



Community Education

BUFFALO HANOVER MONTROSE SCHOOL

Fall 2021

Explore Fall with Us!



Puppy Training & Dog Obedience, p. 20

763.682.8770
BHMSCHOOLS.CE.ELEYO.COM

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

Welcome to Community Education

REGISTER ONLINE TODAY! BHMSCHOOLS.CE.ELEYO.COM



Early Childhood Family Education3-6

Youth Programs 7-14

Aquatics 15-17

Adult Programs 18-34

Opening Doors (Age 16+ with a disability)35

WEST Adult Basic Education & GED..... 36-37

Buffalo Community Center38

Buffalo Hospital Education.....39

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 7-days of the class is assessed a \$5 service fee. If we cancel a class, you will be notified and your payment refunded.
- ♦ Our programming follows current guideline to provide your family a safe learning environment. Face coverings are optional at this time.

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

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

Office Closed: Nov. 25, 26, Dec. 24, 31

Office Telephone: 763.682.8770

Web Sites:

Online Registration bhmschools.ce.eleyo.com

School District bhmschools.org/community-ed



BUFFALO HANOVER
MONTROSE SCHOOLS

KidKare Child Care Program

Welcoming Age 3 to Grade 6

KidKare is a school based child care program located in our Elementary Schools. We are open 6 am - 6:30 pm Monday-Friday and on most non-school days.

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

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



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. Check us out on Facebook (BHM Schools KidKare)

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

Mixed Ages

Separating parent group classes for children birth to 5 years by September 1, 2021

Parents and children have playtime together, then parents will separate and have a discussion led by a Parent Educator. For children, playtime continues with a Children's Educator. Activities for children birth to kindergarten entrance include stories, snack time and active play. Topics for parent discussion are based on parent needs. Children under 6 months are invited to stay with parents. (Limit 12)

F4005A (Buffalo)

Mondays, 8:30-10:15 am
September 13 - December 13
(No class Oct. 18, Nov. 22)
Discovery Center Room EC1 & EC4
Patty Lammers/Andrea Jonasson
Fee: 12 week session - Sliding fee scale

F4005B (Buffalo)

Mondays, 10:30 am-12:15 pm
September 13 - December 13
(No class Oct. 18, Nov. 22)
Discovery Center Room EC1 & EC4
Patty Lammers/Andrea Jonasson
Fee: 12 week session - Sliding fee scale

F4005C (Buffalo)

Tuesdays, 8:15-10 am
September 14 - December 14
(No class Oct. 19, Nov. 23)
Discovery Center Room EC1 & EC4
Patty Lammers/Diane Mastel
Fee: 12 week session - Sliding fee scale

F4005D (Buffalo)

Wednesdays, 8:30-10:15 am
September 15 - December 15
(No class Oct. 20, Nov. 24)
Discovery Center Room EC1 & EC4
Patty Lammers/Diane Mastel
Fee: 12 week session - Sliding fee scale

F4005E (Buffalo)

Wednesdays, 10:30 am-12:15 pm
September 15 - December 15
(No class Oct. 20, Nov. 24)
Discovery Center Room EC1 & EC4
Patty Lammers/Diane Mastel
Fee: 12 week session - Sliding fee scale



F4005F (Hanover)

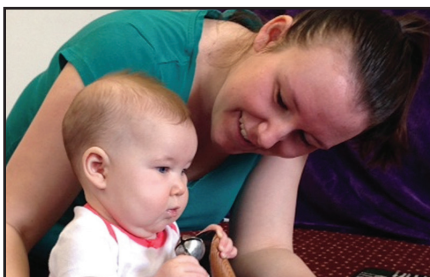
Tuesdays, 8:30-10:15 am
September 14 - December 14
(No class Oct. 19, Nov. 23)
Hanover Elementary ECFE Rooms
Jen Dismang/Andrea Jonasson
Fee: 12 week session - Sliding fee scale

F4005G (Hanover)

Thursdays, 8:30-10:15 am
September 16 - December 16
(No class Oct. 21, Nov. 25)
Hanover Elementary ECFE Rooms
Jen Dismang/Andrea Jonasson
Fee: 12 week session - Sliding fee scale

F4005H (Montrose)

Wednesdays, 8:30-10:15 am
September 15 - December 15
(No class Oct. 20, Nov. 24)
Montrose Early Ed Center ECFE Rooms
Jen Dismang/Andrea Jonasson
Fee: 12 week session - Sliding fee scale



Sliding fee scale on page 6

Marvelous Mondays

F4005I (Buffalo)

Mondays, 5 - 6:30 pm
September 13 - December 13
(No class Oct. 18, Nov. 22)
Discovery Center Room EC1 & EC4
Patty Lammers
Fee: 12 week session - Sliding Fee

Registration for ECFE
classes is open.
Register Today!



Infant Class

(0-9 month old and parents)

Enjoy exploring the "firsts" during the first few months with your new baby. You are invited to gather with other parents of infants to learn about the development of your 0-9 month old, facilitated by licensed parent educator, Diane Mastel.

F4000A

Fridays, October 1, 8, 15
11 am-12 pm
3 sessions - FREE Diane Mastel
Discovery Center Room EC1

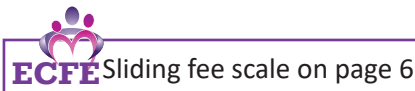
■■■ Parent Child Classes

Terrific Tuesdays

Tuesdays are terrific at the Montrose Early Education Center! Join parent educator, Diane Mastel, for a family style pizza dinner from 5:30-6 pm. Parents and children ages 2 to grade 2 will separate from 6- 6:45 pm with parents participating in parent talk time and children receiving care from our ECFE assistant staff. A final circle and bedtime story will close out the evening. (Limit 12)

F4100A

Tuesdays: September 14- December 14 5:30-7 pm
(No class October 19, November 2, 23)
Montrose Early Education Center Diane Mastel
11 sessions- Sliding fee scale



Journeys

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

Parents and children, birth to 5 years, explore parent/child activities designed just for them. Parents and children separate with children remaining with the early childhood teacher to continue the fun. 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. This class will focus on families who may or are accessing early intervention services. (Limit 10)

F4005J

Fridays, September 17 - December 17 8:30 - 10:15 am
(No class Oct. 22, Nov. 26)
Discovery Center Room EC1 & EC4
Diane Mastel/Patty Lammers
Fee: 12 week session - Free!

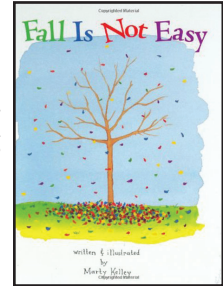


ECFE Evening Story Time

ECFE Evening Story Time is designed for parents and children 1-5 years of age. Our staff will design age-appropriate activities focused on a particular early childhood book title. Each session will offer a playtime, circle time and fun activities around each book's theme. Join our Bison Family for an evening with a focus on family time. (Non-separating).
\$15 per family per class. Limit 10 per class.

Fall Is Not Easy

This is the rhyming story of a tree's humorous struggles to change its colors for fall and is a perfect introduction to the seasons for young children. Each family will receive a copy of this rhyming book.

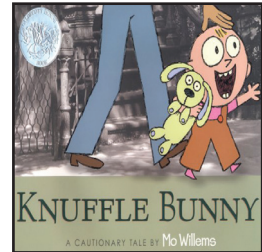


4044A

Thursday, November 11
5:30-6:45 pm
Buffalo, Discovery Center Room EC1
Jen Dismang

Knuffle Bunny

Bring along your own stuffed animal as we share the story of Trixie, Daddy and Knuffle Bunny's trip to the neighborhood laundromat. This exciting story plot takes a dramatic turn when Trixie realizes some bunny was left behind. Each family will receive a copy of this delightful story.



4044B

Thursday, December 16 5:30-6:45 pm
Buffalo, Discovery Center Room EC1
Patty Lammers

ECFE Fall Festival Saturday, Sept. 18 10 am-12:30 pm Sturges Park

This is a FREE event with FREE parent child friendly activities. Entertainment by Brian Richards Magic Show!

BOO Bash Saturday, Oct. 30 1-2 pm, Rm EC1 Discovery Center

This is a FREE event with FREE child friendly activities along with an ECFE teat bag for each child. Dress in costume, if you choose, and enjoy trick or treating at local merchants.

Call ECFE at 763.682.8780 for availability

Spring Into Preschool

(Age 2.5 by September 1, 2021)

A preschool class for our youngest learners. For the parents, on designated dates, participation in a parent group led by a Parent Educator. Sibling care is available.

4034B

September 30 - Family Day! Meet the teacher and return completed paperwork mailed out in July.

Thursdays, September 30 - May 19 8 - 9:30 am
(No class Oct 21, Nov 25, Dec 23, 30, Mar. 31, Apr 7)
 Discovery Center Room EC1, EC4
 Patty Lammers/Diane Mastel

4034C

October 4 - Family Day! Meet the teacher and return completed paperwork mailed out in July.

Mondays, October 4 - May 16 8:30 - 10 am
(No class Nov. 22, Dec. 27, Jan. 27, Feb. 21, Apr. 4)
 Hanover Elementary ECFE Room
 Annette Rabusch/Diane Mastel

Spring Into Preschool Payment Information

8 monthly payments due September 30 - April 30

Each payment \$45/month
 Sibling Care: One-time payment \$25/family

Ready Set Grow Preschool

3-5 years old by September 1, 2021

Nurture and explore friendships, routines and building of social skills. Activities include storytelling, fingerplay, music, art, large muscle play and free choice. Teachers plan activities based on the Creative Curriculum and observe children using the Teaching Strategies Gold Assessment. Choose either 2 days or 4 days to attend.

Buffalo - 4205F

Monday-Thursday 12-3 pm
 September 13 - May 19
 Parkside Elementary Room 307
 Emily Pearson

Ready Set Grow Preschool

4 years old by September 1, 2021

That special year before Kindergarten will focus on friendships, skill building and age appropriate academic experiences. Teachers use Creative Curriculum, Second Step, Handwriting Without Tears and TS Gold to prepare for growth and development.

