

Howard Lake - Waverly - Winsted COMMUNITY EDUCATION

District 2687



FALL | 2026

ONLINE REGISTRATION

NEW COMMUNITY ED CLASS & PROGRAM REGISTRATION SYSTEM STARTING SEPTEMBER 1ST



ANY REGISTRATIONS PRIOR TO SEPTEMBER 1ST PLEASE GO TO [HLWW.CE.ELEYO.COM](https://hlww.ce.eleyo.com)



NEW REGISTRATION WEBSITE: [HTTPS://HLWW.ARUX.APP](https://hlww.arux.app).



YOUR CURRENT REGISTRATION INFORMATION INCLUDING ENROLLMENT HISTORY, USER NAME AND PASSWORDS WILL ALL TRANSFER FROM THE ELEYO SYSTEM (OUR CURRENT REGISTRATION SYSTEM)



YOU MAY NEED TO UPDATE YOUR SAVED PAYMENT INFORMATION INCLUDING AUTO WITHDRAWALS

Reach out to HLWW Community Ed with questions at 320-543-4670 ext 1

*Images in this catalog are for visual purposes only and may not be an accurate depiction of the activity listed.

COMMUNITY EDUCATION FOR YOU

Community Education is based on the idea that schools belong to everyone and should serve all people through lifelong learning opportunities.

Information about Community Education activities can be found in current brochures, flyer handouts at school, online, newsletters, local newspaper and social media outlets including facebook and instagram.

Table of Contents

Early Education (Birth-age 5)

Early Childhood Family Education (ECFE), Early Childhood Screening, Little Laker Learners Preschool, Laker Care.....4-11

Youth (grades K-12)

Creative Arts, Enrichment, Recreation and Sports, Driver Education, STEM, Laker Care.....10-19,38

Adults (18+)

Culinary Adventures, Enrichment and Education, Fitness and Recreation, Trips and Tours, ABE/ GED/ESL, 55+ Driver, Opening Doors (Adults with Disabilities).....20-37

HLWW COMMUNITY EDUCATION STAFF

- **Rachel Bender: Community Education Director**
rbender@hlww.k12.mn.us 320-543-4670 ext 2
- **Ellen Uter: Early Childhood Coordinator**
euter@hlww.k12.mn.us 320-543-4670 ext 4
- **Jennifer Sawatzke: Laker Care Coordinator**
jsawatzke@hlww.k12.mn.us 320-543-4670 ext 3
- **Stacy Horsch: Secretary**
shorsch@hlww.k12.mn.us 320-543-4670 ext 1
- **Laker Care Staff, Supervisors and Assistants**
- **Little Laker Learners Teachers and Assistants**

ADVISORY COUNCIL

The Community Education Advisory Council represents the citizens of the school district. The council helps identify, coordinate and evaluate the educational, social and cultural opportunities for district residents of all ages. All meetings are open to the public. If you have ideas or feelings you'd like to share or if you would like to become a member, call Rachel Bender at 320-543-4670.

WEATHER RELATED POLICY

When school is canceled or dismissed early, Community Education activities are also cancelled and maybe rescheduled. Cancellations will be announced on HLWW Community Education facebook page and participants will be notified to the best of our ability via emails, text messages and phone calls.

EMAIL & TEXT NOTIFICATIONS

Fill out your email and cell phone on your online account to receive confirmation, instructor or weather related messages.

COMMUNITY LOCATIONS



HLWW HIGH SCHOOL

8700 County Road 6 SW, Howard Lake, MN 55349
320-543-4600
Main level parking lot



HLWW MIDDLE SCHOOL AND DISTRICT OFFICE

8700 County Road 6 SW, Howard Lake, MN 55349
320-543-4660 Middle School
320-543-4646 District office
Main level parking lot



HLWW COMMUNITY EDUCATION OFFICE AND ACTIVITY CENTER

8700 County Road 6 SW, Howard Lake, MN 55349
320-543-4670 Community Education office
lower level east side parking lot



HUMPHREY ELEMENTARY SCHOOL

803 Elm Avenue, Waverly, MN 55390
320-543-4680



WINSTED ELEMENTARY SCHOOL

431 4th Street north, Winsted, MN 55395
320-543-4690



MAWSECO EDUCATION CENTER

720 9th Avenue, Howard Lake, MN 55349
Humphrey Hall gym use west entrance
Home of Laker Gymnastics

Follow us for the most up-to-date information on class offerings and events.

 Facebook: Howard Lake-Waverly-Winsted Community Education

 Instagram: hlww_community_education



EARLY CHILDHOOD FAMILY EDUCATION

GROW TOGETHER WITH ECFE

Raising kids is complicated, isn't it? There are days when everything seems to go right, and...well, other days when nothing does. Having children is like that, but here's the good news: **ECFE is here for you on all the days.**

Early Childhood Family Education (ECFE) is a statewide program in Minnesota that gives children and families the tools they need to thrive. Our classes and sessions are designed to help with the things that matter most:

- 1 **Individual attention time** with parents or caregivers and their children to strengthen bonds
- 2 **Playful learning time** to help children with their next phase while minimizing separation anxiety
- 3 **Parenting discussion time** for parents and caregivers to talk about their parenting dreams, desires and concerns

Being a part of ECFE is easy. We're close to you, and our flexible sessions are built for busy families.

Visit hlww.ce.eleyo.com to learn how your family can thrive with ECFE classes.

Follow us for the most up-to-date information on class offerings and events.



Facebook: HLWW Early Childhood Family Education & Preschool



Instagram: [hlww_littlelakerlearners](https://www.instagram.com/hlww_littlelakerlearners)



ECFE FALL KICK-OFF PARTY

All families with children age birth to five.

Attention all families! If you are curious about what ECFE is about, would like to come see the classroom and meet your teacher and staff, OR if you are a veteran ECFE family and want to come celebrate the start of another exciting new year, **THIS IS FOR YOU!**

Come join Ms. Ellen and ECFE staff to play with friends you haven't seen in a while, sing songs, do an artistic activity and have a yummy treat!

We can't wait to see you again and meet new friends! What an amazing year we have ahead of us!

**Wednesday 10:00 am - 12:00 pm, open house style
September 23**

**HLWW ECFE room E013, lower level east side entrance
Free**



BABY AND ME

Families with children age birth to 18 months

Join other families, babies and our licensed Parent Educator in a baby-focused environment for lots of fun and learning for both you and your baby! Enjoy activities, songs, take-home keepsakes and movement games together with your baby. Our focus will be on bonding with your baby, discussing infant development, the adjustment to parenthood and new-parenthood concerns. Begin anytime!

Wednesdays 9-10 am
October 7, ongoing thru May, begin at anytime

HLWW ECFE room E013, lower level east side entrance
Free



LIBRARY STORYTIME WITH ECFE

Families with children of all ages

Watch the ECFE Facebook page for updates

Tuesdays 10:30 - 11:15 am
October 6-March 17 (No storytime 12/29)

Howard Lake Public Library , 817 8th Avenue
free



LITTLE LAKERS ECFE

Families with children age birth – five

Children of all ages come with all sorts of surprises, joys and challenges. Join us to celebrate and talk about all aspects of this. We will have crafts, creative playtime, discussions on child development, songs, games and lots of fun!

These classes will be non-separating, but there will be a licensed parent educator present at classes to support any questions that might arise. There will also be a parent education and a child-development aspect to each class that will support learning, attachment and the parent-child relationship.

Monday Evenings 5:45 – 7:00 pm
October 5, 12, 19, 26, November 2, 9

Wednesday Mornings 10:45 am- noon
October 7, 14, 21, 28, November 4, 11

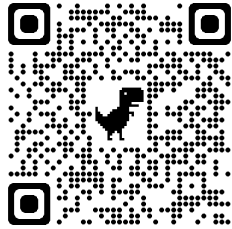
Thursday Mornings 9:00-10:15 am
October 8, 22, 29, November 5, 12, 19

HLWW ECFE room E013, lower level east side entrance
6 sessions / \$36 per child or \$50 per family max – fees may be reduced or waived upon request



Have you recently moved into the District or had a baby?

If you are new to the community or have changes to your household information, including a birth, please follow this QR code and fill out our google form. This census helps Independent School District 2687 create and maintain programs that better serve the residents of our communities.



HOME VISITS

Are you interested in a home visit with a licensed parent educator? Are you a new parent? Do you have a parenting concern you'd like to discuss? Are you a local daycare provider?

Our visits include:

- Activities for your children and you to do together that support your child's development
- Support and information on parenting
- Information on child development, early childhood screening and other available community resources.

Call our licensed Parent Educator, Ellen Uter at 320-543-4670, ext. 4 or reach out via email euter@hlww.k12.mn.us. This service is free and available when you need it! These can be done in your home, at our classroom or virtually.

1:1 PARENTING COACHING

Do you have a parenting question or child development concern that you would like to discuss more in-depth with a professional? Do you want and crave a supportive environment to troubleshoot parenting topics with someone you trust? Please reach out to us with any questions and concerns you may have.

We will schedule a one-on-one meeting to discuss your concerns! This can be done via phone, Google Meet, or in person at your home or within our classroom. We look forward to meeting you and learning alongside you and your family!

Call Ellen Uter, ECFE Coordinator and licensed Parent Educator at 320-543-4670, ext. 4 or reach out via email at euter@hlww.k12.mn.us

WINSTED PUBLIC LIBRARY

180 Main Avenue West, Winsted

320-485-3909

Library Hours

Mondays: 2-7 pm

Tuesdays: 10 am-1 pm

Wednesdays: 2-7 pm

Thursdays: 10 am-1 pm

Fridays: 2-5 pm

Saturdays: 10 am-12 pm

HOWARD LAKE PUBLIC LIBRARY

817 8th Avenue, Howard Lake

320-543-2020

Library Hours

Mondays: 1-8 pm

Tuesdays: 10 am-1 pm

Wednesdays: 1-8 pm

Thursday: 1-6 pm

Fridays: 10 am-1 pm, 2-5 pm

Saturdays: 10 am-1 pm



Is your baby on track?

Learn more and make sure.

HelpMeGrowMN.org

or 1-866-693-GROW (4769)

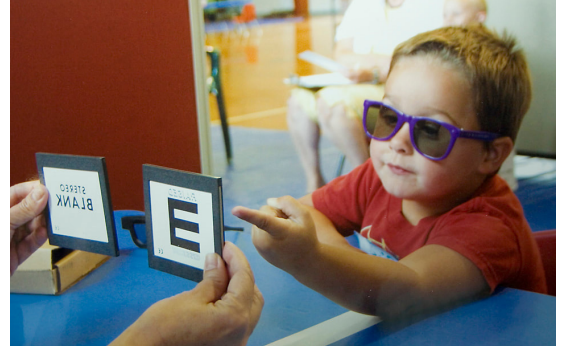


EARLY CHILDHOOD SCREENING

The State of Minnesota requires all children attending kindergarten to be screened. HLWW schedules screening for families with young children throughout the school year. Screening at 3 is preferred, but a child may be screened between the ages of 3 and the start of kindergarten as required by law.

WHAT IS EARLY CHILDHOOD SCREENING:

Early Childhood Screening is a free and simple check of how your child is growing, developing and learning. At a screening appointment a trained professional will check: vision, hearing, height, weight, immunizations, large/small muscles, thinking, language, communication skills, social and emotional development.



WHY EARLY CHILDHOOD SCREENING IMPORTANT:

Screening helps identify children who may benefit from early childhood services before they enter school and connects them with appropriate resources and programs. If your child has already been screened, he/she does not need to be screened again.



HOW DO I MAKE AN APPOINTMENT:

Contact the HLWW Screening Coordinator at 320-543-4670 ext 4 or email euter@hlww.k12.mn.us or go online to hlww.ce.eleyo.com before August 31 or hlww.arux.app on September 1 or later.

EARLY CHILDHOOD SCREENING DATES AND LOCATION:

We have scheduled and are hosting screening events on

Fridays

- September 25
- October 23
- November 13
- December 11

September-April dates will be in the HLWW ECCE Classroom E013
(use lower level east side entrance of Middle School).

Dates for January-April will be updated at hlww.arux.app (after September 1) as they become available. Search Early Childhood Screening for additional dates.



LITTLE LAKER LEARNERS PRESCHOOL

2026-2027 SCHOOL YEAR



Classes for 3, 4 and 5 year olds

A great start for a successful learner!

School-based preschool programs are designed to help children learn, grow and develop, providing them with the skills and abilities for a successful transition to kindergarten and beyond.

- **Individualized Learning & Inclusion:** We get to know each student and tailor instruction so every child is engaged, supported and challenged.
- **Learning Through Play:** Play-based, hands-on experiences help children explore, problem-solve and build confidence.
- **Licensed Teachers & Caring Staff:** Our licensed Early Childhood teachers and staff bring expertise, warmth and a love of children to every classroom.
- **Engaging Classrooms & Environments:** Bright, welcoming classrooms include centers for dramatic play, art, building, sensory exploration, literacy and quiet time.
- **Connected to Howard Lake-Waverly-Winsted Schools:** As part of HLWW Public Schools, we partner closely with elementary staff to support a seamless bridge to kindergarten.
- **Family Partnerships:** We connect with families through conferences, regular communication and resources to support learning at home.
- **Flexible Program Options:** Morning and afternoon options are offered for 3, 4 and 5 year-olds to fit your family's schedule. Works with **Laker Care** to provide wrap around child care options.
- **School Readiness & Support:** Our program is aligned with Minnesota Early Learning Standards and uses ongoing observation and assessment to guide instruction and support each child's growth.



