



# Community Education

BUFFALO HANOVER MONTROSE SCHOOLS

SPRING  
2024



**Catch Spring Fever  
with Community Ed!**

**JR BISON BASEBALL  
REGISTRATION, P. 14**



# Welcome to Community Education

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**Office Telephone:** 763.682.8770

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

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

**Office Closed:** February 19, April 5, May 27

## Easy Ways to Register

- ♦ Online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)
- ♦ Phone at 763.682.8770
- ♦ In-Person or Mail at 301 2nd Ave NE, Buffalo

## Registration

- ♦ Register at least one-week prior to start date. Classes with low enrollment may be canceled at that time.
- ♦ Once registered, you will receive an email class confirmation if an email address is provided.
- ♦ **Cancellations** within 3 business days of the class is assessed a \$5 service fee. Other restrictions may apply. If we cancel a class, you will be notified and your payment refunded.

## Weather Cancellations

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

*What fun stuff  
should I register  
for this spring?*

- ★ Art-Arama
- ★ Children's Museum Trip
- ★ Crayola Universe Trip
- ★ Gymnastics
- ★ Jr Bison Track Meet
- ★ Swimming Lessons



## **Think Outside the Box!**

Having a tough time thinking of a special gift to give someone? Give a Community Education Gift Certificate to your loved one or friend.



Call Community Education and we will mail the certificate to you.  
**Now that's easy shopping!**

# KidKare Program



BUFFALO • HANOVER • MONTROSE  
COMMUNITY EDUCATION

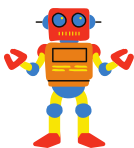
**Providing quality  
child care with  
flexible scheduling.**



**Summer 2024 Registration Opens**  
for current families on February 26  
for new families on March 11

**School Year 2024-25 Registration Opens**  
for current families on June 24  
for new families on July 1

**Register at [bhmschools.ce.eleyo.com](https://bhmschools.ce.eleyo.com)**  
Click on KidKare under "Explore All Programs".



## Contact:

**Tiffany Lund, Coordinator**

**763.682.8787**

**[tlund@bhmschools.org](mailto:tlund@bhmschools.org)**



**\* Non-school day and  
Summer care \$38.50/day**

**\* Before school care \$7.50/day  
After school care \$14.00/day**

**\* Full day care  
Ages 3-5 \$38.50/day**



**More information:  
[bhmschools.org/kidkare](https://bhmschools.org/kidkare)**



# Early Childhood Family Education



## Parent & Child Classes

### Amazing Athletes

(Age 2.5 - 5 years)

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

Thursdays, February 29-March 28  
5 sessions - \$90  
Discovery Center Cafeteria

**W792A** 4:30-5:15 pm

**W792B** 5:20-6:05 pm

### Little Artists

#### St. Patrick's Day

(Age 1-5 years old)

Come enjoy a festive day with your child. Celebrate the day with entertaining activities designed for you and your little learner. Enjoy a story, playtime, art activities and a special snack. (Limit 12)

#### W4030B

Tuesday, March 12 10:45-11:45 am  
Hanover Elementary Room 200  
\$5 per family  
Julie Kirkpatrick/Catherine Frisbie

### Tree-mendous Fun

(Age 1-5 years old)

Join us as we learn more about the wonder of the world around us! Enjoy some playtime, storytime, and a collaborative art activity with your child. Our little learners and their adults will delight in the interactive book, *Tap the Magic Tree* which guides our scientific discovery and exploration of changes over time. (Limit 12)

#### W4044B

Thursday, April 18 5:30-6:45 pm  
Montrose Early Ed Center ECFE Room  
\$15 per family  
Patty Lammers

### Every Family Counts

Being on the census ensures you will receive ECFE mailings, be notified of Early Childhood Screening and receive kindergarten information when your child becomes eligible.

**Call 763.682.8737 if you:**

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

### Home Tweet Home

(Age 1-5 years)

Explore the world of animals that live in trees with your child by creating an eco-friendly bird feeder and homemade "binoculars." Kids and grown-ups will delight in this early spring activity that will include make and take crafts, a read aloud, and snack. (Limit 12)

#### W4032B

Saturday, March 23 10-11:30 am  
Montrose Early Ed Center ECFE Room  
\$5 per family  
Anita Gruenhagen

### Join our Bison Family!

**Registration for Preschool 2024-2025  
opens February 29 at 8 am**

You're invited to join one of our many preschool options.

**Little Bison Preschool** is for children ages 2.5-3.5 years.

**Bison Preschool** is for children ages 3-5 years.

Check out our Preschool Registration catalog online at [bhmschools.org/catalogs](http://bhmschools.org/catalogs) or contact ECFE for a copy.

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





# Early Childhood Family Education



## Open House

Come meet Early Childhood staff, play in our classrooms, and learn what ECFE is. Please register all family members that will be attending this free event. We are excited to see you!

### Buffalo

SP4044A

Monday, May 20 10:30 am - 12 pm  
Discovery Center Room EC1

### Hanover

SP4044B

Tuesday, May 21 10:30 am - 12 pm  
Hanover Elementary Room 200

### Montrose

SP4044C

Friday, May 24 10:30 am-12 pm  
Montrose Early Education Center ECFE Room



## 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. Appointments are available in Buffalo on the following dates:

**April 24, 26  
May 3**

## ECFE Family Fair

Gather your loved ones and come experience the fun of our delightful event designed for the whole family!

**Family & Child Activities**  
BHM Board of Education  
Book Giveaway  
Community Partners  
Entertainment  
ECFE Advisory Council  
Silent Auction  
And much more!

**Saturday  
April 20  
10AM-12:30PM**

**Discovery Elementary Gym**  
301 2nd Ave NE, Buffalo

**Early Childhood Family Education**  
BUFFALO HANOVER MONTROSE SCHOOLS

**Questions?**  
Call ECFE at 763.682.8780 or visit [bhmschools.org](http://bhmschools.org)

# Youth Programs

## ZAPS ACT Prep Seminar

Unlock your student's potential! In this seminar, your student will learn tips to improve ACT test scores, practice strategies to eliminate wrong choices, take practice tests, reduce their test anxiety, and gain confidence.

### SP6010

Monday & Tuesday, March 11 & 12  
2 sessions - \$99  
Discovery Center

6-8:30 pm  
Doorway to College  
Board Room



## Art-Arama

(Grades K-5)

Have fun and use cool materials! You and your friends will learn to draw the easy KidzArt way and experiment with different artistic mediums. Create a 3-D sculpture using wire and model magic, learn to draw quails on a sparkling background, and use crayons on sandpaper to draw a day at the beach.

### W6093

Tuesdays, March 12 – April 23  
(No class April 2)  
6 sessions-\$95  
Hanover Elementary

2:30-3:30 pm  
KidzArt  
Art Room



## Horse Riding Camp for Beginners

Callie Farms Day Camps teach kids the basics of horse care, grooming, and riding. Students provide their own lunch and should wear long pants with close-toed shoes. It is recommended to dress in multiple layers as we will be both inside and outside. We will provide the rest! **Parents will be required to complete a waiver form upon drop-off.** Camp is located at Caille Farms Inc, 9209 Iffert Ave NE in Monticello.

### SP6075

Monday, April 1  
1 session - \$125

9 am-2pm  
Callie Farms

## Get Your Driving Permit This Summer!

### June Classes

M-F, June 10-24 (No class Wednesday, June 19)

SUDE24A	8-11 am	Buffalo High School
SUDE24B	8-11 am	Hanover Elementary
SUDE24C	11:15 am-2:15 pm	Buffalo High School

Makeup Day: Tuesday, June 25, 8-11 am at BHS.

