

# Seasons of Connection

Finding Warmth in Community and Joy in New Beginnings

WINTER-SPRING 2026

NEW! MACRAME CRAFT & FUSED GLASS CLASSES  
VALENTINE'S PAINT DATE  
SPANISH WITH FUTURA

**WARM & COZY WINTER DRINKS, VIDEO  
GAME DESIGN, DASH SPORTS**

LATINO FAMILY PLAYTIME  
TOGETHER IN PARENTING

**Family Fun Night**

**Youth Maker's Market**

**NEW! CE Around the  
World in One Night**

LUNAR NEW YEAR CELEBRATION  
TECH BUDDIES  
SENIOR CENTER WINTER OPEN HOUSE



# A message from Jason Sellars, Director of Community Education



## New beginnings, memories & experiences

As our community begins to settle in for the holiday season and awaits the inevitable snow that follows, many find winter an ideal time to engage in community events and forge new friendships. Our Community Education team wishes you and your family a winter season full of family and friends and all things cozy.

This season we offer a number of new options for adults to engage in community and new beginnings with new people. If you are looking for something to do for an evening or two, try any of our new ADULT offerings this winter season: Adult Improv, Mini Macrame Wall Hangings, Adult Paint Date, Belly Dancing, multiple level Spanish Classes by Futura.... and more!

Looking to keep the kids busy and having fun? Try these new offerings: Multiplayer Minecraft: City Builder, Video Game Design, Extreme Weather & Natural Disasters, Pickleball Camp, Winter Whittling Workshop, and Family Day Spa Science.

Are you a new parent? Our Early Childhood Family Education team is excited to meet you and your little one. Try these awesome parent and child centered classes: Art Start, Dad's Connect, Together in Parenting, Moms and Babies, Evening Family Playtime, Managing Multiples, Together We Bloom, Grand Day with Grands, and Latino Family Playtime.

Your Community Education team has it all in this catalog! The Burnsville-Eagan-Savage Community Education Department offers many wonderful opportunities in a supportive environment to engage in learning and fun for all ages. Please consider trying a community education class or registering for a program with your family or friends.

Not seeing something you're interested in? Want to learn more about our department and help shape programming for our community? Please reach out and connect with me at 952.707.4112 or [jsellars@isd191.org](mailto:jsellars@isd191.org). We welcome your feedback and perspectives.

Here's hoping our entire community has a magical winter season full of making memories and new experiences!

*Jason Sellars, Director of Community Education*

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

*952-707-4112*



## 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](https://isd191.org/connect/careers)

## Teach a class for Community Education

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

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)

---

## 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

# Seasons of Connection:

## Finding Warmth in Community and Joy in New Beginnings

### Adult 5-35

#### In Person

School for Adults 5, Community Engagement 6  
Art & Creative 7-10, Civics & History 11, Cooking 12,  
Fitness, Health & Safety 13-15, Dance 15,  
One on One Computer Tutorial 16,  
Home & Special Interest 16-17, Piano, Voice & Guitar 17,  
Money Matters 18, Sports & Recreation 19-20  
Adults with Disabilities 26, Seniors 27-35

#### Online

Cooking 21, Health Wellness & Safety 22-24, Spanish 24,  
Technology 25,

### Aquatics

Aqua Exercise 15, Black Dog Swim Club 47

### Youth 38-50

Cooking 38, Enrichment & STEM 39-40  
Creative 41-42, Chess 42 Ninja Warrior 43,  
Gymnastics 44-45, Sports & Recreation 46-48,  
Project Kids School Age Care 48,  
Teens & Driver Education 48-50

### Early Childhood 51-60

Read for The Record & Family Fun Night 52-53  
ECFE Playtimes & Classes 54-55,  
Ready to Grow & Ready to Learn 56,  
Ready for Kindergarten 57, Screening 58,  
Registration 59, Preschool 60

### Community Ed & District

BrainPower & Potters All Call, Food Programs 36  
Facility Rentals 37

[Directory, Policies & Registration 61-63](#)

### 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.



## Promote Your Brand by Advertising with Us!



Gain exposure by advertising on our high-visibility digital video boards located in our gym and stadium, district website, and social media accounts. Connect with our vibrant community, engage with fans, and community facility users, and boost your brand's presence at local events and games.

### Contact Us For Tier Details



### Why Advertise With Us?

- High-Traffic Visibility** - Your brand reaches thousands of attendees annually
- Targeted Local Exposure** - Directly connect with community members
- Educational Benefits** - Up to 50% of the Anchor Sponsorship proceeds will support our students in athletics





## A message from Dr. Latanya Daniels Superintendent of District 191

### Connecting and Growing with a New Community

This time of year, as we move through and past the deepest of winter, is always a time for anticipation of what's just coming next: the excitement of a new year, the growth that comes with spring.

For me, as the new superintendent in District 191, that's where I find myself professionally, too. Of course, I had ideas of what the future would look like when I accepted this position. But it's only now, after meeting so many One91 community members, that I'm truly getting a glimpse of what the future holds.

I can honestly say that I have never felt so welcomed as I have here in One91. From the business owners and community leaders I met at my State of the District address this summer to passionate to our talented, dedicated staff and our brilliant students since the school year started, this community has embraced me and made it clear that they are excited to have me here.

I've also been impressed by the excellence that's already in place in District 191 schools. So many people I've met have called us "a hidden gem." Our community knows that we have something special – our PreK-12 Pathways model, commitment to cultural proficiency, partnerships and community engagement and more – but that it's not as widely known as it could be. So, my vision as I begin this journey is to make sure District 191 moves from hidden gem to shining star.

I hope you feel that same embrace of our community and excitement of possibility, especially as you look through the events, programs and classes in this catalog. Whether for you or your children or parents, we're here to support you and help you find joy in pursuing your future.



### 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 38 for more!

# 191 School for Adults

Susan Edmonson, ABE Coordinator [sedmonson@isd191.org](mailto:sedmonson@isd191.org) 952-707-4126



**191 SCHOOL FOR ADULTS**

This year, Burnsville Adult Basic Education has had over 1500 students join our program, coming from 32 school districts.

**1,500+** **32**  
**74** countries **45** languages

English as a Second Language Classes | GED Class  
Citizenship Class | Digital Literacy Class  
Adult Drivers Education Class | MN Drivers Permit Proctoring

**CAREER PATHWAY CLASSES**  
Paraprofessional Class | Pre-CNA Class

**WE CREATE A PATHWAY FOR ADULTS TO BE FUTURE READY**

**one 91 School for Adults**  
[isd191.org/school-for-adults](http://isd191.org/school-for-adults)

Follow us on **facebook**  




## NEW! PCA + Personal Care Assistant Class

- Earn your PCA Certification from MN Department of Health and Human Services
- Prepare for the U.S. Citizenship Test + Interview
- Earn Northstar Digital Literacy Career Search Skills Certificate



Monday - Friday 9:30 AM - 12:30 PM

- Ongoing Enrollment
  - ESL Level 3+
  - Teacher: Sara Bee Room: C-Wing 2022
- Prepare for your new healthcare career!

### 191 School for Adults



Diamondhead Education Center, Door #13

952-707-4125

Shuai Sheng, [ssheng@isd191.org](mailto:ssheng@isd191.org)

Ignacio Mata Hernandez, [imatahernandez@isd191.org](mailto:imatahernandez@isd191.org) (espanol)

# Community Engagement

Hamde Daoud, Community Engagement Coordinator



Our Community Engagement Team is a hidden gem within ISD 191 connecting families, schools, and the community through meaningful experiences that celebrate who we are. Together, we build bridges, create belonging, and open doors for lifelong learning. As we continue to grow and work as one team, we know our impact will only become bigger and stronger.

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

## 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

## 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.

5-8 pm \$10 per meal DEC Conference Rms  
CE-JAN2026 Jan 23 African American Culture  
CE-MAR2026 Mar 6 Middle Eastern Culture

## Black History Celebration

The Black History Celebration honors the rich traditions, culture, and contributions of the Black community through performances, storytelling and meaningful conversations.

Feb 6 5-8 pm no cost DEC



## New! CE "Around the World in One Night"

The CE "Around the World in One Night" event invites the community to explore global cultures through food, performances and interactive experiences celebrating diversity and fostering cross-cultural connections.

Apr 10 5-8 pm no cost DEC

## NEW! Community Garage Sale

May 23, 9 am-1 pm Vendors Wanted

Join us for a fun community-driven garage sale. Find great deals, declutter and connect with our community. Vendors must preregister through Arux. \$50 per allocated zone

## 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](mailto:Maricela.Dale@isd191.org).

No habrá reunión de padres somalíes debido al Ramadán Kulamadani waxay xoojiyaan iskaashiga qoyska iyo qoyska, wadaaga wararka muhiimka ah, waxayna u abuuraa boos waalidiinta Soomaalida iyo Latino si ay ula socdaan, su'aalo ku weydiyaan, oo ay cod ugu yeeshaan waxbarashada ilmahooda. [Amal Osman 952-707-4158](mailto:Amal.Osman@isd191.org).

Ma jiro Kulan Waalid Soomaaliyeed ah oo Bisha Ramadaan awgeed.

Jan 28, Feb 25, Mar 25, Apr 22, May 20 6-8 pm no cost DEC

## Meet Our Community Engagement Specialists

**Eddieca Ontiveros** Eddieca is guided by her passion for equity and inclusion. She has proudly served District 191 by helping create spaces where everyone feels safe, welcome and valued. She loves building programs that bring people together, celebrate our diverse communities, and strengthen partnerships that make a difference.

[eontiveros@isd191.org](mailto:eontiveros@isd191.org) 952-707-4142

**Amal Osman** A transformational leader driven by a deep passion for equity, inclusion, and authentic connection, Amal brings a strong background in education and community partnership. She is dedicated to creating spaces where families feel valued, students are empowered, and cultures are celebrated. Through her work, Amal bridges the gap between schools and communities, amplifying voices that are often unheard and leading with compassion, vision, and purpose to build a more inclusive future for all students.

[aosman@isd191.org](mailto:aosman@isd191.org) 952-707-4158

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

# Adult Enrichment



**Kristi Myers** Coordinator of Adult Enrichment, Adults with Disabilities, and CS Communications As the new year unfolds, we're reminded that connection brings warmth to every season. Whether you're exploring a new hobby, learning alongside friends, or rediscovering your creative spark, our adult programs are designed to help you find joy in shared experiences and new beginnings.

This season, discover something that speaks to you—create art with your friend or partner at our Adult Valentine's Paint Date, indulge your senses with Chocolate, Chocolate, and More Chocolate, or laugh your way to confidence in Adult Improv with Stevie Ray's Improv Company. Strengthen mind and body with The Works – Kick, Core & Restore, Personalized Postural Alignment, or Belly Dance Foundations for Fun & Fitness. Expand your horizons through classes like The American Revolution: Documentary and Discussion Series or The Call to Paradise – A Spiritual Journey to Hawaii Online.

From creativity to connection, and learning to laughter, there's something for everyone. No matter where you are in your journey, I invite you to join us in finding warmth and community this season.

**Kristi Myers**    [kmyers@isd191.org](mailto:kmyers@isd191.org)    952-707-4113

## Art & Crafts

### 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. 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 provided.



#### **NEW! Rustic Dragonfly Fused Glass Class** Create a Nature-Inspired Masterpiece!

Join us for a fused glass class where you'll design a stunning rustic dragonfly with a beautifully fused glass body! Perfect for garden décor, wall art, or a unique gift, this project blends earthy charm with vibrant glasswork to bring your dragonfly to life. Let's fuse, create, and bring your dragonfly to life!

A499-S-3A    Sat    Jan 24    10-11:30 am    \$45    DEC Sr. Center

### New! Fused Glass Garden Mushrooms

Step into the magic of spring and create your very own whimsical garden treasure! In this class, you'll design and craft a 6.5" round fused glass mushroom top that sits beautifully on a 11" brass stand - perfect for brightening your garden or gifting to someone special. With all tools and materials provided, you'll learn the basics of glass cutting and design while bringing your one-of-a-kind mushroom to life.

A499-S-3B    Sat    Jan 24    11:45 am-1:45 pm    \$69    DEC Sr. Center



### **NEW! Fused Glass Lantern Project**

Light up your world with color! In this class, you'll design and create a stunning fused glass lantern, perfect for use indoors or out. Learn how to arrange and layer glass into glowing panels that will sparkle with personality when illuminated. Come with design ideas. You'll create a one-of-a-kind lantern that adds warmth, charm, and a magical glow to any space.

A499-W-4A    W    Apr 15    5:15-8:30 pm    \$129    DEC Sr. Center



## New! Macrame Craft Classes

A fixture of every 1970s home, macrame is making a comeback on the contemporary art scene!

Held in partnership with Prior Lake. Class location: Twin Oaks Middle School Art Room located at 15860 Fish Point Rd, Prior Lake, MN 55372, or La ola del lago at Grainwood Art Room, 5061 Minnesota St. SE Prior Lake.

Caponi Art Park staff are trained and have years of experience teaching art to learners of all ages. Caponi workshops are based on the concept of learning artistic practices and principles through exploration of our natural world.

### NEW! Macrame Cat Hammock

Treat your favorite cat to the ultimate chill spot! In this two-part class, learn fun macrame techniques to knot, wrap, and weave your way to a cozy hanging hammock for your cat (or small pup). Please leave your furry friend at home. This is a great project for the advanced beginner/intermediate macrame student. Bed not included. Bring a round cat bed up to 15" in diameter.

A492-SH-3A T Mar 17, 24 6:30-8:30 pm  
2 sessions \$79 Twin Oaks Art

### NEW! Macrame Projects

In these classes, you'll learn a variety of knot-tying techniques you'll combine to create a unique macrame masterpiece that you'll be proud to display. All materials are included in these beginner-friendly projects.

#### Mini Wall Hanging

A492-SH-3B Th Mar 26 6:30-9 pm \$65 Twin Oaks Art

#### Plant Shelf

A492-SH-4 T Apr 7 6:30-9 pm \$65 Grainwood Art



### 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

A450-3 M Feb 2 6-7 pm \$20 DEC Rm 2020

### Creative Card Making

Discover the art of card making in this engaging, hands-on class! 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

W 6:30-8:30 pm \$29 plus \$10 material fee DEC Rm 1025

A491-3 Jan 28

A491-4 Apr 15

### Two-Day Folk-Art Workshop

#### Norwegian Telemark Rosemaling Age 13+

Explore the tradition of Norwegian Folk Art known as 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. 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. For the best experience, please arrive on time.



Julie Anderson

A440-4 Th Apr 2, 9 6-8:30 pm 2 sessions \$59 DEC Rm 10

## 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.

BWC2526 Th Jan 8-Jun 25 6-9 pm \$25 DEC Campus Cup



## TIG Welding with Greg Kraft - 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, a stone the size of your fist for the garden sculpture class, and your creativity. Tuition includes supplies. Instructor provides TIG welder, welding helmets, safety glasses, power tools, gloves and stones (if you do not have them).

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

Weld a Steel Rose	A403-3A	Feb 7
Weld a Garden Sculpture	A403-3B	Mar 7
Weld an Iron Fish	A403-4A	Apr 4



## 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" painting. You may wish to bring an apron or smock.

Th 5:30-8:30 pm \$75 DEC Rm 1025

Golden Sunset	A423-3	Feb 26
Steep Mountains	A423-4	May 7



## Puzzle Palooza

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!

PP24-4 Sat Apr 4 9:30 am-12 pm \$55 DEC City Center Conference Rms



## Adult-Child Paint Date

with Vanessa Merry Age 6+ with adult

This class is a fun "Date Night" for you and your child to paint together. No experience is 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.