Little Laker Learners Preschool has earned the highest possible rating in the state's Parent Aware Quality Rating System, rating high quality school readiness preschool and child care programs.

Join us at Little Laker Learners Preschool!

Howard Lake-Waverly-Winsted Community Education
 hlww.ce.eleyo.com before 8/31, after 9/1 hlww.arux.app 320-543-4670
 LITTLELAKERLEARNERS@HLWW.K12.MN.US

LITTLE LAKER LEARNERS PRESCHOOL

hlww.ce.eleyo.com before 8/31, after 9/1 hlww.arux.app

320-543-4670

LITTLELAKERLEARNERS@HLWW.K12.MN.US

Little Laker Learners Preschool offers fun and educational hands-on learning activities for children ages 3, 4 and 5. Students who attend Little Laker Learners Preschool have the opportunity to grow emotionally, physically, academically and socially by focusing on the Minnesota Early Learning Standards.

Little Laker Learners Preschool uses Creative Curriculum, the GOLD Assessment System, OWL, 2nd Step and Everyday Math curriculums to achieve positive outcomes. By evaluating and planning, staff implements each child's learning experience and helps students reach their full potential by challenging students.

ENROLLMENT

Please keep in mind that classes are first come, first serve so registering as soon as you can once registration opens will help make sure that you are able to enroll in the class that you prefer. Each registration we receive does not guarantee enrollment into your class, each registrant's application is pending approval of the Little Laker Learner staff and current number of students in class when enrollment was submitted.

Please note that it should take approximately 15-20 minutes to complete the registration process. When enrolling, please have the following information on hand before beginning the registration:

- Your preferred preschool class
- Emergency contacts
- Health and medication information, including primary physician, clinic and dentist clinic information.
- Electronic payment method (credit card or ACH)

All contract requests are pending approval by the Little Laker Learners Preschool office. Please allow up to 10 business days for processing.

Site Locations

Humphrey Elementary, Waverly

Winsted Elementary

2026-2027

PreK 3

For children age 3-4 by September 1.

Tuesdays & Thursdays	8:10-10:40 am	Fee: \$125 per month
Mondays, Wednesdays & Fridays	8:10-10:40 am	Fee: \$180 per month

PreK 4

For children age 4-5 by September 1 who will enter kindergarten the fall of 2027.

Tuesdays & Thursdays	12:10-2:40 pm	Fee: \$125 per month, Winsted only
Mondays, Wednesdays & Fridays	12:10-2:40 pm	Fee: \$180 per month
Monday-Friday	12:10-2:40 pm	Fee: \$240 per month, Waverly only

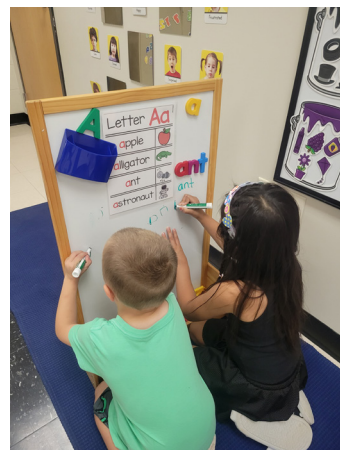
TRANSPORTATION

There will be transportation options available for Little Laker Learner Preschool students for the 2026-2027 school year. Those that will be in need of middle of the day transport (after AM preschool, or before PM preschool), will be charged a monthly fee of \$45 that will be included in their monthly invoice. Those being shuttled to and from Preschool and Laker Care, your monthly mid-day bus fee is covered by your Laker Care costs and will not be charged the \$45.

Scholarships for preschool fees are available for families who qualify.

Preschool Registration online at hlww.ce.eleyo.com before 8/31, after 9/1 hlww.arux.app

Registration fee: \$35 per child





*WELCOME TO LAKER CARE
GROWING LAKERS, TOGETHER*

**Pre-Laker Care 33 Months-5 Years
School Age Laker Care K- 6th Grade**

6 am-5:45 pm

**Fall 2026: Enrollment is currently open
Locations at Waverly and Howard Lake**

Laker Care nurtures the developmental, social and academic growth of every child - from our youngest learners to our school-aged students - by partnering with the HLWW school district and fostering a supportive, small-town community environment.

We encourage curiosity, creativity and foundational skills tailored to each developmental stage. We provide reliable, high-quality care that supports our communities. Laker Care acts as a supportive extension of the home and the classroom - growing Lakers, together!

Registration Fee

There is a non-refundable registration fee which must be submitted at the time of enrollment and renewed seasonally. Registration fees help cover the cost of processing registration and program supplies.

School Year 2026-2027 – \$45 per child, \$100 family max



**Check out additional information on
Laker Care including Registration
information at hlww.ce.eleyo.com
before 8/31, after 9/1 hlww.arux.app
or contact Jenn at 320-543-4670 ext. 3
or 651-304-4268**



Follow Laker Care on facebook to see what students do during their time at Laker Care.



Pre Laker Care and School Age Laker Care

Summer and school year options available

Online enrollment athlww.ce.eleyo.com
before 8/31, after 9/1 hlww.arux.app
select carefully the age, season and site.

NEW SITE ADDED!

Site Locations

HLWW Middle School
Humphrey Elementary, Waverly (beginning September 2026)

Registration Fee

There is a non-refundable registration fee which must be submitted at the time of enrollment and renewed seasonally. Registration fees help cover the cost of processing registration and program supplies.

School Year 2026-2027 – \$45 per child, \$100 family max

PRE LAKER CARE (33 MONTHS-5 YEARS NOT IN KINDERGARTEN)

Full Day Rate participation anytime between 6 am-5:45 pm

Per Child Rates	5 days a week	4 days a week	3 days a week	2 days a week	Drop In Flat Rate Daily
Current-May 2027	\$195 weekly (\$39/day)	\$164 weekly (\$41/day)	\$129 weekly (\$43/day)	\$92 weekly (\$46/ day)	\$48/day

*Laker Care/Preschool Discount – If your child attends Little Laker Learners Preschool and Laker Care in the same day they will receive a \$5.00 credit per day they attend both.



School Age 2026-2027 fee structure based on number of days a week student is scheduled

Per Child Rates	5 days a week	4 days a week	3 days a week	2 days a week	Drop In Flat Rate
Before School	\$50 weekly (\$10/day)	\$48 weekly (\$12/day)	\$42 weekly (\$14/day)	\$34 weekly (\$17/day)	\$19 daily
After School	\$70 weekly (\$14/day)	\$64 weekly (\$16/day)	\$54 weekly (\$18/day)	\$38 weekly (\$19/day)	\$23 daily
Non-School day					\$38 per day
Scheduled two hour late start					\$18 per day

5TH GRADE BEGINNING BAND CAMP

If you are interested in participating in HLWW Band Opportunities, this camp is for you! The camp will be broken into instrument sections. Take a look at the schedule below for your specific time. These times may be adjusted based on enrollment.

- 9 - 9:40 am: Flutes and Trumpets
- 9:45 - 10:25 am: Clarinets and Trombone
- 10:30 - 11:10 am: Saxophones and Baritone
- 11:15 - 11:55 am: Percussion

For camp specific questions please contact Laura Boillat, MS Band Director lboillat@hlww.k12.mn.us

August 17, 18, 19 & 21
Monday, Tuesday, Wednesday & Friday

4 sessions/ \$50
HLWW High School Band Room

PARTY CRASHERS- INTRO TO RC RACING K-8

Interested in RC Cars? Want to try racing them on a track? Then come join us as we explore what makes them work and get to try them out. Participants will leave with a better understanding and get some time testing out their driving skills on a few different types of RC Cars. Participants can use RC Cars provided or use their own on approval. K-1st grade should have someone present during class with the student

Instructor: Party Crashers RC Racing

October 20 **6:00 - 7:00 pm**
Tuesday

Gym Winsted Elementary, door F eastside playground
1 session / \$25



RC CAR RACING GR K-12

Want to drive RC Cars on a track? Then come join us and you can test your driving skills on a few different types of RC Cars. Participants can use RC Cars provided or use their own on approval. K-1st grade should have someone present during class with the student

Instructor: Party Crashers RC Racing

October 20 **7:10 - 8:10 pm**
Tuesday

Gym Winsted Elementary, door F eastside playground
1 session / \$25

SPANISH CAMP GR K-4

In this afterschool camp kids explore the world of sports, colors, animals, food and so much more while learning Spanish through interactive activities, and games. Campers will build vocabulary, practice mini conversations while having fun! Each series will have different activities. So sign up for 1 series or multiple!

Instructor: Ricsy Tabora

Series 1

Tuesdays **3:10-4:30 pm**
September 22, 29, October 6
MS Media Center
3 sessions/ \$40

Series 2

Tuesday **3:10-4:30 pm**
November 10, 17, 24
MS Media Center
3 sessions/ \$40



INTRO TO SPANISH GR 5-8

Join this exciting after-school Spanish camp designed for students in grades 5-8! Explore topics like sports, animals, food, pop culture, travel, and more while building real-world Spanish skills through interactive games, hands-on activities, and conversation practice. Students will expand their vocabulary, in a fun and supportive environment. Each session features new themes and activities, so you can sign up for one series or keep the adventure going with multiple series!

Instructor: Ricsy Tabora

Series 1

Thursdays **3:10-4:30 pm**
September 24, October 1, 8
MS Media Center
3 sessions/ \$40

Series 2

Thursdays **3:10-4:30 pm**
November 5, 12, 19
MS Media Center
3 sessions/ \$40

FABULOUS FALL FOODS FUN

Kids will have fun making delicious fall harvest foods



featuring apples and other fall ingredients. Youth will practice basic cooking skills and taste what we create! Please indicate any food allergies when registering. Youth may ride a bus from the elementary schools to the high school, please

indicate use of this option on registration.

Instructor: Michelle Johnson

Tuesday October 27 3:10 - 4:30 pm

**HLWW High School Foods Room A134
1 session / \$18**

KIDS' FUN NIGHT OUT.... PARENTS' NIGHT OUT!

Age 3-12

Do your kids want a fun place to go when you are out for a Friday evening? Drop your kids off at HLWW Activity Center located at the Middle School. We want it to be a great opportunity for both the kids and parents!

To begin, we'll have free time in the gym, craft project, then break for a snack and finish with a projected movie. This program will be supervised by Community Education Staff.

Please pack a labeled water bottle. You may also want to bring a pillow, sleeping bag and pajamas for the movie.

Children must be toilet trained to attend. Please complete your registration at least one week before each date for staffing purposes. May fill prior.

Friday November 13 6-9:30 pm
HLWW Activity Center, use lower level entrance
\$16 per child per night, \$10 for each additional child per family per night

Friday December 18 6-9:30 pm
HLWW Activity Center, use lower level entrance
\$16 per child per night, \$10 for each additional child per family per night

FALL CHEER CAMP

Open to youth in grades K-4.

At the camp participants will learn Laker cheers, leading cheers and practice crowd cheering from Laker Cheerleaders and their coach, Angie Eull. All participants will cheer on the sidelines of the football game for the first half on October 2nd.



At the October 2nd game cheer camp participants get in free to the game. All others will need to pay admission fees.

At the camp and the game, participants need to wear comfortable clothing and tennis shoes to camp. Participants will receive a t-shirt. Please register by September 14. Shirt sizes will be as accurate as we can but not guaranteed

Tuesday- Thursday 3:15-4:45 pm
September 29, 30, October 1

Friday October 2nd 6:45 -8:30 pm
Pick up & Drop off at the HLWW Middle School Commons
4 sessions / \$38

YOUTH LAKER FALL VOLLEYBALL CAMP

Grades 1-6 (Fall 2026)

Learn basic volleyball skills such as passing, setting, serving and hitting, play in game-like situations and meet the high school volleyball players! All players are also invited to attend our youth night game with free admission with their camp shirt, on October 8th. They will also receive signed posters by our varsity players after the game.



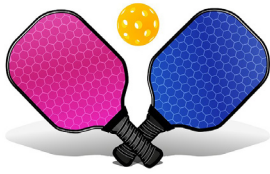
Questions, contact Hailey Krueger at hkrueger@hlww.k12.mn.us
Dates: Monday September 14, 21, 28
Location: HLWW High School
Times: 5:15-6:15 pm
Cost: \$33

ONLINE REGISTRATION

hlww.ce.eleyo.com AFTER September 1st hlww.arux.app

YOUTH PICKLE BALL CAMP

GR 3-6



Learn the basics of pickleball!
Students will be able to play and keep score.

Fridays 3:10 - 4:30 pm
September 25, October 2, 9

HLWW Activity Center
3 sessions / \$40

GYMNASTICS

PREK-ADVANCED LEVELS



hlww.ce.eleyo.com (prior 9/1)
hlww.arux.app (after 9/1)
320-543-4670

**PLEASE CHECK
ONLINE FOR FALL
GYMNASTICS CLASS
OFFERINGS THAT
WILL BE OPEN TO
PREK-ADVANCED
RECREATIONAL
LEVELS.**

SNOWMOBILE SAFETY TRAINING

This class is open to youth 12 years of age and older and adults. A parent or guardian must register the youth. Proof of age is required by providing either a birth certificate, Current MN Driver's License or MN Identification Card. Any resident born after 1976, is required to have taken a snowmobile safety training course to operate a snowmobile in Minnesota. Class is sponsored by the Ridgerunners Snowmobile Club.