3 or 4 DAY - Buffalo

4206A
 Monday-Thursday, 12 - 3 pm
 September 13 - May 19
 Discovery Center Room EC2
 Jen Robeck

4 DAY - Buffalo 4206C

Monday-Thursday, 12 - 3 pm
 September 13 - May 19
 Parkside Elementary
 Room 303
 Miranda Weber

Ready Set Grow (4-5) Payment Information

9 monthly payments of \$240 due September 30 - May 30



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 ECFE preschool.** Call 763.682.8408 (Sept-May) or 763.682.8780 (June-August) to schedule.

Ready Set Grow (3-5) Payment Information

9 monthly payments due September 30 - May 30

2-Days \$120 per month, 4-Days \$240 per month

Screening Dates at Buffalo Discovery Center

September 10, 17 November 19, 22, 23
 October 1, 2, 8, 29 December 3, 4, 10

■■■ Supporting Families

ECFE To Go Bags

ECFE To Go Bags are take home activity bags for parents and their little one to do together. **ECFE To Go Bags** contain activities designed to support your child's emerging skills in the areas of social/emotional, language and literacy, fine motor and mathematics. **ECFE To Go bags** are picked up and dropped off at the ECFE office, Monday-Friday, 8 am to 4 pm or by special arrangement Friday evenings until 6 pm.

September 13 - December 17
\$25 per family, 11 weeks/bags

4029A (0-2 years old)

4029B (2-5 years old)

4029C

(Alternating bags: First week 0-2 years old bag, next week 2-5 years old bag)



Parenting 8-7-7 Closed Facebook Group



Parenting can be difficult to navigate in the age of social media. How could a parent know which websites offer research based parenting strategies and tips?

Join licensed Parent Educator, Andrea Jonasson, through a closed facebook format to investigate, navigate, and celebrate parenting children birth through 8 years old.

Parent Coaching

An ECFE Parent Educator will visit with you and your birth to 5 year old children at your home or at ECFE. Visits can include:

- ♦ **Playtime** with your child.
- ♦ **Time to talk** and problem solve ways to meet your family's needs.
- ♦ **Resources** and ideas on parenting, child development and community services.
- ♦ **Free!** Call ECFE at 763.682.8753 for more information.



Family Learning

Parents with young children who want to:

- ♦ work on a GED diploma
- ♦ prepare to go back to college or into the job market
- ♦ work on individual education needs
- ♦ be better prepared to help their child with learning
- ♦ have time to discuss the challenges of parenting

See page 36 for more details or give us a call at 763.682.8780 to inquire about registration. Limited transportation available. School lunch provided.

FREE Child Care While You Study!

Adult Basic Education (ABE) helps adult learners 17 years and older who want to improve their math, reading and writing skills or to learn English as a new language. See page 36 or call Terrisa Fisher at 763.682.8688 to ask questions and to register.

ECFE Child Care Connection

Provider Education

This unique class is for licensed childcare providers and Family, Friends and Neighbor child care providers. Early Childhood Family Education staff come into your childcare setting for 4 weeks, 1 hour each week. ECFE Staff will develop information specific to your needs and spend an hour with you and the children in your care. Dates and times scheduled when you call, 763.682.8780.

ECFE Advisory Council

Join other parents of young children, who meet together during the program year, to provide input from a parent perspective, about BHM ECFE programs. For more information contact Barbara Eckberg, Coordinator, 763.682.8753 or beckberg@bhmschools.org

ECFE Sliding Fee Scale

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

# of sessions	11 sessions		12 sessions	
	1 child	2+ child	1 child	2+ child
0-19,999	\$14	\$5	\$15	\$5
20,000-39,999	\$36	\$6	\$39	\$6
40,000-59,999	\$67	\$7	\$70	\$7
60,000-79,999	\$98	\$8	\$101	\$8
80,000-99,999	\$129	\$9	\$132	\$9
100,000+	\$160	\$10	\$163	\$10

If you have questions, please call ECFE at 763.682.8780.



Encore Piano Lessons (Age 6-adult)

Each 30 minute lesson is taught by our friendly, caring, professional music instructor, Kathy Ebert. Your child will learn rhythm and counting, how to read sheet music, and proper piano technique.

F1700 A-E

Thursdays, September 9-30
30-minute lesson scheduled between 4-6 pm
4 lessons - \$140
Discovery Center

Kathy Ebert
Music Room

Acrylic Pouring Fall Leaves (Grade K-5)

Grab your friends and join us for a fun afternoon learning about acrylic pouring. We will pour acrylic paints over leaf wood cutouts and watch the paint flow.

F697

Tuesday, September 28
1 Session - \$35
Hanover Elementary

2:30-3:30 pm
KidzArt
Art/Science Room

RC Car Racing (Grade 2-8)

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

F688A

Thursday, September 30
1 session - \$19
Discovery Center

6-7:10 pm
Party Crashers RC Racing
Gym

F688B

Thursday, September 30
1 session - \$19
Discovery Center

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

For the Love of Art (Age 5-12)

Painting, collage, and clay - you name it, kids love it! In this class, your child will experiment with many different types of art while they make Van Gogh globes, dot-to-dot like Seurat and more. They will learn about famous artists such as Henri Matisse, George Serat and Vincent Van Gogh. What a great way for your child to explore the incredible world of art!

F692

Mondays, October 4-25
4 sessions - \$115
Discovery Center

2:30-4:30 pm
Kidcreate Studio
Room 204

Animal Extravaganza (Grade K-5)

It is all about animals in this special session of KidzArt! We will use colorful tissue paper to create a collage of horses. We will also learn how to draw a silly puppy with pillows and use watercolors to paint cartoon frogs.

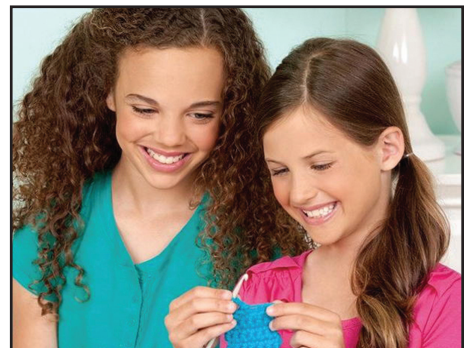
F698

Tuesdays, October 5-November 9
6 Sessions - \$85
Hanover Elementary

2:30-3:30 pm
KidzArt
Art/Science Room

Crochet and Sewing Club (Grade 2-8)

Crochet a beanie (with a faux fur pom) and a scarf. Those with previous crochet experience will learn a new stitch or two as they make the hat and scarf. First time crocheters will make their scarf out of chains then learn the single crochet stitch while they make their hat. Both projects are worked up with bulky yarn and a big hook. Leave with a hat on your head and a scarf around your neck! We will also make a small hand-sewn project of your choice (animal, pillow, coaster, etc.). Sewing is an essential skill not only in crochet, but in life! No experience necessary. **All supplies included.** (1 faux fur pom per person; additional poms will be available for purchase for \$5 each.)



Both projects are worked up with bulky yarn and a big hook. Leave with a hat on your head and a scarf around your neck! We will also make a small hand-sewn project of your choice (animal, pillow, coaster, etc.). Sewing is an essential skill not only in crochet, but in life! No experience necessary. **All supplies included.** (1 faux fur pom per person; additional poms will be available for purchase for \$5 each.)

F689

Saturday, October 16
1 session - \$45
Discovery Center

9 am-12:30 pm
The Firefly Hook
Room EC-4



Classes below are held at Artistic Me - 205 5th Street NE, Buffalo. Students may meet at the Community Education office at Discovery Center at 2:25 pm and walk to Artistic Me with a chaperone, or parents may bring their student to Artistic Me. **Please indicate if your child will be walking with staff when registering. All parents will pick up their student at Artistic Me after class. Note: Projects will be picked up at Artistic Me at a later date.**

Suncatchers (Grade K-5)

Create a piece of art using lots of colorful glass pieces, noodles, stringers and dots. Draw out a design and use this design as a template to create your masterpiece. We will have paper available and preprinted designs for those that would like to use them.



F636

Tuesday, September 21
1 session - \$30
Artistic Me, Buffalo

2:35-3:35 pm
Mary Randall

Fall Pumpkins (Grade K-5)

Pumpkins are a great way to decorate for fall. Make your pumpkin extra special by learning some new decorating techniques.



F637

Thursday, October 14
1 session - \$25
Artistic Me, Buffalo

2:35-3:35 pm
Mary Randall

Mosaic Art Board (Grade 2 +)

Choose your favorite from a variety of available wooden designs and paint it with Acrylic Paint. Add tiles, glass and gems to enhance your design. No grout needed on this design. Wear old clothes or bring a painting shirt as acrylic paint does not wash out.



F635

Tuesday, November 9
1 session - \$25
Artistic Me, Buffalo

2:35-4 pm
Mary Randall

Tree Plate (Grade 2+)

Customize a fun cookie or candy plate for the holidays. You will be able to choose the tree color from clear, white or green. Decorate the tree with a combination of frit, stringers, beads and chips.



F638

Tuesday, November 30
1 session - \$35
Artistic Me, Buffalo

2:35-3:35 pm
Mary Randall



F.A.S.T. Kids - Staying Safe While Home Alone

(Age 7 - 10)

First Aid and Safety Trained Kids helps prepare children for staying safe at and away from home. Lessons cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, stranger and internet safety. Students receive a book, handouts and a home first aid kit as part of this class.

F612

Friday, October 22
1 session - \$55
Discovery Center

Non
School
Day

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

Clay Factory-Fall Mosaics

(Age 5-12)

Clay by itself makes great art, but adding beads and sequins makes it even better! Air-dry clay will be used to create fun, fall-themed mosaics. Bring a nut free snack and drink for your child.

F695

Friday, November 12
1 session - \$45
Discovery Center

Non
School
Day

9 am-12 pm
Kidcreate Studio
Room EC-2



Babysitting 101

(Age 10-13)

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

F611

Friday, November 12
1 session - \$69
Discovery Center

Non
School
Day

8:30 am-4 pm
Emergency Outfitters
Room 204

Thanksgiving Craft Party

(Age 4-9)

Your child will celebrate Thanksgiving by creating an adorable turkey that is sure to attract smiles. This is a great class for siblings to attend together. Bring a nut free snack and drink for your child.

