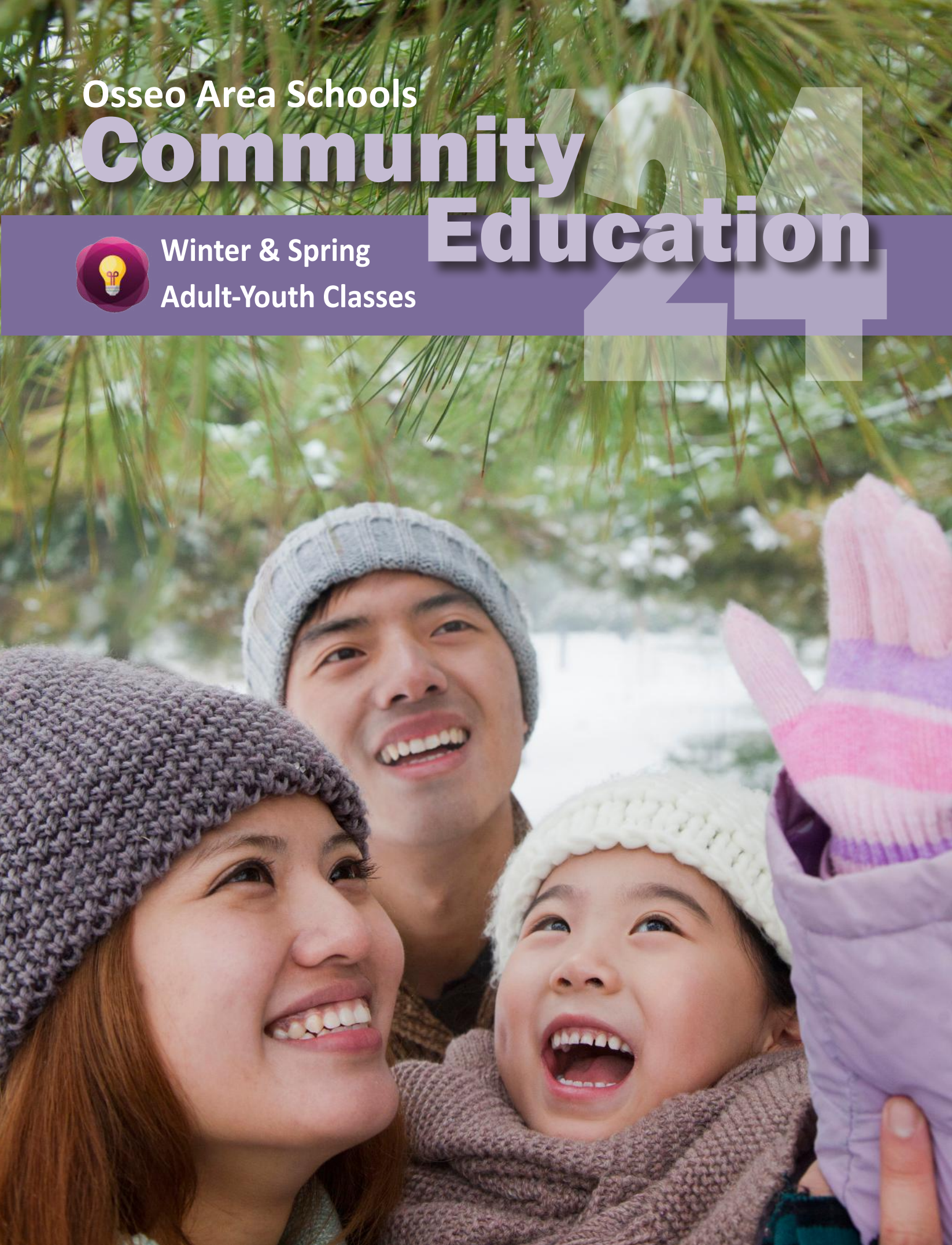


Osseo Area Schools

Community Education



Winter & Spring
Adult-Youth Classes



Osseo Community Ed Directory

Department Directors

Susie Cox <i>Executive Director</i>	763-391-7114
Brian Siverson-Hall <i>Assistant Director</i>	763-391-7115
Carrie Cabe	763-391-7142

Adult Basic Education

Annie Xiong <i>Coordinator</i>	763-585-7328
Emily Watts	763-585-7321

Adult & Youth Enrichment

Jesse Toren <i>Program Manager</i>	763-391-7242
Sarah Heyer <i>Coordinator</i>	763-391-7122
Melissa Henderson	763-391-7117

Early Childhood & Family Education (EC&FE) EC&FE, Early Childhood Screening, Preschool & PreK

Main Office <i>Coordinator</i>	763-391-8777
Sally Nault-Maurer	763-391-8765

District Enrollment Center

Main Number <i>Coordinator</i>	763-585-7350
Jim Greeley	763-585-7351

Facility Scheduling

DeAnn Hill	763-391-7123
LaToya McKinley <i>Program Manager</i>	763-391-7119
Jamie Cassidy <i>Program Manager</i>	763-391-7099
Dana Nelson <i>Coordinator</i>	763-391-7256
Carrie Larson	763-391-7112

Four Star Express, Spot & Kidstop

Jodie Weappa <i>Coordinator</i>	763-585-7281
Kristy Johnson	763-585-7280

Targeted Services

Beth Rudolph <i>Assistant Director</i>	763-391-7220
Carrie Cabe	763-391-7142

District 279 Foundation

<i>Executive Director</i> Brian Siverson-Hall	763-391-7115
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Welcome Lifelong Learners!

It's that time of the year when you're busy making choices...about what to serve, what to buy for that special someone, what to wear to the holiday party and whether or not you actually have time for yourself. Amongst the hustle and bustle of hosting, planning, purchasing and wrapping, it's important to remember YOU!

This season is the perfect time to try those ideas that you've been pinning to your Pinterest board. We know just how busy your life can be. When you register for a class through Osseo Area Schools Community Education, you'll meet people just like you...choice-makers, busy-bodies, wanna-be-artists, musicians-in-the-making and many more. You see, our classes are meant to inspire you, teach you, connect and relax you.

We're proud to be a part of this extraordinary community. Approximately 79,000 residents, including you, have received this catalog. We have so many new classes for adults and youth this season! Women's DIY Series, U of M Master Gardening Series, New Art with Caponi Art Park and more.

You have consistently shared one of the top reasons you enroll in our classes is because we are unique. You have told us that spending time with friends, while learning a new hobby or skill, is important to you. We'd be surprised if you don't find something that peaks your interest. Our purpose is to create opportunities that positively impact our whole community through innovative and responsive programs and services. Sign up for a class, invite a friend, try something new, and *discover something beautiful*.

If you haven't met our team of dynamic staff, please stop by our district office, call or email us. We look forward to serving you. Because you're so important to us, our promise to you remains simple. If you're not satisfied for any reason, please don't hesitate to call and we will do our best to make things right. If you have class suggestions, we welcome your input.

If you do not see your student's school represented in the youth section of this publication, please contact your school directly for out-of-school time opportunities. Most sites have programs, but not all of them run directly through Community Education.

Here's to those happy holidays, new resolutions, cozy sweaters, crackling fires, and the company of good friends and family. We wish you another amazing year ahead.

With sincere gratitude,

Community Education Enrichment Team

Mail:	Educational Service Center (ESC-Enrichment) 11200 93rd Ave N, Maple Grove, MN 55369
Drop Box:	Located left of the front entrance at the ESC
Online:	osseo.ce.eleyo.com
Phone:	763-391-7242 Mon-Fri, 8 am-5 pm
Email:	TorenJ@district279.org
In Person:	Visit our office at the ESC Mon-Fri, 8 am-5 pm
Fax:	763-391-7082 (24 hrs)



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A Night Out at the Speakeasy

Asian Favorites (Participation Class)

Begin by preparing delicious egg rolls stuffed with pork, shrimp and vegetables served with both hot mustard and sweet and sour sauce for dipping. Then prepare fried rice using chicken, shrimp, fresh vegetables, and the secret sauce. Classic pork chow mein follows served with crispy egg noodles along with egg foo young made with both, chicken and shrimp. You'll finish this extravaganza with a delightful lemon custard tort. This class includes demonstration and hands-on instruction. Many food items are prepped by the chef in advance in order to get through the recipes in 3 hours.

Wed, Jan 31 6-9 pm Sandino
 OMS \$49/person

Family-Style Italian Cuisine (Participation Class)

You'll be preparing chicken cacciatore using fresh chopped garlic, sweet basil, red onion, mushrooms and capers simmered in a delightful marinara sauce. You'll enjoy beef braciolo stuffed with prosciutto ham and parmesan cheese in a savory burgundy sauce. Pair these delicacies with creamy, garlic mashed potatoes, tender green beans tossed in olive oil with lemon and plenty of bruschetta for dipping. Finish with Crème Brulee, a rich, creamy custard with a caramel crust. This class includes demonstration and hands-on instruction. Many food items are prepped by the chef in advance in order to get through the recipes in 3 hours.

Mon, Feb 26 6-9 pm Sandino
 OMS \$49/person

Bodacious Brunch Buffet (Demonstration Class)

Begin with tender scones riddled with fresh berries and white chocolate. A quintessential fruit salad follows with a delightful sauce for dipping. Featured are both crab cakes with basil aioli and coconut shrimp with a zippy marmalade. You'll learn to prepare quiche using a combination of veggies, meats and cheeses baked in a flaky pastry crust. Also includes a twist on eggs benedict using poached eggs stacked on toasted brioche with black forest ham and velvety hollandaise sauce. French toast finishes this extravaganza using fresh baked croissants soaked in a rich bath of custard, sautéed to a honey brown crispness and topped with pure maple syrup and fresh whipped cream. This class includes demonstration instruction. Many food items are prepped by the chef in advance in order to get through the recipes in 3 hours.

Tue, Apr 2 6-9 pm Sandino
 OMS \$49/person

Tantalizing Thai Cuisine (Participation Class)

You'll begin by preparing Vietnamese summer rolls served with both hoisin and peanut sauce for dipping. Vietnamese spring rolls follow and are made with pork, chicken, and glass noodles stuffed in rice paper, fried crispy, and then served with the classic nuoc cham for dipping. Prepare Pad Thai blending the vibrant flavors of Thailand with rice noodles using chicken, eggs, chilis, garlic, basil, scallions, bean sprouts, sesame oil, lemon and crushed red pepper flakes. For dessert, refreshing Thai lime custard topped with fresh whipped cream. This class includes both demonstration and hands-on instruction. Many food items are prepped by the chef in advance in order to get through the recipes in 3 hours.

Wed, May 22 6-9 pm Sandino
 OMS \$49/person

Cooking with Chef Sandino



NEW! Online: Cooking for Two - Swedish Meatballs with Lingonberry Jam

You'll receive the recipes and on-demand Zoom video link, a free online software, to this class in your email. Can't make the class? No worries, we will record the class and email you a link to watch a day after the class. Discover how to prepare the best Swedish Meatballs packed with warm spices and smothered in a rich, creamy gravy served with lingonberry jam and some pickled cucumbers over noodles. Learn tips and tricks to make Swedish meatballs and how to make quick Swedish pickled cucumbers. Join Pam as she shares how to make the best Swedish Meatballs just enough for two. Join virtually to cook along or grab a beverage, settle in and watch how to make a simple supper for two. This is a virtual class walking you through making one of Pam's favorite winter meals. Cooking is about confidence and it is her hope to inspire you to try a new recipe after each immersive experience. If you need to cancel, and you've already been sent a recipe, a refund will not be given. Recipes are original and are creative property of Our Table 4 2.

Thu, Jan 18 5:30-7 pm Werley
 Online \$39/person

NEW! Online: Cooking for Two - Chicken Marsala & Roasted Asparagus

You'll receive the recipes and on-demand Zoom video link, a free online software, to this class in your email. Can't make the class? No worries, we will record the class and email you a link to watch a day after the class. Learn how to make Chicken Marsala for Two full of flavor including fork-tender chicken, crispy pancetta, earthy mushrooms and roasted shallots in a rich Marsala sauce. Serve this with mashed potatoes and asparagus with a cranberry vinaigrette. Join Pam as she shares tips on how to cook fork-tender chicken, crisping pancetta and making a rich Marsala sauce. Join virtually to cook along or grab a beverage, settle in and watch how to make a simple supper for two. This is a virtual class walking you through making one of Pam's favorite meals to make in the early spring. Cooking is all about confidence, and it is her hope to inspire you to try a new recipe after each immersive experience. If you need to cancel, and you've already been sent a recipe, a refund will not be given. Recipes are original and are creative property of Our Table 4 2.

Thu, Mar 14 5:30-7 pm Werley
 Online \$39/person

Cooking for Two

with Pam Werley

NEW! Online: Cooking for Two - Skillet Tex Mex Cheese Enchiladas & Key Lime Dessert

You'll receive the recipes and on-demand Zoom video link, a free online software, to this class in your email. Can't make the class? No worries, we will record the class and email you a link to watch a day after the class. Looking for meatless Monday dinner inspiration? Make delicious skillet Tex-Mex Cheese Enchiladas for Two featuring gooey melted cheese and a rich, smoky, but mellow enchilada sauce; it's sure to convince the most die-hard meat-lovers to try meatless. For dessert you'll whip up Key Lime Dessert Cups that have elements of a classic key lime pie - citrusy custard, toasted graham crackers and whipped cream. Join Pam as she shares tips for her homemade enchilada sauce and a Key Lime Dessert Cup that takes only 10 min. to bake! Join virtually to cook along or grab a beverage, settle in and watch how to make a simple supper for two. This is a virtual class walking you through making one of Pam's favorite weeknight skillet meals. Cooking is all about confidence, and it is her hope to inspire you to try a new recipe after each immersive experience.

Thu, Apr 18 5:30-7 pm Werley
 Online \$39/person



Online osseo.ce.eleyo.com



Phone 763-391-7242

Online: Air Fryer Hype: Copycat KFC, & Recipe Ideas for All Ages

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you've already been sent a recipe, you will not receive a refund. Recipes are original, creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. Ever wondered what the air fryer hype is about? Do you have one and want ideas about what to make besides fries or frozen processed foods? Tess will demonstrate some family favorite recipes and invites you to join in for one of them. The recipes that will be demonstrated include: homemade eggroll wraps, pizza bites, seasoned potato wedges, and burgers. The cook along recipe will be Tess's own Copycat KFC Chicken. All healthy and delicious recipes that will have your family coming back for more. Past participants say they think it's better than KFC...try it for yourself. Recipe is only available to those that enroll in class. Cooking along is loads of fun but it is optional. You'll receive a list of ingredients in advance for shopping and preparation. A PDF packet of Tess's original recipes from class is included. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for class can include family members living full-time in the same home. If children participate, adult supervision is required.

Sat, Jan 20 4-6 pm Georgakopoulos
 Online \$35/person

NEW! Online: Wholesome Hoagies - Chicken Parmesan on Freshly Baked Hoagie Rolls

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you've already been sent a recipe, you will not receive a refund. Recipes are original, creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. Few things bring more joy than the smell of freshly made bread. Learning how to make bread in your own kitchen however is one of those things. This class is sure to provide this experience as you learn to create your own Wholesome Hoagie ("Hero") Rolls from scratch. Experience the soft and chewy interior, and the slightly crunchy exterior for yourself; almost heavenly goodness. You'll also master the art of creating the most wonderful Chicken Parmesan to fill them with. Say hello to a masterfully seasoned breaded exterior that stays in place and maintains its crispiness while keeping the chicken juicy and delicious. No deep frying involved! The meal is sure to become a family favorite, and remember that the rolls can be used for other fillings as well. Cooking along is loads of fun but is optional. You'll receive a list of ingredients in advance for shopping and preparation. A PDF packet of Tess's original recipes from class is included. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for class can include family members living full-time in the same home only. If children participate, adult supervision is required.

Sat, Jan 27 4-6:30 pm Georgakopoulos
 Online \$39/person



Virtual Cooking with **Chef Tess**

NEW! Online: Kick-Off Kitchen - Soft Pretzels with Beer Cheese Dip & Italian Meatball Slider Sammies

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All of her recipes are originals and her creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. No one will even care about the game with these touchdown scoring snacks on the table. You'll be the MVP of the party regardless of who wins. Learn to make Soft Pretzels with Beer Cheese Dip & Italian Meatball Slider Sammies from Scratch. Everything from the dough for the pretzels and rolls, beer cheese and meatballs will be made fresh. No store bought rolls or frozen meatballs in Tess's personal recipes used in class. Crowd pleasing goodness during the game or any time of year! Cooking-along is fun but it is optional. You'll receive a list of ingredients in advance for shopping and preparation. A PDF packet of Tess's original recipes is included. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for class can include family members living full-time in the same home. If children participate, adult supervision is required.

Fri, Feb 2 6-8:30 pm Georgakopoulos
 Online \$39/person

Online: Sweetheart Delights - Elegant Eclairs & Paczki (Polish Donuts)

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you've already been sent a recipe, you will not receive a refund. Recipes are original, creative property and will be published in her cookbook. You may want to consider transferring your enrollment to another participant. Valentine's Day is often celebrated with sweets and chocolates gifted as an expression of love. Learn to make two dreamy mouth watering sweets to share or give to your sweetheart, family, friends or loved ones on Valentine's Day. Learn to make a decadent French pastry known as a Chocolate Éclair filled with pastry cream and covered in chocolate ganache, and another rich yeasted desert known as Paczki (Polish Doughnuts) filled with preserves or pastry cream. The steps for each dessert will be simplified so that any home cook will be able to create professional looking and tasting desserts for Valentine's Day. Elements of these desserts include: making the Choux pastry (Pâte à Choux), the sweet vanilla pastry cream filling and the ganache, in addition to making the Paczki dough. You'll also learn to cook and build each dessert to a level of excellence. Both desserts will make for a very special and memorable Valentine's Day. You can choose to make one or the other, or both sweet treats, or simply watch to make at a later time. Cooking-along is loads of fun but is optional. You'll receive a list of ingredients in advance for shopping and preparation. A PDF packet of Tess's original recipes from class is included. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for this class can include family members living full-time in the same home only. If children participate, adult supervision is required.

Sat, Feb 3 4-6:30 pm Georgakopoulos
 Online \$39/person

Online: Soups & Bread Bowls - Creamy Chicken & Wild Rice Soup, Creamy Broccoli Cheddar Soup & Italian Bread Bowls (Instant Pot® or Stovetop)

This is an online Zoom class. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you've already been sent a recipe, you will not receive a refund. Recipes are original, creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. Warm soups are such a welcome treat for dinner any time of year. Stresses of the day melt away with the smell of freshly made soup and brings smiles to your family. Expand your soup rotation and your culinary repertoire as you create two wonderful soups and homemade Italian Bread Bowls. Choose one soup for your cook-along, and watch a demonstration of the other or make both. Both pair perfectly served in the amazing bowls you make from scratch. No Instant Pot®? No problem! Tess will be making one soup in the Instant Pot® and the other on the stovetop using a soup pot. She will provide guidance and instruction for both options so everyone will be able to cook-along using whatever appliance and cooking tools/equipment you have. Experience how flavors are enhanced and infused by making these recipes in your Instant Pot® or enjoy the simple pleasures of making soups the classical way. On the menu: Creamy Chicken & Wild Rice Soup, Creamy Broccoli & Cheddar Soup, and Wonderful Homemade Italian Bread Bowls (baked in the oven). Have your questions answered by Tess, interact with others, and increase your confidence in the kitchen. Cooking-along is loads of fun but is optional. You'll receive a list of ingredients in advance for shopping and preparation. A PDF packet of Tess's original recipes from class is included. As a bonus, she created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for this class can include family members living full-time in the same home only. If children participate, adult supervision is required.

Sat, Feb 24 4-6:30 pm Georgakopoulos
 Online \$39/person

Online: Fun with Falafel - Falafel, Pita Pockets & Dips

This is an online Zoom class. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All of her recipes are originals and her creative property and will be published in her cookbook. You may want to consider transferring your enrollment to another participant. If there were a combination where nutrition meets delicious simplicity, the combination would be called "Fun with Falafel". Taste this nutritious deliciousness while participating in this virtual cook-along class. You'll create wonderful full-flavored falafel and all that is needed to make, stuff, top, and serve them. On the menu: Falafel, delicious homemade pita-pocket bread, yogurt tahini sauce, and marvelous hummus. Tess will demonstrate two different ways of cooking the Falafel including frying in oil (minimal to no absorption of oil) and "dry" frying, followed by baking. Have your questions answered by Tess, interact with others, and increase your confidence in the kitchen. Cooking-along is loads of fun but it is optional. You'll receive a list of ingredients in advance for shopping and preparation. A PDF packet of Tess's original recipes included. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for this class can include family members living full-time in the same home. If children participate, adult supervision is required.

Sat, Mar 2 4-6:30 pm Georgakopoulos
 Online \$39/person



Online osseo.ce.eleyo.com



Phone 763-391-7242

Online: Classic Homemade Pierogi

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All her recipes are originals and her creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. Learn how to make homemade classic pierogi with homemade dough and filling that will make your taste buds dance for joy. You'll also learn to cook and freeze these little dumplings that you can make ahead of time. No fancy equipment needed. You'll receive a list of ingredients in advance to allow time for shopping and prep as well as a PDF packet of Tess's personal recipes. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for this class can include family members living full-time in the same home only. If children participate, adult supervision is required.

Fri, Mar 8 6-8 pm Georgakopoulos
 Online \$35/person

"You don't have to cook fancy or complicated masterpieces - just good food from fresh ingredients."

NEW! Online: Rustic Italian Feast - Chicken Cacciatore & Garlic Roll Bliss

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All her recipes are originals and her creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. The word "Cacciatore" means "hunter" in Italian. When the term "alla cacciatore" is used in cuisine terms however, it suggests that a meal is made "hunter-style". "Hunter-style" meals are often considered rustic braised meals consisting of simple, pure, fresh ingredients. Join Tess in one of her new classes as she guides you through creating melt-in-your-mouth Chicken Cacciatore. Follow along to create her luscious garlic-bread rolls bursting with flavor to sop up the flavorful juices of the meal. Add rice, potatoes, pasta, and a salad of your choice and you will have created a Rustic Italian Feast that leaves you begging for more. You'll receive a list of ingredients in advance for shopping and prep and a PDF packet of Tess's personal recipes. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for this class can include family members living full-time in the same home only. If children participate, adult supervision is required.

Sat, Mar 9 4-6:30 pm Georgakopoulos
 Online \$39/person

Online: Mediterranean Mezze

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All her recipes are originals and her creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. "Mezze" refers to what is known as finger foods and dips. Many Mediterranean meals consist of a variety of "mezze" items that blend to create the most wonderful flavors, tastes and textures. On the menu: Mediterranean Kebabi; seasoned ground meat skewers with Greek drizzle dressing, Tiropitakia; Phyllo wrapped cheese triangles with Tzatziki; savory Greek yogurt dip, and homemade Greek white bean dip or hummus, in addition to homemade pita bread. This variety of skewers, phyllo wraps, dips and pita bread make for a beautiful presentation. Learn how to make, wrap, present and plate these delicious wonders with a Greek salad. While cooking-along is fun, it is optional. You'll receive a list of ingredients in advance for shopping and prep. A PDF packet of Tess's recipes included. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for this class can include family members living full-time in the same home. If children participate, adult supervision is required.

Sat, Mar 16 4-6:30 pm Georgakopoulos
 Online \$39/person

NEW! Online: Pretzel Crust Pizza & Knots with Beer Cheese Dip

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All her recipes are originals and her creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. Two of the most craved food items in North America are Pizza and Soft Pretzels. Learn how to satisfy your cravings by joining Tess as she guides you through her step-by-step process of creating her gourmet Pretzel Crust Pizza. You'll also create her homemade pizza sauce, soft Pretzel Knots and a velvety Beer-Cheese Dip (beer cooks off and flavor remains). You'll receive a list of ingredients in advance for shopping and prep. You'll also receive a copy of Tess's personal recipes in PDF format. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for this class can include family members living full-time in the same home only. If children participate, adult supervision is required.

Fri, Mar 22 6-8:30 pm Georgakopoulos
 Online \$39/person



Online osseo.ce.eleyo.com



Phone 763-391-7242

NEW! Online: Dim Sum Dumpling Dynasty - Pot Stickers with Homemade Wrappers & Dipping Sauce


This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All her recipes are originals and her creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. Dim Sum refers to a Chinese or Cantonese meal consisting of numerous small appetizers or finger foods traditionally enjoyed in restaurants. It is considered a shared dining and social experience that can last for hours. Dim Sum often includes some sort of dumpling; one of the most popular being Pot Stickers. Join Tess as she guides you through the process of creating the most wonderful pot stickers with homemade wrappers ever. A dipping sauce will also be created. You'll have the option of making a pork-based filling or a chicken-based filling and the option of learning to make homemade wrappers; store bought can be used as well. Freezing tips are also shared. You'll receive a list of ingredients in advance for shopping/prep and a copy of Tess's personal recipes. As a bonus, she created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee can include family members living full-time in the same home. If children participate, adult supervision is required.


Sat, Mar 23 4-6:30 pm Georgakopoulos
 Online \$39/person

Online: Homemade Creamy Tuscan Gnocchi with Chicken & Homemade Bread

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All her recipes are originals and her creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. Gnocchi: bite-sized tender soft pillows of pasta goodness. Versatile with the ability to take on the flavor of added goodness that becomes a favorite in your dinner rotation. Gnocchi are even simpler to make than other fresh pasta options. Learn how to create these delicious morsels, then turn them into a scrumptious meal called Creamy Tuscan Gnocchi with Chicken and make a wonderful loaf of bread also. You'll receive a list of ingredients in advance for shopping and prep. You'll also receive a copy of Tess's personal recipes in PDF format. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for this class can include family members living full-time in the same home only. If children participate, adult supervision is required.

Sat, Apr 27 4-6 pm Georgakopoulos
 Online \$35/person

 Online osseo.ce.eleyo.com

 Phone 763-391-7242

Online: Focaccia, Stromboli & Calzones OH MY!

