# **COMMUNITY EDUCATION**

# ACTIVITIES FOR ALL AGES



# Explore your Inner Child!

The place to dream, believe and achieve.



BUEFALO HANOVER MONTROSE SCHOOLS

BHMSCHOOLS.CE.ELEYO.COM 763.682.8770

# Welcome to Community Education Register Online Today!

bhmschools.ce.eleyo.com



# Registration

- Registration and payment is required to attend classes. Once registered, you will receive an electronic class confirmation if an email is provided.
- Please register at least one week prior to the class start date. Decisions about class cancellations are made one-week prior to the class start date.

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# **Community Education**

BUFFALO HANOVER MONTROSE SCHOOLS

# **Office Location:**

Discovery Center, 301 2nd Ave NE, Buffalo (East side, door #1)

Office Hours: 8 am - 4 pm, Monday-Friday

Office Closed: April 3, May 25

**Office Telephone:** 763.682.8770

Office Fax: 763.682.8795

Web Sites:

Online Registration **bhmschools.ce.eleyo.com** School District **bhmschools.org/community-ed** 

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Community Education offers activites for all ages... birth to seniors.



**ECFE is an Early Childhood Family Education and School Readiness program.** We provide parent education, together with early childhood education, for parents and their children aged birth to kindergarten enrollment. This also includes expectant parents. Parents and children participate in classes, parent discussion groups, home visits or special events. We are part of Community Education and are funded by a local tax levy, state aid and fees. Classes are taught by licensed early childhood or parent educators. We believe that, "home is the child's first learning environment and parents are the child's first and most important teachers." To learn more call 763.682.8780.

# **Ready Set Grow Preschool**

**3 years old by September 1, 2020** (Class Max 15) The wonderful world of three and four year old children is explored through friendships, routines, and the building of social skills. Our teachers use Creative Curriculum, Second Step, and the Pryamid Model Framework to prepare age appropriate activities. Children will participate in activities that focus on language, social/emotional development and the arts. Our preschool classes are integrated with Early Childhood Special Education, partnering to create an age appropriate experience for children of all abilities. Required parent involvement activities allow you to meet other preschool parents, explore new parenting strategies, or volunteer in your child's classroom. *Please Note:* Parents are responsible for transportation to and from preschool.

A \$50 <u>non-refundable</u> registration fee will reserve a place for your child in the class of your choice. Tuition scholarships may be available. There is a 2-week notice required and a charge to accomodate changes in registration status.

# **Ready Set Grow (3-4 years) Payment Information**

9 monthly payments are due August 15, 2020 - April 15, 2021

Each payment \$93/month



# **Parent Coaching**

An ECFE Parent Educator visits with you and your birth to 5 year old children at your home, ECFE or community location. Visits can include:

- Playtime with your child
- Time to talk and problem solve ways to meet your family's needs
- Resources and ideas on parenting, child development and community services
- Free! Call Barbara Eckberg, ECFE Coordinator, at 763.682.8753 for more information

September - May Discovery Center Jen Robeck	Room EC2
<b>2 Day - Buffalo 4205B</b> Tuesday & Thursday	8 - 10 am
September - May Discovery Center Jen Robeck	Room EC2
<b>2 Day - Buffalo 4205C</b> Tuesday & Thursday September - May	8 - 10 am
Discovery Center Miranda Krause	Room M4
<b>2 Day - Hanover</b> Wednesday & Friday September - May Hanover Elementary	<b>4205D</b> 8:15 - 10:15 am ECFE Room
Annette Rabusch	

2 Day - Buffalo 4205A

Monday & Wednesday

2 Day - Montrose	4205E
Tuesday & Thursday	8 - 10 am
September - May	
Montrose Early Education	Center
Jen Buckley	

# Early Childhood Screening Ages of 3-5 years old

Early Childhood Screening allows you to check your child's overall development in a 1-hour appointment. The state of Minnesota now recommends all children be screened before their 4th birthday. In order for your child to start kindergarten in any Minnesota public school, you need to provide your child's Early Childhood Screening records and immunization record. **Note: Screening is required within 90 days of beginning ECFE preschool.** To schedule a screening appointment call **763.682.8408** (Sept-May) or 763.682.8780 (June-August).

8 - 10 am

# **Ready Set Grow Preschool**

#### 4 years old by September 1, 2020

(Class Max 19)

The fantastic world of four and five year old children, that special year before Kindergarten, will focus on friendships, skill building and age appropriate academic experiences. Our teachers use Creative Curriculum, Second Step, Handwriting Without Tears, the Pryamid Model Framework and TS Gold to prepare and assess the growth and development of this age group. Children will participate in experiences that focus on language development, math and science thinking. Your child will explore the arts, communication, letter knowledge and literacy through age appropriate activities, in both large and small group formats. Our preschool classes are integrated with Early Childhood Special Education, partnering to create an age appropriate experience for children of all abilities. Required parent involvement activities allow you to meet other preschool parents, explore new parenting strategies or volunteer in your child's classroom. Two, three, four or five day preschool options are available. *Please Note:* Parents are responsible for transportation to and from preschool.

A \$50 <u>non-refundable</u> registration fee will reserve a place for your child in the class of your choice. Tuition Scholarships may be available. There is a 2-week notice required and a charge to accomodate changes in registration status.

#### **Ready Set Grow (4-5 years) Payment Information**

9 monthly payments are due August 15, 2020 – April 15, 2021

2 days per week - \$130/payment 3 days per week - \$187/payment 4 days per week - \$240/payment 5 days per week - \$275/payment

# **Family Learning**

Who is the Family Learning Class for?

Parents with young children who want to:

- work on a GED diploma
- prepare to go back to college or into the job market
- work on individual education needs
- be better prepared to help their child with learning
- have time to discuss the challenges of parenting

Call 763.682.8780 to inquire about registration. Limited transportation available. School lunch provided.

#### W4029

Tuesdays & Thursdays, ongoing until May 2110 am - 2 pm(No class Mar. 31, Apr. 2)Discovery CenterRooms EC1 & EC4No FeeDiane Mastel, Patty Lammers, Terrisa Fisher

Choose 2 or 4 Day - Buf Mon, Tue, Wed, Thur September - May Discovery Center Jen Robeck	falo 4206A 12 - 3 pm Room EC2
<b>3 Day - Buffalo</b> Mon, Wed, Fri September - May Discovery Center Miranda Krause	<b>4206B</b> 8 - 11 am Room M4
<b>4 Day- Buffalo</b> Mon, Tue, Wed, Thur September - May Discovery Center Miranda Krause	<b>4206C</b> 12 - 3 pm Room M4
<b>5 Day - Buffalo</b> Mon, Tue, Wed, Thur, Fri September - May Discovery Center Emily Pearson	<b>4206D</b> 8 - 11 am Room M5
Choose 2 or 4 Day - Buf Mon, Tue, Wed, Thur September - May Discovery Center Emily Pearson	<b>falo 4206E</b> 12 - 3 pm Room M5
<b>Choose 3 or 4 Day - Har</b> Mon, Tue, Wed, Thur 11:15 am - 2:15 pm September - May Hanover Elementary Annette Rabusch	ECFE Room
<b>4 Day - Montrose</b> Mon, Tue, Wed, Thurs September - May Montrose Early Education Jen Buckley	<b>4206G</b> 12 - 3 pm Center

How to Register for ECFE Online bhmschools.ce.eleyo.com By Phone 763.682.8780 In Person ECFE/Community Education Office

# Classes & Special Events

### **Glad Monster Sad Monster**

Glad Monster Sad Monster is a book about feelings with fun monster masks that children can try on and talk about times when they felt glad, sad, loving, worried, silly, angry and scared—just like the monsters! Each family receives a FREE copy of the book to take home!

#### W4007H

Thursday, March 12 6:30-7:30 pm 1 session - \$5 per family Hanover Elementary



ECFE Staff ECFE Room

### **Calm Down Little Monkey**

Little Monkey is having a bad day. After a major melt down, he goes to his room and uses some coping techniques to calm down. He sings a quiet song, cuddles with his blankie, and learns how take deep breaths. You and your child will enjoy this story about teaching self- soothing strategies. **Each** 



family receives a FREE copy of the book to take home!

#### W4007G

Thursday, April 30 1 session - \$5 per family Montrose Early Education Center 5:30-6:30 pm ECFE Staff ECFE Room



#### **Parenting 8-7-7** (Closed Facebook Group) Parenting can be difficult in the age of social media. How does a parent know which websites offer research based parenting strategies and tips?

Join licensed Parent Educator, Andrea Jonasson, through a closed facebook format to investigate, navigate, and celebrate parenting children birth through 8 years old. Friend us at **Parenting 877** 

Let's celebrate "Week of the Young Child"!





# **KidKare Child Care Program**

Welcoming Age 3 to Grade 6

KidKare extends your child's learning day while providing high quality care in a safe and fun environment offering before and after school care, full day non school day care and summer care. KinderKids is a full day care program for 3-5 year olds not yet in school. We offer ½ day care, full day care, and wrap-around care for those enrolled in the district ECFE program. For more information visit bhmschools.org (click the Community Ed tab) or call Lori Trogstad, KidKare Coordinator, at 763.682.8787.

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# Site Locations

Hanover Elementary: Site phone: 763.682.0870

Montrose Elementary: Site phone: 763.682.8360

Northwinds Elementary: Site phone: 763.682.8830

Parkside Elementary: Site phone: 763.682.8746

Tatanka Elementary: Site phone: 763.682.8631

# **KidKare Offers**

- Flexible Scheduling
- Indoor and outdoor activities
- Quality staff
- Homework help
- Non-school day care year round

### For more information

- 1. Visit **bhmschools.org** (click community ed tab)
- 2. Visit any KidKare site
- 3. Call Lori at 763.682.8787

or email Itrogstra@bhmschools.org



# Summer KidKare Registration opens March 9

- \$40 Early Bird Registration if registered by April 6
- \$50 if registered <u>after</u> April 6

#### Sites:

- Hanover and Montrose sites open June 10 - September 1
- Parkside Elementary
  - For all Buffalo students, June 10 - August 6
- Closed August 7
- Parkside, Northwinds and Tatanka sites re-open August 10 - September 1



# High School Drivers Education Classroom and Behind-the-Wheel

# Online registration for Summer classes at bhmschools.ce.eleyo.com

<u>Classroom Instruction</u>: 30 hours of classroom instruction (as required by law) with a licensed teacher.