**Instructor: Robin Hillmyer, Volunteer Instructor
certified by the MN DNR Division of Enforcement**

**December 5
Saturday**

8:00 am - 4:00 pm

**Stockholm Community Center, County Road 30 SW,
Cokato**
**1 session / \$10 Must pre-register with Robin Hillmyer
by calling 320-286-2404**

BASKETBALL VOLLEYBALL



OPEN GYM

**HLWW ACTIVITIES
CENTER**

SUNDAYS

AUG 30-DEC 20

**EXCEPT SEPT 6, OCT 18, NOV 29, DEC 6,
5-8 PM**

**WATCH ONLINE & SOCIAL MEDIA FOR
ADDITIONAL WEEKDAY DATES & TIMES**

**\$2 PER STUDENT/\$3 ADULT/
MAX \$8 PER FAMILY**

HLWW 5TH & 6TH GRADE TACKLE FOOTBALL

AUGUST 20TH - MID OCTOBER



**PRACTICES
WILL BE
WEEKDAY
EVENINGS
STARTING
AUGUST 24TH
6:00-7:30PM**

**GAMES WILL
BE SATURDAY
MORNINGS
AROUND THE
AREA**

**MANDATORY PARENT & PLAYER
MEETING (ADULT MUST ATTEND)
THURSDAY, AUGUST 20TH
AT 6:00 PM**
**EQUIPMENT HANDOUT ON SAME
NIGHT STARTING AT 5:30PM**
ACTIVITY CENTER COMMONS

\$105 PER PLAYER

Register at hlww.ce.eleyo.com

LAKER KINDERGARTEN BASKETBALL CLUB



Open to all Boys & Girls in Kindergarten

Sessions will include work on individual and team skills. Participants will be recognize once during the starting lineup announcements before a varsity basketball game. Participants must wear gym shoes. Participants will receive a t-shirt. Wear the t-shirt to regular season varsity games to receive free admission. Sessions cancelled due to weather conditions will not be made up. Anyone who registers after December 11th will not be guaranteed a t-shirt.

Sundays 1:00 - 2:15 pm
January 10, 17, 24, 31

4 sessions/ \$33 prior to December 11th
4 sessions \$38

JUNIOR LAKERS BASKETBALL LEAGUE GR 1-3

Open to all Boys & Girls in grades 1-3

This league is an awesome opportunity to learn the fundamentals of the game of basketball, the benefits of team work and the importance of sportsmanship. Players in the league will be organized into teams. Each team will have practices either on Tuesday nights in Winsted Elementary or Thursday nights at the Activity Center & Humphrey Elementary. Participants must wear gym shoes.

In addition, each player will be announced before starting line ups and get to play at halftime of one of the varsity games. Players will receive a tshirt and free admission to all home regular season varsity games. If you have any questions please email jcarr@hlww.k12.mn.us

We will need parents to volunteer to coach teams, the number of teams will be dependent on the number of volunteers. If you are interested in coaching please sign up while registering your youth or reach out jcarr@hlww.k12.mn.us.

We will be offering 4 locations for practices

Tuesdays- Winsted Elementary

Thursdays- Winsted Elementary

Thursdays- HLWW Activity Center

Thursdays- Humphrey Elementary in Waverly

** Locations are subject to change/merge to even out teams

Practices will be at the location you register at for the season.

Tuesdays 6:30 - 7:45 pm

December 8, 15, Jan 5, 12, 19, 26

Winsted Elementary Gym

OR

Thursdays 6:30 - 7:45 pm

December 10, 17, Jan 7, 14, 21, 28

Winsted Elementary, HLWW Activity Center or Humphrey Elementary, Waverly.

All Sunday games will be held at the HLWW Activity Center

2:30 - 3:45 pm

January 10, 17, 24, 31

\$65 per participant prior to December 2nd

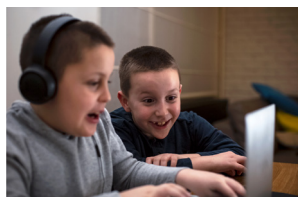
\$70 per participant after December 3rd (may not be guaranteed a t-shirt)



TECH ACADEMY FALL VIRTUAL CAMPS

**Find class full descriptions Online*

** All classes will be offered via Zoom, class links will be emailed to your family a few days prior*



Virtual Camp Format: Our virtual camps offer engaging, interactive instruction in a collaborative learning environment. Each session includes access to our online classroom, which provides either recorded lessons or a detailed curriculum guide covering every step from class, plus instructions for project extensions. To protect student privacy, we do not share recordings of the live classes themselves; instead, we provide follow-along recordings that review the instructions and activities.

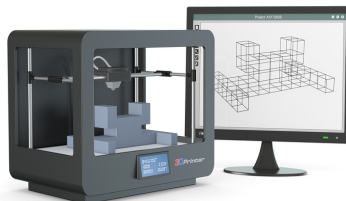
Home Technical Requirements For All Classes:

- **Computer:** PC (Windows 10 or later) or Mac (OSX) with at least a 2GHz processor and 4GB of RAM
- **Chromebooks, tablets, and phones DO NOT work.**
- **Internet:** Broadband internet
- **Webcam, Microphone, and Speakers**
- **Zoom Installed on Computer, zoom link will be sent before class.**
- **Students should be comfortable using a PC, mouse, and keyboard.**

Class	Grades	Day(s)	Dates	Time	Fee
Multiplayer Minecraft: Escape the Ender Dragon	2nd-6th	2 Saturdays	Sep 5 & 12	9-10:30 am	\$55
Game Coding: Nintendo Characters	2nd-5th	2 Saturdays	Sep 5 & 12	11 am-12:30 pm	\$55
Multiplayer Minecraft: Master Builders	1st-5th	Tuesday	Sep 8	6-8 pm	\$40
Game Coding: Mario Kart	2nd-5th	2 Wednesdays	Sep 9 & 16	6:30-8 pm	\$55
Super Smash Bro Coding	4th-8th	Thursdays	Sep 10	6-8 pm	\$40
Vibe Coding	3rd-7th	2 Mondays	Sep 14 & 21	6:30-8 pm	\$55
3D Printing: Harry Potter	2nd-6th	2 Tuesdays	Sep 15 & 22	6-8 pm	\$83
Multiplayer Minecraft: City Builder	1st-6th	2 Thursdays	Sep 17 & 24	6-8 pm	\$70
Video Production for YouTube	3rd-7th	2 Saturdays	Sep 19 & 26	9-10:30 am	\$55
3D Printing: Nintendo Characters	2nd-6th	2 Saturdays	Sep 19 & 26	11 am-12:30 pm	\$70
D&D 101	3rd-7th	Wednesdays	Sep 23	6-8 pm	\$40
3D Printing: Star Wars	2nd-6th	Friday	Sep 25	6-8 pm	\$55
Intro to Game Coding	1st-4th	Monday	Sep 28	6:30-8 pm	\$30
Video Production: Top List Creator	3rd-8th	Tuesdays	Sep 29	6-8 pm	\$40
3D Printing: Toys & Puzzles	3rd-7th	2 Wednesdays	Sep 30 & Oct 7	6:30-8 pm	\$70
Multiplayer Minecraft: Theme Park Builder	1st-6th	Thursdays	Oct 1	6-8 pm	\$40
Pokémon Game Coding	2nd-6th	2 Fridays	Oct 2 & 9	6-7:30 pm	\$55
Multiplayer Minecraft: Block Hunter	1st-5th	Saturday	Oct 3	9-11 am	\$40
Multiplayer Minecraft: World Builder	1st-6th	2 Mondays	Oct 5 & 19	6:30-8 pm	\$55
Super Mario Game Coding	3rd-7th	2 Tuesdays	Oct 6 & 13	6-8 pm	\$70
Video Game Design	3rd-7th	2 Thursdays	Oct 8 & 22	6-8 pm	\$70
3D Printing: Minecraft-Inspired	3rd-7th	Saturday	Oct 10	9-11 am	\$55
Multiplayer Minecraft: Poke-Mods and Games	1st-6th	Thursday	Oct 15	9 am-Noon	\$55
3D Printing: Poké-Puzzles	2nd-6th	Friday	Oct 16	9 am-Noon	\$70
3D Printing: Jewelry Fabrication & Arts	2nd-6th	2 Saturdays	Oct 17 & 24	9-10:30 am	\$70
Video Game Design: Platformer	3rd-7th	2 Saturdays	Oct 17 & 24	11 am-12:30 pm	\$55
3D Printing: D&D	3rd-7th	Tuesday	Oct 20	6-8 pm	\$55
Multiplayer Minecraft: Olympics	1st-5th	2 Wednesdays	Oct 21 & 28	6:30-8 pm	\$55
Coding: Nintendo Characters	1st-4th	Monday	Oct 26	6:30-8 pm	\$30



Class	Grades	Day(s)	Dates	Time	Fee
3D Printing: Pokémon	3rd-7th	2 Tuesdays	Oct 27 & Nov 3	6-8 pm	\$83
Multiplayer Minecraft: Adventure Map Builder	1st-5th	Thursday	Oct 29	6-8 pm	\$40
Intro to Minecraft Modding	1st-5th	2 Mondays	Nov 2 & 9	6:30-8 pm	\$55
Cloud Game Development	4th-8th	Wednesday	Nov 4	6:30-8 pm	\$30
3D Printing: Minecraft Models	2nd-5th	2 Thursdays	Nov 5 & 12	6-8 pm	\$84
Intro to 3D Printing & CAD	2nd-5th	2 Saturdays	Nov 7 & 14	9-10:30 am	\$70
Minecraft Mod Development: Custom Tools	2nd-6th	2 Saturdays	Nov 7 & 14	11 am-12:30 pm	\$55
Video Game Design	3rd-7th	Tuesday	Nov 10	6-8 pm	\$40
Minecraft Mod Development: Biomes	2nd-6th	Friday	Nov 13	6-8 pm	\$40
Virtual Reality Coding	1st-4th	Monday	Nov 16	6:30-8 pm	\$30
Minecraft Mod Dev: Lucky Blocks & Super Ores	2nd-6th	2 Tuesdays	Nov 17 & 24	6-8 pm	\$70
Escape the Labyrinth: VR Game Development	3rd-7th	2 Wednesdays	Nov 18	6-8 pm	\$40
Minecraft Survival Camp: Defeat the Ender Dragon	1st-5th	Thursday	Nov 19	6-8 pm	\$40
Vibe Coding with AI	4th-8th	Saturday	Nov 21	9-Noon	\$55
Game Coding: Platformer	3rd-7th	2 Mondays	Nov 23 & 30	6:30-8 pm	\$55
JavaScript Game Lab	4th-8th	Tuesday	Dec 1	6-8 pm	\$40
Minecraft Coding: Redstone & Automation	3rd-7th	Wednesday	Dec 2	6:30-8 pm	\$30
Retro Game Modding with Java	4th-8th	2 Thursdays	Dec 3 & 10	6-8 pm	\$70
Minecraft Coding: Ride the Ender Dragon	3rd-7th	2 Saturdays	Dec 5 & 12	8:30-10:30 am	\$70
Dungeons & Dragons 101: One Shot Minecraft Adventure	2nd-6th	2 Saturdays	Dec 5 & 12	11 am-1 pm	\$70
Minecraft Game Coding with Scratch	2nd-5th	Monday	Dec 7	6:30-8 pm	\$30
Web Design	4th-8th	2 Tuesdays	Dec 8 & 15	6-8 pm	\$70
D&D: Minecraft Adventure	2nd-6th	2 Wednesdays	Dec 9 & 16	6:30-8 pm	\$55
Build & Defend: Strategy Game Coding	4th-8th	Friday	Dec 11	6-8 pm	\$40
Kids that Code	1st-3rd	2 Mondays	Dec 14 & 21	6:30-8 pm	\$55
Engineering in Minecraft	3rd-6th	Thursday	Dec 17	6-8 pm	\$40
Minecraft Quest Makers: RPG & Adventure Design	2nd-6th	Saturday	Dec 19	9-11 am	\$40
Multiplayer Minecraft: City Builder	1st-6th	Tuesday	Dec 22	9 am-Noon	\$55
Video Game Design	3rd-7th	Wednesday	Dec 23	9 am-Noon	\$55
Super Mario Coding	1st-4th	Monday	Dec 28	9am-11am	\$40
3D Printing: Toys & Puzzles	2nd-6th	Tuesday	Dec 29	9 am-Noon	\$70
Minecraft Builders: Winter Challenge	1st-6th	Wednesday	Dec 30	9 am-Noon	\$55



HLWW FALL DANCE CLASSES & WINTER SHOW

Join Coach Mel this Fall/Winter as we learn fun dances to perform at a Winter Dance Show: "Oh What Fun!" on December 12th in the High School Gym!

All Classes will be held on Mondays, Tuesdays, Wednesdays or Thursdays at Winsted Elementary in the gym or cafeteria beginning September 28th through December 10th with the Dance Show on Saturday December 12th, 2026!

