Smile brighter, laugh louder, and live better. Make a new friend today, with Roseville Community Ed.

P. 5 Autumn Basket
P. 17 Growing Microgreens
P. 18 Life After Baby
P. 28 Smartphone Basics

P. 33 Looking for Men and Women to join the Men’s Shed
Community Education works with a wide variety of professionals to generate interest and share knowledge but does not promote or recommend any specific business, service, or product. While an instructor(s) may make information available about their business, service, or product, it will not be required or recommended in or beyond the class.

**LOCATIONS & KEY**

- **Brimhall Elementary (BH)**
  1744 County Road B West
  Roseville, MN 55113

- **Central Park Elementary (CP)**
  535 County Road B2 West
  Roseville, MN 55113

- **District Center (DC)**
  1251 County Road B2 West
  Roseville, MN 55113

- **Edgerton Elementary (EDG)**
  1929 Edgerton St
  Maplewood, MN 55117

- **Emmet D. Williams Elementary (EDW)**
  955 County Road D West
  Shoreview, MN 55126

- **Fairview Community Center (FV)**
  1910 County Road B West
  Roseville, MN 55113

- **Falcon Heights Elementary (FH)**
  1393 Garden Ave West
  Falcon Heights, MN 55113

- **Harambee Elementary (HAR)**
  30 County Road B East
  Maplewood, MN 55117

- **Kathy Hanson Interiors (KHI)**
  3809 Chandler Dr NE,
  St. Anthony, MN 55421

- **Little Canada Elementary (LC)**
  400 Eli Road
  Little Canada, MN 55117

- **Parkview Center School (PCS)**
  701 County Road B West
  Roseville, MN 55113

- **Ramsey County Library Roseville**
  2180 North Hamline Ave
  Roseville, MN 55113

- **Redeemer Lutheran Church**
  3770 Bellaire Ave
  White Bear Lake, MN 55110

- **Roseville City Hall**
  2660 Civic Center Dr.
  Roseville, MN 55113

- **Roseville Area Middle School (RAMS)**
  15 County Road B2 East
  Little Canada, MN 55117

- **Roseville Area High School (RAHS)**
  1240 County Road B2 West
  Roseville, MN 55113

**NO PITCH GUARANTEE**

Decisions to cancel classes due to low enrollment are usually made a week in advance.

**MISSION STATEMENT**

To engage our ever-changing communities and partners in developing meaningful services, quality programs and lifelong learning opportunities for all.
Catch all the action!

Enjoy all 9th-12th grade home games and activities during the school year for FREE with the Senior Community Member Activity Pass for older adults 60+. Exclusions apply. Visit the Fairview Community Center or the District Center to pick up your pass today!

Fairview Community Center
Roseville Area Senior Program Office
1910 County Rd B West
Roseville, MN 55113
651.604.3500
Monday - Friday 8:00AM-4:00PM

District Center
1251 County Rd B-2 West
Roseville, MN 55113
Monday - Friday 8:00AM-4:00PM

Only valid for 9th-12th grade extra-curricular activities at Roseville Area High School during the school year.
Good for senior drama matinée ONLY.
Not valid at hockey games or region/section/state contests.

Find the activity schedule at www.isd623.org/rahs
RUN FOR A REASON
SATURDAY NOVEMBER 9, 2019 9:00 AM
ROSEVILLE AREA HIGH SCHOOL

Roseville Area Schools Community Education

November 9, 2019

6.23K WALK/RUN
& MAKER’S MARKET
SUPPORTING YOUTH SCHOLARSHIPS

ADULTS: $25
CHILDREN: $9
EARLY BIRD: $15, $5

REGISTER BY SEPTEMBER 30TH
TO RECEIVE THE EARLY BIRD RATE.

FOR MORE INFORMATION OR TO REGISTER:
WWW.ISD623.ORG/WALKRUN
651.604.3509

Roseville Area Schools
## ART

### EASY OIL PAINTING - MOUNTAIN STREAM

Don’t think of yourself as an artist? Join this class to learn how easy and fun painting can be! We will work with easy oil paints, and the instructor will supply all the materials you will need, including paints, 16x20 inch canvas, and painting supplies. Your painting will be ready to frame and hang once you get home. There is always much to learn, and the “Joy of Painting” might be the highlight of your year. Quality, inexpensive frames will be available for purchase.

**Jay Rupp**
1090-1 1 Session Saturday 10:00AM-2:00PM 9/14 $69 FV 105

### HAND STAMPED ALL OCCASION CARDS

Never be without a card for that special occasion. Create 25 hand-stamped cards, 5 cards of 5 designs. A variety of themes will be created such as birthday, sympathy, thank you, and others. All new card designs. Class includes pre-cut materials, envelopes, use of instructor’s stamps, inks and tools. Bring your adhesive of choice (i.e. Tombow, double-sided tape, etc.) to class, or purchase it from the instructor.

**Elizabeth Hawley**
1005 - All Occasion
1 Session Wednesday 6:00PM-9:00PM 10/16 $35 FV 105

### HAND STAMPED HOLIDAY CARDS

Never be without a card for that special occasion. Create 25 hand-stamped holiday cards, 5 cards of 5 designs. Class includes pre-cut materials, envelopes, use of instructor’s stamps, inks and tools. Bring your adhesive of choice (i.e. Tombow, double-sided tape, etc.) to class, or purchase it from the instructor.

**Elizabeth Hawley**
1005 - Holiday
1 Session Wednesday 6:00PM-9:00PM 11/20 $35 FV 105

### AUTUMN BASKET

Looking for an introduction to basket weaving? Starting with an oak base, you will weave using flat and round wicker creating a long lasting basket, perfect for Halloween candy, apples, or freshly baked buns. You will choose your colors from beautifully dyed autumn hues: warm cinnamon, smoked taupe, squash, or a deep chocolate brown. Everyone will leave with a 9” across by 4” high basket that you made. $25.00 supply fee will include all materials and is payable to the instructor on the night of class.

**Ellie Lida**
1067 1 Session Thursday 6:00PM-9:00PM 10/24 $25 FV 105

### ACRYLIC PAINTING - INTERMEDIATE

Have you had experience in acrylics? Do you know about mixing colors, space, working with perspective, and values? If you answered yes, join us in our open studio. You will paint on your own and the instructor will go around and provide guided help. There will be a group critique at the end of class with input from everyone.

**Full materials list needed online.**

**Mary Degen-Hefelfinger**
1032-1 8 Sessions Wednesdays 3:00PM-5:00PM 9/11-11/6 $119 FV 103
   **No Class 10/9**

1032-2 8 Sessions Wednesdays 6:00PM-8:00PM 9/11-11/6 $119 FV 103
   **No Class 10/9**

1032-3 8 Sessions Wednesdays 3:00PM-5:00PM 1/8-2/26 $119 FV 103
1032-4 8 Sessions Wednesdays 6:00PM-8:00PM 1/8-2/26 $119 FV 103

### WATERCOLOR PAINTING - INTERMEDIATE

If you have some experience with watercolor, join this class to develop your skills. Please note that this is not a beginner class. Some skills you should have before taking this class are knowing the wetness and dryness of the media, how to mix basic colors, and understanding basic perspective principals. You will learn techniques, see demonstrations, receive guided instruction, and participate in a class critique. Each week we will work on a different topic. Materials fee of $5 payable to the instructor. Purchase a copy of John Shaw and Ferdinand Petrie’s “The Big Book of Painting Nature in Watercolor” prior to class.

**Full materials list needed online.**

**Mary Degen-Hefelfinger**
1153-1 8 Sessions Mondays 3:00PM-5:00PM 9/9-11/4 $119 FV 105
   **No Class 9/30**

1153-2 8 Sessions Mondays 6:00PM-8:00PM 9/9-11/4 $119 FV 105
   **No Class 9/30**

1153-3 8 Sessions Mondays 3:00PM-5:00PM 1/6-3/2 $119 FV 105
1153-4 8 Sessions Mondays 6:00PM-8:00PM 1/6-3/2 $119 FV 105
   **No Class 1/20**

### HAND STAMPED HOLIDAY CARDS

Never be without a card for that special occasion. Create 25 hand-stamped holiday cards, 5 cards of 5 designs. Class includes pre-cut materials, envelopes, use of instructor’s stamps, inks and tools. Bring your adhesive of choice (i.e. Tombow, double-sided tape, etc.) to class, or purchase it from the instructor.

**Elizabeth Hawley**
1153-1 8 Sessions Mondays 3:00PM-5:00PM 9/9-11/4 $119 FV 105
   **No Class 9/30**

1153-2 8 Sessions Mondays 6:00PM-8:00PM 9/9-11/4 $119 FV 105
   **No Class 9/30**

1153-3 8 Sessions Mondays 3:00PM-5:00PM 1/6-3/2 $119 FV 105
1153-4 8 Sessions Mondays 6:00PM-8:00PM 1/6-3/2 $119 FV 105
   **No Class 1/20**
HOT TOPIC!

FELTED FLOWERS AND VINES
Create colorful felted flowers and vines using wool fibers and a little soapy water. Make flowers with stems for a bouquet, or combine a posy and a vine for a necklace or other jewelry. Pin your flowers on napkin rings or use them to adorn packages and wreaths. These pretty flowers have a million uses. A variety of flower styles will be made in class. Supply fee: $20 for window or $30 for lamp is payable to the instructor on the first night of class. Please indicate your project choice when registering.

Lindsey Guetter
1064 2 Sessions
6:00PM-9:00PM
$20
10/3 & 10/10
FV 105

MOSAIC STAINED GLASS LAMP OR WINDOW
Brighten up any room in your home with mosaic stained glass! In 2 nights (with some homework), you will learn how to mosaic a 20"x25" four pane window, or a 4"x9" or 8" x 8" lamp with colorful glass. The glass is pre-cut and stencils are available to start the creative process. The second evening we will grout, so dress for mess, and learn more about mosaics. Supply fee: $55 for window or $30 for lamp is payable to the instructor on the first night of class. Please indicate your project choice when registering.

Lindsey Guetter
1064 2 Sessions
6:00PM-9:00PM
$20
10/3 & 10/10
FV 105

NEW!

GLASS MOSAIC SIGN OR TRIVET
Create a beautiful trivet for your kitchen or custom sign. All the cutting is already done and stencils are provided. Popular signs include “welcome”, house numbers, state of MN, last name. Both projects are wonderful for home decorations or to give as gifts. We will spend the day designing, creating, chatting, with time for lunch, feel free to bring your lunch. After your project is finished, you will learn about glass cutting, mosaic resources, other types of mosaics, and grouting. Materials fees are payable to the instructor the day of class. Each trivet is $15 and you can make as many as you want. A variety of signs will be available in different sizes and prices, $14 - $30 range.

Lindsey Guetter
1064 1 Session
6:00PM-9:00PM
$15
9/28
FV 105

NEW!

ALTERED ART BOOKS
Altered Art Books are books that you re-purpose to make new art. Class will begin with an overview of how to make the books and will teach you different art techniques for creating your pages. The new art will utilize mixed media and you can incorporate personal treasures into your creation. Time is included to work on your books. Supplies will be provided but if you have a book you have started, feel free to bring it along. You can take any or all of the classes in the series.

Denise Lau
1075-1 1 Session
6:00PM-8:00PM
$29
9/23

1075-2 1 Session
6:00PM-8:00PM
$29
10/21

1075-3 1 Session
6:00PM-8:00PM
$29
11/18

NEW!

BEGINNING SOAP MAKING
Gather your friends and create your own crafted soap, using a selection of holiday fragrances. You will learn how to use a slow cooker for hot process soap making. At the end of class, you will have a handmade batch of 6-8 bars of soap, which will be ready to give as a holiday gift. Material fee of $15 payable to the instructor in class.

Ann Marie Zeimetz-Schultz
1079 1 Session
6:00PM-8:00PM
$29
12/2
FV 105

NEW!

GIRLS Night Out! Grab a girlfriend or two and have a one-of-a-kind good time!

BEGINNING SOAP MAKING
Gather your friends and create your own crafted soap, using a selection of holiday fragrances. You will learn how to use a slow cooker for hot process soap making. At the end of class, you will have a handmade batch of 6-8 bars of soap, which will be ready to give as a holiday gift. Material fee of $15 payable to the instructor in class.

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6:00PM-8:00PM
$29
12/2
FV 105

NEW!

GIRLS Night Out! Grab a girlfriend or two and have a one-of-a-kind good time!

ART
ART

POTTERY - HAND BUILDING
Learn the basics of creating pottery and sculpture. The instructor will assist you in developing your building skills as you create cylinders, bowls, vases, and platters. We will use molds, coils, paper patterns, and slabs to build forms. This class is designed for beginners as well as individuals who wish to continue developing their skills. This is a great class to learn at your own pace and have fun. Supply fee of $20 payable to instructor. Pottery can be picked up on Tuesday, 12/10 from 6:30-8:00pm.

Peter Paul
1055-H 8 Sessions Tuesdays 6:30PM-9:00PM 9/17-11/26 $155 RAHS D114 No Class 10/1, 10/8, 11/5

POTTERY - WHEEL
Learn the basics of creating pottery on the wheel. The instructor will assist you in developing basic throwing skills as well as advanced techniques. Participants will learn how to create cylinders, bowls, vases, and platters. This class is designed for the beginner as well as individuals who wish to continue developing their skills on the potter’s wheel. This is a great class to learn at your own pace and have fun. Supply fee of $20 payable to the instructor. Pottery can be picked up on Tuesday, 12/10 from 6:30-8:00pm.

Peter Paul
1055-W 8 Sessions Tuesdays 6:30PM-9:00PM 9/17-11/26 $155 RAHS D114 No Class 10/1, 10/8, 11/5

BEGINNING APPAREL SEWING
Build on your sewing skills and create a garment of your choice in class. Each class will consist of group instruction and demonstrations to further explore sewing terms, techniques and materials as well as time to work on your own projects with instructor guidance. Students should be familiar with operating their sewing machine. Bring your sewing machine, scissors, thread, needles, pins, measuring tape, and materials for making the project of your choice.

Mary Pass
1092 5 Sessions Wednesdays 6:00PM-8:00PM 10/16-11/13 $75 FV 105

INTRODUCTION TO SEWING
Learn basic sewing techniques, including hand sewing and machine sewing. Explore sewing terms, which tools and equipment you need and how to use them, how to select fabric, and how to read a pattern. You will learn all you need to know to sew a tote bag in class. Perfect for those with little or no sewing experience. A $12 material fee will be collected by the instructor and bring your sewing machine, scissors, thread, needles, pins, and measuring tape.

Mary Pass
1091 3 Sessions Wednesdays 6:00PM-8:00PM 9/18-10/2 $45 FV 105

HOT TOPIC!

INTRODUCTION TO NIGHT PHOTOGRAPHY
Don’t be afraid of the dark. Take control of your photos, even at night, as you learn to use aperture and shutter speed and correct your photos’ color temperature for clear night scenes. The first night will be held in the classroom, and the remaining nights, we will meet at Fairview and then go on location. Locations will be discussed in class. Bring a camera that can be put in manual mode and a tri-pod.

Paul Veronikas
4336 4 Sessions Fridays 7:30PM-9:30PM 10/11-11/1 $59 FV 102

DANCE & MUSIC

PRIVATE STRING LESSONS
Open to All Ages. All levels of private string lessons are offered for violin, viola, cello and bass. Half hour sessions are available from 4:00PM-6:30PM. Look online for exact times.

Sheri Peterson
2157-1 6 Sessions Mondays 9/9-10/21 $120 FV 120 No Class 9/30
2157-2 6 Sessions Mondays 11/4-12/9 $120 FV 120

SALSA DANCE
Couples Only. You’ve thought about it so why not try it? This workshop is easy, economical and only 1 session! Geared to beginners and guided by a dance champion, you will have the basic patterns plus a couple of turns by the end of the session! More than enough to satisfy your curiosity and provide a full night of dancing!

Monica Mohn
2150 1 Session Tuesday 7:00PM-9:00PM 11/19 $39/Couple E.D.W. Cafeteria

BALLROOM DANCE
Join us for social dances and refreshments served. Pay $5.00 at the door. Call 651.604.3520 for a schedule of the featured bands.

3312 10 Sessions 2nd & 4th Tuesdays 1:30PM-4:00PM 9/10-12/10 $5 FV Solarium
DANCE & MUSIC

BALLROOM DANCE
Couples Only Please. Tired of watching? This course is for you! In just four sessions you’ll experience the thrill of four classic ballroom dances! By the last week you’ll find yourself swirling with the Waltz, rotating to the Rumba, floating through the Fox trot, and tantalizing your partner with the Tango! With the expert guidance of three-time ballroom dance champion Monica Mohn, you’ll be dancing before you know it.

Monica Mohn
2219 4 Sessions Tuesdays 6:00PM-7:00PM 11/12-12/3 $65/Couple E.D.W. Cafeteria

CHORDS ARE KEY FOR PIANO
You do not need years of weekly lessons to learn to play piano. In just a few hours, you can learn enough to give you years of musical enjoyment. While most piano teachers teach note reading, we will teach chords. In just one session, you will learn all the chords you will need to play any song. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. You will receive access to an online book and additional video instruction.