Behind-the-Wheel (BTW) Instruction: 6-hours of BTW instruction with a Certified Safety Instructor.

<u>Parent Involvement</u>: The **Parent and Student Safety Meeting** assists students and parents with understanding Minnesota Laws and responsibilities for student drivers and their parent/guardian. Attending this meeting reduces the parent supervised driving time by 10 hours.

#### June Classes

Monday-Friday, June 8 - June 19 8-11 am or 11:15 am-2:15 pm Buffalo High School 10 classroom sessions & 6 BTW - \$360 Parent & Student Safety Meeting: June 10, 6-8 pm, PAC

# July Classes

Monday-Friday, July 6 - July 17 8-11 am at Buffalo High School, Hanover Elementary and Montrose Elementary or 5-8 pm at Buffalo High School 10 classroom sessions & 6 BTW - \$360 Parent & Student Safety Meeting: July 8, 6-8 pm, PAC

Visit Community Education Youth Programs at bhmschools.org for registration forms or register online at bhmschools.ce.eleyo.com

# Enrichment

# **Encore Piano Lessons**

Each class is a 30-minute private piano lesson. Our instructors are friendly, caring and trained professionals you can trust. Register online **bhmschools.ce.eleyo.com** or call 763.682.8770.



# Instructor Kathy Ebert in Buffalo (For students age 6 to adult)

# Tuesdays, March 10 - May 12

(No lessons	March 31)		
9 Private Lessons - \$315			
Northwinds Elementary		S	tage Area
SP1702A	3:00 pm	SP1702D	4:30 pm
SP1702B	3:30 pm	SP1702E	5:00 pm
SP1702C	4:00 pm	SP1702F	5:30 pm

#### Thursdays, March 5 - May 7

(No lessons			
9 Private Lessons - \$315 Music Room			lusic Room
Discovery	Center	(Auditorium Ma	rch 5 & 12)
SP1703A	3:00 pm	SP1703D	4:30 pm
SP1703B	3:30 pm	SP1703E	5:00 pm
SP1703C	4:00 pm	SP1703F	5:30 pm

# Instructor Diana Fuller in Hanover (For students age 8 to adult)

# Thursdays, March 5 - May 7

•	<b>March 26, Apr</b> ssons - \$280	il 2)		
Hanover Ele	ementary		Room 101	
SP1704A	3:00 pm	SP1704E	5:00 pm	
SP1704B	3:30 pm	SP1704F	5:30 pm	
SP1704C	4:00 pm	SP1704G	6:00 pm	
SP1704D	4:30 pm			æ



# **Deep Sea Adventures with KidzArt!** (Grades K-5)

KidzArt is exploring the vast world under the ocean in this special 5 week session. We will design and draw a submarine deep underwater, use watercolors to paint a jellyfish, and sculpt a fish out of Model Magic. Our mission at KidzArt is to provide kids of all ages with the opportunity to have art in their lives, increase their skills and knowledge of various art media, learn to draw using a proven method, and most of all, to have fun!

# SP690

Tuesdays, March 3 - April 7 (No class March 31) 5 sessions - \$75 Hanover Elementary 2:30 - 3:30 pm

Art/Science Room

#### Spring into Art

#### (Grades K-5)

Join us for this three-week class celebrating the season of Spring! Create a garden stake out of Sculpey clay, draw a robin in a blossom tree and use your imagination to create a scene of a vegetable garden.

#### SP691A

Tuesdays, April 14-28 3 sessions - \$49 Hanover Elementary

# SP691B

Thursdays, April 23 - May 7 3 sessions - \$49 Montrose Elementary 2:30 - 3:30 pm Art/Science Room

2:30 - 3:30 pm

Art/Science Room



# **E** Enrichment



These classes are held at Artistic Me - 205 5th Street NE, Buffalo. Students may meet at the Community Education office at Discovery Center and walk to Artistic Me with a chaperone, or parents may bring their student to Artistic Me. Pick up at Artistic Me after class. You may bring a snack if coming right from school.

#### Easter Eggs

Come explore some creative ways to paint eggs! Paint 5 eggs while learning some fun new techniques that can later be used to decorate other projects.



#### SP692

Tuesday, March 17 2:45 - 3:45 pm 1 session - \$30

#### Little Houses (Grades K-8)

Little houses are all the rage and what is more fun than creating a little house for your fairy garden? Use brightly colored glaze and patterns to make this house a focal point in the garden.

#### SP693A

Thursday, March 26 2:45 - 3:45 pm 1 session - \$24

#### **SP693B**

Thursday, March 26 6 - 7 pm 1 session - \$24

#### Let it Grow!

Join the fun as we make our own planters! You can create this mug as a monster face, a leprechaun, or a self-portrait. We will provide the soil and seeds so you can plant hair and watch it grow.

#### SP694

Tuesday, April 14 1 session - \$18

2:45 - 3:45 pm

(Grades K-5)

#### **Fingerprint Platter** Everyone will love us-

ing this cute 12"x6" serving platter when decorated with a fingerprint garden made by you! Learn how to create animals and



(Grades 1-5)

flowers using fingerprint art and underglaze pencils.

2:45 - 4:15 pm

#### SP695

Thursday, April 23 1 session - \$24

2:45 - 3:45 pm

(Grades K-8)

### **Home Tweet Home**

These birdhouses are adorable painted with brightly colored acrylic paints. Mom will love this whimsical addition for the patio pot or in your favorite fairy garden. The birdhouse measures 5 inches tall and will be mounted on a 13 inch hardwood spindle.



Friday, May 1 1 session - \$18

### **SP696B**

6-7:30 pm Friday, May 1 1 session - \$18

#### **Bird Chime** (Grades K-5)

A cute little bird will be a favorite hanging in the window or from a tree branch. Decorate your bird using colorful bits of glass. Once fired, a chain and bell will be added to complete the chime.

#### SP697

Tuesday, May 12 2:45 - 4:15 pm 1 session - \$30







#### **Crochet Frenzy - Turtle Pillow/Stuffy** and Scarf (Grades 1-5)

Want to learn to crochet? In this class you will learn how to make chains and a single crochet stitch. You'll go home with a turtle pillow/stuffy and a scarf you have made yourself! (Scarf will be according to age and ability. Younger kids with no crochet experience will make a scarf with crochet chains, others will learn the single crochet, and those with previous experience can learn a new stitch while making the scarf.) No experience necessary - all supplies included. You may bring a nut-free snack to class.

#### SP661

Tuesday, March 24 1 session - \$34 (includes all supplies) **Discovery Center** 

2:30 - 5 pm Abbey Swanson Room EC4

#### Grandmasters of Chess (Grades K-5)

Returning students invited. Our spring session focuses on intermediate and advanced concepts and features an end-of-year in-class tournament. The Youth Enrichment League Teach It!...Practice It!...Play It! method keeps students progressing through 60+ chess lessons and thousands of puzzles as well as guided games. Class fee includes ChessKid.com membership for the session (\$49 annual value). Sign up today to THINK, LEARN and PLAY WELL with Youth Enrichment League.

#### **SP689A**

Wednesdays, March 25 - April 29 (No class April 1)	2:30 - 3:30 pm
5 sessions - \$75 Hanover Elementary	Media Center
<b>SP689B</b> Wednesdays, May 6 - June 3 5 sessions - \$75	2:30 - 3:30 pm
Discovery Center	Commons B

# Scratch 3.0 Game Coding (Grades 3-7) with Nintendo Characters

This is a brand new class that will give you hands-on experience developing your own game using Scratch 3, a visual coding platform. Students will learn how to think like a programmer, and learn coding concepts while creating a two-dimensional game, using your favorite Nintendo characters. The first part of the class will be instructor led with the remaining time working on customizing your game. Bring a USB drive, a drink and a nut-free snack with to class.

#### SP640

Tuesday, March 31 1 session - \$45 **Discovery Center** 

9 am - 12 pm

Room 204



LEARN JAVASCRIPT FUNDAMENTALS WHILE CUSTOMIZING MINECRAFT

#### **Java Minecraft Modding** (Grades 3-7)

In this camp, we will be creating custom armor. Learn to mod *Minecraft* using Java and the Forge API and customize your gaming experience. Students will be introduced to coding concepts and learn how to use Eclipse, a professional tool, to edit and debug code. Students should be comfortable with keyboarding and, of course, playing *Minecraft*! At the end of class, take home your mods to share with family and friends. Bring a USB drive. a drink and a nut-free snack with to class.

#### SP641

Saturday, April 18 1 session - \$45 **Discovery Center** 

9 am - 12 pm



Northwinds and Tatanka students can shuttle for after school activities offered at Discovery and Parkside. Parents should contact Vision Transportation to make shuttle arrangements at 763.682.3232.

# **Enrichment**



### WeDo Robotic Builders

(Grades 1-5)

New projects powered by LEGO<sup>™</sup> WeDo systems and software, students work in pairs to learn programming skills, engineering concepts and names of robot components. Build LEGO<sup>™</sup> models featuring working motors, tilt sensors, motion detectors and a LEGO<sup>™</sup> USB Robotics Hub. **Bring a drink and a nut-free snack to class.** 

# SP642

Saturday, May 9	9 am - 12 pm
1 session - \$45	-
Discovery Center	Room EC4

# **PrepStar Premium ACT**

The class is thorough, challenging and extremely effective. The class includes: extensive content review, effective strategies, outstanding teachers,3 full ACT practice tests, detailed score reports, online scoring for practice tests and make-up content available via video.

