



Community Education

BUFFALO HANOVER MONTROSE SCHOOL

Winter
2023

Learn With Us!



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

763.682.8770

BHMSCHOOLS.CE.ELEYO.COM

Game Coding (Star Wars & Mario Kart), p. 10-12

Social Media for Business, p. 16

Parents Guide Snapchat & TikTok, p. 17

Cell Phones and Parenting, p. 17

Photo Organization (Digital & Print), p. 19

Welcome to Community Education

REGISTER ONLINE TODAY! BHMSCHOOLS.CE.ELEYO.COM

What's Inside!

Child Care Program

KidKare (ages 3 to 12 years)3

Early Childhood Family Education

Parent Child Classes.....4-5

Preschool & Early Childhood Screening6

Youth Programs

Enrichment7-12

High School Driver's Education.....7

Recreation13

Aquatics

Open Swim, Pool Rental14

Spring Youth Swimming Lessons15

Adult Programs

NEW Technology.....16-17

General Enrichment18-19

Recreation & Fitness.....20

Health & Wellness21-23

Home & Hobby24

Money, Retirement, Seniors25

WEST Adult Basic Education & GED

Classes and GED Information26

Opening Doors (Age 16+ with a disability)

Classes & Program Information27

Wright County Parks28-29

Community Center30

Buffalo Hospital Health Classes.....31

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, an email confirmation will be sent to you if an email address is provided.
- ♦ **Cancellations** within 48 business hours of the class is assessed a \$5 service fee. If we cancel a class, you will be notified and your payment refunded.

Weather Cancellations

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

UCare

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

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

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

Office Closed: November 24, 25, December 23,
26, 30, January 2, February 20

Office Telephone: 763.682.8770

Web Sites:

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

SCAN ME



Online Registration



**Community
Education**
BHM SCHOOLS



We are currently full for the 2022-23 school year program. Contact Tiffany Lund if you wish to be placed on the waiting list, 763.682.8787 or tlund@bhmschools.org.

KidKare School Age

(Child Care for ages 5-12)

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

KidKare KinderKids

(Child Care for ages 3-5, not yet in Kindergarten)

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

Summer 2023 Registration Opens

for current families on **March 6**

for new families on **March 20**

bhmschools.ce.eleyo.com

For more information

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

KidKare Rate Schedule

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

Site Locations & Contacts

Hanover Elementary:

Supervisor: Renee Kalinowski, 763.682.0870

Montrose Elementary:

Supervisor: Ashley Stuart, 763.682.8360

Northwinds Elementary:

Supervisor: Jill Ebeling, 763.682.8830

Parkside Elementary:

Supervisor: Tina Jeske, 763.682.8746

Tatanka Elementary:

Supervisor: Ginger Elsenpeter, 763.682.8631

Parent Child Classes

ECFE Mixed Ages

Separating parent group (Birth to 5 years by Sept. 1, 2022)

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

Buffalo Classes



W4005A

Mondays, January 9 - May 8
8:30-10:15 am
(No class Jan 16, Feb 20, Apr 3)
Discovery Center Room EC1 & EC4
Patty Lammers
Fee: 15 week session - Sliding fee scale

W4005B

Mondays, January 9 - May 8
10:30 am-12:15 pm
(No class Jan 16, Feb 20, Apr 3)
Discovery Center Room EC1 & EC4
Patty Lammers
Fee: 15 week session - Sliding fee scale

W4005C

Tuesdays, January 3 - May 9
8:30-10:15 am
(No class April 4)
Discovery Center Room EC1 & EC4
Patty Lammers
Fee: 18 week session - Sliding fee scale

W4005D

Wednesdays, January 4 - May 10
8:30-10:15 am
(No class Mar 29, Apr 5)
Discovery Center Room EC1 & EC4
Patty Lammers
Fee: 17 week session - Sliding fee scale

Hanover Classes

W4005F

Tuesdays, January 3 - May 9
8:30-10:15 am
(No class April 4)
Hanover Elementary ECFE Rooms
Julie Kirkpatrick
Fee: 18 week session - Sliding fee scale

W4005G

Thursdays, January 5 - May 11
8:30-10:15 am
(No class Mar 30, Apr 6)
Hanover Elementary ECFE Rooms
Nicole Tuchscherer
Fee: 17 week session - Sliding fee scale

Montrose Class

W4005H

Wednesdays, January 4 - May 10
8:30-10:15 am
(No class Mar 29, Apr 5)
Montrose Early Ed Center ECFE Rooms
Dana Pearson
Fee: 17 week session - Sliding fee scale

Marvelous Mondays

(Age birth-5 years)

Join us for family storytime hosted by ECFE. Program includes books read aloud, a story based activity or craft and time to browse the library shelves. **Registration is required by calling the library.** (Limit 30)

5:30-6:30 pm FREE!
Buffalo Public Library 763.682.2753
griver.org/events

Terrific Tuesdays

(Age 2-Grade 2)

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

W4100A (Montrose, Separating)

Tuesdays, January 3 - May 9
5:30 -7 pm
(No class April 4)
Montrose Early Ed Center ECFE Room
18 week session - Sliding Fee ECFE Staff

ECFE
Registration
opens
December 13

Evening Classes

ECFE Sliding Fee Scale

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

# of sessions	15	16	17	18	2nd Child
0-19,999	\$18	\$20	\$22	\$24	\$5
20,000-39,999	\$48	\$51	\$54	\$57	\$6
40,000-59,999	\$79	\$82	\$85	\$88	\$7
60,000-79,999	\$110	\$113	\$116	\$119	\$8
80,000-99,999	\$141	\$144	\$147	\$150	\$9
100,000+	\$172	\$175	\$178	\$181	\$10

If you have questions, please call ECFE at 763.682.8780.

Parent Child Classes ■ ■ ■



Sprinkles

(Ages 2-6 years)

Join us for an evening of confectionary fun as we frost and decorate cookies, bars and cakes. Take home a plate of colorful sweet treats at the end of the class.

W4301

Wednesday, December 28
1 session - \$15 per family
Discovery Center

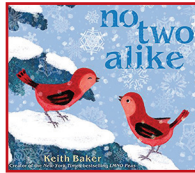
1-2 pm
ECFE Staff
Rooms EC1 & EC2

ECFE Evening Story Time

Each session includes playtime, circle time and fun activities around the book's theme. (Non-separating).
(Limit 10 per class)

No Two Alike

Follow a pair of birds on a snowflake-filled journey through a gorgeous winter landscape to explore how everything everywhere is wonderfully unique—from branches and leaves to forests and trees to friends and loved ones. Each family receives a copy of, *No Two Alike*.



W4044A (Ages 1-5 years)

Thursday, January 26
1 session - \$10 per family
Discovery Center

5:30-6:45 pm
ECFE Staff
Room EC1

Two Dogs on a Trike

Join us for a mathematical adventure featuring *Two Dogs on a Trike*. We'll meet furry friends in different kinds of vehicles, as we count up to ten. A sneaky appearance by a feline friend makes counting all the more fun. Each family receives a copy of, *Two Dogs on a Trike*.



