



Community Education

BUFFALO HANOVER MONTROSE SCHOOLS

Explore Spring with Us!

Spring 2022



School of Fish, p. 11

Bison Fishing Forever, p. 36

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](http://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.
- ◆ Our programming follows current guideline to provide your family a safe learning environment. Face coverings are optional at this time.

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: February 21, April 8, May 30

Office Telephone: 763.682.8770

Web Sites:

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



School Year 2022-23 KidKare Program

KidKare School Age: child care for ages 5-12

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

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.

Summer 2022 KidKare Program

Buffalo, Hanover and Montrose: June 15-August 26

Our amazingly creative staff keep your child entertained all summer long with a variety of activities. KidKare children going into grades 2-7 will participate in BHM Community Education's Summer SunBlock Enrichment Program: Three 2-week blocks, Monday-Thursday, 8:30-11:30 am. Choose three 1-hour classes each block. Look for class descriptions in the Community Education summer catalog.

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. KidKare is on Facebook (BHM Schools KidKare)

♦ Summer 2022 Registration

Current families: February 28-April 8

New families: March 7-April 8

♦ Summer SunBlock Dates

Block A: June 20-30

Block B: July 5-14 (No class July 4)

Block C: July 18-28

♦ School Year 2022-23 Registration

Current families: June 13-July 15

New families: June 20-July 15

Daily Rates	1st Child	Add'l Child(ren)
Before School	\$7	\$6.50
Full Day	\$38	\$36
Wrap around ECSE	\$30	\$28
1/2 Day (am or pm)	\$26	\$24
After School	\$13.50	\$12.50

Site Locations

Hanover Elementary:

Supervisor: Renee Kalinowski, 763.682.0870

Montrose Elementary:

Supervisor: Ashley Stuart, 763.682.8360

Northwinds Elementary:

Supervisor: Jill Ebeling, 763.682.8830

Parkside Elementary:

Supervisor: Anais Bersie, 763.682.8746

Tatanka Elementary:

Supervisor: Ginger Elsenpeter, 763.682.8631



ECFE Outdoors and in the Parks



Hike in the Hanover Big Woods (*Ages 2-5 years)

**Younger children may attend if the parent can carry them through the wooded area*

Come dressed for the weather as you join Miss Jen and Miss Becky in an outdoor nature scavenger hunt for preschoolers and their grown ups. The rustic trail will lead us to an investigation of trees, leaves, bugs and birds. We will plan to meet at the ECFE classroom in Hanover Elementary, take our hike and then enjoy a snack together back in the classroom. **Rain location will be the ECFE classroom.** Limit: 10 children + their grownup(s).

S4005F

Tuesday, May 3

9:30-10:30 am

1 session - Free

Hanover Elementary

ECFE Classroom & Outdoors

Montrose Early Education Center Playground (Ages birth to 5 years)

Are you ready for twists, turns, slides and climbs? Join Miss Jen and Miss Andrea at the Montrose Early Education Center for a morning of playground fun. We will meet at the MEEC playground to enjoy the equipment, bubbles, chalk and a snack. Limit: 15 children + their grownup(s). **Register online or onsite.**

S4005G

Wednesday, May 4

10-11:15 am

1 session - Free

Montrose Early Education Center

Playground

Buffalo Sturges Park Playground (Ages birth to 5 years)

Are you ready for twists, turns, slides and climbs? Join Miss Patty and Miss Diane at Sturges Park for a morning of playground fun. We will meet at the park to enjoy the equipment, sidewalk chalk, and the parachute. We'll end the session with a snack and some family style conversation. Limit: 25 children + their grownup(s). **Register online or onsite.**

S4405H

Monday, May 9

10-11:15 am

1 session - Free

Buffalo Sturges Park

Playground

Hanover Settler's Park (Ages birth to 5 years)

Are you ready for twists, turns, slides and climbs? Join Miss Jen and Miss Andrea at Hanover Pioneer Park for a morning of playground fun. We will meet at the park to enjoy the equipment, sidewalk chalk, and the parachute. We'll end the session with a snack and some family style conversation. Limit: 25 children + their grown up(s). **Register online or onsite.**

S4405I

Thursday, May 12

10-11:15 am

1 session - Free

Hanover Settler's Park

Playground





Spring Sampler Separating Classes

ECFE Spring Sampler separating classes include parent/child time, teacher/child time, snack and parent discussion time. **We look forward to welcoming you and your child to our Bison Family!**

Around the World (Ages 1-5 years)

Let's take a trip around the world! Come and explore a few of the different cultures from all over the globe. Join Ms. Jen, Ms. Andrea and Ms. Becky as we create some "Around the World" crafts! **Each family will receive a book at the end of class.** Limit: 10 children + their grown-up(s).

S4005A

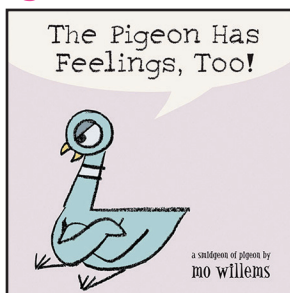
Thursday, May 5
1 session - \$8 per family
Hanover Elementary

9-10:30 am
Jen/Andrea/Becky
ECFE Classroom

The Pigeon has Feelings Too

(Ages 1-5 years)

The pigeon is back! With an emotional vocabulary matched to his happy, sad and surprised expressions. Be prepared to experience all kinds of emotions, as you and your child participate in activities designed to support social/emotional development. **Each family will receive a copy of the book.** Limit: 10 children + their grown-up(s).



S4005B

Friday, May 6
1 session - \$8 per family
Discovery Center

9-10:30 am
Patty/Diane/Char
Room EC1

Buffalo Friday Fun (Ages 1-5 years)

Are you ready for a fun morning of free play, exploring all of the toys, the sensory table and simple art activities? Families are invited to gather to enjoy some parent and child time, followed by a children's snack and parent discussion time. Limit: 10 children + their grown-up(s).

S4005E

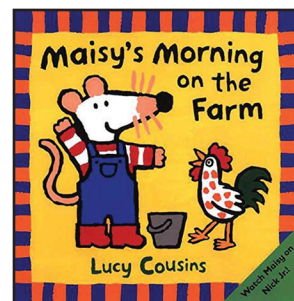
Friday, May 13
1 session - Free
Buffalo Discovery Center

9-10:30 am
Patty/Diane/Char
Room EC1

Maisy's Morning on the Farm

(Ages 1-5 years)

Come and explore life on the farm with Ms. Jen, Ms. Andrea and Ms. Becky in the Hanover ECFE classroom. Working on the farm is hard work, but learning about it at school is so much fun! We will read "Maisy's Morning on the Farm" and you will get a copy of the book to take home! **Each family will receive a copy of the book.** Limit: 10 children + their grown-up(s).



S4005C

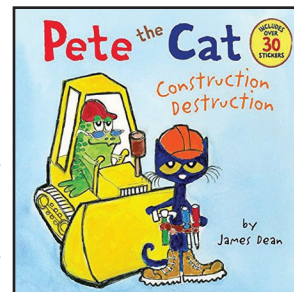
Tuesday, May 10
1 session - \$8 per family
Hanover Elementary

9-10:30 am
Jen/Andrea/Becky
ECFE Classroom

Pete the Cat Construction Destruction

(Ages 1-5 years)

Construction is underway at the Montrose Early Education Center ECFE room, with construction supervisor Pete the Cat. Building blocks, groovy ideas and big machines build the best playground ever! Join Miss Jen, Miss Becky and Miss Andrea at the Montrose Early Childhood Center for a morning of construction destruction. **Each family will receive a copy of the book.** Limit: 10 children + their grown-up(s).



S4005D

Wednesday, May 11
1 session - \$8 per family
Montrose Early Education Center

9-10:30 am
Jen/Andrea/Becky
ECFE Classroom

Register Today!

bhmschools.ce.eleyo.com or call 763.682.8780

Early Childhood Screening & Preschool



Early Childhood Screening (ages 3-5 year)

Screening will check your child's overall development. The state of MN recommends all children be screened before their 4th birthday in order to start kindergarten in any MN public school. **Screening is required within 90 days of beginning ECFE preschool.** Call 763.682.8408 or 763.682.8780 to schedule. Appointments available in Buffalo.

