PUT
opportunities
TO THE
TEST!
See page 22
for details

Pearson Vue Certified Testing Center
MN Teacher Licensure Exam • GED Test • Microsoft Certification • Pharmacy Technician • and many more!

Get started today. A lifetime of learning is waiting for you!
CONTACT & HELPFUL INFORMATION

ROSEVILLE AREA SCHOOLS COMMUNITY EDUCATION
1910 County Road B West
Roseville, MN 55113
www.ISD623.Org/CommunityEd
Phone: 651.604.3500
CommEd@isd623.org

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

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

Roseville City Hall
2660 Civic Center Dr
Roseville, MN 55113

Roseville Skating Center
2661 Civic Center Dr,
Roseville, MN 55113

MISSION STATEMENT
To engage our ever-changing communities and partners in developing meaningful services, quality programs and lifelong learning opportunities for all.

FACILITY USE
The Facility Use Program coordinates the rental and scheduling of all available District facilities for community activities. Requests are prioritized by category and coordinated with the schools to avoid interfering with district programs. For more information call 651.604.3510.

NO PITCH GUARANTEE
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.

Enroll early to avoid cancellations.
Decisions to cancel classes due to low enrollment are usually made a week in advance.

GET SOCIAL!
Like us on Facebook!
facebook.com/CommunityEd
Follow us on Twitter!
twitter.com/ISD_623
Watch us on YouTube!
youtube.com/rosevillecommed
CONTENTS

Flaming Spoon Café ........ p. 4
Art ................................. p. 5-6
Food & Cooking .............. p. 7-8
Dance & Music ............... p. 9-10
Fitness ......................... p. 11-13
Language Arts ................ p. 14
Mind & Body .................... p. 15-16
Personal Interests .......... p. 18-19
Career & Finance .......... p. 20
Home & Family ........... p. 21-23
Technology ..................... p. 24-25
RASP .............................. p. 26-27
Swim .............................. p. 28-29
RALC .............................. p. 30-31
EFCE ............................... p. 32-33
Friendship Connection ..... p. 34
Registration ................... p. 35
Little Canada Parks & Rec .... p. 36

CLASS HIGHLIGHTS
Five learning opportunities you don’t want to miss!

1. FELTED TABLE RUNNER
Create a colorful runner or wall hanging.
PAGE 6

2. MAMMA MIA!
LINE DANCE: MAMMA MIA - DANCING QUEEN
Learn to dance to this energetic tune.
PAGE 8

3. LGBTQ+ 101 & INTERSECTIONAL EQUITY
Learn the vocabulary and information regarding LGBTQ+ identities.
PAGE 18

4. PEST DETECTIVES
Learn how to prevent problems in your garden.
PAGE 23

5. ONLINE DATING
Learn how to have a better experience when online dating.
PAGE 25

Roseville Gift and Craft Shoppe
Open Monday-Friday
9:30AM-3:30PM

Featuring hand-crafted gift items supporting the Roseville Area Senior Program and the artisans. Volunteer consignors create a wide selection of unique items to sell and staff the shop.

Fairview Community Center
1910 County Rd B West, Roseville
651.604.3529 • www.isd623.org/RASP
Fairview Community Center is scheduled to begin construction during the spring of 2020. A new building will be constructed that better meets the needs of the current and future programs and services. During construction of the new building, the current building will remain open for programs and services.

The new building will be built in front of our existing building, additional temporary parking will be added to the East side of the building.

Further information can be found on our website: isd623.org

We look forward to seeing you during this exciting time!

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 (no bills larger than a $20) or checks.

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

THANK YOU FOR SPONSORING OUR 623 WALK RUN

FINANCE IS A LIFELONG CLASS.
WE’RE HERE TO HELP.
Stop in our Roseville location at
2750 Snelling Ave. N.
Find out more at AffinityPlus.org
### WATERCOLOR PAINTING - INTERMEDIATE

If you have experience with watercolor, join this class to develop your skills. Skills you should have are knowing the wetness and dryness of the media, how to mix basic colors and understanding basic perspective. You will learn techniques, see demonstrations, receive guided instruction, and participate in a class critique. Materials fee of $5 payable to the instructor. Full materials list needed online.

**Mary Degen-Hefelfinger**

<table>
<thead>
<tr>
<th>1153-1</th>
<th>8 Sessions</th>
<th>Mondays</th>
<th>3/23-5/11</th>
<th>$119</th>
</tr>
</thead>
<tbody>
<tr>
<td>3:00PM-5:00PM</td>
<td>FV 105</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1153-2</td>
<td>8 Sessions</td>
<td>Mondays</td>
<td>3/23-5/11</td>
<td>$119</td>
</tr>
<tr>
<td>6:00PM-8:00PM</td>
<td>FV 105</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### POTTERY - HAND BUILDING

Learn the basics of creating pottery and sculpture. The instructor will assist you in developing your 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 those 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 Tuesday, March 31 from 6:30-8:00pm.

**Peter Paul**

<table>
<thead>
<tr>
<th>1055-H</th>
<th>9 Sessions</th>
<th>Tuesdays</th>
<th>1/14-3/17</th>
<th>$155</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30PM-9:00PM</td>
<td>RAHS D114</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Class 2/25, 3/3, &amp; 3/24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### HAND STAMPED 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**

<table>
<thead>
<tr>
<th>1005</th>
<th>1 Session</th>
<th>Thursday</th>
<th>3/12</th>
<th>$35</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00 PM-9:00PM</td>
<td>FV 103</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>1005-2</td>
<td>1 Session</td>
<td>Thursday</td>
<td>5/21</td>
<td>$35</td>
</tr>
<tr>
<td>6:00PM-9:00PM</td>
<td>FV 103</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### 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. Learn how to create cylinders, bowls, vases, and platters. This class is designed for the beginner as well as those who wish to continue developing their skills on the 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 Tuesday, March 31 from 6:30-8:00pm.

**Peter Paul**

<table>
<thead>
<tr>
<th>1055-W</th>
<th>9 Sessions</th>
<th>Tuesdays</th>
<th>1/14-3/17</th>
<th>$155</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:30PM-9:00PM</td>
<td>RAHS D114</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>No Class 2/25, 3/3, &amp; 3/24</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### SPRING BASKET

Embrace spring and learn to weave this charming basket that is perfect as a centerpiece or an heirloom basket for egg hunts! Your choice of soft pastel colors or vibrant solid summer hues. Bring a sharp scissors and small flat-tip screwdriver, if you have one. All supplies provided. Supply fee of $25 and an optional handle for $6 is payable to the instructor. Additional kits will be available for purchase.

**Ellie Lida**

<table>
<thead>
<tr>
<th>1067</th>
<th>1 Session</th>
<th>Thursday</th>
<th>3/12</th>
<th>$25</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00PM-9:00PM</td>
<td>FV 105</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### GLASS MOSAIC GARDEN STAKE OR SIGN

Create a beautiful garden stake or a sign! Using precut glass, decorate a bird, butterfly, clover, star, circle, or flower with colorful glass. For the sign, a variety of sizes and stencils are available. The first night you will work on your project, have fun, and discover your creative side. The second night is using grout, bring old towels and a jar with a lid for water sealer. Materials fees are payable to the instructor the first night. Signs start at $14 and the garden stakes are 3 for $30 and you may make more for $10 each.

**Lindsey Guetter**

<table>
<thead>
<tr>
<th>1062</th>
<th>2 Sessions</th>
<th>Thursdays</th>
<th>2/27-3/5</th>
<th>$39</th>
</tr>
</thead>
<tbody>
<tr>
<td>6:00PM-9:00PM</td>
<td>FV 105</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

### PORTRAITS FOR BEGINNERS

Learn the difference between a snapshot and a portrait. We will learn how to take beautiful portraits of your family and friends while learning the basics of your camera and equipment. Bring a camera that can be operated in manual mode.

**Paul Veronikas**

<table>
<thead>
<tr>
<th>4334</th>
<th>4 Sessions</th>
<th>Wednesdays</th>
<th>3/4-3/25</th>
<th>$59</th>
</tr>
</thead>
<tbody>
<tr>
<td>7:00PM-9:00PM</td>
<td>FV Great Room</td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

---

**Enroll early to avoid cancellations.**

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

www.ISD623.org/CommunityEd
EASY OIL PAINTING - SUNFLOWERS
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. Quality, inexpensive frames will be available for purchase.

Jay Rupp
1090-1
1 Session Saturday
10:00AM-2:00PM 3/14
$69
FV 105

INTRODUCTION TO PHOTOGRAPHY
Unlock the secrets of your digital camera. Understanding how different modes work will open up a whole new world. Pick your own ISO, shutter and aperture, not to mention how to control what you want in focus. The first night will be held in the classroom and the remaining nights we will meet at Fairview before going on location. Camera that can be put in manual mode and tri-pod are needed.

Paul Veronikas
4337
4 Sessions Thursday
6:30PM-8:30PM 4/23-5/14
$59
FV 100

PAINTING PARTY WITH CHEERS PABLO
More than painting, it’s a party. You’ll enjoy the group fun in this hands-on painting class, and treats are provided as well. No experience necessary. All supplies are included. Your instructor will provide step-by-step painting techniques. It’s fun-filled, and at the end you’ll go home with your own painting modeled after class examples.
Registration deadline: 4/7.

Cheers Pablo
3775
1 Session Tuesday
1:30PM-4:00PM 4/14
$19
FV 105

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. Supplies will be provided but if you have a book you have started, feel free to bring it along.

Denise Lau
1075-1
1 Session
7:00PM-9:00PM Wednesday 4/22
$39
FV 105

GLASS MOSAIC GARDEN STEPPING STONE
Using pre-cut glass, design and create a gorgeous stepping stone for your garden. Patterns will be available or you can bring an outline of your child’s hand-print to make a unique keepsake. 8” Round and square molds will be available. Material fee of $12/stepping stone payable to the instructor on the day of class.

Lindsey Guetter
1064
1 Session Saturday
9:00AM-12:00PM 4/18
$39
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 provide guided help. There will be a group critique at the end of class with input from everyone.