***No Classes on October 12, 13, 14, 15 & November 23, 24, 25, 26 for school closed days.

Preschool Ballet & Jazz Class

Tuesday's 5:45 - 6:30 pm *dancers will learn 1 dance in this class

Kindergarten Ballet & Jazz Class

Wednesday's 5:45 - 6:30 pm *dancers will learn 1 dance in this class

1st-2nd Grade Jazz/Hip Hop Combo Class

Monday's 6:15 - 7:15 pm *dancers will learn 2 dances in this class

1st-4th Grade Jr. Tap Class

Monday's 5:45 - 6:15 pm *dancers will learn 1 dance in this class

3rd-6th Grade Jazz/Hip Hop Combo Class

Thursday's 5:45 - 6:45 pm *dancers will learn 2 dances in this class

5th-8th Grade Intermediate Tap Class

Thursday's 6:45 - 7:15 pm *dancers will learn 1 dance in this class

7th-9th Grade Lyrical/Hip Hop Combo Class

Tuesday's 6:30 - 7:30 pm *dancers will learn 2 dances in this class

9th-12th Grade Sr. Tap Class

Tuesday's 7:30 - 8:00 pm *dancers will learn 1 dance in this class

10th-12th Grade Lyrical/Hip Hop Combo Class

Monday's 7:15 - 8:15 pm *dancers will learn 2 dances in this class

Price per dancer includes Dance Show T-Shirt, 9 total classes and Winter Dance Show, plus show admission for dancer, friends & family! ***see note about t-shirt if in a Tap class.

45 Min Classes: \$97.00 per Dancer = Preschool Ballet & Jazz and Kindergarten Ballet & Jazz

60 Min Combo Classes: \$124.00 per Dancer = 1st-2nd Jazz/Hip Hop Combo, 3rd-6th Jazz/Hip Hop Combo, 7th-9th Lyrical/Hip Hop Combo & 10th-12th Lyrical/Hip Hop Combo

30 Min Tap Classes: \$65.00 per Dancer = Jr., Intermediate and Sr. Tap Classes. **dancers will need Tap Shoes for this class! ***Tap Class tuition does not include Dance Show T-Shirt; if needed Coach Mel will assist in ordering if the dancer isn't in any other classes that the T-Shirt is included with.

For classes: dancers should wear comfortable clothes that are easy to move in. Preferred dance shoes like ballet or jazz are encouraged, but tennis shoes work great as well. *Hip Hop classes should wear tennis shoes & tap classes will need to wear tap shoes!

The Dance Show: will begin at 2pm on December 12th, 2026; Doors will open at 1:00 pm and dancers should be ready in the back hall by 1:30 pm. Dancers should wear their Winter Dance T-Shirt (included in tuition) along with black bottoms: black tights with black skirt or shorts, black leggings, or other athletic pants, etc. Dance shoes or tennis shoes are recommended. Hair will be discussed at class later.

Register online at HLWW Community Education or call 320-543-4670

Please reach out to Coach Mel via email with any questions: coachmelwebster@gmail.com





ACT Test Preparation

Reach your potential

ACT PREPARATORY COURSES

To help students prepare for The ACT test, Advantage Educational Programs, in cooperation with Howard Lake-Waverly-Winsted Community Education, will offer their ACT prep courses to students. Are you uneasy about your test-taking skills or unsatisfied with previous ACT results?

This may be the course for you. Two different course formats allow students to choose the one that best suits their learning styles and personal circumstances. Students are also able to make up any classes they miss, and all courses may be repeated online at no additional charge. To register for a course at a different location or for more information, go to: www.AdvantagePrep.net or call 612-222-5108.

Virtual ACT Prep Course:

Virtual classroom meets for three hours, one day each week, for four weeks and is taught live, via zoom, by an Advantage instructor who provides instruction and interaction with the students. Internet connection and access to a computer or laptop is required. Class recordings are available for students who need to make up any missed classes.

Sundays 1:00 - 4:00 pm
August 2, 9, 16, 23
Virtual 4 sessions / \$180

Sundays 1:00 - 4:00 pm
September 20, 27, October 4, 11
Virtual 4 sessions / \$180

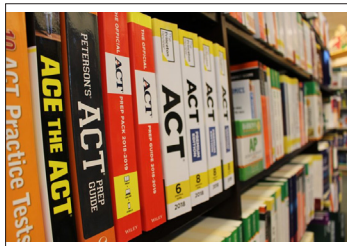
Sundays 1:00 - 4:00 pm
November 8, 15, 22, December 6
Virtual 4 sessions / \$180

Self-Paced Online ACT Prep Course:

Online students prep for the ACT at their own pace and around their busy schedules.

Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed. Upon request, students who are registered for the In-School ACT Prep Course or the Virtual ACT Prep Course can also access this online course at NO ADDITIONAL CHARGE.

Materials are accessible anytime
Online unlimited access/ \$80



CLASSROOM DRIVER AND TRAFFIC SAFETY EDUCATION

Today's Driving School offers in-person, online and teleconference classes

Register online at todaysdrivingschool.com click on Teen Driver Ed then choose Howard Lake-Waverly-Winsted



They offer both classroom and behind-the-wheel instruction for teens and adults in the Howard Lake-Waverly-Winsted area. Flexible scheduling allows you to easily make up any missed days of class.

All prices listed on their website are cash-discounted prices. Course descriptions and package options are also listed.

In-Person Teen Driver 30 classroom hours 2026-2027
HLWW Middle School Media Center
Register early, classes may fill.
See todaysdrivingschool.com for package prices.

October 5-8, 12-14, 19-21 5:30-8:30 pm
Monday-Thursday

March 1-4, 8-11, 15-16 5:30-8:30 pm
Monday-Thursday

June 7-10, 14-17, 21-22 9 am-12 pm
Monday-Thursday

Teleconference Class Teen Driver 30 classroom hours:
 Live remote learning classroom instruction led by a Today's Driving School licensed instructor using Zoom. All students in Minnesota are eligible to attend.

Online Class Teen Driver 30 classroom hours: Today's Driving School is pleased to offer self-paced online instruction for adult and teen-age students. You may work on the course up to 3 hours per day, any time day or night. You have a full 90 days to complete the course, but you can complete the course in as little as 10 days. Work at your own pace.

Behind-the-wheel packages: Today's Driving School's behind-the-wheel instruction is taught one-on-one, home pick-up and drop-off makes scheduling drives hassle free. See todaysdrivingschool.com for package prices.

FREE ADULT BASIC EDUCATION (ABE), ENGLISH LANGUAGE (EL/ESL) & GED CLASSES

Ready to take the next step? Whether you're looking to strengthen your reading, writing, or math skills, learn English, improve your computer skills, earn your GED, or prepare for college and career success. We're here to support you every step of the way.

Classes are free, ongoing, and open to new students anytime.

WEST ABE is part of Minnesota Community Education and has proudly served adult learners in Wright County and the surrounding area since 1996. We offer a welcoming, supportive environment designed to help you reach your personal and professional goals.



Eligibility: Must be 17 and older, not enrolled in high school, and seeking to build skills in any of the following areas: English (speaking, reading, and writing), math, digital literacy, career preparation, or GED preparation. GED students who are 17 or 18 years of age will need an age waiver to take the GED test. (This can be found on <https://education.mn.gov/MDE/fam/abe/>)



Scan QR code to fill out an interest form. Call 763-272-2040 with questions. Visit our website at westabe.monticello.k12.mn.us for all class listings and locations.

GED prep classes: support students in preparing for all four of the tests: Mathematics, Reasoning through Language Arts (RLA), Science and Social Studies

EL/ESL classes: from the pre-literacy level to the advanced level, help students develop English language skills through speaking, listening, reading, writing, and grammar skills

SCAN ME

GED testing in Monticello

Appointments required. All students must set up an account on ged.com to schedule the Official GED tests. Tests are available in English and Spanish.

9 am-3 pm on Tuesdays/Thursdays and several Saturdays per month.

Eastview Education Center 9375 Fenning Ave. NE, Monticello. (763) 272-2808

Make a Difference- Become a Volunteer for WEST ABE

ABE Support: Assist with basic reading, writing, math, and digital skills

EL/ESL Support: Help English learners improve their language skills through speaking, reading, and writing

No experience necessary! Free training and ongoing support. Time Commitment: 1-6 hours per week. Must be 18 years or older. Send us a message at <https://westabe.monticello.k12.mn.us/contact> or 763-272-2933 for more information. .



ON SITE CLASS OFFERINGS

ENGLISH LANGUAGE (ESL)

Mondays 4-6:30 pm

Ongoing, start anytime

Instructor: Vicki Larson

Classes at HLWW Middle School: Room E201, 2nd floor, Use Community Ed entrance, located on the lower level east side of the parking lot, take elevator to the 2nd floor

ABE/GED PREP

None at this site at this time. Available in Buffalo, Westonka, Monticello, St. Michel-Albertville, Watertown-Mayer, Becker.

ONLINE CLASS OFFERINGS

PRE-GED CLASS- build your foundational literacy skills for a GED Prep Class: Mon & Wed 9 AM- 11 AM (*By invitation only. Students must be currently enrolled in an in-person class to be considered.)

GED CLASS- prepare for all four subtests: Wednesdays, 5:30 - 8 pm

ENGLISH CLASS: Wednesdays 6 -8 PM plus homework outside of class

To sign up: <https://westabe.monticello.k12.mn.us/contact>

55+ DRIVER DISCOUNT PROGRAM 4 HOUR CLASS



The Driver Discount Program is a state approved accident prevention/insurance discount program. Open to the public, pre-registration is required. Class is taught by a Precision Driving Center of Minnesota certified instructor. Participants will be provided the latest information in regards to driver and traffic safety, new vehicle technology and updates with traffic laws. To attend the four hour refresher session, you must have already participated in an eight hour full course. Persons age 55 and older who complete the course qualify for a 10% discount on their auto insurance premium for three years. First time participants must complete.

You may bring a beverage or snack with you to class.

pick from options listed

Monday, September 14
Monday, December 7

1:00 - 5:00 pm
Winsted City Hall-Vollmer Room, 201 1st Street North,
Winsted

1 session / \$24 per person

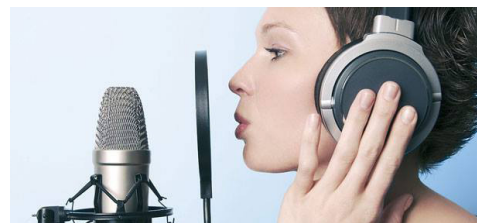


To register for this 55+ driver class or other 55+ driver classes in the area call 1-888-234-1294 or you may also register online at www.driverdiscountprogram.com

AN INTRODUCTION TO VOICEOVERS

Getting Started In Voice Acting

Receive a comprehensive introduction into the voice over industry from a working voice actor. Read a script and receive coaching while your instructor creates a professional voiceover evaluation. Learn



more: www.voicesforall.com for 18 and over. Upon registration you will be contacted by VFA to schedule your class for a time of your convenience. Requirements: Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, or iChat/FaceTime (Mac/iOS).

BUILD YOUR OWN HANDCRAFTED KNIFE

In this 2-day class, dive into the art of crafting a knife from raw materials with Charlie Remer. Forge the blade, craft a wood handle and sharpen the knife. You will be using a propane forge, a hammer, some power tools and your two hands. It's a hands-on journey into the timeless craft of knife-making, allowing you to create a functional and unique tool with your own hands.



This opportunity is open to Individuals aged 12 and above, capable of safely using power tools with proper instruction, are welcome. Liability waivers are mandatory. Each class accommodates a maximum of 2 students. If a parent wishes to assist their child in building a single knife, it will be considered as a single student.

To see examples of knife designs available go to www.instagram.com/vargrknives/

Class dates and times will be discussed and determined with the instructor to work together based on participant's schedules.

Opportunity is \$450 per person

COUPLES DANCE CLASSES

Coach Mel Webster is excited to add a new set of classes for Adults 18+ looking to explore the world of dance! These classes will be open to all skill levels, Bring your partner for a class that will be a fun "date night" where you can bond and learn some dance moves together. Multiple dance styles will be taught. These classes will not participate in any dance show, and are just for the 8 week class period. What to wear to classes: dancers should wear comfortable clothes that are easy to move in. Tennis shoes are preferred, but if you have jazz or ballet shoes to wear please do. Please reach out to Coach Mel via email with any questions: coachmelwebster@gmail.com

Wednesdays 6:30- 7:30 PM
September 23, 30, October 7, 21, 28, November 4, 11, 18
 No Class Oct 14

Winsted Elementary Gym (enter through playground side door F)
\$125.00 PER COUPLE

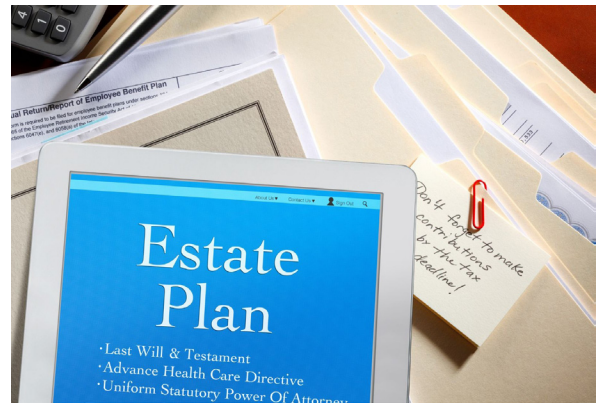


ADULT DANCE CLASSES

Coach Mel Webster is excited to add a new set of classes for Adults 18+ looking to explore the world of dance! These classes will be open to all skill levels. Come ready to learn combos to different dance styles over the 8 week period. We will explore jazz, lyrical, hip hop, theater, and more! These classes will not participate in any dance show, and are just for the 8 week class period. What to wear to classes: dancers should wear comfortable clothes that are easy to move in. Tennis shoes are preferred, but if you have jazz or ballet shoes to wear please do. Please reach out to Coach Mel via email with any questions: coachmelwebster@gmail.com

Thursdays 7:15- 8:00 PM
September 24, October 1, 8, 22, 29, November 5, 12, 19
 No Class Oct 15

Winsted Elementary Gym (enter through playground side door F)
\$85.00 PER PERSON



HOW TO WRITE YOUR "ETHICAL WILL"- AN INTRODUCTION TO WRITING LEGACY LETTERS

Perhaps like many people you have written your 'Legal Will' documenting how you wish to pass on your 'valuables' to your loved ones along with your 'Living Will' or health care directive documenting the specific actions that should be taken if you were no longer able to make decisions for yourself due to illness or incapacity. But have you written your "Ethical Will"? This 2 hour class will teach you how to write 'legacy letters'. You will learn the universal needs of legacy writing addresses for you, the writer and your heirs. Through simple interactive writing practice, you will learn the principles and techniques for writing simple but profound letters that convey your greatest treasures- your faith, life's lessons and values. You will see real examples of how legacy writing has impacted individuals and families and connect the dots between how writing your 'Ethical Will' can inform your Legal Will (i.e. estate planning).

