Get on Track
With Community Education

Learning for All
September 2014 - January 2015

North St Paul-Maplewood-Oakdale Schools
ISD 622 Community Education
www.isd622.org/communityeducation
Welcome from the Director

The North St. Paul-Maplewood-Oakdale School District is “A community collaborative dedicated to educating and empowering all learners to excel in our changing world.”

With this mission in mind, District 622 Community Education provides life-long educational opportunities for residents of all ages. We have something for everyone!

If you have young children, you can participate in Early Childhood Family Education (ECFE) classes, to meet other parents with similar aged children, discuss the joys and challenges of parenting, and engage in fun and educational activities with your child. We offer Early Childhood Screening beginning at age 3, as well as various Preschool opportunities.

School-age children can access our before/after-school and non-school day programs, conveniently located at their school. Enrichment and Aquatics programs are also offered after-school and on weekends. Teens can also participate in Driver Education, as well as Youth Development/Youth Service.

Adults can enjoy learning for the sake of learning in our Adult Enrichment classes. We also have Adult Basic Education classes, to learn English as a Second Language, pursue a GED, or brush up on basic skills. Seniors can gather to socialize and learn. Options to volunteer or to participate in a community garden are also available.

School district facilities are available for adult and youth group rental during the evenings and weekends.

I am very excited to join the Community Education team here in District 622. I look forward to continuing to determine how we can best meet the needs and interests of this community!

Sincerely,

Terri Johnson, Director of Community Education

Now Boarding . . .

. . . The Community Education Advisory Council

Consider joining the Community Education Advisory Council, an active group that partners with Community Education staff to consider how best to meet the needs and interests of community members. We meet seven times during the year in the evening. For more information about the Advisory Council, please call Jeannie Lanz at 651-748-7631.
Now Arriving

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Building Abbreviations Used in this Publication
John Glenn MS = John Glenn Middle School
Maplewood MS = Maplewood Middle School
Skyview CS = Skyview Community School
WBL = White Bear Lake
WBLHS = White Bear Lake High School, South Campus
**Adult Academy**

**The Negroes Among the Swedes in Minnesota**

What was it like for African Americans (who at that time in history preferred to be called Negroes) in a very white state from 1820 to 1920? How were they treated? Where did they work? You’ll find that some white Minnesotans owned slaves, that St. Paul was a station on the underground railroad, and that the St. Paul Public Schools were segregated by law. In addition, the Ku Klux Klan was alive and well in the land of 10,000 Scandinavians. Join us in learning some surprising aspects of Minnesota’s past. *Popular speaker, Kathy Simmer, has been a teacher, a curriculum consultant, and licensed as a librarian. She now does historical research and enjoys sharing it with others.*

**AEQ3A** Fri Sep 26  
$15 1 Session 1:00 – 3:00 PM  
Gladstone CC, 105

**AEQ3B** Mon Sep 29  
$15 1 Session 6:30 – 8:30 PM  
District Ed Center, 308

**A History of Old-Time Country Medicine**

Step back to the days of the traveling doctor and the little black medical bag as you discover the primitive practices of old-time country physicians, doctors and surgeons. Historian and author Ken Martens will lead you on a forensic look into the success and failure of historic techniques, treatments and medicines. Discuss illnesses that were once fatal but are commonly survived today. Although tragedy seemed to prevail, some of the antiquated ideas and practices worked and are still in use. Others are quite amusing. *Ken Martens is a historian, Civil War reenactor, author and collector. He is vice president of the Afton Historical Society.*

**AEQ8** Mon Oct 6  
$20 1 Session 6:30 – 8:00 PM  
District Ed Center, 308

**Brains, Brawn and Bullying: Theodore Roosevelt**

A sickly little rich kid turned into the physically toughest, bravest, and most dynamic man of his time. Boxer, big game hunter, cattle rancher, militia commander, and oh, yes, president. He accomplished more to improve the country than any other president, and he did it with flair. You’ll find Theodore Roosevelt a captivating character! *Kathy Simmer*

**AEQ2A** Fri Nov 7  
$15 1 Session 1:00 – 3:00 PM  
Gladstone CC, 105

**AEQ2B** Mon Nov 10  
$15 1 Session 6:30 – 8:30 PM  
District Ed Center, 308

**The Negroes Among the Swedes in Minnesota**

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$15 1 Session 1:00 – 3:00 PM  
Gladstone CC, 105

**AEQ3B** Mon Sep 29  
$15 1 Session 6:30 – 8:30 PM  
District Ed Center, 308
The Armistice Day Blizzard
The morning of November 11, 1940 brought with it an unseasonably high temperature. However, as the day wore on, conditions quickly deteriorated. Temperatures dropped sharply, winds picked up, rain was followed by sleet, and finally snow. The result was a raging blizzard that would last into the next day with record snowfalls and low pressure. Transportation and communications were crippled. Learn more about the Armistice Day Blizzard which ranks #2 in Minnesota’s list of top-5 weather events of the 20th century. Dan Hartman is a historian who has taught a number of college classes and Community Education programs.

AEQ4 Fri Sep 19
$20 1 Session 1:00 – 3:00 PM
Gladstone CC, 105

Inside the Autobiographies
Local author Jim Bruton has interviewed and written the autobiographies of four of the most famous and iconic figures in Minnesota sports history: Fran Tarkenton, Lou Nanne, Mark Rosen and Bud Grant. Join Jim as he shares some of the exciting details from each book.

Jim Bruton spent 35 years in corrections and retired as the warden of Minnesota’s maximum security prison in Oak Park Heights. He is also a local author and has written and published 12 books to date.

AEQ7A Wed Oct 1
$20 1 Session 1:00 – 2:30 PM
Gladstone CC, 105

AEQ7B Wed Oct 8
$20 1 Session 6:30 – 8 PM
District Ed Center, 308
The War that Changed the World One-Hundred Years Ago

The Great War is considered a historical event that helped define the 20th Century as we understand it today. Examine the strategies and effects of the war through two different lenses: Europe and world-wide.

**WWI in Europe**

View WWI from the trenches in France on the western front. From day to day lives of the soldiers, trench warfare, how technology changed the strategies, and the Christmas Truce.

- **AEQ9** Fri Oct 31
- **$20** 1 Session 1:00 – 3:00 PM
- Gladstone CC, 105

**WWI Around the World**

From Arabia to the Far East to America, WWI involved the world and yet it was a “different” war from that which was being fought in Europe. Discussion will also examine the Paris Peace Treaty of 1919 and the effects that would lead to WWII twenty years later.

- **AEQ10** Fri Nov 14
- **$20** 1 Session 1:00 – 3:00 PM
- Gladstone CC, 105

*Instructor Dan Hartman is a military historian who has taught a number of college classes as well as classes for Community Education programs and senior centers. He has personally visited many of the battlefields he lectures about.*

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**Cuban Missile Crisis**

Discover the events that transpired and led to the 13-day confrontation in October 1962 between the Soviet Union and Cuba on one side and the United States on the other side. The crisis is generally regarded as the moment in which the Cold War came closest to turning into a nuclear conflict and is also the first documented instance of mutual assured destruction (MAD) being discussed as a determining factor in a major international arms agreement. *Dan Hartman, bio below.*

- **AEQ5** Fri Oct 10
- **$20** 1 Session 1:00 – 3:00 PM
- Gladstone CC, 105

**War in the Pacific - Island Hopping**

The Pacific War saw the Allied Powers pitted against the empire of Japan. The Coral Sea, the battle of Midway, Guadalcanal, Iwo Jima and Okinawa - hop from island to island in a discussion of the strategies and offensives of the war in the Pacific that culminated with the atomic bombings of Hiroshima and Nagasaki and the Japanese surrender on August 15, 1945. *Dan Hartman bio below.*

- **AEQ11** Fri Dec 12
- **$20** 1 Session 1:00 – 3:00 PM
- Gladstone CC, 105
**Eastern Religions in Today’s Society**
The demographics of our society are ever changing, and with that comes diversity not only in people, food, and ethnicity, but also in religious beliefs and traditions. Come to learn and discover more about two Eastern Religions, Buddhism and Baha’i in this thought-provoking class. We will explore the basic tenets, traditions and beliefs of those who practice these religions. A guest speaker from each group will share personal experiences and how these religions fit into today’s society. *Jan Spearman*

AEQ13  Tue  Oct 7 – Oct 21
$29  3 Sessions  6:30 – 8:30 PM  
Stillwater Area High School
5701 Stillwater Blvd, Stillwater, 55082

**Labor in America and the Minneapolis Teamsters Strike of 1934**
Discover the history of organized labor in the United States. Discussion will include the plight of laborers that resulted in labor unions, how the unions have evolved over the years and the politics surrounding the unions throughout their history. Take an in-depth look at the Minneapolis General Strike of 1934 which ultimately led to the organization of over-the-road drivers and the growth of the Teamsters Labor Union. *Dan Hartman is a military historian who has taught a number of college classes as well as classes for Community Education programs and senior centers.*

AEQ6  Fri  Oct 24
$20  1 Session  1:00 – 3:00 PM  
Gladstone CC, 105

**Tai Ji Quan: Moving For Better Balance (Tai Chi)**
Reduce your risk of falls by improving balance, muscle strength, flexibility and mobility through coordinated movements in a slow, circular, flowing motion. Relax and have fun with Tai Chi!

*Meets Mondays and Wednesdays for 12 weeks (23 sessions)*  
Oct 6 – Dec 22, 8:30 – 9:30 AM  
$4 per session - pay at the door  
Income eligible scholarships may be available  
Registration required, call 651-748-7250. Space is limited.

*Sponsored by the Gladstone 55+ Center and Metropolitan Area Agency on Aging*

**Save Money on Car Insurance**
Following completion of the eight-hour Defensive Driving course you may qualify for a 10% discount on your insurance. To maintain the discount, a four-hour refresher course is required every three years. See page 37 for dates, times and locations of fall classes.
Career, Finance, Legal

**Become a Secret Shopper**

I can get paid to shop? Tell me more! Yes, there are companies that hire people to review stores and restaurants, as well as merchandise and demonstrate products. Start making money doing the things you already do anyway... eat out, watch movies, fill your gas tank and shop! You will receive a list of 150 companies that do not require a fee for you to begin “shopping” for them, and learn what is required from you. Bonus: you’ll also learn about working as a merchandiser (setting up product displays, taking inventory and ordering product) and how to find work as a demonstrator (anything from food to electronics). LeAnn Lunzer has been working as a secret shopper for years and has personally made over $200 in just one day.

AEB4 Tue Oct 21
$25 1 Session 6:30 – 8:00 PM
Skyview CS, 202

**Think on Your Feet**

I didn’t know how to respond... I should have said... . . . Whether it is a business or casual conversation, the feeling that you could have responded differently given more time is pretty common. Learn the techniques used by those who perform improvisation. Through interactive improvisation exercises you will strengthen your communication skills, gain speaking confidence, learn how to listen without an agenda and how to “think on your feet.” Amy Stedman is an improv performer and trainer with Just Kidding Improv, LLC. She performs for HUGE Theater, Honeys and Dreamland Arts. She enjoys teaching people of all abilities the skill of thinking on their feet and expressing their creativity.

AEB5 Wed Oct 15 – Oct 29
$45 3 Sessions 6:30 – 8:00 PM
John Glenn MS, 226

**Wow Your Audience**

It’s not just what you say but how you say it that makes an impact with the people around you. Become more successful in your professional and personal life just by learning to master your voice and making it work for you. You will learn how to use your voice effectively, maintain a healthy voice, and develop your speaking abilities and presentation techniques. After practicing different vocal techniques and breathing exercises, you will be amazed at the increase in your vocal flexibility and your ability to project energy and enthusiasm that will capture your listeners’ attention and hold their interest.

Homeward Bound Theatre Company is a professional performing arts organization that provides theatrical productions, drama, sketches and workshops throughout Minnesota and Wisconsin.

AEB9 Wed Oct 29 – Nov 12
$72 3 Sessions 7:00 – 9:00 PM
Skyview CS, 202
### How to Make $\$ in the Media - Voiceovers
There’s an exploding voice-over market in the Twin Cities. Find out how to get into this fun, creative and potentially lucrative business! Learn how to get work, who hires and what they look for, how to use and what to look for from talent agencies, how to create a professional demo and resume, and how to build on your strengths and skills. Be professionally directed in a non-stressful environment…

*Don Cosgrove trains professional freelance talent in both commercial and documentary voice-overs and on camera. His agency also directs and casts ads and sound tracks.*

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Register for both classes for the discounted rate of $35 each.

