

Welcome to Community Education Register Online Today!

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Easy Ways to Register!



Online bhmschools.ce.eleyo.com



Phone 763.682.8770



Fax 763.682.8795



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

Registration

- Registration and payment is required to attend classes. Once registered, you will receive an electronic class confirmation if an email is provided
- Please register at least one week prior to the class start date. Decisions about class cancellations are made one-week prior to the class start date

Community Education BUFFALO HANOVER MONTROSE SCHOOLS

Office Location:

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

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

Office Closed: November 28, 29, December 24, 25, 31, January 1, February 17

Office Telephone: Office Fax: 763.682.8770 763.682.8795

Web Sites:

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

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Community Education offers activites for all ages... birth to seniors.

Check us out!



BUFFALO HANOVER MONTROSE SCHOOLS

KidKare Child Care Program

KidKare extends your child's learning day while providing high quality care in a safe and fun environment offering before and after school care, full day non school day care and summer care. KinderKids is a full day care program for 3-5 year olds not yet in school. We offer ½ day care, full day care, and wrap-around care for those enrolled in the district ECFE program. For more information visit bhmschools.org (click Community Ed tab) or call Lori

Trogstad, KidKare Coordinator, at 763.682.8787.

Site Locations

Parkside Elementary:

Site phone: 763.682.8746

Northwinds Elementary:

Site phone: 763.682.8830

Tatanka Elementary:

Site phone: 763.682.8631

Hanover Elementary:

Site phone: 763.682.0870

Montrose Elementary:

Site phone: 763.682.8360



KidKare Offers:

- Flexible Scheduling
- Full-day KinderKids preschool program at Hanover, Parkside, Northwinds and Tatanka
- Indoor and outdoor activities
- Quality staff
- Homework help
- Non-school day care year round

For more information:

- 1. Visit **bhmschools.org** (click community ed tab)
- 2. Visit any KidKare site
- 3. Call Lori 763.682.8787



High School Drivers Education

Classroom and Behind-the-Wheel

Register online for Spring classes at bhmschools.ce.eleyo.com

<u>Classroom Instruction:</u> Our program includes 30 hours of classroom instruction, as required by law, in ten 3-hour sessions with a licensed teacher.

<u>Behind-the-Wheel (BTW) Instruction:</u> Our program includes 6-hours of Behind-the-Wheel instruction with a Certified Safety Instructor. Usually, driving lessons are scheduled 30 days apart, allowing for practice driving time with parents in-between lessons.

<u>Parent Involvement:</u> The *Parent and Student Safety Meeting* assists students and parents with understanding Minnesota Laws and responsibilities for student drivers and their parent/guardian. Attending this meeting reduces the parent supervised driving time by 10 hours.

SPDE20A

Mondays & Wednesdays, February 10 - March 16 3:35-6:35 pm Mr. Gunderson 10 classroom sessions and 6 BTW Hours - \$360 Buffalo High School Room F101

Parent & Student Safety Meeting: March 11, 6:35-8:35 pm

SPDE20B

Tuesdays & Thursdays, April 7 - May 7 3:35-6:35 pm Mr. Holtz 10 classroom sessions and 6 BTW Hours - \$360 Buffalo High School Room D106

Parent & Student Safety Meeting: May 5, 6:35-8:35 pm

Visit bhmschools.org/community-ed for registration forms or bhmschools.ce.eleyo.com to register online!

■ ■ Welcome to Early Childhood Family Education



Barbara Eckberg

From the Coordinator.....

Research has shown the skills your child needs to be successful in the future are social and emotional skills. The more socially skilled children are, the more likely they are to succeed in school. Because this is so important, we are implementing the **Pyramid Model** in our Ready Set Grow, Kid Kare and Early Childhood Special Education programs.

What is the Pyramid Model?

The goal of the Pyramid Model is to create an environment of success by designing classrooms that promote engagement in learning and by building positive relationships among children, families, and staff. In our use of the Pyramid Model, our classroom staff will work together to ensure that all children understand behavior expectations, receive instruction in social skills, and those children who demonstrate a need for additional support, receive individual supports, from the teaching team.



What Happens in a Parent and Child Class...



Class begins with activities for parents and children together.



Parents separate from children for discussion facilitated by a Parent Educator.



Children remain with an Early Childhood Educator for age-appropriate education.

ECFE Sliding Fee Scale

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

			_					
# of sessions	12 se 1 child	ssions 2+ child	13 se 1 child	essions 2+ child	14 se 1 child	ssions 2+ child	15 se	essions 2+ child
0-19,999	\$14	\$19	\$15	\$20	\$16	\$21	\$17	\$22
20,000-39.999	\$38	\$44	\$41	\$47	\$44	\$50	\$47	\$53
40,000-59,999	\$62	\$69	\$67	\$74	\$72	\$79	\$77	\$84
60,000-79,999	\$84	\$92	\$91	\$99	\$98	\$106	\$105	\$113
80,000-99,999	\$110	\$119	\$119	\$128	\$128	\$137	\$137	\$146
100,000+	\$137	\$147	\$147	\$157	\$157	\$167	\$167	\$177

If you have questions, please call ECFE at 763.682.8780.

Infant Class

(0-9 month old and their 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.

W4000B

Tuesdays, February 4 - March 3 8:30-9:30 am

5 sessions - FREE Diane Mastel
Discovery Center Room EC1



Hey, registration for ECFE classes opens at 8 am
November 26

ECFE is an Early Childhood Family Education and School Readiness program.

We provide parent education, together with early childhood education, for parents and their children aged birth to kindergarten enrollment. This also includes expectant parents. Parents and children participate in classes, parent discussion groups, home visits, or special events. We are part of Community Education and are funded by a local tax levy, state aid, and fees. Classes are taught by licensed early childhood or parent educators. We believe that "home is the child's first learning environment and parents are the child's first and most important teachers." To learn more call 763.682.8780.

Mixed Ages

Separating parent group classes for children birth to 5 years by September 1, 2019

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

W4005A (Buffalo)

Mondays, January 13 - May 4

8:30-10:15 am

(No class Jan. 20, 27, Feb. 17, Mar. 30)

Discovery Center Room EC1 & EC4
Patty Lammers/Andrea Jonasson

Fee: 13 week session - Sliding fee scale

W4005B (Buffalo)

Mondays, January 13 - May 4

10:30 am-12:15 pm

(No class Jan. 20, 27, Feb. 17, Mar. 30)

Discovery Center Room EC1 & EC4 Patty Lammers/Andrea Jonasson Fee: 13 week session - Sliding fee scale

W4005C (Buffalo)

Wednesdays, January 15 - April 29

8:30-10:15 am

(No class March 25, April 1)

Discovery Center Room EC1 & EC4
Patty Lammers/Diane Mastel

Fee: 14 week session - Sliding fee scale

W4005D (Buffalo)

Wednesdays, January 15 - April 29

10:30 am-12:15 pm

(No class March 25, April 1)

Discovery Center Room EC1 & EC4

Patty Lammers/Diane Mastel

Fee: 14 week session - Sliding fee scale



W4005E (Hanover)

Tuesdays, January 14 - April 28

8:30-10:15 am

(No class March 31)

Hanover Elementary ECFE Rooms

Jen Dismang/Andrea Jonasson

Fee: 15 week session - Sliding fee scale

W4005F (Hanover)

Thursdays, January 16 - April 30

8:30-10:15 am

(No class Feb. 13, Mar. 26, Apr. 2)

Hanover Elementary ECFE Rooms Jen Dismang/Andrea Jonasson

Fee: 13 week session - Sliding fee scale

W4005G (Montrose)

Wednesdays, January 15 - April 29

8:30-10:15 am

(No class March 25, April 1)

Montrose Early Ed Center ECFE Rooms Jen Dismang/Andrea Jonasson

Fee: 14 week session - Sliding fee scale



Sliding fee scale on page 4

■■■ Parent Child Classes

Explore parent/child activities designed just for parents and children birth to 5 years. This gently-separating class will focus on parents and children who want time together after the childcare day, with a grandparent or other important adult in the life of a young child. We create a great environment of activities, circle time, get "messy" with paint, sand, and sensory table activities.

Marvelous Mondays in Buffalo

W4005J

Mondays, January 13 - May 4 5:30 - 7 pm (No class Jan. 20, 27, Feb. 17, Mar. 30)

Discovery Center Room EC1 & EC4

Annette Rabusch/Jen Roback Fee: 13 week session - Sliding Fee



W4005H

Tuesdays, January 14 - April 28 5:30 - 7 pm (No class February 25, March 3, 31)
Montrose Early Education Center ECFE Room Patty Lammers/Diane Mastel

Fee: 13 week session - Sliding Fee



Sliding fee scale on page 4

Tourneys

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. Children participate in story time, snack time and active play. Parents work with a parent educator to discuss the joys and challenges of parenting a child with special needs.

W4008

Fridays, January 17 - May 1 8:30-10:15 am **(No class March 27, April 3)**

Discovery Center Room EC1 & EC4
Diane Mastel/Patty Lammers

Fee: 14 week session - Free!





Dads have fun at ECFE too!

Playtime for Everyone!

Children Birth-5 years and their parents/caregiver Stop by to have fun in our early childhood classroom. Parents/caregivers and children stay together to participate in fun activities, meet other families with young children and find support in shared community resources. There will be new toys and activities each week, songs, fingerplays and new friends for everyone. Registration is necessary with a one-time fee.

W4054A

Mondays, February 3 - March 16 9-10:30 am
(No class February 17)
6 sessions - \$20 per family Annette Rabusch
Hanover Elementary ECFE Room

Bringing families together at ECFE



Family Learning

Who is the Family Learning Class for?
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

Call 763.682.8780 to inquire about registration. Limited transportation available. School lunch provided.

W4029

Tuesdays & Thursdays, January 7 - May 21 10 am - 2 pm (No class Feb. 13, Mar. 31, Apr. 2) Discovery Center Rooms EC1 & EC4 No Fee

Diane Mastel, Patty Lammers, Terrisa Fisher

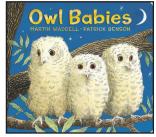
Registration for ECFE

classes opens at 8 am

November 26

Owl Babies

Three baby owls, Sarah, Percy and Bill wake up one night in their hole in a tree to find that their mother has gone and they wonder where she is. So they sit on a branch and wait. Parents and children will enjoy this story about the parent



child relationship. Each family receives a FREE copy of this touching story. Limit 12.