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All her recipes are originals and her creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. What makes a Focaccia a Focaccia, a Stromboli a Stromboli, and a Calzone a Calzone? How are they different or the same? Find the answer to these questions and dive into the world of unique rolled & stuffed pizzas and marvelous focaccia bread. Learn how to make homemade focaccia bread, a rolled pizza called a stromboli, and stuffed pizzas known as calzones with homemade pizza dough. Experience rave reviews from previous class participants as you learn how to make your own pizzas with her step-by-step instruction. Take out pizza may just become a thing of the past. On the menu: Stromboli (rolled/filled pizza), Calzones (stuffed pizza), wonderful Focaccia Bread, and an amazing pizza sauce. Two different homemade doughs will be used. One will be for the pizza options, the other for the focaccia. Tess provides guidance to ensure the process is as simple as can be. Personalize your pizzas and focaccia with toppings and fillings you choose. Recipes have been created by Tess and tested time and time again over the years to ensure maximum flavor and ease. Choose which ones you would like to make and watch a demonstration of the others or make them all. While cooking-along is fun, it is optional. You'll receive a list of ingredients in advance for shopping and prep. A PDF packet of Tess's personal original recipes from class is included. As a bonus, Tess created a private/public Facebook group for participants. Everyone receives an invite; joining is optional. Note: one enrollment fee for this class can include family members living full-time in the same home. If children participate, adult supervision is required. Equipment needs: a 9x13 non-stick baking pan or a larger sheet pan will be needed for the focaccia bread. Additional sheet pans are needed for the stromboli and the calzones. A stand mixer is highly recommended to make both doughs during class.

Sat, Apr 20 4-6:30 pm Georgakopoulos
 Online \$39/person





Online: California Sushi Roll Extravaganza


This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All her recipes are originals and her creative property and will be published in her cookbook. You may consider transferring your enrollment to another participant. Made with sushi grade raw fish, such as salmon or tuna wrapped in rice and seaweed, the sushi tolerance spectrum runs from a very strong yes or a very strong no - with little wiggle room in between. Experience California "Sushi" Rolls that overwhelmingly turn a no into a yes. Join Tess as she walks you through how to make a variety of the most marvelous California Rolls that'll make you wonder why you haven't tried to make your own before. Combinations are only limited by your imagination. Make them vegetarian, with or without seaweed, spicy or not...it's totally up to you. Learn to create delicious, seasoned sushi rice, spicy mayo, and how to stuff, wrap and shape the rolls with wonderful filling ingredients. One of the fillings is a "crab" salad created using crabsticks. Cooking along is fun but it is optional. You'll receive a list of ingredients in advance to allow enough time for shopping/prep and a PDF packet of Tess's personal recipes. As a bonus, she created a private/public Facebook group for participants. You'll receive an invite; joining is optional. An ingredient list in case you wish to shop early: sushi rice, sushi nori /seaweed sheets, toasted sesame oil, (Japanese) rice vinegar. Additional ingredients will be listed in the information packet you receive 5-7 days before class. Bamboo sushi rolling mat can be helpful, but not necessary. Note: one enrollment fee can include participants from the same household. If children are participating, adult supervision is required.


Sat, May 11 4-6 pm Georgakopoulos
Online \$35/person

NEW! Online: Spring Roll Symphony - Crisp & Fresh Delights

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of her classes and have already been sent a recipe, you will not receive a refund. All recipes are her originals and creative property and will be published in her cookbook. You may transfer your enrollment to another participant. No need to look beyond your own kitchen for restaurant quality spring rolls. Whether you're looking to host a memorable Dim Sum gathering, or want to create something fresh for Spring, this is the class. Join Tess as she walks you through creating two types of spring rolls bursting with a symphony of flavors. Fresh veggie and precooked protein of choice will fill your fresh spring rolls. Two types of wrappers are used. Customize your filling and seasonings according to preference. Experience spring rolls by learning techniques to create fillings and how to wrap, roll, and cook these packets. Freezing and reheating tips are also shared. Cooking along is fun but it is optional. You'll receive a list of ingredients in advance for shopping and prep and a packet of Tess's recipes. As a bonus, she created a private/public group on Facebook for participants. You'll receive an invite; joining is optional. Note: one registration fee for the class can include immediate family members living in the same home. If children are participating, adult supervision is required.

Sat, May 18 4-6:30 pm Georgakopoulos
Online \$39/person

 Online osseo.ce.eleyo.com

 Phone 763-391-7242

NEW! Online: From Dough to Delights - Flatbread Pizza & Pizza Panini from Scratch

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All her recipes are originals and her creative property and will be published in her cookbook. Please consider transferring your enrollment to another participant. Apart from cheese and toppings, homemade dough and sauce are the ingredients used to create good pizza but what is the "key"? How much of each ingredient is needed? How are they put together to create magical options? Known as the pizza master ("Pizzaiolo") in her community, Tess will answer these questions as she guides you to create fantastic flatbread pizzas and pizza panini from scratch. On the menu: Wonderful Flatbread Pizzas, Pizza Panini, and Amazing Pizza Sauce. Two of Tess's personal recipes for different homemade dough will be used. One will be for flatbread pizzas and the other for the panini rolls that will be turned into pizza panini. Tess will provide guidance and instruction to ensure the process is as simple as can be. You can personalize your flatbread pizzas and panini with toppings and fillings you choose. Recipes have been created by Tess, and tested time and time again to ensure maximum flavor and ease. Choose which option you'd like to make and watch a demonstration of the other or make them both. While cooking-along is fun, it is optional. You'll receive a list of ingredients in advance for shopping and prep and a PDF packet of Tess's recipes. As a bonus, Tess created a private/public Facebook group for participants. You'll receive an invite; joining is optional. Note: one registration fee can include immediate family members living full-time in the same home. If children participate, adult supervision is required. Equipment needs: stand mixer recommended in order to make both homemade doughs. Sheet pans are used to bake the panini rolls and flatbread pizza. No panini press needed. Two heavy bottom pans can be used in place of a panini press. More guidance is included with the ingredient packet.

Sat, May 25 4-6:30 pm Georgakopoulos
 Online \$39/person

NEW! Online: Rustic Italian Bread & Luscious Soups - Velvety Beer Cheese Soup, Loaded Potato Soup & Rustic Italian Bread Bowls or Rolls (Instant Pot® or Stovetop)

This is an online Zoom class. You will receive instructions on how to access the class prior to it starting. Please have a current email on file with us. If you need to cancel one of Tess's classes and you have already been sent a recipe, you will not receive a refund. All her recipes are originals and her creative property and will be published in her cookbook. You may transfer your enrollment to another participant. Warm and satisfying soups are a welcome treat for dinner any time of year. Expand your soup rotation and culinary repertoire as you create two wonderful soups in addition to homemade Italian Bread Bowls or Rolls. Choose one soup for your cook-along, and watch a demonstration of the other or make both. Both pair perfectly served in amazing Italian Bread Bowls or served with Italian Bread Rolls you will make from scratch! You have the option to make bowls or rolls. No Instant Pot®? No problem. Tess will make one soup in the Instant Pot® and the other on the stove top using a soup pot. She provides guidance and instruction for both cooking options for each of the soups so you can cook along using whatever appliance and tools and equipment you choose. Experience how flavors are enhanced and infused by making these recipes in your Instant Pot® or enjoy the simple soothing pleasures of making soups the classical way. On the menu: Velvety Beer Cheese Soup, Luscious Loaded Potato Soup, & Wonderful Homemade Italian Bread Bowls or Italian Bread Rolls (baked in the oven). These original, no-fail recipes created by Tess will become family favorites. While cooking along is fun, it is optional. You'll receive a list of ingredients in advance for shopping and prep and a PDF packet of Tess's recipes. As a bonus, she created a private/public Facebook group for participants. You'll receive an invite; joining is optional. Note: one registration fee for class can include immediate family members living in the same home. If children participate, adult supervision is required.

Fri, Jan 19 6-8:30 pm Georgakopoulos
 Online \$39/person





NEW! Calling All Petite Ladies

If you're 5'4" or less, you have probably faced the age-old challenge of finding clothes that fit and flatter. It's a world filled with questions. What's the ideal pants length? Where should your hemline hit? Should you opt for dark or light shoes? Short tops or long ones? The list seems endless, right? Well, fear not! In this super fun and interactive class, women of all sizes and ages will discover fantastic tips and insider secrets used by the pros to help clients look taller (and slimmer). The class is led by a professional fashion stylist who understands the "vertically challenged," because she's one of them! With 25+ years experience, she knows clothing inside and out from construction to design, wardrobing and consulting. Embrace your stature with confidence!

Mon, Feb 5 7-8:30 pm Halbur
 ESC \$39/person

NEW! Conscious Leadership Essentials for Working Humans

Learn essential skills that individuals and organizations need to thrive in an environment of change and stress. Led by experienced organizational trainers Ian Williams and Justin Baker of Still Point Insight, you'll learn about purpose-focused work design, mindful self-awareness, communication, and practices for leading with courage and vulnerability. Walk away with practical skills and a clear philosophy for conscious, purpose-driven work you can apply to all of your future endeavors.


Tue, Feb 6 6-8 pm Williams/Baker
 MGSH \$75/person


NEW! Online: Conscious Leadership Essentials for Working Humans

This is an online class. Have a current email on file so we are able to send you the login information about 3 days prior to the class start date. Learn essential skills that individuals and organizations need to thrive in an environment of change and stress. Led by experienced organizational trainers Ian Williams and Justin Baker of Still Point Insight, you'll learn about purpose-focused work design, mindful self-awareness, communication, and practices for leading with courage and vulnerability. Walk away with practical skills and a clear philosophy for conscious, purpose-driven work you can apply to all of your future endeavors.

Mon, Feb 12 6-8 pm Williams/Baker
 Online \$75/person

"Often the greatest quality of leadership is vulnerability - to be willing to say I don't know; let's discover the answers together."

 Online osseo.ce.eleyo.com

 Phone 763-391-7242

NEW! Optimum Healing

Become the healthiest version of yourself after two months of practicing effective, safe, and gentle healing techniques of breath work, guided imagery, meditation, healing touch, and QiGong. The holistic approach to health includes regulating immune systems, reducing pain, improving sleep, relieving your anxiety, preventing and possibly even reversing chronic conditions.

Tue & Thu, Jan 4-Mar 14 6-7:30 pm Tsukerman
 MGMS \$379/person
 Skip Jan 18, 23, Feb 27, Mar 5

Tai Chi for Arthritis, Chronic Pain, and Balance

This gentle SUN family form improves your mental and physical capacity as well as relaxation, balance and your vitality. Postures are done in a slow, gentle, continuous sequence. Tai Chi has been proven, through scientific studies, to relieve pain, increase range of motion and improve quality of life. Arthritis foundations around the world and the CDC are recommending it for arthritis and fall prevention. This form of Tai Chi is suitable for most physical conditions and can be done sitting or standing.

Wed, Jan 10-Feb 14 6-7 pm Morgan
 MGMS \$85/person
 Wed, Feb 28-Apr 17 6-7 pm Morgan
 MGMS \$85/person Skip 3/6 & 3/27
 Wed, Apr 24-May 29 6-7 pm Morgan
 MGMS \$85/person

Online: Acupressure to Relieve Stress, Anxiety, Insomnia & More

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts before class. Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and frequently prescribed to help and assist every system in your body.

Tue, Jan 16 6-7:30 pm Novak
 Online \$35/person
 Mon, Apr 22 6-7:30 pm Novak
 Online \$35/person

Online: Is Your Waistband Too Tight Today? Strategies for Beating Belly Bloat

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Have you ever found that in the a.m. your pants fit fine, but by mid-afternoon the waistband squeezes you like a tourniquet? Or no matter how many crunches you do, your stomach still hangs out? Getting rid of your potbelly is more than just doing ab exercises. Learn the main causes and 6 strategies for getting rid of belly bloat. Do exercises designed to strengthen the deepest layer of abdominal muscle - the layer that's responsible for flattening your stomach, shaping your waistline, and also supporting your lower back. Do it without getting on the floor.

Wed, Jan 17 6-7:30 pm Novak
 Online \$35/person
 Mon, May 6 6-7:30 pm Novak
 Online \$35/person

Makeup Bootcamp for Women 40 & Better

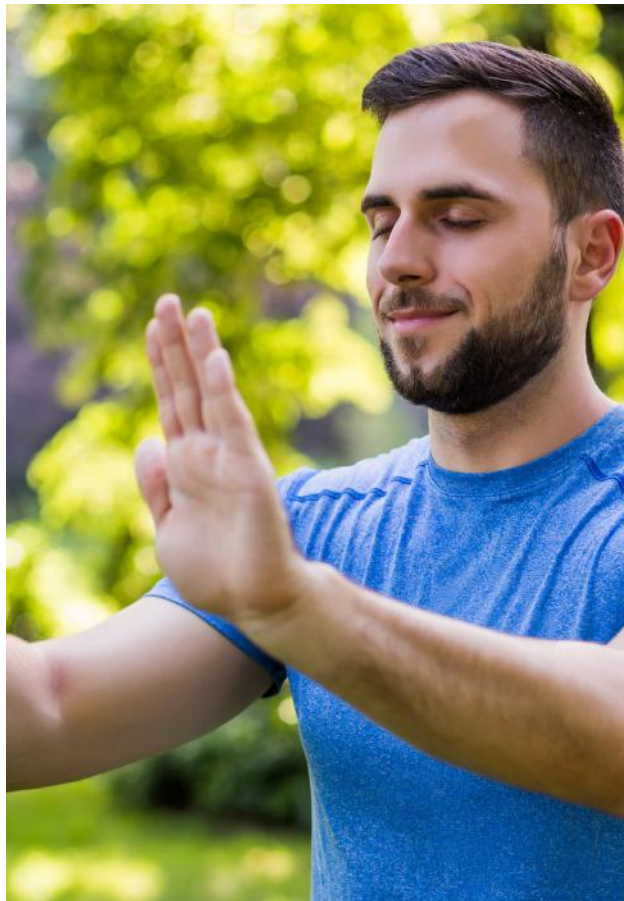
When was the last time you updated your makeup and beauty regimen? Has your skin changed over time? What about your hair color? Join this "boot camp" to update your look with tips and techniques for ageless beauty. Learn about a variety of products (some may be completely new to you), application, and trends in makeup and skin care. Julie Sherman is a makeup artist with 30 years of experience. No products or services will be sold. This class is essential for busy, beautiful women who could use a little updating.

Mon, Feb 26 6:30-8:30 pm Sherman
 ESC \$39/person
 Tue, Apr 2 6:30-8:30 pm Sherman
 ESC \$39/person

Online: Emotional Release for Inner Peace

This is an online Zoom class. You will receive a link to the class and all information prior to the start via email. Please make sure your email is on file with us. Inner peace is impossible to maintain while you still hold on to the very feelings and beliefs that keep you from being peaceful to begin with. Trapped negative emotions like fear, anger and sorrow can disrupt the flow of vital energy in our bodies and actually sabotage our inner peace. Learn simple, effective techniques for getting in touch with, understanding, accepting and releasing the emotions that keep us from ourselves. Nobody wants to suffer. Learn to rest in the peaceful state of loving acceptance that is your true nature.

Mon, Feb 26 5:30-8 pm Wicher
 Online \$39/person





Online: Strong Is the New Skinny - Band Strengtheners You Can Do At Home

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Not everyone can be skinny, but EVERYONE can be stronger - even if you don't get to the gym several times/week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV or radio show. There are many benefits to having stronger muscles – they boost metabolism; maintain/increase bone density, make daily tasks easier and help you age with quality and grace. These exercises can fit easily into the busiest of schedules. It's wonderful to be strong, fit and functional. You'll learn lots of tips and techniques to improve overall health and wellness. You'll need a resistance band for some of the exercises.

Mon, Jan 22	6-7:30 pm	Novak
Online	\$35/person	
Tue, Apr 16	6-7:30 pm	Novak
Online	\$35/person	

Online: Face Yoga

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing "puppet mouth" lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face.

Tue, Jan 23	6-7:30 pm	Novak
Online	\$35/person	
Tue, Apr 9	6-7:30 pm	Novak
Online	\$35/person	

Online: Mudras - Ancient Art of Hand Yoga

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Mudras, or 'yoga of the hands' has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental, and physical wellbeing and that regular practice of the hand positions can rejuvenate body and mind. The hand positions are easy to do, take minutes to perform and can be done almost anywhere at any time. Mudras can also be used to help relieve numerous conditions such as anxiety, stress, digestive issues, weight loss, bloating, insomnia and more.

Mon, Jan 22	6-7:30 pm	Novak
Online	\$35/person	
Mon, Apr 8	6-7:30 pm	Novak
Online	\$35/person	

Online: Art of De-aging: Peel Years Off Your Bio Age


This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or body age, however, is measured by how well your organs and body systems work. And there are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can take years off your bio age. Learn simple, scientifically proven things you can do right now to decrease your body age. Also, learn facial acupuncture points to help erase years from your face naturally by increasing muscle tone, decreasing puffiness and eye bag. Reduce lines and prevent new lines from forming. Help yourself look better, feel younger and age with health and vigor.


Mon, Apr 1	6-7:30 pm	Novak
Online	\$35/person	

Online: Practical Compassion

This is an online Zoom class. You will receive a link to the class and all information prior to the start via email. Please make sure your email is on file with us. Each of us is seeking the goodness we need for our lives in the best way we know how. The fact that none of us does this perfectly, and that nobody truly wants to suffer, can help us to have greater understanding and compassion through the sometimes painful lessons of life. Learn to apply the universal principals of compassion to bring more acceptance, forgiveness and wisdom to your relationships with yourself, others and the world. Discover practical tools you need to create sustainable personal boundaries to help you live/love more open-heartedly in your life. Learn how to expand beyond the barriers that separate us and become the healing change you wish to see in the world.

Tue, Apr 2-30	6-8 pm	Wicher
Online	\$149/person	

 Online osseo.ce.eleyo.com

 Phone 763-391-7242

Online: Posture, Get It Straight - Look 10 Yrs. Younger, 10 lbs. Thinner & Feel Great

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Ever caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? Learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. Discover easy to implement tips when at a computer, in a car or working out. There are so many benefits to improving posture. And, the good news is, no matter how long you may have had poor posture, it is NEVER TOO LATE to make improvements. Your clothes will fit better, too! You'll need a resistance band for some exercises.

Tue, Jan 30	6-7:30 pm	Novak
Online	\$35/person	
Mon, May 13	6-7:30 pm	Novak
Online	\$35/person	

Online: Hips, Thighs, and Otherwise

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. If you've noticed hip/thigh/butt spread, you are not alone. We are a nation of professional sitters, causing lower body muscles to weaken and sag. Learn Janice's famous '10 Min. Miracle Exercise' series to strengthen your lower body muscles quickly and increase your metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of the excess water weight; breathing techniques to stimulate fat metabolism; acupuncture points for lymph circulation and drainage. If you don't have time/money/inclination to go to a gym several times a week, you'll love these techniques. A resistance band tied in a loop is needed.

Wed, Jan 31	6-7:30 pm	Novak
Online	\$35/person	
Mon, May 20	6-7:30 pm	Novak
Online	\$35/person	

Online: Overcome Your Carbohydrate Cravings

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? We will discuss a two week plan that will STOP your cravings (no kidding!), help you lose weight, and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype – just the facts.

Tue, Feb 6	6-7:30 pm	Novak
Online	\$35/person	

Online: Seated Abdominal Strengtheners That Won't Stress Your Back or Neck

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Ab muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Common exercises like crunches can place stress on back and neck joints. Learn a series of effective exercises to quickly strengthen all four layers of the abdomen, without stressing back or neck joints and without getting on the floor.

Mon, Feb 12	6-7:30 pm	Novak
Online	\$35/person	
Tue, May 21	6-7:30 pm	Novak
Online	\$35/person	

Online: Acupressure & Other Tools for Women 35+

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Acupressure is an ancient healing art that can offer great relief, with no side effects, from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance your hormone levels naturally, including thyroid hormones. Acupressure is a wonderful self-help tool that will help you feel your best. Discuss breathing techniques, nutrition, and more.

Tue, Feb 13	6-7:30 pm	Novak
Online	\$35/person	
Wed, Jun 5	6-7:30 pm	Novak
Online	\$35/person	

Online: Avoid the Pitfalls & Weight Gain of Perimenopause/Menopause


This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Perimenopause starts around the age of 35 for most women and can last 10-15 years. Symptoms can include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, migraines, fibroids and more. Once you understand what is causing your symptoms, they're easier to correct. Discover how to get hormone levels measured (blood vs. saliva test) and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. Leave with tools/techniques for restoring your health.


Tue, Feb 20	6-7:30 pm	Novak
Online	\$35/person	

Online: Secrets of Happiness

This is an online Zoom class. You will receive a link to the class and all information prior to the start via email. Make sure your email is on file with us. Believe in the happiness you want for your life! Experience a journey of self-discovery. Through the practice of time-honored techniques, experience a life-transforming power to choose happiness in any situation, reconnect with the spontaneity and wisdom of your inner-child, overcome fears, release attachment to outcomes, and build a lifestyle that supports your personal truth. Learn how to give yourself permission to be happy and fulfilled.

Tue, Feb 27-Mar 26	6-8 pm	Wicher
Online	\$149/person	

 Online osseo.ce.eleyo.com

 Phone 763-391-7242

Online: Thyroid Things You Need To Know

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. Learn how thyroid function can make any illness worse; the five things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; the connection between thyroid, arthritis and fibromyalgia; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and information you need to discuss with your doctor. This workshop is a source of information and should not be considered a substitute for the advice of a qualified medical professional.

Wed, Feb 21	6-7:30 pm	Novak
Online	\$35/person	
Tue, May 7	6-7:30 pm	Novak
Online	\$35/person	

Online: Posture & Osteoporosis - Building Better Bones

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? Learn simple techniques to improve posture and stand straighter. You'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn to reduce risks of osteoporosis and how to re-gain bone mass. Discuss the research on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.

Mon, Feb 26	6-7:30 pm	Novak
Online	\$35/person	
Tue, Jun 4	6-7:30 pm	Novak
Online	\$35/person	

Online: De-age Your Brain

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Research shows lifestyle and diet have an effect on how the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, can improve. And the good news is no matter what your age, there are things you can begin to do to improve how quickly and effectively brain cells communicate with each other. Discuss which 'superfoods' reduce damaging effects of toxins/inflammation on the brain and which nutrients are good for your memory, attention, reducing stress and processing information. Discover simple strategies to help your brain stay healthy and alert.

Tue, Feb 27	6-7:30 pm	Novak
Online	\$35/person	
Tue, May 14	6-7:30 pm	Novak
Online	\$35/person	

Online: Meditation for Relaxation & Personal Healing

This is an online Zoom class. Please make sure you have a current email address on file. You will receive a login link a few days prior to the start of the class. Do you suffer from stress, anxiety or sleeplessness-or even high blood pressure or hypertension? Does your mind never stop going? Meditation can help. Meditation is easy to learn and involves focusing thoughts and breathing to help you relax in the present moment. It can also help increase mental clarity and emotional balance, reduce physical effects of stress, and create a sense of well-being. Learn techniques for successful personal meditation and find support in crafting your own meditation regimen. Experience the abundance of inner peace, personal health and spiritual connection that comes from meditation.

Wed, Feb 28-Mar 27	6-8 pm	Wicher
Online	\$149/person	

Online: Vitamins & Herbs - Facts & Fallacies

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? Learn seven guidelines that determine if a supplement is well-balanced or a waste of money. (Janice does not sell supplements). Review research on antioxidants, phytochemicals, anti-aging nutrients, colloidal and chelated minerals, sustained release formulas, and herbal preparations such as Glucosamine Chondroitin, Melatonin, St. John's Wort, Ginkgo, Ginseng and more.

Mon, Mar 4	6-7:30 pm	Novak
Online	\$35/person	

Online: Soothe Those Achy Joints

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Do you have joints that ache - a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this class is designed for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. You'll also discuss which nutrients are needed to help keep your joints healthy.

Tue, Mar 5	6-7:30 pm	Novak
Online	\$35/person	

Online: Just Breathe! Techniques to Calm, Center & Balance

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing to practice for improving energy levels, health, and well-being. Learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase your energy and vitality; increase brain function; improve your immune response; decrease depression/anxiety; and help strengthen your back and abs from the inside out. The most powerful technique for optimum health is free and right under your nose.

Mon, Mar 11	6-7:30 pm	Novak
Online	\$35/person	

Online: Acupressure to Assist Weightloss

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Acupressure is a Chinese healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight seems like an impossible task. Discover the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

Tue, Mar 12 6-7:30 pm Novak
 Online \$35/person

Online: Women, Weight & Hormones

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Are you finding no matter how well you watch what you eat or how much you exercise that weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything. Until imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. Uncover concrete solutions (not tricks or using your will power) for controlling appetite and cravings; simple things you can do every day to boost your metabolism; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain.

Mon, Mar 18 6-7:30 pm Novak
 Online \$35/person
 Mon, Jun 3 6-7:30 pm Novak
 Online \$35/person

Online: Feet, Knees & Ankles

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn in or pull outward? Learn simple things to help correct these common problems.

Tue, Mar 19 6-7:30 pm Novak
 Online \$35/person

“Our bodies are finely tuned machines, and if our hormone mixtures aren’t ‘just right’, everything can go into disrepair.”



Online osseo.ce.eleyo.com

Phone 763-391-7242

Online: Psychic Development & Mediumship

This is an online Zoom class. You will receive a link to the class and all information prior to the start via email. Please make sure your email is on file with us. Think you’re not psychic? Think again! You are born with an innate sensitivity to the world of energy within and around you. By learning how to pay attention to and trust the subtle impressions we all get, you can gain amazingly accurate insights into the questions of your life and lives of others. Build up confidence in your natural abilities through exercises and practice exchanging healing and empowering messages with participants.

Thu, Feb 29-Mar 28 6-8 pm Wicher
 Online \$149/person

NEW! The Inside Scoop: Stem Cell Regenerative Healing & Its Role In Your Quality of Life

Does the onset of excruciating back pain, nagging shoulder pain, and other health concerns keep you from the quality of life you want to enjoy? Learn how stem cells can make an impact on your health without being invasive or costly. You’ll talk about the history of stem cell regenerative healing applications. When is it needed, the expected outcomes and differences in the delivery systems. Get the inside scoop on the technology so you can choose a delivery system to avoid invasive natures.