W4044B (Ages 1-5 years)

Thursday, March 16
1 session - \$10 per family
Discovery Center

5:30-6:45 pm
ECFE Staff
Room EC 1

Mini Melody Music

(Age 1 year to Kindergarten entrance)

Songs, musical instruments and dance create a fun filled hour for you and your little one. Enjoy a snack and an age-appropriate parent/caregiver musical activity to take home. (Limit 12)



W4032 (Non-Separating)

Tuesdays, January 10-March 28
Hanover Elementary
\$15 per family

11 am-12 pm
Room 200
Julie Kirkpatrick

Daytime Stay and Play

(Birth – Kindergarten Entrance)

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

W4054A

Wednesdays, January 4-May 10
(No class Mar 29, Apr 5)

10:15-11:15 am

Montrose Early Ed Center
FREE- register online or upon arrival

ECFE Rooms
ECFE Staff

W4054B

Fridays January 6-May 12
(No class Jan 27, Mar 3, 31, Apr 7)
Discovery Center
FREE-register online or upon arrival

10:45-11:45 am

Room EC1
ECFE Staff

W4054C

Thursdays January 5-May 11
(No class Mar 30, Apr 6)
Hanover Elementary
FREE-register online or upon arrival

10:30-11:30 am

Room 200
ECFE Staff

Journeys

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

Parents and children birth to 5 years, explore activities designed just for them. Children participate in story time, snack time and active play. Parents work with a parent educator, connecting to their parenting community and discuss the joys and challenges of parenting a child with special needs. (Limit 10)

W4005J

Fridays, January 6 - May 19
(No class Jan 27, Mar 3, 31, Apr 7)
Discovery Center
16 week session - Free!

8:30-10:15 am

Room EC1 & EC4
ECFE Staff

Registration information on page 2

■■■ Preschool & Early Childhood Screening



What does this mean? MN's one to four star rating system measures best practices identified by research that help children succeed. **Scholarships may be awarded to qualifying families whose children attend MN Parent Aware star-rated programs.** To apply for a preschool scholarship, contact the ECCE office or Milestones, at 800.288.8549. Call 763.682.8780 for availability.



Spring Into Preschool

2.5-3.5 year olds by September 1, 2022

A preschool class designed for our youngest learners. For parents, on designated dates one-time per month, participation in a parent group sharing joys and challenges.

4034A (Montrose) Mondays, January 9-May 15, 8:30-10 am

4034C (Hanover) Fridays, January 6-May 19, 8:30-10 am

4034D (Buffalo) Wednesdays, January 4-May 17
10:30 am-12 pm

Spring Into Preschool Payment Information

\$50 registration fee plus 5 monthly payments

due January 30 - May 30, 2023

Each payment \$45/month

Ready Set Grow Preschool - Buffalo

3 - 5 year old by September 1, 2022

Children are invited to nurture and explore friendships, build routines and social skills. Activities include language and literacy, art, large and fine motor activities, math and free choice. Teachers plan activities based on Pyramid Model, Creative Curriculum and access children's development using the Teaching Strategies Gold Assessment.

4205B (Buffalo) Tue & Thur, January 3-May 18, 8-10 am

4205F (Buffalo) Mon & Thur, January 9-May 18, 12-3 pm

Ready Set Grow Preschool (3-4 Year Olds) Payment Information

\$50 registration fee plus 5 monthly payments

due January 30 - May 30, 2023

Each payment \$120/month

Ready Set Grow Preschool - Buffalo

4 - 5 year old by September 1, 2022

Children are invited to nurture and explore friendships, build routines and social skills. Activities include language and literacy, art, large and fine motor activities, math and free choice. Teachers plan activities based on Pyramid Model, Creative Curriculum and access children's development using the Teaching Strategies Gold Assessment.

4206A (Buffalo) Mon-Thur, January 9-May 18, 12-3 pm

4206C (Buffalo) Mon-Thur, January 9-May 18, 12-3 pm

4206H (Hanover) Mon-Fri, January 9-May 19, 8-10:15 am

Ready Set Grow Preschool (4-5 Year Olds) Payment Information

\$50 registration fee plus 5 monthly payments

due January 30 - May 30, 2023

4-Days/Week: Each payment \$240/month



Early Childhood Screening (ages 3-5 years)

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

Screening Dates at Buffalo Discovery Center

January 13, 20, February 10, 24,

March 10, 17, 24, 29, 30, April 21, 28, May 12, 26



Squishy Squishmallows (Age 4-9)

with Kidcreate Studio

Bunnycorn, Prince the Pug, Mauve the Alpaca and more! The hardest thing about those squishy Squishmallows is deciding which one you love the most! In this class, artists will create a clay version of their favorite Squishmallow using air-dry clay, paint and so much more. What could be more fun? **Bring your Squishmallow to class so they can join in the fun! Please pack a nut free snack and drink for your child.**

W6080

Friday, December 2
1 session - \$40
Discovery Center

1-4 pm
Kidcreate Studio
Room 204

Comedy Improvisation (Grade 6-12)

Learn about comedy, theatrical improvisation and how to have fun making things up! Learn about the rules of improv, the aspects of creating a successful scene, how it can apply to acting, and play fun improv games.

W6100

Friday, December 2
1 session - \$30
Buffalo High School



1:45 – 4:45 pm
Media Center

High School Driver's Ed

Find all the details and register online at bhmschools.ce.eleyo.com or call **763.682.8770**.

Winter 2023: T & Th, January 3-February 2

Spring A: M & W, February 6-March 13

Spring B: T & Th, April 11-May 11

Parent & Teen Safety Presentation

February 8 or July 12, 6:30-8 pm at Buffalo High School. **Students must pre-register, \$10 fee.**



Whimsical Ornaments (Grade K+)

Create four whimsical ornaments. Using clear glass shapes, you will decorate using colorful glass pieces, noodles, stringers and dots. Items will need to be picked up at a later date due to kiln firings.

This class is held at Artistic Me - 205 5th Street NE, Buffalo. Parents may drop off their child at Artistic Me, or choose to have your child meet at the Community Education office in the Discovery Center to walk with a chaperone to Artistic Me (option only available for the 3 pm class). Please call 763.682.8733 to make arrangements. **Pick up at Artistic Me after class.**

W6060A

Wednesday, December 7
1 session - \$40

3 – 4 pm
Artistic Me

W6060B

Thursday, December 8
1 session - \$40

5:30 – 6:30 pm
Artistic Me

Winter Holiday Cookie Decorating (Grade K-5)

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



F6094

Wednesday, December 14
1 session-\$25
Montrose Elementary

2:30-4 pm
Charlene Bzdok
Room 211

■ ■ ■ Youth Enrichment

Field Trip to Sidekick Theatre Snow White & Rose Red

(Grade K-6)

A magical tale about two sisters who befriend a helpless bear and welcome him into their forest cottage during the long, cold winter. Come spring, the sisters find themselves rewarded royally for their kindness. This enchanting, joyous musical based on the Brother Grimm's fairy tale touches the heart – with lots of laughs, audience participation and lovable characters along the way! It's a perfect story for the holiday season. **Parents/Guardians are welcome to purchase a ticket and join their child(ren).** BHM staff will chaperone any children without a guardian on the trip.



W6001

Thursday, December 29 8:30 am – 12:15 pm
1 session - \$20 per person Sidekick Theatre
Discovery Center Meet bus at main entrance, Door 1



Sprinkles (Age 6-12)

Join us for an afternoon of confectionary fun as we frost and decorate cookies, bars and cakes. Take home a plate of colorful sweet treats at the end of the class.