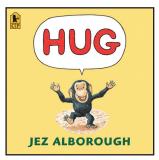
F4007C

Thursday, December 12 1 session - \$5 per family Hanover Elementary

6-7 pm **ECFE** staff **ECFE Room**

Hua

Bobo needs a hug. But his friends don't seem to understand. "Hug," he implores, time and again. Time and again his puzzled pals—from the smallest chameleon to the tallest giraffe-shrug and cuddle with their jungle mothers. Each family receives a FREE copy of this en-

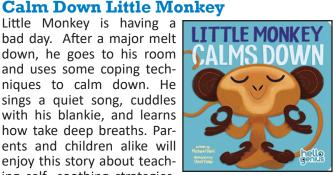


dearing tribute to love and belonging. Limit 12.

W4007D

Thursday, January 16 5:30-6:30 pm 1 session - \$5 per family **ECFE Staff Discovery Center** Room EC1

Little Monkey is having a bad day. After a major melt down, he goes to his room and uses some coping techniques to calm down. He sings a quiet song, cuddles with his blankie, and learns how take deep breaths. Parents and children alike will enjoy this story about teaching self- soothing strategies.



Each family receives a FREE copy of the book to take home!

W4007F

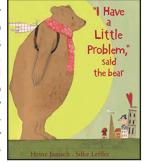
Thursday, February 20 5:30-6:30 pm 1 session - \$5 per family **ECFE Staff** Discovery Center Room EC 1

W4007G

Thursday, April 30 5:30-6:30 pm 1 session - \$5 per family ECFE Staff Montrose Elementary **ECFE Room**

"I Have a Little Problem", said the Bear

"I Have a Little Problem." said the Bear follows a troubled bear as he tries to find someone to listen to his problem. He visits everyone from an inventor to a doctor to find someone who will listen, but everyone is quick to provide a solution before they even listen to his problem! Children and parents alike will enjoy this story about the importance Each family reof listening.



ceives a FREE copy of the book to take home!

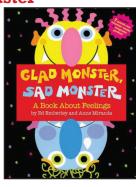
W4007E

Thursday, January 30 1 session - \$5 per family Discovery Center

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

Glad Monster Sad Monster

Glad Monster Sad Monster is a book about feelings with fun monster masks that children can try on and talk about times when they felt glad, sad, loving, worried, silly, angry and scared—just like the monsters! Children and parents alike will enjoy this story about the names of emotions. Each family receives a FREE copy of the book to take home!



W4007H

Thursday, March 12 1 session - \$5 per family Hanover Elementary

6:30-7:30 pm **ECFE Staff** ECFE Room

■■■ Preschool & Early Childhood Screening

Call ECFE at 763.682.8780 for availability

Spring Into Preschool

Patty Lammers/Diane Mastel

2.5 year olds by January 1, 2020

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 with preregistration on parent group days only.

4034C

Fridays, January 17 - May 8
(No class March 27, April 3)
Discovery Center
Sibling Care

10:45 am - 12:15 pm
Room EC1, EC4
Room EC6

Parent Education Days: January 17, February 7, March 6, and April 10

Visitation Day: January 17 - Parents and children come to class together and stay together for this session

Spring Into Preschool Payment Information

\$50 registration fee plus

4 monthly payments due January 15 - April 15, 2020

Each payment \$42/month
Sibling Care: One-time payment \$25/family

Save the Date Buffa

Preschool 2020-2021 Open House

February 6, 6:15-7:15 pm Buffalo, Hanover and Montrose Sites

Early Childhood Screening (ages 3-5 years)

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

Buffalo February 21, 22 March 6, 13, 20, 21 April 17 May 8, 28, 29 Hanover February 7 March 25 May 1

Montrose April 10 May 18

Ready Set Grow Preschool - Montrose

3-5 year old by September 1, 2019

Nurture and explore friendships, routines and building social skills. Activities include storytelling, fingerplay, music, art, large muscle play and free choice. Teachers activities based on the Creative Curriculum and observe children using the Teaching Strategies Gold Assessment.

4205M (2 DAY - Montrose)

Mondays & Fridays, September 23 - May 22 8 - 11 am (No class Jan. 3, 20, 27, Feb. 17, Mar. 27, Apr. 3)
Montrose Early Ed Center ECFE Room Jen Dismang

Ready Set Grow Preschool - Montrose Payment Information

\$50 registration fee plus 5 monthly payments due January 15 - May 15, 2020

Each payment \$112/month

Ready Set Grow Preschool - Buffalo

4-5 year old by September 1, 2019

Nurture and explore friendships, routines and building social skills. Activities include storytelling, fingerplay, music, art, large muscle play and free choice. Teachers activities based on the Creative Curriculum and observe children using the Teaching Strategies Gold Assessment.

4206D and F4206F

Mondays-Fridays, September 9 - May 18 12-3 pm (No class Nov. 25-28, Dec. 23-Jan. 2, Jan. 20, 27, Feb. 13, 17, Mar. 25, 26, 30, 31, Apr. 1, 2)
Discovery Center Room M4 & M5
Miranda Weber & Emily Pearson

Ready Set Grow Preschool - Buffalo Payment Information

\$50 registration fee plus you choose number of days 5 monthly payments due December 15 - April 15, 2020

> 2-Days/Week: Each payment \$112/month 3-Days/Week: Each payment \$180/month 4-Days/Week: Each payment \$224/month



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



Parenting 8-7-7 Closed Facebook Group



Parenting can be difficult 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 763.682.8780 for information



ECFE Mission & Goals

"The ECFE mission is to support and strengthen parents - the first and most important teachers in a young child's life." Our goals are to:

- Support parents in their child-rearing efforts
- Teach parents about child development and parenting techniques
- Give children opportunities to discover and learn with their parents
- Provide inclusive, developmentally appropriate preschool classes with parent participation
- Encourage a smooth transition to kindergarten and parents' involvement during the school-age years
- Provide information on community resources available to parents and children

Early Childhood Family Education Advisory Council

You are invited to join other parents of young children, who meet together at Discovery Center during the program year, to provide input from a parent perspective about BHM ECFE programs: including Ready Set Grow Preschool, Spring Into Preschool, ECFE Parent/Child classes and Early Childhood Screening. The meetings take place 6 - 7:15 pm, at the Discovery Center in Buffalo, with childcare provided with prior notice on the following dates: January 6, February 3, March 2, April 6, May 4. Join the ECFE Parent Advisory Council and their work to support BHM Early Childhood programs and receive a 10% discount on your ECFE fees/tuition! For more information contact Barbara Eckberg IMH-E II, ECFE Coordinator, 763.682.8753 or beckberg@bhmschools.org



Peter Pan is a free-spirited and mischievous young boy who can fly and never grows up. He spends his never-ending childhood having adventures on the mythical island of Neverland. Up to 81 local children are needed to play the roles of Peter Pan, Wendy, John, Michael, Nana, Tinkerbelle, The Crocodile, The Pirates, The Lost Kids, and the other inhabitants of Neverland.

- Every student who registers will audition and be assigned a part in the play
- Auditions are open to students age 7- 16
- Auditions are Monday, February 24, 3:40 5:40 pm. (Between 2:30 3:40 pm the directors will conduct an acting workshop for elementary students who arrive at 2:30)
- The audition process lasts up to two hours. Students are required to attend the entire time
- Cast assignments and rehearsal schedules are handed out at the end of auditions
- Two professional actor/directors from Prairie Fire's staff will direct the production and play the roles of Tiger Lil and Captain Hook
- The public performance is Friday, February 28,
 7 pm in the Discovery Center auditorium
- Tickets for the public performance on sale at the Community Education office beginning Monday, February 24, 8 am-4 pm, or tickets can be purchased at the door beginning at 6 pm the night of the performance
- Tickets are \$7 adult/\$4 student/preschool free
- Doors will open at 6 pm (no reserved seating)

W610

Monday-Friday, February 24 - 28 3:40 - 8 pm (Note: Practice on Feb. 25 will be 3:40-6 pm) 5 sessions - \$79

Discovery Center Auditorium

Encore Piano Lessons

Each class is a 30-minute private piano lesson.
Our instructors are friendly, caring and trained professionals you can trust.
Register online **bhmschools.ce.eleyo.com**or call 763.682.8770.

Instructor Kathy Ebert in Buffalo Bella Baldwin teaching January Lessons (For students age 6 to adult)

Tuesdays, December 3 - February 18

(No lessons Dec. 10, 24, 31) 9 Private Lessons - \$315 Northwinds Elementary

Stage Area

W1702A 4:00 pm W1702D 5:30 pm W1702B 4:30 pm W1702E 6:00 pm W1702C 5:00 pm W1702F 6:30 pm

Thursdays, December 19 - February 20

(No lessons Dec. 26)

9 Private Lessons - \$315 Discovery Center

Music Room

W1703A 4:00 pm W1703D 5:30 pm W1703B 4:30 pm W1703E 6:00 pm W1703C 5:00 pm W1703F 6:30 pm

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

Thursdays, December 12 - January 30 (No lessons Dec. 26)

(**No lessons Dec. 26)** 7 Private Lessons - \$245

7 Private Lessons - \$245 Hanover Elementary

Music Room

3:00 pm	W1704E	5:00 pm
3:30 pm	W1704F	5:30 pm
4:00 pm	W1704G	6:00 pm
4:30 pm	W1704H	6:30 pm
	3:30 pm 4:00 pm	3:30 pm W1704F 4:00 pm W1704G



Mimic a Masterpiece (Grades K-5)

Come to our Mimic a Masterpiece class and make masterpieces in the style of great Art Masters. We will paint in the impasto style like Vincent Van Gogh, create a striking collage in the manner of Henri Matisse, and follow after Pablo Picasso's use of analogous paint colors. Even if you've never painted before, join us and create unique masterpieces all your own!

W690

Tuesdays, January 28 - February 25 2:30 - 3:30 pm 5 sessions - \$69 Montrose Elementary Art/Science Room





Community **Education offers** adult art classes too. See page 28 for class details!

Crochet Frenzy - Turtle Pillow/Stuffy

and Scarf

(**Grades 1-5**)

In this class you will learn how to make chains and a single crochet stitch. You'll go home with a turtle pillow/ stuffy and a scarf you have made yourself! The type



of scarf will be according to age and ability. Younger kids with no crochet experience will make a scarf with crochet chains. Others will learn the single crochet and those with previous experience can learn a new stitch. No experience necessary - all supplies included. You may bring a nut-free snack to class.

W661

Tuesday, January 14 1 session - \$34 **Discovery Center**

2:30 - 5 pm Abbey Swanson Room EC4

Crochet Club

Join us as we learn the basics of crochet and make a cowl and a pom bunny. New stitches will be taught to those who know the basics of crochet. No experience necessary - all supplies included. You may bring a nut-free snack to class.

W660

Saturday, February 8 9 am - 12 pm 1 session - \$40 Abbey Swanson **Discovery Center** Room EC4



Hanover Choir (**Grades 3-5**)

The only thing better than singing is singing with friends! Pre-registration with payment is required. Mary Dotzler, Hanover Music teacher, 763.682.0855.

