



Community Education

BUFFALO HANOVER MONTROSE SCHOOL

Fall 2023

Harvest Good Memories with Community Ed!



763.682.8770
BHMSCHOOLS.CE.ELEYO.COM

The place to
dream, believe
and **achieve.**

Welcome to Community Education

REGISTER ONLINE TODAY! BHMSCHOOLS.CE.ELEYO.COM

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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 4, November 23, 24

Office Telephone: 763.682.8770

Web Sites:

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



**Community
Education**

BHM SCHOOLS



We are currently full for the 2023-24 school year 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 pre-school class!

Reserve your spot on the waitlist at
bhmschools.ce.eleyo.com

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

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: Tina Jeske, 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 ECFE	\$30.50	\$28.50
1/2 Day (am or pm)	\$26.50	\$24.50
After School	\$14	\$13
Early Release	\$26.50	\$24.50

■ ■ ■ *Separating Parent Child Classes*



Mixed Ages

**Separating parent group classes for children
birth to 5 years by September 1, 2023**

Separating Parent/Child classes are designed for parents and children to learn together through age-appropriate activities and circle time. Then parents and children will separate, with parents joining a licensed parent educator to discuss current parenting topics. Children remain with the licensed classroom teacher for an experience designed just for them. Children under 6 months are invited to stay with parents. (Limit 10)



F4005A (Buffalo)

Mondays, 8:30-10:15 am
September 11 - December 18
(No class Oct 2, Nov 20, Dec 11)
Discovery Center Room EC1 & EC4
Julie Kirkpatrick/Catherine Frisbie
Fee: 12 week session - Sliding fee scale

F4005B (Buffalo)

Mondays, 10:30 am-12:15 pm
September 11 - December 18
(No class Oct 2, Nov 20, Dec 11)
Discovery Center Room EC1 & EC4
Julie Kirkpatrick/Catherine Frisbie
Fee: 12 week session - Sliding fee scale

F4005C (Buffalo)

Tuesdays, 8-9:30 am
September 12 - December 19
(No class Sept 26, Nov 21)
Discovery Center Room EC1 & EC4
Patty Lammers/Danielle Stein
Fee: 13 week session - Sliding fee scale

F4005D (Buffalo)

Wednesdays, 8:15-10 am
September 13 - December 20
(No class Oct 18, Nov 22)
Discovery Center Room EC1 & EC4
Patty Lammers/Catherine Frisbie
Fee: 13 week session - Sliding fee scale

F4005F (Hanover)

Tuesdays, 8:30-10:15 am
September 12 - December 19
(No class Sept 26, Nov 21)
Hanover Elementary Room 200
Julie Kirkpatrick/Catherine Frisbie
Fee: 13 week session - Sliding fee scale

F4005G (Hanover)

Thursdays, 8:30-10:15 am
September 14 - December 21
(No class Oct 19, Nov 23)
Hanover Elementary Room 200
Nicole Tuchscherer/Catherine Frisbie
Fee: 13 week session - Sliding fee scale

F4005E (Montrose)

Fridays, 8:15-10 am
September 15 - December 15
(No class Oct 20, Nov 10, 24)
Montrose Early Ed Center ECFE Room
ECFE Staff
Fee: 11 week session - Sliding fee scale

Terrific Tuesdays

(Age 2 to Grade 2)

Join our ECFE staff for a family style pizza dinner from 5:30-6 pm. After, parents will participate in a parent discussion group and children remain with a licensed ECFE teacher. (Limit 12)

F4100

Tuesdays, 5:30-7 pm
September 12- December 19
(No class Sept 26, Nov 21)
Montrose Early Ed Center ECFE Room
13 sessions- Sliding fee scale

Journeys (Age Birth-6 Years)

For families who may or are currently accessing Early Intervention Services. Parents join a parent educator for discussion about the joys and challenges of parenting. Children remain with a licensed teacher and enjoy activities designed just for them. Evening class includes a light meal. **Please register for one-session only.*

F4008A

Wednesdays, 5:30-7 pm
September 13- December 20
(No class Oct 18, Nov 22)
Montrose Early Ed Center ECFE Room
Free! ECFE Staff

F4008B

Fridays, 8:30-10:15 am
September 15- December 15
(No class Oct 20, Nov 10, 24)
Discovery Center Room EC1 & EC4
Free! Patty Lammers

ECFE Sliding Fee Scale

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

# of sessions	6	11	12	13	2nd Child
0-19,999	\$9	14	\$15	\$16	\$5
20,000-39,999	\$21	36	\$39	\$42	\$6
40,000-59,999	\$52	67	\$70	\$73	\$7
60,000-79,999	\$83	98	\$101	\$104	\$8
80,000-99,999	\$114	129	\$132	\$135	\$9
100,000+	\$145	160	\$163	\$166	\$10

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

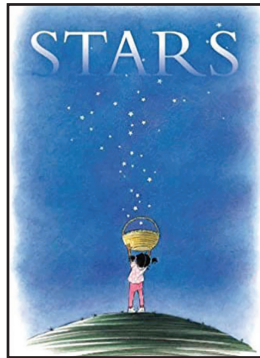
Non-Separating Parent Child Classes ■ ■ ■

ECFE Evening Story Time (Non-separating, Age 2-5 years)

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. **Limit 10**

Stars

Stars promotes imagination and is filled with themes about friendship, self-esteem, and more. As you turn the pages, children are encouraged to think about stars and their significance. Each family will receive a copy of the book.

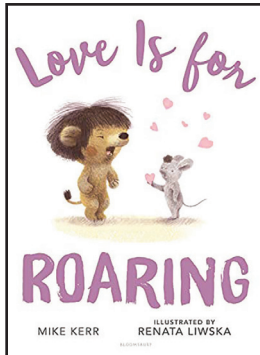


F4044A

Thursday, October 12
5:30-6:30 pm
Discovery Center Room EC1
\$15 per family Patty Lammers

Love is for Roaring

Everyone needs love but we don't all enjoy hugs and kisses. Mike Kerr's sweet tale shares how there are many different ways to show love. Each family will receive a copy of the book.



F4044B

Thursday, December 14
5:30-6:30 pm
Montrose Early Ed Center ECFE Rooms
\$15 per family Patty Lammers

New!

Preschool STEM Lab (Non-Separating, Age 1-5 years)



Join Miss Nicole in the exploration of **Science, Technology, Engineering and Math** activities.

F4006

Mondays, 11 am-12 pm
September 11-December 18
(No class Oct 2, Nov 20, Dec 11)
Hanover Elementary Rm 200
FREE! Nicole Tuchscherer

Daytime Stay and Play (Birth-Kindergarten Entrance)

Non-separating parent-child group, where parents participate in parent education experiences and children explore age-appropriate activities. Class max 20

F4054A

Fridays September 15-December 15 10:45-11:45 am
(No class Oct 20, Nov 10, 24)
Discovery Center Room EC1
FREE! ECFE Staff

F4054B

Fridays September 15-December 15 10:15-11:15 am
(No class Oct 20, Nov 10, 24)
Hanover Elementary Room 200
FREE! Nicole Tuchscherer

F4054C

Fridays September 29-December 15 10:30-11:30 am
(No class Oct 20, Nov 10, 24)
Montrose Early Education Center ECFE Room
FREE! Catherine Frisbie

Mini Melody Music

(Birth-Kindergarten Entrance)

Songs, musical instruments, and dance create a fun filled hour for you and your little one. Enjoy a snack and an age-appropriate parent/caregiver musical activity take home.