W6098

Wednesday, December 28
2:30 – 3:30 pm
1 session - \$8 Staff
Discovery Center Room 204

Party with a Sloth with Kidcreate Studio

(Age 4-9)

It's a sloth-eriffic soiree! If you love cute, cuddly, super-slow sloths, we've got the perfect class for you. Learn to paint an adorable sloth on a real canvas board. **Please pack a nut free snack and drink for your child.**



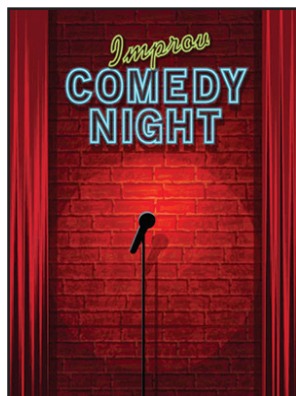
W6082

Friday, January 6
1 session - \$40
Discovery Center

1-4 pm
Kidcreate Studio
Room 202

Comedy Improvisation (Grade 3-5)

Learn about comedy and theatrical improvisation and how to have fun making things up! Learn about the rules of improv, the aspects of creating a successful scene, how it can apply to acting, and play loads of fun improv games.



W6101

Friday, January 6
12:45 – 3:45 pm
1 session - \$30
Discovery Center Room 204

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. There will be new skills each week. **Class include a free uniform!**

W6073A

Tuesdays, January 10 - 31
2:30-3:15 pm
4 sessions - \$45
Hanover Elementary Gym

W6073B

Tuesdays, February 7-28
2:30-3:15 pm
4 sessions - \$45
Hanover Elementary Gym

Magical, Mystical Unicorns

with Kidcreate Studio

(Age 5-12)

Unicorn fans, you're in luck, because we have the perfect camp for you! You will make unicorns that dazzle, sparkle and shine as we explore a wide array of materials and techniques. We'll draw, sculpt, and even learn the secret recipe for making fabulous, glittery Unicorn Slime! **Please pack a lunch, nut free snack and drink for your child.**



W6081

Monday, January 16
1 session - \$85
Discovery Center

9 am – 3 pm
Kidcreate Studio
Room 204

Kite Sun Catcher

(Grade K+)

Just like the "Kites on Ice", you can create a colorful kite to hang in a window. After you decorate the kite using bits of colored glass it will be fired in a kiln. When you get it back create a tail using bits of yarn, ribbon, beads, etc. **This class is held at Artistic Me - 205 5th Street NE, Buffalo.** Parents may drop off their child at Artistic Me or choose to have your child meet at the Community Education office in the Discovery Center to walk with a chaperone to Artistic Me (option only available for the 3 pm class). Please call 763.682.8733 to make arrangements. **Pick up at Artistic Me after class.**

W6061A

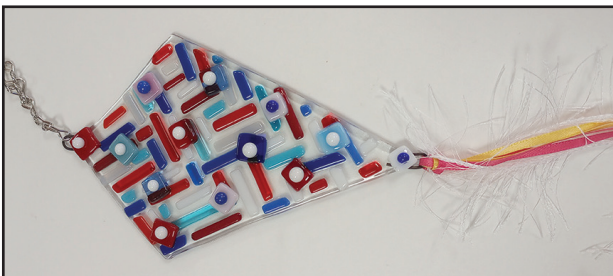
Wednesday, January 11
1 session - \$35

3-4 pm
Artistic Me

W6061B

Thursday, January 12
1 session - \$35

5:30-6:30 pm
Artistic Me



Canvas Fun: Cats in Love

(Grade 1-5)

Grab your friends for this special one-time painting workshop. We will use acrylic paint on a 9x12 canvas to paint cuddly cats just in time for Valentine's Day.



W6092

Tuesday, January 31 2:30 - 3:30 pm
1 session - \$29 Kidzart
Hanover Elementary Art Room

Picture Frame (Grade K+)

Let your imagination run wild as you create a custom frame painted with your own unique design. These frames come with protective glass and backings. **This class is held at Artistic Me - 205 5th Street NE, Buffalo.** Parents may drop off their child at Artistic Me or choose to have your child meet at the Community Education office in the Discovery Center to walk with a chaperone to Artistic Me (option only available for the 3 pm class). Please call 763.682.8733 to make arrangements. **Pick up at Artistic Me after class.**



W6062A

Wednesday, February 1
1 session - \$35

3-4 pm
Artistic Me

W6062B

Thursday, February 2
1 session - \$35

5:30 – 6:30 pm
Artistic Me

Youth Hunter Gun Safety

For boys and girls 11 years old by January 1, 2023.

Students who complete all the requirements receive a MN Dept of Natural Resources Firearms Safety Certificate. **Questions contact Jerry Veches at 763.269.2583, M-F, 8 am-7 pm.**

Registration:

- ♦ **Register in-person** on Tuesday, January 31, 7-8:30 pm, Buffalo High School, south entrance.
- ♦ **Birth certificate is required!**
- ♦ Classes held Tuesdays, February 7 - April 18 (no class April 4), 7-9 pm, at Buffalo High School.
- ♦ Local fee is \$7.50. An additional \$7.50 DNR fee will be paid directly to the DNR online. This information will be given at registration.
- ♦ Co-sponsored by Buffalo Conservation Club, MN DNR and Community Education.

Youth Enrichment



XOXO Snow Globe (Age 4-9) with Kidcreate Studio

Be Mine, Valentine! One of our most popular projects is BACK, Valentine's Day-style! In this class, artists will create their very own Valentine's Day-themed snow globes using glitter, Model Magic, and so much more. This project is great to keep or it makes the perfect Valentine's Day gift for a very special someone. **Please pack a nut free snack and drink for your child.**

W6083

Friday, February 3
1 session - \$40
Discovery Center

1-4 pm
Kidcreate Studio
Room 204

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

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

- ♦ **Registration night is February 2, 6:30 - 7:30 pm**
- ♦ Discovery Center, Cafeteria
- ♦ Registration fee is \$5
- ♦ Weekly class fee is \$8
- ♦ Classes meet Thursdays, February 9 - May 4
- ♦ **(No class April 6)**
- ♦ Beginners: 6:30 - 7:15 pm
- ♦ Intermediate/Advanced: 7:30 - 8:15 pm
- ♦ Discovery Center Cafeteria

Hanover Youth Ball

Baseball and softball for boys and girls, ages 5-16 years. Season runs late April to mid July with preseason clinics/practices and evaluations in February and March. **Online registration takes place in early February. For details and to register visit hanoveryouthball.org**

Game Coding: Star Wars (Grade 2-5)

We introduce students' to programming concepts using Scratch and create an interactive 2D video game using your favorite Star Wars characters. Scratch is a drag-and-drop creative coding platform developed by MIT. **Basic computer skills needed (keyboarding and mouse). We will have laptops for students to use.**

W6064

Saturdays, February 4 & 11
2 sessions - \$75
Discovery Center

8-10 am
Tech Academy
Room 204



Artistic Wonders (Grade K-5)

With KidzArt students have FUN, learn to draw and experience creativity-building exercises. Explore using foreshortening technique in drawing a steam engine chugging down the tracks, use oil pastels to blend a landscape drawing of a seaside windmill, work with vine charcoal and learn about igloos. Let your imagination expand in this all new session of KidzArt!

