

# Harvesting New Beginnings

**Plant the Seeds of Curiosity this Fall**

**FALL  
2025**

**WEE FARMS  
COMPOSTING  
SEED COLLECTING  
SALSA MAKING  
HARVEST TO TABLE**

***Birding for Kids  
Pickleball, Golf  
Artsy Adventures***

**INTRO TO FLY FISHING**

**SENIOR FALL FESTIVAL  
COFFEE TALKS  
BOO BINGO  
BOOTIQUE &  
BAKE SALE**

**Youth Maker's  
Market  
October 15**





# Welcome to your fall Community Education catalog!



## *A message from Community Ed Director Jason Sellars*

For my family, the harvest season brings to mind the start of a new school year, the vibrant fall foliage, apple orchards, and football season - Go Gophers! Our family wishes your family a wonderful start to the new school year and we hope to see you take advantage of the programs offered this season.

If you have active children, please consider some of our new Youth Enrichment opportunities, including Youth Pickleball Lessons, Birding Club in our wonderful local parks, or our hands-on STEAM programming. If your children have a flair for the arts, try our Artsy Adventures with Young Rembrandts, Dream, Build, Sell Youth Maker's Market, and Fall Kids Cooking Classes. This catalog offers something for all children of all ages to enjoy.

We also have spectacular, new programming for adults to keep active and engaged. Our Intro to Fly Fishing program is sure to be fun. If you want to learn a few new steps, try out Line Dancing with a friend or significant other. If you're interested in healthy living, check out our Matcha 101 course and start feeling refreshed. A good board game night is always a good time. Come with your friends and play Stratego - Mastering the Game or Puzzle Palooza. Have a green thumb? Sign up for our interactive workshops at WEE Farm including Harvest to Table, Compositing Basics, Seed Saving, and Salsa Making: A Water Based Jarring Experience.

If you have children from infant to five years old, I encourage you to explore our Early Childhood Family Education (ECFE) classes. From single parenting classes to classes that specialize in families with multiple children, we have an experience for you and your young ones to enjoy. A new offering features A Little Spot of Feelings class, where children learn how to regulate their emotions through characters in books. Another new early childhood class offering is Together We Bloom, which provides social emotional and cognitive development support for children who may be experiencing developmental delays. Our ECFE staff is here to support you and your children as you navigate parenthood.

Your Community Education Department is here for you and the whole family with so many wonderful opportunities in this catalog. Our catalog is available online at [communityed.isd191.org](http://communityed.isd191.org) and in print form. Not seeing something offered that you would like? Reach out to us and we will do our best to provide what you want – 952.707.4150.

Also, Community Education is looking for interested individuals who would like to be part of the Community Education Advisory Council. The time commitment is minimal with only four meetings per year. Please connect with me directly if you are interested – 952.707.4112. From our Community Education family to your family, we wish you a fantastic fall!

*Jason Sellars, Director of Community Education*

*[jsellars@isd191.org](mailto:jsellars@isd191.org)*

*952-707-4112*



**Our administrative assistants are here to answer your questions and help you register.**  
**We're just a call or visit away! 952-707-4150**

## ISD 191 Board of Education

Anna Werb - Chair, Abigail Alt - Vice Chair, Lesley Chester - Treasurer. Scott Hume - Clerk

School Board Members: Annemarie Anderson, Rachael Mikkelsen, Tyler Sachse, Feven Tesfaye - Student Representative

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by Independent School District 191 200 W Burnsville Pkwy, Burnsville, MN 55337 - Volume 8, Issue 3



## Join Our Team!

### Positions available

Licensed Early Childhood & Parent Educators

Classroom Assistants for

Early Childhood & School Age Childcare

Pool Coordinator

For information, visit [isd191.org/connect/careers](http://isd191.org/connect/careers)

### Teach a class for Community Ed

Share your knowledge, expertise, passion & curiosity with our community.

#### Contact

Allison Jordan, Community Education Supervisor  
ALC/CE Youth [ajordan@isd191.org](mailto:ajordan@isd191.org)

Kristi Myers, Adult Enrichment, Communications  
Coordinator [kmyers@isd191.org](mailto:kmyers@isd191.org)

### Want to stay in the know about all things Community Education?

Call us at 952-707-4150 to be added to the One91 Community Buzz — our monthly e-newsletter with updates, events, and the latest CE happenings!

## Harvesting New Beginnings: Plant the Seeds of Curiosity this Fall

### Adult 6-44

School for Adults 6-7,  
Community Connections 8,  
Art & Creative 9-12, Cooking 14-16,  
Fitness, Health & Wellness 18-23,  
Enrichment, Technology & Hobbies 13, 17, 24-32,  
Adults with Disabilities 33, Seniors 35-44,

### Aquatics

Aqua Fitness 32, Black Dog Swim Club 56

### Youth 49-61

Cooking, Art, Dance, Music, Theater 50-53,  
Gymnastics 54-55, Ninja Warrior 57,  
Sports & Recreation 56-59,  
Project Kids School Age Care 59,  
Teens & Driver Education 60-61

### Early Childhood 62-76

Fall ECFE Playtimes & Classes 63-70,  
Ready to Grow & Ready to Learn 71,  
Ready for Kindergarten 72, Screening 73,  
Policies, Fees & Registration 74-75, Preschool 76

### Community Education

District 191 Pathways 5 & 49,  
Facility Rentals 34,  
BrainPower & Food Programs 46-47,  
[Directory, Policies & Registration 77-79](#)

### Online Classes

Participants need Internet and a device with camera, microphone and speakers. Look to your email the day prior to class for Zoom meeting information (remember to check your spam folder if you don't see it). Call Community Education if you have not received this information 24 hours prior to the class date. We are available Monday-Friday, 8 am-4 pm for assistance. 952-707-4150.







## Dr. Battle Retires as Superintendent After 6 years Leading District 191

After serving 6 years as superintendent for Burnsville-Eagan-Savage School District 191, Dr. Theresa Battle retired this summer, capping off a 40-year career as an educator— including roles as a teacher, principal, curriculum and instruction leader, and assistant superintendent. In making the announcement, Dr. Battle praised the One91 community, especially staff members.

“My time as superintendent has been an incredibly rewarding experience as I have loved serving the amazing students and the wonderful families of One91,” Battle said. “I have worked with phenomenal and talented staff members and caring and committed board members. I am truly thankful for the opportunity to serve as superintendent for the last six years.”

During her tenure, Dr. Battle ushered the district through a period of major transition, including closing three schools and adjusting attendance boundaries during her first year as superintendent. The changes, along with a strategic approach to budgeting and community support for a levy referendum in 2019 and a technology levy renewal in 2024, have helped the district experience financial stability over the past several years.

Under her leadership, the district used extensive community engagement to adopt a new Strategic Roadmap, including the Profile of a One91 Learner, which outlines competencies for all District 191 students, and the Strategic Dashboard, a public accounting of key metrics as the district follows the Roadmap. Community engagement was also a hallmark of Dr. Battle’s approach to navigating the COVID-19 pandemic, leading to 92% of parents approving of how it was handled according to a 2022 survey.

“You’ve made an incredible impact on the One91 community, one that will not soon be forgotten... There’s no doubt in my mind we’re in a better place today - in terms of programming, finances and community relations - because of your leadership.” said Board Chair Anna Werb

Dr. Battle’s contributions were celebrated at a community reception on May 28 at Burnsville High School — a fitting tribute to a leader whose legacy of service and impact will shape One91 for years to come.

## Welcoming Dr. Latanya Daniels as Superintendent of District 191

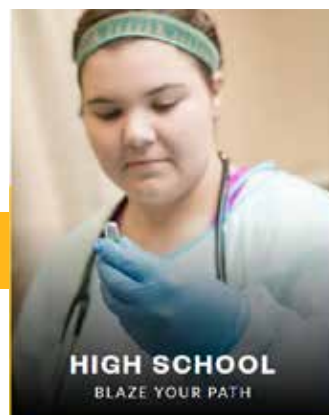
The Burnsville-Eagan-Savage School District 191 is pleased to welcome Dr. Latanya Daniels as the new Superintendent of District 191



Dr. Daniels brings a proven track record of leadership in education, most recently serving as assistant superintendent for Richfield Public Schools. Her career includes leadership as principal at both Richfield High School and Patrick Henry High School in Minneapolis, as well as experience as a middle school math teacher and school success program assistant. She holds both a doctorate and master’s degree in education from the University of St. Thomas.

“Dr. Daniels has the skills and vision our board and community were seeking,” said Board Chair Anna Werb. “With her focus on collaboration, data-driven results, and strong partnerships with students, staff, families, and the community, we are excited to have her leading District 191 into the future.”

Dr. Daniels shares, “Education has always been the cornerstone of my life. I am honored to serve as superintendent and look forward to working together to ensure every student has access to a high-quality education and the opportunity to thrive.” Dr. Daniels officially began her leadership on July 1, 2025, and we look forward to her partnership as we continue building a strong future for all learners in District 191.



## EXPERIENCE ONE91 Blaze Your Path

Burnsville-Eagan-Savage School District 191 is a future-forward school district creating barrier-free pathways for learning for everyone in our community. We believe learning is a lifelong pursuit, and create programs, services and opportunities that inspire this belief.

From curious minds to future creators, builders, and leaders—our youth enrichment classes help spark interests that can grow into career pathways. Explore our classes to see what sparks your child's interest  
See page 49 for more!

### Dream, Build, Sell Youth Maker's Market



**Wednesday,  
October 15**

**3-5 pm**

Got a creative idea? Build it. Make it. Sell it!  
Join other young makers & showcase your talents  
at this one-of-a-kind community market.

**\$10 Table Fee**

**DBS-2A**

**isd191.arux.app**

**Get ready to be inspired  
by the creativity of young  
entrepreneurs**

**Dream. Build. Sell.  
Youth Makers Market!**

This vibrant community event showcases the talent and innovation of student makers who have dreamed up, built, and are now ready to sell their handmade creations.

From custom crafts and jewelry to art, baked goods, and inventions, students of all ages will set up shop to share their one-of-a-kind products with family, friends, and community members.

It's more than a market—it's a celebration of creativity, problem-solving, and entrepreneurial spirit.

Come shop, support, and spark joy by encouraging the next generation of creators and small business owners. This is where future CEOs get their start!





## 191 School for Adults

Diamondhead Education Center  
200 W. Burnsville Pkwy, Burnsville, 55337

Morning, Evening, and Online Class Options

— ssheng@isd191.org —

952.707.4125

Follow us on Facebook!



isd191.org/school-for-adults



## Earn your GED!



Drop-in Office Hours for Testing & Enrollment: M-F from 9 am-4 pm and T, Th from 5-7 pm



### Note from ABE Coordinator, Susan Edmonson:

191 School for Adults provides free classes for students ages 17+ who want to earn their GED, further their English language skills, brush up on academic skills, learn digital literacy skills, take a career pathway class, prepare for their Citizenship interview, or take an adult driver education class. Our caring, supportive teachers focus on preparing you for your next step in life! Adult Basic Education = Lifelong Learning

**Susan Edmonson** sedmonson@isd191.org 952-707-4126

### Student Registration and Enrollment: Two step registration includes:

1. Fill out a registration form.
2. Take a reading placement test (1 hour). Register online: <https://www.isd191.org/school-for-adults/enroll>

### Contact Us

Diamondhead Education Center, Door #13 952-707-4125  
Ignacio Mata Hernandez. imatahernandez@isd191.org (español)  
<https://www.isd191.org/school-for-adults>  
Shuai Sheng, ssheng@isd191.org



## Classes Offered

**GED Classes:** We have morning and evening GED classes. The morning class is M-Th, offering teacher-led instruction and the option to work with a tutor. The evening class is on Tue nights and is an independent study class with 1:1 tutoring. Both classes include access to GED Ready Practice Tests. The class will help you prepare for the four GED Subject Tests: Reading/Language Arts (RLA), Science, Social Studies, and Math.

### English as a Second Language Classes:

After taking a reading placement test, you will be placed into one of our five levels of ESL. There are morning and afternoon ESL classes M-Th and evening ESL classes on T/Th nights. We have flexible attendance options, including in-person, online, and Hyflex (students can attend online or in-person)

**Pre-CNA Class:** This pre-Certified Nursing Assistant Class helps prepare students for the written MN CNA Certification Exam. Students study CNA vocabulary, topics, and learn the skills needed to successfully pass the exam. Students will also be able to learn from CNA professionals and tour local healthcare facilities. After completing this course, students can take a CNA Skills Class at Dakota County Technical College and the MN CNA Skills and Written Exam.



**Paraprofessional Class:** Are you interested in becoming a highly qualified Educational Assistant? The state of MN requires that you either complete two years of college or pass the ParaPraxis Test. This class will help you prepare for the reading, writing, and math skills required to pass the ParaPraxis Test. Once you complete a full semester, we will proctor and pay for your exam. This class is M-Th afternoons.

**Digital Literacy Skills Class:** This Fri morning class will help you learn the skills you need to earn your NorthStar Digital Literacy Certificate in one of these applications: Microsoft PowerPoint, Microsoft Excel, Microsoft Word, Email, Career Search, or a Google Suite Application. Your time will be split between learning in a classroom and applying your skills in a computer lab.



**Adult Driver Education Class:** Do you need to earn your MN Driver's Permit? This class is for you! Through interactive class activities, you will learn everything you need to pass the Class D Knowledge Exam. Learn MN driving laws, how to read road signs, and best practices for winter driving. At the end of the course, you will have the opportunity to take your permit test at our school since we are a third-party proctor with the DVS (Dept. of Vehicle Services).

**Citizenship Class:** Prepare for your United States Citizenship Test and Naturalization Interview with our experienced teacher and volunteer tutors! You will practice the 100 Citizenship questions, the interview, and the written parts of the test. You will also learn about American history, government, and civic duties. This class meets on Fri mornings.

**Moby Max:** Our students can access Moby Max, a comprehensive online learning platform. After completing a Moby Max pre-test, students will receive an individualized study plan. Students can practice phonics, spelling, math, grammar, reading, and writing from their phones. This is a wonderful opportunity for students to continue learning outside the classroom!



# Community Connections

## Hamde Daoud, Community Engagement Coordinator



At ISD 191 Community Education, our Engagement Team is at the heart of building meaningful connections between schools, families, and the greater Burnsville, Eagan, and Savage communities. We are dedicated to creating inclusive spaces where every voice is valued and every community member feels seen, heard, and welcomed. From organizing vibrant cultural celebrations and community dinners to coordinating volunteer opportunities and outreach events, our team works year-round to ensure that programs reflect the rich diversity and evolving needs of our district.

We partner with families, local organizations, and staff to design programs that empower, educate, and bring people together. Whether you're new to the district or a longtime resident, we invite you to join us, participate in upcoming events, and help shape the future of our community—together.

**Hamde Daoud** [hdaoud@isd191.org](mailto:hdaoud@isd191.org) 952-707-4153



## Latino and Somali Parent Meetings

These meetings strengthen school-family partnerships, share important updates, and create space for Somali and Latino parents to stay informed, ask questions, and have a voice in their child's education. No Somali parent meeting on Feb 25 due to Ramadan.

Estas reuniones fortalecen las asociaciones entre la escuela y la familia, comparten actualizaciones importantes y crean espacios para que los padres somalíes y latinos se mantengan informados, hagan preguntas y tengan voz en la educación de sus hijos. Maricela Dale 612-490-2109. No habrá reunión de padres somalíes debido al Ramadán

Kulamadani waxay xoojiyaan iskaashiga qoyska iyo qoyska, wadaaga wararka muhiimka ah, waxayna u abuuraan boos waalidiinta Soomaalida iyo Latino si ay ula socdaan, su'aalo ku weydiyaan, oo ay cod ugu yeeshaan waxbarashada ilmahooda. Hamde Daoud 952-707-4153 Ma jiro Kulan Waalid Soomaaliyeed ah oo Bisha Ramadaan awgeed

Sep 24, Oct 22, Nov 19, Jan 28, Feb 25, Mar 25, Apr 22, May 20  
6-8 pm 8 sessions no cost DEC C-Wing, Conference Rms



## Community Dinner Series

The Community Dinner Series brings people together over shared meals fostering connection, cultural appreciation and meaningful conversations. Register online at [isd191.arux.app](http://isd191.arux.app) under Community Events.

Sep 19, Nov 14, Jan 23, Mar 6 5-8 pm  
\$10 per meal DEC Conference Rms

## Hispanic Heritage Celebration

The Hispanic Heritage Celebration honors the rich traditions, culture, and contributions of the Hispanic community through music, dance, food, and family-friendly activities.

Oct 3 5-8 pm no cost DEC

## Tinsel & Treats

The Tinsel & Treats event, in partnerships with the City of Burnsville, brings the community together for a festive celebration featuring seasonal treats, activities and holiday cheer.

Dec 5 5-8 pm no cost DEC

## Family Fun Night

The Family Fun Night offers a welcoming space for families to connect and enjoy activities fostering community connection.

Jan 9 5-8 pm no cost DEC

**8** To register, visit [communityed191.org](http://communityed191.org)





# Adult Enrichment

**Kristi Myers** Coordinator of Adult Enrichment, Adults with Disabilities, and CS Communications This fall, we invite you to step into a season of new beginnings rooted in growth and rich with opportunity. As summer fades, Community Education is here to help you turn curiosity into action, creativity into connection, and interests into inspiration.

From long-standing favorites like Aqua Exercise, Painting like the Greats, Gentle Yoga, or Fused Glass Creations—to exciting new additions like Line Dancing, Matcha 101, Intro to Fly Fishing or a hands-on farm experience at WEE Farm—this season offers something for every learner.

As you explore the pages ahead, you'll find not only a wide variety of classes but also a continued commitment to inclusive programming. Through partnerships with BLAST Special Olympics and River Valley Project Explore, we proudly offer opportunities for adults with all abilities to connect, learn, and thrive as part of our lifelong learning community. Let this be your season to dig in, try something different, and discover where learning can take you.

Let's grow something great—together.

**Kristi Myers** kmyers@isd191.org 952-707-4113

## Art & Creative



### Holiday Card Making

Discover the art of card making in this engaging, hands-on class! Craft a beautiful set of three unique cards, each featuring different styles and techniques. From an interactive pop-up design to intricate embellishments, you'll learn new ways to add flair and personal touches to each card. Perfect for all skill levels—come ready to explore your creativity and leave with a collection of handmade cards to cherish or share! 18+ class but 16-17 year olds approved with a paid adult. \$10 material fee will be collected during registration.

Sarah Allcock

A491-2 Th Nov 20 6:30-8:30 pm \$29 + \$10 material fee

### Furoshiki

#### The Art of Japanese Fabric Wrapping

Furoshiki is a square piece of fabric that has been used in Japan for centuries. It can substitute for wasteful wrapping paper and disposable plastic bags, among many other functions. Explore the amazing versatility of furoshiki and help the environment. Materials for practice in class provided. Optional: students may purchase materials from the instructor after class.

*Kazumi Kazaoka grew up in Japan until she moved to the U.S. in 1996. She has lived in Ohio and Texas, but mostly in Minnesota (more than 20 years!). She is a furoshiki enthusiast, and wants to spread the word about this reusable square fabric. Furoshiki is not only a sustainable alternative to wasteful wrapping paper and disposable plastic bags, but also a useful tool in everyday scenario.*

A450-2 M Oct 27  
6-7 pm \$20 DEC Rm 2020

### NEW! Two-Day Folk-Art Workshop

#### Norwegian Telemark Rosemaling Age 13+



Explore the tradition of Norwegian Folk Art known as Telemark Rosemaling. The class is designed for beginning and continuing painters. Stories and history are shared as you follow step-by-step instructions to complete a piece of Rosemaling on wood.

All supplies are provided, but a supply list is available for students who want to use their own paints and brushes. Wear a paint apron or clothing you can get a little paint on. Adults and students age 13+ are welcome to enjoy this fun folk art.

A440-2 Th Nov 6, 13 6-8:30 pm  
2 sessions \$59 DEC Sr Center Mtg Rm

# Art Classes with Vanessa Merry

Instructor Vanessa Merry lived in Florence, Italy to study the methods of the great masters in painting, drawing and printmaking. She continued her art education at Atelier de Chimere in France. Upon returning to the U.S. she graduated from U of M in Visual Arts and Art History. Actively involved in the Twin Cities art scene for many years, Vanessa has won several awards for her paintings. [Classes are in partnership with Prior Lake Community Education.](#) If a class is listed at Twin Oaks, class will be held in their district. Twin Oaks Art Room (Rm 607) is located at 15860 Fish Point Rd, Prior Lake.



## Paint Like Van Gogh **Starry Night**

In this class you will be creating an acrylic painting on an 8x10 inch canvas in the style of famous Post-Impressionist painter Van Gogh. You will learn a bit of history about him and his and his involvement with the Impressionist movement as you recreate his famous painting Starry Night.

A447-SH-2A T Sep 16 10 am-12 pm \$45 DEC Sr Center Mtg Rm

## Paint Like Monet **Poplar Trees**

Join us for a creative journey into the world of Claude Monet! In this class, you'll create your own acrylic painting of Monet's iconic Poplar Trees on an 8x10 inch canvas, capturing the essence of his impressionist style. Along the way, you'll learn a bit about Monet's life, artistic approach, and the historical significance of his work.



A447-SH-2B W Sep 24 6-8 pm \$49 Twin Oaks Art Rm



## Paint Like Gauguin **Winter's End**

Explore the vibrant world of Post-Impressionism in this guided painting class inspired by Paul Gauguin. You'll create an acrylic winter landscape on an 8x10 inch canvas, using bold colors and expressive brushwork in the style of Gauguin himself. Along the way, you'll discover a bit about his life, artistic journey, and the unique techniques that set his work apart.

A447-SH-2C Th Nov 13 6-8 pm  
\$49 Twin Oaks Art Rm

## Needle Felt Witch

Discover the magical art of needle felting as you create an adorable wool witch from start to finish! In this hands-on class, you'll learn how to work with felting needles, core wool, and colorful felt batting to sculpt your own charming witch figure. Perfect as a whimsical decoration or a handmade gift, this project is a fun and creative way to explore the basics of needle felting.

A444-SH-2A Th Oct 9 6-8 pm \$55 Twin Oaks Art Rm

## Needle Felt Gnome

Wool felting is a great hobby with many crafting possibilities. Learn to use felting needles, core wool, and colorful felt batting to create a colorful, sculptural Gnome.

A444-SH-2B Th Dec 11 10 am-12 pm \$59 DEC Sr Center Mtg Rm



## Chalk Pastel **Fall Colors**

Chalk Pastels are extremely pigmented, blendable, and can be used to create paint-like effects without the use of water. In this class, you will learn the many possibilities of this medium as you follow step-by-step instructions to create your own drawing.

A445-SH-2B T Oct 14 10 am-12 pm  
\$49 DEC Sr Center Mtg Rm

## Oil Pastel **Northern Lights**

Learn to create a beautiful image in oil pastels with confidence even if you have never used them before. You'll learn how easy and fun creating a landscape in oil pastels can be following step-by-step instructions. All supplies are included.

A445-SH-2C W Nov 5 10 am-12 pm  
\$49 DEC Sr Center Mtg Rm



## Drawing Basics

Anyone can learn to draw! In this class you will learn fundamental drawing and observation skills as well as the basic supplies needed to get you started all well follow step-by-step instructions as you create a simple still-life drawing.

A445-SH-2D M Dec 15 6-8:30 pm  
\$55 Twin Oaks Art Rm





## Adult/Child Paint Date Age 6+ with Adult

This class is a fun "Date Night" for you and your child to paint together. No experience needed. This class is about spending quality time with your child and having fun. Each person is provided a 16x20 inch canvas, acrylic paints, and all the supplies needed to create their own masterpiece that can stand alone or be hung side-by-side for a combined work of art. The instructor will lead you step-by-step through the painting. Dress for a little mess!

**1 adult/1child \$65 1 adult/2 children \$75**

### Apple Orchard

ADP-2A Fri Sep 26 6-8 pm DEC Sr Center Mtg Rm

### Majestic Winter Moon

ADP-2B Sat Dec 13 10 am-12 pm DEC Sr Center Mtg Rm

## Bob Ross Oil Painting with Mike Tischendorf

Do you remember Bob Ross and the "Joy of Painting" program from years ago? His Wet on Wet Technique of painting works for all skill levels including those who have never painted before. Find out just how much enjoyment you'll glean from this method of painting! Tuition includes all supplies needed to complete a 16x20 inch painting. You may wish to bring an apron or smock.

### Misty Lake Sunrise

A423-2A T Sep 16 5:30-8:30 pm  
\$75 DEC Rm 1025

### Mountain Ridge Lake

A423-2B Th Nov 6 5:30-8:30 pm  
\$75 DEC Rm 1025



## Burnsville Woodcarvers Club

This is a self-led workshop where woodcarvers inspire and learn from one another while sharing knowledge of the craft. Participants provide their own projects and materials needed to complete them. Advanced registration required. Students age 12 and up are welcome to participate when accompanied by a paid adult.

No class Nov 27, Dec 25, Jan 1

Burnsville Woodcarvers

BWC2526 Th Sep 11-June 25 6-9 pm  
48 sessions \$25 DEC Campus Cup

## TIG Welding Beginner Level

Make a sculpture for your home or garden while learning to TIG weld safely and with confidence. You will cut, bend and shape steel straps around a stone. Weld the steel to encase the stone and mount it on a steel rod with more welding. TIG stands for Tungsten Inert Gas. This type of welding bonds metal to metal without the use of rods, sticks or wire feeds. Local artist Greg Kraft covers welding safety and introduces concepts of sculptural design.

Students should wear long sleeved cotton shirts, jeans or heavy-duty work pants, and closed toe leather shoes or boots. Bring leather work gloves if you have them along with your creativity. Tuition includes supplies. Instructor provides TIG welder, welding helmets, safety glasses, power tools, gloves and stones (if you do not have them).

*Instructor Greg Kraft is a master of many crafts, and he's chosen welding as the one he likes to teach. After retiring from state service, Greg completed courses at Vesper Sculpture College in NE Minneapolis where he learned to weld and teach welding sculpture. Since 2015, he's enjoyed teaching in a variety of folk schools and community education organizations.*

**Sat 10 am-2 pm \$130 NMS 418C**

### Weld a Garden Sculpture

A403- 2C Nov 1

### Weld an Iron Fish

A403- 2A Sep 6  
A403- 2D Dec 6



### Weld a Steel Rose

A403- 2B Oct 4



## Fused Glass with Theresa Charpentier

Spend time with friends and family in a collaborative artisan environment while making fused glass projects. Select your glass, hand cut and design your project. The projects go back to the artist studio for kiln fusing at 1400 degrees. After 3-4 weeks, they are delivered back to Diamondhead for you to pick up. Date is communicated in class. All tools and supplies are provided.

*Theresa Charpentier is a Yoga, Ayurvedic, Singing Healing Bowl Practitioner and Artist.*

**Classes are held in DEC Senior Center Meeting Room**

### New! Elegant Large Tree Ornament

Create a Dazzling Holiday Treasure! Get into the festive spirit by crafting a stunning 6-inch fused glass tree ornament, complete with a beautiful ribbon for hanging. This elegant, handcrafted piece makes the perfect holiday gift or a gorgeous keepsake for your own decor! Whether you're new to glass art or a seasoned creator, this class is a fun and festive way to add a little sparkle to the season. Join us and make something truly special! **At registration, select the number of ornaments you wish to create.**

**\$44 for 1 ornament, \$54 for 2 ornaments, \$62 for 3 ornaments**

**A499-S-2A Sat Oct 25 10 am-12:15 pm**



### Classic Holiday Plate or Bowl

Design and create your own 8" x 8" masterpiece! Whether you craft a vibrant plate or a stylish bowl, your finished piece will be both beautiful and functional, perfect for serving, display, or gifting. No experience needed, just bring your creativity and get ready to fuse something amazing! You will select special COE glass, hand cut and design your own plate or bowl. There will be lots of different types of colors and nuggets to make something special. Make your piece of art at class and pick up your treasures a week later.

**A499-S-2B Sat Oct 25 12:30-3 pm \$84**



### New! Fused Glass Ornament Extravaganza

**Pick the set of ornaments you wish to create at registration!**

Each option includes 3 ornaments.