Mary Degen-Hefelfinger
1032-1
8 Sessions Wednesday
3:00PM-5:00PM 3/18-5/20
$119
FV 103
No Class 4/8 & 4/15

1032-2
8 Sessions Wednesday
6:00PM-8:00PM 3/18-5/20
$119
FV 103
No Class 4/8 & 4/15

CLASS HIGHLIGHT
FELTED TABLE RUNNER
Create a colorful runner or wall hanging from wool fibers and a little soapy water. No knitting or sewing required, learn the magic of wet felting and create a work of art for your table or wall. $30 materials fee includes all fibers and supplies is payable to instructor. Bring from home: Bag lunch, 2-3 hand towels, 1 old bath towel and a plastic bag to carry home wet items. Optional: apron

Leslie Granbeck
1022-1
1 Session Saturday
10:00AM-4:00PM 4/25
$35
FV 105

Roseville Area Schools Community Education
ART OF SUSHI
Prepare sushi rice then learn the art of "nigiri-sushi" (hand molded rice) topped with shrimp, unagi, and ahi tuna. Then learn how to prepare "maki-sushi" using a bamboo mat to roll rice with various fillings in and around Nori (seaweed sheets). Options will include surimi, cucumber, avocado, cream cheese, teriyaki chicken, tempura onions, spicy mayo, eel sauce, wasabi, pickled ginger and soy sauce.

Jeff Sandino
1184 1 Session Tuesday 6:30PM-9:30PM $49
1185 1 Session Tuesday 5/12 RAMS 247

TANTALIZING THAI CUISINE
Prepare Vietnamese summer rolls served with sauce for dipping. Vietnamese spring rolls follow with pork, shrimp, and glass noodles stuffed in rice paper, served with the classic nuoc cham dipping sauce. Then prepare Pad Thai blending the vibrant flavors of Thailand with rice noodles using shrimp, eggs, chilies, garlic, basil, scallions, bean sprouts, sesame oil, lemon and crushed red pepper flakes. For dessert, it’s thai lime custard with a chocolate mint glaze.

Jeff Sandino
1182 1 Session Wednesday 6:30PM-9:30PM $49
1183 1 Session Wednesday 4/1 RAMS 247

CHOCOLATE CHIP COOKIES
We have come a long way since the first Nestle Toll House cookie was made in 1930. Join us to create, taste and then take home the originals, Famous Amos chocolate chip cookies with raisins and Mrs. Fields special recipe too. Plus, we will prepare others that feature peanuts, almonds, peanut butter, oatmeal, coconut, and more. Bring containers so you can get your cookies safely home.

Laurel Severson
1150 1 Session Monday 6:00PM-9:00PM $49
1151 1 Session Monday 3/16 RAMS 247

FABULOUS FISH DISHES
Learn to create delicious fish dishes using a few basic techniques. Start with a mixed greens and garden vegetable salad. We’ll grill fresh tuna steaks with a fabulous Mediterranean style relish served with pasta. Moist, flaky Atlantic salmon is slow baked with an oven dried tomato and dill butter sauce. Walleye Pike will be lightly breaded and pan-fried to a crispy golden brown and served with homemade tarter sauce and mashed potatoes. Key lime pie finishes topped with fresh whipped cream.

Jeff Sandino
1161 1 Session Monday 6:30PM-9:30PM $49
1162 1 Session Monday 3/23 RAMS 247

CLASSIC ITALIAN CUISINE
Relish the flavors of Italian heritage starting with a fresh garden salad. You’ll enjoy “Chicken Parmigiana”, succulent breast of chicken baked with prosciutto ham, tomatoes relish and provolone cheese in a robust marinara sauce. To that we’ll add “Macaroni Rosa”, a wonderful combination of vegetables and pasta in a classic marinara sauce with a splash of cream. We’ll finish with “Torta Formaggio”, a rich Italian style cheesecake.

Jeff Sandino
1141 1 Session Monday 6:30PM-9:30PM $49
1142 1 Session Monday 3/2 RAMS 247

BODACIOUS BRUNCH BUFFET
Begin with tender scones with fresh berries and white chocolate and then a fruit salad with a delightful dip. Featured are succulent crab cakes blended with fresh vegetables, herbs and spices then lightly breaded and sautéed to perfection. You’ll learn to prepare quiche using a delicious combination of meats and cheeses baked in a flaky pastry crust. Also, eggs benedict and French toast with pure maple syrup.

Jeff Sandino
1183 1 Session Tuesday 6:30PM-9:30PM $49
1184 1 Session Tuesday 4/21 RAMS 247

CREPES
Crepes are an easy, impressive do-ahead dish. We will prepare Chicken Divan, chicken with broccoli in a cheese sauce, for our main dish. Follow it with Cheese Blintzes served with an apricot sauce, and Mushroom Crepes with a Sherry Sauce. Orange Crepe Suzette, Italian and Sicilian Cannoli, Flaming Crepes and other desserts will round out our selection. Everyone will gain experience in making the perfect crepe, including flipping them.

Laurel Severson
1122 1 Session Wednesday 6:00PM-9:00PM $49
1123 1 Session Wednesday 5/6 RAMS 247

DATE NIGHT IDEA
CHATEAUBRIAND
We’ll start with delightful autumn salad tossed with crispy granny apples, candied walnuts, feta cheese and dried cranberries in a raspberry vinaigrette. Featuring “Chateaubriand” beef tenderloin seared, roasted and served with amazing sauces. Accompaniments will include creamy potatoes au gratin, tomatoes provencal and fresh steamed asparagus. We’ll finish with crème caramel.

Jeff Sandino
1144 1 Session Thursday 6:30PM-9:30PM $49
1145 1 Session Thursday 2/13 $95 Couple
1146 1 Session Thursday RAMS 247
1147 1 Session Thursday $49 individual RAMS 247

www.ISD623.org/CommunityEd
FOOD & COOKING

CLASSIC SOUPS AND FAMOUS STEWS
Create some of the best hearty soups - New England Clam Chowder, Wild Rice, Pumpkin, Split Peas with Ham, and Corn Bisque with Rosemary. Then top it off with the very famous French Beef Stew in Red Wine (Bœuf Bourguignon). What could be better for an easy meal during cold weather - soup, salad and some great bread. Join us.

Laurel Severson
1146 1 Session Tuesday 1/28
6:00PM-9:00PM $49
RAMS 247

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

Laurel Severson
1138 1 Session Tuesday 4/7
6:00 PM-9:00PM $49
RAMS 247

INTRODUCTORY VEGETABLE GARDENING
This class teaches the basics of growing your first vegetable garden. Come and learn what you need to know about where to plant your vegetables, which plants to choose, and how to care for your garden all season long.

Ramsey County Master Gardeners
1311 1 Session Monday 4/13
6:30PM-8:00PM $15
FV 116A

ASIAN FAVORITES
You’ll begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with both hot mustard and sweet and sour sauce for dipping. Then prepare fried rice using chicken, shrimp, fresh vegetables and the secret sauce. Classic pork chow mein follows served with crispy egg noodles as well as chicken egg foo young.

Jeff Sandino
1133 1 Session Wednesday 1/22
6:30PM-9:30PM $49
RAMS 247

THE POWER OF FOOD
Science reveals the food we choose to eat can lead to health or disease. Watch research videos of breast cancer cell growth stopped after 14 days, type 2 diabetes reversed in 16 days and a clogged artery opening in 30 months. 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 Cookbook with 30 recipes.

Dick Ogren
1123 1 Session Tuesday 4/7
6:00PM-8:00PM $29
FV 116A

DANCE & MUSIC

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
2172-1 4 Sessions Tuesdays 3/17-4/7
7:30PM-8:30PM $49
FV 105

2172-2 4 Sessions Tuesdays 5/5-5/26 $49
7:30PM-8:30PM FV 105

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 Wednesdays 5/13
6:00PM-7:00PM $9
RAMS Cafeteria

LINE DANCE: MAMMA MIA - DANCING QUEEN
If ever there was a song to get you dancing this is it! In no time at all, you will be dancing to this energetic tune with great moves. Be prepared for a fabulous night! No partner required.

Monica Mohn
2148 1 Session Monday 3/16
7:00PM-8:00PM $9
RAMS Cafeteria

Enroll early to avoid cancellations.
Decisions to cancel classes due to low enrollment are usually made a week in advance.

CLASS HIGHLIGHT

LINE DANCE: MAMMA MIA - DANCING QUEEN
If ever there was a song to get you dancing this is it! In no time at all, you will be dancing to this energetic tune with great moves. Be prepared for a fabulous night! No partner required.

Monica Mohn
2148 1 Session Monday 3/16
7:00PM-8:00PM $9
RAMS Cafeteria
DANCE & MUSIC

BALLROOM DANCE
Couples Only Please. Tired of watching? In just four sessions you’ll experience the thrill of four classic ballroom dances! By the last week you’ll find yourself whirling with the Waltz, floating to the Rumba, floating through the Foxtrot, 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 Mondays 6:00PM-7:00PM 2/24-3/23
$65 per Couple RAMS Cafeteria
No Class 3/9

CHROMATIC HARMONICA FOR FUN
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 3/17-3/31
$15 Roseville City Hall

PRIME TIME PLAYERS
All Ages of Performers Welcome. Do you play the violin, viola, cello, or bass? Are you looking to play your instrument again, but feel rusty? Do you want a chance to play with others? Join our string orchestra where you will play and perform. You should be able to read and play through book 2. No auditions.

Sheri Peterson
2158-1 6 Sessions Mondays 7:00PM-8:00PM 1/27-3/2
$42

2158-2 6 Sessions Mondays 7:00PM-8:00PM 3/16-4/20
$42

2158-3 6 Sessions Mondays 7:00PM-8:00PM 5/4-6/15
$42
No Class 5/25

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-8:00PM 1/27-3/16
$55 FH South Gym
No Class 2/17

2100-2 7 Sessions Mondays 6:30PM-8:00PM 4/6-5/10
$55 FH South Gym

WEDDING DANCE CRASH COURSE
Couples Only. Feel more comfortable on the dance floor! This 2 hour workshop will have you looking and feeling great on your special day. Feel free to bring your special song.

