



# Community Education

BUFFALO HANOVER MONTROSE SCHOOLS

Winter 2022



*Explore Winter*  
with Us!

763.682.8770  
BHMSCHOOLS.CE.ELEYO.COM

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



# Welcome to Community Education

REGISTER ONLINE TODAY! [BHMSCHOOLS.CE.ELEYO.COM](http://BHMSCHOOLS.CE.ELEYO.COM)



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

## Weather Cancellations

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

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**Community  
Education**  
**BHM SCHOOLS**

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

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

**Office Closed:** Nov. 25, 26, Dec. 24, 27, 30, 31

**Office Telephone:** 763.682.8770

### **Web Sites:**

Online Registration [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)  
School District [bhmschools.org/community-ed](http://bhmschools.org/community-ed)



**BUFFALO HANOVER  
MONTROSE SCHOOLS**

## Child Care Program

**Welcoming Ages 3 to 12 Years**



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

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

**KidKare KinderKids** is a full day care program for children ages 3 - 5 not yet in school. Staff teach theme based activities including social and emotional skills, academic readiness, art and science, and learning through play. We offer flexible scheduling with ½ day care, full day care, and care that wraps around your child's ECCE (Early Childhood Family Education) class! **\*See pages 4-7 for more information on ECCE.**

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



### For more information

1. Visit [bhmschools.org](http://bhmschools.org) (click community ed tab)
2. Call Tiffany Lund, KidKare Coordinator, at 763.682.8787 or email [tlund@bhmschools.org](mailto:tlund@bhmschools.org)
3. KidKare is on Facebook (BHM Schools KidKare)

### Site Locations

#### **Hanover Elementary:**

Supervisor: Renee Kalinowski, 763.682.0870

#### **Montrose Elementary:**

Supervisor: Ashley Stuart, 763.682.8360

#### **Northwinds Elementary:**

Supervisor: Jill Ebeling, 763.682.8830

#### **Parkside Elementary:**

Supervisor: Anais Bersie, 763.682.8746

#### **Tatanka Elementary:**

Supervisor: Ginger Elsenpeter, 763.682.8631

Registration information on page 2

# ■ ■ ■ **Parent Child Classes**

## **ECFE Mixed Ages**

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

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

### **Buffalo Classes**



#### **W4005A**

Mondays, January 3 - April 25  
8:30-10:15 am  
(No class Jan 17, Feb 21, Apr 4)  
Discovery Center Room EC1  
Patty Lammers/Andrea Jonasson  
Fee: 14 week session - Sliding fee scale

#### **W4005B**

Mondays, January 3 - April 25  
10:30 am-12:15 pm  
(No class Jan 17, Feb 21, Apr 4)  
Discovery Center Room EC1  
Patty Lammers/Andrea Jonasson  
Fee: 14 week session - Sliding fee scale

#### **W4005D**

Tuesdays, January 4 - April 26  
8:30-10:15 am  
(No class April 5)  
Discovery Center Room EC1  
Patty Lammers/Diane Mastel  
Fee: 16 week session - Sliding fee scale

**Early Childhood  
Screening**

See page 6

#### **W4005E**

Wednesdays, January 5 - April 27  
8:30-10:15 am  
(No class Mar 30, Apr 6)  
Discovery Center Room EC1  
Patty Lammers/Diane Mastel  
Fee: 15 week session - Sliding fee scale

#### **W4005F**

Wednesdays, January 5 - April 27  
10:30 am - 12:15 pm  
(No class Mar 30, Apr 6)  
Discovery Center Room EC1  
Patty Lammers/Diane Mastel  
Fee: 15 week session - Sliding fee scale



### **Hanover Classes**

#### **W4005G**

Tuesdays, January 4 - April 26  
8:30-10:15 am  
(No class April 5)  
Hanover Elementary ECFE Rooms  
Jen Dismang/Andrea Jonasson  
Fee: 16 week session - Sliding fee scale

#### **W4005H**

Thursdays, January 6 - April 28  
8:30-10:15 am  
(No class Mar 31, Apr 7)  
Hanover Elementary ECFE Rooms  
Jen Dismang/Andrea Jonasson  
Fee: 15 week session - Sliding fee scale

### **Montrose Classes**

#### **W4005I**

Wednesdays, January 5 - April 27  
8:30-10:15 am  
(No class Mar 30, Apr 6)  
Montrose Early Ed Center ECFE Rooms  
Jen Dismang/Andrea Jonasson  
Fee: 15 week session - Sliding fee scale

### **ECFE Sliding Fee Scale**

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

# of sessions	14 sessions		15 sessions		16 sessions	
	1 child	2+ child	1 child	2+ child	1 child	2+ child
0-19,999	\$17	\$22	\$18	\$23	\$20	\$25
20,000-39,999	\$45	\$51	\$48	\$54	\$51	\$57
40,000-59,999	\$76	\$83	\$79	\$86	\$82	\$89
60,000-79,999	\$107	\$115	\$110	\$118	\$113	\$121
80,000-99,999	\$138	\$147	\$141	\$150	\$144	\$153
100,000+	\$169	\$179	\$172	\$182	\$175	\$185

If you have questions, please call ECFE at 763.682.8780.





## Lunch Brunch Fun and Run

(Ages birth-5 years)

This is a **FREE non-separating class** designed to let big muscles run, ride, bounce and play. Class begins with a FREE 'grab and go' lunch prepared by BHM Nutrition Services for your child. Parents are welcome to join the lunch time by bringing a bag lunch. After lunch, everyone is off to the large gym and playground for large motor activity. Special dietary needs can be emailed to Kim Hinrichs, Director of Nutrition Services, at [khinrichs@bhmschools.org](mailto:khinrichs@bhmschools.org). **Classes held on the following Fridays, 11 am-12:30 pm. Registration is required.**

### F4005M

December 3, 10, 17, January 14, 21  
February 4, 11, 18, 25, March 4, 11, 18, 25  
Montrose Early Education Center Patty Lammers

## Marvelous Mondays (Ages birth-5 years)

Join ECFE parent and child educators for stories, playtime and snack. Parent discussion, led by a parent educator, will focus on current parenting topics. (Limit 10)

### W4005C (This is a NON-separating group)

Mondays, January 3 - April 25 5- 6:30 pm  
(No class Jan. 17, Feb. 21, April 4)  
Discovery Center Room EC1  
14 week session - Sliding Fee Dana Pearson/Rachael Hartfiel

## Terrific Tuesdays (Ages birth to grade 2)

Join parent educator, Diane Mastel, for a family style pizza dinner from 5:30-6 pm. After, parents and children separate with parents participating in parent talk time and children receiving care from our ECFE assistant staff. A final circle and bedtime story will close out the evening. (Limit 10)

### W4005K (This is a separating group)

Tuesdays, January 4 - April 26 5:30 - 7 pm  
(No class Feb 1, Apr 5)  
Montrose Early Education Center ECFE Room  
15 week session - Sliding Fee Diane Mastel

## Infant Class (Ages 0-9 Months)

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. (Limit 8)



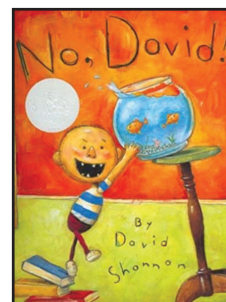
### W4000K

Fridays, February 11, 18, 25 11 am- 12 pm  
Discovery Center EC1  
FREE Diane Mastel

## No David

(Ages 2-5 years)

David's mom always said, "No David". All young children and parents can relate to the childhood antics of David. Join Miss Patty for a fun evening of parent/child friendly activities, designed to get everyone involved. Each family will receive a copy of one of the "No David" books. (Limit 12)



### W4044A

Thursday, February 10  
Discovery Center  
\$15 per family

5:30-6:45 pm  
Room EC1  
Patty Lammers

## Penguins Love Color (Ages 1-5 years)

Mama penguin is in for a special surprise when her little penguins make a special gift for her. What could it be? Here's a hint.....it's very colorful. Come and explore the world of penguins, colors and flowers. Join us for some creative art and time to explore our Early Childhood Classroom, after a teacher-led circle time with stories and songs. Each family will receive a copy of, If You Were a Penguin, a great rhyming book about penguins! (Limit 12)



### W4044B

Thursday, March 24  
Discovery Center  
\$15 per family

5:30-6:45 pm  
Room EC1  
Jen Dismang

## Journeys

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

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

### W4005J

Fridays, January 7 - April 29 8:30-10:15 am  
(No class Jan 28, Apr 1, 8)  
Discovery Center  
Diane Mastel/Patty Lammers  
14 week session - Free!

Room EC1 & EC4



**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 scholarship, contact the ECCE office or Milestones, at 800.288.8549. Call ECCE at 763.682.8780 for availability.



