



Community Education

BUFFALO HANOVER MONTROSE SCHOOL

Fall 2022



763.682.8770
BHMSCHOOLS.CE.ELEYO.COM

Easy Partner Dancing, p. 23
"Dancing Lessons" Day Trip, p. 26

Welcome to Community Education

REGISTER ONLINE TODAY! BHMSCHOOLS.CE.ELEYO.COM

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**Community
Education**
BHM SCHOOLS

Easy Ways to Register

- ♦ Online at bhmschools.ce.eleyo.com
- ♦ Phone at 763.682.8770
- ♦ In-Person or Mail at 301 2nd Ave NE, Buffalo

Registration

- ♦ Register at least one-week prior to start date. Classes with low enrollment may be canceled at that time.
- ♦ Once registered, you will receive an email class confirmation if an email address is provided.
- ♦ **Cancellations** within 48 business hours of the class is assessed a \$5 service fee. If we cancel a class, you will be notified and your payment refunded.

Weather Cancellations

- ♦ Closings posted on district website bhmschools.org, Facebook and on KRWC radio
- ♦ Community Education/ECFE classes do not meet when BHM schools are closed due to weather
- ♦ 2-Hour Late Start: No morning ECFE classes
- ♦ KidKare sites remain open

UCare

- ♦ Eligible UCare members may get up to a \$15 discount on many Community Education classes. Provide your UCare member ID number when registering.



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

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

Office Closed: September 5, November 24, 25

Office Telephone: 763.682.8770

Web Sites:

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



School Year 2022-23 KidKare Program

KidKare School Age:

Child care for ages 5-12

Extends your child's learning day while providing high quality care in a safe and fun environment. We offer flexible scheduling with before school, after school and non-school day care. We provide a variety of indoor and outdoor activities for your child.

KidKare KinderKids:

Child care for ages 3-5, not yet in Kindergarten

Your child will participate in daily theme-based activities that include social and emotional skills, academic readiness, art and science and learning through play. We offer flexible scheduling with half-day care, full day care and care that "wraps around" your child's ECCE class!

For more information

1. Visit bhmschools.org (click community ed tab)
2. Call Tiffany Lund, KidKare Coordinator, at 763.682.8787 or email tlund@bhmschools.org
3. Join KidKare on Facebook, BHM Schools KidKare

Kids deserve a safe, fun and engaging learning environment. We partner with families to create this environment!

Site Locations & Contacts

Hanover Elementary:

Supervisor: Renee Kalinowski, 763.682.0870

Montrose Elementary:

Supervisor: Ashley Stuart, 763.682.8360

Northwinds Elementary:

Supervisor: Jill Ebeling, 763.682.8830

Parkside Elementary:

Supervisor: Anais Bersie, 763.682.8746

Tatanka Elementary:

Supervisor: Ginger Elsenpeter, 763.682.8631

KidKare Rate Schedule

Daily Rates	1st Child	Add'l Child(ren)
Before School	\$7.50	\$7
Full Day	\$38.50	\$36.50
Wrap around ECCE	\$30.50	\$28.50
1/2 Day (am or pm)	\$26.50	\$24.50
After School	\$14	\$13
Early Release	\$26.50	\$24.50

■ ■ ■ Parent Child Classes

Mixed Ages

Separating parent group classes for children birth to 5 years by September 1, 2022

Parents and children have playtime together, then parents will separate and have a discussion led by a Parent Educator. For children, playtime continues with a Children's Educator. Activities for children birth to kindergarten entrance include stories, snack time and active play. Topics for parent discussion are based on parent needs. Children under 6 months are invited to stay with parents. (Limit 10)

F4005A (Buffalo)

Mondays, 8:30-10:15 am
September 12 - December 19

(No class Nov. 21)

Discovery Center Room EC1 & EC4
ECFE Staff

Fee: 14 week session - Sliding fee scale

F4005B (Buffalo)

Mondays, 10:30 am-12:15 pm
September 12 - December 19

(No class Nov. 21)

Discovery Center Room EC1 & EC4
ECFE Staff

Fee: 14 week session - Sliding fee scale

F4005C (Buffalo)

Tuesdays, 8:30-10:15 am
September 13 - December 20

(No class Sept. 20, Oct. 25, Nov. 22, Dec. 6)

Discovery Center Room EC1 & EC4
Patty Lammers/Diane Mastel

Fee: 11 week session - Sliding fee scale

F4005D (Buffalo)

Wednesdays, 8:30-10:15 am
September 14 - December 21

(No class Oct. 19, Nov. 23)

Discovery Center Room EC1 & EC4
Patty Lammers/Diane Mastel

Fee: 13 week session - Sliding fee scale

F4005E (Buffalo)

Wednesdays, 10:30 am-12:15 pm
September 14 - December 21

(No class Oct. 19, Nov. 23)

Discovery Center Room EC1 & EC4
Patty Lammers/Diane Mastel

Fee: 13 week session - Sliding fee scale



F4005F (Hanover)

Tuesdays, 8:30-10:15 am
September 13 - December 20

(No class Sept. 20, Oct. 25, Nov. 22, Dec. 6)

Hanover Elementary ECFE Rooms
ECFE Staff

Fee: 11 week session - Sliding fee scale

F4005G (Hanover)

Thursdays, 8:30-10:15 am
September 15 - December 22

(No class Oct. 20, Nov. 24)

Hanover Elementary ECFE Rooms
ECFE Staff

Fee: 13 week session - Sliding fee scale

F4005H (Montrose)

Wednesdays, 8:30-10:15 am
September 14 - December 21

(No class Oct. 19, Nov. 23)

Montrose Early Ed Center ECFE Rooms
ECFE Staff

Fee: 13 week session - Sliding fee scale

Marvelous Mondays

Join ECFE parent and child educators for stories, playtime and snack. Parent discussion, led by a parent educator, will focus on current parenting topics. (Limit 10)

F4005I (Buffalo, Non-Separating)

Mondays, September 12 - December 19
(No class Nov. 21) 5 - 6:30 pm

Discovery Center Room EC1 & EC4
ECFE Staff

Fee: 14 week session - Sliding Fee

Terrific Tuesdays

Tuesdays are terrific at our Montrose Early Education Center! Join a parent educator for a family style pizza dinner from 5:30-6 pm. Parents and children ages 2 to grade 2 will separate from 6-6:45 pm with parents participating in parent talk time and children receiving care from our ECFE assistant staff. A final circle and bedtime story will close out the evening. (Limit 12)

F4100A (Montrose, Separating)

Tuesdays: September 13- December 20
5:30-7 pm

(No class Sept. 20, Oct. 25, Nov. 8, 22, Dec. 6)

Montrose Early Ed Center ECFE Staff
10 sessions- Sliding fee scale



Sliding fee scale on page 6

Registration for ECFE
classes opens at 8 am
August 24

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

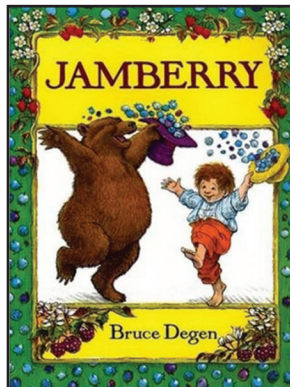
Registration for ECFE classes
opens August 24 at 8 am

ECFE Evening Story Time

Our staff will design age-appropriate activities focused on a particular early childhood book title. Each session offers playtime, circle time and fun activities around the book's theme. (Non-separating).
Limit 10 per class.

Jamberry

A small boy and a big friendly bear embark on a berry-picking extravaganza, looking for blueberries, blackberries, and strawberries. Their fun adventure comes to a razzamatazz finale under a starberry sky. Join Miss Patty for a fun evening of parent/child friendly activities, designed to get everyone involved. Each family receives a copy of, *Jamberry*.



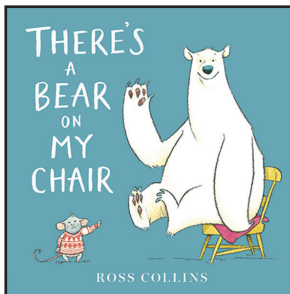
F4044A (Ages 2- 5 years)

Thursday, October 6
Discovery Center
\$15 per family

5:30-6:45 pm
Room EC1
Patty Lammers

There's a Bear in My Chair

Poor Mouse! A bear has settled in his favorite chair, and that chair just isn't big enough for two. Mouse tries all kinds of tactics to move pesky Bear, but nothing works. Once Mouse has gone, Bear gets up and walks home. Join us for some puppet play, fun activities and time to explore our Early Childhood classroom, after a teacher-led circle time with stories and songs. Each family will receive a copy of, *There's a Bear in My Chair*.