ADP-4 Fri Apr 17 6-8 pm DEC Sr. Center  
\$65 1 adult/1 child, \$75 1 adult/2 children

## Art Classes with Vanessa Merry

Classes are in partnership with Prior Lake Community Education. If a class is listed at Twin Oaks or Grainwood, class will be held in their district. Twin Oaks is located at 15860 Fish Point Rd, Prior Lake. Grainwood is located at 5061 Minnesota St SE, Prior Lake. All supplies are included.



### Paint Like Monet- The Magpie

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 The Magpie 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-3A](#) Th Jan 2 6-8 pm \$49 Twin Oaks Art Rm

### Needle Felt Painting – Northern Lights

Discover the art of needle felting and create your own wool painting! You'll learn how to use soft wool roving as your 'paint' and a felting needle as your brush to craft a unique image on felt. Design a one-of-a-kind piece framed in a small embroidery hoop, perfect for hanging and showcasing your beautiful handmade artwork. [A445-SH-3B](#) T Feb 11 6-8 pm \$55 Twin Oaks Art Rm



### Paint Like Kandinsky - Winter Landscape

In this class you'll be creating an acrylic landscape painting on an 8 x 10 inch canvas in the style of Kandinsky, an artist known for pioneering and developing abstract painting. You will learn a bit of history about him and his style of painting. [A447-SH-3B](#) Th Feb 19 10 am-12 pm \$45 DEC Sr. Center

### Paint Like Matisse- Anemone and Mirror

Create a vibrant acrylic painting on an 8x10 inch canvas inspired by the bold, expressive style of Matisse. In this step-by-step class, you'll not only develop your painting skills but also learn a bit about Matisse's life and artistic approach. [A447-SH-3C](#) W Mar 18 6-8 pm \$49 Twin Oaks Art Rm



### Acrylic Painting

Learn to create a unique, quick and expressive acrylic painting with one brush and a limited color palette. Working quickly allows colors to blend and brush strokes to show, creating dynamic results. [A445-SH-4A](#) Th Mar 12 10 am-12 pm \$49 DEC Sr. Center

### Alcohol Inks Garden

Explore the vibrant and unpredictable world of alcohol inks! In this class, you'll learn a variety of techniques to create dynamic effects as you paint a simple yet striking landscape. No experience necessary—just come ready to experiment and have fun with this exciting medium.

[A446-SH-4](#) T Apr 15 6-8 pm \$55 Grainwood Art Rm



### Watercolor Painting

Paint a beautiful scene in watercolors. Step-by-step instructions and discussion on the difference between dry brush work, wet on wet, and wet on dry are included as we work together. This is a great no fear way to learn to paint in watercolors.

**10 am-12 pm \$49**

[A445-SH-3A](#) M Jan 12 DEC Rm 1025

[A445-SH-4B](#) Th Apr 16 DEC Sr. Center

### Adult Valentine's Paint Date

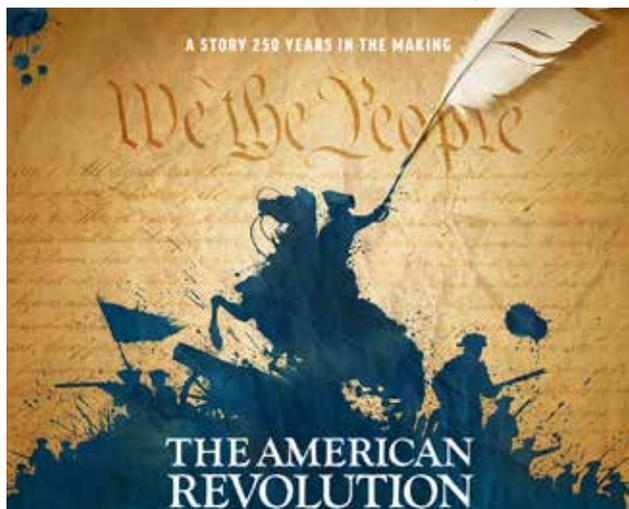
This class is a fun "Date Night" for you and your partner to paint together.

No experience is needed, this class is about spending quality time 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.

[ADP-3](#) Sat Feb 7 10 am-12 pm \$65 DEC Sr. Center



# Civics & History



## NEW! The American Revolution

### A Documentary and Discussion Series

Join us for an engaging film and dialogue series exploring Ken Burns' highly anticipated new documentary, The American Revolution.

Through powerful storytelling and vivid historical detail, the six-part, twelve-hour series traces how thirteen colonies united in rebellion, fought an eight-year war for independence, and established a new form of government that would influence democracies around the world.

Each session features a one-hour viewing segment followed by a one-hour guided discussion led by educator and historian Frank Sachs, who will help participants unpack key themes, figures, and turning points in America's struggle for liberty.

Come ready to watch, reflect, and discuss how the ideas and events of the American Revolution continue to shape our world today.

Come for one session or both. Each stands on its own so you don't need to attend Part 1 to enjoy Part 2.

### Part I - Episodes 1-3 (May 1754-January 1777)

From the first sparks of resistance to the early trials of revolution, these sessions explore the origins of rebellion and the birth of a new political identity.

103-SH-3 W Jan 21-Feb 25 6:30-8:30 pm  
6 sessions \$59 DEC Rm 2021

### Part II - Episodes 4-6 (January 1777-Onward)

Delve into the war's critical years, the endurance of the Continental Army, and the creation of a nation grounded in the revolutionary ideals of freedom and self-governance.

103-SH-4 W Apr 1-May 6 6:30-8:30 pm  
6 sessions \$59 DEC Rm 2021

## New! Introduction to Art History

Participants in this fun and fascinating course will become art history "detectives" as they collect and decipher the clues artists have hidden in well-known works of art! This four-week course will empower learners by revealing the meanings behind colors, symbols and repeated stories, helping to demystify some of the world's great artworks. This class is lecture and discussion based - questions and open dialogue are encouraged, and aims to broaden the scope of art history and art appreciation beyond the outdated Western, Eurocentric model. This is a shared course with ISD 196 Community Education. Class is held at Falcon Ridge Middle School located at 12900 Johnny Cake Ridge Road.

Adrienne H. Lee

107-SH-3 M Feb 2-Mar 2 6:30-8 pm No class Feb 16  
4 sessions \$49 Falcon Ridge Middle School Media



## NEW! The Man Behind the Canvas

### Vincent van Gogh

Celebrate the arrival of spring with one of the world's most beloved artists - Vincent van Gogh. This four-week class takes learners beyond the sunflowers to discuss the man behind the canvas. Learn more about Van Gogh's times, the people who helped shape him as a painter, and the artists who were influenced by him. Van Gogh's powerful legacy continues to impact the world in the 21st century and we'll discuss that impact on modern pop culture and on advancements in mental health.

Adrienne H. Lee

107-SH-4 M Apr 6-27 6:30-8 pm  
4 sessions \$49 Falcon Ridge Middle School Media

## Know Your Muslim Neighbor

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, a 501-c3 non profit organization, which provides outreach programs to build bridges of mutual understanding with other communities.*

P705-3 Sat Feb 7 9 am-12 pm \$10 DEC Rm 2020

# Cooking

## 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.

### Czech Kolaches

Kolaches are delightful pastries made from egg-rich, slightly sweet yeast dough. These treats typically feature fillings like apricot, cottage cheese, poppy seed, or prune, and can be shaped into small rounds, tied packages, or filled turnovers. Make and taste kolache variations in class and prepared to bring home a diverse selection to enjoy with loved ones, along with recipes, helpful tips, and techniques to perfect these traditional delicacies. Tuition covers all food supplies.

C326-3A Sat Jan 24 9 am-1 pm \$59 BHS G140

### Chocolate, Chocolate & More Chocolate

Just in time for Valentine's Day! Create, taste, and then take home the many rich samples of recipes. Later, select your favorite recipe and make a memorable and delicious treat for a special person in your life! Remember, chocolate is great anytime! Recipes include coffee flavored mousse, 2 decadently rich brownies, dipping chocolate, 3 superb hot fudge sauces, "Almost Mrs. Field's Chocolate Chip Cookies", easy truffle variations, Italian Ricotta Cheesecake and Italian Orange Ricotta Custard. Bonus is printed information about chocolate to make you an expert!

C326-3B W Feb 11 6-9 pm \$64 BHS G140

### Crepes: The "Do-Ahead" Wrap

Crepes are an easy, impressive do-ahead dish. We will prepare Chicken Divan (chicken with broccoli and cheese sauce) for our main dish. We will follow with Cheese Blintzes served with Apricot Sauce and Mushroom Crepes with Sherry Sauce. Orange Crepe Suzette, Italian and Sicilian Cannoli, Flaming Crepes and other desserts will round out our selections. By the end of the class, you will be an expert in making the perfect crepe including flipping them!

C326-3C W Mar 11 6-9 pm \$62 BHS G140

### Greek Dinner

Join us in preparing a sumptuous feast including the national soup - Soupa Avgolemono, which is a lemon flavored chicken soup. The menu is rounded out with a flaming cheese appetizer - Saganaki, along with an eggplant appetizer. Zucchini with ground lamb - Moussaka, is a wonderful variation from the better known eggplant dish. You'll also master spinach rolls in fillo - Spanokopeta, and walnut cake with orange syrup - Karidopita.

C326-4 W Apr 8 6-9 pm \$66 BHS G140



## Community Matcha Experience

**This class is designed for everyone 16+!**

Together, we'll journey through the history of matcha and explore how it's grown, processed, and prepared. You'll have the opportunity to taste a variety of matcha and other powdered teas, learning how to recognize their unique qualities and differences. No supplies are needed. However, if you have a tea bowl (chawan) or tea whisk (chasen), feel free to bring them along!

*Tiffany Rupp*

C879-3 Sat Mar 28 10 am-12 pm \$44 DEC Sr. Center

## Cooking with Nancy Burgeson

### Le Magnifique Macaron Cake Age 18+

Experience the newest twist on the beloved macaron - an impressive macaron cake crafted from layers of oversized macarons and rich fillings, decorated with traditional macarons. This class is open to everyone, whether or not you have previously participated in Nancy's macaron classes. You will mix, bake, and assemble your own visually stunning macaron cake, sure to dazzle on any occasion. All necessary supplies are provided. \$16 supply fee payable to the instructor in class.

C332-4A W Apr 1 6-9 pm \$39 + \$16 supply fee BHS G140

### Let Them Eat Cake

Join us for an evening mixing, baking, and decorating your own charming 8-inch cake to take home and share with family, friends or co-workers. No prior decorating experience is required, and everything will be provided for you; you'll see that great results don't always need special tools. Nancy has all sorts of clever tricks up her sleeve to show just how easy—and downright fun—baking can be! \$20 supply fee payable to the instructor in class.

C332-4B W Apr 29 6-9 pm \$39 + \$20 supply fee BHS G140

# Fitness, Health and Safety

Wear comfortable clothing. Bring a yoga mat, towel & water for fitness classes.

Props may be available or you may bring your own.



## NEW! Belly Dance

### Foundations for Fun & Fitness

Discover the joy and expressive beauty of Middle Eastern social dance! You'll learn fundamental technique with attention to building strength, balance, agility, alignment, and body awareness skills that benefit wellness beyond class. The class features low-impact cardio with torso, arm and leg movements. Please wear soft clothing for movement and bring indoor dance shoes or dance barefoot.

No previous dance experience is required.

*Mirah Ammal*

F862-3 T Jan 27-Mar 3 7-8 pm  
6 sessions \$45 DEC Studio A

## 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. It is recommended that students in this class are able to get up and off the floor unassisted to participate.

*Gerri Carlson*

**T 9-10 am DEC Studio B**  
F870-Tu-3A Jan 6-27 4 sessions \$49  
F870-Tu-3B Feb 3-24 4 sessions \$49  
F870-Tu-3C Mar 3-31 5 sessions \$59  
F870-Tu-4A Apr 7-28 4 sessions \$49

**Th 9-10 am DEC Studio B**  
F871-Th-3A Jan 8-29 4 sessions \$49  
F871-Th-3B Feb 5-26 4 sessions \$49  
F871-Th-3C Mar 5-26 4 sessions \$49  
F871-Th-4A Apr 2-30 5 sessions \$59

## Fitness with Naseema

### 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.

**T 5:40-6:20 pm DEC Studio A**  
F858-T-3A Jan 6-27 4 sessions \$46  
F858-T-3B Feb 10-Mar 17 6 sessions \$65  
F858-T-3C Mar 31-Apr 28 4 sessions \$46 No class Apr 14



## 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. Dance your way to better health!

**M 5:40-6:20 pm DEC Studio B No class April 13**  
F856-M-3A Jan 5-26 4 sessions \$48  
F856-M-3B Feb 9-Mar 16 6 sessions \$65  
F856-M-4A Mar 30-Apr 27 4 sessions \$48 No class Apr 13

## 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 or thicker Yoga mat.

**M 6:30-7:15 pm DEC Studio B**  
F857-M-3A Jan 5-26 4 sessions \$49  
F857-M-3B Feb 9-Mar 16 6 sessions \$69  
F857-M-4A Mar 30-Apr 27 4 sessions \$49 No class Apr 13

## Power Pilates: Wall & Standing Series

Experience a dynamic, quick-hit Pilates workout focused on strength, balance, stability, and flexibility - all 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! Bare feet or grip-socks recommended.

**M 7:25-7:55 pm DEC Studio B**  
F859-M-3A Jan 5-26 4 sessions \$29  
F859-M-3B Feb 9-Mar 16 6 sessions \$45  
F859-M-4A Mar 30-Apr 27 4 sessions \$29 No class Apr 13



## Tai Chi Yang Style 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.

*Jeff Wood*

F826-3 M Jan 26-Mar 16 12-1 pm  
8 sessions \$79 DEC Studio A

## Tai Chi Yang Style II

For Tai Chi practitioners who completed training in 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*

F827-3 M Jan 26-Mar 16 1-2 pm  
8 sessions \$79 DEC Studio A

## 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.

*Julie Casperson*

**No class Mar 17, 19, Apr 21, 23**

**T 6:30-7:30 pm 5 sessions \$59 DEC Studio B**  
F855-Tu-3A Jan 13-Feb 10  
F855-Tu-3B Feb 24-Mar 31  
F855-Tu-4A Apr 7-May 12

**Th 5:30-6:30 pm 5 sessions \$59 DEC Studio B**  
F855-Th-3AA Jan 15-Feb 12  
F855-Th-3BB Feb 26-Apr 2  
F855-Th-4AA Apr 9-May 14



## Midweek Yoga with Alpa

**All Levels 14+ 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.

*Alpa Goswami*

**W 6-7 pm DEC Studio B**  
F872-3A Jan 7-28 4 sessions \$49  
F872-3B Feb 4-18 3 sessions \$39  
F872-3C Mar 4-25 4 sessions \$49

## NEW! Personalized Postural Alignment Workshop & Sessions

The Personalized Postural Alignment Workshop is designed to provide participants with a tailored exercise and movement plan aimed at correcting misalignment, alleviating pain, and improving posture. This program focuses on enhancing body awareness and proper alignment which can lead to improved breathing, digesting, circulation and overall, quality of life. This workshop is ideal for individuals experiencing chronic pain in areas including the neck, back, shoulders, hips, knees, ankles and wrists. Bring a mat and towel to class. The workshop is 1.5 hours and is held on the first session of the series. All other sessions are 50 minutes in length.