F4032

Tuesdays, September 12-October 24 10:45 am-12:15 pm
(No class Sept. 26)
Hanover Elementary Room 200
6 week session- Sliding Fee Scale Julie & Catherine

New! Discover Nature (Age 1-5 years)

Children and their parent(s) are invited to join us in our outdoor classroom for an hour of exploration and age-appropriate science investigations. Please dress for the outdoor weather conditions. *Funded by MN DNR No Child Left Inside grant program.*



F4042A

Mondays, September 11-December 18 10-11 am
(No class Oct 2, Nov 20, Dec 11)
Montrose Early Education Center
ECFE Room/Nature-Based Classroom
FREE! ECFE Staff

F4042B

Thursdays, September 14-December 21 10:45-11:45 am
(No class Oct 19, Nov 23)
Hanover Elementary Playground
FREE! Catherine Frisbie

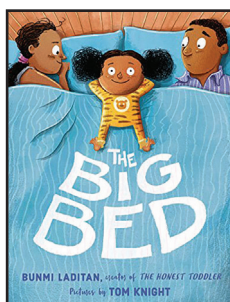


Registration information on page 2

Special Events & Supporting Families

The Big Bed (Age 1-5 years)

Join us for a parent workshop about bed time routines, sleep, and making it all work. Handouts for parents are included to assist with night time sleep issues PLUS a free copy of, *The Big Bed* for each family. **FREE** childcare provided for ages 1 year to kindergarten entrance.



F4001B

Thursday, November 9
Discovery Center
FREE!

5:30-7 pm
Room EC1 and EC2
ECFE Staff

New! Discover Nature at the Hanover Forest (Age 1-5 years)



Children and their parent(s) are invited to join us in our outdoor classroom for an hour of exploration and age-appropriate science investigations. Meet at the Hanover Elementary Playground for a trip into the Hanover School Forest. Please dress for the outdoor weather conditions. Funded by MN DNR No Child Left Inside grant progra

F4032E

Saturday, October 28
Hanover Elementary
FREE!

10-11 am
Playground
Catherine Frisbie/Becky Commerford

Little Artists Celebrate Halloween! (Age 1-5 years)



Join Miss Julie and Miss Catherine for our non-separating "Boo Bash" with age appropriate art activities designed for parents and children to do together.

F4030

Tuesday, October 31
10:45 am-12:15 pm
Hanover Elementary Room 200
\$5 per family

Marvelous Mondays (Age birth-5 years)

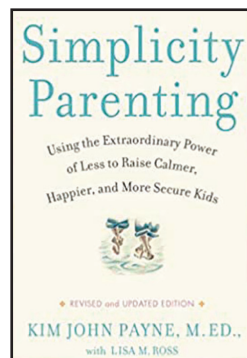
Join us for a free, non-separating family storytime at the Buffalo public library hosted by ECFE on Mondays, 5:30-6:30 pm. **Registration is required by calling the library at 763.682.2753.**

Simplicity Parenting Book Class

(Age 1-5 years)

Join others in your parenting community for a discussion based on the book *Simplicity Parenting: Using the Extraordinary Power of Less to Raise Calmer, Happier, More Secure Kids* by Kim Payne, M.ED.. Each family will receive a copy of the book.

Limit 12 children



F4001A

Tuesdays, 10:45 am-12:15 pm
November 7, 14, 28, December 5, 12, 19 **(No class Nov. 21)**
Hanover Elementary Room 200
\$15 per family Catherine Frisbie/Julie Kirkpatrick

ECFE To Go Bags (Age birth-5 years)

ECFE To Go Bags are take home activity bags for parents and their little ones, birth-kindergarten entrance, to do together. Bags contain activities designed to support your child's emerging skills in the areas of social/emotional, language, literacy, and motor skills. Each bag also contains materials that support parents in their most important role. We will contact you prior to first week of pick up to share information about the contents of the bag based on your child's age.

Monday-Friday, 8 am-2 pm, September 25 - December 11
(No bags the week of November 20)
12 weeks/bags - \$25 per family

4022A - Buffalo Discovery Center, pick up/drop off door 1

4022B - Hanover Elementary, pick up and drop off door 1

Family Learning

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
- Give us a call at 763.682.8780 to inquire about registration. Limited transportation available. School lunch provided. Ready Set Grow Preschool is provided if age-eligible children **FREE** of charge.

F4029

Tuesdays & Thursdays, September 12 - December 21
10 am - 2 pm
(No class Sept 26, Oct 19, Nov 21, 23)

Discovery Center Rooms EC1 & M4
No Fee ECFE Staff and Terrisa Fisher

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. Call 952.769.9203 to inquire.

F6079

Fridays, September 15-October 27

6:30-7:30 pm

(No class Oct. 20)

6 sessions - \$89

Discovery Center

Sword Play

Cafeteria



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

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 14, 6:30 - 7:30 pm**
- ◆ Discovery Center Gym
- ◆ Registration fee is \$5
- ◆ Weekly class fee is \$8
- ◆ Classes meet Thursdays, September 21-December 21 (**No class Oct. 19, Nov. 23**)
- ◆ Beginners: 6:30 - 7:15 pm
- ◆ Intermediate/Advanced: 7:30 - 8:15 pm
- ◆ Discovery Center 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 19-October 10

4 sessions - \$45

Hanover Elementary

2:30-3:15 pm

Dojo Karate

Gym

F6073B

Tuesdays, October 24-November 14

4 sessions - \$45

Hanover Elementary

2:30-3:15 pm

Dojo Karate

Gym

F6073C

Tuesdays, November 28-December 19

4 sessions - \$45

Hanover Elementary

2:30-3:15 pm

Dojo Karate

Gym

Artistic Me Fall Pumpkins (Grades K+)

Pumpkins are a great way to decorate for fall. Make your pumpkin extra special by learning lots of new decorating techniques. This class is held at Artistic Me - 205 5th Street NE, Buffalo. Parents may drop off their child at Artistic Me or you can choose to have your child meet at the Community Education office in the Discovery Center to walk with a chaperone to Artistic Me. Contact Bridget at blindeman@bhmschools.org or **763.682.8733** to make arrangements. Pick up at Artistic Me after class.



F6061

Wednesday, September 20

1 session - \$36

3-4 pm

Artistic Me

■ ■ ■ 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 #10478 prior to class start date.

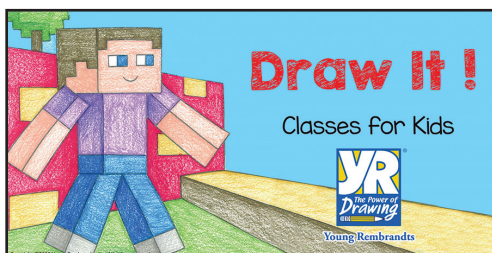
Thursdays, September 14-December 21
and Tuesday, October 17 **(No class Oct. 19, Nov. 23)**
Division 1 (ages 4-6): 6 pm
Division 2 (ages 7-9): 6:45 pm
Division 3 (ages 10 & up): 7:30 pm
One-time registration fee is \$10 and \$9 per class session can be paid weekly to Champion Force Parkside Elementary Cafeteria

Draw It! (Grades K-5)

ALL NEW art from Young Rembrandts. We're back with all new amazing drawings. If your kids are looking to build skills or develop new techniques, they will love this class. Beginners are welcome!

