



# Community Education

BUFFALO HANOVER MONTROSE SCHOOL

Spring 2021

## Let's Play & Learn Together!



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

### Look inside...

Jr Bison Baseball Program, page 15 and MN Twins Baseball Trip, page 26

**BHMSCHOOLS.CE.ELEYO.COM    763.682.8770**

# Welcome to Community Education

## *Register Online Today!*

[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

### Easy Ways to Register!



**Online** [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)



**Phone** 763.682.8770



**Fax** 763.682.8795



**Mail or In-Person**  
301 2nd Ave NE  
Buffalo, MN 55313



### Registration

- ♦ Register at least one-week prior to start date. Classes with low enrollment may be canceled at that time.
- ♦ **Registration and payment is required to attend classes.** Once registered, you will receive an email class confirmation if an email address is provided
- ♦ **Cancellations** within 7-days of the class is assessed a \$5 service fee. Some classes/programs may have a specific cancellation and refund policy. If we cancel a class, you will be notified and your payment refunded
- ♦ Our programming follows the recommendations and guidance from Minnesota Department of Education and the Minnesota Department of Health to provide you and your family a safe learning environment. **Hygiene practices and cleaning protocols are in place.**



### Community Education

BUFFALO HANOVER MONTROSE SCHOOLS

#### Office Location:

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

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

**Office Closed:** May 31 (Memorial Day)

**Office Telephone:**

763.682.8770

**Office Fax:**

763.682.8795

#### Web Sites:

Online Registration [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

School District [bhmschools.org/community-ed](http://bhmschools.org/community-ed)

### Weather Cancellations

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

### Child Care Program

KidKare (age 3 to grade 6) ..... 3

### Early Childhood Family Education

Parent Child Classes.....4-7

### Youth Programs

High School Drivers Education..... 3

Enrichment .....8-14

Youth Recreation ..... 15

### Aquatics

Youth Swimming Lessons .....16-17

### Adult Programs

Recreation & Fitness..... 18

Cooking..... 19

Health & Wellness .....20-21

Home & Hobby.....22-23

Retirement/Seniors/Trips .....24-25

### Opening Doors (Age 16+ with a disability)

Classes and Information .....26-27

**WEST Adult Basic Education & GED** ..... 28

**Community Center and Ney Park** ..... 29

**Buffalo Hospital Health Classes**.....30





BUFFALO HANOVER  
MONTROSE SCHOOLS

## KidKare Child Care Program

Welcoming Age 3 to Grade 6

**KidKare** is a school based child care program located at Hanover Elementary, Montrose Elementary, Northwinds Elementary, Parkside Elementary and Tatanka Elementary Schools. We are open 6 am - 6:30 pm Monday through Friday and on most non-school days.

**KidKare School Age Care** extends your child's learning day while providing high quality care in a safe and fun environment. We offer flexible scheduling with before and after school care, non-school day care, and summer care. Our exceptional staff provide a variety of indoor and outdoor activities for your child!

**KidKare KinderKids** is a full day care program for children ages 3 - 5 not yet in school. Our staff teach theme based activities that include social and emotional skills, academic readiness, art and science, and learning through play. We offer flexible scheduling with ½ day care, full day care, and care that wraps around your child's ECCE class!

### For more information

1. Visit [bhmschools.org](http://bhmschools.org) (click community ed tab)
2. Call Tiffany Lund, KidKare Coordinator, at 763.682.8787 or email [tlund@bhmschools.org](mailto:tlund@bhmschools.org)
3. Check us out on Facebook, BHM Schools KidKare



  
**Summer  
Registration  
Opens April 21**

Daily Rates	1st Child	Add'l Child(ren)
Before School	\$6	\$5.50
Full Day	\$36	\$34
Wrap around ECCE	\$30	\$28
1/2 Day (am or pm)	\$25	\$23
After School	\$12.50	\$11.50



## High School Drivers Education

**Classroom and Behind-the-Wheel**

Online registration at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

**Online Distance Learning Classroom:** Students will access the Google Meet classroom for their 30-hours of instruction using their BHM district issued email address. If a student does not attend BHM Schools, contact Community Education at [commed@bhmschools.org](mailto:commed@bhmschools.org) to have an email assigned. Students should monitor their email for the Google Meet invite from the instructor, Mr. Holtz.

**Behind-the-Wheel (BTW) Instruction:** 6-hours of Behind-the-Wheel instruction with a Certified Safety Instructor is included if you choose the full package.

### Spring B - 2021

Mondays & Wednesdays, April 12-May 12  
5-8 pm, online distance learning  
10 classroom sessions & 6 BTW - \$360  
10 classroom sessions only - \$110  
Make-Up Session: Monday, May 17, 5-8 pm, online

**Note:** An email message will be sent to parents and students on or about April 1 with instructions for the materials pick-up.

Registration for summer classroom will open in April.

**NEW:** The Dept of Motor Vehicle is now requiring parents to schedule an appointment for the Knowledge Test OR the test can be taken online at home. Visit [drive.mn.gov](http://drive.mn.gov) to schedule the test at a testing location or to request to take the test online.

Students will pick-up their **Blue Card** at the Community Education office when they return their classroom materials. The **Blue Card** must be signed by the student at time of pick-up.

## Parent Child Classes

### ECFE Sampler Classes

**ECFE Sampler Classes** meet during the months of April and May and are designed to give our families, with children birth to age 5 and their parents, a taste of the many options available through BHM ECFE programming. **We offer 1, 2 and 3 session classes, both on-site, on-line and out in the community.** You may be new to our community or ECFE or you may want to continue to meet with your parenting community. We invite you to give our **Sampler Classes** a try. **We look forward to welcoming you and your child to our Bison Family!**

#### Sampler Class Sliding Fee Scale

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

# of class sessions	1	2	3	Add'l Child
0-19,999	\$5	\$6	\$7	5
20,000-39,999	\$10	\$11	\$12	\$6
40,000-59,999	\$13	\$14	\$15	\$7
60,000-79,999	\$16	\$17	\$18	\$8
80,000-99,999	\$19	\$20	\$21	\$9
100,000+	\$22	\$23	\$24	\$10

If you have questions, please call ECFE at 763.682.8780.



### One Session Sampler Classes

These classes are designed as gently-separating classes, with an opportunity for children and parents to remain together, and for those parents that wish, an opportunity to engage in parent discussion. Class themes will focus on the interests of the toddlers and preschoolers with lots of hands-on activities for both.

#### Down on the Farm

Springtime on the farm brings lots of fun and frolic. Discover animals, barns, trucks and tractors and all of fun we can have working on the farm!

##### W4005J

Thursday, April 15 9-10:30 am  
1 session – Sliding Fee Andrea Jonasson/Jen Dismang  
Discovery Center Room EC1

#### Tubes, Tunnels, Sink or Float

Discover the world of gravity, magnets and water through hands-on science activities designed for toddlers and preschoolers.

##### W4307O

Tuesday, April 20 9-10:30 am  
1 session – Sliding Fee Patty Lammers/Diane Mastel  
Discovery Center Room EC1

#### Good Night Gorilla

The zoo is a world of discovery, when it comes to jungle animals and their antics. A big book and puppets will join our zookeeper as she tucks each animal into bed and tells the story of the zoo.

##### W4005K

Thursday, April 22 9-10:30 am  
1 session – Sliding Fee Jen Dismang/Diane Mastel  
Hanover Elementary ECFE Room

#### Flight and Feathers

Discover the world of birds, birdhouses, bird environments and the feeding of birds, through video, book and hands on experiences.

##### W4042P

Tuesday, April 27 9-10:30 am  
1 session – Sliding Fee Patty Lammers/Diane Mastel  
Discovery Center Room EC1

Registration is easy online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)



## One Session Sampler Classes

### Dr. Seuss and Friends

Enjoy the fun play on words authored by Dr. Seuss and his delightfully depicted friends. *One Fish, Two Fish, Red Fish, Blue Fish / Hop on Pop / Green Eggs and Ham / and The Cat in the Hat* set the stage for fun age appropriate activities engaging parents and our youngest learners.

#### W4005L

Thursday, April 29 9-10:30 am  
1 session – Sliding Fee Jen Dismang/Diane Mastel  
Discovery Center Room EC1

### Jump and Jive

We'll get moving with our friends on our outdoor playground with balls, the parachute and hula hoops. Come dressed for outdoor fun!

#### W4040M

Tuesday, May 4 9-10:30 am  
1 session – Sliding Fee Patty Lammers/Diane Mastel  
Discovery Center Room EC1

### Dinosaur Hunt

Discover the world of dinosaurs big, small, spiny and tall. We'll stamp dinosaur feet, dig for dinosaurs, go on a dinosaur hunt and use movement and music to create a dinosaur dance.

#### W4005H

Tuesday, May 11 9-10:30 am  
1 session – Sliding Fee Patty Lammers/Diane Mastel  
Discovery Center Room EC1

### All the Colors of Spring

Discover the world of art through mixed media including water colors, tissue paper, chalk and tempera paint, glue and shaving cream. Come prepared to get "messy".