F4044B (Ages 1-5 years)

Thursday, December 1
Discovery Center
\$15 per family

5:30-6:45 pm
Room EC1
Patty Lammers



Sliding fee scale on page 6



Daytime Stay and Play

(Birth – Kindergarten Entrance)

Non-separating parent-child group, where parents participate in incidental parent education experiences and children have the opportunity to explore age-appropriate activities in a fun new environment. Class max 15

F4054A

Wednesdays September 14-December 21 10:15-11:15 am
(No class Oct. 19, Nov. 23)

Montrose Early Ed Center
FREE- register online or upon arrival

ECFE Rooms
ECFE Staff

F4054B

Fridays September 16-December 16 10:45-11:45 am
(No class Oct. 21, Nov. 11, Nov. 25)

Discovery Center
FREE-register online or upon arrival

Room EC1
ECFE Staff

Twilight Stay and Play

(Birth – Kindergarten Entrance)

This non-separating group will provide a focus on the parent/child dyad and their time together. After a long day apart, you'll have time to spend with your little one in an age appropriate early childhood environment. A fun evening awaits both of you! Class max 15

F4054

Tuesdays & Thursdays, September 13 - December 22
(No class Sept. 20, Oct. 20, Oct. 25, Nov. 22, Nov. 24, Dec. 6)

6-8 pm
Discovery Center
FREE- register online or upon arrival

ECFE Staff
Room EC1

Journeys

For families who may, or are currently, accessing Early Intervention Services

Parents and children, birth to 5 years, explore activities designed just for them. Parents and children separate with children remaining with early childhood staff. Children participate in snack time and active play. Parents work with a parent educator connecting to their parenting community and discuss the joys and challenges of parenting a child with special needs.

F4005J

Fridays, September 16 - December 16 8:30 - 10:15 am
(No class Oct. 21, Nov. 11, 25)

Discovery Center
Diane Mastel

Room EC1 & EC4
Fee: 11 week session - Free!

Preschool & Early Childhood Screening

Preschool Opportunities

4 Star Rated
★★★★★

We are waiting
for you at Preschool!

Visit bhmschools.ce.eleyo.com
or call 763.682.8780 for availability.

Spring Into Preschool

2.5-3.5 years old by September 1, 2022

8 monthly payments of \$45 due October 30, 2022-May 30, 2023.

4034A (Montrose) Mondays, 8:30-10 am
4034C (Hanover) Fridays, 8:30-10 am

Ready Set Grow Preschool

3-5 Year Olds: 9 monthly payments of \$120 due October 30, 2022-May 30, 2023.

4205D (Buffalo) Mondays & Wednesdays, 8-10:30 am
4205 F (Buffalo) Mondays & Thursdays 12-3 pm

4-5 Year Olds: 9 monthly payments of \$240 due October 30, 2022-May 30, 2023.

4206C (Buffalo) Monday - Thursday, 12-3 pm
4206E (Montrose) Monday - Thursday, 12-3 pm
4206H (Hanover) Monday - Friday, 8-10:15 am



ECFE To Go Bags

ECFE To Go Bags are take home activity bags for parents and their little one to do together. **ECFE To Go Bags** contain activities designed to support your child's emerging skills in the areas of social/emotional, language and literacy, fine motor and mathematics. **ECFE To Go bags** are picked up and dropped off inside door 1 at Discovery Center, Monday-Friday, 8 am-4 pm or by special arrangement Fridays until 6 pm. **Check out one bag per week for 12 weeks, September 26 - December 12.**

4029A (0-2 years old) \$25/family, 12 weeks/bags
4029B (2-5 years old) \$25 per family, 12 weeks/bags



Early Childhood Screening (Ages 3-5 years)

Screening will check your child's overall development. The State of Minnesota recommends all children be screened before their 5th birthday in order to start kindergarten in any Minnesota public school. **Screening is required within 90 days of beginning ECFE preschool. Call 763.682.8408 (Sept-May) or 763.682.8780 (June-August) to schedule.**

Screening Dates at Buffalo Discovery Center

October 14, November 18, 19, 21, 22, December 9

ECFE Sliding Fee Scale

Find your class fee based on your family's income.

# of sessions	10	11	13	14	2nd Child
0-19,999	\$13	\$14	\$16	\$17	\$5
20,000-39,999	\$33	\$36	\$42	\$45	\$6
40,000-59,999	\$64	\$67	\$73	\$76	\$7
60,000-79,999	\$95	\$98	\$104	\$107	\$8
80,000-99,999	\$126	\$129	\$135	\$138	\$9
100,000+	\$157	\$160	\$166	\$169	\$10

If you have questions, please call ECFE at 763.682.8780.

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

Fencing

(Ages 6-adult)

Fencing is a fun sport the entire family can enjoy together. Fencing is a vigorous sport that requires and develops stamina, quick reactions, speed, 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 (mask, jacket, gloves, and sword). The fencer need only come dressed comfortably for freedom of movement including long sweat pants and running shoes. We welcome both adults and students in this class! Limited scholarships are available through Minnesota Sword Play for those with financial need. Call 952.769.9203 to inquire.

F6079

Fridays, September 16-October 28

6:30-7:30 pm

(No class Oct. 21)

6 sessions - \$89

Discovery Center

Sword Play
Cafeteria



Karate

(Grade 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. **Classes include a free uniform!**

F6073A

Tuesdays, September 20-October 11

4 sessions -\$45

Hanover Elementary

2:30-3:15 pm

Buffalo Dojo

Gym

F6073B

Tuesdays, October 25-November 15

4 sessions -\$45

Hanover Elementary

2:30-3:15 pm

Buffalo Dojo

Gym



Autumn Nature Hike

(Grade K-5)

This class is designed to explore nature while hiking and learning about our natural surroundings. As we walk, we will learn about trees, flowers, birds, bugs and more! This is a great time to enjoy being outside and have fun with friends.

F6097

Wednesday, September 21

1 session - \$25

Montrose Elementary

2:30-4 pm

Charlene Bzdok

Room 211

Canvas Fun: Fall Fox

(Grades 1-5)

Join KidzArt for a fun one day painting class. Everyone will create their own painting of a fox with birch trees, using acrylic paint on a 9x12 stretched canvas. Come join your friends for all the fun!



F6092

Tuesday, September 27

2:30 - 3:30 pm

1 session - \$29

Hanover Elementary

Kidzart

Art Room

Register Today!

bhmschools.ce.eleyo.com or call 763.682.8770

More classes listed online... Check it out!

■ ■ ■ Youth Enrichment



Champion Force Cheer (Ages 4-14)

This fun course will teach students popular cheers, chants, choreographed pom/dance routines, jumps, splits, parade marching techniques, and other skills that are required for school cheerleading tryouts. Improve self confidence, physical fitness and overall coordination. **Register online with the Champion**

Force program at: erp.championforce.com/online-registration and use class #8441 prior to class start date.

Thursdays, September 22-December 15

(No class Oct. 20, Nov. 24)

Division 1 (ages 4-6): 6 pm

Division 2 (ages 7-9): 6:45 pm

Division 3 (ages 10 & up): 7:30 pm

One-time registration fee is \$10 and \$9 per class session can be paid weekly to Champion Force Parkside Elementary Cafeteria

Young Americans School of Self Defense/Safety Awareness (Ages 4-14)

Students are instructed in self-defense, emergency notifications, physical techniques and abduction safety. This program promotes self confidence, physical fitness, personal empowerment, and respect for others. New students will earn the yellow belt and ranking students will earn advanced belts. Instructors are certified black belts trained in run, yell, tell and stranger danger curricula.

- ◆ **Registration night is September 15, 6:30 - 7:30 pm**
- ◆ Discovery Center Gym
- ◆ Registration fee is \$5
- ◆ Weekly class fee is \$8
- ◆ Classes meet Thursdays, September 22-December 15 **(No class Oct. 20, Nov. 24)**
- ◆ Beginners: 6:30 - 7:15 pm
- ◆ Intermediate/Advanced: 7:30 - 8:15 pm
- ◆ Discovery Center Cafeteria

Let's Create! KidzArt's Art Sampler (Grade K-5)

Join KidzArt as we experiment with fun new mediums and dabble in a bit of everything. Each week we will create a new art masterpiece with a different art material. Use Sculpey clay to build unique magnets, use chalk pastels to create the effect of a rainy day, experiment with neon oil pastels, and more! **No previous experience necessary**—we guide you in a relaxed supportive atmosphere.

F6093

Tuesdays, October 4-November 15

2:30 - 3:30 pm

(No class Oct. 18)

6 sessions - \$95

Hanover Elementary

Kidzart
Art Room

ZAPS ACT Prep Seminar

Unlock your student's potential! In this seminar, your student will learn tips to improve ACT test scores, practice strategies to eliminate wrong choices, take practice tests, reduce their test anxiety, and gain confidence.

F6000

Monday & Tuesday, October 10-11

3:30-6 pm

2 sessions - \$99

Buffalo High School

Doorway to College
Bison Room

Horse Riding Camp for Beginners (Ages 6-12)

Spark Equestrian's day camps teach kids the basics of horse care, grooming and riding. Students provide their own lunch and wear long pants with



close-toed shoes. It is recommended to dress in multiple layers as we will be both inside and outside.