### Get Paid to Read - Record Audiobooks Via the Internet
Do you read books? Do you like to read out loud? Do you want to be paid to do it? There are 195,000 new books published in the U.S. every year, from over 81,000 publishers (forty-one in the Twin Cities)! Discover what you need to take advantage of this rapidly growing, creative and very lucrative market – including the Internet! Learn how to get audiobook reading jobs, develop the specialized interpretation skills needed, explore the expanding market, and discover how to find and then market yourself to the publishers, producers and directors who will hire you! Learn exactly what simple, inexpensive hardware and software can be used for recording books in your own home! *Don Cosgrove*

### So You Want to Write a Book
Learn about all of the realities of writing a book and getting it published. Local author, Jim Bruton has written and published 12 books. He will share his knowledge and insight on developing a manuscript, getting a publisher, self-publishing as well as selling and promoting your book once it hits the bookshelves. Advances, publisher contracts and royalties are also discussed. Bring your questions and ideas for an interesting discussion on the book writing process. *Jim Bruton is a local author and has written and published 12 books to date.*

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### Is an In-Service Rollover Right For You?
Simply put, an In-Service Rollover provision is an option that allows qualified participants of 401(k), 403 (b), profit sharing and ESOP plans to roll over plan assets to an IRA while still working. Most employees are eligible at age 59 1/2. Discover the benefits of being able to access a wider array of financial products to personalize your investment options according to your risk tolerance and retirement goals. Take control of your money while you are still working. *Kevin Cunniff and Randy Rheault are Financial Advisors with Principal Financial Group*

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**Breaking out of the Debt Cycle**
Feel the freedom and hope of a realistic plan to take care of debts. Learn about tools that repay debt faster while still building good credit and taking full responsibility. Overcome old debt habits and living paycheck-to-paycheck. Shake off that sense of making no headway, and instead, learn ways to move from debt anxiety to the relief of a plan and new savings security. This class is sponsored by City & County Credit Union. *Instructor is a Financial Educator with LSS Financial Counseling.*

AEB14      Tue      Sept 30  
FREE       1 Session  6:30 – 7:30 PM  
John Glenn MS, 305

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**Retirement: Making Your Money Last**
Everyone has different expectations of retirement. Even the meaning of the word “retirement” is changing, given that many people don’t plan to slow down much when they retire. Your portfolio no longer has to get you to retirement - it has to get you through retirement. Learn tools, information, and strategies to help make sure your retirement saving does just that.

*Brandon Neumann is a financial advisor for Edward Jones Investments in Oakdale. He specializes in working with families and individuals on their long-term financial goals and protection strategies.*

AEB11      Mon      Sep 22  
$12        1 Session  6:30 – 8:00 PM  
Skyview CS, 202

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**The Ins and Outs of Using Annuities for Retirement Planning**
Annuities are products that are sold by insurance companies to help you increase your savings, protect what you have saved, or generate a stream of income. How do you know if they are a good choice for you? Learn how annuities can help you save money for retirement and also how they provide income during retirement. Discover the types of annuities that are best for your specific situation and leave this workshop with the tools and strategies to assist you in reaching your goals.

*Brandon Neumann*
AEB10      Mon      Oct 6  
$12        1 Session  6:30 – 8:00 PM  
Skyview CS, 202
Drafting a Will
Receive information on different types of wills, approaches to estate planning, joint bank accounts, pay-on-death and transfer-on-death accounts, joint ownership in real estate and legal life estates; and the new transfer-on-death deed. Compose and sign your own simple will using forms and sample language provided by the instructor. Discussion will also include where to store your will and when to review or revise it. Attorney Jonathan Dyrud has more than 34 years of experience in the areas of probate, trusts, wills and elder law. He is an adjunct professor at William Mitchell College of Law.

Attorney Jonathan Dyrud
AEB1A Mon Sept 29, Oct 6
$39 2 Sessions 6:30 – 9:00 PM
John Glenn MS, 225

AEB1B Mon Nov 3, 10
$39 2 Sessions 6:30 – 9:00 PM
John Glenn MS, 225

Power of Attorney and Health Care Directives
Learn the responsibilities of a financial Power of Attorney and how to select this agent to avoid guardianship and conservatorship in the event of personal incapacity. Discuss the use of Health Care Directives to express your wishes. Examine the importance of these documents under the new marriage law. Class includes the necessary forms and assistance in preparing them. Attorney Jonathan Dyrud

Attorney Jonathan Dyrud
AEB3 Mon Nov 17
$19 1 Session 6:30 – 8:30 PM
John Glenn MS, 225

So You Are the Executor or Trustee: Now What?
Executor, Trustee, Power of Attorney, Guardian; What are the responsibilities and liabilities of those granted these legal titles? This class is invaluable for those trying to decide who to appoint as well as for those who have been asked to take on one of these legal roles.

Attorney Jonathan Dyrud

So You Are the Executor or Trustee: Now What?
Executor, Trustee, Power of Attorney, Guardian; What are the responsibilities and liabilities of those granted these legal titles? This class is invaluable for those trying to decide who to appoint as well as for those who have been asked to take on one of these legal roles.

Attorney Jonathan Dyrud
AEB2 Mon Oct 20
$19 1 Session 6:30 – 8:30 PM
John Glenn MS, 225

Keeping the Cabin, Business or Farm in the Family
Division of the estate can lead to bitter battles between siblings and impact their relationships forever. Who will pay the taxes? What if one family member uses it more? How can I ensure my children receive equal inheritance? What effect will estate taxes have? Get the answers to these and other questions and learn how to keep the cabin, farm, or other property in the family without driving the family apart. Kevin Cunniff and Randy Rheault are Financial Advisors with Principal Financial Group

Kevin Cunniff and Randy Rheault are Financial Advisors with Principal Financial Group
AEB7 Thu Oct 23
$12 1 Session 6:30 – 8:00 PM
Skyview CS, 202
Intro to Computers
For those new to the world of computers. Learn basic Windows operation, simple word processing, and the use of email.
AEPC2 Sat Sept 20
$35 1 Session 9:00 AM – Noon
Skyview CS, 225

Intro to Word 2010
Learn to create, edit, print and save a document with the most popular word processing program in use today.
AEPC3 Sat Sept 27
$35 1 Session 9:00 – 11:00 AM
Skyview CS, 225

Intro to Excel 2010
Discover the basic functions and features of this powerful, yet easy-to-understand spreadsheet program.
AEPC4 Sat Oct 11
$35 1 Session 9:00 – 11:00 AM
Skyview CS, 225

Power Point - 2010
Learn the necessary tools for creating high-quality, visually-pleasing presentations.
AEPC5 Sat Dec 6
$35 1 Session 9:00 – 11:00 AM
Skyview CS, 225

Excel 2010 Shortcuts and Tips
You have some experience or have taken a class in Microsoft Excel. Now you want to learn additional shortcuts and tips. This class will cover freezing columns and rows, adding comments, naming a cell to use in calculations, pasting options, linking cells, and more. Fee of $8 is payable to instructor for book.
AEPC8 Sat Nov 22
$35 1 Session 9:00 – 11:00 AM
Skyview CS, 225
Create an Etsy Site

Etsy provides a marketplace for crafters, artists and collectors to sell their handmade creations, vintage goods, craft supplies and even digital items. Learn step-by-step how to open your own Etsy ‘store’, add/edit items, set up payment options and everything you need to know from an experienced Etsy store owner. Bring a flash drive with pictures and descriptions of the items you wish to sell, plus a banner style picture of your logo (size 760 pixels by 100 pixels) in either a jpg, png or gif format. If you do not have any of these items, don’t worry, you will learn the steps so you can create your store when you are ready. LeAnn Lunzer has her own Etsy store “Shimmers Glass & Gifts” and is excited to help you set up your own store. She also teaches web design and other computer classes.

AEPC1 Sat Oct 4
$29 1 Session 9:00 – 11:00 AM
Skyview CS, 225

iPad Beginner
Discuss the iPad features and settings, as well as the native apps that come with your iPad. Discover how to create an Apple account and download more apps and media. This class is lecture and screen demonstration but if you own an iPad, bring it with you to class.
Please have your IOS updated to the most current version and know your Apple ID and password. Scott Bearman

AEPC2A Tue Oct 7
$24 1 Session 9:00 – 11:00 AM
Boutwells Landing, Classroom 1

AEPC2B Wed Nov 5
$24 1 Session 9:00 – 11:00 AM
Boutwells Landing, Classroom 1

iPad Intermediate
Beyond the basics, discuss essential apps that extend the user experience in recreation, entertainment and business. Discuss more apps and media as well as using features like dictation, reminder and Photo Stream. This class is lecture and screen demonstration but if you own an iPad, please bring it with you to class. Please have your IOS updated to the most current version and know your Apple ID and password. Scott Bearman

AEPC3A Tue Oct 7
$24 1 Session 12:00 – 2:00 PM
Boutwells Landing, Classroom 1

AEPC3B Wed Nov 5
$24 1 Session 12:00 – 2:00 PM
Boutwells Landing, Classroom 1

Directions to Boutwells Landing
Access Boutwells Landing through Gables Care Center at 13575 58th St N, Oak Park Heights (Stillwater). Boutwells Landing/Gables Care Center is the large complex behind Walmart in Stillwater. Overflow parking is located across the street and tunnel access to the building is available. Once in the building, you will be directed to your classroom.
Parenting and Grandparenting

Building Strong Connections With the Parents You Serve
Preschool and daycare providers, join in a morning of team-building and learning what will build communication skills, explore creative ideas for parent conferences and meetings. You will be coached on the biggest challenges when it comes to building connections with the parents you serve. **CEU certificates available upon request.** Jill Jerabek is a life coach and parenting expert. She supports families in living a more focused, balanced, and nurtured life by equipping them with tools for managing daily family routines while managing a mind, body, spirit connection.

AEP1 Sat Nov 8
$25 1 Session 9:00 AM – 12:00 PM
WBLHS, South Campus
3551 McKnight, White Bear Lake, 55110

Making Friends With Technology
Feeling overrun with tech gadgets? It seems a losing battle to put healthy boundaries around technology usage for our children. Explore when to limit tech usage and why, as well as how to use technology to support your child’s growth and learning. **Jill Jerabek**

AEP2 Thu Oct 2
$25 1 Session 6:30 – 8:30 PM
WBL District Center
4855 Bloom Ave
White Bear Lake, 55110

Managing the “I Wants” in a “Too Much” World
Everywhere you turn there are choices upon choices upon choices. It is overwhelming for adults, and even more so for children. Explore how to practice minimalism, managing the “I wants,” and generosity as individuals and families through creative, engaging activities and lessons. **Jill Jerabek**

AEP3 Thu Nov 20
$25 1 Session 6:30 – 8:30 PM
WBL District Center
4855 Bloom Ave
White Bear Lake, 55110

Register Early, Register Online http://isd622.thatscommunityed.com
Spanish I
No previous Spanish experience? This is the class for you! Instructor Dolly Palacio-Roa will introduce you to the Spanish language through vocabulary, pronunciation, verb tense and helpful expressions. Dolly Palacio-Roa is a native of Colombia and Spanish is her first language. An additional $11.25 for required text (Spanish Made Simple) will be collected in class.
AEL1  Tue   Oct 21 – Dec 16
$79    7 Sessions  6:00 – 7:30 PM
John Glenn MS, 307
No Class 11/4 & 12/2

Spanish II
Expand your vocabulary and knowledge of Spanish. Prerequisite: Beginning Spanish I or recent Spanish language experience. An additional $11.25 for required text (Spanish Made Simple) will be collected in class from anyone needing this text. Dolly Palacio-Roa
AEL2  Tue   Oct 21 – Dec 16
$79    7 Sessions  7:30 – 9:00 PM
John Glenn MS, 307
No Class 11/4 & 12/2

“I think I can, I think I can . . .”

. . . Teach a Community Education Class

Adult Enrichment
Cheryl Gysbers 651-748-7437
cgysbers@isd622.org

Youth Enrichment
John Hayes 651-748-7442
jhayes@isd622.org

Download a class proposal form at www.isd622.org/communityeducation
Music and Theater

Comedy Improv • New

Have you ever wondered how Wayne Brady, Ryan Stiles and Colin Mochrie deliver those on-the-spot sketches and comebacks on the hit TV series “Whose Line is it Anyway?” Local improv performer Amy Stedman will teach you how to think on your feet. Whether it is just for fun or perhaps you are looking to add performing to your resume. You won’t want to miss this opportunity to learn the basics of improvisation. Laughter guaranteed!

Amy Stedman is an improv performer and trainer with Just Kidding Improv, LLC. She performs for HUGE Theater, Honeys and Dreamland Arts. She enjoys teaching people of all abilities the skill of thinking on their feet and expressing their creativity.

AEA3 Wed Sep 24 – Oct 8
$45 3 Sessions 6:30 – 8:00 PM
John Glenn MS, 226

Elders CLIMBing: CLIMB Theatre Workshop

Wanted! Adults 55+ to participate in this exciting opportunity!
Actor - Educators from CLIMB theatre will lead a series of theatre activities designed to unleash your Inner Actor! Explore traditional stories and characters plus invent new ones through these activities. No previous experience necessary. Here’s your chance to explore your creative side. Social hour and refreshments follow workshop.

This opportunity is brought to you by the Gladstone 55+ Center and Climb Theatre.

Tuesdays, Oct 28 – Nov 18
1:15 – 2 PM
Gladstone
Fee: $5 Pay at first session

Registration required, space is limited. Call 651-748-7250

Register Online

Easy and convenient
Anytime day or night
Wherever you are

https://isd622.thatscommunityed.com
Introduction to Harmonica

The harmonica allows you to begin enjoying the benefits of music within just a few hours. You do not have to know how to read music to begin playing the harmonica. It just takes a few hours of practice to learn where the notes are on your harmonica. Learn various techniques including: playing blues/folk, using vibrato, blending notes, trills, and using sheet music. An instruction booklet is included. Bring your harmonica to class. Harmonicas can be purchased at most local music stores, Guitar Center, or on Amazon.com. A harmonica in the key of “C” is recommended. They can be purchased for as little as $10 in some stores. Instructor Joe Flipovich offers rentals and can be contacted at 651.285.8301 or via www.JFmusicLessons.com for availability or any questions.