#### W1201

YOUTH PROGRAMS

Thursdays, February 27, March	n 5, 12, 19	4:30-7:30 pm
Saturdays, February 29, March	14, 21	9 am-1 pm
7 sessions - \$349	Mike Bloch	& Nancy Eynich
Buffalo High School		Room C122

# **PrepStar ACT Math Mania**

This small class provides exceptional content review to grasp the most important concepts covered on the test. Discover specific ways to utilize a calculator to improve efficiency and accuracy. **Bring a pencil and calculator**.

#### W1202

Tuesdays, March 10, 17, 24 3 sessions - \$199 Buffalo High School 4-6 pm Michael Bloch Room C122

#### **ZAP the ACT Test**

Practice tests help focus subject review and can improve scores by 2-6 points. Find out what is on the ACT and become familiar with test style. Students receive 24 practice tests, "Zapping the ACT" study guide and specific strategies for each type of question on the ACT.

#### W1200

Monday & Tuesday, April 6 & 7 2 sessions - \$99 Buffalo High School 3:30-6 pm Jay Meier Room C219

# Fencing

### (Ages 6 – 100)

Fencing is a fun activity for the entire family and vigorous sport that develops stamina, quick reactions, accuracy of movement and excellent coordination. Fencing utilizes natural body movement to create simple and effective self-protection techniques. **Sword Play provides everything needed to fence.** 

#### W679B

Saturdays, February 29 - April 4	8:15 - 9:15 am
6 sessions - \$79	
Parkside Elementary	Gym

#### **Karate Basics**

(Grades K-5)

Karate is a great tool for learning self-discipline, respect for self and others, keeping fit, building confidence and character development. Trained professional instructors specialize in helping kids develop a healthy body and mind. Sign up for one or both sessions - new skills each week. **Class includes a free uniform!** 

#### SP673A

Thursdays, March 5-26 4 sessions - \$42	2:30 - 3:15 pm
Hanover Elementary	Gym
SP673B Thursdays, April 9-30	2:30 - 3:15 pm
4 sessions - \$42 Hanover Elementary	Gym
<b>SP673C</b> Thursdays, May 7-28	2:30 - 3:15 pm
4 sessions - \$42 Hanover Elementary	Gym
SP674A	2.20 2.15 pm
Tuesdays, March 3-24 4 sessions - \$42 Montrose Elementary	2:30 - 3:15 pm Gym
SP674B	
Tuesdays, April 7-28 4 sessions - \$42	2:30 - 3:15 pm
Montrose Elementary	Gym
<b>SP674C</b> Tuesdays, May 5-26	2:30 - 3:15 pm
4 sessions - \$42 Montrose Elementary	Gym



 Register at least one-week prior to start date.
 Those with low enrollment will be canceled at that time.

Registration is easy online at bhmschools.ce.eleyo.com

5:45-6:45 pm	Tuesdays, March 10 - May 19	6:
7+)	<b>SP683B</b> Thursdays, March 5 - May 21	4-
ons and core skills for all	Tumbling - (Age 7 +, cheerleade Fee: \$112	ers/c
6:30-7:30 pm	<b>SP685</b> Thursdays, March 5 - May 21	
11 am-12 pm	<u>Varsity</u> - (Grade 9-12)	Fee:
	<b>SP686</b> Wednesdays, March 4 - May 20	
	Gymnastics Open Gym (All Saturdays, March 7 - May 23 2 (No open gym April 4) Fee: \$10 at the door	
Registration informat	ion on pages 2 and 31	

YOUTH PROGRAM

# No classes week of Spring Break March 30 - April 4

# Parent/Child - (Boys & Girls, 18 mo-3 yr)

**Buffalo High School** 

Gymnastics Gym

Work together with your child to practice various activities (walking beam, foam pit, mats, trampoline). Fee: \$108

<b>SP687A</b> Mondays, March 2 - May 18	4-4:45 pm
SP687B	

SP68/B	
Fridays, March 6 - May 22	5:30-6:15 pm

# **Pre-School Class** - (Boys & Girls, age 3-5)

Practice different activities such as beam, foam pit, bar, trampoline and mats. Fee: \$108

<b>SP680A</b> Mondays, March 2 - May 18	5-5:45 pm
<b>SP680B</b> Wednesdays, March 4 - May 20	7-7:45 pm
<b>SP680C</b> Saturdays, March 7 - May 23	10-10:45 am

# Beginner 1 - (Girls, age 5-7)

Basic positions and core skills for all 4 events. Fee: \$112

SP681A	
Tuesdays, March 10 - May 19	4-5 pm

**SP681B** Thursdays, March 5 - May 21 5:4

# **Beginner 2** - (Girls, age 7+)

Continue practicing basic positions and core 4 events. Fee: \$112

SP681C	
Wednesdays, March 4 - May 20	6:30-7:30 p

SP681D	
Saturdays, March 7 - May 23	



# **Boys Gymnastics** - (Age 5+)

Basic core skills for all 4 events. Focus on building strength, technique and coordination. Fee: \$112

Youth Recreation

#### SP684

**Jr. Bison Gymnastics** 

**Non-Competitive Program** 

Mondays, March 2 - May 18

6-7 pm

# **Intermediate** - (Age 7 +, Some Experience)

Skill requirement: strong bridge and cartwheel. Continue work on more complex skills in all 4 events. Fee: \$135

#### SP682A

Mondays, March 2 - May 18

SP682B Tuesdays, March 10 - May 19 5:15-6:30 pm

SP682C	
Fridays, March 6 - May 22	4-5:15 pm

SP682D Saturdays, March 7 - May 23

12:45-2 pm

6:30-7:45pm

# **<u>Advanced</u>** - (Age 8 +, experience & evaluation)

Based on experience and evaluation. Skill requirement: back walkover, roundoff on floor, pullover, back hip circle on bars, handstand on high beam. Fee: \$162

# SP683A

51 005/1	
Tuesdays, March 10 - May 19	6:30-8 pm

-5:30 pm

dancers)

SP685	
Thursdays, March 5 - May 21	7-8 pm

# \$162

4-6 pm

11

# **Youth Recreation**



# Jr. Bison Track Meet (Boys and Girls, Grades K-6)

**This event is held rain or shine!** Bison Varsity Track Coach Scott Palmer, along with assistant coaches and track members, run this one day event with the emphasis on FUN! Students participate in up to 4 events in their age group. **Bison Youth Track T-shirt included.** 

#### SP6440

Saturday, May 16 1 session- \$20 Buffalo High School Track

9 -11:30 am (Check-in at 9 am)

# Let's Have Some Fun!

# **Open Gym/Open Swim**

Buffalo Middle School (Gym & Pool) Sundays, 2 - 4 pm, February 23 - May 17 (Gym only closed March 15) (Gym & pool closed April 12)

Spring Break Open Swim/Gym T, W, Th, March 31-April 2, 2-4 pm

\$5/person or \$10/family

. . . . . . . . . .

Bison Activity Center (Gym) Monday - Thursday, 6 - 9 pm

### Spring Break Open Gym

Mon-Thur, March 30-April 2, 5:30-8 pm

\$5/person or \$10/family



# Jr. Bison Baseball Program (For players age 5-13)

- This program is sponsored by Buffalo-Hanover-Montrose Community Education
- The Jr Bison Baseball season begins mid-May and concludes mid-July
- Evening practices and games will be played in Buffalo and Montrose
- The focus of this program is on instruction of proper baseball techniques and FUN
- We rely heavily on volunteer coaches. We can't have teams without coaches
- Questions or if you can help coach, contact Community Education 763.682.8770 or Todd Lunning, Recreation Coordinator, 763.682.8176

#### **<u>\* In-Person Registration \*</u>**

Parents interested in registering their child should attend one of the in-person registration dates. (Online registration is not available for this program).

Wednesday, March 18, 5:30-7 pm Bison Activity Center Lobby

<u>OR</u>

Saturday, March 21, 9-10:30 am Bison Activity Center Lobby

#### \* Child's age as of June 1, 2020\*

 Ages 5-6 \$75 Class SP6450 (Tue/Thur evenings)

# **Baseball**

T-Ball

- Minor (Age 7-8) \$75 Class SP6451 (Mon/Wed evenings)
- National (Age 9-10) \$90 Class SP6452 (Tue/Thur evenings)
- American (Age 11-13) \$95 Class SP6453 (Mon/Wed evenings)



Buffalo Community Middle School Pool **Open Swim, Lap Swim** & Open Gym

> Sundays, 2 - 4 pm February 23 - May 17 (Gym only closed March 15) (Pool & Gym closed April 12)

# Spring Break Open Swim & Gym

March 31, April 1, 2 2-4 pm

- Enter door #3, lower west side
- A lap lane is designated
- Fee for Open Swim and/or Open Gym is \$5/person or \$10/family

# **About Our Pool**

- The pool is located at the Buffalo Community Middle School. Enter door #3 (lower west side)
- Pool participants are responsible for their own ٠ valuables. We recommend bringing a lock. These locks must be removed after each swim visit
- Appropriate swimwear is required
- Pool depth ranges from 3 feet 6 inches to 12 feet
- An adult must accompany children if under 48 inches in height
- The use of approved life jackets/vests and other floatations are allowed when accompanied by an adult in the water
- Non-swimmers wishing to watch can sit in the bleacher area
- To use the deep end of the pool, swimmers must be able to swim the width of the pool using the American Red Cross Level 3 front crawl. Swimming ability will be at the lifeguard's discretion
- Children are not allowed to jump off the diving boards into the arms of an adult in the water
- Open swim passes available at the pool or the Community Education office. 10 individual for \$40 or 10 family for \$90

# Wright County WAVE Swim Club

Interested in joining? Visit waveswimclub.com for more information. Not affiliated with BHM Schools

## Water Workout

Water Workout consists of aquatic exercise that will emphasize gentle, stationary stretching and toning exercise. Participants choose the pace of their workout.