- ◆ **Please fill out the waiver form located on the Callie Farms website and bring it to camp.**
- ◆ Caille Farm is located in Monticello at 9209 Iffert Ave NE.
- ◆ **Fee is \$125 per session.**

F6075A Wednesday, October 19

9 am-2 pm

F6075B Thursday, October 20

9 am-2 pm

F6075C Friday, November 11

9 am-2 pm

F6075D Wednesday, November 23

9 am-2 pm

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



Babysitting 101

(Ages 10-13)

This course follows the American Academy of Pediatrics - Babysitters Lessons And Safety Training (BLAST). Students learn current practices for safety and injury prevention, first aid basics, feeding and caring for infants, how to handle behavior problems, and how to manage their babysitting business. **Students receive a reference book, handouts and first aid kit.**

F6011

Wednesday, October 19
1 session - \$75
Discovery Center

8:30 am-4 pm
Emergency Outfitters
Room 204

RC Car Racing

(Grade 2-8)

Interested in RC Cars? Want to try racing them on a track? Then come join us for some fun as we explore what makes them work and then get to try them out. Participants will leave with a better understanding of the hobby, and get some time testing out their driving skills on a few different types of RC Cars and Trucks. **Participants can bring their own RC Cars on approval from Party Crashers RC Racing.**



F6080A

Tuesday, October 25
1 session - \$19
Discovery Center

6-7:10 pm
Party Crashers RC Racing
Cafeteria

F6080B

Tuesday, October 25
1 session - \$19
Discovery Center

7:20-8:30 pm
Party Crashers RC Racing
Cafeteria

Halloween Cookie Decorating

(Grade K-5)

Come and have some fun with your friends and enjoy some Spooky, Halloween-themed cookie decorating!! At the end of this class you will bring home some very "spookily" decorated Halloween cookies for your family... Yum!! A fun class activity is also planned while the cookies are drying.

F6095

Wednesday, October 26
1 session - \$25
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Room 211

Crazy Cake Pops

(Grade K-5)

Cake pops are made for kids and now you can make your own! We'll teach you how to combine just the right amount of cake and buttercream icing to create tasty cake pops in fun designs. **You will bring home decorated cake pops for your family to enjoy.**



F6098

Monday, November 7
1 session - \$30
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Room 211

F.A.S.T. Kids

(Ages 7 - 10)

Staying Safe While Home Alone

First Aid and Safety Trained Kids is a 4-hour course for 7-10 year olds. This course helps prepare children for staying safe at and away from home. Lessons cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, stranger and internet safety. **Students will receive a book, handouts and a home first aid kit as part of this class.**

F6012

Friday, November 11
1 session - \$59
Discovery Center

8:30 am-12:30 pm
Emergency Outfitters
Room 204



■ ■ ■ Youth Enrichment



Wonderful Winter Art (Grades K-5)

Get messy and creative this winter season with KidzArt! You will make projects inspired by the weather and festivities. Use acrylic paints on stretched canvas to design a festive ornament, draw a vintage truck in a snowy landscape and blend oil pastels together to draw a comical scene of St. Nick stuck in the chimney!

F6094

Tuesdays, November 29, December 6, 13 2:30 - 3:30 pm
3 sessions - \$45 Kidzart
Hanover Elementary Art Room

Winter Holiday Cookie Decorating (Grade K-5)

Come and have some fun with your friends while decorating cookies! You will bring home beautifully decorated holiday cookies for your family to enjoy. A fun class activity is also planned while the cookies are drying.



F6096

Wednesday, December 14 2:30-4 pm
1 session-\$25 Charlene Bzdok
Montrose Elementary Room 211

Bison Elementary Cheer Team

Grades 2-6 join us for a new season of cheer beginning Sept 22. Visit buffalocheer.com or contact info@buffalocheer.com for information.

High School Driver's Ed

Registering now for classes!

Register online at bhmschools.ce.eleyo.com, visit bhmschools.org/drivers-education to download the registration form or call 763.682.8770.

Class time is 3:45-6:45 pm at Buffalo High School. \$385 fee is for 30-hours classroom & 6-hours BTW.

Fall A: M, T, W September 12-October 3

Fall B: M & W October 17-November 21

**Winter and Spring registration also available!*

Parent & Teen Safety Presentation

October 11 or February 8, 6:30-8 pm at Buffalo High School. Students must pre-register, \$10 fee.

DNR Certified Youth Snowmobile Safety (Ages 11+)

A parent or legal guardian must be present for check-in at 8:45 am and are encouraged to attend at least the first hour of class. Once students have completed their road course and finalized paperwork they will be ready to be picked-up. We expect pick-up will be between 1-3 pm.

Requirements:

- ◆ Must be 11 years old before class start date AND complete the online course to be eligible to take this class. DNR online course can be taken at dnr.state.mn.us/safety/vehicle/snowmobile/index.html.
- ◆ We encourage all parents to help support safe riding practices. Parents are welcome to stay and participate and/or help during the safety class. Please be available to pick up your child when class is finished.

Things students MUST bring to class:

- ◆ Printed Snowmobile Voucher from MN DNR approved online courses.
- ◆ Birth certificate, passport or state issued ID.
- ◆ Helmet that has a D.O.T rating and snowmobile approved shield or goggles that fit attendees head.
- ◆ Warm clothes suitable for riding snowmobile which include gloves, boots, snow pants and jacket.
- ◆ A backpack or something to keep all personal items in during the classroom and driving test.
- ◆ Bag lunch

F6013

Saturday, December 3 8:45 am-3 pm
1 session - \$5 Buffalo Snowriders Snowmobile Club
Parkside Elementary Media Center

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



Jr. Bison Volleyball (Girls, Grades 3-6)

This seven week season includes practice time and matches with other teams who are coached by volunteers. Games/practices are scheduled for 75 minutes each Saturday. If you can help coach, contact Todd, Recreation Coordinator, at 763.682.8176 or tlunning@bhm.schools.org.

Saturdays, September 24 - November 5
7 sessions - \$85
Bison Activity Center

F745A (Grades 5-6)
8:45-10 am

F745B (Grades 3-4)
10-11:15 am

Fall Basketball Competition Camp (Boys, Grades 3-5 and 6-8)

Work on your basketball skill development along with short sided competitive games built within the first hour. For the last 40 minutes, go to the weight room and introduce yourself to basic weight room workouts. This will help with overall physical development as well as build a foundation of skill and familiarity with the weight room.

F710A (Grades 6-8)

Sundays, September 11-October 16
6-7:45 pm
6 sessions - \$60
Coach Ortmann
Buffalo High School Main Gym/Gym 2

Work on your individual basketball skill development along with short sided competitive games built within each workout.

F710B (Grades 3-5)

Mondays, September 12-October 17
6-7:15 pm
6 sessions - \$55 Coach Ortmann
Buffalo High School Main Gym/Gym 2



Open Gym Opportunities

Bison Activity Center (Gym)

Monday - Thursday, 6 - 9 pm
Beginning September 6
(Closed Nov. 24, Dec. 26, Jan. 2)
\$5/person or \$10/family

Buffalo Middle School (Gym & Pool)

Sundays, 2 - 4 pm
September 18 - December 18
(Closed Nov. 27)
\$5/person or \$10/family

Students under age of 12 must be accompanied by a parent/guardian.

Jr Bison Basketball (Boys and Girls, Grades K-6)

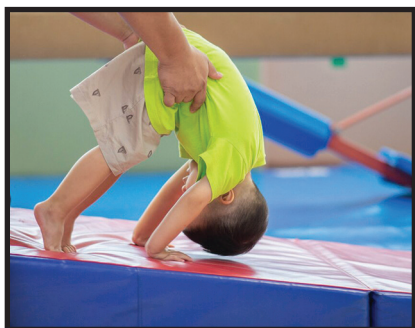
Register online at bhmschools.ce.eleyo.com

Register online or call Community Education at 763.682.8770 by November 23. Players practice Saturdays before their scheduled games. Grades 4-6 players have one evening practice during the week. The focus of the program is on instruction of proper techniques and FUN! **We can't have teams without coaches! Contact Todd at tlunning@bhmschools.org or 763.682.8176 to help out.**

Saturday mornings (Specific time for each team TBD)
January and February at the Bison Activity Center
8 sessions - \$110 (All grades) ***Register by November 23**



■ ■ ■ Youth Recreation



***No Classes
Fall Break**

***No Classes
October 31**

Jr Bison Gymnastics

Non-competitive classes held in the Buffalo High School Gymnastics Gym

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

Focus on having fun and get introduced to the basics of gymnastics. A parent/guardian will help guide students to feel comfortable as they go through obstacle courses. Max 10.