*Eileen Androff*

**Th 5:45-7:15 pm 5 sessions \$99 DEC Studio A**  
F809-3 Jan 8-Feb 5  
F809-4 Apr 2-May 7 No class Apr 23

## NEW! The Works Kick, Core & Restore

This high energy class combines kickboxing, abdominal/back, and ends with a relaxing cool down! If you're looking for a mix of cardio, toning and flexibility, this is your class! It's a fun innovative class that welcomes all levels of fitness training! Wear supportive tennis shoes and bring a mat and towel; boxing gloves are optional!

*Eileen Androff*

**W 9:30-10:20 am 4 sessions \$59 DEC Studio A**  
F812-3A Jan 7-28  
F812-3B Feb 4-25  
F812-3C Mar 4-Apr 1 No class Mar 25  
F812-4A Apr 8-29



## 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.

T, Th	6:30-7:40 pm	ERMS Pool	
Q155-SH-3A	Jan 6-22	6 sessions	\$48
Q155-SH-3B	Feb 3-19	6 sessions	\$48
Q155-SH-3C	Mar 3-26	8 sessions	\$64
Q155-SH-3D	Apr 7-23	6 sessions	\$48

## Women's Self Defense Seminar

Open to females ages 13+

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

F828-3 M Jan 26 6-8:30 pm \$45 Sky Oaks Gym

## NEW! In-Person Awareness & Self-Defense Training for All

Experience a new approach to personal safety with the RAT Power Model – "Recognize, Assess, Take-Action". In this dynamic, hands-on class, you'll learn to trust your instincts, sharpen awareness, and practice simple, effective self-defense techniques that work in real life. Build confidence, strengthen boundaries, and leave feeling more prepared (and powerful) in various situations. Perfect for all experience levels. Empower yourself - you are your best defense.

In partnership with Prior Lake Community Education.

F831-3 Sat Mar 14 10 am-12 pm \$55 Twin Oaks Gym C

Take charge of your personal safety in less than 10 minutes a day with our empowering 5-week online Foundations in Self Defense course. See page 22

## Dance

### Easy Partner Dancing for All Occasions Adults & Teens Age 16+

Looking for a fun way to move, connect, and try something new? This easy-going dance class is perfect for pairs 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. Pairs stay together for the duration of the course. All ages of partnered adults and teens 16+ are welcome.

Deanna Constantine

D368-3 Th Feb 26-Mar 12 6:30-7:45 pm  
3 sessions \$55 DEC Studio A





# Home & Special Interest

## 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. Informative, inspiring handouts are included to keep you motivated.

### Getting Organized

Preserve, Organize and Share Family Memories & Photos  
Learn best archival supplies for safely handling and organizing physical family photos, documents, movies, videos and audio tapes. Consider what to save, toss and/or possibly donate. Explore home, local and online scanning options and the safest permanent online cloud storage. Discuss digital uploading, organizing and dating photos and documents to share with family and friends. Consider illustrated printed books to preserve your cherished memories for generations to come.

W745-SH-3A W Feb 11 6-8 pm \$29 DEC Rm 2022

### Decluttering Intimidating Spaces

Closets, basements, attics, garages and storage units can be intimidating spaces to declutter, representing "hidden clutter" accumulated behind closed doors in your home and in expensive storage units. Explore why we cling to a diversity of items we will most likely never wear or use again, diminishing our peace-of-mind and our money. Learn how to fearlessly declutter, organize and empty these spaces to lighten your life and save time, money and energy.

W745-SH-3B W Mar 11 6-8 pm \$29 DEC Rm 2022

### Taming Your Paper Chaos

Paper is necessary in our homes, but left untamed, it multiplies on every flat surface and in every room. 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. Leave with inspiration to tame your paper piles immediately.

W745-SH-4A W Apr 8 6-8 pm \$29 DEC Rm 2022

## NEW! Play Your Way to a Stronger Relationship A Couple's Education Course

This two-hour workshop equips couples with practical, research-backed strategies for navigating conflict and strengthening their relationship. Based on the work of renowned relationship experts Drs. John and Julie Gottman, the class draws on over 40 years of research into what makes relationships succeed or fail. The facilitator will lead games and activities selected from the books *The Seven Principles for Making Marriage Work*, *Fight Right*, and *Eight Dates* to teach concepts including repairing negativity in conflicts, accepting influence, expressing admiration, and building a love map of your partner's world. Disclaimer: This workshop is not therapy and is not a substitute for mental health care. Kayla McGrady is not a licensed therapist and does not provide clinical counseling.

W864-T-3 T Feb 10 6-8 pm \$25 DEC Savage Rm

## Living Fully, Dying Peacefully Embracing Death's Sacred Journey & 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.

Ann Viveros

H422-SH-3 Sat Jan 10 10 am-12:15 pm \$29 DEC Sr. Center

## 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 at Diamondhead. Your specific time will be confirmed directly with the instructor. Community Education will collect your payment at the time of class confirmation.

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



## NEW! Adult Improv

### with Stevie Ray's Improv Company

Learn to think on your feet, gain self-confidence, and improve skills for work or home (plus, it is a ton of fun). No experience necessary. If you think this is just for young folks, think again. Our adult students range in age from early 20s to 99 years old (and she acts younger than anyone). The class culminates with an exciting recital for family and friends at Stevie Ray's Comedy Cabaret, located at the famous Chanhassen Dinner Theaters! Don't wait to check I performed comedy for a live audience off your bucket list.

L894-3 W Feb 4-Mar 11 6-8 pm  
6 sessions \$100 DEC Savage Rm

## 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 8-10 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

P725-4 W Apr 22 6:30-8 pm \$39  
DEC Rm 2020

## 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.*



# Money Matters

## NEW! Four Successful Strategies

### Protect the House, Farm, Cabin and More Before and After Your Death

Our family has a cabin, homestead, hunting land, farm or second home: How do we protect this family legacy and move its use and enjoyment into the future? Various sources and forces threaten its very existence: The nursing home and Medicaid (MA), estate taxes, family divorces, creditor and bankruptcy issues, taxes and expenses, unequal resources of owners, the in-laws and use and enjoyment equality. We will provide real-life solutions and explore paths to resolution that will solve our problems without driving the family apart or sacrificing the family legacy asset.

*Steve Ledin and Rolf White*

M675-3A Th Jan 8 6:30-8 pm \$10 DEC Rm 2020

## How to Pay for the Nursing Home

The biggest fear for most baby boomers is how to pay for the nursing home and still leave an inheritance. Is Long Term Care Insurance for me? What about home healthcare? Should I gift my money away? Would I qualify for Medicaid? What about my current Trust, does it protect my assets and avoid the nursing home? What is the 60-month claw back? What if my spouse goes into the nursing home and exhausts our money? Learn how to create an effective plan to deal with these uncertainties.

*Steve Ledin and Rolf White*

M675-3B T Feb 17 6:30-8 pm \$10 DEC Rm 2020

## Social Security for Couples

### Maximizing Your Benefits Together

Learn how marriage impacts Social Security, Deciding when to claim, coordinating with other income sources, taxes and social security, working while receiving benefits, techniques higher-earning couples can utilize. Class is essential for married couples wanting to ensure they receive their full share of the Social Security benefits they've earned. Single, widowed are welcome as well.

*Rolf White*

M675-3C W Mar 4 6:30-8 pm  
\$10 per individual, \$15 per pair DEC Rm 2020

## Ladies Only Your Strategic Guide to Maximizing Social Security Benefits

Women face unique challenges when it comes to maximizing their Social Security benefits. Learn how to qualify for spousal and survivor benefits off your husband's record, increase your payments by delaying claims as long as possible, manage the earned income limits if you continue working, collect on your ex-spouse's record after divorce, and minimize taxes on your social security income in retirement.

*Rolf White*

M675-4A T Apr 14 6:30-8 pm \$10 DEC Rm 2020

## 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. You will get an overview for Medicare coverage and explanations of Part A, B, C and D. You'll also learn about how and when to apply and how to avoid penalties. All ages are welcome to attend.

*Melody Manthey*

M621-3 W Feb 11 6-7:30 pm \$10 DEC Rm 2020

## The Baby Boomer's Guide to Medicare Planning Learn the Medicare Basics

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. Optional one-on-one meetings are free for attendees to discuss specific options and available plans if so desired.

*John Mazzara*

H435-3A M Jan 26 7-9 pm \$15 DEC Rm 2020

## Introduction to Senior Housing

Aging often involves transitioning to different housing. The process involves coordinating financial and physical health considerations and frequently downsizing a home. We review these aspects so you can plan. We'll discuss buying & renting-subsidized and elderly waivers, market-rate apartments, 55+, CCRC, independent/assisted living age in place, memory care, cooperatives, condo/townhouses. Explore alternatives to just single-family living.

*John Mazzara*

H435-3B T Jan 27 7-9 pm \$15 DEC Rm 2020

## First-time Buyers

### Learn How to Buy a Home Using Special Loans, Grants & First 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 three years.

*John Mazzara*

H435-3C W Feb 25 7-9 pm \$15 DEC Rm 2020



# Sports & Recreation



## Open Basketball

Preregistration is required for this 'pick-up' style game.

**8-10 pm NMS Gym No play Feb 16, 18, May 6, 25**

S589-M-3A	M	Jan 5-Mar 30	12 sessions	\$60
S589-W-3B	W	Jan 7-Apr 1	12 sessions	\$60
S589-M-4A	M	Apr 6-Jun 29	12 sessions	\$60
S589-W-4B	W	Apr 8-Jun 24	11 session	\$55

## Tae Kwon Do

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*

**Youth Age 12+ Green to Black Belt & Adult All Levels**

**T, Th 7:15-8:30 pm Sky Oaks Gym No class Jan 15, Feb 17**

STK2-3A	Jan 6-29	7 sessions	\$56
STK2-3B	Feb 3-26	7 sessions	\$56
STK2-3C	Mar 3-19	6 sessions	\$48
STK2-4A	Mar 31-Apr 23	8 sessions	\$64
STK2-4B	Apr 28-May 21	8 sessions	\$64
STK2-4C	May 26-Jun 11	6 sessions	\$48

## Stay healthy & active this winter!

Check out other fitness classes on pages 13-15.

## 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>.

Volleyball League meets Mon at Eagle Ridge gym

6:15-10:15 pm 8 sessions \$170/team

Winter League Jan 5-Mar 2 (No play on Feb 16)



# Eye protection is highly recommended for all pickleball offerings



## Introduction to Pickleball

Designed for those who have never played or have just begun playing pickleball.

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. Court Managers Jason and Mitch. Paddles and balls provided.

**Th 6-7:30 pm \$109 Cedar Gym**  
S590-RC-3A Jan 8-Feb 19  
S590-RC-4A Feb 26-Apr 16 No play Mar 5

## 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 & 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. Court Manager Kraig. Paddles and balls provided. Court/Tennis shoes.

**W 6:15-7:45 pm Cedar Gym**  
S590-WC-33A Jan 7-Feb 11 5 sessions \$99  
S590-WC-44A Feb 25-Apr 15 8 sessions \$119

## Pickleball Social Play

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

No play Feb 16, 17

S594-MR-4A M Jan 12-Apr 20 6-9:45 pm \$116 Rahn Gym  
S594-TR-4B T Jan 13-Apr 21 6-9:45 pm \$116 Rahn Gym  
S594-FC-4C F Jan 9-Apr 10 6-9:45 pm \$84 Cedar Gym

## Pickleball Level Up Players below 3.25 level

Instructor led class designed to level up your pickleball skills. Topics include 3rd shot drop and 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. Instructor Jay D. Prerequisites: Participants must be below a 3.25 level, know the rules/scoring, and have played >20 games.

**M 6-7:30 pm Cedar Gym**  
S591-MC-3 Jan 5-26 4 sessions \$55  
S591-MC-4 Mar 2-Apr 6 6 sessions \$80

## Pickleball Teams Class

For players with current play level of 2.5-3.5 with a firm grasp of rules and game play.

Work to be a better teammate, play better, and argue less about whose ball that was. This unique instructor led class is designed to help improve team dynamics such as moving as a team, offensive/defensive strategies, stacking, communication, and maximizing your strengths as a team. Class consists of drills, strategies & active team play with instructor observations/feedback. Play against guest teams brought in by the instructor to put your newly learned techniques to the test. Registered partners always play together. Some league/tournament play may be helpful. Teams can be any combination of gender. Instructor Dave Ruocco.

S591-MC-03 M Jan 12-Mar 2 7:45-9:45 pm  
\$200 per team of 2 Cedar Gym

## Pickleball Drill & Play

Instructor led class geared towards players under 3.75 level

For players looking to improve their pickleball skills and build confidence/consistency in their play to become a better pickleball partner. Typically class will consist of 45-60 minutes of instructor led drills followed by game play with instructor observations and feedback. Players provide own paddles. Instructors Jason & Mitch.

**Th 7:45-9:45 pm \$129 Cedar Gym**  
S592-RC-3A Jan 8-Feb 19  
S592-RC-4A Feb 26-Apr 16

## Pickleball Intermediate Drill & Play

For players possessing a 3.25-3.75 skill level that play on a regular basis.

This instructor led class is geared towards advancing players looking to take their pickleball game to the next level. Learn where and how to place your shots for maximum impact with a series of fun, challenging drills and drilling based games. Typical class will consist of 45-60 minutes of instructor led drills followed by game play with instructor observations/feedback. Instructor Dave Ruocco. Prerequisites: Participants must be above a 3.25 level, know the rules/scoring and play regularly.

S592-MC-14 M Mar 9-Apr 6 7:45-9:45 pm  
\$109 Cedar Gym

## Pickleball Competitive Play

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

Eye protection is highly recommended. Players provide their own paddles and balls. Court manager Leo.

S593-RR-4 Th Jan 8-Apr 9 6-9:45 pm  
14 sessions \$116 Rahn Gym

# Online – Live Virtual Classes

Participants must be registered prior to receiving the class Zoom link & must sign into Zoom with their registration name for attendance purposes 10 minutes prior to the class start time.

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. Office staff is available Mon-Fri, 8 am-4 pm. 952-707-4150. No password is required.



## Cooking with Kirsten Madaus

Participants will receive an extensive handout along with the link to join prior to class. There will be ample time for questions during the session, and participants will receive a link to the recording afterwards so you can cook along at your convenience.

### Freezer Meal Prep

Prep along with Kirsten & Megan in your own kitchen to stock your freezer! As we all prep and assemble different entrees together we'll talk about Meal Planning and make ahead tips & tricks. You'll receive an extensive shopping list & recipe handout before class (with lots of substitutions for GF, DF, and meatless options).

O405-SH-3A Sat Jan 24 3-4:30 pm \$29

### Flavor Forward Spring Bowl Meals



Spring into fresh flavors. We'll prepare a grain base and a protein. While those are cooking, we'll make sauce and some fresh sides, then assemble everything to enjoy now or pack separately for meal prep.

O405-SH-3B Th Feb 26 6:30-8 pm \$29

### Air Fryer Veggies

Using an Air Fryer to cook vegetables is quick-and the healthy results are delicious! In this live online class, Kirsten will demonstrate a variety of recipes using in-season local and/or commonly available vegetables including Lemon Pepper Broccoli, Miso Sesame Kale Chips, and Roasted Sweet Potato Sticks.

O405-SH-4A Th Apr 9 6-8:30 pm \$29

## Ploy's Kitchen

### Dim Sum for Beginners

Dim Sum is a popular style of Cantonese cuisines that include small dishes that highlight different flavor profiles and cooking techniques. In this online interactive class, we will make cha shu chicken pastry, braised chicken with mushrooms, and vegetables with ginger garlic sauce.