#### SP5501

Mondays, March 2 - May 18 8 - 8:45 pm (Note: On March 2 & 9, class time will be 8:15-9 pm) (No class March 30) Buffalo Community Middle School Pool

- \$5 per class or
- \$39 for 10 times bargain punch card
- \$59 for 20 times bargain punch card
- Punch cards can be purchased at the pool or Community Education office

# **Adult Swimming**

#### **Learning the Basics**

It's never too late to teach an older fish a new stroke! Class is designed to teach adults the basic fundamentals of propelling themselves through the water. The use of a personal floatation device (life jacket) will assist in water relaxation and floating.

#### SP5121

Mondays, March 16, 23, April 6 8 - 8:45 pm (No class March 30) 3 Sessions - \$39 Buffalo Community Middle School Pool

Lap Swimming

- Sundays, 2 4 pm during open swim
- Mondays, during the Water Workout
- Cost is \$5 per visit Pay at the pool

# **Pool Rental**

The Buffalo Community Middle School pool is available for private use any time the pool is not scheduled. Pool rental may include birthday parties, lock-ins, gym/swim activities or aquatic conditioning for sports teams. Rental rates are \$60 per hour for In District Groups or \$70 per hour for Out of District Groups. Fee includes 2 lifeguards. For more information call Sheila Johnson 763.682.8752.

# Clip & Save Coupon

\$5 off Saturday pool rental

Valid until 4/25/2020

SOLITION O

### Lifeguard Training, Swim Descriptions



### Lifequarding Course r.17

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program offers a choice of Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience. Candidates must be at least 15 years old on or before the final scheduled session and complete a swim skills test on the first day of class. Those who do not pass the skills test will be given a full refund.

#### SP5600

Saturdays, 9 am - 2 pm March 14, 21, 28, April 4, 11, 18 Buffalo Community Middle School Pool and classroom TBD 6 Sessions - \$199 (Bring a bag lunch)

# Waterfront Lifequarding **Add-On Module** (Must be certified in

#### Lifeguarding)

This module is designed for guards who need waterfront certification for nonsurf, open-water areas.

#### **SP5600WF**

Saturday, April 25 8 am - 1:45 pm (Bring a bag lunch) Buffalo Community Middle School Pool 1 session - \$69



Register at least one-week prior to start date. Classes with low enrollment will be canceled at that time.



# Parent and Child Aquatics (6 months to 3 years) Fee: \$59

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and introduce water safety.

#### Parent Child 1

- Learn how to play safely

#### Experience wearing a life jacket

#### Parent Child 2

Change body position in the water
 Expectation for adult supervision

Fee: \$59

- Enter and exit the water safely ٠
- Submerge in a rhythmic pattern

# **Preschool Aquatics** (4–5 years old)

Children are taught basic aquatic safety, survival and swimming skills, while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.

#### Learn to Swim Levels 1-5 (Age 6+) Fee: \$64

#### Level 1: Intro to Water Skills

Orient participants to the aquatic environment and help gain basic aquatic skills. Begin to develop positive attitudes and safe practices around water.

#### Level 2: Fundamental Aquatic Skills

Build on basic aquatic skills, water safety and concepts learned in level 1.

#### Level 3: Stroke Development

Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment. Head first entry, survival floating and treading water will be covered.

#### Level 4: Stroke Improvement

Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Skills include swimming front crawl 25 yards, breaststroke, back crawl and butterfly 15 yards.

#### Level 5: Stroke Refinement

Participants refine their performance of all six swimming strokes (front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).

#### Level 6: Skill Proficiency/Diving

Preparing students for more advanced courses.

# Swimming Lessons

American Red Cross *Learn to Swim* program offers comprehensive levels to teach students how to swim skillfully and safely. The pre-requisite for each level is the successful demonstration of skills from the preceding level. Note: The shallow end of our pool is 42" deep. Therefore, children must be 48" in height and at least 6 years old to participate in levels 1-6. Children under 48" in height should enroll in the Preschool program. Each level of *Learn to Swim* includes basic water safety and helping a swimmer in distress. See class descriptions on page 14.

Parent and Child Aquatics Preschool Aquatics 25 minute each session Fee: 7-sessions, \$59 Learn to Swim: Levels 1-5 45 minutes each session Fee: 7-sessions, \$64

The pool is located at the Buffalo Community Middle School Enter door #3, lower west side



# **Confidence** with a splash of **trust**!

Saturday Lessons March 14, 21, 28, April 4, 11, 18, 25 (Weather Makeup: May 2)			
8:30 am	Pre-School SP5201S	Parent/Child 1 SP5001S	Level 3
9 am	Pre-School SP5202S	Parent/Child 2 SP5101S	SP5331S
9:30 am	Pre-School SP5203S	Level 1	Level 2
10 am	Pre-School SP5204S	SP5311S	SP5321S
10:30 am	Level 2 SP5322S	<b>Level 4</b> SP5341S	<b>Level 5/6</b> SP5351S
11:30 am	Level 1 SP5312S	Level 2 SP5323S	<b>Level 3</b> SP5332S

<b>Monday Lessons</b> March 16, 23, April 6, 13, 20, 27, May 4 (No class March 30) (Weather Makeup: Tuesday, May 5)			
6 pm	Pre-School SP5201M	Level 1	Level 2
6:30 pm	Pre-School SP5202M	SP5311M	SP5321M
7 pm	Level 3 SP5331M	<b>Level 4</b> SP5341M	<b>Level 5</b> SP5351M

Wednesday Lessons March 18, 25, April 8, 15, 22, 29, May 6 (No class April 1) (Weather Makeup: Tuesday, May 5)

6 pm	Pre-School SP5201W	Parent/Child 1 SP5001W
6:30 pm	Pre-School SP5202W	Parent/Child 2 SP5101W
7 pm	<b>Level 1</b> SP5311W	<b>Level 2</b> SP5321W

May 11, 13, 18, 20, 27, June 1, 3 (No class May 25) (Weather Makeup: Thursday, June 4)			
6 pm	Pre-School SP5201MW	Level 1	Level 2

Mondays & Wednesdays

6 pm	SP5201MW	Level 1	Level 2
6:30 pm	Pre-School SP5202MW	SP5311MW	SP5321MW



Our instructors make the difference!

# **Recreation & Fitness**



# Spinning

#### (Ages 16 and up)

Experience the power of the mind-body connection in this ultimate indoor cycling adventure. Personalized for all fitness levels. You will use specially designed Lemond Spinner Bikes which enable you to select your own level of intensity. Imagine yourself cruising through a rainforest, climbing a snow-peaked mountain or racing in the Tour de France—all done to stimulating music.

#### SP803

Tuesdays, March 10 - May 26 (No class March 31) 11 sessions - \$66 Buffalo Community Middle School 6:30-7:15pm

Babs Hetzler Weight Room enter door #3

# T'ai Chi

T'ai Chi is an ancient Chinese system of movements for health and self-defense. By doing T'ai Chi you will enhance your well-being by providing your cells with more oxygen giving you more stamina and vitality. T'ai Chi is great for relaxation, stress reduction, quieting the mind, enhancing energy, relieving aches and pains, and it helps promote better balance and control of your body. Wear loose fitting, comfortable clothes. Instructor is Ed O'Donnell of Buffalo Karate Association.

#### SP802

Tuesdays, March 10 - May 26 **(No class March 31)** Beginner (First time): 6:15-7:30 pm Intermediate/Advanced: 7:30-8:45 pm 11 sessions- \$66/first person, \$20 each add'l family member Tatanka Elementary Cafeteria

Register for classes at least one-week prior to the start date. Classes with low enrollment will be canceled at that time.

# **Fitness Yoga**

This class combines traditional yoga with modern fitness moves. An excellent heat building workout designed to lengthen and strengthen your muscles. **Wear comfortable work-out clothing.** 

#### SP804A

Tuesdays, April 7 - May 19	6:30-7:30 pm
7 sessions - \$42	Edith Engnell
Hanover Elementary	New Gym
(Class held in the Media C	Center April 7 & 14)

### **Open Pickleball** at Bison Activity Center

Pickleball combines elements of badminton, tennis and table tennis. Players provide their own paddles and balls, nets are provided. Open play, everyone shares courts and rotates during the class.

No pre-registration needed, \$5 per night at the door March 4, 11, 18, 25 6:30-8 pm Court #6

# Bison Activity Center (Gym)

Monday - Thursday, 6 - 9 pm (Closed February 25, March 3, May 25) \$5/person or \$10/family

# **Spring Break Open Gym**

March 30 - April 2, 5:30-8 pm \$5/person or \$10/family

# **Indoor Track Walking**

Mon-Thurs, 6 - 9 pm and Saturdays, 8 -11 am \$2/person/day or walking pass (available onsite)

# Buffalo Middle School (Pool & Gym)

Sundays, 2 - 4 pm February 23 - May 17 (Gym only closed March 15) (Pool & Gym closed April 12) \$5/person or \$10/family

# Spring Break Open Swim & Gym

March 31 - April 2, 2-4 pm \$5/person or \$10/family

# Free Hall Walking

Discovery Center: M-Th, 4-8 pm Buffalo Middle School: M-Th, 6-8 pm Montrose Elem: M & W, 6:30-8 pm Hanover Elem: Call Community Ed for availability

# Abdominal Strengtheners that Won't Make You Get on the Floor!

A few reasons abdominal muscles weaken and lose shape are past pregnancies, surgeries, being sedentary and poor posture. Learn a series of effective exercises that will quickly strengthen all four layers of abdominal muscles, especially the deepest layer WITHOUT stressing your back or neck joints and WITHOUT having to get on the floor. Learn a different, more effective way to strengthen your abdominals, re-shape your waistline and prevent/relieve lower back discomfort.