F6063A
Mondays, September 25-October 23 2:30-3:30 pm
5 sessions - \$65 Young Rembrandts
Discovery Center Room 202

F6063B
Wednesdays, September 27 – November 1
(No class Oct. 18) 2:30 – 3:30pm
5 sessions - \$65 Young Rembrandts
Montrose Elementary Room 211



Fun Fall Art (Grades K-5)

Let's design and create autumn themed art projects in the special three-week workshop. Use acrylic paint on canvas to paint a pumpkin with polka dots, draw furry friends of the forest and a tree full of fall colors, and use air-dry color to create a relief sculpture.

F6092
Tuesdays, September 26, October 3, 10
2:30-3:30pm
3 sessions - \$45 Kidzart
Hanover Elementary Art Room

RC Car Racing (Grade 2-8)

Join us for mega fun as we explore what makes RC race cars work. Participants will leave with a better understanding of the hobby and will have time testing their driving skills on different types of RC Cars and Trucks. **Participants can bring their own RC Cars on approval from Party Crashers RC Racing.**

F6080A
Monday, October 2 6-7:10 pm
1 session - \$19 Party Crashers RC Racing
Discovery Center Cafeteria

F6080B
Monday, October 2 7:20-8:30 pm
1 session - \$19 Party Crashers RC Racing
Discovery Center Cafeteria

Artistic Me – Just for Fun! (Grades K+)

Pick a figurine and have fun painting to make it your own! This class is held at Artistic Me - 205 5th Street NE, Buffalo. Parents may drop off their child at Artistic Me or you can choose to have your child meet at the Community Education office in the Discovery Center to walk with a chaperone to Artistic Me. Please contact Bridget at blindeman@bhmschools.org or call **763.682.8733** to make arrangements. Pick up at Artistic Me.



F6065
Wednesday, October 4 3-4 pm
1 session - \$26 Artistic Me

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

Ghosts & Goblins: Cake Pops

(Grades K-6)

Cake pops are made for kids, and now they can make their own! We'll teach you how to combine just the right amount of cake crumbs and buttercream icing to create tasty cake pops in fun GHOSTLY designs! You will learn to read a recipe & follow directions, how to melt candy melts and kitchen safety. At the end of this class you will bring home some beautifully SPOOKY Cake Pops for your family!!



F6097

Wednesday, October 4
1 session - \$30
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Cafeteria



Dungeons & Dragons 101 with Character Creation

(Grades 1-5)

What's it like to play Dungeons and Dragon? Dungeons and Dragons, a timeless game of fantastical elements such as magic, mythical creatures, and fairies, offers great opportunities to develop problem-solving skills, team-building abilities, and creative thinking that cannot be replicated elsewhere. Start by learning its basics, creating your own character, and embarking on an amazing roleplaying game. **Include email with registration.**

F6065

Saturdays, October 14 & 21
2 sessions - \$65
Online - Login information will be emailed to families

10:30 am-12 pm
Tech Academy

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

Wednesday & Thursday, October 11 & 12
2 sessions - \$99
Buffalo High School

6:30-9 pm
Doorway to College
Bison Room

Artistic Me – Harvest Corn Plate

(Ages 7+)

This 10" plate will be fun to create using bits of paper and glaze for a unique calico corn look. This class is held at Artistic Me - 205 5th Street NE, Buffalo. Parents may drop off their child at Artistic Me, or you can choose to have your child meet at the Community Education office in the Discovery Center to walk with a chaperone to Artistic Me. Please contact Bridget at **763.682.8733** or **blindeman@bhmschools.org** to make arrangements. Pick up at Artistic Me after class.



F6062

Tuesday, October 17
1 session - \$35

3-4:30 pm
Artistic Me

Cartoon Club

(Grades K-5)

Learn the basics of cartooning and create your own characters! Each day students will learn techniques used in cartooning. Subjects like characteristics, features, exaggeration, action and personification will contribute to your child's artistic advancement! Young Rembrandts students will immediately apply their new skills in every class to create their own original cartoon characters. Beginners are welcome!



F6064

Wednesday - Friday, October 18, 19, 20
3 sessions - \$115
Discovery Center

No
School
Day

9 am-12 pm
Young Rembrandts
Room 204

■ ■ ■ Youth Enrichment

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.

No
School
Day

F6075A	Wednesday, October 18	9 am-2 pm
F6075B	Thursday, October 19	9 am-2 pm
F6075C	Friday, November 10	9 am-2 pm
F6075D	Wednesday, November 22	9 am-2 pm

The Artist Lab

(Grade K-5)

Get ready to experiment with different artist grade materials as KidzArt walks you through six weeks of creative fun. Learn to draw an Axolotl and paint it with watercolors, create a colorful scratch-art line design of a Griffin, create a patterned landscape on metal. Get ready to be blown away at what you create!

F6093

Tuesdays, October 24-November 28
6 sessions - \$95
Hanover Elementary

2:30-3:30 pm
Kidzart
Art Room



Artistic Me Tree Trio

(Grades 1+)

Decorate each tree using bits of glass, stringers, beads and frit. A base will be provided so the trees are self-standing. This class is held at Artistic Me - 205 5th Street NE, Buffalo. Parents may drop off their child at Artistic Me, or you can choose to have your child meet at the Community Education office in the Discovery Center to walk with a chaperone to Artistic Me. Please contact Bridget at **763.682.8733** or blindeman@bhmschools.org to make arrangements. Pick up at Artistic Me after class.



F6066

Wednesday, November 8
1 session - \$35

3-4:30 pm
Artistic Me

Kinetic Sand Creation

(Grades K-6)

Come and explore your senses while you make your very own KINETIC SAND. Mold your imagination and let your creativity flow! We will be using regular household items to make this fascinating substance. It's mesmerizing, it's satisfying, and once in your hands you can't put it down! Watch them explore, shape, slice, scoop, squish, smash and flow again and again!

F6095

Tuesday, November 21
1 session - \$30
Montrose Elementary

5-6:30 pm
Charlene Bzdok
Room 211

Artistic Me – Ornaments

(Grades K+)

Create four decorative ornaments, using clear glass shapes you decorate, using colorful glass pieces, noodles, stringers and dots. Items will be picked up at Artistic Me at a later date due to kiln firing. This class is held at Artistic Me - 205 5th Street NE, Buffalo. Parents may drop off their child at Artistic Me or you can choose to have your child meet at the Community Education office after school at Discovery Elementary to walk with a chaperone to Artistic Me. Please contact Bridget at blindeman@bhmschools.org or **763.682.8733** to make arrangements. Pick up at Artistic Me after class.