Summer Sun Preschool

Age 3 by September 1, 2021 (Class Max 18)

Licensed teachers will extend the preschool year, through school readiness activities, designed to strengthen kindergarten readiness skills in the areas of language and literacy, mathematics, social/emotional skills, large and fine motor skills and the arts. Students participate in breakfast, lunch, field trips and preschool. **Questions, contact Barbara at beckerberg@bhmschools.org or 763.682.8753.**

This preschool experience is free for 18 students at the Montrose Early Education Center and at the Buffalo site. ***Priority registration is given, per the Minnesota Department of Education, to children who are:**

- ◆ In foster care
- ◆ Under child protection
- ◆ Experiencing homelessness
- ◆ Children of teen parents
- ◆ English learners
- ◆ Qualified for free or reduced-price lunches
- ◆ Are kindergarten eligible
- ◆ Enrolled in a tribal program
- ◆ Children receiving special education services

4206J - Buffalo Site

Monday through Thursday

May 23 - June 30 (No class May 30)

Discovery Center OR Montrose Early Education Center

*Free to qualifying families

4206K - Montrose Site

8 am-12:30 pm

Coming
this Summer!



Preschool 2022-2023

Ready Set Grow and Spring Into Preschool classes are 9 month/28-30 week preschool experience for children ages 2.5-5 years. Classes meet 1-5 days/ week and include circle time, music, art, large and fine motor experiences and free choice time.

- ◆ Taught by MN Licensed Teachers with an assistant in each classroom.
- ◆ Low class ratios:
 - ◆ 1:4 for 2.5-3.5 year old (max 8 children)
 - ◆ 1:8 for 3-4 year old (max 16 children)
 - ◆ 1:9 for 3- 5 year old (max 18 children)
 - ◆ 1:10 for 3 ½ - 5 year old or 4/5 year old (max 20 children)
- ◆ Our preschool classes are integrated with ECSE and community education staff partnering to create an age appropriate experience for children of all abilities.
- ◆ Teachers use Creative Curriculum and assess children with the Teaching Strategies Gold System.
- ◆ Teachers use the Pyramid Model to support social/emotional skills in our preschool classrooms.
- ◆ Parent Involvement is encouraged and supported, as parents and children prepare for the formal school experience.
- ◆ Pathway I & II scholarships or school readiness assistance provided for low income families.
- ◆ Parent Aware 4 Star rated by MN Dept Ed.

Register today for Ready Set Grow Preschool for ages 3-5 years. Locations at Discovery and Parkside in Buffalo, Hanover Elementary and Montrose Early Education Center.



Are you on the school census?



Every Family Counts!



BHM SCHOOLS
Buffalo Hanover Montrose

Join the Bison family! Being on the census ensures that you will receive ECCE mailings, be notified of Early Childhood Screening and receive kindergarten information when your child becomes eligible to attend. **Call 763.682.8737 if you:**

- ♦ Recently had a baby or adopted a child
- ♦ Moved to the district or changed your address
- ♦ Did not receive this catalog in the mail

Parent Coaching

An ECCE Parent Educator will visit virtually or in an ECCE classroom with you. Visits can include:

- ♦ **Time to talk** and problem solve ways to meet your family's needs.
- ♦ **Resources** and ideas on parenting, child development and community services.
- ♦ **Free for families with children ages birth to kindergarten entrance.**



- ♦ Contact Barbara, ECCE Coordinator, at 763.682.8753 or beckberg@bhmschools.org for more information.

ECCE Family Fair

FREE

Saturday, April 23, 10 am - 1 pm

Discovery Center Gym

FREE

So much to see and do at Family Fair!



Dozens of FREE parent and child activities. Fun, music and entertainment by Music of the Andes!



Silent Auction Baskets



Bison Box Lunch



Community Center Toy Shop



Montrose Lions Club

Sponsored by
Early Childhood Family Education
763.682.8780



Registration information on page 2

■ ■ ■ Youth Enrichment

Fencing (Ages 6 – 100)

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.** Dress comfortably for freedom of movement including long stretch pants and running shoes. Students and adults are welcome. Limited scholarships available through Sword Play. Inquire at mnswordplay@gmail.com or 952.769.9203.



SP679A

Saturdays, March 5-April 9
6 sessions - \$75
Parkside Elementary

8:15-9:15 am
Swordplay
Gym

SP679B

Saturdays, April 16-May 21
6 sessions - \$75
Parkside Elementary

8:15-9:15 am
Swordplay
Gym

Karate Basics

(Grades K-5)

Karate is a great tool for learning self-discipline, respect for self and others, keeping fit, building confidence and character development. Trained professional instructors specialize in helping kids develop a healthy body and mind. Instructors have more than 15 years of martial arts experience. **Classes include a free uniform!**

W673C

Mondays, March 7-28
4 sessions - \$45
Montrose Elementary

2:30-3:15 pm
Buffalo Dojo
Gym

W673D

Tuesdays, March 8-29
4 sessions - \$45
Hanover Elementary

2:30-3:15 pm
Buffalo Dojo
Gym

SP673A

Mondays, April 18-May 9
4 sessions - \$45
Montrose Elementary

2:30-3:15 pm
Buffalo Dojo
Gym

SP673B

Tuesdays, April 19-May 10
4 sessions - \$45
Hanover Elementary

2:30-3:15 pm
Buffalo Dojo
Gym

Sweet Treats and Other Artsy Eats (Grade K-5)

Ice Cream Sundays, hamburgers, candy castles, and picnics! Let's get our hands messy with our very own: Great Artsy Bake Off! In this special 6-week KidzArt session explore different mediums like air dry clay, watercolors, and scratch art. Join us for a whole new level of fun with art.



SP698

Tuesdays, March 8-April 19
2:30 - 3:30 pm
(No class April 5)
6 sessions - \$85
Hanover Elementary

Kidzart
Art Room

St. Patty's Cookie Decorating (Grade K-5)



Come and have some fun with your friends after school and enjoy some shamrock cookie decorating! At the end of this class you will bring home some beautifully decorated St. Patrick's Day cookies for your family. Yum! A fun class activity is also planned while the cookies are drying.

SP697

Thursday, March 10
1 session - \$25
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Art/Science Room

April Fool's Day Crafts

(Age 4-9)

We'll get simply silly as we celebrate April Fool's Day by creating some unbelievably hilarious craft pranks. **Please pack a nut free snack and drink for your child.**

SP696

Friday, April 1
1 session - \$35
Discovery Center

9 am-12 pm
Kidcreate Studio
Room EC-2





Crochet Frenzy - Stuffed Animal and Scarf (Grade K-5)

Want to learn to crochet? In this class you will learn how to make chains and a single crochet stitch. You'll go home with a stuffed animal (kitty, owl or turtle) and a scarf you made all by yourself! (Scarf will be made according to age and ability. Younger kids with no crochet experience will make a scarf with crochet chains, others will learn the single crochet, and those with previous crochet experience can learn a new stitch while making the scarf.) We will also make a small hand-sewn project of your choice (animal, pillow, coaster, etc.) Sewing is an essential skill not only in crochet, but in life! **No experience necessary. All supplies included. Bring a nut-free snack to class.**

SP695

Saturday, April 2 9 am-12 pm
1 session - \$45 Abbey Swanson, The Firefly Hook
Discovery Center Room EC-4

Canvas & Clay (Age 5-12)

Creating with clay and painting on canvas- it just doesn't get any better than that! In this camp, your child will get to experiment with many different types of art while learning simple step-by-step painting and clay techniques. They will make 3D bears, owls that glow-in-the-dark, a scratchboard painting of a cat and so much more! What a great way for your child to explore the incredible world of art! **Please pack a nut free snack and drink for your child.**

SP694

Tuesday-Thursday, April 5, 6, 7 9 am-12 pm
3 sessions - \$95 Kidcreate Studio
Discovery Center Room EC-2



Babysitting 101 (Age 10-13)

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

SP611

Tuesday, April 5
1 session - \$69
Discovery Center



8:30 am-4 pm
Emergency Outfitters
Room 204

F.A.S.T. Kids - Staying Safe While Home Alone (Age 7 - 10)

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

SP612

Wednesday, April 6
1 session - \$55
Discovery Center



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



■ ■ ■ Youth Enrichment

Spring Cookie Decorating (Grade K-5)

Come and have some fun with your friends after school and enjoy some spring cookie decorating! At the end of this class you will bring home beautifully decorated spring cookies for your family. Yum! A fun class activity is also planned while the cookies are drying.