Monica Mohn
2119 1 Session Wednesday 7:00PM-9:00PM 5/13
$35 per Couple RAMS Cafeteria

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. 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 1/27-3/16
$55 FH South Gym
No Class 2/17

2101-2 7 Sessions Mondays 8:00PM-9:30PM 4/6-5/10
$55 FH South Gym

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE
Ages 13+. Learn to play the guitar in just a few hours! You will get a crash course in guitar that will give you years of musical enjoyment. 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.

Greg Sampson
2216 1 Session Monday 6:30PM-9:00PM 4/13
$59 FV 100

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 2:00PM-6:30PM. Look online for exact times.

Sheri Peterson
2157-1 6 Sessions Mondays Half Hour Sessions 1/27-3/2
$120 FV 103 or 120

2157-2 6 Sessions Mondays Half Hour Sessions 3/16-4/20
$120 FV 103 or 120

2157-3 6 Sessions Mondays Half Hour Sessions 5/4-6/15
$120 FV 103 or 120
No Class 5/25

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE
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.

Greg Sampson
2200 1 Session Monday 6:30PM-9:30PM 4/6
$59 FV 100

www.ISD623.org/CommunityEd
DANCE & MUSIC

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 learn 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 Monday 7:00PM-9:00PM 3/2 $35 per Couple RAMS Cafeteria

HAN DANCE FOR CHILDREN
(4-7 years old) 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
2179-1 8 Sessions Sundays 9:00AM-10:30AM 1/12-3/1 $99 FV Dance Studio
2179-2 11 Sessions Sundays 9:00AM-10:30AM 3/22-6/14 $135 FV Dance Studio No Class 4/12 & 5/24

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
2177-1 8 Sessions Thursdays 6:30PM-8:30PM 1/9-2/27 $129 FV Dance Studio
2177-2 11 Sessions Thursdays 6:30PM-8:30PM 3/19-6/11 $179 FV Dance Studio No Class 4/9 & 4/16

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 1/28-2/18 FV Solarium
2115-2 4 Sessions Tuesdays 8:15PM-9:30PM $19 3/17-4/7 FV Solarium
2115-4 3 Sessions Tuesdays 7:00PM-9:30PM $19 3/10, 4/21 & 4/28 FV Solarium
2115-3 4 Sessions Tuesdays 8:15PM-9:30PM $19 5/5-5/26 FV Solarium

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
2176-1 8 Sessions Wednesdays 7:00PM-8:30PM $99 1/8-2/26 FV Dance Studio
2176-2 11 Sessions Wednesdays 7:00PM-8:30PM $135 3/18-6/10 FV Dance Studio No Class 4/8 & 4/15

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 $55 1/28-2/18 FV Solarium
2102-2 4 Sessions Tuesdays 7:00PM-8:15PM $55 3/17-4/7 FV Solarium
2102-3 4 Sessions Tuesdays 7:00PM-8:15PM $55 5/5-5/26 FV Solarium

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
2180-1 8 Sessions Sundays 10:30AM-12:00PM $99 1/12-3/1 FV Dance Studio
2180-2 11 Sessions Sundays 10:30AM-12:00PM $135 3/22-6/14 FV Dance Studio No Class 4/12 & 5/24

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
2175-1 7 Sessions Tuesdays 6:30PM-8:30PM $115 1/7-2/18 FV Dance Studio
2175-2 12 Sessions Tuesdays 6:30PM-8:30PM $195 3/17-6/9 FV Dance Studio No Class 4/14

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
2178-1 8 Sessions Saturdays 9:00AM-10:30AM $99 1/11-2/29 FV Dance Studio
2178-2 11 Sessions Saturdays 9:00AM-10:30AM $135 3/21-6/13 FV Dance Studio No Class 4/11 & 5/23

Roseville Area Schools Community Education
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 you the chance to increase your physical activity, take steps towards 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.

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Duration</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>7020-1</td>
<td>17 Sessions</td>
<td>Tue/Thu</td>
<td>$155, No Class 2/25, 3/10 &amp; 3/12</td>
</tr>
<tr>
<td>7020-2</td>
<td>15 Sessions</td>
<td>Mon/Fri</td>
<td>$135, No Class 2/3, 3/6 &amp; 3/13</td>
</tr>
<tr>
<td>7020-3</td>
<td>16 Sessions</td>
<td>Tue/Thu</td>
<td>$145, No Class 4/14 &amp; 4/16</td>
</tr>
<tr>
<td>7020-4</td>
<td>14 Sessions</td>
<td>Mon/Fri</td>
<td>$125, No Class 4/10, 4/17, 4/20 &amp; 5/25</td>
</tr>
</tbody>
</table>

SILVERSNEAKERS

The SilverSneakers Fitness Program is an equipment-based, multi-level, total-body conditioning class in which students use hand-held weights, elastic tubing with handles, a SilverSneakers playbook, 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.

Margaret Cummings

<table>
<thead>
<tr>
<th>Class</th>
<th>Duration</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>7011-2</td>
<td>23 Sessions</td>
<td>Mon/Wed/Fri</td>
<td>$205, No Class 4/15, 4/17, 4/20 &amp; 5/25</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Duration</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>7022-1</td>
<td>24 Sessions</td>
<td>Mon/Wed/Fri</td>
<td>$215, FV Gym</td>
</tr>
<tr>
<td>7022-2</td>
<td>23 Sessions</td>
<td>Mon/Wed/Fri</td>
<td>$205, FV Gym</td>
</tr>
</tbody>
</table>

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

<table>
<thead>
<tr>
<th>Class</th>
<th>Duration</th>
<th>Days</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td>7023-1</td>
<td>24 Sessions</td>
<td>Mon/Wed/Fri</td>
<td>$215, FV Gym</td>
</tr>
<tr>
<td>7023-2</td>
<td>23 Sessions</td>
<td>Mon/Wed/Fri</td>
<td>$205, FV Gym</td>
</tr>
</tbody>
</table>

LAP SWIM & OPEN SWIM

These classes qualify for SilverSneakers® & Silver&Fit®. See page 29 for information on times. More swim offerings are listed on page 28 and 29.

www.ISD623.org/CommunityEd
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*

<table>
<thead>
<tr>
<th>Session</th>
<th>6 Sessions</th>
<th>Mon/Fri</th>
<th>2/10-2/28</th>
<th>$89</th>
</tr>
</thead>
<tbody>
<tr>
<td>7038-1</td>
<td>12:00PM-12:45PM</td>
<td>FV Gym 53</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>6 Sessions</th>
<th>Mon/Fri</th>
<th>3/16-4/3</th>
<th>$89</th>
</tr>
</thead>
<tbody>
<tr>
<td>7038-2</td>
<td>12:00PM-12:45PM</td>
<td>FV Gym 53</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>6 Sessions</th>
<th>Mon/Wed</th>
<th>5/4-5/20</th>
<th>$89</th>
</tr>
</thead>
<tbody>
<tr>
<td>7038-3</td>
<td>12:00PM-12:45PM</td>
<td>FV Gym 53</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

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.

*MN Sword Play*

<table>
<thead>
<tr>
<th>Session</th>
<th>6 Sessions</th>
<th>Saturdays</th>
<th>1/18-2/22</th>
<th>FV Gym</th>
</tr>
</thead>
<tbody>
<tr>
<td>7053-1</td>
<td>10:30AM-12:30AM</td>
<td>$75</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>6 Sessions</th>
<th>Saturdays</th>
<th>2/29-4/4</th>
<th>FV Gym</th>
</tr>
</thead>
<tbody>
<tr>
<td>7053-2</td>
<td>10:30AM-11:30AM</td>
<td>$75</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>6 Sessions</th>
<th>Saturdays</th>
<th>4/18-5/30</th>
<th>FV Gym</th>
</tr>
</thead>
<tbody>
<tr>
<td>7053-3</td>
<td>10:30AM-11:30AM</td>
<td>$75</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

No Class 5/23

TAI CHI CHIH FOR LIFE
Achieve a healthier mind, body, and spirit through an inner discipline that focuses on balance and circulation. 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-Floran*

<table>
<thead>
<tr>
<th>Session</th>
<th>8 Sessions</th>
<th>Tuesdays</th>
<th>1/14-3/3</th>
<th>FV Gym 53</th>
</tr>
</thead>
<tbody>
<tr>
<td>7005-1</td>
<td>4:30PM-5:45PM</td>
<td>$69</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>8 Sessions</th>
<th>Tuesdays</th>
<th>4/7-5/26</th>
<th>FV Gym 53</th>
</tr>
</thead>
<tbody>
<tr>
<td>7005-2</td>
<td>4:30PM-5:45PM</td>
<td>$69</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

TAI CHI CHIH - LEVEL 2
Build on your Tai Chi Chih skills. You will practice circulating and balancing the chi energy as well as fine tuning the nineteen movements and one pose of the Tai Chi Chih form. Join us and improve your balance and health.

*Robert Kippley*

<table>
<thead>
<tr>
<th>Session</th>
<th>8 Sessions</th>
<th>Wednesdays</th>
<th>2/5-3/25</th>
<th>FV 114</th>
</tr>
</thead>
<tbody>
<tr>
<td>7008-1</td>
<td>6:00PM-7:00PM</td>
<td>$69</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>8 Sessions</th>
<th>Wednesdays</th>
<th>4/1-6/3</th>
<th>FV 114</th>
</tr>
</thead>
<tbody>
<tr>
<td>7008-2</td>
<td>6:00PM-7:00PM</td>
<td>$69</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

No Class 4/8, 4/15

ZUMBA
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!