Your Facilitator: Bill Marsella has a passion for helping people share their life stories so they know their lives have made a difference and will be remembered by future generations. Bill's own life of service has made a difference in the world. After earning his Masters Degree in social work, Bill applied his love of people and his gift for storytelling to two long careers in the Army Reserve Medical Corps helping soldiers manage extreme stress on the battlefield, and as a professional fundraiser inspiring thousands of donors to give to causes and charities they care about in the community. Bill is a trained Legacy Facilitator and has his certification in Guided Autobiography Instruction from the Birren Institute for Autobiographical Studies. Bill and his wife Cathy have 5 children, 14 grandchildren and live in Monticello MN.

Wednesday 10:00 am - 12 noon
September 16

Winsted Senior Center (City Hall)
\$40 per person

ONLINE REGISTRATION
hlww.ce.eleyo.com AFTER September 1st hlww.arux.app

5X5 UNOFFICIATED BASKETBALL FOR ADULTS 18+ (HS PLAYERS ARE NOT ELIGIBLE)

Full court; no referees, call your own fouls. Time keeper supplied. Teams must supply their own ball. Teams will play one game per night. Email James Carr with questions. jcarr@hlww.k12.mn.us All teams must register with Community Education.

Wednesdays

January 6, 13, 20, 27,
February 3, 10, 17, 24,
March 3, 10

Games played at 6:30, 7:30
& 8:30 pm each night

HLWW Activity Center
10 weeks / \$250 per team



BASKETBALL VOLLEYBALL



OPEN GYM

HLWW ACTIVITIES
CENTER

SUNDAYS

AUG 30-DEC 20

EXCEPT SEPT 6, OCT 18, NOV 29, DEC 6,
5-8 PM

WATCH ONLINE & SOCIAL MEDIA FOR
ADDITIONAL WEEKDAY DATES & TIMES

\$2 PER STUDENT/\$3 ADULT/
MAX \$8 PER FAMILY

NEW COMMUNITY ED CLASS & PROGRAM REGISTRATION SYSTEM STARTING SEPTEMBER 1ST



ANY REGISTRATIONS PRIOR TO
SEPTEMBER 1ST PLEASE GO TO
HLWW.CE.ELEYO.COM



NEW REGISTRATION
WEBSITE:
[HTTPS://HLWW.ARUX.APP](https://hlww.arux.app)



YOUR CURRENT REGISTRATION
INFORMATION INCLUDING
ENROLLMENT HISTORY, USER NAME
AND PASSWORDS WILL ALL
TRANSFER FROM THE ELEYO SYSTEM
(OUR CURRENT REGISTRATION
SYSTEM)



YOU MAY NEED TO UPDATE YOUR
SAVED PAYMENT INFORMATION
INCLUDING AUTO WITHDRAWALS

Reach out to HLWW Community Ed with questions at
320-543-4670 ext 1

Community Education class instructors wanted

Teaching a class is a great way to share your knowledge and skills with youth and/or adults in our community.

Community Education is looking for people to share their passions, skills and knowledge with the community by teaching a Community Education class.

With class offerings for adults and youth, we are looking for unique classes that will appeal to a wide range of people. Looking for instructors such as fitness, knitting, crochet, private music lessons or other talents you would like to share.

email Rachel at rbender@hlww.k12.mn.us
to propose a class.

GOURMET COOKING WITH CHEF TESS GEORGAKOPOULOS



Dish it up Good

DISHING MADE SIMPLE

While cooking-along is loads of fun, and highly recommended, it is optional. The classes will take place on Zoom, free online software. Participants will receive instructions on how to access the class prior to it starting.

A list of ingredients and class details will be received in advance of the class with enough time for shopping and preparation. The Instructor's Personal Recipe from this class will be included in a professionally made PDF packet to be received by participants after the class.

NOTE: As an added bonus, the instructor has created a private group and a public group on Facebook for participants of her cooking classes. Everyone will receive an invite to the groups although joining is optional. Come join the fun!

Class prices are per family living in the same household.

MASTERING THE MULTI-COOKER

Learn to confidently use your electric multi-cooker in this live, chef-led cook-along experience. From breakfast to dessert—including a yogurt tutorial—you'll see versatile recipes in action and can join a hands-on cook-along to prepare Creamy Cheesy Tuscan Chicken with Penne. Perfect for beginners and beyond. All recipes, tips, cleaning & care information included.

Equipment Needs: If you plan on cooking-along, a multi-cooker (any brand) will be needed.

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Saturday
September 19
Virtual** **4:00-6:30 pm**
1 session/ \$39



RAMEN REVIVAL: TRANSFORMING THE HUMBLE RAMEN INTO A GOURMET FEAST!

Ramen noodles may be humble, but with a little creativity and flair, they can be taken to a whole new level being transformed into a restaurant-worthy meal. Join Chef Tess for this fun filled cook-along adventure and learn to turn this humble noodle into a truly special meal using high-quality proteins, fresh vibrant vegetables, and Asian pantry staples. Learn to elevate texture and taste, marinate the protein, and prepare the vegetables and how to build bold, balanced flavors by crafting a rich full- flavorful sauce. Then discover a few simple cooking techniques for layering the ingredients and the flavors to create depth, texture, and visual appeal in every serving. Whether you are a busy home cook or a curious foodie, you will walk away with serious ramen inspiration and the skills to continue to turn a simple pack of Ramen noodles into a healthy, nutritious gourmet experience!

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Friday
September 25
Virtual** **5:30-7:30 pm**
1 session/ \$39

THE ART OF CARNITAS & HOMEMADE TORTILLAS

Learn to make tender multi-cooker carnitas during this live chef-led interactive cook-along experience. Participants will also prepare flour and corn tortillas from scratch along with quick-pickled red onions. A hands-on cook-along designed for all skill levels.

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Saturday
October 3
Virtual** **4:00 - 6:30 pm**
1 session/ \$39

HANDCRAFTED TORTELLINI

Join this chef-led, hands-on cook-along experience and learn to make fresh tortellini from scratch. Participants will prepare pasta dough, a creamy three-cheese filling and two variations: umami busting mushroom (or spinach) and Italian sausage; A fun, skill-building experience for all levels.

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Saturday
October 10
Virtual** **4:00- 6:30 pm**
1 session/ \$44





BETTER THAN BAKERY: CINNAMON CRUNCH BAGELS & PUMPKIN SPICE CINNAMON ROLLS

Indulge in the comforting aromas and flavors of fall where you will experience the crafting of two seasonal favorites from scratch, perfect for cozy mornings or elegant gatherings around the holidays. Join Chef Tess in one of her newest cook-along classes as she guides you in the step-by-step creation of the softest most delicious gooey Pumpkin Spice Cinnamon Rolls enriched with real pumpkin puree and pumpkin spice both in the pillowy dough and mouthwatering filling. They will be baked to golden perfection and topped with a pumpkin spice cream cheese frosting. You will also be guided in the creation of Panera®--style Cinnamon Crunch Bagels that feature a tender, chewy interior studded with cinnamon chips and a signature crackly-sweet cinnamon topping; the perfect balance of softness and crunch, and a textural dream. Whether you're a seasoned baker or simply a lover of fall flavors, this fun yet refined class promises to fill your kitchen with warmth, spice, and something truly special.

While cooking-along is loads of fun, and highly recommended, it is optional. Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Saturday
September 26
Virtual** **4:00 - 6:30 pm**
1 session/ \$44

FREEZER PIZZA & FAST “LIQUID” PIZZA: EASY MEAL PREP FOR BUSY NIGHTS

Stock your freezer and simplify your dinner with homemade freezer pizzas and quick no-knead pizza for easy, healthy, affordable, homemade meals on busy nights. What a welcome fun treat for the entire family any night of the week, but especially when you just need to sit down, unwind, and enjoy a slice.

Equipment Needs: Stand mixer, and 12-inch disposable aluminum pizza pans.



Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Friday
October 9
Virtual** **5:30 - 8:00 pm**
1 session/ \$44

SOUPS & BREAD BOWLS: MARY ME CHICKEN SOUP, CHICKEN POT PIE SOUP & HOMEMADE ITALIAN BREAD BOWLS!

Join this chef-led, hands-on cook-along experience and create two comforting soups—Marry Me



Chicken soup and Chicken pot pie Soup—along with homemade Italian bread bowls. Recipes

will be taught for both multi-cooker, and stovetop; A warm, interactive experience bringing delicious warm comfort to your table.

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Saturday
October 24
Virtual** **4:00- 6:30 pm**
1 session/ \$44

BRING THE WOK HOME: 3 QUICK & HEALTHY ASIAN RICE BOWLS FOR EASY DINNER & MEAL PREP!

Skip the takeout and bring bold, homemade Asian flavors to your table in 30 minutes or less! In this hands-on cook-along experience, you'll learn how to create three quick, scratch-made healthy chicken rice bowls inspired by Japanese, Chinese, and Korean cuisine. We'll make Chef Tess' versions of Teriyaki Chicken, Honey Garlic Chicken, and Gochujang-glazed chicken using a simple, repeatable HEALTHY cooking method that makes weeknight meals fast and stress-free. You'll also learn an easy versatile approach to preparing vegetable sides. Tips for marinating, seasoning, and building flavor will also be shared. Perfect for busy nights and meal prep, these dishes are fresh, economical, and better than takeout.

Equipment Needs: Well seasoned or non-stick wok optional.

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Friday
October 23
Virtual** **5:30-8:00 pm**
1 session/ \$44



GHOULISH STUFFED PASTRY & PUMPKIN-CHOCOLATE CHIP MUFFINS- HALLOWEEN FAMILY FUN!

Create a fun, memorable, Halloween-themed meal during this cook-along.



Participants will make ghoulish stuffed puff pastry filled with savory meat filling shaped as 'intestines', a cranberry

based dipping sauce, and pumpkin—chocolate chip muffins. A festive frighteningly fun time for the whole family!

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

Friday 5:30-7:30 pm
October 30
Virtual 1 session/ \$39

CLASSIC HOMEMADE PIEROGI & SWEET BERRY PIEROGI

Have some fun participating in this cook-along experience as you learn how to make your own homemade Classic Pierogi, and wonderful Sweet Berry Pierogi with 2 types of homemade dough and filling that will make your taste buds dance for joy! We will also be learning how to cook, and freeze these little dumplings that you can make ahead and store for a rainy day. No fancy equipment needed. This class has been so popular; it has even been featured in the American Polish Journal!

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

Friday 5:30- 7:30 pm
November 20
Virtual 1 session/ \$40

AIR FRYER HYPE! COPYCAT KFC, DOUGHNUTS & CRAVE-WORTHY CREATIONS!

The POPULAR Air Fryer Hype Copycat KFC® experience is back by popular demand, and taking to the next level! Are you curious about the air fryer craze or ready to go beyond fries and frozen foods? Whether you're a seasoned user or considering your first purchase, this experience is for you.

Join Chef Tess for an elevated, fun, and interactive cook-along experience featuring crave-worthy favorites including her mouthwatering Copycat KFC® chicken, and from-scratch yeasted air fryer glazed doughnuts, plus additional scratch-made pizza, burgers and egg rolls. Participants will be invited to cook-along and create the Copycat KFC® Chicken and fresh homemade yeasted glazed doughnuts, then sit back and enjoy demonstrations of the remaining recipes. All recipes are included along with tips for air fryer success, ingredient insights and tips for freezing. Delicious recipes your family will love—leftovers may just become a thing of the past.

Equipment Needs: Air Fryer. A stand-mixer with dough hook attachment is also recommended for making the doughnut dough. If stand mixer is not available, dough can be made by hand. More info will be provided in the ingredient list packet.