Tue, Jan 23 6-7:30 pm Sallstrom
 MGSB \$35/person
 Tue, Feb 13 6-7:30 pm Sallstrom
 MGSB \$35/person
 Thu, Mar 14 6-7:30 pm Sallstrom
 MGSB \$35/person
 Tue, Apr 9 6-7:30 pm Sallstrom
 MGSB \$35/person
 Tue, May 7 6-7:30 pm Sallstrom
 MGSB \$35/person



Online: Acupressure Face Lift & Skin Savvy

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Here is a facelift for home. Acupressure is an ancient Chinese healing method that works with the energy that flows through your body. Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin, decrease headaches, relieve eye strain, soothe your nerves, and even increase relaxation. Learn how to make your skin healthy from the inside out.

Mon, Mar 25 6-7:30 pm Novak
 Online \$35/person

Online: Metabolism Boosters & Busters

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving and you just can't seem to lose weight. The good news is - you could lose up to 20 pounds in a year without eating less. Learn 20 simple things you can do every day to boost your metabolism and burn as much as 30% more calories every day.

Tue, Mar 26 6-7:30 pm Novak
 Online \$35/person

Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: Techniques to Activate Your Brain's Creativity Center

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Learn the many things you can do to tap into your brain's creativity center. You'll discuss and do ancient breathing patterns to activate the right side of your brain where creativity lives. Discover acupressure points that offer instant clarity and calm. Learn the Energy Medicine technique called 'Thumping' to activate creative centers as well as how colors play a role in brain function. Leave class with new tools to be your best.

Tue, Apr 2 6-7:30 pm Novak
 Online \$35/person

Online: Improve Your Health At Any Age

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Your body makes about 330 billion new cells each day, which means 3.8 million are replaced every second. Thus, every second is an opportunity to make systems in your body healthier. The quality of cell your body can produce is dependent on what raw materials you have floating in your bloodstream. Studies show you can be 50 and have the physiology of a 30-year-old (and vice versa), depending on how well you take care of yourself. What you do now affects your health now and in the future. Learn simple steps you can take now to help make every system in your body as healthy as possible.

Tue, Apr 23 6-7:30 pm Novak
 Online \$35/person

NEW! Online: 7 Steps to Reverse or Prevent Diabetes

This is an online class held via Zoom. Please have an email on file so we can send the link/handouts prior to class. Diabetes is a condition in which too much belly fat leads to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Whether you have extra weight around the middle, insulin resistance or type 2 diabetes, the root causes are the same - problems with diet, lifestyle, and exposure to environmental toxins. Most treatments focus on downstream symptoms (high glucose, cholesterol, blood pressure, triglycerides) and never get to why they're high and how to change it. The good news is it can be reversed. Restore your body to health.

Mon, Apr 29 6-7:30 pm Novak
 Online \$35/person



NEW! Seed Mosaic: A Minnesota Tradition

Every year the Minnesota State Fair showcases seed mosaics created by artists from all over the state. You will continue this great tradition by creating your own works of seed art. Learn about the rich history and interesting techniques of mosaic art as you create a design of your own!

Tue, Feb 6 6-7:30 pm Caponi Art Park
 OMS \$35/person

NEW! Organic Wire Sculptures

Select this workshop for the opportunity to create a metal sculpture, using techniques similar to sculptures in the park. Working from an image of wildlife or plant life, create your own 3D wire form by both bending and shaping metal wire. Your finished unique, organic 3D wire sculptures will be mounted on a base for display.

Thu, Jan 18 6-7:30 pm Caponi Art Park
 OMS \$35/person

NEW! Mandala Rock Art

Keep calm and relax by learning the art of mandala rocks. Learn the unique history and meaning behind mandala art, and apply that knowledge to creating your own mandala rock art.

Tue, Feb 13 6-7 pm Caponi Art Park
 OMS \$35/person

NEW! Linocut Relief Printing

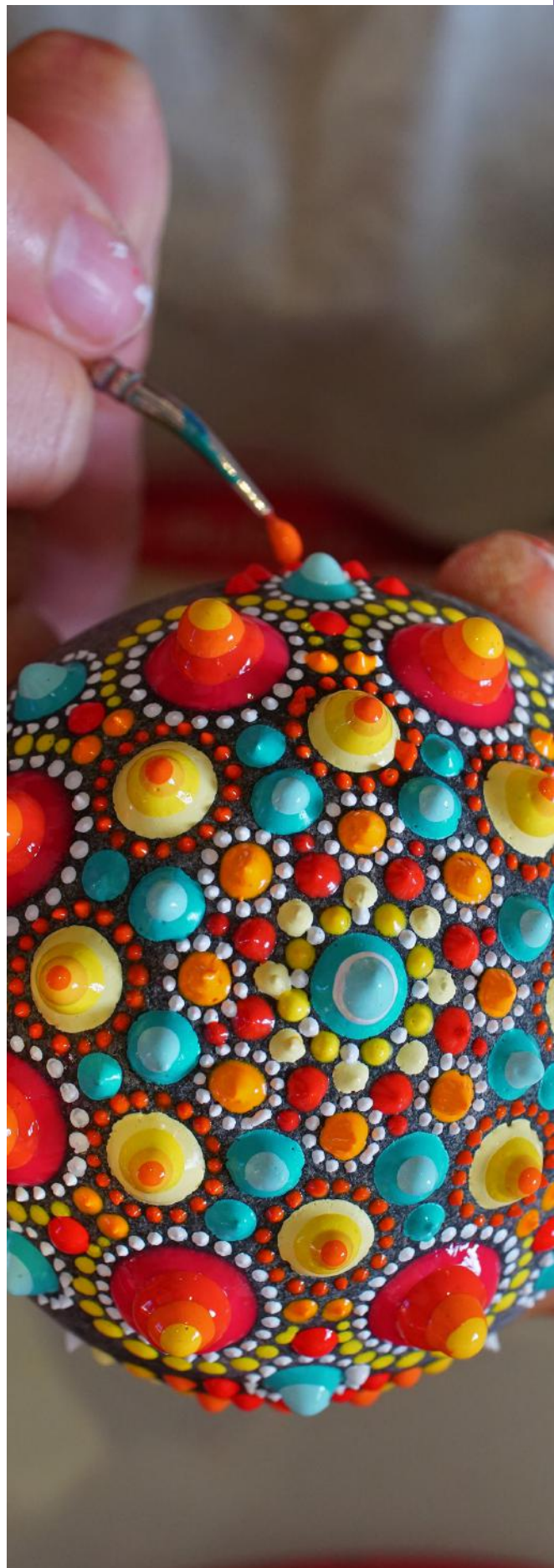
Realize your true artistic abilities by learning the art of creating linocuts. With all forms of printmaking, it's easy to print one image multiple times, with each print varying just slightly in appearance. By carving images into a linoleum block, you will also carve out your place in the world of printmaking, rising to the ranks of other great print artists.

Thu, Feb 8 6-8 pm Caponi Art Park
 OMS \$39/person

NEW! Macrame Plant Shelves

Enjoy a blast from the past with the once again popular art form, macrame. A fixture of every 1970's home, this art form is making a comeback on the contemporary art scene. Uncover a variety of knot-tying techniques to create a unique macrame project perfect for any home.

Thu, Mar 19 6-8:30 pm Caponi Art Park
 OMS \$55/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

Your Photo Project: Printed or Digital

S.O.S. my photos are a complete mess! It is officially time to digitize, organize, and enjoy your photo memories. Learn a proven long-term system that works for iPhone, Android Phones, MAC and PC computers, the box of old photos, tapes, slides, negatives, reels, audio, artwork, and more...take the first step! It's time to remember what you already forgot. You may need to make additional purchases to save, organize, and share your photo projects. This course uses a website of choice, you do not have to use it to complete all of the steps, but it is what Bridget demonstrates. Laptop provided during class.

Wed, Jan 17	6-8 pm	Schwebach
ESC	\$15/person	
Wed, May 8	6-8 pm	Schwebach
ESC	\$15/person	

NEW! Barn Quilt Painting

Grab your friends and family and gather to create a beautiful barn quilt pattern on a 14" x 14" reclaimed wood pallet. Locally sourced by craftsman and farmer, Josh Reinitz of East Henderson Farm, each pallet has a unique quality. The wood is truly reclaimed, meaning each pallet will be completely individual and will have flaws, such as nail holes and small dings. The wood has been carefully selected, pre-sanded and assembled. Choose your design at the start of class. Designs include: pinwheel, flag, faded star, friendship star, mari-gold, hidden cross, blue cross, tulips, pumpkin.

Sat, Jan 13	10 am-1 pm	Lill Diemand
OMS	\$65/person	
Sat, Apr 20	10 am-1 pm	Lill Diemand
OMS	\$65/person	

Special Community Event

Empty Bowls

Pottery for Empty Bowls

Participate and create bowls that you will donate to the Empty Bowls event, which will raise money for the CROSS food shelf. Your participation is free, because the bowl you lovingly create will be your donation to the project. Please bring the following supplies with you to each class: sponges and pottery tools (only if you prefer to use your own), otherwise they are provided. Dress to get messy. The Empty Bowls event will take place on April 4, 2024 from 4-7 pm at Church of the Open Door: 9060 Zanzibar Ln N, Maple Grove, MN 55311. Enjoy perusing a beautiful selection of handmade bowls and local art vendors.

Sat, Feb 3, 10, Mar 2	9:30-11:30 am	Barriero
MGSH	Free	



Phone 763-391-7242



Online osseo.ce.eleyo.com

NEW! MN Night Sky

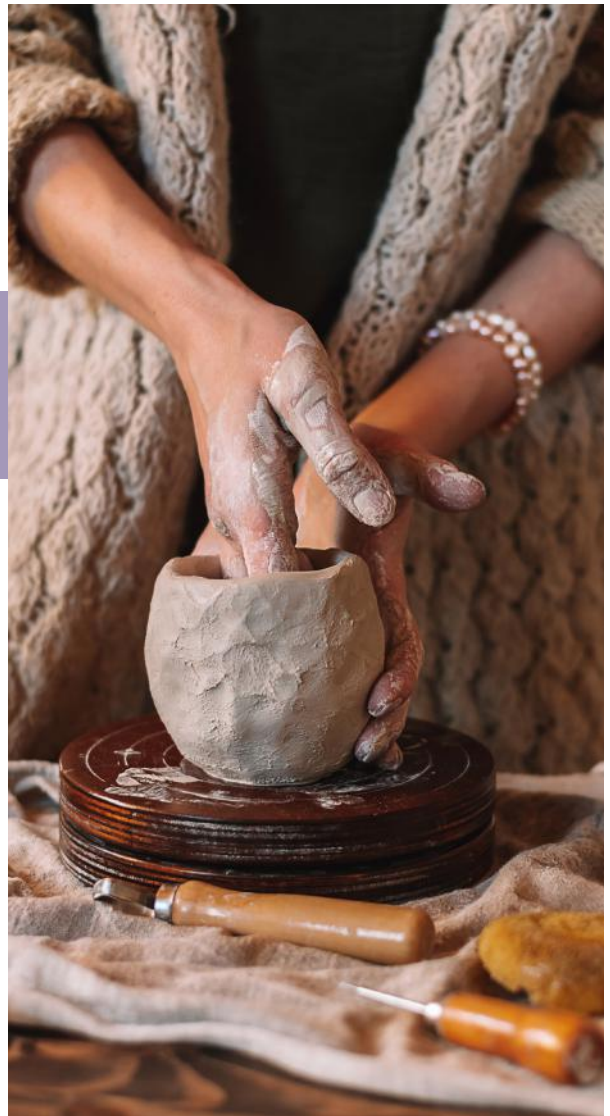
Paint a beautiful starry sky inside the state of MN using acrylic paint on a 12" x 16" stretched canvas. You will be guided step-by-step to learn about the practice of painting through close observation. Shape, pattern, texture, contrast, and painting basics will be instructed. Watch live demonstrations, experiment with a variety of materials, practice, and have fun!

Sat, Mar 16	10 am-12:30 pm	Lill Diemand
OMS	\$55/person	
Sat, Mar 16	1:30-4 pm	Lill Diemand
OMS	\$55/person	

NEW! Little Cactus Watercolor Still-Life

Our watercolor for adults class provides step-by-step instruction in the fundamentals of watercolor painting. This course enables a beginner to achieve confidence and mastery and to enjoy the process. You'll receive individual guidance and support at each stage. You will experiment with resist techniques while creating a succulent still-life. All necessary materials provided.

Mon, Apr 29	7-9 pm	Van Wyk
OMS	\$45/person	



NEW! Paint Like Berthe Morisot

Create an acrylic painting on an 8 x 10 inch canvas in the style of Impressionist painter Berthe Morisot. You will learn a bit of history about her and her style of painting as you follow step-by-step instructions to create your own masterpiece.

Fri, Feb 16 6-8 pm Merry
 OMS \$45/person

NEW! Paint Like Van Gogh

Create an acrylic landscape painting on an 8 x 10 inch canvas in the style of Vincent Van Gogh. You will learn a bit of history about him and his style of painting as you follow step-by-step instructions to create your own masterpiece.

Fri, Mar 8 6-8 pm Merry
 OMS \$45/person

NEW! Paint Like Monet

Create an acrylic landscape painting on an 8 x 10 inch canvas in the soft style of Monet. You will learn a bit of history about him and his style of painting as you follow step-by-step instructions to create your masterpiece.

Tue, Jan 16 6-8 pm Merry
 OMS \$45/person

NEW! Pet Portrait Painting

Come paint a portrait of your furry loved one! After you enroll, please email a high-quality jpeg photo of your pet to merrytimearts@comcast.net with the subject line Pet Portraits at Osseo. (One pet per person per canvas please). Photos must be received at least one week prior to the class date. Your pet will be hand drawn onto a 16 x 20 canvas for you to paint in class with the help of a professional artist. All supplies are provided. Pet portraits make amazing gifts!

Thu, May 23 6-9 pm Merry
 OMS \$59/person

“Art washes away from the soul the dust of every day life.”

~Pablo Picasso



Phone 763-391-7242



Online osseo.ce.eleyo.com



NEW! Online: Intro to the Power of Story

This is an online virtual class conducted via Zoom. Please have a current email on file with us so we can send you the login information prior to class. This 3 session class uses Norse and Celtic storytelling to dive into 3 basic principles: the power of the stories we tell ourselves, and allow others to tell us about ourselves, “feeding the story” as a life skill for interpersonal communication skills, and deepening authentic connections. Each three session course will use a different story told in three parts followed by a discussion on the three basic principles. We will learn how the stories we tell ourselves, and allow others to tell us about ourselves, can carry a powerful influence over our lives and how, through intentionality, we can recraft our own personal stories. In feeding the story you will learn a powerful technique that has brought healing to many people, but also how this technique can be applied to your daily interactions with others, thus deepening your understanding of others - which allows you to build more authentic relationships. Through these stories you will also gain valuable insight into what they are trying to teach us about the nature and purpose of suffering in our lives. Learn a new perspective on suffering, that when applied to daily life, has also brought great healing and transformation to many people.

Fri, Jan 5, 12, 26	6-7:30 pm	Crowell
Online	\$75/person	
Thu, Feb 15, 22, 29	6-7:30 pm	Crowell
Online	\$75/person	
Tue, Mar 5, 12, 19	6-7:30 pm	Crowell
Online	\$75/person	
Tue, Apr 9, 16, 23	6-7:30 pm	Crowell
Online	\$75/person	
Wed, May 8, 15, 22	6-7:30 pm	Crowell
Online	\$75/person	

Online: How to Write Your Life Story

Class is held via Zoom. The login information will be sent to participants via email and digital handouts will be included in the Zoom link. Please make sure you have a current email on file with us when you enroll. You don't need to be famous to leave a legacy behind. Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events, and people that shaped who you are, and bring your story to life. Your handout, included in the class fee, will have an outline to help you organize and write your memoir step-by-step. Printing and publishing options are also discussed. LeeAnne is a former journalist, current author/editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Mar 2	10 am-1 pm	Krusemark
Online	\$45/person	



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: Intro to Screenwriting for TV or Movies

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts before class. Learn about special screenwriting terms and formats for television and the big screen. You will also learn how to plot a story, develop characters and execute your work in the proper format. Discover the difference between a Treatment, a Spec Script and a Shooting Script and when to do each. You'll get an inside look into the business of selling your script to agents and producers. Informative handouts are included in the class fee. LeeAnne is a former journalist, current author/editor and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Mar 2	1-3 pm	Krusemark
Online	\$35/person	

Online: Be a Better Writer - 10 Easy Tips to Improve Your Writing Now

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. You write almost everyday: emails, social media posts, work projects and even non-fiction or creative writing. Improving is just a matter of knowing some basic tricks to make your writing more impactful and readable and may help get you a promotion at work or avoid rejection from a publisher. In this hands-on session, there will be writing/editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest and you will leave with a workbook full of writing tips and tricks, which is included in the class fee. LeeAnne is a former journalist, current author/editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Mar 2	3-6 pm	Krusemark
Online	\$45/person	

Online: Explore the World as a Travel Writer

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. If you love to travel and love to write, this is for you. We will discuss how to use all your senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest and whether you need to include photos with your work. You'll also learn how to find and submit your finished product to print and online markets, the business side of travel writing (how to take travel tax deductions) and how to avoid worn out travel writing cliches. Informative handouts for future use are included in the class fee. LeeAnne is a former journalist, current author/editor and Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Mon, Mar 4	4-6 pm	Krusemark
Online	\$35/person	

Online: Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply feel it's difficult to find the time? In just a few hours, you can learn enough about playing the guitar to give you years of musical enjoyment and you won't have to take private lessons to do it. This course will teach you some basic chords and get you playing along with your favorite songs right away. Since class is being held online with Zoom, you will be able to sit at home with your guitar and take this class without any pressure at all. Since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. Optional online question and answer session is included along with a recording of the class. Topics include how chords work in a song, forming the three main types of chords, tuning your guitar, strumming patterns, buying a guitar (things to avoid), playing along with tunes and more.

Tue, Feb 6 6:30-9 pm Coffman
 Online \$69/person

Online: Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with Zoom, you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. Since class includes an online book and follow-up online video lessons, you will be able to continue your practice and study on your own. An optional online question and answer session is included along with a recording of the class. Class is part lecture and demonstration and part hands-on instruction. Topics include how chords work in a song, getting more from sheet music by reading less of it, forming the three main types of chords, handling different keys and time signatures, how to avoid counting and simplifying over 12,000 complex chords.

Mon, Feb 5 6:30-9:30 pm Coffman
 Online \$69/person

"Music can change the world."

~Beethoven

Online: Intro to Voiceovers LIVE Chat (One-on-One)

"Wow, you have a great voice!" How many times have you heard that? Or maybe you listen to your favorite audiobooks, commercials or cartoon characters and think, "I could do that!" Want to earn income using your talents from the comfort of your home? Explore the growing voiceover industry with your instructor, a professional working voice actor from Voices For All. Discover the current trends in the industry and how easy and affordable it can be to learn, set up, and work from home. Learn about different types of voiceovers and the tools you'll need to find success. The instructor will take notes as you read a real script in this one-on-one video chat setting and offer some coaching to improve your delivery. You'll receive a professional evaluation later in a follow up call. One-time, 90-minute introductory class. Learn more at <http://www.voicesforall.com/ooo>. 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon enrollment, you will be contacted by VFA to schedule your class for a day and time of your convenience.

Online \$49/person Voices for All (VFA)

Paint Like Bob Ross

Paint exciting, fun, and spectacular pictures on canvas. Make sure you sign your masterpiece so that you can prove you actually painted it. You'll use oil - which is easy to work with. All materials provided in class include: paints, 16 X 20 in. canvas and painting supplies. Your painting will be ready for you to frame and put on your wall at home when you finish. The oil painting will take four weeks to dry but can still be put into a frame of your choice and hung immediately. Frames for sale at class if you wish to purchase between \$30-40 (with metal clips for hanging). Jay is a certified Bob Ross art instructor.

Sat, Jan 20	10 am-2 pm	"Next Vacation"
OMS	\$65/person	Rupp
Sat, Mar 2	10 am-2 pm	"Posies"
OMS	\$65/person	Rupp
Sat, Apr 13	10 am-2 pm	"Spectacular"
OMS	\$65/person	Rupp
Sat, May 4	10 am-2 pm	"My Beach"
OMS	\$65/person	Rupp



Online: Writing for Online Blogs, Magazines & Websites

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. You don't need a journalism degree or previously published articles to write for anyone's online blog, magazine or website. Some opportunities offer exposure while many pay well - up to \$1 a word and more. Learn how to find ideas, sources and more than 1,000 opportunities that pay, conduct interviews and create interesting content, protect your copyright, write query letters and then use this credibility to sell other articles or your self-published novel. LeeAnne is a former journalist, current author/editor and Professor of Publishing at higher learning institutions including Harvard Adult Education.

Tue, Mar 5 4-6 pm Krusemark
 Online \$35/person

Online: Beginner's Guide to Getting Published

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. If your goal is to become a published freelance writer by selling a magazine article, short story, poem or even a novel to a traditional publisher, this comprehensive workshop will guide you to, then past the editor's desk. You will discover how to become a "published" writer overnight, submit manuscripts the correct way, find the right publisher for your work, write irresistible query letters, determine when and how to get an agent, 100 ways to make money as a freelance writer. If you really want to succeed, this step-by-step workshop is a must! LeeAnne is a former journalist, current author/editor and Professor of Publishing at higher learning institutions including Harvard Adult Education.

Tue, Mar 5 6-8 pm Krusemark
 Online \$35/person

Online: Explore 50 Different Self-Publishing Options (prerequisite)

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Self-Publishing is all the rage, but is it really your best option? (Participants must attend "Beginner's Guide to Getting Published") And, can you do both? Discover the pros and cons of your self-publishing options, including print-on-demand and e-book publishing, as well as some Amazon options and then compare them to traditional publishing. A rated description of 50 self-publishing companies for future use is included in class fee. LeeAnne is a former journalist, current author/editor and Professor of Publishing at higher learning institutions including Harvard Adult Education.

Tue, Mar 5 8-9 pm Krusemark
 Online \$25/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: Comedy Writing: How to Be Funny on Paper and Stage

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Whether you need to make a dull work presentation livelier, mix laughter with learning in the classroom or want to write for print/production or perform your own standup routine, this class shows you how to apply humor to all aspects of your life. Learn the anatomy of a joke, how to use your powers of observation to sharpen your wit, write jokes and use humor to entertain and influence people. LeeAnne is a former stand-up comedian at places like The Laugh Factory, current author/editor, and a nationwide Professor of Publishing at higher learning institutions including Harvard Adult Education.

Thu, Mar 7 4-6 pm Krusemark
 Online \$35/person

Online: Write a Riveting Mystery, Suspense, or Crime Story

Class is held via Zoom. The login information will be sent to participants via email and digital handouts will be included in the Zoom link. Please make sure you have a current email on file with us when you enroll. Become a mystery writer for fun or profit. Discover different sub-genres and the three-act story structure of mystery writing and create an intriguing cast of characters. Learn how to research and pick your setting, make sure your opening grabs readers' attention, use "red herrings" to misdirect your readers and create suspense until you're ready for the final reveal. Publishing options will also be discussed. LeeAnne is a former journalist, current author/editor and Professor of Publishing at higher learning institutions including Harvard Adult Education.

Thu, Mar 7 6-8 pm Krusemark
 Online \$35/person

NEW! Online: Write Your First Novel (in 90 Days!)

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and handouts prior to class. The course provides a schedule of crafting a novel from start to finish, which you can finish in as little as 90 days! It will also help you stay motivated throughout the journey. Learn how to select your genre and develop a compelling premise, create multidimensional characters and immersive settings, craft a detailed plot outline, manage your time to keep your writing flow consistent, combat common roadblocks including writer's block, master the art of self-editing: refine your plot and fix pacing, dialogue and characterization problems. Receive constructive criticism from beta readers and explore your publishing options. By the end, you'll know how to complete your novel and have the knowledge and confidence to move forward with the process. LeeAnne is a former journalist, current author/editor and Professor of Publishing at higher learning institutions including Harvard Adult Education.

Fri, Mar 8 6-8 pm Krusemark
 Online \$35/person

Online: Outline & Write an Irresistible Romance

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Romance is the #1 selling fiction genre. Whether you're a new or experienced writer, this comprehensive session will help you sharpen your skills with practical step-by-step advice. Discover different romance sub-genres and understand the proven romance formula. You'll also learn to create a unique setting, introduce your protagonist (lead character), percolate friction and write relatable dialogue as well as intimate scenes. Publishing options are also discussed. Handouts for future use are included in class fee. LeeAnne is a former journalist, current author and editor and Professor of Publishing at higher learning institutions including Harvard Adult Education.

Sat, Mar 9 10 am-12 pm Krusemark
 Online \$35/person

Online: Using Amazon's Kindle Direct to Self-Publish Your Book for Free

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Whether you're looking to publish a paperback novel or short eBook now or in the future, this detailed tutorial will teach you step-by-step how to create an Amazon KDP account, format your manuscript and upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your Amazon page and write an Amazon author bio. Informative handouts for future use are included in class fee. LeeAnne is a former journalist, current author/editor and a Professor of Publishing at higher learning institutions including Harvard Adult Education.

Sat, Mar 9 12-1 pm Krusemark
 Online \$25/person

NEW! Online: Beginner's Guide to Using FREE ChatGPT (AI) for Writers

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. ChatGPT (AI) is here to stay and is the future for writers and content creators. No prior AI experience required. Want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts? Learn how to register for a FREE ChatGPT account to input effective writing prompts to avoid nonsense responses, build creative content from stories to marketing copy, determine its capabilities and limitations, understand ethical and legal considerations using ChatGPT. There's no doubt ChatGPT and similar AI systems will force the job market to evolve. It's crucial for everyone to adapt, learn new skills, and be open to working in collaboration with AI, so start building your expertise in the world of ChatGPT now! LeeAnne is a former journalist, current author/editor, and Professor of Publishing at higher learning institutions including Harvard Adult Education.