F687A

Mondays, September 12 - November 7 4:15-5 pm
(No class Oct. 31)
Fee: \$100

F687B

Saturdays, September 17-November 12 12:15-1 pm
(No class Oct. 22)
Fee: \$100

Pre-School (Boys & Girls, Ages 3-5)

Focus on having fun and learning basic shapes and skills on the floor, bars and beam along with obstacle courses, trampoline and foam pit. Max 10

F680A

Mondays, September 12 - November 7 5-5:45 pm
(No class Oct. 31)
Fee: \$110

F680B

Wednesdays, September 14 - November 9 4:15-5 pm
(No class Oct. 19)
Fee: \$110

F680C

Saturdays, September 17 - November 12 12:15-1 pm
(No class Oct. 22)
Fee: \$110

Girls Beginners (Age 5+)

Focus on learning basic positions and core skills on all four events. Must have a strong bridge and cartwheel to move to Intermediate level. Max: 10

F681A

Tuesdays, September 13 - November 1 6:15-7:15 pm
Fee: \$125

F681B

Wednesdays, September 14 - November 9 5-6 pm
(No class Oct. 19)
Fee: \$125

F681C

Saturdays, September 17 - November 12 10:30-11:30 am
(No class Oct. 22)
Fee: \$125

Boys Beginners (Age 5+)

Focus on building strength and coordination. Basics floor, vault and bars including obstacle courses, tumble track, trampoline and foam pit. Max 10

F684

Mondays, September 12-November 7 6-7 pm
(No class Oct. 31)
Fee: \$125

Register Today!

bhmschools.ce.eleyo.com or call 763.682.8770



***No Classes
Fall Break**

Jr Bison Gymnastics

Classes held in the Buffalo High School Gymnastics Room

***No Classes
October 31**

Intermediate (Girls, Ages 5 +)

Continue to work on more complex skills on all four events while building strength and improving technique. Must have bridge kickover, roundoff on floor and pullover/back hip circle on bars to move to Advanced level.

F682A

Tuesdays, September 13 - November 1 6:30-7:45 pm
Fee: \$135

F682B

Wednesdays, September 14 - November 9 6:15-7:30 pm
(No class Oct. 19)
Fee: \$135

F682C

Fridays, September 16 - November 11 4:30-5:45 pm
(No class Oct. 21)
Fee: \$135



Advanced - (Girls, experience & approval)

Continue to work on more complex skills on all four events while building strength and improving technique. Skills required are: bridge kickover and round off on floor, pullover and back hip circle on bars, handstand on beam.

F683A

Mondays, September 12 - November 7 6:30-8 pm
(No class Oct. 31)
Fee: \$165

F683B

Thursdays, September 15 - November 10 6-7:30 pm
(No class Oct. 20)
Fee: \$165

Varsity Practice - (Girls, Grades 7-12)

F686A

Tuesdays, September 13 - November 1 4-6 pm
Fee: \$175

F686B

Thursdays, September 15 - November 10 4-6 pm
(No class Oct. 20)
Fee: \$175

Gymnastics Open Gym

Practice time for those enrolled in the Jr Bison Gymnastics program.

Saturdays, September 17 - November 12, 1-2 pm
(Closed Oct. 22) Fee: \$10 at the door

■ ■ ■ Youth Recreation

Register for Ski and Snowboard Program

- ♦ **Online** at bhmschools.ce.eleyo.com or **by phone** 763.682.8770.
- ♦ **Register by Tuesday, November 22** to get special rates available to ski/snowboard club members and guarantee a spot on the bus.
- ♦ **Questions**, contact Community Education at 763.682.8770.



Helmet rental strongly encouraged.

*Ski or Snowboard at Powder Ridge!
We can get you there on the bus or
you can choose to drive to Powder Ridge.*

**Students not riding the bus deduct \$100 from the package fee.*

Elementary Grades 3-5

**Mondays, December 5, 12, 19
January 9, 23, 30 (No ski Jan. 16)**
Students may store equipment in their classrooms.

F6301S - Fee: \$275

6 Lifts, Ski equipment, and Transportation

F6301B - Fee: \$275

6 Lifts, Snowboard equipment, and Transportation

F6301LT - Fee: \$210

6 Lifts and Transportation

F6301T - Fee: \$100

Transportation only

F6301H - Fee: \$25

Helmet Rental

**Optional
Add-On's**

F6301LS - Fee: \$25

3 - 30 minute lessons

Depart from:

- ♦ Hanover Elementary cafeteria, 2:40 pm
- ♦ Discovery Center, door 6, 3 pm

Return to:

- ♦ Discovery Center, 8 pm
- ♦ Hanover Elementary, 8:15 pm

Middle School Grades 6-8

**Mondays, December 5, 12, 19
January 9, 23, 30 (No ski Jan. 16)**
Students may store equipment in the mezzanine area. Meet at the concession stand after school.

F6302S - Fee: \$275

6 Lifts, Ski equipment, and Transportation

F6302B - Fee: \$275

6 Lifts, Snowboard equipment, and Transportation

F6302LT - Fee: \$210

6 Lifts and Transportation

F6302T - Fee: \$100

Transportation only

F6302H - Fee: \$25

Helmet Rental

**Optional
Add-On's**

F6302LS - Fee: \$25

3 - 30 minute lessons

Depart from:

- ♦ Buffalo Middle School, door 3, 3:45 pm

Return to:

- ♦ Buffalo Middle School, 9 pm
- ♦ Hanover Elementary, 9:15 pm

High School Grades 9-12

**Mondays, December 5, 12, 19
January 9, 23, 30 (No ski Jan. 16)**
Students may store equipment in the commons. Meet in the cafeteria after school.

F6303S - Fee: \$275

6 Lifts, Ski equipment, and Transportation

F6303B - Fee: \$275

6 Lifts, Snowboard equipment, and Transportation

F6303LT - Fee: \$210

6 Lifts and Transportation

F6303T - Fee: \$100

Transportation only

F6303H - Fee: \$25

Helmet Rental

**Optional
Add-On's**

F6303LS - Fee: \$25

3 - 30 minute lessons

Depart from:

- ♦ Buffalo High School, cafeteria, 3:45 pm

Return to:

- ♦ Buffalo High School, 9 pm
- ♦ Hanover Elementary, 9:15 pm

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

Sundays, 2 - 4 pm
September 18 - December 18

(Closed Nov. 27)

- ◆ 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



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 any Saturday pool rental

Valid until 12/17/22

About Our Pool

- ◆ The pool is located at the Buffalo Community Middle School. Enter door #3 (facing Wal-Mart)
- ◆ Pool participants are responsible for their own 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 Community Education office or the pool. **10 individual for \$40 or 10 family for \$90**

Wright County WAVE Swim Club

For more information, visit waveswimclub.com



Lap Swimming

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

■ ■ ■ Youth 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 1-5.** 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.

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.

Monday Lessons

September 12, 19, 26
October 3, 10, 17, 24

6:30 pm	Pre-School F5201M	Level 1 F5311M	Level 2 F5321M
7 pm	Pre-School F5202M		
7:30 pm	Level 3 F5331M	Level 4 F5341M	Level 5 F5351M

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

Parent and child 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

- ◆ Change body position in the water
- ◆ Learn how to play safely
- ◆ Experience wearing a life jacket

Parent Child 2

- ◆ Expectation for adult supervision
- ◆ Enter and exit the water safely
- ◆ Submerge in a rhythmic pattern



Preschool Aquatics (4-5 years old) Fee: \$59

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.

Level 2: Fundamental Aquatic Skills

Build 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 achieve basic water competency in a pool environment. Head first entry, survival floating and treading water will be covered.

Level 4: Stroke Improvement

Improve proficiency in performing swimming strokes 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).



Spinning

(Ages 16 - Adult)

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 enables 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. All levels are welcome!

