



Community Education

BUFFALO HANOVER MONTROSE SCHOOL

Spring
2023

Get Inspired With Us!



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

763.682.8770
BHMSCHOOLS.CE.ELEYO.COM

Check out these art classes!

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Welcome to Community Education

REGISTER ONLINE TODAY! BHMSCHOOLS.CE.ELEYO.COM

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Office Telephone: 763.682.8770

Office Location: 301 2nd Ave NE, Buffalo (door 1)

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

Office Closed: February 20, April 7, May 29

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. Other restrictions may apply. If we cancel a class, you will be notified and your payment refunded.

Weather Cancellations

- ♦ Community Education and ECFE classes do not meet when school is closed during the day due to weather.
- ♦ 2-Hour Late Start: No morning ECFE classes.
- ♦ KidKare sites remain open.



Summer 2023 KidKare Program

Buffalo, Hanover and Montrose: June 14-August 25

Our amazingly creative staff keep your child engaged 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: Look for more details and class descriptions in the Community Education summer catalog.

School Year 2022-23 KidKare Program

KidKare School Age Care: 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 Care: Ages 3-5, not 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.

For more information

Visit bhmschools.org (click community ed tab), call 763.682.8787 or email tlund@bhmschools.org, or visit KidKare on Facebook (BHM Schools KidKare).

Summer 2023 Registration Open:

Current families: March 6 | New families: March 20

School Year 2023-24 Registration Open:

Current families: June 26 | New families: July 10

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



Parent Child Classes ■ ■ ■



Mini Melody Music (Ages 1-5)

Join Miss Julie for a mini melody experience. Song, musical instruments and dance create a fun filled hour for you and your little one. Enjoy a snack and an age-appropriate parent/caregiver music activity to take home.

W4032C

Tuesdays, March 7-March 28

4 sessions - \$15

Hanover Elementary

11 am-12 pm

Julie Kirkpatrick

Room 200

Terrific Tuesdays (Ages 2-Grade 2)

Join a parent educator for a family style pizza dinner 5:30-6 pm. Parents and children separate from 6-6:45 pm with parents participating in parent time and children receiving care from an ECFE assistant. A final circle and bedtime story will close out the evening.

W4100A

Tuesdays, March 7-May 9 (No class April 4) 5:30-7 pm

Sliding Fee Scale below Kristin Brundin/Danielle Stein

Montrose Early Education Center

ECFE Room

ECFE Sliding Fee Scale

Find class fee based on family's income.

# of sessions	9	2nd Child
0-19,999	\$12	\$5
20,000-39,999	\$30	\$6
40,000-59,999	\$61	\$7
60,000-79,999	\$92	\$8
80,000-99,999	\$123	\$9
100,000+	\$154	\$10

Every Family Counts

Being on the census ensures that you will receive ECFE 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 this district or changed your address
- ◆ Did not receive this catalog in the mail

ECFE in the Park

Are you ready for twists, turns, slides and climbs? We will meet at a local park to enjoy the equipment and sidewalk chalk. We will end the session with a snack and family style conversation.

Register online or onsite. 10:30-11:30 am. Free!

Limit 25 children.



SP4405A	May 22	Montrose Early Ed Center
SP4405B	May 23	Cardinal Circle Park, Hanover
SP4405C	May 24	Sturges Park, Buffalo



Amazing Tots (Age 18 months - 2.5 years)

Amazing Tots is a guided, discovery-based program that helps kids engage in structured physical activities tailored specifically for toddlers. Classes are designed to meet the attention span and physical needs of each child. *** Parent participation is required.**

5 sessions - \$85 at Discovery Center Gym

SP790A

Thursdays, March 2-30

4:30-5 pm

SP790B

Thursdays, April 20-May 18

4:30-5 pm

Amazing Athletes (Age 2.5 - 5 years)

Develop your child's motor skills, hand-eye coordination, and cardiovascular fitness. Each class encompasses two different developmental sport lessons, muscle identification and fruit or vegetable introduction, using fun activities to build their skills, at their own pace, in a non-competitive atmosphere. *** Parent participation is encouraged.**

5 sessions - \$85 at Discovery Center Gym

SP791B

Thursdays, March 2-30

5:10-5:55 pm

SP791C

Thursdays, April 20-May 18

5:10-5:55 pm

Questions? Call Community Education at 763.682.8770

■ ■ ■ Parent Child Classes, Screening & Preschool

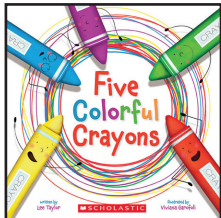


Spring Sampler Separating Classes

Discover ways to support your child's learning, meet other parents and enjoy parent discussion with an ECCE Parent Educator. Each session offers playtime, circle time and fun activities around each book's theme.

Five Colorful Crayons

Five bright color crayons try to guess what they will be able to create. Together these crayons will become a picture-perfect team! Each family will receive a FREE copy of The Five Colorful Crayons.