W621

Mondays, February 10 - April 27 2:30 - 3:15 pm (No class February 17, March 30) Performance April 28 Fee: \$40

Hanover Elementary

Music Room

Northwinds Choir

(**Grades 4-5**)

The only thing better than singing is singing with friends! Pre-registration with payment required. Kristi Wagner, Northwinds Music teacher, 763.682.8832.

W620

Mondays, February 3 - April 27 2:30-3:15 pm (No class February 17, March 30) Performance April 28 Fee: \$40

Northwinds Elementary Music Room

The Color of Winter

When it's cold outside warm up with KidzArt's projects to celebrate the winter season. You will learn how to draw an anime snowboarder, then create a 3-D mug of hot cocoa, and design winter mittens on

F692

scratch paper.

Tuesdays, December 3, 10, 17 3 sessions - \$34 Hanover Elementary



(Grades K-5)

2:30 - 3:30 pm KidzArt Staff Art Room

Paint Your Puppy! (Ages 4-9)

This is your chance to paint a portrait of your favorite puppy pal! Come to class ready for some mess making fun. You will use your fingers to paint a portrait of your adorable pouch. Please bring a beverage and nut-free snack to class.

W693

Monday, January 20 1 session - \$34 Discovery Center



9 am - 12 pm KidCreate Studio Room EC2

Olaf and Friends (Ages 5-12)

If you're as excited about Frozen 2 as we are, come join us on an Arendelle adventure! We'll travel through the kingdom with Olaf and his friends, using paint, clay and so much more to create many icy masterpieces. We'll even get in touch with our ice powers and create our very own snow globes and Olaf bobble heads.



W691

Thursday & Friday, December 26 & 27 2 sessions - \$63 Discovery Center

9:30 - 11:30 am KidCreate Studio Room EC2

Cartooning Fun

Tuesdays, January 21 - February 18

(Grades K-5)

2:30 - 3:30 pm

KidzArt Staff

Art Room

Join us as we explore different ways to draw cartoon characters. From Anime to character design and wacky flipbooks this class is all about creating and having fun. We will use markers, colored pencils, and watercolors to make our characters come alive!!!

(Ages 4-9)

9 am - 12 pm

KidCreate Studio

Room EC2

Hatchimals

Doesn't designing your very own Hatchimal sound like a dream come true? We'll sculpt and splatter our Hatchimal eggs until they look just like the real thing -- we'll even create a tiny fuzzy Hatchimal to go inside! Please bring a beverage and nut-free snack to class.

W692

Monday, December 30 1 session - \$34 Discovery Center Register at least one-week prior to start date.
Some classes fill quickly.
Those with low enrollment will be canceled at that time.



W694

5 sessions - \$69

Hanover Elementary



These classes are held at Artistic Me - 205 5th Street NE, Buffalo. Students may meet at the Community Education office at Discovery Center and walk over with a chaperone, or parents may bring their student to Artistic Me. All parents will pick up their student at Artistic Me after class.

The 4 Snowmen



(Grades 1-5)

Create a fun and colorful fused glass votive holder. Learn how to safely cut, shape and assemble on flat glass using bits and pieces of colorful glass, stingers, noodles, chips and dots. Items

will be fired and ready to pick up at a later date.

F699

Tuesday, December 10 1 session - \$27

2:45 - 3:45 pm Artistic Me



Customize your family celebration plate with the use of a precut stencil and fun colors! The vinyl cut will contain the star with the words, "Star for a Day", and an outline of the star.

Food safe glazes are used. Plates will be kiln fired and ready to pick up at a later date.

W695

Tuesday, January 7 1 session - \$19

2:45 - 3:45 pm Artistic Me

Heart Plate



(Grades K-5)

This heart shape is a perfect background for your creation. Fill the heart with a design, write a message or create a valentine. The finished item

will be fired and slumped into a shallow bowl that can be used for trinkets or candies. Items will need to be picked up at a later date after being fired.

W696

Thursday, January 23 1 session - \$32

2:45 - 3:45 pm Artistic Me

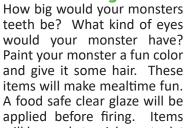
Fused Glass Heart

Show your valentine how much you care with a 4 x 5 inch fused glass heart created just for them. This glass heart makes a perfect gift or can be hung with a piece of ribbon as a sun catcher. Items will be fired and ready to pick up at a later date.

W697

Tuesday, February 4 1 session - \$17

Monster Mug or Plate



will be ready to pick up at a later date.

W698

Thursday, February 20 1 session - \$18

Paint Party

Join us for paint time and snacks. Choose an item to paint from our selection we will have for you. You can make this item for yourself or as a gift

for someone special. Items will be clear glazed and fired and ready to pick up at a later date.

W699

Thursday, February 27 1 session - \$25

2:45 - 3:45 pm Artistic Me

(Grades K-5)



(Grades K-5)

2:45 - 3:45 pm

Artistic Me



(Grades K-5)

2:45 - 3:45 pm

Artistic Me



Grandmasters of Chess (Grades K-5)

New and returning students invited. This winter session focuses on advanced beginner and intermediate concepts. The Youth Enrichment League Teach It!...Practice It!...Play It! method keeps chess students progressing through 60+ chess lessons and thousands of puzzles as well as guided games and in-class tournaments. Class fee includes ChessKid.com membership for the session (\$49 annual value).

W689A

Wednesdays, January 15 - February 12 2:30 - 3:30 pm 5 sessions - \$75 Youth Enrichment League Hanover Elementary Media Center

W689B

Wednesdays, February 19 - March 18 2:30 - 3:30 pm 5 sessions - \$75 Youth Enrichment League Discovery Center Commons B



Youth Hunter Gun Safety

For boys and girls 11 years old by January 1, 2020. Students who complete all the requirements receive a MN Dept of Natural Resources Firearms Safety Certificate. Questions contact Jerry Veches, 763.682.5858.

Registration Information:

- Registration is January 28, 7-8:30 pm at the Buffalo High School front lobby
- Parent or guardian <u>must</u> attend registration <u>and</u> the first night of class with the student
- Birth certificate required! Registration can not be accepted without a birth certificate
- No telephone registrations
- Local fee is \$7.50. An additional \$7.50 DNR fee will be paid directly to the DNR online. This information given at registration
- 9-week class begins February 4, 7 pm at Buffalo High School
- Co-sponsored by Buffalo Conservation Club, MN DNR and Community Education



PrepStar ACT Math Mania

For many students, the ACT math section can be very intimidating if they have not excelled in math as a student. This small group class will provide exceptional content review for students to grasp the most important concepts covered on the ACT test. It will also provide specific ways to better utilize calculators to improve efficiency and accuracy. Please bring pencil and calculator.

W1202

Tuesdays, March 10, 17, 24 4-6 pm 3 sessions - \$199 Michael Bloch Buffalo High School Room C122

PrepStar Premium ACT

PrepStar Premium is a 24-hour ACT preparation course unlike any other. The class is thorough, challenging and extremely effective. The class includes: Extensive content review, Effective strategies, Outstanding teachers, full ACT practice tests, Detailed score reports from practice tests, Online scoring for practice tests for immediate results, Make-up content available via video.

W1201

Thursdays, March 12, 19, April 9, 16 5:30-8:30 pm Saturdays, March 14, April 11, 18 9 am-1 pm 7 sessions - \$349 Mike Bloch & Nancy Eynich Buffalo High School Room C219

ZAP the ACT Test

Students who take college admissions test "cold" are increasingly at a disadvantage. Practice tests help focus subject review. Experience with the ACT can improve scores by 2-6 points. Score improvement depends on the amount of effort put into preparation. Students will find out what is on the ACT Test and become familiar with test style. Students will receive 24 practice tests for the ACT and Zapping the ACT study guide and specific strategies for each type of question on the ACT.

W1200

Monday & Tuesday, April 6 & 7 3:30-6 pm 2 sessions - \$99 Jay Meier Buffalo High School Room C219

Jr. Engineering Crazy Gears and Wheels (Grades K-4)

Learn about engineering and physical science principles

behind different action machines. Working in teams,

students will build crazy wheeled and geared contrap-

tions that spring into action. Make tops, spinners, zip

lines, rubber band-powered cars, crimping cars, and

other crazy contraptions. Please bring a drink and nut-



Extreme Robotics (Grades 3-8)
Come learn foundational build-

ing and be introduced to proconcepts with learning about the new Sen-

gramming concepts with learning about the new Sensors, Motors, and Special Technics components. We will work in small groups to build and program smart robots, including navigation and manipulation, using the different Sensors and motors. Please bring a drink and nut-free snack to class.

W640

Saturday, January 25 1 session - \$45 Discovery Center

free snack to class.

9 am - 12 pm Tech Academy Room 204

W641

Saturday, February 22 1 session - \$45 Discovery Center 9 am - 12 pm Tech Academy Room 204

Code Wizards HG (Grades 3-12)

CODEWIZARDShq is a global coding school for youth, offering live, online classes led by exceptional instructors. CODEWIZARDShq believes computer coding is for everyone and anyone can learn to write code. These are interactive, LIVE classes taught by instructors in real-time (not recorded videos). Instructors are friendly, qualified, committed, prepared, constantly improving and exhaustively vetted. Each group is a small group, 6-8 students with ample opportunity for individual attention and group work. It is an engaging, effective and a convenient way to learn. Each option is 12 weeks, \$149 per month (\$447 total)

To register for the classes below, go to codewizardshq.com/ce

Animation and Interactive Games with Scratch (Grades 3-5)

Students build a strong foundation in computational and solution-oriented thinking by creating fun animations, engaging stories and interactive games with Scratch. Scratch is a visual, drag and drop coding platform built by MIT, specifically for young students who are just getting started with programming. No exposure to Scratch or Code.org needed.

OPTION 1

Wednesdays, February 5 - April 29 5:30 - 6:30 pm

OPTION 2

Sundays, February 9 - May 3 3 - 4 pm

Introduction to Programming with Python (Grades 6-8)

Students learn the fundamentals of programming using Python, a beginner friendly programming language. In this hands-on class, students build fun, engaging projects while mastering fundamental programming principles like variables, loops, conditionals, arrays, functions and more. **No experience in programming needed.** This class is also ideal for students who have experience with block based programming like Scratch, code.org and want to level up to text-based programming.

OPTION 1

Fridays, February 7 - May 1 7 - 8 pm

OPTION 2

Sundays, February 9 - May 3 4:30 - 5:30 pm

Python Programming (Grades 9-12)

Students get a robust introduction to Python, a popular language widely used in the emerging fields of data sciences, machine learning and artificial intelligence. In this hands-on, project-based class, students learn fundamental programming principles like variables, loops, conditionals, arrays, functions and more! The course is designed to provide students with a strong foundation in Python enabling them to build more complex coding projects in subsequent classes. No or minimal structured experience in learning a real-world, text-based programming language needed.