F691

Wednesday, November 24
1 session - \$45
Discovery Center

Non
School
Day

9 am-12 pm
Kidcreate Studio
Room EC-2



My Little Pony

(Age 3-6)

Who's your favorite My Little Pony? Is it Pinkie Pie, or maybe Fluttershy? During this class you will create your favorite pony out of air-dry clay and paint. So cute! Bring a nut free snack and drink for your child.

F690

Thursday, October 21
1 session - \$45
Discovery Center

Non
School
Day

9 am-12 pm
Kidcreate Studio
Room EC-2



Fall Break



Baby Yoda Bobblehead

(Age 5-12)

What's cuter than Baby Yoda? A Baby Yoda Bobblehead, of course! Come create with clay, model magic, and more as you create everyone's favorite character from **The Mandalorian**. The force is strong!

F696

Thursday, October 21
1 session - \$45
Discovery Center

Non
School
Day

1-4 pm
Kidcreate Studio
Room EC-2

■ ■ ■ Youth Enrichment

Holiday Gift Making

(Age 5-12)

This is your child's chance to come and create hand-crafted gifts just in time for the holiday season! Great gifts for mom, dad, grandma, grandpa and of course that favorite teacher. We'll make picture frames, clay trinket boxes, snow globes and more. What great keepsakes!

F694

Mondays, November 29-December 20
4 sessions - \$115
Discovery Center

2:30-4:30 pm
Kidcreate Studio
Room 204

Very Merry pARTy!

(Grade K-5)

Join us for all things winter in this special three-week winter workshop! Paint a winter tree with acrylic paints on canvas, draw three festive gnomes using marker and Art-Stix, and use watercolors to create a picture of a reindeer. All high-quality artist materials will be included in this workshop filled to the brim with everything you need to be an accomplished artist.

W699

Tuesdays, December 7, 14, 21
3 sessions - \$45
Hanover Elementary

2:30-3:30 pm
KidzArt
Art/Science Room

Rudolph the Red Nosed Reindeer

(Ages 4-9)

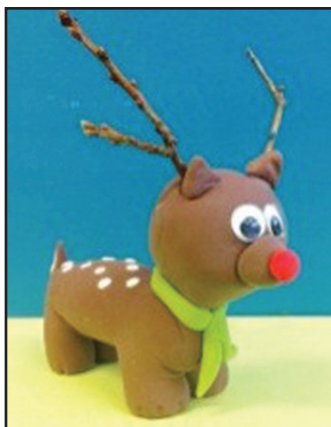
Who's the most famous reindeer of all? Rudolph of course! Model Magic clay will be used to create this adorable reindeer, red nose and all. Bring a nut free snack and drink for your child.

W690

Thursday, December 23
1 session - \$45
Discovery Center



9 am-12 pm
Kidcreate Studio
Room EC-2



Glow-in-the-Dark Art Camp

(Age 4-9)

These projects will ROCK your child's world long after the lights go out. You guessed it. All the projects we create in this camp will glow in the dark! We will work with a variety of art supplies including clay, paint and other luminescent materials to create masterpieces your child will be ready to show off in the dark! Bring a nut free snack and drink for your child.

W693

Tuesday & Wednesday, December 28-29
2 sessions - \$89
Discovery Center



9 am-12 pm
Kidcreate Studio
Room EC-2

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.

F600

Monday & Tuesday, October 11-12
2 sessions - \$99
Buffalo High School

3:30-6 pm
Doorway to College
Media Center

PrepStar Blast ACT Class

The ACT test is still a strong element considered for college admissions and scholarships. An ACT expert will cover the test format, essential strategies and content review. The final step in the process will be having the students take a fully proctored practice ACT test. Students score their test in the online scoring system for immediate results and receive a detailed score report.

F601

Tuesdays, November 23 & 30
Saturday, December 4
3 sessions - \$149
Buffalo High School

4:30-7:30 pm
9 am-1 pm
Nancy Eynick
Bison Room

Driver's Education

High School Driver's Ed

Registering now for Fall classes!

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



Karate Basics (Grades K-5)

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

F673A

Tuesdays, September 21-November 16 2:30 – 3:15 pm
(No class October 5)
8 sessions - \$85 Buffalo DoJo
Hanover Elementary Gym

F673B

Mondays, September 20-November 15 2:30 – 3:15 pm
(No class October 11)
8 sessions - \$85 Buffalo DoJo
Montrose Elementary Gym

Fencing (Ages 6 – 100)

Fencing is a fun sport the entire family can enjoy together! Fencing is a vigorous sport that requires and develops stamina, quick reactions, speed, accuracy of movement and excellent coordination. Fencing utilizes natural body movement to create simple and effective self-protection techniques. **Sword Play provides everything needed to fence.** Dress comfortably for freedom of movement including long stretch pants and running shoes. Students and adults are welcome. Limited scholarships available through Sword Play. Inquire at mnswordplay@gmail.com.

F679A

Saturdays, September 25 - October 30 8:20 - 9:20 am
6 sessions - \$95 Swordplay
Parkside Elementary Gym

F679B

Saturdays, November 6-December 18 8:20 - 9:20 am
(No class Nov. 27)
6 sessions - \$95 Swordplay
Parkside Elementary Gym

Self Defense/Safety Awareness (Ages 4-14)

Students are instructed in self-defense, emergency notifications, physical techniques and abduction safety. This program promotes self confidence, physical fitness, personal empowerment, and respect for others. New students will earn the yellow belt and ranking students will earn advanced belts. Instructors are certified black belts trained in run, yell, tell and stranger danger curricula. Questions, call 952.997.7732.

- ◆ **Registration Thursday, September 16, 6:30-7:30 pm at Discovery Center Cafeteria**
- ◆ Registration fee is \$5 and the weekly class fee is \$7
- ◆ Class is Thursdays, September 23 - January 27
- ◆ **(No class Oct. 7, 21, Nov. 4, 11, 25, Dec. 16, 23, 30)**
- ◆ Ages 4-8: 6:30-7:15 pm
- ◆ Ages 9 and older: 7:30-8:15 pm

Cheer America

(Ages 4-14)

This fun course teaches students popular cheers, chants, coreographed pom/dance routines, parade marching techniques and other skills required for school cheerleading tryouts. In addition, improve your physical fitness, self-confidence and overall coordination. Questions, call 952.997.7732.

- ◆ **Registration Thursday, September 16, 6:30-7:30 pm at Discovery Center Cafeteria**
- ◆ Registration fee is \$5 and the weekly class fee is \$7
- ◆ Class is Thursdays, September 23 - January 13 at **Parkside Elementary Cafeteria**
- ◆ **(No class Sept. 30, Oct. 14, 21, Nov. 25, Dec. 23, 30)**
- ◆ Ages 4-8: 6:30-7:15 pm
- ◆ Ages 9 and older: 7:30-8:15 pm



■ ■ ■ Youth Recreation

Buffalo High School
Gymnastics Gym

Jr. Bison Gymnastics Noncompetitive Program

*No Classes
Fall Break

Parent/Child - (Boys & Girls, 18 mo-3 yr)

Work with your child to have fun and get used to equipment. Practice walking, crawling, rolling and jumping with Mom or Dad right there to help! **Fee: \$100**

F687

Mondays, September 13 - November 8 4-4:45 pm



Pre-School - (Boys & Girls, Age 3-5)

Focus on having fun and learning basic shapes and skills on all events and equipment. **Fee: \$120**

F680A

Mondays, September 13 - November 1 5-5:45 pm

F680B

Wednesdays, September 8 - November 3 4-4:45 pm
(No class Oct. 20)

F680C

Saturdays, September 11 - November 6 10-10:45 am
(No class Oct. 23)

Intermediate - (Girls, Age 5 +)

Class will focus on strength and technique. Gymnasts work on basic skills and positions on all 4 events. Must have a cartwheel and bridge on floor. **Fee: \$135**

F682A

Mondays, September 13 - November 1 6-7:15 pm

F682B

Wednesdays, September 8 - November 3 6:15-7:30 pm
(No class Oct. 20)

F682C

Saturdays, September 11 - November 6 12:45-2 pm
(No class Oct. 23)

Beginners - (Girls, Age 5+)

Focus on learning basic technique and positions for core gymnastics skills on all events and equipment. **Fee: \$125**

F681A

Tuesdays, September 14 - October 26 6-7 pm

F681B

Wednesdays, September 8 - November 3 5-6 pm
(No class Oct. 20)

F681C

Saturdays, September 11 - November 6 11 am-12 pm
(No class Oct. 23)



Advanced - (Girls, experience & approval)

Class will focus on strength and technique. Gymnasts will work on more advanced skills on all 4 events. Must have a round off and back walkover on floor and a pull-over on bars. **Fee: \$165**

F683A

Tuesdays, September 7 - October 26 4-5:30 pm

F683B

Thursdays, September 9 - November 4 6-7:30 pm
(No class Oct. 21)

Varsity Practice - (Girls, Grades 7-12)

Fee: \$175

F686A

Mondays, September 13 - November 1 6-8 pm

F686B

Thursdays, September 9 - November 4 4-6 pm
(No class Oct. 21)

Gymnastics Open Gym

Practice time for those enrolled in the program.
Saturdays, September 11 - November 6, 2-3 pm
(Closed Oct. 23) **Fee: \$10 at the door**



Jr. Bison Volleyball (Girls grades 3-6)

This seven week season will include practice time and matches with other teams who are coached by volunteers. Games/practices are scheduled for 75 minutes each Saturday. If you can help coach, call Todd Lunning, Recreation Coordinator, at 763.682.8176.

Saturdays, September 25 - November 6
7 sessions - \$84
Bison Activity Center

F745A - Grades 5-6
8:45-10 am

F745B - Grades 3-4
10-11:15 am

Fall Basketball Competition Camp (Boys, Grades 3-8)

Focus of this Sunday evening camp will be 30 minutes of skill development and 45 minutes of fun competitions such as 1 on 1, 2 on 2, 3 on 3, shooting contests, etc. Facilitated by Coach Ortmann.

