

70+ NEW CLASSES INSIDE!

Sourdough Starter Workshop
Crash Cake Course

Online: Vietnamese Street Food
Mindfulness Meditation

Pregnancy Class

Intro to Enneagram

Online: Mind Mapping

Play with Polymer Clay

Explore the World of Fluid Art

Online: Creative Writing 101

One-of-a-Kind Summer Safety 101
and more!



Osseo Area Schools Community Education Winter and Spring 2025



Community Education creates opportunities that positively impact our whole community through innovative and responsive programs and services.

Department Directors

Executive Director

Brian Siverson-Hall 763-391-7115

Director

Carrie Cabe 763-391-7142

Adult Basic Education

Annie Xiong 763-585-7328

Coordinator

Emily Watts 763-585-7321

Adult & Youth Enrichment

Jesse Toren 763-391-7242

Program Manager

Sarah Heyer 763-391-7122

Coordinator

Melissa Carstens 763-391-7117

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

Main Number 763-391-8777

Coordinator

Kari Sawyer 763-391-8765

District Enrollment Center

Main Number 763-585-7350

Coordinator

Jen Thomas 763-585-7351

Facility Scheduling

DeAnn Hill 763-391-7123

LaToya McKinley 763-391-7119

Program Manager

Jamie Cassidy 763-391-7099

Program Manager

Dana Nelson 763-391-7256

Coordinator

Carrie Larson 763-391-7112

Four Star Express, Spot & Kidstop

Jodie Weappa 763-585-7281

Coordinator

Kristy Johnson 763-585-7280

Targeted Services

Beth Rudolph 763-391-7220

Coordinator

Melissa Carstens 763-391-7117

District 279 Foundation

Susan Wineland 763-391-7116

Executive Director

Brian Siverson-Hall 763-391-7115

Welcome from the Executive Director

Osseo Area School's Community Education programs support the many educational, social, and recreational needs of our community by engaging people of all ages and interests in dynamic, year-round programming. We offer Early Childhood and Family Education (ECFE), Preschool and Four Star Express for our youngest learners and their families. We offer Kidstop school age childcare, Youth Enrichment programs, and Targeted Services for our elementary and middle school scholars.

We continue to support your lifelong learning through Adult Enrichment program offerings as well as Adult Basic Education to support the adult learners in our community who are looking to learn English or complete their GED. Our Facilities team supports community use of school facilities to coordinate events for the whole family and community groups.

Thank you for your interest in Osseo Community Education programs. It is our pleasure to develop, coordinate, and lead a wealth of opportunities for community members of all ages to enjoy!

Brian Siverson-Hall

Executive Director of Community Engagement

Table of Contents

Class Policies.....3

Teen Driver's Education..... 3

Culinary Creations.....4-8

Mind and Body.....9-15

Artful Living.....16-23

Family and Finance.....24-26

Get Wired.....27-29

Global Experiences..... 30

Global Languages.....31

Health and Safety.....32-33

Home and Garden.....34-36

On the Go.....37-38

Enrollment Form.....39



Fill your head
and heart with
KNOWLEDGE
(and hot cocoa)

Easy Enrollment

Online: osseo.ce.eleyo.com

Phone: 763-391-7242; Mon-Fri, 8 a.m.-5 p.m.

In-Person: Visit us at the Educational Service Center (ESC)

Mail: Educational Service Center (ESC-Enrichment)
11200 93rd Avenue N, Maple Grove, MN 55369

Drop Box: Located left of the front entrance at the ESC

Adult Class Information

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

Cancellation and Refund Policy

- More than 5 business days before class: full refund, less a \$5 processing fee.
- Less than 5 business days before class: 50% refund, less a \$5 processing fee.
- Day of class or after: no refunds.
- Cooking classes **require** 8+ day advance cancellation.
- Refunds are not given for missed classes or illness.
- If you've been sent handouts or login information for your online class, you will not be issued a refund. In some cases we may be able to transfer your enrollment to another session.

Building Entrances - Use the entrance information from your class confirmation or listed on this page.

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).

District Map - To map a location, go online to: osseo.ce.eleyo.com. Click on your class registration to view the site map.

Room Numbers - Please follow signs to your classroom or ask the building supervisor located near the entrance for assistance.

Online Classes - You must have an email on file. You'll receive login information 2-3 days prior to the start of class. Please check your junk or spam folder if you do not receive it or call to have it resent.

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

Educational Service Center (ESC)

11200 93rd Avenue N
Maple Grove, MN 55369
Enter main door - Door 1

Park Center Senior High School: An International Baccalaureate World School (PCSH)

7300 Brooklyn Boulevard
Brooklyn Park, MN 55443
Enter off Noble Ave - Door L

Osseo Middle School (OMS)

10223 93rd Avenue N
Osseo, MN 55369
Enter East side - Door 17

Osseo Senior High School (OSH)

317 Second Avenue NW
Osseo, MN 55369
Enter Door 2 or 7

**can change depending on evening events*

Maple Grove Middle School (MGMS)

7000 Hemlock Lane
Maple Grove, MN 55369
Enter East side - Door 23

Maple Grove Senior High School (MGSH)

9800 Fernbrook Lane.
Maple Grove, MN 55369
Enter main door - Door A

Teen Driver's Education with Safeway Driving School

Safeway Driving School 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.

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 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 miss. Lesson calendars are all available on Safeway's website at www.safewaydrivingschool.com. Students more than 5 minutes late to class will need to retake the lesson for that day.

Behind-the-Wheel Training - Consists of three, 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.

Payment - You may either 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.

Classroom Materials - A current Minnesota Driver's Manual and workbook will be given to all students for the in-person classes. If your students 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 located at 11200 93rd Ave N, Maple Grove, MN 55369 and ask the front receptionist for the Teen Driver's Education materials.

Enrollment and Schedule Information (*Full schedule of dates/times posted online at osseo.ce.eleyo.com*)

- Register at 763-391-7242 or osseo.ce.eleyo.com
- In-person classes run 2:20 p.m.-5:20 p.m. at each high school. Online classes run 4 p.m.-7 p.m.
- Questions for Safeway? Call 651-351-9150 or email info@safewaydriving.com

NEW! Pasta from Scratch with Alfredo Sauce

Learn the time-honored art of creating pasta from scratch. Chef Mimi will teach you how to create the perfect pasta dough as well as how to roll and slice it into noodles. You'll also learn how to make a creamy alfredo sauce to smother your freshly made noodles - a rich and satisfying homemade dish. You can pair it with a fresh seasonal garden salad to balance out the meal. \$20 supply fee payable to instructor at class.

Wed, Jan. 8 6:30 p.m.-8:30 p.m. \$45/person
 OMS Asfaha

Marvelous Macarons

They are beautiful and so fun to make! Nancy will show you some simple tricks to make the process easy. Make three different kinds: lovely blueberry, lemon, and pink cherry or strawberry. There will also be some chocolate macarons for you to sample. Bake and assemble one recipe from start to finish and decorate and assemble the other two recipes. You will be the talk of the party when you serve these little delicacies! \$13 supply fee payable to instructor at class. Containers to bring cookies home provided.

Wed, Mar. 12 6 p.m.-9 p.m. \$45/person
 MGMS Burgeson
 Wed, May 7 6 p.m.-9 p.m. \$45/person
 MGMS Burgeson

Truffles Candies for All Occasions

You've tried the rest. Now try the best truffles of all that you can make yourself. This is one of Nancy's most popular classes. She has shown thousands of students how to make these chocolaty delicacies. Make truffles for special occasions from graduations to weddings for gifts and more. You'll make five recipes and will take home a box of truffles. Candy boxes are provided. \$13 supply fee payable to instructor at class. Optional candy kit is available for purchase for future candy making projects. Price of kit is \$20.

Wed, Feb. 12 6 p.m.-9 p.m. \$45/person
 MGMS Burgeson

NEW! Crash Cake Course

Want to save money on cakes that actually look good and taste good as well? Nancy will show you simple ideas for making the most beautiful cakes. Go home with easy, yet stunning cakes each week. No experience is necessary as this is a "beginner on up" class. You'll be surprised at what you can do with just a cake and yummy frosting and trims. \$16 supply fee payable to instructor at class.

Tue, May 13 & 20 6 p.m.-9 p.m. \$45/person
 MGMS Burgeson



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

NEW! Oh, You Beautiful Cake!

What is better than chocolate, caramel, pecans, and more? Mix, bake, and assemble a decadent 3-layer cake. With guidance from Nancy, create and take home a deliciously gooey chocolate masterpiece, perfect for sharing with family and friends - if you can resist. \$16 supply fee payable to instructor at class.

Tue, Apr. 15 6 p.m.-9 p.m. \$45/person
 MGMS Burgeson

NEW! Sourdough Starter Workshop

Observe a sourdough dough making demonstration, molding dough for open bake demonstration and get answers to the most common "mistakes" made while making sourdough. Get all of Sandra's tips and tricks associated with sourdough bread making focused on keeping the process simple and manageable. This 90 minute workshop includes a fresh active starter and printed copy of essential information. You'll feed and learn how to maintain your new starter.

Tue, Jan. 21 6:30 p.m.-8 p.m. \$65/person
 OMS Brenes
 Tue, Feb. 18 6:30 p.m.-8 p.m. \$65/person
 OMS Brenes
 Tue, Mar. 11 6:30 p.m.-8 p.m. \$65/person
 OMS Brenes
 Tue, Apr. 22 6:30 p.m.-8 p.m. \$65/person
 OMS Brenes

Traditional Italian Cuisine

Begin with classic panzanella, toasted bread salad with summer vegetables in a light vinaigrette. Then prepare the chicken saltimbocca using thin slice prosciutto ham and fresh sage topped with a lemon caper butter sauce and pan fried artichokes. Learn the art of potato gnocchi, shaped potato dumpling, tossed with a medley of amazing sauces including fresh basil pesto, marinara, and brown butter with sage. Finish with cannoli, fried pastry filled with sweetened ricotta and mascarpone cheeses, served on a pool of warm chocolate sauce and garnished with chopped pistachios.

Tue, Jan. 7 6 p.m.-9 p.m. \$55/person
 OMS Sandino

NEW! Chicken Marsala vs. Chicken Limone

Enjoy bruschetta topped with fresh mozzarella cheese, roma tomatoes and roasted bell pepper sprinkled with fresh basil and olive oil. Prepare chicken marsala with fresh sauteed mushrooms in a sweet marsala butter sauce. See how that compares to chicken limone topped with a chardonnay, lemon butter sauce with capers. Both pair well with spaghetti aglio olio, tender garden vegetables tossed with olive oil, garlic, and Romano cheese. Finally, enjoy diplomatico, a divine combination of rum and espresso soaked pound cake, rich chocolate mousse and fresh whipped cream.

Tue, Mar. 18 6 p.m.-9 p.m. \$55/person
 OMS Sandino

NEW! Tex Mex Fiesta

Begin with empanadas, delicious pastries filled with beef, tomatoes, potatoes and herbs. Flautas are next with chicken in a jalapeno garlic paste and fried crisp in a corn tortillas. Prepare authentic Mexican rice with onions, garlic, tomatoes and fresh cilantro along with Mexican-style corn prepared with lime aioli, cayenne pepper and Cotija cheese. Fajitas follow with strips of marinated beef and chicken and fresh bell peppers and onions wrapped in a warm tortilla shell. Finish this fiesta with a Yucatecan-style delight of fresh coconut blended with rich custard in a nutty crust, baked to a caramelly brown, and served with crème fraîche.

Wed, Feb. 12 6 p.m.-9 p.m. \$55/person
 OMS Sandino

Tantalizing Thai Cuisine

Begin by preparing Vietnamese summer rolls (fresh) served with both hoisin and peanut sauce for dipping. Included are Vietnamese spring rolls (fried) with pork, turkey, and glass noodles stuffed in rice paper and fried crisp and golden. You'll then prepare Pad Thai blending the vibrant flavors of Thailand with rice noodles, breast of chicken, eggs, chilies, garlic, basil, scallions, bean sprouts, and more. For dessert, Thai lime custard topped with fresh whipped cream.

Wed, Apr. 30 6 p.m.-9 p.m. \$55/person
 OMS Sandino

NEW! Great MN Hotdishes

Minnesota hot dish is a one-dish supper or side baked in your oven using a single piece of cookware. Use fresh ingredients and easy prep for a family meal or fare for friends. Many dishes can be made ahead, chilled and then baked. Cook up to 15 tasty dishes including: beef, pork and sauerkraut; pork loin with dried apricots and cherries; beef and spinach; eggplant and cheese; lentils and veggies; chicken cobbler with carrots; mushrooms and peas; and baked penne pasta with chicken, broccoli and mushrooms to name a few. Recipes are enhanced by diverse ethnic influences to create a sensational, easy to prepare meal.

Wed, Jan. 29 6 p.m.-9 p.m. \$59/person
 OMS Severson

***“A recipe is a story that ends
 with a good meal.”***

~ Pat Conroy

Chicken and More Chicken

Popular and back by demand! Classic, quick and tasty dishes that are both healthy and delicious. Work with whole chicken, chicken parts and with boneless chicken breasts. Use skillets and oven to prepare and enjoy chicken: cordon blue, marsala with sage, Philippine-style adobo, strips with spicy honey dipping sauce, white wine and mushroom sauce, crab-stuffed breasts, crispy parmesan strips, Italian lemon, lemon kebabs, pineapple-raspberry nibbles, raspberry lime and roasted mushrooms and apples. Three of the recipes make great appetizers and the entrees will quickly become your favorites for family and friends.

Fri, May 2 6 p.m.-9 p.m. \$59/person
 OMS Severson

NEW! Cookie Monsters for Kids & Caregivers (Bake & Take)

Designed for kids ages 6+, you'll create and take home 6 kinds of cookies. Rolled sugar thins will be ready for kids to paint original designs using food coloring and paint brushes. Kids and caregivers will mix, shape and bake the famous peanut butter balls. Already mixed and ready to shape will be chocolate mint, peppernuts, sugar drop to dip in sprinkles and multi-colored spritz cookies. Bring containers to transport your cookies home to enjoy or freeze.

Sat, Feb. 1 9 a.m.-12 p.m. \$59/adult-child
 OMS Severson

Czech Kolaches

Kolaches are one of Czechoslovakia's finest pastries and immigrants brought their passion and recipes for Kolaches to the Midwest in the 1860's. Using a slightly sweet and egg-rich yeast dough, Kolaches are baked with fillings made from apricots or prunes, cottage cheese or poppy seeds. You can shape them into small rounds, square "tied packages," or turnovers.

Sat, Mar. 8 9 a.m.-1 p.m. \$59/person
 OMS Severson

Traditional Southern Cooking - Dinner

Experience a "Friday Night Fun with Food". Begin in the 1690's when food in the U.S. deep south was heavily influenced by early settlers from France, Germany and Spain. Slaves from Senegal, Africa and Cuban refugees and Cajuns from Nova Scotia. Canada also contributed to a medley of flavors using the wealth of local seafood, vegetables, poultry, livestock and pecans. Create a meal that includes delicious crab dip, cheese straws, gumbo, jambalaya, buttermilk biscuits, cheese grits, red beans and rice, pecan praline candy and bread pudding with bourbon sauce. We may add a few more recipes along the way.