O425-SH-3A Th Jan 29 6-8 pm \$39



### Hand-Pulled Noodles from Scratch

Hand-pulled noodles are so much fun and they are much easier to make than you would think. In this online interactive class, you will learn 2 different techniques to pull noodles: Biang Biang and Lamian noodles. We'll turn Biang Biang noodles into a noodle salad with chili sauce. We'll turn Lamian noodles into miso noodle soup.

O425-SH-3B Th Feb 12 6-8 pm \$39

### Pâte à Choux Eclairs and Cream Puffs

Pâte à Choux is a versatile pastry base that can be transformed into a variety of delicious desserts. In this online interactive class, we'll make cream puffs and éclairs using the pâte à choux technique. We will fill them with delicious pastry cream and dip them in chocolate glaze.

O425-SH-3C Th Feb 26 6-8 pm \$39

### Laksa Singapore Curry Noodle Soup

Let's bring a hawker centre to your kitchen and learn how to make delicious Singapore laksa from scratch. We will start with making laksa paste from scratch and then turn the paste into the popular Singapore Laksa with chicken, shrimp, and tofu. You can choose to make laksa with just the chicken or just tofu. Nothing can beat homemade laksa!

O425-SH-3D Th Mar 26 6-8 pm \$39

### North Indian Cooking

North Indian food has bold and rich flavors from ghee, cream, and spices. Let's learn how to layer flavors using different spices. We will make butter chicken (chicken Makhani), flavored rice, and flavored yogurt (raita).

O425-SH-3E Th Apr 23 6-8 pm \$39

# Online Health, Wellness & Safety



## QiVitality! & Qigong with Christy Lovlie

*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.*

### 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!

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

O703-TSH-3A Feb 3-Mar 3  
O703-TSH-3B Mar 10-Apr 14 No class Mar 24  
O703-TSH-4 Apr 21-May 19

### 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.

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

O705-SH-3A Feb 2-Mar 2  
O705-SH-3B Mar 9-Apr 13 No class Mar 23  
O705-SH-4 Apr 20-May 18

### NEW! Foundations in Self-Defense

**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.

#### Register online at

<https://powerupwithlisa.com/products/self-defense-online-course>

\$49 registration includes lifetime access and a fillable, printable PDF workbook.



## UGotClass Online Career & Certification Classes

Update, add on 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:



# Live Virtual Classes with Janice Novak

Janice Novak has a Master's degree in Health Education and is an internationally acclaimed author, speaker and wellness consultant. Participants receive a link to join class via email the day prior to class.



**ONLINE**

All classes meet  
6-7:30 pm Via Zoom

## Overcome Your Carbohydrate Cravings

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two-week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain.

O720-T-3A T Jan 27 \$29

## Heart Health For Women

Heart disease is the number one killer of women. Symptoms are different for women than for men so many symptoms are ignored or go unrecognized. You have the power to control, prevent, and in some cases, reverse heart disease. We'll discuss signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life.

O720-M-3B M Feb 2 \$29

## Accupressure

### To Relieve Stress, Anxiety & Insomnia

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

O720-M-3C M Feb 23 \$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-3D M Mar 2 \$29

## JUST BREATHE!

### Techniques to Calm, Center & Balance

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice to improve energy levels, health, and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response and decrease depression and anxiety. Breathing exercises are powerful, free and literally right under your nose.

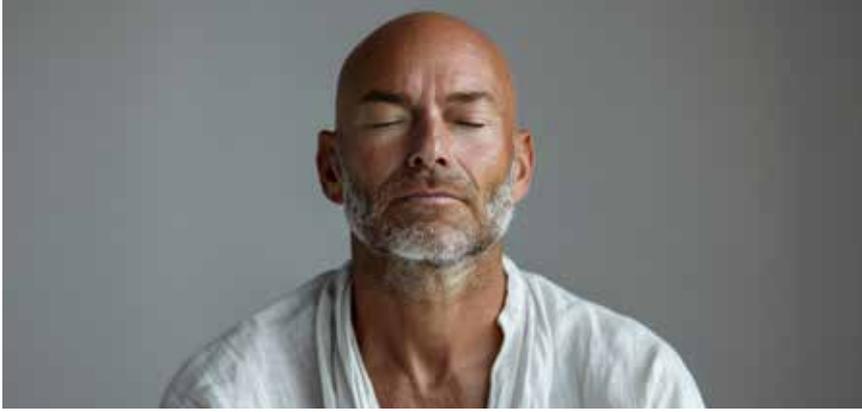
O720-M-3E M Mar 16 \$29

## Acupressure Face Lift & Skin Savvy

Here's a face lift you can do at home. Acupressure is an ancient Chinese healing method that works with the energy that flows through your body. Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin; increase firming; even decrease headaches, relieve eye strain, soothe nerves, and increase relaxation. Learn how to make your skin healthy from the inside out.

O720-T-4A T Apr 14 \$29





## Online Health & Wellness with Jesse Wicher

Jessie is a professional singer, voice teacher and holistic health practitioner

### NEW! Emotional Release for Inner Peace

Inner peace is impossible to maintain while we still hold on to the very feelings and beliefs that keep us from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and actually sabotage our inner peace. In this single evening course, you will learn simple yet effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Come learn to rest in the peaceful state of loving acceptance that is our true nature.

O847-M-3A M Mar 2 5:30-8 pm \$45

### NEW! "The Call of Paradise"

#### A Spiritual Journey to Hawaii

Have you ever dreamed of traveling to Hawaii? Sun-kissed beaches, firey volcanoes, luau feasts... Hawaii is all of these things and more! Come spend an evening luxuriating in the aloha of the islands as we look more deeply into the history, culture and spirituality of this remarkable part of America. Through fascinating pictures and stories we will explore the rich heritage and traditions that make Hawaii one of the most beautiful, healing and life-giving places on Earth. This year our journey will take us to the beautiful islands of Oahu and the Big Island of Hawaii. In the midst of tropical landscapes, we'll visit the solemn memorials of Pearl Harbor and tour Iolani Palace - the only royal palace in America. We'll also journey to majestic Hawaii Volcanoes National Park to witness the creation of new land and life. In addition, we will get to meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the birthplace of Reiki Healing in America.

O847-M-3B M Mar 16 6-8 pm \$20

### NEW! Self-Growth & the Art of Singing

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

O847-M-4 M Apr 27 6-8 pm \$40

## Online Language & Communication

### NEW! Adult Conversational Spanish Classes with Futura

As the demand for Spanish language skills grows, Futura offers affordable, LIVE virtual classes tailored for busy adult learners. Held weekly from 6-7pm CST via Zoom with a dynamic instructor, our interactive courses provide the flexibility to learn from anywhere. We offer Beginner, Intermediate, and Advanced levels, along with specialty courses like Spanish for Travel. Whether you're starting fresh or looking to improve, our conversational approach focuses on real-world application to build confidence in communication. All class handouts and recordings are available on our website for easy access and practice. Enroll today and start your language-learning journey! View further details on class content at [isd191.arux.app](http://isd191.arux.app).

All classes meet from 6-7 pm 6 sessions \$130

#### Beginner Part 1

L265-SH-3A M Feb 23-Mar 30

#### Beginner Part 2

L265-SH-3B T Feb 24-Mar 31

#### Intermediate Part 1

L266-SH-3A W Feb 25-Apr 1

#### Intermediate Part 2

L266-SH-3B W Feb 25-Apr 1

#### Spanish for Travelers

L267-SH-3 Th Feb 26-Apr 2



# Online Technology Courses

## Nickie Welsh, Social Club Simple

Nickie is passionate about helping adults 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!

### One-Hour Instagram Mastery

#### Grow Your Business Today

Curious about how Instagram can drive significant growth for your customer base and sales? This engaging beginner-level class has the answers you need to grow your business with Instagram. Discover the key steps to boost your company's bottom line. Plus, learn to create irresistible content and have fun along the way! Join us to unlock the potential of Instagram for your business.

O489-SH-3A T Jan 27 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-3B T Feb 3 12-1 pm \$35

### NEW! Canva Power Hour

#### Advanced Tricks That Save You Time

Take your Canva skills to the next level with advanced techniques and hidden features that will streamline your design workflow. This intensive one-hour workshop is perfect for users already familiar with Canva basics who want to discover time-saving shortcuts, professional design hacks, and lesser-known tools that make creating stunning graphics effortless. Leave with insider tips that will transform how you approach design projects and cut your creation time in half.

O489-SH-3C T Mar 3 12-1 pm \$35

### NEW! Phone Photo Rescue for Beginners

Are you overwhelmed or running out of storage with all of the photos just sitting on your phone? In our live online workshop, you will delete the clutter, and learn how to create printed photo books, and protect your precious memories forever. In just one hour, you'll transform your chaotic photo collection into an organized library you can actually navigate, plus learn maintenance habits that take only minutes each week, without the tech jargon.

O489-SH-3D Th Mar 5 12-1 pm \$35

## Online with LeeAnne Krusemark

LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

### Be a Better Writer

#### 10 Easy Tips to Improve your Writing NOW!

We write everyday: emails, social media posts, work projects, and even non-fiction or creative writing. Improving is just a matter of knowing some simple tricks to make your writing more impactful and readable, and may help get you a promotion at work or avoid rejection from a publisher. In this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest, and you will leave with a workbook full of writing tips and tricks, which is included in the class fee.

O689-SH-3A Sat Mar 14 10 am-1 pm \$42

### How to Write Your Life Story for Fun or Non-Profit

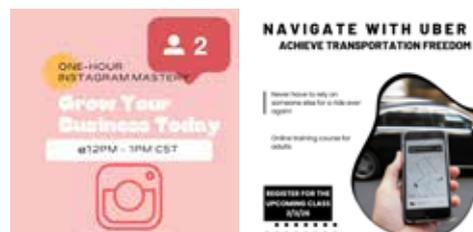
You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people that shaped who you are, and bring your story to life. Your handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing/publishing options will also be discussed.

O689-SH-3B Sat Mar 28 10 am-1 pm \$42

### NEW! Speak Up, Stand Out Public Speaking for Beginners

Terrified of public speaking? You're not alone - and this beginner-friendly class will help you ditch the nerves and find your voice. Whether you're presenting at work, reading your writing aloud, or giving a speech at a special event, you'll learn the fundamentals of confident, clear communication. We'll cover how to organize your thoughts, speak with clarity and purpose, manage anxiety, and connect with your audience. Through low-pressure activities and practical tips, you'll leave feeling ready to speak up and stand out - no podium panic required.

O689-SH-3C Sun Mar 29 11 am-1 pm \$35



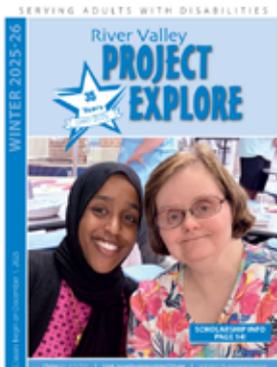
## **INCLUSIVE OPPORTUNITIES FOR ADULTS**

# RIVER VALLEY PROJECT EXPLORE



River Valley Project Explore is a program designed to serve adults with disabilities. RVPE is a consortium of five school districts that provides customized learning, social and recreational activities.

Do you like to dance, bowl, cook, craft, play bingo, go on outings or visit with friends? If yes, scan the QR code for all of our Winter-Spring programs.



VISIT OUR WEBSITE AT [CE.DISTRICT196.ORG](http://CE.DISTRICT196.ORG) FOR MORE INFORMATION OR CALL US AT 651-423-7931.



### Winter-Spring Sports:

Registration \$30 @ [isd191.arux.app](http://isd191.arux.app)

Poly Hockey D693-3A  
W Dec 3-Feb 25 6-7:30 pm  
Sky Oaks Gym

Track & Field D693-3B  
M Apr 6-June 8 6-7:30 pm  
BHS Pates Stadium

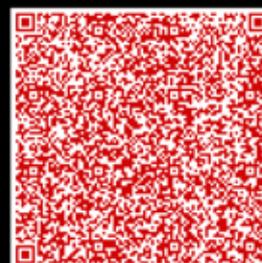
Basketball D693-BB3  
W Mar 18-May 20 6-7:30 pm  
BHS Activity Center

FOR MORE INFORMATION INCLUDING SPORTS SCHEDULES, VISIT:

<https://blastspecialolympics.com>

The BLAST is a growing delegation of Special Olympics Minnesota located in the South Metro / Burnsville area. We are a diverse group of 150+ active athletes of varying skill levels and 60+ dedicated coaches, Unified Partners, and volunteers participating in 11 different sports offered throughout the year.

If you are not a current special Olympics athlete, please visit [specialolympicsminnesota.org](http://specialolympicsminnesota.org) and complete an athletic application. Register for Special Olympics with District 191 Community Education.



# 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+



## 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, stop by for our Winter Open House on January 15 from 1-3 pm. In March we are celebrating the Lunar New Year with a little help from our friends at the Chinese Senior Citizens Society. Check out our new Viewers Like Us Club provided in partnership with Twin Cities Public Television. Spring brings the Bake Sale, Volunteer Breakfast and the ERA Health and Wellness Expo! You don't need to wait for a special occasion though, stop by anytime 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 Meetings are at 9:30 am on the 3rd Monday of the month

## 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

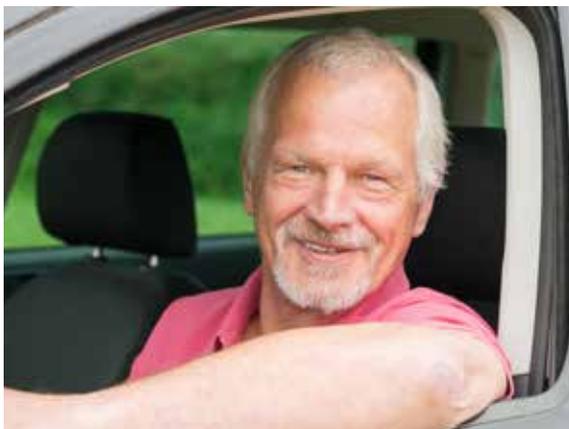


Drivers age 55+ are eligible to receive a 10% discount on their auto insurance

## 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. All classes are \$24 per person and are held in the DEC Meeting Rm



### Preregistration required.

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

### 1-5 pm

0904-Jan07	Wed	Jan 7
0904-Jan12	Mon	Jan 12
0904-Feb02	Mon	Feb 2
0904-Feb13	Fri	Feb 13
0904-Feb25	Wed	Feb 25
0904-Mar05	Thu	Mar 5
0904-Mar10	Tue	Mar 10
0904-Mar19	Thu	Mar 19
0904-Mar30	Mon	Mar 30
0904-Apr02	Thu	Apr 2
0904-Apr14	Tue	Apr 14
0904-Apr29	Wed	Apr 29
0904-May05	Tue	May 5

### 5:30-9:30 pm

0904-Jan08	Thu	Jan 8
0904-Feb12	Thu	Feb 12
0904-Mar18	Wed	Mar 18
0904-Apr08	Wed	Apr 8

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. Certificates may not be available in class to those enrolling less than 5 days prior to class date. Late enrollees will receive their certificate via email.

# Ongoing Activities & Programs



## Quilters

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

Jan 13, 27, Feb 10, 24, Mar 10, 24, Apr 14, 28, May 12, 26

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**

Jan 12, 26, Feb 9, 23, Mar 9, 23, Apr 13, 27

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

## Crafters

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

Jan 15, Feb 5, 19, Mar 5, 19, Apr 2, 16

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.

## Knitters & Crocheters

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

Jan 9, 23, Feb 13, 27, Mar 13, 27, Apr 10, 24

Using donated yarn, this group produces hundreds of mittens, scarves, lap robes, afghans, booties, and slippers and donates them to charitable organizations within our community. Newcomers are welcome. We'll help you learn the basic knit and crochet stitches. Yarn donations are welcomed.