F710A (Grades 3-5)
Sundays, September 19-October 24 4-5:15 pm
6 sessions - \$60 Coach Ortmann
Buffalo High School Main Gym & Gym 2

F710B (Grades 6-8)
Sundays, September 19-October 24 5:15-6:30 pm
6 sessions - \$60 Coach Ortmann
Buffalo High School Main Gym & Gym 2

Open Gym & Open Swim



Bison Activity Center (Gym)
Monday - Thursday, 6 - 9 pm
Beginning September 7
(Closed Nov. 25, Dec. 25, Jan. 1)
\$5/person or \$10/family



**Buffalo Middle School
(Gym & Pool)**
Sundays, 2 - 4 pm
September 12 - December 19
\$5/person or \$10/family

Jr Bison Basketball (Boys and Girls, Grades K-6)

Online Registration Opens October 1 at bhmschools.ce.eleyo.com

Online registration is available or call Community Education at 763.682.8770. Players practice Saturdays before their scheduled games. Grades 4-6 players have one evening practice during the week. The focus of the program is on instruction of proper techniques and FUN! **We can't have teams without coaches! Contact Todd at tlunning@bhmschools.org or 763.682.8176 to help out.**

Saturday mornings (specific time for each team TBD)
January through February at the Bison Activity Center
8 sessions - \$110 (all grades) ***Register by November 30**



■ ■ ■ Youth Recreation

Register for Ski and Snowboard Program

- ♦ **In-person** Tuesday, November 9, 5:30-7 pm, at the Bison Activity Center Lobby
- ♦ **Online** bhmschools.ce.eleyo.com
- ♦ **By phone** 763.682.8770

To guarantee a spot on the bus and get the special rates available to ski club members, students must be registered by **November 22**. Questions, call Community Ed 763.682.8770.

Elementary Grades 3-5

**Mondays, December 6, 13, 20
January 10, 24, 31 (No ski Jan. 17)**

Students may store equipment in their classrooms.

F6301S - Fee: \$275

6 Lifts, Ski equipment, and Transportation

F6301B - Fee: \$275

6 Lifts, Snowboard equipment, and Transportation

F6301LT - Fee: \$210

6 Lifts and Transportation

F6301T - Fee: \$100

Transportation only

F6301H - Fee: \$25

Helmet Rental

**Optional
Add-On's**

F6301LS - Fee: \$25

3 - 30 minute lessons

Depart from:

- ♦ Hanover Elementary cafeteria, 2:40 pm
- ♦ Discovery Center, door 6, 3 pm

Return to:

- ♦ Discovery Center, 8 pm
- ♦ Hanover Elementary, 8:15 pm

Middle School Grades 6-8

**Mondays, December 6, 13, 20
January 10, 24, 31 (No ski Jan. 17)**

Students may store equipment in the mezzanine area. Meet at the concession stand after school.

F6302S - Fee: \$275

6 Lifts, Ski equipment, and Transportation

F6302B - Fee: \$275

6 Lifts, Snowboard equipment, and Transportation

F6302LT - Fee: \$210

6 Lifts and Transportation

F6302T - Fee: \$100

Transportation only

F6302H - Fee: \$25

Helmet Rental

**Optional
Add-On's**

F6302LS - Fee: \$25

3 - 30 minute lessons

Depart from:

- ♦ Buffalo Middle School, door 3, 3:45 pm

Return to:

- ♦ Buffalo Middle School, 9 pm
- ♦ Hanover Elementary, 9:15 pm

High School Grades 9-12

**Mondays, December 6, 13, 20
January 10, 24, 31 (No ski Jan. 17)**

Students may store equipment in the commons. Meet in the cafeteria after school.

F6303S - Fee: \$275

6 Lifts, Ski equipment, and Transportation

F6303B - Fee: \$275

6 Lifts, Snowboard equipment, and Transportation

F6303LT - Fee: \$210

6 Lifts and Transportation

F6303T - Fee: \$100

Transportation only

F6303H - Fee: \$25

Helmet Rental

**Optional
Add-On's**

F6303LS - Fee: \$25

3 - 30 minute lessons

Depart from:

- ♦ Buffalo High School, cafeteria, 3:45 pm

Return to:

- ♦ Buffalo High School, 9 pm
- ♦ Hanover Elementary, 9:15 pm



Helmet rental strongly encouraged.

***Ski or Snowboard
at Powder Ridge!
We can get
you there!***



Open Swim, Adult Aquatics, Pool Info ■■■

Yes! We're
BACK

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

Sundays, 2 - 4 pm
September 12 - December 19

- ♦ 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

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.



Water Workout

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

F5501

Mondays, September 13 - December 20
Buffalo Community Middle School Pool

8:15 - 9 pm

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

Adult Swimming Learning the Basics

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

F5121

Mondays, October 4, 11, 18
3 sessions - \$39

8:15 - 9 pm

Buffalo Community Middle School Pool

Lap Swimming

- ♦ **Sundays**, 2 - 4 pm during open swim
- ♦ **Mondays**, 8:15 - 9 pm during the Water Workout
- ♦ Cost is \$5 per visit - Pay at the pool.

■ ■ ■ Pool Rental & Swim Descriptions



Pool Rental

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

Clip & Save Coupon

\$5 off any Saturday pool rental
Valid until 12/18/21



Register at least one-week prior to start date. Many classes fill quickly. Those with low enrollment will be canceled.



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

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

Parent Child 1

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

Parent Child 2

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



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

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



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

Level 1: Intro to Water Skills

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

Level 2: Fundamental Aquatic Skills

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

Level 3: Stroke Development

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

Level 4: Stroke Improvement

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

Level 5: Stroke Refinement

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

Swimming Lessons ■■■

American Red Cross **Learn to Swim** program offers comprehensive levels to teach students how to swim skillfully and safely. The pre-requisite for each level is the successful demonstration of skills from the preceding level. **Note: The shallow end of our pool is 42" deep. Therefore, children must be 48" in height and at least 6 years old to participate in levels 1-5.** Children under 48" in height should enroll in the Preschool program. Each level of **Learn to Swim** includes basic water safety and helping a swimmer in distress. See class descriptions on page 16.

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

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

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



Monday Lessons

September 20, 27, October 4, 11, 18, 25,
November 1

(Weather Makeup: November 8)

6 pm	Pre-School F5201M	Level 1 F5311M	Level 2 F5321M
6:30 pm	Pre-School F5202M		
7 pm	Level 3 F5331M	Level 4 F5341M	Level 5 F5351M



**Our instructors
make the difference!**

Saturday Lessons

September 18, 25, October 2, 9, 16, 23, 30

(Weather Makeup: November 6)

8:30 am	Pre-School F5201S	Parent/Child 1 F5001S	Level 3 F5331S
9 am	Pre-School F5202S	Parent/Child 2 F5101S	
9:30 am	Pre-School F5203S	Level 1 F5311S	Level 2 F5321S
10 am	Pre-School F5204S		
10:30 am	Level 2 F5322S	Level 4 F5341S	Level 5 F5351S
11:30 am	Level 1 F5312S	Level 2 F5323S	Level 3 F5332S

Wednesday Lessons

September 22, 29, October 6, 13, 20, 27
November 3

(Weather Makeup: November 10)

6 pm	Pre-School F5201W	Parent/Child 1 F5001W
6:30 pm	Pre-School F5202W	Parent/Child 2 F5101W
7 pm	Level 1 F5311W	Level 2 F5321W

Mondays & Wednesdays

November 29, December 1, 6, 8, 13, 15, 20

(Weather Makeup: December 22)

6 pm	Pre-School F5201MW	Level 1 F5311MW	Level 2 F5321MW
6:30 pm	Pre-School F5202MW		

Registration information on page 2

■■■ Recreation & Fitness

Weight Training Circuit

Whether you know your way around the weight room or don't know the difference between a dumbbell and a barbell, this class is for you! Heather will provide education and a weight lifting program that will progressively build and challenge you. Over the 10 weeks, you will become stronger and more confident, in strength training, with good form and technique to get maximum results. We will utilize resistance bands, stability balls, weighted plates with barbells, dumbbells and more. You will gain the knowledge and techniques to continue your training at the local gym or your home gym on the days you are not in this high energy, highly educational and functional training class. The instructor is Heather Moseley, a Certified Personal Trainer and Group Fitness Instructor.

F801

Mondays, September 13 - November 15 6:30-7:30 pm
10 sessions - \$90 Heather Moseley
Buffalo High School Weight Room



T'ai Chi

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

F802

Tuesdays, Septmber 14 - November 23
(No class November 2)
Beginner (First time): 6:15-7:30 pm
Intermediate/Advanced: 7:30-8:45 pm
10 sessions- \$70/person, \$25 each add'l family member
Tatanka Elementary Cafeteria



Fitness Yoga

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

F804A

Tuesdays, September 21 - November 23 6:30-7:30 pm
(No class November 2)
9 sessions - \$63 Edith Engnell
Hanover Elementary New Gym

F804B

Thursdays, September 16 - November 18 6:30-7:30 pm
10 sessions - \$70 Edith Engnell
Hanover Elementary New Gym

Pickle Ball

Private and Small Group Lessons (Age 8 - Adult)

Whether you are just starting out or looking to further your pickleball play, Paul can customize a plan to improve your game at all levels.

- ♦ For group lessons, all players from the group must sign up individually.
- ♦ Once all players from the group have signed up, we will connect you with Paul to coordinate a day/time that works for all.
- ♦ Lessons are at Buffalo Community Middle School tennis courts, September 7-October 20.
- ♦ Private, Group of 2 or Group of 3 - 60 Minutes
- ♦ Group of 4, 5, 6, 7 or 8 - 90 Minutes

Lesson Rates Per Lesson

F860A - Private: \$70
F860B - Group of 2: \$40/player
F860C - Group of 3: \$30/player
F860D - Group of 4: \$25/player
F860E - Group of 5-8: \$20/each

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!

F803

Wednesdays, September 15 - November 17

6:30-7:15 pm

10 sessions - \$70

Buffalo Community Middle School

Susan Super
Weight Room
(enter door 3)



Zumba

ZUMBA is a fun fitness program that combines Latin and international music with high and low intensity moves that help build flexibility and balance. Come dance with us and sweat away every day worries!