#### W4005I

Tuesday, May 18 9-10:30 am  
1 session – Sliding Fee Patty Lammers/Diane Mastel  
Discovery Center Room EC1



Sliding fee scale on page 4

## Two Session Sampler Class



### Stay and Play

(Non-Separating)

Join in the messy fun. Activities and experiences are designed to allow for parents and children to play together, make a mess together and try out new activities in our ECFE space.

#### W4005N

Thursdays, May 6 & 13 10:30 am-12 pm  
2 sessions – Sliding Fee Patty Lammers  
Discovery Center Room EC1

## Three Session Sampler Classes

### Nurturing Relationships and Building Routines

Join parent educator, Andrea Jonasson, for discussions and resources supporting building successful home routines, while nurturing the relationship between you and your child. Building the Pyramid Model at home will provide the foundation for this class. **You may join in-person or online.** Child care for ages 6 months-6 years and boxed dinner available for in-person class with prior registration.

#### W4100A

Mondays, April 26, May 3, 10 6-7 pm  
3 session – Sliding Fee Andrea Jonasson  
Discovery Center Room EC1

## Parent Child Classes

### Three Session Sampler Classes



#### Spring Into Preschool (2 and 3 year old children)

A preschool experience designed for our youngest preschoolers. The social/emotional focus of this Spring Into Preschool Sampler will allow your child to meet new friends, meet the Spring Into Preschool teaching team, explore a preschool environment and enjoy activities designed just for your child. Parents stay with their child in the classroom setting for the first 30 minutes of class. Parents are free to leave the building and return to pick up their child at the end of each class session.

#### 4034B

Thursdays, May 13, 20, 27  
3 sessions – Sliding Fee Scale  
Patty Lammers and Diane Mastel  
Discovery Center

8:30-10 am

Room EC1

### Free Spring Sampler Classes

#### Parents and Infants Sampler

Join us with your baby for a sampling of ECFE classes for parents and infants! Discover ways to support your infant's learning. Meet other parents and enjoy parent discussion with an Early Childhood Educator. 3 FREE sessions 8:30-9:30 a.m.

#### W4000A

Wednesdays, April 28, May 5, 12  
3 sessions – Free  
Discovery Center

8:30-9:30 am

Diane Mastel

Room EC1

#### W4000B - Sibling Care

Sibling care provided with prior registration for \$5 per family per class.

### Free Spring Sampler Classes

#### I Wonder... (In-Person)

Join parent educator Andrea Jonasson for a casual discussion about the joys and challenges of parenting.

#### W4100B

Mondays, April 19, 26, May 3  
3 sessions – Free  
Discovery Center

9-10:30 am

Andrea Jonasson

Room EC1, EC4

#### W4100C - Child Care (ages 6 months to 6 years)

\$5 per family per class session

#### I wonder... (Virtual)

Join parent educator Diane Mastel for a casual discussion about the joys and challenges of parenting. Parents will meet with Diane in an online format.

#### W4100D

Tuesdays, April 27, May 4, 11  
3 sessions – Free

6:30-7:30 pm

Diane Mastel

#### Journeys Sampler

For Families who may or are currently accessing early intervention services.

Parents and children explore activities designed just for them. Parents and children then separate, with children remaining with the ECFE teacher and parents engaging in discussion about the joys and challenges of parenting a child with special needs.

#### W4005N

Fridays, April 30, May 7, May 14  
3 sessions – Free  
Discovery Center

8:30-10 am

Patty Lammers and Diane Mastel

Room EC1, EC4

#### My Visit to Preschool

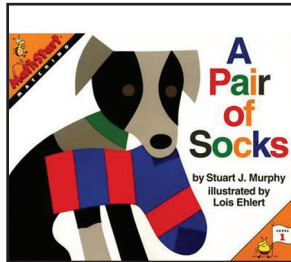
Licensed early childhood teacher, Patty Lammers, will accompany your child into one of our on-going preschool sessions in Buffalo at Discovery Center. Your child will experience a preschool classroom, participate in activities and meet preschool friends and teachers. Visits will be scheduled for individual children, by Miss Patty, following registration. Parents are welcome to participate in a guided observation with a licensed parent educator and to complete preschool registration packets while their child enjoys their preschool visit.

#### W4205G

Visits scheduled on Mondays, April 19, 26, May 3 or 10  
Visits are 45 minutes in length between 8-11 am

### A Pair of Socks

Young children will learn about matching, an important early math skill, as a lonely striped sock searches the house for its mate. They may be inspired to practice this skill in their own sock drawers! Each family will receive a copy of this book.



#### W4208B (Ages 2-5 years)

Thursday, March 4

\$15 per family

Hanover Elementary

6:15-7:15 pm

ECFE Room

### Goodnight Construction Site

Explore how materials come together to make homes for people and animals with windows, doors, entrances and exits using blocks, cardboard, paper, twigs and wood. We'll cut, glue, tape, staple and tie to create a unique BUILD! Finish the session with this story. Each family will receive a copy of this book.



#### W4208C (Ages 2-5 years)

Thursday, March 18

\$15 per family

Montrose Early Education Center

5:30-7 pm

ECFE Room

### 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 4th birthday in order to start kindergarten in any Minnesota public school. **Screening is required within 90 days of beginning ECCE preschool. Call 763.682.8408 or 763.682.8780 to schedule.** Appointments available in Buffalo and Montrose.



### New! BHM ECCE To Go Bags

ECCE is offering take home activity bags made just for parents and their little ones to do together! **BHM ECCE To Go Bags**, developed by our licensed teachers, contain social-emotional, language and literacy, mathematics, fine motor and science activities and books. Online access to licensed parent educators and internet links to relevant parent education topics is also included. Pick-up your **BHM ECCE To Go Bag** at our ECCE Office, located at 301 2nd Avenue NE in Buffalo on one of the dates indicated. Return the books and bag to us at the end of the session. **Fee is \$20 per session.**

#### W4029E (Birth - 2 Years of Age)

March 22- April 22

Pick-up: March 15-19

#### W4029F (2-4 Years of Age)

March 22-April 22

Pick-up: March 15-19

### Playtime in the Park

Wednesdays, 10-11:30 am

Dress for the weather and join us as we travel around town, meeting families, spending time together, enjoying the outdoors. We'll bring the chalk, bubbles, parachute and snack. **Sign up onsite. Free!**

Sturges Park	April 28
West Pulaski Park	May 5
Hanover Settlers Park	*Tuesday, May 11
Methodist Church Park	May 12
Buffalo Hills Park	May 19
Montrose Early Education Center	May 26



### ECCE Family Fair

Saturday, April 17, 10 am - 1 pm  
Discovery Center Gym

- \* Dozens of parent and child activities.
- \* Entertainment by **Hooperina** and **Brian Richards Magic Show!**

**FREE**

BHM ECCE will follow current MDH guidelines for this event.  
Check our website for updates.



# ■ ■ ■ *Enrichment*



**Classes below are held at Artistic Me** - 205 5th Street NE, Buffalo. Students may meet at the Community Education office at Discovery Center at 2:30 pm and walk to Artistic Me with a chaperone, or parents may bring their student to Artistic Me. **Please indicate if your child will be walking with staff when registering. All parents will pick up their student at Artistic Me after class. Note: Projects will be picked up at Artistic Me at a later date.**

## **Let it Grow**

**(All Ages)**

Make your own planter! You could create this mug as a monster face, a leprechaun or a self-portrait. We will provide the soil and seeds so you can plant hair and watch it grow!



**SP693**

Wednesday, March 3  
2:45 - 3:45 pm  
1 session - \$18  
Artistic Me

## **Me: Easter Eggs**

**(All Ages)**

Let's explore some creative ways to paint eggs! You will learn some fun new techniques while painting 5 eggs that can later be used to decorate other projects!



**SP694**

Thursday, March 18  
2:45 - 3:45 pm  
1 session - \$35  
Artistic Me

## **Fingerprint Platter**

**(Grade 2 - 5)**

Mom's will love using this cute 12" x 6" serving platter decorated with a fingerprint garden scene. Learn how to create animals and flowers using fingerprints and underglaze pencils.



**SP695**

Thursday, April 15  
2:45 - 4:15 pm  
1 session - \$30  
Artistic Me

## **Butterfly Suncatcher**

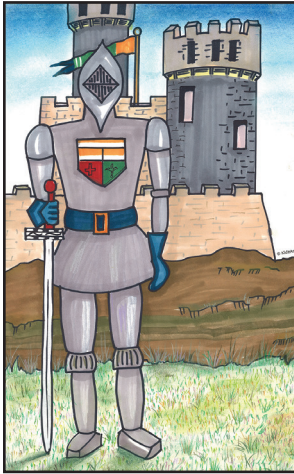
**(All Ages)**

Suncatchers are a fun addition to a window. Decorate this butterfly shape using colorful bits of glass, stringers, and dots. Once fired, a chain will be added for hanging.