Fri, Apr. 4 6 p.m.-9 p.m. \$59/person
 OMS Severson



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Class information for Instructor Georgakopoulos: all classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file. If you need to cancel one of her classes, and you've already been sent a recipe/ingredient list for a class, you will not receive a refund. Recipes are original creative property and will be published in her cookbook. You may contact us about transferring your enrollment to another participant. Tess also created a private and public Facebook group for participants. You'll receive an optional invite to the groups. Note: one registration fee includes family members living full-time in the same home only. A PDF packet of class recipes will be sent to you along with a shopping and ingredient list prior to class.

NEW! Online: Thai Street Food

Class takes place on Zoom. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file. If you need to cancel one of Ploy's classes, and you have already been sent a recipe for the class, you will not receive a refund. You may contact us about transferring your enrollment. Thai cuisine is full of aromatic ingredients, cooking styles, and dish decorations. Join us to make three popular and delicious Thai dishes from scratch including Thai vermicelli salad, Thai coconut soup, and pad Thai with chicken.

Mon, Jan. 13 6 p.m.-8 p.m. \$39/person
 Online Khunisorn

NEW! Online: Vietnamese Street Food

Class takes place on Zoom. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file. If you need to cancel one of Ploy's classes, and you have already been sent a recipe for the class, you will not receive a refund. You may contact us about transferring your enrollment. Embrace the light and delicate flavors of Vietnamese cuisine known for its fresh herbs, vegetables, and dipping sauce. You'll make Vietnamese fresh rolls with dipping sauce and Vietnamese noodle soup (pho) with chicken.

Mon, Mar. 3 6 p.m.-8 p.m. \$39/person
 Online Khunisorn

NEW! Online: Hand-Pulled Noodles from Scratch

Class takes place on Zoom. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file. If you need to cancel one of Ploy's classes, and you have already been sent a recipe for the class, you will not receive a refund. You may contact us about transferring your enrollment. Hand-pulled noodles are so much fun and they are easier to make than you would think. Learn different techniques to pull noodles as you make Biang Biang noodles and Lamian noodles. You'll turn Biang Biang into a noodle salad with chili sauce and the Lamian noodles into miso noodle soup.

Mon, Mar. 31 6 p.m.-8 p.m. \$39/person
 Online Khunisorn

NEW! Online: Mexican Tacos

Class takes place on Zoom. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file. If you need to cancel one of Ploy's classes, and you have already been sent a recipe for the class, you will not receive a refund. You may contact us about transferring your enrollment. Mexican tacos are vast and diverse like the country. Make flour tortillas from scratch. Then, make pan-grilled shrimp tacos with chipotle pepper sauce and chicken tacos with fresh tomato salsa.

Mon, May 5 6 p.m.-8 p.m. \$39/person
 Online Khunisorn

NEW! Online: Instant Pot Multi-Cooker 101

Demystify the the Instant Pot® electric pressure cooker. Learn foundations of cooking and care, and how to make satisfying dishes in it. In addition to a yogurt tutorial, breakfast, lunch, dinner, and dessert items are demonstrated. Menu items include: creamy steel-cut oatmeal or egg bites, creamy-cheesy Tuscan chicken with penne, and luscious lava cakes or dreamy banana bread. Menu items in class depend on ingredients on hand. A PDF of Tess's original recipes is provided and includes the yogurt tutorial, cleaning and care tips, and terminology to build your confidence. A full ingredient list/station prep guide for the creamy-cheesy Tuscan chicken with penne dish will be sent in advance with enough time for shopping and prep.

Fri, Jan. 10 5 p.m.-7:30 p.m. \$45/person
 Online Georgakopoulos

Online: Escape to the Mediterranean

Escape to the Mediterranean with the flavors of Greece! Create a classic full-flavored Mediterranean meal. On the menu: Greek grilled chicken souvlaki (skewers), tzatziki (traditional Greek yogurt dipping sauce), Greek veggie rice, homemade pita bread, drizzle dressing, and Greek salad dressing. Tess's step-by-step instruction is unique and flexible as she is able to support all levels of cooking experience. Make it a date night or family night as you create lasting memories in your kitchen.

Sat, Jan. 18 4 p.m.-6:30 p.m. \$45/person
 Online Georgakopoulos



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: Copycat KFC, Air Fryer Doughnuts, Pizza from Scratch & More

Looking to expand your recipe repertoire beyond fries and frozen foods? Experience and explore some new family-favorite party dishes, including Tess's copycat KFC®, and her delicious scratch air fryer doughnuts, pizza and burgers. You're invited to create the copycat KFC®, doughnuts and pizza with homemade dough. Tess demonstrates how to make her air fryer burgers. Tips for freezing are included along with a chocolate glaze for the doughnuts. Choose what you would like to make during the class and watch a demonstration of the others. Equipment needs: air fryer and a stand-mixer is recommended. If not available, dough can be made by hand.

Sat, Jan. 11 4 p.m.-6:30 p.m. \$49/person
Online Georgakopoulos

NEW! Online: Soups and Bread Bowls I

All the stresses of the day melt away with the smell of freshly made soup. Learn to create two wonderful soups and Italian bread bowls. Choose one soup for your cook along, and watch a demonstration of the other or make both. No Instant Pot®? Tess will make one soup in the Instant Pot®, and the other on the stovetop. She'll provide guidance for both options so you can cook along using whatever equipment you choose. On the menu is creamy chicken and wild rice soup, beer cheese soup, and homemade Italian bread bowls (baked in oven).

Sat, Jan. 25 4 p.m.-6:30 p.m. \$45/person
Online Georgakopoulos

NEW! Online: Kick-Off Kitchen

No one will even care about the game with these touch-down 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 and Italian meatball slider sandwiches from scratch. Everything from the dough for the pretzels and rolls, the beer cheese and meatballs will be made fresh. No store bought rolls or frozen meatballs are included in Tess's recipes.

Fri, Jan. 31 5 p.m.-7:30 p.m. \$45/person
Online Georgakopoulos

NEW! Online: Sweetheart's Delights

Enjoy Valentine's Day with sweets and chocolate. Make two dreamy sweets to share or give away on Valentine's Day. Bake a French pastry known as Chocolate Éclairs filled with pastry cream and decadently covered with chocolate ganache. Then create another dessert known as Paczki (Polish Doughnuts) filled with preserves or pastry cream. Steps for each dessert are simplified so you can make the delicious desserts. Create the Choux pastry (Pâte à Choux), sweet vanilla pastry cream filling and the ganache, as well as dough for Paczki. Make one or both treats, or simply watch to make later.

Sat, Feb. 1 4 p.m.-6:30 p.m. \$45/person
Online Georgakopoulos

NEW! Online: Soups and Bread Bowls II

The stresses of the day melt away with the smell of freshly made soup. Create two wonderful soups and Italian bread bowls/rolls. Choose one soup for your cook along, and watch a demonstration of the other or make both. You'll 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 stovetop. She'll provide instruction for both options so you can use whatever equipment you choose. On the menu: creamy mushroom cheddar soup, loaded potato soup, and Italian bread bowls or Rolls (baked in oven).

Sat, Feb. 22 4 p.m.-6:30 p.m. \$49/person
Online Georgakopoulos

NEW! Online: Copycat Domino's Pizza, Sauce, and Chicken Carbonara

Ever wonder if you could make Domino's® Pizza at home? Join Tess to create her versions of Domino's® Pizza, pizza sauce, and chicken carbonara. Make the dough, the sauce, and chicken carbonara from scratch. Pizza pans with or without holes are highly recommended. A pizza-stone is a "nice-to-have" but not needed. A stand mixer is highly recommended to make the dough.

Fri, Feb. 28 5 p.m.-7:30 p.m. \$49/person
Online Georgakopoulos

NEW! Online: Savor the Season Comfort Food

Looking for something unique and memorable to serve this St. Patrick's Day, or during the cold days of winter? Enjoy a new spin on the classic shepherd's pie twice-baked stuffed potatoes and chocolate stout cake with frosting. Create Tess's delightful version using unique ingredients that bring pops of flavor bursting with umami, added nutrition and textures. Whether you make the shepherd's pie version with lamb, or the cottage pie version with beef, the end results are delicious. Note: the alcohol from the stout cooks off during baking, but substitution options are provided.

Sat, Mar. 8 4 p.m.-6:30 p.m. \$49/person
Online Georgakopoulos

Online: Classic Homemade & Sweet Pierogi

Learn how to make both homemade classic pierogi and wonderful sweet berry pierogi with two types of homemade dough and filling that will make your taste buds dance for joy. Learn how to cook and freeze them so that you can make them ahead and store for a rainy day. No fancy equipment needed.

Fri, Mar. 14 5 p.m.-7 p.m. \$45/person
Online Georgakopoulos



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Class information for Instructor Georgakopoulos: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to it starting. Please have a current email on file. If you need to cancel one of her classes, and you've already been sent a recipe/ingredient list for a class, you will not receive a refund. Recipes are original creative property and will be published in her cookbook. You may contact us about transferring your enrollment to another participant. Tess also created a private and public Facebook group for participants. You'll receive an optional invite to the groups. Note: one registration fee includes family members living full-time in the same home only. A PDF packet of class recipes will be sent to you along with a shopping and ingredient list prior to class.

NEW! Online: Dim Sum Dumpling Dynasty

Dim Sum refers to a Chinese or Cantonese meal of small appetizers or finger foods typically enjoyed in restaurants. It's considered a dining and social experience that can last for hours. Dim Sum often includes a dumpling, one of the most popular being Pot Stickers. Join Tess for one of her newest classes as you create amazing pot stickers with homemade wrappers and a dipping sauce. You'll can make a pork-based or chicken-based filling. You'll have an option of making homemade wrappers, but store bought can also be used. Freezing tips will be shared.

Sat, Mar. 22 4 p.m.-6:30 p.m. \$45/person
 Online Georgakopoulos

NEW! Online: Marry Me Gnocchi with Chicken and Breadsticks Bliss

Spring is in the air, and nothing says "I love you" more than a meal of Marry Me Gnocchi with chicken and breadsticks. Create this delicious meal for your family and sit back and enjoy together. On the menu: hand-crafted gnocchi bathed in a silky, flavor-packed sauce, paired with perfectly seasoned chicken breasts and a side of homemade breadsticks.

Fri, Mar. 28 5 p.m.-7:30 p.m. \$49/person
 Online Georgakopoulos

Online: Spring Roll Symphony

Make two different kinds of spring rolls bursting with flavors that wake your taste buds. Healthier cooking alternatives, in addition to freezing and reheating tips, will be shared. On the menu: crispy spring rolls made with handcrafted wrappers and filling made with choice of meat and veggies, fresh spring rolls made with rice paper wrappers filled with veggies/precooked protein of choice, and three sauces including sweet chili, peanut butter, and tahini yogurt sauce. Fillings and seasonings are based on your taste or preferences. Store-bought wrappers can be used as an alternative.

Sat, Mar. 29 4 p.m.-6:30 p.m. \$49/person
 Online Georgakopoulos

Online: Focaccia, Stromboli & Calzones, Oh My!

Dive into the world of rolled and stuffed pizzas and focaccia bread. Make your own homemade focaccia, a rolled pizza called stromboli, and stuffed pizzas called calzones. On the menu: stromboli, calzones, focaccia bread, and an amazing pizza sauce. Two types of home-made dough are used. One is for the pizza options, the other for focaccia. Personalize your pizzas and focaccia bread with toppings and fillings you like.

Sat, Apr. 12 4 p.m.-6:30 p.m. \$45/person
 Online Georgakopoulos

Online: California Sushi Roll Extravaganza

Create a variety of California rolls that will make you wonder why you haven't made them before. Combinations are only limited by your imagination. Make them vegetarian, with/without seaweed, spicy or not. Create seasoned sushi rice, spicy mayo, and stuff, wrap and shape the rolls with filling. One of the fillings is a crab salad using crab sticks. Tess will demonstrate plate decorating ideas also. Ingredients and supplies used include: sushi rice, sushi nori/seaweed sheets, toasted sesame oil, Japanese rice vinegar. Bamboo rolling mat is helpful, but not necessary.

Fri, Apr. 25 5 p.m.-7 p.m. \$39/person
 Online Georgakopoulos

NEW! Online: Dim Sum Shu Mai Drum Dumplings and Wontons

Dim Sum meals often include a dumpling, with two of the most popular being drum dumplings called "Shu Mai" and the other called "Wontons". Create quality dumplings with two meat and veggie fillings and store bought wrappers. Learn to shape, fill, and cook these tender bites of deliciousness. Serving, freezing, and reheating tips will also be discussed.

Sat, Apr. 26 4 p.m.-6:30 p.m. \$49/person
 Online Georgakopoulos

NEW! Online: Spring and Summer Sweet Treats

Join Tess for one of her newest classes as you make three confectionary creations including a French fruit tart, a version of Greek phyllo pastry called bougatsa, and cakesicles (a sweet treat on a stick). Equipment needs include a cakesicle silicone mold and popsicle sticks. A tart pan with removable bottom (any shape) is needed for the French fruit tart.

Sat, May 3 4 p.m.-6:30 p.m. \$49/person
 Online Georgakopoulos



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Tai Chi for Arthritis, Chronic Pain, and Balance

Tired of doing the same old exercises to reduce your chronic pain and/or improve your balance? Join us and learn a gentle way of moving that will improve your balance, range of motion, mental and physical capacity, and relaxation. Learn techniques to reduce your pain, decrease your risk of falling, and improve your overall immunity. “Play Tai Chi” with us and improve your quality of life.

Tue, Jan. 14-Mar. 11	6:30 p.m.-7:30 p.m.	<i>Skip 1/28</i>
\$109/person	OMS	Morgan
Tue, Apr. 1-May 20	6:30 p.m.-7:30 p.m.	
\$109/person	OMS	Morgan

Learn Positive Communication (Even in Difficult Situations)

Communicate in a more positive way, even in the most difficult situations. Learn four key insights that provide a roadmap to an improved communication style. The insights help you foster a positive attitude and embrace grace and gratefulness. Ultimately, you will develop a communication style that leads to positive interactions with people on a day-to-day basis. Your presenter calls this approach, “choosing to make lemonade.”

Wed, Feb. 19-26	6 p.m.-8 p.m.	\$59/person
ESC	Sonnek	
Thu, Apr. 24-May 1	6 p.m.-8 p.m.	\$59/person
ESC	Sonnek	

NEW! Gain a New Level of Your Life by Changing Your Habits

Dive into the world of gut health and explore how it impacts well-being. Learn strategies that support your digestive system and maintain a healthy and balanced microbiome. Explore the power of food in promoting digestive health. Explore the nutrient-rich foods that nourish your gut and fermented foods with probiotics and prebiotic foods that support beneficial bacteria. Discuss supplements such as digestive enzymes and probiotics available to you. Understand the connection between the gut and the brain, known as the gut-brain axis, and learn how it influences mood, immunity, and overall health. Uncover lifestyle practices like mindful eating, fostering mental and physical well-being and experience hands-on learning with a DIY workshop on fermenting your own sauerkraut. Learn how to make this probiotic-rich food that diversifies your gut and supports digestion.