**Option 1: Shine bright this holiday season with our fused glass wire-wrapped stars or trees class!** Create dazzling, one-of-a-kind ornaments with bold colors, sparkling glass, and artistic wire wrapping to give it that extra flair. Whether you keep it classic or go wild with your designs, these ornaments make the perfect holiday decor or a standout gift. Let your creativity shine!

**Option 2: Create a set of 3 timeless ornaments: a jolly Santa, a cheerful snowperson, and a festive tree;** perfect for decorating your home or gifting to someone special. Whether you're a seasoned glass artist or a first-time creator, this class is a fun way to add a handmade touch to the holiday season.

**Option 3: Get ready for some festive fun with our Fused Glass Mischief Gnome Ornaments!** These playful, whimsical gnomes bring a touch of holiday magic (and a little mischief!) to any tree or gift. Design your own charming gnomes with colorful hats, beards, and quirky details to make each one unique. Perfect for decorating, gifting, or spreading a little holiday cheer!

**A499-SH-2C W Nov 5 5:30-7:30 pm \$56 option 1, \$49 option 2, \$49 option 3**



## Dance

### Easy Partner Dancing for All Occasions Age 16+

Looking for a fun way to move, connect, and try something new?

This easygoing dance class is perfect for couples who want to enjoy dancing together - whether it's for an upcoming event or simply for a unique date night.

You'll learn simple patterns and turns based on classic ballroom moves, all set to your favorite music - from old-school hits to today's pop, rock, and country.

No pressure, no stress - just a relaxed, supportive environment where everyone can have a great time. Think you have two left feet? You're in the right place! This class is beginner-friendly and designed to make dancing fun and easy for everyone.

*Instructor, Deanna Constantine, teaches dance classes for over 25 community programs, and has been teaching for over 30 years! Deanna carries on the family business that she was raised working in alongside her locally famous dance instructor parents, Dean and Mary Constantine. She has the experience and expertise to be certain everyone who attends becomes a more confident and capable dancer.*

**D368- 2 Th Oct 23-Nov 13  
6:30-8 pm DEC Studio A  
4 sessions  
\$69 individual, \$138 per pair**





## Games/Strategy

### NEW! Stratego

**Mastering the Game-Strategy, Instruction & Play** Age 16+

Ready to outwit, outmaneuver, and outstrategize your opponent? Whether you're new to the battlefield or a returning commander, this course brings the classic vintage game Stratego back to life! Learn the rules, explore time-tested strategies, and sharpen your tactical thinking as you go head-to-head with fellow players. Perfect for fans of board games, military strategy, or anyone looking to challenge their mind in a fun, social setting. Let the battle for victory begin!

*Scott Johnson has been playing Stratego since 1974 and brings a lifelong passion for the game to the classroom. A teacher and enthusiastic cheerleader for all things Stratego, he's excited to share his deep knowledge, clever strategies, and love of friendly competition in this brand-new course.*

P492-2 M Sep 29 6:30-9 pm \$39 DEC Rm 2020



### Puzzle Palooza Age 12-Adult

Calling all puzzle fanatics! Assemble your team of four and join us for the ultimate puzzle showdown. Doors open at 9:30 for check-in, and at 10 am sharp, the puzzle frenzy begins! Each team will race to complete the same surprise 500-piece puzzle. Whether you're a speedster or a steady strategist, work together to finish first or get the most pieces completed before time runs out. The top team takes home a prize! This competition is open to ages 12 to adult (minimum of 1 adult per team). Register under one name and provide the details of your team members. Space is limited, so grab your spot today and let the puzzle games begin!

PP24-2 Sat Oct 11 9:30 am-12 pm \$55  
DEC City Center Conference Rms

## Civics & History

### George Washington:

#### The Man, The Myth, The Legend

"First in war, first in peace, and first in the hearts of his countrymen." George Washington's name is etched across the American landscape- 31 states have a county named for him, and 88 cities bear his name. But beyond the monuments and myths lies a real man who carefully crafted a public persona in response to his immense fame. Through compelling storytelling and thought-provoking analysis, Frank Sachs will help us look past the marble image and rediscover the man who helped build a nation.

*Join historian Frank Sachs as he explores the life, character, and lasting impact of America's first president- a man admired not only for his leadership but, above all, for his integrity. Washington was tall (he would stand at 6'7" by today's standards), athletic, handsome, a graceful dancer, self-educated, and by all accounts, charismatic. His contemporaries treated him with almost divine reverence, and his influence was felt time and again in the shaping of the young republic.*

103-SH-2 W Sep 24-Nov 5 6:30-8 pm 7 sessions \$69 DEC Rm 2021

### The Assassination of President

#### John F. Kennedy: An In Depth Analysis

This course is designed to scrutinize the disparities between the findings of the Warren Commission and the United States House of Representatives regarding the assassination of President Kennedy. The Warren Commission, which conducted a ten-month investigation and released its conclusions in September 1964, will be compared with the conclusions reached by the House of Representatives, which conducted a more extensive thirty-one-month investigation and published its report in March 1979.

Throughout the course, participants will have the opportunity to develop a comprehensive understanding of the controversies surrounding President Kennedy's assassination. The 2-hour sessions are structured to provide ample time for participants to share their comments and pose questions, fostering a dynamic and engaging learning environment.

*David Yorks, a retired small business owner from Minnesota, holds both a Bachelor's and Master's Degree in American History. With a passionate interest spanning over fifty-five years, he has dedicated much of his time to studying the Kennedy presidency. David's commitment extends beyond academic pursuits; he has actively participated in numerous national conferences focused on the assassination. Notably, he has had the opportunity to meet witnesses of the tragic event and engage with doctors who attended to the President on November 22, 1963. This extensive involvement underscores his deep connection to and fascination with this pivotal moment in history.*

109-2 T, W Nov 18-19 6-8 pm 2 sessions \$25 DEC Rm 2020

# Ploy's Kitchen Live Online Via Zoom



## Classes are held 6-8 pm \$39 per class

Instructor Ploy Khunison is a native of Thailand. She went to Suan Dusit International Culinary School in Bangkok Thailand, the pastry arts program at Boston University, and the plant-based patisserie program at Le Cordon Bleu.

She earned a Master of Liberal Arts in Sustainability at Harvard University and a Master of Education at Cambridge College. She started teaching cooking classes in 2014. Having traveled to over 30 countries, she has enjoyed and learned to cook a variety of cuisines around the world. In her 9+ years of teaching experience, Ploy has taught over 6,000 students to cook and bake Asian cuisines, vegan food, gluten-free diets, pastries, and more. Check out her food passion on Instagram: @ployskitchen.

## Thai Street Food

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.

O425-SH-2A M Sep 22



## Chinese Steamed Bao

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

O425-SH-2B M Oct 27

## Japanese Miso Ramen from Scratch

This class is not about instant ramen. In fact, we will be making Japanese miso ramen from scratch, starting with ramen noodles.

Then, we'll braise cha shu chicken and make miso broth. We will serve our ramen with marinated soft-boiled eggs and different toppings.

O425-SH-2D M Dec 8



## Korean Street Food

Korean cuisine is one of the most healthy Asian cuisines featuring mainly vegetables and harmonized sauces.

In this online interactive class, we will make delicious kimchi stew (kimchi jjigae) and stir-fried sweet potato noodles with beef (japchae). We will finish up the class with Korean apple tea with ginger and cinnamon (SujeongGwa).

O425-SH-2C M Nov 3



**Online Classes** Participants need Internet and a device with camera, microphone and speakers. Look to your email the day prior to class for Zoom meeting information. (Remember to check your spam folder if you don't see it) Call Community Education if you have not received this information 24 hours prior to the class date. We are available Monday-Friday, 8 am-4 pm for assistance. 952-707-4150.





## Live Online Cooking with Kirsten Madaus

There will be ample time for questions during the live sessions. Class recording as well as bonus extra recipe videos will be provided to students afterwards if you'd like to cook along at your leisure. An extensive handout will be emailed the day before class with meeting information and the link to the class recording will be shared afterwards. If you don't see it in your inbox, check your spam folder or call Community Education, Monday-Friday, 8 am-4 pm at 952-707-4150.

*Instructor Kirsten Madaus A champion of cookware who enjoys teaching Instant Pot/air fryer classes from her kitchen with 3 dogs underfoot, Kirsten spends some days creating beautiful food sustainably while helping fight food insecurity at Chowgirls Catering. She has been eating with local intention and sharing how to make the most of the farm share via her website Farm Fresh Feasts for more than 10 years.*

### Fall Harvest Wellness Bowls

Build a better bowl with Kirsten live online using seasonal vegetables, savory proteins, and delectable drizzles. Kirsten will also demonstrate how to prep ahead different grains, sauces, and garnishes making healthy meals faster and more convenient.

O405-SH-2A Th Oct 9 6:30-8 pm \$29

### Air Fryer Appetizers

**\*FREE CLASS FOR NATIONAL COMMUNITY EDUCATION WEEK**

Try online cooking with this free mini class! Cook along with Kirsten as she makes Air Fryer Crispy Polenta Rounds with Roasted Seasonal Vegetables and, for a bonus recipe, Roasted Veggie Skewers.

O405-SH-2B Th Nov 13 7-7:30 pm FREE

### Make Ahead Boards

Whether it's a board for 3, 30, or 350, Kirsten has arranged them all—and you can too! The best boards contain many elements that can be prepped ahead, so cook along with Kirsten as she makes quick-pickled vegetables and spiced nuts. Then, follow along or take notes for later as she adds fresh fruits, vegetables, meats, and/or dips, and kicks it up a notch with edible garnishes. We'll talk about what elements make up a well-rounded cheese board, how to arrange cured meats for charcuterie boards, when to go beyond the traditional, and how to source local products.

O405-SH-2C Th Nov 20 6:30-8 pm \$29

### Scandinavian Delights

Cook along with Kirsten as she demonstrates Danish Smørrebrød, sweet braided Finnish Pulla bread, and Swedish Fruit Soup.

O405-SH-2D Th Dec 11 6:30-8 pm \$29

## Cooking with Nancy Burgeson

*Instructor Nancy Burgeson, a skilled and knowledgeable instructor, has 45+ years of 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.*

### Marvelous Macarons

What a beautiful cookie! Make and assemble three different flavored cookies with yummy fillings too. Each student will take home a lovely box of cookies to give as a gift (or just eat them yourself)!

**\$13 supply fee paid to the instructor in class.**

C332-2A Th Sep 18 6-9 pm  
\$39 BHS G140



### Mile High Apple Pie

Fall is in the air! With that comes apple season. This is the time of year to make the very best apple pie. Students rave about this fun class!

If you say, "I can't make pies" then this class is for you. Nancy will take you through all the steps, from making a crust, to preparing all the filling for your pie using the freshest apples. You will be surprised how easy it is!

Each student will leave class with a hot apple pie to share with family and friends. Boxes will be provided. Please bring a rolling pin, if you have one. **\$15 supply fee paid to the instructor in class.**

C332-2B Th Oct 16 6-9 pm  
\$39 BHS G140

# Cooking with Laurel Severson

Instructor Laurel Severson is a home economist with more than 20 years of experience in commercial food service, recipe testing and editing. Laurel has been teaching cooking classes in the Twin Cities for many years. She's known for including interesting history and stories about the foods you prepare.

Supply fees are payable in class.

## Great MN Hot Dishes

The MN hot dish (elsewhere called casserole) is a one-dish supper (or side dish) baked in your oven using a single piece of cookware. We will use fresh ingredients (no canned soups) and do easy preparation for a family meal or crowd-pleasing recipes for a potluck. Many of these hot dishes can be made ahead, chilled, then baked. Plus...minimal dishwashing (You Betcha)! Join us to create 15 sensational dishes including: beef, pork and sauerkraut; pork loin with dried apricots and cherries; beef and spinach; eggplant and cheese; chicken cobbler with carrots, mushrooms and peas; lentils and vegetables; baked penne pasta with chicken, broccoli and mushrooms and more! Our recipes are enhanced by a blend of diverse influences to create sensational food that's easy to prepare, a pleasure to serve and a delight to eat!

C326-2A W Oct 8 6-9 pm \$49 + \$16 supply fee BHS G140

## Let's Make Lefse

This wonderful Norwegian delicacy is made for banquets, holidays, weddings and all special occasions. If you missed recording Grandma's recipe, tips and techniques or just think it's delicious, this class is for you! Learn the fine points in making the dough, baking, storing and of course, how to serve lefse. We're even throwing in a little bit of history and humor too! We will begin with real potatoes using a number of authentic recipes -and a modern version using instant potatoes. Plan to sample your fresh, warm creations with traditional fillings plus take home finished lefse and dough to bake and share with family and friends. Bring Tupperware to take your creations home!

C326-2B W Nov 12 6-9 pm \$49 + \$9 supply fee BHS G140

## Adult & Child Cookie Creations

Kids and adults and cookies...what a terrific combination! Designed for kids age 6+, pairs will create and take home 6 varieties of cookies. Rolled Sugar Thins will be ready to paint original designs using food coloring and paint brushes. Kids and adults will mix, shape and bake famous Peanut Butter Balls. Already mixed and ready for shaping will be Chocolate Mint, Peppernuts, Sugar Drop will be dipped in assorted sprinkles and finally, multi-colored Spritz Cookies. Bring containers to transport your cookies home to enjoy immediately or freeze them to enjoy later.

C323-2C Sat Dec 6 9 am-12 pm BHS G140  
\$69 1 adult/1 child + \$16 supply fee, \$79 1 adult/2 children + \$24 supply fee

## Four Famous Cookies Krumkake, Pizelle, Sankbakkelse & Rosettes

Learn to make four famous cookies. Rolled Norwegian Krumkaker are made with cream, butter and flavoring. Similar to Krumkake, Italian Pizzelle are cooked on stove top using an iron, but they are flat with an anise flavor. Chewy almond Sandbakelse are baked in small tins to a delicate golden-brown. Lastly, perfect the paper-thin, deep-fried Scandinavian delicacy, Rosettes. You'll gain fantastic recipes and valuable tips and techniques to enhance your baking skills. Bring containers to safely take cookies home with you.

C326-2D W Dec 17 6-9 pm \$49 + \$14 supply fee BHS G140



## Matcha 101

Matcha is everywhere, but how much do you really know about it? From its ancient roots to modern trends, this class dives deep into the world of matcha.

Discover how it's grown, crafted, and prepared, and learn how to tell the difference between true matcha and other powdered teas. Along the way, we'll explore its rich history, cultural significance, and evolving role today. And yes, there will be matcha to taste!

Registration fee includes the \$30 supply fee for the following materials: Chawan, Chasen, Sieve, Chashaku, and Kuse Naoshi.

If you have your own supplies and are able to bring them to class, select the option without the supply fee during registration.

*Tiffany Rupp is a Certified Tea Specialist with experience teaching and leading classes through the MN Tea Society. Completed advanced training, including a master-level Japanese Tea course in Japan.*

C879-2 Sat Oct 11  
10 am-12 pm DEC Rm 2020  
\$74 with supplies included  
\$44 if you bring your own supplies



## NEW! Interactive, hands-on workshops at WEE Farm

**WEE Farm was created to be a place where ALL are welcome to learn and interact**

WEE Farm provides animal-assisted learning and sustainable urban agricultural education for a culture of health and wellness and inclusivity for all. Dr. Bonnie Laabs was educated in Curriculum & Instruction from the University of Minnesota.

WEE Farm will host a series of hands-on Community Education classes this fall designed to engage both adults and families in sustainable gardening, food systems, and cultural food traditions. Classes will be held on-site at the farm and taught by local experts, with a focus on interactive farm experiences. All fees are included with registration.

**All classes are held at WEE Farm, 4562 McColl Dr, Savage, 55378**



### NEW! Harvest to Table

#### Cooking with Native and Garden-Grown Plants

Ever wondered how to prepare a meal with ingredients grown right at your feet? In this interactive class, you'll harvest produce and native edible plants directly from the WEE Farm garden, then work together to create a seasonal farm-fresh salad. Along the way, you'll learn how to identify edible native species, when and how to harvest common vegetables, and how to combine flavors from the field to the plate. A great introduction to local food systems and foraging basics with a recipe card to take home at the end.

W823-SH-2A Sat Sep 20 2-4 pm \$65

### NEW! Composting Basics

#### From Scraps to Soil

Age 12+ Turn your kitchen and yard waste into garden gold! In this hands-on workshop, you'll learn the basics of composting: what to compost, how to maintain a healthy compost pile or bin, and how to use finished compost in your garden. Whether you're a beginner or want to troubleshoot your current setup, this class will give you the confidence to compost at home.

W823-SH-2B F Sep 26 5-6:30 pm \$65

### NEW! Salsa-Making

#### A Water Bath Jarring Experience

16+ Spice up your cooking with a hands-on salsa-making class at WEE Farm! Learn how to make and safely preserve a batch of homemade salsa using the water bath canning method. This session celebrates cultural food traditions and community connection through food. We'll use locally grown ingredients, explore salsa's culinary roots, and you'll leave with your own jar to enjoy at home. This is the first in a new series of cultural cooking classes focused on preservation and tradition.

W823-SH-2C Sat Sep 27 2-4 pm \$65



### NEW! Seed Saving and Native Plants

#### A Fall Foraging Walk at WEE Farm

Join us for a peaceful fall walk around WEE Farm as we explore native prairie and garden plants ready for seed saving. You'll learn how to identify seed-ready plants, ethically collect seeds, and store them properly for future planting. We'll also discuss the cultural and ecological importance of native plants in Minnesota's landscape. Each participant will go home with labeled envelopes of seeds they collect during the class.

W823-SH-2D Sun Oct 19 1-3 pm \$65

Kids age 8-17 allowed free of charge with paid adult

All supplies are included with registration fee

# Fitness, Health and Wellness

Wear comfortable clothing. Bring a yoga mat, towel & water bottle.

Props may be available or you may bring your own.

## Fitness with Naseema

Naseema Omer, a certified Personal Trainer and group fitness instructor with over a decade of experience, will guide you through these empowering, mind-body workouts.



### NEW! Beginner Line Dancing Fitness

Get ready to move, smile, and have fun with Beginner Line Dancing! No partner needed and no prior experience required. This class is designed for adults who want to learn the basics of line dancing in a welcoming and low-pressure environment. Each session begins with step-by-step instruction to break down the moves before putting them together with music. Line dancing is a fun way to improve balance, coordination, memory, and cardiovascular fitness while enjoying great music and good company. Come as you are and dance your way to better health!

**M 5:40-6:20 pm 6 sessions \$65 DEC Studio B**

F856-M-2A Sep 22-Oct 27

F856-M-2B Nov 10-Dec 15

### Mat Pilates

Pilates is a total body, low impact workout focusing on core muscles. It is a safe, powerful workout suitable for all age groups. Focus on controlled, concentrated exercises, to stretch, strengthen, and sculpt for better flexibility, posture, and movement. Practice Mat Pilates with added variations for additional resistance. Bring a pilates mat or thicker yoga mat.

**M 6:30-7:15 pm 6 sessions \$69 DEC Studio B**

F857-M-2A Sep 22-Oct 27

F857-M-2B Nov 10-Dec 15

### Power Pilates Wall & Standing Series

Experience a dynamic, quick-hit Pilates workout focused on strength, balance, stability, and flexibility using just your body and a wall. This class is perfect for those who want a full-body workout without floor exercises. No prior Pilates experience is needed, making it accessible for everyone. Join us for this energizing session and feel empowered, standing strong! Dress comfortably, bring a yoga mat and water to stay hydrated. Bare feet or grip-socks recommended.

**M 7:25-7:55 pm 6 sessions \$45 DEC Studio B**

F859-M-2A Sep 22-Oct 27

F859-M-2B Nov 10-Dec 15

### Seated & Supported Strength

#### Chair Pilates, Yoga and Balance

Improve your balance, stability, strength, and flexibility through gentle Pilates, Yoga, and balance exercises designed to build a stronger core and overall well-being. All movements are done seated or standing with the support of a chair, making this class accessible for everyone. No prior experience required. Perfect for beginners and suitable for all fitness levels. Come ready to enjoy a mindful, body-focused experience.

No class Oct 21, Nov 18

**T 5:40-6:20 pm DEC Studio A**

F858-T-2A Sep 23-Oct 28 5 sessions \$55

F858-T-2B Nov 4-Dec 16 6 sessions \$65







## Tai Chi Yang Style I Age 15+

Tai Chi is an ancient Chinese exercise discipline that utilizes a series of slow, graceful, low impact body movements and specialized breathing techniques, to improve health, balance, and relaxation. Come see for yourself how Tai Chi can enhance your fitness, increase your sense of tranquility, and elevate you to new levels of vitality and well being.

*Master Jeff Wood, 5th Dan Black Belt, is the President and C.E.O. of the Young Americans Schools of Self-Defense in Lakeville, Minnesota. He has studied extensively the martial arts styles of Tae Kwon Do, Wushu, Tai Chi, and Kali, in China and in the United States. Over the past thirty years, Mr. Wood has instructed over 20,000 students in twenty five different cities, and fifteen different school districts, in the states of Minnesota and Michigan. He is a masterful instructor and is revered by both his current and former students.*

F826-2 M Sep 15-Nov 3 12-1 pm  
8 sessions \$79 DEC Studio A

## NEW! Tai Chi Yang Style II

The Yang Style II course is for those Tai Chi practitioners who completed training in the Yang Style I class, and who are seeking to deepen their understanding and refine their practice of Tai Chi. This course will focus on intricate movement principles, synchronizing breathing techniques with the 24 forms, the subtle cultivation of Qi energy, and exploring how the Yang Style movements can be adapted for self defense situations

Jeff Wood

F827-2 M Sep 15-Nov 3 1-2 pm  
8 sessions \$79 DEC Studio A

## Walking Club

Don't need a class- join our Walking Club- It's free!  
[See page 40 for details](#)

## Gentle Yoga

Practice a gentler style of Hatha yoga with a sequence of poses. Ideal for all who are interested in learning yoga at a beginner level. Stretching, flexibility, balance, strength and yoga breath work with relaxation, so important for maintaining health and keeping your joints lubricated.

*Gerri Carlson has been instructing and practicing yoga for 16+ years. She is adept at modifying poses for students of all ages and fitness levels.*

T 9-10 am	DEC Studio B		
F870-Tu-2A	Sep 2-30	5 sessions	\$59
F870-Tu-2B	Oct 7-28	4 sessions	\$49
F870-Tu-2C	Nov 4-25	4 sessions	\$49
F870-Tu-2D	Dec 2-30	5 sessions	\$59

Th 9-10 am	DEC Studio B		
F871-Th-2A	Sep 4-25	4 sessions	\$49
F871-Th-2B	Oct 2-30	5 sessions	\$59
F871-Th-2C	Nov 6-20	3 sessions	\$39
F871-Th-2D	Dec 4-18	3 sessions	\$39

## Midweek Yoga with Alpa

**All Levels. Age 14-16 are welcome with paid adult.**

Focus on opening, stretching and strengthening for better mobility and since we meet in the evening, relaxation. Each session will provide more adaptations than the previous. We end each meeting with restorative or yin poses. Wear loose, comfortable, layered clothing.

No class Feb 12, 19, Mar 26

*Instructor Alpa Goswami was introduced to asana practice at an early age, and immersed herself deeply into it as an adult. With a strong base in Hatha Yoga, her style of yoga is accessible to everyone.*

W 6-7 pm	DEC Studio B		
F872-2A	Sep 10-Oct 1	4 sessions	\$49
F872-2B	Oct 8-29	4 sessions	\$49
F872-2C	Nov 5-19	3 sessions	\$39
F872-2D	Dec 3-17	3 sessions	\$39

## Zumba with Shilan

Join the fitness dance party with Shilan! Zumba is a high-energy, full-body workout that combines latin and international music and dance. Zumba classes are suitable for people of all ages 18+ and fitness levels. Wear comfortable workout clothing and athletic shoes.

*Shilan Delshad is a Certified Group Fitness, Zumba and Aqua Zumba instructor since 2011. Shilan's high energy makes every workout feel like a party!*

W 7-8 pm	DEC Studio A		
F860-W-2A	Sep 3-24	4 sessions	\$49
F860-W-2B	Oct 1-29	5 sessions	\$59
F860-W-2C	Nov 5-26	4 sessions	\$49
F860-W-2D	Dec 3-17	3 sessions	\$39



## NEW! Women's Self Defense Seminar For Females Age 13 and older

Participants will gain the strategies and the prowess to protect themselves from assaults which are common and unique to women. Specifically, the students will acquire the situational awareness skills, preemptive tactics, escape maneuvers, verbal and non-verbal deterrents, physical force techniques, the effective use of self defense devices, and other counter attack proficiencies, in order to quickly end a dangerous encounter. A strong emphasis will be placed on empowering the mind as the preeminent tool in prevailing in any threatening situation. Come see how this transformational seminar can greatly benefit you!

Jeff Wood

F828-2 M Sep 15 6-9 pm \$45 Sky Oaks Gym

## XaBeat Dance Fitness

Sculpt your body and burn calories as you dance the calories away. Routines are simple and easy to follow so you can concentrate on getting a better work out and having a good time. No dance background required.

No class Sep 16, 18, Oct 21, 28, 30, Nov 4, 6, 27, Dec 23, 25, Jan 1

*Instructor Julie Casperson is a registered XaBeat instructor. She teaches basic dance skills and motivates her students to enjoy themselves in class. Her contagious passion for dance fitness will have you feeling better when you leave class than when you arrived.*

**T 6:30-7:30 pm DEC Studio B \$59**  
F855-Tu-2A Aug 19-Sep 23 5 sessions  
F855-Tu-2C Sep 30-Nov 25 5 sessions no class Nov 18  
F855-Tu-2E Dec 2-Jan 6 5 sessions

**Th 5:30-6:30 pm DEC Studio B \$59**  
F855-Th-2B Aug 21-Sep 25 5 sessions  
F855-Th-2D Oct 2-Nov 13 5 sessions  
F855-Th-2F Nov 20-Jan 8 5 sessions

## Tae Kwon Do Age 12-Adult Youth Green to Black Belt & Adult All Levels

Learn effective Tae Kwon Do techniques including kicking, blocking, throwing and self-defense strategies. Develop a high level of reaction, force, balance, concentration, speed, strength, stamina and flexibility while achieving self-confidence, esteem, and control. The course uses traditional training equipment, methods, and techniques. Optional uniform and certification from white to black belt is available. Additional fees apply. Bring a water bottle.

No class Oct 14, 16

Nam Nguyen - Nguyen School of Tae Kwon Do

T,Th	7:15-8:30 pm	Sky Oaks Gym	
STK2-2A	Sep 2-25	8 sessions	\$64
STK2-2B	Sep 30-Oct 30	8 sessions	\$64
STK2-2C	Nov 4-25	7 sessions	\$56
STK2-2D	Dec 2-18	6 sessions	\$48

## NEW! Foundations in Self-Defense Online

Take charge of your personal safety in less than 10 minutes a day with our empowering 5-week online course.

This awareness and self-defense course offers practical tools to recognize danger, assess situations, and take confident action when needed. Through short, impactful lessons, you'll build a proactive mindset, strengthen your awareness, and begin to feel more in control of your safety—anytime, anywhere, and on your schedule.

This self-paced course blends easy-to-follow instruction with real-world strategies to develop your awareness, self-defense skills, and confidence. You'll learn how to spot red flags, respond effectively, and create daily safety habits that stick.

Whether you're heading to college, navigating public spaces, or simply want to feel more secure, this course is your starting point for a safer, more empowered life.

\$49 registration includes lifetime access and a fillable, printable PDF workbook. Register online at <https://powerupwithlisa.com/products/self-defense-online-course>.





# Qigong & QiVitality

## Live Online with Christy Lovlie

Two ways to register- Class only: attend class via Zoom or Class Plus Recording: Attend classes via Zoom plus receive a Video Playlist with all class recordings to practice anytime anywhere throughout the 5 week session.