**SP697**

Thursday, April 29  
2:45 - 3:45 pm  
1 session - \$27  
Artistic Me



### KidzArt: Flight of the Imagination! (Grades K - 5)

Mythical worlds, treasures, and castles fill this session of KidzArt! Join us as we explore the world of dragons in lairs, treasure chests and mermaids under the sea, and a knight standing proud in front of a magnificent castle. As always, we will be using artist grade materials to learn how to draw these whimsical places and more!

#### SP690

Tuesdays, March 2 – 30  
5 sessions - \$69  
Hanover Elementary

2:30 - 3:30 pm

Art Room

### KidzArt: Spring into Art! (Grades K - 5)

Join us to celebrate the season of spring! We will create a garden stake out of sculpey clay, learn how to draw a robin in a blossom tree and use our imaginations to create a scene of a vegetable garden.



#### SP691

Tuesdays, April 13, 20, 27  
2:30 - 3:30 pm  
3 sessions - \$45  
Hanover Elementary

Art Room



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

Our programming follows the recommendations and guidance from Minnesota Department of Education and the Minnesota Department of Health to provide you and your family a safe learning environment. Hygiene practices and cleaning protocols are in place.

### Encore Piano Lessons

Each 30-minute private piano lesson is taught by our friendly, caring and professional instructors you can trust. Your child will learn rhythm and counting, how to read sheet music and proper piano technique. Register online  
[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)  
or call 763.682.8770.

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

Thursdays, March 4 - April 15 (No lessons April 8)  
6 Private Lessons - \$210  
Discovery Center, Buffalo

Music Room

SP1700A	3:00 pm	SP1700E	5:00 pm
SP1700B	3:30 pm	SP1700F	5:30 pm
SP1700C	4:00 pm	SP1700G	6:00 pm
SP1700D	4:30 pm		

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

Thursdays, March 4 - April 22 (No lessons April 1, 8)  
6 Private Lessons - \$210  
Hanover Elementary

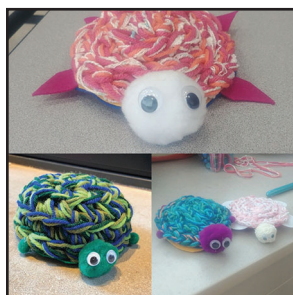
Music Room

SP1701A	3:00 pm	SP1701D	4:30 pm
SP1701B	3:30 pm	SP1701E	5:00 pm
SP1701C	4:00 pm	SP1701F	5:30 pm





# ■ ■ ■ *Enrichment*



## **Crochet Frenzy - Stuffed Animal and Scarf** (Grades 1 - 5)

Want to learn to crochet? In this class you will learn how to make chains and a single crochet stitch. You' will go home with a stuffed animal (kitty, owl, or turtle) and a scarf you made all by yourself! No experience necessary. **All supplies are included. Bring a snack!**



### **SP696**

Saturday, March 6                      9 am – 12 pm  
1 session - \$43  
Discovery Center                      Room EC2



**Spin Class** (age 16+), page 18

**Pizza Palooza** virtual cooking class  
(parent & child), page 19

**Ballroom Dance** (age 16+), page 21

**Model Railroad Club** (age 8+), page 23

## **Spring Break FUN!**

### **KidCreate: Slime-Tastic Art Camp** (4 - 9 years)

Explore different slime recipes as we create tons of gooey, sparkly, stretchy, messy goo. From an out-of-this-world glitter solar system slime, confetti cake slime and bubblegum scented slime, we will make a different slime each day. There will even be a little painting and sculpting on the side! Roll up your sleeves and get ready for this slime-tastic time! **Please bring a nut free snack and drink.**

### **SP692**

Monday & Tuesday, April 5 & 6                      9 am - 12 pm  
2 sessions - \$79  
Discovery Center                      Room EC2



### **Science Explorers: The Mechanics of Gizmos and Gadgets** (Grades 1 - 6)

How did toys work before batteries? They relied on physics. Put science to work as you explore the how and whys of energy, gravity, and motion. Discover the action packed world of physics by building, experimenting and questioning science contraptions that really work.

### **SP640**

Wednesday, April 7                      10 am - 12 pm  
1 session - \$25  
Discovery Center                      Room 204





## Science Explorers: The Science of Slime and Crazy Catapults

(Ages 8+ if working with adult, 12+ if working only with adult supervision)

Have fun with two hands-on STEM topics...Slime and Catapults. In this DIY kit, you will first investigate the chemical reaction that creates slime. Mix up your own batches of Glow, Silky, and Foam Slimes as you discover why slime is delightfully bouncy, stretchy and gooey. Then, build three different catapults to examine how levers, energy, and Newton's Laws of Motion all work together as you fling ping-pong balls while practicing your launching and aiming skills. This kit is more than hands-on...it's hands in! **The kit will be mailed right to your door!**

**The kit includes:** 3 bowls with lids for slime storage, 2 measure cups, 1 oz each, 1 bottle of glue, 4 oz, 1 oz liquid starch, 1 oz liquid laundry detergent, 1/4 teaspoon borax, 1/4 teaspoon glow powder, 2 T. foam pellets, 1 package of Model Magic, 2 colors of tempera paint, 1/4 teaspoon each, 3 straws, 4 craft sticks for mixing, 11 large craft sticks, 35 regular craft sticks, 1 roll of 1/2-inch tape, 3 small paper cups, 3 balls, 1 dowel, 4 rubber bands, 1 straw at 1-inch long, The Science of Slime Activity Guide, Crazy Catapults Activity Guide

**Items Not Included:** Water, Paper Towels, Scissors

**Warning:** Items in this kit are for external use only. Do not eat or drink any substance contained in this kit. Keep out of eyes, nose, and mouth.

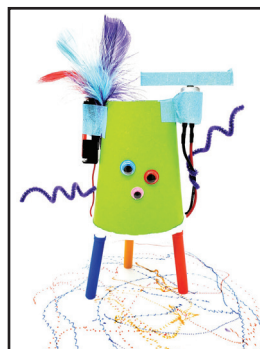
**W643**

\$45 per kit (Mailed to your home)



## Science Explorers: Ph Testing and Art Bot

(Ages 8+ if working with adult, 12+ if working only with adult supervision)



Have fun with two STEM topics...engineering and chemistry with pH. Take your first steps into engineering by designing and building your own **Art-Bot**. Using the Activity Guide, with detailed picture instructions, the fun begins as you build your own **Art-Bot** with a motor, battery holder and more! Then, give your robot a personality with the craft supplies included in the kit. This STEM kit is not just hands-on....it is hands-in. Then, step into your own science lab to test the pH of six everyday substances. The exciting part of testing for pH is that the mixture changes color. The final color will indicate if the substance tested is an acid, a base or a neutral. This experiment will have your child excited about the science side of STEM! Plus, enough pH indicator will be provided so this experiment can be conducted again to test other items found around your home. **This kit will be mailed right to your door!**

**The kit includes:** 1-AA battery, 1-AA battery holder, 1 hobby motor, 1.5 volt with wires, 1 piece of cardboard with pre-punched holes, 1 paper clip, 2 metal fasteners, 1 large paper cup, 1 clothespin half, 3 markers, 4 pipe cleaners, 6 pom-poms, 6 wiggle eyes, 3 feathers, 4 4x4 inch construction paper, 1 pipette (dropper), 1 tsp of dried purple cabbage extract, 1 tsp of citric acid, 1 tsp of baking soda, 1 tsp of salt, 1 tsp of sugar, 1 tsp of vinegar powder, 1 tsp of alum, 1 craft stick, 1 spoon, Activity Guide for Art Bot and ph Testing

**The kit includes:** 1-AA battery, 1-AA battery holder, 1 hobby motor, 1.5 volt with wires, 1 piece of cardboard with pre-punched holes, 1 paper clip, 2 metal fasteners, 1 large paper cup, 1 clothespin half, 3 markers, 4 pipe cleaners, 6 pom-poms, 6 wiggle eyes, 3 feathers, 4 4x4 inch construction paper, 1 pipette (dropper), 1 tsp of dried purple cabbage extract, 1 tsp of citric acid, 1 tsp of baking soda, 1 tsp of salt, 1 tsp of sugar, 1 tsp of vinegar powder, 1 tsp of alum, 1 craft stick, 1 spoon, Activity Guide for Art Bot and ph Testing

**Items not included with kit:** tape, glue, scissors, paper, 2-7 clear cups and optional paper towels

**Warning:** Choking hazard. Toy contains a small ball. Not for children under 3 years. The motor's shaft spins at 1500 rpm, so keep the shaft away from eyes, face and hair. Items in this kit are for external use only. Do not eat or drink any substance contained in this kit. Keep out of eyes, nose, and mouth. Contains citric acid, a naturally occurring weak acid found in fruit. Wash hands after conducting experiments. If left on hands, it can cause skin irritation.