### **Spring Into Preschool - Hanover** **2.5-3.5 year olds by September 1, 2021**

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

#### **4034C**

Mondays, January 3 - May 16  
Hanover Elementary  
Annette Rabusch/Diane Mastel

8:30-10 am  
ECCE Room

#### **Spring Into Preschool Payment Information**

**\$50 registration fee plus 5 monthly payments**

due January 30 - May 30, 2022

Each payment \$45/month

### **Ready Set Grow Preschool - Buffalo** **3 - 5 year old by September 1, 2021**

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

#### **4205A**

Tuesdays & Thursdays, January 4 - May 10  
Buffalo - Discovery Center  
Jen Robeck

8 - 10:30 am  
Room EC2

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

**\$50 registration fee plus 5 monthly payments**

due January 30 - May 30, 2021

Each payment \$110/month

### **Ready Set Grow Preschool - Buffalo** **4 - 5 year old by September 1, 2021**

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

#### **4206A**

Monday-Thursday, January 3-May 11  
Buffalo - Discovery Center  
Jen Robeck

12-3 pm  
Room EC2

#### **4206C**

Monday-Thursday, January 3-May 11  
Buffalo - Parkside Elementary  
Miranda Weber

12-3 pm  
Room 303

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

**\$50 registration fee plus 5 monthly payments**

due January 30 - May 30, 2022

2-Days/Week: Each payment \$120/month

3-Days/Week: Each payment \$187/month

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



#### **Early Childhood Screening (ages 3-5 year)**

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





## Parent Activities ■ ■ ■

### BHM ECFE To Go Bags

**Ages: 0-5 years old**

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

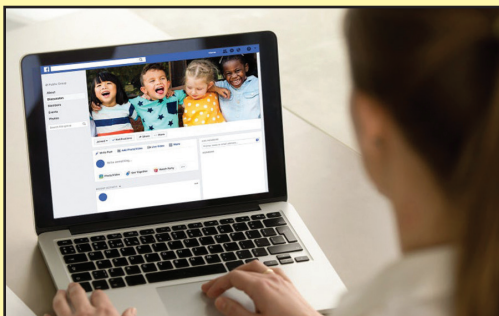


**W4029A (0-3 years)**      **W4029B (3-5 years)**  
January 24-April 18  
Pickup/drop off bags 8 am-4 pm at Discovery Center  
\$25 per family for up to 11 bags

### 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.



**Wednesdays, 10-11:30 am**

Dress for the weather and join us as we travel around town, meeting families, spending time together, enjoying the outdoors. We'll bring the chalk, bubbles, parachute and snack. New to the area? We'd love to meet you...at the park! **Sign up onsite. Free!**

Sturges Park	May 4
Pioneer Park, Hanover	May 11
Montrose Early Ed Center	May 18

### Parent Coaching

An ECFE Parent Educator will visit virtually or in an ECFE classroom with you. Visits can include:

- ♦ **Time to talk** and problem solve ways to meet your family's needs
- ♦ **Resources** and ideas on parenting, child development and community services
- ♦ **Free for families with children ages birth to kindergarten entrance**
- ♦ Contact Barbara, ECFE Coordinator, at 763.682.8753 or [beckberg@bhmschools.org](mailto:beckberg@bhmschools.org) for more information



Early Childhood  
Family Education  
BHM SCHOOLS

We Are

**HIRING**

ECFE is currently hiring classroom assistants.  
Visit [bhmschools.org/job-opportunities](http://bhmschools.org/job-opportunities).

### ECFE Partners



**BHM Nutrition Service**



**West Adult Basic Education**

**AllinaHealth**



**Buffalo Parks Department**



**United for Youth**

Registration information on page 2

## ■ ■ ■ Youth Enrichment



### DNR Certified Youth Snowmobile Safety Class (Age 11+)

#### W613

Saturday, December 11 8:45 am-3 pm  
1 session - \$5 Buffalo Snowriders Snowmobile Club  
Parkside Elementary Media Center

#### Class Requirements Before Registering

Must be 11 years old before class. Complete the online DNR course before attending this class. The DNR course is available at [dnr.state.mn.us](http://dnr.state.mn.us).

**This class filled with the maximum number of students allowed by the DNR as the catalog was at print.**

- Registering at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)
- Parent or legal guardian must be present for check-in and are encouraged to attend at least the first hour of class.
- Please be available to pick up your child when class is out. Pick-up will be between 1-3 pm.

#### Please Bring to Class:

1. Printed Snowmobile Voucher from MN DNR approved online course.
2. Birth certificate, passport or state issued ID.
3. D.O.T rated helmet and snowmobile approved shield or goggles that fit attendees head.
4. Warm clothes suitable for riding snowmobile which includes gloves, boots, snow pants and jacket.
5. A backpack to keep all personal items.
6. Bag lunch.

Parents are welcome to stay and participate and/or help during the safety class. All families are welcome to join the Buffalo Snowriders Snowmobile Club. **For more information or questions about the course, please contact Clare Koch at 651.235.9153.**



### Very Merry pARTy!

(Grade K-5)

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

#### W699

Tuesdays, December 7, 14, 21 2:30-3:30 pm  
3 sessions - \$45 KidzArt  
Hanover Elementary Art/Science Room

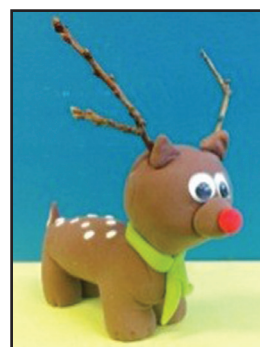
### Rudolph the Red Nosed Reindeer

(Ages 4-9)

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

#### W690

Thursday, December 23 9 am-12 pm  
1 session - \$45  
Kidcreate Studio  
Discovery Center Room EC-2



### Glow-in-the-Dark Art Camp (Age 4-9)

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

#### W693

Tuesday & Wednesday, December 28 & 29 9 am-12 pm  
2 sessions - \$89 Kidcreate Studio  
Discovery Center Room EC-2



## Fencing

(Ages 6 – 100)

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

### W679

Saturdays, January 8-February 26

8:15 - 9:15 am

(No class Jan. 15, Feb. 19)

6 sessions - \$95

Swordplay  
Gym

Parkside Elementary

## Glow-in-the-Dark Aurora Borealis

(Age 5-12)

Come explore blending as we create a mixed-media landscape featuring nature's most magnificent light show: Aurora Borealis. Just like the real Northern Lights, this project will actually glow-in-the-dark! **Please pack a nut free snack and drink.**

### W697

Monday, January 17

1 session - \$39

Discovery Center



9 am-12 pm  
Kidcreate Studio  
Room EC-2

## How to Draw a Unicorn

(Age 5-12)



In this class, the kids will learn how to draw a mystical unicorn using a simple step-by-step process. The final project will then be created using a super cool scratchboard technique! Register early for this popular class! **Please pack a nut free snack and drink.**

### W691

Monday, January 17

1 session - \$39

Discovery Center



1-4 pm  
Kidcreate Studio  
Room EC-2



## Karate Basics

(Grades K-5)

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

### W673A

Mondays, January 24-February 14

4 sessions - \$45

Montrose Elementary

2:30-3:15 pm

Buffalo Dojo

Gym

### W673B

Tuesdays, January 25-February 15

4 sessions - \$45

Hanover Elementary

2:30-3:15 pm

Buffalo Dojo

Gym

### W673C

Mondays, March 7-28

4 sessions - \$45

Montrose Elementary

2:30-3:15 pm

Buffalo Dojo

Gym

### W673D

Tuesdays, March 8-29

4 sessions - \$45

Hanover Elementary

2:30-3:15 pm

Buffalo Dojo

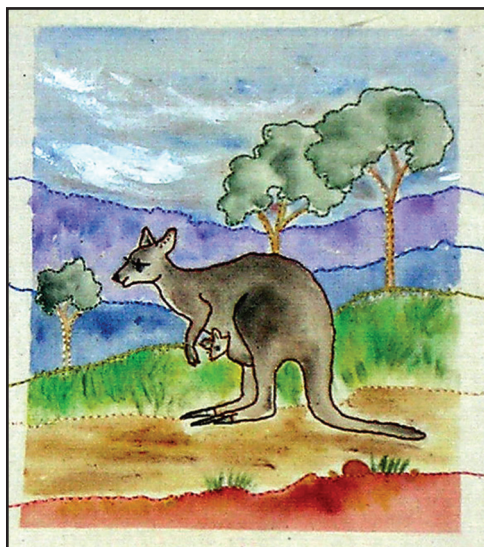
Gym

**Community Education**  
BHM SCHOOLS

*We Are* **HIRING**

School-Age Care, ECFE, Enrichment Instructors, Aquatics. Call 763.682.8770 to inquire today!

# ■ ■ ■ Youth Enrichment



## **Australian Art Adventure (Grade K-5)**

Let's travel to Australia to learn about their animals, architecture, and aboriginal art forms. Student's will use colored pencils to draw a platypus swimming underwater, create a watercolor crayon resist painting of a kangaroo, draw the Sydney Opera House, and more. Projects never repeat! With KidzArt, if you can dream... you can draw!