AEM1 Tue Sep 30 – Oct 21
$49 4 Sessions 6:00 – 6:45 PM
Stillwater Area High School
Address at right

Guitar Lessons for Adults

Learn to tune your guitar, play chords, learn strumming patterns, read basic sheet music, and start learning your favorite songs! Class includes instruction booklet filled with chords print outs, scale print outs, pictures, songs, and other valuable information. Students are encouraged to bring their electric or acoustic guitars if they have them. Guitars are available for rent from the instructor. Joe Flipovich. 651.285.8301 or www.FmusicLessons.com

AEM2 Tue Sep 30 – Oct 21
$49 4 Sessions 6:00 – 6:45 PM
Stillwater Area High School
5701 Stillwater Blvd
Stillwater 55082

Real Women, Real Harmony: Your Gift of Christmas

Step out of your box and into the spotlight! Sing four-part a cappella music with the award winning Vallee de Croix Chorus in their 17th annual Christmas show on December 6. The ability to read music is not necessary, you will be given all the tools you need to be an awesome performer. Rehearse Mondays, October 27th - December 1st. Perform Saturday, December 6 at 2:30 PM and 7:30 PM (directions to performance sites will be given at rehearsal). Can’t make both performances? Don’t let that stop you from taking advantage of this opportunity. Dinner is provided between performances. Vallee de Croix is an organization of women sharing the love of singing four-part harmony and bringing the joy of music to the community in exciting, fun and competitive performances. Vallee de Croix Chorus is a charter member of Sweet Adelines International.

AEM3 Mon Oct 27 – Dec 1
$20 6 Rehearsals 6:45 – 9:00 PM
St. Paul Lutheran Church
605 5th St S, Stillwater, MN 55082

Performances Sat, Dec 6
2:30 PM and 7:30 PM
Arts and Crafts

Introduction to Fused Glass
Try this exciting art form of glass fusing. During this workshop you will learn about frit, the basics of cutting glass, combining glass and the science behind the fused glass process. Each student will create their own one-of-a-kind candle screen for use in their home. Supply fee of $35 includes use of tools, kiln firing, glass, and wooden base for candle screen, and is payable to the instructor at class. Projects can be picked up the following week after firing. Wear closed toed shoes. Instructor Pat Haug from the Alchemy arts Studio.

AEA6A Wed Oct 8
$39 1 Session 1:00 – 4:00 PM
Alchemy Arts Studio
Address below

AEA6B Tue Oct 14
$39 1 Session 6:00 – 9:00 PM
Alchemy Arts Studio
5620 Memorial Ave N, Unit D
Oak Park Heights, 55082

Stained Glass Freeform Suncatcher
Make your own whimsical sun catcher to hang in a window or use as a wall decoration. You will learn to form the wire frame into the shape of your choice, cut the glass, foil and solder the pieces together. Material Cost: $15 includes wire, glass, brass foil and solder. Marie Frederick is a self-taught artisan who enjoys finding new projects to share with family and friends. AAEA14 Thu Nov 13
$34 1 Session 6:00 – 9:00 PM
Skyview CS, 203

Drawing I
Think you can’t draw? Guess again! During this beginning class you will discover two of the five basic concepts of drawing: the perception of edges and the perception of spaces. You will be challenged and your efforts will be rewarded by drawing better than you would have ever guessed! A $20 supply fee is payable to instructor at class. Suzan Starks has a Bachelor of Arts Degree in Interior Design with an Art Minor.
AEA7 Tue
Sept 30 – Oct 28
5 Sessions
9:00 – 11:30 AM
Gladstone, 109
$70

Drawing II
Continue to learn how to draw more effectively during this intermediate/advanced drawing class, as you learn two more of the five perceptual drawing skills: relationships (proportion and perspective) and lights/shadows. Prerequisite: Drawing I. Supply fee of $4 is payable to instructor in class. Bring your supplies from Drawing I. Suzanne Starks
AEA8 Tue
Nov 11 – Dec 16
5 Sessions
No class 11/25
9:00 – 11:30 AM
Gladstone, 105
$70
Jewelry Classes with Marie Frederick

See page 18 for Marie’s bio.

Advanced Sami Bracelet with Beads

Take your Sami Bracelets to the next level with pewter, glass or crystal beads. Come and learn how to braid pewter thread with beads and leather to create this latest fashion trend. Bring your favorite button (or buy one of from instructor) and a thimble if you have one. Material cost: $25 per foot for Pewter thread, $50 for leather, and beads range from .05 - .25 each (bracelet in photo - $35 as shown). Basic sewing skills preferred.

AEA11 Tue Sep 23
$34 1 Session 6:00 – 9:00 PM
Skyview CS, 203 Art

Chainmaille Bracelet Weave! Inverted Round

This is a stunning beginner-level weave. Once you learn the pattern, you can create very different looks by changing the size and wire shapes of the jump rings or adding beads. Jump rings made with square wire, half round, diamond shape and twisted are just a few of the new options. Learn the weaves so you can design your own creations. This unique weave makes an attractive bracelet for men as well as women. If you have your own favorite pliers (chain nose, flat nose or bent chain nose), feel free to bring it along. Also, don’t forget your “readers” if you have any trouble focusing on close-up work. Material cost: $35 for Nickel, $15 Copper, Brass or Bronze and $10 Aluminum. Includes jump rings to make a 7 – 7.5” bracelet and one clasp of matching metal.

AEA12 Mon Oct 20
$34 1 Session 6:00 – 9:00 PM
Skyview CS, 203 Art

Copper Etching

Expand your jewelry design possibilities. By etching copper you can add cool textures and patterns that really help your metal jewelry stand out. Use permanent marker and rubber stamps to create the designs with an environmentally safe acid to etch the copper. Material Cost: $10 for 1 inch of copper, etching acid, patina and copper jump ring.

AEA15 Tue Nov 25
$34 1 Session 6:00 – 9:00 PM
Skyview CS, 203 Art

Metal Piercing

Become a master of the jeweler’s saw. Learn how to design and hand saw shapes (negative spaces) for your pendant, and learn to rivet the contrasting layers together. Next, saw a word out of the metal. You may use inspirational words, names, symbols ... anything you can think of. Then learn techniques for different finishes, and how to complete your piece with chains and beads. Material Cost: $10 to $30 depending upon material and size chosen: Sterling - $20, Copper - $7, Nickel - $10, Bronze - $7 - per square inch.

AEA13 Mon Nov 3
$34 1 Session 6:00 – 9:00 PM
Skyview CS, 203 Art
Learn to Crochet
If you have never crocheted before, but have always wanted to learn how, this is the class for you. Learn how to hold the hook and thread, start a project, do the four basic stitches, turn your work and fasten off. Your first project will be a usable square potholder. **Bring one skein of acrylic soft tight twisted yarn, an H aluminum hook, small scissors and a tapestry needle.** An instructional manual is included in the class fee. **P. J. Kindle has won crochet awards at both the Washington County Fair and the Minnesota State Fair.**

AEA4  Tue  Sept 18 – Oct 2
$36  3 Sessions  6:30 – 8:00 PM
Stillwater Area High School
5701 Stillwater Blvd
Stillwater 55082

Learn to Knit I
Learn the basics of knitting, purling, two color knitting, increasing and decreasing as well as casting on and binding off. Discuss gauge, the different kinds of yarn, sizes and types of needles and other tools you need to help you get started. The project for this class will be a headband. **Bring one skein of dark worsted weight wool or wool blend yarn, size 7 or 8 straight knitting needles (14 inches long), and a scissors. A second set of needles (any size) for practice is optional.** Sarah Baude has been knitting for over 15 years. After learning the basics of knitting from her mother, she attended Community Education classes and took her knitting to new levels.

AEA9  Mon  Sept 15 – Oct 6
$39  4 Sessions  6:30 – 8 PM
John Glenn MS, 118

Learn to Knit II
For those just completing Learn to Knit I, explore ribbing, cable, stockinette stitch and seed stitch. Learn how to increase and decrease stitches. For experienced knitters, work on your current project and Sarah will answer questions you have, or bring a new pattern that you want to start and she can give you direction. **Bring current project or 2 different colored skeins of worsted weight yarn (not cotton), size 7 or 8 straight or circular needles, scissors, and a tapestry needle with a large eye. Sarah Baude**

AEA10  Mon  Oct 20 – Oct 27
$36  2 Sessions  6:30 – 8:30 PM
John Glenn MS, 118
**Monet Style Silk Scarf**

What do you get when you take a white silk scarf, special tissue paper, and water? A beautiful, “Monet-like” painted silk scarf. Upon leaving class, you will have a beautiful scarf plus the skills to create more scarves on your own. As a bonus, learn a variety of scarf tying techniques. **Wear “painting” clothes to class. All materials are included.** Judy Osland of JAO Designs creates beautiful designs on silk scarves using a variety of techniques. She is eager to share the process with you.

**AEA1A Mon Sep 15**
$36 1 Session 6:30 – 8:00 PM  
John Glenn MS, 116

**AEA1B Mon Sept 22**
$36 1 Session 6:30 – 8:00 PM  
John Glenn MS, 116

**Sun Prints**

Create a design on pre-treated fabric. Process in the sun and you have a unique print you can proudly display as a wall hanging, napkin, table runner, pillow cover or wherever your creativity may take you. This cyanotype process (sun photography) is simple to use, stimulates the imagination and is incredibly fun. **This class does require a sunny day so please be available on the alternate date of Sept 27 in case the class needs to be rescheduled. You will be notified should the class need to be rescheduled.** Judy Osland

**AEA2 Sat Sep 20**
$26 1 Session 10:00 AM – 12:00 PM  
John Glenn MS, 116

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**Vacation Edventures**

**Fall Paddle and Picnic**

Enjoy the cliffs, colors, and wildlife of the St. Croix during a 4-5 hour downstream kayak from Interstate Park to William O’Brien State Park where happy hour and a barbecued picnic lunch await your return. **Kids age 16 and above only please.**  
**Complete itinerary and directions to William O’Brien park can be found at www.isd622.org/vacationedventures. Directions will be emailed the week before the trip. Provide email address when registering.** Kerri Kolstad of Wahoo! Adventures, coordinates outdoor experiences for groups and families. Meet at William O’Brien State Park

**AER1A Sunday, Sept 28, 8:30 AM – 4:30 PM, $90**

**AER1B Sunday, Oct 5, 8:30 AM – 4:30 PM, $90**
Coffee professionals have developed a specific technique when evaluating the quality of coffee called “cupping.” This class will dive into this technique, exploring the fragrance, aroma, body, and acidity of coffee, allowing you to develop an appreciation for specialty coffee. Andrew Bowles

Home Coffee Roasting

Love coffee? Discover home coffee roasting! Roasting your own coffee is economical and the best way to drink fresh coffee. Learn about the various home roasters available, how to use them, along with drinking great coffees from around the world. Andrew Bowles

Dazzling Desserts

Forget your diet for the evening, you will want to taste every last calorie of these dazzling desserts. Each recipe is simple enough for the beginning baker and delicious enough to wow the foodies in your life. Prepare and sample Chocolate Lasagna, Cannoli Cake, Caramel Apple Cake, Chocolate Pavlova and Pumpkin Cheesecake Tarts. Bring a dish cloth, towel and containers for any leftovers. Fee includes food cost. Susan Vance holds a Master’s degree in Adult Education and is a Registered Dietitian.
More Veggies, Please! Moving Beyond Your Comfort Zone in Cooking Vegetables

Are you stuck in a rut when it comes to cooking vegetables? With winter closing in, it’s time to move off the beaten track and start exploring the flavors of the lovely fall vegetables available locally. Take the potato but this time turn it into a meal itself (Gratineed Potatoes with Gruyere and Cream) or a fine accompaniment to grilled meat. Cook up some of the nutritional powerhouse, lacinato kale, with white beans and bacon; make an easy-as-pie curried squash soup; oven-roast a wide variety of fall vegetables until they are caramelized and scrumptious. Additional dishes will be prepared depending on the vegetables available. Plus learn sure-fire ways to make vegetables sparkle so you can improvise delicious veggie dishes on your own. **$16 food fee for certified organic produce is payable to instructor at class. Bring a dishcloth or scrubby and towel to class plus containers to take home any leftovers.**

Jan Zita Grover has cooked, catered, run a professional kitchen, and taught cooking classes for more than 30 years.

AEF14 Thu Sep 25 – Oct 2
$39 2 Sessions 6:00 – 9:00 PM
Maplewood MS, 118

Marmalade - The Adult Jam!

Marmalade has just enough bitterness that many people never try it again after that first jarring taste in childhood. But if you love citrus and want to make bright, beautiful, tasty jams please give marmalade another try. Its citrus flavors and tropical colors are enough to lift you out of the doldrums - and homemade marmalade is superior in taste and texture to store-bought. In one simple lesson, you’ll learn to make beautiful marmalade for winter gift giving or for savoring at home. **$12 food fee, payable to instructor at class, includes two 1/4-pint jars of marmalade you’ll make yourself from an array of familiar and exotic midwinter citrus. Bring a dishcloth or scrubby and towel to class. Jan Zita Grover**

AEF5 Tue Dec 9
$25 1 Session 6:00 – 9:00 PM
Maplewood MS, 118

All Aboard

Low enrollment can cancel a great class or activity. Decisions are made one week in advance. Register early!