## South Metro Stitchers

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

Jan 26, Feb 23, Mar 23, Apr 27

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.

## Twin Cities Ukulele Group

**Wed, 10 am-12 pm**

For more information contact [ukulelefun222@gmail.com](mailto:ukulelefun222@gmail.com)

## Woodcarvers

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

BWCC-2526 \$25

Begins Jan 8 after winter break

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.**



To all who have contributed to our Annual Giving Campaign, your generosity is appreciated.





## 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

Euchre, 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, 12:30-2:30 pm

We'll play modern games like Ticket to Ride, Azul, Wingspan and more. Or bring one of your favorites to share with the group. Board games are a great way to exercise your mind, and enjoy pleasant conversation. Come and have fun!!!

## 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.

Jan 19 - Klara and the Sun by Kazuo Ishiguro

Feb 16 - The 1619 Project: A New Origin Story edited by Nikole Hannah-Jones, et. al. (Black History Month)

Mar 16 - Grapes of Wrath by John Steinbeck

Apr 20 - Lion Women of Tehran by Marjan Kamali (Arab American Month)

## 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

Fri, Jan 9, Feb 13, Mar 13, Apr 10

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, Jan 6, Feb 3, Mar 3, Apr 7

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



**Burnsville Senior Center**  
**VOLUNTEER BREAKFAST**

**RISE AND SHINE**  
It's our way of saying thanks

**THURSDAY, APRIL 30**  
**10 AM**

Breakfast prepared by students in the  
Burnsville High School Culinary Pathway

It's free to attend. Just give us a call with your RSVP 952-707-4120



All activities held in DEC Meeting Room unless otherwise listed Space is limited. Remember to RSVP for each program you are attending! 952-707-4120



### Daytime Disco

Fri, Jan 9, Feb 13, Mar 13, Apr 10

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 DEC Studio B \$1 per session



### BSC BINGO

We'll play a few games, share a few laughs and win a few prizes. No cost to participate, but please register in advance. Space is limited. January Sponsor: Ebenezer Ridges, March Sponsor: The Timbers of Apple Valley

09GG-Jan29 Thu Jan 29 1-2 pm  
09GG-Mar31 Tue Mar 31 1-2 pm

### Winter Open House January 15, 1-3 pm

Join us for an afternoon of socializing, delicious refreshments and festive cheer!  
RSVP at 952-707-4120





## Listen & Learn

### With Superintendent, Dr. Latanya Daniels

Join us to meet and welcome Dr. Latanya Daniels, the new superintendent of ISD 191. Dr. Daniels' vision is rooted in the belief that every student deserves a high-quality education, filled with opportunities to dream big and achieve their fullest potential. The Listen & Learn session gives us an opportunity to get to know Dr. Daniels, ask questions, and share our thoughts and experiences when it comes to the District 191 community.

09GG-Jan12 Mon Jan 12 10 am

## NEW! Viewers Like Us Club

The Viewers Like Us Club is a thoughtfully curated program from Twin Cities PBS (TPT) designed to bring adults together around meaningful media. It's like a traditional book club but swaps out the latest best-selling novel with award-winning programs from your local PBS station. You will experience a welcoming space to watch and discuss PBS stories, featuring both local Minnesota and national content. Free and open to all!

## The Electric Indian

Henry Boucha's story can break your heart if you don't look hard enough. His story is one of struggle, tragedy, and triumphs. The Electric Indian follows Boucha's journey from high school hockey standout to Olympic medalist; from professional stardom to crushing defeat; and from struggle to healing.

09GG-Feb19 Thu Feb 19 1-2:30 pm

## America Outdoors with Baratunde

### Thurston: "Minnesota: A Better World"

What does the wild mean to Americans today? To find out, Baratunde journeys into Minnesota's Arrowhead Region, one of the last places where you can hike or paddle your way into the remote wilderness. From passionate birders to harvesters of wild rice, he encounters a fascinating cast of characters- and hears from them why wilderness means so much.

09GG-Mar12 Thu Mar 12 1-2:30 pm Rm

## Lunar New Year Celebration

Welcome members of the local Chinese Senior Citizens Society, who will join us and share information about the Lunar/Chinese New Year Celebration. Enjoy the traditional Dragon Dance and hear the history behind this impressive display. Learn a bit about the Lunar New Year, and enjoy traditional food together. Provided in partnership with the Chinese Senior Citizens Society and David Fong

Sponsor: inHom Care and Ebenezer Ridges  
09GG-Mar06 Fri Mar 6 1-3 pm DEC Sr Center Mtg Rm

## DARTS Tech Buddies

Receive free one-to-one technology assistance with a DARTS Tech Buddy volunteer. Bring your tech questions about smart phones, email, laptops, tablets. Contact DARTS with questions at 651-455-1560.

**No appointment necessary.**

Stop by at 2 pm on Wednesday Jan 28, Feb 25, Mar 25, Apr 15.



Diamondhead Education Center  
200 W Burnsville Parkway  
Door 12

**Thursday, April 2 9 am-2 pm**

# Bake Sale

Enjoy delicious treats baked with love  
custom crafts by seniors  
vintage jewelry  
& our famous BSC sloppy joe lunch

**Burnsville Senior Center**  
Where aging is embraced

Cash, Check, CC accepted  
Proceeds benefit the  
Burnsville Senior Center

# 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**

**DEC Studio A**

09LD3A Jan 8-29

09LD3B Feb 5-26

09LD4A Mar 5-26

09LD4B Apr 2-30



## 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**

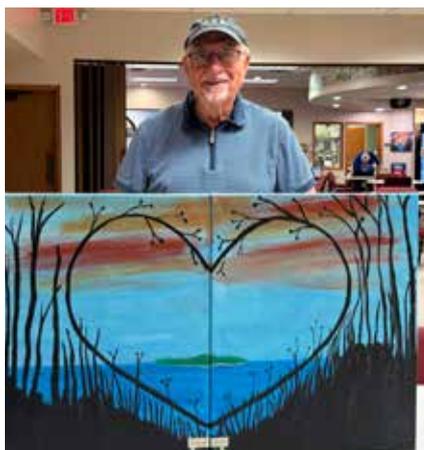
**DEC Sr Center Mtg Rm**

09SS-01 Jan 5-30

09SS-02 Feb 2-27

09SS-03 Mar 2-30

09SS-04 Apr 1-29



## 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 DEC Studio B**

09WW-01 Jan 7-28 4 sessions \$39

09WW-02 Feb 4-25 4 sessions \$39

09WW-03 Mar 4-25 4 sessions \$39

09WW-04 Apr 1-20 5 sessions \$49

## 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 \$12**

**DEC Sr Center Mtg Rm**

09PW-Jan26 Jan 9-30

09PW-Feb26 Feb 6-27

09PW-Mar26 Mar 6-27

09PW-Apr26 Apr 3-24

## Walking Club

**Thur at 10:30 am**

Meet at Burnsville Center Entrance 3 on the upper level near Penney's.

## Ping Pong

The Chinese Senior Citizens Society invites you to play Ping Pong with them at Diamondhead Education Center. Bring your own paddle. Register in advance at the Burnsville Senior Center.

**09PP-03 Tue/Fri Jan 6-Apr 28**

**1-5 pm DEC Studio A \$20/quarter**

## Keeping You Sharp!

Are you excited to add a little spark to your routine and feel amazing? We've created a special program just for you, and it's all about having fun while keeping you sharp!

Forget those tough workouts; we focus on graceful, flowing movements that are gentle on your body but super effective. You'll be pleasantly surprised at how much your balance, coordination, and agility improve, making everyday tasks feel easier and boosting your confidence along the way.

But wait, there's more! This isn't just about the physical side of things; we're also here to give your brain a delightful boost. Imagine sharpening your focus, enhancing your memory, and feeling more alert and confident.

Come on and join us! Discover a vibrant new you, full of energy and clarity.

**Tues 11-11:45 am DEC Studio B**

09KF-Jan26 Jan 6-27 4 sessions \$39

09KF-Feb26 Feb 3-24 4 sessions \$39

09KF-Mar26 Mar 3-31 5 sessions \$49

09KF-Apr26 Apr 7-28 4 sessions \$39



## Stroke Support Group

4th Tue at 10:30 am Jan 27, Feb 24, Mar 24, Apr 28, May 26

The Stroke Support & Education group meets at the Burnsville Senior Center, 200 W. Burnsville Parkway.

Provided in cooperation with M HEALTH Fairview.



## Myelodysplasia Syndrome & Waldenstrom Information Meeting

Casual informative group meeting for patients and caregivers. These two blood disorders are rare. Come together with others for information and support, and know that you are not walking this journey alone. Meet the Five State Director of Blood Cancer United, Riley Menagh. Bring your questions, share your story and meet new friends. RSVP online or call the Burnsville Senior Center. 952-707-4120.

09HS-Jan19 Mon Jan 19 6:30-7:30 pm DEC Sr Center Mtg Rm

## 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

Jan 21, Feb 18, Mar 18, Apr 15, May 20

Arbor Ridges visits the Burnsville Senior Center 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 Jan 22, Mar 26

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.



# ERA Aging & Wellness Expo

Thursday, April 23, 2026

2:00 – 5:00pm

Burnsville Senior Center

952-707-4120

(Diamondhead Education Center – 200 W. Burnsville Pkwy.)

\* Exhibits \* Resources \* Screenings  
Goodie Bags \* Door Prizes \* Treats



Promoting area services for older adults and caregivers.

[www.erasouth.org](http://www.erasouth.org)

## 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/](http://trellisconnects.org/get-help/Medicare/) or call the Minnesota Aging Pathways. Line at 1-800-333-2433 or online. 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 Minnesota Aging Pathways can help you.



# Coffee Talks

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

Advanced registration required. Register online or by calling 952-707-4120.



## Hearing Health & Helpful Devices

Thu, Jan 22 at 10 am

Have you heard that 1 in 5 people experience hearing loss? Do you ever have trouble hearing phone conversations? You are not alone. Please join us for a presentation about hearing health as we age, and learn about helpful resources, available at no cost thanks to assistance provided by the Americans with Disabilities Act, that can improve our phone conversations. [09CT-Jan22](#)

You'll also have an opportunity to receive a free hearing screening and/or instrument cleaning. Screenings provided by Hearing Life are by appointment. Call 952-707-4120 to schedule your appointment.

*Presenter CapTel Phones Sponsor OEI on behalf of CapTel.*

## Healthy Heart Information

Tue, Feb 3 at 10 am

Understanding cardiovascular disease, the risk factors, prevention and recommended activity. [09CT-Feb03](#)

*Presented by Fox Rehabilitation providers of in home Physical, Occupational, & Speech Therapies Sponsor: The Rivers in Burnsville*

## Fall Prevention Tue, Feb 17 at 10 am

Join us for an informative discussion on fall prevention, balance, and fall-risk awareness. Fight the Fall! [09CT-Feb17](#)

*Presenter: Dr. Jena Sponsor: Ebenezer Ridges*

## Estate Planning with Firearms

Mon, Feb 23 at 10 am

Do you own firearms? Have you made plans for what happens to these assets if you become incapacitated or how they will be transferred at death? Explore these questions and more as you learn what to do with firearms as it relates to your estate planning. [09CT-Feb23](#)

*Presenter: Mary Frances Price, Elder Law Attorney*

## Before & After the Funeral

Mon, Mar 2 at 10 am

After the loss of a loved one, numerous questions arise. By understanding the pre and post-funeral processes, you can effectively plan ahead to lessen the burden on your family and gain 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. [09CT-Mar02](#)

*Presenters: Mary Frances Price, Elder Law Attorney and Elise Schumacher, Certified Preplanning Specialist.*

*Sponsor: Real Life Cooperative*

## Decluttering Wed, Jan 14 at 1 pm

What do you do with items that cannot be disposed of in our curbside trash and recycling bins? Find out where you can take them, first considering reuse and recycling options. Topics covered include clothing, household goods, furniture, electronics, appliances, hazardous waste, and scrap metal. [09CT-Jan14](#)

*Presenter Cassidy Carlisle is a Master Recycler with Dakota Valley Recycling. Sponsor: Real Life Cooperative*

## Advance Care Planning 101

Mon, Jan 26 at 1 pm

A thoughtful and practical presentation designed to guide you through the process with clarity and support. You'll explore an Advance Planning Toolkit that will help you: Reflect on your values, goals, and priorities for end-of-life care. Choose a trusted representative to speak on your behalf if you're unable to. Learn about common end-of-life medical interventions so you can make informed decisions about what you do or do not want. Whether you're just beginning to think about your wishes or ready to take the next step in documenting them, you will gain knowledge and tools to make confident, informed choices for yourself and your loved ones. [09CT-Jan26](#)

*Presenter Gina Schneider, the Minnesota Campaign & Advocacy manager for Compassion & Choices, a nonprofit organization dedicated to educating and empowering people around end-of-life care and planning. Sponsor: Senior Helpers*

## Peripheral Neuropathy

Tue, Jan 27 at 1 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.

[09CT-Jan27](#) *Align Integrative Health*

## A Fond Farewell **Mon, Mar 9 at 10 am**

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. [09CT-Mar09](#)

*Presenter: Elise Schumacher Certified Preplanning Specialist.  
Sponsor: Real Life Cooperative*

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

**Mon, Mar 23 at 10 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 can be taken by surprise. [09CT-Mar23](#)

*Presenters Jeanne McGill, Certified Preplanning Specialist 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: The Timbers of Apple Valley*

## Wills & Powers of Attorney

**Tue, Apr 7 at 10 am**

You want to plan ahead and get your legal documents in order, but where do you start and what documents will you need? What is the difference between a will and a trust? Do you really need a Power of Attorney and a Health Care Directive? [09CT-Apr07](#)

*Mary Frances Price is an accredited elder law attorney who will help clarify these issues. Sponsor: The Rivers in Burnsville*

## Long Term Care Planning

**Tue, Apr 21 at 10 am**

Medicaid, Medicare, Veterans Benefits, Long-Term Care Insurance - This course is jam packed with helpful information on financial planning for long term care expenses. Learn about multiple payment sources including Medicare, Medicare Supplemental Insurances, Veterans Benefits, Long-Term Care Insurance, Private pay and Medicaid. We'll cover many topics including financial eligibility, asset limits, gifting and transfers, look back periods, and more. [09CT-Apr21](#)

*Presenter, Mary Frances Price is an Elder Law Attorney  
Sponsor: Choice Connections Senior Living Advisors*



## Travel & Tours

**Travel Talk Thu, Feb 26 at 1 pm**

Join us to hear about an array of unforgettable travel experiences in the US and abroad presented by local, family-owned Landmark Tours. If you can't attend the presentation, call 612-230-2040 for more information or stop by the Senior Center and pick up a catalog. [09TT-Feb26](#)

## Summer Day Tour Preview

[Watch for more information on our summer day tours in the next edition of The Chatter](#)

**June 18** We visit Minneapolis and the Chain of Lakes area on a narrated riding tour chock full of history, culture, garden views and info about the urban park system that makes this such a special place.

**July 28** We enjoy lunch at the Lowell Inn and a visit to the Chateau Winery nestled in the St. Croix Valley.

## City of Burnsville Activities

[For more information call 952-895-4400](#)

### Winter Golf

Jan 24, 10 am at Birnamwood Golf Course



### Polar Fest

Jan 31, 11 am-2 pm at North River Hill Park

### Burnsville Arena Public Skating

[Residents of Burnsville Seniors may skate for free with Senior Card available from the Burnsville Senior Center.](#) Public Skate hours subject to change due to special events and holidays. Call 952-895-4651. Seniors 62+ \$6, Adults \$8.