### July Classes

M-F, July 8-19

SUDE24D	8-11 am	Buffalo High School
SUDE24E	5-8 pm	Buffalo High School

Makeup Day: Monday, July 22, 8-11 am at BHS

M-F, July 29-August 9

SUDE24F	8-11 am	Montrose Elementary
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Makeup Day: Monday, August 12, 8-11 am at MES

Our program includes 30-hours of classroom instruction, 6-hours of Behind-the-Wheel (BTW) instruction with a licensed teacher AND all classroom materials for **\$395!**

Plan to attend the **Parent and Student Safety Presentation this summer** at Buffalo High School. The student fee is \$10. Register online or by calling Community Education after March 1.



Community  
Education  
BHM SCHOOLS



## Technology for Kids!



### 3D Printing: Harry Potter (Grades 2-7)

Learn 3D design and modeling skills using Tinkercad. Students will create a Deathly Hallow model and their own magical pendant. Students will choose one design to be printed and mailed to their home. **Additional technical requirement:** Tinkercad (login information will be provided during class), PC needed (Windows or MacBook). Software will not work on Chromebook, tablets or phones. **Include email with registration.**

#### SP6080

Saturday, March 23 9-11 am  
1 session - \$40 Tech Academy  
Online – Login information will be  
emailed to families

### Virtual Reality Coding (Grades 3-7)

Design, develop, and create 3D virtual reality environments and characters! Students will make their own 3D games and other virtual reality for kids on Metaverse's new platform Hatch. Hatch is an incredibly fun and stimulating way to learn STEM! Parents will receive information on how to register for a Hatch VR account. VR programs can be viewed on most mobile phones, and VR systems like oculus or google cardboard. You only need a laptop/computer to get started. **Additional technical requirement:** PC needed to do development work (Windows or MacBook), will not work on Chromebook, tablets, or phones. To view VR, you must have an oculus or other VR glasses. But worlds can be viewed on normal PC/phones/tables in 3D. **Include email with registration.**

#### SP6081

Saturdays, April 6 & 13  
10:30 am-12:30 pm  
2 sessions - \$75 Tech Academy  
Online – Login information will be  
emailed to families

### Hacking Java Games (Grades 4-8)

Hack into the code of classic games! Students will learn Java coding skills while modifying games. Coding beginners and more experienced students will love this class. This fun class is our staff and students' favorite coding class. We will be editing text files. No experience is necessary, but familiarity with common tasks using a computer operating system (text-editing and understanding directory structures) and good keyboarding skills is required. **Additional technical requirement:** Replit and Replit account. PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones. **Include email with registration.**

#### SP6082

Saturday, April 20 9 am-12 pm  
1 session - \$55 Tech Academy  
Online – Login information will be  
emailed to families

# Youth Programs



## F.A.S.T. KIDS

(Ages 7-10)

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

**SP6008**

Friday, March 29  
1 session - \$59  
Discovery Center

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

## Babysitting 101

(Ages 10-13)

This course is best suited for youth interested in learning the current practices of caring for young children and how to manage their babysitting business. Students will learn safety and injury prevention, first aid basics, feeding and caring for infants and how to handle behavior problems. **Students receive a reference book, handouts, babysitting bag and first aid kit. Please bring a bag lunch and a baby doll to class.**

**SP6009**

Tuesday, April 2  
1 session - \$75  
Discovery Center

8:30 am-4 pm  
Emergency Outfitters  
Room 204



## Canvas Fun: Lovely Llama (Grades K-5)

Grab your friend and join us for a fun one-day painting workshop. Everyone will get their own 9x11 stretched canvas to paint a fun and festive llama with acrylic paints.

**SP6060**

Friday, March 29  
1 session - \$25  
Discovery Center

2-3 pm  
Kidzart  
Room 202



# Youth Programs



## Spring/Pastel Cookie Decorating (Grades K-5)

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

### SP6100A

Wednesday, April 3 2:30-4 pm  
1 session - \$25 Charlene Bzdok  
Montrose Elementary Room 115

### SP6100B

Friday, April 5 2:30-4 pm  
1 session - \$25 Charlene Bzdok  
Discovery Center Room 202

## Minnesota Children's Museum Trip (Grades K-2)

Bring your child to explore three floors of fun! From the irresistible pretend town in *Our World* to the delightful toddler play spaces in *Sprouts*, our experiences spark joy and foster growth through the awesome power of play. **Bring a bag lunch and beverage.**

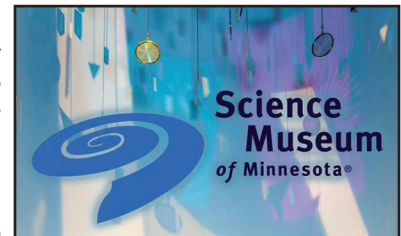
### SP6001

Wednesday, April 3 8:45 am-2:15 pm  
1 session - \$20/person  
Discovery Center  
Meet at door 1



## Science Museum of Minnesota Trip (Grades 3-6)

At the Science Museum, student learners will find interactive exhibits filled with stories about science, cultures, discoveries, and the people who observe and analyze our world. From exhibits like RACE: Are We So Different, which shares the lived experiences and history of people of color and the science behind race, to the Dinosaurs and Fossils gallery, where fossil remains showcase the scale and biodiversity of ancient life on earth, students and their family have the opportunity to engage with one another and spark a lifelong love of science. **Bring a bag lunch and beverage.**



### SP6000

Wednesday, April 3 8:45 am-2:15 pm  
1 session - \$20/person  
Discovery Center  
Meet at door 1

## Crayola Universe & Moose Mountain (Grades K-6)

At Crayola Universe, students will learn the science behind melted wax and discover the secrets behind how Crayola crayons are made and more in this memorable day of creative play. **Bring a bag lunch and after lunch we'll head over to Moose Mountain for a round of mini-golf before returning to Buffalo.**



### SP6002

Friday, April 5 9 am-3:30 pm  
1 session - \$40/person  
Discovery Center  
Meet at door 1

# Youth Programs

## Dojo Karate

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

### SP6011A

March 12 – April 9 2:30-3:15 pm  
(No class April 2)  
4 sessions - \$45 Dojo Buffalo  
Hanover Elementary Gym

### SP6011B

April 16 – May 7 2:30-3:15 pm  
4 sessions - \$45 Dojo Buffalo  
Hanover Elementary Gym



## Cotton Candy Making

(Grades K-5)

Come and learn how cotton candy is made WITH and WITHOUT a machine. In this class we will be learning how cotton candy is made by heating and spinning flavored sugar and Jolly Ranchers. We will also be playing games for fun prizes like a carnival and everyone will go home with cotton candy and prizes. Come and have some fun with your friends and enjoy the carnival!

### SP6101A

Wednesday, May 1 2:30-4 pm  
1 session - \$30 Charlene Bzdok  
Discovery Center Room 202

### SP6101B

Tuesday, May 21 2:30-4 pm  
1 session - \$30 Charlene Bzdok  
Montrose Elementary 115

## RC Car Racing

(Grades K-8)

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

### SP6090A

Monday, April 29 6-7 pm  
1 session - \$23 Party Crashers  
Discovery Center Gym

### SP6090B

Monday, April 29 7:15-8:15 pm  
1 session - \$23 Party Crashers  
Discovery Center Gym



## School of Fish

(Grades 3 and up)

School of Fish is a 2 1/2-hour kids fishing class open to kids (and adults!) from grades 3 and up taught by pro angler and fishing TV show host Mike Frisch. Students learn about lakes, finding fish in those lakes, and some great ways to catch them. They also learn to tie a fishing knot and rig and use a slip-bobber setup. **Students will receive:**

- ♦ Rod & Reel
- ♦ Hannay's Marine/School of Fish Hat
- ♦ Tackle box and tackle
- ♦ School of Fish full color workbook

One adult is invited to attend with a child at no additional charge, provided they share one equipment packet. Most importantly, graduates leave class with the knowledge, skills, and equipment to go fishing!