Register online anytime, day or night
http://isd622.thatscommunityed.com
Learn to Cook Like a Chef

Cook and prepare quality dishes like a professional restaurant chef. Christian O’Neil from “Phil’s Tara Hideaway” in Stillwater will teach you secrets of the profession and helpful hints to use at home.

Thai Cooking

The aromatic Thai dishes are a marriage of Eastern and Western influence that produce unique flavor combinations that can be both sweet and sour. Learn how to create these distinct and tasty dishes. Food will be prepared and sampled at the class.

Great Steakhouse Cooking at Home

Not sure when well-done becomes overdone? Take the guess work out of creating the “All American Steak Dinner.” Learn the benefits of cooking different cuts of beef with either dry or moist heat and how to determine which sauce is the right one for the dinner table. Food will be prepared and sampled at the class.

Latin Cooking

Latin cuisine is a fusion of Mesoamerican and European (especially Spanish) culinary influences. Learn to prepare both traditional as well as popular Latin dishes - and figure out once and for all just how much “heat” good Latin food should have. Food will be prepared and sampled at the class.

Fearless Pressure Cooking

Unlike the old models that gave rise to your mother’s or grandmother’s hair-raising tales of spaghetti dangling from the kitchen ceiling, the new pressure cooker offers several safety devices. The versatile pressure cooker delivers delicious, vitamin-packed soups, vegetables and meats quickly and dependably: dried navy beans in 3 minutes, cheesecake in 12 minutes, risotto in 7 minutes and juicy pot roast in 60 minutes! Learn what to look for when buying a pressure cooker and what to avoid. If you have a pressure cooker you’ve been afraid to use, bring it to class to learn how to cook with it. Food cost of $7 paid to instructor in class. Bring dishcloth or scrubby, towel and closed containers to bring home leftovers. Jan Zita Grover has cooked, catered, run a professional kitchen, and taught cooking classes for more than 30 years.
**Holiday Entertaining and Gift Giving Begins Here**

**Bake and Take Cookies**
Do all your holiday baking in just one 3-hour class. Take home one dozen each of ten different cookies including Rudolph’s Molasses, Peanut Blossoms, Snowballs, Santa’s Sugars, Christmas Stars, Peanut Butter Balls and many more surprises. In this hands-on class you will be working in pairs. Everything will be provided to form, trim, and decorate the cookies. Then Nancy’s team will bake them in the large commercial ovens. After cleanup is completed, the best is yet to come... sampling and packing the cookies to take home. Recipes, hairnets and gloves are included. *A supply fee of $12 is payable to the instructor at class. Bring apron (if desired) and several containers to take 10 dozen cookies home.* Youth age 16 and up may attend with an adult but must be registered as a participant. All participants must be present and stay for the entire 3-hour class. You may send someone in your place if you cannot find child care. *Nancy Burgeson has taught cooking classes throughout the Twin Cities for more than 30 years. She has been inducted into the Wilton Enterprises Teacher Hall of Fame.*

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**Truffles**
You have tried the rest, now try the best truffles of all -- and you will make them yourself! Smooth, rich, melt-in-your-mouth chocolate candies, just in time for holiday entertaining and gift giving. Take home copies of the five different recipes made in class and a box with 12 -18 truffles. *Supply fee of $12 is payable to instructor at class.*

*Nancy Burgeson*

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**Norwegian Lefse**
Learn the art of making this Norwegian delicacy that is traditionally served for holidays and special occasions. *Bring a gallon size food storage bag and apron. If you have a rolling pin at home that you would like to try using, you may bring it as well.* Tom and Paula Ovre are both of Norwegian descent.

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**Aebelskiver, Swedish Pancakes, Dutch Babies**
During the holidays, for special occasions, during the nippy winter months, or just about anytime, deeply flavored pancakes are a big hit especially when accompanied by sour cream and tart preserves. If you don’t already have Danish Aebelskiver, Swedish Pancakes, and caramelized Dutch Babies (with toasted almonds, nutmeg, and brown sugar) in your cooking repertoire, make this the year that you do! You’ll have the chance to make each of these treats in class, then sit down and eat them with your fellow cooks. *Food cost of $7 is payable the night of class. Bring a dish cloth and towel to class.* *Jan Zita Grover bio page 24.*

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Home and Garden

Forget Mr. or Mrs. Right, Go Ahead and Buy Solo
Investing in real estate may seem challenging, especially when you’re single. Millions of singles are doing just that, and you can be one of them! Come to this dynamic class to learn all you need to buy your first home whether you have yet to marry, are re-entering the market after a divorce, or have been widowed. Discover strategies to save you thousands. Johanna Roy
AEH3 Mon Sep 22
$15 1 Session 6:00 – 8:00 PM
Stillwater Area High School
See address at right

Time to Downsize? Making a Daunting Task Doable
Are you facing the task of sorting through your life’s accumulation of stuff? Learn how to manage this challenging process effectively. Hear strategies for decluttering and ideas/resources for distributing possessions whether to family, friends, reselling or more. Leave with everything you need to get started including a plan of action to guide your efforts. Louise Kurzeka is co-founder of Everything’s Together®. She is a nationally recognized organizing expert.
AEH4 Tue Oct 21
$34 1 Session 6:30 – 9:00 PM
Stillwater Area High School, 5701 Stillwater Blvd
Stillwater, 55082

Basic Home Repairs - Electrical
Learn to make the repairs yourself by attending this hands-on class. Replace 2-way and 3-way switches, wall outlets and light fixtures. Test electrical circuits and re-wire a lamp. Bring a wire stripper, straight slot and a Phillips screwdriver, and long-nose pliers to class if you have them. A supply fee of $5 for the Step by Step guidebook to Home Wiring is payable at class. Tod Novinska grew up on a farm where there were always plenty of repairs to be made.
AEH5 Sat Dec 6
$39 1 Session 9:00 – 11:30 AM
John Glenn MS, 222

Stage It to Sell It
Staging a home, even in today’s market, is what sets you apart from your competition. Discover the top 10 tips that you must do when selling your home. Learn staging fundamentals, how to stage on a budget with items in your home, furniture arrangement and color choices. You can greatly enhance the overall appeal and marketability of your home by learning the essentials. Johanna Roy
AEH2 Mon Sep 29
$12 1 Session 6:00 – 8:00 PM
Stillwater Area High School, 5701 Stillwater Blvd
Stillwater, 55082

Basic Home Repairs - Plumbing
Learn to repair minor plumbing problems or replace fixtures and save precious money in the process. During this class you will take apart different types of faucets, replace a pop-up drain assembly and discuss the internal working parts of a toilet. You will practice cutting and gluing plastic pipe plus cutting and soldering copper pipe and fittings. A $5 supply fee for a Step by Step Guidebook to Home Plumbing is payable at class. Tod Novinska
AEH6 Sat Dec 6
$39 1 Session 12:30 – 3:00 PM
John Glenn MS, 222

De-Clutter and Organize in the ADHD World
See page 34
Community Gardens = Education through Growing

Harmony Community Garden and Harmony Greenhouse
1961 E County Road C, Maplewood

Garden
- Open to Harmony Learning Center program participants and families. This garden showcases cultural gardening techniques and crops along with a community atmosphere as gardeners help each other and often share a meal.
- Education - English language lessons, gardening tips, traditional crops and their preparation.

Greenhouse
- Students in the Greenhouse Growing Skills class plant and care for vegetable/flower seedlings.
- Class led by a Century College Horticulture program intern.
- Plant sale provides funding for the greenhouse operation.

Carver Community Garden
2680 Upper Afton Road, Maplewood

- Community plot - open to Carver Elementary families. Work with others planting, tending and harvesting this plot. The emphasis is getting kids into the garden, learning from where their food comes. Families receive a “share” of each harvest.
- Summer School in the Garden program

Cowern Community Garden
2095 Margaret St. N, North St. Paul

- Community plot - Tomatoes, tomatoes, tomatoes, salad greens, cucumbers, green/wax beans carrots . . . Garden together with others (more hands = less work) and share the harvest. Produce from this plot is also donated to the North St. Paul food shelf.
- School’s out garden activities.
- 22 Individual plots - to grow your own vegetables and flowers.

Watch these gardens grow at www.isd622.org/communitygarden
Exercise

MaxFXBootcamp Circuit
Cardio + weights + resistance = endurance, toned muscles and strength! A different workout each week will keep you guessing and challenged in this high-intensity, effective, circuit style fitness class. **Bring an exercise mat and water to each class.** Joe Belfanz owns and operates MaxFX Training. He is a personal trainer certified by the American Sports and Fitness Association (ASFA) and has a strength and conditioning certification from the International Sports Science Association (ISSA).

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<td>Sep 20 – Oct 25</td>
<td>10/18</td>
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Ageless, Active, and Fit
Gently challenge your whole body with this balanced fitness class that blends classic walking-style aerobics (no jumping), mat exercises and use of resistance equipment. You will receive cardio benefits, burn calories, increase core strength/balance, sculpt your muscles and see results! **Bring hand weights (if you have them), exercise mat, and water bottle.** Bernice Baker is a certified fitness instructor.

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Indoor Walking
Walk the hallways of Skyview Community School and/or John Glenn Middle School and forget the worries of inclement weather. Walk Mondays through Thursdays from 6:30 – 8:30 PM and 9:00 – 11:30 AM on most Saturdays. After you register, you will receive a Walking Club Card and a list of dates the buildings are not available. Check out a walking badge from the building supervisor and walk your way to fitness.

AEE6 October 2014 – April 2015
$15 for unlimited walking
**Tighten Abs in 30-Minutes Using a Fitness Ball**
Is your stability ball gathering dust in the corner? Put it to use by learning how to perform core exercises on the ball. This effective 30 minute workout will strengthen your core, improve flexibility, balance and posture. **Bring a stability ball, an exercise mat and water.** Diane Schreifels is an ACE Certified Personal Trainer.

AEE4 Tue Oct 21 – Dec 16
$35 7 Sessions 7:30 – 8:00 PM
John Glenn MS, Gym 4
No Class 11/4 & 12/2

**Strength Training – Beginner to Advanced**
This 7-week class will teach you how to strength train via circuit training to get maximum fitness results in minimum time. The first three weeks will be devoted to learning the proper techniques of strength training using dumbbells. The next four weeks you will learn how to add a stability ball to your routine and perform more advanced exercises. You will walk away from this class with the ability to perform a full body strength-training workout in your own home. This class is limited to 12 participants to allow more individualized attention. **Bring 3 - 5 lb dumbbells the first three weeks and the dumbbells plus a stability ball to the last four weeks.** Diane Schreifels is an ACE Certified Personal Trainer.

AEE3 Tue Oct 21 – Dec 16
$65 7 sessions 6:15 – 7:15 PM
John Glenn MS, Gym 4
No Class 11/4, 12/2

**Yoga**
Increase your strength, flexibility and your ability to focus and relax. Classes include breathing exercises, postures and final relaxation. Yoga is practiced without wearing socks or shoes. **Wear comfortable clothing and bring a yoga mat and water.** Virginia Sattler-Reimer has been teaching yoga since 1996 and has studied many styles of yoga.

AEE1 Thu Sept 18 – Jan 8
$85 12 Sessions 6:00 – 7:00 PM
John Glenn MS, Gym 4
No Class 10/9, 10/16, 11/27, 12/25 and 1/1
**Zumba**

Zumba is a workout that feels more like a dance party. Inspired by high energy and motivating Latin and international music, Zumba combines fast and slow-paced rhythms that tone and sculpt the body using aerobic interval training. No dance experience is necessary. **Zumba is practiced wearing fitness or tennis shoes.**

*Bring water bottle.* Christine Edwards (Mon, Wed, Thurs) and Amie Charles (Mon) are licensed Zumba instructors.

<table>
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<th>Day</th>
<th>Date</th>
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**Nia®**

Action, rhythm, spirit, self expression and improvisation - that’s Nia! Increase flexibility, mobility and agility, strengthen muscles and improve cardio fitness - that’s Nia! Nia is about using joyous movement to become healthy and fit. This class can be adapted to fit the personal needs of all participants. **Daniela Bell is a certified Nia Instructor.**

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<tr>
<th>Class #</th>
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<td>Jan 6 – Jan 27</td>
<td>5:00 – 6:00 PM</td>
<td>Cowern Gym 101</td>
<td>4</td>
<td>$24</td>
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Alzheimer’s Disease and Its Behaviors

Build your foundation of compassion by learning more about Alzheimer’s Disease, its progression and the behaviors often associated with it. In this class you will learn techniques to manage behaviors and encourage a loved one with Alzheimer’s to engage in activities they previously enjoyed. We will also discuss ways to care for the caregiver. An additional adult family member may attend at no extra cost.

AEW3A Mon Sep 22
$12 1 Session 6:00 – 8:00 PM
Stillwater Area High School

AEW3B Mon Oct 13
$12 1 Session 6:00 – 8:00 PM
Stillwater Area High School
5701 Stillwater Blvd
Stillwater, 55082

Home Care Services - How it Helps Support the Quality of Life

This informational session will help you to understand more about advanced directives, home care, palliative care, durable medical equipment, hospice and more. Whether you’re a patient or caregiver, you’ll want to hear how these services can help people reach their goals, make successful transitions and stay out of the hospital. Linda Tally RN, CHPN is a registered nurse certified in Hospice and Palliative Care. She spent 11 years caring for patients and families in our community and now focuses on education around quality of life for Allina Health Home Care Services.