Thu, Jan. 23	6 p.m.-7:30 p.m.	\$29/person
ESC	Ganina	

NEW! Increase Your Profit in a Wellness, Spa and Beauty Business with a New Tool

Looking for a way to enhance your services, attract more clients, and increase your profit in the wellness, spa, or beauty industry? This class is designed for spa or salon owners, massage therapists, and/or wellness practitioners to discover the principles and benefits of the AromaTouch Technique. Learn the principles of the technique, a method combining the many therapeutic benefits of essential oils. Discover scientific benefits of the technique and how it can balance your nervous system, reduce stress and/or inflammation, and promote immune support. Explore how it can be incorporated into your existing services to offer an experience that differentiates your business from competitors. Learn how to market and position the AromaTouch Technique as a premium service to attract new clients and increase revenue. Watch a live demonstration, guided by an experienced practitioner, to see how it is performed and the techniques involved.

Thu, Feb. 20	6 p.m.-7:30 p.m.	\$29/person
ESC	Ganina	

NEW! Detox Your Life

Take complete control of your health and learn to create a toxin-free environment for yourself and your loved ones. Explore practical ways to detox your daily life. Learn how to identify common sources of toxins in your home and your personal care routines and discover easy steps to reduce your exposure. Plus, take your first step toward a healthier lifestyle with a fun DIY project! This easy project helps you reduce chemicals in your kitchen and inspire you to explore more natural alternatives for your home.

Thu, Mar. 20	6 p.m.-7:30 p.m.	\$25/person
ESC	Ganina	

NEW! Mindfulness Meditation: Cultivating Inner Peace and Presence

Discover the power of mindfulness meditation and its ability to transform your life from the inside out. In this calming and restorative class, you’ll learn how to cultivate inner peace, manage stress, and become more present in each moment. Whether you’re new to meditation or looking to deepen your practice, this class will provide the tools and techniques to help you achieve greater mental clarity, emotional balance, and overall well-being.

Thu, May 15	6 p.m.-7 p.m.	\$9/person
ESC	Ganina	

“Mindfulness is the miracle by which we master and restore ourselves.”

~ Nhat Hanh



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

NEW! Pregnancy Class

Take charge of your birth experience with increased confidence and knowledge. This class is designed to empower you with the information you need to make informed decisions about childbirth. Explore choosing a birth setting, understand your options, and learn how you can minimize unnecessary medical interventions. Whether you're a first-time parent or seeking a different experience, this provides practical guidance for creating a birth plan that aligns with your values and desires.

Thu, Jun. 5 6 p.m.-7 p.m. \$9/person
 ESC Ganina

Body & Brain Yoga/Tai Chi

Designed to unify your movements, breathing, and awareness called mindfulness. Rather than focusing on poses demanding physical strength, classes incorporate a variety of exercises that develop physical, energetic and spiritual bodies. What to expect during the class: meridian (energy pathway) stretching that helps open blockages and let energy flow more easily, special breathing postures (relaxation, circulation, energy in your lower abdomen called DahnJon), energy meditation (feeling energy using your palms). Regular practice gives you increased flexibility and balance, improved respiration and energy levels, ab vitality, improved bone density and muscle tone, helps you maintain a balanced metabolism, promotes cardio and circulatory health, helps manage body pain, helps you relax, handle stress and more. Please bring a yoga mat.

Tue, Jan. 7-Feb. 11	6 p.m.-7 p.m.	\$129/person
ESC	Rybachenok	
Tue, Feb. 18-Apr. 8	6 p.m.-7 p.m.	\$129/person
ESC	Rybachenok	<i>Skip 3/11 & 25</i>
Tue, Apr. 15-May 27	6 p.m.-7 p.m.	\$129/person
ESC	Rybachenok	<i>Skip 5/20</i>

NEW! Better Balance, Fewer Falls

Focus on whole-body health that improves balance and stability. Develop techniques to regain your balance and prevent falls that can be added into your life without taking time away from a busy schedule.

Mon, Feb. 24 6 p.m.-8 p.m. \$45/person
 ESC Walker

Foot Pain Relief

Simple movements and adjustments to body alignment can result in increased foot strength and mobility while relieving pain and discomfort due to plantar fasciitis, bunions, neuromas, arthritis, etc. Learn a variety of non-conventional techniques and how shoe choice can decrease foot pain and improve quality of life.

Mon, Mar. 10 6 p.m.-8 p.m. \$45/person
 ESC Walker

NEW! Surprisingly Simple Ways to Improve Whole-Body Health

Create more strength and mobility for yourself and also extend the function and longevity of your body by becoming aware of, and adjusting, how you perform regular day-to-day activities. No exercise or extra time needed. Improve the way your body feels by subtly changing how you move and what decisions you make throughout the day.

Mon, Feb. 10 6 p.m.-8 p.m. \$45/person
 ESC Walker

NEW! Intro to Enneagram

Have you heard of the Enneagram? The Enneagram is a psychological and personality system that has surged in popularity in recent years (and for good reason). It's an effective tool to understand human behavior, grow your self-awareness, deepen your presence, and cultivate personal growth. Enneagram makes life easier, allows you to liberate yourself from hard to change patterns that keep you stuck, and is effective at supporting and deepening your relationships. Discover the 9 types, the 3 Centers of Intelligence human beings have, and ways the Enneagram can support your growth personally and relationally.

Sat, Apr. 5 9 a.m.-11:30 a.m. \$45/person
 ESC Ortmann-Wold

Online: Strong Is the New Skinny

Not everyone can be skinny, but everyone can become stronger, even if you don't workout several times per week. Strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV or radio show. There are benefits to stronger muscles; they increase metabolism, maintain and increase bone density, make daily tasks easier, and help you age with quality and grace. These exercises can fit into the busiest of schedules. It is a wonderful thing to be strong, fit and functional. Learn lots of tips and techniques to improve overall health and wellness. You will need a resistance band for some of the exercises.

Mon, Jan. 13 6 p.m.-7:30 p.m. \$39/person
 Online Novak

***“Healthy is being physically strong,
 mentally calm and steady and
 emotionally soft.”***

~ Sri Sri Ravi Shankar



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online class information for Instructor Novak: classes take place on Zoom, a free online software. You'll receive the instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of Janice's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Online: Seven Steps to Reverse or Prevent Diabetes

Diabetes is a condition in which too much belly fat leads a person to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Whether you have weight around the middle, insulin resistance or type 2 diabetes, the root cause of all these conditions are the same - problems with your diet, lifestyle, and exposure to environmental toxins. Most treatments focus on the downstream symptoms (elevated levels of glucose, cholesterol, blood pressure, triglycerides) and never get to why your levels are too high and how to change it. The good news is all of this can be reversed. Learn how to work with your doctor to help restore your body to health.

Wed, Jan. 15 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Vitamins and Herbs - Facts and Fallacies

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? Learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (No supplements sold). Discuss what research says about antioxidants, phytochemicals, chondroitin, chelated minerals, anti-aging nutrients, colloidal minerals, sustained release formulas, and collagen, glucosamine, melatonin, and echinacea.

Wed, May 7 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Hips, Thighs, and Otherwise

We're a nation of professional sitters, causing lower body muscles to weaken and sag. Learn Janice Novak's famous '10 Minute Miracle Exercises' to strengthen your lower body muscles quickly and, in the process, increase your metabolism and bone density; take two inches off saddlebag areas in two weeks; trim inches off your lower body by getting rid of excess water weight; breathing techniques to boost fat metabolism; acupressure points for lymph circulation and drainage. If you don't have the time/money/inclination to haul yourself to a gym several times per week, you'll find these very effective.

Mon, Apr. 14 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: The Art of Aging Well

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological age, however, is measured by how well your organs and body systems work. You can do things to affect your biological age. You have more control over how your body ages than you think. Research has proven that you can peel years off your bio age. Learn scientific proven things you can do right now to decrease your body age. Also, you will learn facial acupressure points to help erase years from your face naturally.

Thu, Jan. 23 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Soothe Those Achy Joints

Do you have joints, knee, hip or back, that ache? Whether you have arthritis, bursitis or creaky joints, this workshop is for you. Joint lubrication exercises are simple and easy yet produce remarkable results to help free your joints of pain. Discover nutrients are needed to help keep your joints healthy.

Mon, Jan. 27 6 p.m.-7:30 p.m. \$39/person
 Online Novak

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

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Exercises like abdominal crunches can place too much stress on back and neck joints. Learn a series of exercises to quickly strengthen all four layers of the abdomen, without stressing back or neck joints and without getting on the floor.

Mon, Apr 28 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Thyroid Things You Need to Know

If you take thyroid medication but are still gaining weight and have symptoms, there's more to know. Weight gain, depression, fatigue, anxiety, increased cholesterol, lack of focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are just some of the symptoms. Discover the 5 things to measure, but usually aren't; why the #1 thyroid replacement may not be helping you; foods that help and/or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and discussions with your doctor. This class is not be considered a substitute for the advice of a qualified medical professional.

Tue, May 20 6 p.m.-7:30 p.m. \$39/person
 Online Novak



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online class information for Instructor Novak: classes take place on Zoom, a free online software. You'll receive the instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of Janice's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Online: Metabolism Boosters and Busters

In the past you probably dropped weight by cutting back on calories or exercising 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 lbs. in a year without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost your energy, and feel stronger and more fit. Uncover 20 simple things you can do every day to boost your metabolism.

Mon, Feb. 10 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Posture and Osteoporosis Workshop

Have you ever caught your reflection in a window or mirror to see that your head leads the way? Or noticed your shoulders and upper back are rounded forward? Learn simple techniques to improve your posture and stand straighter. Do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn to reduce your risk of osteoporosis and how to re-gain bone mass. Learn the latest research findings 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'll need a resistance band or tube for some of the exercises.

Tue, Feb. 11 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Is Your Waistband Too Tight? Beat Belly Bloat

Have you ever found that in the A.M. your waistband fits fine but by mid-afternoon, it's squeezing you like a tourniquet? Or that no matter how many crunches you do, your stomach still hangs there? Getting rid of your potbelly is more than just doing abdominal exercises. Learn the main causes and six strategies for getting rid of belly bloat. Do exercises designed to strengthen your deepest layer of abdominal muscle, the layer that is responsible for flattening your stomach, shaping your waistline, and supporting your lower back. You'll do this without getting on the floor.

Tue, Feb. 18 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Face Yoga

There are over 30 individual muscles on each side of your face, all of which can be strengthened and toned, just like arm/leg muscles. Facial exercises can take years off your appearance by reducing your frown and forehead lines, reducing 'puppet mouth' lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around your eyes, improve circulation and nutrient flow into your cells and improve lymph circulation. Learn the exercises that will rejuvenate your face. You'll need a regular teaspoon for a few of the exercises and a little of your favorite facial moisturizer.

Mon, Feb. 24 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Avoid the Pitfalls of Peri/Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, depression, water retention, sleep disturbances, joint aches, hot flashes, anger flashes, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. You'll discuss how to get hormone levels measured, blood test vs. saliva test, and what to do with the results; traditional HRT vs. bio-identical; acupuncture points to assist in symptom relief and nutritional musts. Leave with multiple tools and techniques for restoring health and well-being.

Mon, Mar. 3 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Women, Weight, and Hormones

Find no matter how well you watch what you eat, or how much you exercise, that your weight does not budge? Your inability to lose weight probably has more to do with hormone levels than anything else. Until any imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. Discuss hormones that are involved and what can be done to correct your imbalances; concrete solutions for controlling appetite and cravings; 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 check your hormone levels reliably; and what steps are needed to safely break the cycle of hormone related weight gain.

Tue, Mar. 4 6 p.m.-7:30 p.m. \$39/person
 Online Novak

"Everybody needs a hug. It changes your metabolism."

~ Leo Buscaglia



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: Acupressure for Sinus Relief

Acupressure is a well-known Eastern healing technique that involves pressing or kneading key points on your body to release your energy blockages and stimulate energy flow through pathways called meridians. Sinus problems have become epidemic in both children and adults. You can find relief by stimulate the many points that relieve sinus blockages, headaches, and more.

Mon, Mar. 10 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Posture, Get It Straight!

Ever notice your reflection to see that your head hangs too far forward, or your shoulders are rounded, or you slump too much? Learn how to correct common posture problems and learn an 'Instant Alignment Technique' that'll have you standing straighter immediately. You'll learn easy to implement tips when at your computer, in a car or working out. There are benefits to improving posture. And, the good news is no matter how long you may have had poor posture, it's never too late to make improvements. Your clothes will fit better too.

Tue, Mar. 11 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Techniques to Activate Your Brain's Creativity Center

Learn things you can do now to tap into your brain's creativity center. Discuss and try ancient breathing patterns to activate the right side of your brain where creativity lives. Use acupressure points that can offer you both clarity and calm. Learn the technique called 'Thumping' to activate creative centers, as well as, how colors play a role in brain function. Leave class with a bunch of new tools to help you be your best before endeavoring on any creative activity.

Tue, Mar. 18 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Acupressure Face Lift and Skin Savvy

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

Wed, Mar. 19 6 p.m.-7:30 p.m. \$39/person
 Online Novak

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

Breathing in specific ways has healing benefits. Breath work is a powerful thing you can practice for overall improved energy levels, health, and well-being. Learn ancient breathing exercises that will neutralize your stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; and decrease your depression and anxiety. Breathing exercises are powerful, free, and right under your nose.

Mon, Mar. 24 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Acupressure to Assist Weightloss

Acupressure is a well-known Eastern healing technique that involves pressing or kneading key points on the body to stimulate energy flow through meridians. When the points that regulate your metabolism, digestion and thyroid function are blocked or out of balance, losing weight seems impossible. Learn the main pressure points that help strengthen thyroid function, boost your metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

Tue, Mar. 25 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Acupressure to Relieve Migraines, Headaches, Nausea and Vertigo

Acupressure is a healing technique that works with how energy flows through your body. Just as you have blood that flows through your vessels, you have energy that flows through pathways called meridians. Acupressure involves pressing or massaging points on your body to stimulate energy flow which offers great relief with no side effects. Focus on the points that help relieve and prevent migraines, headaches, nausea, and vertigo.

Mon, Mar. 31 6 p.m.-7:30 p.m. \$39/person
 Online Novak

Online: Improve Your Health at Any Age

Every day, your body makes about 330 billion new cells which means 3.8 million are replaced each second. So every second is an opportunity to make each system in your body healthier. The quality of cell your body can produce is very dependent on what raw materials you have floating around your bloodstream. Studies show you can be 50 and have the physiology of a 30-year-old (and vice versa), depending on how you take care of yourself. What you do now greatly affects your health and well-being now and in the future. Nothing beats good health. Discuss steps you can take now to help make every system in your body as healthy as possible.

Tue, Apr. 1 6 p.m.-7:30 p.m. \$39/person
 Online Novak



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online class information for Instructor Novak: classes take place on Zoom, a free online software. You'll receive the instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of Janice's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Online: Overcome Your Carbohydrate Cravings

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? Is snacking out of control? 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 about willpower but of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype, just the facts.

Mon, Apr 7 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: De-Age Your Brain

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

Tue, Apr. 8 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Mudras - The Ancient Art of Hand Yoga

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.

Tue, Apr. 15 6 p.m.-7:30 p.m. \$39/person
Online Novak

*"Age is a matter of feeling,
not of years."*

~ *George William Curtis*



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: Feet, Knees and Ankles

Have you taken a good look at your feet, ankles or knees lately? They support 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 things to help correct these common problems.

Tue, Apr. 29 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Acupressure to Relieve Stress, Anxiety, and Insomnia

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 9 Master Pressure Points which are the most helpful and frequently prescribed to help you and assist every system in your body.