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

Friday 5:30-8:00 pm
November 6
Virtual 1 session/ \$44



K-POP BULGOGI KIMBAP: GOURMET KOREAN SIGNATURE RICE ROLLS

Kimbap is Korea's answer to the perfect rice roll—similar in shape to sushi, yet uniquely its own with savory cooked fillings that create distinctive flavors and textures. Join Chef Tess for this, fun filled cook-along adventure and explore the art of making Bulgogi Kimbap rolls from start to finish, rivaling any you will find in a restaurant.

From seasoning the rice, to marinating and cooking Bulgogi, preparing colorful vegetables (including a quick pickle), and crafting a delicate omelet you'll bringing everything together into beautiful hand-rolled Kimbap. Along the way, you will discover the key differences between sushi and Kimbap, practice rolling and shaping techniques and enjoy the bold, balanced flavors of your creation. Whether you are a busy home cook or a curious foodie, you will leave with new skills, fresh inspiration, and the confidence to turn simple ingredients into a variety of healthy, delicious, gourmet kimbap.

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

Saturday 4:00 - 6:30 pm
November 7
Virtual 1 session/ \$39

ART OF SAMOSAS: SCRATCH-MADE WRAPPERS, FLAVORFUL FILLING & 3 WAYS TO COOK!

Skip the store-bought and learn to make crispy, flavorful samosas completely from scratch. Create a classic spiced potato filling, master homemade wrappers and cook samosas three healthy ways—one of which is using the air fryer—for golden, no deep-fry results. Delicious, versatile and easier than you think!

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Saturday
November 21
Virtual** **4:00 - 6:30 pm**
1 session/ \$40



HOLIDAY COOKIE WORKSHOP: ROYAL ICING & BAKERY BLACK & WHITE COOKIES

Bake, decorate, and celebrate the season with two festive holiday sweets. Learn to decorate sugar cookies with royal icing and create iconic bakery-style Black & White cookies from scratch. Includes make-ahead sugar cookie recipes, simple decorating techniques, and a fun, festive experience for all skill levels.

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Friday
December 4
Virtual** **5:30-8:00 pm**
1 session/ \$40



BETTER-THAN-CINNABON® CINNAMON ROLLS AND DREAMY TIRAMISU! (NO RAW EGGS)

Learn to make better-than-Cinnabon® Cinnamon Rolls and a light creamy Tiramisu—no raw eggs required. Create soft, gooey rolls with cream cheese frosting and a dreamy espresso-kissed dessert perfect for holidays, gifting or anytime indulgence.

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Saturday
December 5
Virtual** **4:00 - 6:30 pm**
1 session/ \$40

SWEDISH MEATBALLS & SPAETZLE (HOMEMADE EGG NOODLES): FROM SCRATCH HOLIDAY COMFORT FOOD

Learn to make Swedish meatballs with rich cream sauce and homemade Spaetzle (egg noodles) from scratch. A comforting, holiday-ready meal that's fun and flavorful, satisfying and surprisingly easier to make than you think!

Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Friday
December 18
Virtual** **5:30-8:00 pm**
1 session/ \$40

SWEET & SAVORY KOLACHE: CZECH CLASSICS & TEXAS-STYLE FAVORITES

Learn to make sweet Czech and savory Texas-style kolache from scratch using two brioche-style doughs. Create fruit-filled or sweetened cheese-filled pastries with crumble topping and savory gourmet sausage-cheese rolls, plus a simple honey mustard sauce. Perfect for brunch, holidays or anytime baking.

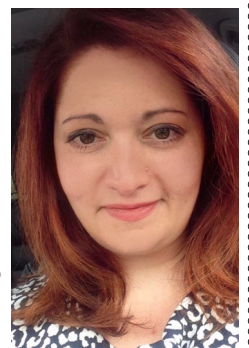
Equipment: Stand mixer with dough hook is highly recommended if you would like to make both types of kolache.

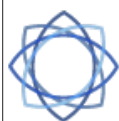
Participants will receive notice on how to access the class and a list of ingredients a few days prior to the start of class.

**Saturday
December 19
Virtual** **4:00 - 6:30 pm**
1 session/ \$45

GOURMET COOKING WITH CHEF TESS GEORGAKOPOULOS

Tess Georgakopoulos, also known as "Chef Tess—Culinary Artist" is an accomplished cook and baker always working towards expanding her culinary repertoire. Tess is proficient and experienced in creating cook-along experiences and curriculum for conventional cooking, baking, pressure-cooking, air frying, pizza making, Mediterranean Cooking, and meal preparation as well. She has been teaching both in-person and on-line cooking classes through community education for a number of years having worked with just over 5000 participants. She has helped people of all skill levels increase their confidence and expand their skills in the kitchen reaching heights of their own personal creativity, all while having fun and creating memories to last a lifetime. Her motto, is to make "dishing" delicious and simple. Some of her creations can be seen on her Facebook page, "Dish it up Good" or on her Instagram Feed.





Improve Your Posture

SIMPLE STEPS: POWERFUL RESULTS

JANICE NOVAK'S HEALTH, WELLNESS AND POSTURE WORKSHOPS WILL INFORM, INSPIRE AND MOTIVATE. ESSENTIAL EDUCATIONAL MATERIALS WILL BE AVAILABLE IN EACH WORKSHOP FOR ATTENDEES.

SEVEN STEPS TO REVERSE OR PREVENT DIABESITY

Diabetes is a condition in which too much belly fat leads a person to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Whether you have a little extra weight around the middle, insulin resistance or type 2 diabetes, the root cause of ALL these conditions are the same - problems with our diet, lifestyle and exposure to environmental toxins. Most treatments focus on the downstream symptoms (elevated levels of glucose, cholesterol, blood pressure, triglycerides) and never get to WHY your levels are too high and how to change it. The good news is all of this can be reversed. Learn how to work with your doctor to help restore your body to health.

**Monday
September 21
Virtually** **7:00 – 8:30 pm**
1 session/ \$25



VITAMINS & HERBS: FACTS AND FALLACIES

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, and herbal preparations such as Glucosamine Chondroitin, Melatonin, St. John's Wort, Ginkgo, Ginseng, Echinacea, & DHEA.

**Tuesday
September 22
Virtually** **7:00 – 8:30 pm**
1 session/ \$25

REJUVENATE YOUR BRAIN: IMPROVE COGNITIVE FUNCTION AT ANY AGE

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.

**Monday
September 28
Virtually** **7:00 – 8:30 pm**
1 session/ \$25

AVOID THE PITFALLS OF PERIMENOPAUSE/ MENOPAUSE

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

**Wednesday
September 30
Virtually** **7:00 – 8:30 pm**
1 session/ \$25

FACE YOGA

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

**Tuesday
October 5
Virtually** **7:00 – 8:30 pm**
1 session/ \$25

OR

**Tuesday
December 1
Virtually** **7:00 – 8:30 pm**
1 session/ \$25

POSTURE, GET IT STRAIGHT! LOOK 10 YEARS YOUNGER, & FEEL BETTER

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

**Tuesday
October 6
Virtually** **7:00 – 8:30 pm**
1 session/ \$25

ACUPRESSURE AND OTHER TOOLS FOR WOMEN 35+

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

Wednesday 7:00 – 8:30 pm
October 7
Virtually 1 session/ \$25

ACUPRESSURE FOR SINUS RELIEF

Acupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in both children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more.

Monday 7:00 – 8:30 pm
October 12
Virtually 1 session/ \$25

METABOLISM BOOSTERS & BUSTERS

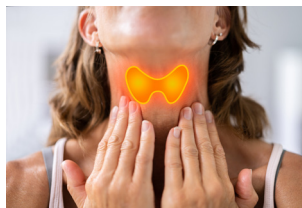
In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving, and you just can't seem to lose weight. THE GOOD NEWS - You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can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

Tuesday 6:00 – 7:30 pm
November 10
Virtually 1 session/ \$25

POSTURE & OSTEOPOROSIS WORKSHOP: BUILDING BETTER BONES

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

Monday 7:00 – 8:30 pm
October 19
Virtually 1 session/ \$25



THYROID THINGS YOU NEED TO KNOW

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. We'll discuss the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and info you need to discuss with your doctor. This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

Monday 7:00 – 8:30 pm
November 9
Virtually 1 session/ \$25

WOMEN, WEIGHT & HORMONES

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

Monday 7:00 – 8:30 pm
November 2
Virtually 1 session/ \$25

ACUPRESSURE TO ASSIST WEIGHT LOSS

Acupressure is an Eastern healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

Tuesday 7:00 – 8:30 pm
November 17
Virtually 1 session/ \$25



Janice Novak, has a Masters Degree in Health & Physical Education. She is an internationally acclaimed, best selling author, speaker and wellness consultant who

teaches workshops and seminars for hospitals, corporations and professional organizations..

SOCIAL CLUB SIMPLE WITH NICKIE WELSH

Practical Online Training for Busy Adults

No password is required to join and students must be registered to receive the zoom link. You will need access to a computer with internet access (or a smart phone). Each class is taught live online via zoom. If you are unable to attend the live session, you can still register and access the recording at your convenience!



Follow-up support is included, and students are encouraged to reach out to the instructor with any questions before or after the class. The instructor won't be available live during the class, but will follow up immediately afterward.

A Note from Nickie:

My goal is to make technology useful for all adults, bringing out the benefits of an area that is changing at such a rapid pace for all age levels. My educational background includes a B.A. in Communication Studies from Iowa State University, Toastmasters and continuous professional development.

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!



**Tuesday
September 15
Virtual** **noon - 1 pm**
1 session / \$25

HOW TO USE VENMO SAFELY!

Stay relevant and up to date by learning all about Venmo, the popular mobile payment service. In this class, you'll discover how to securely pay friends and businesses, as well as receive money without the need for cash or checks. You'll gain a confident understanding of setting up Venmo safely, avoiding unnecessary fees, and applying it in real-world scenarios for you and your family. You'll be able to discuss the topic among family, friends and have an understanding of the key terms used when you hear about VENMO in the news! Join us to master Venmo and handle mobile payments with ease and security.

**Thursday
September 17
Virtual** **noon - 1 pm**
1 session / \$25

CANVA FOR AWESOME BEGINNERS!

Canva is the perfect digital tool for beginners and novices! Open up a world of possibilities by learning how to use the easiest design website available all for free. In this class you will learn how to create designs from scratch or use templates with step-by-step guidance for any digital image you need. From online documents, business cards, email signatures and more, you'll leave this class with a practical guide to use Canva with confidence!



**Thursday
September 24
Virtual** **noon - 1 pm**
1 session / \$25

CANVA POWER HOUR! ADVANCED TRICKS TO SAVE YOU TIME

Take your Canva skills to the next level with advanced techniques and hidden features that will streamline your design workflow. This one-hour workshop is perfect for users already familiar with Canva basics who want to discover time-saving shortcuts, professional design hacks, and 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.

**Tuesday
October 6
Virtual** **noon - 1 pm**
1 session / \$25

FAST-TRACK TO SOCIAL MEDIA MARKETING FOR BUSINESS

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

**Tuesday
September 29
Virtual** **noon - 1 pm**
1 session / \$25



CANVA ACADEMY FOR BUSINESS

Are you tired of spending hours trying to create graphics for your business, only to feel frustrated with the results? Canva Learn how to design professional-looking social media posts, flyers, and marketing materials using only the free version of Canva with no design experience required. You'll learn the exact tools, shortcuts, and strategies that make creating beautiful visuals quick and stress-free. By the end of this session, you'll have the skills and confidence to create graphics that attract customers and make your business look polished and professional.



**Tuesday
October 13
Virtual** **noon - 1 pm**
1 session / \$25

CANVA CREATIVE PROJECTS

Unlock a world of creative possibilities with Canva, the ideal digital tool for beginners and crafters! This online interactive class will teach you how to harness the power of Canva to bring your creative projects to life. You'll learn to design and create everything from custom greeting cards and party invitations to printable wall art, gift tags, and personalized crafts. Whether you're working from scratch or customizing templates, you'll receive step-by-step guidance to turn your ideas into beautiful, print-ready projects. Leave this class with the confidence and skills to use Canva for all your creative crafting needs



**Tuesday
October 20
Virtual** **noon - 1 pm**
1 session / \$25

PHONE PHOTO RESCUE WORKSHOP 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.

**Tuesday
October 27
Virtual** **noon - 1 pm**
1 session / \$25

**Tuesday
December 15
Virtual** **noon - 1 pm**
1 session / \$25



YOUR KID'S PHONE: A PARENT'S SURVIVAL GUIDE

Keep your kid safe on their phone with this empowering, yet practical training for busy parents and caregivers. This class breaks down the essential insights everyone needs to understand in order to confidently protect their child online. You'll leave the training understanding recommended privacy settings, risky apps to avoid, screen time boundaries, and the warning signs that matter most. Walk away with the knowledge and tools to create a safer digital environment for your family.



**Thursday
November 5
Virtual** **noon - 1 pm**
1 session / \$25

PRACTICAL CHATGPT TIPS FOR BEGINNERS

Have you been curious about what ChatGPT is exactly and how it may affect you? Learn what you need to know about ChatGPT powered by Artificial Intelligence in this fun and engaging class! You will understand how it works exactly and why it's taking the world by storm. You'll also learn practical everyday uses for ChatGPT in the workforce and at home. Don't get left behind in today's tech savvy world, and attend this upcoming training!