*Instructor Christy Lovlie is a Certified Qigong Master Healer and Instructor, practicing Qigong since 1996. She is the creator of QiVitality™ "Qigong for Everyone." Highly respected in her field, Christy received an Outstanding Achievement Award at the Qigong International Healing Conference.*

### Spring Forest Qigong Practice

Practice Qigong healing movements and meditation techniques to increase vitality, improve health and well-being. Learn and practice a variety of Qigong, breathing, meditation, health and wellness techniques. Each class begins with gentle healing movements and breathing followed by meditation to relax the mind, improve memory and mental focus, while rejuvenating the brain.

No class Nov 24

**M 6:30-7:30 pm 5 sessions \$59 class only, \$65 with recording**

O705-SH-2A

Oct 6-Nov 3

O705-SH-2B

Nov 10-Dec 15

### QiVitality! Yoga/Qigong/Meditation

Wake up your body with gentle yoga stretches for flexibility, then flow into Qigong healing movements and deep breathing to increase circulation and improve health. End each class exploring a variety of meditation techniques to relax the mind, improve memory and mental focus, while rejuvenating the brain. Begin the day with QiVitality! No class Nov 25

**T 10-11 am 5 sessions \$59 class only, \$65 class with recording**

O703-TSH-2A

Oct 7-Nov 4

O703-TSH-2B

Nov 11-Dec 16



### Online Classes

Participants need Internet and a device with camera, microphone and speakers. Look to your email the day prior to class for Zoom meeting information. See page 3 for other online class details.



## Health and Wellness

### Living Fully, Dying Peacefully Embracing Death's Sacred Journey and the Role of a Death Doula

This class offers a profound exploration of life's transitions, integrating the compassionate support of a Death Doula with an exploration of six key areas of well-being: Physical, Emotional, Spiritual, Mental, Practical, and Ritual. Participants will gain insights into how a Death Doula guides individuals and families during the final stages of life and learn how to navigate life's transitions with mindfulness, peace, and purpose.

We'll explore the role of the Death Doula and the compassionate support they offer to both the dying and their loved ones. Reflect on what it means to live fully and die peacefully as we contemplate profound life questions. These reflections will guide meaningful conversations with loved ones and help you navigate life's changes with mindfulness. Gain clarity, peace, and purpose, whether seeking personal growth or exploring death education. All are welcome.

*Instructor Ann Viveros is an inquiry-based Mandala Artist, Educator and Mindfulness Coach, Death Doula and Sacred Passage Guide with Conscious Dying Institute and Certified Morning Altars Teacher.*

H422-2 Sat Oct 25 10 am-12:15 pm \$29 DEC Eagan Rm

# Live Virtual Health & Wellness Classes with Janice Novak

Janice Novak has a Master's degree in Health Education and is an internationally acclaimed author, speaker and wellness consultant. See page 3 for details and requirements for online classes. Participants receive a link to join class via email the day prior to class. **All classes meet 6-7:30 pm online Via Zoom**



**ONLINE**

## Acupressure and Other Tools for Women 35+

Acupressure is an ancient healing art that can offer great relief, with no side effects, from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance hormone levels naturally, including thyroid hormones. Acupressure is a wonderful self-help tool that will help you feel your best. We will discuss breathing techniques & nutritional musts.

O720-M-2A M Sep 22 \$29

## EMPOWERED AGING

Take Control Of Your Health & Peel Years Off Your Bio Age Every day, your body makes about 330 billion new cells which means 3.8 million cells are replaced every SECOND! This means every second is an opportunity to make every system in your body healthier. The quality of cells your body can produce this second is very dependent on what raw materials you have floating around your bloodstream. Studies show you can be 50 and have the physiology of a 30-year-old (and vice versa), depending on how well you take care of yourself. What you do now greatly affects your health and well-being now and in the future. Nothing beats good health! We'll discuss simple steps you can take now to help make every system in your body as healthy as possible.

O720-M-2B M Sep 29 \$29

## Metabolism Boosters & Busters

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

O720-W-2C W Oct 15 \$29

## Avoid the Pitfalls of Perimenopause & Menopause

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

O720-M-2D M Nov 3 \$29

## Women, Weight & Hormones

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

O720-M-2E M Nov 10 \$29







## De-Age Your Brain

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

O720-M-2F M Nov 17 \$29

## Face Yoga

There are over 30 individual muscles on each side of your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing puppet mouth lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face. You will need a regular teaspoon for a few of the exercises and a little of your favorite facial moisturizer.

O720-T-G T Dec 2 \$29

# Diabetes Doesn't Define You

## Take Charge, Live Strong

This is a Diabetes Education Program taught by Colleen Cook, an expert in the field of diabetes. This will be a 2 hour series.

### Hour 1: Take Control of your health: No diabetes required.

Learn the basics of pre-diabetes and diabetes care and management. This diabetes education program is designed to empower individuals with pre-diabetes and diabetes, their families, and caregivers with the knowledge, skills, and confidence needed to effectively manage this chronic disease and lead healthier lives.

### Hour 2: Diabetes Management: The Weight-loss Drug Revolution

We will take an in-depth look at the ongoing obesity epidemic and highlight the latest advancements in treatment. Attendees will explore new FDA-approved Semaglutide and Tirzepatide medications, gaining insights into their efficacy, mechanisms, and clinical applications. This session aims to equip participants with up-to-date knowledge to better manage and understand obesity and diabetes.

Register for the education portion only or add a 10-minute one-on-one session (\$10) with Colleen to talk about your specific diabetes needs and concerns.



*Instructor Colleen Cook, PharmD, CDCES, BC-ADM, is a pharmacist (25+ years), Board Certified Advanced Diabetes Manager and Certified Diabetes Care and Education Specialist. Born in Trinidad and Tobago, islands in the Caribbean, she was first exposed to diabetes from her dad, aunts, uncles, friends and relatives.*

*Her passion, energy and drive to enhance diabetes care grew and inspired her to develop these diabetes classes to enhance diabetes education in her community. Her goal is to help navigate you through a path which enables you to overcome any challenges you face with your diabetes management.*

H474-2 Th Oct 23 6-8 pm DEC Rm 2020  
\$35 class with consultation, \$25 class only



# Home

## Get Organized with Loris Sofia



Loris Sofia Gregory is a clutter coach, community educator, historian, researcher, writer and archivist committed to personal, community and planetary health. Loris worked for the Minnesota Historical Society for 18 years, cataloging, organizing and preserving household objects as well as developing interactive exhibits, multimedia programs and interpretive nature trails at the History Center in

St. Paul and Minnesota Historic Sites. Loris continues to research and create illustrated family, house and business histories for clients as well serves as a consulting archivist for family and organizational collections.

### Ten Steps for an Organized Healthy Home

Releasing all that you no longer use, or need, is one of the best gifts you can give your family, saving time, energy, and money. Create a lighter healthier vision for your home and your life as you commit to "letting go" sessions. Consider 10 steps to lighten up and release your clutter and extra weight within and around.

W745-SH-2A W Sep 24 6-8 pm \$29 DEC Rm 2022

### Taming Your Paper Chaos

Papers can multiply on every surface and in every room of our home and offices. Discover steps, secrets, and systems to minimize paper piles and efficiently deal with mail, receipts, newspapers, magazines, catalogs and books. Learn how to make clear decisions for recycling, shredding and organizing your well-established piles as well as daily actions and simple systems to eliminate paper piles for good. Informative checklists included.

W745-SH-2B W Oct 22 6-8 pm \$29 DEC Rm 2022

### Just in Case

#### Organizing Essential Documents for Loved Ones

If something happens to you tomorrow, will your loved ones be able to easily find and manage all your assets, finances and wishes? Be prepared with physical and digital worksheets to organize, preserve, and share your household accounts, passwords, possessions, family history, photos, and heirlooms, as well as health care directives and end-of-life plans. This hands-on class is essential for anyone of any age and will save your next-of-kin time and money. Leave fond memories instead of a mess. A materials list will be provided with registration.

W745-SH-2C W Nov 19 6-8 pm \$29 DEC Rm 2022

### Decluttering While Honoring Family Memories

Tired of living with too much stuff? Need to downsize your or your parents' home? This class will guide you in clarifying priorities in sifting through generations of clutter and memories. Consider what may be overstimulating along with the benefits of familiar and sentimental objects that can provide comfort in a healthy safe home. Discover the power of creating a "fond memories" photo album while reminiscing and honoring personal accomplishments and precious family history. Informative handouts and community resources to "right size" while donating, upcycling and recycling.

W745-SH-2D W Dec 10 6-8 pm \$29 DEC Rm 2022



### Sell Smart Your Ultimate Guide to Getting Top Dollar & the Secrets to a Stress-Free Home Sale

In this engaging and informative class, you'll uncover the secrets to selling your home for top dollar while ensuring a smooth, stress-free experience. We'll walk you through the ins and outs of the current real estate market, providing you with the knowledge you need to make informed decisions every step of the way. Learn how to strategically price your home!

*Dan Rosen has 25+ years in real estate. He's excelled, taught, earned multiple designations, and guided clients through buying and selling, emphasizing the need for expert guidance throughout the process.*

H431-2 T Sep 30 6:30-8 pm \$15  
DEC Sr Center Mtg Rm

### First-time Buyers How to Buy a Home using Special Loans, Grants & 1st Generation Home Funds

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

*John Mazzara, is a St. Thomas MBA graduate in Finance with an extensive financial background. He is a licensed real estate broker helping families and investors buy and sell properties in addition to owning and managing his own rentals since 1986.*

H435-2B M Nov 10 7-9 pm \$15  
DEC Rm 2020



# Money Matters



## Medicare Made Simple

As you get closer to age 65, you may feel bombarded with information about Medicare. Simplify that information and learn the basics of Medicare. You will get an overview for Medicare coverage and explanations of Part A, B, C and D. You'll also learn how and when to apply, and how to avoid penalties. There will be plenty of time for questions. All ages are welcome to attend.

*Melody Manthey is a licensed insurance representative.*

M621-2A T Sep 16 6-7:30 pm \$10 DEC Rm 2020

## Moving Mom & Dad

### 5 Common Mistakes Children of Aging Parents Make and How to Avoid Them!

Many baby boomers today face the tough decision of finding appropriate housing options for their parents. Moving mom and dad is often a challenge, especially when mom and dad are reluctant to address the issue. In this class, we will discuss and give an overview of the housing market in general for those considering buying or selling a home. We also provide a guide called Moving Mom & Dad, a \$24.95 value. The guide covers the five common mistakes children of aging parents make and how to avoid them.

*John Mazzara*

H435-2A W Oct 1 7-9 pm \$15 DEC Rm 2020

## The Baby Boomer's Guide to Medicare Planning

### Learn the Medicare Basics

Are you turning sixty-five and wondering about Medicare? Would you like to understand Medicare Part A and B and the difference between Medicare supplements and Advantage plans? What are your choices if you are working and have a group plan? Learn when you can enroll and where you can make some comparisons to select the right option. The class is presented via PowerPoint with takeaway handouts and a reference guide. Optional one-on-one meetings are free for attendees to discuss specific options and available plans if so desired.

*John Mazzara*

H435-2C W Dec 3 7-9 pm \$15 DEC Rm 2020

## Taxes in Retirement

In retirement, your tax rate may vary widely over the years based on the timing and order. Learn about the following: the critical tax question you must answer BEFORE retirement, what the social security "tax trap" is and how you can avoid it, why tapping assets in the wrong order can trigger higher Medicare premiums, the four stages of retirement and important tax actions in each stage, and mistakes to avoid when it comes to your investment portfolio, health care, and estate.

*Instructor Rolf White has worked in the Financial Service Industry for over 20 years. He holds an Accredited Investment Fiduciary license.*

M675-2A W Sep 17 6:30-8 pm \$10 DEC Rm 2020

## Social Security for Couples

### Maximizing Your Benefits Together

Are you and your spouse nearing retirement age? Learn how to get the most out of your social security benefits as a couple. Topics include: how marriage impacts social security, deciding when to claim, coordinating with other income sources, taxes and social security, working while receiving benefits, and techniques higher-earning couples can utilize. This class is essential for married couples wanting to ensure they receive their full share of the social security benefits they've earned.

*Rolf White*

M675-2B Th Oct 9 6:30-8 pm DEC Rm 2020  
\$10 per person, \$15 per pair

## Social Security for Women

### Your Strategic Guide to Maximizing Social Security Benefits

Did you know that women face unique challenges when it comes to maximizing their social security benefits? Understand key social security provisions like: how to qualify for spousal and survivor benefits off your husband's record, increasing your payments by delaying claims as long as possible, managing the earned income limits if you continue working, collecting on your ex-spouse's record after divorce, and minimizing taxes on your social security income in retirement.

*Rolf White*

M675-2C Th Nov 20 6:30-8:15 pm \$10 DEC Rm 2020

# Personal Development



## Cerveza, Baño is not Enough Essential Spanish 101

Fun and learning go hand in hand with a system that focuses on expanding vocabulary and understanding of the Spanish language and insight into Latino-Hispanic culture. Learn practical knowledge regarding introductions, greetings, expressions, weather, restaurants, and foods from a native Spanish speaker. Class materials are included.

*Instructor Jessica Lineras, with Latin Folkcraft, is a native of Peru and moved to Minnesota to get her master's degree in International Business Administration. She worked in several corporations as a leader in the Latin American market; she taught Spanish at Gustavus and Mankato State University, served as an interpreter for the Bloomington and Eagan school districts, and volunteered in different capacities with several organizations in the twin cities.*

No class Oct 14

L251-SH-2A T, Th Sep 23-Oct 21 6-8 pm  
8 sessions \$175 DEC Rm 2020

## Cerveza, Baño is Not Enough Continuing Spanish 102

In continuing Spanish, we will cover foods and drinks, descriptions of people and objects, daily activities, places in the community, regular verbs ending in on-ar,-er, and -ir, asking and giving directions, family relationships, and expressing likes and dislikes. Class materials are included.

*Jessica Lineras with Latin Folkcraft*

L251-SH-2B T, Th Oct 28-Nov 20 6-8 pm  
8 sessions \$175 DEC Rm 2021

## Know Your Muslim Student

Teachers, get to know your Muslim students by gaining an understanding of their religious beliefs and practices and how you can meet their unique needs in the classrooms and school environments. This class will provide a safe space for you to ask any related questions about your Muslim student.

*Class provided by The Building Blocks of Islam, a 501-c3 non profit organization, which provides outreach programs to build bridges of mutual understanding with other communities.*

P706-2 Th Sep 18 6-9 pm \$10 DEC Rm 2020

## Know Your Muslim Neighbor Age 15+

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

*Class provided by The Building Blocks of Islam.*

P705-2 Th Nov 13 6-9 pm \$10 DEC Rm 2020

## Retiring? What Do You Want to Be When You Grow Up?

Retirement can be a scary, life changing time or with some thought and planning, it can be a very rewarding and enjoyable time of life. If you are retired or are considering retirement, take this class and discover the myriad opportunities that await you. Subjects covered include how to add meaning to life, how to fill the 8 or 10 hours a day that you used to work, travel, learn new things, volunteerism, hobbies, interesting leisure activities, creative pursuits, physical well-being, start a business, get social, downsize, and other thought provoking subjects.

*Ron Timm PhD is a retired business owner and has been a teacher for many years. He has a degree in Professional Photography and is an international photography judge.*

P725-2 W Sep 10 6:30-8 pm \$39 DEC Rm 2020

## NATIONAL COMMUNITY EDUCATION WEEK FREE COOKING CLASS

Try online cooking with this free mini class! Cook along with Kirsten as she makes Air Fryer Crispy Polenta Rounds with Roasted Seasonal Vegetables and, for a bonus recipe, Roasted Veggie Skewers. [See page 15.](#)





## Piano, Guitar & Voice Lessons

30-minute individual lessons at Diamondhead Education Center. Contact Community Ed for availability, 952-707-4150

Provide the times that work for your schedule. We will connect with the instructor and confirm your specific time. Total fee owed is based on the number of lessons per class, which may vary depending on facility availability. Payment is due at the time of registration and in advance of services. Payment for the next series of lessons must be received 1 week prior to your last scheduled lesson. Acepto estudiantes que hablan español.

### Piano or Guitar Age 6-adult

\$35/half hour

Material fee piano \$40, Material fee guitar \$15

Through a patient and encouraging teaching style, Jared creates a supportive learning environment where students can explore their musical potential, build confidence, and create their own music. Material fees are payable to the instructor in class at the first lesson. Students must have access to a guitar, keyboard or piano for practice at home.

*With 16+ years of piano experience, 10+ years of guitar experience, coupled with 4 years of music teaching, Jared Nelson is a dedicated and passionate music instructor committed to fostering musical talent and personal growth. Jared offers comprehensive lessons tailored to beginners on the guitar and up to intermediate students on the piano. The lessons are designed not just to teach music but to serve as a springboard for personal development and intergenerational dialogue.*

### Voice Age 10-adult

\$40/half hour- no additional materials fee

Mondays between 4:30 and 8 pm

Students complete a vocal warm up, breath exercises, and dive into a song of your choosing. Learn to connect with your breath, approach music with curiosity, and build a foundation of vocal technique to prevent injury. Develop skills of expression, reading music, diction (in various languages), resonance, and pitch. You'll receive feedback to support your practice between lessons. Provide songs or music of your choice.

*Instructor Varinia Nelson believes that singing is a gift of self-expression, self-awareness, exploration, and fun! She's studied music for more than 20 years with thirteen years of formal classical voice training in opera, lieder, and musical theater. Varinia wants students to walk away with greater grace for themselves, greater joy in challenges, and greater gratitude for our personal instruments.*

## Online Genealogy

with Jen Shaffer Online via Microsoft Teams

Live online instruction provided via Microsoft Teams. You'll need a strong WiFi or internet connection, speakers, microphone and camera for your device. You will receive a notification email the day prior to class with meeting links and additional class information if any. Please remember to check your spam folder. If you do not see this email 24 hours prior to your class date, contact Community Education during business hours to ensure delivery of the link.

*Instructor Jen Shaffer is a full-time professional genealogist and the owner of The Formidable Genealogy research company.*

### Foundations of Online Genealogy

There has never been a better time to discover your family's history. Gone are the days of only traveling to courthouse basements and archives. You can now research easily from your own home. Join the Formidable Genealogist and learn how to get started, review of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher. 60 minutes of instruction, 30 minutes provided for questions.



O502-SH-2A T Sep 16 6:30-8 pm \$35

### Level Up Your Genealogy 1

MyHeritage and Ancestry are some of the biggest research sites, but what do you do when they don't have the information that you're looking for? This course covers how to use the FamilySearch Catalog, working with autosomal DNA and other repositories to use beyond the large genealogy platforms.

O502-SH-2B Th Oct 16 6:30-8 pm \$35

### Level Up Your Genealogy 2

#### Genealogy Boot Camp

Moving beyond auto-generated hints on the big platforms like Ancestry.com and MyHeritage is the only way to make progress in your research. The instructor will show you 23 research techniques used by the pros.

O502-SH-2C T Oct 28 6:30-8 pm \$35

### Genealogy Methods

#### Research Skills Through Case Studies

It can take years to learn how to research effectively. Watch as the instructor goes through the steps used by a professional genealogists to solve common research problems. These case studies will show you techniques that you can apply to your own research.

O502-SH-2D Th Nov 20 6:30-8 pm \$35

### Level Up Your Genealogy 3 Refining Skills

Here are even more research tips and tricks that you can instantly apply to your own research. In this class, you'll learn ways to retrain your brain to notice details and follow clues, practical tips for research, U.S. military records and research beyond the U.S.

O502-SH-2E T Dec 9 6:30-8 pm \$35

# In-Person Technology & Devices



## One to One Computer Tutorial Create Your Own Class

You'll have 100 percent of the instructor's attention to assist you with a computer project of your choosing. You select the topics, which can include: basic computer skills, navigating the internet, email basics, Google docs, software applications such as Microsoft or Excel, how to do a mail merge, how to organize files, photos, Adobe, etc. We'll create the class just for you! Call 952-707-4150 to discuss your specific needs. Be prepared to provide suggested dates and times which we will share with the instructor. [You will be scheduled for one 90-minute class. Your specific time will be confirmed directly with the instructor. Community Education will collect your payment at the time of class confirmation.](#)

*Instructor Mark Hubbard is a Global Communications & Information's Teacher. He has been involved in multimedia production for over 25 years. Mark has experience in both PC and Mac based platforms. He is licensed in Minnesota to teach Communications Careers and is a certified Adobe Education Trainer.*

T525-02 90-minute session \$79 per person, \$99 per pair

## Cutting the Cord with Cable

Are you frustrated by how expensive your TV, internet and phone bills are? Join us to learn the 3Rs of Cutting the Cord. Find new avenues to access your favorite content without breaking the bank.

*Nice Guy Technology*

<b>10 am-12 pm</b>	<b>\$29</b>	<b>DEC Rm 2020</b>
T510-SH-2A	W	Sep 17
T510-SH-2B	T	Oct 21

## Intro to Artificial Intelligence (AI)

Artificial Intelligence (AI) remains one of the hottest tech topics. We'll dive into the world of AI and provide you with the basic knowledge and tools to integrate AI solutions into your everyday routines safely and effectively. You'll gain insight into the lingo and learn ways to protect yourself against increasingly sophisticated AI driven scams. Join us to empower yourself with the knowledge to thrive in this new digital age.

*Nice Guy Technology has been educating people across the Twin Cities, since 2011. Mike, Chris, and Ben are passionate about technology and helping people learn how to better use it.*

<b>10 am-12 pm</b>	<b>\$29</b>	<b>DEC Rm 2020</b>
T511-SH-2A	W	Sep 24
T511-SH-2B	T	Oct 28

## Get To Know: ChatGPT

Curious about ChatGPT but not sure where to start? This beginner-friendly class is designed specifically for people who are new to AI tools. We'll introduce you to ChatGPT, show you how it works, and explore practical ways it can make your daily life easier. We will provide a summary of the class along with a PDF copy of the slides.

*Nice Guy Technology*

<b>10 am-12 pm</b>	<b>\$29</b>	<b>DEC Rm 2020</b>
T512-SH-2A	W	Nov 5
T512-SH-2B	T	Nov 18

## How to take Great Holiday Photos

In this class you'll learn some of the techniques professional photographers use to get wonderful, intimate photos of the people they care about. The instructor will provide many excellent examples of holiday photos. You'll also learn how to convert those photos to photo books, albums, and greeting cards.

*Instructor Ron Timm, Ph.D. is a retired business owner and has been a teacher for many years. He has a degree in Professional Photography and is an international photography judge.*

T564-2	W	Oct 29	6:30-8 pm	\$39	DEC Rm 2020
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## UGotClass Online Career & Certification Classes

[Update, add or improve your work-related skills conveniently through online learning.](#)

Accounting and Finance, Bookkeeping, Entrepreneurship, Effective Copywriting, Workplace Communication, Basic Game Design, Data Science, Non-Profit Administration, Six Sigma Green Belt Certification, Web Design, Graphic Design, Software Essentials, Beginning Spanish and more.

[Courses start monthly. You participate when it works best for you.](#)

[Learn more at](#)







## Nuevo! Dominio de Excel para Emprendedores: De Cero al Control Financiero (en español)

Este curso integral está diseñado para emprendedores, pequeños empresarios, profesionales, estudiantes de economía y negocios, y cualquier persona que desee mejorar sus habilidades en Excel para aplicaciones prácticas en el trabajo y la vida diaria. Ya sea que administre su propio negocio, trabaje en administración, planeé lanzar un emprendimiento o busque mejorar su empleabilidad, este curso le brindará habilidades de Excel aplicables inmediatamente a situaciones reales. Durante diez sesiones, los participantes avanzarán desde conocimientos básicos de Excel hasta aplicaciones prácticas en finanzas, operaciones y gestión de negocios. Aprenderán a crear y gestionar hojas de cálculo, usar fórmulas y funciones, construir modelos financieros, analizar ventas y gastos, crear gráficos impactantes, validar datos y crear tablas dinámicas para resumir y visualizar información compleja. Al finalizar, los participantes tendrán la confianza y competencia para organizar información, realizar análisis financieros, optimizar operaciones y tomar decisiones basadas en datos para hacer crecer sus negocios o destacarse en sus roles profesionales. Juan Carlos Pérez es Lic. en Ciencias Estadísticas con más de 20 años de experiencia en análisis económico, econometría y formación profesional. Trabajó durante 17 años en el Banco Central de Venezuela, especializado en política monetaria, proyecciones macroeconómicas y análisis de datos. También ha impartido cursos universitarios como Estadística II y Econometría en prestigiosas facultades de economía en Venezuela. Actualmente radicado en Minnesota, se dedica a enseñar Excel, análisis de datos y cursos de negocios de manera práctica y accesible para empoderar a profesionales y emprendedores en la toma de decisiones informadas.

T584-2 L, X 20 de octubre – 19 de noviembre 6-8 pm  
10 sesiones \$59 DEC aula 2023

## Virtual Workshops with LeeAnne Krusemark

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. [See technology requirements on page 3.](#) The webinar login information and handouts will be emailed the day before class.

### Introduction to Journaling

#### A Beginner's Guide

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.

O689-SH-2A Sun Oct 5 10 am-12 pm \$39

### Creative Writing 101 A Beginner's Guide

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.

O689-SH-2B F Oct 10 4-6 pm \$39

### Make Money as a Freelance Writer

#### A Beginner's Guide

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 away 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.

O689-SH-2C T Oct 14 4-6 pm \$39

# Online Technology Courses

Live online instruction provided via Zoom. You'll need a strong WiFi or internet connection, speakers, microphone and camera for your device. You will receive a notification email the day prior to class with meeting links and additional class information if any. Please remember to check your spam folder. If you do not see this email 24 hours prior to your class date, contact Community Education during business hours to ensure delivery of the link 952-707-4150



## Online via Zoom with Nickie Welsh, Social Club Simple

Nickie is passionate about helping adults and seniors use technology to improve their lives in a positive way. She knows the best resources on using popular social media platforms, ride-sharing apps, online safety, podcasts, and more! We believe technology can help anyone, no matter what age or background. If you or someone you know has ever become frustrated when trying to use technology or experienced "technology overwhelm," we're here to make your technology journey easier.

Refer to technology requirements. No password is required. Participants must be registered prior to receiving the class Zoom link. Participants must also sign into Zoom with their registration name for attendance purposes 10 minutes prior to the class start time.

## Tech-Savvy Survival in 60 Minutes

In today's fast-paced, technology-driven world, being tech-savvy is no longer optional, it's essential. This class is designed to equip you with the critical tech skills needed for everyday life. Expand your practical knowledge and confidence to navigate the digital landscape with ease. Learn key life skills when it comes to what's new in using QR Codes, tech you will encounter while traveling, interactive tech you may see at weddings and major life events, and so much more!

O489-SH-2A Th Sep 11 12-1 pm \$35

## Practical ChatGPT Training for Everyone

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!

O489-SH-2B T Sep 30 12-1 pm \$35

## Navigate with Uber

### Achieve Transportation Freedom

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

O489-SH-2C Th Oct 9 12-1 pm \$35

## Post Like a Pro

### Navigating Facebook & Instagram with Meta Business Suite

Learn to efficiently manage your social media presence with this live, interactive online training class! You'll leave the class knowing how to streamline your posting process, schedule content, and leverage insights to boost engagement on both platforms. Whether you're a small business owner, a marketer, or simply looking to sharpen your social media skills, this class will equip you with practical tips and strategies to enhance your online impact. By the end of the session, you'll feel confident navigating Meta Business Suite and ready to make your posts truly shine!

O489-SH-2D T Nov 11 12-1 pm \$35

## Fast-Track to Social Media Marketing for Business

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.

O489-SH-2E T Nov 18 12-1 pm \$35

## Canva for Awesome Beginners

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.

O489-SH-2F Th Dec 18 12-1 pm \$35



# Sports & Recreation

Pickleball paddles are provided for the Introductory classes. All other players must bring their own paddles and balls. Eye protection is highly recommended.



## Introduction to Pickleball

Designed for those who have never played or have just begun playing pickleball (less than 10 games). Learn the game and build confidence in your play. We'll discuss: equipment, rules, scoring, serve & return, drives, dinking, drop shots, lobs, and being a good partner. Typical class will have 20-30 minutes of instruction followed by social (non-competitive) game play.