AEW19A Wed Sep 24
$12 1 Session 1:00 – 2:30 PM
Gladstone CC, 105

AEW19B Thu Oct 2
$12 1 Session 6:30 – 8:00 PM
District Ed Center, 308

Understanding Medicare - An Overview

Review what is covered by Parts A, B, C, and D of Medicare, as well as Medicare supplement options available. The enrollment process in Medicare will be discussed along with personal costs of the program. Discover the donut hole and eligibility for extra help with prescription drug costs. Learn about the recent changes to Medicare as a result of recent health care reform, along with examples of fraud and abuse. Discover the Senior LinkAge Line and how to make personal comparisons using the Medicare.gov website and the Health Care Choices booklet, published by the MN Board on Aging. Instructor is from the Metropolitan Area on Aging.

AEW5 Tue Sep 16
$9 1 Session 5:00 – 6:30 PM
Central Middle School
4857 Bloom Ave
White Bear Lake, 55110

Senior Medicare Patrol - Prevent Medicare Fraud

Don’t be a target of Medicare fraud. Become familiar with examples of Medicare fraud and waste. Learn how to review billing statements and report system abuse. Learn about the www.MyMedicare.gov website and how the Senior LinkAge Line can assist seniors and their families. Instructor is from the Metropolitan Area on Aging.

AEW4 Wed Oct 1
$9 1 Session 2:00 – 3:00 PM
WBL Senior Center
2484 E County Road F
White Bear Lake, 55110
**Going Gluten Free the Healthy Way**

Do you suffer from muscle pain, gas, bloating, eczema or ADD/ADHD? Could your breakfast be the cause of your digestive problems? Could your dinner be causing your restless nights? Gluten may be the culprit behind your symptoms. Understand the body signs of a gluten sensitivity, learn where gluten comes from and how reading labels is a key part of avoiding gluten, discover how easy eating gluten free can be and leave with a multitude of meal ideas and recipes. Make gluten free eating simple and easy by Going Gluten Free the Healthy Way! Andrea is a Nutrition Educator with Nutritional Weight and Wellness.

AEW8 Tue Nov 11
$30 1 Session 6:00 – 8:00 PM
John Glenn MS, 225

**Feeding Your Pet the Way Nature Intended**

Do you feed your pet the same processed food for every meal? Discover the “whys” and most importantly the “hows” of feeding your pet in a rational and health-producing manner. Prevent and treat illness using food. “You are what you eat” applies to pets as well as people. Dr. Mary Thury has worked in the small animal veterinary medical field for 18 years.

AER2 Wed Nov 5
$25/person* 1 Session 6:30 – 8:30 PM
Maplewood MS, 116
*$40/two people from same house

**Nutrition for Peak Performance**

Have you made a commitment to yourself to achieve the next level of physical activity? Learn the importance of eating real, quality proteins and fats and their impact on performance. Discover hidden dangers in convenience foods marketed as healthy options for athletes. Uncover the truth about “carbo loading.” This class will give you the daily nutritional foundation to reach your goals whether you are a runner, baseball player, weightlifter, tennis player, dancer or golfer. Kristen Gunderson is a Nutrition Educator for Nutritional Weight and Wellness. She has Bachelor degrees in sociology and psychology with an emphasis in behavior modification and a minor in kinesiology.

AEW7 Wed Oct 1
$30 1 Session 6:00 – 8:00 PM
John Glenn MS, 308

**Tape Your Pain Away**

As Seen On Many Olympic Athletes - KinesioTape is a special elastic, non-latex tape used by athletes all over the world to improve function and decrease pain and swelling. YOU can tape yourself and get some of these great results too! Learn basic KinesioTape concepts and techniques. Demonstrations will be given using simplified taping protocols for issues such as low back, knee and shoulder pain plus in-class requests. Bring a pair of scissors to class. Supply fee of $20 payable to instructor. Gigi Decker holds a BA in Holistic Health Studies and has been a “medically oriented massage therapist” for over 25 years.

AER1 Tue Oct 14
$19 1 Session 6:30 – 8:30 PM
Skyview CS, 202
Discover Medicinal Herbs
There are no weeds! There is a use for every plant, and there are herbs that can help every condition. Discover herbal medicine including history, forms of delivery, efficacy, contraindications, quality of herbs, herbal actions, commonly used herbs, what to include in an herbal remedy kit, where to purchase herbs, and resources for more information. Katherine McMonagle received her Master’s Degree in Holistic Health Studies from St. Catherine University with a concentration in herbology. She has worked closely with a Dakota American Indian woman who is a registered herbologist with the Lower Brule tribe in South Dakota.

Tell Me About Vitamins
Discover the different ways vitamins are produced and how certain things are good or bad from a nutritional standpoint. Discussion also includes certain nutritional deficiencies and some recent research that states vitamin supplementation may not be totally beneficial. Dr. Brandon Mickelson

Cholesterol and a Healthy Heart
Discover cholesterol’s overall role in the body, why we have high cholesterol, and what can cause low cholesterol (and why that may be worse than high levels). Review the drugs commonly used to control cholesterol levels and how they work. Then examine the role of nutrition in healthy cholesterol levels and a healthy heart. Dr. Brandon Mickelson

The 21-Day Detox and Weight Loss
Discover the toxicity and lack of nutrition in our modern lifestyle. The discussion will include healthy food intake as well as strategies for decreasing the environmental toxic load on the body. The presentation will end with detoxification strategies and the benefits of a detox. Dr. Brandon Mickelson is a Chiropractor practicing at Specific Family Chiropractic in Maplewood. His practice model emphasizes the role of chiropractic care and whole food nutrition in helping patients solve their health problems.

Healthy and Active Aging
Discuss cholesterol and the benefits of keeping it in a normal range. Osteoporosis and pain free joints will also be covered in a general overview while also focusing on natural and conservative treatment methods. Dr. Brandon Mickelson
## Focus Point Healing with FaLiThi Chi
Discover the secret to personal healing with gentle movements, soothing breath work, and brain awakening with FaLiThi Chi energy healing. In a relaxed state of mind with soft music, Shamanic Healer PaLiChi will take you through focused cycles of gentle movements and imagery that will assist you to improve your thought process, remove unwanted or negative energies, awaken focus, reduce stress, possibly reduce addictions, and bring added support for alleviation of illness. The exercises can be done sitting or standing. Bring water and a mat or pillow to class.

**AEW24 Thu Sep 18 – Oct 2**
**$79** 3 Sessions 6:00 – 7:00 PM
John Glenn MS, 226

Instructor Chee Vue (PaLiChi) is a natural born Shamanic healer and has been practicing spiritual and energy healing including spiritual meditation, paranormal investigations, home and personal clearings, and soul callings for over eight years using various modalities all on a self-taught basis.

These classes compliment each other for greater strengthening in self-healing. Attend both classes and receive a certificate of completion from the instructor. Herbal energy healing balms will be available for optional purchase at class.

## De-Clutter and Organize in the ADHD World
When it comes to day-to-day life, one of the biggest challenges for the adult with ADHD is managing their possessions. Distractibility can lead to a trail of clutter and create problems with steps undone and possessions in piles. Learn practical steps for decluttering and organizing in an ADHD friendly way. Louise Kurzeka is Co-founder of Everything’s Together®. She is a nationally recognized organizing expert. Louise has been on HGTV’s TIPical MaryEllen Show and contributes frequently to KARE /WCCO radio shows.

**AEH1 Tue Sep 30**
**$34** 1 Session 6:30 – 9:00 PM
John Glenn MS, 225

## Focus Point Mediation
The only way to “know how” to meditate is simply to do it and feel it. This guided meditation may help to uplift your energetic being on the whole yet calm the mind and bring you to realize a self-teaching knowledge that is true healing to your emotional and spiritual well-being.

**AEW25 Thu Sep 18 – Oct 2**
**$79** 3 Sessions 7:00 – 8:00 PM
John Glenn MS, 226

Meditation is a powerful, relaxing experience that allows the body, mind and spirit to align and heal. It brings a clarity, a deep sense of well being and peace, along with deeper perception. Learn the best way for you to meditate, integrate, balance, revitalize and thrive. You will also be guided through two meditations: A daily meditation and a Chakra (energy center) meditation.

Katherine McMonagle has been a Healing Touch practitioner since 2001. She has a Masters of Arts degree in Holistic Health Studies.

**AEW16 Thu Dec 4**
**$25** 1 Session 7:00 – 8:30 PM
District Ed Center, 305

Instructor Chee Vue (PaLiChi) is a natural born Shamanic healer and has been practicing spiritual and energy healing including spiritual meditation, paranormal investigations, home and personal clearings, and soul callings for over eight years using various modalities all on a self-taught basis.

## Discover Meditation
Meditation is a powerful, relaxing experience that allows the body, mind and spirit to align and heal. It brings a clarity, a deep sense of well being and peace, along with deeper perception. Learn the best way for you to meditate, integrate, balance, revitalize and thrive. You will also be guided through two meditations: A daily meditation and a Chakra (energy center) meditation.

**AEW25 Thu Sep 18 – Oct 2**
**$79** 3 Sessions 7:00 – 8:00 PM
John Glenn MS, 226

## Tai Ji Quan: Moving For Better Balance
Reduce your risk of falls by improving balance, muscle strength, flexibility and mobility through coordinated movements in a slow, circular, flowing motion.

**Mon & Wed, Oct 6 – Dec 22 (23 sessions) 8:30 – 9:30 AM**
**$4 per session - pay at the door**

Income eligible scholarships may be available - Call 651-748-7250

_Sponsored by the Gladstone 55+ Center and Metropolitan Area Agency on Aging_
Hypnosis
Make positive, long lasting changes in your life by unleashing your own power through positive suggestion. You are conscious and in control at all times. Turn negative behaviors into positive ones and improve your health.

Calm Anxiety
Helps bring peace and tranquility into your life. Bring a blanket and pillow to class.
AEW17 Mon Dec 1
$59 1 Session 7:00 – 8:30 PM
District Ed Center, 305

Tackling Tobacco
Bring a blanket and pillow to class.
AEW18 Mon Jan 12
$59 1 Session 7:00 – 8:30 PM
District Ed Center, 305

Katherine McMonagle is a certified Hypnotherapist with a Master’s in Holistic Health.

7 Ways to Improve Your Sleep Quality
Chronic insomnia means you experience poor sleep half the time. Poor sleep is often a side-effect of many health conditions and leads to accelerated aging, weakened immune systems, and less energy to enjoy life. Review the top ten things you can start doing to improve sleep quality including: sleep hygiene, dietary considerations, stress management, how to use a sleep diary, exercise, resetting your bio-clock and more. Bradley Bush
AEW2 Tue Dec 2
$34 1 Session 6:30 – 8:30 PM
Stillwater Area High School
5701 Stillwater Blvd
Stillwater, 55082

A Matter of Balance
Don’t let concerns about falling restrict your activities
Two sessions to choose from
Wednesdays, Sept 24 – Nov 12, 9:30 – 11:30 AM
Thursdays, Sept 25 – Nov 13, 9:30 – 11:30 AM
Gladstone Community Center
Fee: $12 Bring to first session
651-748-7250 or www.isd622.org/seniorprograms
Registration is required and space is limited so register early.

YOU WILL LEARN TO:
• view falls as controllable
• set goals for increasing activity
• reduce fall risk at home
• exercise to increase strength and balance

A MATTER OF BALANCE is an award-winning program designed to manage falls and increase activity levels.
Could You Have Empathy?
Empathy is the ability to sense and feel the true emotions of another person. Discover if you are an Empath and how to utilize this gift as well as protect yourself from feeling too much. Katherine McMonagle became aware of her ability as an Empath when she started reacting to the emotions of others while she was studying Healing Touch. She has cultivated this gift and incorporates it into her practice of Healing Touch, and Reiki. She has a Master’s degree in Holistic Health Studies.

Energy Healing 101
Learn some basic techniques of this gentle, non-invasive therapy that is used to promote self-healing by restoring balance to the energy fields that surrounds the human body. It complements conventional medicine and is used as part of an integrated healing program. Research suggests that energy healing is beneficial in promoting relaxation, reducing pain, enhancing immune function, and managing stress. Katherine McMonagle

Energy Healing 102
Take this opportunity to develop and practice your gift of healing through energy in this experiential learning session. Prerequisite: Energy Healing 101. Katherine McMonagle
55+ Defensive Driving
Review the rules of the road, learn new information regarding today’s cars, and update your driving skills. Those over the age of 55 qualify to receive a 10 percent discount on their auto insurance following completion of the 8-hour basic course. To maintain this discount, a 4-hour refresher course is required every three years. **Register at least 1 week before the class date, no walk-ins. Instructors are trained and managed by Minnesota Safety Council.**

**Basic Course – 8 hours**
_Course fee: $29 (each section)_

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**Refresher Course – 4 hours**
_Course fee: $25 (each section)_

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=Adults with Disabilities Community Bridge=

Adults with disabilities can experience a variety of community education classes and activities.

- Customized classes and recreational/social opportunities for adults with developmental cognitive disabilities.
- Volunteer Opportunities
- Sign Language Interpreters
- Registration Assistance

Call 651/748-7437 or visit www.isd622.org/communitybridge
Volunteer Opportunities

Volunteer in ISD 622 Schools

- Basic Skills Helper
- Homework Helper
- Star Lab Assistants
- Adaptive Swimming Assistant
- Committee Members
- Meals on Wheels Drivers
- Event Assistants
- Assist in adults with disabilities customized classes and events.