**W644**

\$39 per kit (Mailed to your home)

## ■ ■ ■ Enrichment



### Science Explorers: Wizard School (Grade 1-5)

Join **Science Explorers** as we investigate a virtual wizard's laboratory. You will become an apprentice of Wizard Todd as you learn the science behind the magic. Wizard Todd will teach you to harness electricity to make your own wand. You will also explore the secret world of alchemy as you create scientific potions and more in this fun, hands-on imaginative class. A 30-day link will be provided to access a private video on YouTube.

**The Kit Includes:** A private link to a pre-recorded class on *YouTube* can be viewed for 30 days; An outline to indicate supplies needed for each experiment/activity; Pipette and spoon; Model Magic; Items to make a light up wand; Powders for a fun transfiguration experiment; Purple cabbage extract; Dragon glider, Pop Rocks and much more!

**Materials Not Included with Kit:** Internet access, Tablet or a laptop/computer to view the pre-recorded class, A person who can be available to help with any technical or experiment difficulties; Sink and water; Water pitcher; Cups and bowls; Markers; Tape and scissors; Paper towels. Optional Materials: Ribbon, string and paints. A complete list will be provided in the outline.

**Warning:** Items in this kit are for external use only. Do not eat or drink any substance contained in this kit. Keep out of eyes, nose, and mouth. Choking hazard. Small parts. Not for children under 3 years of age.

#### SP645

\$69 per kit (Mailed to your home)

### CoDrone Stay-At-Home Camp (Grades 3-9)

COR Robotics' Stay-At-Home camps provide an awesome opportunity to keep your child engaged, entertained, and challenged. The camps utilize fun and exciting **CoDrone** kits which enable students to have fun while learning to program. The **CoDrone** kit includes two drones. Both drones use a block based programming language which is perfect for entry level programmers. Students program their drones to fly and complete missions. When students have mastered their programming, they can pair their drones to a Bluetooth device and battle others in a game of aerial laser tag.

**Students need the following:** A computer with Bluetooth 4.0, internet access and a tablet or smartphone.

**The kits will be picked-up and dropped-off at the Community Education office on the dates listed below.**

#### SP642

Materials pick-up: Monday, March 1, 8 am-3 pm

Materials drop-off: Monday, March 15, 8 am-3 pm

14 day rental - \$75



### Online Classes for Adults

- ◆ **Sliders, Rolls & Twice Bake**, page 19
- ◆ **Overcome Carbohydrate Cravings**, page 20
- ◆ **Self-Care 101: Prioritize Yourself in a Busy World**, page 21
- ◆ **Intro to Voiceover**, page 23
- ◆ **Savvy Tax Strategies**, page 24





## Karate Basics (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!**

### SP674A

Thursdays, March 4-25  
4 sessions -\$42  
Hanover Elementary

2:30-3:15 pm  
DoJo Karate  
Gym

### SP674B

Thursdays, April 15-May 6  
4 sessions -\$42  
Hanover Elementary

2:30-3:15 pm  
DoJo Karate  
Gym

### SP673A

Mondays, March 1-22  
4 sessions -\$42  
Montrose Elementary

2:30-3:15 pm  
DoJo Karate  
Gym

### SP673B

Mondays, April 12-May 3  
4 sessions - \$42  
Montrose Elementary

2:30-3:15 pm  
DoJo Karate  
Gym

## Fencing (Age 6 to Adult)

Fencing is a fun sport the entire family can enjoy together. Fencing is a vigorous sport that 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. Dress comfortably for freedom of movement including long sweat pants and running shoes. Limited scholarships available through Sword Play.

### SP679

Saturdays, April 17-May 22  
6 sessions - \$79  
Parkside Elementary

8:15 - 9:15 am  
Gym

## Children's Self-Defense/ Safety Awareness (Age 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. Questions, call 952.997.7732 or Community Ed.

### Registration Night

- ◆ Thursday, February 25, 6:30-7:30 pm
- ◆ Registration fee: \$5 per student
- ◆ Discovery Center, Cafeteria

### Class Information

- ◆ Thursdays, March 4 - May 13
- ◆ (No class April 8)
- ◆ Beginner students: 6:30 - 7:15 pm
- ◆ Intermediate/advanced students: 7:30 - 8:15 pm
- ◆ Weekly class fee: \$7
- ◆ Discovery Center, Cafeteria

## Cheer America: Cheerleading and Pom-Pom Class (Age 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. Questions, call 952.997.7732 or Community Ed.

### Registration Night

- ◆ Tuesday, February 23, 6:30-7:30 pm
- ◆ Registration fee: \$5 per student
- ◆ Discovery Center, Cafeteria

### Class Information

- ◆ Tuesdays, March 2 - May 11
- ◆ (No class April 6)
- ◆ Ages 4-8: 6:30-7:15 pm
- ◆ Ages 9 and older: 7:30-8:15 pm
- ◆ Weekly class fee: \$7
- ◆ Discovery Center, Cafeteria





## ■ ■ ■ Enrichment

### GPA Booster (Grades 9-12)

Not only is high school GPA the number one consideration for college admissions and scholarship money, but is the biggest indicator of success once a student steps on campus. The GPA booster program can help students taking general, advanced and even college level classes. Our highly qualified online tutors use the latest technology to assist students with homework, studying for tests and promote a growth mindset. The student and tutor meet weekly 1-5 hours to assure consistent coursework. **Please allow 5-10 days from registration to schedule your the tutor.**

#### Family Information:

- ♦ Academic All Star Tutoring (AAST) will contact the family to learn about the student's academic history and goals to begin the process of selecting a tutor
- ♦ AAST will match each child with an outstanding tutor to help in specific subject areas
- ♦ The tutor will help the student understand the material by supporting homework tasks, as well as studying for tests and quizzes

#### W1000

##### Package options:

8 hours - \$449, 12 hours - \$659, 20 hours - \$1,079  
Ongoing, dates and times to be arranged

### Study Skills Development (Grades 5-12)

Does your child study, but still have difficulty on tests? Is a lack of organization hurting your child's grades? We can help your child feel more successful and positive about school! Due to the unforeseen challenges of our schools recently, children and parents have been stretched in new ways. We can come beside families to help reduce the stress! **Please allow 5-10 days from registration to schedule your the tutor.**



#### The development includes:

- ♦ The award winning online Mindprint Cognitive Assessment to determine how a student learns best.
- ♦ Individually tailored study skills to help a student complete homework/tasks in a more efficient and productive manner, as well as retain information to perform better on tests.
- ♦ A 60-minute virtual consultation with an educational specialist to discuss the assessment results and best practice study skills.

#### W1001

Fee: \$199

### 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.

#### SP1200

Wednesday & Thursday, March 3 & 4  
2 sessions - \$99  
Buffalo High School

3:30 - 6 pm

Room C219



### PrepStar Blast ACT Class

The ACT test is more important than ever before for college admissions and financial aid. In this class, an ACT expert will cover the test format, essential strategies and content review. The final step in the process will be having students take a fully proctored practice ACT test. Students will score their test in the online scoring system for immediate results and will receive a detailed score report. It is recommended that students register for the next available ACT exam.

#### Testimonial Quotes:

*"There were plenty of tips to help me become more prepared."*  
*"It really helped me get a better understanding of each topic and the ACT in general."* *"The teachers were very interested in helping me accomplish a better score. They cared!"*

#### SP1201

Tuesday & Thursday, March 9 & 11  
Saturday, March 13  
3 sessions - \$139  
Discovery Center

4:30-7:30 pm  
9 am-1 pm

Board Room



**Register at least one-week prior to start date.**  
**Some classes fill quickly.**  
**Those with low enrollment may be canceled at that time.**

Hygiene practices and cleaning protocols are in place.



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

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

## New! Online Registration

Due to Covid-19 guidelines, parents interested in registering their child for the Jr Bison Baseball Program will do so online at

**bhmschools.ce.eleyo.com**  
or call Community Education at  
**763.682.8770. Register by March 31.**

*\*Child's age as of June 1, 2021*

### T-Ball

- ♦ Ages 5-6 \$80  
Class SP6450 (Tue/Thur evenings)

### Baseball

- ♦ **Minor (Age 7-8)** \$85  
Class SP6451 (Mon/Wed evenings)
- ♦ **National (Age 9-10)** \$95  
Class SP6452 (Tue/Thur evenings)
- ♦ **American (Age 11-13)** \$95  
Class SP6453 (Mon/Wed evenings)

## Boys Spring Basketball - Skills and Competitive Games (Grades 4-8)

This is an awesome opportunity to continue the skills developed during the winter basketball season. Coach Ortmann will instruct on fundamental skills, while incorporating complete games such as 3 on 3.

### SP6430A - Grades 4-6

Mondays and Tuesdays, April 19-May 11 6-7:15 pm  
8 sessions- \$59 Coach Ortmann  
Bison Activity Center

### SP6430B - Grades 7-8

Mondays and Tuesdays, April 19-May 11 7:15-8:30 pm  
8 sessions- \$59 Coach Ortmann  
Bison Activity Center

## Spring Break Open Gym

### Bison Activity Center

Monday-Thursday, April 5-8

5:30-8 pm

\$5 per person or \$10 per family  
(Space may be limited.)