### No class Oct 2, Nov 27

S590-RC-2A	Th	Sep 25-Oct 30	6-7:30 pm
5 sessions	\$89	Cedar Gym	
S590-WC-2B	W	Oct 1-Nov 5	6:15-7:45 pm
6 sessions	\$99	Cedar Gym	
S590-RC-2C	Th	Nov 6-Dec 18	6-7:30 pm
6 sessions	\$99	Cedar Gym	

## Pickleball Introduction Step 2

Designed for those who have completed introduction to pickleball classes or equivalent and want to continue learning/playing. The goal is to continue to educate you on the game and build confidence in your play. Topics include serve and return, drives, dinking, drop shots, attacking/defending, court positioning and being a good partner. Typical class will have 20-30 minutes of instruction followed by social (non-competitive) game play.

S590-WC-22	W	Nov 12-Dec 17	6:15-7:45 pm
6 sessions	\$109	Cedar Gym	

## Pickleball Social Play

Self-rated players below a 3.5 level looking for more non-competitive social play game.

### No class Oct 14, Nov 28 6-9:45 pm

S594-FC-2A	F	Sep 26-Dec 19	
12 sessions	\$72	Cedar Gym	
S594-MR-2B	M	Oct 6-Dec 29	
13 sessions	\$99	Rahn Gym	
S594-TR-2C	T	Oct 7-Dec 30	
12 sessions	\$99	Rahn Gym	

## Pickleball Drill & Play

Instructor led class geared towards players under 3.75 level looking to improve their pickleball skills and build confidence/consistency in their play to become a better pickleball parter. Typically class will consist of 45-60 minutes of instructor led drills followed by game play with instructor observations and feedback.

### No class Oct 2, 13, Nov 27 7:45-9:45 pm Cedar Gym

S592-RC-2A	Th	Sep 25-Oct 30	5 sessions	\$109
S592-MC-2B	M	Oct 6-Nov 10	5 sessions	\$109
S592-RC-2C	Th	Nov 6-Dec 18	6 sessions	\$119
S592-MC-2D	M	Nov 17-Dec 22	6 sessions	\$119

## Pickleball Competitive Play

Self-rated players level 3.25-3.75 looking for more competitive game play.

S593-RR-2	Th	Oct 2-Dec 18	6-9:45 pm
11 sessions	\$99	Rahn Gym	No class Nov 27

## Pickleball Level Up

Instructor led class designed to level up your pickleball skills. Participants must be below a 3.25 level, know the rules/scoring, and have played >20 games. Topics include 3rd shot drop and 3rd shot drive strategy, stacking, fast vs slow, resets and advanced game play. Gain knowledge to play in a tournament/league environment and/or higher level of pickleball with your friends.

S591-MC-2	M	Oct 6-Dec 22	6-7:30 pm
11 sessions	\$149	Cedar Gym	No class Oct 13

## Open Basketball

Pick-up Style game. Preregistration required.

### No class Oct 13, 15 8-10 pm NMS Gym

S589-M-2A	M	Sep 8-Dec 15	14 sessions	\$70
S589-W-2B	W	Sep 17-Dec 17	13 sessions	\$65

## Volleyball Co-Ed League

Gather your volleyball friends and join this self-monitored league. Co-Rec teams play for good times, good health and final awards. All evenings are doubleheaders! The league will run for eight weeks, with seven regular season weeks and one playoff week. All teams will be involved in postseason playoffs. Each team is required to submit a separate roster (six players minimum, ten max maximum). Offered in partnership with the City of Burnsville.

Register at <https://burnsvillemn.gov/2241/Volleyball>.

**Mon Eagle Ridge gym 6:15-10:15 pm 8 sessions \$160/team**  
Fall League Oct 20-Dec 8  
Winter League Jan 5-Feb 23



## Bean Bag League

Join the fun with this classic yard game! Teams of two (any gender combination) will compete in a doubleheader Bean Bag league to compete for a chance to take first place in their respective league. Teams may be split into Competitive and Recreational Divisions depending on number and skill level of registered teams. The league will run for eight weeks, with seven regular season weeks and one playoff week. Games are at 6:30 and 7:15 pm. All teams will be involved in postseason playoffs. Awards provided for the winner of the regular season and winner of playoffs. 12 team limit. Offered in partnership with the City of Burnsville. **No play Dec 24, 31**

Register at <https://burnsvillermn.gov/2136/Bean-Bags>

Wed Dec 3-Feb 4 6:30-8 pm 8 sessions \$75/team  
Nicollet Middle School N Aux Gym,

## NEW! Intro to Fly Fishing

Join us for a one-day session to discover the enjoyment of fly fishing! **Age 16+**

Youth age 10-15 may attend with a participating adult

Did you know that, in addition to trout and salmon, you can catch bass, sunfish, northern pike and muskie on a fly? Or saltwater fish like redfish, bonefish, permit and tarpon? Finish the class knowing about fly rods and reels, lines and leaders, casting, fly selection, knots, safety, clothing and gear. Bring lunch and a drink. Also be prepared for instruction both inside and outside. **Class is held at Silver Bell Learning Center located at 2120 Silver Bell Rd, Eagan.**

*MN Fly-Fishers have 20+ years of fly fishing experience. Several have fished on two or three, even four continents. Many have fished in both fresh and salt water - for nearly any species you can name. All of them have a passion for the sport. They bring their passion to this class, where you benefit from their years of experience and their wide range of expertise.*

*Lew is often called the glue of the club. He is a founding member of the Minnesota Fly Fishers and was its first newsletter editor. He's been hosting the Fly Fishing Basics class since its inception. And if that isn't enough, he's a zen master with a nymph and a soft hackle in a two-fly rig.*

SF25-SH-2 Sat Oct 11 8:30 am-4:30 pm \$79  
Silver Bell Learning Center

# Aquatic Fitness

## Aqua Exercise for Adults

No swimming skills? No problem! This low-impact water workout is perfect for all fitness levels and can be easily adapted to meet your needs. Each class includes a guided warm-up, aerobic conditioning, strength and toning exercises, targeted arm work, and a cool-down. Build strength, improve range of motion, and enhance endurance using the natural resistance of water. Optional: Bring 1-2 pound hand weights to boost your workout. Participants must be able to enter and exit the pool independently. **No class Oct 14, Nov 27**

**T, Th 6:30-7:40 pm ERMS Pool**

Q155-SH-2A	Sep 9-30	7 sessions	\$58
Q155-SH-2B	Oct 7-30	7 sessions	\$58
Q155-SH-2C	Nov 18-Dec 18	9 sessions	\$78
Q155-SH-3A	Jan 6-22	6 sessions	\$48

## Aqua Zumba with Shilan

Aqua Zumba blends the Zumba philosophy with water resistance, for one pool party you shouldn't miss! Aqua Zumba has less impact on your joints so you can really get loose. Participants must be able to enter and exit the pool independently.

*Instructor Shilan Delshad is a Certified Group Fitness, Zumba and Aqua Zumba instructor since 2011. Shilan's high energy makes every workout feel like a party!*

**T 7:15-8:15 pm NMS Pool**

Q860-T-2AA	Sep 2-23	4 sessions	\$49
Q860-T-2BB	Sep 30-Oct 21	4 sessions	\$49
Q860-T-2CC	Oct 28-Nov 18	4 sessions	\$49
Q860-T-2DD	Nov 25-Dec 16	4 sessions	\$49

**Th 6:30-7:30 pm NMS Pool**

Q860-TH-2A	Sep 4-25	4 sessions	\$49
Q860-TH-2B	Oct 2-23	4 sessions	\$49
Q860-TH-2C	Oct 30-Nov 20	4 sessions	\$49
Q860-TH-2D	Dec 4-18	3 sessions	\$39





# Inclusive Opportunities for Adults

## Project Explore

**A consortium of five school districts that provides activities for adults with disabilities**

River Valley Project Explore is a program designed to serve adults with disabilities. We provide customized learning, social and recreational activities. For more information regarding Project Explore, or to see the full details of classes and activities, please visit [ce.district196.org/projectexplore](http://ce.district196.org/projectexplore) or call 651-423-7931.



### Move & Groove

Join us for stretching and moving to music. We'll also use some hand weights for more muscle toning. This easy exercise class is so much fun you'll forget it's good for you! Wear comfortable clothing and tennis shoes. Bring a water bottle and hand weights if you have them.

Wed Sept 10, 24, Oct 8, 29, Nov 5, 12  
6:30-7:30 pm \$5/time NMS Gym

### Hike Terrace Oaks

Let's get together on a beautiful fall morning for a hike! Wear sturdy walking shoes and dress for weather. Meet at the parking lot off of County Road 11 and we'll start our hike together. This trail has some hills so be prepared for a nice workout!

Sat Sep 20 10-11:30 am \$5 per person  
Terrace Oak West Park in Burnsville

### Craft Fair

**Come one, Come all!**

See a great variety of crafts for sale from some of our Project Explore friends and various local vendors. Get a jump on all your holiday shopping. Invite your friends, family and co-workers. Food and drinks will be available for purchase. If you are a crafter or want to volunteer, we need you! Contact Caroline at 952-393-5944 if interested.

Sat Oct 4 10 am-3 pm no cost  
Valley Middle School

### Halloween Dance

It's time for the most popular dance of the year! Wear your favorite costume and join all your friends for our annual Halloween dance. Don't be spooked if they don't recognize you. It's sure to be a blast! One caregiver per participant or group home is asked to register and pay for the dance.

Fri Oct 17 6:30-9 pm  
\$8 per person Farmington High School



### Magic Show

Come and join us for a fun evening with Wonderful Woody! You'll be amazed by his illusions and tricks. There will also be some juggling, song trivia and maybe a surprise or two! Come prepared for lots of laughs and some audience participation! Refreshments will be served.

Fri Nov 7 6:15-7:30 pm \$9 per person  
Valley Middle School

### Thanksgiving Dinner

Come and celebrate the season at our annual Thanksgiving Dinner. We'll have turkey, stuffing, potatoes, other sides dishes and pie for dessert! We will be serving dinner at 5:45 pm. Please bring a non-perishable food item to help support the food shelf at Messiah if you are able. We must receive your registration and payment for this event no later than Friday, October 31st. Caregivers need to register and pay for dinner. Sorry, no walk-ins accepted.

Fri Nov 21 5:30-7:30 pm \$12 per person  
Messiah Lutheran Church

## Blast Special Olympics Bowling

**Have a BLAST bowling with friends, meet new friends and learn or improve your bowling game!**

All athletes must have current paperwork with Special Olympics. If you are not a current Special Olympics athlete, please visit [minnesotaspecialolympics.org](http://minnesotaspecialolympics.org) to complete an athletic application. Cedarville Lanes is located 3883 Cedar Grove Pkwy, Eagan, MN, 55122. Contact Debbie Lindsey for more information: (952) 451-7663 or [lindsey.debbie291@gmail.com](mailto:lindsey.debbie291@gmail.com).

Th Sep 4-Nov 13 4:15-5:15 pm \$40 Cedarville Lanes



# Rent A Facility

## Host Your Next Event with District One91

Looking for a venue for your next practice, event, meeting, or private function? District 191 offers a variety of spaces available for community rentals, including classrooms, gymnasiums, auditoriums, meeting spaces, and more. Our Facilities Coordinator is here to help you find the perfect spot to suit your needs!

### Why choose District 191?

- Spaces for all group sizes, from small meetings to gatherings over 100
- Locations include 8 elementary schools, 2 middle schools, Burnsville High School, and the versatile Diamondhead Education Center
- A commitment to welcoming the community and maximizing the use of our spaces

Visit [isd191.org/community/facility-rental](http://isd191.org/community/facility-rental) to learn more & reserve your space today.



**CONTACT US**

952.707.4123



# Burnsville Senior Center

The Senior Center offers a variety of events, services, screenings, enrichment and social groups. Located in Diamondhead Education Center, 200 W Burnsville Parkway in Burnsville.

To find out more about programs, services, resources and The Chatter, call 952-707-4120.

Open to all independent adults 55+ The Senior Center is closed Sept 1, Nov 27, 28, Dec 22-Jan 2



## Jennifer Green Coordinator for the Burnsville Senior Center

You are welcome to participate in our activities. There is no membership requirement. In addition to our ongoing activities, join us for our Fall Festival, and the October Bootique & Bake Sale. The Meal to Remember pick up is back, along with a new community meal Friendsgiving. We have a couple of convenient vaccination clinics and Healthcare Directives Start to Finish. To learn more about us, stop by Monday-Friday 9 am-4 pm and visit with our reception volunteers, or give us a call at 952-707-4120.

Jennifer Green jgreen@isd191.org 952-707-4121

## Subscribe to The Chatter

Filled with activities, news & events you're sure to love!

It is published in January, May and September. To subscribe, call 952-707-4120.

## Senior Center Advisory Council

3rd Mon of the Month at 9:30 am The Advisory Council meets Sept 15, Oct 20, Nov 17.

## Meals On Wheels

Nutritious meals are delivered to homebound seniors in the area. Call the Meals on Wheels coordinator at 952-393-9860.

Volunteers are always needed.



**PRECISION**  
DRIVING CENTER  
A DIVISION OF ST. CLOUD STATE UNIVERSITY



Drivers age 55+ are eligible to receive a 10% discount on their auto insurance

## DEFENSIVE DRIVING

Classes held at Diamondhead Education Center Senior Center meeting room



The 4-hour course now fulfills the initial requirement to earn the discount

Repeat the 4-hour course every three years to maintain the discount. \$24/person. Preregistration is required.

Register online or by calling the Burnsville Senior Center 952-707-4120 or Precision Driving center 1-888-234-1294.

### \$24 DEC Meeting Room

0904-Sep08	Mon	1-5 pm	Sep 8
0904-Sep17	Wed	5:30-9:30 pm	Sep 17
0904-Sep18	Thu	1-5 pm	Sep 18
0904-Oct02	Thu	1-5 pm	Oct 2
0904-Oct13	Mon	5:30-9:30 pm	Oct 13
0904-Nov03	Mon	5:30-9:30 pm	Nov 3
0904-Nov06	Thu	1-5 pm	Nov 6
0904-Dec01	Mon	5:30-9:30 pm	Dec 1
0904-Dec04	Thu	1-5 pm	Dec 4

0904-Oct22 Wed 1-5 pm Oct 22

This session only held in Rm 2020 on upper level of DEC

Please bring a pen and paper. You'll learn from a certified professional who has access to the most up-to-date research in the field. Instructors complete 40 hours of training and are re-certified by MHSRC every three years. Topics include but are not limited to: visual scanning techniques, steering techniques, anti-lock brake systems, airbag safety and new vehicle technology. Please note: A \$10 fee is applied for any changes on prepaid classes. There are no refunds if you are unable to attend.

# Ongoing Activities & Programs



## Quilters

**2<sup>nd</sup> & 4<sup>th</sup> Tue 9 am-12 pm**

Sep 9, 23 Oct 14, 28, Nov 11, 25, Dec 9

This creative group of stitchers creates warm, colorful quilts for children in shelters and hospitals, elderly folks in health care centers and more. The quilters have a good time while they share quilting knowledge and skills with each other. The hundreds of quilts are made from donated fabric.

## Card Recyclers

**2<sup>nd</sup> & 4<sup>th</sup> Mon 12:30-4 pm**

Sep 8, 22, Oct 13, 27, Nov 10, 24, Dec 8

Join the fun The card recyclers use a few supplies and a lot of creativity to transform trash into treasure! Help us recycle or drop by and purchase a few cards. Drop your old cards off at the Senior Center for recycling.

## Knitters & Crocheters

**2<sup>nd</sup> Fri 9 am-12 pm**

Sep 12, Oct 10, Nov 14, Dec 12

Hundreds of mittens, scarves, lap robes, afghans, booties, and slippers are created and donated to charitable organizations within our community. We'd love for you to needle along with us. We'll even help you learn basic knitting and crocheting. Yarn donations are welcomed.

## South Metro Stitchers

**4<sup>th</sup> Mon 5-8 pm**

Sep 22, Oct 27, Nov 24, Dec 15

Whether you are working on a project for your favorite charity, a gift for a friend, or something for yourself, all types of hand stitching are welcome. If you are a beginner looking for tip, we probably have someone who can help you. Bring your cross stitch, needlepoint, knitting, crocheting, or tatting project with you.

## Crafters

**1<sup>st</sup> & 3<sup>rd</sup> Thu 9 am-12 pm**

Sep 4, 18, Oct 2, 16, Nov 6, 20, Dec 4, 18

Join this community minded, social group of crafters who make special projects for people who receive meals on wheels, and those who live in skilled care facilities, and health care centers.

## Ukulele Group

**Twin Cities Ukulele Group**

Wednesdays 10 am-12 pm

**Roots Ukulele Group**

Fridays 9:30 -11:30 am



## Woodcarvers

**Thu, Sept 4-June 26 6-9 pm**

BWCC-2526 \$25

Self-led workshop where woodcarvers inspire and learn from one another while sharing tips about the craft. Participants provide their own projects and materials required to complete them. The group meets in the Campus Cup on the upper level of Diamondhead. Enter door 1. New folks are always welcome. Feel free to visit a time or two before joining. **BWCC-2526 \$25 annual fee** Youth age 12 and up may register if attending with a registered adult.



## The Senior Center begins it's Annual Giving Campaign in mid-September

**Your donations support the senior center and help us remain a welcoming, membership free center**

We appreciate your ongoing support. Watch for the Annual Giving Campaign letters in your mail boxes in September.

Please support as you are able and thank you.





## Books R Us Book Club

**Mon, 1 pm in DEC Meeting Rm**

The Books R Us book club meets the 3rd Monday at 1 pm in the Senior Center at Diamondhead. This club is provided in partnership with the Dakota County library system which provides information about the authors and questions for the monthly discussions.

September 15 Briar Club Kate Quinn  
 October 20 The Measure Nikki Erlick  
 November 17 The Women Kristin Hannah  
 December 15 Remarkably Bright Creatures Shelby Van Pelt

## Book Club II

**First Tuesday of each month 1pm at the Barnes and Noble**  
 in the Burnhaven Shopping Center, 828 W County Rd 42.

## Ladies Breakfast

**Sep 12, Oct 10, Nov 14, Dec 12**

2nd Friday at 9 am Steak & Ale in the Wyndham Nicollet Inn at 14201 Nicollet Ave in Burnsville. Register at the Senior Center or call 952-707-4120 for each date you can join us as space is limited. Pay your own way. We'd love to have you join us for breakfast and conversation.

## Men's Breakfast

**Tue Sep 2, Oct 7, Nov 4, Dec 2**

1st Tuesday at 8:30 am at the Original Pancake House, 14352 Nicollet Court in Burnsville. The Typical agenda includes great conversation with old and new friends, great food and separate checks. For more information please contact Dan McElroy danmcelroy@comcast.net 952-797-4548.

**Metro Dining Club Cards**  
**\$30/box**  
 Discounts can be used monthly  
 at 138 restaurants



This fundraiser supports the BSC  
 Financial updates are  
 posted at the Senior Center

**Valid Oct 2025-Sep 2026**



## Game Time!

**Stop by and play a game  
 or two with us!**

The volunteer coordinator will collect  
 a nominal fee each time you play.

**Monday**

Eucher, 11 am-1 pm

**Tuesday**

Scrabble 11 am-2 pm,  
 Duplicate Bridge 12:30-4 pm

**Wednesday**

Cribbage 10 am-12:30 pm  
 500 12:45-4 pm

**Friday**

Hand and Foot 12:15-4 pm.

## Modern Board Games

**Thursdays, 10 am to Noon**

Bring your own games to play but make them NEW and fun. We'll play modern games like Ticket to Ride, Caton, Cascadia, Carcassonne, River Valley Glassworks, Azul, Azul: Summer Pavilion, Splendor, Forest Shuffle, Wingspan, 5 Crowns, and many others. Card games, board games, dice games, all are welcome. You might even find someone to play Monopoly, or Clue, or Risk, or Stratego if you try hard enough! Pleasant conversation also provided  
 Come and have fun!!!



## Card Tournament Week

**October 20-24**

Advanced registration  
 required

Visit the Receptionist  
 or  
 call 952-707-4120

**Let the  
 games begin!**

\$5 per person



# Gathering Grounds

Where Experienced Adults  
Connect, Learn & Grow  
Together

**Reserve your spot 952-707-4120**

**All activities held in DEC Meeting Room unless otherwise listed**

Some activities may have a fee attached to help pay for speakers and entertainment. Space may be limited.



Burnsville Senior Center

**11**

**SEPTEMBER**

*Hello fall*

**FESTIVAL**

1:30-3:30 pm Free entry  
Food available for purchase

**LIVE MUSIC / FESTIVE FOOD /  
CARNIVAL GAMES/ CRAFTS**

RSVP 952-707-4120




## Daytime Disco

**Fri, Sept 12, Oct 19, Nov 14, Dec 12**

Remember how much fun it was to shake your groove thing? Join us at the Daytime Disco where you can dance to your heart's content, or sit back and enjoy the music. Move to the beat seated, or hit the dance floor. We provide the space; you provide the moves. This is not a dance class. Come ready to boogie- wear comfortable clothes and bring a water bottle.

09GG-DD 1-2 pm Studio B \$1 per session

## BSC BINGO **Thur, Sept 25 1 pm**

Join our sponsor, Kingsley Shores. We'll play a few games, share a few laughs and win a few prizes. No cost to participate, but please register. 09GG-Sept25

## BOO BINGO **Thur, Oct 30 1 pm**

Special Edition BINGO! Wear a costume and join our Sponsor, Norbella. We'll play a few games, share a few laughs and win a few prizes. No cost to play BINGO, but you **MUST** be registered and on our roster to play.

09GG-Oct30



# Burnsville Senior Center BOOtique & Bake Sale

There's something for everyone!

From homemade baked goods,  
crafters & makers, vintage jewelry,  
holiday items, handmade quilts by  
the BSC quilters, craft supplies and more.



**SLOPPY JOE LUNCH!**

Lunch sales begin at 10:30 am

Proceeds support the  
Burnsville Senior Center  
at Diamondhead  
200 W Burnsville Pkwy  
Door 12

Visit the **InHom Care  
Senior Christmas Tree**.  
Ornaments have gift  
suggestions for seniors who  
are isolated and alone over  
the holidays.



## Burnsville Senior Center winter open house

JANUARY 15

1 - 3 PM



Join us for an afternoon of  
**socializing, delicious refreshments,  
and festive cheer.**

Refreshments compliments of  
InHom Senior Care & Regent at Burnsville  
RSVP to 952-707-4120



### Be a vendor at the Burnsville Senior Holiday Bootique and Bake Sale!

Thursday, October 23, 9 am-2 pm. Set up begins at 8 am. Space + Table \$40

Scan the QR code or contact Jennifer Green at 952-707-4121 to reserve your space.

Enjoy a community dining "Friendsgiving" at the  
Burnsville Senior Center. Thursday, November 20 at 12 pm

Dine with us  
November 20

## Join us for *Friendsgiving*



Order by  
November 7  
Call 952-707-4120

**\$10/MEAL**

Visit  
communityed191.org

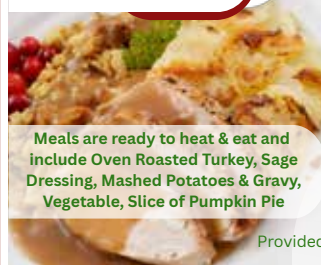
All dinners must be reserved  
and pre-paid. No walk-ins.



Drive by pick up November 19 at Diamondhead by door #11  
Two pick-up times to choose from 9-11 am or 1-3 pm  
Select your pick-up time when you place your order

## Meal Deal *Just For You*

PICK UP  
November 19



Meals are ready to heat & eat and  
include Oven Roasted Turkey, Sage  
Dressing, Mashed Potatoes & Gravy,  
Vegetable, Slice of Pumpkin Pie

Provided in partnership



Order by  
November 7  
Call 952-707-4120

**\$8/MEAL**

Visit  
communityed191.org

Dinners must be  
pre-ordered and pre-paid



### Burnsville Senior Center Meal Deal - Two Ways to Dine!

**Friendsgiving Dine with us** Looking for a little fellowship and companionship? Join us Nov 20 at the Burnsville Senior Center for a buffet luncheon with turkey and all the fixings. Limited to 50 diners.

**Order and pick up a delicious pre-cooked heat and eat meal** Oven roasted turkey, mashed potatoes, gravy, sage dressing, corn, cranberry sauce and piece of pumpkin pie for just \$8.

Advance purchase for either option required by November 7. Quantities are limited.

Register at the Senior Center or by calling 952-707-4120

# Health, Enrichment & Fitness

## Line Dancing

This line dance class is for everyone, even if you're just starting. We will do easy dances to help you get started, and add some that are a little more complex for people who know more. We'll dance to all kinds of music and have lots of fun. Everyone is welcome, so register with a friend!

*Peter Blaskowski*

**Thu 10-11:30 am 4 sessions \$25**

**Diamondhead Studio A**

09LD-2A Oct 2-23

09LD-2B Oct 30-Nov 20



## Sunrise Stretch

Start your day with a stretch and a smile, at this self led exercise class, done with pre-recorded instructions. Class meets Mon, Wed, Fri and costs just \$10 per month.

**M/W/F 8:30-9:30 am \$10**

**Diamondhead Sr Center Studio B**

09SS-Sep25 Sep 3-29

09SS-Oct25 Oct 1-31

09SS-Nov25 Nov 3-26

09SS-Dec25 Dec 1-19

## Wednesday Workout with Kim

**In this class we will work on:**

- ◆ Mobility – improving upon the ability to move a joint more freely
- ◆ Flexibility – using proper form to enhance full range of motion
- ◆ Strength – building muscle strength using hand weights and your own body weight

Regular participation enhances balance, builds self-confidence and can improve physical health. Bring your own 5-10+ weights. Chairs are used for warm-up and cool-down.

*Instructor Kim Kafka is a firm believer that you are stronger than you realize.*

**Wed 10:30-11:30 am**

**Diamondhead Sr Center Studio B**

09WW-09 Sep 10-24 3 sessions \$29

09WW-10 Oct 1-29 5 sessions \$49

09WW-11 Nov 5-26 4 sessions \$39

09WW-12 Dec 3-17 3 sessions \$29

## Walking Club

**Meets Thur at 10:30 am**

Vista View Park 1501 Circle Lane in Burnsville, just off Burnsville Parkway. Beginning October 1 we will meet at Burnsville Center at Entrance 3 on the upper level near Penney's.



## Painter's Studio

Self-led workshop for beginning and experienced artists. Develop and enhance your artistic style in a cooperative setting among other artists. Please bring your own materials. The 2nd Friday, painters will meet in conference room 2. Join us the entire month or pay \$5 each week you attend.

**Fri 9 am-12 pm**

**Diamondhead Sr Center Mtg Rm**

09PW-Sep25 Sep 5-26 4 sessions \$12

09PW-Oct25 Oct 3-24 4 sessions \$12

09PW-Nov25 Nov 7-21 3 sessions \$9

09PW-Dec25 Dec 5-12 3 sessions \$9

## Inventing a Nation

A series about the creation of our American Republic, The United States of America. Presented by historian and educator Frank Sachs.

**Thurs in the Sr Center Meeting Rm  
11 am- 12:15 pm \$10 per session**

## The Road To Independence

From Plymouth to Philadelphia, this is the story of how thirteen separate English Colonies came together to declare their Independence from England based on the idea that man should be ruled by laws and not by a King.

09HS-Sep11 Sep 11

## After the Revolution

The failure of the Articles of Confederation and the rise in domestic unrest in the states, leads the Founders to seek "a more perfect union" and the writing of the Constitution.

09HS-Oct09 Oct 9

## The Creation of a New Nation

What really happened in Philadelphia? Were the notable arguments and compromises really necessary in the writing of the Constitution? Throughout a series of state ratification conventions, a vigorous defense of the new Constitution emerges and call for a Bill of Rights.

09HS-Nov13 Nov 13

**Take all 3 classes in the series for just \$25.**

Get the full picture of the Founders' intentions. 09HS-PKG \$25





## Stroke Support Group

4th Tue at 10:30 am Sep 23, Oct 28, Nov 25

The Stroke Support & Education group meets at the Burnsville Senior Center, 200 W. Burnsville Parkway. Provided in cooperation with M HEALTH Fairview.