Volunteering is easy. Go to www.isd622.org/volunteer click “Volunteer Now” and complete the application. Orientation and training is provided.

Swim Volunteers Wanted...

To help children with disabilities learn water readiness skills and basic swimming strokes this fall.

Training: Tuesday, Sept 23, 6 – 8:00 PM
Classes: Tuesdays, Sep 30 – Nov 18 (no lesson 10/14, 11/4)
Time: Section 1, 5:30 – 6:15 PM
Section 2, 6:15 – 7 PM
Location: John Glenn MS

Call 651-748-7436 to volunteer

VOLUNTEERS are the Community Bridge’s greatest resource. A class assistant’s extra hands/heart can better individualize the experience for a participant. Swimming, art, and choir are classes that would be greatly enhanced by the hands & hearts of volunteers. Call 651-748-7437. If you know someone who is looking for an opportunity to help in the community, let them know about the Community Bridge. The reward is great!

Whether you are a parent, community member or business partner, there are volunteer opportunities for you.

Contact Gigi Fitzpatrick at 651-748-7250 or gfitzpatrick@isd622.org

Volunteer

Opportunities Ahead
Regularly Scheduled Activities

Mondays
- Parkinson’s CPS Group
  9:30 – 10:30 AM, 2nd/4th Monday
- Senior Corps 9:30 – 11:30 AM
  1st Monday
- Bingo 10:00 – 11:30 AM
- “Hand and Foot” Cards
  11:00 AM – 2:00 PM, Monday & Thursday
- Senior Dining 12:00 – 1:00 PM
  Monday & Thursday
- “500” Cards 1:00 – 3:00 PM
  Monday & Wednesday
- Weight Loss Group 2:00 – 3:00 PM

Tuesdays
- 55+ Aerobics - Silver Sneakers
  8:00 – 9:00 AM & 9:30 – 10:30 AM
  Tuesday & Thursday
- Watercolor Painting 9:30 AM – Noon
- Woodcarving 1:00 – 3:00 PM

Wednesdays
- Foot Care Clinic 9:00 AM – 2:30 PM
  2nd/4th Wednesday
- Knitting 9:00 – 10:30 AM
- “500” Cards 1:00 – 3:00 PM
  Monday & Wednesday
- The Women’s Meeting 1:30 – 3:00 PM
  1st/3rd Wednesday

Thursdays
- 55+ Aerobics - Silver Sneakers
  8:00 – 9:00 AM & 9:30 – 10:30 AM
- Bingo 10:00 – 11:30 AM
- “Hand and Foot” Cards
  11:00 AM – 2:00 PM, Monday & Thursday
- Senior Dining 12:00 – 1:00 PM
  Monday & Thursday
- Free Bakery Goods 12:00 – 3:00 PM
- Dominos 12:30 – 2:30 PM
- “Golden Oldies” Social Games
  1:00 – 3:00 PM, 1st Thursday

Fridays
- “Bridge” Cards 12:00 – 3:00 PM
- Adult Academy Classes see p. 4 – 7
  for descriptions, dates and times.

C.L.A.S.S. Senior Health Expo
Wednesday Sept 10, 1:00 – 2:30 PM
White Bear Lake YMCA
2100 Orchard Lane, WBL, 55110
Free! Vendors-Speakers-Demos & More

A Matter of Balance
8 sessions: Wed, Sept 24 – Nov 12 or
8 sessions: Thurs, Sept 25 – Nov 13
Time both days: 9:30 – 11:30 AM, Fee $12
Don’t let concerns about falling restrict
your activities. See page 35.

Tai Ji Quan (Tai Chi)
Moving for better Balance
11 Sessions: Mon & Wed, Oct 6 – Dec 22
8:30 – 9:30 AM, Fee $4.00/session
Reduce your risk of falls, improve balance,
strength and flexibility through coordinated
movements in a slow flowing motion. See
page 34.

Dominos
Thurs beginning Oct 16, 12:30 – 2:30 PM
Meet new friends and enjoy an afternoon
of Dominos. Learn to play Mexican Train,
Chicken Foot, Wild Fire and more.

“Fall Funfest”
Thurs, Oct 30, 11:30 AM – 1:30 PM
Fee: Early Bird $10 ticket required
Luncheon, dance, door prizes and live
entertainment featuring the sounds of the
50’s-today by The Eric Thomas Band.

Climb Theatre Workshop
Tuesdays, Oct 28 – Nov 18,
1:15 – 2:00 PM, Fee: $5.00 for workshop
Unleash your Inner Actor! See page 16.

National Memory Screening Day
Tues, Nov 18, Begins at 9 AM, Free!
Are you concerned about your memory?
Screening is the first step toward proper
diagnosis and treatment if needed. Call
651-748-7250 for more information and to
schedule your appointment.

Defensive Driver classes
See page 37 for class dates & times.

The Dateline
The Dateline contains information, schedules, updates on events and more!
Get your copy today - available online or pick it up at the Senior Office.
Using School Facilities

You are encouraged to use ISD 622 school buildings & grounds.

Make a classroom, gym, cafeteria, pool, auditorium, and/or media center the site for your next meeting, activity or event.

To use District 622 facilities . . .
1. Submit a Facility Use Application at least 8 working days in advance. Applications are at the District Education Center, school buildings and online.
2. Facility Use staff will review your application and estimate your costs.
3. You will receive confirmation or denial of the request by mail, phone, or email.
4. A $25 annual processing fee is due with your first application of the school year. You will be billed for usage/rental fees and any additional charges such as supervision, equipment rental and custodial clean up after an event.

FYI: There are additional expenses to the school district when public groups use facilities. These costs are charged back to the user to offset the cost of utilities, replace consumable supplies, and maintain facilities.

Reserve the artificial turf football/soccer/lacrosse stadium fields at North and Tartan High School for practices and games.

Make a Splash this Season!

ISD 622 pools are available for the community to use for a variety of events and celebrations such as birthday parties, get-togethers, scout badge work, church groups, team building activities, recreational swimming and more.

Call 651-748-7439 to reserve John Glenn, Maplewood or Skyview pool for your next event. Party packages are also available and include both the pool and cafeteria.
Adult Basic Education
North St. Paul-Maplewood-Oakdale Community Education in cooperation with White Bear Lake Area Schools Community Services and Mahtomedi Community Education offer full-service Adult Basic Education (ABE) programming for all area residents at no cost.

Harmony Learning Center
1961 Co. Rd. C East, Maplewood, MN 55109
(Corner of White Bear Ave. & Co. Rd. C)
651-748-6208 or 651-748-6207

English as a Second Language (ESL)
• Improve your English language skills in the areas of: speaking, listening, reading and writing.
• ESL classes for foreign-born adults at no cost.
• Choose from beginning, intermediate or advanced level classes.
• Both day and evening classes are available at a variety of locations.
• Call 651-748-6208

ESL Family Program
An ECFE Multi-Age class for families with English as a second language who have children birth to 5 years (before kindergarten). Parents and children attend together to improve English language skills through conversation, learning activities, stories, and more. Multiple sites available. Call 651-748-7280.

Citizenship
Twelve week course designed to give ESL learners a better understanding of everyday life in the U.S. and to prepare for the citizenship test. Call 651-748-6223 to register.

GED Preparation and Testing
The GED can be the key to your future. Work with the ABE staff on the subjects on which you need improvement. Practice tests help monitor progress and prepare you for taking the official GED Test. Call 651-748-6208 or 651-748-6207

GED Preparation Classes at No Cost
Tuesdays, Wednesdays and Thursdays 9 AM – 8 PM

Official GED Testing: Test is now computerized - $120
Mondays 9:15 AM – 4:30 PM
Tuesdays, Wednesdays and Thursdays 9:15 AM – 7:30 PM
Fridays 9:15 AM – 2 PM
To take the GED test you must register online at http://www.gedtestingservice.com/testers/test-on-computer

Other Educational Services Offered
• Basic Skills Brush-Up
• Brush up for Military testing
• Free Accuplacer Preparation classes
• Study for college entrance
• CDA Child Development Associate

To Register for Any ABE Program
Registration takes 1 to 1-1/2 hours and must be done in person. Call 651-748-6208

Mon 9 AM – 7 PM | Tues/Wed/Thurs 9 AM – 8 PM | Fri 9 AM – 2 PM
Welcome to ISD 622 Youth Programs!

Parents’ Night Out
Grades K – 6
Parents, enjoy a night of fun while your child does the same at Skyview Community School. The night includes fun games, arts and crafts, obstacle courses, children’s movies and pizza. Children may be dropped off between 5:30 & 6 PM and picked up anytime before 9:30 PM. Cost is $15 for first child and $10 for each additional child.
YED10A Fri Sept 26
$15/first child 5:30 – 9:30 PM
$10/each additional Skyview CS

Safety Awareness
Ages 5 & Up
Safety Awareness is designed to enhance self-esteem, self-discipline and safety as well as promote communication skills, responsible citizenship and drug avoidance. Students can progress to yellow belts or higher by continuing in the program. We do not fight: defense and responsibility, rather than aggressiveness are emphasized. Classes are held in the John Glenn Middle School Gym on Tuesdays.
Course fee: $49/section

Fall Session  Tuesdays, Sept 23 – Nov 18 (no class Oct 14 & Nov 4)
YESA150a New students ages 5 & up 6:00 – 6:40 PM
YESA150b Returning students 6:50 – 7:30 PM
YESA150c Advanced students 7:40 – 8:20 PM

Winter Session I  Tuesdays, Nov 25 – Feb 3 (no class Dec 2, 23, 30 & Jan 20)
YESA250a New students ages 5 & up 6:00 – 6:40 PM
YESA250b Returning students 6:50 – 7:30 PM
YESA250c Advanced students 7:40 – 8:20 PM

Fencing with Youth Enrichment League
Grades 2 – 8
Get ready to face your foe in mano-a-mano matches that will test your strength, speed, discipline and desire. NEW STUDENTS will learn fencing basics: advance, retreat, thrust and lunge. RETURNING STUDENTS will work on the economy of motion, setup attacks, combination attacks and adding new moves to their skill set. ALL STUDENTS will work towards arm-band advancement. MIDDLE SCHOOLERS can participate in our Middle School Fencing League. SAFETY is our first priority. We supply safety swords, protective masks & jackets, and a high-octane, inclusive environment. Are you ready to duel?

YESK199 Mon Oct 6 – Nov 10
$76 6 sessions 6:00 – 7:00 PM Skyview CS

YESK299 Mon Nov 17 – Dec 22
$76 6 sessions 6:00 – 7:00 PM Skyview CS
LEGO WeDo Robotics
Grades 1 – 3
Work and create special Robotic elements including gears, levers, a motor, and sensors. Designed by the experts at MIT, this unique system teaches you about simple machines, engineering, programming and much more. Working in pairs we will learn to make “animatronic” robots like birds, monkeys, alligators, and more.
YESK190 Sat Sept 27 – Oct 25 (no class Oct/18)
$40 4 sessions 12:30 – 2:00 PM
Skyview CS

Blast Off Rockets
Grades 1 – 5
Want to learn how rockets work by making different kinds of simple rockets? You will build and blast off balloon rockets, pop rockets, straw rockets and stomp rockets. Sign up and have a blast in this class!
YESK191 Sat Sept 27 – Oct 25 (no class Oct/18)
$40 4 sessions 10:30 AM – 12:00 PM
Skyview CS

Kids Cuisine
Grades 1 – 6
Come play with your food! During this one hour, 4 week course we will explore many areas of the culinary world. From fruit art to cupcakes, discover the fun of food making. Participants will make their own class snacks as well as a take-home treat to share every week. Workshop is taught by a trained chef.
YESK192 Sat Oct 4 – Oct 25 (no class Oct/18)
$50 3 sessions 10:30 AM – 12:00 PM
Skyview CS

Lego Dino Land Art Class with KidCreate Studio
Ages 3 – 6
What do you love more, Legos or Dinosaurs? We’ll combine these popular themes as we create a land any dino would love to explore. You will paint a mural and build with Legos creating a Dino Land.
YESK193 Sat Sept 27 – Oct 25 (no class Oct/18)
$50 4 sessions 11:00 AM – 12:00 PM
Skyview CS

Cinderella Dreams Art Class with KidCreate Studio
Ages 3 – 6
Who’s your favorite princess? If it’s Cinderella, then this art class will be a dream come true! We’ll create a masterpiece using paint, clay and other art materials as we turn Cinderella’s pumpkin into a beautiful coach.
YESK194 Sat Sept 27 – Oct 25 (no class Oct/18)
$50 4 sessions 12:30 – 1:30 PM
Skyview CS

Private Guitar Lessons
Grades 3 – 12
Learn guitar basics including chording, strumming and finger style techniques. Instructors will advise students about purchase of books or materials. Lessons individually designed for beginner and intermediate level players. Bring your guitar to all lessons.
Saturdays, Sept 27 – Nov 8 (no lesson on Oct 18)
$99 for 6 lessons Skyview, Band Room
YEGL100a 10:00 – 10:30 AM YEGL100d 12:00 – 12:30 PM
YEGL100b 10:40 – 11:10 AM YEGL100e 12:40 – 1:10 PM
YEGL100c 11:20 – 11:50 AM YEGL100f 1:20 – 1:50 PM
Non-School Day – Friday, October 10

**Splat Tag Paintball**
Grades 4 – 8

Get your group of friends together and join us for an action packed day at Splat Tag in Hudson, WI. Splat Tag offers 20 different paintball courses on over 600 acres. All games are played outdoors so please wear clothing appropriate for the weather. Cost includes rental of all equipment, air, 100 paintballs, referee for each game and transportation. *Bring extra $ if you plan on purchasing more paintballs. You must use Splat Tag paint (you can not bring your own). Bring snack or lunch as there is no food or drink on site. Bus will depart and drop off at Maplewood Middle School.*

YED10 Fri Oct 10
$55 1 session 9:30 AM – 3:45 PM
Depart/return Maplewood MS

**Horseback Riding @ Hawk’s Ridge Ranch**
Grades 2 – 8

Experience all the joys of the horse. Go into the pasture and choose your horse. Lead them into the arena, and groom them yourself. This helps to build a strong relationship before your horse takes you for an unforgettable ride in our massive riding arena. Hawk’s Ridge Ranch is located outside of Hudson, WI. Pack a bag lunch and drink as we will be eating at the ranch. Bus will depart from and return to Maplewood Middle School.