**W694**

Tuesdays, January 25-March 1  
6 sessions - \$85  
Hanover Elementary

2:30 - 3:30 pm  
KidzArt  
Art Room

## **L.O.L. Surprise Dolls™ (Age 4-9)**



If you love L.O.L. Surprise Dolls™, you'll love this class. Glitter and glam, we've got it all! Come and create awesome L.O.L. Surprise projects using

clay, paint, and more. We'll even make a diorama that a real L.O.L. Surprise Doll could call home. **Please pack a nut free snack and drink.**

**W692**

Friday, January 28  
1 session - \$39  
Discovery Center



9 am-12 pm  
Kidcreate Studio  
Room EC-2

## **Among Us™**

**(Age 5-12)**

Among Us™ fans, we're getting all our crewmates together to create some out-of-this-world art. We'll sculpt, paint, draw, and more as we create projects that are all inspired by this popular game. **Please pack a nut free snack and drink.**

**W698**

Friday, January 28  
1 session - \$39  
Discovery Center



1-4 pm  
Kidcreate Studio  
Room EC-2



## **Crochet Club -**

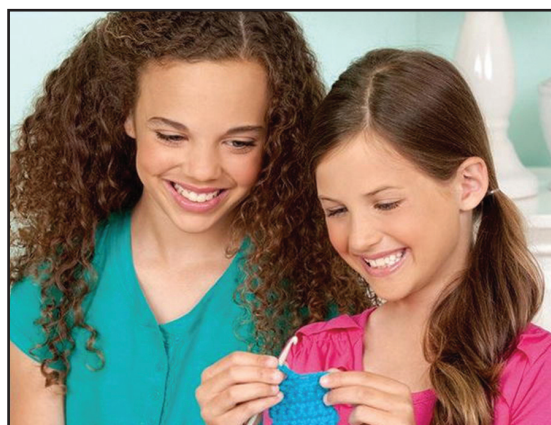
## **Cowl & Pom Pom Bunny (Grade 3-8)**

Want to learn to crochet? We will learn the basics of crochet and make a cowl and pom-pom bunny. (Those with previous crochet experience can learn a new stitch while making the cowl.) We will also make a small hand-sewn project of your choice (animal, pillow, coaster, etc.). Sewing is an essential skill not only in crochet, but in life! **No experience necessary. Supplies included! Bring a nut-free snack to class.**

**W696**

Saturday, January 29  
1 session - \$45  
Discovery Center

9 am-12 pm  
Abby Swanson, The Firefly Hook  
Room EC-4





## Canvas Fun: Heart Tree (Grade K-5)



Join KidzArt for a one-day painting workshop. Everyone will create their own painting of a tree with hearts on a 9x12" stretched canvas. Build self-confidence with art and let your creativity soar!

### W695

Friday, February 4  
1 sessions - \$25  
Hanover Elementary

2:30 - 3:30 pm  
KidzArt  
Art Room

**10 Strategies for Parenting Kids with ADHD/  
Executive Function Challenge... See page 30**

## Sweet Treats and Other Artsy Eats

### (Grade K-5)

Ice cream sundays, hamburgers, candy castles, and picnics! Let's get our hands messy with our very own, **Great Artsy Bake Off!** In this special 6-week KidzArt session, explore different mediums like air dry clay, watercolors and scratch art. Join us for a whole new level of fun with art!



### SP698

Tuesdays, March 8-April 19  
(No class April 5)  
6 sessions - \$85  
Hanover Elementary

2:30 - 3:30 pm

KidzArt  
Art Room

## Prairie Fire Children's Theatre presents...

- Up to 83 children, **ages 7-16**, are needed to play the roles of DOROTHY, TOTO, THE MUNCHKINS, GLINDA THE GOOD WITCH, THE TINMAN, THE COWARDLY LION, THE WIZARD AND MORE!
- Two professional actors/directors from the staff of Prairie Fire Children's Theatre will direct the production and play the roles of THE WICKED WITCH OF THE WEST and THE SCARECROW.
- Auditions for parts held Tuesday, February 22 at 3:40-5:40 pm.** The audition process lasts up to two hours and all those auditioning are required to be in attendance the entire time.
- Parts will be announced at the end of the two hour audition.
- A portion of the cast will stay following auditions for a short rehearsal.
- Elementary students can arrive right after school to take part in an acting workshop from 2:30 - 3:40 pm each day.
- Rehearsals will be held from 3:40 pm to 8 pm throughout the remainder of the week. Each cast member will receive a rehearsal schedule.
- A public performance is scheduled for Friday, February 25, at 7 pm in the Discovery Auditorium.**
- Tickets for the public performance are \$7 adults and \$4 students. Tickets will be available the week of February 22 - 25 in the Community Education office at Discovery Center and at the door the night of the performance. **Doors will open at 6 pm. (No reserved seating.)**
- We also need 1-2 student volunteers to be sound/light technicians. These students should be middle school - high school age. Technicians will need to be at the rehearsals Wednesday - Friday night's performance. Call Tiffany at 763.682.8787 to sign up to be a technician.



### W610

Tuesday-Friday, February 22 - 25  
4 sessions - \$79  
Discovery Center

2:30-8 pm  
Prairie Fire Children's Theatre  
Auditorium

## ■ ■ ■ Youth Enrichment

### Self Defense/Safety Awareness

(Ages 4-14)

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



- ◆ Registration Thursday, February 3, 6:30-7:30 pm at **Discovery Center Cafeteria**
- ◆ Registration fee is \$5 and the weekly class fee is \$7
- ◆ Classes are Thursdays, February 10 - May 26
- ◆ **(No class February 24, March 3, 10, April 7, May 5)**
- ◆ Ages 4-8: 6:30-7:15 pm
- ◆ Ages 9 and older: 7:30-8:15 pm

### Cheer America

(Ages 4-14)

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



- ◆ Registration Thursday, February 17, 6:30-7:30 pm at **Parkside Elementary Cafeteria**
- ◆ Registration fee is \$5 and the weekly class fee is \$7
- ◆ Classes are Thursdays, February 24 - May 19
- ◆ **(No class April 7, 28)**
- ◆ Ages 4-8: 6:30-7:15 pm
- ◆ Ages 9 and older: 7:30-8:15 pm

### Hanover Youth Ball

Baseball and softball for boys and girls ages 5-16. Season runs mid-late April to mid-July with pre-season clinics/practices in February/March. **On-line registration** takes place in February at **hanoveryouthball.org**. Questions, contact Missy Thompson at **missy@hanoveryouthball.org**



### Babysitting 101

(Age 10-13)

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

SP611

Tuesday, April 5  
1 session - \$69  
Discovery Center



8:30 am-4 pm  
Emergency Outfitters  
Room 204

### Youth Hunter Gun Safety

**For boys and girls 11 years old by January 1, 2022.** Students who complete all the requirements receive a MN Dept of Natural Resources Firearms Safety Certificate. **Questions contact Jerry Veches at 763.269.2583, M-F, 8 am-8 pm.**

#### Registration:

- ◆ **Register in-person** on Tuesday, January 25, 7-8:30 pm at the Buffalo High School, south entrance.
- ◆ Classes held on Tuesdays, February 8 - April 19 (**no class April 5**), 7-9 pm, at Buffalo High School.
- ◆ **Birth certificate required! Student can not participate without a birth certificate.**
- ◆ Local fee is \$7.50. An additional \$7.50 DNR fee will be paid directly to the DNR online. This information given at registration.
- ◆ *Co-sponsored by Buffalo Conservation Club, MN DNR and Community Education.*



# ACT Test Prep & Driver's Education ■ ■ ■

## 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. It is recommended that students register for the next available ACT exam after this class.



### SP600

Wednesday & Thursday, March 2 & 3  
2 sessions - \$110  
Buffalo High School

3:30-6 pm  
Doorway to College  
Bison Room

## PrepStar Blast ACT

The ACT test is still a strong element considered for college admissions and scholarships. In this class, an ACT expert will cover the test format, essential strategies and content review. The final step in the process will be having students take a fully proctored practice ACT test. Students will score their test in the online scoring system for immediate results and will receive a detailed score report. It is recommended that students register for the next available ACT exam after this class.

### SP601

Tuesday & Thursday, March 22 & 24  
Saturday, March 26  
3 sessions - \$149  
Discovery Center

4:30-7:30 pm  
9 am-1 pm  
Academic All-Star Tutoring Staff  
Board Room

**Register Today!**

[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com) or call 763.682.8770

## High School Drivers Education

### Classroom and Behind-the-Wheel

Online registration at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

**Classroom Instruction:** Our program includes 30-hours of classroom instruction with a licensed teacher in ten 3-hour sessions. Our classes are conveniently located at the Buffalo High School right after school hours.