W6093

Tuesdays, February 7 - March 14
6 sessions - \$95
Hanover Elementary

2:30 - 3:30 pm
Kidzart
Art Room

Will You Be My Valentine (Grade K-5)

Cookie Decorating

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

W6095

Friday, February 10
2:30-4 pm
1 session - \$25
Charlene Bzdok
Montrose Elementary
Room 211



Star of the Day Plate

(Grade K+)

This 10" plate is great way to celebrate a special day. Stencils will be cut and applied to the plate and once decorated the stencils are removed to expose the words. **This class is held at Artistic Me - 205 5th**



Street NE, Buffalo. Parents may drop off their child at Artistic Me or choose to have your child meet at the Community Education office in the Discovery Center to walk with a chaperone to Artistic Me (option only available for the 3 pm class). Please call 763-682-8733 to make arrangements. **Pick up at Artistic Me after class.**

W6063A

Wednesday, February 22
1 session - \$33

3-4 pm
Artistic Me

W6063B

Thursday, February 23
1 session - \$33

5:30 – 6:30 pm
Artistic Me



Champion Force Cheer (Age 4-14)

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

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

Thursdays, February 16-June 1

(No class April 6, May 25)

Division 1 (ages 4-6): 6 pm

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

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

Parkside Elementary Cafeteria

One-time registration fee is \$10 and \$9 per class session is paid weekly to Champion Force

Hacking Java Games

(Grade 4-8)

Hack into the code of classic games! Students will learn Java coding skills while modifying games. Coding beginners and more experienced students will love this class as it is our staff's and students' favorite coding class. We will be editing text files. **No experience is necessary, but familiarity with common tasks using a computer operating system (text-editing and understanding directory structures) and good keyboarding skills is required.**

W6065

Saturday, February 25
1 session - \$55
Discovery Center

9 am-12 pm
Tech Academy
Room 204

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

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

■ ■ ■ Youth Enrichment



Prairie Fire Children's Theatre

Travel up and down the beanstalk as Jack tries to save his village, meeting many interesting characters along the way. Up to 70 children are needed to play the roles of JACK, his FELLOW VILLAGERS, the CARNIVAL PERFORMERS, the PEOPLE OF ORCHESTRANIA, the INHABITANTS OF FEATHERVILLE, and the TROLLS.

- ♦ **Auditions are open to ages 7-16 and will be held Monday, February 27 from 4-6 pm in the Discovery Center cafeteria and auditorium.**
- ♦ The audition process lasts up to two hours and all those auditioning are required to be in attendance the entire time.
- ♦ Part assignments will be announced at the end of the two-hour audition. Each cast member will receive a rehearsal schedule for the remainder of the week.
- ♦ A portion of the cast will stay following auditions for a short rehearsal.
- ♦ Rehearsals will be held from 4-8 pm throughout the remainder of the week.
- ♦ **The public performance will be Friday, March 3, at 7 pm in the Discovery Auditorium.**
- ♦ Tickets for the performance are \$7 adults, \$4 students. Tickets will be available beginning February 27 at Community Education office and at the door the night of the performance. **Doors open at 6 pm. (No reserved seating).**
- ♦ We also need 1-2 student volunteers to be sound/light technicians. Technicians will need to be at the rehearsal Wednesday thru Friday night's performance. **Call 763.682.8733 to sign up to be a technician.**

W6102

Monday-Friday, February 27 - March 3 4-8 pm
5 sessions - \$79
Discovery Center Auditorium

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 6-8:30 pm
2 sessions - \$99 Doorway to College
Buffalo High School Bison Room

Game Coding: Mario Kart

(Grade 3-7)

In this class, we introduce students' programming concepts using Scratch and learn to create an interactive 2D video game using your FAVORITE Pokémon characters. Scratch is a drag-and-drop creative coding platform developed by MIT. **Basic computer skills needed (basic keyboarding and using a mouse). We will have laptops for students to use.**

W6066

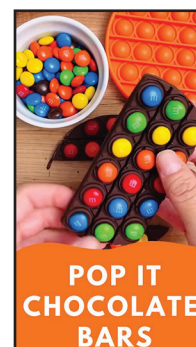
Thursday, March 16 6-7:30 pm
1 session - \$30 Tech Academy
Discovery Center Room 204



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 5-6:30 pm
1 session - \$30 Charlene Bzdok
Montrose Elementary Room 211



Winter Tennis (Age 5 and Up)

Whether your child is just starting tennis or is already into the game, Quickstart Tennis is sized just right for them. This makes tennis EASY and FUN and allows kids to get into the game immediately – while also developing agility, coordination, and balance. Getting your children started early in tennis is a good way to prepare them for a healthy and active lifestyle. This format will help foster a lifelong “love” for the game of tennis. ***Students provide their own rackets.**

6 weeks on Sundays: December 4, 11, January 8, 15, 29, February 5

W727A	Quickstart 1 (ages 5-6)	12-12:45 pm	\$84
W727B	Quickstart 2 (ages 7-8)	1-1:45 pm	\$84
W727C	Quickstart 3 (ages 9-10)	2-2:45 pm	\$84

Middle School Group Lessons

W727D	Grades 6-8	3-4 pm	\$90
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High School/Adult Open Hit and Play

W727E	Grades 9 and up	4-5 pm	\$90
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Open Gym opportunities see p. 20

Jr Bison Basketball registration deadline was November 23. To check availability, call Community Education at 763.682.8770.

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 individual child. *** Parent participation is required.**

5 sessions - \$85 at Parkside Elementary cafeteria

W790

Thursdays, January 19-February 16 4:30-5 pm

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, cardiovascular fitness and more. Each 45-minute 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 Parkside Elementary cafeteria

W791

Thursdays, January 19-February 16 5:10-5:55 pm

SP791B

Thursdays, March 2-30 5:10-5:55 pm

SP791C

Thursdays, April 20-May 18 5:10-5:55 pm

Jr. Bison Gymnastics

Due to the High School competition season, we are not able to offer the Jr. Bison Gymnastics Program during the winter season. Classes will resume in March for spring session. **Private lessons are available.** Contact Coach Kandace to schedule at kandaceholson@gmail.com. Payment will then be paid to Community Education. Gymnasts can work on specific skills or just practice to keep up on skills during the winter.

W687A	1 on 1	\$35/hour or \$20/half hour	1 coach with 1 gymnast
W687B	1 on 2	\$20/hour or \$12/half hour	1 coach with 2 gymnasts
W687C	1 on 3+	\$15/hour or \$9/half hour	1 coach with 3+ gymnasts

If there are gymnasts in the same level or working similar skills they can form a “small group”. (This would fall under a private lesson of 3+). Coach Kandace will help with scheduling/coordinating “small group” sessions.

Open Gymnastics Gym: Practice time for those who were/are enrolled in the Jr. Bison Gymnastics program.
Tuesdays, 6:30 - 7:30 pm **\$10 at the door**

■ ■ ■ Open Swim & Pool Rental

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

Sundays, 2 - 4 pm
December 4 - February 5

(Closed Nov. 20, 27, Dec. 25, Jan. 1)

- ◆ 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

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



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 5/21/23

About Our Pool

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

Wright County WAVE Swim Club

For more information, visit waveswimclub.com



Lap Swimming

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

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

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

**Parent and Child Aquatics
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

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 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 1-4

(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.