## Foot Care Clinic with Happy Feet

1st & 3rd Thu / 1st, 3rd & 4th Fri

Foot care appointments range from 30 minutes for routine care and 40 for new client intakes. You'll receive basic foot care including: foot assessment, foot soak, filing of corns and calluses, and nail trimming and filing; both in length and thickness. We trim nails in a process designed to mitigate the risk of ingrown nails occurring with nail grow out, as well as assist with the care of current ingrown nails. Your service is completed with a brief hydrating foot rub with hypoallergenic massage gel to restore moisture back to skin from filing. [Call Happy Feet directly to make your appointment at 763-346-3390.](#) Cost is \$45 per person/per appointment.



## Blood Pressure Checks

The 3rd Wed, 11:30 am-12:30 pm

Sep 17, Oct 15, Nov 19, Dec 17

Arbor Ridges visits the Burnsville Senior Center on the 3rd Wed of each month between 11:30 am and 12:30 pm to provide free blood pressure checks. No appointment necessary, just stop by.

## Hearing Screening & Instrument Cleaning

4th Thu of odd months, 10 am-12 pm

Sep 25, Jan 22

New Provider! Welcome Nathan Whipple of Hearing Life to the Senior Center for hearing screening and hearing aid cleaning appointments. Hearing screening can determine whether or not hearing loss is present and if further testing is needed. Free, but you must call 952-707-4120 to make an appointment.

## Health Insurance Counseling

One-on-one appointments,  
in-person at the Senior Center or by phone

Designed to help older adults navigate the often-complex world of Medicare. You can schedule your own Medicare Counseling appointment online at [trellisconnects.org/get-help/Medicare/](https://trellisconnects.org/get-help/Medicare/) or call the Senior Linkage Line at 1-800-333-2433 or online at [Select a date and time that work best for you and be sure to bring your questions!](#) They also offer in-person or virtual presentations on Medicare 101, Health Care Fraud and Scams, and Learn How the Senior LinkAgeLine can help you.

952-707-4120

Burnsville Senior Center

Flu and Covid based on product availability

# WALK-IN VACCINATION CLINICS

Wednesday Sept 17  
12 - 2 pm

Thursday Oct 2  
10 am - 12 pm

Bring your Medicare and/or insurance information

Treats provided by

Centennia House

Seasons at Apple Valley

Provided in cooperation with Cub Pharmacy

Cub

## Healthcare Directives from Start to Finish Workshop

Age 18+ are welcome to attend

It's about conversations. It's about decisions. It's about communicating what's important to you. Join the Burnsville Senior Center, Minnesota Hospice, Cancer Legal Care and Gilda's Club Twin Cities to learn more about Advance Care Planning and what it means to you and your loved ones. This event is designed to meet you wherever you are in the process.

Discuss: Regardless of health or age, we all need to make decisions about our end-of-life wishes. A Healthcare Directive is a legal document that communicates your wishes regarding medical care when you are no longer able to. This workshop includes an informational session about Healthcare Directives with experts from medical, legal, social work, and thanatology fields available to answer your questions.

Decide: Following the information session there will be 1:1 support available to assist you with questions or roadblocks as you make decisions and fill out your Healthcare Directive.

Do: Notaries will be on site to legalize finished documents. You will leave with 3 copies of finished documents to share with your healthcare team. Bring a government issued ID and an open mind. All necessary forms and information will be provided, as well as refreshments and snacks.

09CT-HCD Wed 1-4 pm Oct 15 Free  
Diamondhead Sr Center Meeting Rm

# Coffee Talks

Educational talks at the Burnsville Senior Center Meeting Room are free to attend.

Advanced registration required. Register online or by calling 952-701-4120.



## How to Write & Update a Health Care Directive

**Tue, Sept 16 2-4 pm**

Have you ever wondered who will communicate your preferences for your health care when you are not able to yourself? We provide straight-forward information on how to complete or update a legal document called a health care directive. We will walk you through the basics - what to do and what not to do when your doctor, your lawyer or your family member gives you a blank document to complete. **Presenter:** Lauren Harding, Fairview Health Services 09CT-Sep16

## Peripheral Neuropathy

**Tue, Sept 23 1-2 pm**

Do you experience tingling, numbness, or burning sensations in your hands or feet? You may have Peripheral Neuropathy. Peripheral neuropathy occurs when peripheral nerves are damaged. Reduce the symptoms of neuropathy or reverse it without the use of medications, injections or surgery. Learn what treatment mistakes to avoid so you will have success treating your neuropathy. **Align Integrative Health** 09CT-Sep23

## Navigating Support Resources

**Thu, Sept 25 6-7 pm**

Start the conversation with your loved ones. Home care services work with you wherever you call home. We'll hear about non-medical home care resources and services that make life easier for seniors and their families. As your needs change, your services can too. We'll talk about cost, payment options, types of services and more. Then we'll address the many myths around hospice care. Hospice is not about giving up, it's about living your life to the fullest with the time you have left. Learn when, where, and how hospice can support you. Join us and invite your loved ones to attend with you. Light refreshments provided.

**Presenters:** Deanna Bienniek of St Croix Hospice and Melissa Leick for inHom Senior Care.

**Sponsor:** Real Life Cooperative 09CT-Sep25

## Are You Strong Enough?

**Mon, Sept 29 10-11:30 am**

Learn about the benefits of physical activity and chronic health conditions that can be managed with exercise. Physical activity is known to improve certain health factors and the quality of life in older adults with individualized care. **Presenter:** Mallory Helle- Licensed Physical Therapist. **Sponsor:** Fox Rehabilitation which provides outpatient physical, occupational and speech therapy at home. 09CT-Sep29

## Save The Food

**Tue, Sept 30, 1-2 pm**

Discuss ways you can meal plan and how to store your food so you can keep fresh and prevent food waste. It's good for you and good for the planet! Cassidy Carlisle is a Dakota County recycling coordinator with the City of Burnsville. She is passionate about keeping Earth's natural resources clean and free from toxicity by diverting recyclable materials and recovering those that can be reused. **Sponsor:** Leading Choice Home Helpers 09CT-Sep30

## Before & After the Funeral

**Mon, Oct 6 10 am-Noon**

After the loss of a loved one, numerous questions arise. Understanding processes pre and post-funeral, helps you plan ahead and lessen the burden on your family while gaining peace of mind for yourself. Before the funeral decisions include payment responsibilities, service types, notifications, and family needs. Post-funeral, considerations include bill payments, managing possessions, Wills, asset transfer, and probate questions. Join us for answers and information. **Presenters:** Jeanne McGill-Preplanning Specialist and Mary Frances Price-Elder Law Attorney **Sponsor:** Blue Cross and Blue Shield of MN 09CT-Oct06

## A Fond Farewell Mon, Oct 13 10 am-Noon

Statistics show that 70 percent of us are unprepared in one or more areas of personal responsibility in planning. Hear about innovative, creative and proper funeral preplanning. Learn about funeral options, laws regarding at home funeral arrangements, and cost comparisons. Plan ahead; think outside the box.

**Presenter:** Jeanne McGill-Preplanning Specialist **Sponsor:** The Rivers Retirement Community 09CT-Oct13

## Travel Talk Thur, Oct 16 1-2:30 pm

Join us to learn about the array of unforgettable travel experiences provided by Landmark Tours. A local, family-owned tour operator, 09TT-Oct16



## You Don't Know What You Don't Know

**Mon, Oct 27 10-11:30 am**

Decisions facing seniors and their adult children can have significant financial and emotional impacts. Seeking guidance from the right resources can help. Sometimes no matter how well you plan, you are taken

by surprise. **Presenters:** Jeanne McGill, Certified Preplanner and Mary Frances Price, Elder Law Attorney, share real-life stories that provide valuable insight to help you make better and more informed decisions. **Sponsor:** MN Hospice 09CT-Oct27

## Downsizing Basics

**Mon, Nov 3 10-11:30 am**

Downsizing from your home of many years might feel like an overwhelming task. How do you honor a lifetime of memories while reducing the amount of 'stuff' you take with you to your next home. Hear from industry professionals who will provide suggestions and ideas for ways to reduce belongings that you may not have considered.

**Presenter:** Rhonda RoseMary of Northern Transitions helps seniors transition from one phase of living to another. **Sponsor:** Norbella Senior Living 09CT-Nov03

## Wills & Powers of Attorney

**Mon, Nov 10 10 am-Noon**

So you want to plan ahead and get your legal documents in order, but do you know where to start and what documents you will need? What is the difference between a will and a trust? Do you really need a Power of Attorney and a Health Care Directive?

**Presenter:** Mary Frances Price is an accredited elder law attorney. **Sponsor:** The Rivers Retirement Community 09CT-Nov10

## Medical Assistance & Veterans Benefits

**Mon, Nov 24 10 am-Noon**

Can you ensure money saved during a lifetime of hard work will be enough to cover medical and long-term care expenses? What resources are available? Will your home be taken when you go into a nursing home? Can you gift money to your children? Veterans or their spouses may be eligible to receive tax free money to pay for health care costs at home, in assisted living facilities and in nursing homes. If you or your spouse served in the military during a wartime period, and you meet certain financial and health criteria, you could be eligible for additional funds. **Presenter:** Mary Francis Price Elder Law Attorney **Sponsor:** BrightStar Care 09CT- Nov24

## Dietary Choices for Healthy Living

**Tue, Nov 11 1-2 pm**

Making healthy food choices is important for maintaining good health, but doing so consistently can be challenging. When we add factors like habits and cravings, chronic health conditions, food sensitivities, cooking for one or two, and managing holiday meals, it can be difficult to know where to start. Join us for a discussion on practical tips and strategies to help you navigate these challenges and maintain a balanced diet. Be sure to bring your dietary questions. **Presenter:** Krystal Simmer, Clinical Dietitian **Sponsor:** Martin Luther Campus - Senior Living & Care in Bloomington 09CT-Nov11



The poster features a festive design with snowflakes, stars, and Christmas trees. At the top, the logo reads "inHom SENIOR Christmas". Below it, the text says "MAKE A DIFFERENCE IN THE LIFE OF A LOCAL SENIOR THIS HOLIDAY SEASON". The main body of text describes a partnership between The Burnsville Senior Center and inHom Senior Care to collect and distribute gifts to isolated seniors. It lists two key dates: October 23 for gift suggestions and December 10-17 for dropping gifts, plus a December 18 wrap party. A QR code is provided for nominating seniors, with a call to scan the code. Contact information for requests is also included.

**inHom SENIOR Christmas**

**MAKE A DIFFERENCE IN THE LIFE OF A LOCAL SENIOR THIS HOLIDAY SEASON**

The Burnsville Senior Center is partnering with inHom Senior Care to collect and distribute gifts to isolated seniors.

- **October 23** Gift suggestions for individuals are ready for you to pick up at the Burnsville Sr Center
- Drop your gifts at the BSC between December 10-17
- **December 18** Join us for the Wrap Party from 9am - 12pm

We can accept requests for 100 seniors  
Call 952-707-4120 with questions or nominations

**Scan Code to Nominate a Senior**



# Our 1st Ever Senior Prom was a Smashing Success

Look for other fun events in Gathering Grounds on page 38-39



## Day Tours [See The Chatter](#) or visit [community191.org](http://community191.org) for more details

Check in will begin 30 minutes prior to departure time inside the Burnsville Sr Center. The bus loads outside door # 12 at the Burnsville Senior Center, 200 W Burnsville Pkwy. Lower level parking lot off of Pillsbury Ave. The bus leaves promptly at listed departure time. [\\$10 processing fee on cancellations prior to registration deadline. No refund thereafter.](#)

\$99/passenger includes the cost of transportation, features outlined in the description, taxes and customary gratuities. Voluntary tips for the driver and tour director are customary and are in the range of \$1-\$5 per passenger for each. Please note the registration deadlines as there are no refunds after this date. If you are unable to attend, you may gift your trip to a friend. You may purchase travel insurance separately. Call for more information.

### **Kiwanis Lights in Mankato** [Tues, Dec 2](#)

Enjoy a delightful holiday lights display at Kiwanis Park in Mankato. We'll start with a meal at Number 4 American Kitchen then head to the Sibley Park Kiwanis Holiday Lights display. There, we'll enjoy over one million lights in the park which has paved pathways. Look for Santa's Toy Factory, the Candy Cane Cottage, the Elves Snowball Fight, Flying Santa, and the 19 piece Nativity Scene. There is a skating rink with a synthetic surface, live reindeer, animated and choreographed lights.

[Registration Deadline Monday, November 3.](#)

09TT-Dec02 [Tues Dec 2](#) 2:30-8:30 pm \$99

### **St. Paul's Famous & Infamous** [Wed, Oct 8](#)

A professional tour guide joins us on the coach in St. Paul for this riding tour of the "Saintly City". Featured are exterior views of St Paul's many famous attractions, including the State Capitol, History Center, Landmark Center, Cathedral and the magnificent Victorian-era mansions lining historic Summit Avenue. Infamous sites will also be highlighted where bootleggers, bank robbers and gangsters operated while "hiding in plain sight" from the FBI. Learn why St. Paul became a haven for the nation's most notorious gangsters during the first decade of the 20th Century, and the impact of that legacy. This unique tour winds through neighborhoods that welcomed the city's wealthiest citizens as well as its crooked hoodlums. After the tour, we'll enjoy lunch at Degidio's Restaurant.

[Registration Deadline Mon, September 8.](#)

09TT-Oct08 [Wed Oct 8](#) 9:45 am-2:45 pm \$99



# FOUNDATION 191

ISD 191 EDUCATION FOUNDATION

## Enhancing Education in ISD 191

Since 2005, Foundation 191 has supported innovative opportunities for teachers and students in the Burnsville-Eagan-Savage School District. As a nonprofit 501(c)(3), Foundation 191's mission is to enhance, enrich, and expand educational opportunities for all learners across the district.

### Grapes & Grains: Wine for Grants

Foundation 191 is proud to announce the return of our signature fundraising event, Grapes & Grains: Wine for Grants, taking place on Thursday, October 2, 2025, at the McColl Pond Environmental Learning and Event Center in Savage.


This event is a collaborative effort between Foundation 191 and Savage City Liquor, featuring an evening of wine and craft beer tastings in a casual, scenic setting. Guests will also enjoy authentic non-alcoholic Mexican beverages and light appetizers provided by Casa Deli. Your ticket includes: access to the tasting room, light appetizers, a silent auction, and raffle chances.

All proceeds directly support the Foundation 191 Teacher Grant Program, which provides grants to all 12 schools in District 191, in addition to the 191 Virtual Academy, Early Childhood Education, and Adult Basic Education.

Thanks to generous community support and our continued partnership with the Jill Haddorff Memorial Fund, we were able to award over \$30,000 in grants for the 2024-2025 school year—and we're thrilled to announce more than \$27,000 has been allocated for the upcoming 2025-2026 year.

Join us in supporting local education while enjoying an evening of community, flavor, and fun.

### Support All Year with Gertens Fundraising

 30% of plant sales go back to Foundation 191 (15% on gift cards)

Shop at: [gertensfundraising.com](https://gertensfundraising.com)

Store ID: #640

Seasonal Sales:

- Fall Mums: Aug 1 – 25
- Holiday Greens & Poinsettias: Sept 22 – Dec 6
- Spring Flowers: Feb 16 – Apr 2



[www.foundation191.org](https://www.foundation191.org)



Hosted by  
**FOUNDATION 191**  
ISD 191 EDUCATION FOUNDATION

## GRAPES & grains

for  
*Grants*





Oct. 2 | 4:30 - 7:30 PM  
McColl Pond ELC  
15550 Dakota Ave, Savage







**Seeking Sponsors & Silent Auction Donors!**

We're excited to invite local businesses and community partners to support our upcoming event! We're currently accepting event sponsorships and in-kind donations for our Silent Auction.

-  Great exposure for your brand
-  Support a meaningful cause
-  Connect with a vibrant community

All sponsors and donors will be recognized at the event and in promotional materials.

To get involved, contact Robbie at [f191chair@gmail.com](mailto:f191chair@gmail.com)





 **SCAN ME**



# Food Resources



## Fighting Hunger in One91

Earlier this year, we proudly celebrated Pam Voigt, ISD 191 Community Education's BrainPower in a Backpack Coordinator, for being named a Civic Learning Week All Star

This is a national recognition by iCivics for individuals who demonstrate an outstanding commitment to civic engagement and community service.

### Pam's leadership in fighting food insecurity is a cornerstone of our district's community support efforts.

Through her coordination of BrainPower in a Backpack, 191 Community Pantry, Fresh Produce Distributions, and the annual Bowls for BrainPower fundraiser, Pam brings students, families, and community members together in service of a vital mission: ensuring every child and family in our district has access to nutritious food.

BrainPower in a Backpack provides weekend food support to more than 750 students across District 191 each week. 191 Community Pantry and Fresh Produce Distributions at Diamondhead Education Center offer free, nutritious food to all community members throughout the month. The Bowls for BrainPower event raises essential funds to keep these efforts going strong—all fueled by community donations.

Read more about the efforts and partnerships in Wayfinder, Summer 2025, Volume 8 under *More than a Meal* (<chrome-extension://efaidnbmnnnibpcajpcglclefindmkaj/https://resources.finalsite.net/images/v1750274467/isd191.org/lb3qvupy6u6pxpgmg69g/WayfinderSummer2025.pdf>)

## Bowls for BrainPower

**Website Link:**  
[32auctions.com/bowlsstore2024](https://32auctions.com/bowlsstore2024)

**THURSDAY,  
NOVEMBER 14  
11 AM – 7 PM**

**Diamondhead  
Education Center  
200 W Burnsville  
Parkway  
Burnsville**

**Bowls Website**  
[Tinyurl.com/bowls191](https://Tinyurl.com/bowls191)

Make a donation. Choose a pottery creation. Enjoy a small cup of soup in support of BrainPower in a Backpack, and help support hunger relief efforts in ISD 191.

All proceeds support BrainPower in a Backpack, a hunger relief project of District 191.

Contact:  
Pamela Voigt  
612.819-4404  
[pvoight@isd191.org](mailto:pvoight@isd191.org)

**BOWLS**  
for BrainPower

ICED  
COMMUNITY  
EDUCATION  
DISTRICT 191

Photo credit: Robin Kutz

## Support BrainPower in a Backpack

ISD 191's Hunger Relief Project sponsored by 191 Community Education and Burnsville High School Youth Services benefiting all students, staff and families. Burnsville High School student volunteers pack 600 to 700 weekend food packages available to all ISD 191 students in pre-k to high school to help families who struggle to put enough food on the table. Because academic performance is related to nutrition, BrainPower's goal is to improve the student learning experience for children with the greatest need in ISD 191.

### Potter's All Call

**Sat, Oct 4, Jan 21, Feb 21**  
**9 am-3 pm BHS Art Wing H108**

Potter's All Call days are devoted to making ceramic bowls with experienced potters who throw on the wheel and students who have learned and can teach hand-building. No experience necessary.  
[www.tinyurl.com/bowls191](https://www.tinyurl.com/bowls191)

If you'd like to volunteer or be added to the email list, contact Pam Voight at [pvoight@isd191.org](mailto:pvoight@isd191.org)





## community pantry 191

food at no cost to you

despensa comunitaria 191  
comida sin costo para Ud

bulshada cuntada bilaasha 191  
Cunto oo kuu bilaash ah



We need volunteers!  
Sign up here  
[bit.ly/191pantryvolunteer](http://bit.ly/191pantryvolunteer)



**Groceries**  
1st & 3rd Tuesday  
of each month  
**Fresh Produce Pick Up**  
July- October  
2nd & 4th Tuesday

**2 pm until food is gone**  
Quantities are limited

Diamondhead Education Center  
200 W Burnsville Pkwy  
Enter the West Side Lower Lot  
off Pleasant Avenue

Drive-thru pick-up at Door 9



Website: [www.tinyurl.com/brainpower191](http://www.tinyurl.com/brainpower191)  
Phone: 612.819.4404  
Email: [brainpower191@gmail.com](mailto:brainpower191@gmail.com)  
Volunteer: [www.tinyurl.com/191CPSUMMER](http://www.tinyurl.com/191CPSUMMER) or email at:  
[brainpower191@gmail.com](mailto:brainpower191@gmail.com) for information

## Low-Cost Food Sale



Open to ALL! No pre-registration needed

### Location

**Diamondhead Education Center (Door 11)**  
200 W Burnsville Parkway, Burnsville, MN 55337

**2025 Dates | Wednesdays 3 pm - 5 pm**

Jan 22, Feb 26, Mar 26, Apr 23, May 21, Jun 25,  
Jul 30, Aug 27, Sept 24, Oct 22, Nov 19, Dec 17

Affordable frozen meats & fresh produce



Cash, Credit/Debit and SNAP accepted



### For locations & info:

Visit: [fareforall.org](http://fareforall.org)  
or call: 763-450-3880  
33 monthly sales throughout Minnesota!







# your body can.

**Line it up. Knock it in.** You want to score the winning PK. After all, the match is on the line. And a strain, sprain or break doesn't have to take that away. Because with TRIA by your side, your body can do amazing things.

**Orthopedic urgent care | Save your spot**  
[tria.com/savemyspot](http://tria.com/savemyspot)

TREATED BY  **TRIA®**



## Girl Scouts.

[gsrv.gs/join](http://gsrv.gs/join)



FIND YOUR  
**Fun**

girl scouts   
river valleys





## Allison Jordan, Supervisor of Community Education

This fall brings a fresh season of opportunities for youth in our community! Many favorites are back—chess, DASH Sports for Tykes, gymnastics, and cooking—alongside exciting new additions like art, birding, family breakfast campfire cooking, and a full lineup of no-school-day programming.

We're also thrilled to introduce a Youth Maker's Market on October 15! Young creators in our community are invited to host a table and sell their handmade products—it's a great chance to showcase creativity and entrepreneurial spirit.

Beyond fun and creativity, these experiences can also spark something more. Our Youth Enrichment classes are designed to spark curiosity and help students explore their interests in meaningful ways. Many of our offerings align with District 191's Pathways, giving students a chance to discover how their passions can connect to future careers. Explore our classes to see what inspires you—and where it might lead!

There's truly something for everyone, and we hope you'll make us part of your fall plans. As always, if you have ideas or suggestions for future programming, I'd love to hear from you!

**Allison Jordan**   [ajordan@isd191.org](mailto:ajordan@isd191.org)   952-707-4104

Youth enrichment courses spark curiosity and help you explore new interests - all while connecting to real career pathways. Discover how these experiences can lead to your future. Find courses that connect you to the following district pathways.



### Arts, Global Communications & Information Systems

includes classes that relate to careers in fields like performing arts, information technology, web and digital communications, broadcasting and journalism.



### Design, Engineering & Manufacturing Technology

includes classes that relate to careers in architecture, construction, manufacturing, engine technology, and engineering & design.



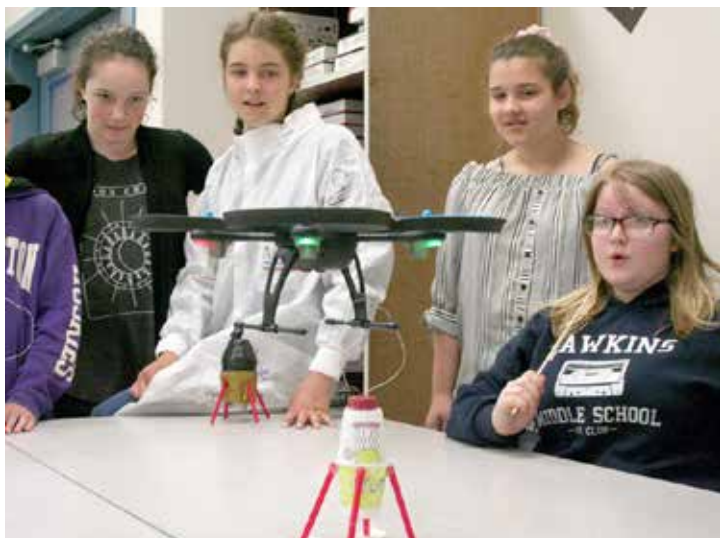
### Health Sciences & Human Services

includes classes that relate to careers in community services, emergency management, biotechnology, medicine, teaching and administration.



### Business, Management & Entrepreneurship

includes classes that relate to careers in marketing, finance, hospitality, culinary arts, tourism and operations management.



# Youth Enrichment

## Cooking School



Classes are taught by With Jackie Mart & are held in ERMS Food Lab.  
Grades K-5 All supplies are included.

### Game Day Appetizers

These delectable appetizers deserve a spot on your winning line-up this season! In this class we will be making three flavorful recipes sure to excite the hometown crowd! On the menu: Classic Nachos, Onion Rings, Pepperoni Pizza.

EOW-2A Th Sep 18 6-7 pm \$35

### Finger-Licking Fall Flavors

Apples and pumpkins are ripe for the picking and these yummy recipes will be finger-licking good! So delicious you will keep asking for more. On the menu: Pumpkin French Toast Sticks, Caramel Apple Pie Bombs.

EOW-2B M Sep 22 6-7 pm \$35

### Spooky Snacks

Get ready for spooky, Halloween-themed snacks! These fun kid-friendly and healthy snacks will have you screaming with excitement. On the menu: Fruit Monsters, Banana Ghost Pops.

EOW-2C M Oct 27 6-7 pm \$35

### Edible Cookie Dough

The best part of cookie making is always tasting the delicious dough. In this class we will be mixing up two different recipes to try. No baking required. On the menu: Chocolate Chip M&M Cookie Dough, Red Velvet Cookie Dough.

EOW-2D W Nov 5 6-7 pm \$35

### Candyland

Turn your kitchen into a colorful candy shop and whip up healthier homemade versions of some of the most popular devoured candies! On the menu: Twix Bars, Homemade Fruit Gummies, Peanut Butter Fudge.

EOW-2E W Dec 3 6-7 pm \$35

### Reindeer Food

In this class we will be blending three different magical reindeer food snack mixes even Rudolph will love!

EOW-2F M Dec 15 6-7 pm \$35

## Family Breakfast Campfire Cooking

Age 5-Adult

Take your family's fire skills to the next level! In this class, you'll not only learn how to build a fire and different fire structures, but also explore the science of using fire to cook. From simple skewers and warm beverages to baking over the fire, we'll cover all the basics. By the end, your campfire chefs will know how to prepare full-course meals—and how to build and manage a fire safely.

Recipe 1 - Skewers

Recipe 2 - Campfire Beverages

Recipe 3 - Tinfoil Packet Hash

Recipe 4 - Dutch Oven Monkey Bread

EcoElsa Litecky

EFB-2A Sat Sep 27 1-4 pm  
\$30 DEC Rm 1025





# At Home/Online Enrichment

## Home Technical Requirements for Tech Academy Classes:

A PC (Windows 10 or later) or Mac (OSX) with a 2GHz processor or faster and at least 4GB of RAM is required. Chromebooks, tablets, and phones are not supported for this class. A reliable broadband internet connection is necessary, along with a webcam, microphone, and speakers. Zoom must be installed on your computer, and the Zoom link will be sent prior to the class. Students should be comfortable using a computer, mouse, and keyboard.



## Video Game Design

### Grade 4-8

Learn how to develop your own game in this online virtual class! Students will create their own maze using Construct 3, a visual coding platform that teaches students the basics and structure of programming. Constructs account - sign up information will be provided before class.

OVG-2A Th Oct 2, 9 6-8 pm  
2 sessions \$70

## Game Coding Nintendo Characters

### Grade 1-3

Learn the fundamentals of coding with Scratch to create a Nintendo-themed game in this online virtual class! Inspire your student to pursue today's most exciting technologies. Scratch uses colorful, visual blocks that fit together like Legos. Nintendo is a trademark of Nintendo of America Inc. This camp is not affiliated with them. Scratch account - sign up information will be provided before class.

OGC-2A W Oct 15 6-7:30 pm \$35

## 3D Printing Harry Potter-Themed

### Grade 3-7

Learn 3D design and modeling skills using TinkerCAD in this online virtual class. Students will create a Deathly Hallow model and their own magical pendant. Each student will choose one of their designs to be printed offline and mailed home. Harry Potter is a Warner Bros. trademark. This camp is not affiliated with them. TinkerCAD Website - login information is provided during class.