Scott Bradley
2200 1 Session Thursday 6:30PM-9:30PM 11/7 $59 FV Solarium

CHROMATIC HARMONICA
Learn to play the chromatic harmonica. Bring a chromatic harmonica to class or you can order one at the first class. A $5 material fee is payable to the instructor.

Linnea Boyer
2164 3 Sessions Tuesdays 6:00PM-7:00PM 9/9-9/24 $15 Roseville City Hall

DANCE & MUSIC

LAKE COUNTRY CHORUS
WOMEN’S BARBERSHOP SINGING
Ladies, let your star shine! Do you need a challenge, want to have some fun, make new friends, and learn in the process? Join us and discover the joy of singing 4 part a capella women’s barbershop harmony! No prior experience is needed, and ability to read music is not required! Our group is comprised of women from all walks of life, and degrees of musical knowledge and experience. We will teach you some songs, and introduce you to the art of women’s barbershop. At the end of these sessions, you are invited to participate in our Christmas performance to show off what you have learned.

Lake Country Chorus
2161 6 Sessions Tuesdays 7:00PM-9:00PM 10/15-11/26 $25 Redeemer Lutheran Church No Class 11/5

LINE DANCE - LEVEL 1
Line dancing is an easy-to-learn and fun way to kick up your feet. Learn the basics of line dance in this introductory course. Styles of music will include country, pop, rock, rhythm & blues and jazz. Classes will meet for 75 minutes followed by a 75 minute dance session that is free to class participants.

Jodi Wittman
2102-1 4 Sessions Tuesdays 7:00PM-8:15PM 9/3-9/24 $55 FV Solarium
2102-2 4 Sessions Tuesdays 7:00PM-8:15PM 11/12-12/3 $55 FV Solarium

ENGLISH COUNTRY DANCE
Calling all ladies and gentlemen. Have you ever imagined yourself in the time of Jane Austen? Here’s a chance to have a taste of that world by learning the English Country Dance that you have seen in such films as Pride and Prejudice and Emma. We will learn a variety of dances reaching as far back as 350 years and as recent as this last decade. Besides being fun, research has shown that dancing is fantastic for the brain. Try something new!

Margaret Cummings
2101-1 4 Sessions Mondays 1:00PM-2:00PM 9/9-9/30 $25 FV Dance Studio

GROUP BEGINNING GUITAR LESSONS
You will learn the basics of reading music and playing chords and scales. Purchase the Hal Leonard Guitar Method Book 1 and bring it with to class along with your guitar.

Matt Hannah
2172 4 Sessions Tuesdays 7:30PM-8:30PM 11/12-12/3 $49 FV 105

EAST COAST SWING DANCE
This playful dance is tons of fun, and you will be dancing like a pro after just one lesson. A terrific first class for new dancers who want to learn basic steps including: 1 and 2-handed turns, free spins, cuddle, hammerlock, passes and more. East Coast Swing is great with swing, big band, jazz, jump blues, ’50s music, and more. Wear clean, dry, shoes with smooth leather soles.

Cindy Gardner TC Swing
2100-1 7 Sessions Mondays 6:30PM-7:00PM 9/9-10/28 $55 F.H. South Gym No Class 9/30
2100-2 7 Sessions Mondays 6:30PM-7:00PM 11/14-12/16 $55 F.H. South Gym

CHORDS ARE KEY FOR GUITAR
Ages 13+. Learn to play the guitar in just a few hours! In this class, you will get a crash course in guitar that will give you years of musical enjoyment without committing to weeks of expensive private lessons. We will learn some basic chords and start playing along to your favorite music right away. Bring an acoustic guitar. You will receive access to an online book and additional video instruction.

Scott Bradley
2216 1 Session Thursday 7:00PM-9:00PM 12/5 $59 FV 102

HOT TOPIC!

ROMANTIC DANCE FOR TWO
Why wait until Valentine’s Day? Start the New Year with a little romance in this workshop that takes your old “Swing and Sway” and spices it up with simple, easy romantic moves. You’ll be spinning; turning and twirling together before you know it and you’ll feel comfortable in any setting! By the end of the session you won’t want to let go. Couples only.

Monica Mohn
2152 1 Session Tuesday 7:00PM-9:00PM $39/Couple E.D.W. Cafeteria

NEW!

REDEEMER LUTHERAN CHURCH
7:00PM-8:00PM 10/24
$25 FV Church
DANCE & MUSIC

**SHAKE YOUR GROOVE THING**

**Yeaaaahh!!**

**LINE DANCE FOR PARTIES AND WEDDINGS**

Just in time for party season, get ready for any event with this workshop of the popular line dances: Electric Slide, Cha Cha Slide, and the Cupid Shuffle. Good music and the fun dances add up to a great experience that you can share with your friends and family! No partner needed for an evening of fun.

*Monica Mohn*

**2142** 1 Session Thursday 6:00PM-7:00PM $15 E.D.W. Cafeteria

**LINE DANCE: TRIBUTE TO ARETHA FRANKIN**

Join us for a night of moving and grooving to Aretha’s classic song “Think”. In no time at all, you will be dancing to this energetic song with a catchy tune and great moves! Be prepared for a fabulous night! Instructor, Monica, is a USA Dance national champion. No partner required.

*Monica Mohn*

**2148** 1 Session Tuesday 6:00PM-7:00PM $15 E.D.W. Cafeteria

**THRILLER LINE DANCE**

Halloween is creeping up, and it’s not just for kids anymore! Get into the spirit with this fun line dance version of the “Thriller” routine, a dance that still inspires us all! Though you don’t need a partner, gather your friends and family for a thrilling night of fun.

*Monica Mohn*

**2148-2** 1 Session Thursday 6:00PM-7:00PM 10/15 $15 RAMS Cafeteria

**UPTOWN FUNK LINE DANCE**

Grab some friends and enjoy an hour of fun, “funky” moves to the energetic Bruno Mars’ song that will have you dancing the night away. No partner needed.

*Monica Mohn*

**2152-2** 1 Session Tuesday 7:00PM-8:00PM 11/12 $15 E.D.W. Cafeteria

**OPEN LINE DANCE**

Dance the night away every Tuesday. This is a DANCE, not a class. You can also drop in for $7 per night.

*Jodi Wittman*

**2115-1** 4 Sessions Tuesdays 8:15PM-9:30PM $19 FV Solarium

**2115-2** 4 Sessions Tuesdays 8:15PM-9:30PM $19 FV Solarium

**2115-3** 3 Sessions Tuesdays 7:00PM-9:30PM $19 FV Solarium

**2115-4** 3 Sessions Tuesdays 7:00PM-9:30PM $19 FV Solarium

**LINDY HOP**

Dance like the coolest cats with the original form of Swing! Begin by learning and drilling the basic rhythm figures, footwork, and styling with swing-outs and circles. Then, add the fundamental turns and learn how to go back and forth between six- and eight-count figures. We will focus on techniques for a solid lead and following. Prior partnered dance experience is highly recommended. Wear clean, dry shoes with smooth leather soles.

*Cindy Gardner TC Swing*

**2101-1** 7 Sessions Mondays 8:00PM-9:30PM $55 F.H. South Gym

**2101-2** 7 Sessions Mondays 8:00PM-9:30PM $55 F.H. South Gym

**“2-LEFT FEET” SOCIAL DANCE WORKSHOP**

Couples Only Please. Convinced that you have 2-left feet and that dancing is not meant for you? Or is that true for someone you know? Learn fun moves and simple tips from a pro to ease you into dancing. A little bit of Swing, a touch of Foxtrot, a smattering of Waltz, a tweak of Rumba, and a jazzed up “high school prom Swing & Sway” are all it takes to get you on the dance floor!!

*Monica Mohn*

**2120** 1 Session Thursday 7:00PM-9:00PM $39/Couple E.D.W. Cafeteria

www.ISD623.org/CommunityEd
DANCE & MUSIC

New! HAN DANCE FOR CHILDREN
(Ages 4-7) Learn Han Dance: I Have a Pair of Small Hands. Through imagination and the use of body movements you will show the imitation of things and perform a dance beautifully.

Huanru Zhang
2179 11 Sessions Sundays 9:00AM-10:30AM
9/22-12/15 $135
FV Dance Studio
No Class 10/20 & 12/1

New! UIGHUR DANCE FOR CHILDREN
(8-12 years old) Learn Uighur Dance: Song and Smile. Develop your self-confidence as you cultivate a beautiful posture and temperament.

Huanru Zhang
2180 11 Sessions Sundays 10:30AM-12:00PM
9/22-12/15 $135
FV Dance Studio
No Class 10/20 & 12/1

New! HAN DANCE FOR YOUTH
(Ages 13-17) Learn Han Dance: Dancing Youth. Teaching softness of waist, legs, back and jumping skills improve your movement and coordination and develop a beautiful posture.

Huanru Zhang
2177 11 Sessions Thursdays 6:30PM-8:30PM
9/19-12/19 $179
FV Dance Studio
No Class 10/17, 10/31, & 11/28

New! MONGOLIAN DANCE FOR YOUNG ADULTS
(18+) Learn Mongolian Dance: My Heart Flies. Use your imagination and expressiveness while you stretch and strengthen your body.

Huanru Zhang
2175 11 Sessions Tuesdays 6:30PM-8:30PM
9/17-12/17 $179
FV Dance Studio
No Class 10/1, 10/8, & 11/5

New! MIAO DANCE FOR ADULTS
Learn Miao Dance: Fire Phoenix. We will work on body flexibility and practice hand, eye, body, step coordination while building the correct posture to achieve straight legs and back.

Huanru Zhang
2178 11 Sessions Saturdays 9:00AM-10:30AM
9/18-12/14 $135
FV Dance Studio
No Class 10/19 & 11/30

New! TIBETAN DANCE ADULT FITNESS
Combine fitness and performance art while learning the Tibetan Dance: Heavenly Heaven. Through the combination of music and action you will exercise your body’s muscles.

Huanru Zhang
2176 12 Sessions Wednesdays 7:00PM-8:30PM
9/18-12/18 $145
FV Dance Studio
No Class 10/9 & 11/27

New Offering Spotlight!
Through the language of movement, the dancers reveal the richness of China's long history.

For more info call 651.604.3509
Buy your tickets online at www.isd623.org/tonicsolfa
@tonicsolfa @tonicsol #tonicsolfa

Seating is on a first come, first served basis.

Sponsored by Roseville Area Schools Community Education

Ticket sales now!!
Roseville Area High School Auditorium
February 28
7:30 PM
Adults $19
Children & Seniors $12
Early Bird $15/$8 (before Jan. 1st)

Tonic Sol Fa stands as one of the leading forces of vocal music with Emmy Award winning arrangements and multi-million selling compositions.
Tonic Sol Fa stands as one of the leading forces in the world of vocal music with Emmy Award winning arrangements and multi-million selling compositions.

Seating is on a first come, first served basis.

Sponsored by Roseville Area Schools Community Education
FITNESS

SilverSneakers® & Silver&Fit® Class Schedule

SilverSneakers® and Silver&Fit®

SilverSneakers and Silver&Fit are benefits offered by various insurance companies to allow older adults to take greater control of their health. Both SilverSneakers and Silver&Fit offer the chance to increase your physical activity, take steps toward a healthier lifestyle, and participate in social opportunities. SilverSneakers and Silver&Fit members can attend any fitness classes on this page sponsored by Roseville Area Schools Community Education for free.

To see if you qualify for SilverSneakers or Silver&Fit, contact your insurance provider. Then, make sure to sign up for SilverSneakers or Silver&Fit at the Fairview Registration Office.

SILVERSNEAKERS

The SilverSneakers Fitness Program can open the door to better health, greater independence, and a more fulfilling life. It is an equipment-based, multi-level, total-body conditioning class in which students use hand-held weights, elastic tubing with handles, a SilverSneakers playball, and a chair for standing and/or seated support. Exercises will work all major and minor muscle groups, addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed, and power. SilverSneakers is a class for everyone. All equipment is provided.

Margaret Cummings

7011-1 25 Sessions Mon/Wed/Fri
8:30 AM-9:15 AM 9/4-11/8
$185 FV Gym
No Class 10/4, 10/7, 10/18, 11/1

7011-2 25 Sessions Mon/Wed/Fri
8:30 AM-9:15 AM 11/11-1/17
$185 FV Gym
No Class 11/29, 12/23, 12/25, 12/27, 1/1

STRENGTH AND STRETCH

This is a floor work class based on deep breathing, flexibility, alignment, and building and maintaining core strength. You’ll leave stronger, stretchier, and lighter in both body and mind. Please bring a yoga mat.

Margaret Cummings

7023-1 25 Sessions Mon/Wed/Fri
10:30 AM-11:30 AM 9/4-11/17
$185 FV Gym 53
No Class 10/4, 10/7, 10/18, 11/1

7023-2 25 Sessions Mon/Wed/Fri
10:30 AM-11:30 AM 11/11-1/17
$185 FV Gym 53
No Class 11/29, 12/23, 12/25, 12/27, 1/1

STRENGTH TRAINING

Do you want a healthy, strong, lean, and toned body? This is the class for you. Exercises are modified to accommodate all levels and are designed to hit all major muscle groups to improve muscular strength and endurance. Hand weights from 1 to 20 lbs are provided. Please bring a floor mat.

Margaret Cummings

7022-1 25 Sessions Mon/Wed/Fri
9:30 AM-10:20 AM 9/4-11/8
$185 FV Gym
No Class 10/4, 10/7, 10/18, 11/1

7022-2 25 Sessions Mon/Wed/Fri
9:30 AM-10:20 AM 11/11-1/17
$185 FV Gym
No Class 11/29, 12/23, 12/25, 12/27, 1/1

YOGASTRETCH - GENTLE CORE STRENGTHENING

Our most gentle class - YogaStretch will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance, and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Keep your shoes on! No floor work!

Margaret Cummings

7020-1 18 Sessions Tue/Thu
9:00 AM-9:45 AM 9/3-11/7
$135 FV Gym
No Class 10/17, 11/5

7020-2 15 Sessions Mon/Fri
3:30 PM-4:15 PM 9/6-11/8
$109 FV Gym 53
No Class 10/4, 10/7, 10/18, 11/1

7020-3 17 Session Tue/Thu
9:00 AM-9:45 AM 11/12-1/16
$129 FV Gym
No Class 11/28, 12/24, 12/26

7020-4 17 Sessions Mon/Fri
3:30 PM-4:15 PM 11/11-1/17
$129 FV Gym 53
No Class 11/29, 12/23, 12/27

INDOOR WALKING AT FV

A walking course is established on the main floor: 4 1/2 times equals one mile. The stopping points are the double doors on the west side and the print shop on the south side. Keep your valuables with you or do not bring them. There is no charge and this is a self-directed activity. Contact Roseville Area Senior Program with questions at 651.604.3520.

1:30 PM-4:00 PM Mon-Thu FREE FV

FREE FV

SilverSneakers 8:30 AM-9:15 AM M, W, F $9 Drop-in fee
YogaStretch 9:00 AM-9:45 AM T, TH $9 Drop-in fee
Strength Training 9:30 AM-10:20 AM M, W, F $9 Drop-in fee
Strength & Stretch 10:30 AM-11:30 AM M, W, F $9 Drop-in fee
YogaStretch 3:30 PM-4:15 PM M, F $9 Drop-in fee

SilverSneakers® and Silver&Fit® are benefits offered by various insurance companies to allow older adults to take greater control of their health. Both SilverSneakers and Silver&Fit offer you the chance to increase your physical activity, take steps toward a healthier lifestyle, and participate in social opportunities. SilverSneakers and Silver&Fit members can attend any fitness classes on this page sponsored by Roseville Area Schools Community Education for free.

To see if you qualify for SilverSneakers or Silver&Fit, contact your insurance provider. Then, make sure to sign up for SilverSneakers or Silver&Fit at the Fairview Registration Office.
**Jazzercise Instructor Kelly Lewis** was chosen as a Favorite Fitness Instructor in the Minnesota Women’s Press What Women Want reader survey.

**JAZZERCISE**
Burn up to 600 calories in one fun and powerfully effective 60-minute total body workout. Every Jazzercise class combines dance-based cardio with strength training and stretching to sculpt, tone, and lengthen muscles for maximum fat burn. Choreographed to today’s hottest music, Jazzercise is a fusion of jazz dance, aerobic exercise, resistance training, Pilates, yoga, and kickboxing. Start dancing yourself fit and change the shape of your body today! Please register at class with instructor.

**Kelly Lewis**

### JAZZERCISE STRENGTH60
Fire up the muscles—all of them! In just 60 minutes, you will complete a full-body, muscle-sculpting strength workout.