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

### Spring A - 2022

Mondays & Wednesdays, February 7-March 14  
(No class Feb. 21)  
3:45-6:45 pm  
10 classroom sessions & 6 BTW - \$380  
Make-Up Session: Wednesday, March 16

### Spring B - 2022

Mondays & Wednesdays, April 11-May 11  
(Tuesday, May 10 replaces Monday, May 9)  
3:45-6:34 pm  
10 classroom sessions & 6 BTW - \$380  
Make-Up Session: Monday, May 16

- ♦ Visit [drive.mn.gov](http://drive.mn.gov) to schedule the written Knowledge Test.
- ♦ The **Blue Card** will be given to students at the last class if they complete the course work and are 15 years old. Otherwise, student's will pick up their **Blue Card** at the Community Education office, 301 NE 2nd Ave Buffalo, M-F, 8 am-330 pm, when they turn age 15. **The student must be present to sign the Blue Card.**



# ■ ■ ■ Youth Recreation



## Winter Tennis

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

**Sundays, December 5, 12, 19, January 9, 16, 23**

<b>W727A</b>	Quickstart 1 (ages 5-6)	1-1:45 pm	\$72
<b>W727B</b>	Quickstart 2 (ages 7-8)	2-2:45 pm	\$72
<b>W727C</b>	Quickstart 3 (ages 9-10)	3-3:45 pm	\$72

Middle School Group Lessons

<b>W727D</b>	<b>Grades 6-8</b>	4-5 pm	\$80
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High School/Adult Open Hit and Play

<b>W727E</b>	<b>Grades 9 and up</b>	5-6 pm	\$80
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## Jr Bison Basketball Boys and Girls, Grades K-6

**There is still time to join!**

**Register by November 30**

Register online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)  
or call 763.682.8770.



## Holiday Open Gym

December 27, 28, 29, 30 5-8 pm

Bison Activity Center

\$5/person or \$10/family



## Bison Buddy Girl's Basketball Clinic Grades K-6

Join us for this new **Winter Skills and Drills Clinic** with NEW Varsity Coach Barb Metcalf. Buffalo Varsity Coaches and players will run the clinic. Each Bison Buddy will be connected with a high school player that she may support at one of the 2022 February HOME games. This is a unique opportunity your child!

### W64AA (Grades K-2)

Saturday, December 11

1 session - \$25

Bison Activity Center

9-10 am

Barb Metcalf

Gym

### W64BB (Grades 3-6)

Saturday, December 11

1 session - \$30

Bison Activity Center

10-11:30 am

Barb Metcalf

Gym

## Jr. Bison Gymnastics Private Lessons Skill and Level specific

Looking for one-on-one help to work toward specific goals such as round off, back handspring on floor or maybe your child is so close to that back hip circle on bars... then private lessons are for you! One-on-one times or small group times available. **Please call Todd Lunning at 763.682.8176 to register.**

**W687A** 1 on 1 \$35/hr or \$20 for 30 minutes

**W687B** 1 on 2 \$20/hr or \$12 for 30 minutes

**W687C** 1 on 3+ \$15/hr or \$9 for 30 minutes

## Gymnastics Open Gym

An opportunity for gymnasts to practice their skills. Tuesdays, beginning December 7, 6:30-7:30 pm. \$10 per time. Pay at the door.





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

Sundays, 2 - 4 pm  
November 28 - March 27  
(Closed December 19, 26, January 2)

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

### Wright County WAVE Swim Club

For more information, visit [waveswimclub.com](http://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, January 3 - March 28

8:15 - 9 pm

(No class Feb. 21)

Buffalo Community Middle School Pool

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

### Adult Swimming

#### Learning the Basics

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

#### W5121

Wednesdays, February 2, 9, 16

8 - 8:45 pm

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 & Swim Descriptions



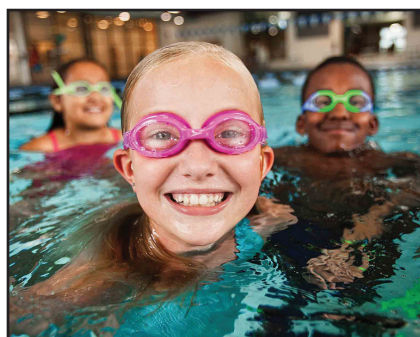
The Buffalo Community Middle School pool is available for private use any time the pool is not scheduled. Pool rental may include birthday parties, lock-ins, gym/swim activities or aquatic conditioning for sports teams. Rental rates are \$60 per hour for In District Groups or \$70 per hour for Out of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

## Clip & Save Coupon

**\$5 off** any Saturday pool rental  
Valid until 3/26/22



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



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

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

### Parent Child 1

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

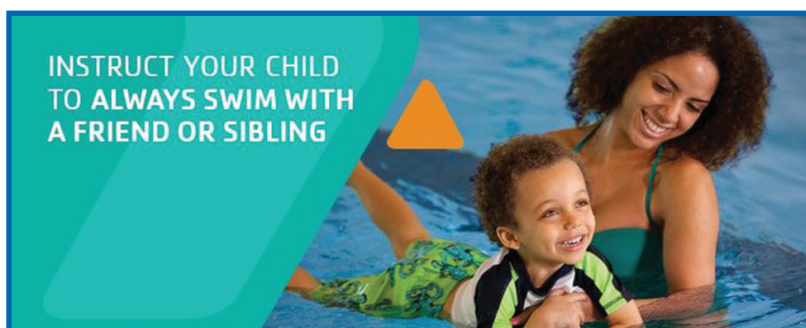
### Parent Child 2

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



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

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



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

### Level 1: Intro to Water Skills

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

### Level 2: Fundamental Aquatic Skills

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

### Level 3: Stroke Development

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

### Level 4: Stroke Improvement

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

### Level 5: Stroke Refinement

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



# Swimming Lessons ■■■

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



**Fun** with a splash of **confidence!**

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

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

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

## Monday Lessons

January 24, 31, February 7, 14, 28,  
 March, 7, 14 (No class Feb. 21)  
 (Weather Makeup: March 21)

6:15 pm	Pre-School W5201M	Level 1 W5311M	<u>Notes</u>
6:45 pm	Pre-School W5202M		
7:15 pm	Level 3 W5331M	Level 4 W5341M	



**Our instructors  
 make the difference!**

## Saturday Lessons

January 29, February 5, 12, 19, 26,  
 March 5, 12  
 (Weather Makeup: March 19)

9:30 am	Pre-School W5201S	Parent/Child 1 W5001S	<u>Notes</u>
10 am	Pre-School W5202S	Parent/Child 2 W5101S	
10:30 am	Pre-School W5203S	Level 1 W5311S	
11 am	Pre-School W5204S		
11:30 am	Level 2 W5321S	Level 3 W5331S	
12:30 am	Level 4 W5341S	Level 5 W5351S	

## Wednesday Lessons

January 26, February 2, 9, 16, 23, March 2, 9  
 (Weather Makeup: March 16)

6:15 pm	Pre-School W5201W	Parent/Child 1 W5001W
6:45 pm	Pre-School W5202W	Parent/Child 2 W5101W
7:15 pm	Level 1 W5311W	Level 2 W5321W



**Register  
 for  
 lessons  
 today!**

## Recreation & Fitness



### Spinning

(Ages 16 -Adult)

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

#### W803

Wednesdays, December 1-February 23 6:30-7:15 pm  
**(No class Dec. 29, Jan. 19)**  
 11 sessions - \$77 Susan Super  
 Buffalo Community Middle School Weight Room  
 (enter door 3)

### Zumba

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

#### W800

Mondays, December 6-February 14 6-7 pm  
**(No class Dec. 27)**  
 10 sessions- \$70 Jennifer Siegersma  
 Buffalo High School Gym 2



### Weight Training Circuit

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

#### W801

Mondays, December 6-February 14 6:30-7:30 pm  
**(No class Dec. 27)**  
 10 sessions - \$90 Heather Mosely  
 Buffalo High School Weight Room



**Community  
Education**  
BHM SCHOOLS

We Are

**HIRING**

School-Age Care, ECCE, Enrichment Instructors  
 & Aquatics. Call 763.682.8770 to inquire today!





## Fitness Yoga

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

### W804A

Thursdays, December 2-February 24 6:30-7:30 pm  
(No class Dec. 23, 30)  
11 sessions - \$77 Edith Engnell  
Hanover Elementary New Gym

### W804B

Tuesdays, December 7-March 1 6:30-7:30 pm  
(No class Dec. 28, Feb. 1)  
11 sessions - \$77 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 comfortable clothes. Instructor is Ed O'Donnell of Buffalo Karate Association.**



### W802

Tuesdays, December 7-March 1  
(No class Dec. 28, Feb. 1)  
Beginner (First time): 6:15-7:30 pm  
Intermediate/Advanced: 7:30-8:45 pm  
11 sessions- \$77/person, \$25 each add'l family member  
Tatanka Elementary Cafeteria

## Indoor Walking

### Bison Activity Center

- Mon-Thurs, 6 - 9 pm
- Saturdays, 8 -11 am
- (Closed November 25, Dec. 25, Jan. 1, Feb. 21)
- \$2/person/day or season walking pass (onsite).



### Buffalo Middle School (Pool & Gym)

Sundays, 2 - 4 pm  
November 28 - March 27  
(Closed Dec. 26, Jan. 2)  
\$5/person or \$10/family

### Bison Activity Center (Gym)

Monday - Thursday, 6 - 9 pm  
(Closed Nov. 25, Dec. 25, Jan. 1, Feb. 21)  
\$5/person or \$10/family

### Winter Break Open Gym

December 27-30, 5-8 pm  
\$5/person or \$10/family

### Montrose Elementary (Gym)

Tuesdays & Thursday, 6 - 8 pm  
School days only - Free!