SP4044A

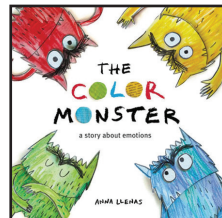
Monday, May 15
\$10 per family
Buffalo, Discovery Center

Patty Lammers/Danielle Stein
Room EC1

8-9:30 am

The Color Monster

The Color Monster is feeling all mixed up! Follow along as Color Monster sorts out his emotions to feel better. Each family will receive a FREE copy of The Color Monster.



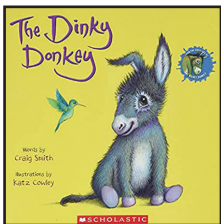
SP4044C

Tuesday, May 16
\$10 per family
Hanover Elementary

8:30-10 am
Patty Lammers/Danielle Stein
ECCE Room

The Dinky Donkey

Wonky Donkey had a child, it was a little girl. Hee Haw! Laugh along to the antics of this stinky punky plinky-plonky winky-tinky pinky funky blinky dinky donkey! Each family will receive a FREE copy of The Dinky Donkey.



SP4044B

Tuesday, May 16
\$10 per family
Buffalo, Discovery Center

Patty Lammers/Danielle Stein
Room EC1

8-9:30 am

The Very Hungry Worry Monster

These furry monsters eat worries for breakfast, lunch, and dinner! An interactive, friendly way to help kids name their fears—and make them disappear! Each family will receive a FREE copy of The Very Hungry Worry Monster.



SP4044D

Wednesday, May 17
\$10 per family
Montrose Early Education Center

8:30-10 am
Julie Kirkpatrick/Sarah LaPointe
ECCE Room

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 ECCE preschool.** Call 763.682.8408 or 763.682.8780 to schedule. Appointments available in Buffalo.

Dates: April 21, 28, May 12, 26

ECCE Family Fair

Saturday, April 22, 10 am - 1 pm
Discovery Center Gym

Join our Bison Family!

Registration for Preschool 2023-2024
opens February 28 at 8 am

You're invited to join one of our many preschool options. **Spring Into Preschool** is designed for ages 2.5-3.5 years. **Ready Set Grow Preschool** is designed for children ages 3 years to Kindergarten.

Check out our Preschool Registration catalog online at bhmschools.org/catalogs or contact ECCE for a copy.

The place to
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and **achieve.**

Dojo Karate

(Grade K-5)

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

SP6073A

Tuesdays, March 7-28
4 sessions -\$45
Hanover Elementary

2:30-3:15 pm
Buffalo Dojo
New Gym

SP6073B

Tuesdays, April 11 – May 2
4 sessions -\$45
Hanover Elementary

2:30-3:15 pm
Buffalo Dojo
New Gym

SP6073C

Tuesdays, May 9-30
4 sessions -\$45
Hanover Elementary

2:30-3:15 pm
Buffalo Dojo
New Gym

St. Patty's Cookie Decorating

(Grade K-5)

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



W6096

Wednesday, March 8
1 session - \$25
Montrose Elementary

5-6:30 pm
Charlene Bzdok
Rm 211

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.

W6000

Monday and Tuesday, March 13 & 14
2 sessions - \$99
Buffalo High School

6-8:30 pm
Doorway to College
Bison Room

Fencing

(Age 6-adult)

Fencing is a fun sport the entire family can enjoy together. Fencing is a vigorous sport that requires and develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Fencing utilizes natural body movement to create simple and effective self-protection techniques. Sword Play provides everything needed to fence (mask, jacket, gloves, and sword). The fencer need only come dressed comfortably for freedom of movement including long sweat pants and running shoes. We welcome both adults and students in this class! Limited scholarships are available through Minnesota Sword Play for those with financial need, 952.769.9203.



W6079

Fridays, March 10 – April 21
(No class April 7)
6 sessions - \$89
Discovery Center

6:30-7:30 pm

Swordplay
Cafeteria

Game Coding: Mario Kart

(Grade 3-7)

In this class, we introduce students' programming concepts using Scratch. Scratch is a drag-and-drop creative coding platform developed by MIT. Students will be instructed to make a Mario Kart -style game. Then pick custom characters, track to customize their games. **Basic computer skills needed (basic keyboarding and using a mouse). We will have laptops for students to use.**

W6066

Thursday, March 16
1 session - \$30
Discovery Center

6-7:30 pm
Tech Academy
Room 204



■ ■ ■ Youth Enrichment

Website Design

(Grades 6-8)

Let's learn to build a website. HTML and CSS are like two friends that help make the cool things you see online. Think of HTML as the building blocks. It makes all the text, links, pictures and buttons. CSS is like the decorator, it makes the website look pretty by adding color, fonts, and arranging everything in the right spot. Together, HTML and CSS make websites look awesome!



About the Instructor: Erik Schultz is a Full Stack Web Developer experienced with all stages of the development process for dynamic web projects. He is well-versed in numerous programming languages including JavaScript, PHP and SQL. Erik has his own web development studio here in Buffalo.

SP6101

Mondays & Wednesdays, March 20 -April 19 3:45 - 5 pm
(No class April 3 & 5)
8 sessions - \$50 Erik Schultz
Buffalo Community Middle School Rm 603

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.