Mon, May 5 6 p.m.-7:30 p.m. \$39/person
Online Novak

Online: Acupressure and Tools for Women 35+

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, insomnia, irritability, anxiety, nausea, and even weight gain. Learn which points balance your hormone levels naturally, including thyroid hormones. Acupressure is a self-help tool that helps you feel your best. Discuss breathing techniques, nutritional musts, and more.

Tue, Apr. 22 6 p.m.-7:30 p.m. \$39/person
Online Novak

NEW! Online: Mind Mapping

Mind Mapping the process of using your mind's way of using imagery to brainstorm and learn information. Discover how to use Mind Mapping to help with things like preparing for a presentation, memorize a speech, develop a business plan for that business you've been thinking about starting, or outline a book you've been wanting to write. Once you learn the process, you'll think of all kinds of ways to use it. Enjoy a creative and fun evening learning something new that will change your life.

Tue, Feb. 18 6 p.m.-7:30 p.m. \$39/person
Online Sonnek

Tue, Apr. 29 6 p.m.-7:30 p.m. \$39/person
Online Sonnek

Online: Learn Positive Communication (Even in Difficult Situations)

Learn to communicate in a more positive way, even in difficult situations. Discover four key insights that will provide you a roadmap to an improved communication style with insights that help foster a positive attitude by embracing grace and gratefulness. Learn to develop a communication style that leads to positive interactions with people on a day-to-day basis. Your instructor calls this approach, “choosing to make lemonade.”

Wed, Mar. 19 & 26 6 p.m.-8 p.m. \$59/person
 Online Sonnek
 Tue, May 13 & 20 6 p.m.-8 p.m. \$59/person
 Online Sonnek

Online: Psychic Development and Mediumship

Each one of us is born with an innate sensitivity to the world of energy within and around us. By learning how to pay attention and trust the subtle impressions you get, you can gain accurate insights into the questions of your life and the lives of others. During this five-week course, you'll build confidence in your natural abilities through engaging, skill-building exercises as you begin exchange healing and empowering messages with your classmates. Experience freedom and fun as you open your inner gifts and grow in your spiritual connection.

Tue, Feb. 11-Mar. 11 6 p.m.-8 p.m. \$159/person
 Online Wicher

Online: Secrets of Happiness

Learn to believe in the happiness you want for your life. Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through various time-honored techniques, experience a transforming power to choose happiness in any situation, reconnect with the spontaneity and wisdom of your inner-child, overcome fears, release your attachment to outcomes, and cultivate a lifestyle that honors and supports your personal truth. Learn to give yourself permission to be happy and joyful!

Wed, Feb. 12-Mar. 12 6 p.m.-8 p.m. \$159/person
 Online Wicher

Online: Emotional Release for Inner Peace

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 your body and sabotage your inner peace. Learn simple, yet effective techniques for connecting with, understanding, accepting and then also releasing the emotions that keep you from yourself. No one wants to suffer. Learn to rest in the peaceful state of loving acceptance that is your true nature.

Mon, Feb. 17 5:30 p.m.-8 p.m. \$45/person
 Online Wicher

Online: Meditation for Relaxation and Personal Healing

Do you suffer from stress, anxiety, sleeplessness, or even high blood pressure or hypertension? Does your mind never stop going? Meditation can help. Meditation is a practice that involves focusing your thoughts and breathing to help you relax into the present moment. Studies show regular meditation can promote increased mental clarity and emotional balance, reduce the physical effects of stress and create a greater sense of well being. Learn empowering concepts and techniques for successful personal meditation and find support in crafting your own meditation regimen. Come experience the abundance of inner peace, health and connection that come from meditation.

Thu, Feb. 13-Mar. 13 6 p.m.-8 p.m. \$159/person
 Online Wicher

Online: Practical Compassion

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 you to have greater understanding and compassion through painful lessons of life. 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 and 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.

Wed, Mar. 19-Apr. 16 6 p.m.-8 p.m. \$159/person
 Online Wicher

NEW! Online: Intro to Enneagram

Have you heard of the Enneagram? The Enneagram is a psychological and personality system that has surged in popularity in recent years (and for good reason). It's an effective tool to understand human behavior, grow your self-awareness, deepen your presence, and cultivate personal growth. Enneagram makes life easier, allows you to liberate yourself from hard to change patterns that keep you stuck, and is effective at supporting and deepening your relationships. Discover the 9 types, the 3 Centers of Intelligence human beings have, and ways the Enneagram can support your growth personally and relationally.

Tue, Mar. 18 6:30 p.m.-9 p.m. \$45/person
 Online Ortmann-Wold



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Exploring Pottery

This popular class is taught by an expert and Maple Grove Senior High art teacher and fills quickly. With an emphasis on developing your throwing skills, explore various pottery techniques, including slab designs, coils, slip molds, sprigs and texture. Learn about glazes and under glazes as well. Wear old clothes and be ready to sink your hands into clay. Wear hard sole shoes to class. Bring your own tools or use the ones provided for you. Aprons or lab coats are also provided. Please note: Feb. 19 and May 14 are a project pick up date only. More details will be shared at class.

Wed, Jan. 8-Feb. 19	6:30 p.m.-9 p.m.	\$129/person
MGS	Manders	
Wed, Apr. 2-May 21	6:30 p.m.-9 p.m.	\$129/person
MGS	Manders	<i>Skip 4/23</i>

NEW! Bob Ross Painting with Julie: Whales at Play

A certified Bob Ross instructor, Julie will guide you step-by-step through the process of creating your Whales at Play painting. She will explain how to prep your canvas, load your brushes, and the brush strokes needed to complete each step. You'll have plenty of time to work on your painting as she comes around to help and answer your questions. This is a wet-on-wet oil painting technique that anyone, 12+ can do, if you are willing to step out of your comfort zone and just give it a try. No experience necessary. You can paint like Bob Ross.

Sat, Mar. 1	10 a.m.-1 p.m.	\$79/person
OMS	Fjetland	

NEW! Bob Ross Painting with Julie: Purple Splendor

A certified Bob Ross instructor, Julie guides you step-by-step through the process of creating your Purple Splendor painting. She will explain how to prep your canvas, load your brushes, and brush strokes needed to complete each step. You'll have plenty of time to work on your painting as she comes around to help and answer your questions. This is a wet-on-wet oil painting technique that anyone, 12+ can do, if you are willing to step out of your comfort zone and just give it a try. No experience necessary. You can paint like Bob Ross.

Sat, Mar. 22	10 a.m.-1 p.m.	\$79/person
OMS	Fjetland	

Mandala Rock Art

Discover the art of mandala rocks. Learn the history and meaning behind mandala designs and then practice your techniques to create patterns using dots. Combine this knowledge to paint your own mandala art on rocks.

Mon, May 5	6:30 p.m.-8 p.m.	\$39/person
OMS	Stahl	

NEW! Bob Ross Painting with Julie: Fisherman's Trail

A certified Bob Ross instructor, Julie guides you step-by-step through the process of creating a Fisherman's Trail painting. She'll explain how to prep your canvas, load your brushes, and the brush strokes needed to paint. You'll have plenty of time to work on your painting as she comes around to help and answer your questions. This is a wet-on-wet oil painting technique that anyone, 12+ can do, if you're willing to step out of your comfort zone and just give it a try. No experience necessary. You can paint like Bob Ross.

Sat, Apr. 26	10 a.m.-1 p.m.	\$79/person
OMS	Fjetland	

NEW! Bob Ross Painting with Julie: Pink Sunrise

A certified Bob Ross instructor, Julie guides you step-by-step through the process of creating a Pink Sunrise painting. She will explain how to prep your canvas, load your brushes, and the brush strokes needed to complete each step. You'll have plenty of time to work on your painting as she comes around to help and answer your questions. This is a wet-on-wet oil painting technique that anyone, 12+ can do, if you are willing to step out of your comfort zone and just give it a try. No experience necessary. You can paint like Bob Ross.

Sat, May 17	10 a.m.-1 p.m.	\$79/person
OMS	Fjetland	

NEW! Magical Candle Making Workshop

Magical Hour Candles & Co. is excited to offer you a transformative candle making class which combines both mindfulness and creative expression to help you foster serenity, intentionality, and joy. What's included: ice breaker, guided meditation, two 8 oz. jars, natural soy wax, cotton wicks, fragrance oils, custom labels, interactive games and activities, and light refreshments.

Sat, Jan. 25	12 p.m.-2 p.m.	\$75/person
MGMS	Thomas	
Sat, Feb. 22	12 p.m.-2 p.m.	\$75/person
MGMS	Thomas	
Sat, Apr. 5	12 p.m.-2 p.m.	\$75/person
MGMS	Thomas	

Linocut Printmaking

Linocut is a printmaking technique in which you carve a design into a sheet of linoleum using special tools. Use Blick ready-cut printing blocks which are versatile and easy to work with. Learn how to design, carve and create multiple prints of your image. Learn about the history of linocut printmaking and possibilities for more advanced applications. Linocut prints make the perfect holiday cards.

Thu, Mar. 13	6 p.m.-8 p.m.	\$45/person
OMS	Stahl	



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Macrame Plant Shelves

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

Thu, Jan. 9	6 p.m.-8:30 p.m.	\$59/person
OMS	Stahl	
Mon, May 12	6 p.m.-8:30 p.m.	\$59/person
OMS	Stahl	

Gelli Plate Printmaking

Gelli prints are a fresh, fun twist on monoprinting. You will learn about nontraditional printmaking, then create a series of unique prints from gelatin plates combining natural materials, stencils and paint. This unique art method allows you to experiment with the layers and explore shapes and textures.

Mon, Feb. 3	6:30 p.m.-8 p.m.	\$45/person
OMS	Stahl	

Birch Tree Resist Paintings

Paint the perfect woodland scene featuring birch trees and accompanying leaves using a few simple techniques and materials. You'll be guided step-by-step through the painting process and be introduced to new art terms and techniques as you create your piece.

Mon, Mar. 3	6:30 p.m.-8 p.m.	\$45/person
OMS	Stahl	

Seed Mosaic: A Minnesota Tradition

Every year the Minnesota State Fair showcases unique seed mosaics created by artists from all over the state. In this seed mosaic class, you will continue this great tradition by creating your own works of seed art. You will learn about the history and techniques of mosaic art and create a design of your own.

Wed, Jan. 22	6:30 p.m.-8 p.m.	\$39/person
OMS	Stahl	

Watercolor Painting

Paint a beautiful scene in watercolors. Detailed step-by-step instructions and discussion on differences between dry brush work, wet on wet, and wet on dry techniques are all included as you work together. This is a great no fear way to learn to paint in watercolors.

Wed, Jan. 29	6 p.m.-8 p.m.	\$45/person
OMS	Merry	

NEW! Paint Like Camille Pissarro

Create a serene acrylic winter landscape painting on an 8" x 10" canvas in the style of a leading impressionist painter, Camille Pissarro. Learn a bit of history about him and his particular style of painting and recreate his masterpiece.

Thu, Feb. 20	6 p.m.-8 p.m.	\$45/person
OMS	Merry	

NEW! Paint Like Mary Cassatt

Create an acrylic painting on an 8 x 10 inch canvas in the style of the great female impressionist painter Mary Cassatt. Learn a bit of history about her and her style of painting as you follow instructions to create your own masterpiece.

Wed, Mar. 19	6 p.m.-8 p.m.	\$45/person
OMS	Merry	

NEW! Chalk Pastel Sunflower

Chalk Pastels are extremely pigmented, blendable, and can be used to create paint-like effects without the use of water. Learn the many possibilities of this medium as you follow step-by-step instructions to create your own beautiful sunflower drawing.

Thu, Apr. 17	6 p.m.-8 p.m.	\$45/person
OMS	Merry	

NEW! Needle Felted Frog

Create a sculptural frog out of wool roving. Learn to use felting needles, core wool, and colorful felt batting to create an adorable little frog. Wool felting is a great hobby with many crafting possibilities.

Mon, May 19	6 p.m.-8 p.m.	\$45/person
OMS	Merry	

Barn Quilt Painting

Grab your friends/family to create a beautiful barn quilt pattern on a 14" x 14" reclaimed wood pallet. Follow step-by-step instruction. You are welcome to choose your own colors to customize yours. The barn wood is locally sourced by craftsman/farmer, Josh Reinitz of East Henderson Farm, each pallet is unique. The wood is reclaimed, meaning each pallet is individual with flaws, such as nail holes and small dings. It's been carefully selected, pre-sanded and assembled. Design options include: pinwheel (beginner), flag (beginner), faded star (beginner), friendship star (beginner), marigold (experience), hidden fross (experience), blue cross (experience).

Fri, Mar. 14	5:30 p.m.-8 p.m.	\$75/person
OMS	Lill Diemand	

NEW! Monet's Garden Acrylic Painting

Paint a water lily garden inspired by Monet's famous paintings in acrylics on a 12" x 16" stretched canvas. Follow detailed step-by-step instructions to learn the practice of painting through observation. Shape, pattern, texture, contrast, and painting basics will be shared. Watch live demonstrations and experiment with a variety of interesting materials.

Fri, May 2	6 p.m.-8 p.m.	\$59/person
OMS	Lill Diemand	



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

S.O.S. Photo Organization - Digital or Print

S.O.S. are your photos a mess? Learn how to digitize, organize, and enjoy your photo memories. Learn a long-term system that works for both iPhone and Android Phones, MAC and PC computers, a box of old photos, tapes, slides, negatives, reels, artwork, and more. It's time to remember what you already forgot. You may need to make additional purchases to save, organize, and share the photo projects. This class uses a website of choice, you do not have to use it to complete all of the steps, but it is what is used for demonstration. Laptop provided during class. Bring your old media to get digitized/digital photos to upload and create with.

Mon, Feb. 24	6:30 p.m.-8:30 p.m.	\$15/person
ESC	Schwebach	
Mon, Apr. 14	6:30 p.m.-8:30 p.m.	\$15/person
ESC	Schwebach	

Paint Like Bob Ross with Jay: Lake Superior

"Lake Superior" is an exciting and spectacular to paint. It will thrill you each time you look at it on your wall. Make sure that you sign your masterpiece so that you can prove you actually painted it. The painting will be in oil which is easy to work with. Supplies are provided including paints, 16" x 20" canvas and painting tools. Your painting will be ready to frame and put on your wall at home when you finish. The oil painting will take 4 weeks to dry but can be put into the frame of your choice and hung on your wall. Frames for sale at class if you wish to purchase for between \$30-40 with metal clips for hanging. Jay is a certified Bob Ross instructor.

Sat, Feb. 22	10 a.m.-2 p.m.	\$65/person
OMS	Rupp	

Paint Like Bob Ross with Jay: Lilac Basket

"Lilac Basket" is an exciting and spectacular to paint. It will thrill you each time you look at it on your wall. Make sure that you sign your masterpiece so that you can prove you actually painted it. The painting will be in oil which is easy to work with. Supplies are provided including paints, 16" x 20" canvas and painting tools. Your painting will be ready to frame and put on your wall at home when you finish. The oil painting will take 4 weeks to dry but can be put into the frame of your choice and hung on your wall. Frames for sale at class if you wish to purchase for between \$30-40 with metal clips for hanging. Jay is a certified Bob Ross instructor.