*Jan Campbell*

<table>
<thead>
<tr>
<th>Session</th>
<th>9 Sessions</th>
<th>Tuesdays</th>
<th>1/14-3/24</th>
<th>FV Solarium No Class 2/25 &amp; 3/3</th>
</tr>
</thead>
<tbody>
<tr>
<td>7112-T1</td>
<td>5:45PM-6:45PM</td>
<td>$75</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>11 Sessions</th>
<th>Thursdays</th>
<th>1/16-3/26</th>
<th>FV Solarium</th>
</tr>
</thead>
<tbody>
<tr>
<td>7112-TH1</td>
<td>5:45PM-6:45PM</td>
<td>$89</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>7 Sessions</th>
<th>Tuesdays</th>
<th>4/21-6/2</th>
<th>FV Solarium</th>
</tr>
</thead>
<tbody>
<tr>
<td>7112-T2</td>
<td>5:45PM-6:45PM</td>
<td>$55</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Session</th>
<th>7 Sessions</th>
<th>Thursdays</th>
<th>4/23-6/4</th>
<th>FV Solarium</th>
</tr>
</thead>
<tbody>
<tr>
<td>7112-TH2</td>
<td>5:45PM-6:45PM</td>
<td>$55</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

<p>| | | | | |</p>
<table>
<thead>
<tr>
<th></th>
<th></th>
<th></th>
<th></th>
<th></th>
</tr>
</thead>
</table>

sign up for both nights for $155

sign up for both nights for $105
FITNESS

Jazzercise Instructor Kelly Lewis was chosen as a Favorite Fitness Instructor in the Minnesota Women’s Press What Women Want reader survey.

JAZZERCISE
A high intensity 60 minute mix of dance-based cardio and strength training for a calorie-crushing total body workout. Not only will you rock it to fresh pulse-pounding music, we also target the 3 major muscle groups – upper body, abs and legs – so, you’ll feel it where you need it! Get Jazzercise Strength 60 for FREE when you register for Unlimited Jazzercise. Please register at class with instructor.

Kelly Lewis
Monday-Thursday 6:00PM-7:00PM
Saturday 9:00AM-10:00AM
FV Gym
7000-1 Feb 3-Apr 4
Drop-in $5
1x per week (9 classes) $35
2x per week (18 classes) $65
3x per week (27 classes) $90
Unlimited $98
No Class 2/25 & 3/3
7000-2 Apr 6-Jun 6
Drop-in $5
1x per week (9 classes) $35
2x per week (18 classes) $65
3x per week (27 classes) $90
Unlimited $98
No Class 5/23 & 5/25

JAZZERCISE STRENGTH60
A hardcore mix of standing and floor work targets the major muscle groups to build strength and carve your curves. Weights, Tubes and natural resistance engage your muscles while red-hot playlists distract you from the burn. Get Jazzercise Strength 60 for FREE when you register for Unlimited Jazzercise.

Kelly Lewis
7012-1 9 Sessions
5:45PM-6:45PM $36
2/7-4/3 FV Gym
7012-2 8 Sessions
5:45PM-6:45PM $34
4/17-6/5 FV Gym

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 20 Sessions
8:30AM-9:30AM $219
Tue/Thu 1/21-3/26 FV Gym 53
7036-2 20 Sessions
8:30AM-9:30AM $219
Tue/Thu 3/31-6/4 FV Gym 53

YOGA - LEVEL 1
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 9 months. You can also drop in for $9.

Virginia Satlfer-Reimer
LEVEL 1
7001-M 16 Sessions Mondays
7:00PM-8:00PM $135 FV Solarium
No Class 3/23 & 5/25
7001-W 16 Sessions Wednesdays
7:00PM-8:00PM $135 FV Solarium
No Class 3/25, 4/8 & 4/15
7001 sign up for both nights for $259

LEVEL 2
7002-M 16 Sessions Mondays
6:00PM-7:00PM $135 FV Solarium
No Class 3/23 & 5/25
7002-W 16 Sessions Wednesdays
6:00PM-7:00PM $135 FV Solarium
No Class 3/25, 4/8 & 4/15
7002 sign up for both nights for $259

MIXED LEVELS
7004-M 16 Sessions Mondays
4:45PM-5:45PM $135 FV Solarium
No Class 3/23
7004-S 17 Sessions Saturdays
10:30AM-11:30AM $139 FV Solarium
No Class 3/21 & 5/23

INDOOR WALKING AT FV
A walking course is on the main floor: 4 1/2 times equals one mile. The stopping points are the double doors on 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 the Roseville Area Senior Program with questions at 651.604.3520.

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

www.ISD623.org/CommunityEd
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  1/15-2/12
$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  2/26-4/1
$59  FV 100
No Class 3/4

INTERVIEW SKILLS
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 on how to best structure your answers. Short mock interview sessions will be utilized.

Lisa Allota
4087  1 Session  Wednesday
5:30PM-6:45PM  1/29
$19  FV 116A

WRITER’S WORKSHOP: COPING WITH CHRONIC ILLNESS
Being diagnosed with a chronic or life-threatening illness, treatment, and recovery can be a challenging and stressful process. Expressive writing has been shown to boost mental, physical, and emotional health. Development of multiple writing techniques will be reviewed and practiced, to provide an outlet to share these feelings. Sharing of your personal journey and writing in class is encouraged but not required.

Nicole Stepan
1224  1 Session  Saturday
1:00PM-2:00PM  3/7
$35  FV 100

STORYTELLING & ACTING
Learn how to mesmerize family and friends with a way of telling stories that bring the characters and happenings to life. You and your listeners will live the adventure as you tell it. Stop envying those around you who have that certain flair for telling a story and become one of them.

Homeward Bound Theatre Co
1255  1 Session  Tuesday
6:30PM-8:30PM  4/7
$45  RAMS Cafeteria

WRITER’S WORKSHOP: COPING WITH CAREGIVING
Acting as a caregiver for a family member with a chronic or life-threatening illness can be challenging and stressful. Limited time to care for yourself is common. Expressive writing boosts mental, physical, and emotional health. Development of writing techniques will be practiced, to provide an outlet to share these feelings. Sharing of your personal journey and writing in class is encouraged but not required.

Nicole Stepan
1225  1 Session  Saturday
1:00PM-2:00PM  4/4
$35  FV 100

HOW TO PUBLISH YOUR BOOK WITHOUT GOING BROKE
Whether you’ve written the great American novel or your memoirs to share with family and friends, this class is for you. You will learn how to set up your manuscript so it is ready for publication, where to get help with layout and design, and how and where to actually get it printed at an affordable cost. We’ll also touch on the business of selling your books. Discounted guide available from instructor for $10.00.

June Anderson
2221  1 Session  Thursday
6:00PM-8:30PM  3/19
$19  FV 102

YOU SAID WHAT?
“I know you believe you understand what you think 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. Have fun while we resolve disagreements and discord.

Milan Mockovak
7525  1 Session  Thursday
1:30PM-3:30PM  4/23
$19  FV 100

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  9 Sessions  Wednesdays
7:00PM-9:00PM  2/12-5/20
$95  FV 116A
No Class 2/26, 4/1, 4/8, 4/15, 4/22 & 4/29

Roseville Area Schools Community Education
EVERYDAY WELLBEING
In this 4 week course, explore and practice concepts of physical, mental, and emotional wellbeing for busy people who want simple, low-cost things to do at home. Try out movement, breathwork, meditation, scents, creativity, and nourishing beverages and snacks. Take home resources to enjoy and continue your wellbeing journey.
Lea Bittner-Eddy & Sarah Groskreutz
7510 4 Sessions Wednesdays
6:00PM-7:15PM 4/22-5/13 $49 FV Gym 53

LAY RESPONDER CPR/AED WITH FIRST AID
(adult/child/infant) Get certified in CPR, AED, and first aid from the American Red Cross. Learn the skills necessary to recognize and provide basic care for breathing and cardiac emergencies as well as the recognition and treatment of stroke, diabetic emergencies, and allergic reactions as well as treatments for wounds, fractures, burns, and other common injuries. Feel free to bring a bag lunch or snack.
HeartCert CPR
7594 1 Session Saturday
9:00AM-2:30PM 2/8
$95 FV 108

FIRST AID
First Aid covers any emergency that does not require the use of CPR. Topics covered in this American Red Cross course include recognition and treatment for heart attacks, stroke, diabetic emergencies, allergic reactions as well as first aid treatments to wounds, fractures, burns and other common injuries.
HeartCert CPR
7593 1 Session Saturday
11:30AM-2:30PM 2/8
$75 FV 108

LAY RESPONDER CPR/AED (ADULT/CHILD/INFANT)
This CPR/AED class gives individuals the knowledge and skills necessary to recognize and provide basic care for breathing and cardiac emergencies until advanced medical personnel arrive. This American Red Cross course certifies individuals in CPR/AED for adults, children and infants is nationally recognized and valid for two years.
HeartCert CPR
7595 1 Session Saturday
9:00AM-11:30AM 2/8
$75 FV 108

IMPROVE YOUR HEALTH AT ANY AGE
You can’t change your chronological age but you CAN shave years off your biological age. Your BioAge is measured by how well all your body systems work. We will discuss simple steps you can take to shave years off your bio age and help make every system in your body as healthy as possible. Also, we will do Janice’s famous ‘One Minute To Better Posture’ technique that will have you standing straighter instantly.
Janice Novak, MS
7519 1 Session Saturday
11:15AM-12:45PM 5/16
$35 FV Great Room

LEARNING TO DANCE IN THE RAIN WHILE LIVING WITH A CHRONIC ILLNESS
We will discuss strategies for finding happiness while living with a chronic illness. Learn strategies to avoid becoming overwhelmed by new tasks. 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 2/26
$25 FV 116A

Enroll early to avoid cancellations.
Decisions to cancel classes due to low enrollment are usually made a week in advance.
HYPNOSIS STOP SMOKING, VAPING & CHEWING TOBACCO
Quit smoking, vaping, or chewing tobacco 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. Fee includes CD and lifetime membership card for free reinforcement. Bring a pillow and blanket. For more information, visit www.hypnosisclinic.net. No discounts.