SP6080A

Tuesday, March 21 6-7:10 pm
1 session - \$19 Party Crashers RC Racing
Discovery Center Cafeteria

SP6080B

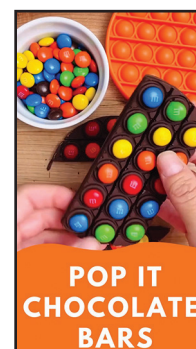
Tuesday, March 21 7:20-8:30 pm
1 session - \$19 Party Crashers RC Racing
Discovery Center Cafeteria



Popit Fidget Chocolate Bar Creations

(Grade K-5)

Let's make M&M chocolate bars using a Popit Fidget! Have fun with your friends while making beautifully designed chocolate bars. At the end of this class, you will bring home your own Popit Fidget of choice as well as chocolate for your family... YUM! Just another fun way to use a fidget.



W6097

Monday, March 27
1 session - \$30
Montrose Elementary

5-6:30 pm
Charlene Bzdok
Room 211

Simply Silly Stuff

(Age 4-9)

Get ready to go bananas with all the silly stuff you'll create in this camp! You're going to make some of the craziest art you could imagine. A messy monster made of mush. A cute 3D goldfish to bring home and keep you company in your room. And, have you ever made your very own pop-up art? Well now you will! This combination of wacky projects will teach you all sorts of simply silly stuff you never thought artistically possible! Please pack a nut free snack and drink for your child each day.

SP6080

Monday & Tuesday, April 3-4
2 session - \$85
Discovery Center

Non
School
Day

1-4 pm
Kidcreate Studio
Room 204

Game On!

(Age 5-12)

Take a break and go "AFK" (Away From Keyboard) while exploring your favorite games in a brand new way! We'll draw, sculpt, paint and more as we create projects inspired by some of our favorite video games. Design your own avatar on a real canvas board, sculpt your favorite *Among Us* Crewmate, create *Sonic the Hedgehog* and so much more! This camp covers the hottest new games plus awesome throwback classics too. Come get you Game On! **Please pack a nut free snack and drink for your child each day.**



SP6081

Wednesday & Thursday, April 5-6
2 session - \$85
Discovery Center

Non
School
Day

1-4 pm
Kidcreate Studio
Room 204



Making Life Colorful (Grades 1-5)

Come join KidzArt as we create some amazing colorful works of art. From using our imaginations to draw a magical flying car to learning about Henri Matisse and cutting an abstract collage. You will have fun experimenting with different artist grade mediums. Let's get creative and feel uplifted as you build your confidence.

SP6092

Tuesdays, April 11-May 9
5 sessions - \$60
Hanover Elementary

2:30-3:30 pm
Kidzart
Art Room

Crazy Cake Pops (Grade K-5)

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

SP6094

Monday, April 17
1 session - \$25
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Room 211

Painting with Charlene (Ages 10+)

Grab your friends for this special one-time painting workshop. We will use acrylic paint on a 9x12 canvas to paint a silhouette on a birch tree.



SP6090

Tuesday, April 25
6-7:30 pm
1 session - \$30
Discovery Center

Charlene Lundberg
Room 202

Fishing Class (Grade 3 to Adult)

School of Fish is 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 the fish. Students also learn to tie a fishing knot and rig and use a slip-bobber setup. Most importantly, however, graduates leave class with the knowledge, skills and equipment to go fishing!

Included in the class:

- ◆ Rod & Reel
- ◆ Hannay's Marine/School of Fish T-shirt
- ◆ Tackle box and tackle
- ◆ School of Fish full color workbook
- ◆ One adult is invited to attend with student provided they share one equipment packet.

SP6077

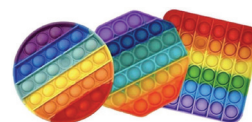
Monday, May 15
1 session - \$60
Discovery Center



6-8:30 pm
Mike Frisch
Cafeteria

Fidgets, Games & Music (Grade K-5)

Learn how to use Popit fidgets to create candy, make music and play games! In this class, we will be playing games, dancing, listening/making music and much more using fidgets. EVERYONE will bring home at least one fidget of choice. If good you are good at games, and with some luck, many more fidgets may be yours! Have a great time with friends!



POP IT 🤔👉

SP6093

Friday, May 19
1 session - \$20
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Room 211

Spring Cookie Decorating (Grade K-5)

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

SP6095

Wednesday, May 24
1 session - \$20
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Room 211

■ ■ ■ Youth Enrichment

These art classes are held at Artistic Me, 205 5th Street NE in Buffalo. Parents may drop off their child at Artistic Me or you can choose to have your child meet at the Community Education office in the Discovery Center after school to walk with a chaperone to Artistic Me (option only available for the 3 pm classes). Please call Bridget Lindeman, Youth Enrichment Coordinator, at 763.682.8733 to make arrangements. Parents will pickup their student at Artistic Me after class.