Sat, Apr. 26	10 a.m.-2 p.m.	\$65/person
OMS	Rupp	

Paint Like Bob Ross with Jay: Eagle

"Eagle" is an exciting and spectacular to paint. It will thrill you each time you look at it on your wall. Make sure that you sign your masterpiece so that you can prove you actually painted it. The painting will be in oil which is easy to work with. Supplies are provided including paints, 16" x 20" canvas and painting tools. Your painting will be ready to frame and put on your wall at home when you finish. The oil painting will take 4 weeks to dry but can be put into the frame of your choice and hung on your wall. Frames for sale at class if you wish to purchase for between \$30-40 with metal clips for hanging. Jay is a certified Bob Ross instructor.

Sat, May 17	10 a.m.-2 p.m.	\$65/person
OMS	Rupp	

NEW! Play with Polymer Clay

Interested in exploring the versatile medium of polymer clay? Learn essential techniques, including conditioning, shaping, and curing the clay to create beautiful, unique, and functional pieces. Use traditional and liquid polymer clay to create two projects. From jewelry and sculptures to decorative objects, the possibilities are endless.

Mon, Apr 14	6:30 p.m.-8:30 p.m.	\$55/person
OMS	Van Wyk	

NEW! Explore the World of Fluid Art

Discover the joy of creating stunning, abstract art with this acrylic pouring class. This hands-on experience is perfect for beginners and experienced artists alike. Learn various pouring techniques as you experiment with colors, textures, and movement to create unique and captivating pieces. You'll be guided through the process, learning tips and tricks for achieving amazing results. All supplies provided, including acrylic paint, pouring medium, canvases, and protective gear. Relax and let your creativity flow. No experience necessary.

Tue, May 6-20	6:30 p.m.-8:30 p.m.	\$169/person
MGMS	Van Wyk	

NEW! Voiceover...Now Is Your Time

Discover how you can begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. Learn about a unique way to break into this creative, fulfilling, and often lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead. Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

Wed, Jan. 22	6 p.m.-8 p.m.	\$39/person
ESC	Foster	
Wed, May 7	6 p.m.-8 p.m.	\$39/person
ESC	Foster	



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

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 (if you want to use your own), otherwise they are provided. Dress to get messy. The Empty Bowls event will take place on April 3, 2025 from 4 p.m.-7 p.m. 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, Jan. 25, Feb 1, Feb. 22 9:30 a.m.-11:30 a.m.
Free MGSB Barriero

NEW! Oh Baby! Bib and Taggie Blanket

There's nothing better than a hand-made gift given with love! Whether it's for your little one or a friend, come make a cute, bandana-style bib and a 10" x 10" taggie blanket that has both smooth and textured ribbons for sensory exploration as well as a calming effect babies can't resist. Basic sewing skills required. Patterns are available for use and can be purchased from instructor, if desired. Please bring a sewing machine, 1 yd. quilting cotton (or two 1/2 yd. coordinating pieces), 1/8 yd. Velcro, 1 yd. satin and 1 yd. grosgrain ribbon 3/8"-7/8" wide, all-purpose thread, fabric scissors or rotary cutter and mat, ruler, seam ripper, and pins. A \$5 pattern is available for purchase at class (optional).

Wed, Apr. 9 6 p.m.-9 p.m. \$39/person
OMS Bengtson

NEW! Cascadinig Plant Hanger

Kick off summer and create a simple, eye-catching plant hanger that holds three natural or artificial plants. Hang it on a porch or shed or enjoy it in your home office or sunroom. A variety of colorful and whimsical canvas fabrics are available for you to use. Basic sewing skills recommended. \$25 supply fee payable to Sandra at class. Please bring a sewing machine, all-purpose thread, fabric scissors/rotary cutter and mat, ruler, seam ripper, universal sewing machine needle size 14 or 16, and pins.

Mon, Apr. 28 6 p.m.-8:30 p.m. \$39/person
OMS Bengtson

“Sewing is the art of creating something from chaos.”

~ Author Unknown



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Beyond the Bobbin - Pattern Fundamentals

Learn how to understand envelope information as well as the ins and outs of pattern piece layout and cutting. From start to finish, Sandra guides you through a step-by-step process that will demystify pattern directions. Leave class with a good start on a sewing project. Bring the following on Week 1: beginner sewing pattern; a fabric scissors or a rotary cutter and mat. Week 2-3: a simple beginner sewing pattern; a fabric scissors or a rotary cutter and mat, fabric, and notions (discussed Week 1), sewing machine (manual, if you have), thread, seam ripper, pins, measure tape or ruler.

Thu, May 8-22 6 p.m.-8:30 p.m. \$75/person
OMS Bengtson

NEW! Fancy Fleece Hat

Minnesota winters may be cold, but that doesn't mean you have to look like Paul Bunyan. Show off your style (and stay warm) with a fancy fleece hat embellished with fleece flower and button made by you. Some basic sewing skills required. Patterns available for your use and can be purchased from instructor, if desired. Bring the following: sewing machine, 3/8 yard fleece main and 1/4 yard coordinating fleece, decorative button, all-purpose thread, fabric scissors, ruler, seam ripper and pins. \$5 fee payable to Sandra at class to purchase pattern (optional).

Mon, Feb. 10 6 p.m.-8:30 p.m. \$39/person
OMS Bengtson

NEW! Embroidered Fabric Collage

Create a hanging fabric collage using a technique called slow stitching, a relaxing form of embroidery focusing on process rather than pattern. Begin by layering fabric scraps onto a 6" x 6" square and use hand embroidery stitches as well as trims, beads, etc. to add texture and color. Whether you are a new or experienced crafter, explore your creative side. \$20 supply fee payable to Sandra at first class. Bring a pair of scissors.

Wed, Feb. 26 & Mar. 5 6 p.m.-8:30 p.m. \$49/person
OMS Bengtson

T-Shirt Quilt

Looking forward to a graduation or other special event? Make it memorable by giving an absolutely treasured 72" x 90" t-shirt quilt, made by you. Join Sandra as she guides you through some basics of stabilizing the shirts, cutting and sewing the blocks together, as well as attaching the batting and back. Basic sewing skills required. Expect to do some work outside of class. \$10 supply fee payable to Sandra at the first class. Please bring the following supplies: Session 1: 35-40 t-shirts (washed), rotary cutter and mat (preferred) or fabric scissors. Session 2: sewing machine, thread, pins, and fabric scissors. Session 3: fabric for the quilt back and batting (type and amount will be discussed in first class).

Tue, Feb. 4-18 6 p.m.-9 p.m. \$75/person
OMS Bengtson

Online class information for Instructor Krusemark: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of LeeAnne's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

NEW! Embroidery 101

Hand embroidery has been practiced around the world for centuries and includes over 300 different stitches. Learn ten basic stitches including the running, chain, back, satin, eyelet, French knot and more. Leave class with a project to practice on and the confidence to tackle hand embroidery on your own. Bring a 6" embroidery hoop and scissors. \$5 supply fee payable to instructor at class.

Tue, Mar. 18 6 p.m.-8:30 p.m. \$39/person
 OMS Bengtson

NEW! Beyond the Bobbin - Construction Fundamentals

Do you have a basic understanding of your sewing machine and would like to advance your skills? Gain a good understanding of sewing terms, learn how to make button holes and attach zippers, insert elastic, and practice gathering and hemming. Bring supplies listed online. \$10 supply fee payable to instructor at first class.

Mon, Mar. 3-17 6 p.m.-8:30 p.m. \$75/person
 OMS Bengtson

Palette Knife Painting

Palette knife painting is a fun alternative to painting with a brush. Learn to create striking texture and effects as you create a beautiful painting on an 8" x 10" canvas following step-by-step instructions.

Fri, Apr. 11 6 p.m.-8 p.m. \$45/person
 OMS Merry

Online: Instant Guitar for Busy People

Want to learn the guitar but feel it's difficult to find the time? In just a few hours, learn enough about playing the guitar to give yourself years of musical enjoyment, and you won't have to take private lessons to do it. This course teaches you basic chords to get you playing your favorite songs right away. Since this class is being held online with Zoom, you'll be able to sit at home with your guitar without any pressure. Since class includes an online book and follow-up video lessons, you can continue your practice and study on your own. Optional periodic online Q&A sessions are also included with a recording of the class.

Tue, Feb. 4 6:30 p.m.-9 p.m. \$69/person
 Online Coffman
 Sat, Apr. 12 1 p.m.-3:30 p.m. \$69/person
 Online Coffman

Online: Instant Piano for Busy People

Learn enough secrets of the trade to give you years of musical enjoyment. Learn to play the way professionals do using chords. Since this class is held online, you can sit at your piano or keyboard at home with no pressure at all. Since class includes an online book and follow-up video lessons, you'll be able to continue your practice and study on your own. An optional periodic online Q&A session is also included with a recording of the class. Class is partly lecture/demonstration and partly hands on instruction.

Mon, Feb. 3 6:30 p.m.-9:30 p.m. \$69/person
 Online Coffman
 Sat, Apr. 12 9 a.m.-12 p.m. \$69/person
 Online Coffman

Online: How to Outline and Write an Irresistible Romance

Romance is the #1 selling fiction genre. Whether you're a new or experienced writer, this class will sharpen your skills with practical step-by-step advice. Discover the different romance sub-genres and fully understand the romance formula. You will also learn to create a unique setting, introduce your protagonist (lead character), percolate friction, and write dialogue as well as intimate scenes. Publishing options will also be discussed.

Tue, Feb. 25 4 p.m.-6 p.m. \$39/person
 Online Krusemark

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

Become a mystery writer. Discover the sub-genres and three-act structure of mystery writing and then 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.

Tue, Feb. 25 6 p.m.-8 p.m. \$39/person
 Online Krusemark

Online: Writing for Blogs, Magazines and Websites

You do not need a journalism degree to write for a blog, magazine or website. Some opportunities will offer you exposure, while many pay well at \$1/word or more. Learn how to find ideas, sources, and 1,000+ paying opportunities, conduct interviews and then develop content, protect your copyright, write query letters and then use credibility to sell other articles or even your self published novel.

Wed, Feb. 26 4 p.m.-6 p.m. \$39/person
 Online Krusemark



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: Beginner's Guide to Getting Published

If you want to become a published freelance writer by selling a magazine article, short story, poem, or even a novel to a traditional publisher, this class will guide you to, then past, the editor's desk. Discover how to become a "published" writer, submit your manuscripts the correct way, find the publisher for you, write irresistible query letters, determine when and how to get an agent, and 100 ways to generate money as a freelance writer. If you want to succeed, this step-by-step workshop is a must.

Wed, Feb. 26 6 p.m.-8 p.m. \$39/person
 Online Krusemark

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

Self-publishing is all the rage, but is it really the best option for you? (You must attend "Beginner's Guide to Getting Published") Can you do both? Uncover the pros and cons of self-publishing options, including print-on-demand and e-book publishing, as well as some Amazon options, and see how they compare to traditional publishing.

Wed, Feb. 26 8 p.m.-9 p.m. \$25/person
 Online Krusemark

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

ChatGPT (AI) is here to stay and is the future for writers and content creators. Don't be left behind. No prior AI experience required. Want to learn how to incorporate cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts? Learn how to get a free ChatGPT account, input effective writing prompts to avoid nonsense responses and build your content from stories to marketing copy. Then, determine ChatGPT capabilities/limitations and understand ethical and legal considerations. There's no doubt that ChatGPT and similar AI systems will force the job market to evolve. It's crucial for you to adapt, learn new skills, and be open to collaborate with AI.

Thu, Feb. 27 4 p.m.-6 p.m. \$39/person
 Online Krusemark

Online: Explore the World as a Travel Writer

If you love to travel and love to write, this is for you. Discuss how to use your senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest, and whether or not you need to include photos with your work. You will also learn how to find and submit your finished product to print and online markets, the business side of travel writing (taking travel tax deductions), and how to avoid travel writing cliches.

Fri, Feb. 28 6 p.m.-8 p.m. \$39/person
 Online Krusemark

Online: How to Write Your Life Story (for fun or profit)

You don't need to be famous to have a legacy to leave behind. Create an inspirational autobiography for your family, friends, and others. Learn how to recall your vivid memories, analyze events and people that shaped who you are, and bring your amazing story to life. Your handout, included in the class fee, has an outline to help you organize and write your memoir step-by-step. Printing and publishing options will also be discussed.

Sat, Mar. 1 10 a.m.-1 p.m. \$49/person
 Online Krusemark

Online: Introduction to Screenwriting for TV or Movies

Learn screenwriting terms and formats for television and the big screen as well as how to plot a story, develop characters and execute your work in the screenwriting format. Discover the difference between a treatment, a spec script and a shooting script and when to do each. Get an inside look into the business of selling your script to agents and producers.

Sat, Mar. 1 1 p.m.-3 p.m. \$39/person
 Online Krusemark

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

You write everyday through emails, social media posts, work projects and even non-fiction or creative writing. Improving is a matter of knowing some tricks to make your writing more impactful and readable and may help get you a promotion at work or avoid rejection from a publisher. There will be writing and editing examples and exercises so you can see in real time how to make sentences flow properly while still maintaining reader interest. Leave with a workbook full of writing tips and tricks, which is included in your class fee.

Sat, Mar. 1 3 p.m.-6 p.m. \$49/person
 Online Krusemark

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

Whether you want to publish a paperback novel or short eBook now or in the future, this tutorial will teach you how to create an Amazon KDP account, format your manuscript and then upload it to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for your page and write an author bio.

Tue, Mar. 4 4 p.m.-5 p.m. \$25/person
 Online Krusemark



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: Write Your First Novel (in 90 days!)

Develop a schedule to craft a novel from start to finish, which you can do in as little as 90 days and then stay motivated throughout your journey. Learn how to select your novel genre and develop a compelling premise, create characters and immersive settings, craft a plot outline, manage your time to keep your writing flow consistent, combat the common roadblocks including writer's block, master self-editing: refine your plot, and fix your pacing, dialogue, and characterization issues, receive constructive criticism from beta readers, and explore publishing options. By the end, you'll know how to complete your novel and have the confidence to move forward with the publishing process.

Wed, Mar. 5 6 p.m.-9 p.m. \$49/person
 Online Krusemark

NEW! Online: Creative Writing 101

You don't need a degree in creative writing to be an exceptional writer and get paid for it. Anyone with a passion for writing can learn and develop fiction and non-fiction writing skills. Whether you're writing based on life experience, creating new worlds, or informing readers about important information, this class will teach you about the different forms of creative writing, the top 10 creative writing tips for beginners, as well as brainstorming for new creative writing ideas, bring your words to life with engaging descriptions, develop your own writing style, and how to get paid for your creative writing.

Thu, Mar. 6 4 p.m.-6 p.m. \$39/person
 Online Krusemark

Online: Writing Short Stories

Writing short stories (1,000–30,000 words) helps you discover your writing voice and how to convey ideas. Bring your story to life with an engaging plot, character development, action, and dialogue. Uncover the many technical parts of crafting a story, including structure, character moments, and story progression. Learn what to do with your short story once completed, including editing, proofing, and publishing options.

Thu, Mar. 6 6 p.m.-8 p.m. \$39/person
 Online Krusemark

Online: 10 Practical Tips to Writing Powerful Dialogue

Writing believable and relatable dialogue is an art-form, but fortunately there are some methods and techniques you can use right now to improve the dialogue in your novel or script. Turn ordinary words into compelling dialogue, use clean dialogue tags, differentiate your character voices, use dialogue instead of narrative or voiceover, avoid those dialogue "dumps," and be real, but not boring.