O3D-2A F Oct 17 9 am-12 pm \$70

## Dungeons & Dragons One Shot

### Grade 3-7

Go on an epic adventure for all ages and experience levels in this online virtual class. D&D is a timeless role-playing game that helps kids develop math skills, storytelling, and collaboration skills. Work in small groups of 4-7 students to complete this one-shot campaign!

ODD-2A Sat Nov 8 9 am-12 pm \$55

## Chess Club

### Grade 1-5

The "King of Games and the Game of Kings." Chess is a fun game of strategy proven to improve concentration and build brain power. Tuition includes premium subscription to [Chesskid.com](https://www.chesskid.com) which includes video tutorials, online practice puzzles and leveled play as well as the opportunity to play other chess club members online from home. When enrollment permits, chess clubs are divided by ability. Please notify your student's teacher regarding participation in enrichment programming. Held in Media Center at each school.

*Chess clubs are coordinated by Brian Ribnick, coach of the award winning ISD 191 chess teams. Coaching staff ranges from classroom teachers to Burnsville High students with a long-term love of the game.*

No class Oct 13-17,  
Nov 10, 27, Dec 19-Jan 22,  
Feb 16-18, 25, Mar 16-19, Apr 6

Fall Only	4-5 pm	10 sessions	\$89
ECH-HB2	M Sep 29-Dec 15	Harriet Bishop	
ECH-VV2	M Sep 29-Dec 15	Vista View	
ECH-RN2	M Sep 29-Dec 15	Rahn	
ECH-SO2	T Sep 30-Dec 9	Sky Oaks	
ECH-WB2	T Sep 30-Dec 9	William Byrne	
ECH-GP2	W Oct 1-Dec 10	Gideon Pond	
ECH-EN2	Th Oct 2-Dec 18	Edward Neill	
ECH-HV2	Th Oct 2-Dec 18	Hidden Valley	

Full Year	4-5 pm	20 sessions	\$120
ECH-HBY	M Sep 29-Apr 20	Harriet Bishop	
ECH-VVY	M Sep 29-Apr 20	Vista View	
ECH-RNY	M Sep 29-Apr 20	Rahn	
ECH-SOY	T Sep 30-Apr 14	Sky Oaks	
ECH-WBY	T Sep 30-Apr 14	William Byrne	
ECH-GPY	W Oct 1-Apr 15	Gideon Pond	
ECH-ENY	Th Oct 2-Apr 9	Edward Neill	
ECH-HVY	Th Oct 2-Apr 9	Hidden Valley	



# Creative



## Adult/Child Paint Date

### Age 6+ with Adult

This class is a fun "Date Night" for you and your child to paint together

No experience needed. This class is about spending quality time with your child and having fun. Each person is provided a 16 x 20 canvas, acrylic paints, and all the supplies needed to create their own masterpiece that can stand alone or be hung side-by-side for a combined work of art. The instructor will lead you step-by-step through the painting. Dress for a little mess!

**1 adult/1child for \$65    1 adult/2 children for \$75**

### Apple Orchard

ADP-2A    Fri    Sep 26    6-8 pm    DEC Sr Center Mtg Rm

### Majestic Winter Moon

ADP-2B    Sat    Dec 13    10 am-12 pm    DEC Sr Center Mtg Rm

## Artsy Adventures: Winter Edition with Young Rembrandts

Grade K-5

This winter, turn your child's love for art into something magical! In Young Rembrandts, kids will go on creative drawing journeys with fresh, exciting projects like a sweet treat medley of sparking sugar cookies, a cupcake and gingerbread fun, a charming angel still life, and a playful take on the classic Nutcracker. They'll even draw a silly squid dressed up like a holiday tree, because why not? Each lesson boosts fine motor skills, focus, and imagination, all while having a blast with seasonal themes. From festive fun to frosty inspiration, there's so much to explore.

Please notify your student's teacher of participation in this class. **No class Nov 24-28**

Vera Laninga

**4-5 pm    4 sessions    \$55**

YRA-SO- 2A	M	Nov 17-Dec 15	Sky Oaks Art
YRA-WB-2B	M	Nov 17-Dec 15	William Byrne Art
YRA-VV-2C	T	Nov 18-Dec 16	Vista View Art
YRA-EN-2D	T	Nov 18-Dec 16	Edward Neill Art
YRA-HB-2E	W	Nov 19-Dec 17	Harriet Bishop Art
YRA-GP-2F	Th	Nov 20-Dec 18	Gideon Pond Art
YRA-RA-2G	Th	Nov 20-Dec 18	Rahn Art
YRA-HV-2H	F	Nov 21-Dec 19	Hidden Valley Art



## Easy Holiday Ornaments

Age 4-7

Join other creative kids as we make simple yet beautiful holiday ornaments. Each child will take home 4-7 different creations that make great family or teacher gifts. Bring a wallet-sized photo of yourself. All other materials are provided.

Kathy Joroensen

AHO-2A    F    Dec 12    6-7:15 pm    \$30    DEC Rm 1025

## Easy Holiday Ornaments Too!

Age 7-12

Are you a creator of awesomeness? Join us for an ornament-making class designed especially for you! We will be using X-acto knives, wire cutters, and hot glue guns. All supplies are provided. This is a great chance to work independently and show off your creativity. Sign up with a friend or come meet some new ones as we craft together. Please bring a photo of yourself where your head is approximately dime-sized.

Kathy Joroensen

AHO-2B    F    Dec 19    6-8 pm    \$30    DEC Rm 1025

## Sewing for Beginners

Age 8-13

In this class students will learn basic knowledge about sewing and will create projects from scratch. We will be using hand and sewing machine techniques. All material included. The instructor is able to teach class in English and Spanish.

Nena Rivas

**Sat 9 am-12 pm \$89 DEC Rm 1025**

EBS-2A    Nov 8

EBS-2B    Dec 6

## Piano, Guitar & Voice Lessons

30-minute individual lessons at Diamondhead

See page 27 for complete details

## Piano or Guitar

Age 6-adult

Through a patient and encouraging teaching style, Jared creates a supportive learning environment where students can explore their musical potential, build confidence, and create their own music.

## Voice

Age 10-adult

Students complete a vocal warm up, breath exercises, and dive into a song of your choosing. Learn to connect with your breath, approach music with curiosity, and build a foundation of vocal technique to prevent injury. Develop skills of expression, reading music, diction (in various languages), resonance, and pitch.





## Dance Studio with Mayer Arts

### Wish Upon a Ballet Sleeping Beauty

Age 3-6

Wish Upon a Ballet is a dance program for children that incorporates popular children's stories as well as ballet stories to create a dance class that is more than ballet steps. Using musical instruments, parachutes and scarves, we will create a complete fairy tale experience while we skip, leap, jump and spin. Participants will learn an appreciation of dance and music while developing strength and flexibility. Parents, family and friends will be invited to observe a special performance at the end of each session. Come join the fun! Students will need ballet shoes and comfortable clothes they can move around in. Shoes will be available to order on the first day of class for an extra fee. Students must be potty trained. **No class Oct 13, Nov 10**

**M Sep 22-Dec 8 10 sessions \$104 DEC Studio A**

DWB-2A 5-5:45 pm

DWB-2B 5:45-6:30 pm

### Ballet & Tap- Sleeping Beauty

Ages 5-8

This class includes the Wish Upon a Ballet curriculum with the added fun of tap! Proper terms for dance steps will be taught as well as body awareness to improve posture, strength, and flexibility. Students will gain poise and confidence as they leap and spin!

Ballet and tap shoes are required. **No class Oct 13, Nov 10**

**DBT-2A M Sep 22-Dec 8 6:30-7:15 pm**

**10 sessions \$104 DEC Studio A**

### Hip Hop Dance Party

Age 5-8

Get into the Groove! Our dance classes will be sure to keep students active. Learn upbeat styles such as jazz and hip hop and move to your favorite songs. The students will also learn warm-ups such as stretching, isolations and across the floor exercises! Come learn to leap, turn and shine. This class is not only fun but will improve posture, strength and flexibility in a positive and self-esteem building atmosphere. Ballet or jazz shoes are required. **No class Oct 13, Nov 10**

**DJH-2A M Sep 22-Dec 8 7:15-8 pm**

**10 sessions \$104 DEC Studio A**

## Nature & STEAM

### Adult/Child Worms & Mud

Age 3+ with an adult

In this class, young explorers will learn about worms and how they impact the ecosystems around them. Class includes a variety of fun activities that engage littles to be active and creative while exploring the world of mud and worms. Make sure you come dressed for the weather and for the dirt. A change of clothes for after class is also recommended!

*EcoElsa Litecky*

**EWM-2A Sat Sep 27 10 am-12 pm DEC Rm 1025**  
**1 adult/1 child \$27 1 adult/2 children \$37**

### Birding STEAM Grade K-5

Learn all about birds and birding through a variety of games and activities. Depending on the weather, some of the activities we may explore are the physics of flight, bird beak adaptation game, binocular building, cats & caverns role playing bird game, bird blind camouflage, and more! Students will benefit from learning how birds connect to different STEAM topics and the world around them. Students will be able to take home some of their creations. Please notify your student's teacher of participation in this class. **No class Nov 10**

*EcoElsa Litecky*

**M 4-5:30 pm 4 sessions \$65**

**EBD-2A Oct 20-Nov 17 William Byrne Media**

**EBD-2B Nov 24-Dec 15 Harriet Bishop Art**

## Dream, Build, Sell Youth Maker's Market

Age 5-17 Wed, Oct 15

Get ready to be inspired by the creativity of young entrepreneurs at Dream. Build. Sell. – Youth Makers Market! This vibrant community event showcases the talent and innovation of student makers who have dreamed up, built, and are now ready to sell their handmade creations.

From custom crafts and jewelry to art, baked goods, and inventions, students of all ages will set up shop to share their one-of-a-kind products with family, friends, and community members. It's more than a market—it's a celebration of creativity, problem-solving, and entrepreneurial spirit.

Come shop, support, and spark joy by encouraging the next generation of creators and small business owners. This is where future CEOs get their start!

**DBS-2A W Oct 15 3-5 pm \$10 DEC Conference Rms**

# Gymnastics

All IGM gymnastics programs are designed by age groups. The curriculum focuses on core gymnastics skills, flexibility, and exercise training, while assisting in children's overall growth, strength, and coordination. IGM follows CDC recommended procedures to ensure a healthy, happy experience for all. [Weekly Classes](#) | [Small Group Sizes](#) | [Certified Coaches](#)

All IGM classes and camps are held at IGM Gymnastics Center, 12117 Riverwood Dr, Burnsville.



## Beginner Rhythmic Gymnastics

Grace • Strength • Flexibility • Fun Ages 5-12

Introduce your child to the beauty and excitement of Rhythmic Gymnastics! Perfect for beginners ages 5–12, our program blends dance, coordination, and creativity using ribbons, hoops, balls, and more!

### What's Included:

- ◆ Beginner-friendly instruction in rhythmic movement and apparatus use.
- ◆ Builds flexibility, balance, and confidence.
- ◆ Encourages self-expression through music and motion.
- ◆ Safe, supportive, and fun environment.

No experience necessary — just a love for movement and fun!

**No class Nov 27 Th 4:30-5:25 pm 7 sessions \$182**

GYR-2A Sep 11-Oct 23

GYR-2B Oct 30-Dec 18

## Gymnastics Boys Beginner

Age 5-12

Looking for a fun and active way for your child to build strength, coordination, and confidence? Enroll him in our Boys Beginner Gymnastics program! Learn basic gymnastics skills in a safe, supportive environment. Improve balance, flexibility, and body awareness. Build confidence, focus, and teamwork through movement and play. No experience needed — just energy and a positive attitude!

**No class Nov 24, 27, 29 7 sessions \$182**

GYM-M-2A M Sep 8-Oct 20 4:45-5:40 pm

GYM-TH-2B Th Sep 11-Oct 23 6:45-7:40 pm

GYM-SA-2C Sat Sep 13-Oct 25 9:30-10:25 am

GYM-M-2D M Oct 27-Dec 15 4:45-5:40 pm

GYM-TH-2E Th Oct 30-Dec 18 6:45-7:40 pm

GYM-SA-2F Sat Nov 1-Dec 20 9:30-10:25 am

## Gymnastics Girls Beginner

Ages 5-12 No Experience Needed!

Ready to flip, roll, and leap into fun? Our Beginner Gymnastics class is the perfect place to start! With expert instruction and a supportive environment, kids build strength, flexibility, and confidence — one skill at a time. Learn foundational gymnastics skills. Boost coordination & body awareness. Fun, energetic, and goal-focused. Start strong — sign up today!

**No class Nov 24-27, 29 7 sessions \$182**

GYF-M-2A M Sep 8-Oct 20 6:45-7:40 pm

GYF-TU-2B T Sep 9-Oct 21 4:30-5:25 pm

GYF-W-2C W Sep 10-Oct 22 4:45-5:40 pm

GYF-W-2D W Sep 10-Oct 22 6:45-7:40 pm

GYF-TH-2E Th Sep 11-Oct 23 4:45-5:40 pm

GYF-TH-2F Th Sep 11-Oct 23 6:45-7:40 pm

GYF-SA-2G Sat Sep 13-Oct 25 8:45-9:40 am

GYF-SA-2H Sat Sep 13-Oct 25 11:30 am-12:25 pm

GYF-M-2I M Oct 27-Dec 15 6:45-7:40 pm

GYF-TU-2J T Oct 28-Dec 16 4:30-5:25 pm

GYF-W-2K W Oct 29-Dec 17 4:45-5:40 pm

GYF-W-2L W Oct 29-Dec 17 6:45-7:40 pm

GYF-TH-2M Th Oct 30-Dec 18 4:45-5:40 pm

GYF-TH-2N Th Oct 30-Dec 18 6:45-7:40 pm

GYF-SA-2O Sat Nov 1-Dec 20 8:45-9:40 am

GYF-SA-2P Sat Nov 1-Dec 20 11:30 am-12:25 pm

## Little Twisters Preschool Gymnastics

Ages 3½-5½ | Instructor-Led & Independent

Watch your child grow strong, confident, and independent in our Little Twisters class! This fun, high-energy program is led by certified instructors and designed just for preschoolers ready to learn on their own. Builds coordination, focus & confidence. Encourages listening & independence. Fun-filled skill-building in a safe environment. Let your little one twist, tumble, and thrive — enroll today!

**No class Nov 24, 27, 29 7 sessions \$155**

GYW-M-2A M Sep 8-Oct 20 9:45-10:30 am

GYW-M-2B M Sep 8-Oct 20 4:45-5:30 pm

GYW-TH-2C Th Sep 11-Oct 23 4:45-5:30 pm

GYW-SA-2D Sat Sep 13-Oct 25 8:45-9:30 am

GYW-SA-2E Sat Sep 13-Oct 25 9:45-10:30 am

GYW-SA-2F Sat Sep 13-Oct 25 11:45 am-12:30 pm

GYW-M-2G M Oct 27-Dec 15 9:45-10:30 am

GYW-M-2H M Oct 27-Dec 15 4:45-5:30 pm

GYW-TH-2I Th Oct 30-Dec 18 4:45-5:30 pm

GYW-SA-2J Sat Nov 1-Dec 20 8:45-9:30 am

GYW-SA-2K Sat Nov 1-Dec 20 9:45-10:30 am

GYW-SA-2L Sat Nov 1-Dec 20 11:45 am-12:30 pm



## Parent & Tot Gymnastics

18 Months-3½ Years

Join the fun in our instructor-led Parent & Tot classes! Designed for toddlers and their grown-ups, this playful class builds motor skills, balance, and confidence — all while having a blast together. Safe, supportive, and fun environment. Guided by certified coaches. Music, movement & giggles guaranteed!

### 7 sessions \$155

GYP-M-2A	M	Sep 8-Oct 20	10:45-11:30 am
GYP-M-2B	M	Sep 8-Oct 20	5:45-6:30 pm
GYP-TH-2C	Th	Sep 11-Oct 23	5:45-6:30 pm
GYP-SA-2D	Sat	Sep 13-Oct 25	8:45-9:30 am
GYP-SA-2F	Sat	Sep 13-Oct 25	10:45-11:30 am
GYP-SA-2E	Sat	Sep 13-Oct 25	9:45-10:30 am
GYP-M-2G	M	Oct 27-Dec 15	10:45-11:30 am
GYP-M-2H	M	Oct 27-Dec 15	5:45-6:30 pm
GYP-TH-2I	Th	Oct 30-Dec 18	5:45-6:30 pm
GYP-SA-2J	Sat	Nov 1-Dec 20	8:45-9:30 am
GYP-SA-2K	Sat	Nov 1-Dec 20	9:45-10:30 am
GYP-SA-2L	Sat	Nov 1-Dec 20	10:45-11:30 am



## Trampoline & Tumbling Bounce, Flip, Fly!

Perfect for energetic beginners ages 5-12

Does your child love to jump, roll, and move? Then enroll them in our exciting Trampoline & Tumbling program

### What They'll Learn:

- ◆ Basic trampoline skills and air awareness.
- ◆ Safe tumbling techniques like rolls, handstands, cartwheels & more.
- ◆ Strength, coordination, and confidence-building.

Supervised fun with certified, kid-friendly coaches. No experience needed — just a love for movement!

### Tues 7 sessions \$182

GYT-T-2A	Sep 9-Oct 21	4:45-5:40 pm
GYT-T-2B	Oct 28-Dec 16	4:45-5:40 pm



## Elite Gymnastics

Wear clothes that are comfortable to move around in and bring a water bottle. Elite Gymnastics is located at 12500 Chowen Ave. S, Burnsville.

### Elite Camps Age 5-12

Gymnasts will enjoy a variety of activities including games, creative crafts, open gym time, and more. It's the perfect opportunity to play, explore, and make new friends in a safe and active environment. At registration, select if you wish to add 3:30-4:30 pm for an additional \$10.

### MEA Camps

#### Th Oct 16

GYC-2A	Full Day	8:30 am-3:30 pm	\$75
GYC-2B	Half Day AM	8:30 am-12 pm	\$50
GYC-2C	Half Day PM	12-3:30 pm	\$50

#### Fri, Oct 17

GYC-2D	Full Day	8:30 am-3:30 pm	\$75
GYC-2E	Half Day AM	8:30 am-12 pm	\$50
GYC-2F	Half Day PM	12-3:30 pm	\$50

### Winter Break Camps Age 5-12

#### Mon Dec 22

GYC-2G	Full Day	8:30 am-3:30 pm	\$75
GYC-2H	Half Day AM	8:30 am-12 pm	\$50
GYC-2I	Half Day PM	12-3:30 pm	\$50

#### Tue, Dec 23

GYC-2J	Full Day	8:30 am-3:30 pm	\$75
GYC-2K	Half Day AM	8:30 am-12 pm	\$50
GYC-2L	Half Day PM	12-3:30 pm	\$50

#### Mon, Dec 29

GYC-2M	Full Day	8:30 am-3:30 pm	\$75
GYC-2N	Half Day AM	8:30 am-12 pm	\$50
GYC-2O	Half Day PM	12-3:30 pm	\$50

#### Tue, Dec 30

GYW-2A	Half Day AM	8:30 am-12 pm	\$50
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## New Year's Eve Elite Gymnastics Jam

Age 4-12

Join us for Gym Jams - an action-packed day of fun! Kids will stay active and engaged with relay races, exciting games, open gym time, and more. To top it all off, pizza is included! It's the perfect mix of movement, laughter, and a tasty treat.

GYJ-2A	Tue	Dec 30	12-3 pm	\$35
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# Sports & Recreation



## TGA Premier Sports Pickleball

TGA (Teach. Grow. Achieve.) is excited to introduce youth Pickleball classes and you're invited to come and try it out! Similar to tennis, this fast-paced, ultra-fun, and highly accessible sport is perfect for all ages. With classes held right at school, students get to learn the fundamentals using real equipment (all provided) through engaging games, drills, and actual matches. Along the way, they'll explore academic concepts woven into gameplay and build essential life skills like sportsmanship, integrity, and perseverance. Whether your child is brand new or already a budding athlete, TGA provides a safe, supportive environment with personalized instruction to help every student grow and succeed. Bring a water bottle.

### Give Pickleball a Try

<b>T Sep 16</b>	<b>\$5 Hidden Valley Gym</b>	
YPB-2A	PreK-Grade 2	4:45-5:15 pm
YPB-2B	Grade 3-5	5:30-6 pm
YPB-2C	Grade 6-8	6:15-6:45 pm

### Elementary Pickleball

Grade K-5	5 sessions	4-5 pm	\$125
YPB-2A	M	Sep 15-Oct 20	Harriet Bishop Gym
YPB-2B	T	Sep 23-Oct 28	Gideon Pond Gym
YPB-2C	W	Sep 24-Oct 29	William Byrne Gym

## Shake, Tumble, and Roll

### Gymnastics Grade 1-4

Learn Gymnastics while building strength, gaining balance, and coordination! Gain easy-to-learn tumbling skills and increase confidence in a safe and non-competitive environment. This class is a perfect option to get moving, exercise your body, and have tons of fun with friends! Please notify your student's teacher of participation in this course. No class Sep 25, Oct 16 *Instructor James Phelps*

SST-2A	Th	Sep 11-Oct 23	4-5 pm
5 sessions	\$87	Hidden Valley Gym	

## Kickin' It! Soccer After School at Gideon Pond Grade K-5

Improve your soccer fundamentals, such as dribbling, passing, shooting, and teamwork. Most importantly, players learn to love the beautiful game! Please inform your student's teacher about participation in this class. *Instructor Brian Waters*

SSS-GP-02	M	Nov 17-Dec 8	4-4:50 pm
4 sessions	\$29	Gideon Pond Gym	

## Little Golfers Age 4-6

TGA's Little Golfers program is designed just for young players, with a 5:1 student-to-coach ratio for plenty of attention and hands-on instruction. Kids learn the basic grip, stance, swing, putting, and chipping through fun games and activities, while also exploring golf rules, etiquette, and a STEAM tie-in. Parents are welcome to assist, and no experience or equipment is needed. Each participant gets a TGA hat, handbook, and wristband, plus fun prizes throughout the program. Bring a water bottle to each class.

YLG-2A	W	Sep 10-Oct 8	5-5:45 pm
5 sessions	\$120	Harriet Bishop Gym	

# BLACK DOG SWIM CLUB Competitive Swim for Age 9-18

The mission of Black Dog Swimming is to welcome athletes with various ability levels and encourage them to develop their skills, improve their performance, achieve their personal goals and chase success in a healthy, competitive, family friendly team environment. We teach proper fundamentals of competitive swimming and develop skills through a gradual progression that ensures appropriate demands for physical, mental and emotional consistency.

USA Swimming Annual Fee for Registration \$74. Black Dog Processing Fee \$20.

Please email [info@blackdogswimming.org](mailto:info@blackdogswimming.org) with questions about joining Black Dog Swim Club. Check out [BlackDogSwimming.com](http://BlackDogSwimming.com) for schedules, and more detailed description of technique and time standards needed for each group. Practices will be held at BHS or ERMS.



Sept 9-Mar 29

GROUP	AGE	PRACTICES	PRICE
Developmental	13 & under	2-3 days/wk	\$20 per week
Age Group	Age 9-14	3-4 days/wk	\$40 per week
Juniors	Age 11-18	3-6 days/wk	\$45 per week
Seniors	Age 13-18	3-6 days/wk	\$48 per week



# Ninja Warrior Training

Ninja Warrior classes are held at the Burnsville Conquer Gym, 3203 Corporate Center Drive in Burnsville

All camps, teams and classes are coached by an experienced Ninja Trainer. Ninja Warrior classes are held at the Burnsville Conquer Gym at 3203 Corporate Center Drive in Burnsville.

Ninja Obstacle Training is extremely popular with kids and is a fun, unique way to develop confidence, strength, endurance, balance, and friendships! Sign up today to see how Ninja is easily one of the fastest growing sports today! Not only is it the fastest growing sport, but it is the fastest growing cross-training sport as well. Athletes benefit from training in agility, power, perseverance, and resilience; attributes that all athletes strive to improve. All classes are coached by an experienced Ninja Trainer. Please read the Conquer Ninja Gym Participant Agreement, Release and Assumption of Risk (<https://waiver.smartwaiver.com/w/57bde7839d317/web/>) and complete the form once registration is completed.



## Conquer Ninja Rec Team

Our Conquer Rec Team is designed for youth, ages 6-13 of all experience levels. Our Rec Team will practice on real obstacles inspired by the TV show such as warped walls, salmon ladders, tilting ladders and so much more during their weekly practice. Rec Team members will learn the styles and techniques to develop their Ninja Skills with over 40 different obstacles! This 8 week long Rec Team consists of 6 practices and 2 competitions (week 4 and week 8).  
No class Nov 27-29

### Age 6-9 Fri

CNR-F-2A	Sep 5-Oct 24	4-5 pm	8 sessions	\$225
CNR-F-2B	Sep 5-Oct 24	5:15-6:15 pm	8 sessions	\$225
CNR-F-2E	Nov 7-Dec 26	4-5 pm	7 sessions	\$165

### Age 6-13 Sat

CNR-SA-2D	Sep 6-Oct 25	9-10 am	8 sessions	\$225
CNR-SA-2H	Nov 1-Dec 13	9-10 am	6 sessions	\$165

### Age 8-13 Fri

CNR-F-2C	Sep 5-Oct 24	6:30-7:30 pm	8 sessions	\$225
CNR-F-2G-	Nov 7-Dec 19	6:30-7:30 pm	6 sessions	\$165

## Intro to Ninja Age 5-13

Ninjas develop strength and agility by learning different styles and techniques to master all obstacles! We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! Increase flexibility, coordination, and self-esteem that can be transferred into ninja levels testing or enhance other athletic performances. No class Nov 26, 30

### Age 5-9 Wed

CNR-W-2A	Sep 10-Oct 29	4:30-5:30 pm	8 sessions	\$215
CNR-W-2B	Sep 10-Oct 29	5:30-6:30 pm	8 sessions	\$215
CNR-W-2E	Nov 5-Dec 17	4:30-5:30 pm	6 sessions	\$155
CNR-W-2F	Nov 5-Dec 17	5:30-6:30 pm	6 sessions	\$155

### Age 5-13 Sun

CNR-SU-2D	Sep 7-Oct 26	9-10 am	8 sessions	\$215
CNR-SU-2H	Nov 2-Dec 14	9-10 am	6 sessions	\$155

### Age 10-13 Wed

CNR-W-2C	Sep 10-Oct 29	6:30-7:30 pm	8 sessions	\$215
CNR-W-2G	Nov 5-Dec 17	6:30-7:30 pm	6 sessions	\$155

## Parents Day Out Age 5-13

No school - no problem! Drop off your kids at Conquer Ninja for 2 hours of fun and activities.

We have warped walls, angled steps, salmon ladders, cliff hangers, tilted ladders; all Ninja inspired obstacles! During this 2 hour event your ninja will get to practice on 40+ obstacles, compete in a warped wall challenge, and play exciting ninja games. We have all the action needed to keep your ninja engaged and active!

### \$40 per session

CNR-P-2A	Th	Oct 16	9-11 am
CNR-P-2B	Th	Oct 16	1-3 pm
CNR-P-2C	F	Nov 28	9-11 am
CNR-P-2D	F	Nov 28	1-3 pm

# DASH SPORTS Classes will be held outside when possible

Parent participation is required for 2-3 year old age group and recommended when needed for the 4+ year old age group. Athletes should bring a water bottle. Balls are provided.



## Camp Dash Sports Soccer Age 3-Grade 3

DASH Sports soccer camps provide players a well-rounded soccer experience covering a broad range of soccer skills training (dribbling, passing, shooting, & defense) and skill-based games. Players will be challenged and grouped at an appropriate level while receiving instruction in a fun, positive environment while learning values of Respect, Hustle, and Pride. Camp ends with a scrimmage on the final day. Spikes and shin guards are optional.