**Tuesday
November 10
Virtual** **noon - 1 pm**
1 session / \$25

SWIPE SMART: A SAFETY GUIDE TO DATING APPS

Dating apps have changed the way we connect, but knowing how to protect yourself makes all the difference. This one-hour class covers how to navigate today's most popular dating apps, protect your personal information, and use built-in safety features so you can connect with others confidently and securely.

**Tuesday
December 8
Virtual** **noon - 1 pm**
1 session / \$25

CHATGPT POWERHOUSE: ADVANCED TIPS!

Unlock the full potential of ChatGPT in this dynamic one-hour masterclass designed for users ready to move beyond the basics. You'll discover advanced prompting techniques like system instructions, multi-shot examples, and chain-of-thought reasoning to get dramatically better results. Learn insider strategies for customizing outputs, managing context, and leveraging ChatGPT for complex tasks including analysis, creative projects, and professional workflows. Walk away with expert-level techniques to transform ChatGPT into a true powerhouse for your specific needs.



ChatGPT

**Tuesday
November 17
Virtual** **noon - 1 pm**
1 session / \$25

GOOGLE SHEETS FOR AWESOME BEGINNERS

Google Sheets is a free, cloud-based spreadsheet tool used by professionals and organizations worldwide to manage data, track finances, and stay organized. In this hands-on class, you will learn to build and format spreadsheets, write formulas, and create databases that make your information clear and easy to understand. Whether you want to advance your career, manage your household budget, or bring new skills to your workplace or volunteer work, Google Sheets is a valuable tool that will serve you for years to come. No prior experience is needed, just bring your enthusiasm and leave with skills you can put to work right away!

**Tuesday
December 1
Virtual** **noon - 1 pm**
1 session / \$25



THE REVOLUTION 5: THE BEATLES: #1 HITS

Beatles' fans? Here's one for you! Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre. The Revolution 5 present their most requested hit show, "The Beatles: #1 Hits", celebrating Rock 'N' Roll's most epic and influential artist, The Beatles! A true fan favorite, the performance will feature note-for-note renditions of all 27 number one hits, topping US and UK charts and spanning the entire Beatles catalog. Hear your favorite Beatles' tunes the way they were meant to be heard - with passion, precision and fun! *Co-sponsored with Community Club Tours.*



Tuesday, September 15

Pick up 10 am and drop off 4:45 pm at Security Bank and Trust, Winsted OR Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot

1 session / \$100 pp

STILLWATER FALL COLORS BOAT CRUISE

Once again, we'll hope for beautiful fall colors! Regardless, it is so relaxing and also a reminder that our seasons are changing. I am so impressed with the included deli buffet lunch. You can build your own sandwich with all sorts of ingredients and add warm entree' selections and dessert. *co-sponsored with Community Club Tours.*

Wednesday, October 7

Pick up 8 am and drop off 4:45 pm at Howard Lake City Parking Lot OR Pick up 8:15 am and drop off 4:30 pm at Security Bank and Trust, Winsted

1 session / \$97 pp



ARSENIC AND OLD LACE

At the Ives Auditorium in Bloomington we'll begin with an included lunch of creamy chicken breast with roasted red potatoes, glazed carrots, coleslaw, dinner rolls, assorted



desserts, coffee or hot tea. (Special dietary meals available by request ahead of time.) Then we'll head to the theatre for Arsenic and Old Lace. What do you do when your eccentric family has actual skeletons in the closet? Mortimer Brewster may be the only sane member of his family. One brother thinks he's Teddy Roosevelt and digs the Panama Canal in the cellar. His other brother keeps undergoing ghastly plastic surgeries to hide from the police. And his adorably sweet spinster aunts take in lonely boarders... and dispose of them with their special elderberry wine. To make matters worse, Mortimer has fallen in love with Elaine, the minister's daughter from next door, and a houseful of murderous relatives probably won't help the relationship. This beloved screwball comedy set in 1940s Brooklyn will leave you laughing — and saying no to the elderberry wine! *Co-sponsored with Community Club Tours.*

Thursday, October 22

Pick up 9:15 am and drop off 5:15 pm at Howard Lake City Parking Lot OR Pick up 9:30 am and drop off 5 pm at Security Bank and Trust, Winsted

1 session / \$103 pp

FOREVER SIMON AND GARFUNKEL

These guys did "The Everly Set" at the Paramount in 2025. I personally asked Carrie at the Paramount to book this show. We'll begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre. Forever Simon & Garfunkel celebrates the bestselling duo in rock'n'roll history, featuring the epic hits "The Sound Of Silence", "Bridge Over Troubled Water", "Mrs. Robinson", "I Am A Rock", "The Boxer", "Homeward Bound", "Cecilia", "Hazy Shade Of Winter", "Feeling Groovy", "Me & Julio", "Kodachrome", and many more! With humor, soaring energy, storytelling, and laser precise harmonies, award-winning entertainers Sean Altman (Rockapella founder, Carmen Sandiego theme songwriter) & Jack Skuller (Songwriters Hall Of Fame's Buddy Holly Prize) will lead you on a concert journey from the group's early success as a folk act to their global dominance as hit-makers. *co-sponsored with Community Club Tours.*

Tuesday, November 3

Pick up 10 am and drop off 4:45 pm at Security Bank and Trust, Winsted OR Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot

1 session / \$102 pp

LES MISERABLES (Paramount Theatre, St. Cloud) & Coyote Moon Grille Lunch Buffet

An epic story of redemption and revolution where one act of mercy changes everything.

Bold Revolution. Unbreakable Spirit. Relentless Hope.

Set against the turbulent streets of 19th-century France, Les Misérables follows Jean Valjean's journey from prisoner to protector as he searches for redemption in a society that



refuses to forget his past. As students rise at the barricades and dreams collide with harsh reality, soaring anthems and intimate confessions unfold on a breathtaking scale. From quiet acts of mercy to thunderous cries for revolution,

this global phenomenon balances the deeply personal with the epic. Featuring some of the most powerful music ever written for the stage and gripping storytelling that has captivated audiences for decades, Les Misérables is a stirring reminder that even in the darkest times the human spirit prevails. *Co-sponsored with Highway 12 Trippers.*

Thursday, October 29

Depart: 9:50 am - Dassel-Cokato PAC or 10:15 am - Litchfield Civic Arena (North Parking Lot)
11:30am-12:30pm - Lunch Buffet - Coyote Moon Grille
1:30-4:30pm - Matinee performance (approximately 2.5-3 hours)
Return: 5:40pm - Litchfield or 6:05pm - Dassel-Cokato
**All times are approximate and subject to change.*

1 session / \$95 pp, Includes lunch buffet (Caesar Salad, Soup, Popovers with Honey Butter, Potato, Vegetable, 3 Chef Choice Hot Entrée's, Assorted Dessert and Non-Alcoholic Beverage), show ticket and charter bus fees. **There are no refunds after the registration deadline of September 25.**

ANNIE (CHANHASSEN DINNER THEATRE)

Annie is a beloved, high-energy musical set in New York City during the Great Depression. The story follows Annie, a spirited and optimistic orphan who dreams of finding her parents and believes that "the sun will come out tomorrow," no matter how tough life gets.

Living in a harsh orphanage run by the bitter Miss Hannigan, Annie's luck changes when she is chosen to spend the holidays with billionaire Oliver Warbucks. Her bravery and honesty quickly win over Warbucks and his secretary, Grace Farrell. When Warbucks offers a reward to find Annie's parents, greedy schemers—including Miss Hannigan—hatch a plan to take advantage of the situation.



Filled with memorable songs like "Tomorrow," "It's the Hard-Knock Life," and "Maybe," Annie is a heartwarming tale of hope, family, and resilience. With its strong message, lovable characters, and upbeat music, the musical continues to charm audiences of all ages. *Co-sponsored with Highway 12 Trippers.*

Wednesday, November 11

10:15 am Depart Howard Lake MAWSECO Education Center, 720 9th Avenue, south parking lot
11:30 am - Lunch Buffet
1:00-3:00 pm - Matinee performance (includes intermission)
4:35 pm return to Howard Lake
**All times are approximate and subject to change.*

1 session / \$125 pp, includes motor coach transportation, a ticket to the show, and lunch with water, coffee, & milk. Gratuity is included for the meal. Gratuity is not included for any additional purchases. **No refunds can be issued after the registration deadline of October 7.**

THE TEXAS TENORS IN CONCERT

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre. The Texas Tenors are the most successful music group and third highest selling artist in the history of America's Got Talent! Since appearing on the series in 2009, JC, Marcus and John have released 5 studio albums, 3 PBS Specials, 5 DVDs, multiple singles and 2 children's books that have earned them impressive recognition including 3 Emmy Awards, The Gelett Burgess Award for Excellence in Children's Literature and the distinction of being Billboard Magazine's #10 Classical Artist in the World. The tenors' most recent albums "Outside the Lines", "Rise" and "A Collection of Broadway and American Classics" all debuted at #1 on the Billboard Charts. These classically trained, versatile tenors have performed more than 2500 concerts around the world including headline shows in Las Vegas, China and a 24-city tour of the United Kingdom. Recently they were honored to be included among the top 50 acts in the world and the only vocal group from the United States invited to appear on NBC's America's Got Talent: The Champions, All-stars edition. You will hear music from their new #1 album along with rousing patriotic favorites and everything from Country to Classical! *co-sponsored with Community Club Tours.*



Thursday, January 21

Pick up 10 am and drop off 4:45 pm at Security Bank and Trust, Winsted OR Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot

1 session / \$111 pp

Opening Doors

ADULTS WITH DISABILITIES

Opening Doors Adults with Disabilities

Community Education Classes, Services and Opportunities for Adults with Disabilities (ages 16+).

This program offers classes/activities in the school districts of Buffalo-Hanover-Montrose, Big Lake, Becker, Howard Lake-Waverly-Winsted and Monticello. Specialized activities offer educational, social, life skills, and recreational activities. For a full list of activities please visit bhmschools.ce.eleyo.com or call 763-682-8770.

FALL BINGO

Calling all Bingo players, mark these nights on your social calendar for fun games of Bingo with fabulous prizes and a slice of pizza.

F300HL: Thursday, September 10; 6-7:30 pm, 1 session/\$10, HLWW Middle School room E106

F301HL: Thursday, October 8; 6-7:30 pm, 1 session/\$10, HLWW Middle School room E106

F302HL: Thursday, November 12; 6-7:30 pm, 1 session/\$10, HLWW Middle School room E106

F303HL: Thursday, December 10; 6-7:30 pm, 1 session/\$10, HLWW Middle School room E106



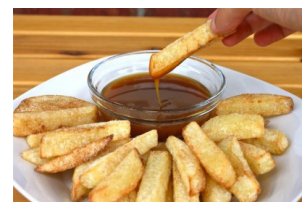
3D CATERPILLAR ART

Crawl into creativity with this colorful fall time art project! Let's transform recycled egg carton pieces into a cheerful 3D caterpillar and mount it on a canvas background. Using paint, glue and decorative materials, everyone can give their caterpillar a unique personality. This fun hands-on class results in a bright, textured work of art that's ready to display.

F306HL: Thursday, October 1; 6-7pm, 1 Session/\$9, HLWW Middle School room E106

APPLE FRIES

Come and enjoy Crispy Air Fryer Apple Fries this autumn as a healthy, crave worthy dessert. This treat will make you think again about potato fries.



F307HL: Tuesday, October 13; 6-7pm, 1 Session/\$9, HLWW Middle School room E106

NO SEW SOCK WORMS

Get ready for a wiggly good time! In this fun and creative class, we will make our very own colorful sock worm using socks, stuffing, and simple crafting materials. Everyone will take home a soft and cheerful sock worm to enjoy or share with family and friends!

F304HL: Monday, September 14; 6-7pm, 1 Session/\$9, HLWW Middle School room E106

SNACKABLE POWER CUP

Build a tasty snack all in one cup! In this hands-on class, we will create our own Snackable Power Cup by layering fresh fruit, protein-packed foods, and crunchy carbohydrates. Along the way, we'll learn about making balanced snack choices while having fun mixing flavors and textures. Everyone will enjoy a delicious, colorful treat that's both nutritious and satisfying!



F305HL: Tuesday, September 22; 6-7pm, 1 Session/\$9, HLWW Middle School room E106

HALLOWEEN DANCE

It's that time of the year to search for your Halloween costume and get ready to move and groove with spooky friends at the annual Halloween Dance and Monster Mash. Music provided by Roger from the scene. Festive tricks, treats and fun included.

F309B: Friday, October 30; 4-6 pm, 1 Session/\$9, Buffalo Discovery Center, Gym

CREAMY PUMPKIN DIP DELIGHT

Celebrate the flavors of the season with a sweet and creamy pumpkin dip! Participants will help mix simple ingredients to create a delicious dip that's perfect for apple slices and graham crackers. This fun, no-fuss cooking class encourages team work & following directions. Join us and enjoy a tasty fall-inspired treat with friends.

F310HL: Thursday, November 5; 6-7pm, 1 Session \$9, HLWW Middle School room E106

SAVORY PANCAKE

Put a tasty twist on a breakfast classic! In this hands-on cooking class, we will make savory pancakes packed with flavorful ingredients for a delicious meal or snack. We'll practice measuring, mixing, and cooking while creating a unique pancake recipe that's both fun and satisfying. Join us for a creative culinary adventure and enjoy every savory bite!