#### W1261

Saturday, February 29
1 session - \$29
Discovery Center

9:30-11 am Janice Novak Board Room

### Women, Weight & Hormones

Are you finding fat is collecting around your midsection and no matter how well you watch what you eat or how much you exercise that weight is not budging? Your inability to lose weight probably has more to do with your hormone levels than anything else. Until you discover and correct any imbalances, trying to lose weight will be like shoveling sand against the tide. You will learn 7 key strategies for fighting fat and losing weight, including: concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; ten simple things you can do every day to keep your metabolism burning brightly; how to tell if your thyroid is creating weight problems and what to do about it; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps to take to safely break the cycle of hormone related weight gain; and how to help your body begin to lose weight.

#### W1262

Saturday, February 29 1 session -\$29 Discovery Center 11:15 am- 12:45 pm Janice Novak Board Room



# Overcome Your Carbohydrate Cravings

Do you crave starches, snack foods and sweets but find the more you eat, the more you want to eat? Is your snacking out of control? We will discuss a two week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how to stop the cycle of food cravings and weight gain. No hype – just the facts.

#### W1263

Tuesday, March 10 1 session - \$29 Discovery Center 6-7:30 pm Janice Novak Board Room

6:30-7:30 pm

6:30-7:30 pm

6:30-7:30 pm Elizabeth Muellerleile

Cafeteria

Cafeteria

Cafeteria

Elizabeth Muellerleile

Elizabeth Muellerleile



# **Calm and Gentle Yoga**

This flowing yoga class links poses to create strength, flexibility and balance. Breath awareness and breathing exercises are incorporated to help remove tension and lessen stress. A well-rounded class for a wide variety of participants and ability levels – all poses can be modified to fit the individual's flexibility level, and options are given. **Please bring a yoga mat or large towel.** 

#### W1262C

Wednesdays, March 4, 11, 18 3 sessions - \$19 Parkside Elementary

#### SP1262A

Wednesdays, April 8-29 4 sessions - \$25 Parkside Elementary

#### SP1262B

Wednesdays, May 6-27 4 sessions - \$25 Parkside Elementary DULT PROGRAMS

# Health & Wellness

# Qigong

Qigong (chee-gong) is an ancient practice promoting holistic healing through balancing and clearing your energy fields. It is a simple, yet effective, method to reduce stress and help you heal physically, emotionally, and spiritually. Learn about Qigong and how it can enhance the quality of your life and the lives of those around you. **Greg Hegi is a certified Spring Forest Qigong Level 4 Healing and instructor.** 

#### SP1264

Thursdays, March 5 - April 23 (No class April 2)	4-5 pm
7 sessions- \$60 Discovery Center	Greg Hegi Board Room

# **Qigong Saturday Sampler**

Come sample the benefits of Qigong. Qigong will enhance the quality of your life and the lives around you. Join us on Saturdays to experience the activity and further enhance your Qigong work. This practice is open for those just interested to all levels. Instructor Greg Hegi is a level 4 Healer and Instructor.

SP1265A - March 14 SP1265B - April 11 SP1265C - May 9

Saturdays, 10 am-12 pm \$5 per session Discovery Center

Greg Hegi Board Room

# **Ballroom Dancing for Beginners**

#### (Age 16+)

Learn easy steps and turns in popular ballroom dances including waltz, foxtrot, swing, salsa and more. Dance in sync, gain confidence and have fun on the floor in surprising little time! Practice your moves to uplifting songs played at most social gatherings and weddings. Spice up your relationship with four fun-filled date nights and create a lifelong hobby to enjoy together. The perfect course for anyone getting married or preparing for an upcoming event. Couples stay together while singles rotate with other singles. This class is open to teens and adults of all ages. Prior students encouraged to return for practice. Free make up lessons. For more information, call instructor Deanna Constantine at 612-240-8329.

#### SP1268

Wednesdays, May 13-June 3 4 sessions - \$59 Parkside Elementary 7-8:30 pm

Cafeteria



### Works of Wellness

Tiffany Klenken is a wife, a mother of two, a certified holistic health & lifestyle coach, and a Buffalo local. She is passionate about teaching people simple ways to improve their health and ultimately their quality of life. She is a health coach because she loves helping people break free from old patterns that keep them stuck and feeling awkward in their skin. By day, Tiffany works as a Quality Systems professional in the Medical Device industry and in the evenings and weekends she schedules time with clients to help them reach their goals. Coach Tiffany will empower and guide you to make positive lifestyle choices that will enhance your overall well-being. Together you will be able to pinpoint any challenges or concerns you have been facing and come up with a personalized action plan for the future. Each session is designed to help you conquer your wellness obstacle.

#### SP1266A - Take Charge of Your Health/Habit Changes

Tuesdays, March 10 & 17	6:30-7:15 pm
2 sessions - \$39	Tiffany Klenken
Discovery Center	Room 204

#### SP1266B - Whole Foods-Whole Life

Tuesdays, April 7 & 14	6:30-7:15 pm
2 sessions - \$39	Tiffany Klenken
Discovery Center	Room 204

#### **SP1266C - Nutrition Not Restriction** Tuesdays, April 21 & 28

6:30-7:15 pm Tiffany Klenken Room 204

#### SP1266D - How to Meal Plan & Pantry Cleanse

Tuesdays, May 5 & 126:30-7:15 pm2 sessions - \$39Tiffany KlenkenDiscovery CenterRoom 204



2 sessions - \$39

**Discovery Center** 

Please provide us with a valid email so you will receive class confirmations, payment receipts and class communications.

Registration is easy online at bhmschools.ce.eleyo.com

## **Puppy Training**

This six-week class is for all breeds of puppies, age 8 weeks to 4 months old. Each class begins with 15 minutes of puppy play and socialization. Throughout the six-weeks, we work on basic obedience including leash walking, sit, down and stay. We



address issues as needed such as biting, house breaking, crate training, etc. Classes are held indoors in a heated/AC facility with matted floors. Puppies should have their first set of shots including first Parvo/distemper and Bordatella (optional). Young handlers are welcome accompanied by a parent. Please bring a regular buckle collar, 6- foot leash and plenty of soft dog treats to class. Register to begin any Monday night.

#### SP1240

Mondays, ongoing (let us know when you wish to begin) 1st week 6-6:45 pm, 6:30-7:30 pm remaining weeks 6 sessions - \$100 Dan Rode Water's Edge Dog Center

### **Dog Obedience**

This eight-week class is for all breeds of dogs 5 months and older. We work on heeling on leash, sit, down, stay, stand for groom and vet exam. We also work on good manners around people and other dogs. Classes are held indoors in a heated/AC facility with matted floors. Dogs need to be up to date on vaccinations including distemper, rabies, parvo, and bordatella (optional). Young handlers are welcome accompanied by a parent. **Please bring a regular buckle collar, 6- foot leash (no flexi-leads) and plenty of soft dog treats to class.** 

#### W1240B

Tuesdays, March 3-April 21 8 sessions - \$130 Water's Edge Dog Center 7-8 pm Dan Rode

W1240C Tuesdays, March 31-May 19 8 sessions - \$130 Water's Edge Dog Center

8-9 pm Dan Rode



# *New!* Podcasting

Learn how to produce and distribute a podcast and take part in one as well in this class delivered by Bob Sansevere, a member of the KQ Morning Show for more than 30 years and host of The BS Show daily podcast for the last five years. Learn what equipment you need and what you need to know to put together your own podcasts from someone who has been there, done that and continues to do that! You also will be a guest on a podcast that will be produced during this fun, fastpaced and informative 90 minutes course.

#### SP1235A

Tuesday, March 10 1 session - \$15 Discovery Center

#### SP1235B

Tuesday, April 7 1 session -\$15 Discovery Center

# SP1235C

Tuesday, May 12 1 session - \$15 Discovery Center



6-8:30 pm Bob Sansevere Room 204

6-8:30 pm Bob Sansevere Room 204

6-8:30 pm Bob Sansevere Room 204

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Bob Sansevere is a member of the KQ Morning Show and host of The BS Show a daily podcast.



# Take a Day Trip with your friends or family and Community Education!

Join us to see, "The MUSIC MAN" at the Chanhassen Dinner Theatre and "Breaking Up Is Hard To DO" at the SideKick Theatre in Bloomington. See page 24 for all the details!



### **Essential Oil 101 - The Basics**

What is an Essential Oil? Come join in learning more about these essential oils, their history, the importance of quality, how to use the basic oils and finally see how many people have started incorporating these oils into their everyday life to support everyday wants & needs. Bobbi Siljander is a mother of 4 children and has used these oils in her home for 9 years. This class will cover 12 basic oils, their benefits and uses, how to diffuse, use topically and internally. Oils can be used for stress relief, grounding, emotional support, healthy immune function, aches and pains, cleaning and so much more! These 12 oils will be discussed in detail. Learn how to incorporate each one into daily life.

#### SP1267A

Thursday, March 5 1 session - \$19 Discovery Center 6-8 pm Bobbi Siljander Room 204

# Spring Cleaning with Essential Oils Make n'Take

Many people are surprised to learn how many toxins and chemicals are used every day in our homes. These chemical toxins can lead to serious health challenges for both people and animals. Join in learning how to make your home a safe environment to live in for both people and animals. In class, recipes will be shared and two DIY items will be made that are organic and toxic free that you can take home with you. Some examples are: great smelling foaming hand soap, universal cleaning solution, and/or purifying spray. Bobbi has been using these products for 7 years and has experienced their very beneficial properties.

#### SP1267B

Thursday, April 16 1 session - \$25 Discovery Center 6-8 pm Bobbi Siljander Room 204



# **Photo Organization - Print and Digital**

Photography captures a moment that is gone forever! Are your photographs in a box, drawer, suitcase, phone, camera chip, external hard drive, or all of the above? Are they securely backed up? Understand why photo organization/scrapbooking is more difficult today versus years ago. The number one goal is to SAVE - ORGA-NIZE - SHARE your photos. Discover alternatives to get every printed/digital photo, video and memorabilia in one location...from scanning to storage and organization. You'll leave with options to access every photo you own and be able to share them with family and friends.