Sat, Mar 9 1-3 pm Krusemark
 Online \$35/person



Online: Meet the Publisher/Agent - Get Your Manuscript Critiqued

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Ever wanted to talk to a real agent or publisher? Tired of having your manuscripts critiqued by non-professionals or paying an editor too much money to change your writing to their voice? Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book or children's book. (Optional: You can then send your manuscript for a professional critique, for a fee of \$50 for up to 25 double spaced pages + \$1/page thereafter, and a list of publishers/agents who are interested in your type of work.) Informative handouts for future use are included in class fee. LeeAnne is a former journalist, current author and editor and a nationwide Professor of Publishing at higher learning institutions including Harvard Adult Education.

Sat, Mar 9 3-4:30 pm Krusemark
 Online \$29/person

Online: Save Money with Extreme Couponing

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Class is taught by someone who has used many couponing secrets to save thousands. Informative handouts for future use are included in class fee. Learn how to save \$\$\$ every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year. This comprehensive workshop will teach you:

- where to find different coupons, even for "high ticket" items
- how to find the best coupon apps and websites
- how to match coupons with sales for maximum savings

Fri, Mar 1 5-6 pm Krusemark
 Online \$25/person

Online: How To Make Extra Cash Pet Sitting

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Do you love animals...especially dogs? Learn how to make extra money after school or work by watching dogs or other pets, requestedly in the pet's home. Learn about feeding, watering, exercising pets, how to make a good impression as well as what questions to ask when interviewing for a pet sitting job and what to do when a dog has behavioral issues. You'll also discover other services you can offer to make more money, such as dog walking, grooming, puppy training, etc. Informative handouts for future use are included in your class fee. This class is taught by a professional pet sitter and a longtime entrepreneur.

Fri, Mar 1 6-8 pm Krusemark
 Online \$35/person

Online: Monetize Websites, Blogs, and Social Media and Affiliate Marketing

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring and second-tier commissions. You'll also learn SEO secrets to increase your site's ranking and visibility on search engines like Google. Informative handouts for future use are included in class fee. LeeAnne is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions including Harvard Adult Education.

Wed, Mar 6 4-5 pm Krusemark
 Online \$25/person

Online: Earn Extra Money Mystery Shopping

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. (Participants must also attend "Explore 250 Legitimate Home-Based Business Ideas" for an understanding of this endeavor). Learn how to sign up with many legitimate mystery shopping companies without fees, avoid pitfalls and scams, create a required mystery shopping resume and profile and how to file mystery shopping reports for payment. Informative handouts for future use are included in class fee, including a list of 25 legitimate companies you can work for.

Wed, Mar 6 5-6 pm Krusemark
 Online \$25/person

Online: How To Start Any Home Business + 250 Home Business Ideas

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award-winning business owner, this is the most comprehensive business start up workshop you'll ever find. You will discover:

- more than 250 legitimate home business ideas
- mandatory legal documentation
- many ways to market your product/service
- how to take tax deductions (this workshop included!)

Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor and a nationwide Professor of Publishing at higher learning institutions including Harvard Adult Education.

Wed, Mar 6 6-8 pm Krusemark
 Online \$35/person

Online: Make Money with a Virtual Assistant/Word Processing Business (Prerequisite)

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. If you can type, then you can make money at home using your computer. You will discover how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, and 100 ways to make money with a computer. (Participants must also attend "Explore 250 Legitimate Home-Based Business Ideas" for an understanding of this endeavor.) There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Informative handouts for future use are included in class fee.

Wed, Mar 6 8-9 pm Krusemark
 Online \$25/person



Phone 763-391-7242



Online osseo.ce.eleyo.com



Online: Beginner’s Guide to Starting a FREE Blog

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Online blogging is a great way to get the word out about you, your service, product, or information you want to share. Learn how to start a FREE blog with WordPress, choose a template, emphasize your blog content with a creative name, use your unique voice to share your expertise, connect your domain/website. You’ll also learn how to earn an income with your blog, including links to other websites and advertising on your blog as well as increase your internet ranking.

Fri, Mar 8 4-6 pm Krusemark
 Online \$35/person

Online: How To Be a Smart College Shopper

This is a LIVE online class held via ZOOM. You will receive a link to the presentation a few days prior to the class start. You must have an email on file with us in order to receive the link. Your student is preparing for college. You saved your money. Is it enough? How to be a smart shopper! Learn where your student might fit best academically, socially and financially. Which schools will offer your student the largest merit scholarships? How do you apply for grants and how does the FAFSA work? Get an education, not a debt! A copy of the PowerPoint will be sent to you if requested. Class is held monthly. If you need to cancel, you will be moved into another session.

Wed, Jan 17 6:30-8:30 pm Fine
 Online \$19/person
 Tue, Feb 6 6:30-8:30 pm Fine
 Online \$19/person
 Thu, Mar 7 6:30-8:30 pm Fine
 Online \$19/person
 Mon, May 6 6:30-8:30 pm Fine
 Online \$19/person
 Tue, Jun 11 6:30-8:30 pm Fine
 Online \$19/person

Social Security & Retiring Wisely

Big decisions can be tough to make, especially if you don’t have all the answers. When should you apply for Social Security? How can you maximize your benefits? How will this affect your spouse? Will you have enough money to retire? Will your retirement income last? How do taxes affect retirement? You have many questions to answer and mistakes can be costly. Discover the answers you need to bring you greater peace of mind.

Tue, Mar 12 6-7 pm Nisbet
 MGSB \$15/person

Retirement Tax Planning Strategies: Keeping More of Your Wealth

You must pay taxes, but don’t leave the IRS a tip. Understanding tax strategies and managing your tax bill are integral parts of a sound financial plan. Ignoring consequences to your specific situation may result in paying more than you need to. Some taxes can be deferred and others are managed through tax-efficient investing. Whether it’s determining where to save for retirement, how to create a tax-efficient retirement paycheck, or passing wealth to future generations, with careful and consistent planning you can reduce your lifetime tax bill.

Tue, Jan 23 6:30-7:30 pm Scheck
 MGSB \$19/person
 Tue, Feb 6 6:30-7:30 pm Scheck
 MGSB \$19/person

Estate Planning Made Easy


Do “his” and “hers” children, out-state real estate, business interests, tax concerns, special needs beneficiaries, partial interests in real estate, or family cabins seem like unsurmountable complications in preparing your estate plan? Attorney Susan Peterson-Lerdahl knows how to make estate planning easy. Peterson-Lerdahl, who practices in the areas of estate planning, estate administration and elder law, routinely helps clients of all ages and asset classes with their estate planning needs. She will explain key concepts in the law to you and prepare you for a painless, step-by-step, planning process.


Wed, Feb 7 6-7:30 pm Peterson-Lerdahl
 ESC \$25/person

You’ve Been Appointed Executor or Trustee, Now What?

Learn how to serve as executor or trustee to wind up a decedent’s financial and legal affairs. Instructor Attorney Susan Peterson-Lerdahl, who practices in the areas of estate administration, estate planning, and elder law, will explain foundational concepts, job descriptions, and timelines; discuss what makes a valid Will or trust; delve into tax considerations, creditor issues, spousal rights, and fiduciary concerns; and share many tips and tricks gleaned from years of experience.

Wed, Apr 3 6-7:30 pm Peterson-Lerdahl
 ESC \$25/person

 Phone 763-391-7242

 Online osseo.ce.eleyo.com

Downsizing? Start Here First

Are you thinking about moving or downsizing but don't know where to start? If you're thinking of downsizing in the next five years or less, this class is for you! Learn the simple steps to guide you through the process along with a few practical tips and tricks of what to do and how to avoid the most common and expensive mistakes. Leave feeling empowered to begin your downsizing process.

Tue, Jan 9	7-8:30 pm	Hoem
MGSH	\$19/person	
Tue, Apr 2	7-8:30 pm	Hoem
MGSH	\$19/person	

Prepare Your Own Will

Without a will, the laws of MN determine to whom your estate goes and even who should be the guardian of your minor children. Learn about wills and the probate process and prepare and complete a legally binding will that evening. You'll be provided with a professionally prepared will form, witnesses and notary public, everything necessary to complete this important document. Class is for generally people with estates under \$1 million who do not own a business. This class is taught by an attorney.

Tue, Jan 30	7-9 pm	Altman
MGSH	\$45/person	
Tue, Apr 16	7-9 pm	Altman
MGSH	\$45/person	

Online: Need To Know Changes To the College Process

This is an online class conducted via Zoom. Please make sure you have an email on file with us. You will be sent the login information a few days prior to the start of class. This past year has resulted in some of the most significant changes to the college planning process in decades including: trends have changed how colleges admit students, there are some changes to the FAFSA and college financial aid that may make colleges more expensive, schools have gone ACT/SAT optional; not necessarily when they award scholarships. Join us to learn how these changes may impact your family, and new strategies to consider to give your student the best opportunity to be admitted and maximize scholarships and financial aid. If you are a parent or guardian of a high school student in grades 9-11, this is information you will not want to miss.

Mon, Feb 12	7:30-8:30 pm	Wittman
Online	\$19/person	



Phone 763-391-7242



Online osseo.ce.eleyo.com



Online: Computer Help for the Almost Absolute Beginner

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Learn from your home. Simply click the text sent to your e-mail and follow a few simple instructions to enter the “Zoom classroom”. You will then be watching and listening to your LIVE instructor. He will start off explaining basic terms that can be foreign to the beginner. You will navigate the desktop and look at some of the benefits of using a computer. Take the mystery out of ‘www’ and the internet, compose an email and check out the current news. Other features discussed as time allows. (Not for Apple/Mac users) If you need assistance getting on, email Mike prior to class at backcourse@att.net.

Sun, Jan 7	1-2 pm	Wilson
Online	\$29/person	
Fri, Jan 12	5-6 pm	Wilson
Online	\$29/person	
Wed, Mar 6	6-7 pm	Wilson
Online	\$29/person	

Online: How Do I Take a Live Zoom Class?

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Many instructors use Zoom for live/virtual classes such as cooking classes, painting, exercising, computers, music and others. Author and computer instructor, Mike Wilson, will help you understand the Zoom invite process, “getting to your classroom” and navigating Zoom features. If you need assistance getting on, email Mike prior to class at backcourse@att.net.

Mon, Jan 8	6-7 pm	Wilson
Online	Free	
Sun, Feb 4	12-1 pm	Wilson
Online	Free	

Online: I Need to Host My Own Zoom Meeting

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. You will see how a host sends an email, invites and schedules meetings. Even the basic host controls can seem overwhelming, but we will explore those as well. You’ll learn how to share screen, invite and send links to emails. It’s a great place to start before hosting your first Zoom meeting. If you need assistance getting on, email Mike prior to class at backcourse@att.net.

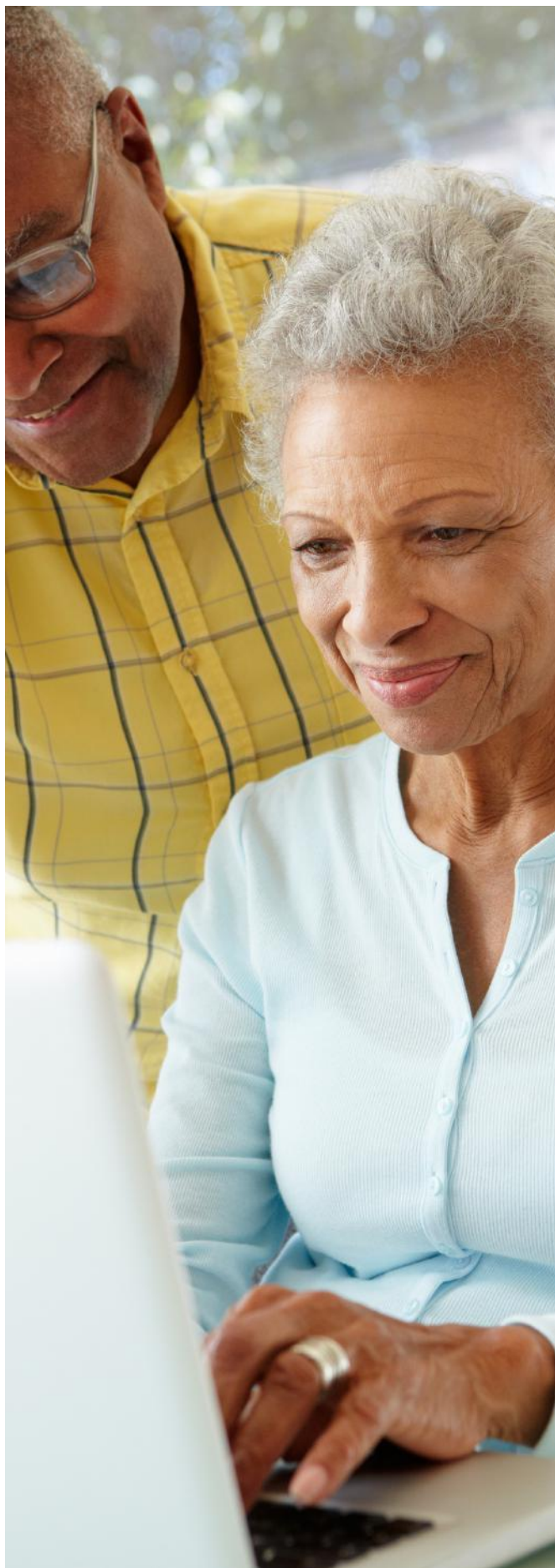
Fri, Jan 19	6-7 pm	Wilson
Online	\$29/person	
Sun, Jan 28	12-1 pm	Wilson
Online	\$29/person	
Thu, Apr 4	3-4 pm	Wilson
Online	\$29/person	



Phone 763-391-7242



Online osseo.ce.eleyo.com



Online: Microsoft Word: The Very Basics

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Mike will break down the unknown Microsoft Word stuff and present them to you in a clear, sensible and enjoyable way. We will briefly look at the free and paid version of word processors. Then the instructor will open and show basic functions in Microsoft Word. Explore saving, alignments, bullets, numbering and indents. (Not for Apple/Mac users.)

Wed, Jan 10	11 am-12 pm	Wilson
Online	\$29/person	
Fri, Mar 8	1-2 pm	Wilson
Online	\$29/person	
Mon, Apr 22	9-10 am	Wilson
Online	\$29/person	

Online: All About Pictures-Finding, Organizing, Editing and Saving on Your Computer

This is an online Zoom class. Please have a current email address on file. You'll be sent a link a few days prior to the class start. During this class you will learn how to manage pictures on your computer. Also, find out how to name, rename and move pictures into folders to get organized. You will take a look at using the photo gallery and minor editing of pictures, such as cropping and making enhancements. Use pictures for desktop backgrounds and insert them into Word to manipulate for flyers, invitations and other printed materials. (Not for Apple/Mac users)

Tue, Jan 23	1-2 pm	Wilson
Online	\$29/person	
Mon, Mar 18	5-6 pm	Wilson
Online	\$29/person	

Online: Navigating Your Windows 10 Computer

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Need help with your recently purchased computer? Your instructor will define and demonstrate the Windows 10 operating system and related features. See how to navigate the desktop, use the taskbar and work with icons. Learn about apps and how they are organized in Windows 10 and use the start menu to explore even more features. (Not for Apple/Mac users.)

Sat, Jan 27	11 am-12 pm	Wilson
Online	\$29/person	
Sun, Mar 3	11 am-12 pm	Wilson
Online	\$29/person	



Online: Getting More Out of Microsoft Word

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Let's make your tasks in Microsoft Word a lot easier. You will save time and frustration and see how to properly use tabs. We will go on to explore dictation, easy paragraph functions, the sort feature and using macros to eliminate laborious repetition. See the beauty of working with soft and hard returns and how to easily create and use tables. Get tips and tricks, as well as use shortcuts to save time. Let's look at creating headers/footers and using the Format Painter to easily format existing text. (Not for Apple/Mac users.)

Sun, Feb 18	1-2 pm	Wilson
Online	\$29/person	
Mon, Apr 29	9-10 am	Wilson
Online	\$29/person	

Online: Windows 11 - Starting from the Beginning

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. This is an adult friendly Windows 11 class. See how to use the desktop and the new taskbar. We'll also explore the start menu and related features. In addition, you will learn about the new design, the use of widgets and how Windows 11 is organized. (Not for Apple/Mac users)

Sat, Feb 3	11 am-12 pm	Wilson
Online	\$29/person	
Sun, Mar 10	11 am-12 pm	Wilson
Online	\$29/person	
Thu, Apr 18	2-3 pm	Wilson
Online	\$29/person	

Online: The Easy to Learn iPad Class (3 sessions)

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Take this fun and informative iPad class. We will explore the practical uses of your iPad and how to use the features. You will learn how to navigate, use apps, work with email, take pictures, go online and do more as time permits. Your patient instructor's iPad screen and features will be clearly displayed over Zoom. Not for Android tablet users.

Wed-Fri, Mar 13-15	3-4 pm	Wilson
Online	\$69/person	
Sat, Apr 6, 13, 20	1-2 pm	Wilson
Online	\$69/person	

Cut the Cable Cord

Cable (and satellite) television is the single most expensive utility for many households. This class will show you many viewing options that are free or much lower cost than cable. You'll discuss the pros and cons of cable, how to get internet without cable, how to get TV from your computer to your television without cable, how to access free and inexpensive subscription services and much, much more. Find out why and how millions of tv watchers are ditching cable forever!

Tue, Apr 30	7-8:30 pm	Timm
ESC	\$25/person	

Online: Excel for the Absolute Beginner

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Learn how to navigate and interface with Excel's basic features. See how to create a simple contact list. You will view how to use calculations such as AutoSum and see how to generate simple formulas. Also, learn to use the fill handle, sort existing data, merge and center, move cells and ranges and wrap text.

Wed, Jan 24	11 am-12 pm	Wilson
Online	\$29/person	
Sun, Feb 25	1-2 pm	Wilson
Online	\$29/person	
Sat, Mar 16	1-2 pm	Wilson
Online	\$29/person	

Online: Let's Learn All About E-mail

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Learn how to email, forward, reply and send attachments. You'll see how emails are organized and deleted. Work with other features such as starred, drafts and sent. Get acquainted with the writing tools, email folders and creating links to direct others to your area of interest and websites you have visited. You'll also look at contacts and how to use them.

Wed, Jan 31	5-6 pm	Wilson
Online	\$29/person	
Wed, Feb 28	10-11 am	Wilson
Online	\$29/person	

Online: Working with & Organizing Your Documents on Windows 10/11 Computers

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Mike will show you how to save files with Microsoft Word. We will also cover how to create a PDF file and why we would use them. You will see how to view, organize and find your documents as well as place them on flash drives, external drives and the cloud. We'll explore features to preview documents without opening them and attach documents to your email for sending. (Not for Apple/Mac users.)

Wed, Feb 7	12-1 pm	Wilson
Online	\$29/person	
Tue, Apr 9	4-5 pm	Wilson
Online	\$29/person	

Online: Search for Practically Anything Through Google

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Understand how to use and get the best out of a search engine such as Google for looking up information and doing research. Find out how to search for practically anything online and limit your searching for more accuracy. Great class to open the power of Google search.

Fri, Feb 9	12-1 pm	Wilson
Online	\$29/person	
Sun, Mar 31	1-2 pm	Wilson
Online	\$29/person	

Online: Computer Scams & What Not to Click On!

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Don't let your computer control you. Find out what you should and should not click on. Mike will discuss scams to know about: frustrating and suspicious popups, advertisements, your haywire computer, email ads and links. (Not for Apple/Mac users or tablets.)

Sat, Feb 10	12-1 pm	Wilson
Online	\$29/person	
Mon, Mar 25	5-6 pm	Wilson
Online	\$29/person	

Online: Save Time & Money with an Easy Computer Tune-Up

This is an online Zoom class. You'll receive your login a few days before class begins. Please have a current email on file with us. Save money and fix your computer yourself. No great skills needed. Use three proven free online software to fix most software related issues like malware and viruses with a few clicks of a button. Speed up your computer in no time. (Not for Apple/Mac users)

Mon, Feb 26	1-2 pm	Wilson
Online	\$29/person	
Sun, Apr 14	1-2 pm	Wilson
Online	\$29/person	

Online: Getting To Know Your iPhone (3 sessions)

This is an online Zoom class. Please have a current email address on file. You will be sent a link a few days prior to the class start. Author and instructor Mike Wilson will demonstrate how to use your smart phone. This class is designed for mature and recent iPhone users. Mike will cover cell phone topics such as the photo app, texting, navigating, apps, contacts, email, camera, App store, settings and the Internet. Not for Android users.

Wed-Fri, Mar 20, 21, 22	1-2 pm	Wilson
Online	\$69/person	
Mon-Wed, Apr 1, 2, 3	1-2 pm	Wilson
Online	\$69/person	

Online: Learn to Use PowerPoint for Zoom & Other Presentations

This is an online Zoom class. Please have a current email address on file. You'll be sent a link a few days prior to the class start. Create eye-catching presentations with PowerPoint. Explore the PowerPoint interface and see presentations from simple stock designs. Learn to easily apply themes, animate text and insert images. See how to create text boxes and manipulate slides for printing. Enhance your presentations by adding animations/transitions. Finally, view the actual presentation as seen by your audience and get a few tips and tricks to design presentations for maximum impact. (We do not show how to share PowerPoint in Zoom during this class.) (Not for Apple/Mac users.)

Sat, Mar 23	1-2 pm	Wilson
Online	\$29/person	
Thu, Apr 25	2-3 pm	Wilson
Online	\$29/person	



NEW! Online: Podcasts for Beginners

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. Have you heard about Podcasts and would like to learn more? In this class you will learn all about how to listen to these digital audio shows online, select your favorite topics and even learn about any subject. You'll see how Podcasts are now one of the most popular tools for learning and personal growth, as well as a fun form of entertainment! No prior experience required. Learn how to download a Podcast app, understand the different categories to choose from, how to subscribe to a Podcast you enjoy and how to listen to them while in your home, car or out for a walk.

Tue, Jan 9 12-1 pm Welsh
 Online \$25/person

NEW! Online: Social Media for Business

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. Driving new customer traffic to your website and promoting your business is imperative in today's technology world. Don't let your skillset or company get left behind by missing the key social media rules you need to know! In this class, you'll learn how to craft a simple but effective social media marketing strategy, listen directly to customers and implement tips to grow your business all while staying organized without technology overwhelm.

Thu, Jan 11 12-1 pm Welsh
 Online \$25/person

"It's not necessarily about how much screen time you give your child, it's about how you use it."

NEW! Online: Grow Your Business with Instagram

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. What can you do on Instagram that can result in huge growth for your customer base and sales? We've got the answers you need in this fun beginner level class to grow your business with Instagram. Discover the key steps needed in order to improve your company bottom line and gain more followers. Plus, learn to make your content irresistible and have fun!

Tue, Jan 16 12-1 pm Welsh
 Online \$25/person

NEW! Online: Using Snapchat Safely in 2024

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. Have you been curious as to what Snapchat is exactly? Uncover everything adults need to know about one of most popular social media apps in the world. You'll learn the foundation for how Snapchat is used, what the basic features include and more. Stay up to date in today's digital world with this fun and informational class. You'll learn the basic fundamentals of how the app works, how to set up safety features, how to check for profile details and how advertisers work to target audience members.

Thu, Jan 18 12-1 pm Welsh
 Online \$25/person

NEW! Online: A Parent's Guide to TikTok

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. Have you heard about the latest new app called TikTok? Learn how it's used and how parents can also help their kids stay safe while on it. Leave the class with helpful action items with your family to help gain a better understanding on what to do/what not to do within the app. The class will help set up a healthy foundation for technology habits family members can use for the rest of their life whether in school or in their professional careers.

Tue, Jan 23 12-1 pm Welsh
 Online \$25/person

NEW! Online: How To Use Uber for Transportation Independence

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. Do you hate to drive in bad weather or when it's dark outside? Expand your transportation options and independence through the ride sharing service, Uber. In this class, you will learn the basics and gain the knowledge on how to use Uber. Learn to use Uber at major airports so you can travel with confidence and without having to ask a friend for a ride, as well as other appointments and errands. Open up your travel options with this fun and engaging class!

Thu, Jan 25 12-1 pm Welsh
 Online \$25/person

NEW! Online: Cell Phones & Parenting - Oh My!


This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. When your child has a Smartphone there are key things you should know in order to keep them safe and secure. In this class you'll understand recommended safety settings on popular social media apps, parental apps for your child's Smartphone and more! You will leave this class with a confident plan to simplify the technology so that you and your child can use the phone safely without worry.


Tue, Jan 30 12-1 pm Welsh
 Online \$25/person

NEW! Online: How To Create Your Own YouTube Channel

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. Learn the basics to create and begin your very own YouTube channel. Join the world's largest media platform to share your hobbies, advice, instructions, gifts and more with the world and your audience! We'll walk you through a step-by-step process so that you can get started today!

Thu, Feb 1 12-1 pm Welsh
 Online \$25/person

 Phone 763-391-7242

 Online osseo.ce.eleyo.com

NEW! Online: How To Present Social Media Analytics with Ease

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you're encouraged to reach out with questions at any time before or after the class has concluded. Expand your skills as you learn the basics to discuss social media analytics from Facebook, Instagram and YouTube. This critical skill is a must, whether you are an employee, small business owner, volunteer, etc.! Learn a step-by-step process so that you can get started today and confidently present and discuss how a post performed on social media.

Tue, Feb 6 12-1 pm Welsh
 Online \$25/person

NEW! Online: My Kid Wants to Be a YouTuber - Help!

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. Does your child dream of having their own YouTube channel? Eliminate the worry with this helpful class as we walk you through the steps on how to set up a YouTube channel, safety settings, and consideration for kids having their own channel. Parents will learn the basic guidelines of being able to help manage and monitor their activity, all while incorporating practical business skills when it comes to managing your own channel. You'll learn how this hobby can become a practical career, safety practices and even create fun videos! Parents will leave the class with helpful guidelines to get their kid's channel started safely and a solid foundation for their child's new creative outlet in 2023. Please note, children must be age 13 and have parental permission to start a YouTube channel.

Thu, Feb 8 12-1 pm Welsh
 Online \$25/person



NEW! Online: Google Sheets for Awesome Beginners

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. Expand your skills with Google Sheets and use this training for a lifetime! Whether it's for work or for play, this class will teach you comprehensive skills which will turn you from a Sheets novice into a Sheets expert. You will learn to enter, organize, refine, analyze and visualize your data using Google Sheets!