**Kelly Lewis**
7012-1 7 Sessions Fridays 5:45PM-6:45PM $30 FV Gym
No Class 10/18

7012-2 9 Sessions Fridays 5:45PM-6:45PM $36 FV Gym

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**FEES**

- Under 18: $4.25/Session or $19/5
- Over 18: $4.75/Session or $20.50/5
- Over 60: $4.25/Session or $19/5

No evening lap swim on Aug 20, 27, Sept 3, 10, Nov 5, Dec 17.
No 6:30 AM on Sept 4.

CALL 651.604.3770 FOR INFORMATION ON PRIVATE SWIM LESSONS
**ZUMBA® Fitness**

Zumba fuses fitness, entertainment, and culture into an exhilarating dance-fitness sensation! Zumba exercise classes are "fitness-parties" that blend upbeat world rhythms with easy-to-follow choreography and fitness toning moves for a total-body workout. All ages and levels are welcome in this energetic and fast-paced class. We will modify moves to suit all fitness needs. So, what are you waiting for? Join the party! You can also drop in for $10.

**Jan Campbell**

- **7112-T**
  - 11 Sessions
  - Tuesdays
  - 5:45PM-6:45PM
  - 9/10-12/10
  - $89
  - FV Solarium
  - No Class 10/1, 10/8, 11/5

- **7112-TH**
  - 12 Sessions
  - Thursdays
  - 5:45PM-6:45PM
  - 9/12-12/12
  - $95
  - FV Solarium
  - No Class 10/17, 11/28

- **7112**
  - Sign up for both nights for $175

**BALANCE TRAINING**

This class is designed to improve your strength, flexibility and balance. We will use seated and standing exercises to increase confidence and reduce fear.

**Margaret Cummings**

- **7038-1**
  - 6 Sessions
  - Mon/Fri
  - 12:00PM-12:45PM
  - 9/9-9/27
  - $89
  - FV Gym 53

- **7038-2**
  - 6 Sessions
  - Mon/Wed
  - 12:00PM-12:45PM
  - 10/14-10/30
  - $89
  - FV Gym 53

- **7038-3**
  - 6 Sessions
  - Mon/Fri
  - 12:00PM-12:45PM
  - 11/4-11/22
  - $89
  - FV Gym 53

- **7038-4**
  - 6 Sessions
  - Mon/Fri
  - 12:00PM-12:45PM
  - 12/2-12/20
  - $89
  - FV Gym 53

- **7038-5**
  - 6 Sessions
  - Wed/Fri
  - 12:00PM-12:45PM
  - 1/8-1/24
  - $89
  - FV Gym 53

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**T'AI CHI CHIH FOR LIFE**

Achieve a healthier mind, body, and spirit through an inner discipline that focuses on balance and circulation. T’ai Chi Chih is a slow-moving meditation that is fun, easy, and enjoyable to learn and do. Reported benefits include reduced stress, strengthened immune system, weight and blood pressure control, improved focus, creativity and flexibility. Gentle movements can be done by anyone regardless of age or physical capabilities. Comfortable clothing recommended.

**Ev Hanson-Florin**

- **7005**
  - 8 Sessions
  - Tuesdays
  - 4:30PM-5:45PM
  - 9/10-10/29
  - $69
  - FV Gym 53

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**T'AI CHI CHIH - LEVEL 2**

Build on your T’ai Chi Chih skills. You will practice circulatio and balancing the chi energy as well as fine tuning the nineteen movements and one pose of the T’ai Chi Chih form. Join us and improve your balance and health.

**Robert Kippley**

- **7008**
  - 8 Sessions
  - Wednesdays
  - 6:00PM-7:00PM
  - 9/25-11/29
  - $69
  - FV 114
  - No Class 10/9

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**INTEGRATIVE YOGA**

This yoga class will integrate all the elements of yoga, like breathing, physical practice and meditation, to tone your body, enhance your balance, calm your mind, improve your flexibility and strengthen your core. Open to all fitness levels. Please bring a yoga mat and water bottle. Drop in is $15 per class.

**Cathy Skrip**

- **7036-1**
  - 17 Sessions
  - Tue/Thu
  - 8:30AM-9:30AM
  - 9/3-10/31
  - $189
  - FV Gym 53
  - No Class 10/17

- **7036-2**
  - 18 Sessions
  - Tue/Thu
  - 8:30AM-9:30AM
  - 11/7-1/16
  - $199
  - FV Gym 53
  - No Class 11/28, 12/24, 12/26

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**MODERN ARMS ADULT FENCING CLASS**

Classical fencing emphasizes the practice of the sword as an art, a science, and a recreational activity. Learn the basics of fencing with minimal rules and lots of play. You will learn at a comfortable pace and fence with others of all levels in a fun, safe, active environment. Fencing equipment provided.

**Maria Benford**

- **7053-1**
  - 6 Sessions
  - Saturdays
  - 10:30AM-11:30AM
  - 9/14-11/2
  - $75
  - FV Gym
  - No Class 10/12, 10/19

- **7053-2**
  - 6 Sessions
  - Saturdays
  - 10:30AM-11:30AM
  - 11/9-12/21
  - $75
  - FV Gym
  - No Class 11/30

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**EVENING YOGA CLASSES**

Yoga helps increase your strength, flexibility, and ability to focus and relax.

Class includes breathing exercises, postures, and a final relaxation. Wear comfortable clothes, bring a mat to class, and prepare to work barefoot. Level 2 is for participants who have been involved in Yoga for at least nine months. You can also drop in for $9.

**Virginia Sattler-Reimer**

**YOGA - LEVEL 1**

- **7001-M**
  - 18 Sessions
  - Mondays
  - 7:00PM-8:00PM
  - 9/9-1/13
  - $149
  - FV Solarium
  - No Class 9/30

- **7001-W**
  - 16 Sessions
  - Wednesdays
  - 7:00PM-8:00PM
  - 9/11-1/15
  - $135
  - FV Solarium
  - No Class 10/9, 12/25, 1/1

**YOGA - LEVEL 2**

- **7002-M**
  - 18 Sessions
  - Mondays
  - 6:00PM-7:00PM
  - 9/9-1/13
  - $149
  - FV Solarium
  - No Class 9/30

- **7002-W**
  - 16 Sessions
  - Wednesdays
  - 6:00PM-7:00PM
  - 9/11-1/15
  - $135
  - FV Solarium
  - No Class 10/9, 12/25, 1/1

**YOGA - MIXED LEVELS**

- **7004-M**
  - 18 Sessions
  - Mondays
  - 4:45PM-5:45PM
  - 9/9-1/13
  - $149
  - FV Solarium
  - No Class 9/30

- **7004-S**
  - 19 Sessions
  - Saturdays
  - 10:30AM-11:30AM
  - 9/14-1/18
  - $155
  - FV Solarium

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**ZUMBA® FUSION**

Fuses the best of Zumba® with other favorite dance rhythms to create a fun and high-energy mix! Each class will be no two alike. Join us at the party! You can also drop in for $15.

**Jan Campbell**

- **7112-T**
  - 11 Sessions
  - Tuesdays
  - 6:00PM-6:45PM
  - 9/10-1/13
  - $109
  - FV Solarium
  - No Class 10/17, 11/28

- **7112-TH**
  - 12 Sessions
  - Thursdays
  - 6:00PM-6:45PM
  - 9/12-12/12
  - $115
  - FV Solarium
  - No Class 10/17, 11/28

- **7112**
  - Sign up for both nights for $175
LANGUAGE ARTS

AMERICAN SIGN LANGUAGE 1 - CONVERSATION
We will learn basic conversational skills in American Sign Language along with exploring deaf culture. By the end of the class you should feel comfortable having basic conversations with the deaf and hard of hearing.

Denise Lau
1200 5 Sessions Wednesdays 7:00PM-8:00PM 9/25-10/30
$59 FV 100

AMERICAN SIGN LANGUAGE 2 - CONVERSATION
Those who have taken American Sign Language 1 - Conversation class can further develop their skills and fluency in this class. We will review some ASL 1 conversation before moving on to more in-depth conversation elements.

Denise Lau
1200-2 5 Sessions Wednesdays 7:00PM-8:00PM 11/13-12/11
$59 FV 100

SPANISH FOR TRAVELERS
Join us for this brief introduction into the Spanish language and culture. This course is designed for people who travel to Spanish speaking countries and who would like to communicate more easily in Spanish. Instructor approval required, please contact teamworkalicia@gmail.com to receive approval.

Alicia
1258 4 Sessions Tue/Thu 7:00PM-9:00PM 10/29, 11/7, 11/12, 11/19
$45 FV 116A

TRAVEL TO ITALY
You will learn basic travelers Italian with an informal guide to the artistic, geographic, and cultural sites of Italy. In addition, you will get tips for enjoying your trip not to mention enthusiastic opinions on things to do in this amazing country. Great for first and second time travelers or those wanting to begin to learn the Italian language.

Richard Tomassoni & Peter Wolf
1222 2 Sessions Thursdays 7:00PM-8:30PM 10/3 & 10/10
$25 FV 116A

INTRODUCTION TO IMPROVISATION
Improvisation means making it up as you go along. It’s what jazz musicians, Drew Carey and many other performers do in their shows. It can help you gain confidence and the ability to think on your feet in your daily life, whether you are interested in performing or not. Using experiences and stories from your own life, you will learn simple improvisational techniques in storytelling and acting. These skills will help build confidence in public speaking, making small talk and becoming a better listener; serving well in both your personal and professional life. Wear comfortable clothing that you can move in. No experience necessary.

Homeward Bound Theatre Co
1215 3 Sessions Thursdays 6:30PM-8:30PM 9/26-10/10
$69 FV 105

PERFORMING ON BROADWAY JUST FOR THE FUN OF IT
Learn the music, drama and dance of the Broadway musical. Devour a smorgasbord of Broadway songs for the pure pleasure of it, while using professional vocal techniques. Imagine your name in lights on the marquee, just for the fun of it!

Homeward Bound Theatre Co
1525 3 Sessions Thursdays 6:30PM-8:30PM 9/26-10/10
$69 FV Gym 53

C.S. LEWIS: STORIES AND STUDIES
This “book club” will be a fellowship in the stories and studies of C.S. Lewis, youth and adult, scholar and novice; all will participate as we explore and discuss what we have read. Please read “The Lion, The Witch, and the Wardrobe” for the first session.

Brian Swedburg
1224 11 Sessions Saturdays 9:00AM-10:30AM 9/14-12/7
$39 FV 116A

LOW INTERMEDIATE SPANISH
This course is aimed for students who already know more than 200 Spanish verbs, in the present tense, and are ready to learn the preterite and imperfect tenses and use them in a meaningful way. Instructor approval is required, please contact teamworkalicia@gmail.com to receive approval.

Alicia
1252 8 Sessions Wednesdays 7:00PM-9:00PM 10/16-12/11
$85 FV 116A

HOT TOPIC!

HOW TO PUBLISH YOUR BOOK WITHOUT GOING BROKE
So, you’ve written a book! Now what? This class covers the pros and cons of royalty publishing, self-publishing, and independent publishing. It shows you the business side of independent publishing, how to prepare your book for publishing, and some ideas for marketing. It also recommends who to turn to for formatting your book and laying it out so it is press ready as well as the best source for printing your book at a very reasonable cost. Guidebook, How to Publish Your Book Without Going Broke, can be purchased from instructor for discounted price of $10.

June Anderson
2221 1 Session Thursday 6:00PM-8:30PM 11/14
$19 FV 102

www.ISD623.org/CommunityEd
COOKING & FOOD

TRUFFLE CANDIES FOR ALL OCCASIONS
Taste the best truffles of all, and learn how to make them yourself! Nancy has taught hundreds of people to make these easy and delicious chocolate delicacies. Learn how to make 5 different truffle recipes in class for the perfect gift or party favor! Each student will take home 15-18 truffles. Supply fee of $12 will be payable to the instructor in class. Optional truffle/candy kits will be available for purchase for $18.

**Nancy Burgeson**
1116 1 Session Monday 6:00PM-9:00PM 10/7 RAHS D104 $35

YEAST BREADS 101
Take the mystery out of made-from-scratch yeast breads and leave with the knowledge and confidence to bake. We will use natural, healthy and fresh ingredients that will appeal to your family’s tastes and needs, leaving highly processed preservatives behind. Learn to shape buns, loaves and beautiful crescent rolls that embrace healthy, tasty eating. This is both a hands on and demonstration class. A supply fee of $12 is payable to the instructor.

**Ellie Lida**
1170 1 Session Wednesday 6:00PM-9:00PM 11/13 RAHS D104 $39

TRADITIONAL ITALIAN CUISINE
Enjoy the marvelous flavors of traditional Italian cuisine starting with “Panzanella”, a toasted bread salad with refreshing summer vegetables in a light vinaigrette. You’ll prepare “chicken saltimbocca” using thin sliced prosciutto ham and fresh sage in a lemon, caper, artichoke butter sauce. You’ll make potato gnocchi (Italian dumplings) then we’ll toss them in a medley of sauces including, basil pesto, marinara and brown butter with sage and walnuts. We’ll finish with “Cannoli”, fried pastry filled with sweetened ricotta and mascarpone cheeses, served on a pool of chocolate sauce, garnished with pistachios.

**Jeff Sandino**
1161 1 Session Tuesday 6:30PM-9:00PM 10/15 RAHS D104 $49

THE POWER OF FOOD
Science reveals the food we choose to eat can lead to health or disease. Watch research videos of clogged arteries opening in 30 months and type 2 diabetes reversing in 16 days. Learn how a whole food plant based diet can prevent, reverse or treat the leading causes of death and extend life. Sample two foods which support health and receive a copy of Dick’s Vegan Cook Book with 30 recipes.

**Dick Ogren**
1123 1 Session Wednesday 6:00PM-8:00PM 9/18 FV 116A $29

TRADITIONAL ITALIAN CUISINE
Enjoy the marvelous flavors of traditional Italian cuisine starting with “Panzanella”, a toasted bread salad with refreshing summer vegetables in a light vinaigrette. You’ll prepare “chicken saltimbocca” using thin sliced prosciutto ham and fresh sage in a lemon, caper, artichoke butter sauce. You’ll make potato gnocchi (Italian dumplings) then we’ll toss them in a medley of sauces including, basil pesto, marinara and brown butter with sage and walnuts. We’ll finish with “Cannoli”, fried pastry filled with sweetened ricotta and mascarpone cheeses, served on a pool of chocolate sauce, garnished with pistachios.

**Jeff Sandino**
1161 1 Session Tuesday 6:30PM-9:00PM 10/15 RAHS D104 $49

THE COOKIE DESIGNER
So simple and yet so beautiful! In this class, you will mix the dough, bake and learn to make lovely decorations on top of your cookies. We will use cookie stamps to design cookies. Using honey and lovely decorations you will be making stunning cookies in no time. Bring a shirt box to take your cookies home, each student will go home with 1 dozen decorated cookies. There is a supply fee of $12 payable to the instructor on the night of class.

**Nancy Burgeson**
1192 1 Session Monday 6:00PM-9:00PM 9/9 RAHS D104 $35

YEAST BREADS 101
Take the mystery out of made-from-scratch yeast breads and leave with the knowledge and confidence to bake. We will use natural, healthy and fresh ingredients that will appeal to your family’s tastes and needs, leaving highly processed preservatives behind. Learn to shape buns, loaves and beautiful crescent rolls that embrace healthy, tasty eating. This is both a hands on and demonstration class. A supply fee of $12 is payable to the instructor.

**Ellie Lida**
1170 1 Session Wednesday 6:00PM-9:00PM 11/13 RAHS D104 $39

TRADITIONAL ITALIAN CUISINE
Enjoy the marvelous flavors of traditional Italian cuisine starting with “Panzanella”, a toasted bread salad with refreshing summer vegetables in a light vinaigrette. You’ll prepare “chicken saltimbocca” using thin sliced prosciutto ham and fresh sage in a lemon, caper, artichoke butter sauce. You’ll make potato gnocchi (Italian dumplings) then we’ll toss them in a medley of sauces including, basil pesto, marinara and brown butter with sage and walnuts. We’ll finish with “Cannoli”, fried pastry filled with sweetened ricotta and mascarpone cheeses, served on a pool of chocolate sauce, garnished with pistachios.

**Jeff Sandino**
1161 1 Session Tuesday 6:30PM-9:00PM 10/15 RAHS D104 $49

THE COOKIE DESIGNER
So simple and yet so beautiful! In this class, you will mix the dough, bake and learn to make lovely decorations on top of your cookies. We will use cookie stamps to design cookies. Using honey and lovely decorations you will be making stunning cookies in no time. Bring a shirt box to take your cookies home, each student will go home with 1 dozen decorated cookies. There is a supply fee of $12 payable to the instructor on the night of class.

**Nancy Burgeson**
1192 1 Session Monday 6:00PM-9:00PM 9/9 RAHS D104 $35

YEAST BREADS 101
Take the mystery out of made-from-scratch yeast breads and leave with the knowledge and confidence to bake. We will use natural, healthy and fresh ingredients that will appeal to your family’s tastes and needs, leaving highly processed preservatives behind. Learn to shape buns, loaves and beautiful crescent rolls that embrace healthy, tasty eating. This is both a hands on and demonstration class. A supply fee of $12 is payable to the instructor.