### **T Sep 16-Oct 7 4 sessions Harriet Bishop Field**

DSS-HB-2A	Age 3-5 Tykes	5-5:40 pm	\$75
DSS-HB-2A	Gr K-3	5:50-6:50 pm	\$79

### **W Sep 17-Oct 8 4 sessions Gideon Pond Field**

DSS-GP-2B	Age 3-5 Tykes	5-5:40 pm	\$75
DSS-GP-2B	Gr K-3	5:50-6:50 pm	\$79

## Dash Sports Flag Football Age 3-Grade 3

DASH Sports Flag Football camps provide players with a well-rounded football experience in a little-to-no contact safe environment. Key elements of passing, catching, rushing, and defense will be taught and practiced. Players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values of Respect, Hustle, and Pride. Camp ends with a scrimmage on the final day. Flag belts are provided. Spikes/cleats and mouthguards are optional.

### **Sat Sep 20-Oct 11 4 sessions NMS Football Field**

DSF-NI-2A	Tykes Age 3-5	9-9:45 am	\$75
DSF-NI-2B	Grade K-3	9:55-10:55 am	\$79

### **Tue Oct 21-Nov 11 4 sessions Harriet Bishop Field/Gym**

DSF-HB-2C	Tykes Age 3-5	5-5:40 pm	\$75
DSF-HB-2D	Grade K-3	5:50-6:50 pm	\$79

### **Th Oct 23-Nov 13 4 sessions Gideon Pond Field/Gym**

DSF-GP-2E	Tykes Age 3-5	5-5:40 pm	\$75
DSF-GP-2F	Grade K-3	5:50-6:50 pm	\$79

## Basketball Tykes Age 2-6

DASH Sports Basketball Tykes camps provide players with an introductory experience to the great game of basketball through fun skill-based drills and mini-games. Players will be taught how to properly dribble, pass, shoot, and play defense in a fun and positive environment. **No class Nov 27**

DSB-HB-2B	Age 2-3	T	Nov 18-Dec 9	5:30-6 pm
4 sessions	\$65		Harriet Bishop Gym	

DSB-HB-2C	Ages 4-6	T	Nov 18-Dec 9	6:10-6:55 pm
4 sessions	\$75		Harriet Bishop Gym	

DSB-GP-2E	Ages 2-3	Th	Nov 20-Dec 18	5:30-6 pm
4 sessions	\$65		Gideon Pond Gym	

DSB-GP-2F	Ages 4-6	Th	Nov 20-Dec 18	6:10-6:55 pm
4 sessions	\$75		Gideon Pond Gym	

## Dash Sports Basketball Grade K-5

DASH Sports basketball camps provide players a well-rounded basketball experience covering a broad range of skills training and skill-based games. Players will be taught how to properly shoot, pass, dribble, and play defense in a fun and positive environment. Camp ends with scrimmages/games on the final day. **No class Nov 27**

### **4 sessions \$79**

DSB-HB-2A	T	Nov 18-Dec 9	4-5 pm	Harriet Bishop Gym
DSB-GP-2D	Th	Nov 20-Dec 18	4-5 pm	Gideon Pond Gym

## Dash Sports T-Ball Tykes Age 2-4

Looking for a fun introduction to baseball? DASH Sports T-Ball Tykes camp introduces players to key elements of throwing, fielding/catching, batting, and base running. The final day of classes is game day and athletes will showcase their skills in a game environment. Bring a baseball glove. Bats are provided.

DST-NM-2A	Sat	Sep 20-Oct 11	11:10-11:50 am
4 sessions	\$75	NMS Field	

## T-Ball Camp Age 5-8

DASH Sports baseball, t-ball, and softball camps provide players with a well-rounded experience in a fun environment. Key elements of throwing, fielding/catching, batting, and base running will be taught and practiced, and players will be grouped and challenged at an appropriate level in a fun, positive environment while learning values Respect, Hustle, and Pride. Camp ends with a scrimmage on the final day. Bring a baseball glove. Spikes and bats are optional.

DST-NM-2B	Sat	Sep 20-Oct 11	12-1 pm
4 sessions	\$79	NMS Field	





## Skaterapolis Grade K-12

Skaterapolis is located upstairs at Burnsville Center. Enter the mall through entrance 3. Kickstart your skateboarding adventure. This class is perfect for all levels, whether you are just getting started or looking to learn tricks, improve balance, and build confidence on your board. This class focuses on building essential skills, from basic tricks to advanced techniques, in a supportive and energetic environment. Students will enhance their balance, coordination, and confidence. Join us for an exciting ride towards skateboarding skills and fun! Bring a water bottle and your own skateboard to camp. All skaters must have a helmet. Pads are highly recommended. Helmet and pad rentals are available for rent.

**MEA Break Camp** W-F Oct 15-17 3 sessions  
 SSH-2H MEA 9 am-12 pm \$159  
 SSH-2F MEA 9 am-3 pm \$200

**Winter Break Camp** Dec 24, 27, 29, 30 4 sessions  
 SSH-2H 9 am-12 pm \$179  
 SSH-2F 9 am-3 pm \$209

## Tae Kwon Do

**Age 6-14 Beginner to Yellow Belts**

Learn effective Tae Kwon Do techniques including kicking, blocking, throwing and self-defense strategies. Develop a high level of reaction, force, balance, concentration, speed, strength, stamina and flexibility while achieving self-confidence, esteem, and control. The course uses traditional training equipment, methods, and techniques. Optional uniform and certification from white to black belt is available. Additional fees apply. Bring a water bottle.

*Nam Nguyen - Nguyen School of Tae Kwon Do*

T, Th	6-6:55 pm	Sky Oaks Gym	No class Oct 14, 16
STK1-2A	Sep 2-25	8 sessions	\$64
STK1-2B	Sep 30-Oct 30	8 sessions	\$64
STK1-2C	Nov 4-25	7 sessions	\$56
STK1-2D	Dec 2-18	6 sessions	\$48

**Age 12+ Youth Green to Black Belt & Adult All Levels**

Learn effective Tae Kwon Do techniques including kicking, blocking, throwing and self-defense strategies. Develop a high level of reaction, force, balance, concentration, speed, strength, stamina and flexibility while achieving self-confidence, esteem, and control. The course uses traditional training equipment, methods, and techniques. Optional uniform and certification from white to black belt is available. Additional fees apply. Bring a water bottle.

T, Th	7:15-8:30 pm	Sky Oaks Gym	No class Oct 14, 16
STK2-2A	Sep 2-25	8 sessions	\$64
STK2-2B	Sep 30-Oct 30	8 sessions	\$64
STK2-2C	Nov 4-25	7 sessions	\$56
STK2-2D	Dec 2-18	6 sessions	\$48

## School Age Care

For Children in Kindergarten-5th Grade

**PROJECT KIDS**

Keeping kids safe and engaged with fun, high quality educational and recreational experiences

Caring educated staff members provide fun, consistent, nurturing environments and the support children need to succeed. Our goal is to ensure the success of all children in our communities.



**Monday-Friday, 7 am-5:30 pm**  
**During the school year**

**Edward Neill, Vista View**

Nick Sanborn nsanborn@isd191.org 952-707-3708

**Harriet Bishop, Hidden Valley**

Shar Lattery slattery@isd191.org 952-707-3908

**Rahn, William Byrne**

Jeanine Kristjanson jkristjanson@isd191.org 952-707-3508

**Gideon Pond, Sky Oaks**

Stacey Konopa skonopa@isd191.org 952-707-3008

For current details, visit [communityed191.org](http://communityed191.org)

# Teen Opportunities



## Burnsville Swing

### Grade 6-12

Join the Burnsville Swing Team! Registration is for dancers who have auditioned and earned a spot on the Burnsville Swing Team during the Summer Swing Community Ed program. If you have questions regarding auditioning for the team, please contact [mihubbard@isd191.org](mailto:mihubbard@isd191.org)

BSW-2A M Sep 8-May 18 3-5 pm  
31 sessions \$199 BHS F190

No class Oct 13, Nov 10, Dec 29, Jan 19, Feb 16,  
Mar 16, Apr 6, May 25

## Middle School Chess Grade 6-8

The "King of Games and the Game of Kings." Chess is a fun game of strategy proven to improve concentration and build brain power. Tuition includes premium subscription to Chess Kids which includes video tutorials, online practice puzzles and leveled play, as well as the opportunity to play other chess club members online from home. When enrollment permits, chess club is divided by ability.

*Chess clubs are coordinated by Brian Ribnick, coach of the award winning ISD 191 chess teams. Coaching staff ranges from classroom teachers to Burnsville High students with a long-term love of the game.*

No class Oct 14, 16, Nov 27, Dec 23-Jan 27, Feb 17

### Fall Only

Oct 9-Dec 18 T, Th 2:40-4:35 pm 18 sessions \$89

ECH-MS-ER-F ER Media  
ECH-MS-NM-F NMS Media

### Full Year

Oct 9-Mar 12 T, Th 2:40-4:35 pm 37 sessions \$129

ECH-MS-ER-Y ER Media  
ECH-MS-NM-Y NMS Media

## High School Chess Grade 9-12

All interested players, from beginning to advanced, are welcome to join our team. Learn to play at your level and compete along with others. Work to improve your current skills, learn new game strategies, challenge other teams' players, and engage in fun challenging competitive play. No class Feb 18. Brian Ribnick, Dane Zagar

Wed 2:50-4:30 pm BHS D108

Fall Only BHC-25F Oct 22-Dec 18 10 sessions \$89

Winter Only BHC-25W Jan 7-Mar 11 10 sessions \$89

Full Year BHC-25Y Oct 22-Mar 11 20 sessions \$129



## More Teen Opportunities

Black Dog Swim Club [Page 56](#)

Ninja Warrior Training [Page 57](#)

Tae Kwon Do & Skaterapolis [Page 59](#)

Piano, Guitar & Voice Lessons [Page 27](#)

NEW! Women's Self Defense [Page 20](#)

Tai Chi Yang Style [Page 19](#)

Stratego [Page 13](#)

## Burnsville Youth Collaborative at our Middle Schools

During BYC we focus on academics as well as providing enrichment opportunities. For more information contact Allison Jordan at 952-707-4104 or [ajordan@isd191.org](mailto:ajordan@isd191.org)



## NEW! Intro to Fly Fishing

Join us for a one-day session to discover the enjoyment of fly fishing! Age 16+

Youth age 10-15 may attend with an adult.

Did you know that, in addition to trout and salmon, you can catch bass, sunfish, northern pike and muskie on a fly? Or saltwater fish like redfish, bonefish, permit and tarpon? Finish the class knowing about fly rods and reels, lines and leaders, casting, fly selection, knots, safety, clothing and gear. Bring lunch and a drink. Also be prepared for instruction both inside and outside.

Class is held at Silver Bell Learning Center, 2120 Silver Bell Rd, Eagan.

MN Fly-Fishers have 20+ years of fly fishing experience.

Several have fished on two or three, even four continents. Many have fished in both fresh and salt water - for nearly any species you can name. All of them have a passion for the sport. They bring their passion to this class, where you benefit from their years of experience and their wide range of expertise.

Lew is often called the glue of the club. He is a founding member of the Minnesota Fly Fishers and was its first newsletter editor. He's been hosting the Fly Fishing Basics class since its inception. And if that isn't enough, he's a zen master with a nymph and a soft hackle in a two-fly rig.

SF25-SH-2 Sat Oct 11 8:30 am-4:30 pm \$79  
Silver Bell Learning Center



**BHS**  
**PRESCHOOL LAB**

Preschool Lab is a course offered at Burnsville High School for preschool children from the community. High school students, under the direction of Family and Consumer Sciences teachers, gain experience in teaching and working with children in a preschool lab setting.

Preschool Lab provides opportunities for children to gain social-emotional skills through interactions with their peers, as well as with high school teachers. Learning activities include art, music, math, science, literacy, games & more!

Children ages 3-5 (toilet-trained) able to consistently attend our program

Hours: 9:50-11:20 a.m.  
Days: Mondays, Tuesdays, Thursdays & Fridays  
Cost: \$20 for each session (\$40 for the year)

**SESSIONS:**  
**OCT-JAN & MARCH-MAY**

952.707-2115 heichten@isd191.org

one91



## Driver Education

For Teens 15 and Up

30 hours of classroom instruction prepares the student to take the Minnesota permit test and begin the responsibility of driving. The 30 hours of classroom is structured into 10 independent lessons. All materials are provided to students in the classroom. After the classroom hours are completed, students who are 15 years old or older are eligible to take their permit test at any Minnesota exam center.

Behind the Wheel Instruction includes 6 hours of driving in three, 2-hour lessons. All driving will be in a real car with a responsible, licensed Safeway instructor. The lessons are given on actual city streets, highways and freeways. Driving lessons may be completed up to one year after obtaining the permit. Scheduling is offered online for 24/7 convenience. Pick up for behind-the-wheel lessons may be from home, work, or school. Classroom & Behind the Wheel Package \$410, Classroom only \$240 (Behind the Wheel payable to Safeway)

No class Oct 13-16, Nov 10  
M-Th 2:50-5:50 pm 10 sessions BHS E108

DSW-2A Sep 15-30  
DSW-2B Oct 6-28  
DSW-2C Nov 3-19  
DSW-2D Dec 1-16

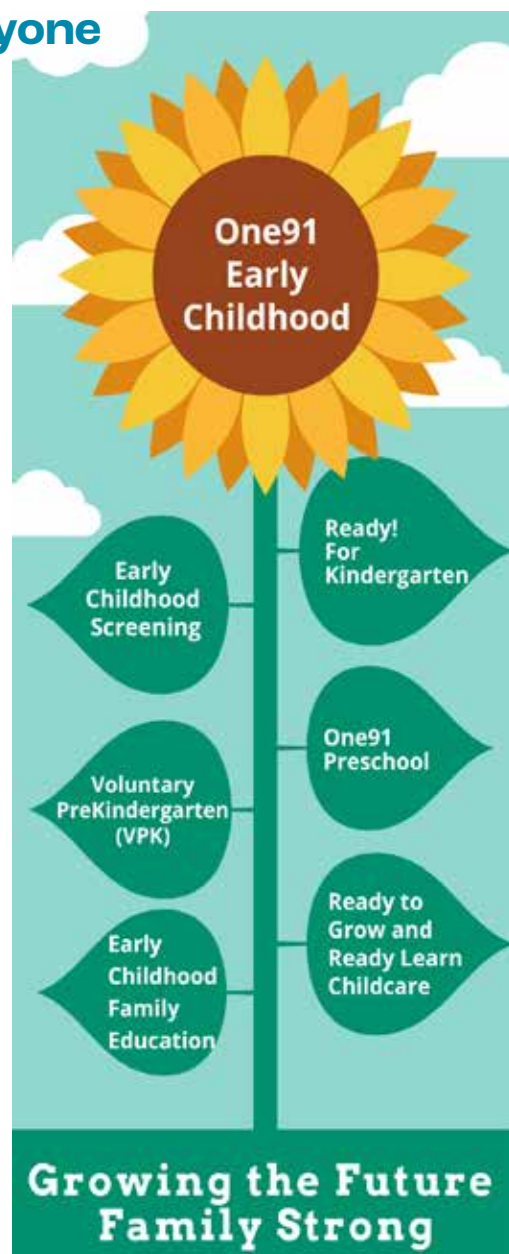


# Early Childhood has something for everyone

Engaging educational classes and services for children and families....



Circle time, outdoor classroom, gym play, social and emotional learning, routines that support independence, cooperation, relationships and play.



## Early Childhood Programs CORE COMPONENTS

Parents are a child's first and most important teacher

Social emotional development is the foundation for strength and growth

Connecting children to nature through outdoor learning is essential



Engagement with community partnerships and events is a valuable resource

MN Early Childhood Indicators of Progress is an important guiding tool



# One91 Early Childhood Programs

At the heart of every thriving child is a strong family and a supportive community. We offer a continuum of high-quality early childhood education and family programs designed to nurture your child's growth and development from the very beginning. One91 Early Childhood is rooted in relationships, driven by excellence and focused on your child's future.



## A Heartfelt Farewell and a Warm Welcome Ahead

### Honoring Cynthia Sampers and Embracing a New Chapter in Early Childhood

As we welcome a new Early Childhood Coordinator, we also pause to celebrate the remarkable career and retirement of Cynthia Sampers. For more than 40 years—including over three decades in ISD 191—Cynthia has been a passionate advocate, educator, and leader in Early Childhood Education. Her commitment to nurturing young learners and supporting families has helped create a stronger foundation for our early childhood programs and touched the lives of countless children, families, and colleagues.

Cynthia's leadership leaves a lasting legacy of compassion, dedication, and community. While we say farewell to a treasured leader, we look forward with excitement as our new coordinator builds upon the strong, caring foundation Cynthia helped create.

### Meet Kaitlin Cantolla, our new Coordinator of Early Childhood

Kaitlin Cantolla brings a wealth of experience and expertise rooted deeply in early childhood education. She began her career as a childcare



teacher, transitioned into a Voluntary PreKindergarten (VPK) educator, and then expanded her impact into the K-5 system, where she discovered her passion for leadership within Community Education.

With a strong commitment to child development, literacy, and explicit phonemic instruction, Kaitlin is dedicated to supporting our youngest learners as they begin their educational journeys. Her enthusiasm for fostering a solid foundation in early education empowers children to grow, thrive, and become lifelong learners.

Kaitlin Cantolla, Early Childhood Coordinator  
952-707-4155  
[kcantolla@isd191.org](mailto:kcantolla@isd191.org)



Early Childhood programs include ECFE, Preschool, Early Childhood Screening, Ready To Grow/Learn - Licensed Child Care & Education

## ECFE Early Childhood Family Education

Our classes provide families with warm and welcoming environments designed with the whole family in mind. Activity time is rich with play and learn stations that spark curiosity and exploration for parents and children. Enjoy quality time with your child, meet new people and see old friends.

Parent discussion time supports adults and provides information helpful for parenting in today's world.

Two hour classes consist of parent-child activity time, followed by parent discussion, which is led by a licensed Family Educator in a separate space. During 90 minute classes, parent discussion may be less formal since families stay together the entire time.

## Registration is ongoing beginning August 1, 2025

Tuition is based on a sliding fee scale which is determined by income. See details on page 75. Full payment must accompany each registration.

### Fall Quarter September 13- December 23

No class Oct 13, 14, Nov 27, 28

### Winter Quarter January 5-March 13

No class Jan 16, 19, Feb 16-18

### Spring Quarter March 23-June 4

No Class April 23-24, May 25

All classes & activities are held at Diamondhead Education Center (DEC) unless otherwise listed.

# Fall 2025 ECFE Infant & Toddlers

Infant Toddler classes are non-separating. Parent discussion takes place in the children's classroom.

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
		10-11:30 am Toddlers and 2s, Gradual Separation 18-24 months E1-22 Rm 1031			
	12:30-2 pm Moms & Babies Birth-12 months E0-22 Rm 1033	3-4:30 pm Fourth Trimester for Moms Birth-6 months E0-12 Rm 1033		12-1:30 pm Infants & Toddlers Birth-30 months E3-12 Rm 1033	



## One91 ECFE Offers Families

A community & sense of belonging, social benefits for children & parents, valuable parenting time that includes support & quality information.

Our ECFE teaching teams are growing - not all positions have been filled therefore teacher names are not listed. See the online version of ECFE offerings for the most up to date information at [communityed191.org](http://communityed191.org).





# 2025 ECFE Mixed Age Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-11:30 am <b>Managing Multiples</b> Birth-5 years E5-22 Rm 1033  9:30-11:30 am <b>Little Artists</b> 18 months-5 years E1-12 Rm 1031	9:30-11:30 am <b>Terrific Tuesdays</b> Birth-5 years E5-52 Rm 1031	9:30-11:30 am <b>Little Spot of Feelings – Book Discussion</b> 2-5 years E2-12 Rm 1033	9:30-11:30 am <b>Grand Day with Grands</b> Birth-5 years E5-72 Rm 1031	9:30-11:30 am <b>Fabulous Friday</b> Birth-5 years E5-92 Rm 1033  9:30-11:30 am <b>LGBTQ+ Parenting</b> Birth-8 years EX-22 Rm 1031	8:45-10:15 am <b>Saturday Morning Playtime</b> Birth-5 years EP-12 Rm 1031
4-5:30 pm <b>Art Start</b> Birth-5 years E5-32 Rm 1031	4-5:30 pm <b>Latino Family Playtime / Tiempo de Juego en Familia Latina</b> Birth-5 years EP-22 Rm 1031	12:30-2:30 pm <b>Making a Difference (Parent Advisory Council)</b> Birth-5 years E5-62 Rm 1033	12:30-2:30 pm <b>Think it Through Thursdays</b> Birth-5 years E5-82 Rm 1033	12:30-2:30 pm <b>Together We Bloom</b> 2-5 years E2-22 Rm 1031	10:30 am-12 pm <b>Saturday Outdoor Adventures</b> Birth-5 years E5-12 Outdoor Classroom (Rm 1033 weather)
5:45-7:45 pm <b>Dads Connect</b> Birth-5 years E5-42 Rm 1031	5:45-7:45 pm <b>Parenting Solo &amp; Growing Together</b> Birth-8 years EX-12 Rm 1031	6-7:30 pm <b>Evening Family Playtime</b> Birth-5 years EP-32 Rm 1033			



*Jumpstarts 20<sup>th</sup> Annual*

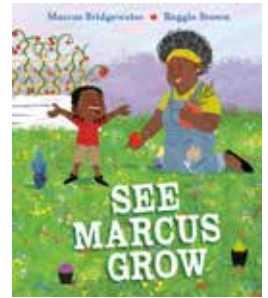
## Read for the Record

October 13-February 26

### See Marcus Grow

Written by Marcus Bridgewater and illustrated by Reggie Brown

District 191 celebrates early literacy by reading along with thousands of schools, libraries, organizations and communities. Jumpstart's Read for the Record kicks off on October 13th and culminates in the annual Read for the Record Day on February 26th.



See Marcus Grow is a vibrant picture book that introduces young readers to the wonders of gardening while exploring themes of curiosity, discovery, nurturing and growth. In this story, the young character named Marcus learns from his grandmother in her garden. The book beautifully illustrates the parallel between plant care and human development, sharing the wisdom that both children and seedlings need "water and air and sunshine. And space to grow."

### Read for the Record Reveal Special Bedtime Storytime

Mon, Oct 20 6:30-7:30 pm Diamondhead Lower Level

Join us for a cozy evening of reading and fun! Come in your pajamas and bring your favorite stuffed animal or blanket as we reveal this year's Read for the Record book with a special nighttime storytime.

### I Love to Read Month Special Event

Thu, Feb 26 at 10 am Diamondhead Atrium

Join us in celebrating I Love to Read Month with a special storytime featuring the heartwarming tale about Marcus! Kaitlin Cantolla, Early Childhood Coordinator, will bring the story to life as our guest reader.

## Free Family Events

### Open House & Resource Fair

Fri, Aug 15 2-6 pm Diamondhead

The Community Education Open House & Resource Fair is a free event that connects families with local programs, services and activities offering a welcoming space to learn, engage and explore community resources.

### Burnsville Festival & Fire Muster

Sept 4-6 Civic Center Park

We'll be walking in the community parade Saturday at 11 am. You'll also find us at the family-friendly International Drink Station at the festival. Look for new menu items!

### Tinsel & Treats

Fri, Dec 5 5-8 pm Diamondhead

In partnership with the City of Burnsville, Tinsel & Treats is a free event that brings the community together for seasonal treats, crafts, and celebration.

### Family Fun Night

Fri, Jan 9 5-8 pm Diamondhead

The family fun night offers a welcoming space for families to connect and enjoy activities.

### Kindergarten Information Nights

Kindergarten Information Nights take place in January. [Watchisd191.org](http://Watchisd191.org) for more information.



## Four Seasons of Learning...

Our Outdoor Classroom Connects  
Children with The Natural World  
Year Round

The outdoor classroom is more than just a play space. Its purpose is to provide children with more connection and experiences with the natural world.

Research shows many benefits to learning with nature, including stress reduction, higher concentration skills, improved fitness, increased social interaction, creativity and enhanced overall development.





## Saturday Outdoor Adventures

### Birth-5 years

Join us for a refreshing and engaging Saturday Outdoor ECCE class, where children and caregivers explore nature, build connections, and enjoy the benefits of outdoor learning together! This class is perfect for busy families who want to experience the magic of ECCE on the weekend. Rain or shine, we'll be outside (with weather-appropriate modifications), embracing the seasons and the wonders of the natural world.

Meets twice per month: Sep 13, 27, Oct 11, 25, Nov 8, 22, Dec 6, 20  
E5-12 Sat Sep 13-Dec 20 10:30 am-12 pm 8 sessions  
Sliding Fee C DEC Rm 1033

## Saturday Morning Playtime

### Birth-5 years

Start your weekend with fun, connection, and hands-on learning! Saturday Morning Family Playtime is a lively ECCE class for families with children ages 0-5. Enjoy a relaxed, welcoming environment filled with music, movement, sensory play, and interactive activities that support your child's development.

Caregivers participate alongside their children and take part in meaningful conversations about parenting, early learning, and child development. It's also a wonderful opportunity to meet other families and connect with a supportive community of caregivers who are on the same journey.

Meets twice per month on: Sep 13, 27, Oct 11, 25, Nov 8, 22, Dec 6, 20  
EP-12 Sat Sep 13-Dec 20 8:45-10:15 am 8 sessions  
Sliding Fee C DEC Rm 1031

## Managing Multiples: A Class For Families with Twins, Triplets & More Birth-5 years

Parenting multiples comes with unique joys and challenges! Connect with other parents who understand your journey while gaining practical strategies for managing daily routines, sleep schedules, sibling dynamics, and individual development.

No class Oct 13, Nov 10  
E5-22 Mon Sep 15-Dec 22 9:30-11:30 am 13 sessions  
Sliding Fee B DEC Rm 1033

## Dads Connect: A Special Class Just For Fathers and Father Figures Birth-5 years

This class is designed specifically for dads, stepdads, grandpas, uncles, and other father figures who play an important role in a young child's life. Join other men in a relaxed, supportive environment where you can connect, learn, and grow alongside your child.

No class Oct 13, Nov 10  
E5-42 Mon Sep 15-Dec 22 5:45-7:45 pm 13 sessions  
Sliding Fee B DEC Rm 1031

## Little Artists: A Hands-On Art Class for Young Children and Their Caregivers 18 months-5 years

Get ready to get messy, create, and explore! Little Artists invites young children and their caregivers to dive into the world of art through open-ended, process-focused activities that spark imagination and creativity. Caregivers also join in short parent discussions while children create, gaining insights into how art supports early development and how to encourage creativity at home. No artistic experience needed, just a willingness to play and explore together!

No class Oct 13, Nov 10  
E1-12 Mon Sep 15-Dec 22 9:30-11:30 am 13 sessions  
Sliding Fee B DEC Rm 1031

## Art Start Birth-5 years

Art Start is all about playful, open-ended art experiences that encourage creativity, self-expression, and connection at the end of your busy day. Each week, families will explore new materials, enjoy music and movement, and engage in simple art projects that support development and imagination. Caregivers will have opportunities to connect with each other and participate in meaningful conversations around parenting, creativity, and child development.

No class Oct 13  
E5-32 Mon Sep 15-Dec 22 4-5:30 pm 14 sessions  
Sliding Fee A DEC Rm 1031

## EVERY CHILD COUNTS IN 191!

Each year, families enrolled in an early childhood program are asked to complete an Application for Educational Benefits. Submitting this form helps secure essential state and federal funding that directly supports programs and services for students and families in our district.

Applications are available online  
[isd191.org/enroll/application-for-educational-benefits](http://isd191.org/enroll/application-for-educational-benefits)  
or ask your teacher for a paper copy.



## Parenting Solo: and Growing Together For Single, Solo, or Separating Parents Birth-8 years

Parenting on your own (whether by choice or circumstance) comes with its own unique set of strengths, challenges, and questions. This supportive class is designed for parents and caregivers who are raising young children while navigating life as a solo parent.