Tue, Feb 13 12-1 pm Welsh
Online \$25/person

NEW! Online: How To Use Venmo Safely in 2024

This is an online Zoom class. Please make sure you have a current email on file. Please note that each class is taught live online. If you are unable to attend the live online training, you may still enroll and then watch the recording at your convenience. Follow-up support is also included from the instructor and you are encouraged to reach out with questions at any time before or after the class has concluded. Stay up to date by expanding your technology knowledge and learn what you need to know about the mobile payment service called Venmo. Learn how to pay friends, businesses or receive money without using cash or checks. Leave this class with a confident understanding of how to set up Venmo safely, fees to avoid and real world scenarios you or your family and friends may use with this mobile payment option.

Thu, Feb 15 12-1 pm Welsh
Online \$25/person

NEW! Online: A Practical Computer Class for Older Adults

This is an online class. You will receive an email with the login information. Please have an email on file with us. Have you taken some computer classes before and been totally lost? This class is for those who are looking for simple and practical instructions. Mike has trained 1000s of older adults with 4 and 5-star ratings! We will discuss the popular YouTube website that offers 1000s of free informative and entertaining videos, show a few email tips and tricks, demonstrate online shopping, visit AARP and other related websites for seniors, use some shortcut keys and navigate Google Search for research and to get information. If you've been frustrated with other classes, enroll in this refreshing and informative computer class for older adults.

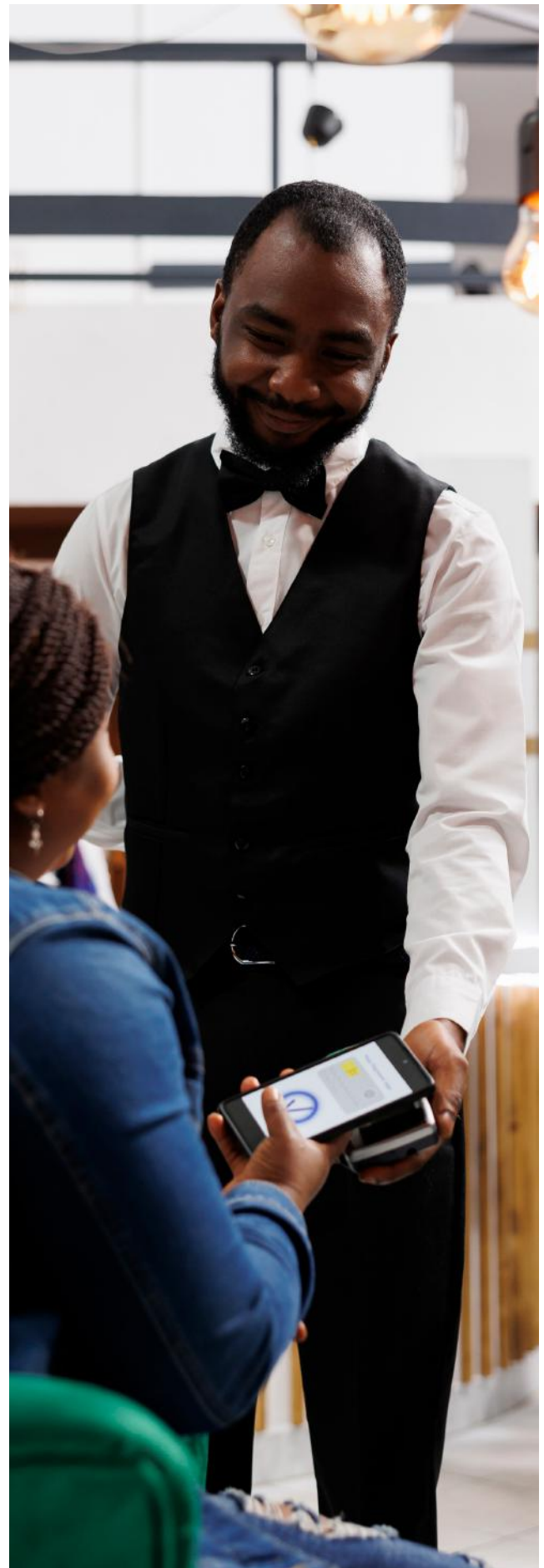
Sat, Jan 20 11 am-12 pm Wilson
Online \$29/person
Sun, Apr 7 2-3 pm Wilson
Online \$29/person



Phone 763-391-7242



Online osseo.ce.eleyo.com



Online: So, You Want To Be Anti-Racist?

This is an online course. You'll be sent login information a few days prior to class so be sure you have a current email on file with us. This six-week course is offered to anyone looking to deepen their understanding of what it means to be anti-racist. You will receive tools to engage in uncomfortable conversations, develop racial literacy, and begin to unpack how race operates in your everyday life, often without consent or acknowledgement, while building the muscles to move into action.

Tue, Jan 23-Feb 27	7-8:30 pm	Malone
Online	\$69/person	
Thu, Apr 11-May 16	7-8:30 pm	Malone
Online	\$69/person	

Introduction to Islam & Muslims

Have you ever wanted to learn more about Islam and Muslims? Seek a better understanding of what Islam teaches and what Muslims practice. Class introduces terminology, demographics, and differences between religion and culture. Learn about beliefs and practices of Muslims as well as religious celebrations. You'll also have the opportunity to get your questions answered first-hand in a comfortable environment.

Wed, Jan 24	6:30-8 pm	IRG
ESC	\$19/person	

Online: Adult Conversational Spanish - Beginner Pt 1

This is a LIVE virtual class held via Zoom. Please have a current email on file. You'll be sent the login information a few days before the class begins. The primary focus is on building conversational tools through interactive practice and exercises. Vocab topics include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes. Grammar topics include subject pronouns, the verb estar conjugation, gender of nouns and plurality. Learn how to carry on conversations. Each class includes interesting cultural anecdotes including word origin, dialect differences, and names. Ability to access Zoom and basic computer knowledge essential.

Tue, Feb 20-Mar 26	6-7 pm	Futura
Online	\$139/person	

Online: Adult Conversational Spanish - Beginner Pt 2

This is a LIVE virtual class held via Zoom. Please have a current email on file. You'll be sent the login information a few days before the class begins. Learning a language is a lifelong journey. Practice real-world conversational components using builder phrases in Spanish enabling you to have small conversations related to giving/asking for directions and restaurant conversation. Vocabulary and grammar components include weather, seasons, dates with months, days of the week, family vocabulary along with the verbs ser and tener conjugations. Discussions include the importance of food, family and friendships in Spanish speaking countries. Ability to access Zoom and basic computer knowledge essential. For new students and previous beginner participants.

Mon, Feb 19-Mar 25	6-7 pm	Futura
Online	\$139/person	
Tue, Feb 20-Mar 26	6-7 pm	Futura
Online	\$139/person	

Online: Adult Conversational Spanish - Intermediate Pt 2

This is a LIVE virtual class held via Zoom. Please have a current email on file. You'll be sent the login information a few days before the class begins. ¿Quieres hablar más Español? Continue building on your previous Spanish skills to further develop conversational abilities which will include expressing recommendations and comparisons. Real life scenarios will be introduced and role played in Spanish to ensure a dynamic and interactive learning environment. Participants will also be delving into more complex grammatical instruction and vocabulary to create full sentences in Spanish. This will include present tense conjugation with ER & IR verbs, hobbies, sports and workplace vocabulary in Spanish. Culture discussions are related to music, dance and famous people in Spanish speaking countries. Ability to access Zoom and basic working computer knowledge essential. For students who completed Intermediate Spanish Pt 1 or previous beginners.

Wed, Feb 21-Mar 27	6-7 pm	Futura
Online	\$139/person	

Online: Adult Conversational Spanish - Advanced Pt 2

This is a LIVE virtual class held via Zoom. Please have a current email on file. You'll be sent the login information a few days before the class begins. ¿Quieres ampliar tu Español? Expand your skills learning new grammatical concepts and sentence structures. Build your language expertise and challenge yourself with an overview of the subjunctive. The Spanish subjunctive is a special verb form used to express uncertainty, possibility, mood and expressions. Ability to access Zoom and basic working computer knowledge essential. For those students who completed Advanced Spanish Part 1 or have had 2+ yrs of the Spanish language.

Thu, Feb 22-Mar 28	6-7 pm	Futura
Online	\$139/person	

Online: Adult Spanish for Travel

This is a LIVE virtual class held via Zoom. Please have a current email on file. You'll be sent the login information a few days before the class begins. Do you have future aspirations for traveling to a Spanish speaking country? If so, this is the class for you! Participants learn basic conversation skills to get around a Spanish speaking country with greater ease. Class will include helpful dialogue, greetings, bartering at a market, ordering in a restaurant and how to ask for simple directions. Each class will include a travel related theme to practice real world Spanish! A dynamic and interactive approach will be used to keep class fun and exciting. Applicable to new students and previous participants.

Thu, Feb 22-Mar 28	6-7 pm	Futura
Online	\$139/person	



Phone 763-391-7242



Online osseo.ce.eleyo.com

Online: Heart Health for Women

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Heart disease is the number one killer of women. Symptoms are different for women than for men and so many symptoms are ignored or go unrecognized. You can control, prevent, and in some cases, reverse heart disease. We'll discuss signs, symptoms and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises and the four numbers that could save your life.

Mon, Feb 5 6-7:30 pm Novak
 Online \$35/person

Hypnosis: Weight Loss and/or Eliminating Tobacco Use

Weight Loss: stop your cravings for sweets, greasy foods and soda and begin to desire more fruits, veggies and salads. Stop overeating and/or snacking and become motivated to walk and exercise. **Tobacco:** stop smoking and/or chewing tobacco today. Hypnosis helps stop the cravings. You could save \$20,000 in the next 5-8 years. Smokers will have a 45 min. smoking break off the school grounds. Bring your cigarettes. Class includes a free reinforcement CD and lifetime membership card to attend future classes for free. You may sit or lay down during the hypnosis session. Feel free to bring blankets, pillows, mats or sleeping bag for comfort. Optional flash drives available for \$15 at class.

Wed, Feb 7 5:45-8:45 pm Fischer
 ESC \$55/person - 1 session, \$99/person - both
 Wed, Apr 17 5:45-8:45 pm Fischer
 ESC \$55/person - 1 session, \$99/person - both

Itchy Dogs

Why is your dog licking its feet and scratching? Dr. Amanda Young, a board certified veterinary dermatologist from Pet Dermatology Clinic in Maple Grove, MN will discuss causes of itching in dogs and what can be done to help them. Sorry no pets allowed in this class.

Wed, Feb 21 6-7:30 pm Young
 ESC \$19/person

NEW! Unlocking the Secrets of Newborn Sleep

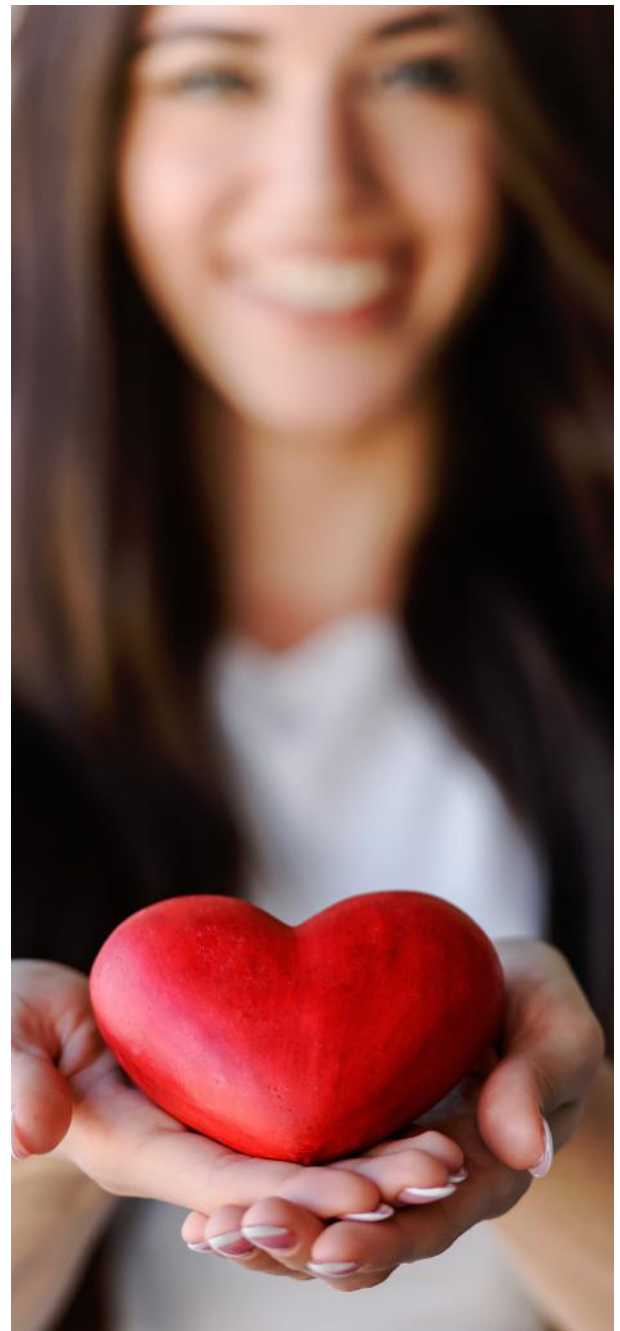
Unlock the mysteries of newborn sleep! Learn to lay a healthy sleep foundation for your newborn baby. This class is ideal for soon-to-be parents. Learn the ins and outs of newborn sleep habits, age appropriate wake windows and techniques to soothe your baby. Taught by a Certified Pediatric Sleep Consultant, this class will have you feeling confident and ready to welcome your new baby! This is a one-time class for expecting parents or parents of newborn babies (0-12 weeks).

Thu, Feb 22 6-7:30 pm Perry
 ESC \$69/person

Online: Intro to Medical Terminology

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Medical terminology is the first step to any career in the medical field or simply to understand your family's medical visits. No prior experience is necessary. This highly specialized language involves word building with root words, prefixes, suffixes and abbreviations. You will leave with a solid foundation of medical language as well as basic medical billing and coding terminology. After submitting and passing the open-book exam included in the workbook you receive in class, you will earn a Certificate of Completion. Taught by LeeAnne Krusemark and Credentialed Medical Professional Vanessa Grinnell, RRT.

Mon, Mar 4 6-9 pm Krusemark
 Online \$45/person



Phone 763-391-7242



Online osseo.ce.eleyo.com

Shake It Off

Taylor Swift’s fun, sassy song invites you to move your feet, sing along and ...“shake it off”! So grab some friends and enjoy an hour of fun that will have you dancing the night away. No partner needed.

Fri, Feb 2 6-7 pm Mohn
MGMS \$19/person

Romantic Dance

Start out the weekend with a little romance. Spice up your usual “swing and sway” and really spice it up with simple, yet easy romantic moves. You’ll spin, turn and twirl together before you know it and you’ll feel comfortable in any setting. By the end of the session you won’t want to let go. Couples only.

Fri, Feb 2 7-9 pm Mohn
MGMS \$39/couple

Country Waltz Workshop

Learn the basics of Country Waltz! This dance resembles Ballroom Waltz and Country 2–Step; uses passing footwork and is danced to country western music. This partner dance is a great hobby to get you out and moving around the dance floor with ease in any social venue. Wear shoes without rubber soles or your “cowboy boots”. Partners encouraged.

Fri, Feb 16 7-9 pm Brecht-Wiles
OMS \$35/person

Swing Hustle & Salsa

A little classic and a little Latin...learn fun basic steps and a lot of “cool turns” in Swing Hustle: member of the Swing Family and the “Sassy Salsa”. This is a beginners class and is for everyone. If you’re looking for a social night out, these two dances are the ones. If possible, wear shoes without rubber soles. Partners encouraged.

Fri, Apr 5-26 6:30-7:30 pm Brecht-Wiles
OSH \$59/person

Party Line Dance

Just in time for the “party” season. Get ready for any event with some of the most popular dances: Electric Slide, Cha Cha Slide & Cupid Shuffle. No partner needed.

Fri, Apr 12 6-7 pm Mohn
MGMS \$19/person

2-Left Feet Dance Workshop

Convinced that you have 2-left feet and dancing is not meant for you? But still...it would be helpful to know a few steps. This workshop is easy and only one session. Geared to beginners and guided by a dance champion. You’ll have basic patterns plus a couple of turns by the end of the night. Couples only.

Fri, Apr 12 7-9 pm Mohn
MGMS \$39/couple

Wedding Workshop

Experience wedding dance favorites including waltz, swing and slow dance. It doesn’t matter if you are a beginner or want to brush up on your steps for an upcoming wedding, this class is for everyone! Wedding couples, family/friends are welcome to join. Wear shoes without rubber soles. Couples only.

Fri, May 10 7-9 pm Brecht-Wiles
OMS \$35/person



NEW! Zestfully Declutter

Overwhelmed by clutter? Don’t know how to get started decluttering? Not sure where to take your possessions or how to sell them? Learn how to zestfully declutter from a professional home organizer. Discover the amazing benefits of decluttering on your emotional health, pocketbook and lifestyle! Learn how to let go, where to take your “stuff”, how to sell your possessions and, most importantly, how you can live zestfully with less. Start letting go of the things that are weighing you down.

Mon, Jan 29 6-7:30 pm Vanderlan
ESC \$35/person
Mon, Apr 29 6-7:30 pm Vanderlan
ESC \$35/person

NEW! Preparing to Downsize

Empty nester? Lived in your home for decades? Moving to a retirement community or assisted living? Preparing to downsize well in advance is ideal because the process can be overwhelming. The focus of the class is getting your home ready to sell and the steps you need to take to begin the process of living with less. To lessen the burden of your transition, learn how to let go of the things you cannot take along, how to donate or sell your stuff, places to recycle or dispose of unwanted items, what you need to do to get your home ready to sell and the ideal timeline to seamlessly move to your new home.

Wed, Feb 28 6-7:30 pm Vanderlan
ESC \$35/person
Mon, May 6 6-7:30 pm Vanderlan
ESC \$35/person

NEW! Get Your Home Ready to Sell

Whether you are planning to sell your home soon or you are just thinking about it, now is the time to learn how to best prepare. Gain expert advice on how to get top dollar for your home. Learn the importance of staging, what projects have the biggest return on investment, timing to get things done and the value of decluttering. You’ll also learn how to manage stress while getting your home ready and the best resources to get all your projects completed. Taking this class is guaranteed to prepare you to sell and earn more profit on the sale.

Mon, Mar 4 6-8 pm Vanderlan
ESC \$35/person
Mon, May 20 6-8 pm Vanderlan
ESC \$35/person

What Does It Take To Buy a Home?

Are your rent costs going up? Homeownership isn't beyond reach for most people. If you're considering homeownership or just want to know whether buying a home is a good decision, this class is for you. Discuss the advantages and costs of homeownership and learn a few inside tricks to succeed in a challenging home buying market. You'll leave this class feeling confident of the next steps to take on your personal journey.

Wed, Jan 10 7-8:30 pm Hoem
 MGSB \$19/person

NEW! DIY for Females: Painting & Drywall

Anything But Ordinary would like to present it's entry level BYBS (Bring Your Bad Self) class. Are you a single female? Divorced? Widowed? New to home ownership? Or just a lady who doesn't mind getting a little dirty to tackle her own honey-do list? Let's face it, hiring a professional can get expensive and not everyone has it in their budget to pay, to have someone else come and paint the inside and outside of their homes. This course would be a perfect place to start. We will dive into the ins and outs of your basic, and not so basic, drywall repairs and painting. I will demonstrate how to make repairs to various sized holes and cracks that are in your walls and guide you through a step-by-step process of properly prepping and painting your home from start to finish to get you that professional look. We will discuss various types of paints and what they are used for and also discuss how to pick the best color for your spaces. Please wear clothing that you can get dirty and full of paint. Closed toe shoes preferred.

Mon, Jan 22 & 29 6-7:30 pm Wasser
 OMS \$85/person

NEW! DIY for Females: Kitchen Cabinet Painting & Trim Enameling

Anything But Ordinary would like to present another BYBS (Bring Your Bad Self) class, Kitchen Cabinet Painting and Trim Enameling. Are you one of the many people who have recently bought a new home that needs some renovating? Just getting around to updating your current home? Want to join millions of homeowners who are painting all of the wood in their homes to brighten and liven the space? Don't have the budget or are convinced you can do it yourself, but just need a little guidance and instruction so you can enamel with confidence and take out the risk of making the situation messy? Well, look no further! I have kept myself busy enameling hundreds of kitchens and trim work throughout hundreds of homes. "De-Oaking" is a trend that won't be going away anytime soon and can really make your existing space so much brighter. Allow me to guide you through this step-by-step process from cleaning and prepping the wood to priming and enameling. Save yourself thousands of dollars and learn how to give yourself a professionally painted looking kitchen and living space! Please wear clothing that you can get dirty and full of paint. Closed toe shoes preferred. \$50 supply fee payable to instructor at class.

Mon, Feb 5 & 12 6-7:30 pm Wasser
 OMS \$119/person

Strategies to Help Home Buyers Always Win in a Multiple Offer Market

Home inventory is tight and will be for the next few years. Come and learn a number of strategies that will help your offer to be #1 every time and win in today's competitive market.

Mon, Jan 22 6:30-8 pm Vanderheyden
 ESC \$19/person
 Mon, Apr 22 6:30-8 pm Vanderheyden
 ESC \$19/person

Avoiding the Unseen Obstacle Course When Selling Your Home in Today's Market

Think selling your home is easy today? If you don't pay attention to these details, you could face both a financial loss and liability exposure you don't want. Uncover the ways to position yourself to WIN when the time comes!

Tue, Jan 23 6:30-8 pm Vanderheyden
 ESC \$19/person
 Tue, Apr 23 6:30-8 pm Vanderheyden
 ESC \$19/person

NEW! Should I Stay or Should I Go? Steps to Review Your Housing Needs for Today & Tomorrow

We will be discussing lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risks or should I go - moving to a home option that may be handicapped accessible, single level living? You will take an assessment and we'll give you the tools to make educated decisions.

Thu, Feb 8 6-7:30 pm Kavlie
 ESC \$19/person

Mosaic Butterfly, Dragonfly or Lizard

Create a stained glass mosaic butterfly, dragonfly or lizard and add a piece of custom artwork to your home or garden. This is a thoughtful, handmade gift or a beautiful addition to your own home. Bring an old towel, rubber gloves and dress to get messy. \$25 supply fee payable to instructor at class.

Thu, Mar 21 6-9 pm Decker
 OMS \$39/person

Simple Actions to Maximize Your Home Value

Are you considering selling your home? Don't make any changes to your home or make costly repairs before taking this class! Discover the best places to focus your home preparation efforts. Take this class to ensure your home appeals to today's home buyers by taking simple steps and minimizing costs.

Wed, Apr 3 7-8:30 pm Hoem
 MGSB \$19/person

Mosaic Birdbath

Create a colorful birdbath to entice birds to your yard. Decorate a terra cotta saucer with mosaic tiles to suit your taste. It can then be placed on a wrought iron stand which can be purchased locally and is beautiful when completed. Wear clothes that can get dirty. A \$25 supply fee is payable to instructor at class.

Tue, May 21 6-9 pm Decker
 OMS \$39/person

Raised Bed Square Foot Gardening

Growing your own vegetables can be easy and fun with a raised bed square foot garden. This class covers: getting started, choosing a raised bed that right for you, planting and harvesting advice, rotating crops and choosing companion plants. Plus, receive a 3-year garden journal with tips, planning pages and record keeping for your personal garden (\$15 value). Suitable for any level of experience.

Thu, Apr 4 6:30-8:30 pm Balhorn
ESC \$39/person

NEW! Online: Container Garden Like a Pro

This class is held via Zoom. Please provide your email address when enrolling. You'll be sent login information a few days prior to your class. Professional gardener and photographer, Michelle Mero Riedel, will help you discover fast growing, vigorous, nursery-quality plants with season long color. She'll intersperse her discussions with image after image of beautiful combinations that are easily created. A detailed color handout of each container design recipe is provided and there's plenty of time for questions. This is the perfect antidote to a long winter. Ask your favorite garden buddy to join you for this online discussion class and you can share the excitement and fun as you begin to plan your summer containers!

Wed, Mar 20 7-8:30 pm Mero Riedel
Online \$29/person

NEW! Online: Pruning Trees & Shrubs

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Please note that each class is taught live online. Trees and shrubs are an investment that can improve the beauty of your home landscape, but require pruning and regular maintenance for a long life. Understanding tree growth habits, we will show why, how and when you can do corrective pruning as well as techniques to care for and prune shade trees, evergreens and fruit trees. Shrubs can often get too large, crowd sidewalks and make your yard look unkempt. Learn techniques for pruning and rejuvenating shrubs to help show off the beauty of your home.

Mon, Mar 4 6:30-8:30 pm Richtman
Online \$35/person

NEW! Online: Backyard Fruits

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Please note that each class is taught live online. Would you like to grow strawberries, blueberries or other fruit in your own backyard? Learn how easy it is to select fruit varieties appropriate for Minnesota; to plant, prune, and maintain the plants for health and maximum yield; and to control insects and disease to ensure a fruitful crop. You'll discuss strawberries and raspberries in detail, as well as blueberries, apples, cherries, plums and honeyberries.

Wed, Mar 6 6:30-8:30 pm Richtman
Online \$35/person

NEW! Online: Vegetable Gardening for Beginners

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Please note that each class is taught live online. Learn the basics of vegetable gardening to successfully grow fresh produce. Practical, simple advice on where to begin such as: what defines a good location, the right size garden bed, soil preparation, deciding what to plant, buying seeds or transplants, how & when to plant, best time to harvest and much more. Using University of Minnesota research-based information and the instructor's many years of successes and failures, this class will get you excited to grow and harvest your own vegetables.

Mon, Mar 11 6:30-8 pm Richtman
Online \$29/person

NEW! Online: Blueberries In Your Backyard

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Please note that each class is taught live online. Blueberries are such a carefree shrub that it's a wonder more people don't grow them. They are long-lived and generally free of disease and insect problems. Learn how to easily provide the acidic soil that blueberries love. You will also learn about site requirements, soil preparation, cultivars for our climate, buying plants, pruning, and seasonal protection from birds, rabbits and winter temperatures.