SP693

Wednesday, April 13
1 session - \$25
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Art/Science Room

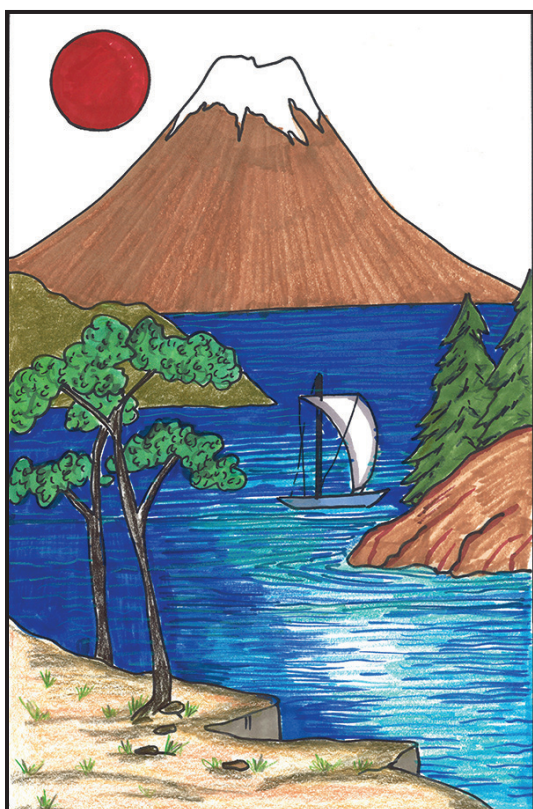
Art-tastic Fun! (Grade K-5)

Explore your artistic side with this special 3-week art workshop. We will learn how to draw Mt. Fuji, sculpt a peacock out of model magic, and learn about patterns. Create a new masterpiece each week through our engaging and interactive classes!

SP692

Tuesdays, April 26, May 3, 10
3 sessions - \$45
Hanover Elementary

2:30 - 3:30pm
Kidzart
Art Room



Nature Hiking for Kids (Grade K-5)

Let's enjoy the great outdoors! This class is designed to explore nature while hiking and learning about our natural surroundings. As we walk, we will be learning about trees, flowers, birds, bugs and more. This is a great time to be outside having fun with our friends while meeting new friends. Come join us on this after school adventure while we get a little exercise and learn a lot of cool things!

SP691

Thursday, May 12
1 session - \$25
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Art/Science Room



RC Car Racing (Grade 2-8)

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

SP685A

Thursday, May 19
1 session - \$19
Discovery Center

6-7:10 pm
Party Crashers RC Racing
Gym

SP685B

Thursday, May 19
1 session - \$19
Discovery Center

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

I Scream, You Scream, We all Scream for Ice Cream (Grade K-5)

This after school class is designed for you to have fun while learning some science concepts. We will be using the simplest of techniques to make your very own ice cream while learning methods of business in today's world. Come and have some fun with your friends!

SP690

Tuesday, May 24
1 session - \$35
Montrose Elementary

2:30-4:30 pm
Charlene Bzdok
Art/Science Room



Horse Riding Camp for Beginners (Ages 6-12)

Spark Equestrian's day camps teach kids the basics of horse care, grooming and riding. Students provide their own lunch and wear long pants with close-toed shoes. We will provide the rest! It is recommended to dress in multiple layers as we will be both inside and outside. **Please be sure to fill out the waiver form and bring it to camp.** Spark Equestrian is located at 9209 Infert Ave NE in Monticello. Fee for each session is \$125.

SP675A	Friday, March 11	9 am-3 pm
SP675B	Wednesday, March 30	9 am-3 pm
SP675C	Thursday, March 31	9 am-3 pm

***Summer Camps** also available on Wednesdays, June 8 through September 5, 9 am-2 pm. Register online at bhmschools.ce.eleyo.com

ZAPS ACT Prep 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. It is recommended that students register for the next available ACT exam after this class.

SP600	Wednesday & Thursday, March 2 & 3	3:30-6 pm
	2 sessions - \$110	Doorway to College
	Buffalo High School	Bison Room

PrepStar Blast ACT

An ACT expert will cover the test format, essential strategies and content review. The final step in the process is 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 after this class.

SP601	Tuesday & Thursday, March 22 & 24	4:30-7:30 pm
	Saturday, March 26	9 am-1 pm
	3 sessions - \$149	Academic All-Star Tutoring Staff
	Discovery Center	Board Room

School of Fish

(Grades 3 and up)

School of Fish is a kids fishing class taught by pro angler and fishing TV show host, Mike Frisch. Students learn about lakes, finding fish in those lakes and great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup. One adult is invited to attend with a child at no additional charge provided they share one equipment packet.



Students will also receive:

- ♦ Rod and reel
- ♦ Hannay's Marine/School of Fish T-shirt
- ♦ Tackle box and tackle
- ♦ School of Fish full color workbook
- ♦ Most importantly, graduates leave class with the knowledge, skills and equipment to go fishing!

SP677

Monday, May 9
1 session-\$60
Discovery Center

6-8:30 pm
Mike Frisch
Cafeteria

Summer High School Drivers Education

Our program includes 30-hours of classroom instruction and 6-hours of Behind-the-Wheel (BTW) instruction with a licensed teacher. Our summer classes are conveniently located at the Buffalo High School, Hanover Elementary and Montrose Elementary.

June Sessions - 2022

All sessions are Monday-Friday

SUDE22A	June 13-24	8-11 am	Buffalo High School
SUDE22B	June 13-17, 20-21, 27-29	8-11 am	Hanover
SUDE22C	June 13-24	8-11 am	Montrose Elementary
SUDE22D	June 13-24	11:15 am-2:15 pm	Buffalo High School

10 classroom sessions & 6 BTW hours - \$380

Make-Up Session: Monday, June 27, 8-11 am at BHS

July Sessions - 2022

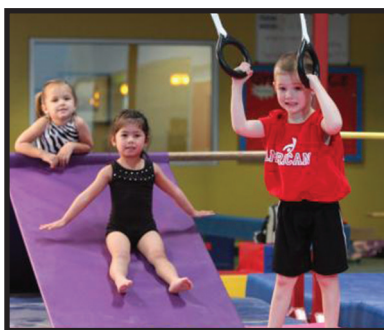
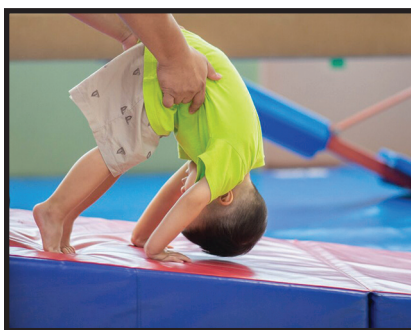
All sessions are Monday-Friday

SUDE22E	July 11-22	8-11 am	Buffalo High School
SUDE22F	July 11-22	5-8 pm	Buffalo High School

10 classroom sessions & 6 BTW hours - \$380

Make-Up Session: Monday, July 25, 8-11 am at BHS

■ ■ ■ Youth Recreation



Jr Bision Gymnastics

Classes held in the Buffalo High School Gymnastics Gym

Parent/Child - Boys and Girls

(Ages 18 months - 2 years)

Parent/guardian assist the child on the equipment learning basic movements for balance, strength and coordination. Obstacle courses will be set up.

SP687A

Mondays, March 7-May 23

4:15 - 5 pm

(No class April 4)

11 sessions - \$122

SP687B

Saturdays, March 5-May 21

10-10:45 am

(No class April 2)

11 sessions - \$122

Preschool - Boys and Girls

(Ages 3 - 5 years)

Focus is on having fun while introducing basic gymnastics skills while improving balance, strength and coordination. Obstacle courses will be set up.

SP680A

Mondays, March 7-May 23

5-5:45 pm

(No class April 4)

11 sessions - \$122

SP680B

Wednesdays, March 9-May 25

4:15-5 pm

(No class April 6)

11 sessions - \$122

SP680C

Saturdays, March 5-May 21

11-11:45 am

(No class April 2)

11 sessions - \$122

Girls Beginners

(Ages 5+ years old)

Learn basic gymnastics shapes and skills on all four events. Focus on improving balance, strength, flexibility and coordination. To move up to next level students need: strong bridge, handstand and cartwheel on floor, pullover on bars with spot and correctly hit a springboard. Max. 15/class

SP681A

Mondays, March 7-May 23

6-7 pm

(No class April 4)

11 sessions - \$165

SP681B

Mondays, March 7-May 23

6:30-7:30 pm

(No class April 4)

11 sessions - \$165

SP681C

Wednesdays, March 9-May 25

5:15-6:15 pm

(No class April 6)

11 sessions - \$165

SP681D

Saturdays, March 5-May 21

12:30-1:30 pm

(No class April 2)

11 sessions - \$165

Register Today!

bhmschools.ce.eleyo.com or call 763.682.8770



Jr Bision Gymnastics

Classes held in the Buffalo High School Gymnastics Room

Girls Intermediate (Ages 7+ years old)

Continue learning gymnastics skills on all four events.
Vault: Forward roll and handstand flatback
Bars: Pullovers, casts, back hip circles, glides
Beam: Basics on low and high beams
Foor: Various cartwheels, roundoffs, back bends and kickovers.

