide pointers about how to properly paddle and maneuver your kayaks.

My name is Christina and I am in my 3rd season of guiding people to experience kayaking in the state of 10,000 lakes. Kayaking is a wonderful way to spend time with friends and family. It is a low impact sport for all ages and is a great way to travel waterways with little impact to the environment. Exploring nature with others who are up for an adventure is what I enjoy most about guiding and educating kayak enthusiasts.

AEFW8 Thu Jul 10
\$20 1 Session 7:30 - 9:00 PM
Tanners Lake,

Learn to Kayak

Learn the basics of kayaking on a Lake in your own backyard. You will receive a comprehensive orientation on land of proper paddling techniques, water safety, entering and exiting your kayak, and the chance to practice these new skills on the lake. This is a great way to build a new skill set or improve upon what you already know about kayaking. SilverFinn Kayaking provides kayaks, paddles and all necessary safety equipment.

My name is Christina and I am in my 3rd season of guiding people to experience kayaking in the state of 10,000 lakes. Kayaking is a wonderful way to spend time with friends and family. It is a low impact sport for all ages and is a great way to travel waterways with little impact to the environment. Exploring nature with others who are up for an adventure is what I enjoy most about guiding and educating kayak enthusiasts.

AEFW5A Wed May 28
\$35 1 Session 5:00 - 6:30 PM
Silver Lake Beach,

AEFW5B Wed May 28
\$35 1 Session 6:30 - 8:00 PM
Silver Lake Beach,

AEFW5C Wed Aug 13
\$35 1 Session 6:00 - 8:00 PM
Lake Demontreville,

Strawberry Moon (Pink Moon) Kayak Adventure - Renting Equipment

Glide across the water of Square Lake under the glow of a Strawberry Moon (Pink). This kayaking adventure would be suitable for adults and children ages 12 and up. The group will stay together while kayaking and after, gather on shore for blueberry muffins and lemonade. Kayaks, paddles and life jackets provided. Please bring a flashlight to tape to your kayak and bug spray. Dress in layers for time on the water. Wear shoes that can get wet.

My name is Christina and I am in my 3rd season of guiding people to experience kayaking in the state of 10,000 lakes. Kayaking is a wonderful way to spend time with friends and family. It is a low impact sport for all ages and is a great way to travel waterways with little impact to the environment. Exploring nature with others who are up for an adventure is what I enjoy most about guiding and educating kayak enthusiasts.

AEFW6 Wed Jun 11
\$35 1 Session 7:30 - 9:00 PM
 Square Lake,

Strawberry Moon (Pink Moon) Kayak Adventure- Bringing Own Equipment

Glide across the water of Square Lake under the glow of a Strawberry Moon (Pink). This kayaking adventure would be suitable for adults and children ages 12 and up. The group will stay together while kayaking and after, gather on shore for blueberry muffins and lemonade. Kayaks, paddles and life jackets provided. Please bring a flashlight to tape to your kayak and bug spray. Dress in layers for time on the water. Wear shoes that can get wet.

My name is Christina and I am in my 3rd season of guiding people to experience kayaking in the state of 10,000 lakes. Kayaking is a wonderful way to spend time with friends and family. It is a low impact sport for all ages and is a great way to travel waterways with little impact to the environment. Exploring nature with others who are up for an adventure is what I enjoy most about guiding and educating kayak enthusiasts.

AEFW7 Wed Jun 11
\$20 1 Session 7:30 - 9:00 PM
 Square Lake,

Kitchen Creations

Beginning Cake Decorating

Learn the basics of decorating your own cakes. We'll learn shell borders, stars, rosettes, writing, and many ways to decorate your cake beautifully. Each student will take home their own 8" boxed cake to enjoy. The registration fee includes the supply fee. There will be optional starter kits available for purchase from the instructor for an additional \$12.00. (Gluten, nuts, and other ingredients will be used during this class.)

Diana is a certified Wilton Instructor, as well as a professional cake decorator and caterer. With over 35 years of decorating experience and a decade of teaching, she takes great pleasure in sharing her passion with others. Her goal is to teach people how to do what she loves!