Tue, Mar 19 6:30-8 pm Richtman
Online \$29/person

NEW! Online: Grow Your Own Vegetables

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Please note that each class is taught live online. You'll learn how easy it is to grow your own vegetables, including tips on site selection, soil preparation, fertilizer, garden design and layout. You'll learn why when you plant makes a difference. We'll discuss the essentials of disease, pest and weed control techniques, composting, the best time to harvest and how to extend the growing season.

Mon, Mar 25 6:30-8:30 pm Richtman
Online \$35/person

NEW! Online: Successful Composting

This is an online class held via Zoom. Please make sure you have a current email on file so we can send you the link and PDF handouts prior to class. Please note that each class is taught live online. Plan now to be ready to compost yard waste! Composting is a microbial process that converts plant material such as grass clippings and leaves to a more usable organic soil amendment or mulch. Many homeowners are finding it convenient and economical to compost leaves and grass clippings in their own backyards. Learn how to build and maintain a compost pile including troubleshooting tips and how to use the completed compost in your yard or garden.

Wed, Mar 20 6:30-7:30 pm Richtman
Online \$25/person

Enrollment Form

Participant Name _____

Student Birthdate: _____/_____/_____ 23/24 grade _____ (students only)

Email Address: (for registration confirmation) _____

Address: _____
street city state zip

Phones: (_____) _____ (_____) _____
work cell/home

METHOD OF PAYMENT

Cash Check # _____ Payable to ISD 279 (ACH - auto payment taken out immediately)

Visa Discover MasterCard Am Ex Name on card: _____

Card Number: _____ - _____ - _____

Exp Date: _____/_____

Mail to:
Educational Service Center
11200 93rd Ave N
Maple Grove, MN 55369
Attn: Comm Ed Enrichment

Signature: _____

CLASS INFORMATION

Class/Event Title: _____

Start Date: _____/_____/24 Fee \$ _____

Class/Event Title: _____

Start Date: _____/_____/24 Fee \$ _____

Class/Event Title: _____

Start Date: _____/_____/24 Fee \$ _____

Class/Event Title: _____

Start Date: _____/_____/24 Fee \$ _____ **TOTAL DUE** \$ _____

ADULT CLASS POLICIES

Class Confirmation - Enroll Early

We recommend enrolling at least one week prior to class start. You must include an email address for a class confirmation and/or receipt.

Canceling more than 5 business days before first day of class:

- 100% refund less \$5 processing fee

Canceling less than 5 business days before first day of class:

- 50% refund less \$5 processing fee

Canceling on first day of class:

- No refund

Canceling after class has started:

- No refund
- For online classes: if you've received Zoom information and wish to cancel, you will not receive a refund.
- Cooking classes **require** 8+ business day advance cancellation.
- Refunds are not given for missed classes or COVID-19 exposure.

Building Entrances

Please use the entrance information from your class confirmation or listed at the right.

Weather

Check WCCO 830 AM radio or TV for cancellations as well as your email or text messages (if you have a phone or email on file).

Room Numbers

Follow the posted signs to your classroom or ask the building supervisor located near the entrance.

NOTE: ISD 279 is tobacco & alcohol-free per Policy 921.

ESC - Educational Service Center

11200 93rd Ave N

Maple Grove, MN 55369

Enter main door - Door 1

PCSH - Park Center Senior High

7300 Brooklyn Blvd

Brooklyn Park, MN 55443

Enter off Noble Ave - Door L

OMS - Osseo Middle School

10223 93rd Ave N

Osseo, MN 55369

Enter East side - Door 17

OSH - Osseo Senior High

317 Second Ave NW

Osseo, MN 55369

Enter North side - Door 2

MGMS - Maple Grove Middle School

7000 Hemlock Ln

Maple Grove, MN 55369

Enter East side - Door 23

MGS - Maple Grove Senior High

9800 Fernbrook Ln

Maple Grove, MN 55369

Enter main door - Door A

YOUTH CLASS POLICIES

Check-In & Snack

Students must report directly to the cafeteria for attendance and snack (included in fee) before class begins. If you're coming from another location, enter through main office and tell them you're there for class.

Class Confirmation - Enroll Early

We recommend enrolling at least one week prior to class start. You must include an email address to receive a class confirmation and/or receipt.

School Notification - IMPORTANT!

Please write a note to your child's teacher informing them that he/she is taking a class after school.

Behavior

All students must act respectful, be cooperative and safe. Those behaving in disrespectful ways may not be able to attend future enrichment programs.

Weather

Check WCCO 830 AM radio or TV for cancellations as well as your email or text messages (if you have a phone or email on file).

Late Fees

\$10 for the first 10 min. and \$1 per min. thereafter. We'll contact you to collect payment in full. Please make a plan for bad weather and send someone as needed.

Absence

If your student is absent from school, please notify us at (763) 391-7242 or TorenJ@District279.org.

Canceling more than 5 business days before first day of class:

- 100% refund less \$5 processing fee

Canceling less than 5 business days before first day of class:

- 50% refund less \$5 processing fee

Canceling on first day of class:

- No refund

Canceling after class has started:

- No refund
- For online classes: if you've received Zoom information and wish to cancel, you will not receive a refund.
- Refunds are not given for missed classes or COVID-19 exposure.

Pick-up

Enter and let the greeter know who you're picking up. Use assigned door (*typically Kidstop door*), have ID ready, and be on-time. Only adults listed as emergency contacts may pick up your child. If we don't have proper contact information or cannot reach anyone, we'll keep your child with us until we do.

Attendance

Parents/guardians are unable to attend classes with a child. We encourage all students to participate independently. Please contact us if you have a specific need.

Outstanding Balances

If you have an outstanding balance in another Comm Ed program you will not be able to enroll in an enrichment program until that is paid.

NEW! Artventures Club

From a vibrant pop art dog to fascinating art history and a powerful unicorn, there's so much to learn and love. We prioritize proper technique and color selection in every lesson. You will not only enhance your skills but also have a blast personalizing cool drawings like soccer players and robots.

Wed, Jan 10-31 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts

Jr STEM Club: Session 1

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes mechanical, civil, aerospace & chemical engineering lessons.

Thu, Jan 18-Feb 15 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz *Skip 2/8*

NEW! KidsArt's Creator Club

Use white charcoal to draw a snowshoe hare that is camouflaged in the snow. Design an out of this world space scene on velour paper, and use color pencils and crayons to create a picture of a cuddly sloth.

Fri, Jan 19-Feb 23 3:30-4:30 pm \$95/person
Gr K-5 KidzArt

Robotics 2.2

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap and the predator to hunt. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century learning skills like STEM, teamwork and problem solving. LEGO® is a trademark of the LEGO Group of companies which doesn't sponsor or endorse this site or program.

Mon, Jan 22-Mar 18 3:30-4:30 pm \$95/person
Gr 1-5 {YEL!} *Skip 2/5-19*

NEW! Ultimate Clay Studio

Get ready for hands-on fun! Learn how to sculpt, coil, slab and pinch clay to make super cute creations out of air-dry clay.

Wed, Feb 28-Mar 20 3:30-4:30 pm \$79/person
Gr K-5 Abrakadoodle

Jr STEM Club: Session 2

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical & chemical engineering.

Thu, Feb 29-Mar 21 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

NEW! Artarama

Experiment with different artistic mediums. Create a 3-D sculpture using wire and model magic, learn to draw quails on a sparkling background and use crayons on sandpaper to draw a day at the beach.

Fri, Mar 1-Apr 26 3:30-4:30 pm \$95/person
Gr K-5 KidzArt *Skip 3/8, 3/29, 4/19*

After School Soccer

Come join a very player-centered and fun afterschool soccer program. Our high energy coaches take you through skills that include dribbling, shooting and small sided games 2v2-6v6. Build your confidence with every touch of the ball. Daily challenges are incorporated to keep you engaged and active during the spring months. Coach Gordon Ferguson will lead this program. For more information, contact him at fergie@kickersfc.org or call 763-439-3880.

Wed, Mar 6-20 3:30-4:30 pm \$35/person
Gr K-5 Ferguson

Robotics 2.3

Build a better, safer world. Focus on keeping civilization safe by building and programming an automatic flood gate, an earthquake machine and designing your own city-safety features. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century learning skills like STEM, teamwork and problem solving. LEGO® is a trademark of the LEGO Group of companies which doesn't sponsor or endorse this site or program.

Mon, Apr 8-May 20 3:30-4:30 pm \$95/person
Gr 1-5 {YEL!} *Skip 5/6*

Home Alone Safety

Learn the important responsibilities of being safe alone-at-home. Topics include basic first aid, fire and kitchen safety, internet safety, small and large emergencies, stranger danger, sibling arguments and more. You will receive a handout to take home.

Tue, Apr 9 3:30-5:15 pm \$35/person
Ages 8+ Timm

Jr STEM Club: Session 3

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical, civil & aerospace Engineering.

Thu, Apr 11-May 2 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

Family Paint Night: Monet's Bridge & Cupcakes

Bring your family together and learn to paint like Claude Monet by creating a beautiful garden with step-by-step instruction. Use acrylic paints on an 11"x14" canvas to create your own masterpiece and enjoy a cupcake as your paintings dry. Fee is per person.

Mon, Apr 15 6-7:15 pm \$29/person
Ages 6+ KidzArt

NEW! DASH Sports Lacrosse

Experience the game of lacrosse. Learn basic lacrosse fundamentals including stick handling, cradling, passing, and shooting, all in a fun, non-checking environment. This is a non-contact class, helmets and gloves are not required, but can be brought with and worn. Sticks and balls are provided.

Thu, May 9-30 3:30-4:30 pm \$79/person
Gr 1-5 DASH Sports

NEW! DASH Sports Floor Hockey

Enjoy a well-rounded hockey experience covering a broad range of skills training and skill-based games. You will be taught how to properly stickhandle, pass, shoot, and play defense in a fun and positive environment. Bring a water bottle. Sticks and pucks are provided.

Wed, Jan 17-Feb 7 3:30-4:30 pm \$79/person
Gr 1-5 DASH Sports

TGA Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Thu, Jan 18-Feb 29 3:30-4:30 pm \$135/person
Gr K-5 TGA *Skip 2/9*
Mon, Apr 8-May 20 3:30-4:30 pm \$135/person
Gr K-5 TGA *Skip 5/6*

TGA Tennis

Learn tennis in a fun and safe environment. We help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Top-notch equipment and materials are provided. All skill levels have the chance to come out and play.

Tue, Jan 23-Mar 5 3:30-4:30 pm \$135/person
Gr K-5 TGA *Skip 2/6*

Chess Club

New and returning students welcome. Learn, practice and play chess. Winter session focuses on advanced beginner and intermediate concepts. {YEL!}'s Teach It! Practice It! Play It!® classroom method keeps you on track with 60+ chess lessons and puzzles each week as well as guided games and class tournaments. Fee includes ChessKid.com membership for the session (\$49 annual value). THINK, LEARN and PLAY WELL with {YEL!}.

Tue, Jan 23-Mar 19 3:30-4:30 pm \$135/person
Gr K-5 {YEL!} *Skip 2/6*
Tue, Apr 9-May 28 3:30-4:30 pm \$135/person
Gr K-5 {YEL!} *Skip 2/6*

Discover the Magic of Spanish (8 week)

The road to Spanish language learning success begins now! Set off to the bustling city of Madrid with Vamos por la Ciudad, (Let's go to the City!). Learn vocabulary about sports, health and pastimes. Your journey also includes playing soccer, eating Spanish tapas, sports at the school and activities in the park. Authentic phrases and conversation are reinforced.

Wed, Feb 14-Apr 10 3:30-4:30 pm \$149/person
Gr K-5 Futura *Skip 3/27*

Family Paint Night: Northern Lights & Cookies

Paint a magical winter night with a sky full of northern lights, mountains and a polar bear. Use acrylic paints, including fluorescent colors, to paint your winter landscape on an 11x14" canvas. Enjoy a cookie dessert while your painting dries. Fee is per person; everyone paints!

Mon, Mar 11 6-7:15 pm \$29/person
Ages 6+ KidzArt

NEW! Willy Wonka Kids

The delicious adventures experienced by Charlie Bucket on his visit to Willy Wonka's chocolate factory light up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film starring Gene Wilder, in addition to a host of fun new songs, Willy Wonka KIDS is a scrumdilyumptious musical guaranteed to delight everyone's sweet tooth. Follow candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. This show has a flexible cast size with many featured and ensemble roles, including the singing/dancing Oompa-Loompas. Great experience if you want to create something special! Auditions held the first few days of rehearsals. There will be two shows for friends/family. Costumes included in fee; students provide base layer. Everyone receives a part.

Tue: Mar 19, Apr 2, 9, 16, 23, 30, May 7 3:30- 5 pm
Thu: Mar 14, 21, Apr 4, 11, 18, 25, May 2 3:30- 5 pm
Tech Rehearsal: Thu, May 9 @ Maple Grove Middle
Performances: Fri, May 10 @ 7 pm; Sat, May 11 @ 2 pm
Gr 2-5 Stages Theatre \$195/person

NEW! TGA Pickleball

Similar to tennis, this is a fast-paced, fun and successful sport for all ages. We teach the fundamentals using real equipment (provided) and allow you to learn through interactive games, drills and real matches. Explore academic concepts through gameplay while practicing some life skills such as sportsmanship, integrity and perseverance. TGA creates a safe environment and allows for individualized attention.

Wed, Apr 3-May 8 3:30-4:30 pm \$135/person
Gr K-5 TGA

NEW! DASH Sports Track & Field

Practice several track & field events such as sprinting, throwing, relay running, jumping and distance running. Emphasis is on your technique and proper form. Classes include different types of physical activities, drills, and games tailored specifically to enhance overall track and field performance. Bring a water bottle and wear athletic shoes.

Fri, Apr 12-May 10 3:30-4:30 pm \$79/person
Gr 1-5 DASH Sports *Skip 4/19*

NEW! DASH Sports Best Phy Ed Games

Experience fun and exercise while you play your favorite physical education games including Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks & Minnows, Soccer and more. Learn teamwork and values such as respect, hustle and pride.

Wed, Feb 26-Mar 18 3:30-4:30 pm \$79/person
Gr 1-5 DASH Sports

Chess Club - CEDAR ISLAND

New and returning students welcome. Learn, practice and play chess. We'll focus on advanced beginner and intermediate concepts. {YEL!}'s Teach It! Practice It! Play It!® classroom method keeps you on track with 60+ chess lessons and puzzles as well as guided games and tournaments. ChessKid.com membership included.

Mon, Jan 8-Mar 18 4:10-5:10 pm \$135/person
Gr K-5 {YEL!} Skip 1/15, 2/5, 2/19
Mon, Apr 1-May 20 4:10-5:10 pm \$119/person
Gr K-5 {YEL!} Skip 5/6

After School Soccer - CEDAR ISLAND

Our high energy coaches take you through skills that include dribbling, shooting and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges keep you engaged and active during the spring. Coach Ferguson will lead this program. For more info, contact fergie@kickersfc.org or call 763-439-3880.

Wed, Jan 10-24 4:10-5:10 pm \$35/person
Gr K-5 Ferguson

Art Club Reloaded - CEDAR ISLAND

Learn tricks that make art magic and cool art techniques and effects as you draw, paint and sculpt artistic masterpieces. Watercolor, air-dry clay and more are included.

Thu, Jan 25-Feb 22 4:10-5:10 pm \$79/person
Gr K-5 Abrakadoodle Skip 2/8

FSA Basketball Little Shooters - EDINBROOK

This beginner level basketball program encourages you to learn cooperative play and fundamental basketball. Drills are age/skill-level appropriate. FSA coaches guide with 5 core values: relationships, discipline, dedication, communication and integrity.

Tue, Jan 9-Feb 20 3:30-4:45 pm \$79/person
Gr K-2 FSA Skip 1/23, 1/30

FSA Basketball Open Runs - EDINBROOK

Designed to emphasize the concepts of playground ball. Participate in basketball skill challenges focusing on shooting, passing and dribbling stations followed by small-sided games that include 1:1, twenty-one and 3:3.

Thu, Jan 11-Feb 22 3:30-4:45 pm \$95/person
Gr 3-5 FSA Skip 2/8

Chess Club - EDINBROOK

New and returning students welcome. Learn, Practice and Play chess each class. {YEL!}'s Teach It! Practice It! Play It!® classroom method keeps students on track with new chess lessons and puzzles each week as well as guided games and in-class tournaments. Fee includes ChessKid.com membership for the session.

Fri, Jan 19-Mar 15 3:30-4:30 pm \$135/person
Gr K-5 {YEL!} Skip 3/8
Fri, Apr 5-May 31 3:30-4:30 pm \$135/person
Gr K-5 {YEL!} Skip 4/19

Art Club Reloaded - EDINBROOK

Learn tricks that make art magic and cool art techniques and effects as you draw, paint and sculpt artistic masterpieces. Watercolor, air-dry clay and more are included.

Wed, Jan 24-Feb 14 3:30-4:30 pm \$79/person
Gr 1-5 Abrakadoodle

NEW! DASH Sports Best Phy Ed Games - CEDAR ISLAND

Experience fun while you play your favorite physical education games including Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks and Minnows, Soccer and more. Learn teamwork and values such as respect, hustle and pride.

Tue, Feb 13-Mar 5 4:10-5:10 pm \$79/person
Gr 1-5 DASH Sports

Discover the Magic of Spanish (8 week) - CEDAR ISLAND

The road to Spanish language learning success begins now! Set off to the bustling city of Madrid with Vamos por la Ciudad, (Let's go to the City!). Learn vocabulary about sports, health and pastimes. Your journey also includes playing soccer, eating Spanish tapas, sports at the school and activities in the park. Authentic phrases and conversation are reinforced.

Wed, Feb 14-Apr 10 8:20-9:20 am \$149/person
Gr K-5 Futura Skip 3/27

Skyhawks Basketball - CEDAR ISLAND

This skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player and teach sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Mon, Mar 18-Apr 1 4:10-5:10 pm \$85/person
Gr 1-5 Skyhawks Skip 3/25

NEW! Art Studio - CEDAR ISLAND

There's no better way to get creative this spring than with this fun Young Rembrandts cartoon class. Learn drawing and animating dinosaur expressions and funny anime characters. Learn how to draw dynamic figures and action-filled scenes. Your funny bone will be tickled when you see the humorous, floral-inspired personas created in our flower characters lesson. And you'll have an enormous amount of fun as we draw cartoon animals of all shapes and sizes doing your favorite hobbies.

Tue, Apr 9-30 4:10-5:10 pm \$69/person
Gr K-5 Young Rembrandts

Home Alone Safety - CEDAR ISLAND

Learn the important responsibilities of being safe alone-at-home. Topics include first aid, fire and kitchen safety, internet safety, small and large emergencies, stranger danger & sibling arguments. You'll also get a handout.

Tue, Apr 16 4:10-5:55 pm \$35/person
Ages 8+ Timm

NEW! Ultimate Clay Studio - CEDAR ISLAND

Get ready for some hands-on fun! Learn how to sculpt, coil, slab and pinch clay to make super cute creations out of air-dry clay.

Wed, May 8-29 4:10-5:10 pm \$79/person
Gr K-5 Abrakadoodle

NEW! Willy Wonka Kids

The delicious adventures experienced by Charlie Bucket on his visit to Willy Wonka’s chocolate factory light up the stage in this captivating adaptation of Roald Dahl’s fantastical tale. Featuring the enchanting songs from the 1971 film starring Gene Wilder, in addition to a host of fun new songs, Willy Wonka KIDS is a scrumdilyumptious musical guaranteed to delight everyone’s sweet tooth. Follow candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. This show has a flexible cast size with many featured and ensemble roles, including the singing/dancing Oompa-Loompas. Great experience if you want to create something special! Auditions held the first few days of rehearsals. There will be two shows for friends/family. Costumes included in fee; students provide base layer. Everyone receives a part.

Mon: Jan 22, 29, Feb 12, 26, Mar 4, 11 3:30- 5 pm
 Wed: Jan 17, 24, 31, Feb 7, 14, 21, 28, Mar 6 3:30- 5 pm
 Tech Rehearsal: Wed, Mar 13 @ Maple Grove Middle
 Performances: Fri, Mar 15 @ 7 pm; Sat, Mar 16 @ 2 pm
 Gr 2-5 Stages Theatre \$195/person

Chess Club

New and returning students welcome. Learn, practice and play chess. Winter session focuses on advanced beginner and intermediate concepts. {YEL!}'s Teach It! Practice It! Play It!® classroom method keeps you on track with 60+ chess lessons and puzzles each week as well as guided games and class tournaments. Fee includes ChessKid.com membership for the session (\$49 annual value). THINK, LEARN and PLAY WELL with {YEL!}.

Thu, Jan 25-Mar 21 3:30-4:30 pm \$135/person
 Gr K-5 {YEL!} Skip 3/14
 Thu, Apr 4-May 23 3:30-4:30 pm \$135/person
 Gr K-5 {YEL!}

Discover the Magic of Spanish (8 week)

The road to Spanish language learning success begins now! Set off to the bustling city of Madrid with Vamos por la Ciudad, (Let’s go to the City!). Learn vocabulary about sports, health and pastimes. Your journey also includes playing soccer, eating Spanish tapas, sports at the school and activities in the park. Authentic phrases and conversation are reinforced.

Wed, Feb 7-Apr 10 3:30-4:30 pm \$149/person
 Gr K-5 Futura Skip 3/6, 3/27

NEW! Skyhawks Pickleball

Learn how to play the latest popular sport! Pickleball combines elements of tennis, badminton and ping-pong into a fun new court game! You will learn the rules of Pickleball along with similar skills and games that you can use in multiple racquet sports. If you have your own racquet, you can bring it or one will be provided to use.

Thu, Feb 15-Mar 7 3:30-4:30 pm \$85/person
 Gr K-5 Skyhawks

Skyhawks Basketball

This exciting and skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Wed, Mar 20-Apr 17 3:30-4:30 pm \$65/person
 Gr 1-5 Skyhawks Skip 3/27, 4/10

Home Alone Safety

Learn the important responsibilities of being safe alone-at-home. Topics include first aid, fire and kitchen safety, internet safety, small and large emergencies, stranger danger & sibling arguments. You’ll also get a handout.

Mon, Apr 22 3:30-4:30 pm \$35/person
 Ages 8+ Timm

NEW! Skyhawks Track & Field

Join us after school and participate in track & field drills that will prepare you for a future in cross-country, track and field events, distance running - while inspiring a love for running and being active. Learn the fundamentals of body positioning, stride, proper stretching and cool-down techniques are all covered.

Wed, Apr 24-May 15 3:30-4:30 pm \$85/person
 Gr 1-5 Skyhawks



Online osseo.ce.eleyo.com



Phone 763-391-7242

Jr STEM Club: Session 1

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes mechanical, civil, aerospace & chemical engineering lessons.

Tue, Jan 16-Feb 6 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

NEW! DASH Sports Floor Hockey

Enjoy a well-rounded hockey experience covering a broad range of skills training and skill-based games. You will be taught how to properly stickhandle, pass, shoot and play defense in a fun and positive environment. Bring a water bottle. Sticks and pucks are provided.

Tue, Jan 16-Feb 6 3:30-4:30 pm \$79/person
Gr 1-5 DASH Sports

NEW! Artventures Club

From a vibrant pop art dog to fascinating art history and a powerful unicorn, there's so much to learn and love. We prioritize proper technique and color selection in every lesson. You will not only enhance your skills but also have a blast personalizing cool drawings like soccer players and robots.

Fri, Jan 19-Feb 9 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts

Jr STEM Club: Session 2

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical & chemical engineering.

Tue, Feb 20-Mar 19 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz *Skip 3/12*

NEW! DASH Sports Best Phy Ed Games

Experience fun and exercise while you and your friends play your favorite physical education games including Capture the Flag, Kickball, Dodgeball, Tag Games, Ultimate Frisbee/Football, Sharks & Minnows, Soccer and more. Learn teamwork and values such as respect, hustle and pride.

Fri, Feb 23-Mar 22 3:30-4:30 pm \$79/person
Gr 1-5 DASH Sports *Skip 3/8*

"Art is a place for children to learn to trust their ideas, themselves, and to explore what is possible." ~ Maryann F Kohl



Online osseo.ce.eleyo.com



Phone 763-391-7242

NEW! Ultimate Clay Studio

Get ready for some hands-on fun! Learn how to sculpt, coil, slab and pinch clay to make super cute creations out of air-dry clay.

Mon, Feb 26-Mar 18 3:30-4:30 pm \$79/person
Gr K-5 Abrakadoodle

After School Soccer

Come join a very player-centered and fun afterschool soccer program. Our high energy coaches take you through skills that include dribbling, shooting and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges are incorporated to keep you engaged and active during the spring months. Coach Gordon Ferguson will lead this program. For more information, contact him at fergie@kickersfc.org or call 763-439-3880.

Mon, Apr 8-29 3:30-4:30 pm \$39/person
Gr K-5 Ferguson

NEW! Art Studio

There's no better way to get creative this spring than with this fun Young Rembrandts cartoon class. Learn drawing and animating dinosaur expressions and funny anime characters. Learn how to draw dynamic figures and action-filled scenes. Your funny bone will be tickled when you see the humorous, floral-inspired personas created in our flower characters lesson. And you'll have an enormous amount of fun as we draw cartoon animals of all shapes and sizes doing your favorite hobbies.

Mon, Apr 8-29 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts

Jr STEM Club: Session 3

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical, civil & aerospace Engineering.

Tue, Apr 9-30 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz



NEW! Frozen Kids

Do you want to build a snowman? Enjoy a heartwarming stage adaptation of the celebrated animated film. Join Anna, Elsa, Olaf, Sven, and all of your favorite characters as they embark on an epic, ice-filled journey of self-discovery, camaraderie and the real meaning of true love. The musical includes some of your favorite songs. It's a great show if you enjoy singing, dancing and creating different characters. It's a great chance for any student who wants to work to make something special! All students receive a part. Space is limited to 45 students and you must be pre-registered before first rehearsal. The BEAT (Bunce Educational Adventure Theater) will provide trained theater staff who will lead students through a musical theater experience that will promote problem-solving skills, cooperation, leadership and confidence. Auditions for lead characters are held on the first day. Costumes provided; students provide a base layer. If family commitments/ holidays will prevent you from attending rehearsals, it's recommended you not enroll.