F800

Mondays, September 13-November 15

10 sessions- \$70

Buffalo High School

6-7 pm

Jennifer Siegersma

Dance Room

Indoor Walking

Bison Activity Center

- Mon-Thurs, 6 - 9 pm, beginning September 7
- Saturdays, 8 -11 am, beginning October 9
- (Closed November 25, Dec. 25, Jan. 1)
- \$2/person/day or season walking pass (onsite).



Open Gym/Open Swim

Buffalo Middle School (Gym & Pool)

Sundays, 2 - 4 pm

September 12 - December 19

\$5/person or \$10/family

Bison Activity Center (Gym)

Monday - Thursday, 6 - 9 pm

Beginning September 7

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

\$5/person or \$10/family



Home & Hobby

Puppy Training

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

F1239

Mondays, ongoing beginning September 13 6-7 pm
6 sessions - \$100 Dan Rhode
Water's Edge Dog Center



Dog Obedience

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

F1240B

Tuesdays, September 14 - November 2 8-9 pm
8 sessions - \$130 Dan Rhode

F1240C

Tuesdays, October 12 - November 30 7-8 pm
8 sessions - \$130 Dan Rhode

F1240D

Tuesdays, November 9 - December 28 8-9 pm
8 sessions - \$130 Dan Rhode

Guided Autobiography

Have you ever been meaning to write down your life stories and experiences, but can never quite find the time? Or perhaps just the thought of it is too overwhelming.



This class is designed to assist individuals recall, organize and share the contents of their life experiences. Participants will write and share their stories with one another in a small group setting, finding new meaning in their life and putting past significant life events in perspective. It is also an ideal way to pass along valuable lessons, stories and history to your family, friends and future generations. **No writing experience is necessary.**

F1205

Thursdays, September 16-November 4 6:30-8:30 pm
8 sessions - \$89 Bill Marsella
Discovery Center Board Room

On the Wright Track Model Railroad Club

This hobby will teach you the basic construction, electrical and mechanical principles. This is also a great application of artistic ideas and encourages creativity. The activity 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.**

F1232

Fridays, September 17, October 1, 15, 29, November 12, December 3, 17
7 sessions - \$3 nightly or \$21 for the fall session 6:30-8:30 pm
Discovery Center Tim Pacer
Board Room



Register at least one-week prior to start date. Many classes fill quickly. Those with low enrollment will be canceled.



Ballroom Dancing for Beginners

(Partnered adults and teens, age 16+)

Attend this four-week series of beginner level lessons designed as step one into the world of dance. Future opportunities will be provided this winter and spring so you can continue to learn new and exciting steps. Have a fun-filled weekly date night dancing exclusively with your own partner. You're sure to have some laughs learning to dance together and lessons will build your confidence for dancing in front of others! Learn waltz, foxtrot, swing, rumba and more! Practice to popular party and wedding dance songs. **Price is per person, so register individually.** Social distancing maintained in our spacious gym. Face covering is optional.

F1268

Tuesdays September 21-October 12 7-8:30 pm
4 sessions - \$59 per person Deanna Constantine
Parkside Elementary Gym

Photo Organization Print & Digital

Do you have a photo mess? Is your goal to SAVE, ORGANIZE, and SHARE your photos? Discover ways to get every printed/digital photo, movie and memorabilia in one location permanently and safely. Learn about scanners, digitizing old photos, cloud storage and organization. Leave with options to easily access every photo!

F1214A

Monday September 27
1 session - \$29
Discovery Center

7-8:30 pm
Susan DeJute
Room 204

F1214B

Thursday November 11
1 session - \$29
Discovery Center

7-8:30 pm
Susan DeJute
Room 204

How to Write your 'Ethical Will'

An Introduction to Writing Legacy Letters

Through simple interactive writing practice, learn the principles and techniques for writing simple but profound letters that convey your greatest treasures - your faith, life's lessons and values. Connect the dots between how writing your 'Ethical Will' can inform your Legal Will (i.e. estate planning). More details online.

F1204A

Monday, September 27
1 session - \$39
Discovery Center

6:30-8 pm
Bill Marsella
Room 204

F1204B

Monday, October 25
1 session - \$39
Discovery Center

6:30-8 pm
Bill Marsella
Room 204

Mike Lynch Minnesota Starwatch Program

We will have a giant telescopes aimed at Jupiter, Saturn, star clusters, galaxies, and more. Live video telescopes will also be available. Get to know constellations like, The Big Bear, Cygnus the Swan, Pegasus the Winged Horse, and others. Great constellation mythological stories will also be featured! Mike Lynch is a retired WCCO meteorologist and has been hosting star watch parties and teaching astronomy classes since 1972. He also is the author of the book, Stars, a Month by Month Tour of the Constellations. It will be available for purchase at a discount. Super cool glow-in-the-dark star shirts will also be available for sale.

F1218

Thursday September 23 7:30-9:30 pm
1 session - \$15 per person or \$39 per family (same household)
Buffalo High School Choir Room & Outdoors



■ ■ ■ Home & Hobby

Fall Pumpkins

Pumpkins are a great addition to the fall décor. Create a pumpkin that will wow with fun glazes and techniques. A variety of styles will be available to choose from.



F1236A

Friday, September 24
1 session - \$25
Artistic Me, Buffalo

6-8 pm

Mary Randall

Sun Catcher with Wrought Iron Hanger

Create this beautiful 4" x 8 ½" floral sun catcher and frame it with this wrought iron hanger. In this class we will walk through this design step by step. You will be using colored glass, stringers and frit to create this design. This class includes all materials, kiln firing and a wrought iron hanger.



F1236B

Thursday, October 14 6-8 pm
1 session - \$39 Mary Randall
Artistic Me, Buffalo

Fused Glass Tree Plate

Customize a fun cookie or candy plate for the holidays. You will be able to choose the tree color from clear, white or green. Decorate the tree with a combination of frit, stringers, beads and chips.



F1236C

Friday, October 29
1 session - \$35
Artistic Me, Buffalo

6-8 pm

Mary Randall

Hugging Snowman Plate

Who wouldn't love this gnome hugging a snowman plate! Learn some fun techniques decorating this 11" L x 10" W organic shaped plate.



F1236D

Thursday, November 11
1 session - \$35
Artistic Me, Buffalo

6-8 pm

Mary Randall



Podcasting

Learn how to produce and distribute a podcast and take part in one as well in this class delivered by Bob Sansevere, host of *The BS Show* daily podcast for the last five years. Learn what you need and what you need to know to put together your own podcasts. You also will be a guest on a podcast that will be produced during this fun, fast-paced and informative 90 minutes course.

F1209

Thursday, October 28
1 session - \$15
Discovery Center

6-8:30 pm

Bob Sansevere
Room 204

Intro to Voiceover

Discover current trends and how they make it easy and affordable to get involved. Learn about different types of voiceovers and tools you need to find success. Your instructor, a professional voice actor from **Voices For All**, will take notes as you read a real script in this one-on-one video chat setting and offer some coaching to improve your delivery. Receive a professional voiceover evaluation later. One-time, 90-minute, introductory class for \$30. Learn more at voicesforall.com/ooo.



Acrylic Painting on Canvas

Step by step instruction of original painting design on stretched canvas. Canvas will be completed in one three hour class. **All instruction and supplies included in the fee.**

F1247

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

6-9 pm
Charlene Lundberg
Room 202

Acrylic Painting on Wine Glasses

Come design on a set of two wine glasses. Paint is cured in a student's oven or air dried for 21 days. Glasses will be completed in one three hour class. Upon curing, glasses are usable and washable. **All instruction and supplies included in the fee.**

F1248

Thursday, November 11
1 session - \$39
Discovery Center

6-9 pm
Charlene Lundberg
Room 202



Adult Beginner & Advanced Beginner Crochet Class

Learn to crochet with crochet teacher and designer, Abbey Swanson of The Firefly Hook. Those with previous crochet experience will learn a new stitch or two as they make their hat. These hats are made with bulky yarn and a big hook. Hat kits are available for purchase if you would like to start another hat in class to complete at home. A video tutorial is available to assist you. **No experience necessary. All supplies included.** (1 faux fur pom per person; additional poms available for purchase for \$5 each.)



F1242

Tuesday, November 9
1 session- \$30
Discovery Center

6-9 pm
Abbey Swanson, The Firefly Hook
Room 204

German Holiday Treats

We will be baking two German Holiday favorites for you to bring home and enjoy with your family. STREUSELKUCHEN (German Crumb Cake), a deliciously light and airy cake with a layer of apricot preserves that is topped with creamy buttery crumbs and almonds (optional) and PFEFFERNUSSE COOKIES (Peppernuts), a German holiday tradition. These fragrant cookies pack a warm rush of spices with every bite. Also called Peppernuts, they go great with coffee or tea. **A \$10 supply fee is paid directly to instructor at class.**

F1278

Tuesday November 16
1 session - \$29 plus \$10 supply fee
Buffalo Community Middle School

6-9 pm
Char Bzdok
FAC's Room 510



Cooking with Tess!

Have your questions answered by the instructor, interact with other participants, and expand your culinary prep repertoire. Participants will receive a list of ingredients and supplies needed to prepare recipes a week ahead of the class to allow time for shopping and prep. Participants will also receive a detailed handout of the instructor's personal recipes for the recipes shared during these classes. These classes take place on **Zoom**, a free on-line software. Participants will receive an email with instructions how to access the class prior to it starting. As an added bonus, the instructor has created a private group on **Facebook** exclusively for participants of her cooking classes. Everyone will receive an invite to the group although joining is optional. Come join the fun! **Note:** One registration fee for the on-line virtual class and can include participants from the same household only. **If children are participating, adult supervision is required.**



Instant Pot® Freezer Meal Bootcamp!

Tess will demonstrate how to prepare four or five make-ahead meals for the freezer and participants are invited to prepare ONE of the meals along with the instructor! Two of the meals demonstrated are Sweet and Zesty and Greek Lemon Garlic and Herbed Chicken. Participants have the option to prepare some Cheesy Stuffed Shells for their freezers as well!

F1269

Saturday September 18
\$39 per household

4:30-6 pm
Online via Zoom

Make-Ahead Grab-&-Go Breakfast Bootcamp!