F803

Wednesdays, September 14 - November 16
6-6:45 pm

10 sessions - \$70

Buffalo Community Middle School

Susan Super
Weight Room
(enter door 3)



T'ai Chi

(Ages 16 - Adult)

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.**

F802

Tuesdays, September 13 - November 22

(No class November 8)

Beginner (First time): 6:15-7:30 pm

Intermediate/Advanced: 7:30-8:45 pm

10 sessions- \$70/person, \$25 each add'l family member
Tatanka Elementary Cafeteria

Indoor Walking Bison Activity Center

- Mon-Thurs, 6 - 9 pm, beginning September 6
- Saturdays, 8 -11 am, beginning October 8
- (Closed November 24, Dec. 26, Jan. 2)
- \$2/person/day or season walking pass (onsite)



Open Gym Opportunities

Bison Activity Center

Monday - Thursday, 6 - 9 pm

Beginning September 6

(Closed Nov. 24, Dec. 26, Jan. 2)

\$5/person or \$10/family or season pass (onsite)

Buffalo Community Middle School

Sundays, 2-4 pm

September 18-December 18

(Closed Nov. 27)

\$5/person or \$10/family



Health & Wellness

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.**

F1262A

Wednesday, September 7-28
4 sessions - \$28
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria

F1262B

Wednesday, October 5-26
4 sessions - \$28
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria

F1262C

Wednesday, November 2-30
(No class Nov. 23)
4 sessions - \$28
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria

True Wellness in a Toxic World: Nine Pillars to Reclaim Your Health Naturally™

In this enlightening, engaging and interactive course, we will explore why this is the norm in today's world. You will also discover many science-supported lifestyle shifts that you can start TODAY to detox your life and upgrade your well-being simply, naturally and sustainably. Step into the driver's seat of your own healthcare journey. Here's to better health and more happiness for us all, naturally...one micro-shift at a time. **Receive a free gift and online access to resources mentioned in class.**



F1229A

Wednesday, September 21
1 session - \$39
Discovery Center

7-8:30 pm
Laura Krause
Board Room

F1229B

Tuesday, October 4
1 session - \$39
Discovery Center

6-7:30 pm
Laura Krause
Board Room

F1229C

Saturday, November 5
1 session - \$39
Discovery Center

9:30-11 am
Laura Krause
Board Room

Qigong

Qigong (chee-gong) is an ancient practice that promotes holistic healing through balancing and clearing your energy fields. It is a simple yet effective method to help

reduce stress and help you heal physically, emotionally, and spiritually. This basic introductory class will learn about Qigong and how it can enhance the quality of your life and the lives of those around you.

Heals mind & body



F1260A

Thursday, September 8-29
4 sessions - \$49
Discovery Center

5-6 pm
Amee Pribyl
Board Room

F1260B

Thursday, October 13-November 3
4 sessions - \$49
Discovery Center

5-6 pm
Amee Pribyl
Board Room

F1260C

Thursday, November 10-December 8
(No class Nov. 24)
4 sessions - \$49
Discovery Center

5-6 pm
Amee Pribyl
Board Room

Qigong Saturday Sampler

Sample the benefits of Qigong without committing to a multi-session class. Qigong will enhance the quality of your life and the lives around you. Join us to experience this activity and further enhance your Qigong work. **This practice is open to all levels.**

F1257A

Saturday, September 10
1 session - \$15
Discovery Center

10 am-12 pm
Amee Pribyl
Board Room

F1257B

Saturday, October 15
1 session - \$15
Discovery Center

10 am-12 pm
Amee Pribyl
Board Room

F1257C

Saturday, November 12
1 session - \$15
Discovery Center

10 am-12 pm
Amee Pribyl
Board Room

F1257D

Saturday, December 10
1 session - \$15
Discovery Center

10 am-12 pm
Amee Pribyl
Board Room



The Art of De-Aging: Peel Years off Your Bio-Age

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or body age, however, is measured by how well your organs and body systems work. You have more control over how your body ages than you may think. In this workshop, you will learn simple, scientifically proven things you can do right now to decrease your body age. Also, you will learn facial acupressure points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness and eye bag. Reduce lines and prevent new lines from forming. Help yourself look better, feel younger and age with health and vigor.

F1220

Thursday, September 29
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak



Acupressure and Other Tools for Women 35 and Older

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

F1221

Monday, October 3
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Sound Baths

Did you know that your body is composed of up to 60% of water? Have you ever run your finger along the edge of a glass filled with water to make it sing? Did you notice the way the liquid in the glass danced with vibration and sound? Sound Baths affect the cells of the body similarly, vibrating the water within us to create and immersive, meditative experiences. The different notes and vibrations will help relax the body and mind. Racing thoughts are quieted as the mind attempts to recognize patterns within the sounds. Eventually the mind stops and surrenders to the vibrations. A deep meditative state of relaxation follows. This is a great "end of the day" class that can reduce anxiety and stress and help facilitate a restful night's sleep. **Dress in loose, comfortable clothing, bring a yoga mat or blanket, an eye pillow (if you have one) and water bottle.**

F1261A

Thursday, October 20
1 session - \$49
Discovery Center

6:30-7:30 pm
Amea Pribyl
Room 204

F1261B

Thursday, December 8
1 session - \$49
Discovery Center

6:30-7:30 pm
Amea Pribyl
Board Room

Register Today!

bhmschools.ce.eleyo.com or call 763.682.8770
More classes listed online... Check it out!

Health & Wellness



Easy Ways To Improve Posture

Posture and Osteoporosis Workshop: Building Better Bones

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

F1222

Tuesday, October 25
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

De-Age Your Brain

Current research shows lifestyle and diet have a big effect on how the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We'll discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You will learn simple, easy to implement strategies to help your brain stay healthy and alert.

F1223

Monday, November 7
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Strong is the New Skinny!

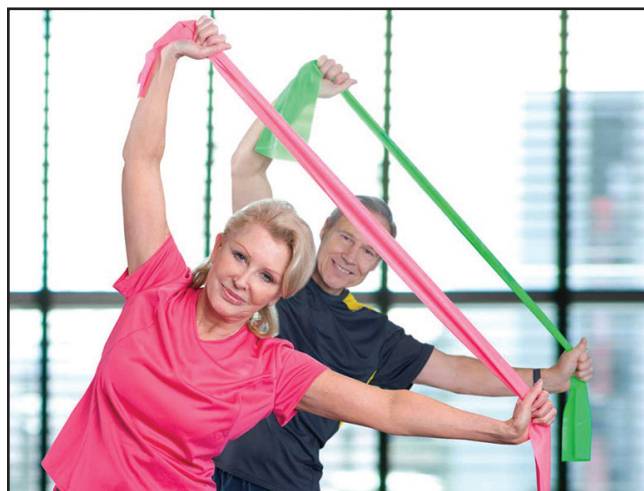
Total Body Band Strengtheners To Do at Home

Not everyone can be skinny, but EVERYONE can be stronger, even if you don't get to the gym several times a week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV or radio show. There are many benefits to having stronger muscles – they boost metabolism, maintain/increase bone density, make daily tasks easier and will help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest of schedules and will help you look and feel better. It is a wonderful thing to be strong, fit and functional. You'll learn lots of tips and techniques to improve overall health and wellness. All levels of fitness are welcome!

F1224

Wednesday, November 9
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak



See page 17 for
Spinning Class, T'ai Chi,
Indoor Walking and
Open Gym Opportunities!

Feet, Knees and Ankles

Your feet, ankles and knees support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? In this workshop, you will learn simple things to help correct these common problems.



F1225

Wednesday, November 16
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

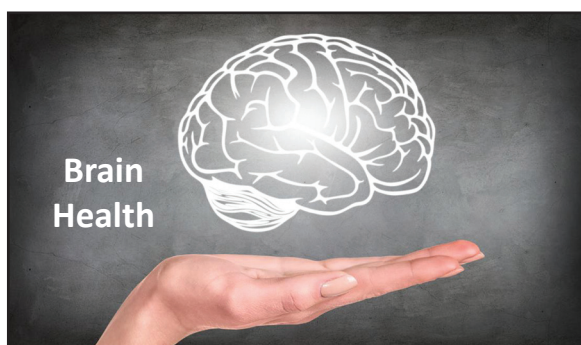
Techniques to Activate Your Brain's Creativity Center

Learn the many things you can do to tap into your brain's creativity center. We will discuss and do ancient breathing patterns to activate the right side of your brain where creativity lives. We will do acupressure points that offer instant clarity and calm. Learn the Energy Medicine technique called 'Thumping' to activate creative centers as well as how colors play a role in brain function. You will leave class with new tools to help you be your best before endeavoring on any creative activity.

F1226

Wednesday, November 30
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak



Acupressure to Assist Weight Loss

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

F1227

Thursday, December 8
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Acupressure to Relieve Stress, Anxiety, Insomnia and More

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

F1228

Wednesday, December 14
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak



Cooking with Tess



Instant Pot® or Not...

Soups in Bread Bowls

Creamy Chicken Noodle Veggie Soup, Creamy Butternut Squash Soup & Italian Bread Bowls!

Warm, delicious, soothing, satisfying soups are such a welcome treat for dinner any time of year. All the stresses of the day seem to melt away with the smell of freshly made soup that brings smiles to the entire family. Have some fun participating in this virtual Instant Pot® or Not COOK-ALONG class. Expand your family's soup rotation and your culinary repertoire as you learn to create two wonderful soups in addition to homemade Italian Bread BOWLS! Choose one soup for your cook-along and watch a demonstration of the other or choose to make both... it's up to you! Both will pair perfectly served in the amazing Italian Bread BOWLS we will make from scratch. You will feel so accomplished!

No Instant Pot®? No problem! The instructor will be making one soup in the Instant Pot® and the other on the stovetop using a soup pot. The instructor will provide step-by-step guidance and instruction for both cooking options for each of the soups so everyone will be able to cook-along using whatever appliance they choose. Experience how flavors are enhanced and infused by making these recipes in your Instant Pot® or enjoy the simple soothing pleasures of making soups the classical way.