### SP6007

Monday, May 13 6-8:30 pm  
1 session - \$60 Mike Frisch  
Discovery Center Cafeteria



# Youth Programs

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



## **Holiday Figurines (Grades K+)**

Create some fun figurines for the Easter holiday. Pick from a selection of holiday items that may include plates, eggs, rabbits or chicks.

**SP6061**

Wednesday, March 6

3-4 pm

1 session - \$35

Artistic Me



## **Butterfly Sun Catcher**

**(Grades K+)**

Sun-catchers are a fun addition to a window. Choose from a butterfly or dragonfly shape and decorate using colorful bits of glass, stringers and dots. Once fired, a chain will be added for hanging.

**SP6063**

Wednesday, April 17

1 session - \$45

3-4 pm  
Artistic Me

## **Night Lights and Magnets**

**(Grades K+)**

Let your imagination run wild as you create a custom night light and two magnets. You will use a variety of glass including chips, stringers and tumbled glass.

**SP6062**

Wednesday, March 27

1 session - \$40

3-4 pm  
Artistic Me



## **Little Houses**

**(Grades K+)**

Create some fun garden or plant décor. You will choose from fairy houses, bird houses or planters. Paint with some bright colors and welcome visitors to your creations.

**SP6064**

Wednesday, May 8

3-4 pm

1 session - \$35

Artistic Me





# Youth Recreation

## Jr Bison Gymnastics

No classes  
March 29-April 6

Classes held in the Buffalo High School Gymnastics Room



### Parent/Child - Boys & Girls (Ages 18 months - 3 years)

Parent/guardian assist the child on the equipment learning basic shapes and movements to improve balance, strength and coordination. Obstacle courses, trampoline and foam pit will be set up.

#### SP687A

Mondays, March 4-May 13 4:15 - 5 pm  
(No class April 1)  
10 sessions - \$150

#### SP687B

Saturdays, March 2-May 18 12:15-1 pm  
(No class March 30 & April 6)  
10 sessions - \$150

### Preschool - Boys and Girls (Ages 3 - 5 years)

Learn basic shapes and positions for core gymnastic skills to improve balance, strength and coordination. Obstacle courses, trampoline and foam pit will be set up.

#### SP680A

Mondays, March 4-May 13 5-545 pm  
(No class April 1)  
10 sessions - \$150

#### SP680B

Wednesdays, March 6-May 15 4:15-5 pm  
(No class April 3)  
10 sessions - \$150

#### SP680C

Saturdays, March 2-May 18 12:15-1 pm  
(No class March 30 & April 6)  
10 sessions - \$150

### Boys Beginners (Ages 5+ years)

Basics of core gymnastics skills on floor, vault and bars. Focus on building strength and coordination. Obstacle courses, trampoline and foam pit will be set up.

#### SP685

Mondays, March 4-May 13 6-7 pm  
(No class April 1)  
10 sessions - \$200

### Girls Beginners (Ages 5+ years old)

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

#### SP681A

Tuesdays, March 5-May 14 6:15-7:15 pm  
(No class April 2)  
10 sessions - \$200

#### SP681B

Wednesdays, March 6-May 15 5-6 pm  
(No class April 3)  
10 sessions - \$200

#### SP681C

Saturdays, March 2-May 18 10:30-11:30 am  
(No class March 30 & April 6)  
10 sessions - \$200



# Youth Recreation

## Jr Bison Gymnastics

No classes  
March 29-April 6

Classes held in the Buffalo High School Gymnastics Room



### Girls Intermediate (Ages 5+ years old)

Continue learning and improving gymnastics skills on all four events.

**Vault:** Forward roll and handstand flatback

**Bars:** Pullovers, casts, back hip circles, glides

**Beam:** Basics on low and high beams

**Floor:** Various cartwheels, roundoffs, back bends and kickovers.

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

#### SP682A

Mondays, March 4-May 13

6:45-8 pm

(No class April 1)

10 sessions - \$250

#### SP682B

Wednesdays, March 6-May 15

6:15-7:30 pm

(No class April 3)

10 sessions - \$250

### Girls Advanced (Ages 8+ years old)

Continue advanced skills on all four events.

**Vault:** Handstand flatback and handsprings

**Bars:** Skills from intermediate level and introduce one-leg circles, tap swings, front hip circles, kips, squat ons and more.

**Beam:** Continue basics on low and high beams such as jumps, turns, handstands, cartwheels, mounts and dismounts.

**Floor:** Continue improving various cartwheels, roundoffs, back bends and kickovers.

#### SP683A

Tuesdays, March 5-May 14

7-8:30 pm

(No class April 2)

10 sessions - \$250

#### SP683B

Thursdays, March 7-May 16

6-7:30 pm

(No class April 4)

10 sessions - \$250

## Open Gymnastics Gym

Open gymnastics gym is where students can bring their friends and family to explore and get used to equipment, practice gymnastics skills and have lots of FUN! All ages welcome.

Saturdays, March 2-May 18

1-2 pm

(Closed March 30, April 6, May 4)

\$10/student/visit (cash or check at the door)

### Girls High School (Grades 7-12)

Work on skills for Minnesota State High School League requirements.

#### SP684A

Tuesdays, March 5-May 14

4-6 pm

(No class April 2)

10 sessions - \$250

#### SP684B

Thursdays, March 7-May 16

4-6 pm

(No class April 4)

10 sessions - \$250

## ***Jr. Bison Baseball Program***

### **Registration Open Now!**

Online [bhmschools.ce.eleyo.com](https://bhmschools.ce.eleyo.com)  
or call Community Education  
at 763.682.8770.

**\* Registration deadline is April 1 \***

### **For Players age 5-13**

- ♦ This program is offered through Buffalo Hanover Montrose Community Education.
- ♦ The Jr Bison Baseball season begins early May and concludes end of June.
- ♦ Evening practices and games will be played in Buffalo and Montrose beginning at 6:15 pm.
- ♦ The focus of this program is on instruction of proper baseball techniques and FUN .
- ♦ **We rely heavily on volunteer coaches. We can't have teams without coaches.** Please contact Todd Lunning, Recreation Coordinator, at [tlunning@bhmschools.org](mailto:tlunning@bhmschools.org) or 763.682.8176 to help.
- ♦ Questions, contact Community Education 763.682.8770 or Todd Lunning, Recreation Coordinator, 763.682.8176.

***\*Child's age as of June 1, 2024***

***Please register for the appropriate age group.***

### **T-Ball**

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

### **Baseball**

- ♦ **Minor League (Age 7-8)**                      \$110  
Class SP6451 (Mon/Wed evenings)
- ♦ **National League (Age 9-10)**                      \$110  
Class SP6452 (Tue/Thur evenings)
- ♦ **American League (Age 11-13)**                      \$110  
Class SP6453 (Mon/Wed evenings)





# Youth Recreation

## Bison Girls Soccer Indoor Futsal (Grades 9-12)



Open soccer play led by the girls varsity soccer captains.

### SP722

Sundays, March 17-April 28  
5-7 pm

(No meet March 31, April 7)

5 sessions - \$30  
Bison Activity Center

## Legacy FC/Wright County Soccer

Recreational and competitive soccer for kids in Buffalo and surrounding Wright County communities. Ages 4-18 years. Visit [Legacyfc.org](http://Legacyfc.org) or call Erica at 763.568.1941.

## Boys Spring Basketball (Grades 4-8) Skills and Competitive Games

This is an awesome opportunity to continue the skills developed during the winter basketball season. Students in this clinic will work on fundamental skills, while incorporating competitive games such as 3 on 3.

### SP6430A (Grades 4-6)

Tuesdays & Thursdays, April 9, 11, 16, 18 6-7:15 pm  
4 sessions- \$50 Coach Ortmann

Bison Activity Center

Court 6

### SP6430B (Grades 7-8)

Monday-Thursday, April 8-11 6-7:15 am  
4 sessions- \$50 Coach Ortmann

Buffalo Community Middle School

Main Gym

Looking for a fun activity  
for your younger child?