**Ellie Lida**
1170 1 Session Wednesday 6:00PM-9:00PM 11/13 RAHS D104 $39

TRADITIONAL ITALIAN CUISINE
Enjoy the marvelous flavors of traditional Italian cuisine starting with “Panzanella”, a toasted bread salad with refreshing summer vegetables in a light vinaigrette. You’ll prepare “chicken saltimbocca” using thin sliced prosciutto ham and fresh sage in a lemon, caper, artichoke butter sauce. You’ll make potato gnocchi (Italian dumplings) then we’ll toss them in a medley of sauces including, basil pesto, marinara and brown butter with sage and walnuts. We’ll finish with “Cannoli”, fried pastry filled with sweetened ricotta and mascarpone cheeses, served on a pool of chocolate sauce, garnished with pistachios.

**Jeff Sandino**
1161 1 Session Tuesday 6:30PM-9:00PM 10/15 RAHS D104 $49

THE COOKIE DESIGNER
So simple and yet so beautiful! In this class, you will mix the dough, bake and learn to make lovely decorations on top of your cookies. We will use cookie stamps to design cookies. Using honey and lovely decorations you will be making stunning cookies in no time. Bring a shirt box to take your cookies home, each student will go home with 1 dozen decorated cookies. There is a supply fee of $12 payable to the instructor on the night of class.

**Nancy Burgeson**
1192 1 Session Monday 6:00PM-9:00PM 9/9 RAHS D104 $35

COUPLES NIGHT OUT
Cook up something new with this fun experience for two!

New!

VIETNAMESE COOKING CLASS - PHO AND MORE!
Travel to the streets of Vietnam with Chef Anu, you will enjoy an authentic Vietnamese dinner and will be able to recreate it at home with Chef Anu’s recipes and tricks. We will start with Pho, a soul warming soup made of spicy-herby broth, Slurpee noodles and chicken and vegetables. Then onto Vietnamese Fresh Spring rolls which are a traditional Vietnamese salad with spicy shrimp in soft pillowy rolls served with Nouc Cham, a dipping sauce. A Vietnamese cooking class would be incomplete without stir fried noodles with a bouquet of fall vegetables and we will end our dinner with Che Chuo Xao Dua - a classic French influenced Vietnamese dessert of caramelized bananas in sweetened coconut sauce.

**Anu Seshadri**
1159 1 Session Wednesday 6:30PM-9:00PM 10/30 RAHS D104 $59/Individual $109/Couple
COOKING & FOOD

GROWING MICROGREENS
Looking to continue growing food during the cold season? Come learn about growing microgreens, quick-growing vegetable and herb seedlings that can grow indoors and can be used in salads or as fresh greens in many types of dishes.

Ramsey County Master Gardeners
1341 1 Session Saturday
9:00AM-10:30AM 11/02
$15 FV 100

APPETIZERS - QUICK, EASY AND ENTICING
We’ll create more than 20 appetizers that require less than 20 minutes from start to finish! You can serve these appetizers as a first course or a snack for family and friends. And learn tips for throwing an appetizer party! Our selections will include recipes for spreads, hearty appetizers, dips, dippers, nibbles, hot appetizers, and more. Enjoy your creations during the class, or take your samples home.

Laurel Severson
1122 1 Session Wednesday
6:00PM-9:00PM 10/2
$49 RAHS D104

PASTA! PASTA! PASTA!
We’ll start by learning how to make basil pesto then practice its versatility creating a delightful appetizer using it in combination with fresh baked bread, roma tomatoes, and mozzarella cheese. Next we will toss it with vermicelli and cream to make a delicious pasta topped with diced tomatoes and roasted pine nuts. “Cappellini” is next tossed with olive oil, garlic, fresh basil, tomatoes and sauteed baby shrimp. Finally, “fettuccine alfredo primavera” a divine combination of fresh veggies, Parmesan cheese and cream. We will finish with a classic “Tartlet”, sugar dough layered with pastry cream and fresh fruit with a sweet apricot glaze.

Jeff Sandino
1144 1 Session Thursday
6:00PM-9:00PM 11/21
$49 RAHS D104

HERB GARDENING
Get to know some of the herbs commonly used in cooking and learn how to harness those flavors year-round.

Ramsey County Master Gardeners
1340 1 Session Saturday
9:00AM-10:30AM 9/21
$15 FV 100

HOT TOPIC!

New!
OKTOBERFEST
Come celebrate the fall tradition German style with “sauerbraten” tender pot roast in a tangy sweet and sour sauce, beef roulades stuffed with pickles, bacon and onion in red wine sauce, “Schweinshaxe” pork ribs and sauerkraut, and “Wiener Schnitzel” chicken tenders lightly breaded and sauteed with fresh squeezed lemon and herbs. You will learn to prepare “spaetzle”, German pasta, Potato pancakes with apple sauce and sour cream, “kartoffelkloesse”, dumplings topped with buttered bread crumbs and braised red cabbage. We’ll finish with a classic black forest cake, it’s sublime.

Jeff Sandino
1133 1 Session Monday
6:30PM-9:00PM 9/23
$49 RAHS D104

TRADITIONAL FRENCH CUISINE
Experience exquisite French classics beginning with French onion soup topped with toasted croutons and gruyere cheese then browned to perfection. You’ll prepare “Coq au Vin”, tender breast of chicken sauteed with pearl onions, mushrooms and bacon in a rich burgundy wine sauce served with a delicious wild rice blend and green beans amandine. We’ll finish with “Crepes Suzette”, thin French Pancakes served with an exquisite orange liqueur sauce.

Jeff Sandino
1143 1 Session Wednesday
6:30PM-9:00PM 11/6
$49 RAHS D104

CARAMEL AND CINNAMON ROLLS
Indulge and impress family and friends with homemade caramel and cinnamon rolls. In this hands-on class, you will make the buttery caramel pecan rolls and decadent cinnamon rolls from scratch! Bring home freshly baked rolls, recipes, and tips to bake these sweet breads on your own. Supply fee of $14 payable to the instructor in class.

Ellie Lida
1135 1 Session Tuesday
6:00PM-9:00PM 10/22
$39 RAHS D104

LEFSE
If you are Norwegian and missed recording Grandma’s lefse recipe, tips, and techniques, this is the class for you! Even if you aren’t Norwegian, you’ll love this delicious treat! Learn how to make the dough and bake, store, and serve lefse - with a bonus bit of history and humor, too. We will make an authentic recipe with real potatoes and a modern version with instant potatoes. At the end of class, you can sample your fresh creations with traditional fillings. Bring a container so you can take home finished lefse and dough to bake and share.

Laurel Severson
1151 1 Session Monday
6:00PM-9:00PM 11/25
$49 RAHS D104

All cooking classes are held at Roseville Area High School. Please enter through the auditorium doors, go straight, and room D104 will be on your right.
HOME & FAMILY

EVERYTHING YOU NEED TO KNOW TO BUY A HOME IN 2019
During this course you will learn how to pick a Lender, pick a Realtor, set up a successful home search and make an offer that will catch a seller’s eye. You will also learn about the home inspection and appraisal process all the way to the closing day when you are handed the keys to your new home. This course is for any future home buyer.

Pat Markfort
1392 1 Session Thursday
6:30PM-8:00PM 9/19
$15 FV 116A

KEEPING THE CABIN, FARM OR BUSINESS IN THE FAMILY
Dividing an estate can lead to bitter battles between siblings and impact relationships forever. Learn how to keep your cabin, farm, or business in the family without creating a family conflict. We will discuss ways to ensure your children receive equal inheritance, the impact of taxes, and how to properly position your assets for the next generation.

Tom Jacobson
4072 1 Session Monday
6:30PM-8:00PM 10/28
$15

PHOTO ORGANIZATION - PRINT AND DIGITAL
Having organized photos assures peace of mind. Develop a system to get every printed photo, digital photo and all of your memorabilia organized, once and for all. Learn about scanning your slides, movies, prints, backing up, cloud storage & scanners. You will leave with a plan for a system that allows you to access every photo you own in literally seconds.

Kathy Povolny
1516 1 Session Wednesday
7:00PM-9:00PM 10/23
$19 FV 108

SELLING YOUR HOME QUICKLY & FOR TOP DOLLAR
During this course you will learn what you can do as a homeowner to sell your home quickly and for top dollar. Your key takeaways will be the importance of a trustworthy Realtor, how to stage your home to show off its best features, what improvements/repairs will yield the best results, how to price your home to sell, ways to market your property, the inspection process, warranties, and the negotiation process (specifically in a multiple offer scenario).

Pat Markfort
1303 1 Session Thursday
6:30PM-8:00PM 11/21
$15 RAMS 249

HOT TOPICS!

LIFE AFTER BABY
Planning for or expecting a baby? Gain helpful skills and tricks for better self-care and life management with a new baby. Physical and mental health for the birthing person and supportive partner will be addressed along with navigating the 1st year of being a new parent. Ideal for expecting or new parents or supportive family members.

Jenica Domanico
1387 1 Session Saturday
9:30AM-12:00PM 11/9
$45/Couple FV Great Room

THE BUILDING BLOCKS OF BREASTFEEDING
What are your questions about breastfeeding? This 3-hour class is comprehensive coverage of what you need to know to develop a positive breastfeeding journey.

Jenica Domanico
1388 1 Session Saturday
9:00AM-12:00PM 10/12
$55/Couple FV Great Room

ROSEVILLE - HOME DESIGN AND IMPROVEMENT DAY
Explore the Roseville Design District by attending educational seminars at the following showrooms: Lexington Floral, Mindful Kitchens, Floors by Steve, Renewal by Anderson, The Tile Shop, Fireside Hearth & Home, Muska Lighting, Select Surfaces, The Shower Door Place, Hirshfields, Sherwin Williams, and Charles Cabinets, LLC. Learn design solutions to your remodel problems and meet the professionals who can help bring your dreams to reality. The seminar schedule and showroom addresses will be emailed to you closer to the event date.

Roseville Design District
1327 1 Session Saturday
9:00AM-3:00PM 10/12
$25 KHI

NEW!

SENIOR HOME SELLING AND BUYING
Has it been a few years since you sold or bought a home? During this course you will learn about the current process and steps of selling your home in today’s Real Estate environment. You will also learn how you can start to prepare your home so it will be ready when you are. Lastly, get key information about the owning options popular for seniors such as a one-level town home or a condo.

Pat Markfort
1347 1 Session Thursday
6:30PM-8:00PM 11/7
$15 FV 108

NEW!

PREPARING FOR A DISASTER
Are you prepared for the unexpected? Disasters come in many forms including: job loss, damaging weather or power outages. Join us as we discuss disaster preparation and how you prepare for a disaster? What are ways to store food, documents, and what are some resources and places to go for help?

Tom Howard
1329 1 Session Thursday
6:30PM-8:00PM 9/26
$19 FV 100

NEW!

ROSEVILLE - HOME DESIGN AND IMPROVEMENT DAY
Explore the Roseville Design District by attending educational seminars at the following showrooms: Lexington Floral, Mindful Kitchens, Floors by Steve, Renewal by Anderson, The Tile Shop, Fireside Hearth & Home, Muska Lighting, Select Surfaces, The Shower Door Place, Hirshfields, Sherwin Williams, and Charles Cabinets, LLC. Learn design solutions to your remodel problems and meet the professionals who can help bring your dreams to reality. The seminar schedule and showroom addresses will be emailed to you closer to the event date.

Roseville Design District
1327 1 Session Saturday
9:00AM-3:00PM 10/12
$25 KHI
HOME & FAMILY

A SYSTEM FOR LIFE’S TRANSITIONS - ARE YOU READY OR NOT?
Give yourself and those you love the gift of peace of mind. Be ready for the inevitable transitions in your life by having all of your important records, papers, and financial information organized and accessible. Learn to use the “Ready or Not” system which helps you not only identify your assets and debts, but also basic needs such as medication, medical records, passwords, and end of life requests. Uncover any missing pieces in your overall life plan. You will receive a copy of “A System for Life’s Transitions” workbook.
Dick Edstrom
4016 1 Session Monday 1:30PM-3:00PM $35

BASIC HOME REPAIR - ELECTRICAL
An electrician can cost you hundreds of dollars for simple repairs. Learn to make the repairs yourself by attending this hands-on class. You will learn to replace single pole and 3-way switches, wall outlets, and light fixtures. You will test electrical circuits and learn to re-wire a lamp. If you have them, please bring a wire stripper, long-nose pliers, and a lamp. If you have them, please bring a wire stripper, long-nose pliers, and straight slot and Phillips screwdrivers. Supply fee of $5 for Step by Step Home Wiring Guidebook payable to instructor.
Tod Novinska
4130 1 Session Saturday 9:00AM-11:30AM $45

BASIC HOME REPAIR - PLUMBING
Do you have a leaky faucet but do not want to pay to have the entire fixture replaced? You may not have to! Learn to repair minor plumbing problems or replace fixtures, and save money in the process. We will take apart different types of faucets, replace a pop-up drain assembly, and discuss the internal working parts of a toilet. You will be able to cut and glue plastic pipe and solder copper pipe and fittings. Materials fee of $5 fee for the Step by Step Home Plumbing Guidebook payable to instructor.
Tod Novinska
4131 1 Session Saturday 12:30PM-3:00PM $45

UNDERSTANDING DIVORCE
Do you have questions about the divorce process in Minnesota? Learn information about divorce law, asset/debt division, child support and alimony. Includes information on alternative approaches for getting divorced including litigation, mediation and do-it-yourself options. Provides participants with a basic understanding of how a standard divorce proceeds in Minnesota, practical steps that can be taken to prepare for divorce, how divorce impacts your life, and how to proceed following the completion of the divorce process. Designed for separated spouses and those considering starting a divorce. Instructor is a licensed Minnesota attorney who specializes in family law.
Ryan Wallace
2230 1 Session Monday 6:00PM-8:00PM $99

CLIMBING YOUR FAMILY TREE: GENEALOGY BASICS
This four-week course is geared toward beginning genealogists. We will cover methods for organizing family information, commonly used resources for online and archival genealogy research, and best practices used by successful genealogists. The final session will focus on individual student’s progress and next steps.
Elizabeth Williams Gomoll, CG
1395 4 Sessions Thursdays 7:00PM-8:30PM $99

ESSENTIAL OILS: NATURAL GIFTS FOR YOU AND YOUR FAMILY
Essential oils have many uses - cleaning supplies, personal care products, natural supplements, emotional support, etc. I will walk you through a variety of oils and their benefits. Bring a foaming pump for soap because you will be making your own foaming hand soap to take home.
Gina Corradi
1368 1 Session Saturday 10:00AM-12:00PM $19

NEW TO MEDICARE
If Medicare is on the horizon for you, this presentation reviews what is covered by Parts A, B, C and D of Medicare, as well as Medicare supplement options available. The enrollment process and options for enrollment in Medicare will be discussed along with the personal costs of the program. We will address the donut hole and eligibility for extra help with prescription drug costs.
We will introduce the services of the Senior LinkAge Line® that include assistance making personal comparisons using the Medicare.gov website and the Health Care Choices booklet, published by the Minnesota Board on Aging. This is ideal for pre-Medicare eligible adults and professionals.
Marietta Booth
3185 1 Session Tuesday 6:30PM-8:00PM $15

SCAM-PROOF YOUR LIFE
Today, people age 50 and older control over 70% of the nation’s wealth and the scammers know it. They’re using the telephone, U.S. mail, email, the internet and they may even show up on your doorstep trying to get your money. For some, aging-related issues like memory loss can lead to vulnerability and new technology has made it easier for criminals to get access to personal information and savings. Understanding the latest trends and tactics in fraud can help us all protect our own savings, as well as people who are more vulnerable. AARP partnered with the FBI on a national level for the purpose of educating people about financial crime because the best defense is to prevent it in the first place.
Karin Khoo
3017 1 Session Tuesday 1:30PM-3:00PM $30

www.ISD623.org/CommunityEd
HOME & FAMILY

RETIREMENT PLANNING TODAY
Learn how to manage investment risks, use new tax laws to your advantage, make informed decisions about your company retirement plan and adjust your estate plan to function properly under the new laws. Money is only one aspect of retirement planning. This course will blend financial education with life planning to help you build wealth, align your money with your values and achieve your retirement lifestyle goals. Fee is for an individual or a pair and includes one workbook.

Danica Goshert
4067-1 2 Sessions Wednesdays 6:30PM-9:30PM 10/16 & 10/23 $49 FV Great Room

4067-2 2 Sessions Tuesdays 6:30PM-9:30PM 10/22 & 10/29 $49 FV 108

HOW TO AVOID LOSING YOUR LIFE SAVINGS TO THE NURSING HOME
If you or a loved one need expensive long term care, it can feel like being lost in a foreign land where you don’t speak the language. We speak the language and we can help you navigate through unfamiliar terrain to benefit you and your loved ones. If you are stressed about paying for care, worried about having good care options, or want to protect assets, this talk is for you!