F311HL: Tuesday, November 17; 6-7pm, 1 Session/\$9, HLWW Middle School room E106

POPSICLE STICK SNOWMAN FUN

Get ready for a cozy winter craft adventure! Participants will create their very own snowman using popsicle sticks, paint, and fun decorations. After crafting, we'll warm up with a tasty cup of hot chocolate and enjoy a crunchy popcorn snack while sharing our creations.

F312HL: Tuesday, December 1; 6-7pm, 1 Session/\$9, HLWW Middle School room E106

CHRISTMAS COOKIE BAUBLES

Get into the holiday spirit with a fun and tasty decorating activity! We will use sugar cookies, frosting, and colorful M&M candies to create our own festive Christmas cookie bauble masterpiece. This hands-on class encourages creativity while making a sweet holiday treat to enjoy or share. Join us for holiday fun and plenty of Christmas cheer!

F313HL: Thursday, December 17; 6-7pm, 1 Session/\$9, HLWW Middle School room E106

HOLIDAY DINNER & DANCE

A Seasonal tradition, the Opening Doors dinner and dance held at the Discovery Center School Gym. This is a free event but please call between November 1st-30th at the BHM Community Education office with names, updated address & phone numbers along with any dietary restrictions. You will need to check in at the door and have all your names attending on our roster. We look forward to a night with friends, family and caregivers. Buffalo Discovery School



F314B: Sunday, December 20; 3-5 pm, 1 session/Free, Buffalo Discovery Center, Gym. Call to reserve your spot 763-682-8770, November 1-30 office hours 8 am-4 pm Monday-Friday.

More classes and activities via the Opening Doors catalog or visit bhmschools.arux.app

HOWARD LAKE SENIORS 50+

Activities: cooking, puzzles, chair yoga/exercise, movies, pickleball, Community Ed road trips, card games, book club, presentations/speakers, gardening and MORE.

2026 SCHEDULE

All activities will begin at 1 pm
1st & 3rd Tuesdays

Community Room, 817 8th Avenue
Howard Lake Public Library

Information related to Senior Group will be on the City Facebook page as well as the community page and other flyers.

CONTACT: TANYA 320-543-3670

Seniors Active in Winsted (SAW)

Looking for ways to stay engaged and active? The Winsted Aging Task Force has events happening all week—join in for fitness, fun, and friendship!

SAIL Classes (Stay Active & Independent for Life)

14 Mondays & Fridays

8:45-9:45 a.m. *or* 10:15-11:15 a.m.

Winsted City Hall, Vollmer Room

Request to be on the waiting list to join please call 320-221-1321

Cards & Games

14 Tuesdays, 9 a.m.-Noon

Winsted City Hall (Vollmer Room) or Coffee Cove

Contact Elaine Olson at elaineq@gmail.com

Bingo

14 Tuesdays & Thursdays at 1 p.m.

Winsted City Hall (Vollmer Room) or Coffee Cove

Come for the movement, stay for the fun, and make new connections! If you have any questions or want to participate in any of these events, please contact Cindy Fiecke at 612-518-2870



HLWW FITNESS CENTER & WALKING TRACK

Open Year Round at the HLWW Activity Center

Located in the lower level of the HLWW Middle School
Access Space through lower level Community Ed Entrance at
8700 County Road 6 SW Howard Lake

Year Round Hours:

Monday - Friday 5:30 - 7:30 am

Monday - Friday 5:30 - 9:30 pm (Walking Track 3:15-9:30 pm)

Saturday & Sunday - 7:00 am - 7:00 pm

Accessible by Membership Swipe Cards



Register at hlww.ce.eleyo.com, call 320-543-4670 or in person at the HLWW Community Education Office located in the Lower Level of the Middle School, east entrance.

VARIABLE MEMBERSHIPS TO MEET YOUR NEEDS!

Adult & Family Fitness Center Membership entitles member access to the fitness center & walking track.

Adult & Family Walking Membership entitles member access to the walking track

Junior Membership Individual- 7th - 12th Grade - Contact Community Education or Activities Director for details or information during your sports season.



Monthly Payment Options - Sign up for a minimum of 3 months. A 30 day cancellation notice is required.

Fees will be directly withdrawn from your credit card on file.

If your student is open enrolled to attend HLWW you will be able to access residence membership rate

Junior Family Members

- Grade 6 & Under Youth can be part of a family pass and access the walking track with adult
- An adult must accompany youth Grades 6 & Under at all times
- Grades 7 and up do not require an adult chaperone. However, their access is limited
- Grades 6 & under are NOT permitted in the Weight Room (no exceptions).

Membership type	District Resident Annual	Non-Resident Annual	District Monthly * 3 months *	Non-Resident Monthly * 3 months*
Adult Walking (single)	\$65	\$124	\$20	\$35
Adult Fitness (single)	\$240	\$380	\$80	\$110
Senior Walking Age 60+	Free	\$125	Free	\$35
Senior Fitness Age 60+	\$100	\$125	\$35	\$65
Family Walking	\$125	\$245	\$35	\$65
Family Fitness	\$330	\$545	\$155	\$200
Student 7-12th Grade Walking	\$65	\$125	\$20	\$35
Student 7-12th Grade Fitness	\$80	\$150	\$29	\$50

Members will be charged an initial \$15 registration fee for individuals and \$30 registration fee for family (except for senior residence)

\$15 for a replacement scan card fee will apply.

HOWARD LAKE-WAVERLY-WINSTED PUBLIC SCHOOLS

STRATEGIC PLAN 2024-2029



CORE VALUES

Safety and Well-Being • Results Oriented • Collaboration • Focus on Learning

BELIEF STATEMENTS

- Our schools can guarantee learning for all students.
- Our communities are better together.
- Relationships built on respect, safety, transparency, communication, and empowerment are central to the success of our schools and our communities.
- All students can be successfully prepared for their future.

MISSION

Creating opportunities for all students through relationships, collaboration, and empowerment.

VISION

Every Laker, Every Day

STRATEGIC PLAN FOCUS AREAS

**Student
Achievement
and Well-Being**

**Effective
Resource
Management**

**Family
Partnership
and Community
Engagement**

**Staff
Development
and Support**

HOWARD LAKE-WAVERLY-WINSTED YOUTH SPORTS ASSOCIATIONS

The following community-based youth sport associations serve the District 2687 area and are an integral part of serving the recreational and social needs of our families as well as developing skills of our youth for a lifetime. Below is a quick reference guide to connect you to them.

HLWW Laker Travel Basketball grades 3-8

facebook: HLWW Youth Traveling Basketball League

website: <https://hlwwlakers.sportngin.com/>

Laker JO Volleyball grades 5-11

lakerjovb.weebly.com

Travel Softball grades 3-12

email: Lakerysa@gmail.com

Travel Baseball boys ages 8-16

email: Lakeryba@gmail.com



Wrestling Booster grades K-6

facebook: HLWW Lakers Wrestling

Contact Youth Wrestling Coach Luke Long @

phone: 612.590.2363

email: lukeclong@hotmail.com

WINSTED ARTS COUNCIL

141 Main Ave W, downtown Winsted



WINSTED ARTS COUNCIL

Email winstedartscouncil@gmail.com

or message us on facebook. www.winstedartscouncil.org

HOWARD LAKE-WAVERLY-WINSTED YOUTH COMMUNITY GROUPS



4-H

Wright County Extension

763-682-7394

z.umn.edu/wright4h

McLeod County Extension

320-484-4305

Scout Pack 3399

beascout.org

612-205-4555

pack3399scouts@gmail.com



Girl Scouts - Lakes and Prairies Service Unit

www.girlscoutsrv.org

612-418-1929

lakesprairiesgirlscouts@gmail.com



HLWW PARTY PACKAGES

Come use the gym for a terrific party experience! Looking for a space to host a party or gathering? HLWW Community Education has party packages available. You can bring in food, including cake & ice cream and nonalcoholic beverages. We will provide the facility. Some games will also be available to use.

To sign up for a party package please contact HLWW Community Education at 320-543-4670 or rbender@hlww.k12.mn.us at least two-weeks in advance. Dates are available based on space and staff availability.

HLWW Activity Center
(1 court & Lower level Commons)

HLWW Winsted Elementary
(Gym & Lunchroom)

2 Hours/ \$95

COMMUNITY EDUCATION REGISTRATION INFORMATION

Community Education office 320-543-4670. Online registration hlww.ce.eleyo.com through 8/31. Beginning September 1st use hlww.arux.app

SWITCHING CLASS/PROGRAM REGISTRATION SYSTEMS ON SEPTEMBER 1ST

What You need to know:

Any registrations prior to September 1st please go to hlww.ce.eleyo.com

New Registration Website: <https://hlww.arux.app>

Your current registration information including enrollment history, user name and passwords will all transfer from the ELEYO System (our current registration system)

You may need to update your saved payment information including auto withdrawals

Online Registration using a Bank Account or Credit/Debit Card

Go to hlww.ce.eleyo.com through 8/31. Beginning 9/1 use hlww.arux.app follow this to your class choice. If you need assistance call 320-543-4670. Family account must be in good standing in all Community Education areas to enroll in classes.

Mail Registration Form

Community Education District 2687, P. O. Box 708, Howard Lake, MN 55349.

Register In Person

HLWW Community Education office located in the HLWW Middle School at 8700 County Road 6 SW, Howard Lake. Enter the east side lower level.

Payment

Registration is complete when fee is received.

Registrations are confirmed by your payment of fees on a first-come, first-served basis. You will receive confirmation of your class if email is provided. Register early to ensure a place in the class.

Checks: Make checks payable to District 2687. Checks will be cashed upon receipt.

Debit/Credit Cards with VISA, Discover, American Express and MasterCard logos are accepted.

Check Recovery Service

If your check is returned due to NSF or a closed bank account, your check may be collected electronically along with the state allowed fee. School District 2687 has established the following policy for accepting checks. For a check to be an acceptable form of payment it must include your current, full and accurate name, address and telephone number. When paying by check you authorize the recovery of unpaid checks.

Canceled Activities

If a class is canceled due to insufficient enrollment, we will notify you and a refund will be made. Unless you are notified, you should meet at the time and place listed.

Refunds

No refunds will be made after the first class session or after registration deadline unless a replacement can be found.

Community Education Registration Form

Duplicate as needed. Complete form and drop off at a public school office or mail with payment to: HLWW District 2687 Community Education, P.O. Box 708, Howard Lake, MN 55349

Head of Household 1 _____ Work Phone _____ Cell Phone _____

Head of Household 2 _____ Work Phone _____ Cell Phone _____

Mailing Address _____

City _____ Home Phone _____

E-mail address _____

Participant Name	Date of Birth	M/F	Age	Grade	Activity Name	Start Date	Fee
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Statement of release: I, the undersigned, agree to release District 2687 Public Schools, Community Education, its employees and volunteers of all liability related to illness, accidents or injuries which myself or a member of my family might incur while participating in the above activities. I give permission for my child's picture to be used for promotional materials. I have adequate insurance protection for my child and will assume all responsibility for injuries or illness incurred while practicing for or participating in the above activity. If you enroll your school-aged child in a public school activity, he or she must abide by the anti-bullying policy at all times while participating in that activity. Violations of this policy may result in your child's removal from the activity in question, and/or other consequences, as described in the policy. We ask that you review this policy in full with your child. The complete policy is available on the school website www.hlww.k12.mn.us.

Parent's Signature _____ Date _____

Make check payable to: HLWW District 2687 Community Education or use a VISA/MasterCard

Credit Card Information: Charge my ☒ VISA ☐ MasterCard

Card Number _____ - _____ - _____ - _____ Expiration date _____

Card Holder's Signature _____

HLWW Community Education
8700 County Rd 6 SW,
Howard Lake, MN 55349

Local
Postal Customer

Non Profit Org
US Postage Paid
Howard Lake, MN
Permit No 3

ECRWSS



Enjoy the Family Friendly Event

**HLWW MIDDLE
SCHOOL ACTIVITY
CENTER
8700 CTY RD 6 SW
HOWARD LAKE**



**New & Returning 90+
Vendors
Refreshments Available
No Admission Fee**

Creative Arts & Crafts Fair **Saturday, November 21**

Enjoy a large display of handcrafted items, talk with artists and crafters from surrounding areas, observe them creating their fine art and take advantage of the opportunity to purchase their work. Art disciplines may include oil, watercolor, wildlife paintings, photography, pottery, wood carving, pen and ink, calligraphy, stained glass, hand-woven baskets, authors with their books and more. A sampling of crafted items may include needlework, holiday crafts, ceramics, knit, crochet, woodcraft, home sewn articles, wreaths, dolls, jewelry, lapidary, quilted items, decorative toys, lotions, soaps, clothing and more. Refreshments and items, rugs, dried florals, and lunch available. Join us for an enjoyable day for all ages.

No admission fee to browse and shop.

Exhibitor Information

Artists and Crafters who would like a space may call 320-543-4670 for information or download an application at www.hlww.k12.mn.us. Click on Community Education then in the drop down click Creative Arts & Craft Fair. Online registrations also accepted at hlww.ce.eleyo.com until August 31, after September 1 at hlww.arux.app. Exhibitors will be allowed to sell personally crafted arts, crafts and food items. Products must follow all MN Dept of Ag Cottage Food Law Guidance. Items can not be consumable on site. Homemade items, no merchandise vendors.