Peeps and Eggs

Let's explore creative ways to paint eggs and peeps! Learn fun techniques that can later be used to decorate other projects. Items will be picked up at a later date due to kiln firings. **1 session - \$43**



(Grades K+)

SP6061A

Wednesday, March 8

3-4 pm

SP6061B

Thursday, March 9

5:30-6:30 pm

Picture Frame

Let your imagination run wild as you create a custom photo frame. These frames are made with glass pieces which will be kiln fired. A backing will be added to hold the photo in place. **1 session - \$38**



(Grades K+)

SP6063A

Wednesday, March 29

3-3:45 pm

SP6063B

Thursday, March 30

5:30-6:15 pm

Fingerprint Art

Make a fun functional piece with your own fingerprints. Choose from a dinner plate and mug combo or a platter. Learn how to create a scene with bugs, flowers, sports figures or other easy to make items. **1 session - \$48**



(Grades 1+)

SP6062A

Wednesday, April 19

3-4:15 pm

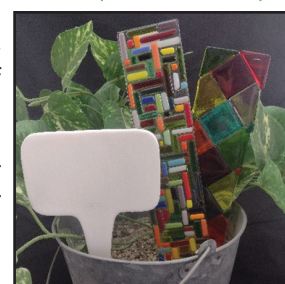
SP6062B

Thursday, April 20

5:30-6:45 pm

Plant Picks

You will create two separate plant picks. One will be created using colorful pieces of glass and the other will be a decorated ceramic stake. These make a great gift or use them in a house plant for some extra color. **1 session - \$43**



(Grades K+)

SP6064A

Wednesday, May 3

3-4 pm

SP6064B

Thursday, May 4

5:30-6:30 pm

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 - 2023

All sessions are Monday-Friday for 2-weeks

SUDE23A	June 12-23	8-11 am	Buffalo High School
SUDE23B	June 12-23	8-11 am	Hanover Elementary
SUDE23C	June 12-23	11:15-2:15 pm	Buffalo High School

10 classroom sessions & 6 BTW hours - \$395

June Make-Up: Monday, June 26, 8-11 am at BHS

July Sessions - 2023

All sessions are Monday-Friday for 2-weeks

SUDE23D	July 10-21	8-11 am	Buffalo High School
SUDE23E	July 10-21	5-8 pm	Buffalo High School
SUDE23F	July 31-Aug 11	8-11 am	Montrose Elementary

10 classroom sessions & 6 BTW hours - \$395

Buffalo Make-Up: Monday, July 24, 8-11 am at BHS

Montrose Make-Up: Friday, August 11, 11 am-2 pm at MES



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 early May and concludes end of June.
- ♦ 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, 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, 2023*

T-Ball

- ♦ Ages 5-6 \$95
Class SP6450 (Tue/Thur evenings)

Baseball

- ♦ **Minor League (Age 7-8)** \$110
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)

Looking for a fun activity
for your younger child?

Amazing Tots (age 18 months-2.5 years)
and **Amazing Athletes** (ages 2.5-5 years)

See page 3 for all the details!

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 competitive games such as 3 on 3.

Sundays, April 16 - May 7
4 sessions- \$50

Coach Ortmann
Buffalo High School Gym

SP6430A Grades 4-6

3-4:15 pm

SP6430B Grades 7-8

4:15-5:30 pm



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

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 20

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

1 session- \$20

Bison Activity Center at Buffalo High School

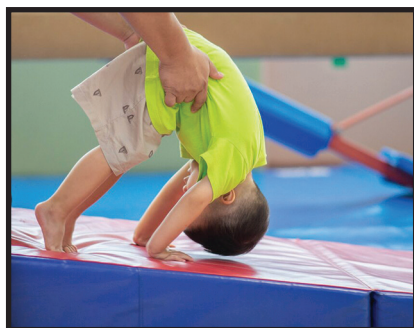
Spring Break Open Gym

Bison Activity Center

Monday-Thursday, April 3-6, 5-8 pm

\$5 per person or \$10 per family

■ ■ ■ Youth Recreation



Jr Bison Gymnastics

Classes held in the Buffalo High School Gymnastics Gym

Parent/Child - Boys & Girls

(Ages 18 months - 3 years)

(Max 10)

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 6-May 22

4:15 - 5 pm

(No class April 3)

11 sessions - \$132

SP687B

Saturdays, March 4-May 20

12:15-1 pm

(No class April 1, 8)

10 sessions - \$120

Preschool - Boys and Girls

(Ages 3 - 5 years)

Focus is on having fun while learning basic shapes and positions for core gymnastic skills to improve balance, strength and coordination. Obstacle courses will be set up. (Max 20)

SP680A

Mondays, March 6-May 22

5-545 pm

(No class April 3)

11 sessions - \$132

SP680B

Wednesdays, March 1-May 24

5-6 pm

(No class April 5)

12 sessions - \$144

SP680C

Saturdays, March 4-May 20

12:15-1 pm

(No class April 1, 8)

10 sessions - \$120

Boys Beginners (Ages 5+ years old)

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

SP685

Mondays, March 6-May 22

6-7 pm

(No class April 3)

11 sessions - \$135

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 cart-wheel on floor, pullover on bars with spot and correctly hit a springboard. (Max 20)

SP681A

Tuesdays, March 7-May 23

6:15-7:15 pm

(No class April 4)

11 sessions - \$165

SP681B

Wednesdays, March 1-May 24

5-6 pm

(No class April 5)

12 sessions - \$180

SP681C

Saturdays, March 4-May 20

10:30-11:30 am

(No class April 1, 8)

10 sessions - \$150



Jr Bision Gymnastics

Classes held in the Buffalo High School Gymnastics Room

Girls Intermediate (Ages 7+ years old)

Continue learning and improving 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

Floor: 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 20)

SP682A

Tuesdays, March 7-May 23

6:45-8 pm

(No class April 4)

11 sessions - \$187

SP682B

Wednesdays, March 1-May 24

6:15-7:30 pm

(No class April 5)

12 sessions - \$204

Girls Advanced (Ages 8+ years old)

Continue 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.