F6060A

Wednesday, November 29
1 session - \$42

3-4 pm
Artistic Me

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

Video Production: YouTube Shorts & IG Reels (Grades 2-6)

Learn the art of production video shorts for TikTok, YouTube Shorts and Instagram Reels. Edit video, add motion graphics, and special effects while practicing storytelling and film production techniques. *Additional Technical Requirement: Cell Phone video camera or external webcam and Filmora (Free version) software. Include email with registration.*

F6067

Saturdays, December 2 & 9 10:30 am-12 pm
2 sessions - \$65 Tech Academy
Online, login information will be emailed to families



Winter Magic (Grades K-5)

Join KidzArt for this enchanting and creative class inspired by all things MAGICAL in Winter! Bring your ice powers and be amazed at all the wonderful things you'll create. Paint snowflakes with watercolor and crayon resist, sculpt a snowman out of Sculpey clay and draw kids having a ball sledding down a snow-covered hill.

F6094

Tuesdays, December 5, 12, 19 2:30-3:30pm
3 sessions - \$45 Kidzart
Hanover Elementary Art Room



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. 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 9 8:45 am-3 pm
1 session - \$5 Buffalo Snowriders Snowmobile Club
Discovery Center Auditorium

Register Today!

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

■ ■ ■ High School Driver Education & Open Gym

High School Driver Education 2023/2024

Registering now for upcoming classes!

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

- ♦ Classroom is held 3:45-6:45 pm, two-days a week, at Buffalo High School.
- ♦ \$395 fee includes 30-hours of classroom instruction and 6-hours behind-the-wheel instruction with a licensed teacher.

Fall A: M & W, September 11-October 11

Fall B: M & W, October 23-November 27

Winter 2024: T & Th, January 4-February 6

Spring A: M & W, February 12-March 18

Spring B: M & W, April 8-May 13

Summer 2024: Multiple classes are offered throughout the summer including morning, afternoon and evening options! Registration will open for summer classes in March.



Parent & Teen Safety Presentation

To help new drivers and their parents prepare for teens getting behind the wheel.

October 26 or February 7

6:30-8 pm at Buffalo High School

Students must pre-register. \$10 student fee.
bhmschools.ce.eleyo.com



Bison Activity Center (Gym & Walking Track)

Monday - Thursday, 6 - 9 pm

Beginning September 5

(Closed Nov. 23, Dec. 25, Jan. 1)

Gym: \$5/person or \$10/family

Walking: \$2/person/day or walking pass

Buffalo Middle School (Gym & Pool)

Sundays, 2 - 4 pm

(*Will close at 2:15 if no attendees)

September 17 - December 17

(Closed Nov. 19, 26)

\$5/person or \$10/family

Montrose Elementary (Gym)

Wednesdays, 6 - 7 pm

Beginning October 25

(Closed on non-school days)

Free!



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

This six 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 Lunning, Recreation Coordinator, at tlunning@bhmschools.org or 763.681.8176.

Saturdays, September 30 - November 4
6 sessions - \$75
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.

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

F710B (Grades 3-5)

Wednesdays, 6-7:15 pm
September 13-October 11
5 sessions - \$55 Coach Ortmann
Buffalo High School Gym 1 & 2

F710A (Grades 6-8)

Monday-Thursday, October 23-26
7:15-8:15 am (morning)
4 sessions - \$50 Coach Ortmann
Buffalo Community Middle School
Gym



CO-Ed Basketball Clinic

This 2 day clinic will work on beginner basketball skills with the emphasis on FUN!!

F710C (Grades K-2, Boys & Girls)
Wednesdays, October 4 & 11, 6-7 pm
2 sessions - \$20 Bison Activity Center

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 15**. 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 15**



■ ■ ■ Youth Recreation

Jr Bison Gymnastics

No classes
Oct. 18-21

Classes held in the Buffalo High School Gymnastics Room



Parent & Child

(Boys and Girls, Ages 18 months - 3 years)

The focus is on having fun! Parent/guardian will help guide your child and help them feel comfortable as they go through obstacle courses, trampoline and foam pit. 9 sessions - \$108

F687A

Mondays, September 11-November 6 4:15-5 pm
9 sessions - \$108

F687B

Saturdays, September 16-November 11 12:15-1 pm
8 sessions - \$96 (No class Oct. 21)

Boys Beginners (Ages 5+)

Basics of core gymnastics skills on floor, vault and bars. Focus on building strength and coordination. Obstacle course will be set up. (Max 20)

F684

Mondays, September 11-November 6 6-7 pm
9 sessions - \$150

Preschool

(Boys and Girls, Ages 3 - 5 years)

Learn basic gymnastic shapes and skills on the floor, bars and beam. Focus is on having fun while introducing basic gymnastics skills while improving balance, strength and coordination. Obstacle courses, trampoline and foam pit.

F680A

Mondays, September 11-November 6 5-5:45 pm
9 sessions - \$108

F680B

Wednesdays, September 13-November 8 4:15-5 pm
8 sessions - \$96 (No class Oct. 18)

F680C

Saturdays, September 16-November 11 12:15-1 pm
9 sessions - \$108 (No class Oct. 21)

Girls Beginners (Ages 5+)

Learn basic gymnastics shapes and skills on all 4 events. Focus is on improving balance, strength, flexibility and coordination. To move up to next level will need a strong bridge, handstand and cart-wheel on floor, pullover on bars with spot and correctly hit a springboard.

F681A

Tuesdays, September 12-October 24 6:15-7:15 pm
7 sessions - \$120

F681B

Wednesdays, September 13-November 8 5-6 pm
8 sessions - \$135 (No class Oct. 18)

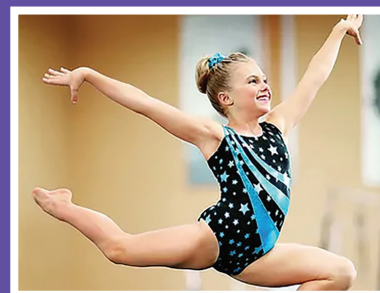
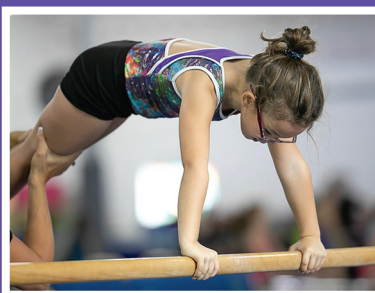
F681C

Saturdays, September 16-November 11 10:30-11:30 am
8 sessions - \$135 (No class Oct. 21)

Jr Bison Gymnastics

No classes
Oct. 18-21

Classes held in the Buffalo High School Gymnastics Room



Intermediate (Girls, Ages 5+)

Continue learning gymnastics skills on all 4 events while building strength and improving technique. Must have bridge kickover and roundoff on floor and pullover/back hip circle on bars to move to Advanced class.

Vault: Forward roll and handstand flatback

Bars: Pullovers, casts, back hip circles, glides

Beam: Basics on low and high beams

Floor: Various cartwheels, roundoffs, back bends and kickovers

F682A

Mondays, September 11-November 6 6:45-8 pm
9 sessions - \$200

F682B

Wednesdays, September 13-November 8 6:15-7:30 pm
8 sessions - \$180 (No class Oct. 18)

Advanced (Girls, Ages 8+)

(Based on experience/prerequisite skills)

Continue working on more complex skills on all 4 events while building strength and improving technique. Skills required are: Bridge Kickover, Round-Off on Floor, Pullover and Back Hip Circle on bars and Handstand on beam.