OPTION 1

Thursdays, February 6 - April 30

5:30 - 6:30 pm

OPTION 2

Sundays, February 9 - May 3

6 - 7 pm



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. Sign up for one or both sessions - new skills each week. Classes include a free uniform!

W673A

Tuesdays, January 7 - 28	2:30 - 3:15 pm
4 sessions - \$42	
Discovery Center	Gym

W673B

Tuesdays, February 4 - 25	2:30 - 3:15 pm
4 sessions - \$42	
Discovery Center	Gym

W673C

Tuesdays, March 3 - 24	2:30 - 3:15 pm
4 sessions - \$42	
Discovery Center	Gym

W674A

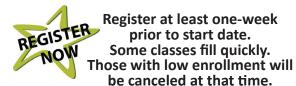
Thursdays, January 9 - 30	2:30 - 3:15 pm
4 sessions - \$42	
Hanover Elementary	Gym

W674B

Thursdays, February 6 - 27	2:30 - 3:15 pm
4 sessions - \$42	
Hanover Elementary	Gym

W674C

Thursdays, March 5 - 26	2:30 - 3:15 pm
4 sessions - \$42	
Hanover Elementary	Gym



Fencing (Ages 6 – 100)

Fencing is a fun activity for the entire family! Fencing is a vigorous sport that develops stamina, quick reactions, 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.** Limited scholarships available through Sword Play. Inquire at **mnswordplay@gmail.com**. Both adults and students are welcome in this class!

W679A

Saturdays, January 18 - February 22	8:15 - 9:15 am
6 sessions - \$79	
Parkside Elementary	Gym

W679B

Saturdays, February 29 - April 4	8:15 - 9:15 am
6 sessions - \$79	
Parkside Elementary	Gym

Self-Defense/Safety Aware (Ages 4-14)

Teaches children, ages 4 to 14, physical fitness, self-confidence, personal empowerment, and respect for others. Questions, call 952.997.7732.

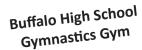
- Registration Thursday, February 6, 6:30-7:30 pm at Discovery Center Cafeteria
- Registration fee is \$5 and the weekly class fee is \$7
- Class is Thursdays, February 13 May 7
- (No class April 2)
- Beginner: 6:30-7:15 pm, Intermediate: 7:30-8:15 pm

Cheer America

(Ages 4-14)

Learn cheers and chants, dance and pom pom routines, parade marching techniques, and other performance skills. Gain self-confidence, improved physical fitness, and coordination. Questions, call 952.997.7732.

- Registration Tuesday, February 4, 6:30-7:30 pm at Discovery Center Cafeteria
- Registration fee is \$5 and the weekly class fee is \$7
- ◆ Class is Tuesdays, February 11 May 5
- (No class February 25, March 3, 31)
- ◆ Ages 4-8: 6:30 7:15 pm, Ages 9+: 7:30 8:15 pm



Jr. Bison Gymnastics Noncompetitive Program



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

Work together with your child to practice various activities (walking beam, foam pit, mats, trampoline).

Fee: \$108

W687

Mondays, December 2 - February 24 6:30-7:15 pm

(No class Dec. 23, 30, Feb. 17)

Pre-School Class - (Boys & Girls, age 3-5)

Practice different activities such as beam, foam pit, bar, trampoline and mats. **Fee: \$108**

W680A

Wednesdays, December 4 - February 26 7-7:45 pm

(No class Dec. 25)

W680B

Saturdays, December 7 - February 29 10-10:45 am (No class Dec. 28, Jan. 18, Feb. 22)

Beginner 1 - (Girls, age 5-7)

Basic positions and core skills for all 4 events.

Fee: \$112

W681A

Wednesdays, December 4 - February 26 6:30-7:30 pm

(No class Dec. 25)

W681B

Fridays, December 6 - February 28 6:30-7:30 pm

(No class Dec. 27, Jan. 17)

W681C

Saturdays, December 7 - February 29 11 am-12 pm

(No class Dec. 28, Jan. 18, Feb. 22)

Beginner 2 - (Girls, age 7+)

Continue practicing basic positions and core skills for all

4 events. **Fee: \$112**

W681D

Tuesdays, December 3 - February 18 7:15-8:15 pm

(No class Dec. 24, 31)

W681E

Wednesdays, December 4 - February 26 7:15-8:15 pm

(No class Dec. 25)

W681F

Saturdays, December 7 - February 29 12:30-1:30 pm

(No class Dec. 28, Jan. 18, Feb. 22)

Boys Gymnastics - (Age 5+)

Basic core skills for all 4 events. Focus on building strength, technique and coordination. **Fee: \$112**

W684

Mondays, December 2 - February 24 7:30-8:30 pm

(No class Dec. 23, 30, Feb. 17)

<u>Intermediate</u> - (Age 7 +, Some Experience)

Skill requirement: strong bridge and cartwheel. Continue work on more complex skills in all 4 events.

Fee: \$135

W682A

Mondays, December 2 - February 24 6:45-8 pm (No class Dec. 23, 30, Feb. 17)

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Fridays, December 6 - February 28 7-8:15 pm

(No class Dec. 27, Jan. 17)

W682C

Saturdays, December 7 - February 29 12:45-2 pm

(No class Dec. 28, Jan. 18, Feb. 22)

Advanced - (Age 8 +, experience & evaluation)

Based on experience and evaluation. Skill requirement: back walkover, roundoff on floor, pullover, back hip circle on bars, handstand on high beam.

W683A

Tuesdays, December 3 - February 18 6:30-8 pm (No class Dec. 24, 31) Fee: \$162

W683B

Thursdays, December 5 - February 27 6-7:30 pm

(No class Dec. 12, 26, Jan. 9, 23) Fee: \$135

<u>Tumbling</u> - (Age 7 +, cheerleaders/dancers) Fee: \$92

W685

Thursdays, December 5 - February 27 7:30-8:30 pm (No class Dec. 12, 26, Jan. 9, 23)

Gymnastics Open Gym (All Ages)

Saturdays, December 7 - February 29, 2-3 pm (No open gym Dec. 28, Jan. 18, Feb. 22)



Quick Start Tennis (Ages 5 to Adult)

Quickstart Tennis helps kids learn the sport. All Quickstart equipment is designed for children ages 10 and under. Tennis is a sport that can be played your entire life - getting your children started early in the sport is a good way to prepare them for a healthy and active lifestyle in the future.

Sundays, December 8 - February 2 (No class December 22, 29, January 12)

6 sessions - See pricing below

Buffalo High School Bison Activity Center

W727A Quickstart 1 Ages 5-6

1 - 1:45 pm \$66

W727B Quickstart 2 2 - 2:45 pm \$66

W727C Quickstart 3 Ages 9-10

3 - 3:45 pm \$66

More Tennis Opportunities

W727D Middle School Group Lessons Gr. 6-8

4 - 5 pm \$75

W727E High School/Adult Open Play Gr. 9 & up

5 - 6 pm \$75

Buffalo Youth Wrestling

Boys and Girls. PreK - Grade 6

Visit **buffalowrestling.org** for information and to register. Questions? Call Deb Scherber at 763.226.5663 or email buffalowrestling.info@gmail.com

Hanover Youth Ball

T-ball, baseball and softball programs for boys and girls ages 5-16. **Registration is online** and takes place in February at **hanoveryouthball.org**. Questions, contact Missy Thompson at **missy@hanoveryouthball.org**



Ski/Snowboard (Grades 3 - 12)

Community Education will be heading to Powder Ridge in Kimball Mondays, December 9 - February 3 (No ski Jan. 20). Register online or by calling Community Education, 763.682.8770. Registration deadline is December 1 to ensure a spot on the bus.

Jr Bison Basketball (Grades K-6)

The season runs January 11 - February 29. Games and practices for grades K-3 are Saturday mornings. Grades 4-6 have one evening practice and play games on Saturday mornings. Register by November 27 by calling Todd Lunning, 763.682.8176 or Jeff Mattson, 763-682-8177.



Winter Break Open Gym/Open Swim

Sponsored by BHM Community Education

Buffalo Middle School (Gym & Pool)

December 26 & 27, 2-4 pm \$5/person or \$10/family

Bison Activity Center (Gym)

December 23 & 30, 5-8 pm \$5/person or \$10/family

Open Swim, Adult Aquatics, Pool Info

Open Swim, Lap Swim
& Open Gym

Sundays, 2 - 4 pm
December 1 - February 23
(Closed December 8, 22, 29, Feb. 16)

Holiday Open Swim & Gym December 26 & 27 2-4 pm

- 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 pool or the Community Education office. 10 individual for \$40 or 10 family for \$90

Wright County WAVE Swim Club

If your son or daughter is interested in joining, come to tryouts! 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.

W5501

Mondays, November 25 - February 24 8:15 - 9 pm (No class Dec. 23, 30, Jan. 20, Feb. 17)
Buffalo Community Middle School Pool

- \$5 per class or
- \$39 for 10 times bargain punch card
- \$59 for 20 times bargain punch card
- Punch cards can be purchased at the pool or 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.

W5121

Mondays, February 3, 10, 24 8:15 - 9 pm (No class Feb. 17)
3 Sessions - \$39
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

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 January 11 - February 29, 2020

■■ Lifeguard Training, Swim Descriptions





Lifeguarding Course r.17

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program offers a choice of Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience. Candidates must be at least 15 years old on or before the final scheduled session and complete a swim skills test on the first day of class. Those who do not pass the skills test will be given a full refund.

W5600

Saturdays, 9 am - 2 pm November 30, December 7, 14, 21, 28 Buffalo Community Middle School Pool and classroom TBD 5 Sessions - \$199 (Bring a bag lunch)



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

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

Parents and children 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

Fee: \$64

- 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.

<u>Learn to Swim Levels 1-5</u> (Age 6+)

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 5/6: Stroke Refinement, Personal Water Safety

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

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 20.

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





Confidence with a splash of trust!