To move up to next level students need a strong round off, backwalkover and pullover/back hip circle on bars.
Max 15/class

SP682A

Tuesdays, March 8-May 24

6:15-7:30 pm

(No class April 5)

11 sessions - \$185

SP682B

Wednesdays, March 9-May 25

6:30-7:45 pm

(No class April 6)

11 sessions - \$185

SP682C

Fridays, March 11-May 27

4:30-5:45 pm

(No class April 8)

11 sessions - \$185

Open Gymnastics Gym

Open gymnastics gym is where kids can bring their friends and family to explore and get used to equipment, practice gymnastics skills and have lots of FUN! All ages welcome. **\$10/student/visit (cash or check at the door). No pre-registry necessary.**

Saturdays, March 5-May 21

1:30-2:30 pm

(Closed April 2)

Girls Advanced (Ages 8+ years old)

Continue working more advanced skills on all four events.

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 such as jumps, turns, handstands, cartwheels, mounts and dismounts.

SP683A

Tuesdays, March 8-May 24

7:15-8:45 pm

(No class April 5)

11 sessions - \$220

SP683B

Thursdays, March 10-May 26

6-7:30 pm

(No class April 7)

11 sessions - \$220

Girls High School (Grades 7-12)

Work skills for MN State High School League requirements.

SP684A

Tuesdays, March 8-May 24

4-6 pm

(No class April 5)

11 sessions - \$220

SP684B

Thursdays, March 10-May 26

4-6 pm

(No class April 7)

11 sessions - \$220

■ ■ ■ Youth Recreation



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

- ◆ This program is offered through Buffalo Hanover Montrose Community Education.
- ◆ The Jr Bison Baseball season begins mid-May and concludes end of June/early July.
- ◆ Evening practices and games will be played in Buffalo and Montrose beginning at 6:15 pm.
- ◆ 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.** Please contact Todd Lunning, Recreation Coordinator, at tlunning@bhmschools.org or 763.682.8176 to help.

Online Registration Open!

bhmschools.ce.eleyo.com
or call Community Education at
763.682.8770.

Registration deadline is April 1

**Child's age as of June 1, 2022*

T-Ball

- ◆ Ages 5-6 \$90
Class SP6450 (Tue/Thur evenings)

Baseball

- ◆ **Minor League (Age 7-8)** \$105
Class SP6451 (Mon/Wed evenings)
- ◆ **National League (Age 9-10)** \$110
Class SP6452 (Tue/Thur evenings)
- ◆ **American League (Age 11-13)** \$110
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. Students in this clinic will work on fundamental skills, while incorporating complete games such as 3 on 3.

SP6430A - Grades 4-6

Tuesdays and Thursdays, April 12-28 6-7:15 pm
6 sessions- \$59 Coaching Staff
Bison Activity Center

SP6430B - Grades 7-8

Tuesdays and Thursdays, April 12-28 7:15-8:30 pm
6 sessions- \$59 Coaching Staff
Bison Activity Center

Spring Break Open Gym

Bison Activity Center

Monday-Thursday, April 4-7

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 21 9 -11:30 am (Check-in at 9 am)
1 session- \$20
Bison Activity Center at Buffalo High School

Open Swim, Adult Aquatics, Pool Info ■■■

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

Sundays, 2 - 4 pm
February 20 - May 22
(Closed April 17)

- ♦ 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



Interested in becoming a Red Cross Lifeguard?
Contact Sheila Johnson at sjohnso@bhmschools.org
or **763.682.8752** for our Spring opportunity.

About Our Pool

- ♦ The pool is located at the Buffalo Community Middle School. Enter door 3 (facing football field)
- ♦ 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**



Water Workout

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

SP5501

Mondays, February 28-May 23

8 - 8:45 pm

(No class April 4)

Buffalo Community Middle School Pool

- ♦ \$5 per class or
- ♦ \$39 for 10 times bargain punch card
- ♦ \$69 for 20 times bargain punch card
- ♦ Punch cards can be purchased at the pool or at the Community Education office

Adult Swimming Learning the Basics

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

SP5121

Wednesdays, April 13, 20, 27

8 - 8:45 pm

3 sessions - \$39

Buffalo Community Middle School Pool

Lap Swimming

- ♦ **Sundays, 2 - 4 pm** during open swim
- ♦ **Mondays, 8 - 8:45 pm** during Water Workout
- ♦ Cost is \$5 per visit - Pay at the pool

Wright County WAVE Swim Club

For more information, visit waveswimclub.com.

■ ■ ■ Pool Rental & Swim Descriptions

Pool Rental



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

Clip & Save Coupon

\$5 off any Saturday pool rental

Valid until 5/21/22



**Register at least one-week
prior to start date.**

Many classes fill quickly!



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

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

Parent Child 1

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

Parent Child 2

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

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

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



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

Level 1: Intro to Water Skills

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

Level 2: Fundamental Aquatic Skills

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

Level 3: Stroke Development

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

Level 4: Stroke Improvement

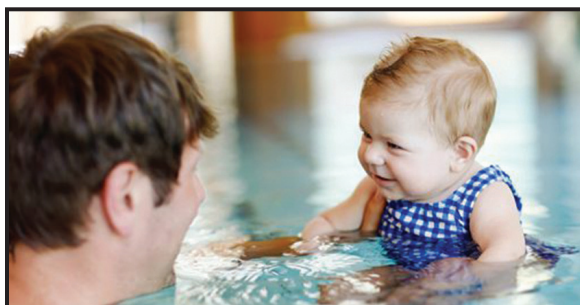
Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Skills include swimming front crawl 25 yards, breaststroke, back crawl and butterfly 15 yards.

Level 5: Stroke Refinement

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

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. **See class descriptions on page 16.**



Parent and Child Aquatics
Preschool Aquatics
 25 minute each session
 Fee: 7-sessions, \$59

Learn to Swim:
Levels 1-5
 45 minutes each session
 Fee: 7-sessions, \$64

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

Monday Lessons

March 28, April 11, 18, 25, May 2, 9, 16
 (No class April 4)

6 pm	Pre-School SP5201M	Level 1 SP5311M	Notes
6:30 pm	Pre-School SP5202M		
7 pm	Level 3 SP5331M	Level 4 SP5341M	

Saturday Lessons

March 26, April 2, 9, 23, 30, May 7, 14
 (No class April 16)

9:30 am	Pre-School SP5201S	Parent/Child 1 SP5001S	<u>Notes</u>
10 am	Pre-School SP5202S	Parent/Child 2 SP5101S	
10:30 am	Pre-School SP5203S	Level 1 SP5311S	
11 am	Pre-School SP5204S		
11:30 am	Level 2 SP5321S	Level 3 SP5331S	
12:30 am	Level 4 SP5341S	Level 5 SP5351S	



Our instructors
are making
a difference!

Wednesday Lessons

March 30, April 13, 20, 27, May 4, 11, 18
 (No class April 6)

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



Registration information on page 2

Recreation & Fitness



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 clothing.**

SP804

Tuesdays, March 8-May 17

(No class April 5)

10 sessions - \$70

Hanover Elementary

6:30-7:30 pm

Edith Engnell

New Gym

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 comfortable clothes. Instructor is Ed O'Donnell of Buffalo Karate Association.**

SP802

Tuesdays, March 8-May 17

(No class April 5)

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

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

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

Tatanka Elementary

Cafeteria



Spinning

(Ages 16 -Adult)

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

SP803

Wednesdays, March 2-May 18

(No class April 6)

11 sessions - \$77

Buffalo Community Middle School

6:30-7:15 pm

Susan Super

Weight Room

(enter door 3)



**Community
Education**
BHM SCHOOLS

bhmschools.org/job-opportunities



We Are
HIRING

School-Age Care, ECCE, Enrichment Instructors
& Aquatics. Call 763.682.8770 to inquire today!

Let us help you Be Well

Check out these health-minded classes!

- ♦ Water Workout, p.15
- ♦ Fast Fixes for Beating Belly Bloat, p. 20
- ♦ Calm and Gentle Yoga, p. 21
- ♦ Sound Baths, p. 21
- ♦ Stress Busting Strategies, p. 22
- ♦ Women, Weight & Hormones, p. 22
- ♦ Vitamins & Herbs - Facts and Fallacies, p. 23
- ♦ Positive Aging Expo, p. 23
- ♦ Ballroom Dance Lessons, p.24
- ♦ Day Trips with Community Ed, p. 31

Register Today!

bhmschools.ce.eleyo.com or 763.682.8770



Buffalo Middle School (Pool & Gym)

Sundays, 2 - 4 pm
February 20 - May 22
(Closed April 17)
\$5/person or \$10/family

Bison Activity Center (Gym)

Monday - Thursday, 6 - 9 pm
(Closed February 21)
\$5/person or \$10/family

Spring Break Open Gym

April 4-7, 5:30-8 pm
\$5/person or \$10/family

Montrose Elementary (Gym)

Tuesdays & Thursday, 6 - 8 pm
School days only - Free!