Vault: Handstand flatback and handsprings

Bars: Skills from Intermediate level and introduce one-leg circles, tap swings, front hip circles, kips, squat ons

Beam: Continue basics on low and high beams - jumps, turns, handstands, cartwheels, mounts and dismounts

Floor: Skilled cartwheels, roundoffs, back bends and kickovers

F683A

Tuesdays, September 12-October 24 7-8:30 pm
7 sessions - \$160

F683B

Thursdays, September 14-November 9 6-7:30 pm
8 sessions - \$180 (No class Oct. 19)

Open Gymnastics Gym

Open gym is for students registered in the Jr Bison Gymnastics program to explore and get used to equipment, practice gymnastics skills and have lots of FUN! All ages welcome. Fee is \$10/student/visit (cash or check at the door).

Saturdays, September 16-November 11
1-2 pm (Closed Oct. 21)

Champion Force Cheer

(Ages 4-14)

See page 8 for details!

Register for Ski and Snowboard Program

- ♦ Online at bhmschools.ce.eleyo.com or by phone 763.682.8770.
- ♦ Register by Tuesday, **November 21** to get special rates and guarantee a spot on the bus.
- ♦ **NEW! Package price DOES NOT include transportation.** Register for transportation separately.
- ♦ Questions, contact Community Education at 763.682.8770.



Helmet use 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.
**NEW - Transportation "Add-On" to the package price.*

Elementary Grades 4-5

Mondays, December 11, 18
January 8, 22, 29, Feb 5
 (No ski Dec 25, Jan. 1, 15)

Students may store equipment in their classrooms. **NEW! To ride the bus, you must register for transportation separately.**

F6301S - Fee: \$175
 6 Lifts & Ski equipment

F6301B - Fee: \$175
 6 Lifts & Snowboard equipment

F6301LT - Fee: \$125
 6 Lifts only (No equipment)

F6301T - Fee: \$125
 Transportation

F6301H - Fee: \$25
 Helmet Rental

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

Optional Add-On's

Middle School Grades 6-8

Mondays, December 11, 18
January 8, 22, 29, Feb 5
 (No ski Dec 25, Jan. 1, 15)

Students may store equipment in the mezzanine area. Meet at the concession stand after school. **NEW! To ride the bus, you must register for transportation separately.**

F6302S - Fee: \$175
 6 Lifts & Ski equipment

F6302B - Fee: \$175
 6 Lifts & Snowboard equipment

F6302LT - Fee: \$125
 6 Lifts only (No equipment)

F6302T - Fee: \$125
 Transportation

F6302H - Fee: \$25
 Helmet Rental

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

Optional Add-On's

High School Grades 9-12

Mondays, December 11, 18
January 8, 22, 29, Feb 5
 (No ski Dec 25, Jan. 1, 15)

Students may store equipment in the commons. Meet in the cafeteria after school. **NEW! To ride the bus, you must register for transportation separately.**

F6303S - Fee: \$175
 6 Lifts & Ski equipment

F6303B - Fee: \$175
 6 Lifts & Snowboard equipment

F6303LT - Fee: \$125
 6 Lifts only (No equipment)

F6303T - Fee: \$125
 Transportation

F6303H - Fee: \$25
 Helmet Rental

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

Optional Add-On's

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

Sundays, 2 - 4 pm
September 17 - December 17

(Closed Nov. 19, 26)

- ◆ 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
- ◆ **We will close at 2:15 pm if no attendees**

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



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 Sunday pool rental

Valid until 12/17/23



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, \$64

Learn to Swim:
Levels 1-5
45 minutes each session
Fee: 7-sessions, \$69

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

Monday Lessons

September 11, 18, 25
October 2, 9, 16, 23

6 pm	Pre-School F5201M	Level 1 F5311M	Level 2 F5321M
6:30 pm	Parent Child F5001M		
7 pm	Level 3 F5331M	Level 4 F5341M	Level 5 F5351M

Parent & Child Aquatics (6 months to 3 years) Fee: \$64

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.

- ♦ Change body position in the water
- ♦ Learn how to play safely
- ♦ Experience wearing a life jacket
- ♦ Expectation for adult supervision
- ♦ Enter and exit the water safely
- ♦ Submerge in a rhythmic pattern



Preschool Aquatics (4-5 years old) Fee: \$64

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: \$69

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).

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

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 6-27 6:30-7:30 pm
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary Cafeteria

F1262B

Wednesday, October 4-25 6:30-7:30 pm
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary Cafeteria

F1262C

Wednesday, November 1-29 6:30-7:30 pm
(No class Nov. 22)
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary Cafeteria

New! Oula

Oula merges cardio of varying intensity levels with easy-to-follow choreography, mindfulness practices, and a culture of inclusivity — all to an energetic pop soundtrack. Every Oula class empowers participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection.

F1263A

Tuesdays, September 19 - October 17 6:30-7:30 pm
(No class Oct. 10)
4 sessions - \$49 Rachel Muller
Discovery Center Cafeteria

F1263B

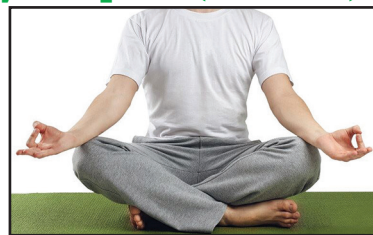
Tuesdays, October 24 -November 21 6:30-7:30 pm
(No meet Oct. 31)
4 sessions - \$49 Rachel Muller
Discovery Center Cafeteria

Dance Party Workout!



Qigong Saturday Sampler (All Levels)

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



Saturdays, 10 am-12 pm, \$15 per session
Discovery Center, Board Room Ameen Pribyl

F1257A - September 9

F1257B - October 14

F1257C - November 11



Line Dancing with Billie

Always wanted to try something new? Look no further than this beginner line dance lesson class. It will be fun and easy to follow. Line dance lessons with Billie are perfect for groups of all ages and experience levels.

F1269A

Monday, September 25 6:30-8:15 pm
1 session - \$10 Billie Timmerman
Discovery Center Gym East

F1269B

Monday, October 30 6:30-8:15 pm
1 session - \$10 Billie Timmerman
Discovery Center Gym East

F1269C

Monday, November 27 6:30-8:15 pm
1 session - \$10 Billie Timmerman
Discovery Center Gym East

■■■ Home & Hobby

Photo Organization Print and Digital

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

F1201A

Tuesday, September 12
1 session - \$29
Discovery Center

7-8:30 pm
Susan DeJute
204

F1201B

Tuesday, November 7
1 session - \$29
Discovery Center

7-8:30 pm
Susan DeJute
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 2023 membership required.**

F1232

Fridays, September 15, October 6, 27, November 17, December 8
5 sessions - \$28
Discovery Center

6:30-8:30 pm
Tim Pacer
Board Room

Painting with Charlene

Step by step instruction of an Autumn Mountain on canvas. All levels of experience welcome. All instruction and supplies included. Bring yourself, clothes you can get messy, a small snack and a positive attitude! Original design by artist and instructor.