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

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

### SP6440

Saturday, May 22 9 -11:30 am (Check-in at 9 am)  
1 session- \$20  
Bison Activity Center





## Swimming Lessons



### Wednesday Lessons

**March 3, 10, 17, 24**

6:30 pm	Level 1 W5311WM	Level 2 W5321WM	Level 3 W5331WM
7:30 pm	Level 3 W5332WM	Level 4 W5341WM	Level 5/6 W5351WM

**April 7, 14, 21, 28**

6 pm	Level 1 SP5311WA	Level 2 SP5321WA	Level 3 SP5331WA
7 pm	Level 3 SP5332WA	Level 4 SP5341WA	Level 5/6 SP5351WA

**May 5, 12, 19, 26**

6 pm	Pre-School SP5201WM	Pre-School SP5202WM	Parent & Child SP5000WM
6:30 pm	Level 1 SP5311WM	Level 2 SP5321WM	Level 3 SP5331WM



### Monday Lessons

**March 8, 15, 22, 29**

6:30 pm	Pre-School W5201MM	Pre-School W5202MM	Parent & Child W5000MM
7 pm	Level 1 W5311MM	Level 2 W5321MM	Level 3 W5331MM

**April 5, 12, 19, 26**

6 pm	Pre-School SP5201MA	Pre-School SP5202MA	Parent & Child SP5000MA
6:30 pm	Level 1 SP5311MA	Level 2 SP5321MA	Level 3 SP5331MA

**May 3, 10, 17, 24**

6 pm	Level 1 SP5311MM	Level 2 SP5321MM	Level 3 SP5331MM
7 pm	Level 3 SP5332MM	Level 4 SP5341MM	Level 5/6 SP5351MM



**Fees:** \$59, 25-minute, semi-private lessons  
\$64, 45-minute, semi-private lessons

\* A parent/adult is needed in the water with their swim student level 2 and younger.

### Saturday Lessons

**March 6, 13, 20, 27**

10 am	Level 1 W5311SM	Level 2 W5321SM	Level 3 W5331SM
11 am	Level 4 W5341SM	Level 5 W5351SM	Level 6 W5361SM
12 pm	Pre-School W5201SM	Pre-School W5202SM	Parent & Child W5000SM
12:30 pm	Level 1 W5312SM	Level 2 W5322SM	Level 3 W5332SM

**April 3, 10, 17, 24**

10 am	Level 1 SP5311SA	Level 2 SP5321SA	Level 3 SP5331SA
11 am	Level 4 SP5341SA	Level 5 SP5351SA	Level 6 SP5361SA
12 pm	Pre-School SP5201SA	Pre-School SP5202SA	Parent & Child SP5000SA
12:30 pm	Level 1 SP5312SA	Level 2 SP5322SA	Level 3 SP5332SA

**May 1, 8, 15, 22**

10 am	Level 1 SP5311SM	Level 2 SP5321SM	Level 3 SP5331SM
11 am	Level 4 SP5341SM	Level 5 SP5351SM	Level 6 SP5361SM
12 pm	Pre-School SP5201SM	Pre-School SP5202SM	Parent & Child SP5000SM
12:30 pm	Level 1 SP5312SM	Level 2 SP5322SM	Level 3 SP5332SM

## Recreation & Fitness



### Spinning (Ages 16 and up)

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

#### SP803

Wednesdays, March 3-May 19

6:30-7:15 pm

(No class April 7)

11 sessions - \$66

Buffalo Community Middle School

Susie Super  
Weight Room  
enter door #3

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

### Fitness Yoga

This class combines traditional yoga with modern fitness moves. It is a flowing, heat building workout that will make you sweat. An excellent workout designed to lengthen and strengthen your muscles. **Wear comfortable work-out clothing.**

#### SP804

Tuesdays, March 2-May 18

6:30-7:30 pm

(No class April 6)

11 sessions - \$66

Hanover Elementary

Edith Engnell

New Gym

### Bison Activity Center at Buffalo High School

#### Open Gym

Monday - Thursday, 6-9 pm

\$5/person or \$10/family

#### Spring Break Open Gym

April 5-8, 5:30-8 pm

\$5/person or \$10/family

#### Indoor Walking

Monday - Thursday, 5-9 pm

\$3/person/day or season walking pass (onsite)

*Schedule is subject to change.  
Spaces may be limited based on guidelines.*

### T'ai Chi

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

#### SP802

Tuesdays, March 2-May 18

(No class April 6)

Beginner (First time): 6:30-7:45 pm

Intermediate/Advanced: 7:45-9 pm

11 sessions- \$66/first person and \$25 each add'l family member

Tatanka Elementary, Cafeteria



## Pizza Palooza!

### Homemade Pizza Wonders!

Have some fun participating in this virtual Pizza **COOK-ALONG** class! Learn how to make your own homemade pizza with homemade dough a variety of ways! Pizza menu choices for this class will include Party Pan Pizza, Cast-Iron Deep Dish, and Pizza Pinwheels OR Stuffed Pizza Rolls! Choose which ones you would like to make and watch a demonstration of the others. Make lasting memories in your kitchen if you decide to have your children, your spouse or your partner join you! Children absolutely love getting involved in the kitchen and will enjoy creating pizza with you as well! Have your questions answered by the instructor, and interact with other participants as you cook-along. While cooking-along is loads of fun, it is optional.

**Participants will receive the instructors personal recipe for the dough ahead of time and a list of ingredients at least a week in advance of the class to allow time for shopping and preparation.**

**This class will take place on Zoom, a free on-line software. Participants will receive instructions on how to access the class prior to it starting.** As an added bonus, the instructor has created a private group on Facebook exclusively for participants of her cooking classes. Everyone will receive an invite to the group although joining is optional. The group will provide an opportunity for members to ask questions, share their own creations, interact with other participants and support one another in your cooking journey. Come join the fun!

**Note:** Please know that every attempt will be made to keep to these wonderful menu items. Given current circumstances however, the instructor may have to make substitutions. **Registration deadline is February 25 so we have time to send you the information.**

#### W1203

Saturday, March 6 3:30 - 5:30 pm  
1 session \$35 (One registration fee includes participants from the same household only)  
Online class via Zoom Tess Georgakopoulos



### Sliders, Rolls & Twice Baked Potatoes- Online Instant Pot Cook Along

Have some fun in this virtual Instant Pot® **COOK-ALONG** class as we share the wonders of BBQ! Discover how culinary creations are made in a fraction of the time, and experience how they are taken to another level, using the Instant Pot®! On the menu are BBQ Pulled Chicken, Quick Homemade Potato Rolls (baked in the oven), and a side of Twice-Baked Potatoes (IP and Oven). We will also be making a delicious quick slaw that pairs perfectly with the meal. All delicious recipes can be made with ingredients that are probably already on hand.

Children absolutely love getting involved in the kitchen and will enjoy creating these dishes with you as well. Have your questions answered by the instructor, interact with other participants as you cook-along, and increase your confidence in using your electric pressure cooker. While cooking along is loads of fun, it is optional.

Participants will receive a list of ingredients at least a week in advance of the class to allow time for shopping. If the instructor's personal recipes are used for this class, they will be shared as a PDF. If recipes used are on-line, links to these recipes will be shared. Participants will receive instructions on how to access the class prior to it starting. As an added bonus, the instructor has created a private group on Facebook exclusively for participants of her cooking classes. Everyone will receive an invite to the group although joining is optional. The group provides an opportunity for members to ask questions, share their creations, interact with other participants and support one another in their Instant Pot® journey! **Note:** Every attempt will be made to keep to these wonderful menu items. Given current circumstances, however, the instructor may have to make substitutions.

#### SP1203

Wednesday, June 16 5-7 pm  
1 session - \$35 (One registration fee includes participants from the same household only)  
Online class via Zoom Tess Georgakopoulos

#### \*Save these dates for this summer with Tess!

July 14 Sizzling Summer Skewers & Dips  
August 11 Butter Chicken Pasta, Burrito Bowls & Bread



## Health & Wellness



### Hypnosis: Weight Loss, Stop Smoking and Chewing Tobacco

Hypnosis can help you control your eating habits and cravings. You will stop over eating and snacking in between meals and in the evening. Learn to eat healthy and get motivated to walk and exercise.

If tobacco is controlling your life, health and money, hypnosis can help you stop smoking and/or chewing without withdrawal, cravings or weight gain.