Check out **Amazing Athletes** (ages 2.5-5 years)  
on **page 4** for all the details!



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

Bison Varsity Track Coach Scott Palmer, along with assistant coaches and track members, run this one day event with the emphasis on FUN! Students participate in up to 4 events in their age group. **Bison Youth Track Team T-shirt included.**

### SP6440

Saturday, May 18

Check-in at 9 am. Meet begins 9:20 am

1 session- \$20

Bison Activity Center at Buffalo High School

## Open Gym



## Opportunities

### Bison Activity Center (Gym & Walking Track)

Monday - Thursday, 6 - 9 pm

(Closed Feb. 19)

Gym: \$5/person or \$10/family

Walking: \$2/person/day or walking pass

### Buffalo Middle School (Gym & Pool)

Sundays, 2 - 4 pm

(Closed Feb 18, Mar 31, Apr 7, May 12)

\$5/person or \$10/family

(\*Will close at 2:15 if no attendees)

### Montrose Elementary (Gym)

Wednesdays, 6 - 7 pm

(Closed on non-school days)

Free!

## Spring Break Open Gym

Bison Activity Center

Monday-Thursday

April 1-4, 5-8 pm

\$5/person or \$10/family

# Aquatics

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

Sundays, 2 - 4 pm  
February 25 - May 19

(Closed Feb 18, Mar 31, Apr 7, May 12)

- ♦ To help with staffing, please arrive at 2 pm. We will close at 2:15 pm if no attendees.
- ♦ Enter door #3, lower west side.
- ♦ A lap lane is designated.
- ♦ Fee for Open Swim and/or Open Gym is \$5 per person or \$10 per family. Please bring the exact amount as we may not be able to make change.

\*Please check our website for pool/gym updates at [bhmschools.org/open-swim-information](http://bhmschools.org/open-swim-information)

### About Our Pool

- ♦ The pool is located at the Buffalo Community Middle School on Hwy 25. Enter door 3 (facing the football fields).
- ♦ Participants are responsible for their valuables.
- ♦ 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 lifeguard 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

For more information, visit [waveswimclub.com](http://waveswimclub.com)



### Pool Rental

The Buffalo Community Middle School pool is available for private use any time the pool is not scheduled. Pool rental may include birthday parties, lock-ins, gym/swim activities or aquatic conditioning for sports teams. Rental rates are \$75 per hour for In-District groups or \$90 per hour for Out-of-District groups. Fee includes 2 lifeguards. For more information, contact Sheila at 763.682.8752 or [sjohnso@bhmschools.org](mailto:sjohnso@bhmschools.org).

### Clip & Save Coupon

**\$5 off** a Sunday pool rental

*Valid until 5/19/24*



### Lap Swimming

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

\*Please check our website for pool updates at [bhmschools.org/open-swim-information](http://bhmschools.org/open-swim-information)



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.

## Registration for spring lessons opens March 1 at 8 am

Register online [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

**Parent and Child Aquatics  
Preschool Aquatics**  
25 minute each session  
Fee: 7-sessions, \$64

**Learn to Swim:  
Levels 1-5**  
45 minutes each session  
Fee: 7-sessions, \$69

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

## Monday Lessons

April 8, 15, 22, 29, May 6, 13, 20

6 pm	Pre-School SP5201M	Parent Child SP5101M	Level 1 SP5311M
6:30 pm	Pre-School SP5202M	Parent Child SP5102M	
7 pm	Level 2 SP5321M	Level 3 SP5331M	Level 4/5 SP5341M

## Learn to Swim Levels 1-5

(Age 6+)

Fee: \$69

### Level 1: Intro to Water Skills

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

### Level 2: Fundamental Aquatic Skills

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

### Level 3: Stroke Development

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

### Level 4: Stroke Improvement

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

### Level 5: Stroke Refinement

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

## Parent & Child Aquatics (6 months to 3 years) Fee: \$64

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

- ♦ Change body position in the water
- ♦ Learn how to play safely
- ♦ Experience wearing a life jacket
- ♦ Expectation for adult supervision
- ♦ Enter and exit the water safely
- ♦ Submerge in a rhythmic pattern

## Preschool Aquatics (4-5 years old) Fee: \$64

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.



# Adult Programs



## Crystal Bowl Sound Meditation

Enjoy the relaxing sounds of crystal singing bowls for a 60-minute sound meditation session. Bring a yoga mat and blankets where you can sit or lie down on the floor and allow yourself to immerse in the soothing vibrations. This is a great end of the day class that can reduce anxiety and stress and help facilitate a restful night sleep. June 29 will include gongs.

### SP1012A

Friday, February 23  
1 session - \$25  
Discovery Center

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

### SP1012B

Friday, March 15  
1 session - \$25  
Discovery Center

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

### SP1012C

Friday, May 10  
1 session - \$25  
Discovery Center

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

*Breath  
Relax  
Calm*

## 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. This basic introductory class will learn about Qigong and how it can enhance the quality of your life and the lives of those around you. **Package discount available!**

### SP1011A

Saturday, March 2  
1 session - \$15  
Discovery Center

10am-12 pm  
Amee Pribyl  
Board Room

### SP1011B

Saturday, April 13  
1 session - \$15  
Discovery Center

10am-12 pm  
Amee Pribyl  
Board Room

### SP1011C

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

10am-12 pm  
Amee Pribyl  
Board Room

### SP1011D (Package Discount)

Saturday, March 2, April 13, May 11  
3 sessions - \$35  
Discovery Center

10am-12 pm  
Amee Pribyl  
Board Room



## Open Pickleball Play

Open play provides time for players to rotate in and out of games while playing with different partners. Everyone gets a chance to play and it's a great way to get to know other pickleball players.

### Bison Activity Center

Wednesdays, February 21-April 24 6:30-8 pm  
(No play when school is closed)  
\$5/ session at the door Bison Activity Center

### Buffalo Community Middle School

Sundays, March 3-May 19 2-4 pm  
(Closed March 31, April 7, May 12)  
\$5/ session at the door



# Adult Programs

## Dance Party Workout!



### Oula

Oula merges cardio of varying intensity levels with easy-to-follow choreography, mindfulness practices, and a culture of inclusivity — all to an energetic pop soundtrack. Every Oula class empowers participants to challenge their bodies and process their emotions through music, movement, and, most importantly, a community connection.

#### SP1014A

Tuesdays, March 5-26  
4 sessions - \$49  
Discovery Center

6:30-7:30 pm  
Rachel Muller  
Cafeteria

#### SP1014B

Tuesdays, April 9-May 7  
**(No class April 23)**  
4 sessions - \$49  
Discovery Center

6:30-7:30 pm  
Rachel Muller  
Cafeteria

### 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.**

#### W1262D

Wednesday, February 28-March 20  
4 sessions - \$28  
Parkside Elementary

6:30-7:30 pm  
Elizabeth Muellerleile  
Cafeteria

#### SP1013A

Wednesdays, March 27 – April 24  
**(No Class April 3)**  
4 sessions - \$28  
Parkside Elementary

6:30-7:30 pm  
Elizabeth Muellerleile  
Cafeteria

#### SP1013B

Wednesdays, May 1-22  
4 sessions - \$28  
Parkside Elementary

6:30-7:30 pm  
Elizabeth Muellerleile  
Cafeteria



**About the Instructor:** Heidi Steffens is the owner of My Spirit Experience spiritual center, a Master Reiki Instructor, and a Paranormal Investigator. She is the organizer of MPRS (Minnesota Paranormal Research Society) founded in 2008, co-hosts The Gathering - a weekly paranormal radio show, and hosts a podcast (My Spirit Experience Podcast) on the spiritual and paranormal. Heidi holds a Bachelor of Elemental Studies and a Master of Shamanic Intuitional Practices. She is focused on helping people navigate their healing and soul-purpose paths in this world as well as working with lost or unwelcome spirits as the lines between planes and dimensions become more and more intertwined.