Margaret Barrett
4092 1 Session Tuesday 6:30PM-8:00PM 10/23 $19 FV 116A

HOW TO AVOID THE TOP 3 ESTATE PLANNING MISTAKES
Are you feeling bad about putting off your estate planning? How would you like to face the future feeling confident that you have a complete, updated plan that provides for you and your loved ones with security, protects your assets and minimizes hassles? You can! Best of all, you can enjoy the process of getting there. In this presentation you will learn the top 3 estate planning mistakes and how to avoid them; how to avoid undermining your own plan; how to make sure you get the healthcare you want, even if you can’t express your wishes; how a $150 form can save you $5000; and answers to all your nagging questions.

Margaret Barrett
4051 1 Session Thursday 6:30PM-8:00PM 10/24 $19 FV 116A

3573 1 Session Tuesday 1:30PM-3:00PM 9/24 $19 FV 108

WRITE YOUR OWN WILL
Whether you are married, single, or divorced, it is important to have a will to make sure your wishes are honored. Learn about estates and wills while preparing your own legal will during class. You will receive all of the tools needed to complete this important document, including instructions, a professionally prepared form, witnesses, and a notary public. This class is tailored for estate planning, basic plans for married couples and single individuals, and reviews wills and trusts in detail. We will also review powers of attorney, guardianships, health care directives, and the probate process. A well-planned estate will allow the maker to stay in control even in the event of disability, and will avoid probate and unnecessary fees and delays upon death.

Amanda Hespen
4070 1 Session Thursday 6:00PM-7:30PM 10/10 $19 FV 102

MEDICARE
Thinking about retiring? Are you looking into Medicare coverage for you or a family member? Do you already have medicare and just want to learn more? Join us as we review Parts A, B, C & D and learn about when and where to apply. We will also discuss supplements and Medicare Advantage Plans. Bring your questions. This is an educational Medicare presentation.

Greg DeKeuster
7551-1 1 Session Tuesday 6:30PM-8:00PM 9/10 $15 FV 100

7551-2 1 Session Tuesday 6:30PM-8:00PM 10/15 $15 FV 100

7551-3 1 Session Tuesday 6:30PM-8:00PM 11/12 $15 RAMS 249

7551-4 1 Session Tuesday 6:30PM-8:00PM 12/17 $15 RAMS 249

7551-5 1 Session Tuesday 6:30PM-8:00PM 1/14 $15 FV 100

PLANNING YOUR MOVE
Whether you’re thinking about selling your home in six months, a year or longer, now’s the time to get thinking about one of your biggest investments and what it means for your future. Planning Your Move will bring in three experts to teach you about getting your home ready to sell. You will hear from local realtor Renee Miller on understanding home values, timing your move, market statistics and how realtors market a home. Another realtor will share tips on what to expect from an inspection and how to prepare for it. Finally, you will be informed about what to do with all your treasures as you downsize and how to prepare for the physical day. This workshop will get you inspired and organized for your “next steps.”

Renee Miller
3369 1 Session Thursday 10:00AM-11:30AM 9/26 FREE FV 116A

AVOID Cancellations ENROLL EARLY!
CAREER & FINANCE

INTERVIEW SKILLS
First impressions are priceless when seeking a new job. In this course, we will discuss strategies for leaving a lasting impression during the interview process. Avoid awkward moments by having polished answers ready in advance no matter what question the interviewer asks. We will cover key tips for preparing for an interview - from appearance to common questions to tips for how to best structure your answers. We will also cover Do's and Don'ts of interviewing. Short mock interview sessions will be utilized to show these strategies “in practice.”

Lisa Alioto
4057 1 Session Wednesday 5:30PM-6:45PM $19 FV 116A

BUSINESS SUCCESSION PLANNING
Should I sell . . . Gift to my children . . . transfer to my partner? The presentation will provide reasoned responses and solutions in clearly explained, non-legal terminology for things to consider when you sell or transfer your business, how much cash you'll need for your business, determining who will be your successor, and a variety of common mistakes that Minnesota business owners make in planning for the future.

Steve J Ledin
4023 1 Session Monday 6:30PM-8:00PM 10/7 $15 FV 100

LEGAL ASPECTS OF STARTING A BUSINESS
Many people dream of owning their own business. Find out how to make the dream a reality by learning the practical aspects of choosing a form of business (corp or LLC) and the various resources that are available for starting a business. We will also cover topics such as personal liability, proper organization, and the documents needed to incorporate or organize your business.

Tom Howard
4053 1 Session Thursday 6:30PM-8:00PM 9/12 $19 FV 100

90 MINUTES WITH AN ESTATE ATTORNEY
We all have goals. Sometimes our goal is to gift assets to others- while we are alive? After I have passed? What about Estate Tax & Gift Tax Planning? Should I gift my money away in a Will, or a Trust? Would I qualify for Medicaid? What is the 60-month claw back? What if my spouse goes into the nursing home and exhausts our money? What about my current Trust; does it avoid the nursing home? Most people believe that their trust shields the assets from the nursing home and creditors. Many people may be wrong! We will walk through these questions and many more, including how to plan and place your assets to meet your retirement, your nursing home goals, and after you have passed.

Steve J Ledin
4022 1 Session Monday 6:30PM-8:00PM 9/23 $15 FV 102

ZERO IS THE NEW HERO: FINANCIAL PLANNING FOR A ZERO-TAX RETIREMENT
Learn to maximize your financial plan and what your expectations should be of a financial planner or wealth advisor.

John Nelson
4063 1 Session Monday 6:30PM-8:00PM 11/11 $25 RAMS 249

The Roseville Area Senior Program is looking for volunteer drivers who can provide rides to our elderly neighbors for medical appointments. These rides enable older adults to remain in their homes, and age in place. This is a popular service, and it is growing. Please consider becoming a volunteer driver, it’s all based around your schedule.

For more information, contact Norm Kunselman at: 651-604-3520 or email: norman.kunselman@isd623.org.
MIND & BODY

BE A LIFE SAVER!

CPR
This American Heart Association HeartSaver course is suitable for the general public interested in CPR, choking management, and use of barrier devices for adult, child, and infant victims. We will also learn how to use an Automated External Defibrillator (AED). Class covers all age groups in a single session. Dress in casual attire and be prepared to practice skills on the floor. All books and instructional materials will be provided during class.

HeartCert CPR
7595 1 Session Saturday
9:00AM-11:30AM 10/5
$75 FV 108

CPR AND FIRST AID
HEARTSAVER
CPR/AED with First Aid class will teach participants how to recognize and provide basic care for breathing, cardiac emergencies, injuries, and sudden illnesses for adults, children, and infants until advanced medical personnel arrive. Dress in casual attire and be prepared to practice skills on the floor. All books and instructional materials will be provided during class. A formal lunch break is not provided but you are encouraged to bring a snack or drink.

HeartCert CPR
7594 1 Session Saturday
9:00AM-2:30PM 10/5
$95 FV 108

FIRST AID
This American Heart Association certification course teaches participants how to administer emergency first aid until advanced help arrives. We will learn how to recognize and treat many common medical emergencies such as choking, heart attacks, diabetic reactions, stroke, allergic reactions, shock, fractures, burns, and many other injuries and illnesses. Dress in casual attire and be prepared to practice skills on the floor. All books and instructional materials will be provided during class.

HeartCert CPR
7593 1 Session Saturday
11:30AM-2:30PM 10/5
$75 FV 108

LEARNING TO DANCE IN THE RAIN WHILE LIVING WITH A CHRONIC ILLNESS
During the session, we will be discussing strategies for finding happiness while living with a chronic illness. The course will discuss several key strategies related to how to avoid becoming quickly overwhelmed by new tasks, which quite easily occurs when living with a chronic illness. In addition, we will discuss a variety of strategies for how to stay positive and lead a happy, fulfilling life while managing the extra challenges that come with living with a chronic illness.

Lisa Alioto
7508 1 Session Wednesday
5:30PM-6:45PM 10/16
$25 FV 120

HYPNOSIS STOP SMOKING/ CHEWING TOBACCO
Quit smoking through hypnosis. Stop the cravings and obsessions and get motivated. All behavior changes must occur at an unconscious level to be lasting. With hypnosis you can make that change. You will be relaxed and in control at all times. Fee includes CD and lifetime membership card for free reinforcement. Bring a pillow and blanket to class and you can check in starting at 5:45pm. For more information, visit www.hypnosisclinic.net. No discounts.

Dr. Mary Fischer
7500-S 1 Session Tuesday
6:00PM-9:00PM 9/24
$59 FV 116A

HYPNOSIS WEIGHT LOSS/ HEALTHY EATING
Lose weight through hypnosis. Stop the cravings and obsessions with unhealthy foods and get motivated to walk and exercise. All behavior changes must occur at an unconscious level to be lasting. With hypnosis you can make that change. You will be relaxed and in control at all times. Fee includes CD and lifetime membership card for free reinforcement. Bring a pillow and blanket to class and you can check in beginning at 5:45pm. For more information, visit www.hypnosisclinic.net. No discounts.

Dr. Mary Fischer
7500-W 1 Session Tuesday
6:00PM-9:00PM 9/24
$59 FV 116A

OVERCOME YOUR CARBOHYDRATE CRAVINGS
Do you crave starches, snack foods, and sweets? Is your snacking out of control? In this workshop, we will discuss a two-week plan to stop your cravings, help you lose weight, and keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain with the facts.

Janice Novak, MS
7519 1 Session Saturday
11:15AM-12:45PM 9/28
$35 FV Great Room

NORMAL/NOT NORMAL AGING
In this fun, hands-on workshop learners will understand and recognize the differences in “normal” and “not normal” aging. We will address typical issues that occur throughout the progression of dementia. One in 5 people know someone who is living with dementia. Learn to recognize the signs and learn simple tools to connect and support.

Jeanne Bain
7534 1 Session Monday
1:30PM-3:00PM 9/9
FREE FV 116A
**PSYCHIC SYMPOSIUM**

This class is an opportunity to listen to four different speakers on a variety of topics in either healing or psychic development. There will be ample opportunity to ask questions of the experts in their respective fields. Examples of past speakers have included: Palmistry, Sacred Geometry, Dowsing and Past Lives. This session is sure to bring more opportunities for you to expand your knowledge and may even open doors for further areas of study! Come and join us as we explore a wide variety of topics.

**Kathy Wilken**

<table>
<thead>
<tr>
<th>1557</th>
<th>4 Sessions</th>
<th>Tuesdays</th>
<th>7:00PM-9:00PM</th>
<th>9/10-10/29</th>
<th>$59</th>
<th>FV 102</th>
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**ENERGY HEALING LEVEL 1**

Learn the ancient art of using your own hands to heal yourself and others. This technique is gentle and non-invasive and everyone has the ability to do this. We will be using a variety of tools including rattles and drums. Wear comfortable clothes. Students who chose to take level 2 will have some suggested work between level one and two.

**Kathy Wilken**

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<th>1561</th>
<th>6 Session</th>
<th>Tuesdays</th>
<th>7:00PM-9:00PM</th>
<th>9/10-10/29</th>
<th>$85</th>
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**ENERGY HEALING LEVEL 2**

This is a continuation of Level 1 healing. In this class, you will refine your skills and continue to practice and expand your healing techniques. Students must have completed Kathy’s level one prior to enrolling in this session.

**Kathy Wilken**

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<th>1562</th>
<th>6 Session</th>
<th>Tuesdays</th>
<th>7:00PM-9:00PM</th>
<th>11/12-12/17</th>
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<th>FV 102</th>
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**ABDOMINAL STRENGTHENERS THAT WON’T MAKE YOU GET ON THE FLOOR**

Abdominal muscles can weaken and lose shape over time from pregnancies, surgeries, sitting at a desk all day, being sedentary, and poor posture. In this workshop, you will learn a series of extremely effective exercises that will quickly strengthen all four layers of abdominal muscles, especially the deepest layer WITHOUT stressing your back and neck joints and WITHOUT getting on the floor. Do not waste time with traditional crunches and learn a different, more effective way to strengthen your abdominals, re-shape your waistline, and prevent/relieve lower back discomfort.

**Janice Novak, MS**

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<tr>
<th>7520</th>
<th>1 Session</th>
<th>Friday</th>
<th>6:00PM-7:30PM</th>
<th>10/7</th>
<th>$35</th>
<th>FV 116A</th>
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**HAND YOGA**

Mudras, or ‘Yoga of the Hands’ has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be key to spiritual, mental and emotional well-being and that regular practice of the hand positions can rejuvenate body and mind. The hand positions are easy to do, take minutes to perform and can be done almost anywhere and at any time. Mudras can also be used to help relieve numerous conditions such as anxiety, stress, digestive issues, weight loss, bloating, insomnia and more.

**Janice Novak, MS**

| 7584 | 1 Session | Thursday | 6:00PM-7:30PM | 9/19 | $35 | FV 100 |

**TALKING ABOUT DEATH WON’T KILL YOU**

Join a community conversation to help you envision and declare what makes a good death for you. Death can be one of those topics that we try to avoid, but it’s the one thing in life that has a 100% guarantee! In this interactive workshop we will explore exercises and discussion questions that help us dive deep into what could be possible at the end of life. If you have a Health Care Directive, pull that dusty document out and we will give it a good review. If you’ve never written one, you’ll leave the class with new ideas about who would be a good Healthcare Agent for you and what you might like to write in that document! Don’t be afraid. Talking about death WON’T kill you!

**Jeanne Bain**

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<tr>
<th>7533</th>
<th>1 Session</th>
<th>Monday</th>
<th>6:30PM-8:00PM</th>
<th>10/28</th>
<th>$35/Couple</th>
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**HOT TOPIC!**

**YOU SAID WHAT?**

“I know you believe you understand what I said, but I’m not sure you realize that what you heard is not what I meant.” In this workshop we will look at how we place ourselves in conflict and how to handle differences. AND we’ll have fun while we resolve disagreements and discard.

**Milan Mockovak**

| 7525 | 1 Session | Thursday | 6:30PM-8:30PM | 10/3 | $19 | FV 100 |

For more information and registration visit www.ISD623.org/CommunityEd.
PERSONAL INTERESTS

NEW! ACTORS IN THE WHITE HOUSE: THE REAGANS
In 1981, two actors became the first couple. Ronald Reagan was a pleasant, affable man beloved by Republicans and personally liked by many Democrats, as well. His wife, Nancy, was not so popular. Learn about the Reagans’ unusual journey from movies and commercials to the White House, their “glamorous” administration, the president’s successes and failures, and his final battle - with Alzheimer’s disease.

Kathleen Simmer
1537 1 Session Monday 1:30PM-3:30PM 10/14 $19 FV 100

NEW! AWAKENING THE DREAMER SYMPOSIUM
This is a transformational educational symposium that explores the challenges facing humanity at this critical time and the opportunities we as a human family have to create a new future. Through dynamic group interactions, leading edge-thinking and powerful multimedia, you will be inspired and empowered to make a difference. Designed with some of the finest scientific, indigenous and activist minds in the world, this symposium explores the current state of our planet and will connect you with other concerned citizens who are working to create an environmentally sustainable, spiritually fulfilling and socially just human presence on this planet. During our time together, we will discuss four questions: where are we now as a planet and a society; how did we get here; what is possible now; and, where do we go from here.

Katy Gaynor
1575 1 Session Monday 6:00PM-8:30PM 10/21 $25 FV 116A

NEW! PEST HOUSES & GRAVE ROBBERS: 200 YEARS OF MEDICINE IN AMERICA
From grave robbing medical students to pest houses to penicillin - learn about the history of American medicine. Included are the accepted medical practices that proved lethal, the great epidemics and how prejudices and superstition impeded medical progress. Find out about the breakthroughs that have increased our life expectancy, and the practices we need to be wary of today.

Kathleen Simmer
1536 1 Session Monday 1:30PM-3:30PM 9/16 $19 FV 100

NEW! PHOTO ORGANIZATION - PRINT AND DIGITAL
Having organized photos assures peace of mind. Develop a system to get every printed photo, digital photo and all of your memorabilia organized, once and for all. Learn about scanning your slides, movies, prints, backing up, cloud storage & scanners. You will leave with a plan for a system that allows you to access every photo you own in literally seconds.

Kathy Povolny
1516 1 Session Wednesday 7:00PM-9:00PM 10/23 $19 FV 108

NEW! CONSTITUTIONAL LAW
Learn about the history, changes, and lasting influence of the U.S. Constitution. We will review and discuss the origins and amendments as well as the continuing influence and applicability of the Constitution. We will finish the night discussing current issues and cases.

Tom Howard
4086 1 Session Thursday 6:30PM-8:00PM 10/24 $19 FV 102

NEW! ZERO IS THE NEW HERO: FINANCIAL PLANNING FOR A ZERO-TAX RETIREMENT
Learn to maximize your financial plan and what your expectations should be of a financial planner or wealth advisor.