Technology



Ease Into Social Media

Do you want to gain a better understanding on exactly what social media is all about? This class will go over step by-step basics for Facebook, Instagram, Snapchat, Twitter and YouTube. Common questions and insights on social media will be reviewed so that you're up to date on the latest buzz words and topics. Come and learn to share, search and connect and leave social media savvy as ever! Follow-up support is also included from the instructor and students are encouraged to reach out with questions before or after the class has concluded. **No prior experience required. Please note: each class recording will be sent to all registered students so that they do not have to attend at the exact designated time.**

W1230

Tuesday, January 3
1 session - \$22
Online via Zoom

12-1 pm
Nickie Welsh

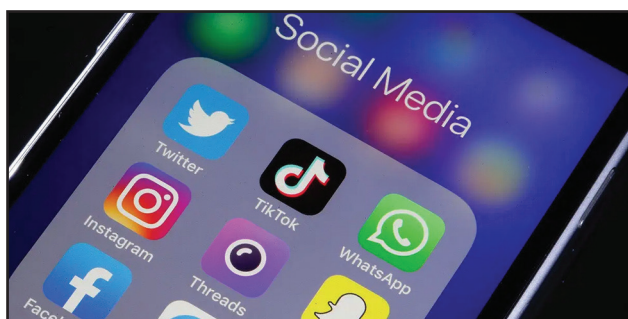
Social Media for Business

Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Don't let your skillset or company get left behind by missing the key social media rules you need to know! Learn how to craft a simple but effective social media marketing strategy, listen directly to customers and implement tips to grow your business all while staying organized without technology overwhelm. Follow-up support is also included from the instructor and students are encouraged to reach out with questions before or after the class has concluded. **No prior experience required. Please note: each class recording will be sent to all registered students so that they do not have to attend at the exact designated time.**

W1231

Thursday, January 12
1 session - \$22
Online via Zoom

12-1 pm
Nickie Welsh



Help with Snapchat

Have you been curious as to what Snapchat is exactly? In this workshop we will cover everything adults need to know about one of most popular social media apps in the world. You'll learn the foundation for how Snapchat is used, what the basic features include, and more. Stay up to date in today's digital world with this fun and informational class. Attendees will learn the basic fundamentals of how the app works, how to set up safety features, how to check for profile details, and how advertisers work to target audience members. Follow-up support is also included from the instructor and students are encouraged to reach out with questions before or after the class has concluded. **Please note: each class recording will be sent to all registered students so that they do not have to attend at the exact designated time.**

W1232

Thursday, January 19
1 session - \$22
Online via Zoom

12-1 pm
Nickie Welsh



Social Media Help
for Parents/Caregivers

A Parent's Guide to TikTok

Have you heard about the latest new app called TikTok? In this fun class we'll take a look at the fastest growing social media app used by millions each day. Learn how it's used and how parents can also help their kids stay safe while on it. We'll cover everything you need to know as it's paving the future of a new social media. Follow-up support is also included from the instructor and students are encouraged to reach out with questions before or after the class has concluded. **Please note: each class recording will be sent to all registered students so that they do not have to attend at the exact designated time.**

W1233

Tuesday, January 24
1 session - \$22
Online via Zoom

12-1 pm
Nickie Welsh



Cell Phones & Parenting – Oh My!

When your child has a Smartphone there are key things you should know in order to keep them safe and secure. In this class, you'll understand recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more! We simplify this complicated technology so that you and your child can use the phone safely without worry. Follow-up support is also included from the instructor and students are encouraged to reach out with questions before or after the class has concluded. **Please note: each class recording will be sent to all registered students so that they do not have to attend at the exact designated time.**

W1234

Thursday, February 2
1 session - \$22
Online via Zoom

12-1 pm
Nickie Welsh

What in the World are NFTs?

Learn what you need to know about this digital asset in today's technology world. You'll leave the class with a basic understanding of what an NFT exactly is, how it's used and their impact on the future for



music, artists and digital creators! Leave the confusion behind and get up to speed on the latest information you can use for your lifelong learning journey. Follow-up support is also included from the instructor and students are encouraged to reach out with questions before or after the class has concluded. **Please note: Each class recording will be sent to all registered students so that they do not have to attend at the exact designated time.**

W1235

Thursday, February 9
1 session - \$22
Online via Zoom

12-1 pm
Nickie Welsh

General Enrichment

Daughter & Me: Hair and Beauty Workshop

Parents will learn braiding and simple hairstyles along with information on hot tools and basic haircare. Styles for all hair types and lengths. It's a great learning experience for a parent and child, **ages 4-18**, guided by professionals providing quality hands on instruction and hair care ease at home. Cancellations within 48 hours will be refunded at 50%.

Please bring a curling iron, wand or flat iron. Hair embellishment take home bag included. Classes held at Hair Architects Salon & Day Spa, 18 1st Ave S, Buffalo.



W6070A

Tuesday, December 6
1 session - \$50

4-5:30 pm
Briana Treptau

W6070B

Tuesday, December 6
1 session - \$50

7-8:30 pm
Briana Treptau

W6071A

Tuesday, January 3
1 session - \$50

4-5:30 pm
Briana Treptau

W6071B

Tuesday, January 3
1 session - \$50

7-8:30 pm
Briana Treptau

W6072A

Tuesday, February 7
1 session - \$50

4-5:30 pm
Briana Treptau

W6072B

Tuesday, February 7
1 session - \$50

7-8:30 pm
Briana Treptau



Take Control of Your Job Search

This workshop, led by an employment specialist from the Central MN Jobs and Training Services, Inc., will introduce you to job search strategies to assist you in developing a successful job search. Topics include resume creation, interviewing and additional tips for effective job searching. **Nothing is needed to participate in the class, however, if you have a resume please bring it with for feedback.** Advance registration is requested, but walk-ins are welcome.

W1210A

Tuesday, January 17
1 session - \$15
Discovery Center

6-7:30 pm
David Miller
District Office Conference Room

W1210B

Tuesday, February 7
1 session - \$15
Discovery Center

6-7:30 pm
David Miller
District Office Conference Room

Register Today!

bhmschools.ce.eleyo.com or call 763.682.8770

Big Ideas: The (not a Book Club) Club

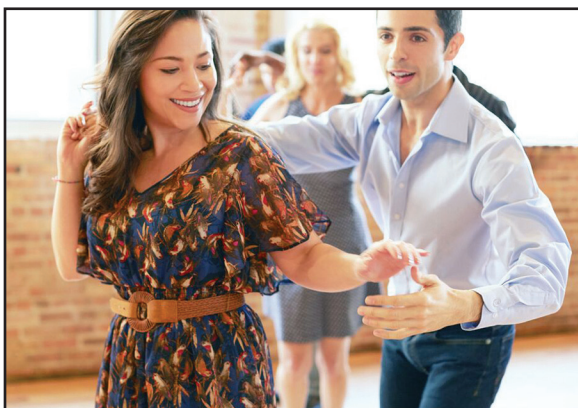
For centuries humans have been asking and seeking answers to the big mysteries of life. Who are we? Why are we here? Where are we going? Questions that do not have perfect answers. Think of this as a, "Book Club of Ideas". There is no set course work, no need to have a background in psychology or philosophy to participate. All that's needed is curiosity and a willingness to engage in respectful and civil discourse with other participants. These discussions are not meant to be based on any particular political or religious ideology. The plan is to think, explore, share and learn from each other.



W1236

Thursdays, January 12, February 9, March 9 6:30-8 pm 3 sessions - \$25 Discovery Center, Room 204

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.

W1268

Thursdays, February 23 – March 16
4 sessions - \$64
Parkside Elementary

7-8:30 pm
Deanna Constantine
Cafeteria

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, January 20, February 10, March 3, 24, April 14, May 5, 19
6:30-8:30 pm
7 sessions - \$28
Discovery Center
Tim Pacer
Board Room

Woodworking 101

Open to beginners interested in learning the basics of woodworking or immediate to advanced woodworkers just wanting to use the equipment. Select your own project based on your skill level. Work independently if desired or local woodworking enthusiasts is on hand to guide and teach the basics or help you learn a new technique. Bring a project or pick one out first night.