### Paranormal Investigating 101

You've seen it on TV, now you can learn the basics of ghost hunting and paranormal investigations. See evidence from actual investigations, discover what equipment works best, and learn ethics and proper investigation techniques. What does it take to run an investigation? We'll cover what you need to know from start to finish. You'll even have a chance to get hands-on experience with equipment and techniques during a mini-investigation at the end of class.

#### SP1115

Wednesday, March 6  
1 session - \$45  
Discovery Center

7-9:30 pm  
Heidi Steffens  
Board Room

### Paranormal Investigating 102

Now that you have learned the basics in Paranormal Investigating 101, let's put your skills to the test with a full investigation! We'll split into groups to investigate and come together at the end to compare notes. **Bring any equipment you may have to use during class.** We will have some equipment to borrow as well. *Prerequisite: Paranormal Investigating 101*

#### SP1116

Wednesday, March 20  
1 session - \$45  
Discovery Center

7-9:30 pm  
Heidi Steffens  
Board Room

# Adult Programs

Join Us Online

## Cooking Classes

Join Tess for her fun cooking classes and embark on a flavor-filled journey that will wake-up your taste buds and boost your culinary confidence! (Please provide your email to receive login information.)



### Homemade Creamy Tuscan Gnocchi with Chicken & Homemade Bread

Gnocchi: Bite-sized tender soft pillows of pasta-ish goodness. Very versatile with the ability to take on the flavor of added goodness creating mouthwatering meals. During this fun filled class, participants will learn how to create these little morsels of goodness, and then turn them into a scrumptious meal the instructor has created called Creamy Tuscan Gnocchi with Chicken. We will make a wonderful loaf of fresh bread as well! **One fee can include immediate family members living full-time in the SAME HOME.**

#### SP1300

Saturday, April 27 4-6 pm  
1 session - \$35 Tess Georgakopoulos  
Online - Login information will be emailed to participants

### California Sushi Roll Extravaganza

When it comes to actual sushi made with sushi grade raw fish such as salmon or tuna wrapped in rice and seaweed, the sushi tolerance spectrum runs from a strong "YES" or a strong "NO". Enter California "sushi" Rolls that turn the "NO's" into yeses! Join Tess as she walks you through how to make a variety of marvelous California rolls. California "sushi" roll combinations are only limited by your imagination! Make them vegetarian, with or without seaweed, spicy or not, it is totally up to you! **One fee can include immediate family members living full-time in the SAME HOME.**

#### SP1301

Saturday, May 11 4-6 pm  
1 session - \$35 Tess Georgakopoulos  
Online - Login information will be emailed to participants

### Spring Roll Symphony: Crafting Crispy & Fresh Spring Roll Delights

Join Tess as she shares the process of creating two types of spring rolls bursting with a SYMPHONY of flavors bold and bright enough to wake up your taste buds. Choice of meat (chicken or pork) and veggies will fill the CRISPY spring rolls, and fresh veggie and precooked protein of choice will fill the FRESH spring rolls. Two types of wrappers will be used. Participants will be able to customize filling ingredients and seasonings according to their taste or dietary preferences. Freezing and reheating tips will also be shared! **One fee can include immediate family members living full-time in the SAME HOME.**

#### SP1302

Saturday, May 18 4-6:30 pm  
1 session - \$40 Tess Georgakopoulos  
Online - Login information will be emailed to participants

### From Dough to Delights: Flatbread Pizza & Pizza Panini from SCRATCH

Apart from cheese and toppings, homemade dough and sauce, are the key ingredients used to create mouthwatering pizza of course! Tess will help answer these questions as she guides you in her latest pizza class where you will create fantastic FLATBREAD PIZZAS and Pizza Panini from scratch! Take-out pizza may just become a thing of the past! **One fee can include immediate family members living full-time in the SAME HOME.**

#### SP1303

Saturday, May 25 4-6:30 pm  
1 session - \$40 Tess Georgakopoulos  
Online - Login information will be emailed to participants



# Adult Programs



## Panoramic Sugar Eggs

Assemble and decorate a panoramic sugar egg. Learn about the folklore behind these eggs during class. A great project for spring.

### SP1100

Thursday, March 21 6-8 pm  
1 session - \$45 Rose Borman  
Discovery Center Room 204

## Paint a Stool

Create your own design on a cute little stool with templates provided by the instructor using acrylic paint. Bring your creativity and flare to make it your own! **Stool and paints provided.**

### SP1101

Monday, April 8  
1 session - \$50  
Discovery Center

6:30-8:30 pm  
Rose Borman  
Room 202

## Vision Disorders in a Visual World

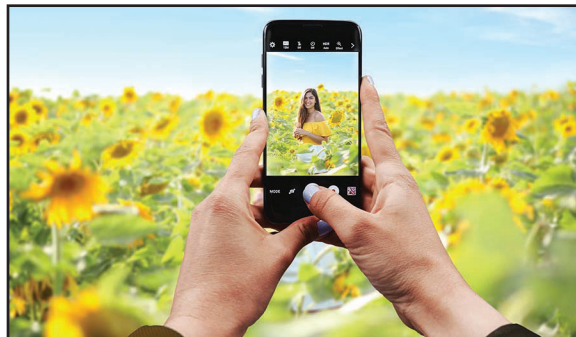
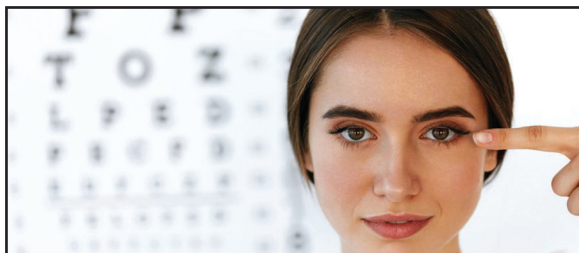
What does it mean when children struggle to learn with vision disorders in a visual world? We will discuss eyesight vs vision. Identify the visual skills needed to learn, the symptoms of visual problems and how they affect learning. We will discuss how vision therapy can help.

**About the Instructor:** Jeri Schmidt is a Certified Optometric Vision Therapist with 24 years of experience as a vision therapist working with both children and adults experiencing visual processing difficulties.

### SP1010

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

6:30-7:30 pm  
Jeri Schmidt  
DO Conference Room



## Photo Organization – Print and Digital

Photo Mess...imagine ALL your photos organized and in one place, permanently and safely. Find any old photo quickly including old slides, movies and memorabilia. We'll discuss digital scanners, digitizing old media, cloud storage, organization and photo restoration. Leave with options to access/share your memories!

**About the Instructor:** Susan has been scrapbooking memories of her life for many years to create her legacy and wants to help others preserve theirs.