Fri, Mar. 7 3 p.m.-4 p.m. \$25/person
 Online Krusemark

NEW! Online: Introduction to Journaling

Journaling is recording thoughts, feelings, and insights in written, drawn, or typed format. It can be done on paper or on a computer, and is an inexpensive way to improve your mental health. Journaling can help you reduce stress, improve your self-awareness, as well as prioritize problems, fears, and concerns, and provide an opportunity for positive self-talk. You'll learn how to start journaling (even when you don't know what to write), the 10 most popular types of journaling, how to kick-start self-reflection and self-discovery, and track your progress and personal growth.

Fri, Mar. 7 4 p.m.-6 p.m. \$39/person
 Online Krusemark

NEW! Online: Make Money as a Freelance Writer

If you have a way with words and love writing, then freelance writing may be for you. It has emerged as a significant force in the gig economy, offering flexibility, independence and a way to earn supplemental income or have a career. Learn the top 10 areas of freelance writing, how to create writing samples and pitches or queries, develop your freelance writing "brand," find reliable job boards, and avoid content mills. Handouts included with links to more than 1,000 ways to get paid as a freelance writer.

Fri, Mar. 7 6 p.m.-8 p.m. \$39/person
 Online Krusemark

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

Whether you need to make a dull work presentation more lively, mix laughter with learning, or want to write for print or production, or perform your own stand up 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 different types of jokes, and then use your humor to entertain and influence people. Your instructor is a former stand-up comedian at places like The Laugh Factory in Hollywood, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education.

Sat, Mar. 8 1 p.m.-3 p.m. \$39/person
 Online Krusemark

"Becoming a writer means being creative enough to find the time and place in your life for writing."

~ Heather Sellers



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online class information for Instructor Krusemark: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of LeeAnne's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Online: Meet the Publisher/Agent

Ever wanted to talk to a real agent or publisher? Are you 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 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 and agents who are interested in your type of work.)

Sat, Mar. 8 3 p.m.-4:30 p.m. \$29/person
 Online Krusemark

Online: Self-Growth and the Art of Singing

Professional singer, voice teacher, and holistic health practitioner, Jesse Wicher, will share the wonderful lessons he has learned through the study of singing. Through lecture and examples, you will explore the profound relationship between your breath, body and voice, and personal growth. Highlights include singing with your own voice, getting out of the way, and letting go of judgments. This class is perfect for singers, artists, and anyone wishing to create more freedom and joy in your life; no singing required. Learn what good singing can teach you about good living.

Mon, Mar. 31 6 p.m.-8 p.m. \$39/person
 Online Wicher

Online: Introduction to Voiceovers

Have a passion for voiceovers? Want to earn income using your talents from the comfort of your own home? Explore the many details of a growing remote voiceover industry. Discover the current trends and how easy and affordable it can be to learn, set up, and work remote. Learn about the types of voiceovers and tools you'll need to find success. Your instructor, a voice actor from Voices for All, takes notes as you read a real script in this one-on-one video chat setting, and then offers you coaching to improve your delivery. You will receive a voiceover evaluation later in a follow-up call. This is a one-time, 90-min introductory class. Learn more at voicesforall.com. You must be 18+. Upon enrolling, you'll be contacted by Voices for All to schedule your class for a day and time of your convenience.

Online Voices for All \$69/person

Meet Our Amazing Instructors!



Aryn Lill Diemand



Jeff Sandino



Christine Morgan



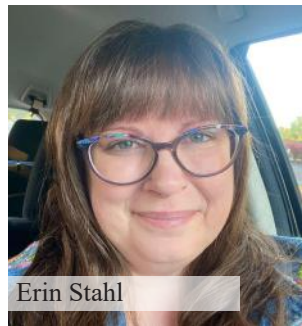
Vanessa Merry



Kristie Walker



Brit Ortmann-Wold



Erin Stahl



Rita Apaloo



Vannesia Thomas



Steve Finkelstein



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online class information for Instructor Krusemark: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of LeeAnne's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Medicare Basics: Parts A-D

Are you approaching Medicare age? Discover what Medicare covers, how to enroll, what to do and not to do if you are still working, the costs, and coverages. It pays to be prepared.

Thu, Mar. 13	6 p.m.-7:30 p.m.	\$19/person
ESC	Pfeifer	
Wed, May 7	6 p.m.-7:30 p.m.	\$19/person
ESC	Pfeifer	

Social Security and Retiring Wisely

When should I apply? How can I maximize benefits? How will this affect my spouse? Will I have enough to retire? Will my retirement income last? How will taxes affect retirement? Learn how to sort through options to ensure the choices you make are tailored to your needs.

Tue, Apr. 22	6 p.m.-7 p.m.	\$19/person
MGSB	Nisbet	

Plan Ahead for Taxes in Retirement

Act now, tax rates are increasing in 2026. You must pay taxes, but don't leave the IRS a tip. Understand tax strategies and manage your tax bill. Ignoring the tax consequences to your situation may result in paying more than you really need to. Whether it's determining where to save for retirement, how to create tax efficient retirement income, or how to pass your wealth to future generations, with careful and consistent planning, you can potentially reduce your lifetime tax bill.

Tue, Jan. 28	6:30 p.m.-7:30 p.m.	\$19/person
MGSB	Scheck	
Tue, Apr. 1	6:30 p.m.-7:30 p.m.	\$19/person
MGSB	Scheck	

Prepare Your Own Will

Without a will, the laws of Minnesota determine to whom your estate goes and even who should be the guardian of your minor children. Learn all about wills and the probate process and prepare and complete your legally binding will at class. You will receive a prepared form, witnesses and notary public, everything needed to complete your form. This is intended for people with estates under \$1 million who do not own a business. Class is taught by an attorney.

Tue, Mar. 11	7 p.m.-9 p.m.	\$45/person
MGSB	Altman	
Tue, May 20	7 p.m.-9 p.m.	\$45/person
MGSB	Altman	

What If You Die? A Practical Guide for Organizing Your Legacy

Are your financial documents scattered about with vital information about your estate buried away? This can cause unnecessary stress and frustration for your loved ones during already difficult times. This course, built on 35 years of wealth management experience, teaches you practical steps to organize personal and financial information, beyond just wills and trusts. Ensure your family and trusted advisors have everything they need to handle end-of-life with confidence and ease. Leave behind a clear, accessible legacy and gain peace of mind knowing your "breadcrumbs" are in order. Perfect for adults planning for the future, adult children supporting aging parents/grandparents, and financial professionals aiming to better serve their clients.

Thu, May 1	6 p.m.-7:15 p.m.	\$29/person
ESC	Finkelstein	
Thu, May 8	6 p.m.-7:15 p.m.	\$29/person
ESC	Finkelstein	

Online: Save Money with Extreme Couponing

Led by an instructor who has used couponing secrets to save thousands. Learn how to save money with extreme couponing; they are not just for groceries. The savings add up to hundreds and thousands of dollars every year. Learn where to find different types of coupons, even for those high ticket items, how to find coupon apps and websites and how to match coupons with sales for max savings, and so much more.

Tue, Feb. 25	3 p.m.-4 p.m.	\$25/person
Online	Krusemark	

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

Discover how to earn a passive monthly income from selling other's products by placing a merchant-provided advertisement link on your site to 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 will not offer a beneficial ROI. Learn how to find those 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.

Thu, Feb. 27	6 p.m.-8 p.m.	\$39/person
Online	Krusemark	



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: How to Make Extra Cash Pet Sitting

Do you love animals...especially dogs? Learn to make extra money after school or work by watching dogs or other pets, requested in the pet's home. Learn about feeding, watering, exercising pets, how to make a good impression, what questions to ask when interviewing for a pet sitting job, and what to do when an animal has behavioral issues. Discover other services you can offer to make more money, such as dog walking, grooming, puppy training, etc.

Fri, Feb. 28 4 p.m.-6 p.m. \$39/person
 Online Krusemark

Online: 50 Money Making Side Hustles for Teens

Hey, Teen! What's the fastest way to make money as a teenager? The answer is a side hustle. You don't have to wait until you're over a certain age to earn money with side hustles that can fit into your life - between classes, chill sessions, and extracurricular activities. And, most of these side hustles don't require you to study, won't interfere with your social life, and can help you hit financial goals, maybe even get that car. Leave with information about how to fill out legal forms to get started, and details about 50 side hustle ideas to get you going fast.

Mon, Mar. 3 5 p.m.-6 p.m. \$25/person
 Online Krusemark

Online: Earn Extra Money Mystery Shopping (post-requisite)

Have you seen ads about how to become a shopper, but only if you send in money? You do not have to pay to begin your new career in this exciting field. (You must attend "Explore 250 Legitimate Home-Based Business Ideas" for an understanding of this endeavor.). Learn how to work with mystery shopping companies without fees, avoid scams and pitfalls, create a required resume and profile, and how to file your shopping reports to receive payment. A handout of 25 legitimate companies you can work for is also included.

Tue, Mar. 4 5 p.m.-6 p.m. \$25/person
 Online Krusemark

Online: Make Money with a Virtual Assistant/Word Processing

If you can type, then you can make money at home using your computer. Discover how and where to find clients, 50 ways to advertise and market your services, effective home office equipment choices, and 100 ways to make money with a computer. (You must also attend "Explore 250 Legitimate Home-Based Business Ideas" for a clear understanding of this endeavor.) There is a need for your services, so learn to be your own boss, set your own hours, and make more money.

Tue, Mar. 4 8 p.m.-9 p.m. \$25/person
 Online Krusemark

Online: Start Your Own Online Business

Turn your ideas or homemade products into income by starting an online business. Learn how to find a gap in a niche market and fill it, build a website, market your business effectively (including SEO) so customers can find you, take care of forms/taxes, and create multiple sources of income (including affiliate commissions). You'll also get info about the 25 most popular online businesses to start.

Wed, Mar. 5 4 p.m.-6 p.m. \$39/person
 Online Krusemark

Online: Beginner's Guide to Starting a Free Blog

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 blog template, emphasize your blog content with a creative name, use your unique voice to share your expertise, and 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.

Sat, Mar. 8 11 a.m.-1 p.m. \$39/person
 Online Krusemark



Online: Mystery Shopping - Get Paid to Shop

Get paid to shop at local stores in your area, plus many online shopping assignments you can do from home. Mystery shop on vacation all across the USA and in over 70 countries worldwide. This is a cost-efficient way for businesses to know their customers and stay in business during challenging economic times. Learn to avoid scam companies and work for the best mystery shopping companies that pay the most. Get names and contact information for the top 100 mystery shopping companies to make your ideas practical. Review some mystery assignments so you know what to do. Get paid or keep the items you buy on assignment such as a free dinner for two at a nice restaurant, a free hotel night, a free tank of gas, free groceries, free dry cleaning and more. Learn how to play up your qualifications for the best assignments, how to fit this into your schedule, and how to earn the most income. Gina Henry has been a professional mystery shopper for over twenty years. She teaches in 90 cities and wrote the book *“How To Travel Free”*. Fee includes a 100-page digital book *“Mystery Shopping - Get Paid to Shop”* (a \$39.95 value).

Sat, Apr. 5 11 a.m.-2 p.m. \$45/person
 Online Henry

Online: 4 Strategies for a Smarter College Search

The past year resulted in some of the most significant changes to the college planning process in decades. Admission trends have changed around how colleges admit students. There are substantial changes to the FAFSA and financial aid that may make college more expensive. Many schools have gone ACT and/or SAT optional, but not always when they award scholarships, and some colleges are going back to standardized test requirements. Learn how these changes may impact your family, and new strategies to consider to give your child the best opportunity to be admitted and maximize scholarships and financial aid. If you're the parent of a high school student in grades 9-11, this is information you don't want to miss.

Mon, Feb. 10 7:30 p.m.-8:30 p.m. \$19/person
 Online Wittman

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

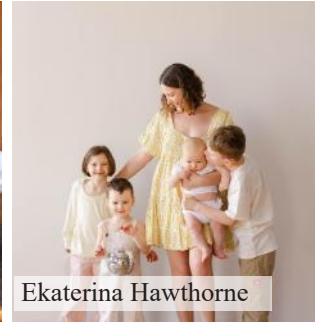
Tired of working for someone else and want to earn more money? Turn your talents and hobbies into profits by starting a home business. Discover more than 250 home business ideas, required legal documentation, ways to market your product/service, and how to take tax deductions (this workshop included!)

Tue, Mar. 4 6 p.m.-8 p.m. \$39/person
 Online Krusemark

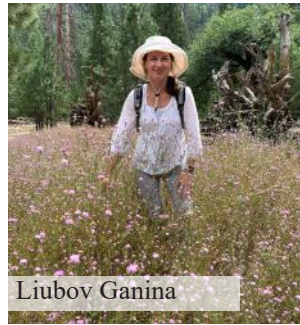
Meet Our Amazing Instructors!



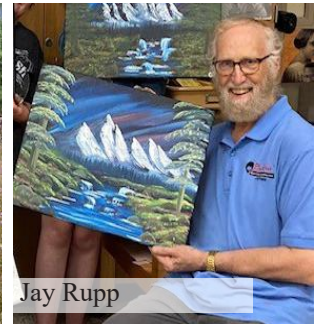
Sandra Brenes



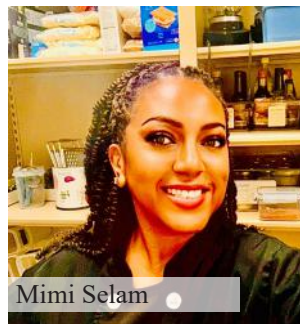
Ekaterina Hawthorne



Liubov Ganina



Jay Rupp



Mimi Selam



Mike Vanderheyden



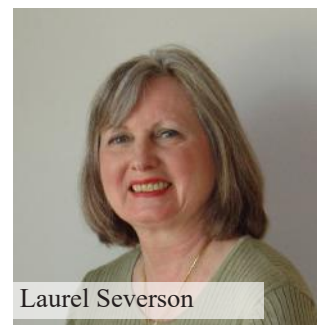
Michelle Riedel



Lionel Locke



Jamie Wasser



Laurel Severson



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online class information for Instructor Welsh: classes take place on Zoom, a free online software. You will receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of Nickie's classes, and you have already been sent the link and electronic handouts, you will not receive a refund. If you are unable to attend the live online class, you may still enroll and watch the recording at your convenience.

NEW! Online: Tech-Savvy Survival in 60 Min.

In our fast-paced, technology-driven world, being tech-savvy is no longer optional, it's essential. This class is designed to equip you with the critical tech skills needed everyday life. Expand your practical knowledge and confidence to navigate with ease.

Tue, Jan. 7 12 p.m.-1 p.m. \$29/person
Online Welsh

NEW! Online: Fast Track to Social Media Marketing for Business

Enjoy this fast-paced, comprehensive class designed to equip you, the business owner, an entrepreneur, or a marketing professional with the skills and strategies needed to leverage social media for business. Discover how to reach your target audience, increase your brand awareness, and drive engagement across major social media platforms.

Mon, Jan. 13 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: Canva for Awesome Beginners

Canva is a digital tool for beginners and novices. Open up a world of possibilities by learning how to use the easiest design website available all for free. Learn how to create designs from scratch or use templates with step-by-step guidance for digital images. From online documents, business cards, email signatures and more, leave this class with a practical guide to use Canva with confidence.

Tue, Jan. 14 12 p.m.-1 p.m. \$29/person
Online Welsh

NEW! Online: YouTube Channel Starter Kit - Launch in 60 Min.