Tue: Jan 16, 23, 30	3:30- 5:30 pm
Wed: Jan 17, 24, 31	3:30- 5:30 pm
Thu: Jan 18, 25, Feb 1	3:30- 5:30 pm
Tech Rehearsal: Fri, Feb 2	5-7:15 pm @ MGMS
Free Performance: Sat, Feb 3	2 pm @ MGMS (<i>cast arrives at 12 pm</i>)
Gr 2-5	The BEAT

Chess Club

New and returning students welcome. Learn, practice and play chess. Winter session focuses on advanced beginner and intermediate concepts. {YEL!}'s Teach It! Practice It! Play It!® classroom method keeps you on track with 60+ chess lessons and puzzles each week as well as guided games and class tournaments. Fee includes ChessKid.com membership for the session (\$49 annual value). THINK, LEARN and PLAY WELL with {YEL!}.

Fri, Jan 19-Mar 15	3:30-4:30 pm	\$135/person
Gr K-5	{YEL!}	<i>Skip 3/8</i>
Fri, Apr 5-May 31	3:30-4:30 pm	\$135/person
Gr K-5	{YEL!}	<i>Skip 4/19</i>

Family Paint Night: Northern Lights & Cookies

Paint a magical winter night with a sky full of northern lights, mountains, and a polar bear. Use acrylic paints, including fluorescent colors, to paint your winter landscape on an 11x14" canvas. Enjoy a cookie dessert while your painting dries. Fee is per person; everyone paints!

Mon, Feb 12	6-7:15 pm	\$29/person
Ages 6+	KidzArt	

Robotics 2.2

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap and the predator to hunt. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century learning skills like STEM, teamwork and problem solving. LEGO® is a trademark of the LEGO Group of companies which doesn't sponsor or endorse this site or program.

Thu, Feb 15-Mar 21	3:30-4:30 pm	\$95/person
Gr 1-5	{YEL!}	

After School Soccer

Come join a very player-centered and fun afterschool soccer program. Our high energy coaches take you through skills that include dribbling, shooting and small sided games 2v2-6v6. Build your confidence with every touch of the ball. Daily challenges are incorporated to keep you engaged and active during the spring months. Coach Gordon Ferguson will lead this program. For more information, contact him at fergie@kickersfc.org or call 763-439-3880.

Wed, Feb 7-28	3:30-4:30 pm	\$39/person
Gr K-5	Ferguson	

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Thu, Feb 15-Apr 11	3:30-4:30 pm	\$149/person
Gr K-5	Futura	<i>Skip 3/28</i>

Robotics 2.3

Build a better, safer world. Focus on keeping civilization safe by building and programming an automatic flood gate, an earthquake machine and designing your own city-safety features. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century learning skills like STEM, teamwork and problem solving. LEGO® is a trademark of the LEGO Group of companies which doesn't sponsor or endorse this site or program.

Thu, Apr 11-May 16	3:30-4:30 pm	\$95/person
Gr 1-5	{YEL!}	

Family Paint Night: Monet's Bridge & Cupcakes

Bring your family together and learn to paint like Claude Monet by creating a beautiful garden with step-by-step instruction. Use acrylic paints on an 11"x14" canvas to create your own masterpiece and enjoy a cupcake as your paintings dry. Fee is per person.

Wed, Apr 17	6-7:15 pm	\$29/person
Ages 6+	KidzArt	

NEW! Skyhawks Track & Field

Join us after school and participate in track & field drills that will prepare you for a future in cross-country, track and field events, distance running - while inspiring a love for running and being active. Learn the fundamentals of body positioning, stride, proper stretching and cool-down techniques are all covered.

Tue, Apr 23-May 14	3:30-4:30 pm	\$85/person
Gr 1-5	Skyhawks	

Home Alone Safety

Learn the important responsibilities of being safe alone-at-home. Topics include basic first aid, fire and kitchen safety, internet safety, small and large emergencies, stranger danger, sibling arguments and more. You will receive a handout to take home.

Mon, Apr 29	3:30-5:15 pm	\$35/person
Ages 8+	Timm	

Jr STEM Club: Session 1

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes mechanical, civil, aerospace & chemical engineering lessons.

Wed, Jan 17-Feb 7 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

TGA Tennis

Learn tennis in a fun and safe environment. We help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Top-notch equipment and materials are provided. All skill levels have the chance to come out and play.

Mon, Jan 22-Mar 18 3:30-4:30 pm \$135/person
Gr K-5 TGA Skip 2/5, 2/19, 3/4

NEW! Artventures Club

From a vibrant pop art dog to fascinating art history and a powerful unicorn, there's so much to learn and love. We prioritize proper technique and color selection in every lesson. You will not only enhance your skills but also have a blast personalizing cool drawings like soccer players and robots.

Wed, Feb 7-28 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts

NEW! Skyhawks Pickleball

Learn how to play the latest popular sport! Pickleball combines elements of tennis, badminton and ping-pong into a fun new court game! You will learn the rules of Pickleball, along with similar skills and games that you can use in multiple racquet sports. If you have your own racquet, you can bring it or one will be provided.

Tue, Feb 20-Mar 12 3:30-4:30 pm \$65/person
Gr K-5 Skyhawks Skip 3/5

Jr STEM Club: Session 2

All new lessons! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical & chemical engineering.

Wed, Feb 21-Mar 13 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz



Skyhawks Basketball

This skill-intensive program is designed for beginning to intermediate players. Using our curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and defense through skill-based instruction and small-sided scrimmages.

Tue, Apr 2-16 3:30-4:30 pm \$65/person
Gr 1-5 Skyhawks

Jr STEM Club: Session 3

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical, civil & aerospace Engineering.

Wed, Apr 10-May 1 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

NEW! FSA Baseball Academy Diamond Dash

Diamond Dash is an interactive game that utilizes squishy-sized baseballs/softballs to develop baseball situational awareness. Learn the rules and nuances of baseball and softball in small groups. Diamond Dash improves hand-eye coordination, throwing, catching and quick decision-making based on the balls location and baserunners position. Emphasis is on teamwork, communication and sportsmanship.

Wed, Apr 10-May 8 3:30-4:45 pm \$79/person
Gr K-2 FSA

TGA Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Thu, Apr 11-May 16 3:30-4:30 pm \$135/person
Gr K-5 TGA

NEW! DASH Sports Lacrosse

Experience the game of lacrosse. Learn basic lacrosse fundamentals including stick handling, cradling, passing and shooting, all in a fun, non-checking environment. This is a non-contact class, helmets and gloves are not required, but can be brought with and worn. Sticks and balls are provided.

Mon, Apr 22-May 20 3:30-4:30 pm \$79/person
Gr 1-5 DASH Sports Skip 5/6

NEW! Ultimate Clay Studio

Get ready for hands-on fun! Learn how to sculpt, coil, slab and pinch clay to make super cute creations out of air-dry clay.

Tue, Apr 30-May 21 3:30-4:30 pm \$79/person
Gr K-5 Abrakadoodle



Online osseo.ce.eleyo.com



FSA Basketball Little Shooters

This beginner level basketball program encourages you to learn cooperative play and fundamental basketball. Drills are age and skill-level appropriate. FSA coaches are guided by five core values: relationships, discipline, dedication, communication and integrity.

Wed, Jan 10-Feb 28 4:10-5:25 pm \$105/person
Gr K-2 FSA Skip 2/21

NEW! DASH Sports Floor Hockey

Enjoy a well-rounded hockey experience covering a broad range of skills training and skill-based games. You will be taught how to properly stickhandle, pass, shoot and play defense in a fun and positive environment. Bring a water bottle. Sticks and pucks are provided.

Thu, Jan 18-Feb 8 4:10-5:10 pm \$79/person
Gr 1-5 DASH Sports

NEW! Artventures Club

From a vibrant pop art dog to fascinating art history and a powerful unicorn, there's a lot to learn and love. We prioritize proper technique and color selection in every lesson. Enhance your skills and have a blast personalizing cool drawings like soccer players and robots.

Thu, Feb 1-22 4:10-5:10 \$69/person
Gr K-5 Young Rembrandts

Chess Club

Learn, practice and play chess. Winter session focuses on advanced beginner and intermediate concepts. {YEL!}'s Teach It! Practice It! Play It!® classroom method keeps you on track with 60+ chess lessons and puzzles each week as well as guided games and class tournaments. Fee includes ChessKid.com membership for the session (\$49 annual value). THINK, LEARN and PLAY WELL with {YEL!}.

Tue, Jan 23-Mar 12 4:10-5:10 pm \$135/person
Gr K-5 {YEL!}

Tue, Apr 9-May 28 4:10-5:10 pm \$135/person
Gr K-5 {YEL!}

NEW! Ultimate Clay Studio

Get ready for hands-on fun! Learn how to sculpt, coil, slab and pinch clay to make super cute creations out of air-dry clay.

Tue, Feb 27-Mar 19 4:10-5:10 pm \$79/person
Gr K-5 Abrakadoodle

Skyhawks Basketball

This skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player and teach sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Thu, Mar 21-Apr 18 4:10-5:10 pm \$85/person
Gr 1-5 Skyhawks Skip 3/28

NEW! DASH Sports Track & Field

Practice events such as sprinting, throwing, relays, jumping and distance running. Emphasis is on technique and proper form. Sessions have different types of physical activities, drills and games tailored to enhance overall track & field performance. Bring a water bottle and wear athletic shoes.

Wed, Apr 10-May 1 4:10-5:10 pm \$79/person
Gr 1-5 DASH Sports

TGA Tennis

Learn tennis in a fun and safe environment. We help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Top-notch equipment and materials are provided. All skill levels have the chance to come out and play.

Thu, Apr 11-May 16 4:10-5:10 pm \$135/person
Gr K-5 TGA

Home Alone Safety

Learn the responsibilities of being safe alone-at-home. Topics: basic first aid, fire and kitchen safety, internet safety, emergencies, stranger danger, sibling arguments and more. You'll receive a handout for home.

Tue, Apr 23 4:10-5:55 pm \$35/person
Ages 8+ Timm



Phone 763-391-7242

Skyhawks Basketball

This exciting and skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Wed, Jan 10-31 3:30-4:30 pm \$85/person
Gr 1-5 Skyhawks

NEW! DASH Sports Floor Hockey

Enjoy a well-rounded hockey experience covering a broad range of skills training and skill-based games. You will be taught how to properly stickhandle, pass, shoot and play defense in a fun and positive environment. Bring a water bottle. Sticks and pucks are provided.

Fri, Jan 19-Feb 9 3:30-4:30 pm \$79/person
Gr 1-5 DASH Sports

TGA Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Mon, Jan 22-Mar 11 3:30-4:30 pm \$135/person
Gr K-5 TGA Skip 2/5, 2/19

NEW! Skyhawks Pickleball

Learn how to play the latest popular sport! Pickleball combines elements of tennis, badminton and ping-pong into a fun new court game! You will learn the rules of Pickleball, along with similar skills and games that you can use in multiple racquet sports. If you have your own racquet, you can bring it or one will be provided to use.

Wed, Feb 14-Mar 13 3:30-4:30 pm \$85/person
Gr K-5 Skyhawks Skip 2/28

After School Soccer

Come join a very player-centered and fun afterschool soccer program. Our high energy coaches take you through skills that include dribbling, shooting and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges are incorporated to keep you engaged and active during the spring months. Coach Gordon Ferguson will lead this program. For more information, contact him at fergie@kickersfc.org or call 763-439-3880.

Wed, Apr 10-May 1 3:30-4:30 pm \$39/person
Gr K-5 Ferguson

TGA Tennis

Learn tennis in a fun and safe environment. We help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Top-notch equipment and materials are provided. All skill levels have the chance to come out and play.

Tue, Apr 16-May 21 3:30-4:30 pm \$135/person
Gr K-5 TGA

NEW! Skyhawks Track & Field

Join us after school and participate in track & field drills that will prepare you for a future in cross-country, track and field events, distance running - while inspiring a love for running and being active. Learn the fundamentals of body positioning, stride, proper stretching and cool-down techniques are all covered.

Mon, Apr 22-May 20 3:30-4:30 pm \$85/person
Gr 1-5 Skyhawks Skip 5/6

NEW! FSA Baseball Academy Diamond Dash

Diamond Dash is an interactive game that utilizes squishy-sized baseballs/softballs to develop baseball situational awareness. Learn the rules and nuances of baseball/softball in small groups. Diamond Dash improves hand-eye coordination, throwing, catching and quick decision-making based on the balls location and baserunners position. Emphasis is on teamwork, communication and sportsmanship.

Thu, Apr 11-May 9 3:30-4:45 pm \$79/person
Gr K-2 FSA



Online osseo.ce.eleyo.com



Phone 763-391-7242

NEW! Artventures Club

From a vibrant pop art dog to fascinating art history and a powerful unicorn, there's so much to learn and love. We prioritize proper technique and color selection in every lesson. You will not only enhance your skills but also have a blast personalizing cool drawings like soccer players and robots.

Thu, Jan 11-Feb 1 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts

Jr STEM Club: Session 1

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes mechanical, civil, aerospace and chemical engineering lessons.

Mon, Jan 22-Feb 26 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz Skip 2/19

Art Club Reloaded

Learn tricks that make art magic! In this award-winning art program, learn cool art techniques and effects as you draw, paint and sculpt amazing artistic masterpieces. Watercolor, air-dry clay and more are included.

Wed, Apr 10-May 1 3:30-4:30 pm \$79/person
Gr K-5 Abrakadoodle

“Creativity and STEM are not mutually exclusive and, in fact, are so much better together.”

~ Kiki Wolfkill

Jr STEM Club: Session 2

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical and chemical engineering.

Mon, Mar 4-Apr 1 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz Skip 3/25

Jr STEM Club: Session 3

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical, civil and aerospace engineering.

Mon, Apr 8-29 3:30-4:30 pm \$99/person
Gr K-3 Fun Engineerz

NEW! Art Studio

There's no better way to get creative this spring than with this fun Young Rembrandts cartoon class. Learn drawing and animating dinosaur expressions and funny anime characters. Learn how to draw dynamic figures and action-filled scenes. Your funny bone will be tickled when you see the humorous, floral-inspired personas created in our flower characters lesson. And you'll have an enormous amount of fun as we draw cartoon animals of all shapes and sizes doing your favorite hobbies.

Thu, Apr 11-May 2 3:30-4:30 pm \$69/person
Gr K-5 Young Rembrandts



NEW! KidzArt Creator Club

Use white charcoal to draw a snowshoe hare that is camouflaged in the snow. Design an out of this world space scene on velour paper and use color pencils and crayons to create a picture of a cuddly sloth.

Mon, Jan 22-Mar 11 4:10-5:10 pm \$95/person
Gr K-5 KidzArt Skip 2/5, 2/19

Family Paint Night: Northern Lights & Cookies

Paint a magical winter night with a sky full of northern lights, mountains and a polar bear. Use acrylic paints, including fluorescent colors, to paint your winter landscape on an 11x14" canvas. Enjoy a cookie dessert while your painting dries. Fee is per person; everyone paints!

Wed, Feb 7 6-7:15 pm \$29/person
Ages 6+ KidzArt

Robotics 2.2

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap and the predator to hunt. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century learning skills like STEM, teamwork and problem solving. LEGO® is a trademark of the LEGO Group of companies which doesn't sponsor or endorse this site or program.

Wed, Feb 7-Mar 13 4:10-5:10 pm \$95/person
Gr 1-5 {YEL!}

Discover the Magic of Spanish (8 week)

The road to Spanish language learning success begins now! Set off to the bustling city of Madrid with Vamos por la Ciudad, (Let's go to the City!). Learn vocabulary about sports, health and pastimes. Your journey also includes playing soccer, eating Spanish tapas, sports at the school and activities in the park. Authentic phrases and conversation are reinforced.

Mon, Feb 12-Apr 15 4:10-5:10 pm \$149/person
Gr K-5 Futura Skip 2/19, 3/25

NEW! Artarama

Experiment with different artistic mediums. Create a 3-D sculpture using wire and model magic, learn to draw quails on a sparkling background and use crayons on sandpaper to draw a day at the beach.

Mon, Mar 18-Apr 29 4:10-5:10 pm \$95/person
Gr K-5 KidzArt Skip 3/25

NEW! Willy Wonka Kids

The delicious adventures experienced by Charlie Bucket on his visit to Willy Wonka's chocolate factory light up the stage in this captivating adaptation of Roald Dahl's fantastical tale. Featuring the enchanting songs from the 1971 film starring Gene Wilder, in addition to a host of fun new songs, Willy Wonka KIDS is a scrumdilyumptious musical guaranteed to delight everyone's sweet tooth. Follow candy manufacturer Willy Wonka as he stages a contest by hiding golden tickets in five of his scrumptious candy bars. This show has a flexible cast size with many featured and ensemble roles, including the singing/dancing Oompa-Loompas. Great experience if you want to create something special! Auditions held first few days of rehearsals. There will be two shows for friends/family. Costumes included; students provide a base layer. Everyone receives a part.

Mon: Mar 18, Apr 1, 8, 15, 22, 29, May 13 4:10-5:40 pm
Wed: Mar 20, Apr 3, 10, 17, 24, May 1, 8 4:10-5:40 pm
Tech Rehearsal: Thu, May 16 @ Maple Grove Middle
Performances: Fri, May 17 @ 7 pm; Sat, Mar 18 @ 2 pm
Gr 2-5 Stages Theatre \$195/person

Robotics 2.3

Build a better, safer world. Focus on keeping civilization safe by building and programming an automatic flood gate, an earthquake machine and designing your own city-safety features. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century learning skills like STEM, teamwork and problem solving. LEGO® is a trademark of the LEGO Group of companies which doesn't sponsor or endorse this site or program.

Wed, Apr 10-May 15 4:10-5:10 pm \$95/person
Gr 1-5 {YEL!}

NEW! DASH Sports Track & Field

Practice events such as sprinting, throwing, relays, jumping and distance running. Emphasis is on technique and proper form. Sessions have different types of physical activities, drills and games tailored to enhance overall track & field performance. Bring a water bottle and wear athletic shoes.

Thu, Apr 11-May 2 4:10-5:10 pm \$79/person
Gr 1-5 DASH Sports

Family Paint Night: Monet's Bridge & Cupcakes

Bring your family together and learn to paint like Claude Monet by creating a beautiful garden with step-by-step instruction. Use acrylic paints on an 11"x14" canvas to create your own masterpiece and enjoy a cupcake as your paintings dry. Fee is per person.

Mon, Apr 22 6-7:15 pm \$29/person
Ages 6+ KidzArt

Home Alone Safety

Learn the responsibilities of being safe alone-at-home. Topics: basic first aid, fire and kitchen safety, internet safety, emergencies, stranger danger, sibling arguments and more. You'll receive a handout for home.

Tue, May 7 4:10-5:55 pm \$35/person
Ages 8+ Timm



Online osseo.ce.eleyo.com



Phone 763-391-7242

Chess Club

New and returning students welcome. Learn, practice and play chess. Winter session focuses on advanced beginner and intermediate concepts. {YEL!}'s Teach It! Practice It! Play It!® classroom method keeps you on track with 60+ chess lessons and puzzles each week as well as guided games and class tournaments. Fee includes ChessKid.com membership for the session (a \$49 annual value). THINK, LEARN and PLAY WELL with {YEL!}.

Mon, Jan 8-Mar 18	4:10-5:10 pm	\$135/person
Gr K-5	{YEL!}	<i>Skip 1/15, 2/5, 2/19</i>
Mon, Apr 1-May 20	4:10-5:10 pm	\$119/person
Gr K-5	{YEL!}	<i>Skip 5/6</i>

Skyhawks Basketball

This exciting and skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Mon, Jan 8-29	4:10-5:10 pm	\$65/person
Gr 1-5	Skyhawks	<i>Skip 1/15</i>

Jr STEM Club: Session 1

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes mechanical, civil, aerospace & chemical engineering lessons.

Tue, Jan 16-Feb 13	4:10-5:10 pm	\$99/person
Gr K-3	Fun Engineerz	<i>Skip 2/6</i>

NEW! TGA Pickleball

Similar to tennis, this is a fast-paced, fun, and successful sport for all ages. We teach the fundamentals using real equipment (provided) and allow you to learn through interactive games, drills and real matches. Explore academic concepts through gameplay while putting into practice life skills such as sportsmanship, integrity and perseverance. TGA creates a safe environment and allows for individualized attention.

Thu, Jan 18-Mar 7	4:10-5:10 pm	\$135/person
Gr K-5	TGA	<i>Skip 2/8, 2/15</i>

TGA Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Tue, Jan 23-Mar 12	4:10-5:10 pm	\$135/person
Gr K-5	TGA	<i>Skip 2/6, 3/5</i>
Tue, Apr 16-May 21	4:10-5:10 pm	\$135/person
Gr K-5	TGA	

TGA Tennis

Learn tennis in a fun and safe environment. We help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Top-notch equipment and materials are provided. All skill levels have the chance to come out and play.

Wed, Jan 24-Feb 28	4:10-5:10 pm	\$135/person
Gr K-5	TGA	

Jr STEM Club: Session 2

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical & chemical engineering.

Tue, Feb 27-Mar 19	4:10-5:10 pm	\$99/person
Gr K-3	Fun Engineerz	

Jr STEM Club: Session 3

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical, civil & aerospace Engineering.

Tue, Apr 9-30	4:10-5:10 pm	\$99/person
Gr K-3	Fun Engineerz	

NEW! Art Studio

There's no better way to get creative this spring than with this fun Young Rembrandts cartoon class. Learn drawing and animating dinosaur expressions and funny anime characters. Learn how to draw dynamic figures and action-filled scenes. Your funny bone will be tickled when you see the humorous, floral-inspired personas created in our flower characters lesson. And you'll have an enormous amount of fun as we draw cartoon animals of all shapes and sizes doing your favorite hobbies.

Thu, May 2-23	4:10-5:10 pm	\$69/person
Gr K-5	Young Rembrandts	

NEW! DASH Sports Lacrosse

Experience the game of lacrosse. Learn basic lacrosse fundamentals including stick handling, cradling, passing and shooting, all in a fun, non-checking environment. This is a non-contact class, helmets and gloves are not required, but can be brought with and worn. Sticks and balls are provided.

Wed, May 8-29	4:10-5:10 pm	\$79/person
Gr 1-5	DASH Sports	



Online osseo.ce.eleyo.com



Phone 763-391-7242

Skyhawks Basketball

This exciting and skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Thu, Jan 11-Feb 1	4:10-5:10 pm	\$85/person
Gr 1-5	Skyhawks	

Chess Club

New and returning students welcome. Learn, practice and play chess. Winter session focuses on advanced beginner and intermediate concepts. {YEL!}'s Teach It! Practice It! Play It!® classroom method keeps you on track with 60+ chess lessons and puzzles each week as well as guided games and class tournaments. Fee includes ChessKid.com membership for the session (a \$49 annual value). THINK, LEARN and PLAY WELL with {YEL!}.

Thu, Jan 18-Mar 21	4:10-5:10 pm	\$135/person
Gr K-5	{YEL!}	<i>Skip 2/29, 3/7</i>
Thu, Apr 11-May 30	4:10-5:10 pm	\$135/person
Gr K-5	{YEL!}	

NEW! TGA Pickleball

Similar to tennis, this is a fast-paced, fun, and successful sport for all ages. We teach the fundamentals using real equipment (provided) and allow you to learn through interactive games, drills and real matches. Explore relevant academic concepts through gameplay while putting into practice life skills such as sportsmanship, integrity, and perseverance. TGA creates a safe environment and allows for individualized attention.

Tue, Jan 23-Feb 27	4:10-5:10 pm	\$135/person
Gr K-5	TGA	

TGA Golf

TGA (Teach. Grow. Achieve) provides golf instruction making it convenient and affordable to learn golf in a fun and safe environment. Kid-friendly instructors help your child develop golf skills and knowledge through full swing, chipping and putting stations. Equipment and training materials are provided. All skill levels have the chance to come out and play with TGA.

Wed, Jan 24-Feb 21	4:10-5:10 pm	\$115/person
Gr K-5	TGA	

Art Club Reloaded

Learn tricks that make art magic! In this award-winning art program, learn cool art techniques and effects as you draw, paint and sculpt amazing artistic masterpieces. Watercolor, air-dry clay and more are included.

Mon, Apr 8-29	4:10-5:10 pm	\$79/person
Gr K-5	Abakadoodle	<i>Skip 2/8</i>



Online osseo.ce.eleyo.com



Phone 763-391-7242

Discover the Magic of Spanish (8 week)

The road to Spanish language learning success begins now! Set off to the bustling city of Madrid with Vamos por la Ciudad, (Let's go to the City!). Learn vocabulary about sports, health and pastimes. Class includes playing soccer, eating Spanish tapas, sports at the school and activities in the park. Authentic phrases and conversation are reinforced.

Tue, Feb 6-Apr 2	4:10-5:10 pm	\$149/person
Gr K-5	Futura	<i>Skip 3/26</i>

Robotics 2.2

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap and the predator to hunt. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century learning skills like STEM, teamwork and problem solving. LEGO® is a trademark of the LEGO Group of companies which doesn't sponsor or endorse this site or program.

Wed, Feb 7-Mar 13	4:10-5:10 pm	\$95/person
Gr 1-5	{YEL!}	

TGA Tennis

Learn tennis in a fun and safe environment. We help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Top-notch equipment and materials are provided. All skill levels have the chance to come out and play.

Mon, Apr 8-May 20	4:10-5:10 pm	\$135/person
Gr K-5	TGA	<i>Skip 5/6</i>

NEW! FSA Baseball Academy Diamond Dash

Diamond Dash is an interactive game that utilizes squishy-sized baseballs/softballs to develop baseball situational awareness. Learn the rules and nuances of baseball and softball in small groups. Diamond Dash improves hand-eye coordination, throwing, catching and quick decision-making based on the balls location and baserunners position. Emphasis is on teamwork, communication and sportsmanship.