John Nelson
4063 1 Session Monday 6:30PM-8:00PM 11/11 $25 RAMS 249

NEW! HOT TOPIC!

PREPARING FOR A DISASTER
Are you prepared for the unexpected? Disasters come in many forms including: job loss, damaging weather or power outages. Join us as we discuss disaster preparation and how you prepare for a disaster? What are ways to store food, documents, and what are some resources and places to go for help?

Tom Howard
1329 1 Session Thursday 6:30PM-8:00PM 9/26 $19 FV 100
PERSONAL INTERESTS

55+ DEFENSIVE DRIVING 8-HOUR
Improve your driving skills and get a discount on your personal auto insurance. The Defensive Driving Course, developed by the National Safety Council, teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. It’s taught by experienced, professional traffic safety instructors, including officers of the Minnesota State Patrol. The class consists of lecture, films and discussions. There is no behind-the-wheel driving and there are no tests. Preregistration is required at least one week prior to the class date. Register at the RASP office, by phone at 651.604.3520, or online. No senior discounts apply.

Minnesota Safety Council Instructor
1567-1 2 Sessions Thursdays
5:30PM-9:30PM 10/10 & 10/17
$29 FV 108

1567-2 2 Session Tue/Thu
5:30PM-9:30PM 11/19 & 11/21
$29 FV 108

55+ DEFENSIVE DRIVING REFRESHER 4-HOUR
Learn about defensive driving and receive a 10% discount on your car insurance for 3 years. The Refresher 4-Hour class is for those who have taken the National Safety Council’s 8-hour course. You can take the 4-hour refresher course every 3 years to continue your discount. No driving test required. Preregistration is required at least one week prior to the class date. Register at the RASP office, by phone at 651.604.3520, or online. No senior discounts apply.

Minnesota Safety Council Instructor
1566-1 1 Session Saturday
8:30AM-12:30PM 9/7
$25 FV 108

1566-2 1 Session Monday
1:30PM-5:30PM 9/16
$25 FV 108

1566-3 1 Session Thursday
5:30 PM 9:30PM 9/26
$25 FV 108

1566-4 1 Session Saturday
8:30AM-12:30PM 10/12
$25 FV 108

1566-5 1 Session Monday
1:30PM-5:30PM 10/21
$25 FV 108

1566-6 1 Session Saturday
8:30AM-12:30PM 11/9
$25 FV 108

1566-7 1 Session Monday
1:30PM-5:30PM 11/18
$25 FV 108

1566-8 1 Session Monday
1:30PM-5:30PM 12/16
$25 FV 108

THE JOY OF FLY TYING
Tying flies is an art, a hobby, and tons of fun! Learn the basic techniques of fly tying, which will allow you to tie thousands of unique fly patterns. This class will give you hands-on instruction from an expert fly tyer. $5 material fee payable to the instructor.

Scott Hanson
1512 3 Sessions Tuesdays
6:30PM-8:30PM 12/3-12/17
$45 FV 103

PHOTO EDITING 101
Photo Editing 101 is all about making your photos pop. Learn how to remove blemishes, adjust pictures that are too light or dark, and sharpen images that are slightly out of focus. Adobe Photoshop will allow you to do all of this and more. Students should be comfortable using a Mac computer and navigating to find files. Bring photos on a USB thumb drive.

Paul Veronikas
4376 4 Sessions Mondays
7:00PM-9:00PM 11/11-12/2
$59 FV 203C

C.S. LEWIS: STORIES AND STUDIES
This “book club” will be a fellowship in the stories and studies of C.S. Lewis, youth and adult, scholar and novice; all will participate as we explore and discuss what we have read. Please read “The Lion, The Witch, and the Wardrobe” for the first session.

Brian Swedburg
1224 11 Sessions Saturdays
9:00AM-10:30AM 9/14-12/7
$39 FV 116A
No Class 10/19, 11/30

EXTENDED TRAVEL SHOWCASE
Take the trip of a lifetime! Learn about extended travel opportunities through Landmark Travel in 2019. Each inclusive package features round trip airfare, quality accommodations, many meals, deluxe motor coach transportation, and the services of a professional Tour Manager. Our upcoming travel opportunities include:
• Christmas in New York: Holiday Spectacular
• Tournament of Roses Parade with Catalina Island
• Southern California Escape with Palm Springs & San Diego
• Hawaii: 4 Island Cruise & Tour
• New Orleans: The Big Easy
• Nashville: Sights & Sounds of Music City
• Washington, D.C. Cherry Blossoms: Exploring America’s Capitol
• Savannah, Charleston, & Asheville: Treasures of the Southeast
• Danube River Cruise
• Yellowstone & The Grand Tetons with a Wildlife Safari
• And many more!
If you can’t attend this free showcase, contact Landmark Travel for a full trip catalog: 651-490-5408.

Landmark Travel
3000 1 Session Tuesday
6:30PM-8:00PM 9/24 FREE FV 100
VETERANS AID & ATTENDANCE BENEFIT: HELP FOR VETERANS AND THEIR SPOUSES
Do you know someone who is a Veteran or the spouse of a veteran? They may qualify for the veteran benefit Pension with Aid and Attendance. This program is offered through the Department of Veterans Affairs. Eligible candidates may receive Aid & Attendance benefits for reimbursement of home care services including: Transportation, Companionship and Homemaking, Physical Assistance and Personal Care Everyday Health Reminder, Meal Planning and Preparation. Learn more about this important and valuable program that is administered under Veterans Care Coordination. This presentation is sponsored by The Legends at Spring Lake Park and the Legends At Maplewood.

Lydia Jarmulowicz & Gary Surber
3183 1 Session Thursday 6:00PM-7:00PM 9/19 FV 102

HOW TO AVOID LOSING YOUR LIFE SAVINGS TO THE NURSING HOME
If you or a loved one need expensive long term care, it can feel like being lost in a foreign land where you don’t speak the language. We speak the language and we can help you navigate through unfamiliar terrain to benefit you and your loved ones. If you are stressed about paying for care, worried about having good care options, or want to protect assets, this talk is for you!

Margaret Barrett
4092 1 Session Tuesday 6:30PM-8:00PM 10/28 $19 FV 116A
3547 1 Session Tuesday 1:30PM-3:00PM 10/22 $19 FV 108

TRANSITIONING TO RETIREMENT: JOY, PURPOSE AND MEANING
Retirement is one of life's biggest transitions that can bring freedom, flexibility and often an entirely new state of mind. But be aware, it can initially be an abrupt social, emotional and intellectual change. We will discuss the myths and realities that surround retirement. How to find purpose, how to stay socially connected and reinventing yourself, and what you can become. You will also receive handouts and a list of resources to help you transition into a life filled with joy and purpose.

3048 1 Session Tuesday 6:00PM-8:00PM 11/12 $15/Couple FV 108
9/Individual

THE AGING BRAIN
As we age, changes in our brain start to affect our memory. During this presentation, you will explore the differences between normal vs. not normal aging, how to identify changes that may be concerning, as well as how to slow the effects of aging.

Laura Warhol
3387 1 Session Wednesday 2:00PM-3:00PM 10/16 FREE FV 108

HOW TO AVOID THE TOP 3 ESTATE PLANNING MISTAKES
Are you feeling bad about putting off your estate planning? How would you like to face the future feeling confident that you have a complete, updated plan that provides for you and your loved ones with security, protects your assets and minimizes hassles? You can! Best of all, you can enjoy the process of getting there.

In this presentation you will learn the top 3 estate planning mistakes and how to avoid them; how to avoid undermining your own plan; how to make sure you get the healthcare you want, even if you can’t express your wishes; how a $150 form can save you $5000; and answers to all your nagging questions.

Margaret Barrett
4051 1 Session Thursday 6:30PM-8:00PM 10/24 $19 FV 116A
3573 1 Session Tuesday 1:30PM-3:00PM 9/24 $19 FV 108
PERSONAL INTERESTS

HOW TO PUBLISH YOUR BOOK WITHOUT GOING BROKE

So, you’ve written a book! Now what? This class covers the pros and cons of royalty publishing, self-publishing, and independent publishing. It shows you the business side of independent publishing, how to prepare your book for publishing, and some ideas for marketing. It also recommends who to turn to for formatting your book and laying it out so it is press ready as well as the best source for printing your book at a very reasonable cost. Guidebook, How to Publish Your Book Without Going Broke, can be purchased from instructor for discounted price of $10.

Barb Hemberger
3559 1 Session Thursday 2:00PM-3:00PM 9/19
FREE FV 108

INTERVIEW SKILLS

First impressions are priceless when seeking a new job. In this course, we will discuss strategies for leaving a lasting impression during the interview process. Avoid awkward moments by having polished answers ready in advance no matter what question the interviewer asks. We will cover key tips for preparing for an interview - from appearance to common questions to tips for how to best structure your answers. We will also cover Do's and Don'ts of interviewing. Short mock interview sessions will be utilized to show these strategies “in practice.”

Lisa Alioto
4057 1 Session Wednesday 5:30PM-6:45PM 10/2
$19 FV 116A

SENIOR HOUSING 101

What is senior housing, and is it right for me? If you’re a little confused about the differences between independent living, assisted living, memory care, and other types of senior housing, this presentation will help clarify what they are and the relative costs.

Barb Hemberger
3559 1 Session Thursday 2:00PM-3:00PM 9/19
FREE FV 108

INTRODUCTION TO NIGHT PHOTOGRAPHY

Don’t be afraid of the dark. Take control of your photos, even at night, as you learn to use aperture and shutter speed and correct your photos’ color temperature for clear night scenes. The first night will be held in the classroom, and the remaining nights, we will meet at Fairview and then go on location. Locations will be discussed in class. Bring a camera that can be put in manual mode and a tri-pod.

Paul Veronikas
4336 4 Sessions Fridays 7:30PM-9:30PM 10/11-11/1
$59 FV 102

RESUME BUILDING

First impressions are priceless when seeking a promotion or a new job. Learn how to build a resume that presents your talents, skills and experience in the best light. We will cover the value of a strong resume, best formatting structures and how to write a resume that really showcases the value you bring to a new position. We will also cover some basic Do’s and Don’ts of resume building. Bring your current resume for personalized feedback as well.

Lisa Alioto
4056 1 Session Wednesday 5:30PM-6:45PM 9/25
$19 FV 116A

INTRODUCTION TO IMPROVISATION

Improvisation means making it up as you go along. It’s what jazz musicians, Drew Carey and many other performers do in their shows. It can help you gain confidence and the ability to think on your feet in your daily life, whether you are interested in performing or not. Using experiences and stories from your own life, you will learn simple improvisational techniques in storytelling and acting. These skills will help build confidence in public speaking, making small talk and becoming a better listener; serving well in both your personal and professional life. Wear comfortable clothing that you can move in. No experience necessary.

Homeward Bound Theatre Co
1215 3 Sessions Thursdays 6:30PM-8:30PM 11/7-11/21
$69 FV 105

Community Education Programs for Adults with Developmental Disabilities

To provide inclusive opportunities for adults with disabilities to build and maintain friendships, learn, serve and become active members of the community.

- Volunteer Opportunities
- Arts & Crafts
- Organized Games
- Special Presentations
- Cooking Classes
- Dances
- Outdoor Activities
- Twin Cities Tours
- Musicals
- AND SO MUCH MORE!

To be put on the quarterly class brochure mailing list or for more information call 651.748.7250 or visit www.isd622.org/communitybridge

www.ISD623.org/CommunityEd
TECHNOLOGY

INTRODUCTION TO COMPUTER SCIENCE
Learn about how computers work. We cover logic, modular math, number representation systems, computer hardware, and more.

Jeron Lau
4319  1 Session  Wednesday
7:00PM-9:00PM  10/30
$19  FV 203C

WEB DEVELOPMENT A: HTML, CSS & JAVASCRIPT
Make your own personal static website.
Jeron Lau
4323  5 Sessions  Wednesdays
7:00PM-9:00PM  9/11-10/16
$75  FV 203C
No Class 10/9

WEB DEVELOPMENT B: WEBSERVERS
Build your own webserver that generates a web content based on how the user interacts with the site. Prerequisite: Introduction to Computer Science.
Jeron Lau
4324  5 Sessions  Wednesdays
7:00PM-9:00PM  11/13-12/11
$75  FV 203C

PHOTO EDITING 101
Photo Editing 101 is all about making your photos pop. Learn how to remove blemishes, adjust pictures that are too light or dark, and sharpen images that are slightly out of focus. Adobe Photoshop will allow you to do all of this and more. Students should be comfortable using a Mac computer and navigating to find files. Bring photos on a USB thumb drive.
Paul Veronikas
4376  4 Sessions  Mondays
7:00PM-9:00PM  11/11-12/2
$59  FV 203C

SMARTPHONE BASICS I
Do you feel like you don’t know everything that your smartphone can do? Or, do you want some help doing things more efficiently and effectively? Come join us as we cover the basic functions of your smartphone such as maneuvering, organizing, and being able to find what you are looking for, calling, setting reminders and calendar events, taking notes, and so much more! Bring your smartphone with, as there will be 30 minutes to an hour during the class where I will help anyone that needs “hands-on” help.
Stephen Markfort
4343  1 Session  Thursday
6:00PM-8:00PM  9/19
$25  FV 105

SMARTPHONE BASICS II
This course is slightly more advanced than Smartphone Basics I, for those looking to learn about capabilities that are beyond the basics. Do you feel like you don’t know everything that your smartphone can do? Or, do you want some help doing things more efficiently and effectively? Come join us as we cover the next level of functions of your smartphone such as searching for and downloading useful and fun applications, video streaming services, music streaming services, social media and so much more! Bring your smartphone with, as there will be 30 minutes to an hour during the class where I will help anyone that needs “hands-on” help.
Stephen Markfort
4345  1 Session  Thursday
6:00PM-8:00PM  10/3
$25  FV 102

WEB DEVELOPMENT B: WEBSERVERS
Build your own webserver that generates a web content based on how the user interacts with the site. Prerequisite: Introduction to Computer Science.
Jeron Lau
4324  5 Sessions  Wednesdays
7:00PM-9:00PM  11/13-12/11
$75  FV 203C

SMARTPHONE BASICS II
This course is slightly more advanced than Smartphone Basics I, for those looking to learn about capabilities that are beyond the basics. Do you feel like you don’t know everything that your smartphone can do? Or, do you want some help doing things more efficiently and effectively? Come join us as we cover the next level of functions of your smartphone such as searching for and downloading useful and fun applications, video streaming services, music streaming services, social media and so much more! Bring your smartphone with, as there will be 30 minutes to an hour during the class where I will help anyone that needs “hands-on” help.
Stephen Markfort
4345  1 Session  Thursday
6:00PM-8:00PM  10/3
$25  FV 102

Roseville Gift and Craft Shoppe
ANNUAL HOLIDAY SALE
Thursday, Oct. 24, 8:30AM-4:00PM
Friday, Oct. 25, 8:30AM-4:00PM
Saturday, Oct. 26, 8:30AM-2:00PM
Fairview Community Center • 1910 County Rd B West, Roseville
Shop hand-crafted gift items featuring quilts, ceramics, wood crafts, jewelry, knit and crochet items, pottery, clothing, holiday decorations, and more!
For more information, contact us at 651.604.3529.
Find us on facebook: facebook.com/rosevillecraftshoppe
CAREER PATHWAYS

Interested in making a change in your career, finding a living wage job?

The RALC is offering pathways toward employment in many career fields such as:

- certified nursing assistant
- early childhood development
- apprentice and manufacturing ready
- commercial kitchen internship/ServSafe
- maintenance and low pressure steam boilers license preparation

Call 651.604.3512 or email alc-info@isd623.org or tim.obrien@isd623.org for start dates and class details.

Flaming Spoon Café
at Fairview Community Center

Enjoy Casual Dining in the Neighborhood!

Drop in during a break or after a class!

Lunch
11:00AM-12:15PM

No time for lunch?
Get Your Meal Packed “To Go”!

FULL MEAL DEAL $4.50
Includes main entrée, choice of 3 sides, milk, & coffee (substitutions available).

ALA CARTE $0.50 TO $3.75
Including sandwiches, seasonal salads, rolls, cookies, fruit, chips, etc.

All are welcome. Bring a friend, tell a neighbor. Groups of six or more are requested to call 651.604.3518. We accept cash, check.

Monthly menus available at Fairview Community Center
or online at www.ISD623.org/CommunityEd

ALL AGES WELCOME!
ROSEVILLE ADULT LEARNING CENTER

FAIRVIEW COMMUNITY CENTER
1910 COUNTY ROAD B WEST
ROSEVILLE, MN 55113
651.604.3553 | WWW.ISD623.ORG/RALC

IT'S NEVER TOO LATE TO ENJOY THE BENEFITS OF LEARNING...