AEKC20 Tue Apr 8
\$45 1 Session 6:00 - 8:00 PM
 Gladstone CC, 107A

Spectacular Cupcake Creations

Practice creating your own spectacular decorated cupcakes. Students will learn several cupcake designs including buttercream hydrangeas, sunflowers. Learn some basic techniques that work on larger cakes too. Decorate 12 cupcakes in class to take home.

Diana is a certified Wilton Instructor, as well as a professional cake decorator and caterer. With over 35 years of decorating experience and a decade of teaching, she takes great pleasure in sharing her passion with others. Her goal is to teach people how to do what she loves!

AEKC1 Thu Jul 24
\$45 1 Session 6:00 - 8:00 PM
John Glenn MS, 284 FACS

Pickleball

Gym Reservation

Gym reservation/ PB Courts

Gymres
\$15 0 Sessions

Gymres1 Fri Dec 20
\$0 1 Session 1:00 - 2:00 PM
Gladstone CC, Gym

Special Events

Day Trip: Como Zoo Conservatory and Lunch at Cossetta's NEW

Join us in exploring the Como Park Conservatory! We will take a tour through the many gardens of the Marjorie McNeely Conservatory as you explore the Jewel of Como and learn about their rich history. Go behind-the-scenes and uncover how the garden staff keep the conservatory looking lush and green all year long and produce the many flower shows. This tour is a unique opportunity to “peek behind the curtains” of the Conservatory and get your daily dose of green! After the conservatory tour, there will be time to explore Como's grounds, including a 10% discount at Como's Garden Safari Gifts. Then we will be having lunch, on your own, in downtown St. Paul at Cossetta's Italian Market & Pizzeria. Please bring money for lunch or to purchase something for lunch or items from the Italian Grocery store or the Pasticceria. This day trip is not wheelchair accessible. This trip is walker accessible. Please contact Sammy Wallace ahead of time if you plan on attending with a walker at 651-407-2024 or sammy.wallace@isd832.net. Schedule: Meet at the O.H. Anderson Elementary School (666 Warner Ave S, St. Paul, MN 55115) at 8:30 AM then depart at 8:45 AM. Conservatory tour 9:30 AM - 11:00 AM Walking free time: 11:00 AM - 12:00 PM Depart Como Conservatory for lunch: 12:15 PM Arrive at Cossetta's for lunch: 12:30 PM Lunch/Explore market/Shop store: 12:30-1:30 PM Depart Cossettas: 1:45 PM The bus returns at approximately 2:15 PM No refunds after Friday, July 25th

AESE2 Mon Aug 4
\$59 1 Session 8:30 AM - 2:15 PM
O.H.Anderson Elementary School,

Day Trip: Lunch in Lake City & Winona Boat Cruise NEW

Join us for a scenic day trip along the Mississippi River! Travel in comfort on a luxury coach bus to Lake City and Winona for a day filled with delicious food, beautiful views, and a relaxing boat cruise. Highlights: Lunch at Kelly's Lake House Bar & Grill: Enjoy a Petite Sirloin Luncheon Special while taking in stunning views of Lake Pepin. Winona Tour Boat Cruise: Explore the Mississippi River's rich history and diverse wildlife aboard an enclosed, climate-controlled tour boat, guided by experienced USCG Licensed captains. Menu: Petite Sirloin with potato, vegetable, roll, dessert, and your choice of coffee, tea, or soda. Schedule:

8:45 AM – Depart Normandy Park Education Center (2482 County Rd F East, White Bear Lake, MN 55110) 11:00 AM – Lunch at Kelly's Lake House 12:15 PM – Board Winona Tour Boat 3:00 PM – Cruise concludes 3:15 PM – Depart Winona 5:30 PM – Return to Normandy Park Fee includes coach transportation, lunch, and boat cruise. No refunds after July 14

AESE3 Thu Aug 14
\$105 1 Session 8:45 AM - 5:30 PM
Normandy Park Education Center/Senior Center,