YED11 Fri Oct 10
$60 1 session 9:30 AM – 3:45 PM
Depart/return Maplewood MS

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**Adventure Connection**
Before and After School Care
Grades K-5
6:30 AM – 6:00 PM

- Activities full of learning, friendships and fun.
- Convenient locations in your child’s elementary school.
- Full-day care on most non-school days and during summer.
- Leadership by experienced and caring professionals.

*Call 748-7431 or 748-7432 for more information!*

[Image: www.isd622.org/communityeducation]
EM Break – October 16 & 17

NXT Robotics Olympic Challenge
Grades 4 – 8
Working in teams with NXT Lego Robotics you will create and program your team robot to compete in a variety of events and competitions. Have fun building as well as using your programming skills to create the winning robot. No previous robotics experience is necessary.
YESK180 Thurs & Fri Oct 16 & 17
$45 2 sessions 9:00 AM – Noon
Skyview CS

Animal Cartoons with Young Rembrandts
Grades K – 5
The Animal Cartooning Workshop features a variety of fun, creative cartoon drawings. You will learn to personify ordinary animals, transforming them into fully-realized cartoon characters with human-like characteristics. Learn to exaggerate facial features, draw expressive faces, and create dynamic body poses.
YESK182 Thurs & Fri Oct 16 & 17
$45 2 sessions 10 AM – Noon
Skyview CS

LEGO Engineers
Grades K – 2
Let your engineering skills go to work as you build simple machines including cars and amusement park rides. Each day we will work on different projects by playing with and manipulating the models. You will learn about pulleys, levers, gears, wheels and axles while exploring energy, buoyancy and balance.
YESK181 Thurs & Fri Oct 16 & 17
$40 1 session 12:30 – 2:30 PM
Skyview CS

Frozen Art Camp with KidCreate Studio
Grades K – 5
Come experience the magic of winter in a whole new way! This highly anticipated camp inspired by the Disney movie Frozen will entertain and delight you as you create snow globes, clay sculptures, sparkly castle scenes and more all featuring your favorite characters from the movie. Work with a variety of different art supplies as you create masterpieces fit for royalty!
YESK183 Thurs & Fri Oct 16 & 17
$55 2 sessions 12:30 – 2:30 PM
Skyview CS

Mountain Bike Camp
Grades 6 – 12
Here is your chance to explore the local mountain biking trails and terrain. Under the guidance of our experienced instructors, you will spend the two days taking on different mountain biking challenges on the Battle Creek Trails. You will also learn basic bike maintenance skills like solving gear problems and changing flats. Mountain Biking is open to both boys and girls. Campers should be comfortable on dirt with two wheels. We will bike an average of 10 miles per day. Meet in the Battle Creek Community Center parking lot. Trail head is just south of the Community Center. Due to safety concerns, please make sure your child has a bicycle that is in good working condition and the correct size. Bikes with gears are highly recommended. Helmets are required. Please bring a bag lunch and plenty of water each day. If interested in renting a bike or for questions, please call 748-7442.
YED12 Thurs & Fri Oct 16 & 17
$55 2 sessions 9:30 AM – 1:30 PM
Battle Creek Mtn Bike Trails

Financial Assistance available for students currently enrolled in the Federal Free and Reduced Lunch Program. Call 651.748.7445 for more information.
### Saturdays @ Skyview Session II

#### Extreme Engineering
Grades 4 – 8
During this 4-week S.T.E.M. class students will work with LEGO Motorized Machines, K’Nex bridge building, LEGO Pneumatics and LEGO Green Energy programs. Build a variety of motorized machines, find innovative ways to create energy to run a car and create a replica bridge found around the world.

<table>
<thead>
<tr>
<th>YESK195</th>
<th>Sat</th>
<th>Nov 1 – 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>$50</td>
<td>4 sessions</td>
<td>12:00 – 2:30 PM</td>
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</table>

Skyview CS

#### Science Sampler
Grades 2 – 6
Explore a variety of science experiments. Turn a simple toy into a generator, light up a bulb with a potato, learn how water is filtered and filter your own water, and build a wind generator that will create energy without using any batteries.

<table>
<thead>
<tr>
<th>YESK196</th>
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<tbody>
<tr>
<td>$40</td>
<td>4 sessions</td>
<td>10:00 – 11:30 AM</td>
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</table>

Skyview CS

#### Around the World Art
Grades K – 5
Each week we will travel to a new part of the world to create cultural art projects, sample food and learn new languages.

<table>
<thead>
<tr>
<th>YESK197</th>
<th>Sat</th>
<th>Nov 1 – 22</th>
</tr>
</thead>
<tbody>
<tr>
<td>$40</td>
<td>4 sessions</td>
<td>10:00 – 11:30 AM</td>
</tr>
</tbody>
</table>

Skyview CS

#### Holiday Shopping Day Camp
Grades K – 5
Let us entertain your children as you do all your holiday shopping! We will have a fun-filled day of crafts, gym activities, games, legos and more. Please bring a bag lunch. Snacks will be provided.

<table>
<thead>
<tr>
<th>YESK198</th>
<th>Sat</th>
<th>Dec 6</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20</td>
<td>1 Session</td>
<td>9:00 AM – 2:30 PM</td>
</tr>
</tbody>
</table>

Skyview CS

#### Create Your Own Gingerbread House
Ages 5 – 10
Run, run, as fast as you can! Get into the winter spirit and create your own Foam Gingerbread House. Sip on some hot chocolate and eat winter treats as we have fun building a house for the gingerbread man to run to.

<table>
<thead>
<tr>
<th>YESK199</th>
<th>Sat</th>
<th>Dec 13</th>
</tr>
</thead>
<tbody>
<tr>
<td>$20</td>
<td>1 session</td>
<td>12:30 – 2:30 PM</td>
</tr>
</tbody>
</table>

Skyview CS

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**Financial Assistance** available for students currently enrolled in the Federal Free and Reduced Lunch Program. Call 651.748.7445 for more information.

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**Where can I find information about after-school enrichment activities?**
Flyers will be distributed to students the first week of school. They will list the after-school enrichment opportunities offered at a student’s home school. Information as well as registration forms can also be found at [www.isd622.org/youth](http://www.isd622.org/youth)
Swimming/Aquatics

District 622 Community Education offers quality swimming activities for all ages. Our experienced and caring instructors have been trained by the American Red Cross. They will help you or your child/children develop water safety and swimming skills in a positive learning environment.

Lessons are held at Skyview Community School and John Glenn Middle School.

Register: Online: www.isd622.org/swim
Mail/In person at District 622 Education Center
2520 E 12th Avenue, North St. Paul, MN 55109
Fax: 651-748-7497 or Call: 651-748-7434

Infant and Preschool
Classes are 30 minutes long.

Mini Tots (swim diapers please)
Infants 6 months – 2 years with parent
Parent works with child to promote water readiness through games and play.

Tiny Tots (swim diapers if needed)
Toddlers 2 – 4 years with parent
Parent works with child to learn basic swim skills through group activities.

Preschoolers + Parents
3 – 5 years with parent
Previous experience in our mini or tiny tot classes, or a child who is comfortable and will put their face under the water. Parent will help their child learn basic swim skills through drills and play.

Turtles (Preschool 1)
4 – 5 year olds without a parent
Preschoolers who will not put their face in the water. This class introduces them to basic swim skills and increases their comfort level.

Bobbers (Preschool 2)
4 – 5 year olds without a parent
Preschoolers who are comfortable and will put their face in the water. Basic swim skills will be taught.

Super Kids (Preschool 3)
4 – 5 year olds without a parent
Preschoolers who can swim 10 feet with their face in the water. Super Kids often have fundamental swim skills but are not ready for the larger class size and longer class time in Level 1.

Ages 6 and Older
Classes are 55 minutes long.

Level 1 & 2 – Entry level class for ages 6 and older. Swimmers will develop a good foundation of water adjustment, movement, and safety. Skills will include assisted and independent floating and gliding on front and back as well as alternating leg and arm movements for a combined stroke on front and back.

Level 3 – Passed Level 2 or have equivalent skills. Skills will include front crawl and elementary backstroke with emphasis on endurance and improving stroke proficiency. Students will also be introduced to deep water swimming and butterfly body motion.

Level 4 – Passed Level 3 or have equivalent skills. Focus will be on refining the front crawl and elementary backstroke with attention to detail and developing endurance. In addition, breaststroke, butterfly, back crawl, sidestroke, and open turns will be taught.

Level 5 – Refined coordination and improved endurance of all previous strokes are key emphasis at this level. Flip turns and multiple surface dives are introduced.

Level 6 – The majority of the lesson will be the same for both Personal Water Safety and Fitness Swimmer classes. Emphasis will be on core strokes to improve power, efficiency, and endurance over greater distances and length of time.

6pws – Personal Water Safety
Skills include self-rescue techniques, survival float, and survival swimming.

6fs – Fitness Swimmer
Learn principles to increase and evaluate your fitness.

Register for all swim activities using form on page 55
Girls’ SWIM Night Out
Enjoy a swim night just for girls and women if cultural, religious practices, or any other reason prohibits you from using a public swimming pool. All female staff. The pool has a stairway entrance. (Free childcare for male family members while women and girls swim).
Suggested admission: $3 Adult; $2 Youth/Child; $6/family of three or more.

John Glenn MS: Swimming  6:30 – 8:00 PM
Social Hour  8:00 – 9:00 PM
Fridays: Sept 26, Oct 10, Nov 7, Dec 5

*Subsidized by grants from 622 Educational Equity Allliance.

Register Online at: www.isd622.org/swim
Open Swimming at Skyview School

Skyview Pool is a full-sized pool with a diving board. One lane available for lap swimmers.

Saturdays: Oct 11 – Dec 13   2:00 – 3:30 PM
(not open Oct 18 & Nov 29)

Walk-in Rates: $4/adult; $3/student or child; $10/immediate family of 5

Cardio Water Fitness at Skyview School (Adults)
Use the resistance of the water to develop cardiovascular endurance and muscular strength. No swimming ability is necessary for this total body work out.

Entry into the pool is by ladder only. Walk-in rate $10

SC1   Wednesdays: Oct 15 – Dec 10 (None Nov 26), 8 sessions, 7:00 – 8:00 PM, $58

Aqua ZUMBA® at Skyview School (Adults)
Aqua Zumba integrates the Latin inspired music and moves of Zumba with traditional water fitness for a workout that’s cardio-conditioning, body-toning, and most of all, exhilarating beyond belief. Entry into the pool is by ladder only. Walk-in rate $10

SZ1   Wednesdays: Oct 1 – Nov 19, 8 Sessions, 4:15 – 5:15 PM  $58

Water Workout at John Glenn Middle School (Adults)
Tone your muscles while improving endurance and flexibility. This class includes stretching, agility and a light aerobic workout in chest deep water.

John Glenn has a corner stairway entrance. Walk-in rate $10

SW1   Tuesdays: Sept 30 – Nov 18 (none on Oct 14 & Nov 4), 8:00 – 9:00 PM, then time changes to 7:00 – 8:00 PM, for class dates Nov 25 – Dec 2. Total 8 sessions  $58
Early Childhood Family Education (ECFE) offers classes for parents and their children ages birth to 5 years (before kindergarten) and promotes healthy development and school readiness. Parenting information, resources and support are also available. Check the district website www.isd622.org/ecfe for class information and to register. Call 651-748-7280 (651-748-7282 Español) for information on class availability.

ESL Family Program is an ECFE multi-age class for parents and children birth to 5 years (before kindergarten) who are learning English. Parents and their children attend together to improve their English language skills through conversation, learning activities, stories, and more. Call 651-748-7280 (651-748-7282 Español) for more information.

Early Childhood Screening is recommended for children who are 3 years old and is required for kindergarten entrance. Screening offers a snapshot of your child’s health and development and may indicate the need for further health or developmental assessment. This early screening allows time for early intervention before the start of kindergarten. Make an appointment by calling 651-748-7289 (651-748-7282 Español).

Stepping Stones Preschool is a drop-off preschool program for 3 to 5 year old children. Classes are offered mornings, afternoons, and evenings. Openings are available in some classes. Home visits, tuition assistance, and transportation assistance are available to qualifying families through the School Readiness program. Call 651-748-7280 (651-748-7282 Español) or check the web at www.isd622.org/ecfe for more information.