WE'RE HERE FOR YOU. NO FEES. ENROLL AT ANYTIME.
The Roseville Adult Learning Center (RALC) is for adults who want to succeed in learning. We offer personal, supportive, and focused instruction to meet your needs. Our licensed teachers are caring individuals who work with you one-on-one, in small groups, and in classroom settings. We offer English Language skill development, high school diploma programs, GED preparation, and Career Pathways as well as college and post-secondary preparation. Daytime and evening classes are available.

There is no charge for Roseville Adult Learning Center programs. You may enroll at any time to get started on your learning program. Our staff can answer your questions and help you find the program that is right for you. We have walk-in registration (times listed below), no appointment needed. For more information call 651.604.3553.

Registration Times:
Mon & Wed 9:30AM-1:00PM
Tuesdays 2:00PM-5:30PM

ADULT BASIC EDUCATION (ABE)
Adult Diploma, GED Preparation and Review
ABE is a group of individualized programs designed to help adult learners complete a high school diploma, pass the GED (General Education Development Diploma) tests, review for college entrance, and improve reading, writing, and math skills. Diploma students meet the same eligibility requirements as high school diploma graduates.

Eligibility
You must be 18 years of age or older and no longer in a traditional high school program. To take the GED tests, you must be 19 years old or meet specific conditions for an age waiver.

Tuesdays: Math, Social Studies, English & Science
3:30PM-7:00PM
Reading Support
3:00PM-4:45PM

DUAL ENROLLMENT - CREDIT MAKEUP
This program is designed to help current high school students who have not passed one or more credits needed to graduate. Dual enrollment is an option for any student, who maintains full-time enrollment at their high school. Students must be referred to the Dual Enrollment Program by their high school counselor.

Orientation
Scheduled through a counselor

RAHS
Tues & Thurs: Math, Social Studies, English, & Science
2:45PM-4:00PM

RALC
Wednesdays: Math, Social Studies, English, & Science
3:00PM-4:45PM

DISTANCE LEARNING/BASIC SKILLS
New distance learning opportunities are available. Contact the Roseville Adult Learning Center to see if you qualify. For basic skills, brush-up in reading and math, accuplacer tests, and college preparation. You can do much of your work online, at home, or anywhere you have web access.
ENGLISH LEARNER

English Learner (EL) is a program for adults seeking to improve their English language communication skills. Students work together in classroom settings. English classes are offered at many different levels. The curriculum focuses on helping learners successfully navigate systems of public schools, city, county and state governments, colleges and work culture.

We have an Adult Diploma program built into the upper levels of our EL program. Once students achieve a reading level appropriate for studying high school topics, they can join these classes. Students will gain the academic skills to complete a high school diploma, prepare for college or post-secondary training and the world of work. We also have periodic citizenship classes.

In Order to Enroll in EL
You must be 18 years or older and not attending a public high school.

Mornings: Mon - Fri
9:00AM-1:00PM

Evenings: Tues, Wed, & Thurs
6:00PM-8:30PM

ONE-ON-ONE/SMALL GROUP LEARNING AT YOUR OWN PACE

Adult Learning Center students will find a learning experience that differs from a traditional classroom setting. Learners work with certified teachers one-on-one or in small groups. Our focus is on helping you succeed.
ROSEVILLE AREA SENIOR PROGRAM

RASP Is Your Local “One Stop Shop” for Older Adult Learning & Services

Roseville Area Senior Program (RASP)
Fairview Community Center
1910 County Road B West
Roseville, MN 55113

651.604.3520
rasp@isd623.org
www.isd623.org/RASP

Monday-Friday
8:00AM-4:00PM

EDUCATIONAL, SOCIAL, HEALTH, & WELLNESS GROUPS & CLASSES
In the spirit of life-long learning, we offer a variety of formal and informal educational self-directed groups and classes. Whether you like to dance, use the computer, learn a new skill, gather to meet friends, or make new ones, there is something of interest for everyone. If you have an idea for a new class, activity or group, please contact us. Activity or class fees may apply. RASP activities and services are listed throughout the brochure.

RASP’S DROP-IN LOUNGE
Older adults are welcome to visit our drop-in center. There is an older adult resource area, a small lending library, informal games, daily newspaper, TV, pool tables, and drop-in computer station. The coffee and tea pot are always on!

Daily
Mon-Fri
8:00AM-4:00PM
FV 114
25¢ Donation 25¢ for coffee/tea

VOLUNTEERS - 651.604.3520
Volunteers of all ages assist our program in a variety of ways: Meals on Wheels drivers and packers, medical appointment drivers, office receptionist/data entry, special interest group leaders, special event help, friendly visitors, fundraising, and more. You are sure to find a place to make your own special contribution. Contact us for current opportunities.

ROSEVILLE GIFT & CRAFT SHOPPE - 651.604.3529
Stop and shop for a variety of quality hand-crafted and locally-made gift items. Volunteers staff the shop. The shop is open Monday-Friday 9:30am-3:30pm.

PUBLICATIONS
Seasons, our newsletter, is the best source for up-to-date information about our current activities and services. If you are interested in receiving the bi-monthly Seasons newsletter by email or through the postal service, please contact the RASP office. Detailed RASP activities and services are also listed throughout this brochure. You can also access the Seasons newsletter online at www.isd623/RASP.

MEALS ON WHEELS
NEW PARTICIPANT CALL-
651.318.9091
CURRENT PARTICIPANT CALL-
651.604.3524
We provide daily, fresh nutritionally balanced noontime meals Mon-Fri for Roseville Area School District adults who are unable to prepare or access food or choose not to cook themselves. Our hot meals are made from scratch in our own kitchen and frozen meals are available upon request. This service is more than just a meal. Meals on Wheels also serves as a critical wellness visit by volunteers for homebound older and disabled adults. Advance registration is required to start this service. There is a service fee. You may qualify for a sliding fee amount based on your annual income.

TRANSPORTATION 651.604.3535
We are dedicated to providing door-to-door transportation service to residents age 60 and older and disabled adults who live in the Roseville Area School District and select surrounding areas (call for more information). The bus transportation serves many needs: medical, banking, shopping, volunteering, recreation, educational and more. The route varies daily depending on the number of riders and their destination. We also have volunteer drivers who use their own vehicles to provide rides to medical and dental appointments that are within a 10 mile radius of Roseville. Advance registration is required to start transportation service. There is a service fee, and you may qualify for a sliding fee amount based on your annual income.

INDOOR WALKING AT FV
A walking course is established on the main floor: 4 1/2 times equals one mile. The stopping points are the double doors on the west side and the print shop on the south side. Keep your valuables with you or do not bring them. There is no charge and this is a self-directed activity. Contact Roseville Area Senior Program with questions at 651.604.3520.

1:30PM-4:00PM Mon-Thur FREE FV
CAREGIVER SUPPORT GROUP
A caregiver group is available for caregivers of older adults. The group provides information, resources and valuable emotional support.

- Monthly 2nd & 4th Tuesday
  12:30PM-2:00PM  FV 116A
  
  FREE

INVESTMENT FORUM 1
Beginners to advanced investors are welcome to learn about the stock market, local companies, new technologies, medical and legal issues, and current economic issues. This group is information only. Each participant is responsible for their own investment decisions.

- Weekly  Friday
  9:30AM-11:30AM  FV 108
  $2.00  Pay in class
  
  No Class 11/29 & 12/27

INVESTMENT FORUM 2
Participate in an informal discussion regarding management of your money.

- Monthly 2nd & 4th Monday
  1:30PM-3:30PM  FV 108
  $2.00  Pay in class
  
  No Class 12/23

MEN’S DISCUSSION GROUP
A weekly informal time for men to discuss current topics of the group’s choice.

- Weekly  Wednesday
  9:30AM-10:30AM  FV 116A
  $1.50  Pay at session
  
  No Class 12/24 & 12/31

FOOT CARE CLINIC
A Registered Nurse trims nails, does assessments, and teaches you how to care for your feet. At the initial visit, a health assessment will be done. Call 651.604.3520 for appointment.

- Weekly  Tuesdays
  9:00AM-3:00PM  FV 114
  Only $35
  
  No Class 12/24 & 12/31

MAHJONG
Mahjong is a game that originated in China and is played with tiles. It is a game of skill, strategy, calculation and chance. Come enhance your brain skills by learning a new game or helping others. Meets off-site first Monday of the month.

- Weekly  Monday
  1:00PM-3:00PM  FV 114
  $1.50  Pay at session
  
  No Class 9/2/20

CRIBBAGE
This is cribbage for all levels. Whether you have played for years, have dormant skills waiting to be reawakened or want to learn the game, this is just for you.

- Weekly  Wednesday
  1:00PM-3:00PM  FV 114
  $1.50  Pay at session
  
  No Class 12/25, 1/1

UKULELE PLAY & SING ALONG
Join us for a ukulele jam and sing-along. Getting started on the uke is easy. The jam will emphasize having fun and making everyone feel welcome. Meet 9/9 due to Labor Day.

- Monthly 1st Monday
  1:30PM-3:30PM  FV 116A
  $1.00  Pay at session
  
  No Class 9/2,1/20

BALLROOM DANCE
Join us for social dances and refreshments served. Pay $5.00 at the door. Call 651.604.3520 for a schedule of the featured bands.

- Monthly  10 Sessions 2nd & 4th Tuesdays
  1:30PM-4:00PM  FV Solarium
  $5.00

SCRABBLE
Join others who enjoy the challenge of creating words in a crossword fashion.

- Weekly  Wednesdays
  10:00AM-12:00PM  FV 114
  $1.00  Pay at session
  
  No Class 12/25, 1/1

STITCH-N-CHAT
Join us weekly with your current sewing or needlework project. Also, there is the option to work on items for service projects. No registration required.

- Weekly  Friday
  1:00PM-3:00PM  FV 112
  FREE
  
  No Class 11/29

RELIGIOUS STUDY
A non-denominational study. New participants welcome.

- Monthly 1st & 3rd Tuesdays
  9:30AM-10:30AM  FV 116A
  $1.50  Pay at session

PARTNER BRIDGE
If you would like to play Partner Bridge, please contact the RASP office (651-604-3520) at least one week in advance. Partner Bridge is a formally organized game with four experienced bridge players per table that are arranged in advance. Regular attendance is appreciated, and one set of partners plays six hands of bridge with four different sets of partners. The cost is $2 per person, with more than half going to RASP and some to prize money. With the requirement that we have four people per table, we are sometimes unable to accommodate everyone who wants to play. Player schedules will be emailed to each Thursday’s Partner Bridge activity.

- Weekly  Thursday
  12:15PM-3:30PM  FV 114
  $1.50  Pay at session
  
  No Class 11/28

TED TALKS: STRETCH IDEAS THROUGH CONVERSATION
TED Talks are short videos in which a speaker presents ideas on a specific topic. The talks focus on everything from new business models to human rights. In this class, you can watch these videos and share your ideas during a facilitated discussion. Register online for each session through the Ramsey County Library at www.rclreads.org under “Events and Classes, Calendar” or call 651.724.6001. Co-sponsored by Ramsey County Library.

- Monthly  2nd Sunday
  2:00PM-3:30PM  FREE
  Roseville Library
  TED Talks will end in October

FREE BLOOD PRESSURE SCREENING
Free screening by qualified volunteers.

- Monthly  2nd & 4th Thursday
  10:30AM-11:30AM  FV 114
  FREE

MEN’S SHED
It’s for everyone – guys and gals!
Activities include: working on projects, local outings, friendly conversations, community service, and more.

- Monthly  2nd & 4th Thursdays
  1:30PM-3:00PM  FV 116A
  No meeting on 11/28

www.ISD623.org/CommunityEd

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YOUTH SWIM FALL 2019

FALL LESSON SCHEDULE
Monday  Sept 23-Nov 18
Wednesday Sep 18-Nov 20
Thursday  Sept 19-Nov 21
Saturday  Sept 28-Nov 23

No class Sept 30, Oct 1, 8, 9, 16, 17, 19, 31, Nov 5

RED CROSS YOUTH SWIM LESSONS 5-14 YEARS - FALL 2019
If children are registered in the wrong class level, they will not be allowed to remain in the class and will be moved to the correct level if space is available. To have the level tested prior to registration, call 651.604.3770 for testing times and procedures.

BEGINNER I (Same As Red Cross 1-2)
Students learn to float and kick on front and back, jump into deep water, swim beginner stroke, roll over, and kick on back.

BEGINNER II (Same As Red Cross 3)
Prerequisite: Passing of Beginner I
New Skills: Front crawl with rhythmic breathing, elementary backstroke, treading water, and sitting dive.

ADVANCED BEGINNER A
(Same As Red Cross 4)
Prerequisite: Passing of Beginner I
New Skills: Back crawl, breaststroke, scissors, and dolphin kick.

INTERMEDIATE (Same As Red Cross 5)
Prerequisite: Passing of Adv. Beginner B.
New Skills: Tuck and pike surface dives, flip turns, and butterfly.

ADVANCED BEGINNER B
(Same As Red Cross 4)
Prerequisite: Passing of Adv. Beginner A.
New Skills: Breaststroke, butterfly, and sidestroke.

SWIMMER (Same As Red Cross 6)
Prerequisite: Passing of Intermediate
New Skills: Personal water safety skills, turns, and strong emphasis on endurance and stroke refinement.

TOTS - PARENT IN WATER 9 MONTHS-3 YEARS
Children are accompanied by a parent or adult and learn to enjoy the water. Minimum one adult in water per child.

PREK - PARENT IN WATER 3-5 YEARS
Children are accompanied by a parent or adult to work on water adjustment and basic swimming skills: blowing bubbles, kicking, and arm paddling. Minimum one adult in water per child.

DAY | TIME | COURSE OFFERINGS | PRICE
--- | --- | --- | ---
Sat | 10:00-10:45AM | Beg I #81-F1 Beg II #82-F1 Adv Beg A #83-F1 | $66
Sat | 10:55-11:40AM | Beg I #81-F2 Beg II #82-F2 | | $66
Mon | 4:35-5:20PM | Beg I #81-F9 Beg II #82-F9 | | $66
Mon | 5:30-6:15PM | Beg I #81-F3 Beg II #82-F3 | Adv Beg B #84-F2 | $66
Mon | 6:25-7:10PM | Beg I #81-F4 Beg II #82-F4 Adv Beg A #83-F2 | Inter #85-F1 | $66
Wed | 5:40-6:25PM | Beg I #81-F5 Beg II #82-F5 Adv Beg A #83-F3 | | $66
Wed | 6:35-7:20PM | Beg I #81-F6 Beg II #82-F6 | Adv Beg B #84-F3 | $66
Thu | 5:15-6:00PM | Beg I #81-F7 Beg II #82-F7 | | $66
Thu | 6:10-6:55PM | Beg I #81-F8 Beg II #82-F8 | | $66

WINTER SCHEDULE

#80-F11 Jan 11-Feb 29 9:00-9:25AM Saturday $54
#80-F7 Jan 7-Feb 18 7:00-7:25PM Tuesday $47.25
#80-F8 Jan 9-Feb 27 9:20-9:45AM Thursday $54

WINTER SCHEDULE

#80-F9 Jan 11-Feb 29 9:30-9:55AM Saturday $54
#80-F10 Jan 7-Feb 18 7:30-7:55PM Tuesday $47.25
#80-F8 Jan 9-Feb 27 9:20-9:45AM Thursday $54
ADULT SWIM FALL 2019

ADULT BEGINNER LESSONS 15 YEARS & OLDER
Lessons for teens and adults who can’t swim or fear the water and those with basic swimming skills wishing to refine them.

FALL SCHEDULE (No class Oct 1, Oct 8, Nov 5)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DATE</th>
<th>TIME</th>
<th>DAY</th>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td>#92-F1</td>
<td>Sept 17-Nov 19</td>
<td>6:05-6:50PM</td>
<td>Tuesday</td>
<td>$58</td>
</tr>
</tbody>
</table>

WINTER SCHEDULE

#92-F2 Jan 7-Feb 18 6:05-6:50PM Tuesday $58

SWIMNASTICS
A variety of water exercise including some fast-paced, wall exercises, balance improvement, stretching, and toning. You must be able to maintain balance without assistance for the duration of the class time.