Learn the foundations of how to make, store, and reheat, homemade breakfast sandwiches, wraps, waffles, cinnamon French toast sticks and more for the freezer. The instructor will demonstrate all of the items then participants will be invited to Prep-Along some wonderful Homemade Breakfast Sandwiches. Participants will receive a list of ingredients and supplies needed to prepare the Homemade Breakfast Sandwiches a week ahead of the class to allow time for shopping and prep. Participants will also receive a detailed professionally made handout of the instructor's personal recipes and instructions for the breakfasts made during the class.

F1270

Saturday, September 25
\$39 per household

4:30-6 pm
Online via Zoom

30—40 Minute Meals

Learn the foundations, tips and tricks to be successful in mastering the skills to prepare quick 30-40 minute home-cooked nourishing meals in your kitchen by participating in these cook-along classes. Participants will receive an ingredient list / station prep handout a week before class. Participants will also receive a PDF of the instructor's recipes used for each of the classes. Classes will run for no more than an hour to allow time for questions.

F1271A

Wednesday September 22
\$29 per household

Chicken Fried Rice

5:30-6:30 pm
Online via Zoom

F1271B

Wednesday September 29
\$29 per household

Chicken Parmesan

5:30-6:30 pm
Online via Zoom

F1271C

Wednesday October 6
\$29 per household

Chicken Tenders, Baked-Oven-Fried

5:30-6:30 pm
Online via Zoom

F1271D

Wednesday October 13
\$29 per household

Savory, Chicken-Sweet Potato-Stew

5:30-6:30 pm
Online via Zoom

F1271E

Wednesday October 27
\$29 per household

Burgers, Baked Chili, Seasoned Fries

5:30-6:30 pm
Online via Zoom

Cooking with Tess continued

Escape to the Mediterranean

Escape to the Mediterranean with the flavors of Greece in this LIVE COOK-ALONG class! Items on the menu will include Greek Grilled Chicken Souvlaki (skewers), Tzatziki (traditional Greek yogurt dipping sauce), Greek Veggie Rice (prepared in the Instant Pot or on the stovetop), and homemade pita bread! Time permitting; a dressing for a Greek Salad will also be shared. Stand alone or optional Cook Along.

F1272

Saturday, October 9
\$39 per household

4:30-6:30 pm
On-line via Zoom

Air Fryer Hype!

Recipe Ideas for All Ages

Are you thinking about purchasing an air fryer but would like to know more about it first? Well, this class may just answer all those questions! The instructor will demonstrate some family favorite recipes and invite participants to join in for one of them. The recipes demonstrated include: homemade egg-rolls wraps, pizza bites, seasoned potato wedges, and burgers! The cook-along recipe will be Copycat KFC Chicken! While cooking-along is loads of fun, and highly recommended, it is optional.

F1273

Saturday, October 16
\$39 per household

4:30-6:30 pm
Online via Zoom

Instant Pot® Creamy Chicken & Wild-Rice Soup, Chicken & White Bean Chili and Rolls

Two dishes will be made 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, make both! The recipe options for this class are a Minnesota classic Creamy Chicken & Wild Rice Soup, and Chicken and White Bean Chili! We will also be making some wonderful rolls from scratch!

F1274

Saturday, December 4
\$39 per household

4:30-6:30 pm
Online via Zoom

Holiday Cookie & Tin Treats

Continue a tradition that has spanned generations or start a new one by participating in one or all of these classes designed to help fill your holiday cookie tins for gifting! Make it a family-fun affair!

Chocolate-Maple-Coconut-Cookie Bars & Raspberry Cookie Crumb Bars

F1275

Wednesday, November 17
\$29 per household

5:30-6:30 pm
Online via Zoom

Cheese-Cake Stuffed Chocolate Chip Cookies & Brownie Drop Cookies

F1276

Wednesday, December 1
\$29 per household

5:30-6:30 pm
Online via Zoom

Bake & Build a Gingerbread House!

Participants will have a list of ingredients at least a week in advance of the class to allow time for shopping and preparation. Participants will also receive a template that will need to be printed and cut out before class to be used as a "pattern" to cut out the gingerbread before it is baked. The Gingerbread recipe will also be provided in PDF Format. Participants will receive instructions on how to access the class prior to it starting.

F1277

Saturday, December 18
\$39 per household

4:30-6:30 pm
Online via Zoom



This is not a picture of the class project.

Health & Wellness

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.

F1257A

Saturday, September 11
1 session - \$10
Discovery Center

10 am-12 pm
Amea Pribyl
Board Room

F1257B

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

10 am-12 pm
Amea Pribyl
Board Room

F1257C

Saturday, November 13
1 session - \$10
Discovery Center

10 am-12 pm
Amea Pribyl
Board Room

F1257D

Saturday, December 11
1 session - \$10
Discovery Center

10 am-12 pm
Amea Pribyl
Board Room

Qigong on Thursdays

Qigong (chee-gong) is an ancient practice that promotes holistic healing through balancing and clearing your energy fields. It is a simple yet effective method to help you reduce stress and help you to heal physically, emotionally, and spiritually. 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.

F1260A

Thursdays, September 23-October 14
4 session- \$49
Discovery Center

5-6 pm
Amea Pribyl
Board Room

F1260B

Thursdays, October 28-November 18
4 session- \$49
Discovery Center

5-6 pm
Amea Pribyl
Board Room

F1260C

Thursdays, December 2, 9, & 16
3 session- \$39
Discovery Center

5-6 pm
Amea Pribyl
Boardroom



Calm and Gentle Yoga

This flowing yoga class links poses to create strength, flexibility and balance. Breath awareness and breathing exercises are incorporated to help remove tension and lessen stress. A well-rounded class for a wide variety of participants and ability levels – all poses can be modified to fit the individual's flexibility level, and options are given. **Please bring a yoga mat or large towel.**

F1262A

Wednesdays, September 15-October 27 6:30-7:30 pm
7 sessions - \$49 Elizabeth Muellerleile
Parkside Elementary Cafeteria

F1262B

Wednesdays, November 3-December 22 6:30-7:30 pm
(No class Nov. 24)
7 sessions - \$49 Elizabeth Muellerleile
Parkside Elementary Cafeteria

The Art of De-Aging Peel Years Off Your Bio Life

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or body age, however, is measured by how well all of your organs and body systems work. Research has shown you can peel years off your bio age. Learn simple, scientifically proven things you can do to decrease your body age. Also, learn facial acupuncture points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness and eye bag. Reduce lines and prevent new lines from forming.

F1221A

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

6-7:30 pm
Janice Novak

F1221B

Wednesday, November 10
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Avoid the Pitfalls (and weight gain) of Perimenopause/Menopause

Common symptoms include fatigue, migraines, weight gain, depression, sleep disturbances, joint aches, hot flashes, anger flashes and exaggerated PMS. Once you understand what is causing troublesome symptoms, they are easier to correct. Discuss how to get hormone levels measured what to do with the results, traditional HRT vs. bioidentical, acupressure points to assist in symptom relief and nutritional musts. Leave with tools and techniques for restoring health and well-being.

F1247A

Monday, September 27
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1247B

Tuesday, November 30
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Thyroid Things You Need to Know

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, common misconceptions of how and when to take thyroid meds, environmental triggers and info 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.*

F1246A

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

6-7:30 pm
Janice Novak

F1246B

Tuesday, November 2
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak



*Wellness is a connection of paths...
Knowledge and Action*



Is Your Waistband Too Tight? Strategies to Win The Battle Of A Bulging Belly

Getting rid of a potbelly is much more than just doing abdominal exercises. Learn the main causes and 6 strategies for getting rid of belly bloat and do a few exercises designed to strengthen the deepest layer of abdominal muscle - the layer that is responsible for flattening your stomach, shaping your waistline and supporting your lower back. And we will do this without getting on the floor!

F1222A

Wednesday, September 29
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1222B

Thursday, November 4
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1222C

Thursday, December 2
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Metabolism Boosters & Busters

You could lose up to 20 pounds in a year without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. You will learn 20 SIMPLE things you can do every day to boost your metabolism and burn as much as 30% more calories every day.

F1223A

Thursday, September 30
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1223B

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

6-7:30 pm
Janice Novak

Health & Wellness



Acupressure to Assist Weight Loss

Acupressure is an Eastern healing technique involving pressing or massaging key points on the body to stimulate energy flow through pathways called, Meridians. When points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight seems like an impossible task. Learn pressure points to help strengthen thyroid function, boost metabolism, control appetite, decrease cravings, reduce stress eating and strengthen the digestive system.

F1224A

Monday, October 4
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1224B

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

6-7:30 pm
Janice Novak

Overcome Carbohydrate Cravings

Ever had a day where you can't stop eating? Do you crave starches, snack foods and sweets and find the more you eat, the more you want to eat. 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.

F1225A

Tuesday, October 5
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1225B

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

6-7:30 pm
Janice Novak

Mudras: The Ancient Art of hand Yoga

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

F1226A

Wednesday, October 6
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1226B

Tuesday, November 16
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Take Charge of Your Health Through Habit Change

Taking charge of your health and well-being is a personal responsibility. Because health is the most important part of life, well-being is needed to be happy. We will identify factors for change and discussing simple steps to develop habits to shape a healthy future.

F1241A

Wednesday, October 6
1 session - \$39
Discovery Center

6-7:30 pm
Tiffany Klenken
DO Conference Room

Abdominal Strengtheners That Won't Make You Get On the Floor

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.

F1227A

Thursday, October 7
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1227B

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

6-7:30 pm
Janice Novak

Acupressure To Relieve Stress, Anxiety, Insomnia & More

Acupressure is an ancient healing art and self-help tool. 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.

F1228A

Tuesday, October 12
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1228B

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

6-7:30 pm
Janice Novak

Acupressure Face Lift

Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin; increase muscle tone; decrease puffiness and eye bags; reduce lines and prevent new lines from forming; even decrease headaches, relieve eye strain, soothe nerves and increase relaxation.

F1231

Tuesday, October 19
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak



Posture, Get it Straight: Look Younger, Thinner & Feel Better

Learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy to implement tips when at a computer, in a car or working out. And, the good news is no matter how long you may have had poor posture it's correctable. Your clothes will fit and look better, too!