### Qigong Saturday Sampler

Sample the benefits of Qigong without committing to a multi-session class. Qigong will enhance the quality of your life and the lives around you. Join us to experience this activity and further enhance your Qigong work. **This practice is open to all levels.**

#### F1257D

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

10 am - 12 pm  
Amea Pribyl  
Board Room

#### W1257A

Saturday, January 8  
1 session - \$10  
Discovery Center

10 am - 12 pm  
Amea Pribyl  
Board Room

#### W1257B

Saturday, February 5  
1 session - \$10  
Discovery Center

10 am - 12 pm  
Amea Pribyl  
Board Room

#### W1257C

Saturday, March 12  
1 session - \$10  
Discovery Center

10 am - 12 pm  
Amea Pribyl  
Board Room

### Qigong on Thursdays

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

#### F1260C

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

5-6 pm  
Amea Pribyl  
Board Room

#### W1260A

Thursdays, January 6-February 3  
5 session - \$59  
Discovery Center

5-6 pm  
Amea Pribyl  
Board Room

#### W1260B

Thursdays, February 24-March 31  
6 session - \$69  
Discovery Center Boardroom

5-6 pm  
Amea Pribyl

## Register Today!

[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com) or call 763.682.8770



### Calm and Gentle Yoga

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

#### W1262A

Wednesdays, January 5-February 9  
6 sessions - \$42  
Parkside Elementary

6:30-7:30 pm  
Elizabeth Muellerleile  
Cafeteria

#### W1262A

Wednesdays, February 16-March 30  
7 sessions - \$49  
Parkside Elementary

6:30-7:30 pm  
Elizabeth Muellerleile  
Cafeteria



## Just Breathe! Techniques to Calm, Center & Balance

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

### F1230B

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

6-7:30 pm  
Janice Novak

### W1230

Wednesday, March 9  
1 session - \$35  
Online via Zoom

6-7:30 pm  
Janice Novak

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

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

### F1227B

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

6-7:30 pm  
Janice Novak

## Accupressure to Assist Weight Loss

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

### F1224B

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

6-7:30 pm  
Janice Novak

## Acupressure To Relieve Stress, Anxiety, Insomnia & More

Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

### F1228B

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

6-7:30 pm  
Janice Novak

## Sound Baths

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

### W1261A

Thursday, January 6  
1 session - \$25  
Discovery Center

6:30 - 7:30 pm  
Amea Priby  
Board Room

### W1261B

Thursday, February 24  
1 session - \$25  
Discovery Center

6:30 - 7:30 pm  
Amea Priby  
Room 204



### Women's Heart Health

Heart disease is the #1 killer of women. In fact, heart disease kills ten times more women each year than breast cancer. Symptoms are different for women than men so many symptoms are ignored or go unrecognized. We'll discuss all the things you need to know: signs, symptoms and risk factors of a heart attack; hormones and your heart; foods that can help prevent and reverse heart disease; nutrients that are particularly helpful for heart health; exercise and the four numbers you need to know that could save your life.

#### W1221

Wednesday, February 2  
1 session- \$35  
Online via Zoom

6-7:30 pm

Janice Novak

### Overcome Carbohydrate Cravings

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

#### W1222

Thursday, February 10  
1 session - \$35  
Online via Zoom

6-7:30 pm

Janice Novak

### Fast Fixes for Beating Belly Bloat

Have you ever found that in the morning your pants fit just fine but by mid-afternoon the waistband is squeezing you like a tourniquet? Or, that no matter how many crunches or ab exercises you do, some days your belly will hang out like you're five months pregnant? In this workshop, learn the causes of belly bloat as well as concrete solutions and fast fixes to rid you of it once and for all.

#### W1224

Tuesday, March 22  
1 session- \$35  
Online via Zoom

6-7:30 pm

Janice Novak



Use Your Brain  
Change  
Your Age

### De-Age Your Brain

Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. Discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You will learn simple, easy to implement strategies to help your brain stay healthy and alert.

#### W1225

Thursday, March 24  
1 session- \$35  
Online via Zoom

6-7:30 pm

Janice Novak

### Fast Track to Becoming a Nurse

Wednesday, January 12, 12 pm via Zoom

Join us to learn how to "fast track" your way to becoming a Registered Nurse and save money on tuition costs. The path we will show you includes minimal educational debt (sometimes none). RNs earned a median annual salary of \$75,330 in 2020, according to the BLS. Continued demand drives growth in the field, with a 7% increase in employment projected through 2029, which is faster than the national average rate. **To register, contact Courtney.lotzer@cassialife.org or 763.404.4632.**

### Kick Off Your Healthcare Career

**Join a FREE Certified Nursing Assistant Class!** Lake Ridge and Park View Senior Health & Living offer a free certified nursing assistant course to its employees. Team members are also eligible for free nurse training, tuition reimbursement and a loan forgiveness program. **To learn more, contact Courtney Lotzer at Courtney.lotzer@cassialife.org or 763.404.4632.**



## Have Fun and Be Creative with Acrylic Painting



### Acrylic Painting on Canvas

Step by step instruction of original painting design on stretched canvas. All instruction and supplies included in the fee. Canvas will be completed in one three hour class. This winter Instructor Charlene will have two different painting options for you, in December a Cardinal on a Birch Branch and in January the Silver Moon.

### Acrylic Painting on Wine Glasses

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



#### Cardinal on Birch W1247A

Tuesday, December 21  
6-9 pm  
1 session - \$39  
Charlene Lundberg  
Discovery Center  
Room 202



#### Tree on Glass W1248A

Tuesday, January 11  
6-9 pm  
1 session - \$39  
Charlene Lundberg  
Discovery Center  
Room 202



#### Silver Moon W1247B

Tuesday, January 4  
6-9 pm  
1 session - \$39  
Charlene Lundberg  
Discovery Center  
Room 202



#### Cardinal on Glass W1248B

Tuesday, January 18  
6-9 pm  
1 session - \$39  
Charlene Lundberg  
Discovery Center  
Room 202

### Puppy Training

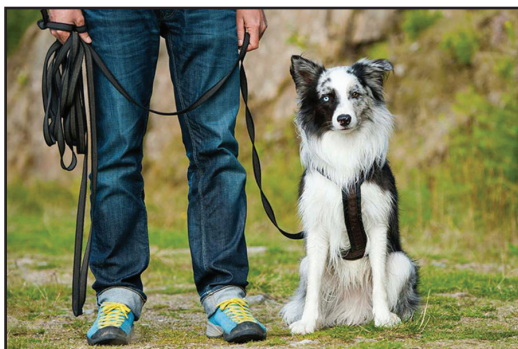
This class is for all breeds of puppies, age 8 weeks to 4 months old. Each class begins with 15 minutes of puppy play and socialization then we work on basic obedience including leash walking, sit, down and stay. We address issues as needed such as biting, house breaking, crate training, etc. Classes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

#### F1239

Mondays, ongoing beginning December 6  
6 sessions - \$100  
Water's Edge Dog Center

6-7 pm

Dan Rhode



### Dog Obedience

This class is for all breeds of dogs 5 months and older. 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 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. **Bring a regular buckle collar, 6- foot leash (no flexi-leads) and plenty of soft dog treats. Held at Water's Edge Dog Center.**

#### W1240A

Tuesdays, December 7-January 25  
8 sessions - \$130

7-8 pm

Dan Rhode

#### W1240B

Tuesdays, January 4-February 22  
8 sessions - \$130

8-9 pm

Dan Rhode

#### W1240C

Tuesdays, February 1-March 22  
8 sessions - \$130

7-8 pm

Dan Rhode

#### W1240D

Tuesdays, March 1-April 19  
8 sessions - \$130

8-9 pm

Dan Rhode

### On The Wright Track

#### Model Railroad Club 2022

All Aboard! If you like trains, this class is for you. We are an HO scale club that will teach you basic construction, electrical and mechanical principles. This is also a great application of artistic ideas and encourages creativity. Club members build and apply scenery to a module that interchanges with other members modules which are shown at train shows in the area. Recommended age is eight and up but all ages are welcome. Club leader is an experienced model railroader.

#### W1243

Fridays, January 14, 28, February 11, 25, March 11, 25,  
April 15, 29, May 13  
9 sessions - \$3 nightly or \$27  
Discovery Center

6:30-8:30 pm

Tim Pacer  
Board Room



### Free! Intro to Guided Autobiography

Come explore a sample of what we are planning for spring! Bill Marsella will inspire you to write the "Story of your Life"... two pages at a time. No writing experience is necessary. Please register for this free sample class. The full class will be featured in our spring catalog and will be offered Thursdays, March 10 - April 28.

#### W1205

Thursday, January 27  
1 session - Free  
Discovery Center

6:30-7 pm

Bill Marsella  
DO Conference Room



**Quote, Bill Marsella:** "Guided Autobiography is a great course for helping you begin a documentation of your life history. Even if you elect not to share it with anyone, it is a way to help you sort out your life experiences. It is very therapeutic."