Floor: Continue improving various cartwheels, roundoffs, back bends and kickovers. (Max 20)

SP683A

Mondays, March 6-May 22

6:30-8 pm

(No class April 3)

11 sessions - \$220

SP683B

Thursdays, March 2-May 25

6-7:30 pm

(No class April 6)

12 sessions - \$240

Girls High School (Grades 7-12)

Work skills for Minnesota State High School League requirements. (Max 20)

SP684A

Tuesdays, March 7-May 23

4-6 pm

(No class April 4)

11 sessions - \$220

SP684B

Thursdays, March 2-May 25

4-6 pm

(No class April 6)

12 sessions - \$240

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 4-May 20
(Closed April 1, 8, May 6)

1:30-2:30 pm

■■■ Open Swim, Pool Rental, Lap Swim

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

Sundays, 2 - 4 pm
February 12 - May 21

(Closed February 19, April 9, May 14)

- ◆ To help with staffing, please arrive at 2 pm. We will close at 2:15 pm if no attendees.
- ◆ Enter door #3, lower west side.
- ◆ A lap lane is designated.
- ◆ Fee for Open Swim and/or Open Gym is \$5 per person or \$10 per family.

*Please check our website for pool/gym updates at bhmschools.org, click Quick Links

About Our Pool

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

Wright County WAVE Swim Club

For more information, visit waveswimclub.com



Pool Rental

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

Clip & Save Coupon

\$5 off a Sunday pool rental

Valid until 5/21/23



Lap Swimming

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

*Please check our website for pool updates at bhmschools.org/announcements-upcoming-events

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 1-4.** 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.

Registration will open March 1st

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

**Learn to Swim:
Levels 1-4**
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 Spring Lessons

April 10, 17, 24, May 1, 8, 15, 22

6 pm	Pre-School SP5201M	Level 1 SP5311M	Level 2 SP5321M
6:30 pm	Pre-School SP5202M		
7 pm	Level 2 SP5322M	Level 3 SP5331M	Level 4 SP5341M



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 1-4 (Age 6+)

Fee: \$64

Level 1: Intro to Water Skills

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

Level 2: Fundamental Aquatic Skills

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

Level 3: Stroke Development

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

Level 4: Stroke Improvement

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



Questions? Call Community Education at 763.682.8770

Recreation & Fitness



Check out these health-minded classes!

- ◆ Calm and Gentle Yoga, p. 15
- ◆ Qigong, p. 15
- ◆ Crystal Sound Bowl Meditation, p. 15
- ◆ Easy Partner Dancing, p.16
- ◆ Cooking with Tess, p. 17
- ◆ Painting with Charlene, p. 18
- ◆ Instant Piano or Guitar, p. 18

Register Today!

bhmschools.ce.eleyo.com or 763.682.8770

Indoor Walking

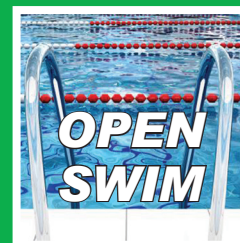
Hall Walking at Discovery Center

- Mon-Thurs, 4 - 8 pm
- No walking on non-school days

Bison Activity Center

- Monday-Thursday, 6 - 9 pm
- Saturdays, 8 -11 am
- (Closed Feb. 20, April 8, May 27, 29)
- \$2/person/day or season walking pass (onsite).

*Please check our website for updates at bhmschools.org, click Quick Links



Bison Activity Center (Gym)

Monday - Thursday, 6 - 9 pm
(Closed February 20, May 29)
\$5/person or \$10/family

Spring Break Open Gym

April 3-6, 5-8 pm
\$5/person or \$10/family

Montrose Elementary (Gym)

Wednesdays, 6 - 7:30 pm
School days only - Free!

Buffalo Middle School (Pool & Gym)

Sundays, 2 - 4 pm

February 12 - May 21

(Closed February 19, April 9, May 14)

- ◆ To help with staffing, please arrive at 2 pm. We will close at 2:15 pm if no attendees.
- ◆ Enter door #3, lower west side.
- ◆ A lap lane is designated.
- ◆ Fee for Open Swim and/or Open Gym is \$5 per person or \$10 per family.

*Please check our website for updates at bhmschools.org, click Quick Links





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.**

SP1262A

Wednesdays, March 8-29
4 sessions - \$28
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria

SP1262B

Wednesdays, April 12-May 3
4 sessions - \$28
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria

SP1262C

Wednesdays, May 10-31
4 sessions - \$28
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria

Crystal Sound Bowl Meditation

Enjoy the relaxing sounds of crystal singing bowls for a 60 minute sound meditation session. **Bring a yoga mat and blankets** where you can sit or lie down on the floor and allow yourself to immerse in the soothing vibrations. This is a great end of the day class that can reduce anxiety and stress and help facilitate a restful night sleep.