Wednesdays & Mondays

November 18, 20, 25, December 2, 4, 9,11 (Weather Makeup: December 16)

6:30	Pre-School		
6:30 pm	F5201WM	Level 1	Level 2
7 pm	Pre-School F5202WM	F5311WM	F5321WM
	F3202 VV IVI		1



Monday Lessons

January 6, 13, 27, February 3, 10, 24, March 2 (No class Jan. 20, Feb. 17) (Weather Makeup: March 9)

'			
6:30 pm	Pre-School W5201M	Level 1 W5311M	Level 2
7 pm	Pre-School W5202M		W5321M
7:30 pm	Level 3	Level 4	Level 5
7.30 piii	W5331M	W5341M	W5351M

Wednesday Lessons

January 8, 15, 22, 29, February 5, 12, 19 (Weather Makeup: February 26)

f (************************************		
6:30 pm	Pre-School W5201W	Parent/Child 1 W5001W
7 pm	Pre-School W5202W	Parent/Child 2 W5101W
7:30 pm	Level 1 W5311W	Level 2 W5321W

Saturday Lessons

January 18, 25, February 1, 8, 15, 22, 29
(Weather Makeup: March 7)

(Weather Makeup: March 7)			
9:30 am	Pre-School W5201S	Parent/Child 1 W5001S	Level 3
10 am	Pre-School W5202S	Parent/Child 2 W5101S	W5331S
10:30 am	Pre-School W5203S	Level 1	Level 2
11 am	Pre-School W5204S	W5311S	W5321S
11:30 am	Level 2 W5322S	Level 4 W5341S	Level 5/6 W5351S
12:30 pm	Level 1 W5312S	Level 2 W5323S	Level 3 W5332S

Recreation & Fitness



Spinning (Ages 16 and up)

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

W803

Tuesdays, December 3 - February 18 6:30-7:15pm (No class Dec. 24, 31)
10 sessions - \$60 Babs Hetzler

Buffalo Community Middle School Weight Room enter door #3

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

Fitness Yoga

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

W804A

Tuesdays, December 3 - February 18 6:30-7:30 pm (No class Dec. 24, 31, Jan. 14)
9 sessions - \$54 Edith Engnell Hanover Elementary New Gym

W804B

Thursdays, December 5 - February 20 6:30-7:30 pm (No class Dec. 26)
11 sessions - \$66 Edith Engnell Hanover Elementary New Gym



T'ai Chi

T'ai Chi is an ancient Chinese system of movements for health and self-defense. By doing T'ai Chi you will enhance your well-being by providing your cells with more oxygen giving you more stamina and vitality. T'ai

Chi is great for relaxation, stress reduction, quieting the mind, enhancing energy, relieving aches and pains, and it helps promote better balance and control of your body. Wear loose fitting, comfortable clothes. Instructor is Ed O'Donnell of Buffalo Karate Association.

W802

Tuesdays, December 3 - February 18

(No class Dec. 24, 31)

Beginner (First time): 6:15-7:30 pm Intermediate/Advanced: 7:30-8:45 pm

10 sessions- \$60/first person and \$20 each add'l family member Tatanka Elementary Cafeteria



Bison Activity Center Fees

Season Pass – Gym & Walking Track Individual - \$75 Family - \$150

Season Pass - Walking Track Only Individual - \$45 Couple - \$75

Nightly Gym \$5 per person, \$10 per family

> Walking Track \$2 per person per visit





Bison Activity Center (Gym)

Monday - Thursday, 6 - 9 pm (Closed Nov. 27, 28, Dec. 24, 25, 31, Jan. 1, Feb. 17) \$5/person or \$10/family

Holiday Open Gym

December 23 &30, 5-8 pm \$5/person or \$10/family

Buffalo Middle School (Pool & Gym)

Sundays, 2 - 4 pm
November 17 - February 23
(Closed Dec. 8, 22, 29, Feb. 16)
\$5/person or \$10/family

Holiday Open Swim & Gym

December 26 & 27, 2-4 pm \$5/person or \$10/family

Open Pickleball at Bison Activity Center

Pickleball combines elements of badminton, tennis and table tennis. It's played on a court the size of a doubles badminton court. The net is similar to a tennis net, but is mounted two inches lower, and it's played with a hard paddle and a polymer wiffle ball. Players provide their own paddles and balls, nets are provided. Open play, everyone shares courts and rotates during the class.

No pre-registration needed \$5 per night at the door, 6:30-8 pm December 4, 11, 18, January 8, 15, 22, 29 February 5, 12, 19, 26, March 4, 11, 18, 25

Men's 25+ "Pick up" Basketball League

Join us Wednesday evenings at the Bison Activity Center (BHS) for pick up basketball. Teams made each week accordingly to attendance. Games will be short in order to rotate players in and get everyone playing time. A great way to meet new people and have fun! All skill levels encouraged.

No pre-registration needed \$5 per night at the door, 7-9 pm December 4, 11, 18, January 8, 15, 22, 29 February 5, 12, 19, 26, March 4, 11, 18

Indoor Walking

Bison Activity Center

- Mon-Thurs, 6 9 pm
- Saturdays, 8 -11 am
- (Closed Nov. 27, 28, Dec. 24, 25, 31, Jan. 1, Feb. 17)
- \$2/person/day or season walking pass (available onsite)





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.

F1262D

Wednesdays, December 4, 11, 18 6:30-7:30pm 3 sessions - \$18 Elizabeth Muellerleile Parkside Elementary Cafeteria

W1262A

Wednesdays, January 8-29 6:30-7:30pm 4 sessions - \$25 Elizabeth Muellerleile Parkside Elementary Cafeteria

W1262B

Wednesdays, February 5-26 6:30-7:30 pm 4 sessions - \$25 Elizabeth Muellerleile Parkside Elementary Cafeteria

W1262C

Wednesdays, March 4, 11, 18 6:30-7:30 pm 3 sessions - \$18 Elizabeth Muellerleile Parkside Elementary Cafeteria

Qigong

Qigong (chee-gong) is an ancient practice that promotes holistic healing through balancing and clearing your energy fields. It is a simple yet effective method to help you reduce stress and help you to heal physically, emotionally, and spiritually. In the basic introductory class will learn about Qigong and how it can enhance the quality of your life and the lives of those around you. Greg Hegi is a certified Spring Forest Qigong Level 4 Healing and instructor.

W1264

Thursdays, January 9-February 27 4-5 pm 8 sessions- \$69 Greg Hegi Discovery Center Board Room

Qigong Saturday Sampler

Come sample the benefits of Qigong. Qigong will enhance the quality of your life and the lives around you. Join us on Saturdays to experience the activity and further enhance your Qigong work. This practice is open for those just interested to all levels. Instructor Greg Hegi is a level 4 Healer and Instructor.

W1265A - January 11 W1265B - February 8 W1265C - March 14

Saturdays, 10 am-12 pm \$5 per session Discovery Center

Greg Hegi Board Room

Ballroom Dancing for Beginners (Age 16+)

Learn easy steps and turns in popular ballroom dances including waltz, foxtrot, swing, salsa and more. Dance in sync, gain confidence and have fun on the floor in surprising little time! Practice your moves to uplifting songs played at most social gatherings and weddings. Spice up your relationship with four fun-filled date nights and create a lifelong hobby to enjoy together. The perfect course for anyone getting married or prepar-



ing for an upcoming event. Couples stay together while singles rotate with other singles. This class is open to teens and adults of all ages. Prior students encouraged to return for practice. Free make up lessons. For more information, call instructor Deanna Constantine at 612-240-8329.

W1268

Mondays, January 13-February 3 7-8:30 pm 4 sessions - \$59 Parkside Elementary Cafeteria

Accupressure Face Lift & Skin Savvy

Here's a facelift you can do at home. Acupressure is an ancient Chinese healing method that works with the energy flowing through your body. 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, decrease headaches, relieve eye strain, soothe nerves and increase relaxation. Learn how to make your skin as healthy as possible from the inside out.

W1260

Wednesday, February 19 6-7:30 pm 1 session - \$29 Janice Novak Discovery Center Board Room

Abdominal Strengtheners that Won't Make You Get on the Floor!

A few reasons abdominal muscles weaken and lose shape are past pregnancies, surgeries, being sedentary and poor posture. Learn a series of effective exercises that will quickly strengthen all four layers of abdominal muscles, especially the deepest layer WITHOUT stressing your back or neck joints and WITHOUT having to get on the floor. Learn a different, more effective way to strengthen your abdominals, re-shape your waistline and prevent/relieve lower back discomfort.

W1261

Saturday, February 29 9:30-11 am 1 session - \$29 Janice Novak Discovery Center Board Room

Overcome Your Carbohydrate Cravings

Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food cravings and weight gain. No hype – just the facts.

W1263

Tuesday, March 10 6-7:30 pm 1 session - \$29 Janice Novak Discovery Center Board Room

Women, Weight & Hormones

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

W1262

Saturday, February 29 1 session -\$29 Discovery Center

11:15 am- 12:45 pm Janice Novak Board Room

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.

- Thursday, February 20
- Discovery Center Board Room
- All participants check-in at 5:45 pm
- 6 pm Introductions for all
- \$59 each or \$119 for both sessions
- Includes reinforcement CD and free reinforcement
- ◆ Lifetime members No charge
- Bring a pillow, blanket or sleeping bag for added comfort

W1235A 6:45-7:45 pm - Weight Loss Hypnosis

W1235B 7:45-8:45 pm - Smoking and tobacco Hypnosis W1235C 6:45-8:45 pm - Both Weight Loss and Smoking

■■■ Home & Hobby



Photo Organization—Print and Digit

Photography captures a moment that is gone forever! Are your photographs in a box, drawer, suitcase, phone, camera chip, external hard drive, or all of the above? Are they securely backed up? Understand why photo organization/scrapbooking is more difficult today versus years ago. The number one goal is to SAVE - ORGANIZE - SHARE your photos. Discover alternatives to get every printed/digital photo, video and memorabilia in one location...from scanning to storage and organization. You'll leave with options to access every photo you own...and be able to share them with family and friends.

F1006B

Thursday, December 12	7-8:30 pm
1 session - \$19	Susan DeJute
Discovery Center	Room 204

W1006A

Wednesday, January 22	7-8:30 pm
1 session - \$19	Susan DeJute
Discovery Center	Room 204

W1006B

Wednesday, March 18	7-8:30 pm
1 session - \$19	Susan DeJute
Discovery Center	Room 204

NEW! Home Staging... Getting ready to Sell

People often think about selling their house for years before ever actually selling it. Yet, given how much time and thought people tend to give it, many people don't do enough to prepare their house for sale. This often leads to people not selling their house for as much, as quickly or as smoothly as it could have... or at all. On the other hand, there are people who do too much and spend more time and money than they should. You don't want to do too little or too much... this class will help you prepare for the sale of your house. Local Buffalo Realtor, Erica Carlson, will share information to help you prepare your home for a future sale.

W1234A

Thursday, January 23 6-8 pm 1 session - \$9 Erica Carlson Discovery Center District Office Conference Room

W1234B

Tuesday, February 11 6-8 pm 1 session - \$9 Erica Carlson Discovery Center District Office Conference Room

Your Path to Home Ownership

Calling all first time Home Buyers! Are you tired of paying rent? Join us for an informative class that will walk you through the home buying & loan process. You may be closer to owning a home than you think with as little as \$0 down. FREE credit consultation available.