Indoor Walking

Bison Activity Center

- Mon-Thurs, 6 - 9 pm
- Saturdays, 8 -11 am
- (Closed Feb. 21)
- \$2/person/day or season walking pass (onsite).



Buffalo Gravel Grinder Saturday, June 18

20 or 50 mile bike ride options starting from Gary Mattson Park on the beautiful gravel roads around Buffalo. **Contact the Buffalo Community Center for more information at 763.682.6036.**



Qigong on Thursdays

Qigong 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. This basic introductory class will learn about Qigong and how it can enhance the quality of your life and the lives of those around you.

W1260B

Thursdays, February 24-March 31
6 session- \$69
Discovery Center

5-6 pm
Amea Pribyl
Board Room

SP1260A

Thursdays, April 14, 21, 28
3 session- \$39
Discovery Center

5-6 pm
Amea Pribyl
Board Room

SP1260B

Thursdays, May 5-June 2
(No class May 19)
4 session- \$49
Discovery Center

5-6 pm
Amea Pribyl
Board Room

Qigong Saturday Sampler

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

W1257C

Saturday, March 12
1 session - \$10
Discovery Center

10 am - 12 pm
Amea Pribyl
Board Room

SP1257A

Saturday, April 9
1 session - \$10
Discovery Center

10 am - 12 pm
Amea Pribyl
Room 204

SP1257B

Saturday, May 14
1 session - \$10
Discovery Center

10 am - 12 pm
Amea Pribyl
Board Room

Fast Fixes for Beating Belly Bloat

Have you ever found that in the morning your pants fit just fine but by mid-afternoon the waistband is squeezing you like a tourniquet? Or, that no matter how many crunches or ab exercises you do, some days your belly will hang out like you're five months pregnant? In this workshop, learn the causes of belly bloat as well as concrete solutions and fast fixes to rid you of it once and for all.

W1224

Tuesday, March 22
1 session- \$35
Online via Zoom

6-7:30 pm
Janice Novak





Use Your Brain Change Your Age

De-Age Your Brain

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

W1225

Thursday, March 24
1 session- \$35
Online via Zoom

6-7:30 pm
Janice Novak



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.**

SP1263

Wednesdays, April 13-May 25
7 sessions - \$49
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria



Sound Baths

Did you know your body is composed of up to 60% water? Have you ever run your finger along the edge of a glass filled with water? Did you notice the way the water danced with vibration and sound? Sound Baths affect the cells of the body similarly, vibrating the water within us to create and immersive, meditative experience. The different notes and vibrations help relax the body and mind. Racing thoughts are quieted as the mind attempts to recognize patterns within the sounds. Eventually the mind surrenders to the vibrations. A deep meditative state of relaxation follows. This is a great “end of the day” class that can reduce anxiety and stress and help facilitate a restful night’s sleep. Class includes a guided meditation with a sound bath using Tibetan Singing Bowls, Crystal Singing Bowls, Gongs, and Chimes. **Dress in loose, comfortable clothing. Bring a yoga mat or blanket, an eye pillow and water bottle.**

W1261A

Thursday, March 24
1 session - \$49
Discovery Center

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

SP1262A

Thursday, April 21
1 session - \$49
Discovery Center

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

SP1262B

Thursday, May 26
1 session - \$49
Discovery Center

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

Register Today!

bhmschools.ce.eleyo.com or call 763.682.8770

Stress Busting Strategies for Busy People

Do you have too much stress in your life? Stress not only causes a multitude of physical and emotional problems, but it will age you quicker and more efficiently than time itself. In this workshop you will learn: the damaging effects of stress on your nervous system; how to keep stress from ageing you; one minute stress busting techniques that can easily fit into your busy day; breathing techniques to calm the nervous system; ways to decrease stress hormone levels; how different types of foods, colors, surroundings, and even music can increase or decrease stress.

SP1226

Wednesday, April 13
1 session- \$35
Online via Zoom

6-7:30 pm
Janice Novak

Mudras: The Ancient Art of Hand Yoga

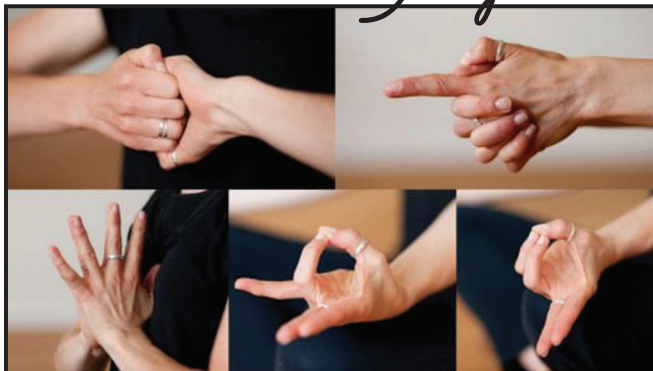
Mudras, or 'yoga of the hands' has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental and physical wellbeing and that regular practice of the hand positions can rejuvenate body and mind. The hand positions are easy to do, take minutes to perform and can be done almost anywhere at any time. Mudras can also be used to help relieve numerous conditions such as anxiety, stress, digestive issues, weight loss, bloating, insomnia and so many more.

SP1227

Thursday, April 21
1 session- \$35
Online via Zoom

6-7:30 pm
Janice Novak

Hand Yoga



Women, Weight & Hormones

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

SP1228

Thursday, May 12
1 session- \$35
Online via Zoom

6-7:30 pm
Janice Novak

take a look!

**Adult recreation
and fitness on
pages 18-19**



Vitamins & Herbs: Facts and Fallacies

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, and herbal preparations such as Glucosamine Chondroitin, Melatonin, St. John's Wort, Ginkgo, Ginseng, Echinacea, & DHEA.

SP1229

Tuesday, May 17
1 session- \$35
Online via Zoom

6-7:30 pm
Janice Novak

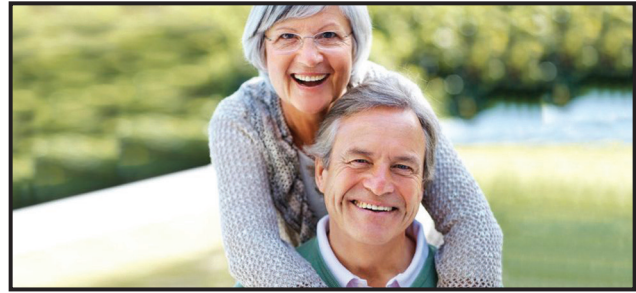
Soothe Those Achy Joints

Do you have joints that ache – a knee, hip or back? Whether you have arthritis, bursitis or just creaky joints, this class is for you. Joint lubrication exercises are quite easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy. Wear loose, comfortable clothing.

SP1230

Thursday, May 19
1 session- \$35
Online via Zoom

6-7:30 pm
Janice Novak



Free Community Event!

Active Generations - A Positive Aging Expo

May 21, 9 am – 1 pm
Buffalo Civic Center

This event will include a wide variety of activities, including a diverse group of vendors, products, resources on health care, health/longevity, housing, finance, recreation, fitness, safety and more! There will be speakers and entertainment, a free breakfast for all attendees, health screens, and lots of prizes before and during the event. For more information, visit lakeridgesenior.org or parkviewsenior.org.

Fast Track to Becoming a Nurse

Wednesday, March 16, 12 pm via Zoom

Join us to learn how to "fast track" your way to becoming a Registered Nurse and save money on tuition costs. The path we will show you includes minimal educational debt (sometimes none). RNs earned a median annual salary of \$75,330 in 2020, according to the BLS. Continued demand drives growth in the field, with a 7% increase in employment projected through 2029, which is faster than the national average rate. To register, contact Courtney.lotzer@cassialife.org or 763.404.4632.

Kick Off Your Healthcare Career

Join a FREE Certified Nursing Assistant Class! Lake Ridge and Park View Senior Health & Living offer a free certified nursing assistant course to its employees. Team members are also eligible for free nurse training, tuition reimbursement and a loan forgiveness program. To learn more, contact Courtney Lotzer at Courtney.lotzer@cassialife.org or 763.404.4632.