SP1261A

Thursday, March 23
1 session - \$25
Discovery Center

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

SP1261B

Thursday, April 20
1 session - \$25
Discovery Center

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

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.

SP1260A

Thursdays, March 2-23
4 sessions- \$49
Discovery Center

5-6 pm
Amee Pribyl
Board Room

SP1260B

Thursdays, March 30-April 20
4 sessions- \$49
Discovery Center

5-6 pm
Amee Pribyl
Board Room

SP1260C

Thursdays, April 27-May 25
(No class May 11)
4 sessions- \$49
Discovery Center

5-6 pm
Amee Pribyl
Board Room



Qigong Saturday Sampler

Sample the benefits of Qigong without committing to a multi-session class. Qigong will enhance the quality of your life and the lives around you. Join us to experience this activity and further enhance your Qigong work. **This practice is open to all levels. Gold card does not apply.**

SP1257A

Saturday, March 11
1 session - \$15
Discovery Center

10 am - 12 pm
Amee Pribyl
Board Room

SP1257B

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

10 am - 12 pm
Amee Pribyl
Board Room

SP1257C

Saturday, May 6
1 session - \$15
Discovery Center

10 am - 12 pm
Amee Pribyl
Board Room

Home & Hobby



On The Wright Track Model Railroad Club Winter 2023 - All Aboard!

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

W1237

Fridays, March 3, 24, April 14, May 5, 19
5 sessions - \$20
Discovery Center

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



Photo Organization Print and Digital

Do you have a photo mess? Are your photographs in a box, drawer, phone, camera chip, external hard drive or all the above? Why is photo organization more difficult now? Discover alternatives to get every printed/digital photo, video, and memorabilia in one location... permanently and securely. Learn about digital scanning, cloud storage and organization. You'll leave with options to quickly access every photo you own and be able to share them with family and friends.

W1201B

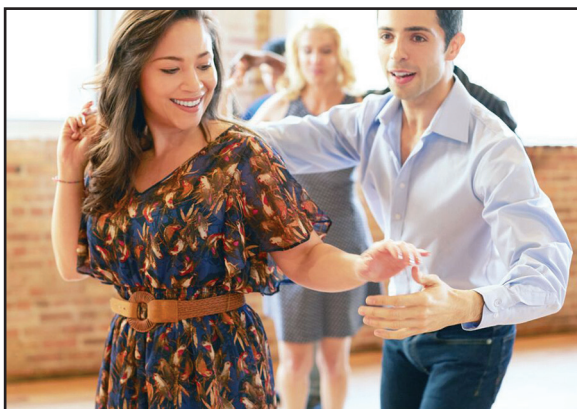
Wednesday, April 26
1 session - \$29
Discovery Center

7-8:30 pm
Susan DeJute
Room 204

Register Today!

bhmschools.ce.eleyo.com or call 763.682.8770

Easy Partner Dancing



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

SP1268

Mondays, May 1-22
4 sessions - \$64
Parkside Elementary

7-8:30 pm
Deanna Constantine
Cafeteria



Cooking with Tess



Mediterranean Mezza



The word “Mezze” refers to what we know as finger foods and dips. Many Mediterranean meals consist of a variety of “mezze” items that come together creating the most wonderful flavors, tastes and textures. Similar

to charcuterie boards, Mediterranean families have been creating charcuterie TABLES for generations. Now YOU TOO can WOW and DAZZLE your family or guests with a delicious full-flavored mouthwatering Mediterranean Mezze meal that will have everyone asking for more! **On the mezze menu:** Mediterranean Kebabi; full flavored / seasoned ground meat skewers with Greek Drizzle Dressing, Tiropitakia; Phyllo wrapped savory cheese triangles, accompanied by Tzatziki; Savory Greek Yogurt Dip, and homemade Greek white bean dip or hummus, in addition to homemade Pita Bread!

SP1270

Saturday, March 4
1 session - \$35
Online via Zoom

4-6 pm

Tess Georgakopoulos

Instant Pot Carnitas, Classic Chili & Potato Rolls

We will be creating two amazingly satisfying classic savory meals that would typically take HOURS upon HOURS to create in a fraction of the time using the wonderful appliance called the



Instant Pot®; an electric pressure / multi-cooker. 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! We will be making Carnitas; a Latin American-style taco with a smoky BBQ flavor, and a Classic Chili. We will also quick-pickle some red onions to be enjoyed with the Carnitas, and bake some amazing potato dinner rolls from scratch to be enjoyed with the chili.

SP1271

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

4-6 pm

Tess Georgakopoulos

Homemade Gnocchi Meal!

Creamy Tuscan Gnocchi with Chicken & Homemade Bread!