- ♦ **Monday, February 22**
- ♦ **Discovery Center, Room 204**
- ♦ **All participants check-in at 5:45 pm**
- ♦ 6 pm Introductions for all
- ♦ \$59 one session or \$119 for both sessions
- ♦ Includes reinforcement CD and free reinforcement
- ♦ Lifetime members – No charge
- ♦ Bring a pillow, blanket or sleeping bag for added comfort

**W1208A** 6:45-7:45 pm - Weight Loss Hypnosis

**W1208B** 7:45-8:45 pm - Smoking and tobacco Hypnosis

**W1208C** 6:45-8:45 pm - Both Weight Loss and Smoking

### Overcome Your Carbohydrate Cravings

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two-week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but of biology. Stop the vicious cycle of food craving and weight gain. No hype – just the facts. **Registration Deadline March 2 (so we have time to send you the information).**

**W1211**

Thursday, March 11  
1 session - \$35  
Online class via Zoom

6 – 7:30 pm  
Janice Novak

### 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 you reduce stress and help you to heal physically, emotionally, and spiritually. In this introductory class, you will learn about Qigong and how it can enhance the quality of your life and the lives of those around you. **Meet our new certified Instructor, Amee Pribyl.**

**SP1260**

Thursdays, March 4-April 1  
5 sessions - \$49  
Discovery Center

5-6 pm  
Amee Pribyl  
Board Room

**SP1261**

Thursdays, April 15-May 13  
5 sessions - \$49  
Discovery Center

5-6 pm  
Amee Pribyl  
Board Room



### Qigong Saturday Sampler

Come sample the benefits of Qigong. Qigong will enhance the quality of your life and the lives around you. Join us on Saturdays to experience the activity and further enhance your Qigong work. These samplers are open to all levels. **Meet our new certified Instructor, Amee Pribyl.**

**SP1257A**

Saturday, March 13  
1 session - \$5  
Discovery Center

10 am-12 pm  
Aimee Pribyl  
Cafeteria

**SP1257B**

Saturday, April 10  
1 session - \$5  
Discovery Center

10 am-12 pm  
Aimee Pribyl  
Board Room

**SP1257C**

Saturday, May 8  
1 session - \$5  
Discovery Center

10 am-12 pm  
Aimee Pribyl  
Board Room

## JUST BREATHE! Techniques to Calm, Center and Balance

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

**Registration Deadline March 12 (so we have time to send you the information).**

### W1212

Tuesday, March 23  
1 session - \$35  
Online class via Zoom

6 – 7:30 pm  
Janice Novak



## Calm and Gentle Yoga

Join Elizabeth to create strength, flexibility and balance in this flowing Yoga class. Breath awareness and breathing exercises are incorporated to help remove tension and stress. A well-rounded class for a wide variety of participants and ability levels. All poses can be modified to fit an individual's flexibility level. **Please bring a yoga mat or a large towel.**

### SP1262

Wednesdays, April 14-May 19  
6 sessions - \$42  
Parkside Elementary

6:30-7:30 pm  
Elizabeth Muellerleile  
Cafeteria



## Ballroom Dancing for Beginners

**Open to partnered adults and teens age 16+**

Practice steps and turns in popular ballroom dances including swing, waltz, foxtrot, salsa and more. The perfect course for anyone getting married or preparing for an upcoming event. Have a fun-filled weekly date night while acquiring a skill to last a lifetime. Dance moves are easy and you're sure to be successful! Dance exclusively with your own partner and social distancing maintained in spacious cafeteria. **Masks covering mouth and nose required for duration of class.**

### SP1268

Mondays, April 5-26  
4 sessions - \$59/person  
Parkside Elementary

7-8:30 pm  
Deanna Constantine  
Gym

## Self-Care 101: Prioritizing Yourself in a Busy World

Today's busy world can make it challenging to focus on your well-being. Create a plan to jump-start your self-care practice. Learn the benefits of self-care, managing your energy, saying "no" and asking for help. Leave with tangible ideas on physical, emotional, spiritual and mental self-care. The goal is to have you leave feeling motivated and equipped to use the self-care techniques to cultivate your own practice. **A Zoom invite will be sent to you after you complete the registration. Don't forget to include your email address in your profile.**



### SP1263

Tuesday, April 20  
1 session - \$15  
Online class via Zoom

6:30-7:30 pm  
Shoma Hokanson

## Home & Hobby

### Art Classes at Artistic Me

205 5th Street NE, Buffalo

#### Bird Chime

Create your own wind chime with this fun bird shape and a nana bell. This cute little bird will be a favorite hanging in the window or from a tree branch. Decorate this bird shape using colorful bits of glass. We will fire the glass and provide all the components needed for you to complete your chime.



#### W1222

Wednesday, March 10  
1 session - \$27

6:30-8 pm  
Mary Randall

#### SP1222

Wednesday, April 21  
1 session - \$27

6:30-8 pm  
Mary Randall

#### Tree of Life

Create a tree of life to hang in a window. This 8" diameter sun-catcher is sure to add some color to any area. Customize your art by choosing the colors you want to add to create the background. Projects will need to be picked up at a later date when kiln firings are complete.



#### SP1223

Wednesday, March 31  
1 session - \$40

6-8 pm  
Mary Randall

#### Garden Wave

Create a free standing garden of flowers. Decorate this 6" x 12" wave sun-catcher using glass, frit, stringers and other accessory glass for an eye catching garden. Projects will need to be picked up at a later date when kiln firings are complete.



#### SP1224

Thursday, April 8  
1 session - \$48

6-8 pm  
Mary Randall



### Your Path to Home Ownership

Calling all first time home buyers! Are you tired of paying rent? Join us for an informative class that will walk you through the home buying and loan process. You may be closer to owning a home than you think. Take advantage of your FREE mortgage consultation today! Virtual attendance is also available, call Community Ed if that is your desired format. Homeowners Financial Group USA, LLC | NML#93718 | Equal Housing Lender | MN-MO-93718.

#### SP1233A

Tuesday, March 16  
1 session - \$9  
Discovery Center

6:30-7:30 pm  
Melanie Benjamin and Tina Anderson  
District Office Conference Room

#### SP1233B

Tuesday, April 13  
1 session - \$9  
Discovery Center

6:30-7:30 pm  
Melanie Benjamin and Tina Anderson  
District Office Conference Room

### Crochet Spa Basket & Washcloths Adult Beginner/Advanced Beginner

Want to learn to crochet? Come learn with crochet teacher and designer, Abbey Swanson! We will make a spa basket and washcloths. We will finish the spa basket and one wash cloth in class. You will be sent home with a hook and yarn to make 2 more washcloths. No experience necessary. **All supplies included!**



#### W1205

Tuesday, March 23  
1 session - \$45  
Discovery Center

6 - 8:30 pm  
Abbey Swanson of The Firefly Hook  
District Office Conference Room



## Puppy Training

This six-week class is for all breeds of puppies, age 8 weeks to 4 months old. Each class begins with 15 minutes of puppy play and socialization. Throughout the six-weeks, we work on basic obedience including leash walking, sit, down and stay. We address issues as needed such as biting, house breaking, crate training, etc. Classes are held indoors in a heated/AC facility with matted floors. Puppies should have their first set of shots including first Parvo/distemper and Bordatella (optional). Young handlers are welcome accompanied by a parent. **Students should bring a regular buckle collar, 6- foot leash and plenty of soft dog treats to class. Register to begin any Monday night.**



### SP1239

Mondays, ongoing 6-7 pm  
Indicate online when registering or call 763.682.8770 to let us know when you wish to begin  
6 sessions - \$100  
Water's Edge Dog Center

## Dog Obedience

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

### SP1238A

Tuesdays, March 30 - May 18  
8-9 pm  
8 sessions - \$130  
Water's Edge Dog Center

### SP1238B

Tuesdays, April 27-June 15  
7-8 pm  
8 sessions - \$130  
Water's Edge Dog Center



## On the Wright Track Model Railroad Club - All Aboard!

If you like trains or things that go, this class is for you. This hobby will teach you the basic construction, electrical and mechanical principles. This is also a great application of artistic ideas and encourages creativity. The activity will help members understand the importance of transportation history and industry trends for the future. **Recommended age is eight and up but all ages are welcome.** Call Community Education to join anytime. Club leader is an experienced model railroader.

### SP1232

Fridays, February 19, March 19, April 2, 16, 30, May 14, 28  
6:30-8:30 pm  
7 sessions - \$21 (New 2021 Membership) Jim Aulick  
Discovery Center Board Room

## Intro to Voiceover

Explore the fun, rewarding possibilities of the voiceover industry! Discover current trends and how they make it easy and affordable for just about anyone to get involved. You will learn about different types of voiceovers and tools you will need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting and offer coaching to improve your delivery. You will receive a professional voiceover evaluation later. One-time, 90-minute, introductory class for \$30. Learn more at [voicesforall.com](http://voicesforall.com).



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

Our program follows recommendations from MN Department of Education and the MN Department of Health to provide you and your family a safe learning environment. Hygiene practices and cleaning protocols are in place.

## Retirement



### Savvy Tax Strategies

This workshop helps attendees learn how an efficient retirement tax strategy can help avoid mistakes and help keep more of their hard-earned money.

#### W1216

Tuesday, February 23

1 session - \$15

Discovery Center

6:30-7:30 pm

Justin Bettinger

District Office Conference Room

### Savvy Social Security

This workshop covers strategies for maximizing your Social Security benefits, including five factors to consider when deciding when to apply for benefits, how to minimize taxes on Social Security benefits, and how to coordinate Social Security with your other sources of retirement income.