Your Path to Home Ownership

Join us for this 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's your desired format.** (Tina Anderson, REALTOR Anchor Realty, LTD & Melanie Benjamin, NMLS#533157 Licensed Mortgage Professional and Homeowners Financial Group USA, LLC | NML#93718 | Equal Housing Lender | MN-MO-93718)

W1233A

Wednesday, February 23 6:30-8 pm
1 session - \$9 Tina Anderson & Melanie Benjamin
Discovery Center DO Conference Room

W1233B

Tuesday, March 22 6:30-8 pm
1 session - \$9 Tina Anderson & Melanie Benjamin
Discovery Center DO Conference Room

Ballroom Dance Lessons

Looking for a unique and fun way to swing into spring? Grab your partner for four fun-filled weekly dates learning to dance together! You will be laughing and enjoying time as a couple, while enhancing your relationship and trying out a new hobby. You will discover how to dance to popular songs played at parties, weddings and concerts. Learn waltz, foxtrot, swing, rumba, and more! Beginner level, 4-week courses offered seasonally. You will learn new steps in each one.



SP1268

Wednesdays, April 6-27 7-8:30 pm
4 sessions - \$59 per person Deanna Constantine
Discovery Center Gym



Guided Autobiography

Designed to assist individuals recall, organize and share the contents of their life experiences. These classes will help evoke memories through a variety of life themes such as family, work/career, health and spirituality. Participants write and share their stories with one another in a small group setting, find new meaning in their life and put past significant life events in perspective. It is also an ideal way to pass along valuable lessons, stories and history to your family, friends and future generations. No writing experience is necessary.



SP1205

Thursdays, March 10-April 28
6:30-8:30 pm
8 sessions - \$89 Bill Marsella
Discovery Center Room 204

Quote, Bill Marsella: "Guided Autobiography is a great course for helping you begin a documentation of your life history. Even if you elect not to share it with anyone, it is a way to help you sort out your life experiences. It is very therapeutic."

On The Wright Track Model Railroad Club 2022

We are an HO scale club that will teach you basic construction, electrical and mechanical principles. This is also a great application of artistic ideas and encourages creativity. Club members build and apply scenery to a module that interchanges with other members modules which are shown at train shows in the area. Recommended age is eight and up but all ages are welcome. Club leader is an experienced model railroader.

SP1243

Fridays, March 11, 25, April 15, 29, May 13 6:30-8:30 pm
5 sessions - \$3 nightly or \$15 Tim Pancel
Discovery Center Board Room



Crochet Cowl (Teen-Adult) Beginner/Advanced Beginner

Want to learn to crochet? Afraid to try? Come learn with teacher and crochet designer Abbey Swanson of **The Firefly Hook**. We will learn the basics of crochet and make a cowl. Everyone leaves with a cowl around their neck! And if you have crochet experience, you can learn a new stitch (or two!) and expand your crochet skills. **No experience necessary. Supplies included!**

SP1242A

Tuesday, March 22 6-8 pm
1 session - \$39 Abbey Swanson, The Firefly Hook
Discovery Center Room EC4

Crochet Spa Basket & Washcloths 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 two more washcloths. **No experience necessary. Supplies included!**

SP1242B

Thursday, March 31 5:30-8:30 pm
1 session - \$39 Abbey Swanson, The Firefly Hook
Discovery Center Room 204



Photo Organization: Print & Digital

Have a photo mess... are your photographs in a box, drawer, suitcase, phone, camera chip, external hard drive, or all of the above? Is your goal to SAVE, ORGANIZE, and SHARE your photos? Discover alternatives to get every printed/digital photo, movie and memorabilia in one location permanently and safely. Learn about scanners, digitizing old photos, cloud storage and organization. You'll leave with options to easily access every photo you own!



SP1241A

Tuesday, March 22 7-8:30 pm
1 session - \$29 Susan DeJute
Discovery Center Board Room

SP1241B

Tuesday, May 10 7-8:30 pm
1 session - \$29 Susan DeJute
Discovery Center Board Room

Mike Lynch Starwatch Program

Make the stars your friends as we watch the great celestial show in the skies over Montrose, MN. There will be giant telescopes aimed at Jupiter, Saturn, star clusters and galaxies. Live video telescopes will also be available. Get to know constellations like, The Big Bear, Cygnus the Swan, Pegasus the Winged Horse and others. Great constellation mythological stories will also be featured!



Mike Lynch is a retired WCCO meteorologist. He has been hosting the Starwatch parties and teaching astronomy classes since 1972. He also is the author of, Stars, a Month by Month Tour of the Constellations. It will be available for purchase, at a discount, along with glow-in-the-dark star shirts.

Mike Lynch is a retired WCCO meteorologist. He has been hosting the Starwatch parties and teaching astronomy classes since 1972. He also is the author of, Stars, a Month by Month Tour of the Constellations. It will be available for purchase, at a discount, along with glow-in-the-dark star shirts.

SP1218

Thursday, March 31 7:45-9:45 pm
1 session - \$15 per person or \$39 per family household
Montrose Elementary Classroom & Outdoors

■ ■ ■ Art & Cooking

Acrylic Painting - Oriole on Canvas

The instructor will provide step by step instruction of original painting design on stretched canvas. The canvas will be completed in this 3 hour class. Charlene will have a chipper Oriole to inspire your creation! **All instruction and supplies are included in the fee.**

SP1247

Tuesday, April 19
1 session - \$39
Discovery Center

6-9 pm

Charlene Lundberg
Room 202



Acrylic Painting -

Sunflower on Wine Glasses

Have some fun as you design a sunflower on a set of two wine glasses. Paint is cured in a student's oven or air dried for 21 days. Glasses will be completed in one 3 hour class. Upon curing, glasses are usable and washable. The shape and color of wine glasses for class may differ due to availability. **All instruction and supplies included in the fee.**

SP1248

Thursday, May 19
6-9 pm
1 session - \$39
Charlene Lundberg
Discovery Center
Room 202



What's Cooking? with Tess!

Detroit Style Pizza & Pizza Madness!

Have some fun participating in this virtual **Pizza COOK-ALONG!** Learn how to make pizza with homemade dough in a variety of ways! Pizza menu choices include the very popular DETROIT-STYLE Pan Pizza with sauce, Baked Pizza Bombs and Pizza Pinwheels. If there is time, classic pan pizza will also be made. Choose which ones you would like to make and watch a demonstration of the others. Participants will receive the dough recipes, as it will need to be made ahead of the class, and a list of ingredients at least a week in advance of the class to allow time for shopping and preparation. Make lasting memories in your kitchen if you decide to have your children, your spouse or your partner join you! 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 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.

SP1270A

Saturday, April 9
1 session- \$39
Online via Zoom

4:30-6:30 pm
Tess Georgakopoulos





with Tess continued



Homemade Pierogies

Learn how to make your own homemade Pierogies with homemade dough and filling that will make your taste buds dance for joy! We will also be learning how to cook and freeze these little dumplings you can make ahead and store for a rainy day. **Participants will receive a list of ingredients ahead of time to allow time for shopping and prep.** Participants will also receive a copy of the instructors personal recipes. **Participants will receive instructions on how to access the class prior to it starting.** Make lasting memories in your kitchen if you decide to have your children, your spouse or your partner join you! While cooking-along is loads of fun, it is optional. 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. Note: If children are participating, adult supervision is required.

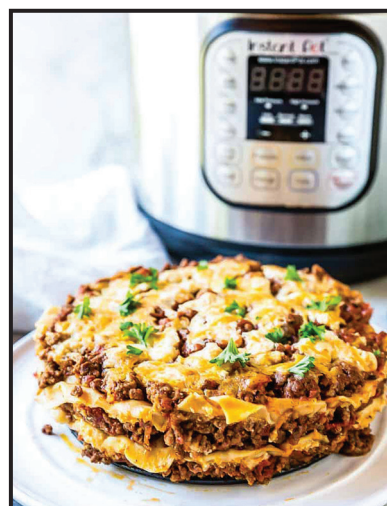
SP1270B

Saturday, April 30
1 session- \$39/household
Online via Zoom

4:30-6:30 pm
Tess Georgakopoulos

Instant Pot® “Pastabilities”! Lasagna, Creamy Broccoli-Cheddar, Chicken with Pasta & Dinner Rolls!