## Crochet Cowl (Teen-Adult) Beginner/Advanced Beginner

Want to learn to crochet? Afraid to try? Come learn with teacher and crochet designer Abbey Swanson of **The Firefly Hook**. We will learn the basics of crochet and make a cowl. Everyone leaves with a cowl around their neck! And if you have crochet experience, you can learn a new stitch (or two!) and expand your crochet skills. **No experience necessary. Supplies included!**

### W1242A

Tuesday, January 18 6-8:30 pm  
1 session - \$39 Abbey Swanson, The Firefly Hook  
Discovery Center Room 204

## Crochet Spa Basket & Washcloths Beginner/Advanced Beginner

Want to learn to crochet? Come learn with crochet teacher and designer Abbey Swanson! We will make a spa basket and washcloths. We will finish the spa basket and one wash cloth in class. You will be sent home with a hook and yarn to make two more washcloths. **No experience necessary. Supplies included!**

### W1242B

Thursday, March 31 5:30-8:30 pm  
1 session - \$39 Abbey Swanson, The Firefly Hook  
Discovery Center Room 204



## Valentine's Gift Idea...

### Ballroom Dance lessons!

Looking for a unique and romantic Valentine's Day gift idea? Give your partner four fun-filled weekly date nights learning to dance together! You will be laughing and enjoying time as a couple, while enhancing your relationship and trying out a new hobby. You will discover how to dance to popular songs played at parties, weddings and concerts. Learn waltz, foxtrot, swing, rumba, and more! Beginner level, 4-week courses offered seasonally. You will learn new steps in each one.



### W1268

Mondays, February 14 - March 14 7-8:30 pm  
**(No class Feb 21)**  
4 sessions - \$59 per person Deanna Constantine  
Parkside Elementary Cafeteria



## Your Path to Home Ownership

Are you tired of paying rent? Join us for this informative class that will walk you through the home buying and loan process. You may be closer to owning a home than you think, take advantage of your **FREE** mortgage consultation today! **Virtual attendance is also available. Call Community Ed if that's your desired format.** (Tina Anderson, REALTOR Anchor Realty, LTD & Melanie Benjamin, NMLS#533157 Licensed Mortgage Professional and Homeowners Financial Group USA, LLC | NML#93718 | Equal Housing Lender | MN-MO-93718)

### W1233A

Wednesday, February 23 6:30-8 pm  
1 session - \$9 Tina Anderson & Melanie Benjamin  
Discovery Center DO Conference Room

### W1233B

Tuesday, March 22 6:30-8 pm  
1 session - \$9 Tina Anderson & Melanie Benjamin  
Discovery Center DO Conference Room

## *What's* **Cooking?** **with Tess!**

Have your questions answered by the instructor, interact with other participants and expand your culinary prep repertoire. Participants will receive a list of ingredients and supplies needed to prepare recipes a week ahead of the class to allow time for shopping and prep. Participants will also receive a detailed handout of the instructor's personal recipes. Participants will receive an email with instructions how to access the class. **Note:** One registration fee for the on-line virtual class and can include participants from the same household only. **If children are participating, adult supervision is required.**

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

Two dishes will be made during this class. Choose one for your cook-along and watch a demonstration of the other or if you have a second Instant Pot® on hand, make both! The recipe options for this class are a Minnesota classic Creamy Chicken & Wild Rice Soup, and Chicken and White Bean Chili! We will also be making some wonderful rolls from scratch!

#### **F1274**

Saturday, December 4

4:30-6:30 pm

1 session- \$39

Tess Georgakopoulos

Online via Zoom

### **Bake & Build a Gingerbread House!**

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

#### **F1277**

Saturday, December 18

4:30-6:30 pm

1 session- \$39

Tess Georgakopoulos

Online via Zoom

### **Instant Pot® 101—LIVE** **Cook-Along & Demonstration-Style Class**



Demystify the electric pressure cooker / multi-cooker called the Instant Pot® during a LIVE VIRTUAL class! Learn the foundations of cooking and care, and how to make amazingly satisfying dishes. Breakfast, lunch, dinner and dessert menu items demonstrated. Participants can choose to join in a COOK-ALONG for the pasta dish. In addition to an Instant Pot® Yogurt Tutorial, menu items will include Creamy Steel-Cut Oatmeal or Egg Bites, Creamy-Cheesy Tuscan Chicken with Penne and Lava Cakes or Dreamy Banana Bread. Menu items on the day of the class will depend on ingredients that are on hand. An all-inclusive PDF with the Instructor's original recipes will be provided. The PDF packet will also include the yogurt tutorial, information on cleaning and care, and tips and terminology to help build Instant Pot® confidence and creativity. The instructor will provide an ingredient list/station prep guide for the Creamy-Cheesy Tuscan Chicken dish, a week before class, if people wish to participate in the cook-along option, which is optional but HIGHLY RECOMMENDED!

#### **W1270A**

Saturday, January 8

4:30-6:30 pm

1 session- \$39

Tess Georgakopoulos

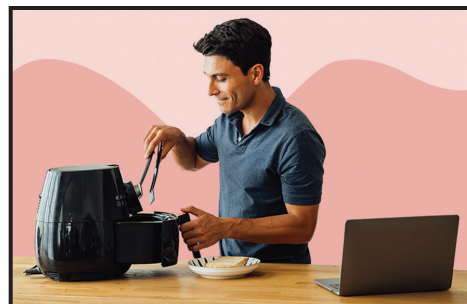
Online via Zoom



## What's Cooking? with Tess continued

### Air Fryer Hype! Copycat KFC, & Recipe Ideas for All Ages! Cook-Along/Demonstration Combination

Have you ever wondered what the Air Fryer Hype is about? Do you have one and want ideas about what to make in it besides fries or crisping up frozen processed foods? Are you thinking about purchasing one but would like to know more about it first? Well...this class may just answer all those questions for you! Tess will demonstrate family favorite recipes and invite participants to join in for one of them. The recipes demonstrated include: homemade egg roll wraps, pizza bites, seasoned potato wedges and burgers! The cook-along recipe will be Copycat KFC Chicken. While cooking-along is loads of fun, and highly recommended, it is optional. Participants will receive a list of ingredients for the cook-along recipe a week in advance of class to allow time for shopping and prep.



#### W1270B

Saturday, January 22  
Tess Georgakopoulos

4:30-6:30 pm  
Online via Zoom  
1 session- \$39

### Instant Pot® Classic Chili, Loaded Baked Potato Soup & Rolls

Two types of warm, soothing, satisfying Instant Pot "soups" will be made during class. Choose one for your cook-along, and watch a demonstration of the other or if you have a second Instant Pot® on hand, make both! On the menu is, Classic Chili, Loaded Baked Potato Soup and Wonderful Homemade Rolls (baked in the oven). Make lasting memories in your kitchen by having your children, your spouse or your partner join you! Experience how the flavors are enhanced and infused by making these recipes in your Instant Pot®! Also provided is a copy of the instructor's personal recipes and preparation guide professionally created in PDF format. Participants will receive a list of ingredients in advance of the class to allow time for shopping and preparation.



#### W1270C

Saturday, February 5  
1 session- \$39  
Online via Zoom

4:30-6:30 pm  
Tess Georgakopoulos

### Instant Pot® BBQ Pulled Chicken, Twice Baked Potatoes, Rolls & Slaw

Have fun participating in this virtual Instant Pot® COOK-ALONG class as we share the wonders of BBQ! Discover how the culinary creations below are made in a fraction of the time, and experience how they are taken to another level, using the Instant Pot®! On the menu are BBQ Pulled Chicken, Quick Homemade Potato Rolls (baked in the oven), and a side of Twice-Baked Potatoes (IP and Oven). We will also be making a delicious quick slaw that pairs perfectly with the meal. Make lasting memories in your kitchen by having your children, your spouse or your partner join you. While cooking along is loads of fun, it is optional. Participants will receive a list of ingredients at least a week in advance of the class to allow time for shopping.

#### W1270D

Saturday, February 12  
1 session- \$39  
Online via Zoom

4:30-6:30 pm  
Tess Georgakopoulos

## ■■■ Retirement & Money



### Will Your Retirement Income Last? Don't Leave It to Chance

Retirement is an exciting time that comes with a number of considerations. During this class, we will explore the retirement income landscape, growing your income through retirement, getting the most out of social security, not letting healthcare costs disrupt your lifestyle, how sequence of returns can impact retirement income and strategies for effective portfolio design.

#### W1212

Wednesday, January 19  
1 session - \$15  
Discovery Center

6:30-7:30 pm  
Tom Scheck  
DO Conference Room

### Savvy Social Security

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

#### W1217

Tuesday, January 25  
1 session - \$15  
Discovery Center

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

### Planning for the Future: Balancing Today and Tomorrow

In this course, we will learn about ways to make the most of the resources available to you today to help you live your best life now and in the future. We will discuss strategies to balance short and long term goals such as managing your lifestyle and preparing for retirement. Your situation is complex, increase your likelihood of success and plan for it.