Join this fun and engaging beginner class to learn how to create and launch your very own YouTube channel. Discover how to share your hobbies, advice, tutorials, talents, and more with the world on the largest media platform. Nickie will guide you through a step-by-step process, ensuring you have all the tools and knowledge to get started today.

Sun, Oct. 27 12 p.m.-1 p.m. \$29/person
Online Welsh

NEW! Online: Power Up with Google Suites

Unlock the power of Google Suites with a dynamic training session. Class is designed to help you master the essential tools within Google Suites, empowering you to handle everyday tasks more efficiently. Enhance your digital skills all while making a positive impact in your daily life.

Thu, Jan. 9 12 p.m.-1 p.m. \$29/person
Online Welsh

NEW! Online: One-Hour Instagram Mastery - Grow Your Business Today

Wondering how Instagram can drive significant growth for your customer base and sales? This beginner-level class has the answers you need to grow your business with Instagram. Uncover steps to boost your company's bottom line. Plus, learn to create irresistible content and have fun. Unlock the potential of Instagram for your business.

Tue, Jan. 21 12 p.m.-1 p.m. \$29/person
Online Welsh

NEW! Online: Parents with Littles - Technology Safety Tool Box

Navigating a digital world can be especially challenging for parents with young children ages 0-5. Designed to equip families with the essential tools and knowledge to keep little ones safe in our connected world. Gain practical tips and strategies for managing technology use, protecting privacy, and fostering a safe digital environment for children. Build your tech safety toolbox now.

Thu, Jan. 23 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: Practical ChatGPT Training for Everyone

Have you been curious about what ChatGPT is and how it can be used? Learn everything you need to know about ChatGPT powered by AI. Understand how it works and why it's taking the world by storm. You'll explore practical everyday uses for ChatGPT in both the workforce and at home, ensuring you stay in the loop when ChatGPT is mentioned through conversations and on the news. Don't get left behind in today's tech-savvy world.

Tue, Jan. 28 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: Navigate with Uber for Transportation Independence

Hate driving in bad weather or in the dark? Expand your transportation options and independence through the ride sharing service, Uber. Learn to use Uber at major airports so you can travel with confidence and without having to ask a friend for a ride or other appointments and errands. Explore your travel options now.

Thu, Jan. 30 12 p.m.-1 p.m. \$29/person
Online Welsh

Online class information for Instructor Wilson: classes take place on Zoom, a free online software. You'll receive instructions on how to access the class prior to start. Please have a current email on file. If you need to cancel one of Mike's classes, and you have already been sent the link and electronic handouts, you will not receive a refund.

Online: Cell Phones and Parenting - Oh My!

Navigate the many challenges of your child's digital world and uncover tools for your parenting toolbox. Learn strategies for managing social media and the friendships, setting boundaries, ensuring online safety, and fostering healthy screen habits. Empower yourself with tools to help raise a teen with a smart technology foundation they will use into adulthood.

Tue, Feb. 4 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: Google Sheets for Awesome Beginners

Unlock the full potential of Google Sheets and gain skills that will benefit you for a lifetime. Whether you're using it for work or personal projects, transform from a novice into an expert. Master the essential functions of Google Sheets including entering, organizing, refining, analyzing, and visualizing data. Build a foundation and enhance productivity and data management capabilities.

Thu, Feb. 6 12 p.m.-1 p.m. \$29/person
Online Welsh

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

Does your child dream of having their own YouTube channel? Learn how to set up a channel and configure safety settings and considerations specific to kids, teens and young adults. Learn guidelines to help manage and monitor your child's activity while learning practical business skills for managing a channel. Discover how this hobby can evolve into a practical career, explore safety practices, and create fun videos together. Leave with a solid foundation and helpful guidelines to safely kickstart your child's creative outlet in 2025. Children must be 13 with parent permission to start a channel.

Tue, Feb. 11 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: Create Social Media Content Without Panicking

Do you have a business, product, event, or service but panic at the thought of putting yourself on social media? In this beginner class, learn helpful tips and strategies to create social media content with ease. Say goodbye to freezing up in front of a camera, thanks to the practical skills you'll gain now. Create content confidently today.

Tue, Mar. 18 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: How to Use Venmo Safely

Stay relevant with Venmo, a popular mobile payment service. Discover how to pay friends and businesses and receive money without the need for cash or checks. Gain an understanding of setting up Venmo safely, avoiding fees, and using it for you and for your family. Discuss the topic among family and friends and have an understanding of the key terms used when you hear about Venmo in the news. Join us to master Venmo and handle mobile payments with ease and security.

Thu, Feb. 13 12 p.m.-1 p.m. \$29/person
Online Welsh

Online: A Practical Computer Class for Older Adults

Have you taken computer classes before and been lost? This unique class is for those looking for simple and practical instructions. Discuss the popular YouTube website that offers 1000's of free 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 to do research and get information.

Sun, Jan. 19 1 p.m.-2 p.m. \$29/person
Online Wilson

Online: AI for Older Adults - Easy and Practical

Curious about AI? Explore the benefits of using a basic form of AI called ChatGPT. Find written solutions to problems based on your exact needs. Generate text in seconds for invitations, letters, and any other materials you are looking to create. AI will generate any text for you based on your interest. Take your search, research, inquiries, and answers to a whole new level.

Mon, Jan. 27 3 p.m.-4 p.m. \$29/person
Online Wilson

NEW! Online: Design Business Cards, Flyers, Invitations and More

Learn to edit beautiful template designs for any type of print and social media project. No more working from scratch. Mike Wilson will show you how to get the free user-friendly Canva program. This class is especially for beginning and novice non-designers. You'll be amazed at how professional your projects look. Why pay designers when you can do it yourself in no time?

Sun, Jan. 12 2 p.m.-3 p.m. \$29/person
Online Wilson



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: Help! I Need to Host My First Zoom Session

You will see how a host sends an e-mail, 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 e-mails. This is a great place to start before hosting your first Zoom meeting.

Thu, Apr. 3	5 p.m.-6 p.m.	\$29/person
Online	Wilson	

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

Find out how to name, rename and move pictures into folders to get organized. 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 a picture into Microsoft Word to manipulate flyers, invitations, and other print materials. (Not for Apple/Mac users)

Sat, Jan. 18	2 p.m.-3 p.m.	\$29/person
Online	Wilson	

Online: Microsoft Word: The Very Basics

Mike Wilson will break down unknown Microsoft Word stuff and present it to you in a clear, sensible and enjoyable way. We'll briefly look at the free and paid version of word processors. Then Mike will open and show basic functions in Microsoft Word. You'll go on to explore saving, alignments, bullets, numbering and indents. (Not for Apple/Mac users.)

Sun, Feb. 9	2 p.m.-3 p.m.	\$29/person
Online	Wilson	

Online: Getting More Out of Microsoft Word

Make your tasks in Word a lot easier. Save time and frustration and see how to properly use tabs. 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. Look at creating headers/footers and using the Format Painter to easily format existing text. (Not for Apple/Mac users.)

Sun, Feb. 16	2 p.m.-3 p.m.	\$29/person
Online	Wilson	

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

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. See how to view, organize and find your documents as well as place them on flash drives, external drives and the cloud. Preview documents without opening them and attach documents to your email for sending. Learn all these features in the Zoom classroom. (Not for Apple/Mac users.)

Fri, Apr. 25	2 p.m.-3 p.m.	\$29/person
Online	Wilson	

Online: Excel for the Absolute Beginner

Navigate and interface with Excel's basic features. See how to create a simple contact list. You'll view how to use calculations such as AutoSum and see how you can generate simple formulas. Learn to use the fill handle, sort existing data, merge and center, move cells and ranges and wrap text.

Sun, Mar. 16	3 p.m.-4 p.m.	\$29/person
Online	Wilson	

Online: Windows 11 - Start from the Beginning

This is an adult friendly Windows 11 class. See how to use the desktop and the new taskbar. Explore the start menu and related features. Learn about the new design, using widgets and how Windows 11 is organized. (Not for Apple/Mac users.)

Sat, Mar. 22	10 a.m.-11 a.m.	\$29/person
Online	Wilson	

NEW! Online: Creating Envelopes and Labels in Word

Create and print different computer generated labels in Microsoft Word. Labels can be printed and affixed on envelopes and packages for shipping. Create a letter to use for mass distribution, without having to repeat a list of recipients' names and addresses. Names can easily be saved in a database for future mailings.

Wed, Feb. 12	3 p.m.-4 p.m.	\$29/person
Online	Wilson	

Online: Computer Scams - What Not To Click On

Don't let your computer control you. Find out what you should and should not click on. Mike will discuss scams to know about, those frustrating and suspicious popups, advertisements, your haywire computer, email ads and links. (Not for Apple/Mac users or tablets.)

Sun, Mar. 30	3 p.m.-4 p.m.	\$29/person
Online	Wilson	

Online: Getting To Know Your iPhone

Author and instructor Mike Wilson will demonstrate how to use your smart phone. Designed for mature and recent iPhone users. Mike covers cell phone topics such as the photo app, texting, navigation, general apps, e-mail, contacts, camera, App store, settings, and more. Not for Android users.

Wed-Fri, Feb. 26-28	3 p.m.-4 p.m.	\$89/person
Online	Wilson	

Online: Save Time and Money With a Computer Tune Up

Save money and fix your computer yourself. No great skills are needed. Use three proven free online software to fix most 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.)

Sun, Apr. 27	2 p.m.-3 p.m.	\$29/person
Online	Wilson	

NEW! Know Your Muslim Neighbor

Join a lively discussion to learn more about Islam and Muslims. Learn about the articles of faith, rituals and practices, and how they affect a Muslim's daily life. This class provides you with a safe room to ask questions about your Muslim neighbor. Break through any stereotypes and misconceptions about your neighbor and build a stronger community.

Wed, Apr. 16 6 p.m.-9 p.m. \$25/person
 ESC Building Blocks of Islam

NEW! Best Practices Connecting with Diverse Neighbors

Everyone wants to live in a neighborhood that feels safe, welcoming, and inclusive; where you can feel connected, understood, and celebrated. If that doesn't sound like your current neighborhood, no worries, you are not alone. Anyone with a dream, a good heart, the will, and some support, can help create a more desirable place for all. Whether you're looking to befriend your next door neighbor, get to know them, or organize the block, you can do it with the right tools. Learn about what makes a great neighborhood, benefits of a diverse neighborhood, participate in engaging in-class activities, have fun, and complete a practical one-page plan unique to your needs. Your plan is your roadmap to success with details such as goals, tasks, scope, deadlines, and desired results. Start your journey to create a better place to live and grow.

Tue, Feb. 25 6:30 p.m.-8 p.m. \$45/person
 MGSB Apaloo
 Tue, Apr. 29 6:30 p.m.-8 p.m. \$45/person
 MGSB Apaloo

Online: "The Call of Paradise" - A Spiritual Journey to Hawai'i

Sun-kissed beaches, fiery volcanoes and lu'au feasts. The gracious beauty of a hula dancer. Hawai'i is all of this and more. Spend an evening luxuriating in the aloha of the islands as you look more deeply into the history, culture, and spirituality of this remarkable part of America. Explore the heritage and traditions that make Hawai'i one of the most exotic places on Earth. This journey will take you to the lush islands of Maui and Kaua'i. Drive the famous Road to Hana and visit Haleakala Volcano National Park. Tour the "Grand Canyon of the Pacific" and experience Kaua'i's mystical Na Pali Coast, all while hearing the song of wintering humpback whales. You'll meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the temples of many of the world's beliefs that call Hawai'i home. If interested, learn the details of our 10-day tour to Hawai'i in Spring 2025 after the presentation.

Mon, Mar. 3 6 p.m.-8 p.m. \$19/person
 Online Wicher



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

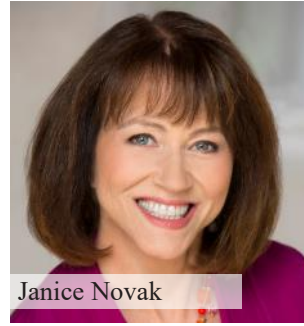
Meet Our Amazing Instructors!



Carol Brecht-Wiles



Dan Pfeifer



Janice Novak



Jesse Wicher



Nancy Burgeson



Sandra Bengtson



Yelena Rybachenok



Nickie Welsh



Vaughn Kavlie



Lisa Van Wyk

Online: Adult Conversational Spanish - Beginner Part 1

Always dreamed of learning Spanish or refreshing your high school Spanish? The focus will be on building your conversational tools in Spanish through practice and exercises. Vocabulary topics include common greetings, pronunciation, numbers, food, likes and dislikes and clothing. Grammar topics include subject pronouns, the verb *estar* conjugation, gender of nouns, and plurality. Learn to carry on conversations in Spanish. Class also includes cultural anecdotes including word origin, dialect differences, and names in Spanish. Ability to access Zoom and computer knowledge is essential.

Mon, Feb. 24-Apr. 7	6 p.m.-7 p.m.	\$145/person
Online	Futura	<i>Skip 3/31</i>
Tue, Feb. 18-Mar. 25	6 p.m.-7 p.m.	\$145/person
Online	Futura	
Wed, Feb. 19-Mar. 26	6 p.m.-7 p.m.	\$145/person
Online	Futura	

Online: Adult Conversational Spanish - Beginner Part 2

Learning a language is a lifelong journey and now you are on your way! Keep up the momentum in Beginner Spanish Part Two. Continue with practical components and builder phrases in Spanish enabling you to carry on small conversations related to giving and asking directions, and restaurant conversation. Vocabulary and grammar components will include weather, seasons, dates with months, days of the week, family vocabulary along with verbs *ser* and *tener* conjugations. Culture discussions include the importance of food, family, and friendship in Spanish speaking countries. Applicable to new students and Beginner Part 1 Spanish participants. Ability to access Zoom is essential.

Mon, Feb. 24-Apr. 7	6 p.m.-7 p.m.	\$145/person
Online	Futura	<i>Skip 3/31</i>
Tue, Feb. 18-Mar. 25	6 p.m.-7 p.m.	\$145/person
Online	Futura	

“If you talk to a man in a language he understands, that goes to his head. If you talk to him in his own language, that goes to his heart.”

~ Nelson Mandela



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: Adult Conversational Spanish - Intermediate Part 2

Continue to develop your conversational abilities in Spanish including recommendations and comparisons. Real life scenarios will be introduced and role played in Spanish to ensure an interactive environment. Dive 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. Culture discussions include music, dance, and famous people in Spanish speaking countries. Ability to access Zoom is essential. Applicable if you completed Intermediate Spanish Part 1 or previous Beginner Spanish conversation.

Wed, Feb. 19-Mar. 26	6 p.m.-7 p.m.	\$145/person
Online	Futura	

Online: Adult Conversational Spanish - Advanced Part 2

Expand your skills while learning new and complex grammatical concepts and sentence structures. Then challenge yourself and build your language expertise with an overview of the subjunctive in Spanish. The Spanish subjunctive is a verb form used to express uncertainty, possibility, mood, and expressions. Ability to access Zoom is essential. Applicable if you completed Advanced Spanish Part 1 or have had more than two years of the language.