Make it a date night or family night as you create lasting memories in your kitchen! Fee includes numerous people from same household only.

F1270

Saturday, September 24

1 session - \$35

Online via Zoom

4-6 pm

Tess Georgakopoulos

Pasta from Scratch Made Easy

Handmade Linguini, Homemade Italian Meatballs in Marinara and Italian Bread

Have some fun participating in this virtual Cook-Along as we dive into the world of handmade pasta! Follow along step-by-step, with our wonderful instructor as she guides you through the simple pleasure of creating homemade pasta with the simplest of ingredients. Then follow along and create a wonderful meal using the pasta you have made that will have your family asking for more! YOU TOO CAN create a wonderful Italian homemade meal made from scratch, and build your culinary repertoire to include homemade pasta, building your confidence with each and every step. Fee includes numerous people from same household only.

F1271

Saturday, October 8

1 session - \$35

Online via Zoom

6-8 pm

Tess Georgakopoulos

Kolache!

Texan Savory & European Sweet, Bake Along

A Texan Kolache is a fluffy, extra large, mildly sweet baked doughnut stuffed with sausage and other fillings such as cheese. Generally, it is an oversized gourmet pig-in-a-blanket but unlike any other pig-in-a-blanket you have ever had! Sweet Kolache are wonderful light cookies filled with preserves and dusted with confectioners' sugar. Have fun in this virtual Bake & Cook-ALONG class, and build your culinary repertoire and confidence as you learn to create a yeast dough and a sweet dough while learning to create these wonderful delightful delicacies! Choose to make one, watch a demonstration of the other or choose to make both! Fee includes numerous people from same household only.

F1272

Friday, November 18

1 session - \$35

Online via Zoom

6-8 pm

Tess Georgakopoulos

**More opportunities
available online!**

Photo Organization

Print and Digital

Are your photographs in a box, drawer, phone, camera chip, external hard drive or all the above? Discover alternatives to get every printed/digital photo, video, and memorabilia in one location permanently and securely. Learn about digital scanning, cloud storage and organization. Leave with options to access every photo you own and share them with family and friends.

F1201A

Wednesday, September 14
1 session - \$29
Discovery Center

7-8:30 pm
Susan DeJute
Room 204

F1201B

Wednesday, November 2
1 session - \$29
Discovery Center

7-8:30 pm
Susan DeJute
Room 204

On The Wright Track (Ages 8-Adult)

Model Railroad Club

Explore basic construction, electrical and mechanical principles of trains. Artistic ideas and creativity encouraged. The club leader will help members understand the importance of transportation history and industry trends for the future. Club leader is an experienced model railroader. **New 2022 membership required.**



F1232

Fridays, Sept 16, 30, Oct 14, 28, Nov 11, Dec 2, 16
6:30-8:30 pm
7 sessions - \$28
Discovery Center

Tim Pacer
Board Room

Instant Piano or Guitar for Hopelessly Busy People

In just a few hours, learn enough about playing the piano or guitar to give yourself years of musical enjoyment. This crash course will teach basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at your piano, keyboard or guitar at home. And since the course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question/answer session is also included. A recording of the class is included. The course is part lecture/demonstration and part hands on instruction.

Piano Topics include:

- ♦ How chords work in a song and how to simplify
- ♦ How to form the three main types of chords
- ♦ How to get more out of sheet music by reading less
- ♦ How to handle different keys and time signatures
- ♦ How to avoid counting

F1261

Thursday, October 20
1 session - \$59
Online via Zoom

6:30-9:30 pm
Craig Coffman



Guitar Topics include:

- ♦ How chords work in a song & strumming patterns
- ♦ How to form the three main types of chords
- ♦ How to tune your guitar
- ♦ How to buy a good guitar (things to avoid)
- ♦ How to play along with simple tunes

F1260

Thursday, October 27
1 session - \$59
Online via Zoom

6:30-9 pm
Craig Coffman



Easy Partner Dancing

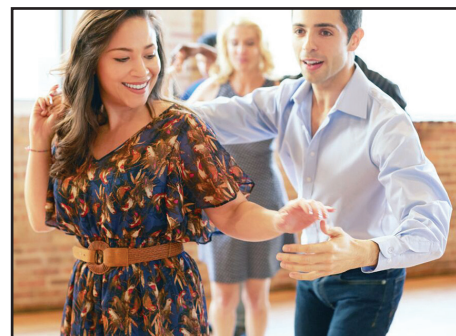
No matter the occasion, you'll be prepared to dance! Be one of the best dancers at your event or just have fun dancing together at home. Try something new to add laughter and romance into your relationship. Taking steps from classic ballroom dances, you will learn easy to remember mini-routines, danceable to all your favorite songs including pop, blues, rock, country and more! If you think you have no rhythm and 2 left feet, this is the perfect course for you! Couples dance together and singles rotate with other singles. **Casual dress.**

F1268

Fridays, October 14-November 11
(No class Oct. 21)
4 sessions - \$64
Discovery Center

7-8:30 pm

Deanna Constantine
East Gym



■■■ Money, Retirement, Seniors



Financial Aid 101

Learn what goes into a college's price tag and how to make a plan without a lifetime of debt. First, learn why college is an investment, not just an expense. Second, is all about financial aid... its different forms, how to apply for it and how to read an offer letter. Finally, get tips for what to do now to reduce your college out of pocket costs. One last thing, we will share two free resources Thrivent offers to help you get a handle on your student loans.

F1217

Monday, October 10
1 session - \$15
Discovery Center

6-7 pm
Chadd Perkins
Room 204

College Planning 101

Do you remember how you felt when you were about to graduate high school? If you're like me, you were excited for a new chapter in your life and a chance to prove yourself in the "real world". No matter how you're feeling, remember that you are not in this alone. Learn how to prepare your child and family for college logistically, academically and financially. The power is in your hands to make a smart decision about this next big step in your student's life.



F1218

Tuesday, October 25
1 session - \$15
Discovery Center

6-7 pm
Chadd Perkins
Room 204

Register Today!

bhmschools.ce.eleyo.com or call 763.682.8770

Medicare 101: The Basics

Join us to learn about enrolling in Medicare. This informational class is suitable for anyone who is or will become Medicare eligible and will help answer questions including: What if I'm going to continue working after I turn 65? How is my spouse affected by my enrollment? What is Original Medicare? What is the difference between a Medicare Supplement Plan and a Medicare Advantage Plan, and how do they work with Original Medicare? What about my prescriptions? How do I enroll in Medicare, and when should I do it? What if I don't enroll? How might my HSA impact my Medicare decision-making? Lots of questions answered!

F1213A

Tuesday, September 13
1 session - \$15
Discovery Center

5:30-6:30 pm
Chris McClory
Room 204

F1213B

Tuesday, November 15
1 session - \$15
Discovery Center

5:30-6:30 pm
Chris McClory
Room 204



Medicare102:

Kickbacks and Free Stuff. What's that about?

If you watch any television, you have probably seen the commercials that urge people over the age of 65 to call a toll-free number to discuss Medicare. They are encouraged to phone in and ask about extra benefits, free services and even money back on their social security check. It all sounds too good to be true. Is it? In this one-hour course, discuss these claims as well as legitimate Medicare Savings Programs available to certain populations and how to get them if you qualify.

F1214

Tuesday, October 11
1 session - \$15
Discovery Center

5:30-6:30 pm
Chris McClory
Room 204



Will Your Retirement Income Last? Don't Leave It to Chance

Retirement is an exciting time that comes with a number of considerations. During this class, we will explore the retirement income landscape, growing your income through retirement, getting the most out of social security, not letting healthcare costs disrupt your lifestyle, how sequence of returns can impact retirement income and strategies for effective portfolio design. Online option available in addition to in-person.

F1216A

Wednesday, September 21
1 session - \$15
Discovery Center

6:30-7:30 pm
Tom Scheck
Room 204

F1216B

Tuesday, November 15
1 session - \$15
Discovery Center

6:30-7:30 pm
Tom Scheck
Room 204

Assisted Living: Everything You've Ever Wanted To Know

Join Kasey Laney and Jill Pingel, Housing Directors for Lake Ridge and Park View Assisted Living, to learn everything about living in an assisted living environment. Learn answers to the following questions, and more, plus bring your questions too!

What does assisted living provide? What are activities of daily living? What's an Assisted Living community like? What about Assisted Living Memory Care? What are the benefits of Assisted Living? How much does Assisted Living cost? Does Medicare or Medicaid cover Assisted Living? Does other health insurance cover Assisted Living? What happens when you run out of resources to pay for Assisted Living? When is it time to move in?

F1263

Tuesday, October 18
1 session - \$15
Discovery Center

12-2 pm
Kasey Laney
DO Conference

Savvy Social Security

Learn strategies to maximize your social security benefits including five factors to consider when deciding when to apply for benefits, how to minimize taxes and how to coordinate social security with your other sources of retirement income.