W1233A

Tuesday, February 11 6:30-8 pm 1 session - \$9 Melanie Benjamin, Loan Officer & Tina Anderson, Realtor Discovery Center Room EC-4

W1233B

Tuesday, April 21 6:30-8 pm 1 session - \$9 Melanie Benjamin, Loan Officer & Tina Anderson, Realtor Discovery Center Room EC-4



Into Model Railroading - Part 2

Continue the journey! This class is a continuation of Model Railroading Part 1 held this fall and will go into more detail on DCC, converting to DDC and consisting.

F1232C

Thursday, December 5 6:30-8 pm 1 session - \$10 per person or \$15 per family Jim Aulick Discovery Center Room 204

Buffalo Model RailRoad Club

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

W1232

Fridays, December 6, 13, January 3, 17, 31,
February 14, 28, March 13 6-8 pm
6 sessions - \$30 or \$5 per session (Winter Membership)
Discovery Center Board Room & 204
(enter door 2, watch for directional signs)



Starwatch Party with Mike Lynch

Start the evening with an indoor orientation followed by quality time outside under the stars. Get to know constellations like, The Big Bear, Orion the Hunter, Gemini the Twins and hear the stories behind them. We will use large telescopes, among the biggest mobile telescopes in the upper Midwest, for close up views of star clusters, nebulae, galaxies and other wonders in the winter skies. Weather permitting, Mike will have an astronomical camera-telescope system set up for extra special views of our more distant universe. You will receive a handout package with user-friendly star maps, constellation charts, apps, websites, a telescopebuying guide and more! Mike is the author of; "Stars, a Month by Month Tour of the Constellations" that will be available for purchase. Glow in the dark star and constellation shirts will also be available.

W1242

Tuesday March 31 7:45-9:45 pm 1 session - \$19 per person or \$29 per family Buffalo High School Choir Room

Puppy Training

This six-week class is for all breeds of puppies, age 8 weeks to 4 months old. Each class begins with 15 minutes of puppy play and socialization. Throughout the six-weeks, we work on basic obedience including leash walking, sit, down and stay. We address issues



as needed such as biting, house breaking, crate training, etc. Classes are held indoors in a heated/AC facility with matted floors. Puppies should have their first set of shots including first Parvo/distemper and Bordatella (optional). Young handlers are welcome accompanied by a parent. Students should bring a regular buckle collar, 6- foot leash and plenty of soft dog treats to class. Register to begin any Monday night.

W1241

Mondays, ongoing (let us know when you wish to begin)
1st week 6-6:45 pm, 6:30-7:30 pm remaining weeks
6 sessions - \$100 Dan Rode
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.

F1240C

Tuesdays, November 26-January 28	8-9 pm
(No class December 24, 31) 8 sessions - \$130	Dan Rode
F1240D Tuesdays, January 7-February 25 8 sessions - \$130	7-8 pm Dan Rode
W1240A Tuesdays, February 4-March 24 8 sessions - \$130	8-9 pm Dan Rode
W1240B	

W1240B

Tuesdays, March 3-April 21 7-8 pm 8 sessions - \$130 Dan Rode

■■■ Home & Hobby

Snowflake Ornaments

Create three unique snowflakes to hang on your tree or in a window. Each snowflake measures about 5 inches in diameter and will be created with clear glass to catch the light. You will pick up your items at a later date.



6-8 pm Mary Randell

F1001B

Wednesday, December 4 1 session - \$32 Artistic Me, 205 5th St NE, Buffalo

Designing in Pairs

Designing in pairs is a way to spend time with a friend, family member or have a Valentine's date night. Each group will make one garden stake measuring 2.5" x 12" and one 6" x 6" plate.



6-8 pm Mary Randall

W1002

Friday, February 14 1 session - \$60 Artist ME, 205 5th St NE Buffalo

Garden Mushroom

Vase of Flowers

Create a vase of flowers that will enliven a space all year. This 6" x 10" sun catcher comes with a wrought iron stand for tabletop display or add hooks for hanging. You will be using hand held glass nippers, glass line paint, fusible glass and frit.



Mary Randall

W1000

Thursday, January 16 6-8 pm 1 session - \$44 Artist ME, 205 5th St NE Buffalo

W1003

Friday, February 27 1 session - \$25 Artist ME, 205 5th St NE Buffalo

for the copper stem.



6-8 pm Mary Randall

Stacked Plate

Fun, functional, and beautiful. This 8" x 8" art glass plate will be a one of a kind creation that is bright, bold and a bit whimsical. You will create a

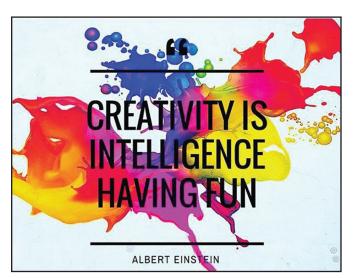


variety of shapes that will be stacked and fused together in the kiln. Options for the base layer will be white, black or cream.

W1001

Thursday, January 30 1 session - \$53 Artist ME, 205 5th St NE Buffalo

6-8:30 pm Mary Randall



Inheriting in Harmony

Large assets like cabins, farms and small businesses are a part of the fabric of your family's culture. Transferring them to the next generation can be tricky. Managing the emotional connections is just as important as navigating the financial and legal processes and requires more than deeds and keys. The Inheriting in Harmony workshop can help to start—and shape—the inheritance process.

F1208

Wednesday, December 4 6:30-7:30 pm 1 session - \$15 Justin Bettinger & Lynne Lien Discovery Center District Office Conference Room

Social Security: Your Questions Answered

Ways to maximize Social Security benefit amounts for the individual and spouse based on age, life expectancy, employment and need.

W1209A

Wednesday, January 15 6:30-7:30 pm 1 session - \$15 Rob Stark, Edward Jones Investments Discovery Center District Office Conference Room

Estate Planning

At this educational workshop you will learn what estate planning is and why it is vital for you to plan. We will discuss the difference between a Will and a Trust, and which one is the right one for you. You will also walk away with a good understanding of how your estate is taxed and ways to avoid or reduce some of these taxes.

W1215

Tuesday, January 21 6:30-7:30 pm 1 session - \$9 Sharyl Schultz Discovery Center District Office Conference Room





Don't Worry Retire Happy

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

W1203

Tuesday, February 11 6:30-7:30 pm 1 session - \$15 Justin Bettinge Discovery Center District Office Conference Room

5 Keys to Retiring Fearlessly

After years of hard work, retirement may finally be in sight. This workshop helps attendees discover five keys to unlocking a retirement where they could have confidence in their ability to live out their dreams.

W1207

Tuesday, February 18 6:30-7:30 pm 1 session - \$10 per person or \$15 per family Lynne Lien Discovery Center District Office Conference Room

What Happens After the Paychecks Stop? A Retirement Income Primer Seminar

Examine how to budget for retirement expenses, potential sources of retirement income and potential risks such as LTC and health care costs.

W1209B

Wednesday, February 19 6:30-7:30 pm 1 session - \$15 Rob Stark, Edward Jones Investments Discovery Center District Office Conference Room

Savvy Social Security

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

W1205

Tuesday, March 10 6:30-7:30 pm 1 session - \$15 Justin Bettinge Discovery Center District Office Conference room



Save on Your Car Insurance with 8 Hour Defensive Driving

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 a 10% reduction for three years if you complete the National Safety Council's Defensive Driving Course, taught by professional, 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.

W1237

Tuesday & Thursday, December 3 & 5
2 sessions -\$29
Discovery Center

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

4-Hour Defensive Driving Refresher

If you have already taken the state approved 8-hour Defensive Driving Course in the past, you can renew your 10%, 3 year car insurance discount by taking this state-approved refresher course. There's no driving and no test. You will receive a certificate of completion to provide to your insurance company.

W1236A

Monday, January 20 8:30 am -12:30 pm 1 session - \$25 MN Safety Council Discovery Center Board Room

W1236B

Thursday, February 13 5:15 - 9:15 pm 1 session - \$25 MN Safety Council Discovery Center Board Room

BHM Senior Lecture Series

Lifelong learning starts here! Join other BHM community members 55+ as we kick off our 2020 Se-



nior Lecture series. This series will feature a distinctive array of lectures by authors and college level scholars from across the state to stimulate learning and fuel curiosities in a congenial setting. There will be no notes, no studying and no tests, just the opportunity to increase your lifelong learning. BHM Lecture Series will be a two month, 6 lecture series event in April and May of 2020.

Our KICK-OFF speaker is Christine Husom, a Buffalo graduate. Christine is the Goodreads author of the medium-boiled, "Winnebago County Mysteries" and the "Cozy Snow Globe Shop Mysteries". Christine has an undergraduate degree from Concordia University.

W2020C

Wednesday, February 5 3-5 pm
Pre-register for \$5 (free for Gold Card holders age 62+)
or \$7 at the door
Discovery Center Auditorium

Buffalo Area Chamber of Commerce Upcoming Events



Deck the Halls Saturday, December 7 at Sturges Park

10 am - Shop Local! Holiday gifts, treats, music and carolers strolling downtown

3-5 pm - Christmas at Sturges Park

- Visit with Santa
- Cocoa & cookies
- Warm bonfire
- Carolers
- Horse drawn wagon rides



Kites on Ice
Festival
Saturday,
February 8
Buffalo Lake/
Sturges Park

11 am-3 pm

- Giant show kites
- Food trucks
- Cornhole tournament
- Lots of family fun!
- Build-a-kite workshop
- 1

Ames Center - Ole & Lena, Home for the Holidaze Thursday, December 19



Ole finds himself on the horns of a dilemma! All the members at the lodge are counting on him to plan a spectacular holiday party. Will Lena make it home in time to save Ole from dual holiday disasters or will Ole just stumble around in a holidaze hoping for the best? See for yourself in this wonderfully funny musical comedy for the entire family. Comedy takes place on the spacious Masquerade Theater main stage.

Holiday Show Menu: Brown sugar glazed boneless ham, hash brown casserole and glazed herbed carrots, dinner rolls, soup and salad bar, dessert options vary

F2019E

- Coach bus departs east side of Discovery Center, door 1, at 10:45 am
- Lunch at 12 pm, Show time 2 pm
- Bus returns to Buffalo approximately 4:30 pm
- \$79 includes show, lunch, coach bus and chaperone
- Registration deadline is December 2

Day Trippers Theater The Bikinis

Thursday, February 20



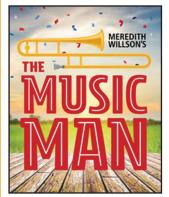
Back together for the first time in 20 years, these Jersey Girls deliver sun, fun and a rockin' good time that will have everyone dancing in the aisles! This girl-group from the early sixties re-unites to raise money for the good folks at Sandy Shores Mobil Home Beach Resort. Join these four best friends, as they relive the past with hits including... "It's in his Kiss", "Yellow Polka Dot Bikini", "Under the Boardwalk", and more!