### SP1114

Thursday, April 11  
1 session - \$29  
Discovery Center

7-8:30 pm  
Susan DeJute  
Room 204

## Instant Piano for Busy People

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

### Topics include:

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

### SP1112

Saturday, April 27  
1 session - \$59  
Online via Zoom

9 am-12 pm  
Craig Coffman

# Adult Programs

## Intro to Voiceover

Explore the craft of voiceovers! Discover current trends, opportunities, and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! **Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. Please provide your email address.**

### SP1250

Date and Time scheduled with Voices for All  
1 session - \$49  
Online

## Instant Guitar for Busy People

(Ages 13 to Adult)

In just a few hours, learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you can sit at home with your guitar without any pressure. And since the class includes an online book and online follow-up video lessons, you are able to continue your practice and study on your own. **An optional periodic online question and answer session is also included. A recording of the class is included as well. Please provide the email address to send the Zoom link to you.**

### Topics include:

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

### SP1113

Saturday, April 27  
1 session - \$59  
Online via Zoom

1-3:30 pm  
Craig Coffman



## Grow Your Business with Instagram

What can you do on Instagram that can result in huge growth for your customer base and sales? We've got the answers you need in this fun beginner level class to grow your business with Instagram. You'll learn the key steps needed in order to improve your company bottom line and also gain more followers. Plus, you'll learn to make your content irresistible and have fun in the process! **Please provide your email.**

### SP1200

Thursday, May 9  
1 session - \$24  
Online via Zoom

12-1 pm  
Social Club Simple

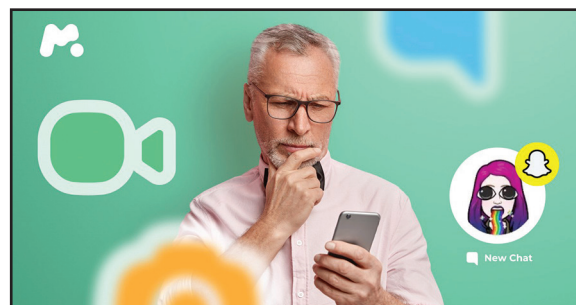
## Using Snapchat Safely in 2024

Have you been curious as to what Snapchat is exactly? We will cover everything adults need to know about one of the most popular social media apps in the world. You'll learn the foundation for how Snapchat is used, what the basic features include, and more. Stay up to date in today's digital world with this fun and informational class. Attendees will learn the basic fundamentals of how the app works, how to set up safety features, how to check for profile details, and how advertisers work to target audience members. **Please provide your email.**

### SP1201

Tuesday, May 14  
1 session - \$24  
Online via Zoom

12-1 pm  
Social Club Simple





# Adult Programs



## A Parent's Guide to TikTok

Have you heard about the latest new app called TikTok? Learn how it's used and how parents can also help their kids stay safe while on it. You'll leave the class with helpful action items for your family to help gain a better understanding on what to do/what not to do within the app. The class will help set up a healthy foundation for technology habits your family members can use for the rest of their life whether in school or in their professional careers. **Please provide your email.**

### SP1202

Thursday, May 16  
1 session - \$24  
Online via Zoom

12-1 pm  
Social Club Simple

## How to Present Social Media Analytics with Ease

Expand your skills as you learn the basics to discuss social media analytics from Facebook, Instagram and YouTube. This critical skill is a must for anyone of all ages, whether you're an employee, small business owner, volunteer, etc.! You will learn a step-by-step process so that you can get started today and confidently present and discuss how a post performed on social media. **Please provide your email.**



### SP1203

Thursday, May 30  
1 session - \$24  
Online via Zoom

12-1 pm  
Social Club Simple

## Google Sheets for Awesome Beginners

Whether it's for work or for play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze, and visualize your data using Google Sheets! **Please provide your email.**

### SP1204

Monday, June 3  
1 session - \$24  
Online via Zoom

12-1 pm  
Social Club Simple



## My Kid Wants to Be a YouTuber – Help!

Does your child dream of having their own YouTube channel? Eliminate the worry with this helpful class as we walk you through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Parents will learn the basic guidelines to help manage and monitor their activity, all while incorporating practical business skills to manage your own channel. Learn how this hobby can become a practical career, safety practices, and even create fun videos! Parents will leave class with helpful guidelines to get their kid's channel started safely with a solid foundation for their child's new creative outlet. **Please note, legally children must be age 13 and have parental permission to start a YouTube channel.**

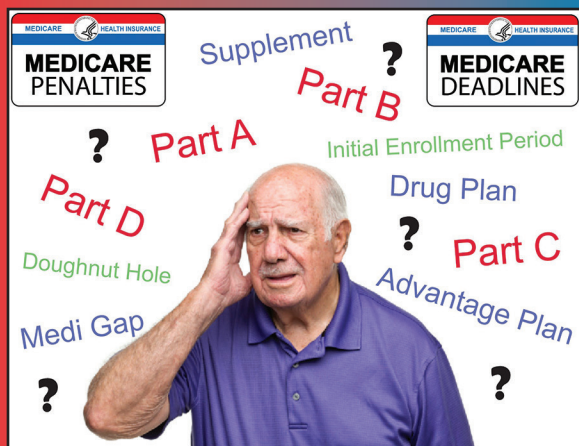
### SP1205

Tuesday, June 4  
1 session - \$24  
Online via Zoom

12-1 pm  
Social Club Simple



# Adult Programs



## Medicare 101

Turning 65 in 2024? Join us to learn about enrolling in Medicare. This informational class is suitable for anyone who is or will become Medicare eligible and will help answer questions including: What if I'm going to continue working after I turn 65? How is my spouse affected by my enrollment? What is Original Medicare? What is the difference between a Medicare Supplement Plan and a Medicare Advantage Plan, and how do they work with Original Medicare? What about my prescriptions? How do I enroll in Medicare, and when should I do it? What if I don't enroll? How might my HSA impact my Medicare decision-making?

### SP1210A

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

5:30 – 6:30 pm  
Chris McClory  
Conference Room

### SP1210B

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

5:30 – 6:30 pm  
Chris McClory  
Conference Room

### SP1210C

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

7-8 pm  
Chris McClory  
Conference Room

## Savvy Social Security

Discover the strategies for maximizing your Social Security benefits including five factors to consider when deciding when to apply for benefits, how to minimize taxes on Social Security and the health insurance dilemma.



### SP1211

Tuesday, April 16  
1 Session - \$15  
Discovery Center

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

## Defensive Driving

### 4 Hour Refresher Course

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

### SP1110A

Thursday, March 28  
1 session - \$35  
Discovery Center

1-5 pm  
MN Safety Council  
Conference Room

### SP1110B

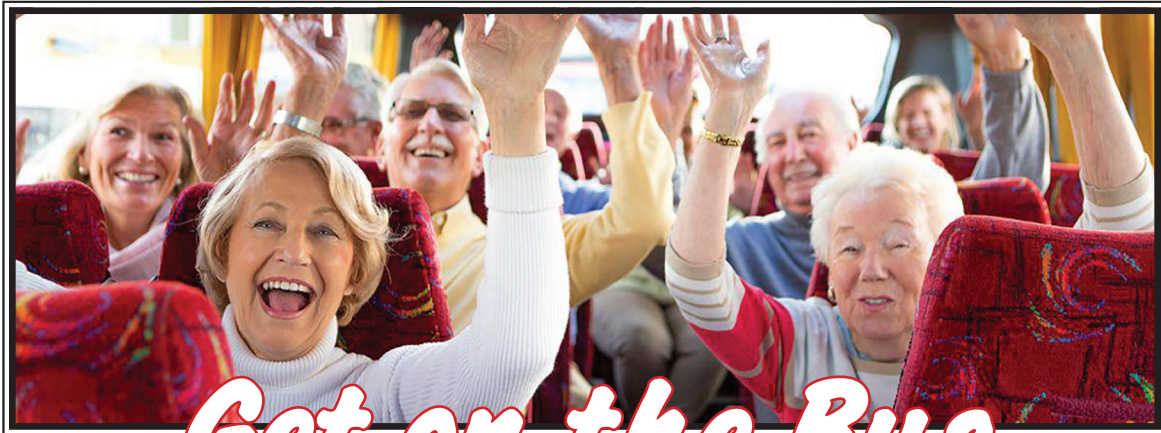
Thursday, May 23  
1 session - \$35  
Discovery Center

1-5 pm  
MN Safety Council  
Conference Room





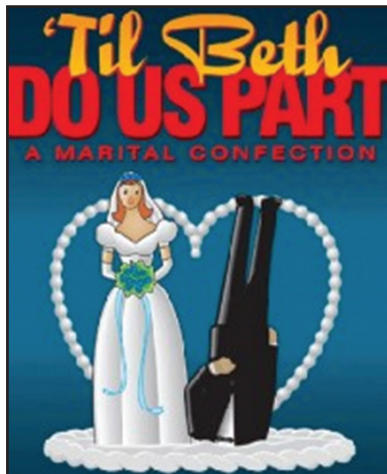
# Adult Programs



## Get on the Bus

### DayTrippers Dinner Theatre Thursday, April 25

This side-splitting romp about marriage and careers introduces us to the Haydens, Suzannah and her husband Gibby, a local TV weatherman. They are a couple who both work and decide an assistant is needed to help put their house in order. So, they hire a highly motivated, gregarious southerner named Beth. Little do they know, Beth is after Suzannah's job! Throw in wise-cracking best friends and a British boss lady, and you discover the hazards of hiring an assistant can be hilarious!