F1215

Tuesday, November 1
1 Session - \$15
Discovery Center

6:30-7:30 pm
Justin Bettinger
Room 204



Defensive Driving - 4 Hour Refresher

If you have taken a state approved 8-hour Defensive Driving Course (55+), you can renew your three-year car insurance discount by taking this state-approved, 4-Hour Refresher Course. There is no driving and no test. **You will receive a certificate of completion.**

F1238A

Thursday, September 22
1 session - \$35
Discovery Center

5:30-9:30 pm
MN Safety Council
Board Room

F1238B

Thursday, October 20
1 session - \$35
Discovery Center

5:30-9:30 pm
MN Safety Council
Board Room

F1238C

Thursday, November 17
1 session - \$35
Discovery Center

5:30-9:30 pm
MN Safety Council
Board Room

Defensive Driving - 8 Hour Course

Community Education will not be hosting an in-person 8 Hour class this fall. To see upcoming classes and locations offered by the Minnesota Safety Council, visit their website at minnesotasafetycouncil.org, then follow these steps:

Click Classes/Trainings, choose Course Catalog and Registration, choose Driver Training, choose Mature Driver Classes.

Day Trips

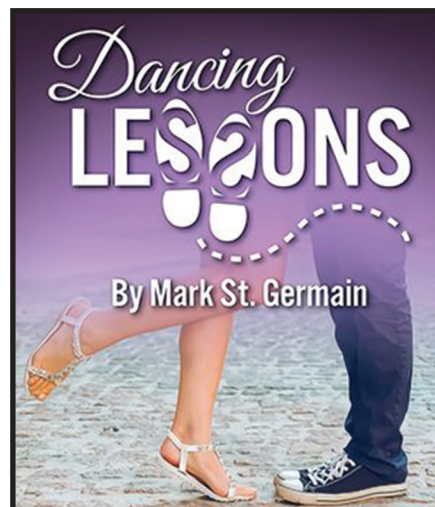


Ames Center, Burnsville
Thursday, October 6

The Church Basement Ladies are at it again! In the 9th installment of the highly successful series, the year is 1975 and all your favorite characters are back! Whether this is your first visit to the basement or you've seen 'em all, you won't want to miss this brand new show. Come along as the ladies don their polyester pantsuits and sing, dance and laugh their way thru this hilarious and touching new musical, **"PLOWIN' THRU"**.

SU2022C

- ♦ Motorcoach bus departs Discovery Center, door 1, at 10:15 am.
- ♦ Lunch at 11:30 am followed by the show at 1 pm.
- ♦ Bus returns to Discovery Center approx 4:15 pm.
- ♦ \$99 fee includes motor coach transportation, lunch, show ticket and chaperone.
- ♦ **Deadline to register is September 14.**



Sidekick Theater, Bloomington
Thursday, November 3

A professional dancer with a career-ending injury is thrown for a loop when a geoscientist shows up on her doorstep asking for a dance lesson. These two mismatched souls engage in a series of lessons that lead them both out of their comfort zone. As their relationship blossoms, they're both caught off-guard by the hilarious and heartwarming discoveries they make about each other and about themselves. Don't miss this charming, touching, funny and life-affirming comedy.

F2022A

- ♦ Motorcoach bus departs Discovery Center, door 1, at 10:15 am.
- ♦ Lunch at 11:30 am followed by the show at 1 pm.
- ♦ Bus returns to Discovery Center approx. 4:15 pm.
- ♦ \$99 fee includes motor coach transportation, lunch, show ticket and chaperone.
- ♦ **Deadline to register is October 18.**



Rockin' Around the Christmas Tree - Sidekick Theater **Tuesday, December 6**

Get into the holiday groove with a rocking selection of some of the season's best music and favorites such as The Beach Boys' "Little Saint Nick," Mariah Carey's "All I Want For Christmas Is You," Celine Dion's "O Holy Night" and The Eagles' "Please Come Home For Christmas". Featuring fabulous vocalists and a band headed up by Brian Pekol, this holiday show promises to leave you feeling merry and bright!

F2022B

- ♦ Motorcoach bus departs Discovery Center, door 1, at 10:15 am.
- ♦ Lunch at 11:30 am followed by the show at 1 pm.
- ♦ Bus returns to Discovery Center approx. 4:15 pm.
- ♦ \$99 fee includes motor coach transportation, lunch, show ticket and chaperone.
- ♦ **Deadline to register is November 22.**



Looking beyond disabilities... *Focusing on abilities!*

ABOUT US

Opening Doors activities and classes are designed and adapted for adults with cognitive and physical disabilities.

Participants can:

Discover New Skills

Arts ~ Crafts ~ Cooking

Explore the Community

Outings ~ Theater ~ Sporting Events

Socialize and Meet People

BINGO ~ Games ~ Movie Nights

Become More Active

Bowling ~ Dances ~ Nature Walks

Fall 2022 Highlights

- ★ **Deer Lake Apple Orchard**
- ★ **Halloween Dance**
- ★ **BINGO and Pizza Nights**
- ★ **Festival of Trees**

To learn more about *Opening Doors* or to register for classes and activities, visit us at bhmschools.ce.eleyo.com or call 763.682.8770.

To request the current Opening Doors catalog, call Community Education at 763.682.8770.

Sheila Johnson, Program Coordinator
sjohnso@bhmschools.org
763.682.8752

The Opening Doors Program offers activities and classes in the school districts of Buffalo-Hanover-Montrose, Becker, Big Lake, Howard Lake-Waverly-Winsted and Monticello.

Classes

WEST Adult Basic Education (ABE)

WEST Adult Basic Education programs are 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. [See below for WEST ABE services.](#)



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.

- ♦ **Discovery Center, 301 2nd Ave NE, Buffalo, Rm M4**
- ♦ Beginning Thursday, September 8
- ♦ Mondays & Wednesdays, 1:30-4 pm
- ♦ Tuesdays & Thursdays, 6-8:30 pm
- ♦ Open every month except August
- ♦ Closed same days as BHM Schools
- ♦ New support for parents: FREE to you, childcare for your children ages birth to 2nd grade
- ♦ Call **763.682.8509** 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.

- ♦ **Discovery Center, 301 2nd Ave NE, Buffalo, Rm M5**
- ♦ Beginning Thursday, September 8
- ♦ Tuesdays & Thursdays 6-8:30 pm
- ♦ Open every month except August
- ♦ Closed same days as BHM Schools
- ♦ Call **763.682.8507** or drop in

Distance Learning – Online Programs

Actively enrolled learners can study anytime, anywhere by using an online program such as PLATO, Moby Max or Rosetta Stone for example. To enroll, call **763.682.8509**.

Free Child Care While You Study!

What: Free childcare while you study!

Why: so you can study for your GED or learn English while your children are well-cared for and having fun.

When: Most Tuesday and Thursday nights, 6- 8:30 pm, September 8 - June 8 (*Subject to staff availability).

Who: WEST Adult Basic Education teachers help you with your study goals, and Early Childhood Childcare Assistants care for the children ages birth to 2nd grade.

Where: Discovery Center, 301 2nd Av. NE, Buffalo.

How: Call Terrisa Fisher to ask questions and to register your child, **763.682.8509**.

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 **763.682.8509** for more information.

Family Learning Classes

WEST Adult Basic Education (ABE) partners with Early Childhood Family Education (ECFE) to offer this family literacy class. 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 763.682.8780 for more information and to register.** Space is limited.

- ♦ Tuesdays & Thursdays at Discovery Center
- ♦ September 13- December 22 10 am – 2 pm
- ♦ **(No class Sept. 20, Oct. 20, 25, Nov. 22, 24, Dec. 6)**
- ♦ Lunch and rest time scheduled

Questions about ABE and GED, call **763.682.8509**

GED Testing & Tutoring Opportunities ■■■

The GED® in Minnesota

To Get Started: Register online at ged.com or contact your local Adult Basic Education (ABE) program. [See box below for a program near you.] Staff at each ABE program will be able to walk you through the registration process and also provide resources and classes to prepare for taking the test.



The Test In Minnesota: Individuals who do not have a high school diploma may be able to earn a state of Minnesota GED® Diploma by passing the GED test. The four tests in the GED battery measure academic competencies similar to many of those required of a Minnesota high school graduate.

Eligibility: If you are 19 years old, do not already have a recognized and documented high school diploma, and are not currently enrolled in high school, you are eligible to take the GED® in Minnesota without an age waiver.

Getting an Age Waiver: If you are 17 or 18 years old and are not currently enrolled in high school, you must apply for an age waiver before testing. [An ABE teacher can assist you with the process.]

Once You Pass All the Tests in the GED: The Minnesota Department of Education (MDE) will receive your information from GED Testing Service and print you an official diploma and transcript which will be mailed via U.S. Mail to your address that you have listed in ged.com.

