

Non-Profit Org
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SUMMERTIME Learning – Enjoy the little things this summer!

JUST BREATHE! TECHNIQUES TO CALM, CENTER & BALANCE

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and actually help strengthen your back and abs from the inside out. The simplest and most powerful technique for optimum health of mind and body is absolutely free and literally right under your nose.

Janice Novak, MS
7520 1 Session Wednesday 5/15
6:00PM-7:30PM FV 100
\$35

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
7112-T 5 Sessions Tuesdays 7/9-8/6
5:45PM-6:45PM FV Solarium
\$39

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 19 Sessions Tue/Thu 6/11-8/29
8:30AM-9:30AM FV Gym 53
\$209
No Class 7/2, 7/4, 8/8, 8/13 & 8/15

EVENING & WEEKEND YOGA

Yoga helps increase strength, flexibility, and ability to focus and relax. Bring a mat and be prepared to work barefoot. Level 2 is for participants who have been involved in Yoga for at least 9 months. Drop in is \$9 per class.

Virginia Sattler-Reimer
LEVEL 1
7001-W 14 Sessions Wednesdays 6/5-9/4
7:00PM-8:00PM FV Solarium
\$115

LEVEL 2
7002-W 14 Sessions Wednesdays 6/5-9/4
6:00PM-7:00PM FV Solarium
\$115

7002-M 12 Sessions Mondays 6/10-8/26
6:00PM-7:00PM FV Solarium
\$99

7002 Sign up for both nights for \$209
No Class 9/2

MIXED LEVELS

7004-S 14 Sessions Saturdays 6/1-9/7
10:30AM-11:30AM FV Solarium
\$115
No Class 8/31

7004-M 12 Sessions Mondays 6/10-8/26
4:45PM-5:45PM FV Solarium
\$99

JAZZERCISE (Register at class)

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 Strength60 for FREE when you register for Unlimited Jazzercise.

Please register at class with Instructor. Kelly Lewis
7000-1 Jun 10-Aug 3
1x (8 classes) \$34
2x (18 classes) \$65
3x (27 classes) \$90
Unlimited \$98
Drop-in \$5
No Class 7/4

Monday-Thursday 6:00PM-7:00PM
Saturday 9:00AM-10:00AM
FV Gym

7000-2 Aug 5-Sep 28
1x (8 classes) \$34
2x (18 classes) \$65
3x (27 classes) \$90
Unlimited \$98
Drop-in \$5
No Class 8/31 & 9/2

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 Strength60 for FREE when you register for Unlimited Jazzercise.

Kelly Lewis
7012-1 7 Sessions Fridays 6/14-8/2
5:45PM-6:45PM FV Gym
\$30
No Class 7/5

7012-2 8 Sessions Fridays 8/9-9/27
5:45PM-6:45PM FV Gym
\$34

SUMMERTIME Learning – Enjoy the little things this summer!

 **Roseville Area Schools Community Education**
Fairview Community Center
1910 County Rd B West
Roseville, MN 55113

CPR

This American Heart Association Heartsaver course is suitable for the general public interested in CPR, choking management, and use of barrier devices for adult, child, and infant victims. We will also learn how to use an Automated External Defibrillator (AED). Class covers all age groups in a single session. Materials fee includes Heartsaver completion card and supplies.

HeartCert
7595-2 1 Session Saturday 5/18
9:00AM-11:30AM FV Great Room
\$75

FIRST AID

This American Heart Association certification course teaches participants how to administer emergency first aid until advanced help arrives. We will learn how to recognize and treat many common medical emergencies such as choking, heart attacks, diabetic reactions, stroke, allergic reactions, shock, fractures, burns, and many other injuries and illnesses. All materials included.

HeartCert
7593-2 1 Session Saturday 5/18
11:30AM-2:30PM FV Great Room
\$75

CPR AND FIRST AID

CPR/AED with First Aid class will teach participants how to recognize and provide basic care for breathing, cardiac emergencies, injuries, and sudden illnesses for adults, children, and infants until advanced medical personnel arrive. Participants will be certified by the American Heart Association. Feel free to bring a bag lunch or snack.