It is not too late to register!

We continue to take registrations for ECFE and Stepping Stones Preschool until classes are filled.

Call the Early Childhood and Family Programs office for class availability.

Call 651-748-7280 (748-7282 Español)
**ECFE Makes House Calls**
- Do you have a new baby in your house?
- Are you unable to come to ECFE parent-child classes?

Home visits include support and information on parenting and child development, learning activities you can do with your child, and information on district programs and community resources.

*Call 651-748-7280 (748-7282 Español) to schedule a home visit*

**Parent Advisory Council**
Join the Early Childhood Council and share ideas, give suggestions, and help support the Early Childhood and Family Programs. The council sponsors many events throughout the school year. The ISD 622 Early Childhood Council meets every other month during the school year at Gladstone Center. Complimentary childcare is available. Call the office at 651-748-7280 for more information.

**ADD/ADHD Support Group**
This free group is a place for parents, teachers and all adults involved in the lives of children who are diagnosed with ADD or ADHD. Gain support and education through group discussion, guest lectures, and sharing. This school year, the group will meet on Monday nights: Oct 13, Nov 10, Dec 8, Jan 9 and Apr 13 from 6:30 – 8:30 PM. Childcare is available. Call Sarah Lilja at 651-748-7585 for more information.

**Nature Family Fun**
Make nature discoveries together and meet new friends!
This class is offered at the Maplewood Nature Center in collaboration with Early Childhood Family Education (ECFE) staff. Parents stay with their child(ren) during the entire class, which meets from 10:00 –11:30 AM on scheduled Saturdays. Fee is $5 per child per class. Pre-registration is required.

*Class dates and themes*
- Sept. 20 - Chicadee Club
- Oct. 25 - Squirrels and Acorns
- Nov. 15 - Meet the Snake and Salamander
- Feb. 14 - Valentines for Owls
- Mar 21 - Sap into Syrup
- Apr 25 - Spring Pond Creatures

Register online at www.isd622.org/ecfe

“My children look forward to coming to school all week! Whenever we drive by the building they want to go to class.”
- Hope S., ECFE Parent

**Pop-In and Play**
Parents and children from birth to five years (before kindergarten) have an opportunity to learn and play in the ECFE classroom and gym with new activities each week. Parents, grandparents, guardians, or caretakers, and their children are welcome. This class is offered Friday mornings. Fee is $3 per child, paid at the door each visit.

**Add In & Play Coupon**
One FREE visit to Pop-In & Play for families new to our program

*Gladstone Center*
Fridays, 9:30 – 11:00 AM
Expires May 08, 2015.
One use only. Duplicates not accepted.

**or check the web at www.isd622.org/ecfe**
Community Education Information

Confirmation
Confirmation is by email only. You must request confirmation and provide an email address. You will be notified when a class is filled, cancelled or rescheduled.

Cancellations/Refunds
Register at least 5 days before the class start date. If there is insufficient enrollment for a class, the class will be cancelled and a refund/credit sent.

Refunds or credits cannot be given for forgotten classes – mark your calendar!

Cancellations must be made at least 5 business days prior to start of class or by the registration deadline indicated. A processing fee of $10 per class will be deducted from your refund. Class supplies or tickets that have been purchased or committed to are non-refundable regardless of cancellation date.

Trips/Tours have specific refund policies listed with the description or itinerary.

Safety Disclaimer
There is an inherent risk of accident and injury in any activity. It is the responsibility of the participants to be aware that there are assumed risks in participation. ISD 622 assumes no responsibility for injuries received during activities. Any changes in participants’ activity level should be done under approval and direction of their physician and/or health care provider.

Inclement Weather
Tune to WCCO Radio (830 AM). If school is closed, Community Education classes are cancelled.

UCare
UCare members may be eligible for a $15 discount on most classes. If a class is less than $15, you may take the class free of charge but you must register.

UCare for Seniors members are limited to one $15 discount per calendar year. Members must be on UCare at the time of registration, and through the duration of the class(es). Include UCare ID number when registering. Not available for online registration.

If you are not sure if your UCare plan qualifies, or if you have used your discount for the year, call 651-748-7445.

Financial Assistance for Youth
Families who qualify for free/reduced price lunches may qualify for financial assistance for youth classes and swim lessons. Call 651-748-7445 for youth classes or 651-748-7434 for swim lessons.

Timing is Everything
Check the website frequently
• New classes and activities
• Program information
• Volunteer opportunities
• Register online
• Last minute changes or cancellations

www.isd622.org/communityeducation
### Class Locations

<table>
<thead>
<tr>
<th>School Name</th>
<th>Address</th>
<th>Directions</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cowern Elementary</td>
<td>2131 N Margaret St., No. St. Paul, 55109</td>
<td>From Hwy 36 in North St. Paul, south on McKnight Rd, east on 7th Ave, south on Margaret St. Use the south entrance near the gym.</td>
</tr>
<tr>
<td>Maplewood Middle School</td>
<td>2410 Holloway, Maplewood, 55109</td>
<td>From Hwy 36 in North St. Paul, south on McKnight Rd, east on Holloway. Use parking lot east of building.</td>
</tr>
<tr>
<td>District Education Center</td>
<td>2520 E. 12th Ave., No. St. Paul, 55109</td>
<td>From Hwy 36 in North St. Paul, north on McKnight Rd, east on 11&lt;sup&gt;th&lt;/sup&gt; Ave (becomes 12&lt;sup&gt;th&lt;/sup&gt; Ave) go beyond the building, use east entrance.</td>
</tr>
<tr>
<td>North St. Paul Community School</td>
<td>(Former North St Paul Community Center)</td>
<td>2290 1st St N, No. St. Paul, 55109</td>
</tr>
<tr>
<td>Gladstone</td>
<td>1945 Manton St., Maplewood, 55109</td>
<td>From Hwy 36 in Maplewood, south on White Bear Ave, west on Frost, north on Manton St. Use Manton St. entrance.</td>
</tr>
<tr>
<td>Harmony Education Center</td>
<td>1961 Co Rd C, Maplewood, 55109</td>
<td>From Hwy 36 in Maplewood, north on White Bear Ave, east on County Road C into parking lot.</td>
</tr>
<tr>
<td>North High School</td>
<td>2416 E. 11th Ave, No. St. Paul, 55109</td>
<td>From Hwy 36 in North St. Paul, north on McKnight Rd, east on 11&lt;sup&gt;th&lt;/sup&gt; Ave (becomes 12&lt;sup&gt;th&lt;/sup&gt; Ave) Park in lower lot and use west entrance off of 2nd St N.</td>
</tr>
<tr>
<td>John Glenn Middle School</td>
<td>1560 E. Co Rd B, Maplewood, 55109</td>
<td>From Hwy 36 in Maplewood, south on White Bear Ave, west on Co Rd B. Use main entrance on Co Rd B.</td>
</tr>
<tr>
<td>Skyview Community School</td>
<td>Elementary and Middle School</td>
<td>1100 Heron Ave. N., Oakdale, 55128</td>
</tr>
<tr>
<td>Tartan High School</td>
<td>828 Greenway Ave., Oakdale, 55128</td>
<td>Hwy 694 in Oakdale, west on 10th St., south on Greenway Ave. Use main entrance.</td>
</tr>
</tbody>
</table>

### ISD 622 Ice Arenas

<table>
<thead>
<tr>
<th>Arena Name</th>
<th>Address</th>
<th>Features</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tartan Ice Arena</td>
<td>740 Greenway Ave., N. Oakdale, 55128</td>
<td>Open skating Sundays, year-round, 1:00 – 3:00 PM, $4/person</td>
</tr>
<tr>
<td></td>
<td></td>
<td><strong>Tartan Arena Special!</strong> First and third Sunday Special: Buy one admission, get the second FREE!</td>
</tr>
<tr>
<td>Polar Arena</td>
<td>2444 E 11th Ave., North St. Paul, 55109</td>
<td>Open Skating Sundays, September &amp; October, No Open Skating November thru August. 7:00 – 8:30 PM, $4/person</td>
</tr>
</tbody>
</table>

Call 651-748-6292 or [www.rinkfinder.com](http://www.rinkfinder.com) for ice time rental at either arena.

*Open skating may be cancelled due to scheduling conflicts*
Staff Directory

All area codes are 651

<table>
<thead>
<tr>
<th>General Information</th>
<th>748-7630</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Adult Enrichment</strong></td>
<td></td>
</tr>
<tr>
<td>Clerk*</td>
<td>748-7445</td>
</tr>
<tr>
<td>Cheryl Gysbers</td>
<td>748-7437</td>
</tr>
<tr>
<td><strong>Aquatics</strong></td>
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</tr>
<tr>
<td>Clerk*</td>
<td>748-7434</td>
</tr>
<tr>
<td>Linda Napoli</td>
<td>748-7436</td>
</tr>
<tr>
<td><strong>Community Bridge</strong></td>
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</tr>
<tr>
<td>Clerk*</td>
<td>748-7434</td>
</tr>
<tr>
<td>Cheryl Gysbers</td>
<td>748-7437</td>
</tr>
<tr>
<td><strong>Facility Use</strong></td>
<td></td>
</tr>
<tr>
<td>Dawn Wheeler*</td>
<td>748-7439</td>
</tr>
<tr>
<td>Linda Napoli</td>
<td>748-7436</td>
</tr>
<tr>
<td><strong>Early Childhood Family Education</strong></td>
<td></td>
</tr>
<tr>
<td>Lynn Johnson*</td>
<td>748-7290</td>
</tr>
<tr>
<td>Tracey Tessier</td>
<td>748-7284</td>
</tr>
<tr>
<td><strong>GED/Adult Basic Education</strong></td>
<td></td>
</tr>
<tr>
<td>Main Office</td>
<td>748-6208</td>
</tr>
<tr>
<td>Scott Helland</td>
<td>748-6202</td>
</tr>
</tbody>
</table>

Youth Enrichment/Service Learning

| Clerk*              | 748-7445 |
| AngelicaToralba-Olague | 748-7446 |
| John Hayes          | 748-7442 |

Senior Programs/Volunteer Resources

| Clerk*              | 748-7250 |
| Gigi Fitzpatrick    | 748-7250 |

School Age Care

| Denise Knutson*     | 748-7431 |
| Roxi Koons*         | 748-7432 |
| Devon Smith         | 748-7634 |
| Megan Pettit        | 748-7429 |

Director’s Office

| Jeannie Lanz, Secretary | 748-7631 |
| Terri Johnson, Director | 748-7632 |

* Program Clerk

Registration Information

It’s Easy to Register

**Online Registration**: [http://isd622.thatscommunityed.com](http://isd622.thatscommunityed.com) with Visa or MasterCard

You will receive an email confirmation. This payment will appear on your credit card statement as “N. St Paul Maplewood Oakda MN”.

**Phone**: 651-748-7435 with Visa or MasterCard

This is a secure 24-Hour Registration Hotline. Or call us directly at 651-748-7445. Have your Visa /MasterCard and all class information ready.

**Fax**: 651-748-7497 with Visa or MasterCard

Complete registration form - include VISA/MasterCard number & expiration date.

**Mail**

Send registration & payment to: Community Education - Enrichment, 2520 E 12th Ave, North St. Paul, MN 55109

**Walk in**

District Education Center, Room 204 (address above)

Monday – Friday 8 am – 4:30 pm. Adult and Youth Programs, Adventure Connection, Aquatics, and Community Bridge. An after-hours drop-box is available.

Gladstone Center, 1945 Manton St., Maplewood

Monday – Friday 7:30 am – 4 pm, Early Childhood Family Education, Senior Programs and Volunteers

District 622 Community Education • [www.isd622.org/communityeducation](http://www.isd622.org/communityeducation)
Participant Name ____________________________ Birthdate ______________
Address ____________________________ Male ______ Female
City/State/Zip ____________________________
Phone (Day) __________________ Phone (Evening) ____________________
Phone (Cell) __________________ E-mail ____________________________

Additional Required Information for Youth Enrichment and Swimming Lessons
Parent ____________________________ Parent Contact Information if Different from Above
(Parent 1) __________________ __________________
(Parent 2) __________________ __________________
Day ___________________________ Day ___________________________
Evening ________________________ Evening ______________________
Cell ___________________________ Cell ___________________________
Email __________________________ Email __________________________
Emergency Contact Name/Phone ________________________________
School Child Attends __________________________ Grade __________
Health/Special Needs of Child ________________________________
___ I do not want my child photographed (photos may be used in publications)

<table>
<thead>
<tr>
<th>Course#</th>
<th>Course Title</th>
<th>Beg. Date</th>
<th>Time</th>
<th>Fee</th>
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Subtotal ______
UCare ID # ____________________________ Minus UCare discount - ______
Total ______

Make checks payable to: District 622 Send to: Community Education - Enrichment 2520 E. 12th Ave., North St. Paul, MN 55109

OR charge to my VISA or MasterCard Card # __________ Exp __________

Signature ________________________________________________
This payment will appear on your credit card statement as N. St Paul Maplewood Oakda MN

Race/Ethnicity
___ African/African-American ___ Native American
___ Asian/Paci-Islander/Asian-American ___ Mixed Race (please indicate which)
___ Caucasian/White ___ I choose not to give out this
___ Hispanic/Latino information