#### W1211

Wednesday, February 2  
1 session - \$15  
Discovery Center

6:30-7:30 pm  
Tom Scheck  
DO Conference Room

### Savvy Tax Strategies

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

#### W1215

Tuesday, March 29  
1 session - \$15  
Discovery Center

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

## Register Today!

[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com) or call 763.682.8770





ASSISTED  
LIVING  
EDUCATION



## Assisted Living: Everything You've Ever Wanted To Know

Join Kasey Laney and Jill Pingel, Housing Directors for Lake Ridge and Park View Assisted Living, to learn everything about living in an assisted living environment. Come prepared to learn the answers to the following questions and more (bring your questions!).

- ♦ What does assisted living provide?
- ♦ What are activities of daily living?
- ♦ What's an Assisted Living community like?
- ♦ What about Assisted Living Memory Care?
- ♦ What are the benefits of Assisted Living?
- ♦ How much does Assisted Living cost?
- ♦ Does Medicare or Medicaid cover Assisted Living?
- ♦ Does other health insurance cover Assisted Living?
- ♦ What happens when you run out of resources to pay for Assisted Living?
- ♦ When is it time to move in?

### W1263

Tuesday, January 11  
1 session - \$15  
Discovery Center

12:30-2 pm  
Kasey Laney  
Room 204

**CHECK THIS OUT!**



### There is so much to do this winter with Community Ed!

- ♦ T'ai Chi, page 19
- ♦ Calm & Gentle Yoga, page 20
- ♦ De-Age Your Brain, page 22
- ♦ Accupressure to Relieve Insomnia, page 21
- ♦ Guide to Autobiography, page 24
- ♦ Ballroom Dance Lessons, page 25



Age Well,  
Drive Smart!

## Defensive Driving - 4 Hour Refresher

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

### F1238B

Friday, December 10  
1 session - \$29  
Discovery Center

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

### W1237

Monday, January 17  
1 session - \$29  
Discovery Center

8:15 am-12:15 pm  
Bob Dingman  
Board Room

## Defensive Driving - 8 Hour Course

If you are age 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer you up to a 10% reduction for three years on your car insurance premium if you complete an 8-Hour Defensive Driving course, taught by a professional certified instructor. This course is two sessions of classroom - no driving or test required. You will receive a certificate of completion to provide to your insurance company. **Attendance at both sessions is required to receive credit.**

### W1238

Wednesday & Thursday, February 23 & 24  
2 sessions - \$29  
Discovery Center

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

## General Enrichment

### What is your Working Genius?

Do you get joy and energy at work, in retirement, or even in running your household? Creator of, **The Six Types of Working Genius**, Patrick Lencioni tells us, "If you want to be successful and fulfilled in your work, you must tap into your gifts. That can't happen if you don't know what those gifts are." In this course, you will discover the nature of work that brings you joy and energy, and also the type of work that drains you. As you learn about **The Six Types of Working Genius**, you will change the way you are looking at your own work, leading a team, planning a vacation, spending your time in retirement, or even searching for a job. Get more bang for your buck by inviting your work colleagues or team to do this course together and gain access to a team analysis at no additional cost. **Upon registration, you will be given an assessment link to complete prior to the course.** This quick assessment will only take 15 minutes to complete and you will receive your results when you arrive at the course on January 22. **(A \$25 assessment fee will need to be paid to the instructor at that time.)** Experience one of the fastest and simplest ways of understanding how you are wired to get work done in a way that brings you joy and fulfillment!

#### W1269

Saturday, January 22 9:30-11:30 am  
1 session - \$20 per person, plus \$25 paid to instructor at class for assessment tool Stacy Rutten, PPD Coach  
Discovery Center Board Room

### Woodworking at Wight Technical Center

- ♦ Tuesdays, January 11 to March 15 (10 sessions)
- ♦ 6 - 9 pm
- ♦ Wright Technical Center, Room 324
- ♦ Class size – 12 participants
- ♦ \$25 (paid first night of class) plus material costs
- ♦ **Contact Brian Koslofsky at 218.232.6970 or Dirk Foster at 763.691.3734 with questions and to register.**

Open to beginners interested in learning the basics of woodworking or immediate to advanced woodworkers just wanting to use the equipment. Select your own project based on your skill level. Work independently if desired or local woodworking enthusiasts will be on hand to guide and teach you the basics or maybe help you learn a new technique. Come ready with your project already selected or pick it out the first night.



### 10 Strategies for Parenting Kids with ADHD/Executive Function Challenge

This presentation provides an overview of ADHD beyond diagnosis as well as the essential steps, tools, skills, and perspectives needed to help your child thrive. Learn about the best supports you will really need, the facts about ADHD beyond the diagnosis that you may not know, and how to best prepare yourselves for the journey ahead.

#### W1214A

Thursday, February 3 6-7:15 pm  
1 session - \$29 Molly Perry, ADHD parent coach  
Discovery Center Board Room

### ADHD Parenting Path: Navigating the Challenges Session Topic: Beyond the Diagnosis

ADHD is about so much more than attention and impulsivity. To really understand ADHD, there needs to be an understanding the role executive functioning contributes to it. This presentation provides parents of children with ADHD an overview of ADHD's impact on the emotional and social implications on learning, behavior and motivation. By exploring the various aspects of executive functioning, participants will gain insight on common issues associated with ADHD, such as:

- ♦ Why homework is so difficult to complete
- ♦ Causes for unexpected emotional outbursts
- ♦ The inability to remember to do simple tasks

#### W1214B

Tuesday, March 1 6-7:30 pm  
1 session - \$39 Molly Perry, ADHD parent coach  
Discovery Center Board Room





**Day Tripper Dinner Theatre, Bloomington**  
**Wednesday, December 15**

Instead of performing Charles Dickens' beloved holiday classic for the umpteenth time, a small company of actors decided to perform every Christmas story ever told including truncated versions of **Frosty the Snowman**, **How the Grinch Stole Christmas** and **A Gift of the Magi**. This madcap holiday tour-de-force also includes stories about strange Christmas traditions from around the world and topical pop-culture references.

**W1000**

- ♦ Motorcoach bus departs Discovery Center, east side door 1, at 11 am
- ♦ Dinner at 12:15 pm followed by Show at 1:15 pm
- ♦ Bus returns to Buffalo at approx 4:15 pm
- ♦ \$89 fee includes motor coach transportation, lunch, show ticket and chaperone
- ♦ **Deadline to Register is December 8**



**Chanhassen Dinner Theater**  
**Wednesday, February 23**

Hop on the bus and enjoy this exhilarating musical that will bring down the house! The movie **Footloose** first burst onto the silver screen in 1984 and proved to be one of the year's most successful motion pictures. Broadway's smash hit is filled with dazzling choreography, electrifying music and a moving story. Footloose celebrates the wisdom of listening to young people while guiding them with a warm heart and open mind.

**W1001**

- ♦ Motorcoach bus departs Discovery Center, east side door 1, at 10 am
- ♦ Lunch at 11 am followed by show at 1 pm
- ♦ Bus returns to Buffalo approx 4:30 pm
- ♦ \$99 fee includes motor coach transportation, lunch, show ticket and chaperone
- ♦ **Deadline to Register is February 2**



**Day Tripper Dinner Theatre, Bloomington**  
**Thursday, May 19**

Two brides-to-be and only one Community Hall. What could possibly go wrong in this hilarious look at small town weddings gone wrong! This is an endearing comedy to brighten your day.

**W1002**

- ♦ Motorcoach bus departs Discovery Center 11 am, door 1
- ♦ Lunch at 12:15 pm followed by the Show at 1:15 pm.
- ♦ Bus returns to Discovery Center approx 4:15 pm
- ♦ \$89 fee includes motor coach transportation, lunch, show ticket and chaperone.
- ♦ **Deadline to register is May 12.**

## ■ ■ ■ ABE Classes

### WEST Adult Basic Education (ABE)

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



#### ABE Academic Open Labs

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

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

**GED Preparation** – see ABE Academic Open Lab

#### English Language (ELL/ESL) Class

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

- ◆ **NEW! Discovery Center, 301 2nd Ave NE, Buffalo**
- ◆ Tuesdays & Thursdays 6-8:30 pm
- ◆ Open every month except August
- ◆ Closed same days as BHM Schools
- ◆ Call 763.682.8507 or drop in

#### Reading Classes

There are two reading classes available: one for adults who struggle to “get the word off the page” and another for adults who can read but do not understand everything they read. Pre-registration and reading assessments are required for these classes. Call Terrisa at 763.682.8509 for more information.



#### Distance Learning – Online Programs

Actively enrolled learners can study anytime, anywhere by using an online program such as PLATO, Moby Max or Rosetta Stone for example. **Earn a free refurbished desktop computer!** To enroll, call 763.682.8509.

#### Great New Opportunity for Parents to Study!

**What:** Free childcare while you study!

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

**When:** Most Tuesday and Thursday nights, 6- 8:30 pm, through May 19.

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

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

**How:** Call Terrisa Fisher to ask questions and to register 763.682.8509.

#### Family Learning Classes

WEST Adult Basic Education (ABE) partners with Early Childhood Family Education (ECFE) to offer this family literacy class. Parents study English or prepare for the GED, participate in parenting education and have learning time with their children. Children must be pre-school age. **Call Diane at 763.682.8733 for more information and to register.** Space is limited.