**Green Mill Lunch Menu:** Turkey breast with gravy, Swedish meat balls, Futtuccini alfredo prima vera, Mashed potatoes, Tuscan vegetable medley, Rasberry vinaigrette salad with berries and mandarin oranges, Dinner rolls with butter, Dessert bar, Coffee, iced tea and water.

#### SP1000

- ♦ Motor coach bus departs Discovery Center, door 1, at 11:15 am
- ♦ Bus returns to Buffalo approximately 4 pm
- ♦ \$99 fee includes motorcoach transportation, show ticket, lunch and chaperone
- ♦ **Deadline to register is Thursday, April 11**

### Sidekick Theatre Thursday, May 16

#### The Fabulous LIPITONES

NOT SO  
A Traditional Barbershop Quartet



What happens when an a cappella quartet loses a key member to a heart-stopping high "B flat?" The three surviving members suddenly find themselves scrambling to find a tenor before the national competition. When the golden tones of "Bob" are hear through the phone the Lipitones are all ears...but when they meet him in person, he's not quite what they expected. An uproarious comedy of misunderstanding, stereotypes and the path to perfect harmony. The theater is located in Bloomington.

**Lunch Menu:** Creamy chicken breast, Roasted red potatoes, Glazed carrots, Coleslaw, Dinner rolls, Assorted desserts, Coffee and hot tea.

#### SP1001

- ♦ Motor coach bus departs Discovery Center, door 1, at 10:30 am
- ♦ Bus returns to Buffalo approximately 4 pm
- ♦ \$99 fee includes motorcoach transportation, show ticket, lunch and chaperone
- ♦ **Deadline to register is Thursday, May 2**

# Adult Basic Education & GED

## We Are ABE

At WEST Adult Basic Education (ABE) sites in the west metro suburbs, caring teachers help adults with a variety of learning goals. WEST ABE is a partnership between 17 area school districts, several correctional facilities, and the Monticello Career Force Center. Teachers at dozens of nearby sites serve adult learners throughout the majority of the year. WEST ABE welcomes adults, 17 or over, who are not currently enrolled in a regular school program.



### Academic Open Lab

ABE helps adult learners acquire or improve their math, reading or writing skills for the GED test, college entrance or employment.

- ♦ Mondays & Wednesdays from 1:30-4 pm
- ♦ Tuesdays & Thursdays, from 6-8:30 pm
- ♦ Closed the same days as BHM Schools
- ♦ For more information, call 763.682.8509 or drop in

### Get Your GED

Each June, adult learners from several adult basic education sites around Wright County come together to be recognized for earning their General Education Development (GED) certificates. Be one of these graduates in 2024!

You can do it! Earn your GED and celebrate! Create new opportunities for yourself.

To get started, call Terrisa in Buffalo at 763.682.8509 or Jill in Monticello at 763.272.2040 who can help you locate the program near you.

## Why Choose ABE

ABE teachers understand the unique challenges of adult learners. Materials are designed to help adult learners, and learning plans are individualized to help meet adult learners' needs. Learners study in the classroom and online. Let us help you meet your goals!

[westabe.org](http://westabe.org)

[hotline.mnabe.org](http://hotline.mnabe.org)



# Adult Basic Education & GED

## We Are ABE

**Buffalo Adult Basic Education classes meet at Discovery Elementary, 301 2nd Ave NE, Buffalo.**

All adult basic education classes are **FREE**. Study materials are also **FREE** – including textbooks, workbooks, online learning platforms, and GED practice tests. Some textbooks may be purchased in certain situations. Call **682.763.8509** or email **tfisher@bhmschools.org** for more information.



### **WHAT: Family Learning Program**

- 1) parent & child time with childhood experts
- 2) parents with a parenting specialist
- 3) parents work on their own learning goals with a teacher of adults-study for GED or English language for example.

**WHO:** Any parent with a child or children, 6 months to kindergarten age, U.S. born or immigrants - all are welcome.

**WHERE:** Discovery Elementary - Early Childhood Family Education (ECFE) 301 2nd AVE NE, Buffalo.

**WHEN:** Tuesdays and Thursdays, 10 am-2 pm, September through May.

**WHY:** (As described by a parent participant)

*Family Learning is an interesting, fun, and friendly place where parents gain information they want about the upbringing and development of children. In turn, children develop emotional, affective capacity, in addition to learning social skills and participating in different activities such as: playing, drawing, painting, music, dancing and making crafts which help to develop children's creativity, imagination, and school readiness.*

**HOW:** Call Terrisa at **763.682.8509** or Tiara at **763.682.8782**.

### **English Language Class**

In this welcoming environment, classes meet the needs of people whose native language is other than English, including recent immigrants, refugees, migrant workers, permanent residents and citizens. In-person classes provide opportunities for reading, writing, listening and speaking practice, at all skill levels. Classes are free!

- ♦ Tuesdays & Thursdays, from 6-8:30 pm.
- ♦ Discovery Elementary, 301 2nd AVE NE, Buffalo.
- ♦ Closed same days as BHM Schools.
- ♦ Questions, call Elizabeth at 763.682.8507 or Terrisa at **763.682.8509** or drop in.

# Opening Doors Program for Adults with Disabilities

## ABOUT US

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

**Participants can:**

### Discover New Skills

Arts ~ Crafts ~ Cooking

### Explore the Community

Outings ~ Theater ~ Sporting Events

### Socialize and Meet People

BINGO ~ Games ~ Movie Nights

### Become More Active

Bowling ~ Dances ~ Nature Walks

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

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

## Spring Highlights



### Bingo & Pizza Nights

Various dates & locations, 6-7:30 pm



### St. Patrick's Day Dance, March 15

St. Francis Xavier School, Buffalo, 5:30-8 pm



### Spring Fling Dance, April 19

Big Lake Independence Elementary, 6-8 pm



The Summer Opening Doors catalog will be available at the end of May. We would love to add you to the mailing list. Call Community Education at 763.682.8770 to receive our catalog.

To learn more about *Opening Doors* or to register for classes and activities, visit us at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com) or call **763.682.8770**.

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

Sheila Johnson, Program Coordinator  
[sjohnso@bhmschools.org](mailto:sjohnso@bhmschools.org)  
763.682.8752



St. Patrick's Day Dance



Celebrating July 4th



Pizza & Bowling



# Buffalo Community Center

## Tot Spot – Every Tuesday at 9:30 am

Children ages 2-5 meet others during our structured play time with crafts, snacks and special events. Kids Toy Swap is held the 1st Tuesday of each month. Bring in a gently used toy to exchange with others.

## Movie Day – Every Thursday at 1:30 pm

Check our newsletter for the list of upcoming shows. Make a day of it and stop in for Zingo at 12:30 pm followed by movie and popcorn.

## Table Top Gaming - 2nd Friday, 6:30 pm

Board games or role-playing games like D&D.