No class Oct 14  
EX-12 Tue Sep 16-Dec 23 5:45-7:45 pm 14 sessions  
Sliding Fee B DEC Rm 1031

## Moms & Babies: For Connection, Support, and Growth in the First Year Birth-12 months

The first year of your baby's life is filled with wonder, questions, and big changes for both of you. Moms & Babies is a gentle, welcoming class designed for mothers and their infants birth to 12 months to learn, connect, and grow together in a supportive community. Whether you're a first-time mom or adding to your family, this class offers a nurturing space to celebrate milestones, navigate challenges, and grow in your parenting journey.

No class Oct 14  
EO-22 Tue Sep 16-Dec 23 12:30-2 pm 14 sessions  
Sliding Fee A DEC Rm 1033

## Latino Family Playtime / Tiempo de Juego en Familia Latina:

A Space to Grow, Play, and Connect as a Family / Un  
Espacio para Crecer, Jugar y Conectar en Familia  
Birth-5 years / de 0 a 5 años

This ECFE program is designed especially for Latino families with children from birth to 5 years. Join us in a warm, welcoming environment where parents, caregivers, and children can learn, play, and connect while celebrating culture and language.

Este programa ECFE está diseñado especialmente para familias latinas con niños desde recién nacidos hasta 5 años. Únase a nosotros en un ambiente cálido y acogedor donde padres, cuidadores y niños pueden aprender, jugar y conectarse mientras celebramos la cultura y el idioma.

No class Oct 14  
EP-22 Tue Sep 16-Dec 23 4-5:30 pm 14 sessions  
Sliding Fee A DEC Rm 1031

## Terrific Tuesday Birth-5 years

Terrific Tuesday is a joyful ECFE class designed for families with children ages 0-5. Each week, you and your child will explore a rich blend of music, movement, sensory play, art, and early learning activities all tailored to support healthy development and a strong parent-child bond. While little ones engage in hands-on exploration, parents and caregivers connect through guided discussions on child development, parenting strategies, and the everyday joys and challenges of raising young children.

No class Oct 14  
E5-52 Tue Sep 16-Dec 23 9:30-11:30 am 14 sessions  
Sliding Fee B DEC Rm 1031

## Fourth Trimester for Moms: For Mothers in the First Months After Birth Birth-6 months

The weeks and months following childbirth (known as the "fourth trimester") are filled with powerful changes, both physically and emotionally. This ECFE class is a gentle, welcoming space for new moms to connect, share, and grow together during this deeply transformative time.

No class Oct 15  
EO-12 Wed Sep 17-Dec 17 3-4:30 pm 13 sessions  
Sliding Fee A DEC Rm 1033

## Kindergarten Information Nights

Watch for more information in late January & early February.

Learn more about kindergarten in District 191 at [isd191.org/kindergarten](http://isd191.org/kindergarten).





## A Little Spot of Feelings and Book Discussion: Exploring Emotions Through Stories and Play 2-5 years

Help your child build emotional awareness and resilience in this fun and interactive class inspired by the “A Little Spot” book series! Together, we’ll explore feelings like happiness, anger, love, and anxiety through stories, music, movement, and hands-on activities that support social-emotional development.

**Parent Book Study:** This class is offered in conjunction with a book study for parents and caregivers using “Your Child’s Growing Mind” by Jane M. Healy. While children explore emotions in the classroom, adults will engage in meaningful discussions about brain development, learning, and how to best support their child’s growth during these critical early years.

Led by experienced educators, this class provides a supportive, creative, and informative space for both children and adults to learn and grow together.

No class Oct 15  
E2-12 Wed Sep 17-Dec 17 9:30-11:30 am 13 sessions  
Sliding Fee B DEC Rm 1033

## Parent Advisory Council & Child Playgroup: A Unique Opportunity to Connect, Contribute, and Play Birth-5 years

This special offering combines meaningful parent involvement with fun, play-based learning for children. While children enjoy a guided playgroup with licensed early childhood staff, parents and caregivers meet as part of the Parent Advisory Council (PAC) to help shape the future of ECCE programming.

No session Oct 15  
E5-62 Wed Sep 17-Dec 17 12:30-2:30 pm 13 sessions  
No cost DEC Rm 1033

## Toddlers & 2s - Gradual Separation: Supporting Your Child’s Growing Independence with Care 18 months-2 years

This class is designed for toddlers and 2 year olds who are beginning the exciting step of spending time apart from their parents in a safe, nurturing environment. The Gradual Separation approach helps children build confidence and trust at their own pace while still feeling secure.

No class Oct 15  
E1-22 Wed Sep 17-Dec 17 10-11:30 am 13 sessions  
Sliding Fee A DEC Rm 1031

## Family Playtime: Evening ECCE

Birth-5 years

End your day with connection, curiosity, and joy in this engaging evening class for families with children ages 0-5.

Family Playtime is a relaxed, welcoming space where children and caregivers can explore music, movement, sensory play, and interactive learning together.

Each week, you’ll enjoy playful experiences that support your child’s growth while building strong routines and relationships. Caregivers will have opportunities to connect with one another, share in the joys and challenges of parenting, and walk away with real-life strategies to support learning at home.

Whether your family is winding down or just getting started, Family Playtime offers the perfect balance of fun, learning, and community.

No class Oct 15  
EP-32 Wed Sep 17-Dec 17 6-7:30 pm 13 sessions  
Sliding Fee A DEC Rm 1033

## Grand Day with Grands: Celebrating the Special Role of Grandparents Birth-5 years

This unique class is designed for grandparents and their grandchildren to share quality time, learning, and joy together. Whether you’re a primary caregiver or a special weekly visitor, this class honors the important role grandparents play in a young child’s life.

No class Oct 16, Nov 27  
E5-72 Thu Sep 18-Dec 18 9:30-11:30 am 12 sessions  
Sliding Fee B DEC Rm 1031



## LGBTQ+ Families - Growing Together: Celebrating Diverse Family Journeys

### Birth-8 years

This welcoming class is designed for LGBTQ+ parents and caregivers of young children to connect, share, and grow together in a supportive, affirming environment. Whether you're parenting as a couple, solo, or co-parenting in a unique family structure, this class offers a space to explore parenting topics through the lens of identity, inclusion, and community.

No class Oct 17, Nov 28  
EX-22 Fri Sep 19-Dec 19 9:30-11:30 am 12 sessions  
Sliding Fee B DEC Rm 1031

## Think It Through Thursday

### Birth-5 years

Engage curious minds and spark creative thinking in Think It Through Thursday. Each week, explore hands-on activities that encourage problem-solving, exploration, and discovery; building foundational skills in science, math, and critical thinking through playful learning. Together, children and caregivers will experiment with simple science concepts, explore cause and effect, and dive into sensory-rich projects designed to foster curiosity and confidence. Caregivers also benefit from guided discussions focused on nurturing their child's thinking and learning at home.

No class Oct 16, Nov 27  
E5-82 Thu Sep 18-Dec 18 12:30-2:30 pm 12 sessions  
Sliding Fee B DEC Rm 1033

## Infants & Toddlers: Growing Together Through Connection and Play

### Birth-30 months

Whether your little one is just starting to coo or already on the move, this class offers a welcoming space to explore early learning, build routines, and strengthen the parent-child bond.

No class Oct 17, Nov 28  
E3-12 Fri Sep 19-Dec 19 12-1:30 pm 12 sessions  
Sliding Fee A DEC Rm 1033

## Together We Bloom

### 2-5 years

This inclusive class is designed for families with children ages 2-5 who may be experiencing developmental delays. Through music, movement, sensory play, and hands-on learning, children build important skills in a supportive, play-based environment.

Caregivers participate alongside their child, connect with other families, and take part in meaningful parent discussions led by experienced early childhood staff. Together, we'll nurture growth, celebrate progress, and support each child's unique developmental journey.

No class Oct 17, Nov 28  
E2-22 Fri Sep 19-Dec 19 12:30 am-2:30 pm 12 sessions  
Sliding Fee B DEC Rm 1031

## Fabulous Friday: Explore, Discover, Celebrate

### Birth-5 years

Celebrate the end of the week with hands-on discovery and joyful connection! Fabulous Friday invites families with children ages 0-5 to dive into playful exploration with a different theme or learning focus each week: think colors, textures, nature, movement, music and more. Each session includes sensory-rich activities, guided routines, and engaging early learning experiences that support all areas of development. While children play and explore, caregivers enjoy supportive discussions and connect with others who are navigating the early childhood journey.

Expect surprises, smiles, and a space where both children and caregivers can end the week feeling inspired and recharged.

No class Oct 17, Nov 28  
E5-92 Fri Sep 19-Dec 19 9:30-11:30 am 12 sessions  
Sliding Fee B DEC Rm 1033

*Our experienced and caring teaching staff lead parents and children in engaging and stimulating activities that spark curiosity and exploration.*



# Ready to Grow/Ready to Learn

## Licensed Childcare for Young Children

Year-round Monday-Friday 7 am-5:30 pm

Flexible care schedules at Diamondhead Education Center. For more information or to schedule a tour for either Ready to Grow or Ready to Learn, contact Lyndsay Griffin, the Coordinator for Ready to Grow, Ready to Learn.



### Meet Lyndsay Griffin, Coordinator – Ready to Grow, Ready to Learn

Lyndsay brings 24 years of dedication to our district, including 6 years as a preschool teacher and the past 18 years as the coordinator of our full-day infant, toddler, and preschool program: Ready to Grow, Ready to Learn.

Lyndsay is deeply passionate about supporting working families by providing high-quality childcare that is safe, nurturing, engaging, and educational. Her commitment ensures that every child in our care has a positive place to grow and thrive while their families are at work. [lgriffin@isd191.org](mailto:lgriffin@isd191.org) 952-707-4146

### Ready to Grow 6 weeks-31 months

Ready to Grow embraces the philosophy of primary caregiving that allows for nurturing and attachment to and from your child's primary caregiver.

The role of the primary caregiver is to provide the essential link of communication between you and the program, empower parents as the child's first and most important teacher and caregiver, provide positive learning experiences for the children in their care, nurture each individual child, and observe, monitor and evaluate to ensure each family's experience at Ready to Grow is a positive one.



### Ready to Learn 31 months-5 years

Ready to Learn focuses on individualized care and small group activities for preschool-age children. Our comprehensive curriculum is designed to nurture the development of the child.

The curriculum focuses on school readiness in the areas of language and literacy, science and math, creative art and music, dramatic play and movement, and health and nutrition. We believe play is a central component to the curriculum. Early childhood research shows children learn best when engaged in hands-on learning experiences which occur during play. Your child will be valued, encouraged, held and treated with unconditional, positive regard.

Ready to Grow/Ready to Learn is proud to have earned our Parent Aware Four-Star Rating!

This Parent Aware Rating means we're using school readiness best practices to make sure the kids we care for are prepared for kindergarten.



We've earned  
the highest rating...  
**4 Stars!**

# Ready! for Kindergarten

## For Parents and Guardians of Children Birth to Pre-Kindergarten

The READY! for Kindergarten® school readiness program empowers parents and caregivers to succeed in their role as children's first and most influential teachers. READY! provides tools and activities to optimize the natural curiosity of children and to nurture learning and development.

During a child's early years, parents and caregivers play a key role in shaping language, literacy, math, and social-emotional skills. Active engagement of families and caregivers is the most effective way to make those critical developmental years count.

## READY! for Kindergarten consists of Age Level Targets®, Training and Tools to Play With a Purpose, making learning at home fun and effective.

Parents attend three 90-minute in-person or online workshops for each of the first five years of their child's life. School districts and organizations offer READY! to help close the achievement gap by partnering with parents so more children succeed in school and in life.



### Training

READY! gives parents and caregivers training, information and activities to help their child develop skills known to be highly predictive of school success. READY! activities fit naturally into everyday settings and routines. READY! is a lifestyle: read with your child for 20 minutes and Play With a Purpose with a READY! activity for 10 minutes every day.



### Targets

The READY! curriculum is based on 26 important child development and learning milestones. Each indicator, called a Target, is explored using playful activities appropriate to the age of the child. The Targets cover three domains: language and literacy, math and reasoning, and social and emotional development.



### Tools

The Tools include books, toys, games, puzzles, music, and more. The Tools are kept by participants, giving families and caregivers the opportunity to reduce potential barriers for success. READY! also emphasizes how to Play With a Purpose, using everyday items and activities for learning.

### Classes and materials are split into 3 part classes - Fall, Winter and Spring.

Each session shares with families what you can do with your child to build upon their development in that age group. Age groups are split into 0-1, 1-2, 2-3, 3-4 and 4-5, and offered at each class in both virtual and in person.

At this time, class is designed to be just for parents. Infants are welcome to attend.



#### Fall, Part 1

Tuesday, October 7, 2025 - Virtual, 6-7:30 pm

Wednesday, October 8, 2025 - In Person, 6-7:30 pm

#### Winter, Part 2

Tuesday, January 6, 2026 - Virtual, 6-7:30 pm

Wednesday, January 7, 2026 - In Person, 6-7:30 pm

#### Spring, Part 3

Tuesday, April 7, 2026 - Virtual, 6-7:30 pm

Wednesday, April 8, 2026, In Person 6-7:30 pm

Available in English & Spanish



# Ready for School?

If you have a 3, 4 or 5-year-old, check in with us before kindergarten to make sure your child is on track.

**one91**  
Burnsville · Eagan · Savage



**Register today!**



## What is early childhood screening?

Screening is an early look at a child's development and begins as early as age three. This can give parents peace of mind that their child is developing normally, and if needed, allows health and developmental concerns to be addressed at least one to two years before a child enters kindergarten.

The state of Minnesota requires health and developmental screening for every child before they start kindergarten. Burnsville-Eagan-Savage District 191 offers this service at no cost.

**REGISTER TODAY!**

Early childhood screening checks:



Fine and gross motor skills



Height and weight



Vision and hearing



Cognitive and social development



Speech and language development



Immunizations





## Photos in Classes

One91 Early Childhood Programs periodically take pictures of participants in our classes and during other sponsored activities. These photos may be used in community education and district publications or other promotional materials.

By registering for a class with us, you are giving permission for use of your photos. If you do not wish to have your picture taken or published, you must provide us written notice in advance.

## Email Notifications

Include your email address on your registration. We send a confirmation email and messages regarding changes to class via email. We will never give your information to any other agency it is strictly for use by District 191.

## Weather Cancellations

Alerts will be posted on the District and Community Education websites. Information will be relayed through local television and radio stations along with Facebook and Twitter accounts.

## Immunizations

Minnesota law requires children enrolled in early education programs to be immunized against certain diseases or file a legal medical or conscientious exemption. Immunizations must be on file PRIOR to the start date of class, current as appropriate to the child's age or in progress, in order to attend One91 Early Childhood Programs.

District 191 requires immunization records for Early Childhood Family Education (ECFE) classes that run six weeks or more, One91 Preschool, and Kindergarten classes.

Submit a current copy of your child's immunization records to the District 191 Early Childhood Nurse, Fax to 952-707-4166 or complete the Early Childhood Immunization Form on our website and mail or drop off at the Community Education office at Diamondhead Education Center.

## Class Cancellations

If Community Education cancels class due to low enrollment, you will receive a full refund. If you cancel out of a class more than 5 business days before the class start date, you will receive a refund less a \$10 processing fee. If you cancel less than 5 business days before the start of a class or activity there will be no refund. No refunds for online classes once the meeting information has been sent.

If you find that a class is not the right fit for you or your child, contact us after the first week of class for assistance in finding a better fit. If a class is not available, you will receive a credit on your community education account for use on a future class.

**If you have a child under the age of 3 and have concerns about their development**

Call Early Childhood Special Education at 952-895-6610



**Learn more about  
how young children develop!**

Help Me Grow has many resources for parents and professionals, including information on developmental milestones, caregiver strategies to support development, and how screening and evaluation can benefit young children.

[www.helpmegrowmn.org](http://www.helpmegrowmn.org)



# ECFE Registration



**Return with payment to ECFE 200 W Burnsville Parkway, Burnsville, MN 55337**

**Payment, and a copy of immunization record must be submitted at the time of registration**

**Please register each child attending class. Do not send cash in the mail.**

Parent/Guardian Name \_\_\_\_\_

Child Attending	Birth Date	Class Name	ID#	\$
Child Attending	Birth Date	Class Name	ID#	\$
Child Attending	Birth Date	Class Name	ID#	\$

Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_

Work/Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

Family Annual Income \_\_\_\_\_

District Resident: ☐ Yes ☐ No ☐ Cash ☐ Check

☐ Visa ☐ MC ☐ Discover ☐ AMEX ☐ UCare Visa CC# \_\_\_\_\_

Exp. \_\_\_/\_\_\_ Cardholder Signature \_\_\_\_\_ ☐ Fee assistance request: I am able to pay \$ \_\_\_\_\_

## ECFE Tuition -Sliding Fee Scale

Fees vary according to class length and number of sessions. All classes offer a sliding fee based on total family income. We encourage all families to participate in ECFE regardless of payment. Choose what you feel you are able to pay or indicate waive fee when registering. Limit of one fee waiver per quarter.

Family Annual Income	Fee A 90 minutes	Fee B 2 hours	Fee C Short Session
0-\$19,999	\$30	\$40	\$20
\$20-44,999	\$50	\$60	\$25
\$45-64,999	\$75	\$85	\$35
\$70-84,999	\$100	\$110	\$50
\$85,000 & Up	\$130	\$150	\$65

## Registration window is ongoing beginning August 1, 2025

1. Register online at [communityed191.org](https://communityed191.org) or at the Diamondhead Education Center office
2. Choose your classes and special events
3. Determine the fee based on our sliding fee scale
4. Complete Registration & Immunization information and submit with payment

# One91 PRESCHOOL

## Sparkling the Love of Learning

**In preschool, Pathways learning is designed to spark the love of learning. Our students widen their worlds and build foundational skills to continue their learning journey.**

Children learn and grow best through play experiences. We embed skill-building into play to promote healthy development of the whole child throughout the classroom. For example, math skills show up at the snack table, the block corner and more.



## Flexible Programs for Every Family

One91 Preschool provides flexible options for families based on schedule, location and cost. No matter which option, One91 Preschool is ready to spark curiosity, creativity, engagement, knowledge, and a love of learning in each child. Fees are based on income unless otherwise listed. Scholarships may be available for qualifying residents of District 191.

## Preschool Options

For more information contact, [preschool@isd191.org](mailto:preschool@isd191.org), or 952-707-4110.

Puede llamar a Maricela Dale al 952-707-4165 para asistencia en español.

Haddii ad af Somaali ku hadlasiid fadlan Hamde Daoud wac 952-707-4158.

## Voluntary PreKindergarten

**Must be 4 years of age by Sept 1, 2025 and not yet kindergarten eligible**

At District 191, our Voluntary PreKindergarten (VPK) program helps your child build a love for learning in a caring, inclusive environment. Designed for 4-year-olds, our VPK classrooms spark curiosity, promote early literacy, and support social-emotional growth – setting the foundation for a successful kindergarten experience. Morning and afternoon sessions available. Space is limited. Transportation and meal services are available at our neighboring schools.

Diamondhead Education Center offers full day VPK from 9 am-3:30 pm with wrap around care options.

5 days per week, M-F. Independent toileting skills required (no pull ups). Fee based on eligibility and sliding fee scale (refer to application).

## Preschool **Must be 3 years of age by Sept 1, 2025**

District 191 offers a nurturing, play-based preschool program designed to spark curiosity and build school readiness for children ages 3 to 5. With caring teachers, hands-on-learning, and a focus on social-emotional development, our preschools help young learners thrive – academically, socially, and emotionally. Whether your child is just beginning their preschool journey or getting ready for kindergarten, District 191 is here to support every step. No transportation or meals provided. Independent toileting skills required (no pull ups). Fee based; scholarships available.

5 days per week, mornings or afternoons at Diamondhead Education Center

## Preschool Plus **Preschool Plus con un interprete de español**

**Must be 3 years of age by Dec 1, 2025**

Transition into preschool through this part-time option that includes time for parents and children. Fee based.

Independent toileting skills are not required. No transportation or meals provided. Sibling Care available.

Watch for details for upcoming open houses in September. More information will be mailed to registered participants.

2 days per week (1 day child only, 1 day child+parent), mornings or afternoons at Diamondhead Education Center

## Fall 2025 Preschool Registration is ongoing on a space available basis

To apply, download the application packet at [communityed191.org](http://communityed191.org). ONLY COMPLETE applications will be accepted and considered for enrollment: [preschool@isd191.org](mailto:preschool@isd191.org). Priority enrollment is given to District 191 students.

We accept applications until all seats are filled.

**Registration information for the 2026–2027 will be available in mid-February 2026**



# Policies & Information



## Registration & More

Explore & register for Community Education activities  
List and update emergency contacts & authorized pick up persons  
View & download tax receipts  
Manage payment methods

All of our programs will be run through Arux — a simple, mobile-friendly portal that gives you access to manage registrations, information and schedules.

## To Get Started

Scan the QR code or visit [communityed191.org](https://communityed191.org) and click on the **Registration** link

Click on **Create an Account**, then scroll to bottom of page & click on **Create One Now**  
Complete **Register a New Account** form  
Log in, then click **Enroll Now** and get started viewing and registering for activities



## Refund Policy

### Classes Canceled by Community Ed

Community Education reserves the right to cancel any activity. Community Education will make every effort to contact registrants 48 hours before the scheduled start of the activity. Complete refunds will be given when this occurs.

### If you cancel your registration

Call 952-707-4150 to cancel a registration. If you cancel more than 5 business days before the class you will receive a refund less a \$10 processing fee. If you cancel less than 5 business days before the start of the class or activity there will be no refund. No refunds on activities that are mailed to your home, nor for online classes once the meeting information has been sent.

## Charges for Returned Checks

ISD 191 has contracted with Account Liquidation Services to collect funds for returned checks. Charges related to returned checks are determined by Account Liquidation Services.

## Register Now... It's Easy!

Scan the QR code or visit [communityed191.org](https://communityed191.org)

Set up an account then register from the comfort of your home using your debit or credit card.

Our website displays all information contained in our quarterly catalog. Just follow the directions on the website to register.

## Mail or Drop Off

ISD 191 Community Education,  
200 W Burnsville Parkway,  
Burnsville, MN 55337, Door 11

## Fax 952-707-4140

Fax us your registration form, along with debit or credit card information.

## Use Our 24-Hour Drop Box

Registration drop box is located outside the east entrance door on the lower level by door 11 at Diamondhead Education Center.

## Emergency Cancellations

When severe weather or other emergencies affect the regular school day, daytime community education activities or those that meet immediately after school are also canceled.



# Community Education Registration

Participant	Class	Class #	Start Date	Fee

Street Address \_\_\_\_\_

City/State/Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work/Cell Phone \_\_\_\_\_

Email \_\_\_\_\_

## Youth Classes

Child's Name \_\_\_\_\_ Birth Date \_\_\_\_\_ Grade \_\_\_\_\_

Parent Name \_\_\_\_\_ Phone \_\_\_\_\_

## Payment

Cash/Check # \_\_\_\_\_ **Make checks payable to ISD 191**

Charge My ☐ Visa ☐ MasterCard ☐ Discover ☐ AMEX ☐ UCare Visa

CC# \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_

Exp. Date \_\_\_\_/\_\_\_\_/\_\_\_\_ Signature \_\_\_\_\_ Total Fee \_\_\_\_\_

**Photos in Classes** ISD 191 Community Education periodically takes picture of participants in classes and during other sponsored activities for use in promotional materials. [If you do not wish to have your picture taken or published, you must provide us written notice in advance of any activity you attend.](#)

**Email Notifications & Announcements** Fill out the email address on your registration so we can send a confirmation, instructor and weather cancellation messages. We will never give your information to any other agency, it is strictly for use by ISD 191 Community Education.

**UCare Discount** UCare members may get up to a \$15 discount on most Community Ed classes. Members must have UCare insurance at the time of registration and throughout the duration of the class. Provide UCare Visa card when registering for class. Parents must use their child(ren)'s benefit card when signing them up for youth or teen classes, and use their own benefit card when registering for Adult or Senior classes. Please note: for registrations by mail, we may require a second form of payment to be included if the cost of the class(es) exceeds the amount of benefit remaining on the Healthy Benefits+ VISA for any student in any given quarter.

**Tuition Assistance** Financial assistance may be available on a limited basis for ISD 191 residents in need. Call 952-707-4150 for more details.







## Diamondhead Education Center

200 W Burnsville Parkway, Burnsville 55337 (DEC)

### ISD 191 Administrative Services Center 952-707-2000

Enrollment Center 952-707-4180 Lower level, door 11

### Community Education Office 952-707-4150

Office hours are Monday through Friday 8 am to 4:30 pm.

Our Community Education offices and the program facilities at Diamondhead are located in the lower level of our building.

Park in the east lower lot off of Pillsbury and enter door 11

#### Jason Sellars, Director

Angela Henle, Administrative Assistant 952-707-4111

### Community Education 952-707-4150

Allison Jordan Community Education Supervisor ALC/CE Youth

Kristi Myers Adult Enrichment, Communications

Hamde Daoud Community Engagement Coordinator

Eddieca Ontiveros Community Engagement Specialist

Kate Rother Registration

Danielle Anderson, ALC and CE Clerical

### Burnsville Senior Citizen Center 952-707-4120

Jennifer Green, Senior Center Coordinator

### Early Childhood Programs & Services 952-707-4110

Early Childhood Family Education, Preschool & Early Care, School Readiness

Kaitlin Cantolla, Coordinator of Early Childhood

Martha Najera, Preschool Enrollment 952-707-4110 preschool@isd191.org

Lyndsey Griffin, Ready to Grow/Learn Coordinator 952-707-4146

Danny O'Brien, Early Childhood Specialist

Screening 952-707-4105

### School-Age Project Kids 952-707-4150

Edward Neill 952-707-3108 Gideon Pond 952-707-3008

Harriet Bishop 952-707-3908 Hidden Valley 952-707-3808

Rahn 952-707-3608 Sky Oaks 952-707-3708

Vista View 952-707-3408 William Byrne 952-707-3508

### BHS Youth Service 952-707-2116

Courtnee Floback, cfloback@isd191.org

### School For Adults 952-707-4125 (Use door 13 on upper level)

Susan Edmonson, Coordinator School for Adults

Shuai Sheng, Admin Assistant ssheng@isd191.org

ABE (Adult Basic Education), GED, ELL (English Language Learners)

### Community Use Of Facilities 952-707-4123

Kyle Hinrichsen, Facilities Coordinator

## Our Schools

### Burnsville Senior High School

600 E Hwy 13, Burnsville 55337

952-707-2100

### Burnsville Alternative High School (Cedar)

2140 Diffley Rd, Eagan 55122

952-707-4040

### Eagle Ridge Middle School

13955 Glendale Rd, Savage 55378

952-707-2800

### Nicollet Middle School

400 E 134th St, Burnsville 55337

952-707-2600

### Edward Neill Elementary

13409 Upton Ave S, Burnsville 55337

952-707-3100

### Gideon Pond Elementary

613 E 130th St, Burnsville 55337

952-707-3000

### Sky Oaks Elementary

100 E 134th St, Burnsville 55337

952-707-3700

### Vista View Elementary

13109 Cty Rd 5, Burnsville 55337

952-707-3400

### William Byrne Elementary

11608 River Hills Dr, Burnsville 55337

952-707-3500

### Rahn Elementary

4424 Sandstone Dr, Eagan 55122

952-707-3600

### Hidden Valley Elementary

13875 Glendale Rd, Savage 55378

952-707-3800

### Harriet Bishop Elementary

14400 O'Connell Rd, Savage 55378

952-707-3900

### One91 Virtual Academy

13109 Cty Rd 5, Burnsville 55337

952-707-2900

### Para Español llame o correo electrónico

Maricela Dale mdale@isd191.org

952-707-4165

### Af Soomali baan ku hadlaa

Hamde Daoud, hdaoud@isd191.org,

952-707-4153

**ECRWSS**

Residential Postal Customer

# Thank You for a Fantastic Summer!

From ECCE and Kindergarten Jumpstart to 3D Camps, Youth Enrichment, Rockin' Reader, Lunch & Learn Series, Summer School, Project Kids, The EDGE — and engaging Adult Enrichment and Senior Center activities, It's been a season full of learning, laughter, and connection



We can't wait to continue the fun this fall with new opportunities for every learner, every age, every step of the way.