Day Trip: Minnesota History Center and Lunch at Cafe Latte-NEW

Join us in exploring the Minnesota History Center! We will start our day by having lunch, on your own, in St. Paul at Cafe Latte. Please bring money for lunch or to purchase something for lunch. Then you will have self exploration time at the Minnesota History Center where you can explore our state's past through exhibits and displays. You can learn about the lives of Minnesota's Native American tribes, cultural evolution, early settlers, agricultural history, the civil rights movement, and more! This day trip is not wheelchair accessible. This trip is walker accessible. Please contact Sammy Wallace ahead of time if you plan on attending with a walker at 651-407-2024 or sammy.wallace@isd832.net. Schedule: Meet at O.H.Anderson Elementary School (666 Warner Avenue) at 10:45 AM. Cafe Latte: 11:15-12:00 History Center: 12:15 PM - 3:00 PM The bus returns at approximately 3:30 PM No refunds after June 24th. Registration deadline June 25th.

AESE1 Thu Jul 10
\$59 1 Session 10:45 AM - 3:30 PM
O.H.Anderson Elementary School,

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.

AESE5 Tue May 6
\$0 1 Session 10:00 - 11:00 AM
Gladstone CC, 105

Field Trip: Saints Baseball

Take me out to the Ball game! Join us for a fun day at the St.Paul Saints baseball game What's better than spending a summer day watching a baseball game with friends? Join us for a fun afternoon watching the St. Paul Saints play at CHS Field in St. Paul against the Louisville Bats. NOTE: Transportation and game tickets are provided with registration. Bring a credit card for any refreshments you would like to purchase at the game. This trip is not wheelchair accessible, but it is walker accessible. Please contact Sammy Wallace ahead of time if you plan on attending with a walker at 651-407-2024 or sammywalace@isd832.net Bus leaves Mahtomedi District Education Center, 1520 Mahtomedi Ave, Mahtomedi Departs: 11:45 AM Returns at approximately 4:30 PM No refunds after May 27

AESE4 Wed Jun 25
\$55 1 Session 11:45 AM - 4:30 PM
Mahtomedi District Center,

Tech Savvy Skills

Drone Fundamentals-B4UFLY

This course provides an introductory overview of drones and aerial photography and videography. The course is for those who already have a drone, are looking to get one, or are simply interested in learning more about drones, aerial photography, and videography. Weather permitting, enjoy a demo and even try flying your drone!

I have been flying drones for several years and am a Licensed FAA Part 107 e.g. commercial UAS/Drone pilot, as well as licensed by state of Minnesota MNDOT for both a drone and aerial photography. In addition to practical experience, as well as certifications, I have also taught seminars, classes, done presentations on technology topics around the world from class room settings to lecture halls, as well as online via webinars and videos.

AETSS4 Sat Jun 7
\$39 1 Session 9:00 AM - 12:00 PM
Stillwater Area HS, PAC- G113,

Part 1-Drone Aerial Photography Video

Are you curious about drones and aerial photography? This beginner-friendly course covers everything you need to know, from choosing the right drone to flight techniques. Learn about airspace rules, flight planning, and capturing stunning photos and videos. Weather permitting, enjoy a demo and even try flying your drone! Instructor: Greg Shulz

AETSS1 Sat Jun 14
\$39 1 Session 9:00 AM - 12:00 PM
Stillwater Area HS, PAC- G113,

Part 2-Drone Aerial Photography Video

Flying Your Plan - Checklists, Composition, Flying your drone, and more. This course builds upon previous drone courses and applies to those with drones or looking to get a drone and those simply learning more about drones, aerial photography, and videography. Weather permitting, enjoy a demo and even try flying your drone! Instructor: Greg Shulz

AETSS2 Sat Jun 21
\$39 1 Session 9:00 AM - 12:00 PM
Stillwater Area HS, PAC- G113,

Part 3-Drone Aerial Photography Video

This course combines workflow from planning and flying your flight, imagery capture (photos and video), composition, and post-flight post-production. While this class focuses on drone aerial photography and videography, elements also apply to action cameras such as GoPro, Osmo, and 360s. Weather permitting, enjoy a demo and even try flying your drone! Instructor: Greg Shulz

AETSS3 Sat Jun 28
\$39 1 Session 9:00 AM - 12:00 PM
Stillwater Area HS, PAC- G113,

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 2 days before class in a reminder email.

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.)

AETSS5 Wed Jul 16
\$35 1 Session 4:00 - 6:00 PM
Online Course,