- ♦ **Registration:** Fee is payable to Wright Technical Center the first night of class
- ♦ **Fee:** 8 sessions - \$25 + material costs
- ♦ **Dates:** Thursdays, January 12 – March 2
- ♦ **Time:** 6-9 pm
- ♦ **Location:** Wright Technical Center, Room 324
- ♦ **Contact Info:** Brian Koslofsky, 218-232-6970 or Dirk Foster, 763-691-3734

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.

W1201A

Wednesday February 15
1 session - \$29
Discovery Center

7-8:30 pm
Susan DeJute
Room 204

W1201B

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

7-8:30 pm
Susan DeJute
Room 204



■■■ Recreation & Fitness



T'ai Chi (Ages 16 - Adult)

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

W802

Tuesdays, December 6-February 21

(No class Dec. 27)

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

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

11 sessions- \$77/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!

W803

Wednesdays, December 7-February 22

6-6:45 pm

(No class Dec. 28)

11 sessions - \$77

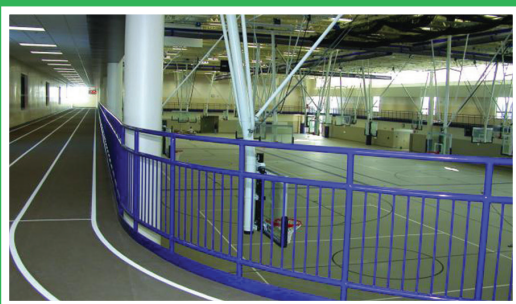
Buffalo Community Middle School

Susan Super
Weight Room
(enter door 3)

Indoor Walking Bison Activity Center

- Mon-Thurs, 6 - 9 pm
- Saturdays, 8 - 11 am
- **(Closed Nov. 24, 26, Dec. 24, 26, 31, Jan. 2, Feb. 20)**
- \$2/person/day or season walking pass (onsite)

Check our website for updates/changes



Open Gym Opportunities

Bison Activity Center (BAC)

Monday - Thursday, 6 - 9 pm

(Closed Nov. 24, Dec. 26, Jan. 2, Feb. 20)

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

Winter Break at BAC

December 27, 28, 29 5-8 pm

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

Buffalo Community Middle School

Sundays, 2-4 pm

December 4-February 5

(Closed Nov. 20, 27, Dec. 25, Jan. 1)

\$5/person or \$10/family

Montrose Elementary School

Wednesdays, 6-7:30 pm

(Closed on non-school days) Free!

Check our website for updates/changes

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.**

W1262A

Wednesday, December 7-January 4 6:30-7:30 pm
(No class Dec. 28)
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary Cafeteria

W1262B

Wednesday, January 11-February 1 6:30-7:30 pm
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary Cafeteria

W1262C

Wednesday, February 8-March 1 6:30-7:30 pm
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary Cafeteria



Face Yoga

There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing "puppet mouth" lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face.

W1220

Monday, January 23 6-7:30 pm
1 session - \$35 Janice Novak
Online via Zoom



Qigong

Qigong (chee-gong) is an ancient practice that promotes holistic healing through balancing and clearing your energy fields. It is a simple yet effective method to help reduce stress and help you heal physically, emotionally, and spiritually. This basic introductory class will learn about Qigong and how it can enhance the quality of your life and the lives of those around you.

W1260A

Thursdays, December 15-January 12 5-6 pm
(No class Dec. 29)
4 sessions - \$49 Amee Pribyl
Discovery Center Board Room

W1260B

Thursday, January 19-February 23 5-6 pm
(No class Feb. 9, 16)
4 sessions - \$49 Amee Pribyl
Discovery Center 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. Open to all levels. Instructor is Amee Pribyl.

Each session fee is \$15. Discovery Center, Board Room

F1257D

Saturday, December 10 10 am-12 pm

W1257A

Saturday, January 14 10 am-12 pm

W1257B

Saturday, February 4 10 am-12 pm

Health & Wellness

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

In this enlightening, interactive course, explore why half of all Americans suffer from one or more chronic health conditions. Discover online resources and science-supported lifestyle shifts you can start TODAY to detox your life and upgrade your well-being, naturally. ***Each attendee of the in-person class receives a FREE paperback copy of Laura's book.** (Online class is discounted to offset the cost of buying the book if they choose.)

W1238A

Wednesdays, December 7 & 14
2 sessions - \$35
Online via Zoom

7:30-8:30 pm
Laura Krause

W1238B

Wednesdays, January 11 & 18
2 sessions - \$49
Discovery Center

7-8 pm
Laura Krause
Board Room

W1238C

Thursdays, February 2 & 9
2 sessions - \$35
Online via Zoom

7:30-8:30 pm
Laura Krause

Acupressure to Assist Weight Loss

When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. Learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

F1227

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

6-7:30 pm
Janice Novak

Acupressure to Relieve Stress, Anxiety, Insomnia and More

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

F1228

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

6-7:30 pm
Janice Novak

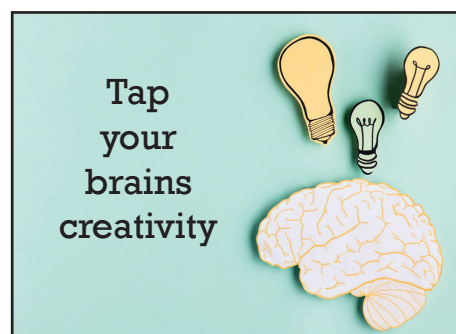
Sound Bath

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

W1261

Thursday, January 12
1 session - \$49
Discovery Center

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



Techniques to Activate Your Brain's Creativity Center

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

W1221

Tuesday, January 24
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak



Women's Heart Health

Heart disease is the number one killer of women. Symptoms are different for women than for men. You have the power to control, prevent, and in some cases, reverse heart disease. We'll discuss signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life.

W1222

Wednesday, February 1
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Soothe Those Achy Joints

Joint lubrication exercises are quite simple and 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.

W1223

Tuesday, February 7
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Women, Weight & Hormones

Your inability to lose weight probably has more to do with hormone levels than anything else. Until any imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; simple things you can do every day to boost your metabolism; 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.

W1224

Thursday, February 9
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Thyroid Things You Need to Know

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive and heart palpitations are only some of the symptoms. We will discuss how thyroid function can make any illness worse; the five things that need to be measured but usually aren't; why the #1 thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid medications, environmental triggers and info you need to discuss with your doctor. ***This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.***

W1225

Thursday, February 16
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Overcome Carbohydrate Cravings

We will discuss a two-week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype – just the facts.

W1226

Thursday, February 23
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Seated Abdominal Strengtheners that won't Stress your Back or Neck

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal without stressing back or neck joints and without getting on the floor. Common abdominal exercises like crunches can place too much stress on the back and neck joints.