## Family Fun Night - 3rd Friday, 4-8 pm

Occasional special events, with food for sale and Zingo at 7 pm. Great fun for the whole family.

## Sci-fi Saturday - 4th Saturday, 7 pm

Range of topics including Anime, comic books, magic, video games, dragons, space travel, AI, time travel, etc.

We have live entertainment, holiday parties, speakers, craft classes, tournaments and more! **Drop in anytime** to enjoy our **free activities** like Zingo, board games, pool tables, air hockey, ping pong, video games. **FREE WiFi too!**

## Building

### Reservations

Looking for a meeting room, a place to host a baby shower, bridal shower, graduation party, family gathering, etc.? Check out our rental options by scanning the code below or visit [ci.buffalo.mn.us/182/Community-Center](https://ci.buffalo.mn.us/182/Community-Center)

Scan for  
Reservations



## Attention Families

Looking for something different to do with the kids during a day off or after school? Come hang out at the Community Center. Enjoy a coffee and let the kids play a game or participate in an activity listed in our newsletter for the week.

**We are open Monday-Friday from 8 am to 4 pm**

**Scan to view the most current newsletter!**



Still want more information? Email us at [CommunityCenter2@ci.buffalo.mn.us](mailto:CommunityCenter2@ci.buffalo.mn.us)

## City of Buffalo Parks and Recreation

Website: [ci.buffalo.mn.us/158/Parks-Recreation](https://ci.buffalo.mn.us/158/Parks-Recreation)

**Check out these great offerings and more are available throughout the parks.**

- ♦ Bike/Boat rentals
- ♦ Community Gardens
- ♦ Concerts in the Park
- ♦ Dog Park
- ♦ Flora of Buffalo
- ♦ Parks
  - Community Parks
  - Neighborhood Parks
  - Regional Parks
- ♦ Park Shelter Reservations
- ♦ Trails
  - Bike Skills Park
  - Fat Tire
- ♦ Skate Park
- ♦ Volunteer Flower Gardens

Scan for  
Parks and Rec Website



The Buffalo Community Center presents

# MOMMY/DADDY AND ME PROM

RED CARPET GRAND MARCH  
SPARKLING JUICE • SPECIAL DINNER  
PHOTO STATION • DANCE PARTY  
CROWN MAKING CRAFT

THURSDAY | MAY 2ND | 5PM - 7PM  
BUFFALO COMMUNITY CENTER  
206 CENTRAL AVE | BUFFALO MN

Scan to register your  
little Princess or  
Prince today!



# Allina Community Health Programs



## Community Health Programs

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

Buffalo Hospital invites you to register for a health-promoting class, event and support group at [allinahealth.org/classes](http://allinahealth.org/classes), by calling **763.684.7025** or by scanning the QR code.



### 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.

### FREE STROKE SUPPORT GROUP

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

### THRIVING WITH CHRONIC PAIN WORKSHOP

This 6-week class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. **Thursdays, April 11-May 16, 3-4 pm, Conference Room D and via Microsoft Teams.**

### HEALTHY EATING FOR BETTER HEALTH

This 6-week program is for people who want to learn more about how nutrition and lifestyle changes can promote better health. Class includes learning how to read nutrition labels, cooking skills, new information about latest changes in nutritional world and even a grocery store tour! **Thursdays, April 11-May 16, 12-1 pm, Conference Room D or via Microsoft Teams.**

### BABY CAFÉ

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

### BIRTH CENTER TOUR

Tour labor and delivery rooms, postpartum rooms, and nursery before the arrival of your baby.

**Thursday tours meet 6:30-7:30 pm, March 7, April 4, May 2, May 30, FREE**

### BUFFALO HOSPITAL GIFT SHOP

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

### COME JOIN OUR VOLUNTEER TEAM

Volunteering can be a great way to make a positive difference in your community.

**Pet Therapy Visits** – Join our team of certified pet therapy dogs and help bring joy and comfort to patients and their families.

**Guest Service Greeter** - Greeters are the first point of contact for our patients, staff and visitors. This volunteer opportunity is a great way to sharpen your people skills and learn more about the healthcare field.

**Gift Shop Volunteer** - Buffalo Hospital is looking for friendly, responsible, and energetic people (16+) that would like to volunteer at our hospital gift shop.

**Call 763.684.7125** or email [Brenda.christensen@allina.com](mailto:Brenda.christensen@allina.com) for more information.







Community Education offers activities  
for every age group!

*Register Today!*



**Community Education Registration Form**

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

Participant Name \_\_\_\_\_ (Youth) DOB \_\_\_\_\_ Grade \_\_\_\_\_  
(Last) (First)

Parent/Guardian (if applicable) \_\_\_\_\_





Address \_\_\_\_\_  
(Street) (City) (Zip)

Primary Phone # \_\_\_\_\_ Daytime Phone # \_\_\_\_\_

\*Email \_\_\_\_\_ Special Needs/Allergies \_\_\_\_\_  
(Receive class confirmation and payment receipt)

Course Title	Course #	Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____

Check # \_\_\_\_\_ TOTAL \$ \_\_\_\_\_

Card Type     # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_

UCare ID # (if applicable) \_\_\_\_\_



301 NE 2nd Ave, Buffalo, MN 55313  
763.682.8770  
bhmschools.org

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

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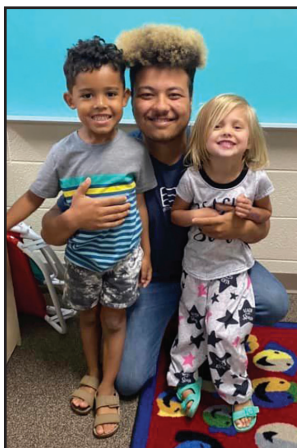
Resident, School District 877  
Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

# Join Our TEAM!

## Impact Lives in Our Community

### KidKare



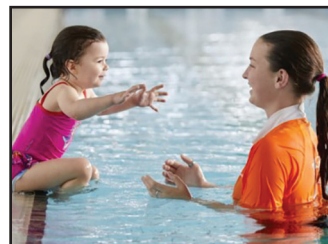
Buffalo, Hanover and Montrose KidKare is looking for fun, energetic, reliable employees to be a positive role model for students ages 3-12.

#### Responsibilities include:

- ♦ Assist classroom teachers with activities.
- ♦ Build positive relationships with students.
- ♦ Keep students engaged and safe.

Interested? Contact Tiffany at [tlund@bhmschools.org](mailto:tlund@bhmschools.org) or 763.682.8787.

### Aquatics



Community Education Aquatics is seeking individuals who love the water, children and teaching!

**Required Qualifications:** Red Cross Certified Lifeguard or Water Safety Instructor. Flexible hours and competitive pay.

#### Responsibilities Include:

- ♦ Teach youth swim lessons.
- ♦ Monitor safety of patrons in the pool.
- ♦ Provide a friendly and educational experience.

Apply online at [bhmschools.org/job-opprtunities](http://bhmschools.org/job-opprtunities)  
Want more information, contact Sheila Johnson, 763.682.8752 or [sjohnso@bhmschools.org](mailto:sjohnso@bhmschools.org)

### Youth Programming

**Are you looking for fun, rewarding part-time employment this summer?** We need **licensed and non-licensed** adults to teach summer youth enrichment classes Monday-Thursday, 8:30-11:30 am. We offer three, 2-week, class sessions between June 17-August 1. Teach one, two or all three sessions! Possible class ideas are: STEM, Arts, Music, Robotics, Coding, Photography, Book Club, Knitting, Cooking, Gardening or Sports related. **Use your imagination!**

We are also looking for **licensed teachers** to lead summer Targeted Service Remedial Reading and Remedial Math for district youth going into grades 1-4. **Curriculum is provided.**



For more information, please contact Bridget Lindeman at 763.682.8733 or [blindeman@bhmschools.org](mailto:blindeman@bhmschools.org).