F1290

Tuesday, September 26
1 session - \$35
Discovery Center

6-9 pm
Charlene Lundberg
Room 202



New! Barn Quilts

Painting barn quilts is a popular, lively, and rewarding 4 hour class of guided instruction which will take you through the process of barn quilt painting from beginning to completion. You will learn how to create a barn quilt that looks professional and leave with your own masterpiece, ready for hanging and unequivocal admiration. **Material Fee needed to complete an amazing barn quilt due at class \$65.**

F1291

Thursday, October 26
1 session - \$35
Discovery Center

5:30-9:30 pm
Bittersweet Barn Quilt Company
Board Room

Easy Partner Dancing

No matter the occasion, you will be prepared to dance! Be one of the best dancers at your event or just have some fun dancing together at home! Taking steps from classic ballroom dances, 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 stay dancing together and singles rotate with other singles. *Casual dress.*

F1268

Fridays, October 27 – November 17
4 Sessions - \$64
Parkside Elementary

7-8:30 pm
Deanna Constantine
Cafeteria



Instant Piano for Hopelessly Busy People (Ages 13+)

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this 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 and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. **Include your email with registration.**

Topics include:

- ◆ How chords work in a song
- ◆ How to get more out of sheet music by reading less of it
- ◆ How to form the three main types of chords
- ◆ How to handle different keys and time signatures
- ◆ How to avoid “counting”
- ◆ How to simplify over 12,000 complex chords

F1261

Monday, November 6
1 session - \$69
Online via Zoom

6:30-9:30 pm
Craig Coffman



Puppy Training and Dog Obedience

can be found online at bhmschools.ce.eleyo.com or by calling 763.682.8770.

Instant Guitar for Hopelessly Busy People (Ages 13+)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some 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 home with your guitar and take this class without any pressure at all. And since the class 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 and answer session is also included. A recording of the class is included as well. **Include your email with registration.**

Topics include:

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

F1262

Tuesday, November 7
1 session - \$69
Online via Zoom

6:30-9:30 pm
Craig Coffman



Location: Swan Park (Four pickleball courts)
Dague Avenue in Buffalo - North of 30th St NE
in the SE corner of Greenbriar Hills.

Pickleball courts are open to the public 8 am to 8 pm except when posted and reserved for City of Buffalo community programs.

City of Buffalo Park & Rec Department
parksandrec@ci.buffalo.mn.us



Cooking with Tess

Classes offered online via Zoom
Include your email address with registration.



Focaccia, Stromboli & Calzones!

What makes a Focaccia a Focaccia, a Stromboli a Stromboli, and a Calzone a Calzone? Learn how to make your own homemade focaccia Bread, a wonderful rolled pizza called a Stromboli, and stuffed Pizzas, known as Calzones with homemade pizza dough! Experience the rave reviews from previous participants of the instructor's pizza classes yourself as you learn how to make your own pizzas with her step-by-step instruction.

F1270

Saturday, September 30
1 session - \$40

4-6:30 pm
Tess Georgakopoulos

Fright Night Delight! Ghoulish Fall Family Fun!

Fall is synonymous with Pumpkins, with Spice, harvest, and goolish family fun. Join Tess for an evening of fun as she guides you step-by-step in the creating a fun unique fall family feast called "Fright Night Delight"! Wonderfully elegant and delicious simple dishes to satisfy fall cravings of pumpkin spice, enjoyed during fun costume parties, trick-or-treating or get-togethers!

F1271

Friday, October 13
1 session - \$40

6-8:30 pm
Tess Georgakopoulos

Instant Pot® or ANY Pot Make-Ahead Freezer Meals

Learn the foundations of preparing homemade nourishing make-ahead freezer meals for your family. Instant Pot® meals will be featured, but the foundations can be applied for use for slow cooker as well. Meals will include a variety of protein, vegetable, and starch ingredients. The instructor will demonstrate how to prepare four or five make-ahead meals for the freezer during this class, and participants will be invited to prepare ONE of the meals along with the instructor!

F1272

Saturday, October 14
1 session - \$40

4-6 pm
Tess Georgakopoulos

Pretzel Crust Pizza & Pretzel Knots with Beer Cheese Dip!

Two of the most craved food items in North America are pizza and soft pretzels! Join Tess as she guides you through her step-by-step process of creating her Specialty Gourmet Pretzel Crust Pizza! Participants will also have the pleasure of learning to create her homemade pizza sauce, soft pretzel knots and a velvety beer-cheese dip (beer cooks off and flavor remains)!

F1273

Friday, October 27
1 session - \$40

6-8:30 pm
Tess Georgakopoulos

Dim Sum Stuffed Steamed Buns, Chinese BBQ Chicken & Vegetarian Fillings!

Dim Sum refers to a Chinese or Cantonese meal consisting of numerous small appetizers or finger foods traditionally enjoyed in restaurants. It is considered a shared dining and social experience that can last for hours. Dim Sum often includes some sort of luscious and billowy soft Stuffed Steamed Buns. Join Tess for one of her newest classes where she will guide you in the step-by-step process of creating two types of Dim Sum Stuffed Steamed Buns with homemade dough.

F1274

Friday, November 3
1 session - \$40

6-8:30 pm
Tess Georgakopoulos

Mediterranean Chicken Gyro Meal!

Experience the flavors of the Mediterranean in this live COOK-ALONG CLASS. Learn to create a full-flavored, mouthwatering chicken gyro meal from an actual descendant of Spartans who has been cooking Mediterranean Cuisine for well over 45 years! Now she will teach you how to create the taste of Greece in your own kitchen.

F1275

Saturday, November 18
1 session - \$40

4-6:30 pm
Tess Georgakopoulos

Defensive Driving - 4 Hour Refresher

If you have taken a state approved 8-hour Defensive Driving Course in the past, you can renew your car insurance discount by taking this state-approved, 4-Hour Refresher Course. You will receive a certificate of completion to provide to your insurance company. **Class is offered via Zoom. You can either join us in the classroom or join from home.**

F1238A

Tuesday, September 19
1 session - \$35
Discovery Center

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

F1238B

Thursday, November 2
1 session - \$35
Discovery Center

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

F1238C

Tuesday, December 19
1 session - \$35
Discovery Center

1-5 pm
MN Safety Council
Conference Room



Defensive Driving - 8 Hour Course

If you are age 55 or older, save money on your car insurance premiums and become a better driver! You will receive a certificate of completion to provide to your insurance company. **Attendance at both sessions is required. Class is offered via Zoom. You can either join us in the classroom or join from home.**

F1237A

Wednesday & Thursday, September 27 & 28 1:30-5:30 pm
2 sessions - \$35
Discovery Center

MN Safety Council
Board Room

F1237B

Wednesday & Thursday, October 11 & 12 1:30-5:30 pm
2 sessions - \$35
Discovery Center

MN Safety Council
Board Room

F1237B

Tuesday & Wednesday, November 28 & 29 1:30-5:30 pm
2 sessions - \$35
Discovery Center

MN Safety Council
Board Room



How Long Will Your
Money Last In Retirement?

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 event, 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.