- ◆ Held at Tuesdays & Thursdays at Discovery Center
- ◆ January 4-May 19 10 am – 2 pm
- ◆ **(No class April 5, 7)**
- ◆ Lunch and rest time scheduled



# GED Testing & Tutoring Opportunities ■ ■ ■

## The GED® in Minnesota

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



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

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

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

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

## Warning Regarding Misleading GED® Claims

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

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

### WEST ABE Programs Near You!

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

Annandale .....	320.274.3058
Big Lake.....	763.262.2523
<b>Buffalo/Hanover/Montrose .....</b>	<b>763.682.8509</b>
Delano .....	763.972.6210
Howard Lake/Waverly/Winsted ...	320.543.4670
Lester Prairie.....	320.395.2521
Maple Lake .....	320.963.5991
Monticello .....	763.272.2132
Monticello Work Force Center .....	763.271.3768
Orono .....	952.449.8350
Rockford .....	763.477.4563
Plymouth .....	763.745.6034
St. Michael/Albertville .....	763.497.6550
Watertown/Mayer.....	952.955.0280

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

## BE THE CHANGE

VOLUNTEER &  
MAKE THE DIFFERENCE



Volunteer to work with adults in our Adult Basic Education classes who are trying to improve their literacy or academic skills.

**Students Are** - Adults 17 years of age and older

**Volunteer's Role** - Helping adult learners with English language acquisition; tutor students in reading, writing, math skills and GED subject areas

**Training and Support** - Provided by the Literacy Minnesota at [literacymn.org](http://literacymn.org)

**Time Commitment** - 1-3 hours/week for six months

**For more information** – Contact Elizabeth Muellerleile, WEST ABE Volunteer Coordinator/English Language Instructor at [elizabeth.muellerleile@monticello.k12.mn.us](mailto:elizabeth.muellerleile@monticello.k12.mn.us) or 763.682.8507.

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



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

### ABOUT US

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

**Participants can:**

#### **Discover New Skills**

Arts ~ Crafts ~ Cooking

#### **Explore the Community**

Outings ~ Theater ~ Sporting Events

#### **Socialize and Meet People**

BINGO ~ Games ~ Movie Nights

#### **Become More Active**

Bowling ~ Dances ~ Nature Walks

### **Winter/Spring Highlights**

- ★ **Festival of Trees, December 13**
- ★ **St. Patrick's Party, March 17**
- ★ **Talent Show, April 7**
- ★ **A new Opening Doors catalog will be available mid-January**

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

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.

Questions about the Opening Doors Program, call 763.682.8770



## 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](http://co.wright.mn.us/parks), look for us on Facebook at **WrightParksMN**, email [parksandrecreation@co.wright.mn.us](mailto: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 7 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 8  
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)

### Moonlite 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.**

Sunday, January 16 7-8:30 pm  
Fee: \$7 per person  
(Optional snowshoe rental is \$5 - sizes are limited)

### 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 22 or Saturday, February 26 6-9 pm  
Fee: No charge  
(Optional ski rental is \$5 - ski sizes are limited)

### Woodworking for Wildlife (All Ages)

A great program for the whole family! **This program will be virtual. Register for the birdfeeder kit(s).** On the day of program, an instruction video will be posted. You will have the opportunity to build your own birdhouse and learn how to install and maintain it.

Saturday, February 5 Video will post at 2 pm  
Fee: \$7 per birdfeeder (Limit of 2 per family)

### Sweetheart Snowshoe/Boot Hike (All Ages)

Bring your sweetheart out for a guided hike through the woods around Ney pond followed by a catered dinner inside the Nature Center! Caterer details to come. **Bring your own snowshoes or rent a pair with us!**

Saturday, February 12 6-9 pm  
Fee: \$30 per couple  
(Optional snowshoe rental is \$5 - sizes are limited)

### Family Snowshoe Hike (All Ages)

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

Sunday, February 13 2-3 pm  
Fee: \$7 per person  
(Optional snowshoe rental is \$5 - sizes are limited)

### 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.

Saturday, March 12 2-3:30 pm  
Fee: No Charge

### Winter Stargazing (All Ages)

Observe the night sky and learn about winter constellations with Wright County Parks and Recreation. This event will include a short presentation, a short hike, and of course, stargazing! Fun for all ages!

Saturday, March 19 6:30-8 pm  
Fee: No Charge

### Ney Park Nature Center

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

**January 8 – March 20, 12 – 4 pm**

Fee: \$5 for ski or snowshoe rentals.

Park and building visitation at no charge.

For more information, call Wright County Parks

**763-682-7894.**

## ■ ■ ■ Community Activities



### **Buffalo Community Center**

206 Central Avenue; Buffalo, MN 55313

Suzanne Kolbinger, Director

Teri Welter, Assistant Director

**763.682.6036**

[ci.buffalo.mn.us/communitycenter](http://ci.buffalo.mn.us/communitycenter)

#### **Monday**

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

#### **Tuesday**

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

#### **Wednesday**

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

#### **Thursday**

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

#### **Friday**

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

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



### **The Buffalo Community Center Needs your help!**

The following programs are in need of volunteers. Please contact the Community Center at 763.682.6036 if you would like to help.

#### **The Weavers**

Help make bedrolls for the homeless. Help needed sorting, cutting, rolling and crocheting every Thursday at 8:30 am. Stop by and see how we do things. Work at the Community Center or at home!

#### **Toy Shop**

The Toy Shop makes wooden toys and toy kits to be given away to children free of charge. We meet every Tuesday and Thursday, 9-11 am, at the old warming house at Sturges Park. We need help cutting, sanding, painting and packaging toy kits. Work at the shop or at home!

#### **Bison Fishing Forever**

Bison Fishing Forever (BFF) will be offering **FREE** two-hour fishing trips (on our handicapped accessible pontoon) for children, ages 6-15, and their adult chaperone on Lake Pulaski. The program is scheduled to run May 31 to September 15, 2022. Start time for the outings is 10 am and 1 pm. Call the Buffalo Community Center at 763.682.6036 for morer information and to make reservations!



### Classes, Events & Support Groups

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

Buffalo Hospital invites you to register for a health-promoting class online at [allinahealth.org/classes](http://allinahealth.org/classes) or by calling 763.684.7025.

#### FREE WELLNESS COACHING

Are you ready to improve your health, enhance your life balance and make lasting changes? The Health and Wellness Coaches have the training and experience to help you succeed. Common areas of focus include exercise, nutrition, sleep and stress. Individual coaching appointments are available over the phone.

#### FREE HEALTHY EATING FOR BETTER HEALTH

Wednesday's January 5 – February 9, 12 - 1 pm  
(offered virtually)

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!

#### FREE THRIVING WITH CHRONIC PAIN

Thursday's February 10 - March 17, 12 – 1 pm  
(offered virtually)

This 6 week, 1 hour a week class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms.

#### FREE BETTER BREATHERS CLUB (COPD SUPPORT GROUP)

This group meets the **second Wednesday of each month from 3:00 – 4:30 pm** at Buffalo Hospital Heart Center. Phone 763.684.3872.

#### FREE CANCER SUPPORT GROUP

This support group provides a forum for those with cancer to share information and gain support from each other. A cancer care coordinator facilitates meetings. **Meetings held the 2nd Monday of the month, 5 – 6:30 pm** in the Conference Center at Buffalo Hospital.

#### BABY CAFÉ

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

#### ASK A NURSE

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

#### SAY "HELLO" FOR HEALTH

There is good evidence that increasing social connections positively affects our health—reducing blood pressure, lowering levels of stress hormones and improving immune responses. Check out **Hello4Health.org** for more information.

#### CHANGE TO CHILL

The everyday hustle and bustle can be overwhelming. However, when your schedule is tight, making time for self-care can boost your mental and physical health. Visit our Change to Chill website at **Changetochill.org** for resources to help you create a self-care routine that works for you.

#### HEALTH POWERED KIDS

A free library of online resources designed to provide fun wellness activities for kids—through a series of Power Charger video teasers. Visit **Healthpowered-kids.org** for more information.

#### BUFFALO HOSPITAL GIFT SHOP

Shop the Buffalo Hospital Gift Shop and give back to your community. Your purchases at the Buffalo Hospital Gift Shop go toward scholarships for local high school students seeking a degree in health care. **Come see what's new!**



## Registration Form



*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 (Circle One)    # \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_

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



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



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Resident, School District 877  
Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

**Register for classes by visiting us  
online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)**



*We Are*

**HIRING!**



**School-Age Care (2-6 pm)  
& Youth Enrichment  
Instructors**  
Contact Tiffany at  
[tlund@bhmschools.org](mailto:tlund@bhmschools.org)  
or 763.682.8787



**Aquatic Instructors  
& Lifeguards**  
Contact Sheila at  
[sjohnso@bhmschools.org](mailto:sjohnso@bhmschools.org)  
or 763.682.8752



**ECFE Assistants**  
Contact Barbara at  
[beckberg@bhmschools.org](mailto:beckberg@bhmschools.org)  
or 763.682.8753

**We invite you to join the Community Education team!**  
Visit [bhmschools.org/job-opportunities](http://bhmschools.org/job-opportunities) to view all current job openings.