Discover the wonders of making and enjoying deliciously nutritious pasta dishes using the Instant Pot! Two Instant Pot dishes will be created during this class. Choose one for your cook-along, and watch a demonstration of the other or if you have a second Instant Pot® on hand, and



want to make both, please do! On the Menu: Lasagna, and Creamy Broccoli Cheddar Chicken with Pasta No-Bake. We will also be making some wonderful rolls to go along with your meal! Make lasting memories in your kitchen if you decide to have your children, your spouse or your partner join you! While cooking-a-long is loads of fun, it is optional. **Participants will receive a list of ingredients ahead of time to allow time for shopping and prep.** Participants will also receive a copy of the instructors personal recipes. **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. Note: If children are participating, adult supervision is required. Come join the fun!

SP1270C

Saturday, May 14
1 session- \$39
Online via Zoom

4:30-6:30 pm
Tess Georgakopoulos

General Enrichment

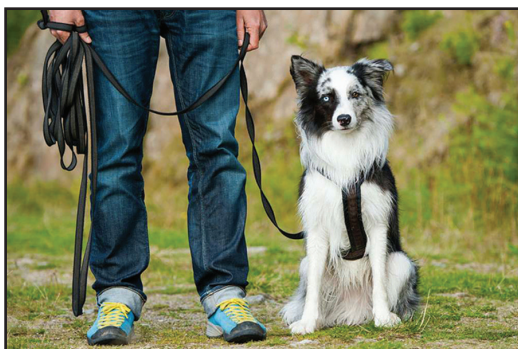
Puppy Training

This 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 then 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 indoors in a heated/AC facility with matted floors. Puppies should have their first set of shots including Parvo/distemper and Bordatella (optional). Young handlers are welcome accompanied by a parent. **Bring a regular buckle collar, 6- foot leash and plenty of soft dog treats. Begin any Monday night.**

SP1239

Mondays, ongoing beginning February 28
6 sessions - \$100
Water's Edge Dog Center

6-7 pm
Dan Rhode



Dog Obedience

This class is for all breeds of dogs 5 months and older. 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 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. **Bring a regular buckle collar, 6- foot leash (no flexi-leads) and plenty of soft dog treats. Held at Water's Edge Dog Center.**

W1240D

Tuesdays, March 1-April 19
8 sessions - \$130

8-9 pm
Dan Rhode

SP1240A

Tuesdays, March 29-May 17
8 sessions - \$130

7-8 pm
Dan Rhode

SP1240B

Tuesdays, April 26-June 14
8 sessions - \$130

8-9 pm
Dan Rhode



ADHD Parenting Path: Navigating the Challenges

Session Topic: Beyond the Diagnosis

ADHD is about so much more than attention and impulsivity. To really understand ADHD, there needs to be an understanding the role executive functioning contributes to it. This presentation provides parents of children with ADHD an overview of ADHD's impact on the emotional and social implications on learning, behavior and motivation. By exploring the various aspects of executive functioning, participants will gain insight on common issues associated with ADHD, such as:

- ♦ Why homework is so difficult to complete
- ♦ Causes for unexpected emotional outbursts
- ♦ The inability to remember to do simple tasks

W1214B

Tuesday, March 1
1 session - \$39
Discovery Center

6-7:30 pm
Molly Perry, ADHD parent coach
Board Room



Community Education
BHM SCHOOLS
bhmschools.org/job-opportunities

We Are

HIRING

School-Age Care, ECFE, Enrichment Instructors & Aquatics. Call 763.682.8770 to inquire today!



College Planning 101

Do you remember how you felt when you were about to graduate high school? You were excited for a new chapter in your life and a chance to prove yourself in the “real world.” We will discuss how to prepare your child and family for college logistically, academically and financially. The power is in your hands to make smart decisions about this next big step in your student’s life.

SP1207

Monday, March 7 6-7 pm
1 session - \$15 Chad Perkins
Discovery Center District Office Conference Room

Financial Aid 101

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

SP1208

Monday, March 28 6-7 pm
1 session - \$15 Chad Perkins
Discovery Center District Office Conference Room

Savvy Tax Strategies

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

W1215

Tuesday, March 29 6:30-7:30 pm
1 session - \$15 Justin Bettinger
Discovery Center DO Conference Room

Will Your Retirement Income Last?

Don’t Leave It to Chance

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

SP1212

Tuesday, April 12 6:30-7:30 pm
1 session - \$15 Tom Scheck
Discovery Center DO 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! Minnesota law requires insurance companies to offer you up to a 10% reduction for three years on your car insurance premium if you complete an 8-Hour Defensive Driving course, taught by a professional certified instructor. This course is two sessions of classroom - 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.**

W1238

Wednesday & Thursday, February 23 & 24 5:15-9:15 pm
2 sessions - \$29 Bob Dingman
Discovery Center Board Room

Defensive Driving - 4 Hour Refresher

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

SP1238A

Tuesday, April 19 5:30-9:30 pm
1 session - \$29 Staff
Discovery Center Board Room

SP1238B

Thursday, May 19 5:30-9:30 pm
1 session - \$29 Staff
Discovery Center Board Room

Medicare Basics

Turning 65 in 2022? 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:

- ◆ Can I continue work 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?
- ◆ What if I don't enroll?
- ◆ How might my HSA impact my Medicare decision-making?

SP1213A

Wednesday, April 6 5:30-6:30 pm
1 session - \$15 Chris McClory
Discovery Center Room 204

SP1213B

Tuesday, May 24 5:30-6:30 pm
1 session - \$15 Chris McClory
Discovery Center Room 204

Assisted Living: Everything You've Ever Wanted To Know

Join Kasey Laney and Jill Pingel, Housing Directors for Lake Ridge and Park View Assisted Living, to learn everything about living in an assisted living environment such as:

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



SP1261

Wednesday, June 8 12:30-2 pm
1 session - \$15 Kasey Laney
Discovery Center District Office Conference Room

Get on the bus with Community Ed!



Day Tripper Dinner Theatre, Bloomington Thursday, May 19

Two brides-to-be and only one Community Hall. What could possibly go wrong in this hilarious look at small town weddings gone wrong! Stag and Doe is written by Mark Crawford, who has been hailed as one of the funniest playwrights of our time, with Stag and Doe being called an absolute riot and funnier than any sit-com of the past decade. This endearing comedy will brighten your day!

W1002

- ♦ Motorcoach bus departs Discovery Center 11 am, door 1
- ♦ Lunch at 12:15 pm followed by the Show at 1:15 pm
- ♦ Bus returns to Discovery Center approx 4:15 pm
- ♦ \$89 fee includes motor coach transportation, lunch, show ticket and chaperone.
- ♦ **Deadline to register is May 12**



Thursday, August 25

It's "Thrifty Thursday"! Find a friend and hop on the school bus with Community Ed and travel to, ***"The Great Minnesota Get Together"***. This trip will be led by one chaperone, so we suggest that you have at least one traveling partner with you. Take advantage of the buddy system discount and double your enjoyment!

SU2020A (Plan A)

Transportation and admission ticket

\$40 per person or \$70 per couple (buddy system)

SU2020B (Plan B)

Transportation Only

\$29 per person or \$49 per couple (buddy system)

- ♦ School bus departs from the east side of Discovery Center in Buffalo at 7 am
- ♦ School bus departs from the State Fair at 5 pm
- ♦ Arrive back to Buffalo approximately 6 pm
- ♦ **Registration deadline is August 6**

■ ■ ■ *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

Spring Highlights

- ★ **St. Patrick's Party, March 19**
- ★ **Spring Talent Show, April 7**
- ★ **Spring Fling Dance, May 6**
- ★ The Winter/Spring Opening Doors catalog is available now. The Summer catalog will be out mid-May.

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

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

Sheila Johnson, Program Coordinator
sjohnso@bhmschools.org
 763.682.8752

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

Questions about the Opening Doors Program, call 763.682.8770

St Patty's Day After Party

Do not let the Irish fun end! Join your friends as we continue to celebrate this Irish holiday. Dress in your favorite green outfit as we will have prizes for the best green fashion. Enjoy some Irish music and a jig or two. Green snacks and many Irish jokes will make this afternoon one that will turn you green with gladness! *This event is made possible with a generous donation from the Knights of Columbus and St Francis Xavier Catholic Church.*

W301B

Saturday, March 19 3-5 pm
1 session - \$5
St Francis Xavier Catholic School, Fellowship Hall
(½ mile West of Functional Industries in Buffalo)

Spring Fling Dinner and Dance

Come celebrate spring with us! A live DJ will be spinning your favorite tunes to get you movin' and dancing. Sub style sandwiches, treats and beverages are included. *The Spring Fling Dinner and Dance is supported with a generous donation from the Big Lake Spud Fest Committee.*

W305BL

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



2022 Annual Spring Talent Show

We missed you last year so this year do not miss a night to remember when all our finest stars take the stage to dazzle you with song, dance, and comedy. Invite everyone you know. The performance will be held on Thursday, April 15 at 6:30 pm with a reception after the show. We do need you to register this year to watch the performance. Advanced Tickets will be \$2 person or \$5 per family/group home. Performer registration needed, limited to 20 acts

W303B (limit 1 act per person)

Rehersal: Wednesday, April 6 6:30 pm
Performance: Thursday, April 7 6:30 pm
2 sessions - \$5
Buffalo, Discovery Auditorium

Register your act by April 5 so we can include you in the program flyer.