Warning Regarding Misleading GED® Claims

The state of Minnesota GED® Diploma cannot be earned or obtained on the Internet or through correspondence programs. The Tests of General Educational Development developed by the GED Testing Service® often require extensive preparation.... Tests are administered only ... under the direction of Pearson VUE® and the GED Testing Service. Any other GED diploma ... not issued by the Minnesota Department of Education may not be accepted by employers, colleges and universities or the military.

Minnesota Adult Literacy Hotline: Find an approved ABE program to help you earn your diploma as an adult, visit literacymn.org/classesforadults or call 1-800-222-1990. The programs listed below are approved ABE programs.

WEST ABE Programs Near You!

Visit westabe.org

Annandale	320.274.3058
Big Lake.....	763.262.2523
Buffalo/Hanover/Montrose	763.682.8509
Delano	763.972.6210
Howard Lake/Waverly/Winsted ...	320.543.4670
Lester Prairie.....	320.395.2521
Maple Lake	320.963.5991
Monticello	763.272.2132
Monticello Work Force Center	763.271.3768
Orono	952.449.8350
Rockford	763.477.4563
St. Michael/Albertville	763.497.6550
Watertown/Mayer.....	952.955.0280

For help preparing preparing for the GED, come to your local Adult Basic Education class. **Questions? Contact Jill at 763.272.2040.**

Rewarding Volunteer Opportunities

As a volunteer, you can make a difference in the lives of your neighbors. Attend a virtual* New Volunteer Information Session to find out if literacy volunteering is the right fit for you! Learn about how you can use your unique talents and skills to assist adult learners with their reading, writing, math, GED preparation, technology, and English skills. **Remote and in-person volunteer opportunities are available.**

Literacy Minnesota provides the information session as well as virtual pre-service training. Volunteers who work with adult learners are required by the Minnesota Department of Education to receive either Foundations of Adult Education Tutoring (12 hours) or Foundations of Volunteering in the Adult Education Classroom (4 hours), depending on their role. The majority of volunteers in your area need only the four hour training. For more information, call area adult volunteer coordinator Elizabeth at **763.682.8507** or visit literacymn.org/volunteer-foundations-training#

Community Activities

Upcoming Activities & Events

Kids' Game Time - 1st/3rd Monday of each month, 3 pm. Learn a new game or play a game with others.

Walking Series - 2nd/4th Tuesday of each month. Join us for a walk and possible outdoor topic.

Kids Craft Day - 2nd Wednesday of each month, 3:30 pm. Join us in creating something special.

Toddler Yoga - 1st/3rd Friday of each month, 10 am. Moving our body and connecting to the Power of YOU!

RPG Gaming - 2nd Friday of each month, 6:30 pm. Traditional board games or Role-playing games (RPG).

Family Fun Night - 3rd Friday of each month, 4-8 pm. Board games, puzzles, ping-pong, air hockey, pool tables, Zingo, plus more. Fun for the entire family!

Scifi Saturday - 4th Saturday of each month, 7 pm. Range of topics including Anime, comic books, video games, dragons, space travel, Ai, time travel, magic.

We have live entertainment, holiday parties, speakers, bike skills clinics, tournaments and more! **Drop in anytime** to enjoy our **free activities** like zingo, board games, pool tables, air hockey, ping pong and video games. **FREE WiFi too!** Join your friends and study here.

Building Reservations



Looking for a meeting room, a place to host a baby or bridal shower, graduation party, family gathering, etc. Check out our rental options at ci.buffalo.mn.us/182/Community-Center



Scan to view the most current newsletter!

Still want more information? Email us at communitycenter2@ci.buffalo.mn.us

Bike Trails

Check out the bike skills trail at Trappers Pond Park plus the new hiking/biking trail at Serenity Hills Park. The 1/2 mile long trail at Trappers Pond is full of fun features that will have you or your kids grinning ear to ear. Serenity Hills Park is a hidden little gem just blocks from Northwinds Elementary School. The new trail, built by volunteers with the Buffalo Trail Builders, is a multi-use hiking/biking trail that meanders the perimeter of the park. The trail is less than a half mile but has several hills within the loop to make it a fun and challenging trail option.



Bike Stand Stations

These bike stands have been made available by the Buffalo Rotary Club for your use at three of our parks. Bike stand stations help if you have a small bike repair issue like a flat tire. You will find these located at Griffing Park, Sturges Park, and Trapper's Pond Park for your convenience.

Buffalo BEER & BAGS Festival

Buffalo Civic Center



Save the Date!
Saturday
September, 24th



2:00 PM
to
8:00 PM



For More Info Visit: facebook.com/BuffaloBeerBagsFest or call JP at 763.682.4132

2:00 PM: Doors Open / Unlimited Beer Sampling / Food Trucks / Bags Tourney
5:00 PM: Music / Beer Trailer / Food Trucks / Activities
7:00 PM: Charity Hockey Game - MN Warriors Hockey vs Team First Responders

1306 County Rd 134 Buffalo, MN 55313 763.682.4132 ci.buffalo.mn.us/180/Civic-Center

Health Promoting Classes ■ ■ ■



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 online at allina.com/classes or by calling 763.684.7025 or 1.866.904.9962.

BUFFALO HOSPITAL HAS SOME EXCITING NEWS TO SHARE!

- ♦ We are honored to share Buffalo Hospital has been named to the Fortune/Merative (formerly IBM Watson Health) 100 Top Hospitals for the eighth time.
- ♦ U.S. News and World Report has named Buffalo Hospital as earning High Performing rankings in two adult procedures and conditions
 - ☐ Hip fracture
 - ☐ Pneumonia – for the second consecutive year
- ♦ **Joint Health Event Wednesday, September 14, 6 - 8 pm at Buffalo Hospital Cafeteria.** Join health care providers for a discussion about treatment options for chronic joint pain. Refreshments provided.



FREE WELLNESS COACHING

Are you ready to improve your health, enhance your life balance and make lasting changes? The Health and Wellness Coaches have 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.**

FREE HEALTHY EATING FOR BETTER HEALTH

Offered virtually

Mondays, September 19 – October 24, 12 – 1 pm or Wednesdays, November 2 – December 7, 9 – 10 am

This 6-week program is for people who want to learn more about how nutrition and lifestyle changes can promote better health. Class includes learning how to read nutrition labels, cooking skills, new information about latest changes in nutritional world and even a grocery store tour!



FREE THRIVING WITH CHRONIC PAIN

Offered virtually

Tuesdays, September 20 – October 25, 12 – 1 pm or Tuesdays, November 1 – December 6, 9 – 10 am

This 6 week, 2.5 hour a week class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms.

FREE BETTER BREATHERS CLUB

(COPD SUPPORT GROUP)

This group meets the second Wednesday of each month from 3-4:30 pm at Buffalo Hospital Heart Center. Phone 763-684-3872.

FREE CANCER SUPPORT GROUP

This support group provides a forum for those with cancer to share information and gain support from each other. A cancer care coordinator facilitates meetings. Meetings are held the 2nd Monday of the month, 5 – 6:30 pm in the Conference Center at Buffalo Hospital.

BABY CAFÉ

A family-friendly drop-in breastfeeding support group. Every Wednesday, 10 am – 12 pm at Wright County Historical Society/Heritage Society 763-684-7630. **FREE**

ASK A NURSE

A Birth Center Registered Nurse is available to answer your questions regarding delivering your baby at Buffalo Hospital. Call 763.684.7025 to schedule your phone appointment. Birth Center Tours are discontinued due to COVID-19 precautions.

BUFFALO HOSPITAL GIFT SHOP

Shop the Buffalo Hospital Gift Shop and give back to your community. Your purchases go toward scholarships for high school students pursuing a career in health care.

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



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*****ECRWSS**

Resident, School District 877
Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

Visit us online bhmschools.ce.eleyo.com

Youth Activities for All Ages



ECFE Fall Festival

Saturday, September 17
10 am-12:30 pm
Sturges Park
Free!



Jr Bison Gymnastics Jr Bison Basketball Ski/Snowboard

Registration is open!
p. 11-14

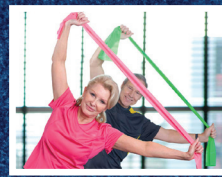


Canvas Fun: Fall Fox p. 7



ACT Test Prep, p. 8 and Driver's Education p. 10

Adult Activities for All Ages



**Strong is the
New Skinny, P. 20**



**Cooking with
Tess, p.22**



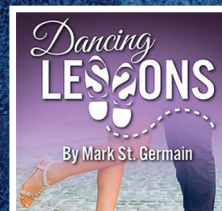
**Defensive
Driving, P. 25**

Take a trip with Community Ed

(Details on page 26)



Plowin' Thru
Thursday, October 6



Dancing Lessons
Thursday, November 3



**Rockin' Around the
Christmas Tree**
Tuesday, December 6