Mon, Apr 8-May 15	4:10-5:25 pm	\$79/person
Gr K-2	FSA	<i>Skip 5/6</i>

Robotics 2.3

Build a better, safer world. Focus on keeping civilization safe by building and programming an automatic flood gate, an earthquake machine and designing your own city-safety features. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century learning skills like STEM, teamwork and problem solving. LEGO® is a trademark of the LEGO Group of companies which doesn't sponsor or endorse this site or program.

Tue, Apr 9-May 14	4:10-5:10 pm	\$95/person
Gr 1-5	{YEL!}	

Home Alone Safety

Learn the responsibilities of being safe alone-at-home. Topics: basic first aid, fire & kitchen safety, internet safety, emergencies, stranger danger, sibling arguments and more. You'll receive a handout for home.

Tue, Apr 30	4:10-5:55 pm	\$35/person
Ages 8+	Timm	

NEW! DASH Sports Floor Hockey

Enjoy a well-rounded hockey experience covering a broad range of skills training and skill-based games. You will be taught how to properly stickhandle, pass, shoot and play defense in a fun and positive environment. Bring a water bottle. Sticks and pucks are provided.

Mon, Jan 8-Feb 12 4:10-5:10 pm \$79/person
Gr 1-5 DASH Sports *Skip 1/15, 2/5*

NEW! Artventures Club

From a vibrant pop art dog to fascinating art history and a powerful unicorn, there's so much to learn and love. We prioritize proper technique and color selection in every lesson. You will not only enhance your skills but also have a blast personalizing cool drawings like soccer players and robots.

Tue, Jan 9-30 4:10-5:10 pm \$69/person
Gr K-5 Young Rembrandts

Jr STEM Club: Session 1

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes mechanical, civil, aerospace and chemical engineering lessons.

Wed, Jan 17-Feb 7 4:10-5:10 pm \$99/person
Gr K-3 Fun Engineerz

NEW! DASH Sports Best Phy Ed Games

Experience fun while you play your favorite physical education games including Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks & Minnows, Soccer and more. Learn teamwork and values such as respect, hustle, and pride.

Thu, Feb 15-Mar 21 4:10-5:10 pm \$79/person
Gr 1-5 DASH Sports *Skip 2/29, 3/9*

Jr STEM Club: Session 2

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical & chemical engineering.

Wed, Feb 21-Mar 13 4:10-5:10 pm \$99/person
Gr K-3 Fun Engineerz

After School Soccer

Come join a very player-centered and fun afterschool soccer program. Our high energy coaches take you through skills that include dribbling, shooting and small sided games 2v2-6v6. Build confidence with every touch of the ball. Daily challenges are incorporated to keep you engaged and active during the spring months. Coach Gordon Ferguson will lead this program. For more information, contact him at fergie@kickersfc.org or call 763-439-3880.

Mon, Feb 26-Mar 18 4:10-5:10 pm \$35/person
Gr 1-5 Ferguson *Skip 3/4*

Jr STEM Club: Session 3

All new lessons each session! Discover a new, hands-on lesson every week from various engineering disciplines. You'll focus on developing 21st Century skills such as critical thinking and peer collaboration. Never repeat an activity! Includes marine, mechanical, civil & aerospace Engineering.

Wed, Apr 10-May 1 4:10-5:10 pm \$99/person
Gr K-3 Fun Engineerz

NEW! Skyhawks Track & Field

Join us after school and participate in track & field drills that will prepare you for a future in cross-country, track and field events, distance running - while inspiring a love for running and being active. Learn the fundamentals of body positioning, stride, proper stretching and cool-down techniques are all covered.

Thu, Apr 25-May 16 4:10-5:10 pm \$85/person
Gr 1-5 Skyhawks

NEW! DASH Sports Lacrosse

Experience the game of lacrosse. Learn basic lacrosse fundamentals including stick handling, cradling, passing and shooting, all in a fun, non-checking environment. This is a non-contact class, helmets and gloves are not required, but can be brought with and worn. Sticks and balls are provided.

Tue, May 7-28 4:10-5:10 pm \$79/person
Gr 1-5 DASH Sports

NEW! Art Studio

There's no better way to get creative this spring than with this fun Young Rembrandts cartoon class. Learn drawing and animating dinosaur expressions and funny anime characters. Learn how to draw dynamic figures and action-filled scenes. Your funny bone will be tickled when you see the humorous, floral-inspired personas created in our flower characters lesson. And you'll have an enormous amount of fun as we draw cartoon animals of all shapes and sizes doing your favorite hobbies.

Wed, May 8-29 4:10-5:10 pm \$69/person
Gr K-5 Young Rembrandts



Skyhawks Basketball

This exciting and skill-intensive program is designed for beginning to intermediate players. Using progressive curriculum, we focus on the whole player by teaching sportsmanship and teamwork. Learn the fundamentals of passing, shooting, ball handling, rebounding and also defense through skill-based instruction and small-sided scrimmages.

Tue, Jan 9-30 4:10-5:10 pm \$85/person
Gr 1-5 Skyhawks

TGA Tennis

Learn tennis in a fun and safe environment. We help your child develop tennis skills and knowledge through groundstroke, volley, serve, rally games and activities. Top-notch equipment and materials are provided. All skill levels have the chance to come out and play.

Thu, Jan 18-Feb 29 4:10-5:10 pm \$135/person
Gr K-5 TGA *Skip 2/8, 2/22*

Robotics 2.2

Build a bumble bee, frog or design your own predator. Then program the bumble bee to fly and buzz, the frog to leap and the predator to hunt. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century learning skills like STEM, teamwork and problem solving. LEGO® is a trademark of the LEGO Group of companies which doesn't sponsor or endorse this site or program.

Fri, Feb 2-Mar 15 4:10-5:10 pm \$95/person
Gr 1-5 {YEL!} *Skip 3/8*

NEW! DASH Sports Best Phy Ed Games

Experience fun while you play your favorite physical education games including Capture the Flag, Kickball, Dodgeball, Tag games, Ultimate Frisbee/Football, Sharks & Minnows, Soccer and more. Learn teamwork and values such as respect, hustle, and pride.

Wed, Feb 14-Mar 13 4:10-5:10 pm \$79/person
Gr 1-5 DASH Sports *Skip 2/28*

Discover the Magic of Spanish (8 week)

The road to Spanish language learning success begins now. Set off to the bustling city of Madrid with Vamos por la Ciudad, (Let's go to the City!). Learn vocabulary about sports, health and pastimes. Your journey includes playing soccer, eating Spanish tapas, sports at the school and activities in the park. Authentic phrases and conversation are reinforced.

Thu, Feb 15-Apr 11 8:20-9:20 am \$149/person
Gr K-5 Futura *Skip 3/28*

NEW! Skyhawks Pickleball

Learn how to play the latest popular sport! Pickleball combines elements of tennis, badminton and ping-pong into a fun new court game. Learn the rules of Pickleball, along with similar skills and games that you can use in multiple racquet sports. If you have your own racquet, you can bring it or one will be provided to use.

Mon, Feb 26-Mar 11 4:10-5:10 pm \$65/person
Gr K-5 Skyhawks

Robotics 2.3

Build a better, safer world. Focus on keeping civilization safe by building and programming an automatic flood gate, an earthquake machine and designing your own city-safety features. {YEL!}'s Teach It! Practice It! Play It!® classroom method emphasizes 21st Century learning skills like STEM, teamwork and problem solving. LEGO® is a trademark of the LEGO Group of companies which doesn't sponsor or endorse this site or program.

Fri, Apr 5-May 17 4:10-5:10 pm \$95/person
Gr 1-5 {YEL!} *Skip 4/19*

Home Alone Safety

Learn the responsibilities of being safe alone-at-home. Topics: basic first aid, fire and kitchen safety, internet safety, emergencies, stranger danger, sibling arguments and more. You'll receive a handout for home.

Tue, May 14 4:10-5:55 pm \$35/person
Ages 8+ Timm



After School Soccer

Come join a very player-centered and fun afterschool soccer program. Our high energy coaches take you through skills that include dribbling, shooting and small sided games 2v2-6v6. Build your confidence with every touch of the ball. Daily challenges are incorporated to keep you engaged and active during the spring months. Coach Gordon Ferguson will lead this program. For more information, contact him at fergie@kickersfc.org or call 763-439-3880.

Mon, Jan 8-29	4:10-5:10 pm	\$35/person
Gr K-5	Ferguson	<i>Skip 1/15</i>

Chess Club

New and returning students welcome. Learn, practice and play chess. Winter session focuses on advanced beginner and intermediate concepts. {YEL!}'s Teach It! Practice It! Play It!® method keeps you on track with 60+ chess lessons and puzzles each week as well as guided games and class tournaments. Fee includes ChessKid.com membership for the session (a \$49 annual value). THINK, LEARN and PLAY WELL with {YEL!}.

Wed, Jan 24-Mar 20	4:10-5:10 pm	\$135/person
Gr K-5	{YEL!}	<i>Skip 2/28</i>

Wed, Apr 10-May 29	4:10-5:10 pm	\$135/person
Gr K-5	{YEL!}	

NEW! DASH Sports Track & Field

Practice sprinting, throwing, relays, jumping and distance running. Emphasis is on technique and proper form. Each class has different physical activities, drills and games tailored to enhance your overall track & field performance. Bring a water bottle and wear athletic shoes.

Tue, Apr 9-30	4:10-5:10 pm	\$79/person
Gr 1-5	DASH Sports	

NEW! Art Studio

There's no better way to get creative this spring than with this fun Young Rembrandts cartoon class. Learn drawing and animating dinosaur expressions and funny anime characters. Learn how to draw dynamic figures and action-filled scenes. Your funny bone will be tickled when you see the humorous, floral-inspired personas created in our flower characters lesson. And you'll have an enormous amount of fun as you draw cartoon animals doing your favorite hobbies.

Wed, Apr 10-May 1	4:10-5:10 pm	\$69/person
Gr K-5	Young Rembrandts	



Online osseo.ce.eleyo.com



Phone 763-391-7242





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Osseo Area Schools - June 17-21, 2024 (no camp 6/19)

Current K-6th Grade Students

CAMP ROCKS! ACADEMIC ADVENTURES

Current Grades K-4

Develop your academic skills, make friends and grow your love for learning at Camp ROCKS! Academic Adventures. You'll be busy, actively learning with a focus on standards in reading, math and science. This is top-quality summer education taught by the best Osseo Area Schools teachers. You'll enjoy experiments, reading time, phy-ed, breakfast & lunch, media center time and math practice. **Your student must be recommended for the program by their teacher. Watch for details at the end of January 2024 and at your child's school conferences.**



Online osseo.ce.eleyo.com



Phone 763-391-7242

Teen Driver's Education

Safeway Driving School is under new ownership and is the largest driving school in MN, instructing over 9,000 teens this year alone. It has an A+ rating with the Better Business Bureau and is a BBB Accredited Business. Safeway has 80+ experienced instructors background checked by the MN Dept. of Public Safety. Their website is comprehensive and includes a list of tools to make the process seamless.

Classroom Training - can be taken by students who are 14-1/2 years or older and consists of 10, three-hour lessons. Each lesson is independent and can be taken in any order. If a lesson is missed, the student can sign up for a make-up lesson on their Safeway account at www.safewaydrivingschool.com. If you miss a lesson, you need to make up the exact lesson you missed. Lesson calendars are located on Safeway's website at safewaydrivingschool.com.

Behind-the-Wheel Training - consists of 3, two-hour private lessons that can be scheduled online or by calling Safeway at 651-351-9150. Pick-up and drop-off is at home, school or work. Training is done in a white late-model car with Safeway's "Student Driver" graphics.

Additional Class Information

- Register: 763-391-7242 or osseo.ce.eleyo.com
- In-person classes run 2:20-5:20 pm at each high school
- Online classes run 3:30-6:30 pm
- Questions for Safeway? Call 651-351-9150 or email safewaydrivingschool.com

NOTE: If your child is more than five minutes late to class they will not be allowed to participate in that day's lesson. This is a MN State standard that Safeway follows closely and can be found under the frequently asked questions on their website.

Maple Grove Sr.

Session 1 - Jan 8, 9, 10, 11, 16, 17, 22, 23, 25, 29
Session 2 - Feb 6, 7, 8, 12, 13, 14, 15, 20, 21, 22
Session 3 - Mar 4, 5, 6, 7, 11, 12, 13, 14, 18, 19
Session 4 - Apr 8, 9, 10, 11, 15, 16, 17, 22, 23, 24
Session 5 - May 7, 8, 9, 13, 14, 15, 16, 20, 21, 22

Osseo Sr.

Session 1 - Jan 8, 9, 10, 11, 16, 18, 22, 23, 24, 25
Session 2 - Mar 4, 5, 6, 7, 11, 12, 13, 14, 18, 19
Session 3 - Apr 22, 24, 25, 29, 30, May 1, 2, 7, 8, 9

Park Center Sr.

Session 1 - Feb 6, 7, 8, 12, 13, 14, 15, 20, 21, 22
Session 2 - Apr 1, 2, 3, 4, 8, 9, 10, 11, 15, 16
Session 3 - May 13, 14, 15, 16, 20, 21, 22, 23, 28, 29

Online

Session 1 - Jan 8, 9, 10, 11, 16, 17, 18, 22, 23, 24
Session 2 - Apr 8, 9, 10, 11, 15, 16, 17, 18, 22, 23

Classroom Materials

A current MN Driver's Manual and workbook will be given to all students for the in-person classes. If your student is taking the online classes, you can either pick them up from your student's home school office or you can come to the Educational Service Center-11200 93rd Ave N, Maple Grove 55369 and ask the front receptionist for Teen Driver's Education materials.

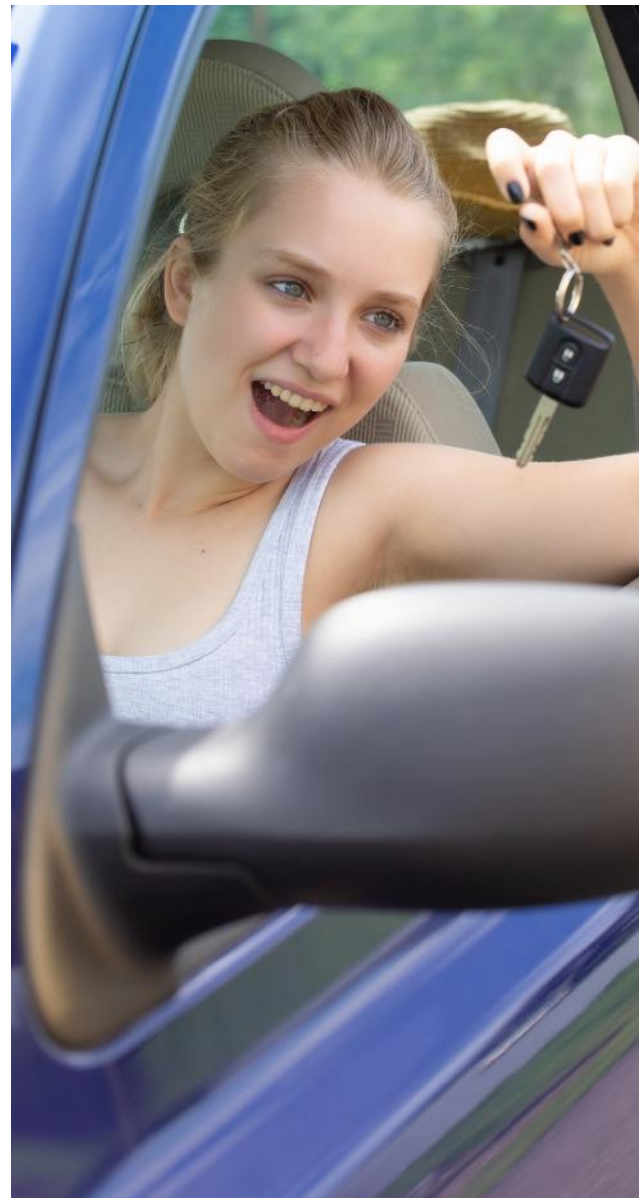
Payment - You can pay the full \$425 upfront or you can pay \$275 at registration with \$75 due at your 1st behind-the-wheel and \$75 at the 2nd behind-the-wheel. Program includes classroom and behind-the-wheel lessons and all class materials. Classroom instruction is 30 hours and behind-the-wheel training is 6 hours.



Online osseo.ce.eleyo.com



Phone 763-391-7242





My 7on7 Football

This exciting co-ed, minimal contact (flag/touch) league is for youth in grades K-8. Players will have the opportunity to focus on their offensive and defensive skills during high repetition and fast paced games, while enjoying the sport of football in the spring. For more info visit: My7on7.com or email info@my7on7.com.

KINDERGARTEN (Flag 7on7 Football)

Dates: Sat, Apr 13; Sun, Apr 14, 21, 28; State Tournament - Sun, May 5 (Location TBD)
 Times: Between 2 pm-7 pm
 Location: Maple Grove Senior High Football Stadium
 Cost: \$55/person (jersey & flags included)
 Equipment: Soft shell helmets required and available for purchase or rent during registration.

GRADES 1-2 (Flag 7on7 Football - flags & jerseys included)

GRADES 3-8 (Touch 7on7 Football - jerseys included)

Dates: Sat, Apr 13; Sun, Apr 14, 21, 28; State Tournament - Sun, May 5 (Location TBD)
 Times: Between 2 pm-7 pm
 Location: Maple Grove Senior High Football Stadium
 Cost: \$105/person (Early Bird thru 11/30)
 \$125/person (12/1-3/15)
 \$175/person (After 3/15 based on availability)
 Equipment: Soft shell helmets required and available for purchase or rent during registration.

Please note that Spring 7on7 Football registration with Community Education & My7on7 requires 2 STEPS!
 STEP 1 - Complete Community Ed online enrollment and payment at osseo.ce.eleyo.com.
 STEP 2 - Complete My7on7 player information & waiver form via link included in the confirmation email from Comm Ed.
***Players are not registered for Spring My7on7 until STEP 1 and STEP 2 have been completed!**

BONUS

Register EARLY by 3/1 and get 3 FREE training sessions (\$90 value) led by Grind Sports Performance Training and the My7on7 Youth Football Academy (YFA) on 3/2, 3/9 & 3/16. Details will be included in your registration confirmation from My7on7.



Guitar Lessons

Learn how to play the guitar or continue learning and taking lessons. Instructor Brandon Wells has over thirty years of experience playing guitar and bass. He teaches all styles of music - rock, classical, jazz, metal, blues, country, folk, praise and worship and pop as well as just a basic approach that is applicable for any style of music. Music theory, note reading, music interpretation, composition, music appreciation and music therapy are all a part of his teaching program, which gives his students the tools they need to play guitar, learn the music they love and express their creativity.

After the first month, enrollment for the next month is automatically charged to the credit/debit card used for the initial month. Fees will be charged the 1st of each month. Cancellations must be made by the 15th for lessons the next month. Once you enroll, you're enrolled for the entire school year.

Lessons fill quickly. There is no guarantee there will be open spots. We do our best to accomodate based on Brandon's current schedule. Call 763-391-7242 or email TorenJ@district279.org for information.

Adult Basic Education (ABE)

Osseo Area Schools Adult Basic Education provides FREE classes for adults who would like to improve their English skills (speaking, listening, reading and writing), complete their high school credential (GED or Adult Diploma) or brush up on their academic skills for career or college (reading, writing, math, social studies and science). We have both daytime and evening programming and you can join class in-person or online. Please call or email us to get started today.

Offices: 7051 Brooklyn Blvd, Brooklyn Center 55429

Phone: 763-566-5452

Email: abe@district279.org

Hours: Mon-Thu, 8 am-8 pm; Fri, 8 am-1 pm

Sat & Sun CLOSED



Enrollment Center

Your child's hopes and dreams mean the world to you. They mean the world to us too, which is why our mission is all about your child. We exist to help children achieve their dreams, whatever they may be. From your child's first early childhood experience until high school graduation, Osseo Area Schools offers exceptional opportunities for your child to thrive; multiple forms of support for your child's educational and life journey; and partnerships that open doors to amazing learning.

Offices: 7051 Brooklyn Blvd, Brooklyn Center 55429

Phone: 763-585-7350

Email: enrollmentcenter@district279.org

Hours: Mon-Fri, 7:30 am-3:30 pm; Sat & Sun CLOSED

Facilities Scheduling

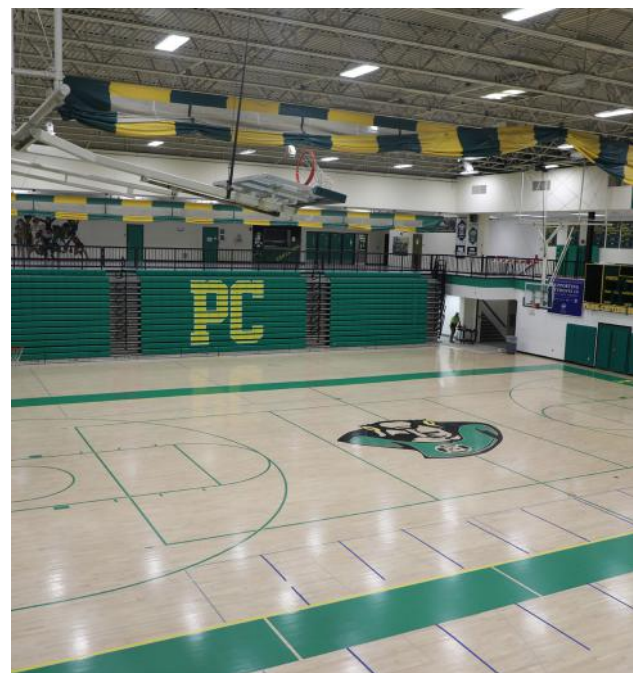
We build community and support a lifetime of learning by being a trusted leader and creative resource in coordinating access to district facilities. Osseo Area Schools welcomes and encourages community use of district facilities by any individual, group or business. To rent a district facility for your next meetings, banquets, performing arts, athletics or special event, please request a facility permit.

Offices: 11200 93rd Ave N, Maple Grove 55369

Phone: 763-391-7123

Email: communityeducationfac@district279.org

Hours: Mon-Fri, 7 am-4:30 pm



Kidstop School-Age Child Care

We are dedicated to providing an enriching choice-based education in a safe and welcoming environment where children are inspired, personal growth is nurtured and families are supported. We provide a fun school-age education experience for all scholars. Every aspect of what we do has your child in mind. Choice-based programming allows your child to make decisions about how they want to spend their time while in our program which helps them develop leadership skills and confidence. Whether your child craves challenge and adventure, connection and friendships, or just wants to chill, we offer engaging opportunities as unique as your child.

Offices: 7051 Brooklyn Blvd, Brooklyn Center 55429
 Phone: 763-585-7281
 Email: CECares@district279.org
 Hours: Mon-Fri, 7:30 am-4 pm; Sat & Sun CLOSED

Kidstop is currently hiring for many positions. If you love to work with young people and seek fun, flexible and engaging part-time hours - contact us today! Positions are available in many of our elementary buildings before, during and after school for work with children ages 4+. We offer competitive wages with no weekends required!



Early Childhood & Family Education (EC&FE) Preschool for Threes and PreK for Fours & Fives

Our Preschool and PreK programs help children grow and develop through hands-on learning experiences in language, literacy, social-emotional development, physical development, mathematical and scientific thinking, art and creativity. Our highly-trained and caring teaching staff use curriculum to ensure the success of every child. We partner with parents on learning goals while honoring each student's strengths and experiences at school. Class tuition is based on family income. Reduced tuition and scholarships are available.

Locations: Arbor View & Willow Lane and Elementaries:
 Basswood, Cedar Island, Elm Creek, Oak View, Rice Lake, Woodland
 Phone: 763-391-8777
 Email: ECFE@district279.org
 Hours: Mon-Fri, 8 am-3:30 pm; Sat & Sun CLOSED
 Days/Hours: A variety of half-day mornings or afternoons; two to five days per week.



Early Childhood & Family Education (EC&FE)

Osseo Area Schools Early Childhood & Family Education (EC&FE) partners with parents and children from birth to age five by providing opportunities for early learning and parent education. EC&FE classes and play times provide a fun and safe space to nourish your child's natural curiosity for learning and exploring. Class fees are based on your family income. No one will be turned away due to inability to pay. There is no cost for our newborn or infant classes. Free transportation to EC&FE classes is available if needed to participate. Classes are offered at two locations in the district: Arbor View Early Childhood Center and Willow Lane Early Childhood Center.

Arbor Lakes: 9401 Fernbrook Ln N, Maple Grove 55369
 Phone: 763-391-8777
 Email: ECFE@district279.org
 Hours: Mon-Fri, 8 am-3:30 pm; Sat & Sun CLOSED
Willow Lane: 7020 Perry Ave N, Brooklyn Center 55429
 Phone: 763-585-7300
 Email: ECFE@district279.org
 Hours: Mon-Fri, 8 am-3:30 pm; Sat & Sun CLOSED

Early Childhood Screening

Screening is a simple check of your child's development to help identify children who may benefit from resources to aid in their development. Screening is a FREE service to all Osseo Area Schools children ages 3 to 5. In MN, all children complete screening prior to entering Kindergarten. An appointment takes about one hour and includes a check of your child's hearing, vision and developmental progress. Screenings are offered at two primary locations in the district: Arbor View Early Childhood Center and Willow Lane Early Childhood Center as well as community partner locations.

Arbor View: 9401 Fernbrook Ln N, Maple Grove 55369
 Phone: 763-391-8777
 Email: ECFE@district279.org
 Hours: Mon-Fri, 8 am-3:30 pm; Sat & Sun CLOSED
Willow Lane: 7020 Perry Ave N, Brooklyn Center 55429
 Phone: 763-585-7300
 Email: ECFE@district279.org
 Hours: Mon-Fri, 8 am-3:30 pm; Sat & Sun CLOSED

Osseo Area Schools Community Education
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Proceeds from this fundraiser help fund District 279 Foundation's grants program which supports creative projects for scholars in Osseo Area Schools. Event registration opens December 2023. Learn more at WWW.DISTRICT279FOUNDATION.ORG