Lunch entrees include: Champagne Chicken, Hand carved roast loin of pork or Country sausage with sauerkraut. Red potatoes, green beans, rolls, salad bar and dessert. Coffee or tea.

W2020A

- Coach bus departs east side of Discovery Center, door 1, at 11 am
- Lunch at 12:15 pm, Show time 1:15-3:30 pm
- Bus returns to Buffalo approximately 4:30 pm
- \$79 includes show, lunch, coach bus and chaperone
- Registration deadline is February 3

Chanhassen Dinner Theatre - Wednesday, March 4



The Music man follows fast-talking traveling salesman, Harold Hill, as he cons the people of River City, Iowa into buying instruments and uniforms for a boys' band that he vows to organize, despite the fact that he doesn't know a trombone from a treble clef. His plans to skip town with the cash are foiled when he falls for Marian, the librarian, who transforms him into a respectable citizen by curtain's fall. Features songs include, "(Ya Got) Trouble, "Seventy-Six Trombones, "Till There Was You" and many more! Your entrée choices include: Famous Chicken CHANHASSEN, Cornmeal Crusted Walleye, Chicken Tenders, Feta Alfredo Roti, Vegetable Lasagna, Impossible Meatloaf (gluten free) or Greek Chan Salad.

W2020B

- Coach bus departs eaast side of Discovery Center, door 1, at 10 am
- Lunch at 11 am, Show time 1 pm
- Bus returns to Buffalo approximately 4:30 pm
- \$89 includes show, lunch, coach bus and chaperone
- Registration deadline is February 5

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

What is Opening Doors?

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



Looking beyond disabilities... Focusing on abilities!

Olaf-Stick Art

We will use popsicle sticks to create your frosty friend Olaf. Olaf will add just the right touch of humor to winter fun. Come and be creative! Wear clothes you can get messy in or bring a paint shirt to class.

320B

Thursday, January 16 6-7 pm 1 session - \$9 Buffalo, Discovery Center Room 204

New this season!

Craft & Conversation Comes to You

One of our Opening Doors staff will join you and others at your home for a relaxing time sharing conversation, making a craft or playing a game. All craft supplies and snack are included. We ask that the home manager make the registration and provide the number of participants interested in our visit. Fee for each visit is \$5 per person.

380V

Thursday, January 9 6-7 pm

381V

Saturday, January 25 10-11 am

382V

Thursday, February 6 6-7 pm

383V

Saturday, February 22 10-11 am

384V

Thursday, March 5 6-7 pm

385V

Saturday, March 21 10-11 am

Beary Fun Bears

Cozy fun awaits you, we will outfit a bear with some festive clothing, yes the bear goes home with you too! This event will be "Beary Fun".

326B

Thursday, February 13 6-7 pm 1 session - \$9 Buffalo, Discovery Center Room 204

Friday Night Bingo

Bring yourself, maybe a date and for certain your luck! Fun prizes served with a side of pizza and other special treats will add to the excitement of the evening.

381B

Friday, January 10 6-8 pm 1 session - \$10 Buffalo, Discovery Center Board Room

Winter Survival Kit

Winter travel can be hazardous in Minnesota, learn how to stay safe with the help of your Winter Survival kit. We will discuss the many strategies to stay winter smart!

327B

Tuesday, February 4 6-7 pm 1 session - \$9 Buffalo, Discovery Center Room 204



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

Open Swimming

Open to all ages! Lifeguard on duty.

Sundays, December 1 - February 23 (No open swim Dec. 8, 22, 29, Feb. 16) 2-4 pm

\$5 per visit. Pay at the door (no need to register) Buffalo Community Middle School Pool (See page 19)

Floor Hockey

Floor hockey is a fun, recreational sport with the added benefit of a healthy workout.

350B

Wednesdays, January 8 & 15

6:30-7:30 pm

2 sessions - \$9 Discovery Center

Cafeteria

Winter Bowling League

Bowling is a great winter activity that keeps you fit during these cold days. Bring your friends!

345B

Saturdays, January 11, 18, Febraury 1, 8

2-4 pm

4 sessions - \$50

Buffalo- Huikko's Bowling Center

346B

Saturdays, March 7, 28, April 4, 18

2-4 pm

4 sessions - \$50

Buffalo-Huikko's Bowling Center

Autism Allies offering family friendly events. No need to registrer. Visit autismallies.org or Facebook

January 11 11:30 am-1:30 pm Movie Event

Autism Allies for more information.

Frozen 2 at St. Michael Cinema. We have a private auditorium for our families! Pizza, popcorn and soda provided. \$5 per person/\$20 per family

Monticello Pizza Ranch January 21 5-7 pm

We have a private party room for our families to hang out together! \$5 per person/\$20 per family

February 15 10 am- 12 pm **Snow Tubing**

Powder Ridge Winter Recreation Center in Kimball. The whole tubing hill is reserved for our families to enjoy! Donut and hot chocolate. \$10 per person

March 14 11 am-1 pm **Cosmic Bowling**

Huikko's Bowling & Entertainment, Buffalo. Glow in the dark fun! Pizza and soda. \$5 per person/\$20 per family

May 9 9 am-3 pm **Autism Allies Disabilities** Resource Fair, Monticello High School, FREE!



Sweetheart Dance

A DJ will entertain you with the latest music. Come for treats, tunes and good times! This activity is sponsored by Resurrection Lutheran church youth outreach group of Monticello, Elk River's H.O.P.E. and Opening Doors.

305M

Friday, February 7 7-8:30 pm 1 session - \$9 Monticello, Little Mountain Elementary

Buffalo Community Theater

Mulan Ir

Experience the bravery that proves anyone can be a hero! Local Director Harry Lantto leads this amazing cast. Treats in the Board Room at 1:30 pm.

302B

Sunday, February 23

1:30-3:30 pm

1 session - \$15

Buffalo, Discovery Center

Board Room & Auditorium

St. Patrick's Day After Party

Dress in your favorite green outfit and enjoy Irish music and a jig or two. Brats with sauerkraut will be served.

306B

Saturday, March 21

4-6 pm

1 session - \$5

Buffalo, St Francis Xavier Catholic School Fellowship Hall

2020 Annual Spring Talent Show

Only performers need to register. Call Opening Doors at 763.682.8770 to register your act by March 20. Family and friends are invited to the performance. \$2 per person or \$5 per family/group home at the door.

303B

Wednesday, March 25 Thursday, March 26 2 sessions - \$5

6:30 pm for rehearsal 6:30 pm for performance

Buffalo, Discovery Center

Auditorium

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

■■■ Adult Basic Education Classes



Open the door to our program!



WEST Adult Basic Education (ABE)

WEST Adult Basic Education program serving, and 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.

- Phoenix Learning Center, 800 8th St. NE,
- Mondays & Wednesdays 11 am-1:30 pm
- Tuesdays & Thursdays 6-8:30pm
- Closed on same days as BHM Schools
- Open every month except August
- 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.

- Phoenix Learning Center, 800 8th St. NE,
- Closed on same days as BHM Schools
- Open every month except August
- Tuesdays & Thursdays 6-8:30pm
- 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, i-Pathways or Rosetta Stone for example. To enroll, call 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 ABE partners with Early Childhood Family Education (ECFE) to offer family literacy classes. 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. Space is limited.

Family Learning Class:

- Held at Discovery Center in Buffalo
- January 7 May 21, 10 am 2 pm
- (No class Feb. 13, Mar. 31, Apr. 2)
- Lunch and rest time scheduled



Students of the family literacy class display their personal and learning goals.

GED Testing & Tutoring Opportunities

What's the 2014 GED® Program?

MyGED™ is your online portal to sign up, study, schedule, check scores, and learn about jobs and college.

What's the 2014 GED® test like?

The GED® test has been updated to make sure it measures what graduating high school seniors know and what colleges and employers will expect of you. There are four (4) parts:

- Science (90 minutes)
- Social Studies (70 minutes)
- Reasoning Through Language Arts (150 minutes with 10-minute break)
- Mathematical Reasoning (115 minutes)
 (Offered on computer only. English or Spanish)



What is the cost to test?

The first time a person takes a subtest, there is a \$10 discount per test BUT this is for a LIMITED TIME. When the funds run out, each subtest will cost \$30, so if you test soon you can save \$40 dollars! Also, if you do not pass a subtest the first time, you may take it again at your own expense. Call Terrisa at 763.682.8688 for current information.

What is the passing score?

The passing score has now been lowered to 145 points on each sub test. To find out if you're likely to pass, take GED Ready™: The Official Practice Test. Sign into MyGED™ at **GED.com** to get ready with GED Ready™.

GED Testing in Monticello

Appointments required. Visit westabe.org or call for more details 763.272.2040.

Register at **GED.com** to get information about local policies, how to request accommodations, take free sample tests, pay and take GED Ready™ (the Official Practice Test), and schedule your 2014 GED® test.

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	320-543-3600
Lester Prairie	320-395-3011
Maple Lake	320-963-5991
Monticello	763-272-2040
Orono	952-449-8350
Rockford	763-477-4563
Plymouth	763-745-6034
St. Michael/Albertville	763-477-4563
Watertown/Mayer	952-955-0280

If preparing for the GED seems overwhelming, come to your local Adult Basic Education class for help. **Questions? Contact Terrisa at 763.682.8688.**

Become a Tutor in 3 Easy Steps!

Volunteer to assist adults learning basic reading, writing, math or English language skills. Call Pam to register for pre-service tutor training, 612.978.6468.

Step One

Attend one of the two Orientation choices

Monticello: Monday, February 3 6 - 8 pm Eastview Elementary 9375 Fenning Ave NE

OR

Wayzata/Plymouth: Monday, February 3 6 - 8 pm Interfaith Outreach (IOCP) 1605 County Road 101 Plymouth, MN

Step Two Attend core training

Wayzata/Plymouth: Saturday, February 8 9 am-4 pm Interfaith Outreach (IOCP) 1605 County Road 101 Plymouth, MN

Step Three Attend final session

Wayzata/Plymouth: Monday, February 10 6 - 8 pm Interfaith Outreach (IOCP) 1605 County Road 101 Plymouth, MN

■■■ Community Activities



Buffalo Community Center

206 Central Avenue; Buffalo, MN 55313 Suzanne Kolbinger, Director **763.682.6036** ci.buffalo.mn.us/communitycenter

Daily meals M-F at noon. Must register one day in advance by 12:30 pm. \$4.25-\$8 donation suggested.