W1227

Tuesday, February 28
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Home & Hobby



Cooking with Tess



Instant Pot® 101 Live

Learn the foundations of cooking and care, and how to make amazingly satisfying dishes in the Instant Pot®. In addition to an Instant Pot® Yogurt Tutorial, menu items will include Creamy Steel-Cut Oatmeal or Egg Bites, Creamy-Cheesy Tuscan Chicken with Penne, and luscious Lava Cakes or Dreamy Banana Bread. Menu items on the day of the class will depend on ingredients that are on hand. Time for Q & A is built into the class. Participants are encouraged to ask questions throughout. **One registration fee for this on-line virtual class can include participants from the same household only. If children are participating, adult supervision required.**



W1270

Saturday, January 14
1 session - \$35
Online via Zoom

4-6 pm

Tess Georgakopoulos

Valentine Strawberry Cream Cheese Rolls & Kit Kat No-Bake Cheesecake

During this class, you will learn to make the most wonderful Strawberry Cream Cheese Rolls with billowy soft dough and homemade strawberry sauce, drizzled with glaze and chocolate, and a luscious dreamy Kit-Kat No-Bake Cheesecake topped with a velvety chocolate ganache! **A 9x11 rectangular baking pan or glass baking dish will be needed for the rolls, and a 7 or 8 inch spring form pan (preferably 8 inch) will be needed to create the cheesecake.**



W1272

Saturday, February 4
1 session - \$40
Online via Zoom

4-6:30 pm

Tess Georgakopoulos

Air Fryer Hype! Copycat KFC, & Recipe Ideas for All Ages!

Have some fun participating in this virtual air fryer demonstration and partial cook-along class as we dive into the world of air frying! The instructor will demonstrate some family favorite recipes and invite participants to join in for one of them. The recipes that will be demonstrated include: homemade eggrolls, wraps, pizza bites, seasoned potato wedges, and burgers! The cook-along recipe will be the instructors own Copycat KFC Chicken! All healthy, delicious recipes that will have your family coming back for more! **One registration fee for this on-line Virtual class can include participants from the same household only. If children are participating, adult supervision is required.**



W1271

Saturday, January 28
1 session - \$35
Online via Zoom

4-6 pm

Tess Georgakopoulos

Copycat Big Mac Attack & No-Churn Ice Cream!

Have you wondered how the Big Mac is made or if you could ever make one at home? Have some fun participating in this virtual cook-along class as Tess shares her secrets to creating this mouthwatering goodness in your own kitchen! **On the Menu: Homemade sesame seed buns, delicious patties, secrete special sauce, and homemade no-churn ice cream! Make it a date night or family night as you create lasting memories!**



W1273

Saturday, February 25
1 session - \$35
Online via Zoom

4-6 pm

Tess Georgakopoulos

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



Savvy Tax Strategies

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

W1216

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

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

Will Your Retirement Income Last?

Don't Leave It to Chance

Retirement is an exciting time that comes with a number of considerations. 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.

W1219

Tuesday, January 17
1 session - \$15
Discovery Center

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

College Planning 101

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

W1218

Monday, January 16
1 session - \$15
Discovery Center

6-7 pm
Chadd Perkins
204

Medicare 101: The 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: What if I'm going to continue working after I turn 65? How is my spouse affected by my enrollment? What is Original Medicare? What is the difference between a Medicare Supplement Plan and a Medicare Advantage Plan, and how do they work with Original Medicare? What about my prescriptions? How do I enroll in Medicare, and when should I do it? What if I don't enroll? How might my HSA impact my Medicare decision-making?

W1213A

Tuesday, January 17
1 session - \$15
Discovery Center

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

W1213B

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

5:30-6:30 pm
Chris McClory
Board 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 is all about financial aid the different forms, how to apply and how to read an offer letter. Finally, get tips for what you can do now to reduce your college and out of pocket costs. We will share two FREE resources to help you get a handle on your student loans.



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

W1217

Monday, February 6
1 session - \$15
Discovery Center

6-7 pm
Chadd Perkins
204

Savvy Social Security Planning

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

W1215

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

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

Classes & GED

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
- ◆ January through May 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.



Volunteering Feels Good!

Rewarding Volunteer Opportunities

As a volunteer, you can make a difference in the lives of your neighbors. 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 4 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.**



See the Ability... *not the disability!*

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 ~ Getting out in Nature

Winter Highlights



Festival of Trees - December 6



Holiday Dinner Party - December 18



New Year's BINGO - December 30



SPARKLE Dance Online - January 27

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.

Family Activities at the Park

- Some activities listed below require pre-registration by the deadline. To pre-register, or for more information, visit us at co.wright.mn.us/parks, look for us on Facebook at **WrightParksMN**, email parksandrecreation@co.wright.mn.us or call **763.682.7894** Mon-Fri, 8 am-3 pm
- The **Ney Nature Center** is located at 5212 73rd St NW, Maple Lake.
- Bertram Chain of Lakes Regional Park** is located at 9842 Briarwood Ave NE, Monticello.

Dog Sledding with Silent Run Adventures

Join Silent Run Adventures to learn everything you need to know about dog sledding. This is a great opportunity to learn from the best mushers around. At the end of the presentation, you will have a chance to experience the thrill and excitement of being pulled by a team of Siberian Huskies around Ney Park. At the end of your outing, warm up with hot cocoa or cider! Space is limited to 25 participants per session.

Evening Mush

All ages (Ages 5 & Under Free with Paid Adult)
Date: Friday, January 6
Times: 4-6 pm and 6:30-8:30 pm
Fee: \$35 per person

Daytime Mush

All ages (Ages 5 & Under Free with Paid Adult)
Date: Saturday, January 7
Times: 8:30-10:30 am, 11 am-1 pm, and 2-4 pm
Fee: \$35 per person

Nature & Learn

Robert Ney Nature Center is now offering classes for Homeschool students and groups alike! Each class will allow students to build skills and understanding of the natural world. **These classes are meant for mixed age groups, ages 6-13 years old.**

Cross Country Skiing

Date/Time: January 12, 9:30-11:30 am
Fee: \$8

Snowshoe Hike

Date/Time: February 9, 9:30-11:30 am
Fee: \$8

Migration

Date/Time: March 9, 9:30-11:30 am
Fee: \$8

Little Naturalist at Robert Ney Nature Center

Pinecone

For the little naturalist in your home, start the morning at the Robert Ney Nature Center for storytime, followed by nature play and crafts! This session will be themed after pinecones! **This program is for kids 1-5 years old and must be accompanied by an adult.** Max: 15
January 18, 10:30-11:30 am
Cost: \$5

Cardinals

For the little naturalist in your home, start the morning at the Robert Ney Nature Center for storytime, followed by nature play and crafts! This session will be themed after the bright red Cardinals! **This program is for kids 1-5 years old and must be accompanied by an adult.** Max: 15
February 15, 10:30-11:30 am
Cost: \$5

Clovers

For the little naturalist in your home, start the morning at the Robert Ney Nature Center for storytime, followed by nature play and crafts! This session will be themed after clovers, just in time for St. Patty's Day! **This program is for kids 1-5 years old and must be accompanied by an adult.** Max: 15
March 15, 10:30-11:30 am
Cost: \$5

Ney Park Nature Center

The Ney Park Nature Center will be open Saturday's and Sunday's beginning January 8, 2022 for the public to enjoy. During this time rent Cross-Country Skis or snowshoes for \$5 for the day!

January 14 – March 19, 12-4 pm

Fee: \$5 for ski or snowshoe rentals.
Park and building visitation at no charge.
For more information, call Wright County Parks
763-682-7894.