** Please contact the Opening Door office at 763-682-8770 **

Purchase Tickets

Advanced Ticket (required this year)
Course: **W303T**
Thursday, April 7
6:30 pm performance
Tickets are \$2 per person or
\$5 per family/group home



FREE EVENT! Mark Your Calendar

Thursday, April 28 | 6-8:30pm | Pride Transitions, 800 8th ST NE Buffalo

The Annual Transition Trek, Pride Transitions

The purpose of this event is to provide individuals with disabilities, their families, and the advocates an opportunity to connect with transition based support resources. This seminar is open to anyone in the public who is interested, including those living outside the Buffalo-Hanover-Montrose school district. We are here for YOU to explore, ask questions and prepare!

■ ■ ■ ABE 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.

- ◆ **NEW! Discovery Center, 301 2nd Ave NE, Buffalo**
- ◆ Mondays & Wednesdays, 1:30-4 pm
- ◆ Tuesdays & Thursdays, 6-8:30 pm
- ◆ Classes every month except August
- ◆ Closed same days as BHM Schools
- ◆ New support for parents: FREE to you, childcare for your children ages birth to 2nd grade
- ◆ Call 763.682.8509 or drop in

GED Preparation – see ABE Academic Open Lab

English Language (ELL/ESL) Class

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

- ◆ **NEW! Discovery Center, 301 2nd Ave NE, Buffalo**
- ◆ Tuesdays & Thursdays 6-8:30 pm
- ◆ Open every month except August
- ◆ Closed same days as BHM Schools
- ◆ Call 763.682.8507 or drop in

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.



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. **Earn a free refurbished desktop computer!** To enroll, call 763.682.8509.

Great New Opportunity for Parents to Study!

What: Free childcare while you study!

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

When: Most Tuesday and Thursday nights, 6- 8:30 pm, through May 19.

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

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

How: Call Terrisa Fisher to ask questions and to register 763.682.8509.

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 Diane at 763.682.8733 for more information and to register.** Space is limited.

- ◆ Held at Tuesdays & Thursdays at Discovery Center
- ◆ March 1 - May 19 10 am – 2 pm
- ◆ **(No class April 5, 7)**
- ◆ Lunch and rest time scheduled

GED Testing & Tutoring Opportunities ■ ■ ■

The GED® in Minnesota

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



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

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

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

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

Warning Regarding Misleading GED® Claims

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

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

WEST ABE Programs Near You!

Visit westabe.org

Annandale	320.274.3058
Big Lake.....	763.262.2523
Buffalo/Hanover/Montrose	763.682.8509
Delano	763.972.6210
Howard Lake/Waverly/Winsted ...	320.543.4670
Lester Prairie.....	320.395.2521
Maple Lake	320.963.5991
Monticello	763.272.2132
Monticello Work Force Center	763.271.3768
Orono	952.449.8350
Rockford	763.477.4563
Plymouth	763.745.6034
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.**

BE THE CHANGE

VOLUNTEER &
MAKE THE DIFFERENCE



Volunteer to work with adults in our Adult Basic Education classes who are trying to improve their literacy or academic skills.

Students Are - Adults 17 years of age and older

Volunteer's Role - Helping adult learners with English language acquisition; tutor students in reading, writing, math skills and GED subject areas

Training and Support - Provided by the Literacy Minnesota at literacymn.org

Time Commitment - 1-3 hours/week for six months

For more information – Contact Elizabeth Muellerleile, WEST ABE Volunteer Coordinator/English Language Instructor at elizabeth.muellerleile@monticello.k12.mn.us or 763.682.8507.

■ ■ ■ Community Activities



Daily Activities

Monday

- 8:45 am Golden Aires Singers (New members welcome)
- 9:30 am Mahjong
- 1 pm Exercise Class (All ages)
- 1 pm Board Games

Tuesday

- 9 am Toy Workshop (Sturges Park)
- 1 pm 500 Cards
- 6:30 pm Line Dancing (Last Tuesday of the month)

Wednesday

- 9:30 am Creative Writing
- 1 pm Adult Coloring Group
- 1 pm Exercise Class (All ages)

Thursday

- 9 am Toy Workshop (Sturges Park)
- 9 am Weavers (Mats for homeless)
- 12:30 pm Zingo
- 1 pm Adult Coloring Group

Friday

- 9:30 am Hand & Foot Card Game
- 2 pm Painting Group

Open Pool Tables - Mon-Fri, 8 am-4 pm

Volunteers Needed!

Bison Fishing Forever

Individuals willing to help out on our 2-hour fishing trips.

Weavers

Help to make mats for the homeless using plastic bags.



Buffalo Community Center 206 Central Avenue, Buffalo, MN **763.682.6036**

Manager: Adam Leiferman Assistant Manager: Teri Welter

Email Building Reservations/Inquiries to: communitycenter2@ci.buffalo.mn.us

TRAPPERS POND BIKE SKILLS PARK



Check out the newly built bike trail at Trappers Pond Park.



This 1/2 mile long trail is full of fun features that will have you or your kiddos grinning ear to ear. Thank you to the Buffalo Trail



Builders for building this great feature in our parks system!



Sturges Park Bandshell

The City of Buffalo Parks department updated the Sturges Park Bandshell by regrading the

hillside in front of the bandshell to allow for more comfortable and user friendly seating. The results of the new grading allow for tiered levels of flat ground for individuals in chairs, on blankets, etc. to view concerts in the park and other activities that involve the bandshell.

2nd annual Arbor Day Tree Planting



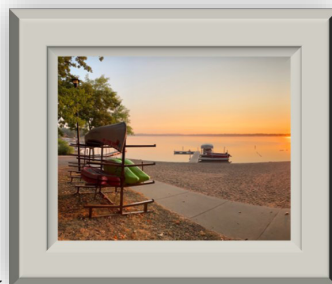
Join the Parks department in bringing our spaces to life by planting trees in one of our neighborhood parks in early May.

For more information on how you can help, contact Park maintenance supervisor Adam Farrell at 763-684-5428.



Swim, paddle or motor on one of our two lakes in the City! Water sport rentals available on Pulaski and Buffalo lakes. Rental information online at

www.ci.buffalo.mn.us/parks-recreation/



■■■ Health Promoting Classes



BUFFALO HOSPITAL

Classes, Events & Support Groups

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

Buffalo Hospital invites you to register for a health-promoting class 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 the training and experience to help you succeed. Common areas of focus include exercise, nutrition, sleep and stress. Individual coaching appointments are available over the phone.

FREE HEALTHY EATING FOR BETTER HEALTH

Wednesday's April 13-May 18, 12-1 pm (Virtually)

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

FREE THRIVING WITH CHRONIC PAIN

Wednesdays, April 13-May 18, 9-10 am (Virtually)

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 BETTER BREATHERS CLUB

(COPD SUPPORT GROUP)

This group meets the **second Tuesday of each month from 3 – 4:30 pm** at Buffalo Hospital Heart Center. Phone 763.684.3872.

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. Call 763.684.7630.

FREE ASK A NURSE

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

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. **Changetochill.org**

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 **Healthpowered-kids.org** for more information.

BUFFALO HOSPITAL VOLUNTEER SERVICES

Buffalo Hospital offers you many opportunities to get involved and make a difference. To get started, contact volunteer services at **763.684.7125** or **brenda.christensen@allina.com**.

BUFFALO HOSPITAL GIFT SHOP

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

Come see what's new!



*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) _____

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



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Resident, School District 877
Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

**Register for classes by visiting us online at
bhmschools.ce.eleyo.com
or call 763.682.8770**



Youth Enrichment

Fencing & Karate
Art & Crochet Classes
Babysitting 101
Horse Riding Camp
Summer Driver's Education
ACT Test Prep
Nature Hiking for Kids
RC Car Racing



Youth Recreation

Jr Bison Baseball
Boys Spring Basketball
Jr Bison Gymnastics
Jr Bison Track Meet
Swimming Lessons



Adult Programs

Yoga & Qigong
Path to Home Ownership
Mike Lynch Starwatch
Acrylic Painting
Puppy & Dog Obedience
College & Retirement Planning
Defensive Driving
State Fair Day Trip