F1229A

Thursday, October 14
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1229B

Thursday, November 18
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak



Just Breathe! Techniques to Calm, Center & Balance

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

F1230A

Monday, October 18
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

F1230B

Monday, December 6
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Health & Wellness

Posture & Osteoporosis:

Building Better Bones

Learn simple techniques to improve posture and stand straighter. We will do a few exercises to help flatten the upper back, un-round shoulders and flatten your mid-section. Discuss research on nutrition and talk about the importance of minerals and trace minerals for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

F1232

Thursday, October 21
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 your hormone levels than anything else. Learn 7 key strategies for fighting fat and losing weight including: concrete solutions (not tricks, not using your will power) for controlling appetite and cravings; ten simple things you can do every day to keep your metabolism burning brightly; how to tell if your thyroid is creating weight problems and what to do about it; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain; and how to help your body begin to lose weight again.

F1233

Tuesday, October 26
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak



Kick the Sugar Habit

Identifying triggers for the sugar cravings and discovering ways to tackle sugar cravings. Reset your mind and take control of your cravings.

Phase 1: pre-cleanse preparation (2 days).

Phase 2: cleanse and detoxify your body (7 days).

Phase 3: re-introduction (5+ days) *Includes a 14 day detox protocol

F1241B

Wednesday, October 27
1 session - \$39
Discovery Center

6-7:30 pm
Tiffany Klenken
Room 204



Hypnosis: Weight Loss, Stop Smoking and Chewing Tobacco

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

If tobacco is controlling your life, health and money, hypnosis can help you stop smoking and/or chewing without withdrawal, cravings or weight gain. Smokers will have a cigarette break off the school grounds. **Bring a pillow, blanket, sleeping bag for added comfort.**

- ♦ **Wednesday, October 27**
- ♦ **Check-in 5:45 pm, 6 pm Introductions for all**
- ♦ **\$59 each session or \$119 for both sessions**
- ♦ Includes reinforcement CD and free reinforcement
- ♦ Lifetime members – No charge
- ♦ Discovery Center Board Room

F1208A 6:45-7:45 pm - Weight Loss Hypnosis

F1208B 6:45-8:45 pm - Both Weight Loss and Smoking

F1208C 7:45-8:45 pm - Smoking and tobacco Hypnosis

Improve Your Health at Any Age

You can't change your chronological age but you CAN shave years off your biological age. Your BioAge is measured by how well all your body systems work. There are many things you can do to affect your BioAge. Studies show you can be 50 and have the physiology of a 30 year old, (and vice versa), depending on how well you take care of yourself. What you do now greatly affects your health and well-being now and in the future. Nothing beats good health! In this workshop, we'll discuss simple steps you can take now to shave years off your bio age and help make every system in your body as healthy as possible. Also, we will do Janice's famous 'One Minute To Better Posture' technique that will have you standing straighter.

F1234

Thursday, October 28
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak

Vitamins & Herbs: Facts and Fallacies

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

F1235

Monday, November 1
1 session - \$35
Online via Zoom

6-7:30 pm
Janice Novak



Accupressure to Relieve Sinus Problems, Headaches & More

Acupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in both children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more.

F1240

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

6-7:30 pm
Janice Novak

Intro to Health Coaching Sessions

Take time to discuss and pinpoint what is keeping you from your health goals. We will Set conditions for inevitable success and turn healthy habits into lasting behaviors. All you need is the right SYSTEM, SUPPORT and ACCOUNTABILITY!

F1241C

Wednesday, November 10
1 session - \$39
Discovery Center

6-7:30 pm
Tiffany Klenken
Room 204



■ ■ ■ Money & Retirement

Savvy Tax Strategies

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

F1215

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

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

The Five Key Risks of Retirement

Before you can embark on building a practical road map to financial security, you need to understand five key risks that can potentially derail a lifetime income plan. In this class we will highlight things to keep in mind to help make the golden years financially successful.

F1212

Wednesday, September 15
1 session - \$15
Discovery Center

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

Women and Wealth

Women, own your financial future! This course is designed to empower you as an investor by addressing common financial considerations faced by women today and how to plan for them. We will discuss how to be financially secure by organizing and prioritizing your financial goals, protecting everything you have worked for and feeling confident about investing. Your goals are important and unique to you, walk away with actionable steps to help confidently grow your wealth.

F1211

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

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

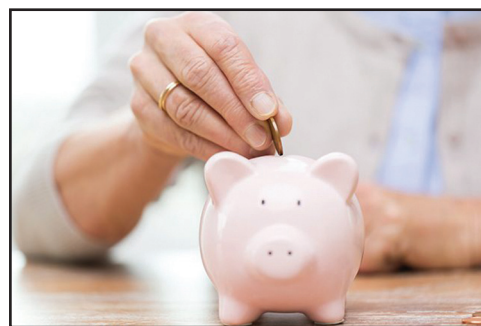
Retirement Plan Options for Business Owners

As a business owner you have several options when it comes to selecting an appropriate retirement plan to save for your future and reward employees. Whether you are a one-person operation or have many employees, there are a variety of plans that are available to you. Come discuss things to consider when putting a plan in place for your business.

F1210

Wednesday, October 6
1 session - \$15
Discovery Center

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



Don't Worry, Retire Happy

In retirement, every day can be like Saturday! That's a lot of time to fill and it's important to have a plan. Learn from financial expert Tom Hegna's book, Don't Worry, Retire Happy: 7 Steps to a Secure Retirement.

F1216

Tuesday, October 12
1 session - \$15
Discovery Center

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

College Planning 101

Learn how choices made in high school can affect admissions and financial prospects. Discover the basics of financial aid AND why it's not too late to have a plan.

F1219

Monday, October 25
1 session - \$15
Discovery Center

6-7 pm
Chad Perkins
Room 204

Savvy Social Security

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

F1217

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

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

Financial Aid 101

This class will answer key questions including what are the different types of financial aid and scholarships, how to calculate the true cost of college and estimating your family contribution.

F1220

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

6-7 pm
Chad Perkins
Room 204

Medicare Basics

This informational class is suitable for anyone who is or will become Medicare eligible and will help answer questions including:

- ♦ What if I 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?
- ♦ What if I don't enroll?
- ♦ How might HSA impact Medicare decision-making?

F1213A

Wednesday, September 22
1 session - \$15
Discovery Center

7-8 pm
Chris McClory
Room 204

F1213B

Wednesday, November 10
1 session - \$15
Discovery Center

7-8 pm
Chris McClory
Room 204



Defensive Driving - 8 Hour Course

If you are 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer you up to a 10% reduction for three years if you complete the National Safety Council's Defensive Driving Course, taught by professional, online certified instructors. The 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.

F1237

Tuesday & Thursday, September 28 & 30
2 sessions - \$29
Discovery Center

5:15-9:15 pm
Bob Digman
Board Room

Defensive Driving - 4 Hour Refresher

If you have taken a state approved 8-hour Defensive Driving Course (55+) in the past, now you can renew your up to 10%, 3 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.

F1238A

Thursday, October 21
1 session - \$25
Discovery Center

5:15-9:15 pm
Board Room

F1238B

Friday, November 12
1 session - \$25
Discovery Center

5:15-9:15 pm
Board Room

The Power of Volunteering

Join **AmeriCorps Seniors RSVP** staff to learn how you can help your neighbors while improving your health and wellbeing. Hear how local seniors are safely involved in volunteer efforts and the benefits that come with helping others. Explore ways to get involved and share your time in ways that are best suited to you!

F1261

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

5-6 pm
Heather Brooks
Room 204



78% of people who volunteer say volunteering made them feel healthier!

Day Trips

Stillwater Day Trip



Saturday, October 2

Experience the beauty of Minnesota's fall colors in historic Stillwater! Walking is required. Be sure to wear comfortable shoes.

Option 1 \$39

F1000A

Fall Colors, Fall Art & Music Festival, Shopping (Lunch on Your Own)

Enjoy the outdoor art festival at the peak of the fall season. Artisan's works feature photography, jewelry, pottery, painting, metal and much more! Regional musicians provide entertainment on both ends of the park. Delicious food items are available in the park or walk uptown to various shops and eating establishments.

Option 2 \$79

F1000B

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

Cruise the St. Croix and enjoy a tasty lunch buffet. Check out the jazz festival and browse local shops. Sample deli meats, cheese, assorted breads, salad choices, fresh fruit and a warm entry that varies daily, cookies and coffee. Cash bar on board riverboat.

- ♦ Coach bus departs Discovery Center, east side door 1, at 8:40 am
- ♦ Bus returns to Buffalo approximately 5:10 pm
- ♦ **Registration deadline is September 23**

Current Covid-19 guidelines will be followed on all our day trips.

Sidekick Theater & Luncheon



Breaking Up is Hard to Do

Thursday, November 18

Set at a Catskills resort in 1960, this is the sweetly comic story of Lois and Marge, two friends from Brooklyn in search of good times and romance over one wild Labor Day weekend. The score showcases 18 Neil Sedaka classics including the chart-topping title song.

F1001

- ♦ Bus departs Discovery Center, door 1, at 10:15 am
- ♦ Lunch begins 11:30 am, Show time is 1-3 pm
- ♦ Returns to Buffalo approx 4 pm
- ♦ **\$89 fee** includes motorcoach transportation, lunch, show and a chaperone
- ♦ **Registration deadline is November 4**



Tuesday, December 7

This tribute to Sammy Davis Jr, Frank Sinatra and Dean Martin will feature such classic tunes as "Luck be a Lady", "Fly Me to the Moon" and "New York New York" as well as Christmas favorites. Don't miss out!

F1002

- ♦ Bus departs Discovery Center, door 1, at 10:45 am
- ♦ Lunch begins 12 pm, Show time is 1:30-3:30 pm
- ♦ Returns to Buffalo approx 4:30 pm
- ♦ **\$89 fee** includes motorcoach transportation, lunch, show and a chaperone
- ♦ **Registration deadline is November 23**

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



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

Fall 2021 Highlights

- ★ **Deer Lake Apple Orchard Tour**
October 4 or 11
- ★ **Halloween Dance, October 30**
- ★ **Festival of Trees, December 7**

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.