#### W1006B

Wednesday, March 18	7-8:30 pm
1 session - \$19	Susan De-Jute
Discovery Center	Room 204

# **Adult Beginner Crochet**

Want to learn to crochet? Afraid to try? learn Come with teacher and crochet designer Abbey Swanson of The Firefly Hook. We will learn the basics of crochet and make a cowl. Evervone leaves with a cowl around their neck! And if you have crochet experience,



you can learn a new stitch and expand your crochet skills. No experience necessary. Supplies included!

#### SP1200

Tuesday, March 24 1 session - \$39 Discovery Center 6-8:30 pm Abbey Swanson District Office Conf Room



### **Starwatch Party with Mike Lynch**

Start the evening with an indoor orientation followed by quality time outside under the stars. Get to know constellations like, The Big Bear, Orion the Hunter, Gemini the Twins and hear the stories behind them. We will use large telescopes, among the biggest mobile telescopes in the upper Midwest, for close up views of star clusters, nebulae, galaxies and other wonders in the winter skies. Weather permitting, Mike will have an astronomical camera-telescope system set up for extra special views of our more distant universe. You will receive a handout package with user-friendly star maps, constellation charts, apps, websites, a telescope-buying guide and more! Mike is the author of, Stars, a Month by Month Tour of the Constellations that will be available for purchase. Glow in the dark star and constellation shirts will also be available.

#### W1242

Tuesday, March 31	7:45-9:45 pm
1 session - \$19 per person or \$29 per family	
Buffalo High School	Choir Room

#### **Intro to Amateur Astronomy**

Learn about star constellations by season, types of celestial objects will be observed, equipment and technology. After this presentation you will have a new appreciation for the night sky. Join us for to enhance your star gazing experience.

#### SP1010A

Thursday, April 23 1 session - \$10 Discovery Center

#### SP1010B

Thursday, May 21 1 session - \$10 Discovery Center Patrick Drigans Board Room

6:30-8 pm

6:30-8 pm Patrick Drigans Board Room



# Buffalo Model RailRoad Club (Age 8+)

This class will introduce you to the basic construction, electrical and mechanical principles. This is a great application of artistic ideas and encourages creativity. The activity will help members understand the importance of transportation history and industry trends for the future. Recommended age is eight years and up. Club leader is an experienced model railroader.

#### SP1232

Fridays, February 28, March 13, 20, April 10, 24, May 8, 29 6-8 pm 7 sessions - \$30 (New spring members) or \$5 per session Discovery Center Board Room & 204 (enter door 2, watch for directional signs)

# Your Path to Home Ownership

Calling all first time Home Buyers! Are you tired of paying rent? Join us for an informative class that will walk you through the home buying & loan process. You may be closer to owning a home than you think. Take advantage of your **FREE** mortgage consultation today!

#### W1233B Tuesday, April 21

6:30-8 pm

1 session - \$9 Melanie Benjamin, Loan Officer & Tina Anderson, Realtor Discovery Center Room EC-4



Registration information on pages 2 and 31



Enjoy a little "me time" or invite your friends and family to join you in a artistic adventure!

#### **Butterfly Chime**

This butterfly sun catcher chime is sure to shimmer in the light. In this class you will assemble the pieces to create the butterfly and chime pieces then decorate using pieces of colored glass. An 8" length of chain will be supplied for hanging your finished project. Supplies will be available if you want to string your chime when picking it up or you can take it home to finish.



Mary Randell

#### SP1000

Thursday, March 19 6-8 pm 1 session - \$53 Artist ME, 205 5th St NE, Buffalo

# Leaf dish

Create this wonderful leaf dish by layering pottery glazes. These unique glazes have a reaction and flow



when fired in the kiln. Choose your colors to create a spring, summer or fall colored leaf and be amazed at the professional looking results. This is an adult orientated class.

#### SP1001

Thursday, April 16 1 session - \$20 Artist ME, 205 5th St NE, Buffalo 6-8 pm Mary Randell

#### **Field of Flowers**

Enjoy creating a field of flowers using the ancient art of glass fusing. This 6" x 10" glass sun catcher is made by laying colorful glass, stringers and frit which is then fired in a kiln. High temperature hooks will be added so that a chain or ribbon can be used for hanging. Due to the kiln firings you will need to return to pick up your item at a later date. Class is located at Artistic Me.



SP1002

Friday, May 15 1 session - \$36 Artist ME, 205 5th St NE, Buffalo

6-8:30 pm Mary Randell

## **Retro Designed Stacked Plate**

Create this elegant 8" x 8" black and white stacked plate. This plate is created using a special firelight white glass that when placed on black produces shades of light gray



to white. Have fun cutting the pieces and creating the stacks of glass that when fired will produce a stunning design.

#### SP1003

Thursday, May 21 1 session - \$56 Artist ME, 205 5th St NE, Buffalo

6-8:30 pm Mary Randell



WRIGHT COUNTY MASTER GARDENERS SPRING DAYS GARDENING WORKSHOP

Saturday, March 28, 8:30 am - 3:15 pm at St. Michael-Albertville Middle School West Cost: \$35 in advance, \$40 at door - includes breakfast & lunch

Many topics to choose from! Sessions on the Best Performing Tomatoes, Designing a Cutting Garden, Backyard Chickens, Garden Sheds, Home Garden Food Preservation, and many more! Vendors, Door Prizes, Silent Auction. Master Gardeners will be on hand to answer gardening questions. For more information visit **springdays.org** or email **info@springdays.org**.

# General Enrichment

# Savvy Social Security

Careful planning can help you get the most out of your Social Security benefits. Savvy Social Security Planning will help attendees determine the ideal time to apply and ways to maximize benefits while minimizing taxes.

#### W1205

Tuesday, March 10 1 session - \$15 Discovery Center 6:30-7:30 pm Justin Bettinge District Office Conference Room

# **Taxes & the IRS**

At this workshop you will learn why tax planning is critical. You will see the impact tax-deferral, tax-deductible, and tax-free has on your current income, your retirement and your estate. You will also learn how the new tax laws may benefit you now but may hurt you in the future. We will also answer the question of "Is there a way for me to pay less taxes?"

#### SP1206

Monday March 16 1 session - \$15 Discovery Center 6:30-7:30 pm Sharyl Schultz District Office Conference Room





### **Building Your Retirement**

Foundation: Saving for retirement: How much should I save? What type of accounts should I have? This workshop helps attendees learn how to build a strong and adaptable financial strategy and be more confident in saving for retirement.

#### W1208

Tuesday, April 146:30-7:30 pm1 session - \$10 per person or \$15 per familyLynne LienDiscovery CenterDistrict Office Conference Room

# **Retirement & Estate Strategies**

Managing your estate in retirement takes careful planning and understanding of an ever-changing landscape of financial considerations. This workshop will help attendees learn how to accumulate and distribute money for retirement, learn different strategies that may help them retire more confidently and wisely pass on money to heirs or charities.

#### W1206

Tuesday, May 266:30-7:30 pm1 session - \$15Justin BettingerDiscovery CenterDistrict Office Conference Room

# **4-Hour Defensive Driving Refresher**

If you have taken a state approved 8-hour Defensive Driving Course (55+) in the past, now you can renew your 10%,3 year car insurance discount by taking this state-approved, 4-hour refresher course. There's no driving and no test. You will receive a certificate of completion to provide to your insurance company.

#### SP1236

Friday, April 3 1 session - \$25 Discovery Center 8:30 am-12:30 pm

Board Room

# **8 Hour Defensive Driving**

If you are 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer a 10% reduction for three years if you complete a Defensive Driving Course. Classroom only - no driving or test. You will receive a certificate of completion to provide to your insurance company. **Attendance at both sessions is required to receive credit.** 

#### SP1237

Tuesday & Wednesday, May 5 & 65:15-9:15 pm2 sessions - \$29Board Room

# Chanhassen Dinner Theatre Wednesday, March 4



**The Music Man** follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa into buying instruments and uniforms for a boys band that he vows to organize, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall. Features songs include, "(Ya Got) Trouble, "Seventy-Six Trombones, "Till There Was You" and many more!

#### Your entrée choices include:

Famous Chicken CHANHASSEN, Cornmeal Crusted Walleye, Chicken Tenders, Feta Alfredo Roti, Vegetable Lasagna, Impossible Meatloaf (gluten free) or Greek Chan Salad.

#### W2020B

- Coach bus departs eaast side of Discovery Center, door 1, at 10 am
- Lunch at 11 am, Show time 1 pm
- Bus returns to Buffalo approximately 4:30 pm
- \$89 includes show, lunch, coach bus and chaperone
  Call Community Education at 763.682.8770 for
- availability

# SideKick Theatre-Ives Auditorium Thursday, April 23



Featuring the Songs of Neil Sedaka



Set at a Catskills resort in 1960, this is the sweetly comic story of Lois and Marge, two friends from Brooklyn in search of good times and romance over one wild Labor Day weekend. The score showcases 18 Neil Sedaka classics, including, "Where the Boys Are", "Sweet Sixteen", "Calendar Girl", "Love Will Keep Us Together" and, of course, the chart-topping title song. **The Ives Auditorium is located in Bloomington.** The elegant jewel-box theatre seats 440 with on-site dining in a separate dining room adjacent to the auditorium.

#### Matinee Lunch Menu:

- Chicken breast in herb and wine cream sauce
- Parsley potatoes and vegetable Du Jour
- Dinner rolls and dessert
- Coffee, decaffeinated coffee and hot tea
- Special dietary meals available by request (please notify us by the registration deadline)

#### SP2020B

- Coach bus departs east side of Discovery Center, door 1, at 10 am
- Lunch at 11:30 am, Show time 1 pm
- Bus returns to Buffalo approximately 4:30 pm
- \$89 includes show, lunch, coach bus and chaperon
- Registration deadline is April 8

# Adults with Disabilities (Age 16+)

# What is Opening Doors?

**Opening Doors is a program for Adults with Disabilities (ages 16+).** This program offers classes/activities in the school districts of Buffalo-Hanover-Montrose, Big Lake, Becker, Howard Lake-Waverly-Winsted and Monticello. Specialized activities offer educational, social, life skill and recreation learning opportunities for adults with a disability. <u>Only activities in the Buffalo area are listed in this catalog</u>. For activities in the other school districts, visit bhmschools.ce.eleyo.com, or request the current Opening Doors catalog by calling 763.682.8770.