HeartCert
7594-2 1 Session Saturday 5/18
\$95

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 5 Sessions Mondays 6/10-7/8
7:00PM-8:00PM FV 120
\$35

2158-2 5 Sessions Mondays 7/22-8/26
7:00PM-8:00PM FV 120
\$35
No Class 8/12

PRIVATE STRING LESSONS

Open to All Ages. All levels lessons are offered for violin, viola, cello, and bass. Half hour sessions are available from 4:00PM-7:00PM. Look online for exact times.

Sheri Peterson
2157-1 5 Sessions Mondays 6/10-7/8
\$100 FV 120

2157-2 5 Sessions Mondays 7/22-8/26
\$100 FV 120
No Class 8/12

AGING IN PLACE

There's no place like home...and the information you gain from this class will help keep you there. Chris and Laurie Kemp will provide you with two booklets, and discuss them in class. The first booklet will help you organize important information, such as key contacts, finances, and important documents. The second booklet will help you evaluate your home and put together a care plan for aging in place. It will also help you evaluate how well it is working, and cover creating a Plan B if aging in place is not working.

Chris Kemp

3139-1	1 Session 2:00PM-3:30PM \$5	Monday 6/3 FV 116A
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BENEFITS OF FUNERAL PREPLANNING

More people are choosing to preplan their own or a loved one's funeral as an alternative to having others make the decisions for them. Three fundamental benefits of planning a funeral in advance are: The peace of mind that comes with knowing your wishes have been made known and you have taken care of the details. The comfort of knowing your family will not have to make funeral arrangement decisions during the difficult time of their grief. Assurance that informed, thoughtful decisions have been made. We will also discuss medical assistance guidelines in MN and veterans burial benefits.

Jason Mattura

3036-1	1 Session 10:00AM-11:00AM FREE	Wednesday 6/19 FV 102
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FLOWERS FOR POLLINATORS

Pollinators are critical to our local ecosystem and many native species are in jeopardy. Learn what you can do to create healthy pollinator habitats in your own yard with U of M Extension Master Gardeners.

Ramsey County Master Gardeners

1381-2	1 Session 6:30PM-8:00PM \$15	Monday 5/6 FV 116A
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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

1516-2	1 Session 7:00PM-9:00PM \$19	Tuesday 5/7 FV 102
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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 4-Hour class is for those who have taken the National Safety Council's 8-hour course. You can take the 4-hour refresher course every 3 years to continue your discount. No driving test required. Preregistration is required at least one week prior to the class date. Register at the RASP office, by phone at 651.604.3520, or online. No senior discounts apply.

Minnesota Safety Council Instructor

15661	1 Session 8:30 AM 1:30 PM \$25	Saturday 6/8 FV 108
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15662	1 Session 1:30PM-5:30PM \$25	Monday 6/17 FV 108
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15663	1 Session 8:30AM-1:30PM \$25	Saturday 7/13 FV 108
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15665	1 Session 5:30PM-9:30PM \$25	Wednesday 7/17 FV Great Room
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15664	1 Session 1:30PM-5:30PM \$25	Monday 7/22 FV 108
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15666	1 Session 8:30AM-1:30PM \$25	Saturday 8/10 FV 108
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15667	1 Session 1:30PM-5:30PM \$25	Monday 8/19 FV 108
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55+ DEFENSIVE DRIVING 8-HOUR

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

Minnesota Safety Council Instructor

1567-5	2 Sessions 5:30PM-9:30PM \$29	Tuesdays 7/16 & 7/23 FV Great Room
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1567-6	2 Sessions 5:30PM-9:30PM \$29	Thursdays 8/15 & 8/22 FV 108
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EXTENDED TRAVEL SHOWCASE

Take the trip of a lifetime! Learn about extended travel opportunities through Landmark Travel in 2019. Each inclusive package features round trip airfare, quality accommodations, many meals, deluxe motor coach transportation, and the services of a professional Tour Manager. Our 2019 travel opportunities include:

- Alaska Land & Sea Expedition
- New York City: The Big Apple
- Yellowstone & The Grand Tetons
- Nova Scotia & The Maritimes
- New England Fall Foliage Adventure
- Albuquerque Balloon Fiesta
- Iceland: Land of Fire & Ice
- Ireland: The Emerald Isle
- Tournament of Roses Parade
- European Danube River Cruise
- *And many more!*

If you can't attend this free showcase, contact Landmark Travel for a full trip catalog: 651-490-5408.