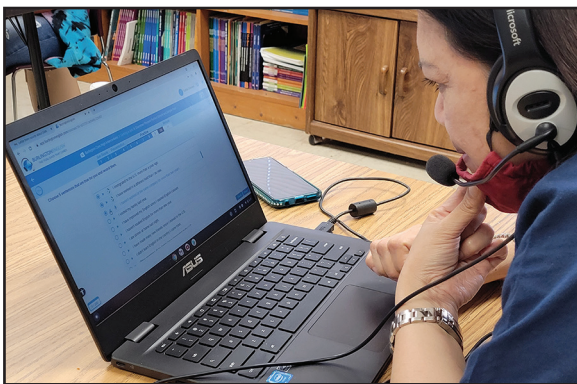
Sheila Johnson, Program Coordinator
sjohnso@bhmschools.org
763.682.8752

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

■■■ ABE Classes

WEST Adult Basic Education (ABE)

WEST Adult Basic Education programs are supported by regional community education departments including Buffalo Community Education. Programs are to help adults age 17 years or older (who are not enrolled in high school) develop basic skills. Visit westabe.org for more information. [See below for WEST ABE services.](#)



ABE Academic Open Labs

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

- ◆ **NEW! Discovery Center, 301 2nd Ave NE, Buffalo**
- ◆ Beginning Tuesday, September 7
- ◆ Mondays & Wednesdays, 1:30-4 pm
- ◆ Tuesdays & Thursdays, 5:30-8:30 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 763.682.8688 or drop in

GED Preparation – see ABE Academic Open Lab

English Language (ELL/ESL) Class

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

- ◆ **NEW! Discovery Center, 301 2nd Ave NE, Buffalo**
- ◆ Beginning Tuesday, September 7
- ◆ Tuesdays & Thursdays 6-8:30 pm
- ◆ Open every month except August
- ◆ Closed same days as BHM Schools
- ◆ Call 763.682.8687 or drop in

Distance Learning – Online Programs

Actively enrolled learners can study anytime, anywhere by using an online program such as PLATO, Moby Max or Rosetta Stone for example. To enroll, call 763.682.8688.

New opportunity!

What: Free childcare while you study!

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

When: Most Tuesday and Thursday nights, 5:30- 8:30 pm, September 14 - May 19.

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

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

How: Call Terrisa Fisher to ask questions and to register 763.682.8688.

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 763.682.8688 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 Diane at 763.682.8733 for more information and to register.** Space is limited.

- ◆ Held at Tuesdays & Thursdays at Discovery Center
- ◆ September 14- December 21 10 am – 2 pm
- ◆ **(No class October 21, November 25)**
- ◆ Lunch and rest time scheduled

GED Testing & Tutoring Opportunities ■ ■ ■

The GED® in Minnesota

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



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

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

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

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

Warning Regarding Misleading GED® Claims

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

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

WEST ABE Programs Near You!

Visit westabe.org

Annandale	320.274.3058
Big Lake.....	763.262.2523
Buffalo/Hanover/Montrose	763.682.8688
Delano	763.972.6210
Howard Lake/Waverly/Winsted ...	320.543.4670
Lester Prairie.....	320.395.2521
Maple Lake	320.963.5991
Monticello	763.272.2132
Monticello Work Force Center	763.271.3768
Orono	952.449.8350
Rockford	763.477.4563
Plymouth	763.745.6034
St. Michael/Albertville	763.497.6550
Watertown/Mayer.....	952.955.0280

For help preparing preparing for the GED, come to your local Adult Basic Education class. **Questions? Contact Jill at 763.272.2040.**

Become a Tutor in 3 Easy Steps!

Volunteer to work alongside Adult Basic Education (ABE) teachers to assist adult learners who are trying to improve academic skills. Volunteers might help with content such as reading, writing, math, and GED preparation or in English acquisition. Roles are either as a classroom assistant or working directly one-to-one with a student. Literacy Minnesota provides core training and ongoing support. For information and/or to register, call Terrisa at 763.682.8688 or Cheryl at 763.745.6034.

Step One Tutor Orientation

Monday, October 11
6 - 8 pm
301 2nd Ave NE, Buffalo

OR

Wednesday, October 13
6 - 8 pm
17340 County Rd 6
Plymouth

Step Two Core Training

Saturday, October 16
9 am - 4:30 pm
301 2nd Ave NE, Buffalo

Step Three Final Session

Monday, October 18
6 - 9 pm
301 2nd Ave NE, Buffalo

Community Activities



Buffalo Community Center
 206 Central Avenue; Buffalo, MN 55313
 Suzanne Kolbinger, Director
 Teri Welter, Assistant Director
 763.682.6036
ci.buffalo.mn.us/communitycenter

Monday

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

Tuesday

9 am Toy Workshop (Sturges Park)
 9 am Open Pool Tables
 1 pm 500 Cards

Wednesday

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

Thursday

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

Friday

9 am Open Pool Tables
 9:30 am Hand & Foot

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



The leaves on the tree in this photo may be green but the leaves on the trees outdoors will soon be changing to beautiful fall colors and there will be a chill in the air. This will be the perfect time to join us at the Buffalo Community Center for an activity or two!

Join us at the Buffalo Community Center for these fun weekly activities!

500 Cards

Join your friends, or meet some new friends, every Tuesday afternoon at 1 pm to play 500 cards. No need to register in advance... just show up and have a great time!

The Weavers

Our Weavers are looking for folks interested in helping make bedrolls for the homeless. The group meets Thursday mornings at 9 am. Current need is for people willing to crochet the bedrolls. **No experience necessary, we will teach you!** Why not help out this great cause and donate a little bit of time. We are also taking donations of plastic bags. If you have some to donate bring them to the Community Center M-F between 8:30 am and 2 pm.

Are you interested in something we are not offering? Please call us and let us know! We are always looking for fun new activities to offer our guests!

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 allina.com/classes or by calling 763.684.7025 or 1.866.904.9962.

Buffalo Hospital has some EXCITING NEWS to share!

- ◆ Buffalo Hospital is named a Wat-son Health™ 100 Top Hospital for the third year in a row!
- ◆ U.S. News & World Report released the 2021-22 Best Hospitals rankings. Buffalo Hospital was named for the first time in this important publication. We earned a High Per-forming rank in pneumonia!
- ◆ This fall, Buffalo Hospital will debut an innovative surgical robot (Mako) for assisting physicians with joint surgery. Come learn what it is all about at an Open House September 14th from 3:00-6:00 p.m. We will plan to have the robotic demon-strations, an information booth, treats, as well as the opportunity to participate in our "Name the Mako" contest.
- ◆ Virginia Piper Cancer Center Buffa-lo will be hosting a cancer screen-ing this fall. Watch the Buffalo Hos-pital Facebook page for date/time.

FREE WELLNESS COACHING

Are you ready to improve your health, enhance your life balance and make lasting changes? The Health and Well-ness Coaches have the training and experience to help you succeed. Com-mon areas of focus include exercise, nutrition, sleep and stress. Individual coaching includes appointments in person, over the phone or both. In-person coaching is available at Buffalo Hospital. **Call 763.684.7025 to sched-ule your FREE appointment today!**

BETTER BREATHERS CLUB (COPD SUPPORT GROUP)

Meets the second Wednesday of each month, 2-3:30 pm, Buffalo Hospital Heart Center. **763.684.3872. FREE**

HEALTHY EATING FOR BETTER HEALTH

Wednesdays, September 15-October 20, 9-10:30 am, Buffalo Hospital and offered virtually. FREE

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!

THRIVING WITH CHRONIC PAIN

Wednesdays, September 22- October 27, 12-1:30 pm, Buffalo Hospital and virtually. FREE

This 6 week, 2.5 hour a week class is designed for people who have a diag-nosis of chronic pain, offering strate-gies for dealing with their symptoms.

VIRTUAL MINDFULNESS TRAINING CLASS SERIES

Thursdays, September 16-October 21, 12-1 pm

**Retreat: Oct. 14, 11:30 am-1:30 pm
Cost: \$160**

This six-week series offers highly effec-tive tools to help you manage stress and achieve a higher state of well-being. Learn to stabilize your mind and increase your resilience through mindfulness practices such as medita-tion and yoga.

CANCER SUPPORT GROUP

Provides a forum for those with can-cer to share information and gain sup-port from each other. Meetings are fa-cilitated by a cancer care coordinator. 2nd Monday of the month, 5-6:30 pm, Conference Center at Buffalo Hospital. **FREE**

VIRTUAL RESILIENT LIFE SERIES

Mondays, November 1-December 6, 7-8 pm, Cost: \$175.00

Resilience is the process of adapting well in the face of significant sources of stress - such as family and rela-tionship problems, serious health problems or workplace and financial stressors. It means "bouncing back" from difficult experiences. Resilience is not a trait that people either have or do not have-we all have aspects of resilience. The behaviors, thoughts and actions that build resilience can be learned and developed in anyone.

PREGNANCY, BIRTH & PARENTING

Buffalo Hospital's Birth Center is a peaceful place to celebrate new be-ginnings in an environment designed for family-centered care. Allina Health partners with Amma Parenting Center to offer online and in person preg-nancy, parenting and newborn care classes to help you prepare for child-birth and healthy childhood develop-ment. ammaparentingcenter.com or call 952.926.2229.

BABY CAFÉ

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

ASK A NURSE

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

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



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

*****ECRWSS**

Resident, School District 877
Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

Visit us online bhmschools.ce.eleyo.com

Fall Activities for Youth



ECFE Fall Festival

Saturday, September 18
10 am-12:30 pm
Sturges Park
Free!



Ski & Snowboard

Registration is open!



Jr Bison Basketball

Registration open
October 1



Staying Safe at Home

p. 9



**ACT Test Prep
and
Driver's Education**
P. 10

Fall Activities for Adults



Star Watch with
Mike Lynch



Water Workout
Gentle Yoga
Heath & Wellness



Cooking
with Tess

Take a trip with Community Ed

(Details on page 34)



Stillwater Day Trip

Saturday, October 2



Breaking Up is Hard to Do

Thursday, November 18



A Rat Pack Christmas

Tuesday, December 7