# Looking beyond disabilities... Focusing on abilities!

#### New this season!

### **Craft & Conversation Comes to You**

One of our Opening Doors staff will join you and others at your home for a relaxing time sharing conversation, making a craft or playing a game. All craft supplies and snack are included. We ask that the home manager make the registration and provide the number of participants interested in our visit. **\$5 per person per visit.** 

#### W384V

Thursday, March 5	6-7 pm
W385V	
Saturday, March 21	10-11 am

# **Bowling League at Huikko's**

Bowling is a great activity that keeps you fit during these early spring days... plus it's fun! Bring your friends!

#### W346B

Saturdays, March 7, 28, April 4, 18 4 session - \$50 Huikko's Entertainment Center

# **UNO and Root Beer Floats**

Uno along with Root Beer floats will be a fun, and delicious, way to spend your evening.

#### W363B

Thursday, March 12 6-8 pm 1 session - \$12 Discovery Center Room 204



# **Jelly Beans and Butterflies**

It's time to add a little color to the spring season. Join us and we will create a decorative butterfly filled with jelly bean wings, the project is both delightful and yummy.

#### W322B

Wednesday, March 18	6-7 pm
1 session - \$9	
Discovery Center	Room 204

# **Going to the Dogs**

Watch dogs perform amazing agility runs and jumps as they go through a specially designed obstacle course. A memorable performance from our furry friends.

### W385A

Thursday, March 19	6-7 pm
1 session - \$7	
Water's Edge Dog Center	

### W385B

2-4 pm

Staff

Thursday, April 2	6-7 pm
1 session - \$7	
Water's Edge Dog Center	

# **Spring Bingo Bash!**

Come one, come all! We have flowers and a variety of spring things to kick off a new season! Of course, we will have all the regular bingo prizes too. A slice of pizza will also be served!

W382B	
Friday, March 20	6-8 pm
1 session - \$10	
Discovery Center	Board Room

Request an Opening Doors spring catalog for a full listing of class/program offerings in all five communities we serve by calling 763.682.8770.

Registration information on pages 2 and 31

# ■■■ Adults with Disabilities (age 16+)

## **Spring Time Tote**

Using fabric markers, you will design a handy tote bag for all your spring necessities.

#### W324B

Tuesday, April 7 6-7 pm 1 session - \$9 Discovery Center



Room 204

# **Spring Time Smoothies & Subs**

Personalize your own healthy sub with fresh greens while the blender whips up a tasty smoothie. We will send you home with smoothie recipes to do at home!

#### W323B

Tuesday, April 14	6-7 pm
1 session - \$9	
Discovery Center	Rroom 202

# **Craft in Carton**

We will have a couple of "take-home crafts" for you to choose from. This craft carton will make a great gift to give to a special person in your life too!

#### W325B

Monday, April 27	6-7 pm
1 session - \$9	-
Discovery Center	Room 204

# Check Out These Community Resource Events!

**Community Resource Transition Trek at PRIDE Transitions in Buffalo** Thursday, April 23, 6-8:30 pm. Connect with transition-based support services. **Questions call PRIDE at 763.682.8890.** 

**Autism Allies** offering family friendly events. No need to registrer. Visit **autismallies.org** or Facebook Autism Allies for more information.

March 14 11 am-1 pm Cosmic Bowling Huikko's Bowling & Entertainment, Buffalo. Glow in the dark fun! Pizza and soda. \$5 per person/\$20 per family

May 9 9 am-3 pm Autism Allies Disabilities Resource Fair, Monticello High School, FREE!

# **St. Patrick's Day After Party**

Dress in your favorite green outfit and enjoy Irish music and a jig or two. Brats with sauerkraut will be served.

#### W306B

Saturday, March 21 4-6 pm 1 session - \$5 Buffalo, St Francis Xavier Catholic School Fellowship Hall

### **2020 Annual Spring Talent Show**

Only performers need to register. Call Opening Doors at 763.682.8770 to register your act by March 20. \$2 per person or \$5 per family/group home at the door.

#### W303B

Wednesday, March 256:30 pm for rehearsalThursday, March 266:30 pm for performance2 sessions - \$58uffalo, Discovery CenterAuditorium

# Buffalo Community Theater,

### "Barefoot in the Park"

Here's a classic romantic comedy about a newlywed couple. This play will make you laugh! We will have pizza before the play at 6 pm.

#### W308B

Friday, April 17	6-8:30 pm
1 session - \$15	
Discovery Center	Board Room & Auditorium

#### Earth Day 2020

In honor of Earth Day, we will thank Mother Nature by filling the sky with colorful kites (providing we have wind for liftoff). We will do some light park clean up too.

#### W383B

Wednesday, April 22	6-7 pm
1 session - \$10	
Buffalo Sturges Park	Pavilion

# **Twins Baseball Game**

Ride the light rail train from Big Lake to Target Field as the MN Twins take on the Boston Red Sox. Two chaperones will meet you at the train station platform. Each ticket is loaded with a \$10 voucher for food or souvenir.

- Meet at Big Lake NorthStar Light Rail at 10 am
- Train leaves at 10:20 am, Game time is 1:10 pm
- Return train leaves Target Field at 4 pm sharp
- Train arrives back in Big Lake at 5 pm
- Registration deadline is April 10

#### W2020BL

Saturday, April 25 1 session - \$55 for each client or staff 10 am-5 pm

# Adult Basic Education Classes



← This Equals =

This → Let us help you get there!



# **WEST Adult Basic Education (ABE)**

WEST Adult Basic Education program serving, and supported by, regional community education departments including Buffalo Community Education. Programs are to help adults age 17 years or older (who are not enrolled in high school) develop basic skills. Visit **westabe.org** for more information. <u>See below for WEST ABE services.</u>

### **ABE Academic Open Labs**

ABE helps adult learners who want to acquire or improve their math, reading, or writing skills. Some learners might need to brush up on their skills before taking the GED tests or college entrance exam, for example. Others are learning information for the first time. Day and evening classes are available.

- Phoenix Learning Center, 800 8th St. NE,
- Mondays & Wednesdays 11 am-1:30 pm
- Tuesdays & Thursdays 6-8:30pm
- Closed on same days as BHM Schools
- Open every month except August
- Call 763.682.8688 or drop in

GED Preparation – see ABE Academic Open Lab

# English Language (ELL/ESL) Class

Learners improve their speaking, listening, reading, and writing skills in English. This friendly, multi-level group meets two nights a week.

- Phoenix Learning Center, 800 8th St. NE,
- Closed on same days as BHM Schools
- Open every month except August
- Tuesdays & Thursdays 6-8:30pm
- Call 763.682.8687 or drop in

#### **Distance Learning – Online Programs**

Actively enrolled learners can study anytime, anywhere by using an online program such as PLATO, i-Pathways or Rosetta Stone for example. To enroll, call 763.682.8688.

# **Reading Classes**

There are two reading classes available: one for adults who struggle to "get the word off the page" and another for adults who can read but do not understand everything they read. Pre-registration and reading assessments are required for these classes. Call Terrisa at 763.682.8688 for more information.

# **Family Learning Classes**

WEST ABE partners with Early Childhood Family Education (ECFE) to offer family literacy classes. Parents study English or prepare for the GED, participate in parenting education, and have learning time with their children. Children must be pre-school age. Call Diane at 763.682.8733 for more information. Space is limited.

### Family Learning Class:

- Held at Discovery Center in Buffalo
- Ongoing through May 21, 10 am 2 pm
- (No class Mar. 31, Apr. 2)
- Lunch and rest time scheduled



# Adult Basic Education Classes

# What's the 2014 GED® Program?

MyGED<sup>™</sup> is your online portal to sign up, study, schedule, check scores and learn about jobs and college.

# What's the 2014 GED® test like?

The GED<sup>®</sup> test has been updated to make sure it measures what graduating high school seniors know and what colleges and employers will expect of you. There are four (4) parts:

- Science (90 minutes)
- Social Studies (70 minutes)
- Reasoning Through Language Arts (150 minutes with a break)
- Mathematical Reasoning (115 minutes) Offered on computer only. English or Spanish

# What is the cost to test?

The MNGED30 voucher code has been reactivated for testing from now through June 30, 2020, and will be available until funds are spent. The first time a person takes each of the four suntests, the voucher covers the cost. The code does not apply to retakes. When the funding runs out, tests may cost \$40 each. Call Terrisa at 763.682.8688 for current information or questions.

# What is the passing score?

The passing score has now been lowered to 145 points on each sub test. To find out if you're likely to pass, take GED Ready<sup>™</sup>: The Official Practice Test. Sign into MyGED<sup>™</sup> at **GED.com** to get ready with GED Ready<sup>™</sup>.

# **GED** Testing in Monticello

Appointments required. Visit westabe.org or call for more details 763.272.2040.

Register at **GED.com** to get information about local policies, how to request accommodations, take free sample tests, pay and take GED Ready<sup>™</sup> (the Official Practice Test), and schedule your 2014 GED<sup>®</sup> test.

# WEST ABE Programs Near You! Visit westabe.org

Annandale	320-274-3058
Big Lake	763-262-2523
Buffalo/Hanover/Montrose	763-682-8688
Delano	763-972-6210
Howard Lake/Waverly/Winsted	320-543-3600
Lester Prairie	320-395-3011
Maple Lake	320-963-5991
Monticello	763-272-2040
Orono	952-449-8350
Rockford	763-477-4563
Plymouth	763-745-6034
St. Michael/Albertville	763-477-4563
Watertown/Mayer	

If preparing for the GED seems overwhelming, come to your local Adult Basic Education class for help. **Questions? Contact Terrisa at 763.682.8688.** 



# **Volunteer Reserve**

The call for volunteers to tutor adult learners is unpredictable. The needs present themselves at irregular intervals. New students enroll weekly and often need one-to-one attention with English language practice, basic reading, or math skills.