Gnocchi: Bite-sized tender soft pillows of pasta-ish goodness. Very versatile with the ability to take on the flavor of added goodness creating mouthwatering meals that will become favorites in your family's dinner rotation. This may just sound too good to be true. Not only is this all true, but gnocchi are even simpler to make than other fresh pasta options! During this fun filled class, participants will learn how to create these little morsels of goodness, then turn them into a scrumptious meal the instructor has created called Creamy Tuscan Gnocchi with Chicken, and make a wonderful loaf of fresh bread as well!

SP1272

Saturday, April 22
1 session - \$35
Online via Zoom

4-6 pm

Tess Georgakopoulos



General Enrichment



Painting with Charlene - Barn Owl

Grab your friends for this special one-time painting class. We will use acrylic paint on a 9x12 canvas to paint a Barn Owl. Did you know barn owls are naturally deep thinkers? People who relate to barn owls typically value quality and go by the motto, "if you're going to do something, do it right the first time". This painting will exhibit this trait in your home for years to come!

SP1290

Tuesday, March 7
1 session - \$30
Discovery Center

6-9 pm
Charlene Lundberg
Rm 202

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of playing piano to give you years of musical enjoyment. Learn to play piano the way professionals do using chords. **Since this class is held online with ZOOM, you will be able to be at your piano or keyboard at home and take this course with no pressure.** And since this course includes an online book and online follow up video lessons, you can continue your practice and study on your own. An optional periodic online question and answer session is also included. **A recording of the class is included as well.** The course is partly lecture/demonstration and partly hands on instruction.

Topics include:

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

SP1261

Monday, April 24
1 session - \$59
Online via Zoom

6:30-9:30 pm
Craig Coffman



Instant Guitar

(Age 13+)

for Hopelessly Busy People

In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you basic chords and get you playing along with your favorite songs right away. **Since this class is held online with ZOOM, you will be able to be at home and take this class without any pressure.** And since the class includes an online book and online follow-up video lessons, you can continue your practice and study on your own. An optional periodic online question and answer session is also included. **A recording of the class is included.**

Topics include:

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

SP1262

Tuesday, April 25
1 session - \$59
Online via Zoom

6:30-9:30 pm
Craig Coffman

**Coming this
Summer!**

Watch for our summer catalog in May for summer Day Trips & Tours to places like the James J. Hill House, the Minnesota State Fair and more!



Defensive Driving - 8 Hour Course

Leave the technology to us! 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.**

SP1237

Tuesday & Wednesday, March 14 & 15 1:30-5:30 pm
2 sessions - \$35 MN Safety Council
Discovery Center Board Room via Zoom

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

Thursday, March 9 5:30-9:30 pm
1 session - \$35 MN Safety Council
Discovery Center Board Room

SP1238B

Thursday, April 13 5:30-9:30 pm
1 session - \$35 MN Safety Council
Discovery Center Board Room

SP1238C

Thursday, May 11 5:30-9:30 pm
1 session - \$35 MN Safety Council
Discovery Center Board Room

Medicare 101: The Basics

This informational class is for anyone who is or will become Medicare eligible. We will help answer questions including: How do I enroll in Medicare and when should I do it? What if I don't enroll? What if I continue working after I turn 65? How is my spouse affected? What is Original Medicare? What is the difference between a Medicare Supplement Plan and a Medicare Advantage Plan? What about my prescriptions? How might my HSA impact my Medicare decision-making?

SP1213A

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

SP1213B

Tuesday, May 16
1 session - \$15
Discovery Center



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

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

Savvy Social Security

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

SP1215A

Tuesday, March 14
1 session - \$15
Discovery Center

SP1215B

Tuesday, May 9
1 session - \$15
Discovery Center



6:30-7:30 pm
Kyle Barck
Room 204

6:30-7:30 pm
Kyle Barck
Room 204

Will Your Retirement Income Last?

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.

SP1219

Tuesday, March 28
1 session - \$15
Discovery Center



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

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



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

ABOUT US

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

Participants can:

Discover New Skills

Arts ~ Crafts ~ Cooking

Explore the Community

Outings ~ Theater ~ Sporting Events

Socialize and Meet People

BINGO ~ Games ~ Movie Nights

Become More Active

Bowling ~ Dances ~ Nature Walks

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

Spring Highlights 2023

- ★ **St. Patty's Celebration, March 17**
St Francis Xavier Fellowship Hall, 5:30-8 pm
- ★ **Autism Allies Resource Fair, April 15**
Monticello High School, 9 am-3 pm
- ★ **Annual Transition Trek, April 27**
NEW Discovery Center Gym, 6-8:30 pm
- ★ **Spring Fling Dance, April 28**
Big Lake Independence Elem., 6-8 pm
- ★ The Winter/Spring Opening Doors catalog is available now. The Summer catalog will be out by June.

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

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 or call Terrisa at **763.682.8509**.

ABE Academic Open Labs

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

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

GED Preparation – see ABE Academic Open Lab

English Language (ELL/ESL) Class

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

- ◆ **Discovery Center, 301 2nd Ave NE, Buffalo, Rm M5**
- ◆ 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.

Family Learning Classes

WEST Adult Basic Education (ABE) partners with Early Childhood Family Education (ECFE) to offer this family literacy class. Parents study English or prepare for the GED, participate in parenting education and have learning time with their children. Children must be pre-school age. **Call 763.682.8780 for more information and to register.** Space is limited.