F1219

Tuesday, September 19
1 session - \$15
Discovery Center

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

Keeping More of Your Wealth: Retirement Tax Planning Strategies

You must pay taxes, but don't leave the IRS a tip! Understanding tax strategies and managing your tax bill are integral parts of a sound financial plan. Ignoring the tax consequences to your specific situation may result in paying more than you need to. Some taxes can be deferred, and others can be managed through tax-efficient investing. Whether it's determining where to save for retirement, how to create a tax efficient retirement paycheck or how to pass wealth to future generations, with careful and consistent planning you can potentially reduce your lifetime tax bill.



Whether it's determining where to save for retirement, how to create a tax efficient retirement paycheck or how to pass wealth to future generations, with careful and consistent planning you can potentially reduce your lifetime tax bill.

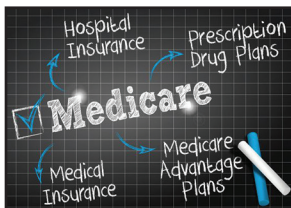
F1218

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

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

■■■ Seniors, Retirement, Money & Day Trips

Medicare 101: The Basics



This informational class is for anyone who is or will soon become Medicare eligible. What if I continue working after age 65? How is my spouse affected by my enrollment? 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 and when should I do it? What if I don't enroll? How might my HSA impact my Medicare?

F1213A

Wednesday, October 4
1 session - \$15
Discovery Center

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

F1213B

Tuesday, November 21
1 session - \$15
Discovery Center

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

Savvy Tax Strategies

Learn how an efficient retirement tax strategy can help avoid mistakes and keep more of your money.

F1216

Tuesday, October 24
1 session - \$15
Discovery Center

6:30-7:30 pm
Justin Bettinger
District Conference Room

Transfer Property Across Generations

Farms, cabins and other properties can hold special meaning to families. But transferring them to the next generation can be tricky. Learn how to create a transition strategy that's equitable to you and your heirs.

F1217

Thursday, November 9
1 session - \$15
Discovery Center

6:30-7:30 pm
Kyle Barck
District Conference Room

Savvy Social Security

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

F1215

Tuesday, December 12
1 Session - \$15
Discovery Center

6:30-7:30 pm
Kyle Barck
District Conference Room



Stillwater Fall Colors, Riverboat Cruise & Art Festival Saturday, October 7

Come spend the day in Stillwater! Walking is required with both options. Wear comfortable walking shoes.

Option 1: F1203A, \$85

St. Croix River Cruise and Lunch, Fall Colors, Art Festival and Shopping

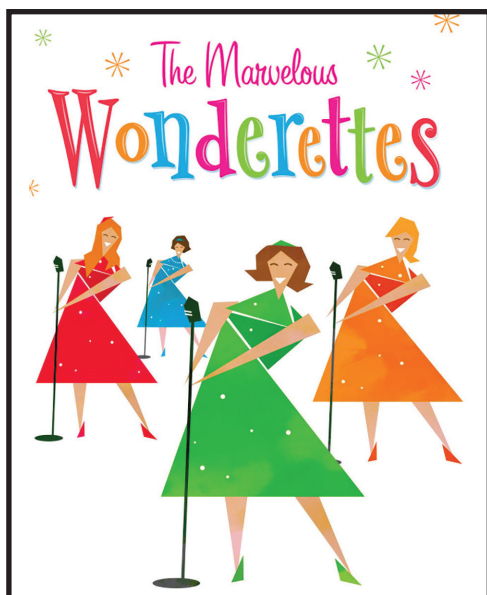
Spend a day in Stillwater — Cruise the St. Croix while enjoying a delicious lunch, take in the fall colors, shop, and browse the fall art festival.

Option 2: F1203B, \$45

Fall Colors, Art Festival and Shopping (No cruise & lunch on your own)

Enjoy the outdoor art festival at the peak of the fall season along the banks of the beautiful St. Croix River. Artisan's works feature photography, jewelry, pottery, painting, metal and much more! Regional musicians provide entertainment. Delicious food items are available in the park or walk up town to the various shops and eating establishments.

- ◆ Bus departs Discovery Center, door 1, at 8:30 am
- ◆ Bus returns to Buffalo approximately 5:40 pm
- ◆ In addition to the option you chose, the fee also includes motorcoach transportation and chaperone
- ◆ **Deadline to register is September 27**



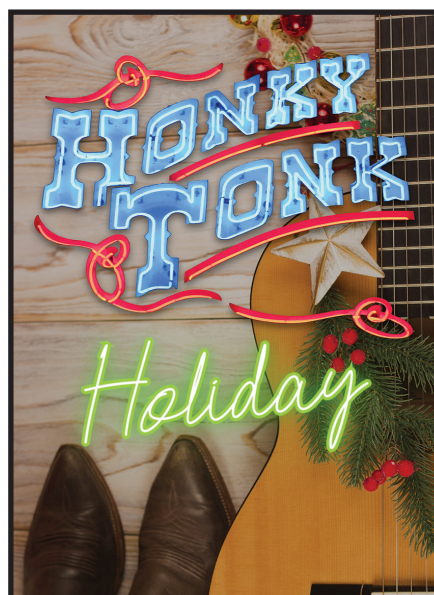
Sidekick Theater, Bloomington
Wednesday, November 1

This smash off-Broadway hit takes you to the 1958 Springfield High School prom where we meet Betty Jean, Cindy Lou, Missy, and Suzy, four girls with hopes and dreams as big as their crinoline skirts! As we learn about their lives and loves the girls serenade us with classic '50s hits including "Lollipop," "Dream Lover," "Stupid Cupid," and "Lipstick on Your Collar." In act two, the Wonderettes reunite to take the stage and perform at their ten-year reunion. We learn about the highs and lows the young women have experienced in the past decade and are charmed to find that no matter what life throws their way, they will conquer it together. Featuring over 30 classic '50s and '60s hits, The Marvelous Wonderettes will keep you smiling in this must-take musical trip down memory lane!

Lunch includes: Creamy Chicken Breast, served with Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Dessert - Chef's Choice, Coffee, Decaffeinated Coffee and Hot Tea.

F1201

- ◆ Bus departs Discovery Center, door 1, at 10:30 am
- ◆ Bus returns to Buffalo approximately 4 pm
- ◆ \$99 fee includes motorcoach transportation, show ticket, lunch and chaperone
- ◆ **Deadline to register is October 17**



Sidekick Theater, Bloomington
Wednesday, December 6

'Tis the season for a hootenanny! Celebrate the most wonderful time of the year with this funny, heartwarming musical extravaganza. It's the perfect way to treat your entire family this holiday season. Whether you enjoy good old-fashioned country Christmas songs or you like contemporary holiday tunes with a distinctly Nashville twist, you won't want to miss out on our HONKY TONK HOLIDAY!

Lunch includes: Cranberry Roast Chicken, Cheesy Potatoes, Green Bean Amontine, Winter Salad, Dinner Roll, Assorted Dessert - Chef's Choice, Coffee, Decaffeinated Coffee and Hot Tea.