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DATE</th>
<th>TIME</th>
<th>DAY</th>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td>#90-F1</td>
<td>Sept 9-Oct 21</td>
<td>8:30-9:15AM</td>
<td>Mon</td>
<td>$48</td>
</tr>
<tr>
<td>#90-F1X</td>
<td>Oct 28-Dec 9</td>
<td>8:30-9:15AM</td>
<td>Mon</td>
<td>$48</td>
</tr>
<tr>
<td>#90-F2</td>
<td>Sept 10-Oct 22</td>
<td>8:30-9:15AM</td>
<td>Tue</td>
<td>$48</td>
</tr>
<tr>
<td>#90-F2X</td>
<td>Oct 29-Dec 10</td>
<td>8:30-9:15AM</td>
<td>Tue</td>
<td>$41</td>
</tr>
<tr>
<td>#90-F3</td>
<td>Sept 10-Oct 22</td>
<td>9:20-10:05AM</td>
<td>Tue</td>
<td>$48</td>
</tr>
<tr>
<td>#90-F3X</td>
<td>Oct 29-Dec 10</td>
<td>9:20-10:05AM</td>
<td>Tue</td>
<td>$41</td>
</tr>
<tr>
<td>#90-F4</td>
<td>Sept 11-Oct 23</td>
<td>8:30-9:15AM</td>
<td>Wed</td>
<td>$41</td>
</tr>
<tr>
<td>#90-F4X</td>
<td>Oct 30-Dec 11</td>
<td>8:30-9:15AM</td>
<td>Wed</td>
<td>$48</td>
</tr>
<tr>
<td>#90-F5</td>
<td>Sept 12-Oct 24</td>
<td>8:30-9:15AM</td>
<td>Thu</td>
<td>$41</td>
</tr>
<tr>
<td>#90-F5X</td>
<td>Oct 31-Dec 12</td>
<td>8:30-9:15AM</td>
<td>Thu</td>
<td>$41</td>
</tr>
<tr>
<td>#90-F6</td>
<td>Sept 23-Nov 18</td>
<td>7:15-8:00PM</td>
<td>Mon</td>
<td>$54.50</td>
</tr>
</tbody>
</table>

CRANKY HINGES
This class is slow-paced water exercise. Participants will focus on increasing range of motion, flexibility, and mobility. You must be able to maintain balance without assistance for the duration of the class.

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DATE</th>
<th>TIME</th>
<th>DAY</th>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td>#91-F1</td>
<td>Sept 9-Oct 21</td>
<td>9:30-10:00AM</td>
<td>Mon &amp; Wed</td>
<td>$59.00</td>
</tr>
<tr>
<td>#91-F1X</td>
<td>Oct 28-Dec 23</td>
<td>9:30-10:00AM</td>
<td>Mon &amp; Wed</td>
<td>$63.55</td>
</tr>
</tbody>
</table>

Pay on the pool deck.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>OVER 18</th>
<th>UNDER 18 &amp; OVER 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>M, W, F</td>
<td>Aug 19-Dec 30</td>
<td>6:30-8:00AM</td>
<td>$4.75/Session or $20.50/5</td>
<td>$4.25/Session or $19/5</td>
</tr>
<tr>
<td>M, T, W, F</td>
<td>Aug 19-Dec 31</td>
<td>11:30AM-12:30PM</td>
<td>$4.75/Session or $20.50/5</td>
<td>$4.25/Session or $19/5</td>
</tr>
<tr>
<td>T, TH</td>
<td>Aug 22-Dec 19</td>
<td>8:00-9:00PM</td>
<td>$4.75/Session or $20.50/5</td>
<td>$4.25/Session or $19/5</td>
</tr>
</tbody>
</table>

OPEN SWIM (Pool closed Sept 2, Oct 17-20, Nov 28-30, Dec 24, 25.)
Pay on the pool deck. Parents must accompany children under 4’ tall in pool.

<table>
<thead>
<tr>
<th>DAY</th>
<th>DATE</th>
<th>TIME</th>
<th>OVER 18</th>
<th>UNDER 18 &amp; OVER 60</th>
</tr>
</thead>
<tbody>
<tr>
<td>M, T, W, F</td>
<td>Aug 19-Dec 31</td>
<td>10:15-11:15AM</td>
<td>$4.75/Session or $20.50/5</td>
<td>$4.25/Session or $19/5</td>
</tr>
<tr>
<td>Th</td>
<td>Aug 22-Dec 19</td>
<td>7:00-8:00PM</td>
<td>$4.75/Session or $20.50/5</td>
<td>$4.25/Session or $19/5</td>
</tr>
<tr>
<td>Sat</td>
<td>Sept 28-Nov 23</td>
<td>11:45AM-1:00PM</td>
<td>$4.75/Session or $20.50/5</td>
<td>$4.25/Session or $19/5</td>
</tr>
<tr>
<td>T</td>
<td>Nov 26-Dec 10</td>
<td>7:00-8:00PM</td>
<td>$4.75/Session or $20.50/5</td>
<td>$4.25/Session or $19/5</td>
</tr>
</tbody>
</table>

CALL 651.604.3770 FOR INFO ON PRIVATE SWIM LESSONS

SILVERSNEAKERS® & SILVER&FIT®
SilverSneakers and Silver&Fit members are able to participate in Lap or Open Swim at no cost. Please present your program card to the lifeguard on deck when participating.
For all parents with children from **birth to 3rd grade**.  
Come to as many classes as you would like!  
No registration. No fee.

**JOIN US FOR THESE GREAT DISCUSSION TOPICS!**

### CAR SEAT SAFETY (presented by Regions Hospital Car Seat Safety Program)

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>502-1</td>
<td>Monday</td>
<td>October 7</td>
<td>5:30-7:15 p.m.</td>
<td>Fairview</td>
<td>Free</td>
</tr>
</tbody>
</table>

### 10 EASY DISCIPLINE TOOLS (presented by ECFE parent educators)

<table>
<thead>
<tr>
<th>Class</th>
<th>Day</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>502-4</td>
<td>Monday</td>
<td>November 4</td>
<td>5:30-7:15 p.m.</td>
<td>Brimhall</td>
<td>Free</td>
</tr>
</tbody>
</table>

### UNPLUG AND PLAY: WHY PLAY IS SO IMPORTANT (presented by ECFE parent educators)

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>502-2</td>
<td>Wednesday</td>
<td>December 4</td>
<td>5:30-7:15 p.m.</td>
<td>Parkview</td>
<td>Free</td>
</tr>
</tbody>
</table>

**SATURDAY PARENT FOCUS**  
Muffins, juice, and coffee available at 9:15 a.m. After the Parent Focus presentation and child activities your family can stay for Drop In and Play from 10:30-11:30 a.m.

### RAISING SIBLINGS (presented by ECFE parent educators)

<table>
<thead>
<tr>
<th>Class</th>
<th>Age</th>
<th>Date</th>
<th>Time</th>
<th>Location</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>502-3</td>
<td>Saturday</td>
<td>November 16</td>
<td>9:15-10:30 a.m.</td>
<td>Parkview</td>
<td>Free</td>
</tr>
</tbody>
</table>
### FAMILY DROP IN & PLAY

Great FREE activity for your young family!

<table>
<thead>
<tr>
<th>Parkview School (701 County Road B West in Roseville)</th>
<th>Prince Of Peace Church (2561 Victoria St. in Roseville)</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>S</strong> 9/21-12/14 10:00-11:30 a.m. <strong>No Class October 19 &amp; November 30</strong></td>
<td><strong>T&amp;W</strong> 9/17-12/11 8:45-10:00 a.m. <strong>No Class November 5</strong></td>
</tr>
<tr>
<td><strong>Th</strong> 9/19-12/12 3:30-4:30 p.m. <strong>No Class October 17 &amp; November 28</strong></td>
<td></td>
</tr>
</tbody>
</table>

**Family Drop In & Play**

The entire class is devoted to parent and child activities including dramatic play, sensory experiences, gym play, science, art projects, and more. Each week will be filled with many creative and engaging learning activities for the whole family! **No fee or registration necessary! Just come and join the fun!**

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**Waa Goob u Furan Qoyska, ayna ku Ciyaari Karaan “Family Drop In & Play”**

Galaaskaan waxaa loogu talagalay in waalidiinta iyo carruurtu ay ku helaan fursad ay ku ciyaaraan, riwayado ku sameeyaan, dareemayaashooda ku isticmaalaa, “sensory experiences,” ku jimicsadaan, cilmiga sayniska, farshaxanka iyo waxyaaboo kalena ay bartaan. Todobaad kasta waxaa la qabadoonaa barnaamijyo kobicjiya hal-abuurka, qoyska oo dhanna uu ku madadaasho! Lacag lagu soo galo iyo mid is-diiwaan gelin lagaagama baahna! Imow oo ka geybgalka madaaadalada!

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**Visitadas y Juegos de Familia**

¡Esta clase se encuentra comprometida con actividades entre padres e hijos que incluyen juegos teatrales, experiencias sensoriales, tiempo de gimnasia, ciencias, proyectos de arte, y más! ¡Cada semana estará llena de actividades de aprendizaje creativas e interesantes para toda la familia! ¡No hacen falta ni pago ni matrícula! ¡Simplemente venga y participe de la diversión!

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www.ISD623.org/CommunityEd
FRIENDSHIP CONNECTION

651.604.3505

www.isd623.org/Friendship

Monday-Friday, 6:30AM-6:00PM

Non-school days (except major holidays)

School year & summer

Friendship Connection is a school-age care program for students in grades K-8. Our program philosophy encompasses creating a quality, caring learning environment for children that complements the school day.

To register for Friendship Connection, contact your child’s school Friendship Connection site or the main office at Fairview 651.604.3505 or online at www.isd623.org/Friendship.

SCHOOL YEAR 2019-2020 RATES

<table>
<thead>
<tr>
<th>Site</th>
<th>Consistent Schedule Option 3-5 days/week</th>
<th>Pick Your Days Option or Consistent Schedule 1-2 days/week</th>
<th>Contact</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Before School</td>
<td>After School</td>
<td>Before School</td>
</tr>
<tr>
<td>Brimhall</td>
<td>$12.50/day</td>
<td>$11.50/day</td>
<td>$13.30/day</td>
</tr>
<tr>
<td>Central Park</td>
<td>$11.50/day</td>
<td>$12.50/day</td>
<td>$12.30/day</td>
</tr>
<tr>
<td>Edgerton</td>
<td>$12.50/day</td>
<td>$11.50/day</td>
<td>$13.30/day</td>
</tr>
<tr>
<td>E. D. Williams</td>
<td>$12.50/day</td>
<td>$11.50/day</td>
<td>$13.30/day</td>
</tr>
<tr>
<td>Falcon Heights</td>
<td>$11.50/day</td>
<td>$12.50/day</td>
<td>$12.30/day</td>
</tr>
<tr>
<td>Harambee</td>
<td>$12.50/day</td>
<td>$11.50/day</td>
<td>$13.30/day</td>
</tr>
<tr>
<td>Little Canada</td>
<td>$11.50/day</td>
<td>$12.50/day</td>
<td>$12.30/day</td>
</tr>
<tr>
<td>Parkview</td>
<td>not available</td>
<td>$16.30/day</td>
<td>not available</td>
</tr>
</tbody>
</table>

Looking for Staff to Educate & Inspire!

- High School graduate at least 18 years old
- Work with youth ages PreK-8th grade in a before- and after- school program
- Act as a role model for a diverse youth population
- Experience working with school-age youth

To learn more about this position and to apply please visit www.isd623.org/careers and apply for the ‘Out of School Time Youth Worker’ position or call 651.604.3536 for more information.
REGISTRATION INFORMATION

3 WAYS TO REGISTER

ONLINE
ISD623.ce.eleyo.com

MAIL
Mail the registration form along with payment to:
Fairview Community Center
CE Registration Office
1910 County Road B West
Roseville, MN 55113

WALK IN
Fairview Community Center
CE Registration Office
1910 County Road B West
Roseville, MN 55113

OFFICE HOURS
M-F 7:30am-4:00pm
CALL 651 604-3770 with any questions.

CLASS CONFIRMATION
Assume you are in the class you registered for unless you hear from us. You will receive an email confirmation if you register online or if you provided your email address on the registration form.

CANCELATION POLICIES
You will receive a phone call and/or an email notification if Community Education cancels a class along with a full refund.

REGISTER EARLY
Many sessions fill quickly. Sessions will be cancelled the week prior to the start date if sufficient enrollment is not received. Help us avoid the disappointment of class cancellations by registering early.

UCARE MN
UCare MN members may take a discount of up to $15/year. Members must be on UCare at the time of registration and need to include their member ID number on the registration. Some limitations may apply.

Satisfaction Guaranteed
If you enjoyed a class please spread the word! If you are not satisfied with a class please call us at 651-604-3770.

SENIOR DISCOUNT
Adults 60+ may take 10% off most classes some exclusions do apply.

FEE ASSISTANCE
We believe everyone should be able to participate in enrichment classes regardless of ability to pay. To receive assistance a participant must live in the district or attend a Roseville Area School. Call 651-604-3770 for more information.

REGISTRATION FORM

Payer Name ____________________________________________ Email Address ________________________________

Address ____________________________________________ City ____________________________ State _____ Zip _________

Home Phone __________________ Work Phone ________________ Mobile ___________________________

Name of Participant Date of Birth Youth Grade Gender Class Title Class # Fee

Discounts

UCare ID# ____________________________ UCare Discount $ ____________ Senior 60+ □ Yes □ No

Total Registration Amount $ ____________

Method of Payment

□ Cash □ Check (payable to: Roseville Area Schools) □ Credit/Debit Card

Name on Card ____________________________ Account Number ____________________________

Expiration Date ______/_______ 3 Digit Security Code _________

Special Health Concerns (allergies, etc.)
By registering I acknowledge that this activity has potential dangers to it and my involvement is voluntary. In order to participate in this activity, I agree to hold Roseville Area Schools harmless and I waive any right to make any claims against the school district or anyone working on behalf of the school district for any injuries of damages related to my participation in this class.

Discounts

UCare ID# ____________________________ UCare Discount $ ____________ Senior 60+ □ Yes □ No

Total Registration Amount $ ____________

Method of Payment

□ Cash □ Check (payable to: Roseville Area Schools) □ Credit/Debit Card

Name on Card ____________________________ Account Number ____________________________

Expiration Date ______/_______ 3 Digit Security Code _________

Signature ________________________________________________________________________________

www.ISD623.org/CommunityEd
LITTLE CANADA PARKS & RECREATION

CITY OFFICES
515 Little Canada Road E.
Little Canada, MN 55117
www.littlecanadamn.org

Phone: 651.766.4029
Fax: 651.766.4048

Bryce Shearen
Parks & Recreation/Community Service Manager

Claire Hoffman
Recreation Coordinator

Don Bowman
Recreation Coordinator

ACTIVITIES SCHEDULE
This may be only a partial list of activities for this registration period due to the printing deadline. Watch for further information via our website, Facebook, our City Newsletter, The Review, Cable Channel 16, and flyers distributed at elementary schools. Please call 651.766.4045 with questions.

REGISTRATION
Register for the following youth activities online, by mail, by fax (if paying by credit card), or in person during regular business hours at Little Canada City Center. Register promptly to be guaranteed placement in our programs. Registration flyers with details will be distributed to Little Canada schools and will also be available on our website.

FINANCIAL ASSISTANCE
Little Canada Families who are in need of financial help for their children to participate are encouraged to call 651.766.4045.

WANT TO HELP?
Youth recreation programs in Little Canada are conducted by the Parks and Recreation Department in close cooperation with the Little Canada Recreation Association (a nonprofit group of volunteers who conduct various fundraisers during the year and who advise the direction to our youth programs). Membership is open to all interested adults within the city, as well as those living outside the city. If you are interested in joining, visit our website at www.lcraonline.org for more information.

“Like” us on Facebook
facebook.com/CityofLC

YOUTH

VOLLEYBALL
Girls & Boys: Entering Grades 3-8
Program runs approximately
Late September - Mid-November
Online registration begins June 1

SOCLE LEAGUE
Girls & Boys: Entering Grades 3-9
Program runs approximately
Mid-September - Mid-November
Online registration begins June 1

AFTER SCHOOL BASKETBALL
Girls & Boys: Entering Grades 3-6
Program runs approximately
Early September - Early October
Online registration begins August 1

BASKETBALL LEAGUE
Girls & Boys: Grades 3-8
Program runs approximately
Mid-November - Mid-March
Online registration begins August 1

FALL GYMNASTICS
Girls & Boys: 5-12 years old
Program runs nine weeks, beginning
Tuesday evenings late September
Online registration begins August 1

BASKETBALL CLINIC
Girls & Boys: Grades 1 & 2
Program runs six weeks
Beginning in early January
Online registration begins November 1

SKATING LESSONS
Girls & Boys: 5-12 years old
Program runs approximately Jan-Feb
Online registration begins November 1

WINTER GYMNASTICS
Girls & Boys: 5-12 years old
Program runs nine weeks on Thursday evenings beginning in January
Online registration begins November 1

ADULT

DEFENSIVE DRIVER CLASS
We offer both the 4 hour refresher class and the 8 hour class.
Oct. 7, Refresher, 9am-1pm
Oct. 8, Refresher, 6-10pm
Oct. 14-15, 8 hour class, 6-10pm
Cost is $15/session

PICKLEBALL LESSONS
Meet new people while learning and enhancing your pickleball skills.
Tuesday AM | Sept. 3 - Oct. 1
Thursday PM | Sept. 5 - Oct. 3
End of Season Tournament - Saturday, October 5.
Cost is $25

ONLINE YOU’RE FIRST IN LINE!
Online registrations are accepted for most activities offered by the City of Little Canada.

It’s Easy!
• Search for activities
• Review program details
• Check available openings
• Register online

WWW.LITTLECANADAMN.ORG