Monday

9 am Tai Chi Yang 10 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 (at Sturges Park)

9 am Open Pool Tables 9:30 am 60+ and Healthy Clinic

(1st Tuesday of every other month)

1 pm 500 Cards

Wednesday

9 am Tai Chi Yang 24 9 am Open Pool Tables

9:30 am Fidget Quilt Group (2nd & 4th Wednesday)

9:30 am Creative Writing 12:30 pm Mahjong

1 pm Exercise Class (All ages)

Thursday

9 am Open Pool Tables

9 am Toy Workshop (at Sturges Park)

9:30 am Goldenaires Choir

12:30 pm Zingo

1 pm Weaves of Love

2 pm Coloring Group (1st & 2nd Thursdays)

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 at **763.682.6036**.



Did you know?

- The City of Buffalo has a Community Center
- The Buffalo Community Center is close to the heart of downtown Buffalo
- The Buffalo Community Center offers cards, singing, writing, woodworking, exercise, Tai Chi, Bison Fishing Forever, pool, Zingo (a game similar to Bingo), and a library (among other things!)
- The Buffalo Community Center is open to people of all ages
- You can contact the Buffalo Community Center at 763.682.6036

Some things you may not know....

- The Buffalo Community Center has space available for meetings, classes, civic organizations and groups
- The Buffalo Community Center partners with other organizations to host seasonal events such as Toys for Tots
- The Buffalo Community Center books special guests and speakers and hosts special events and programs throughout the year, many of which are offered free of charge
- The Buffalo Community Center offers tax help and legal aid for seniors
- The Buffalo Community Center partners with Wright County to offer 60+ Wellness Clinics every other month
- The Buffalo Community Center partners with local churches to host a free community breakfast every other month
- The Buffalo Community Center co-sponsors a senior dance at the Buffalo American Legion
- The Buffalo Community Center publishes a free newsletter every month, available via mail or online
- The Buffalo Community Center welcomes patronage from surrounding communities such as Monticello, Rockford, Montrose, Waverly and Howard Lake

Health Promoting Classes



Community Health Programs at Buffalo Hospital

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

Buffalo Hospital invites you to register for a health-promoting class by going online allinahealth.org/classes or by calling 763.684.7025 or 1.866.904.9962.

Some classes are free and some have a cost associated with them. See details below.

General Wellness

BOUNCE BACK PROJECT – Promoting Health through Happiness

The Bounce Back project hosts evidenced-based happiness and resilience events and workshops. These take place in high schools, businesses, community organizations, hospitals, clinics and more. Call 763.684.7025 to learn more.

CONNECT RETREAT – Touched by Cancer

The Connect Retreat is for women cancer survivors and those whose lives have been touched by cancer. Research shows that cancer survivors live longer, healthier lives, when they connect with others. This year's Connect Retreat begins March 25 followed by two full days of abundant opportunities to relax, reflect, refresh and rejoice.

Fee Information:

- Two nights single including single room, all meals and conference fee: \$229
- Two nights double including double room, all meals and conference fee: \$199 per person
- Meals and conference fee only: \$119

Early bird - register by February 29 and take \$10 off the registration fees.

Buddy special - register with a friend by February 29 and take an additional \$10 off each of your registration fees (maximum of \$20 off per person).

Scholarships may be available. Call 763.684.7025 to register.

FREE WELLNESS COACHING

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

HEALTHY EATING FOR BETTER HEALTH

This 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 the nutritional world and even a grocery store tour! Wednesdays, February 5-26, 9-11 am or 5-7 pm at Buffalo Hospital.

BETTER BREATHERS CLUB (COPD SUPPORT GROUP)

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

STROKE SUPPORT PROGRAM

A support group for people who have had a stroke and their families. Meets the second Wednesday of every month at Buffalo Hospital Conference Center, 1-2 pm. 763.684.3855. FREE

LIVING WITH CANCER SUPPORT GROUP

This group provides a supportive environment for patients, their families, and friends to discuss emotional and physical aspects of any type of cancer diagnosis. This group is free and meetings are co-facilitated by our cancer care coordinator and chaplain. Registration is not required. Meetings ares the second Monday of every month, 5-6:30 p.m. Buffalo Hospital Willow Room. Call 763.684.7631 FREE

Pregnancy, Birth and Parenting Classes

CHILDBIRTH PREPARATION/BIRTH CENTER TOUR - FREE

Learn more about what to expect in your labor, delivery and post-partum experience while touring our beautiful facility. Please come with your questions and leave with a greater understanding, knowledge and comfort about your coming birth. Parents who want a tour only can choose to leave after the tour.

- Thursday Tours: 4-6 pm or 6:15-8:15 pm, January 9, February 6, March 26
- Saturday Tour: 8:30-10:30 am or 10:45 am-12:45 pm, March 7

BABY CAFE

A drop-in service to help you reach your breastfeeding goals. There are snacks available as you visit with trained breastfeeding health professionals and other mothers. A scale is available to weigh your baby as well as breastfeeding resources and information to take home. Every Wednesday from 10 am-12 pm Wright County Historical Society. FREE

■ ■ Family Activities at Ney Nature Center

- Some activities listed below require pre-registration by the deadline. To pre-register, or for more information, visit us at co.wright.mn.us/parks, look for us on Facebook at WrightParksMN, email parksandrecreation@co.wright.mn.us or call 763.682.7894 Mon-Fri, 8 am-3 pm
- The Ney Nature Center is located 1.5 miles north of Maple Lake off County Road 8. Follow the brown directional signs. Address is 5212 73rd St NW, Maple Lake, MN.

Dog Sledding with Silent Run Adventures

(All Ages)

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

Evening Mush

Friday, January 10 4-6 pm or 6:30-8:30 pm Fee: \$25 per person (Ages 5 and under free with paid adult)

Daytime Mush

Saturday, January 11

8:30-10:30 am, 11 am-1 pm or 2-4 pm

Fee: \$25 per person (Ages 5 and under free with paid adult)

Lantern Cross Country Ski (All Ages)

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

Saturday, January 25 or Saturday, February 29 6-9 pm Fee: No charge

(Optional ski rental is \$5 - ski sizes are limited)

Family Snowshoe (All Ages)

It's time to discover winter's wonders off the beaten path as we venture to and through areas accessible only by snowshoe in winter. Join local naturalist David Grack on this snowshoe trek through Ney Park. Either bring your own snowshoes or reserve a pair from the nature center.

Sunday, February 2 2-3:30 pm Fee: \$7 per person (Limit of 20 participants)

Moonlight Snowshoe Adventure (Ages 5 & Up)

It's time to discover winter's wonders off the beaten path as we venture to and through areas accessible only by snowshoe in winter. Join local naturalist David Grack on this snowshoe trek through Ney Park. Either bring your own snowshoes or reserve a pair when you register.

Saturday, February 8 Fee: \$7 per person 7-8:30 pm

Sweetheart Snowshoe/Boot Hike (All Ages)

Bring your sweetheart out for a romantic stroll through the woods around Ney pond. Lanterns will help provide light to the trail. Inside the Nature Center there will be sweet treats and warm drinks to enjoy. Once you have your treats and drinks you can head outside and sit fireside to warm your toes.

Saturday, February 15 6-9 pm Fee: No charge

(Optional snowshoe rental is \$5 - sizes are limited)

Woodworking for Wildlife (All Ages)

A great program for the whole family! You will have the opportunity to build your own birdhouse and learn how to install and maintain it. Bring your own drill and a hammer or we'll provide one.

Sunday, March 8 2-3:30 pm Fee: \$7 per birdfeeder (Limit of 2 per family)

Buckthorn Hiking Sticks (Ages 5 & Up)

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

Sunday, March 22 Fee: No Charge

2-3:30 pm



Ney Park Nature Center

The Ney Park Nature Center is open Saturday's and Sunday's beginning January 4, 2020 for the public to enjoy. Rent Cross-Country Skiis or snowshoes for \$5 for the day! Park and building visitation at no charge. For more information, call Wright County Parks 763-682-7894.

Registration Information & Form

Registration

- Online registration is safe, fast and easy at bhmschools.ce.eleyo.com
- Registration and payment is required to attend classes. Once registered, you will receive an electronic class confirmation if an email is provided
- Please register at least one week prior to the class start date. Decisions about class cancellations are made one-week prior to the class start date

Severe Weather Cancellations

 Closings will be announced on KRWC 1360 AM radio, the Community Educa-



tion telephone line, 763.682.8770, and posted on the district website **bhmschools.org and Facebook**

- Community Education/ECFE classes do not meet when BHM schools are closed for the day
- 2-hour late start: No morning ECFE classes when school has a two hour late start
- KidKare sites will remain open

Refunds

- If we cancel a class, you will be notified and your payment refunded
- If you need to cancel, notify us at least one-week prior to the start of class and we will refund your tutition in most situations
- Cancellations received within 7-days prior to the start of class will be assessed a \$5 service fee
- No refunds are given the day of the activity or after the class start date. Individual classes may have a more specific cancellation and refund policy

Senior Citizen Gold Card

Residents of BHM School District, age 62 and older, are eligible for a **Gold Card** which entitles them to 25% discount on some classes and entrance into many home school activities.

Financial Assistance

Residents of BHM School District that meet income eligibility guidelines may qualify for a 25% fee reduction on certain classes. Some restrictions do apply. **Requests must be made at time of registration.**

UCare

Contact your UCare provider to see if you qualify for a \$15 discount on Community Education classes.



Community Education Registration Form

Mail to: Community Education Registration, 301 2nd Avenue NE, Buffalo, MN 55313

Participant Name		(Youth) DOB	Grade
(Last) Parent/Guardian (if applicable)	(First)		
Address(Street)	(City)	(7in)	
Primary Phone #		one #	
*Email	Special N	eeds/Allergies	
Course Title	Course	#	Fee
Charal, #		TOTAL \$_	
Check #			
Card Type (Circle One) VISA Mastercard DISCOVER #	-		Exp. Date
UCare # (if applicable)			

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



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*****ECRWSS**

Resident, School District 877 **Buffalo-Hanover-Montrose Schools**

Dated Material, Please Deliver Promptly

Visit us Online bhmschools.ce.eleyo.com Somuch to see and do this winter!





Welcome BHM Kindergarteners!

Let's get ready for kindergarten! If your child will be 5 by September 1, 2019 you can enroll your child for the 2020-21 school year in BHM Schools. All incoming kindergarten



The place to dream, believe and achieve.

School of Innovation February 24 | 6:30 p.m.Tatanka Elementary STEM School February 27 | 6 p.m. Northwinds Elementary March 2 | 6 p.m. Hanover Elementary March 3 | 6:30 p.m. *Discovery Elementary March 5 | 6:30 p.m. Parkside Elementary

February 18 | 6:30 p.m..... Montrose Elementary