F1202

- ◆ Bus departs Discovery Center, door 1, at 10:30 am
- ◆ Bus returns to Buffalo approximately 4 pm
- ◆ \$99 fee includes motorcoach transportation, show ticket, lunch and chaperone
- ◆ **Deadline to register is November 21**

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**
- ◆ **Room M4**
- ◆ Beginning Wednesday, September 6
- ◆ Mondays & Wednesdays, 1:30-4 pm
- ◆ Tuesdays & Thursdays, 6-8:30 pm
- ◆ Open every month except August
- ◆ Closed same days as BHM Schools
- ◆ Call **763.682.8509** or drop in

GED Preparation – see ABE Academic Open Lab

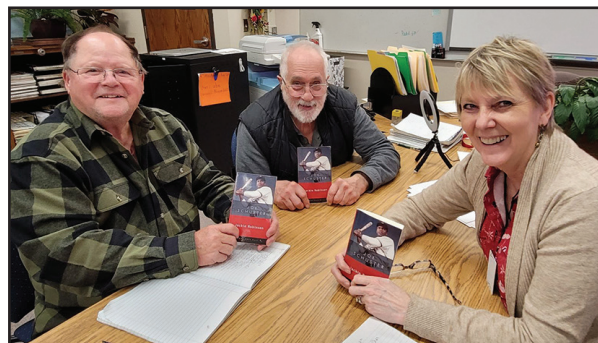
English Language (ELL/ESL) Class

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**
- ◆ **Room M5**
- ◆ Beginning Thursday, September 7
- ◆ 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**.



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 12- December 21 10 am – 2 pm
- ◆ **(No class Sept. 26, Oct. 19, Nov. 21, 23)**
- ◆ Lunch and rest time scheduled



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#

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

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

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.



Halloween Dance

Fall Highlights 2023

- ★ **Halloween Dance, October 29**
Discovery Elementary Gym, 4-6 pm
- ★ **Bingo & Pizza Nights**
Friday nights, Various locations, 6-7:30 pm
- ★ **Festival of Trees December 5**
Wright County Heritage Society, 6 pm
- ★ **Holiday Dinner & Dance, Dec. 17**
Discovery Elementary, 3-5 pm
- ★ The Fall Opening Doors catalog will be available mid-September. The Winter/Spring catalog will be available mid-January 2024.

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

Fun Activities for the Entire Family!

Tot Spot – Every Tuesday at 9:30 am

Children ages 2-5 meet others during our structured play time with crafts, snacks and special events. Kids Toy Swap is held the 1st and 3rd Tuesday of each month. Bring in a gently used toy to exchange with others.

Movie Day – Every Thursday at 1:30 pm

We will be showing a different movie. Check out our newsletter for the list of upcoming shows. Make a day of it and stop in for Zingo at 12:30 pm followed by a movie and popcorn.

RPG Gaming - 2nd Friday of the month, 6:30 pm

Traditional board games or role-playing games (RPG)

Family Fun Night - 3rd Friday of the month, 4-8 pm

Occasional special events, with food for sale and Zingo at 7 pm. Great fun for the whole family.

Scifi Saturday - 4th Saturday of the month, 7 pm

Range of topics including Anime, comic books, video games, dragons, space travel, Ai, time travel, magic, etc.

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

Building Reservations



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

Scan to view the most current newsletter!



Bike Trails

Looking for a new place to hike, bike or trail run? Check out the trail at Serenity Hills Park for a shaded escape into the wild. Located just two blocks southwest of Northwinds Elementary School. The skills trail at Trappers Pond Park is one more option. This is full of fun features that will have you or your kids grinning ear to ear. Both of these are a fun and challenging trail options.

■■■ *Health Promoting Classes*

AllinaHealth 

BUFFALO HOSPITAL

Community Health Programs

303 Catlin Street, Hwy. 25 N., Buffalo, MN 55313 763.684.7025

Buffalo Hospital invites you to register for a health-promoting class, events and support groups online at allinahealth.org/classes or by calling **763.684.7025**.



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 STROKE SUPPORT GROUP

The Stroke Support Group provides encouragement and guidance for stroke, brain injury and head injury survivors and their loved ones, helping them to cope with physical, lifestyle and relationship changes following their stroke or injury. **Second Tuesday of every month, 1-2 pm, Buffalo Hospital Conference Center.**

THRIVING WITH CHRONIC PAIN WORKSHOP

Wednesday, September 13-October 18, 2-3 pm or Thursdays, November 2-December 7, 12-1 pm Conference Room D and via Microsoft Teams

This 6-week, 1 hour a week, class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. **FREE**

HEALTHY EATING FOR BETTER HEALTH

Wednesday, September 13 - October 18, 12-1 pm or Thursdays, November 2-December 7, 10-11 am Conference Room D and via Microsoft Teams

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**

BIRTH CENTER TOUR

Tour labor and delivery rooms, postpartum rooms and nursery before the arrival of your baby.

Thursday tours meet - 6:30 - 7:30 pm

August 24, September 21, October 19, November 16 and December 14. **FREE**

BABY CAFÉ

A family-friendly drop-in breastfeeding support group. **Every Wednesday, 10 am-12 pm** at the Wright County Historical Society/Heritage Society, 763.684.7630. **FREE**

SAY "HELLO" FOR HEALTH

There is good evidence that increasing social connections positively affects our health—reducing blood pressure, lowering levels of stress hormones, and improving immune responses. Check out **Hello4Health.org** for more information.

CHANGE TO CHILL

The everyday hustle and bustle can be overwhelming. However, when your schedule is tight, making time for self-care can boost your mental and physical health. Visit our Change to Chill website at **Changetochill.org** for resources to help you create a self-care routine that works for you.

HEALTH POWERED KIDS

A free library of online resources designed to provide fun wellness activities for kids through a series of Power Charger video teasers. Visit **Healthpoweredkids.org** for more information.





*Community Education offers activities
for every age group!*

Register Today!



Community Education Registration Form

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

Participant Name _____ (Youth) DOB _____ Grade _____
(Last) (First)

Parent/Guardian (if applicable) _____

Address _____
(Street) (City) (Zip)





Primary Phone # _____ Daytime Phone # _____

*Email _____ Special Needs/Allergies _____

(Receive class confirmation and payment receipt)

Course Title	Course #	Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____

Check # _____ TOTAL \$ _____

Card Type     # _____ - _____ - _____ - _____ Exp. Date _____

UCare # (if applicable) _____

Registration is fast and easy... Register online at bhmschools.ce.eleyo.com

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



Non-Profit Org.
U.S. Postage
PAID
Princeton, MN 55371
Permit No. 81

*****ECRWSS**

Resident, School District 877
Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

Register online bhmschools.ce.eleyo.com

Youth Activities for All Ages



ECFE Fall Festival
Saturday, October 7
10 am-12:30 pm
Sturges Park
Free parent/child activities



**New! Ghosts & Goblins
Cake Pops**
p. 9



**ACT Test Prep, p. 9
and
Driver Education
p. 12**



**Jr Bison Gymnastics
Jr Bison Basketball
Ski/Snowboard**
Registration is open!
p. 13-16

Adult Activities for All Ages



**New! Oula Dance
Workout, P. 19**



**New! Barn
Quilts, p.20**



**Defensive
Driving, P. 23**

Take a trip with Community Ed

(P. 24-25)



A Day in Stillwater
Saturday, October 7



**The Marvelous
Wonderettes**
Wednesday, November 1



**Honky Tonk
Holiday**
Wednesday, December 6