Dr. Mary Fischer
7500-S 1 Session Wednesday 6:00PM-9:00PM 2/12 $59 FV 102
7500-S2 1 Session Monday 6:00PM-9:00PM 4/6 $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. Fee includes CD and lifetime membership card for free reinforcement. Bring a pillow and blanket. For more information, visit www.hypnosisclinic.net. No discounts.

Dr. Mary Fischer
7500-W 1 Session Wednesday 6:00PM-9:00PM 2/12 $59 FV 102
7500-W2 1 Session Monday 6:00PM-9:00PM 4/6 $59 FV 116A

POSTURE AND OSTEOPOROSIS - BUILDING BETTER BONES
Learn simple techniques to improve posture and stand straighter. We’ll do exercises to help flatten the upper back, round shoulders and flatten your midsection. We’ll talk about how to reduce the risk of osteoporosis and related injuries and discuss the latest research findings on nutrition for bone health. Wear loose, comfortable clothing. $3 supply fee payable to instructor for resistance band OR bring your own band.

Janice Novak, MS
7507 1 Session Saturday 9:30AM-11:00AM 5/16 $35 FV Great Room

THE BRIDGE BETWEEN PAPER AND STONE
This class will teach you a bit about tarot and a bit about runes, as used in divination. It will then show the fascinating connection between the two. By the end of the session you will have the foundation needed to use both in providing guidance. No previous experience with Runes or Tarot is needed. This class will be co-taught between Reverend Kathy Wilken and Ruth Sheldrake.

Kathy Wilken
1557 6 Sessions Wednesdays 7:00PM-9:00PM 4/22-5/27 $65 FV 102

HIPS, THIGHS & OTHERWISE
We have become a nation of professional sitters. Learn my ‘10 Minute Miracle Exercise’ series to strengthen lower body muscles and increase metabolism and bone density; decrease 2 inches off saddle bag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupuncture points for lymph circulation and drainage. Come prepared to exercise and bring a mat.

Janice Novak, MS
7587 1 Session Saturday 11:15AM-12:45PM 3/14 $39 FV Great Room

WOMEN, WEIGHT & HORMONES
Your inability to lose weight may have to do with your hormone levels. Learn 7 key strategies for fighting fat and losing weight along with ten simple things you can do every day to keep your metabolism burning brightly. Learn how to have your hormone levels checked reliably and what steps need to be taken to safely break the vicious cycle of hormone related weight gain. Help your body begin to lose weight again.

Janice Novak, MS
7522 1 Session Saturday 9:30AM-11:00AM 3/14 $35 FV Great Room

PSYCHIC DEVELOPMENT
Make new friends as we explore many interesting topics related to psychic phenomenon. During this class you will learn how to use your own intuition to receive guidance to life questions you have. We will learn about ghosts, other planes of existence, energy that impacts our everyday interactions. This is a survey type of class so each week we will explore a new topic.

Kathy Wilken
1559 9 Sessions Tuesdays 7:00PM-9:00PM 3/31/6/2 $135 FV 102
No Class 4/14

MYTH, RITUAL, AND THE SOUL
A myth is a story that uses fantasy or imagination to convey psychological and spiritual truths that touch the soul. This class will help you to realize the vital place of the mythic in your life and enable you to create your own soul rituals. By the end this course, you will understand why myth and ritual are so vital to life, be able to make explicit connections in your own life, and perform a self-designed ceremony.

Pierre MacGillis
1234 4 Sessions Thursdays 7:00PM-8:30PM 4/23-5/14 $35 FV 116A
TICKETS ON SALE NOW!!

Tonic Sol Fa

Roseville Area High School Auditorium

February 28

Adults $19
Children & Seniors $12

7:30 PM

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.

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

Seating is on a first come, first served basis.
Sponsored by Roseville Area Schools Community Education
PERSONAL INTERESTS

ESSENTIAL OILS: DELIGHTFUL FOR DOGS
Essential oils are not just for humans; they are also for your dogs. Learn how to safely use essential oils with your dog. DIY recipes included.

Gina Corradi
1387 1 Session Monday 6:30PM-8:00PM $19

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
1388 1 Session Thursday 6:30PM-8:30PM $25

WEAK MINDED WOMEN!?
When women asked to vote in the U.S., they were told that their minds were too weak for politics, it would unsex them, it would cause the ruin of the nation, and God didn’t want them to vote. Learn about the suffrage movement and the challenges they faced. It wasn’t just ladies in long dresses carrying signs. They endured beatings and imprisonment, as well as ridicule and scorn - all to obtain a right that is too often neglected.

Kathleen Simmer
1537 1 Session Monday 1:30PM-3:30PM $19

ISLAMIC CONTRIBUTIONS TO SOCIETY
World civilizations enrich and build upon each others contributions. This class will give an overview of contributions made by Muslims in different fields such as science, mathematics, astronomy, medicine, engineering, arts, etc. The class will also discuss the origins of some commonly used words.

Islamic Resource Group
1586 1 Session Wednesday 6:00PM-8:00PM $19

IT’S GOOD TO BE KING (OR PRESIDENT)
This presentation is about the special little luxuries, the unusual services, and the privileges and perks that our presidents of the United States have relished over the years. Some of them you are aware of, but others may surprise you. Also included will be the really annoying things that are involved in holding this high office. Come and enjoy learning what it's like to be president.

Kathleen Simmer
1587 1 Session Monday 1:30PM-3:30PM $19

EXTENDED TRAVEL SHOWCASE
Take the trip of a lifetime! Learn about extended travel opportunities through Landmark Travel in 2020. Each inclusive package features round trip airfare, quality accommodations, many meals, deluxe motor coach transportation, and the services of a professional Tour Manager. There’s a trip waiting for you. If you can’t attend, call Landmark Travel at 651-490-5408 for a catalog.

Landmark Tours
1536 1 Session Monday 1:30PM-3:30PM $19

LGBTQ+ 101 & INTERSECTIONAL EQUITY
This presentation provides an overview of vocabulary and information regarding LGBTQ+ identities including current legal policies and concrete strategies on how to create safe and supportive environments. A 2018 national survey by the Human Rights Campaign revealed that 74% of LGBTQ students feel unsafe at school. OutFront MN’s Educational Equity Program aims to decrease intersectional inequity and increase LGBTQ+ inclusivity. We support schools to create environments where humans can feel safe, respected, and valued.

OutFront Minnesota
1386 1 Session Wednesday 6:30PM-8:00PM FREE

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 $19

18
Roseville Area Schools Community Education
PERSONAL INTERESTS

BRIDGE CLASS: BOOK 3
Book three requires a basic understanding of the bidding and playing of the game. Each class builds on the other, and uses an American Contract Bridge League approved textbook. It is available from the instructor for $20, payable in class. Taught by a Silver Life Master and an ACBL accredited teacher. No discounts.
Mignon Neary
7013
8 Sessions Tuesdays
1:15PM-3:15PM
1/28-3/17
$59
FV 105

CHESS: BEGINNERS TO INTERMEDIATE
Are you new to Chess or want to continue playing and developing your skills? This Chess class is for all levels of players. It’s fun and brings people together. In no time, you’ll be challenging your kids or grand-kids with your new hobby.
Bill Nara
3854
8 Sessions Tuesdays
1:00PM-2:30PM
3/3-4/21
$59
FV 114

IDENTITY THEFT, FRAUD AND SCAM PREVENTION
Approximately 15 million US residents are victims of identity theft each year. Identity theft, fraud and scams are popular crimes. Learn tips on how to prevent getting scammed and what to do if you become a victim of identity theft in this informational packed presentation.
Roseville Police Department
3527
1 Session Wednesday
1:30PM-3:00PM
2/26
FREE
FV 108

SEA LIFE AT MALL OF AMERICA - SHOPPING & LUNCH
Experience the 1.2 million gallon Sea Life Aquarium at the Mall of America (MOA) and its thousands of aquatic creatures. Before the tour, we will do some shopping at MOA and then sit down to lunch at Fire Lake Restaurant at the Radisson Blu. Aquarium tour, lunch and motor coach transportation are all included in your trip fee. Register by March 13. Depart at 9:30 a.m., return at 2:30 p.m.
3504
1 Session Thursday
9:30AM-2:30PM
4/9
$59
Northern Parking Lot
Roseville Skating Center

55+ DEFENSIVE DRIVING 8-HOUR
Get a discount on your auto insurance. The 8-Hour Defensive Driving Course is for those taking the course for the first time. It teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. The class consists of lecture, films and discussions. Paid preregistration is required at least one week prior to the class date. No senior discounts.
Minnesota Safety Council
1567W-1 2 Sessions
5:30PM-9:30PM
$29
1567W-2 2 Sessions
5:30PM-9:30PM
$29
1567W-3 2 Sessions
5:30PM-9:30PM
$29
1567W-4 2 Sessions
5:30PM-9:30PM
$29

55+ DEFENSIVE DRIVING REFRESHER
4-HOUR Learn about defensive driving and receive a 10 percent discount on your car insurance for 3 years. The Refresher class is for those who have taken the 8-hour course. No driving test required. Paid preregistration is required at least one week prior to the class date. No senior discounts.
Minnesota Safety Council
1566W-1 1 Session Saturday
8:30AM-12:30PM
1/11
$25
FV 108
1566W-2 1 Session Tuesday
1:30PM-5:30PM
1/14
$25
FV 108
1566W-3 1 Session Wednesday
5:30PM-9:30PM
1/22
$25
FV 108
1566W-4 1 Session Saturday
8:30AM-12:30PM
2/8
$25
FV Great Room
1566W-5 1 Session Monday
1:30PM-5:30PM
2/17
$25
FV 108
1566W-6 1 Session Saturday
8:30AM-12:30PM
3/7
$25
FV 108
1566W-7 1 Session Monday
1:30PM-5:30PM
3/16
$25
FV 108
1566W-8 1 Session Thursday
5:30PM-9:30PM
3/26
$25
FV 108
1566W-9 1 Session Saturday
8:30AM-12:30PM
4/4
$25
FV 108
1566W-10 1 Session Monday
1:30PM-5:30PM
4/20
$25
FV 108
1566W-11 1 Session Saturday
8:30AM-12:30PM
5/9
$25
FV 108
1566W-12 1 Session Monday
1:30PM-5:30PM
5/11
$25
FV Great Room
1566W-13 1 Session Wednesday
5:30PM-9:30PM
5/27
$25
FV 108