Family Activities at the Park



Women, Wine, & Winter

(Ages 21+)

Spend the evening snowshoeing under the stars on Bertram Chain of Lakes, followed by a wine tasting and charcuterie boards by the fire in our chalet. The guided snowshoe tour of the Bertram Chain of Lakes will be about an hour long. A local winery will be providing the wine! **You must be 21+ to attend this event.**



January 20, 6-9 pm
Location: Bertram Chain of Lakes
Cost: \$25

Lantern Ski

(All ages)

Join us at Ney Park for a night of Cross-Country Ski fun! The trails will be groomed and lit with lanterns to help guide you through the winter wonderland of Ney Park. Inside the Nature Center, there will be sweet treats and warm drinks to enjoy. Once you have your treats and drinks, you can head outside to sit fireside to warm your toes.

January 21, 6-9 pm
Location: Ney Park
Cost: Free (Optional ski rental \$5 - Sizes are limited)

Woodworking for Wildlife

(All ages)

A great program for the whole family! You will have the opportunity to build your birdhouse and learn how to install and maintain it—**limit to 2 feeders per family.**

January 29, 2 pm
Location: Ney Park
Cost: \$10
Max Participation: 25

Moonlit Snowshoe

(Ages 5+)

It's time to discover winter's wonders off the beaten path as we venture to and through areas accessible only by snowshoe in winter. This year we will be exploring the winter wonders of the Bertram Chain of Lakes! **Either bring your own snowshoes or reserve a pair when you register.**

February 4, 7-8:30 pm
Cost: \$7
Location: Bertram Chain of Lakes Regional Park
Max Participation: 15

Sweetheart Snowshoe

Spend the evening with your sweetheart at Bertram Chain of Lakes Park! The evening starts with a catered dinner followed by a guided snowshoe adventure. We also have the opportunity for six couples to choose the sweetheart cabin package, which includes dinner, a hike, and a one-night stay at one of our camper cabins. The evening will end with a dessert social at the chalet.

February 11, 6-9 pm
Cost: \$40/per couple, \$110/ cabin package
Max Participation: 30
Location: Bertram Chain of Lakes Regional Park

Family Snowshoe Hike

(All ages)

It's time to discover winter's wonders off the beaten path as we venture to and through areas accessible only by snowshoe in winter. **Either bring your own snowshoes or reserve a pair when you register.**

February 12, 2-3:30 pm Cost: \$7
Max Participation: 20
Location: Bertram Chain of Lakes Regional Park

Buckthorn Hiking Sticks

(Ages 5+)

Select, cut, and create a buckthorn hiking stick. Learn about invasive species, how to identify buckthorn shrubs, and why removing them from the Park System is important.

March 12, 2-3:30 pm Cost: \$5
Max Participation: 20
Location: Robert Ney Memorial Park

Saturday Fun at Ney

Every Saturday this winter, starting January 14, we will have free family programming. After the program, continue the fun by renting skis or snowshoes! Check out the schedule below and "Explore your Opportunity's"!

Time: 10 am– 12 pm Cost: FREE!
Location: Robert Ney Nature Center

January 14	Nature Crafts
January 21	Nature Packs
January 28	Scavenger Hunt
February 4	Scavenger Hunt
February 11	Winter Bird Watching with David Grack
February 18	Nature Packs
February 25	Nature Crafts

■ ■ ■ Community Activities

Upcoming Activities & Events

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

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

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

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

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

Youth Open Playtime - 8 am-3 pm on Tuesday's. Come hangout and play in the newly dedicated kids playroom. Imagination toys, Legos/blocks, air hockey, board games, puzzles, plus more. Fun for all ages.

Teen Zone - 3-5 pm on Tuesday's. Play spike ball, ping-pong, bean bags, air hockey, pool tables, board games, puzzles, FREE WIFI for online studies, plus more.

Building Reservations



Looking for a space to host your next family gathering, graduation party, bridal/baby shower, meeting, etc? Check out our rental options by scanning the QR code above or visiting

ci.buffalo.mn.us/182/Community-Center



Scan to view the most current newsletter!

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

Attention Families!

Looking for something different to do with the kids during winter break? Come hang out at the Community Center. Enjoy a coffee and let the kids play a game or participate in an activity listed in our newsletter for the week. **We are open Monday-Friday, 8 am to 4 pm (closed Monday December 26).**

Calling All Middle Schoolers!

Winter Break Party (Limited to 50 kids)

Tuesday, December 27, 2 - 5 pm

Tie-dye craft (bring an item to tie-dye), video game room, pool tournament and Jackbox.tv games every 15 minutes with many prizes to win.

\$5 per student - includes snack & drink.

Additional food for purchase \$1 to \$3.

Register online scan by scanning QR code



Youth ideas and activities coming soon!

Play-dough creations, shaving cream table drawings, kids 8-ball pool tournament, scavenger hunt, crafts, Lincoln-log or Lego building, toddler dance party, toddler/preschool indoor obstacle course, etc. We have a little something for all ages. **Follow our monthly Newsletter for more information.**



Winter Outdoor Activity Locations

Outdoor Rinks

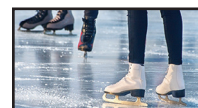
Bentfield Mills Park: Hockey, Ice Skating with lights and warming house

Greenbriar Park: Hockey with lights and warming house

Shonhaugen Park: Ice Skating no lights

Sturges Park on Buffalo Lake: Ice Skating with lights and warming house

Sundance Ridge Park: Hockey with lights



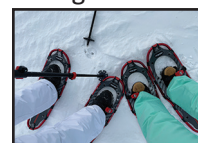
Sledding Hills

Buffalo Heights Golf Course
Prairie View Park



Snowshoeing / Fat Tire Bike Trail

The trail is located behind the Buffalo Target and the parking lot for the trail is located behind the Buffalo Civic Center by the City compost site.



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.

COLONOSCOPY SATURDAY

December 10, 2022

Buffalo Hospital is committed to providing preventive care. We are offering additional colonoscopy screening appointments for community members 60 years old and younger. **Call 763.684.7722 to schedule your appointment.**

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 to 2 pm.**

THRIVING WITH CHRONIC PAIN

Thursdays, January 12 – February 16, 9-10 am

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.

HEALTHY EATING FOR BETTER HEALTH

Thursdays, January 12 -Feb 16, 12-1 pm

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!

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. **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 for resources to help you create a self-care routine that works for you. Visit [Changetochill.org](https://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. **Visit [Healthpowered-kids.org](https://healthpowered-kids.org) for more information.**

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.



Scan QR code
to access
[Allinahealth.org/classes](https://allinahealth.org/classes)

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



SCAN ME



Online Registration

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Princeton, MN 55371
Permit No. 81

*****ECRWSS**

Resident, School District 877
Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

**Visit us online bhmschools.ce.eleyo.com
or call 763.682.8770**

Prairie Fire Children's Theater



Join Us at the Show!

Travel up and down the beanstalk as Jack tries to save his village, meeting many interesting characters along the way!

- ◆ Public performance is Friday, March 3, at 7 pm in the Discovery Center Auditorium.
- ◆ Tickets are \$7 adults, \$4 students, pre-K free.
- ◆ Tickets will be available beginning February 27 at Community Education office and at the door the night of the performance.
- ◆ Doors open at 6 pm. **(No reserved seating).**

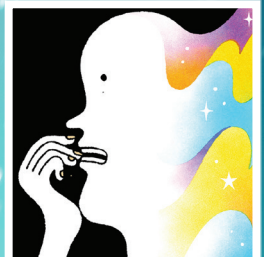
Coming to Buffalo in February!

INDIEFLIX **ANGst**

**Raising Awareness
Around Anxiety**

Angst is a film that explores anxiety, its causes, effects and what we can do about it.

Details will be posted soon on the Community Education website and facebook page. Visit mnmentalhealth.org for more information.



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