**18 & Older** Tuesday & Friday 9-10:30 am.

**All Ages** Monday-Friday 11 am-12:30 pm.



## Potter's All Call

Saturday, Jan 24, Feb 21 9 am-3 pm  
BHS Art Wing H108

[www.tinyurl.com/bowls191](http://www.tinyurl.com/bowls191)

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 is necessary. If you'd like to volunteer for a Potter's All Call, or be on the email list for notifications sign up contact Pamela Voigt at [pvoigt@isd191.org](mailto:pvoigt@isd191.org)

Potter's All Calls happen at Burnsville High School in the Art Wing Room H108. Park in the bus lot behind the school and enter through Door 11, then follow the signs to H108.



## BrainPower in a Backpack

BrainPower in a Backpack is 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 preschool, elementary, middle and high schools 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.

Pamela Voigt, BrainPower in a Backpack Coordinator,  
ISD 191 Community Ed and Burnsville High School  
@BrainPower191 @BrainPowerBowls  
[tinyurl.com/brainpower191](http://tinyurl.com/brainpower191)

**Open to ALL! No pre-registration, just show up to shop!**



**What is Fare For All?**

**A great way to save money on high-quality foods!**

- A community-supported, affordable grocery program with locations throughout MN.
- We buy fresh fruit, veggies & frozen meat in bulk to bring you significant discounts off typical grocery store prices.
- We select the best food & pre-package it to bring you the best deals!
- Like a co-op, the more people who shop, the better the value becomes for everyone!

**BURNSVILLE: Diamondhead Education Center 200 W Burnsville Parkway (Door 11)**  
Thursday, 3:00pm – 5:00pm  
Jan 29, Feb 26, Mar 26, Apr 30

**Credit, debit, EBT, or cash accepted. No checks.**

**Fare for All visits 20+ locations around MN with affordable food!**

To find YOUR nearest sale, open your smartphone camera & hover over this!

## community pantry 191

food at no cost to you

despensa comunitaria 191  
comida sin costo para Ud

buishada cuntada bilaasha 191  
Cunto oo kuu bilaash ah



**Groceries**

1st & 3rd Tuesday of each month

**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

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



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

# Discover the perfect venue for your next event right here in your neighborhood.

Our facilities offer a variety of versatile and affordable spaces, ideal for meetings, classes performances, seminars, and athletics. We are excited to open our doors and strongly encourage all members of our community to utilize these spaces for their gatherings.

**Kyle Hinrichsen, Coordinator of Facility Use** [Khinrichsen@isd191.org](mailto:Khinrichsen@isd191.org) 952-707-4123



## 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



# Youth Enrichment

## Allison Jordan, Supervisor of Community Education

As we step into a new year, we celebrate both the joy of fresh beginnings and the connections that bring us together. 191 Youth Enrichment programming is full of opportunities for students to try something new, grow their skills, and be part of our community.

This winter and spring, students can explore a wide variety of activities:

- ◆ **Sports:** In partnership with the City of Burnsville, DASH Sports offers volleyball, soccer, pickleball, and more for athletes of all levels.
- ◆ **Chess:** Join one of our chess clubs, available for elementary, middle, and high school students who want a fun challenge.
- ◆ **Dance:** Discover movement and creativity through our classes with Mayer Arts Dance Studio.

Looking for a meaningful gift for a young person in your life? Consider a class or a gift certificate—an experience that inspires growth, keeps kids active, and sparks joy all season long. If you have any programming recommendations, I encourage you to reach out at [ajordan@isd191.org](mailto:ajordan@isd191.org) or 952-707-4104.

## Cooking School



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

### Warm & Cozy Winter Drinks

Grab a mug and cozy up by the fireplace with these tasty, hot beverages! You will never make plain, boring hot cocoa again! On the menu: Caramel Apple Cider, Nutella Hot Chocolate, Gingerbread Latte

EOW-3A T Jan 27 6-7 pm \$35

### Pretty in Pink

Wear your prettiest, fanciest dress and tiara to this dazzling class! We will be making items fit for a princess! On the Menu: Magic Pretzel Wands, PB & J Sandwich Crowns, Pretty Pizza Roses

EOW-3B M Mar 2 6-7 pm \$35

### Tasty Tacos

You don't have to wait until Tuesday to enjoy this Mexican meal! Join holistic nutritionist, Jackie Mart, in preparing this taco inspired line-up! On the Menu: Baked Taco Cups, Chicken Ranch Tacos

EOW-4A T Apr 14 6-7 pm \$35

### Creatures of the Deep Sea Animals

This hands-on class will feature two recipes from the deep sea! So tasty you will want to dive right in! On the Menu: Octopus Quesadillas, Shark Bait Ice Cream Floats

EOW-4B M May 4 6-7 pm \$35

## Crafting Wild Soda & Cookies with EcoElsa

Age 3+ with adult

Discover the wild flavors hiding in your own backyard! Join naturalist EcoElsa for a hands-on foraging adventure designed just for families. This beginner-friendly class makes foraging fun and accessible for all ages - especially kids!

You'll learn how to safely identify edible wild plants, harvest them sustainably, and turn them into tasty treats like wild sodas and cookies.

It's not just a walk in the woods - it's a full-on skills class that leaves you with the know-how (and recipes) to keep exploring and cooking with nature long after class ends.

*EcoElsa Litecky*

ECW-3A Sat Mar 7 1-4 pm  
\$35 McColl Pond ELC



# At Home/Online Enrichment

## Home Technical Requirements for Tech Academy Classes:

A PC (Windows 10 or later) or Mac (OSX) with at least a 2GHz processor or faster and at least 4GB of RAM is required. Chromebooks, tablets, and phones are not supported for online classes. 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.



## 3D Printing

### Poke Monsters Grade 2-6

Design your 3D pocket monster using TinkerCAD. This course will introduce students to using CAD modeling & design software. One Pokemon will be printed offline and mailed home. Pokemon is a trademark of Nintendo of America Inc. This camp is not affiliated with them. TinkerCAD Account login info will be provided during class.

OPM-3A T Feb 10 6-8 pm \$40

## Game Coding: Nintendo Characters Grade 1-4

Learn the fundamentals of coding with Scratch to create a Nintendo-themed game! 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 info will be provided before class.

OGC-3A Sat Mar 21 9-11 am \$70

## Intro to AI Coding

### Grade 3-6

We will introduce kids to the fundamentals of coding and artificial intelligence through Scratch; a visual programming language designed for young learners. Campers engage in hands-on projects and collaborative activities that build foundational coding skills while exploring how AI works in fun and creative ways. Scratch Account sign-up info will be provided before class.

OAI-3A Sat Feb 28 9-11 am \$40

## Multiplayer Minecraft: Block Hunter & Mini Games Grade 1-5

Join us in this new multiplayer Minecraft class as we play this hide-and-seek game. Hunters will work together to find the hidden blocks and animals on our new adventure map. Get ideas to create your own mini-games. Minecraft Java Edition (\$30, more info will be provided before class).

OMM-4 Sat Apr 11-18 9-11 am 2 sessions \$70

## Multiplayer Minecraft: City Builder Grade 1-6

Collaborate with fellow students to construct a city! Students will be sent their completed world files after class. Beginners and experienced Minecrafters alike will love this action-packed camp. We will be using Minecraft Java edition. Minecraft is a trademark of Mojang Studios. This class is not affiliated with them. Minecraft Java Edition (\$30, more info will be provided before class).

OMM-3A Sat Jan 17 9 am-12 pm \$55

## Video Game Design

### Grade 4-8

Learn how to develop your own game! Students will create their maze using Construct 3, a visual coding platform that teaches students the basics and structure of programming. Basic computer skills are required. Construct's Account sign up info will be provided before class.

OVD-3A Sat Feb 7 9 am-12 pm \$55



# Enrichment & STEM Classes with Eco Elsa

For outdoor classes make sure to dress for the weather and wear closed-toed shoes and long pants.



## Outdoor classes

Age 3-6 with adult

Sat, 10 am-noon at McColl Pond ELC

## Preschool Snow Day

Learn about snow and winter through a variety of engaging activities and games for early learners. These are also activities that adults will be able to continue to do at home with the kids so they can get outdoors all winter long! We will be building with snow, playing games with snow, making snow art, and doing snow science.

ESD-3A Jan 10

\$29 1 adult/1 child, \$39 1 adult/2+ children

## Winter ABC Hike

Come on a hike with an EcoElsa educator to learn the Alphabet while learning about winter. Kids will get to do hiking games and activities that help them learn their ABCs, motor skills, and more!

EW-3A Feb 7

\$29 1 adult/1 child, \$39 1 adult/2+ children

## Little Nature Explorers

Explore through nature learning about the plants and animals that call it home. We will do a wide variety of outdoor activities that are great for preschoolers to get their minds and bodies moving!

ELN-3A Mar 7

\$29 for 1 adult/1 child, \$39 for 1 adult/2+ children

## Winter Whittling Workshop Age 7+

Tap into an ancient winter tradition and carve your way into creativity! For generations, people have used the colder months to craft the tools and treasures they'd need all year-and now it's your turn. In this hands-on class, you'll learn essential whittling techniques, plus how to use wood chisels and rotary tools to bring your own creations to life. From harvesting the right wood to shaping it into something useful or magical, you'll have the option to make projects like fishhooks, sewing needles, spoons, wands, and more. Whether you're a beginner or looking to sharpen your skills, this class is a cozy and creative way to connect nature and tradition during the colder months of the year.

EEW-3A Sat Jan 10 1-4 pm \$38 McColl Pond ELC

## Extreme Weather & Natural Disasters Age 6-12

Dive into the thrilling world of extreme weather and natural disasters in this after school class! From the fiery chaos of forest fires to the icy grip of avalanches, students will uncover the science behind these mesmerizing events and learn how to stay safe in the face of adversity. Students will also discover how these weather events alter habitats around the world and affect humans and wildlife.

EEW-3A-WB Th Feb 5-26 4-5 pm

4 sessions \$75 William Byrne STEM Lab

## Family Day Spa Science Age 5+ with adult

Step into the world of natural beauty and botanical magic! In this hands-on class, you'll explore the secrets of ethnobotany and the global traditions behind plant-based self-care. Discover how cultures around the world have used plants to nourish, heal, and glow. Blend science with self-care as you craft your own spa products to take home, including fizzy bath bombs, luxurious sugar salt scrubs, and a beautifully scented candle. You'll also get bonus recipes and tips for making even more plant-powered creations at home. Perfect for anyone who loves nature, wellness, and a little everyday luxury!

EF-3A Sat Feb 7 1-4 pm \$38 McColl Pond ELC

## Ultimate Survival Age 6-14

Kids will learn survival skills through fun games and activities. They will leave knowing a wide variety of outdoor survival skills like the rule of three, how to signal for help, shelter engineering, fire science and safety, treating water, orienteering, and more! Plus, at the end of the camp they will get the chance to test out all their skills in a survival scenario and graduate from Survival Camp! The skills are not only great for a lost/survival situation but also for camping and outdoor excursions as well as teaching kids confidence, self-reliance, teamwork, and problem solving.

EUS-4A Th Apr 9-30 4-5 pm

4 sessions \$75 Harriet Bishop Digital Learning Lab

McColl Pond ELC is located at 13550 Dakota Ave S, Savage.

# 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 is needed, this class is about spending quality time with your child and having fun. Each person is provided a 16 x 20 canvas, acrylic paint, 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.

*Vanessa Merry*

ADP-4 F Apr 17 6-8 pm DEC SC Meeting Rm  
\$65 1 adult/child, \$75 1 adult/2 children

## Intensive Sewing **Age 8-13**

Get ready to bring your ideas to life with sewing! In this camp, students will learn the basics of sewing while creating their own projects from start to finish. We’ll explore both hand-sewing and sewing machine techniques to design something fun and unique. All materials are included - just bring your creativity! This class is also a great fit for Spanish-speaking students.

*Nena Rivas*

Sat 9 am-12 pm \$100 DEC Rm 1025  
EIS-3A Feb 7  
EIS-4A Apr 4

## Piano, Guitar & Voice Lessons

30-minute individual lessons at Diamondhead - See page 17 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.

## Winter Dream, Build, Sell Youth Maker’s Market **Age 5-17**

Get ready to be inspired by the creativity of young entrepreneurs at Winter Dream. Build. Sell. – Youth Maker’s 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-3A Fri Jan 9 5-7 pm \$10 DEC Commons





## Dance Studio with Mayer Arts

### Wish Upon a Ballet Ages 3-6

Wish Upon a Ballet incorporates stories to create a dance class that is more than ballet steps; it's a complete fairy tale experience. This way, an introduction to the movement and vocabulary of ballet are taught in a fun and creative manner. Children will learn an appreciation of dance and music while developing strength and flexibility. Students will need ballet shoes and comfortable clothes they can move around in. Students must be potty trained.

**M 8 sessions \$86 DEC Studio A No class Mar 16**

DWB-3A-Cinderella	Jan 26-Mar 23	5-5:45 pm
DWB-3B-Cinderella	Jan 26-Mar 23	5:45-6:30 pm
DWB-4A-Rapunzel	Mar 30-May 18	5-5:45 pm
DWB-4B-Rapunzel	Mar 30-May 18	5:45-6:30 pm

### Ballet and Tap Age 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.

**M 6:30-7:15 pm 8 sessions \$86**

**DEC Studio A No class Mar 16**

DBT-3A-Cinderella	Jan 26-Mar 23
DBT-4A-Rapunzel	Mar 30-May 18

### KPop Dance Party Age 5-9

Dance to your favorite KPop songs! The students will also learn warm-ups such as stretching, isolations and across the floor exercises. This class is not only fun but will improve posture, strength and flexibility in a positive and self-esteem building atmosphere. Bring a water bottle to class.

**M 7:15-8 pm 8 sessions \$86**

**DEC Studio A No class Mar 16**

DKP-3A	Jan 26-Mar 23
DKP-4A	Mar 30-May 18

## Chess Club

Winter/Spring Only 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. Subscription 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. Please notify your student's classroom teacher of participation in this program.

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

**4-5 pm 10 sessions \$89**

**No class Feb 3, 10, 16-18, 24-25, Mar 3, 10, 16-19, 24, 31, Apr 6-7, 14**

ECH-EN3	Th	Jan 29-Apr 9	Edward Neill Media
ECH-GP3	W	Jan 28-Apr 22	Gideon Pond Media
ECH-HB3	M, T	Jan 27-Apr 20	Harriet Bishop Media
ECH-HV3	Th	Jan 29-Apr 9	Hidden Valley Media
ECH-RN3	M	Jan 26-Apr 20	Rahn Media
ECH-SO3	T	Jan 27-Apr 14	Sky Oaks Media
ECH-VV3	M	Jan 26-Apr 20	Vista View Media
ECH-WB3	Th	Jan 29-Apr 9	William Byrne Media

For Middle & High School Chess Clubs see page 49

# 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 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.

Read and complete the Conquer Ninja Gym Participant Agreement, Release & Assumption of Risk form once registration is completed. <https://waiver.smartwaiver.com/w/57bde7839d317/web/>



## Conquer Ninja Rec Team

Age 6-9

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.