CLIFTON STRENGTHS WORKSHOP
Are you looking for a short-term professional development opportunity with a long-term impact? In this interactive workshop you will learn your Top 5 talents using the Clifton Strengths assessment. Start the journey now to turning your greatest strengths into strengths in work and life. People who use their strengths everyday are happier, more productive and engaged.
Lara Christley
7568-1 1 Session Thursday
1:30PM-6:00PM
2/20
$125
FV 100

MAGIC FOR ALL AGES
Ages 10+. Have you ever been amazed by a magician? Well, you too, can be the life of every party! Magic is a great way to learn to “think outside the box” and to gain confidence in speaking in front of a group. These tricks are easy to master and suitable for all ages.
Homeward Bound Theatre Co
1546 2 Sessions Saturdays
10:00AM-11:30AM
2/1 & 2/8
$45 Individual
FV 100
1546 2 Sessions Saturdays
10:00AM-11:30AM
2/1 & 2/8
$59 Adult & Child

www.ISD623.org/CommunityEd
RESUME BUILDING
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. Bring your current resume for personalized feedback as well.
Lisa Alito
4056  1 Session  Wednesday
5:30PM-6:45PM  1/22
$19  FV 116A

HOW TO PAY FOR THE NURSING HOME, AN ATTORNEY’S PERSPECTIVE
The biggest fear for most baby boomers is how to pay for the nursing home and still leave the next generation something. Is long term care insurance for you? Would I qualify for Medicaid? What about my current Trust, does it avoid the nursing home? What is the 60 month claw back? What if my spouse goes into the nursing home? We will walk through these questions and many more.
Steve J Ledin
4009  1 Session  Monday
6:30PM-8:00PM  3/2
$15  FV 100

HOW WILLS AND TRUSTS CAN AND CANNOT HELP YOU
This class explores the purposes 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.
Amanda Hespen
4070-1  1 Session  Thursday
6:00PM-7:30PM  2/13
$19  FV 102

4070-2  1 Session  Thursday
6:00 PM-7:30PM  4/30
$19  FV 102

INTERVIEW SKILLS
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. Short mock interview sessions will be utilized.
Lisa Alito
4057  1 Session  Wednesday
5:30PM-6:45PM  1/29
$19  FV 116A

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  Monday
6:30PM-8:00PM  2/3
$19  FV 100

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. This class is tailored to people who have an estate of less than $2 million and do not own a business. Spouses must register separately.
Bolt Hoffer Boyd PA
4200-1  1 Session  Tuesday
6:00PM-9:00PM  2/11
$55  FV 203C

4200-2  1 Session  Tuesday
6:00PM-9:00PM  4/21
$55  FV 203C

WHY YOU CAN’T TRUST YOUR TRUST
Most people believe that their Revocable Trust shields the assets from the nursing home and creditors. In Minnesota, Revocable Trusts are subject to the nursing home and creditors. If you can change the Trust, the nursing home and creditors can access the money in the Trust. Learn about the pros and cons of a Revocable Trust and if it is a fit for you. You will also learn about other options.
Steve J Ledin
4078  1 Session  Monday
6:30PM-8:00PM  1/27
$15  FV 102

NEW REALITY OF RETIREMENT
How is retirement different than that of previous generations? Explore an updated approach to retirement planning that accounts for the challenges and pitfalls that are unique to the reality in which we now live.
Daniel Goldsmith
4005-1  1 Session  Wednesday
6:00PM-9:00PM  2/26
$19 per Couple  FV 108
$15 per Individual

4005-2  1 Session  Wednesday
6:00 PM-9:00PM  4/1
$19 per Couple  FV 108
$15 per Individual

Enroll early to avoid cancellations.
Decisions to cancel classes due to low enrollment are usually made a week in advance.
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. This course will blend financial education with life planning to help you build wealth and achieve your retirement lifestyle goals. Workbook included in tuition. Fee is for an individual or a pair.

Danica Gosher
4067-1 2 Sessions Thursdays
6:30PM-9:30PM 1/23 & 1/30
$49 FV 100

4067-2 2 Sessions Tuesdays
6:30PM-9:30PM 1/28 & 2/4
$49 FV 102

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 Tuesday
6:30PM-8:00PM 4/21
$15 FV 100

A SYSTEM FOR LIFE’S TRANSITIONS - ARE YOU READY OR NOT?
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. You will receive a copy of “A System for Life’s Transitions” workbook.

Dick Edstrom
4016 1 Session Monday
1:30PM-3:00PM 4/13
$35 FV 100

HOME COMPOSTING
Learn the basics and benefits of home composting, including how to recycle kitchen waste, grow healthier plants, and create a more sustainable garden.

Ramsey County Master Gardeners
1382 1 Session Saturday
9:00AM-10:30AM 3/14
$15 FV 100

HOUSEPLANT SUCCESS
Caring for plants in your home requires special care and consideration. Learn how to keep your indoor plants healthy and avoid common problems.

Ramsey County Master Gardeners
1381 1 Session Saturday
9:00AM-10:30AM 2/8
$15 FV 102

BASIC HOME REPAIR - ELECTRICAL
An electrician can cost you hundreds of dollars for simple repairs. Learn to make the repairs yourself. 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 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 4/11
$15 FV 100

BASIC HOME REPAIR - PLUMBING
Learn to repair minor plumbing problems and save money. 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 for the Step by Step Home Plumbing Guidebook payable to instructor.

Tod Novinska
4131 1 Session Saturday
12:30PM-3:00PM 4/11
$15 FV 100

EVERYTHING YOU NEED TO KNOW TO BUY A HOME IN 2020
Learn how to pick a Lender and 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 1 Session Thursday
6:30PM-8:00PM 3/19
$15 FV 100

1392-2 1 Session Tuesday
6:30PM-8:00PM 5/5
$15 FV 100

KITCHEN AND BATH REMODELING
Create a mindful kitchen or bathroom by incorporating products with beauty, durability and value. Discuss the budget and materials needed for a fantastic experience in tailoring your cabinets, countertops, flooring and backsplash to your taste and needs.

Ann Haws
1327 1 Session Tuesday
7:00PM-9:00PM 2/4
$25 KHI
HOME & FAMILY

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 4/4
$45 per Couple FV 116A

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 2/22
$45 per Couple FV 116A

1388-2 1 Session Wednesday
6:00PM-9:00PM 3/4
$45 per Couple FV 102

NATURAL LIVING: DITCH THE CHEMICALS AND SWITCH TO NATURE
Learn about the chemicals found in conventional and even organic products and how they affect the body. Discover natural substitutions and easy DIY recipes using essential oils. You will make a scrub cleaner and an all purpose cleaner.

Gina Corradi
1366 1 Session Saturday
1:00PM-4:30PM 3/7
$35 FV 105

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
7:00 PM-9:00PM 3/11
$19 FV 108

STEEPING ON: STRATEGIES FOR FALL PREVENTION
Falling is a common but preventable experience that can lead to life-altering consequences. Learn how to prevent falls with the evidence-based Stepping On program, shown to decrease falls in older adults. You will learn simple and fun balance and strength training, the role vision plays in keeping your balance, and how medications can contribute to falls.

Registration deadline: February 21.
Angela Bowles Edwards & Kayla Reininger
3031 7 Sessions
1:30PM-3:30PM Tuesdays
3/3-4/14
$15 FV 108

PLANNING YOUR MOVE - WHAT IS SENIOR HOUSING AND IS IT RIGHT FOR ME?
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. From getting your home ready to sell and learning about home values to timing your move and downsizing, you’ll leave this class with more confidence and a better understanding of the process.

Renee Miller
3369 1 Session Thursday
2:00PM-3:30PM 2/13
$5 FV 102

3369 S 1 Session Thursday
2:00PM-3:30PM 4/9
$5 FV 108

PUT opportunities TO THE TEST!

The Roseville Adult Learning Center is a certified Pearson Vue Testing Center

Pearson Vue is a leader in computer-based testing

The testing center hours are:
• Mon, Tue, Wed from 9am-3pm • Th from 12pm-6pm
• Fri from 8:30am-12:30pm

Take your test in:
• MN Teacher Licensure • GED Test
• Child Development Associate Credential (CDA)
• National Board for Home Care and Hospice Certification
• ServSafe Certification • Microsoft Certification
• Pharmacy Technician Certification
• Plus many more

Call 651 604-3553 if you have any questions.
HOME & FAMILY

PREPARING FOR WEATHER AND OTHER EMERGENCIES
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 Monday 6:30PM-8:00PM $19
FV 100

SELLING YOUR HOME QUICKLY & FOR TOP DOLLAR
Learn what you can do to sell your home quickly and for top dollar. Your key takeaways will be the importance of a trustworthy Realtor, staging your home, what improvements will yield the best results, pricing 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 1 Session Tuesday 6:30PM-8:00PM $15
FV 100
1303-2 1 Session Thursday 6:30PM-8:00PM $15
FV 100

PRUNING TREES AND SHRUBS
Woody plants like trees, shrubs, and some flowers benefit from regular pruning to encourage healthy growth while avoiding potential problems. Learn the basics of how to care for your woody plants in this workshop.

Ramsey County Master Gardeners
1342 1 Session Monday 6:30PM-8:00PM $15
FV 116A

CLASS HIGHLIGHT

PEST DETECTIVES
This class is designed to help home gardeners of all levels. Learn how to prevent against, diagnose, and respond to problems in your yard and garden using Integrated Pest Management practices.

Ramsey County Master Gardeners
1384 1 Session Monday 6:30PM-8:00PM $15
FV 116A

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. Discussion includes the myths and realities that surround retirement, finding purpose, how to stay socially connected and reinventing yourself.