Be part of the volunteer reserve so those needs can be addressed immediately. Twelve hours of training at the Minnesota Literacy Council (MLC) prepares you for placement with adult learners.

To chose a training schedule that works for you:

- Go to the MLC website mnliteracy.org/volunteers/training
- Under the Adult Tutor Training heading, chose either "ESL Tutor" or "Reading, Writing, Math" depending on your interests
- After you have earned your certificate, contact Terrisa 763.682.8688 for placement

I CAN... GET MY GED GO TO COLLEGE GET A BETTER JOB BE SUCCESSFUL



# *Community Activities*



#### **Buffalo Community Center**

206 Central Avenue; Buffalo, MN 55313 Suzanne Kolbinger, Director Teri Welter, Assistant Director 763.682.6036 ci.buffalo.mn.us/communitycenter

#### Monday

9 am	lai Chi Yang 10
9 am	Open Pool Tables
9:30 am	Mahjong
11:30 am	Legal Aid, (1st Monday of the month) (call for appointment)
1 pm	Exercise class (All ages)
<u>Tuesday</u>	
9 am	Toy Workshop (at Sturges Park)
9 am	Open Pool Tables
9:30 am	60+ and Healthy Clinic
	(1st Tuesday of every other month)
1 pm	500 Cards
Wednesday	
9 am	Tai Chi Yang 24
9 am	Open Pool Tables
9:30 am	Fidget Quilt Group (2nd & 4th Wednesday)
9:30 am	Creative Writing
12·30 nm	Mahiong

#### **Thursday**

1 pm

9 am	Open Pool Tables
9 am	Toy Workshop (at Sturges Park)
9:30 am	Goldenaires Choir
12:30 pm	Zingo
1 pm	Weaves of Love
2 pm	Coloring Group
	Popcorn Thursday all day long!

Exercise Class (All ages)

#### <u>Friday</u>

9 am Open Pool Tables 9:30 am Hand & Foot

Computer help available by appointment. Please call the Buffalo Community Center for more information at **763.682.6036**.



Elvis (Todd Anderson) helped Stella Huso celebrate her 101st birthday at the Buffalo Community Center.

# The Buffalo Community Center needs you!

## **Buffalo Community Center Toy Shop**

The Buffalo Community Center Toy shop is located in Sturges Park (across from Parkview Care Center). Volunteers meet Tuesday and Thursday mornings 9:30 - 11:30 am. They make wooden toys and put together toy kits to give away to children everywhere. If you are interested in volunteering at the Toy Shop, please contact the Buffalo Community Center at 763.682.6036 and we will be happy to talk with you!

#### Weaves of Love

Weaves of Love is a group of caring individuals making mats for the homeless out of plastic bags. Help is needed to sort, flatten, cut, roll and crochet mats. The group meets the first and third Thursday of the month at 1 pm at the Community Center. If you are interested in this very worthwhile cause, please contact the Buffalo Community Center at 763.682.6036 and we will be happy to talk with you.



# Community Health Programs at Buffalo Hospital 303 Catlin Street, Hwy. 25 N., Buffalo, MN 55313 763.684.7025

Buffalo Hospital invites you to register for a health-promoting class by going online **allinahealth.org/ classes** or by calling **763.684.7025**. Some classes are free and some have a cost associated with them. See details below.

#### **Events**

# **General Wellness**

#### SAVE THE DATE! SPRING TONIC

Help us celebrate the 10th Anniversary of the Spring Tonic on Friday, April 24, at Classic Hall in Annandale. Together, we will raise funds to expand our Oncology services and resources to continue offering exceptional close to home for those undergoing cancer treatment. This cocktail party will include a look back at what we have accomplished over the past ten years and what we hope to do in the coming years to enhance the services we offer at Buffalo Hospital. We'll have games, a grand prize raffle, a Live Auction, and Dueling Pianos providing lively and memorable entertainment throughout the night.For more information call Ashley at 763.684.6800 or register at donate.allina.com/SpringTonic

#### CONNECT RETREAT – Touched by Cancer

The Connect Retreat is for women cancer survivors and those whose lives have been touched by cancer. This year's Connect Retreat takes place March 25-27 and includes speakers, entertainment and time to connect with others.

#### **Fee Information:**

- Two nights single room, all meals and conference fee: \$229
- Two nights double room, all meals and conference fee: \$199 per person
- Meals and conference fee only: \$119

**Early bird** - register by February 29 and take \$10 off the registration fees. **Buddy special** - register with a friend by February 29 and take an additional \$10 off each of your registration fees (maximum of \$20 off per person).

Scholarships may be available. Call 763.684.7025 to register.

#### FREE WELLNESS COACHING

Are you ready to improve your health, enhance your life balance and make lasting changes? The Health and Wellness Coaches have the training and experience to help you succeed. Common areas of focus include exercise, nutrition, sleep and stress. Individual coaching includes appointments in person, over the phone or both. In-person coaching is available at Buffalo Hospital. **Call 763-684-7025 to schedule your FREE appointment today!** 

#### BETTER BREATHERS CLUB (COPD SUPPORT GROUP)

Meets the second Wednesday of each month from 2-3:30 pm at the Buffalo Hospital Heart Center. **Call 763.684.3872. FREE** 

#### STROKE SUPPORT PROGRAM

A support group for people who have had a stroke and their families. Meets the second Wednesday of every month at Buffalo Hospital Conference Center, 1-2 pm. 763.684.3855. FREE

#### LIVING WELL WITH CHRONIC PAIN

Mondays, May 4-June 16 (skip May 25), 4:30-7 pm or Wednesdays, May 13-June 17, 9-11:30 am, Buffalo Hospital Designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. Topics include techniques to deal with frustration, fatigue, isolation, poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments. Call 763.684.7025. FREE

#### LIVING WITH CANCER SUPPORT GROUP

This group is for people touched by cancer, to share information and gain support from one another. Meetings are the second Monday of the month, 5:00 – 6:30 pm at the Buffalo Hospital Willow Room (near the cafeteria). Call **763.684.7631. FREE** 

**Allina Health** 

BUFFALC

HOSPITA

# Pregnancy, Birth and Parenting Classes

#### CHILDBIRTH PREPARATION/BIRTH CENTER TOUR - FREE

The birth center tour is for parents and families who plan to give birth at Buffalo Hospital, part of Allina Health. The tour includes labor areas and birth rooms, postpartum rooms and nursery. A question and answer time is offered after tour along with beverages and light snacks. Parents who want a tour only can choose to leave after the tour. **Call 763.684.7025. FREE** 

- Thursday Tours: 4-6 pm or 6:15-8:15 pm, March 26, April 16 and May 7
- Saturday Tours: 8:30-10:30 am or 10:45 am-12:45 pm, March 7 and June 27

#### **BABY CAFE**

A drop-in service to help you reach your breastfeeding goals. There are snacks available as you visit with trained breastfeeding health professionals and other mothers. A scale is available to weigh your baby as well as breastfeeding resources and information to take home. Every Wednesday from 10 am-12 pm Wright County Historical Society. 763.684.7630. FREE

## Registration

- Online registration is safe, fast and easy at bhmschools.ce.eleyo.com
- Registration and payment is required to attend classes. Once registered, you will receive an electronic class confirmation if an email is provided
- Please register at least one week prior to the class start date. Decisions about class cancellations are made one-week prior to the class start date

ANNOUNCEMENT

**Inclement Weather** 

### Severe Weather Cancellations

- Closings will be announced on KRWC 1360 AM radio and posted on the district website bhmschools.org and Facebook
- Community Education/ECFE classes do not meet when BHM schools are closed for the day
- 2-hour late start: No morning ECFE classes when school has a two hour late start
- KidKare sites will remain open

### Refunds

- If we cancel a class, you will be notified and your payment refunded
- If you need to cancel, notify us at least one-week prior to the start of class and we will refund your tutition in most situations
- Cancellations received within 7-days prior to the start of class will be assessed a \$5 service fee
- No refunds are given the day of the activity or after the class start date. Individual classes may have a more specific cancellation and refund policy

# **Senior Citizen Gold Card**

Residents of BHM School District, age 62 and older, are eligible for a **Gold Card** which entitles them to 25% discount on some classes and entrance into many school home activities.

# **Financial Assistance**

Residents of BHM School District that meet income eligibility guidelines may qualify for a 25% fee reduction on certain classes. Some restrictions do apply. **Requests must be made at time of registration.** 

# **UCare**

Contact your UCare provider to see if you qualify for a \$15 discount on Community Education classes.

# **Community Education** Registration Form

Mail to: Community Education Registration, 301 2nd Avenue NE, Buffalo, MN 55313

Participant Name		(Youth) DOB_	Grade
(Last) Parent/Guardian (if applicable)	(First)		
Address			
(Street)	(City)	(Zip)	
Primary Phone #	Daytime Phone	#	
*Email	Special Needs/Allergies		
Course Title	Course #		Fee
Check #		TOTAL	\$
			_ Exp. Date
UCare # (if applicable)			

Community Education Buffalo-Hanover-Montrose Schools 301 NE 2nd Ave Buffalo, MN 55313 763.682.8770 bhmschools.org



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\*\*\*\*\*ECRWSS\*\* Resident, School District 877 Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

# Visitus Online bhmschools.ce.eleyo.com Spring is almost here... time to get out and about!



# **Starwatch Party with Mike Lynch**



Tuesday, March 31, 7:45-9:45 pm Buffalo High School \$19 per person or \$29 per family. See page 21 for details!



# SideKick Theatre-Ives Auditorium

**Thursday, April 23** See page 24 for trip details. Register before April 8.



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Podcasting page 19



Defensive Driving page 23