**8 sessions \$225**

CNR-F-3A	F	Jan 9-Feb 27	4-5 pm
CNR-F-3B	F	Jan 9-Feb 27	5:15-6:15 pm
CNR-F-3C	F	Jan 9-Feb 27	6:30-7:30 pm
CNR-S-3D	Sat	Jan 10-Feb 28	9-10 am
CNR-F-4A	F	Mar 6-Apr 24	4-5 pm
CNR-F-4B	F	Mar 6-Apr 24	5:15-6:15 pm
CNR-F-4C	F	Mar 6-Apr 24	6:30-7:30 pm
CNR-S-4D	Sat	Mar 7-Apr 25	9-10 am

## Intro to Ninja Age 5-13

Ninjas develop strength and agility during this 8 week long course 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.

**8 sessions \$215 No class Apr 5**

CNR-W-3A	W	Jan 7-Feb 25	4:30-5:30 pm
CNR-W-3B	W	Jan 7-Feb 25	5:30-6:30 pm
CNR-W-3C	W	Jan 7-Feb 25	6:30-7:30 pm
CNR-SU-3D	Sun	Jan 4-Feb 22	9-10 am
CNR-W-4A	W	Mar 4-Apr 22	4:30-5:30 pm
CNR-W-4B	W	Mar 4-Apr 22	5:30-6:30 pm
CNR-W-4C	W	Mar 4-Apr 22	6:30-7:30 pm
CNR-SU-4D	Sun	Mar 1-Apr 26	9-10 am



## 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!



**Mon \$40**

CNR-P-3A	Jan 19	9-11 am
CNR-P-3B	Jan 19	1-3 pm
CNR-P-3C	Feb 16	9-11 am
CNR-P-3D	Feb 16	1-3 pm

# Gymnastics

All IGM gymnastics programs are designed by age groups. The curriculum focuses on core gymnastics skills, flexibility, and exercise training while assisting with 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 6-12

Introduce your child to the beauty and excitement of Rhythmic Gymnastics! Perfect for beginners ages 6-12, our program blends dance, coordination, and creativity using ribbons, hoops, balls, and more! No experience necessary — just a love for movement and fun!

### 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.

### Th 4:30-5:25 pm

GYR-TH-3	Jan 8-Feb 19	7 sessions	\$177
GYR-1TH-4	Feb 26-Apr 9	7 sessions	\$177
GYR-2TH-4	Apr 16-May 21	6 sessions	\$156

## 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.

### 7 sessions \$177

GYM-M-3A	M	Jan 5-Feb 16	4:45-5:40 pm
GYM-TH-3B	Th	Jan 8-Feb 19	6:45-7:40 pm
GYM-SA-3C	Sat	Jan 10-Feb 21	9:30-10:25 am
GYM-1M-4A	M	Feb 23-Apr 6	4:45-5:40 pm
GYM-1TH-4B	Th	Feb 26-Apr 9	6:45-7:40 pm
GYM-1SA-4C	Sat	Feb 28-Apr 11	9:30-10:25 am

### 6 sessions \$156

GYM-2M-4A	M	Apr 13-May 18	4:45-5:40 pm
GYM-2TH-4B	Th	Apr 16-May 21	6:45-7:40 pm
GYM-2SA-4C	Sat	Apr 18-May 23	9:30-10:25 am

## Gymnastics Girls Beginner Ages 5-12

Students develop the skills for all gymnastic events including vault, bars, beam, floor, and trampoline. Channel your energy into flexibility, strength, and coordination.

### 7 sessions \$177

GYF-M-3A	M	Jan 5-Feb 16	6:45-7:40 pm
GYF-TU-3B	T	Jan 6-Feb 17	4:30-5:25 pm
GYF-W-3C	W	Jan 7-Feb 18	4:45-5:40 pm
GYF-W-3D	W	Jan 7-Feb 18	6:45-7:40 pm
GYF-TH-3E	Th	Jan 8-Feb 19	4:45-5:40 pm
GYF-TH-3F	Th	Jan 8-Feb 19	6:45-7:40 pm
GYF-SA-3G	Sat	Jan 10-Feb 21	8:45-9:40 am
GYF-SA-3H	Sat	Jan 10-Feb 21	11:45 am-12:40 pm
GYF-1M-4A	M	Feb 23-Apr 6	6:45-7:40 pm
GYF-1TU-4B	T	Feb 24-Apr 7	4:30-5:40 pm
GYF-1W-4C	W	Feb 25-Apr 8	4:45-5:40 pm
GYF-1W-4D	W	Feb 25-Apr 8	6:45-7:40 pm
GYF-1TH-4E	Th	Feb 26-Apr 9	4:45-5:40 pm
GYF-1TH-4F	Th	Feb 26-Apr 9	6:45-7:40 pm
GYF-1SA-4G	Sat	Feb 28-Apr 11	8:45-9:40 am
GYF-1SA-4H	Sat	Feb 28-Apr 11	11:45 am-12:40 pm

### 6 sessions \$156

GYF-2M-4A	M	Apr 13-May 18	6:45-7:40 pm
GYF-2TU-4B	T	Apr 14-May 19	4:30-5:25 pm
GYF-2W-4C	W	Apr 15-May 20	4:45-5:40 pm
GYF-2W-4D	W	Apr 15-May 20	6:45-7:40 pm
GYF-2TH-4E	Th	Apr 16-May 21	4:45-5:40 pm
GYF-2TH-4F	Th	Apr 16-May 21	6:45-7:40 pm
GYF-2SA-4G	Sat	Apr 18-May 23	8:45-9:40 am
GYF-2SA-4H	Sat	Apr 18-May 23	11:45 am-12:40 pm



## Parent & Tot Gymnastics

Age 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. Guided by certified coaches in a safe, supportive, and fun environment. Music, movement and giggles guaranteed!

### 7 sessions \$151

GGYP-M-3A	M	Jan 5-Feb 16	10:30-11:15 am
GYP-M-3B	M	Jan 5-Feb 16	5:45-6:30 pm
GYP-W-3C	W	Jan 7-Feb 18	4:45-5:30 pm
GYP-SA-3D	Sat	Jan 10-Feb 21	8:45-9:30 am
GYP-SA-3E	Sat	Jan 10-Feb 21	9:45-10:30 am
GYP-SA-3F	Sat	Jan 10-Feb 21	10:45-11:30 am
GYP-1M-4A	M	Feb 23-Apr 6	10:30-11:15 am
GYP-1M-4B	M	Feb 23-Apr 6	5:45-6:30 pm
GYP-1W-4C	W	Feb 25-Apr 8	4:45-5:30 pm
GYP-1SA-4D	Sat	Feb 28-Apr 11	8:45-9:30 am
GYP-1SA-4E	Sat	Feb 28-Apr 11	9:45-10:30 am
GYP-1SA-4F	Sat	Feb 28-Apr 11	10:45-11:30 am

### 6 sessions \$133

GYP-2M-4A	M	Apr 13-May 18	10:30-11:15 am
GYP-2M-4B	M	Apr 13-May 18	5:45-6:30 pm
GYP-2W-4C	W	Apr 15-May 20	4:45-5:30 pm
GYP-2SA-4D	Sat	Apr 18-May 23	8:45-9:30 am
GYP-2SA-4E	Sat	Apr 18-May 23	9:45-10:30 am
GYP-2SA-4F	Sat	Apr 18-May 23	10:45-11:30 am

## Little Twisters Preschool Gymnastics

Ages 3-5 | Instructor-led & Independent

Kids have fun learning the fundamentals of the bars, beam, floor and trampoline. Develop coordination and listening skills. Build confidence and independence without parental supervision.

### 7 sessions \$151

GYW-M-3A	M	Jan 5-Feb 16	10:35-11:20 am
GYW-M-3B	M	Jan 5-Feb 16	4:45-5:30 pm
GYW-TU-3C	T	Jan 6-Feb 17	5:45-6:30 pm
GYW-TH-3D	Th	Jan 8-Feb 19	4:45-5:30 pm
GYW-SA-3E	Sat	Jan 10-Feb 21	9:45-10:30 am
GYW-SA-3F	Sat	Jan 10-Feb 21	10:45-11:30 am
GYW-SA-3G	Sat	Jan 10-Feb 21	11:45 am-12:30 pm
GYW-1M-4A	M	Feb 23-Apr 6	10:35-11:20 am
GYW-1M-4B	M	Feb 23-Apr 6	4:45-5:30 pm
GYW-1TU-4C	T	Feb 24-Apr 7	5:45-6:30 pm
GYW-1TH-4D	Th	Feb 26-Apr 9	4:45-5:30 pm
GYW-1SA-4E	Sat	Feb 28-Apr 11	9:45-10:30 am
GYW-1SA-4F	Sat	Feb 28-Apr 11	10:45-11:30 am
GYW-1SA-4G	Sat	Feb 28-Apr 11	11:45 am-12:30 pm

### 6 sessions \$133

GYW-2M-4A	M	Apr 13-May 18	10:35-11:20 am
GYW-2M-4B	M	Apr 13-May 18	4:45-5:30 pm
GYW-2TU-4C	T	Apr 14-May 19	5:45-6:30 pm
GYW-2TH-4D	Th	Apr 16-May 21	4:45-5:30 pm
GYW-2SA-4E	Sat	Apr 18-May 23	9:45-10:30 am
YW-2SA-4F	Sat	Apr 18-May 23	10:45-11:30 am
GYW-2SA-4G	Sat	Apr 18-May 23	11:45 am-12:30 pm



## Trampoline & Tumbling Bounce, Flip, Fly!

Perfect for energetic beginners ages 6-8

Bounce, Flip, Fly! Does your child love to jump, roll, and move? Enroll them in our exciting trampoline and tumbling program - perfect for energetic beginners ages 6 to 8!

### 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!

### Age 6-8 T 4:45-5:40 pm

GYT-6TU-3A	Jan 6-Feb 17	7 sessions	\$177
GYT-6TU-4A	Feb 24-Apr 7	7 sessions	\$177
GYT-6TU-4B	Apr 14-May 19	6 sessions	\$156

### Age 9+ T 6-7:15 pm

GYT-9TU-3A	Jan 6-Feb 17	7 sessions	\$231
GYT-9TU-4A	Feb 24-Apr 7	7 sessions	\$231
GYT-9TU-4B	Apr 14-May 19	6 sessions	\$198

## 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

Children 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. Bring a water bottle each day to camp. Wear clothes that are comfortable to move around in. Option to add 3:30-4:30 pm for an additional \$10 for the full day or pm session.

### MLK Camps Mon, Jan 19

GYC-3A	Full Day	8:30 am-3:30 pm	\$75
GYC-3B	Half Day AM	8:30 am-12 pm	\$50
GYC-3C	Half Day PM	12-3:30 pm	\$50

### Presidents Day Camps Mon, Feb 16

GYC-3D	Full Day	8:30 am-3:30 pm	\$75
GYC-3E	Half Day AM	8:30 am-12 pm	\$50
GYC-3F	Half Day PM	12-3:30 pm	\$50

# DASH SPORTS Classes will be held outside when possible. All camps are 4 sessions.

DASH Tykes Sports camps provide participants with introductory experience of the game in a fun and positive atmosphere. Parent participation is required for 2-3 year old age group and recommended when needed for the 4+ year old age group. Camps for older players provide a well-rounded experience covering a broad range of skills training and skill-based games. Athletes should bring a water bottle and wear athletic clothing and shoes. Balls are provided.



## DASH Basketball Tykes Ages 2-6

Camps introduce the sport with 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.

### Hidden Valley Gym **W Jan 21-Feb 11**

DSB-3A-HV Ages 2-3½ 5:45-6:15 pm \$69

DSB-3B-HV Age 3½-6 6:25-7:10 pm \$75

### William Byrne Gym **Th Jan 22-Feb 12**

DSB-3C- WB Ages 2-3½ 5:45-6:15 pm \$69

DSB-3D- WB Ages 3½-6 6:25-7:10 pm \$75

### NMS N Aux Gym **Sat Jan 24-Feb 14**

DSB-3E Ages 2-3 9:30-10 am \$69

DSB-3F Ages 4-6 10:10-10:55 am \$75

## DASH Flag Football Age 2-10

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, and 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. Footballs and flag belts are provided. Cleats and mouth guards are optional.

### Sat May 2-30 NMS Football Field/Gym **No class May 16, 23**

DSF-4A-NM Ages-2-3 9:30-10:10 am \$75

DSF-4B-Tykes-NM Ages 4-5 10:20-11 am \$75

DSF-4C- NM Ages 6-10 11:10 am-12 pm \$79

## DASH Soccer Age 2-6

Key elements of dribbling, passing, and shooting will be taught and practiced. Fun, skill-based games will be played to practice newly learned skills. Cleats and shin guards are optional.

### W Apr 8-29 **4 sessions** Hidden Valley Gym/ERMS Field

DSS-4A-HV Ages 2-3 5:15-5:45 pm \$69

DSS-4B-HV Ages 4-6 5:55-6:40 pm \$75

## DASH T-Ball

Sat Apr 4-25 **Neill Park**

### Ages 2-3 T-Ball Tykes camp

Introduces players to key elements of throwing, fielding/catching, batting, and baserunning. The final day of classes is "Game Day" and athletes will showcase their skills in a game environment. DST-4A- Tykes 9:30-10:10 am \$75

### Grades K-2 Baseball, T-ball & Softball camps

Covers the key elements of throwing, fielding/catching, batting and base running. 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. Bring a baseball glove. Baseballs and bats are provided. Cleats are optional.

DST-4B- Camp 10:20-11:10 am \$79

## DASH Floor Hockey Tykes

Sat Feb 21-Mar 14 **NMS N Aux Gym**

**Ages 3-5** Learn & practice a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, and shoot. DFH-3A 9:30-10:15 am \$75

**Ages 6-12** Camps cover a broad range of skills training and skill-based games. Players will be taught how to properly stickhandle, pass, shoot, and play defense in a fun and positive environment. Sticks and pucks are provided.

DFC-3A 10:25-11:25 am \$79

## DASH Pickleball Camp Age 4-12

Pickleball combines many elements of tennis, badminton, & ping-pong. Serving, returning, volleys, overheads, and lobbing will be taught and practiced. Camp ends with games on the final day. Bring a pickleball paddle (if you don't have one, we will provide paddles).

### W May 6-27 **Red Oak Park**

DPB-4A- Red Oak Park- Ages 4-6 5:30-6:15 pm \$75

DPB-4B- Red Oak Park- Ages 8-12 6:25-7:25 pm \$79



## DASH SNAG Golf

This camp uses the Starting New At Golf (SNAG) program. Putting, chipping, pitching, and driving the ball work with this adapted equipment developed with a youngster's height and small hands in mind. Participants should wear sunscreen and bring water and a snack. All equipment is provided.

### SNAG Golf Tykes Age 4-6

SGT-4A Th May 7-28 5:30-6:15 pm \$75  
Harriet Bishop Gym/Field

### SNAG Golf Camp Age 7-10

DGC-4A Th May 7-28 6:25-7:25 pm \$79  
Harriet Bishop Gym/Field

## DASH Soccer Camp Grade K-3

This camp covers a broad range of soccer skills training (dribbling, passing, shooting, and 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. Cleats and shin guards are optional.

DSC-4A-HV W Apr 8-29 6:50-7:35 pm \$75  
Hidden Valley Gym/ERMS Field

DSC-4B -WB Th Apr 9-30 6:50-7:35 pm \$75  
William Byrne Gym/Field

## DASH Volleyball Camp Age 6-12

Key volleyball skills such as passing, serving, and hitting will be taught and practiced. Fun, volleyball skill specific games are also incorporated, giving players game type experience and a better understanding of the game! Knee pads are optional.

DVB-3A Sat Feb 21-Mar 14 12-1 pm \$79  
NMS N Aux Gym



## Kickin' It! Grade K-5

### Soccer After School at Gideon Pond

Players of all levels can join us for weekly sessions to improve 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.