#### W1217

Tuesday, March 23

1 session - \$15

Discovery Center

6:30-7:30 pm

Justin Bettinger

Room 204

### Medicare Basics

Turning 65 in 2021? 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?

#### SP1213

Wednesday, March 10

1 session - \$15

Discovery Center

7-8 pm

Chris McClory

Room 204

#### SP1214

Wednesday, May 12

1 session - \$15

Discovery Center

7-8 pm

Chris McClory

Room 204

## 8 Hour Defensive Driving Online via Zoom In-Person

**NEW!** The Minnesota Safety Council is only offering this 8-Hour class on-line now. However, we will provide an in-person experience via Zoom. Register for the class, then join us in the Discovery Center Board Room and leave the technology to us!



If you are 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer you up to a 10% premium reduction for three years if you complete a approved Defensive Driving Course, taught by professional, online certified instructors. No driving or test required. You will receive a certificate of completion to provide to your insurance company. **Attendance at both sessions is required to receive credit. Registration deadline is March 8.**

### SP1235Z

Wednesdays, March 10 & 17  
2 sessions - \$29  
Discovery Center

5:15-9:15 pm  
MN Safety Council  
Board Room

## 4-Hour Defensive Driving Refresher

If you have taken a state approved 8-Hour Defensive Driving Course in the past 3-years, you can renew your 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 to provide to your insurance company.

### W1234B

Tuesday, March 30  
1 session - \$25  
Discovery Center

5:15-9:15 pm  
Mn Safety Council  
Board Room

### SP1234A

Friday, April 9  
1 session - \$25  
Discovery Center

8:30 am-12:30 pm  
MN Safety Council  
Board Room

### SP1234B

Thursday, May 13  
1 session - \$25  
Discovery Center

5:15-9:15 pm  
MN Safety Council  
Board Room



**Thursday, May 13**  
**Day Trippers Theatre**  
**near Mall of America**

Join us for an afternoon lunch and play. We will arrive in style on a charter bus! *"Sex Please We're Sixty"* is a play where **Golden Girls** meet **Grumpy Old Men**. Mrs. Stancliffe's Rose Cottage Bed and Breakfast has been successful for many years. Her guests (nearly all women) return year after year. Her next door neighbor, the elderly silver-tongued Bud (the Stud) believes they come to spend time with him in romantic liaisons. When he gets his hands on a new experimental pill, "Venusia", comedy ensues. This comedy with certainly will give you a chuckle! More information regarding Covid 19 protocol will be shared prior to our trip's departure. **BHM Community Education follows all current CDC and MN Dept of Health guidance. Masks will be required.**

**On the menu:** Sliced turkey breast with wild rice and cranberry stuffing, swedish meatballs, pasta alfredo prima vera, real hand-mashed potatoes with gravy, tuscan vegetable medley, raspberry vinaigrette salad, assorted dinner rolls and assorted dessert bars.

### SP1000

- ◆ Bus departs east side of Discovery Center at 11 am
- ◆ 12 pm lunch followed by the show at 1 pm
- ◆ Bus returns to Buffalo approximately 4 pm
- ◆ \$89 fee includes motor coach transportation, lunch, the show and one chaperone
- ◆ **Deadline to register is May 6**



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

### What is Opening Doors?

**Opening Doors is a program for Adults with Disabilities ages 16 and older.** The program offers activities in the school districts of Buffalo-Hanover-Montrose, Big Lake, Becker, Howard Lake-Waverly-Winsted and Monticello. Specialized activities offer educational, social, life skill and recreation learning opportunities for persons with a disability. **Only activities in the Buffalo area are listed in this catalog.** To see activities in the other school districts, visit [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com), or request the current Opening Doors catalog by calling 763.682.8770.



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



#### St Patrick's Day After Party

##### W301B

Saturday, March 20 3-5:30 pm  
1 session - \$5  
St Francis Xavier Catholic School, Fellowship Hall

#### 2021 Annual Spring Talent Show

##### W303B

Wednesday, April 14, 6:30 pm, Rehearsal  
Thursday, April 15, 6:30 pm, Performance  
2 sessions - \$5 (Performers)  
Buffalo – Discovery Center Auditorium  
Tickets (**required**): \$2/person or \$5/family/group home

#### MN Twins Baseball Trip

##### W2021BL

Saturday, May 1 10 am-5 pm  
1 session - \$55 per person  
Big Lake North Star Light Rail/Target Field

#### Spring Fling Dinner and Dance

##### W305BL

Friday, May 14 6-8:30 pm  
1 session - \$7  
Big Lake Independence Elementary Cafeteria

#### Pajama Bingo

Come dressed in your best nightwear for a round of Bingo. **We won't have pizza until after the pandemic, so eat dinner before our event.**

##### W308B

Friday, February 26 6-7:30 pm  
1 Session - \$7  
Buffalo - Discovery Center Board Room

#### Dr. Seuss' Birthday Celebration

Come help us celebrate the famous Dr. Seuss' Birthday.

##### W319B

Tuesday, March 2 6-7 pm  
1 session - \$7  
Buffalo-Discovery Center Board Room

#### League Bowling

Bowling at Huikko's Bowling Center in Buffalo, 2-4 pm.  
4-sessions for \$50.

**W324B** - Saturdays, March 6-27

**W324C** - Saturdays, April 10, 17, 24, May 1

#### Online Banana Bread Baking

The recipe and ingredients will be shared with you before class so you will have it to share with family and friends. Online demo, don't forget to include your email address when you register to receive the invite.

##### W327

Monday, March 8 6-7 pm  
1 session – Free  
Virtual Online



### Honoring Harriet Tubman

Join us for a historical discussion about the life of Harriet Tubman. We will have a treat to enjoy as well.

#### W320B

Wednesday, March 10 6-7 pm  
1 session - \$7  
Buffalo-Discovery Center Board Room

### Homemade Hand Lotion

Come join us to make a homemade hand lotion that will soften your skin with the fresh scent of baby lotion.

#### W309B

Tuesday, March 16 6-7 pm  
1 session - \$7  
Buffalo-Discovery Center Board Room

### Bunny Bingo

Wear your best pair of ears. Don't have a pair of bunny ears? You can make some here. **We won't have pizza until after the pandemic, so eat dinner before our event.**



#### W312B

Thursday, April 1 6-7:30 pm  
1 session - \$7  
Buffalo-Discovery Center Board Room

### Trees in Bloom

Paint an easy to do blooming tree using a pop bottle, yes that's right... painting with a pop bottle!

#### W311B

Tuesday, April 13 6-7 pm  
1 session - \$7  
Buffalo-Discovery Center Room 204

### Earth Day Walk

An earthy snack provided too.

#### W335B

Thursday, April 22 6-7 pm  
1 session - \$3  
Buffalo-Sturges Park Meet at the lower picnic shelter



### Nesting Station

You will take home all the necessary supplies including a crafty cage to hang outdoors full of nesting materials.



#### W310B

Friday, April 30 6-7 pm  
1 session - \$7  
Buffalo-Discovery Center Board Room

### Neck Cooler

Make a neck cooler to use throughout the summer filled with cooling crystals. Choose from a variety of fabrics.

#### W313B

Monday, May 3 6-7 pm  
1 session - \$9  
Buffalo-Discovery Center Board Room

### Flower for Mom

Plant some real flowers and give them to your mom or to a special gal in your life.

#### W331B

Thursday, May 6 6-7 pm  
1 session - \$7  
Buffalo-Discovery Center Room 204

### Spa in a Jar

Treat yourself to a little "Me" time. We have everything you need to pamper yourself... you deserve it!

#### W330B

Wednesday, May 12 6-7 pm  
1 session - \$11  
Buffalo-Discovery Center Room 204

### A Game to Go

Make a Ring Toss game in class. We will have time for a few games after we complete the project.

#### W314B

Wednesday, May 19 6-7 pm  
1 session - \$7  
Buffalo-Discovery Center Cafeteria



Request an Opening Doors catalog for a full listing of class offerings in all five consortium communities by calling 763.682.8770.

## ■ ■ ■ Adult Basic Education & GED Information

### WEST Adult Basic Education (ABE)

**WEST ABE** is the educational service provider for adults in the west metro area. Local programs, such as the one in Buffalo, help adults age 17 years and older to develop their academic skills. Visit [westabe.org](http://westabe.org) for regional program information. See below for opportunities offered by WEST ABE through Buffalo Community Education.

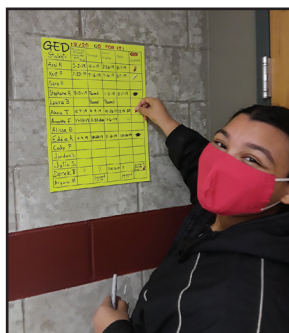
#### Study even during Social Distancing!

Distance learning platforms AND the support of an instructor are both available to new and continuing students even when classes are unable to meet face-to-face. Contact the instructor to make a plan just for you.