- ◆ Tuesdays & Thursdays at Discovery Center
- ◆ Now through May 2023 10 am – 2 pm



The GED® in Minnesota

To Get Started: Register online at ged.com

Eligibility: If you are 19 years old, do not have a recognized high school diploma and are not currently enrolled in high school, you are eligible to take the GED®.

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.

Once You Pass All the Tests in the GED: The MN Department of Education will mail your official diploma.

Warning! Misleading GED Claims

The Tests of General Educational Development developed by GED Testing Service® are administered only under the direction of Pearson VUE® and 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: To find an approved ABE program, visit hotline.mnabe.org, call 1.800.222.1990 or text 612.424.1211.

Rewarding Volunteer Opportunities

As a volunteer, you can make a difference! Learn how you can use your unique talents and skills to assist adult learners. Literacy Minnesota provides an information session via a webinar. If you decide to pursue volunteering with adults, the four hour Foundations of Adult Education Tutoring required by the MN Dept of Ed is also provided by Literacy Minnesota by webinar. Questions? Contact Kelly at krynda@literacymn.org or 651-251-9074. **For questions about local placement, call volunteer coordinator Elizabeth at 763.682.8507.**

■ ■ ■ Upcoming Activities

POOL SCHOOL!

8-BALL POOL INSTRUCTION FOR TEENS

At the Buffalo Community Center
Sunday March 12th

4pm-5:30pm for ages 12-14
 6pm-7pm for ages 15-18
 limit of 12 kids per session

Scan to register and for more details



Sponsored by:  **salotto**
 FIND YOUR GAME
 PLAY IT AGAIN SPORTS

BUFFALO COMMUNITY CENTER

Family Fun Night

4:00 pm - 8:00 pm
FRIDAY, MARCH 17

We offer:

- ✓ 4:30 pm (until supplies last)
 Kids Planter Craft
- ✓ 5:00 - 7:00 pm
 Minute to Win It Games
- ✓ 7:00 pm
 Zingo
- ✓ Clean Energy Booth with info
 available throughout the evening

PLUS MORE

Join us for an evening of fun for the entire family!

SPRING BREAK STAYCATION!!

AT THE BUFFALO COMMUNITY CENTER



Scan for full list of events

Games

ACTIVITIES FOR KIDS
 OPEN EVENINGS UNTIL 8PM
 APRIL 3RD - 7TH

Cribbage **Gaming** **Pool Tournaments** **Karaoke**

CINCO DE MAYO

FOOD - MUSIC - GAMES
PHOTO BOOTH - PINATA'S
DANCING - FACE PAINT - CRAFT

MAY 5, 2022 2PM - 7PM

NOE SANCHEZ
VIVA LA FIESTA!
DJ ENTERTAINMENT

LIVE DJ AT 4PM



Health Promoting Classes ■ ■ ■



Community Health Programs at Buffalo Hospital

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

Buffalo Hospital invites you to register for a health-promoting class online at 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 includes appointments in person, over the phone or both. In-person coaching available at Buffalo Hospital.

FREE STROKE SUPPORT GROUP

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

THRIVING WITH CHRONIC PAIN

Wednesdays, May 3-June 7, 12-1:30 pm

Conference Room D and via Microsoft Teams

This 6-week, 1.5 hour a week class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms.

HEALTHY EATING FOR BETTER HEALTH

Wednesdays, May 3-June 7, 9:30-11 am

Conference Room D and via Microsoft Teams

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



Scan QR code
to access
Allinahealth.org/classes

BABY CAFÉ

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

ASK A NURSE

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

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. For more information check out Hello4Health.org

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 for resources to help you create a self-care routine that works for you. Visit Changetochill.org for more information.

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. For more information visit Healthpoweredkids.org

BUFFALO HOSPITAL GIFT SHOP

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

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



BHM Community Education

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

ECFE Family Fair

Saturday, April 22, 10 am - 1 pm
Discovery Center Gym



Dozens of parent and child activities and entertainment!



Silent
Auction
Baskets



Bison
Box Lunch



Community Center
Toy Shop



Entertainment
by, *Wonderful
World of
Woody*

**For more information or questions about
Family Fair, contact ECFE at 763.682.8780.**

Spring Highlights

Jr Bison Baseball

(Ages 5-13 by June 1)

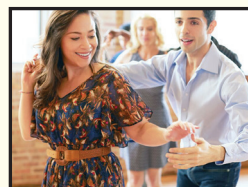
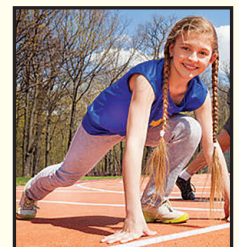
Registration is open
online or call Community
Education (see page 9)



Jr Bison Track Meet

(Grade K-5, Boys & Girls)

Saturday, May 20, 9-11:30 am
Bison Activity Center at BHS
(see page 9)



Back by popular demand

Partner Dancing

Mondays in May, 7-8:30 pm
(see page 16)



The heart of the home **Cooking with Tess**

Mediterranean Mezza,
Carnitas, Classic Chili and
Potato Rolls (see page 17)