Bob Koehler
3048 1 Session Thursday 6:00PM-8:00PM $15
FV 116A

YOUR HEALTH CARE DIRECTIVE - LIVING WILL
Who will make your health care decisions if you are unable to speak for yourself? Learn what is important in choosing a Health Care Agent and writing a Health Care Directive as well as resources available to assist in the process. You will receive current forms and examine the roles of a Health Care Agent, and how to complete the Health Care Directive.

Kathryn Ottenness
3005 2 Sessions Saturdays 9:00AM-10:30AM $9 per Individual
FV 116A
$15 per Couple

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
• Special Presentations
• Twin Cities Tours
• Arts & Crafts
• Cooking Classes
• Outdoor Activities
• Musicals
• Organized Games
• Dances
• 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
TECHNOLOGY

CUT THE CORD
Do you want to save money? Join us as we explore the online avenues to watch your favorite stations and movies without having a cable contract. We will discuss low or no cost options for your telephone and online streaming on your smart TV, computer, or your favorite mobile device. Bringing your laptop or mobile device is optional.

Elise d’Entremont
4316 1 Session Thursday 6:30PM-8:30PM 4/23 $19 FV 203C

SMARTPHONE BASICS I
Do you feel like you don’t know everything that your smartphone can do? 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, as there will be time where I will help anyone that needs “hands-on” help.

Stephen Markfort
4343-1 1 Session Thursday 6:00PM-8:00PM 4/23 $25 FV 116A
4343-2 1 Session Thursday 6:00PM-8:00PM 4/23 $25 FV 108

SMARTPHONE BASICS II
Do you feel like you don’t know everything that your smartphone can do? Join us as we cover the next level of functions 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, as there will be time where I will help anyone that needs “hands-on” help.

Stephen Markfort
4345-1 1 Session Thursday 6:00PM-8:00PM 4/23 $25 FV 116A
4345-2 1 Session Thursday 6:00PM-8:00PM 4/30 $25 FV100

VIDEO GAME DEVELOPMENT - PYGAME
Design and create a 2D video game with graphics and audio. We will use Python with the PyGame library. Learn about common strategies for implementing different types of game-play.

Jeron Lau
4321 5 Sessions Mondays 7:00PM-8:30PM 6/1-6/29 $75 FV 102

WEB DEVELOPMENT A: HTML, CSS & JAVASCRIPT
Make your own personal static website.

Jeron Lau
4323 5 Sessions Mondays 7:00PM-8:30PM 2/3-3/2 $75 FV 102

WEB DEVELOPMENT B: WEBSITE ENGINEERING
Learn about parallel processing and web assembly. Build a web-server software taking advantage of multiple CPUs and a client-side web application to work with it. Prerequisite: Introduction to Computer Science and Web Development A.

Jeron Lau
4324 5 Sessions Mondays 7:00 PM-8:30PM 4/13-5/11 $75 FV 102

MONEY SAVING OPTIONS WHEN CHOOSING A WIRELESS CARRIER & DEVICE
The wireless carrier industry seems to be getting more and more confusing. We will break down the options that are currently available and the differences between things like prepaid and postpaid options. I will also cover my top tips that have helped many people save hundreds of dollars on their bills. Live breakdowns of some attendee’s bills will be part of the course.

Stephen Markfort
4340 1 Session Thursday 6:00PM-8:00PM 3/19 $25 FV 108

Roseville Area Schools Community Education
TECHNOLOGY

SMARTPHONE OR TABLET QUESTIONS AND SOLUTIONS
Want a hands-on mobile technology expert to help with your specific device or questions? This course is a question and answer format, designed for attendees to have more time to get their unique questions or issues addressed. Please note if the question being addressed does not apply to you, expect to be a little patient. Bring your smartphone or tablet to class for best results.

*Stephen Markfort*

**4374-1**
- 1 Session
- 6:00PM-8:00PM
- $25
- Thursday
- 2/13
- FV 116A

**4374-2**
- 1 Session
- 6:00PM-8:00PM
- $25
- Thursday
- 5/14
- FV 100

PROTECT YOUR ONLINE IDENTITY
Protect one of your most valuable assets - your identity. Identity theft is real and hacked accounts as well as scams are common place today. Learn ways to protect your online identity and your devices from being hijacked. This timely class will give you the resources you need to stay safe and surf safely.

*Elise d'Entremont*

**4315**
- 1 Session
- 6:30PM-8:30PM
- Thursday
- 5/28
- $19
- FV 203C

ONLINE GARAGE SALES
Overwhelmed with too much stuff? Learn how to sell your unwanted treasures locally online. We will discuss safety, negotiations, price setting, paperwork, and ad photos using Craigslist.

*Elise d'Entremont*

**1362**
- 1 Session
- 6:30PM-8:30PM
- Monday
- 5/4
- FV 203C

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:

- paraprofessionals in education
- early childhood
- manufacturing and soldering
- maintenance and low pressure steam boilers license preparation
- warehouse and forklift
- translating and interpreting
- commercial kitchen internship/ServSafe

Call **651.604.3512** or email **alc-info@isd623.org** or **tim.obrien@isd623.org** for start dates and class details.
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
Summer hours - we close at noon on Fridays.

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
Adults of all ages 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
50¢ Donation 50¢ 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, 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
Our Seasons 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.

TRANSPORTATION - MEDICAL RIDES 651.604.3535
Medical Ride Service volunteer drivers use their own vehicles to provide rides to medical and dental appointments for people who can walk with minimal assistance.
• Riders are asked to limit requests to one ride per week.
• The rider is responsible for paying any parking fees during the ride.
• The medical ride service is available to residents in the RASP service area (ISD 623).
• RASP medical rides operate within a ten-mile radius of the Fairview Community Center.

We need more drivers. If you are interested, please give us a call!

Suggested donation for a round-trip medical ride of $8. Drivers cannot accommodate wheelchairs, and can provide minimal assistance getting in and out of the vehicle.
Please allow at least one-week notice scheduling your medical ride. Registration must be completed before rider receives transportation. For registration information, call or email the RASP office. Ph: 651-604-3520; Email: rasp@isd623.org.
DAYTIME PERSONAL INTERESTS

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 4/10

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 5/25

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

Weekly Wednesday
10:00AM-11:30AM FV 116A
$1.50 Pay at session

MORNING TALKS
A free monthly program that provides current and new health and wellness information. Call for topic details 651.604.3520 and to register. Walk-ins Welcome.

FREE Blood Pressure Checks 8:45AM-9:20AM
Monthly 2nd Wednesday
9:00AM-10:00AM Cardigan Ridge
3300 Rice St., Little Canada

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.

Weekly Thursdays
1:00PM-2:30PM FV 116A
FREE

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
$3

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
1:30PM-3:00PM FV 114
$1.00 Pay at session
No Class 1/20 & 5/25

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 Wednesdays
1:00PM-3:00PM FV 114
$1.00 Pay at session

UKULELE PLAY & SING ALONG
Join us for a ukulele jam and sing-a-long. Getting started on the uke is easy. The jam will emphasize having fun and making everyone feel welcome.

Monthly 1st Monday
1:30PM-3:00PM FV 120
$1.00 Pay at session

BALLROOM DANCE
Join us for social dances and refreshments served. Call 651.604.3520 for a schedule of the featured bands.

3312 Monthly 2nd & 4th Tuesdays
1:30PM-4:00PM FV Solarium
$7.00 Pay at Session

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

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 4/10

RELIGIOUS STUDY
A nondenominational 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. 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 prior to each Thursday’s Partner Bridge activity.

Weekly Thursday
12:15PM-3:30PM FV 114
$2.00 Pay at session

Roseville Gift & Craft Shoppe
Open Monday-Friday
9:30AM-3:30PM
Featuring hand-crafted gift items supporting the Roseville Area Senior Program and the artisans. Volunteer consignors create a wide selection of unique items to sell and staff the shop.

Fairview Community Center
1910 County Rd B West
Roseville
651.604.3529
www.ISD623.org/RASP

www.ISD623.org/CommunityEd
ALL CLASSES AT
FAIRVIEW COMMUNITY CENTER POOL

WINTER LESSON SCHEDULE  No class Jan 20
Monday    Jan 6 - Mar 2
Wednesday  Jan 8 - Feb 26
Thursday   Jan 9 - Feb 27
Saturday   Jan 11 - Feb 29

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.

WINTER SCHEDULE

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DATE</th>
<th>TIME</th>
<th>DAY</th>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td>#80-F1</td>
<td>Jan 11-Feb 29</td>
<td>9:00-9:25AM</td>
<td>Saturday</td>
<td>$54</td>
</tr>
<tr>
<td>#80-F7</td>
<td>Jan 7-Feb 18</td>
<td>7:00-7:25PM</td>
<td>Tuesday</td>
<td>$47.25</td>
</tr>
<tr>
<td>#80-F8</td>
<td>Jan 9-Feb 27</td>
<td>9:20-9:45AM</td>
<td>Thursday</td>
<td>$54</td>
</tr>
</tbody>
</table>

SPRING SCHEDULE (No class April 11 & 14)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DATE</th>
<th>TIME</th>
<th>DAY</th>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td>#80-F1</td>
<td>Mar 21-May 16</td>
<td>9:00-9:25AM</td>
<td>Saturday</td>
<td>$54</td>
</tr>
<tr>
<td>#80-F2</td>
<td>Mar 24-May 12</td>
<td>7:00-7:25PM</td>
<td>Tuesday</td>
<td>$47.25</td>
</tr>
<tr>
<td>#80-F3</td>
<td>Mar 19-May 7</td>
<td>9:20-9:45AM</td>
<td>Thursday</td>
<td>$54</td>
</tr>
</tbody>
</table>

RED CROSS YOUTH SWIM LESSONS 5-14 YEARS - WINTER 2020
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 II
New Skills: Back crawl, breaststroke, scissors, and dolphin kick.

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

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

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.