**M 4-4:50 pm 4 sessions \$29 No class Jan 19, Feb 16**

SSS-3A-GP Jan 5-Feb 2

SSS-3B-GP Feb 9-Mar 9

## I Got Skills Soccer Starters Age 4-7

Kick-start your child's soccer journey with Soccer Starters at I Got Skills! Our pro-led sessions build soccer and futsal skills in a fun, supportive setting- giving players a real edge. Each class targets individual technique and adapts to every level so beginners feel confident fast. Kids learn fundamentals, footwork, and ball control while having a blast in a welcoming, multicultural community. Educational, beginner-friendly, and the perfect place to fall in love with the game! Please bring a water bottle to class. Wear comfortable clothes and tennis shoes.

**F 5-6 pm 6 sessions \$85 No class Mar 20**

**I Got Skills - MN Soccer Training Facility**

SSS-3A Jan 23-Feb 27

SSS-4A Mar 6-Apr 17

# 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.

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





## Skaterapolis Grade K-12

Skaterapolis is located upstairs at Burnsville Center. Enter the mall through entrance 3 upstairs just past the Macy's entrance. 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 their 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.

### Spring Conferences M-W Feb 16-18

SSH-3F	9 am-3 pm	3 sessions	\$200
SSH-3H	9 am-12 pm	3 sessions	\$159

### Spring Break Camp M-F Mar 16-20

SSH-3F	9 am-3 pm	5 sessions	\$225
SSH-3H	9 am-12 pm	5 sessions	\$189

## Tae Kwon Do

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 Sky Oaks Gym No class Jan 15, Feb 17**

### Age 6-14 Beginner to Yellow Belts 6-6:55 pm

STK1-3A	Jan 6-29	7 sessions	\$56
STK1-3B	Feb 3-26	7 sessions	\$56
STK1-3C	Mar 3-19	6 sessions	\$48
STK1-4A	Mar 31-Apr 23	8 sessions	\$64
STK1-4B	Apr 28-May 21	8 sessions	\$64
STK1-4C	May 26-June 11	6 sessions	\$48

### Youth Age 12+ Green to Black Belt 7:15-8:30 pm

STK2-3A	Jan 6-29	7 sessions	\$56
STK2-3B	Feb 3-26	7 sessions	\$56
STK2-3C	Mar 3-19	6 sessions	\$48
STK2-4A	Mar 31-Apr 23	8 sessions	\$64
STK2-4B	Apr 28-May 21	8 sessions	\$64
STK2-4C	May 26-June 11	6 sessions	\$48



# School Age Care

For Children in Kindergarten-5th Grade



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

## Winter/Spring Chess

### Middle School 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 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 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.

**T, Th Jan 6-Apr 2 2:30-4:35 pm \$89**  
**22 sessions No class Feb 17, Mar 17, 19**  
 ECH-MS-ER-W ERMS Media Center  
 ECH-MS-NIC-W NMS Media Center

### High School Grade 6-12

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.

**BHC-25W Jan 7-Apr 3 \$89**  
**22 sessions BHS D104 No class Mar 18**  
 Wed, 2:50-4:30 pm & Fri, 2:50-6:30 pm



## More Teen Opportunities

[Black Dog Swim Club Page 47](#)

[Ninja Warrior Training Page 43](#)

[Ultimate Survival Page 40](#)

[Intensive Sewing Page 41](#)

[Piano, Guitar & Voice Lessons Page 17](#)

[Tai Chi Yang Style Page 14](#)



**BHS Theatre Guild**

**SCAN HERE TO DISCOVER UPCOMING SHOWS!**



[tinyurl.com/bhstheatreguild](http://tinyurl.com/bhstheatreguild)

### One91 Middle School Super Band Grade 6-8

Are you a student that is looking for more opportunities to play your instrument? Want to meet other dedicated band students from other schools? Join the One91 Middle School Super Band! Rehearsals will be held weekly on Monday from 3:15-4:15 pm starting on December 1st, and will culminate in a special concert to be presented on Tuesday, March 10th at 7 pm in the Mraz Performance Center at Burnsville High School. Students may utilize activity buses, which travel from the middle schools and the high school daily as transportation to these event.

*Nick Armstrong*

**HB78-02M, T Dec 1-Mar 10 3:15-8:45 pm**  
**12 sessions \$60 BHS Band Rm/Mraz Center**  
**No class Dec 2, 9, 16, 22, 23, 29, 30, Jan 6, 13, 19, 20, 27, Feb 3, 10, 16, 17, 24, Mar 3**

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



**Friday, January 9th**      **5-7 pm DEC**

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**            [isd191.arux.app](http://isd191.arux.app)

## PALS (Partners Achieving Learning Success) Grade K-5

PALS is a free after-school program that combines targeted academic support with engaging enrichment activities. Each session features a healthy snack, staff-led lessons aligned to classroom learning, and bus transportation for students who live within the district's transportation boundaries. PALS is ideal for learners who need an extra academic boost beyond the regular school day.

## BYC (Burnsville Youth Collaborative) Grade 6-8

BYC offers middle-school students at Eagle Ridge and Nicollet a dynamic, no-cost after-school experience. Participants receive a nutritious snack, additional instructional support, and a variety of enrichment opportunities that extend and enhance their daytime coursework.

Bus transportation is available for students residing within district transportation zones.

## More information and registration for BYC & PALS

<https://communityed.isd191.org/youth/pals-byc>



**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)

952.707-2115 heichten@isd191.org

SESSIONS:  
OCT-JAN &  
MARCH-MAY

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 with \$170 Behind the Wheel payable to Safeway

**M-Th 2:50-5:50 pm 10 sessions BHS D108**

DSW-3A Jan 26-Feb 10

DSW-3B Feb 23-Mar 10

DSW-4C Mar 23-Apr 8 No class Apr 6

DSW-4D Apr 13-28

DSW-4E May 11-27

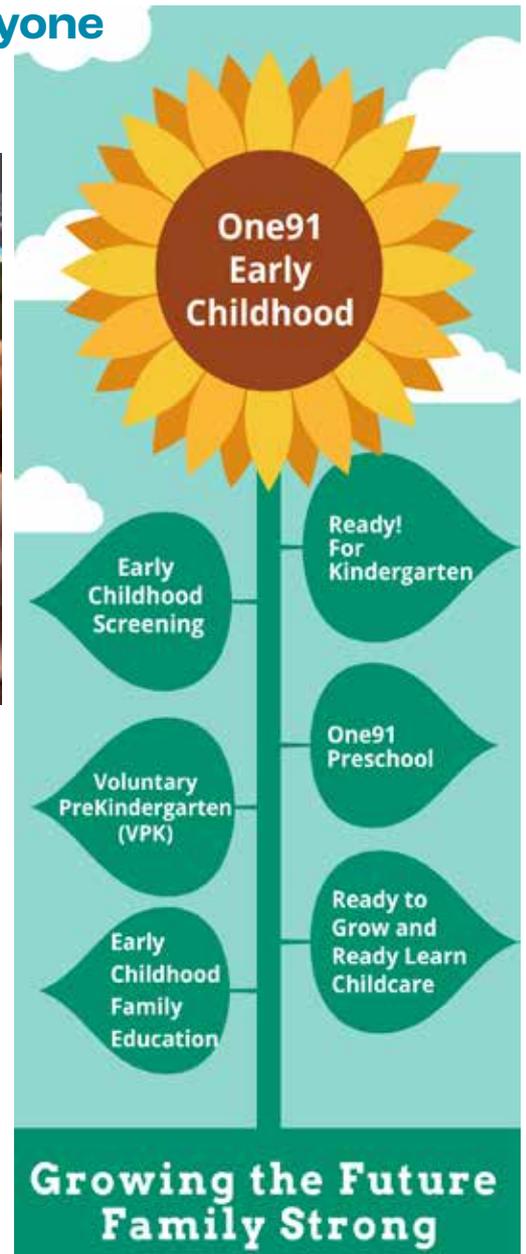


# Early Childhood has something for everyone

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



# One91 Early Childhood Programs

A nurturing environment where children are supported to grow at their own pace, exploring a world rich in literacy, social, and emotional experiences. This space fosters holistic development, encouraging curiosity, creativity, and resilience, while providing opportunities for meaningful connections and self-discovery across all areas of their growth.



As the winter season settles in, I'm reminded of how much learning and joy this time of year can bring for our youngest learners. Winter offers children unique opportunities to explore, discover, and grow—whether it's bundling up for outdoor play, observing seasonal changes in nature, or enjoying cozy moments of reading and creativity indoors.

In early childhood education, we know that hands-on experiences matter. Playing in the snow builds motor skills and resilience, while winter-themed stories, songs, and projects nurture language, imagination, and a sense of community. These experiences also teach children to notice patterns, explore science concepts like freezing and melting, and appreciate the beauty of the world around them.

As we move through these colder months, let's continue to embrace the wonder of childhood. Thank you for partnering with us to create safe, engaging, and joyful learning environments—even when the days are shorter and the mittens take longer to put on!

Wishing you warmth, connection, and continued growth this winter season.

Kaitlin Cantolla, Early Childhood Coordinator  
[kcantolla@isd191.org](mailto:kcantolla@isd191.org) 952-707-4155

## Danny O'Brien (he/him) is in the role of Early Learning Support Specialist.

Danny has worked in a variety of positions within education: before and after school care provider, special education paraprofessional, parent educator in ECFE, and early childhood screening lead.



Danny believes that parents are the experts on their child(ren) and that a strong partnership between families and schools helps to build a solid foundation for each family's educational journey. He will support students and teachers through coaching and collaboration.

Danny has a passion for meeting the needs of families in our community and is excited to explore new ways of meeting these needs to help all ISD 191 families thrive!

Danny O'Brien, Early Learning Support Specialist  
[dobrien@isd191.org](mailto:dobrien@isd191.org) 952-707-4103.



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

Tuition is based on a sliding fee scale which is determined by income. See details on page 59. Full payment must accompany each registration.

### Winter Quarter January 5-April 10

No class Jan 16, 19, Feb 16-18

### Spring Quarter April 13-June 4

No Class April 6, 23-24, May 25

## Family Fun Night

Fri, Jan 9 5-8 pm Diamondhead Free

The family fun night offers a welcoming space for families to connect and enjoy activities.

All classes & activities are held at Diamondhead Education Center (DEC) unless otherwise listed.

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



help me



## 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)

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

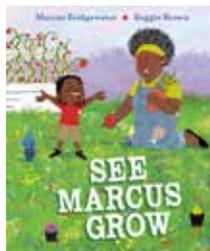
### Jumpstarts 20<sup>th</sup> Annual

## Read for the Record

October 13-February 26

Written by Marcus Bridgewater  
illustrated by Reggie Brown

Join us in supporting early literacy by reading "See Marcus Grow" by Marcus Bridgewater, in collaboration with Read for the Record! Groups across 5 continents will all read the same book during the Read for the Record period.



"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."

### 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.



## Kindergarten Information Nights take place in January

Watch [isd191.org](http://isd191.org) for more information.

## 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.

For assistance, contact Rachael Caspers at 952-707-2051 or [rcaspers@isd191.org](mailto:rcaspers@isd191.org).

# Winter, Spring 2026 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 <b>Toddlers and 2s, Gradual Separation</b> 18-24 months E1-23 winter E1-24 spring Rm 1031		9-10:30 am <b>Infants &amp; Toddlers</b> 9-33 months E3-23 winter E3-24 spring Room 1030	
	12:30-2 pm <b>Moms &amp; Babies</b> Birth-12 months E0-13 winter E0-14 spring Rm 1030			12-1:30 pm <b>Infants &amp; Toddlers</b> Birth-36 months Rm 1030 E3-13 winter E3-14 spring	



## 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).

# Mixed Age Classes

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
9:30-11:30 am <b>Little Artists</b> 18 months-5 years E1-13 winter E1-14 spring Rm 1031	9:30-11:30 am <b>Terrific Tuesdays</b> Birth-5 years E5-53 winter E5-54 spring Rm 1033	9:30-11:30 am <b>Little Spot of Feelings Book Discussion</b> 2-5 years E2-13 winter E2-14 spring Rm 1033	9-10:30 am <b>Managing Multiples</b> Birth-5 years E5-23 winter E5-24 spring Rm 1031  9:30-11:30 am <b>Grand Day with Grands</b> Birth-5 years E5-73 winter E5-74 spring Rm 1033	9:30-11:30 am <b>Fabulous Friday</b> Birth-5 years E5-93 winter E5-94 spring Rm 1033	8:45-10:15 am <b>Family Playtime</b> Birth-5 years EP-14 winter spring Rm 1031
4-5:30 pm <b>Art Start</b> Birth-5 years E5-33 winter E5-34 spring Rm 1031	4-5:30 pm <b>Latino Family Playtime</b> <b>Tiempo de Juego en Familia Latina</b> Birth-5 years EP-23 winter EP-24 spring Rm 1031	12:30-2:30 pm <b>Making a Difference (Parent Advisory Council)</b> Birth-5 years E5-64 winter spring Rm 1033		12:30-2:30 pm <b>Together We Bloom</b> 2-5 years E2-23 winter E2-24 spring Rm 1033	10:30 am-12 pm <b>Outdoor Adventures</b> Birth-5 years E5-14 winter spring Outdoor Classroom (Rm 1033 weather)
5:45-7:45 pm <b>Dads Connect</b> Birth-5 years E5-43 winter E5-44 spring Rm 1031	5:45-7:45 pm <b>Together in Parenting: Celebrating Families of All Kinds</b> Birth-8 years E8-13 winter E8-14 spring Rm 1033	6-7:30 pm <b>Evening Family Playtime</b> Birth-5 years EP-33 winter EP-34 spring Rm 1033			

# 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



### 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:

- ◆ provide the essential link of communication between parents 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,
- ◆ 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.



### For more information or to schedule a tour for either Ready to Grow or Ready to Learn

Contact Lyndsay Griffin, Coordinator at [lgriffin@isd191.org](mailto:lgriffin@isd191.org) or 952-707-4146.

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.



### Winter, Part 2

Tuesday, January 6 - Virtual, 6-7:30 pm  
Wednesday, January 7 - In Person, 6-7:30 pm

### Spring, Part 3

Tuesday, April 7 - Virtual, 6-7:30 pm  
Wednesday, April 8 - In Person 6-7:30 pm  
Available in English & Spanish

In Person sessions are held at at Diamondhead.

# 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



# 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
\$65-84,999	\$100	\$110	\$50
\$85,000 & Up	\$130	\$150	\$65

## Registration is ongoing

1. Register online at [communityed191.org](http://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

## Sparking 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 Amal Osman 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.

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

## 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 mid-February 2026**

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

# 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](http://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 Education

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. There are 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](http://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.





# 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

Amal Osman aosman@isd191.org  
952-707-4158

## 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

Amal Osman, Community Engagement Specialist

Kate Rother, Registrar

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

Lyndsay 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, Administrative Assistant ssheng@isd191.org

Ignacio Mata Hernandez imatahernandez@isd191.org (español)

ABE (Adult Basic Education), GED, ELL (English Language Learners)

## Community Use Of Facilities 952-707-4123

Kyle Hinrichsen, Facilities Coordinator

**ECRWSS**  
Residential Postal Customer



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



**Friday,  
January 9th**

**5-7 pm  
DEC**

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**



**isd191.arux.app**

**THANKS FOR MAKING OUR 1<sup>ST</sup> A  
SUCCESS! JOIN US FOR OUR NEXT  
YOUTH MAKER'S MARKET!**

**JAN 9<sup>TH</sup> 5-7 PM DEC**