John Lyons

3000-1	1 Session 6:30PM-7:30PM FREE	Thursday 6/20 FV 108
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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. We might get a little messy using cement, so make sure to dress for mess and bring some old towels. Bring a bag lunch and material fee of \$15/stepping stone payable to the instructor on the day of class.

Lindsey Guetter

1064	1 Session 9:00 AM 3:30 PM \$39	Saturday 5/4 FV 105
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PHOTOGRAPHY COMPOSITION

Have you ever wondered why people look at some of your photographs longer than others? It's all in the way the image was put together. Learn how to compose an image before taking it. We'll cover what works and what doesn't along with the basic rules of composition. You'll have the chance to put the rules of composition into practice during class. The first night will be held in the classroom and the remaining nights we will meet at Fairview before going on location. Locations will be discussed in class. Camera that can be used in a manual setting and tri-pod are needed.

Paul Veronikas

4338	4 Sessions 7:00PM-9:00PM \$49	Wednesdays 5/1-5/22 FV 100
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SELLING YOUR HOME AS YOU TRANSITION IN LIFE

You will learn the basic fundamentals of how to prepare your home to sell quickly and successfully. You will discover how to get the biggest bang for your buck, and how to get the best sale price. Bring your questions and your specific home concerns for discussion. There are no sales pitches, just a wealth of helpful information. This is a big decision as you make transitions in life, the more information the better.

Joy Erickson

3367	1 Session 10:00AM-11:30AM FREE	Thursday 6/20 FV 102
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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 6:00 PM-7:00PM \$9	Wednesday 5/15 E.D.W. Cafeteria
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WEDDING DANCE CRASH COURSE

Couples Only. Instructor Monica Mohn, nominated twice for MN Bride's "Best Wedding Dance Instruction" category, will help you feel more comfortable on the dance floor as she shares fun moves and simple tips. 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 7:00PM-9:00PM \$35/Couple	Wednesday 5/15 E.D.W. Cafeteria
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SilverSneakers® & Silver&Fit® Class Schedule

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

SILVERSNEAKERS

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

Margaret Cummings

7011-1	23 Sessions 8:30AM-9:15AM \$165 No Class 5/24, 5/27 & 5/31	Mon/Wed/Fri 5/6-7/3 FV Gym
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7011-2	23 Sessions 8:30AM-9:15AM \$165	Mon/Wed/Fri 7/8-8/28 FV Gym
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YOGASTRETCH - GENTLE CORE STRENGTHENING

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

Margaret Cummings

7020-1	17 Sessions 9:00AM-9:45AM \$119	Tue/Thu 5/7-7/2 FV Gym
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7020-2	14 Sessions 3:30PM-4:15PM \$99 No Class 5/24 & 5/27	Mon/Fri 5/6-6/28 FV Gym
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7020-3	16 Sessions 9:00AM-9:45AM \$115	Tue/Thu 7/9-8/29 FV Gym
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STRENGTH AND STRETCH

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

Margaret Cummings

7023-1	23 Sessions 10:30AM-11:30AM \$165 No Class 5/24, 5/27 & 5/31	Mon/Wed/Fri 5/6-7/3 FV Gym 53
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7023-2	23 Sessions 10:30AM-11:30AM \$165	Mon/Wed/Fri 7/8-8/28 FV Gym 53
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STRENGTH TRAINING

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

Margaret Cummings

7022-1	23 Sessions 9:30AM-10:20AM \$165 No Class 5/24, 5/27 & 5/31	Mon/Wed/Fri 5/6-7/3 FV Gym
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7022-2	23 Sessions 9:30AM-10:20AM \$165	Mon/Wed/Fri 7/8-8/28 FV Gym
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SilverSneakers and Silver&Fit are offered by some insurance companies to allow older adults to take greater control of their health. Physical activity, a healthier lifestyle, and social opportunities are just some of the benefits. Members can attend any fitness classes in this section 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.