<table>
<thead>
<tr>
<th>DAY</th>
<th>TIME</th>
<th>COURSE OFFERINGS</th>
<th>PRICE</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sat</td>
<td>10:00-10:45AM</td>
<td>Beg I #81-F1</td>
<td>Beg II #82-F1</td>
</tr>
<tr>
<td>Sat</td>
<td>10:55-11:40AM</td>
<td>Beg I #81-F2</td>
<td>Beg II #82-F2</td>
</tr>
<tr>
<td>Mon</td>
<td>5:30-6:15PM</td>
<td>Beg I #81-F3</td>
<td>Beg II #82-F3</td>
</tr>
<tr>
<td>Mon</td>
<td>6:25-7:10PM</td>
<td>Beg I #81-F4</td>
<td>Beg II #82-F4</td>
</tr>
<tr>
<td>Wed</td>
<td>5:40-6:25PM</td>
<td>Beg I #81-F5</td>
<td>Beg II #82-F5</td>
</tr>
<tr>
<td>Wed</td>
<td>6:35-7:20PM</td>
<td>Beg I #81-F6</td>
<td>Beg II #82-F6</td>
</tr>
<tr>
<td>Thur</td>
<td>5:15-6:00PM</td>
<td>Beg I #81-F7</td>
<td>Beg II #82-F7</td>
</tr>
<tr>
<td>Thur</td>
<td>6:10-6:55PM</td>
<td>Beg I #81-F8</td>
<td>Beg II #82-F8</td>
</tr>
</tbody>
</table>
ADULT SWIM WINTER

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.

WINTER SCHEDULE

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DATE</th>
<th>TIME</th>
<th>DAY</th>
<th>$</th>
</tr>
</thead>
<tbody>
<tr>
<td>#92-F2</td>
<td>Jan 7-Feb 18</td>
<td>6:05-6:50PM</td>
<td>Tuesday</td>
<td>$58</td>
</tr>
</tbody>
</table>

SPRING SCHEDULE (No class April 14)

<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>Mar 24-May 12</td>
<td>6:05-6:50PM</td>
<td>Tuesday</td>
<td>$58</td>
</tr>
</tbody>
</table>

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.

WINTER SCHEDULE (No class Jan 20)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DATE</th>
<th>TIME</th>
<th>DAY</th>
<th>$</th>
<th>SENIOR (60+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>#90-F7</td>
<td>Jan 6-Mar 2</td>
<td>8:30-9:15AM</td>
<td>Mon</td>
<td>$55</td>
<td>$49.50</td>
</tr>
<tr>
<td>#90-F8</td>
<td>Jan 7-Feb 25</td>
<td>8:30-9:15AM</td>
<td>Tue</td>
<td>$55</td>
<td>$49.50</td>
</tr>
<tr>
<td>#90-F9</td>
<td>Jan 7-Feb 25</td>
<td>9:20-10:05AM</td>
<td>Tue</td>
<td>$55</td>
<td>$49.50</td>
</tr>
<tr>
<td>#90-F10</td>
<td>Jan 8-Feb 26</td>
<td>8:30-9:15AM</td>
<td>Wed</td>
<td>$55</td>
<td>$49.50</td>
</tr>
<tr>
<td>#90-F11</td>
<td>Jan 9-Feb 27</td>
<td>8:30-9:15AM</td>
<td>Thu</td>
<td>$55</td>
<td>$49.50</td>
</tr>
<tr>
<td>#90-F12</td>
<td>Jan 6-Mar 2</td>
<td>7:15-8:00PM</td>
<td>Mon</td>
<td>$55</td>
<td>$49.50</td>
</tr>
</tbody>
</table>

Spring schedule available online end of February (www.isd623.org/communityed), click online registration.

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.

WINTER SCHEDULE (No class Jan 20)

<table>
<thead>
<tr>
<th>CLASS</th>
<th>DATE</th>
<th>TIME</th>
<th>DAY</th>
<th>$</th>
<th>SENIOR (60+)</th>
</tr>
</thead>
<tbody>
<tr>
<td>#91-F2</td>
<td>Jan 6-Mar 2</td>
<td>9:30-10:00AM</td>
<td>Mon &amp; Wed</td>
<td>$75</td>
<td>$67.50</td>
</tr>
</tbody>
</table>

LAP SWIM (No swim Jan.20, No evening swim Feb. 25)
Spring schedule available online end of February (www.isd623.org/communityed)
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>Jan 3-Mar 2</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>Jan 3-Feb 28</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>Jan 2-Feb 27</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 (No swim Jan.20) 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>Jan 3-Feb 28</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>Jan 2-Feb 27</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>Jan 11-Feb 29</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>
</tbody>
</table>

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.

www.ISD623.org/CommunityEd
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.
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!

**THE WHOLE-BRAIN CHILD** (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>502-1</td>
<td>Thursday</td>
<td>January 23</td>
<td>5:30-7:15 p.m.</td>
<td>E D Williams</td>
<td>Free</td>
</tr>
</tbody>
</table>

**5 R'S OF CONSEQUENCES** (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>February 10</td>
<td>5:30-7:15 p.m.</td>
<td>Harambee</td>
<td>Free</td>
</tr>
</tbody>
</table>

**SUPPORTING EXTROVERTS AND INTROVERTS** (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>Thursday</td>
<td>April 2</td>
<td>5:30-7:15 p.m.</td>
<td>Central Park</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.

**UNDERSTANDING YOUR CHILD’S TEMPERAMENT** (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>March 21</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!

Parkview School (701 County Road B West in Roseville)
S 1/18-5/9 10:00-11:30 a.m. No Class February 15, March 7,14, & April 11
Th 1/16-5/7 3:30-4:30 p.m. No Class March 12

Prince Of Peace Church (2561 Victoria St. in Roseville)
T&W 1/14-5/6 8:45-10:00 a.m. No Class March 10 & 11

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!

Waa Goob u Furan Qoyska, ayna ku Ciyaari Karaan “Family Drop In & Play”
Galaaskaan waxaa loogu talagalay in waalidinta iyo carruurtu ay ku helaan fursad ay ku ciyaaraan, riwayado ku sameeyaan, dareemayaashooda ku isticmaalaan, "sensory experiences," ku jimicsadaan, cilmiga sayniska, farshaxanka iyo waxyaabo kalena ay bartaan. Todobaad kasta waxaa la qababdaan barnaamiyoo kocsiya hal-abuurka, qoyska oo dhaana uu ku madadaasho! Lacag lagu soo galo iyo mid is-diiaan gelin lagaagama baahna! Imow oo ka geybalka madaadalada!

Visitás 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!

Class Information: 651-487-4378
Roseville Area Schools ECFE
OUT-OF-SCHOOL TIME

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>$12.30/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>$12.30/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.
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.

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.

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.

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

If you need to cancel a class, in order to receive a refund, you must notify us at least a week prior to the class. We will issue a refund minus a $5 service charge.

Weather related cancellations will be announced on local TV stations. If Roseville Area Schools are closed all enrichment classes and activities are cancelled for the day. Refunds are not issued for classes cancelled due to weather.

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.

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

Liability waiver: 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 or damages related to my participation in this class.

Payer Name __________________________________________ Email Address __________________________________________

Address ___________________________________________ City __________________ State ______ Zip ______

Home Phone ______________________ Work Phone __________________ Mobile ______________________

<table>
<thead>
<tr>
<th>Name of Participant</th>
<th>Date of Birth</th>
<th>Youth Grade</th>
<th>Gender</th>
<th>Class Title</th>
<th>Class #</th>
<th>Fee</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Special Health Concerns (allergies, etc.) ________________________________________________________________

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

FINANCIAL ASSISTANCE
Little Canada Families who are in need of financial help for their children to participate are encouraged to call 651-766-4045 or visit www.littlecanadamn.org.

YOUTH
T-BALL
Girls & Boys: Ages 4-6 (by June 1)
Program runs approximately
Mid-May to Mid-July
Online registration begins February 1

POP-UP BALL
Girls & Boys: Ages 6-8 (by Sept 1 with one year of T-ball experience)
Program runs approximately
Mid-May to Mid-July
Online registration begins February 1

BASEBALL
Boys: Grades 3-12
Program runs approximately
Mid-May to Late-July
Online registration begins February 1

SLOW PITCH SOFTBALL
Girls: Grades 2-9
Program runs approximately
Mid-May to Mid-July
Online registration begins February 1

FLOOR HOCKEY
Girls & Boys: Grades K-5
Program runs Saturdays in April & May
Online registration begins February 1

AFTER SCHOOL PICKLEBALL
Girls & Boys: Ages 8-12
Program runs late April-May
Online registration begins February 1

AFTER SCHOOL TENNIS
Girls & Boys: Ages 8-12
Program runs late-April through May
Online registration begins February 1

ARCHERY
Girls & Boys: Ages 9-14
Program runs four weekday mornings,
10:00AM-12:00PM (noon) in June
Online registration begins April 1

FIREARM SAFETY
Girls & Boys: Ages 11+
One night of classroom and one field day. Specific date is TBD.
Online registration begins February 1

SOCCER CLINIC
Girls & Boys: Entering PreK-1
Program runs five Mondays
September-October
Online registration begins June 1

SOCCER PRE-LEAGUE
Girls & Boys: Entering Grade 2
Program runs approximately six weeks
Begins early September
Online registration begins June 1

SOCCER LEAGUE
Girls: Entering Grades 3-9
Boys: Entering Grades 3-8
Program runs approximately
Mid-August to Late-October
Online registration begins June 1

VOLLEYBALL
Girls & Boys: Entering Grades 3-8
Program runs approximately
October 1-November 15
Online registration begins June 1

ADULT
DEFENSIVE DRIVER CLASS
We offer both 4 hour refresher classes and the 8 hour class
The classes will be scheduled for April. Specific class dates TBD.
Registration begins February 1.
To register online visit
www.littlecanadamn.org
Or call Little Canada City Hall.
Cost is $15 - 4-Hour Refresher
$20 - 8-Hour Class

SOFTBALL
Team registration begins in January.
Register at Little Canada City Hall.
Forms available on our website.

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