#### ABE Academic Study

ABE studies help adult learners who want to gain skills in math, reading, and writing. Some learners choose to focus on preparation for the GED® (General Education Development) tests. Teacher support, materials, and online study tools continue even if face-to-face classes are postponed due to social distancing orders. Day and evening class times are available; start times will remain the same in the event that they are offered virtually rather than in-person due to Covid-19.

- ♦ Mondays & Wednesdays, 1-3:30 pm
- ♦ Tuesdays & Thursdays, 6-8:30 pm
- ♦ PRIDE Building, 800 8th St. NE, Buffalo
- ♦ Closed when BHM Schools are closed
- ♦ Open every month except August
- ♦ Contact instructor Terrisa to begin at 763.682.8688 or [tfisher@bhmschools.org](mailto:tfisher@bhmschools.org)



#### GED® Preparation - See ABE Academic Study

#### English Language (ELL/ESL) Class

Learners improve their speaking, listening, reading, and writing skills in English. Access to Rosetta Stone is available to enrolled students. When social distancing orders are not in effect, this group meets two evenings a week.

- ♦ Tuesdays & Thursdays, 6-8:30 pm
- ♦ PRIDE Building, 800 8th St. NE, Buffalo
- ♦ Closed when BHM Schools are closed
- ♦ Open every month except August
- ♦ Call the instructor to begin at 763.682.8687

\*Many GED® testers need help studying. Contact instructor Terrisa for help 763.682.8688.



#### General Education Development (GED®) Information

**Warning Regarding Misleading GED® Claims** - The State of Minnesota GED® Diploma cannot be earned or obtained on the internet or through correspondence programs. The GED® tests are administered only under the direction of Pearson VUE and the GED® Testing Service; most testing sites are within public school buildings so testing may not be available during social distancing orders.

For current information, visit [GED.com](http://GED.com), [education.mn.gov/MDE/dse/abe/index.htm](http://education.mn.gov/MDE/dse/abe/index.htm) or call the testing center in Monticello at 763.272.2040.

#### First GED® Test Free (while funding lasts)

GED® testers in Minnesota can now get the first test in each subject free by entering code **MNGED30** when scheduling and paying for testing, while funding lasts.

#### 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. **Contact Terrisa at 763.682.8688 or [tfisher@bhmschools.org](mailto:tfisher@bhmschools.org) for more information.**

#### Distance Learning

##### Free Access to Online Platforms

Enrolled adult learners can study anytime and anywhere with support from a WEST ABE teacher. Terrisa, the teacher, can assist learners using a number of platforms such as Edmentum, Khan Academy, MobyMax, Rosetta Stone, and USALearns. Get started right away! **Contact Terrisa at 763.682.8688 or [tfisher@bhmschools.org](mailto:tfisher@bhmschools.org) for more information.**



## Buffalo Community Center

206 Central Avenue, Buffalo, MN 55313 763.682.6036  
Suzanne Kolbinger, Director and Teri Welter, Assistant Director



### Monday

9 am Open Pool Tables  
9:30 am Mahjong (Played online only)  
11:30 am Legal Aid, (1st Monday of the month)  
(call for appointment)  
1 pm Exercise class (All ages)

### Tuesday

9 am Toy Workshop (at Sturges Park)  
9 am Open Pool Tables  
9:30 am 60+ and Healthy Clinic  
(1st Tuesday of every other month)

### Wednesday

9 am Open Pool Tables  
9:30 am Creative Writing  
1 pm Exercise Class (All ages)

### Thursday

9 am Weavers  
9 am Open Pool Tables  
9 am Toy Workshop (at Sturges Park)  
11 am Adult Coloring Group  
12:30 pm Zingo  
Popcorn Thursday all day long!

### Friday

9 am Open Pool Tables

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

\* COVID protocol in effect. Masks are required. \*

## The Buffalo Community Center is open!

Our doors are open once again! **Covid hours are 8:30 am-2 pm, Monday through Friday.** The following groups are back and looking for more folks to join them:

**The Weavers** is a group of caring individuals making bedrolls for the homeless out of plastic bags. Help is needed to sort, flatten, cut, roll and crochet bedrolls. The group meets the first and third Thursday of the month at 8:30 am.

**The Toy Shop** is located at Sturges Park. They are a group of dedicated volunteers who meet every Tuesday and Thursday at 9:30 am to make wooden toys to be given away to children everywhere.

**The Almost Dead Poet's Society** is our writers group. They meet every Wednesday at 9:30 am. They are a fun group that not only write, but laugh and have a great time!

Contact the Buffalo Community Center at 763.682.6036. We hope to hear from you!

## Wright County - Ney Park Nature Center

- ♦ Pre-register at [co.wright.mn.us/parks](http://co.wright.mn.us/parks), email [parksandrecreation@co.wright.mn.us](mailto:parksandrecreation@co.wright.mn.us) or call **763.684.2387** or **763.682.7894**, Monday-Friday, 8 am-3 pm
- ♦ The **Ney Park Nature Center** is open Saturday's and Sunday's through March 7, 2021 for the public to enjoy. Rent cross-country skis or snowshoes for \$5 per day! No charge for park and building visitation.
- ♦ The **Ney Nature Center** is located 1.5 miles north of Maple Lake at 5212 73rd St NW, Maple Lake, MN.

### Winter Bird Watching (All Ages)

Join us for a short presentation, winter morning hike and bird watching. Bring binoculars! Max 10.

Saturday, March 6 9-10:30 am  
Fee: \$5 per person

### Winter Stargazing (All Ages)

This event will include a short presentation, a short hike, and of course, stargazing!

Friday, March 12 6:30-8 pm  
Fee: No Charge, but registration is required

### "Virtual" Buckthorn Hiking Sticks (Ages 5 & Up)

Learn about invasive species, how to identify buckthorn shrubs, and why it's important to remove them. A link will be sent week of activity.

Saturday, March 13 2-3:30 pm  
Fee: No Charge

See phone numbers above for more information at these locations

## 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 by going online [allinahealth.org/classes](http://allinahealth.org/classes) or by calling 763.684.7025 or 1.866.904.9962. All classes below are free. See details below.



#### FREE Wellness Coaching

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

#### Virtual Let's Talk Wellness!

**Wednesdays, April 7 - 28, 12-12:45 pm, Free**  
Small changes over time can make a big difference. Learn a few take-away-nuggets of tips to try for yourself! This 45 minute session will include information on all aspects of Wellness. Register in advance at [account.allinahealth.org/events/60125](http://account.allinahealth.org/events/60125)

#### Living with Cancer Support Group

This group is for people touched by cancer, to share information and gain support from one another. Meetings are the second Monday of the month, 5-6:30 pm at the Buffalo Hospital Conference Room B. FREE

#### Volunteer Opportunities

April is **Volunteer Recognition Month** and Buffalo Hospital would like to thank our team of volunteers who generously give their time, talent and helping hands throughout the year. Have you thought about volunteering? It's a great way to make new friends, learn a new skill and give back to your community.

##### Volunteers Receive:

- ♦ a free meal pass for the day you volunteer
- ♦ recognition through appreciation events
- ♦ most of all, self-satisfaction

Buffalo Hospital offers you many opportunities to get involved and make a difference in your life, the lives of others and the community. To get started, contact Volunteer services at 763.684.7125 or send an email to [Brenda.christensen@allina.com](mailto:Brenda.christensen@allina.com).

**Change to Chill** – Check out mindfulness and stress relief information for teens at [ChangetoChill.org](http://ChangetoChill.org)

**Health Powered Kids** – Health Fueled By Fun: A collection of activities to help young people make healthy eating, exercise and life choices at [Healthpoweredkids.org](http://Healthpoweredkids.org).





*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 (Circle One)    # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_

UCare # (if applicable) \_\_\_\_\_

**Fast and easy... Register online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)**



Community Education  
Buffalo-Hanover-Montrose Schools  
301 NE 2nd Ave  
Buffalo, MN 55313  
763.682.8770  
[www.bhmschools.org/community-ed](http://www.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

Spring is almost here and  
Community Ed has many  
activities for your family  
to choose from!

**Register Online**  
[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

### Activities for Youth



Drivers Education  
page 3



Wizard School  
page 12



Track Meet  
page 15

### Activities for Adults



Path to Home  
Ownership, page 22



Lunch and Play  
page 25



Dog Obedience  
page 23



If your **child will be 5 by September 1, 2021** you can **enroll** your child for the **2021-22 school year** in Buffalo-Hanover-Montrose Schools.

All incoming kindergarten students need to complete **ECFE Screening**— call **763-682-8408** to make an appointment.

Due to COVID-19 restrictions, **Kindergarten Registration Nights are postponed.**

All elementary schools will **mail information and registration materials** to incoming kindergarten families.

Principals plan to **welcome kindergarten students** and their families to a kindergarten "open house" sometime **prior to the start of school.**

More Info At: [www.bhmschools.org](http://www.bhmschools.org)

The place to dream,  
believe and achieve.