Thu, Feb. 20-Mar. 27	6 p.m.-7 p.m.	\$145/person
Online	Futura	



Heart Saver Adult, Child and Infant CPR/AED

Learn how to save a life with CPR/AED training. Heart Saver Adult, Child and Infant CPR teaches recognition signs and symptoms of a heart attack, cardiac arrest, stroke, and choking in adults, children, and infants. Use of barrier devices and verbal AED. For new or renewing students or anyone interested in learning basic CPR skills. A written or skills exam is not required for course completion. Completion eCard is valid for 2 years; ASHI and AHA

Wed, Mar. 19 5:30 p.m.-9:30 p.m. \$125/person
 ESC Save a Life

“Always listen to your heart. It may be on your left, but it’s always right.”

~ *Author Unknown*



NEW! Cannabis as Medicine: What Women Over 40 Need to Know

Endocannabinoid deficiency is known to be a cause of migraines, fibromyalgia, and IBS which are most often diagnosed in women with symptoms made worse by stress. Don’t worry, cannabis is a medicine for that and other health conditions caused by stress. Learning how to navigate it as medicine is as much an art as it is a skill. It’s a unique relationship between human and plant. It’s a wellbeing practice that is always evolving. Cannabis nurses are here to help. Get the “need to knows” on how to ensure safe practices that bring results. Don’t waste your money on products that don’t work or work too well. Cover topics of perimenopause, anxiety, sleep, pain, spirituality, and more. And, cannabis is more than an alcohol substitute. It’s a plant spiritually here to help you feel better and heal. It’s where science, spirituality and healing converge. Don’t miss your chance to nerd out on the miracles of the human body and connect amongst a sisterhood of holistic health seekers.

Tue, Jan. 14 6 p.m.-7:30 p.m. \$29/person
 MGSB Gross

Online: Intro to Medical Terminology

Medical terminology is the first step to any career in the medical field or simply to understand your family’s medical visits. No experience necessary. This highly specialized language involves word building with root words, prefixes, suffixes, and abbreviations. Leave with a foundation of medical language and a basic medical billing and coding terminology. After submitting and passing the open-book exam included in your class workbook, you’ll earn a Certificate of Completion. This course is taught by LeeAnne Krusemark and Medical Professional Vanessa Grinnell, RRT.

Mon, Mar. 3 6 p.m.-9 p.m. \$49/person
 Online Krusemark

Online: Heart Health for Women

Heart disease is the number one killer of women. Symptoms are different for women than for men so many symptoms are ignored or go unrecognized. You can control, prevent, and in some cases, reverse heart disease. Discuss the signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know to save your life.

Mon, Feb. 3 6 p.m.-7:30 p.m. \$39/person
 Online Novak



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Meet Our Amazing Instructors!

Pediatric CPR and First Aid

This course is a credentialed course designed to train people who are responsible for children's health to meet state-specific requirements. Modules will cover first-aid basics; medical, injury and environmental emergencies; verbal and pediatric CPR; choking; and more. Your course completion card for First Aid and CPR will be good for 2 years. A \$10 book available for purchase at class (optional).

Wed & Fri, Jan. 15 & 17	6 p.m.-9:30 p.m.	
\$139/person	ESC	Save a Life
Fri, Apr. 4 & 11	6 p.m.-9:30 p.m.	
\$139/person	ESC	Save a Life

Adult First Aid

This course provides current training in general first aid and bloodborne pathogens. You'll learn about verbal CPR, bleeding, and various other medical emergencies. This is a scenario-based class with a 2-year completion certificate.

Wed, Feb. 12	5:30 p.m.-9:30 p.m.	\$105/person
ESC	Save a Life	
Wed, Apr. 16	5:30 p.m.-9:30 p.m.	\$105/person
ESC	Save a Life	

Hypnosis: Weight Loss and/or Eliminating Tobacco Use

Weight Loss: stop your cravings for sweets, greasy foods and soda and begin to desire fruits, veggies, and salads. Stop overeating and snacking and become more motivated to walk and exercise. **Tobacco:** stop your smoking and/or chewing tobacco habit today. Hypnosis helps stop the cravings. You could save \$25,000 in the next 5-8 years. Smokers have a 45 min. smoking break off the school grounds. Bring your cigarettes. 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 a sleeping bag for comfort. Optional flash drives will be available for \$15 at class.

Sat, Feb. 22	9 a.m.-12:15 p.m.	\$65/1 session
ESC	Fischer	\$125/2 sessions
Sat, May 3	9 a.m.-12:15 p.m.	\$65/1 session
ESC	Fischer	\$125/2 sessions

NEW! One-of-Kind Summer Safety 101

Get ready to experience your best summer yet with your own comprehensive guide to staying safe in the sun and keeping pesky insects at bay. Learn tips for protecting yourself and your family from summer's most common hazards. Understand what is found in your sunscreen and make your own natural bug repellent to have a safe and enjoyable season.

Thu, Apr. 17	6 p.m.-7 p.m.	\$19/person
ESC	Ganina	



Ron Timm



Tess Georgakopoulos



Nancy Johnson



LeeAnne Krusemark



June Gossler Anderson



Mike Wilson



Pam Smith



Monica Mohn



Sarah Baso



Ploy Khunisorn



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Mosaic Butterfly, Dragonfly or Lizard

Create a beautiful mosaic butterfly, dragonfly, or lizard to add to your home or garden. This is a 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, Feb. 27	6 p.m.-9 p.m.	\$35/person
OMS	Decker	

Mosaic Birdbath

Make a beautiful birdbath using a terracotta plant tray. Decorate your tray with stained glass tiles. Your birdbath is both functional and beautiful and a great accent for your garden. A wrought iron stand can be purchased locally. Supply fee of \$25 due to instructor at class.

Tue, Apr. 1	6 p.m.-9 p.m.	\$35/person
OMS	Decker	

Power Tools for Women I

Explore the world of power tools and woodworking in this introductory hands-on class. Learn to safely use drills, sanders, routers and saws. Week 1: learn the proper use of tools and safety considerations. Everyone will use all the tools. Week 2: complete a small bench woodworking project to take home. Supply fee of \$30 payable to instructor at class. Note: long hair must be tied back. No loose clothing can be worn for safety. Please bring safety goggles, a tape measure and pencil to class. This class is located at Fran's woodworking shop in Ramsey at 7155 160th Ln NW. It's a 1500 sq. ft. building with lots of parking and is completely heated. This shop offers more room to work and a wider variety of tools.

Tue, Feb. 4 & 11	6:30 p.m.-8:30 p.m.	\$65/person
Kaas Workshop	Kaas	
Tue, Apr. 1 & 8	6:30 p.m.-8:30 p.m.	\$65/person
Kaas Workshop	Kaas	

Power Tools for Women II

Continue learning and woodworking in this sequel to Power Tools I. You'll be making an end table with a bookshelf underneath. Must have taken Power Tools I or have permission of instructor. You must transport your project home the first night and back the second evening. Note: long hair must be tied back and no loose clothing for safety reasons. Bring safety goggles, a tape measure and pencil. Fran is a master carpenter who has built and remodeled homes for 30+ years. Supply fee of \$48-\$60 (depending on lumber) payable to instructor at class.

Tue, Feb. 25 & Mar. 4	6:30 p.m.-8:30 p.m.	\$65/person	Kaas Workshop	Kaas
Tue, Apr. 15 & 22	6:30 p.m.-8:30 p.m.	\$65/person	Kaas Workshop	Kaas

DIY for Females: Kitchen Cabinet Painting and Trim Enameling

Have you bought a home that needs renovating? Want to join the thousands of homeowners who are painting the wood in their homes to brighten up the space? Don't have the budget? Convinced you can do it yourself, but just need some simple guidance and instruction? Jamie Wasser has enameled hundreds of kitchens and trim work in homes. "De-Oaking" is a trend that won't be going away anytime soon and can make your existing space so much brighter. Go through the process from cleaning and prepping to priming and enameling. Save thousands of dollars and learn how to give yourself a professional-looking painted kitchen and living space. Wear clothing that can get dirty and full of paint. Closed toe shoes preferred.

Wed, Jan. 15 & 22	6 p.m.-7:30 p.m.	\$139/person
MGMS	Wasser	
Wed, May 7 & 14	6 p.m.-7:30 p.m.	\$139/person
MGMS	Wasser	

DIY for Females: Painting and Drywall

Are you a single female? Divorced? Widowed? Maybe a new home owner? Or a lady who doesn't mind getting a little dirty to tackle her own honey-do list? Hiring a professional can be expensive on the budget. Dive into drywall repairs and painting. Jamie demonstrates how to make repairs to various sized wall holes and cracks and guides you through the process of prepping and painting from start to finish. Discuss types of paints and what they are used for and how to pick the best color for your spaces. Wear clothing you can get dirty and full of paint. Closed toe shoes preferred.

Wed, Feb. 5 & 12	6 p.m.-7:30 p.m.	\$129/person
MGMS	Wasser	
Wed, Apr. 9 & 16	6 p.m.-7:30 p.m.	\$129/person
MGMS	Wasser	

Zestfully Declutter

Overwhelmed and don't know how to get started decluttering? Not sure where to take possessions or how to sell them? Learn to declutter from a professional home organizer. Discover the 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. All you need for class is something to take notes and a willingness to start letting go of the things that are weighing you down.

Wed, Feb. 5	6 p.m.-7:30 p.m.	\$25/person
ESC	Vanderlan	
Wed, Mar. 12	6 p.m.-7:30 p.m.	\$25/person
ESC	Vanderlan	
Wed, Apr. 30	6 p.m.-7:30 p.m.	\$25/person
ESC	Vanderlan	
Wed, Apr. 9	6 p.m.-7:30 p.m.	\$25/person
ESC	Vanderlan	



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

NEW! Demystifying Homeowner's Insurance - A Crash Course in Coverage

Tired of feeling lost in the world of insurance? Do you find yourself nodding along in conversations with your insurance agent but still feeling unsure about what your policy actually covers? Break down the complexities of homeowner's insurance into simple, easy-to-understand terms. Learn the basics of insurance coverage: what's covered, what's not, and why it matters. How to choose the right policy: factors that affect your premium and how to find the best deal for your needs. What to do in case of a claim: a guide to filing a claim and navigating the insurance process. Tips for saving money on your premiums: discover hidden discounts and strategies for reducing your costs. Become an expert. The class will include flow charts and diagrams, handouts of terms, photos, and features a checklist of questions to take home.

Tue, Mar. 11	7 p.m.-9 p.m.	\$15/person
ESC	Baso	
Tue, May 6	7 p.m.-9 p.m.	\$15/person
ESC	Baso	

NEW! Understanding and Maintaining the Exterior of Your Home

Feeling overwhelmed by the upkeep of your home's exterior? Want to save money and prevent expensive repairs? Learn how to keep your home looking its best. Find common areas of wear/tear and identify trouble spots before they become problems. Avoid the costly mistakes and learn misconceptions and pitfalls to steer clear of. Uncover ways to save money on maintenance and learn tips for keeping your home up. Preventative maintenance means understanding how regular upkeep can prevent costly repairs and replacements. The class includes flow charts and diagrams, handouts of terms, photos, and features a checklist of questions to take home.

Tue, Mar. 4	7 p.m.-9 p.m.	\$15/person
ESC	Baso	
Tue, Apr. 29	7 p.m.-9 p.m.	\$15/person
ESC	Baso	

Senior Housing: Should I Stay or Should I Go?

Discuss lifestyle options for senior living. Should you stay and age in place, making some home modifications to reduce safety risks, or should you go and move to a home option that may be handicapped accessible, single level living? Take an assessment in class and you will receive the tools to make educated decisions.

Wed, Feb. 19	6 p.m.-7:30 p.m.	\$15/person
MGSH	Kavlie	

Chimney and Fireplace Maintenance

Learn the importance of regular chimney sweeps and inspections of chimneys and fireplaces if used for fires. Information on repairs and installation of chimney caps by a professional former chimney sweep is included. Your instructor brings his experience to you through an interactive session. Class is meant to assist those that are buying or selling a home with a chimney to know what to look for, consider and be aware of.

Mon, Feb. 10	6:30 p.m.-8 p.m.	\$29/person
ESC	Miller	

Basic Home Electrical Repair I

In this introductory class, review the home electrical system, different types and gauge of wire, application and safety. Proper techniques discussed for stripping wire, attaching to outlets, switches and light fixtures, as well as test equipment. Bring straight and Phillips screwdrivers, long nose pliers and wire stripping pliers to class if you have them. Class is two separate sessions. The instructor recommends enrolling for both I & II at the same time. Must take Basic Home Electrical Repair I before attending Advanced Home Electrical Repair II class.

Tue, Mar. 11	6 p.m.-8 p.m.	\$59/person
MGMS	Novinska	
Mon, Apr. 28	6 p.m.-8 p.m.	\$59/person
MGMS	Novinska	

Advanced Home Electrical Repair II

Continue your learning by attending this hands-on class. You will install single pole and 3-way switches, outlets and light fixtures to energize a light bulb and test the circuit. Compare different light bulbs and proper selection of LED light bulbs. Discuss the installation of various light fixtures and ceiling fans. Please bring your wire stripper, straight and Phillips screwdriver, and a long-nose pliers if you have them. Tod recommends enrolling for both I and II at the same time. You must take Basic Home Electrical Repair I before attending Advanced Home Electrical Repair II class.

Tue, Mar. 18	6 p.m.-8 p.m.	\$59/person
MGMS	Novinska	
Mon, May 5	6 p.m.-8 p.m.	\$59/person
MGMS	Novinska	

Basic Home Plumbing Repair

Gain plumbing confidence and learn to repair minor plumbing problems or replace fixtures yourself. Discuss the plumbing system and then review different types of plastic and metal pipe. Take apart faucets, replace pop-up drain assembly, and discuss the internal working parts of a toilet.

Tue, Mar. 4	6 p.m.-8:30 p.m.	\$59/person
MGMS	Novinska	
Mon, May 12	6 p.m.-8:30 p.m.	\$59/person
MGMS	Novinska	



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: Container Garden Like a Pro

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Learn the art of creating stunning, healthy and colorful container gardens using fast-growing, high-quality plants for season-long beauty. Michelle showcases her garden combinations, provides detailed handouts for each container design and answers your questions. Elevate your gardening skills and create vibrant outdoor spaces.

Wed, Mar. 19 7 p.m.-8:30 p.m. \$25/person Online Riedel

NEW! Maximizing Your Home Sale in the New Post-NAR Settlement Era

You may be aware of the significant changes that have taken place in the real estate industry but not exactly sure how they impact you and selling your home. Learn about the new rules, how business relationships have changed, and how to take advantage of these changes to ensure you walk away with the most money possible.

Tue, Jan. 21 6:30 p.m.-8 p.m. \$15/person

MGSB Vanderheyden

Tue, Apr. 8 6:30 p.m.-8 p.m. \$15/person

MGSB Vanderheyden

NEW! Online: Home Buying Webinar

From finding a realtor to closing on your dream home, join us at our free home buying webinar to learn the ins and outs of the home buying process. Learn about the key players in purchasing a home, mortgage loan options and steps you can take to make homeownership a reality.

Wed, Jan. 22 6 p.m.-7 p.m. Free

Online Kulla & Barnsness

Wed, Apr. 16 6 p.m.-7 p.m. Free

Online Kulla & Barnsness

Online: Successful Composting

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Compost yard waste. It's a process that converts plant material such as grass clippings and leaves to a useful organic soil amendment or mulch. Many homeowners find it convenient and economical to compost leaves and grass clippings. Learn how to build and maintain a compost pile including troubleshooting tips and how to use the compost in your yard or gardens.

Mon, Mar. 24 6:30 p.m.-7:30 p.m. \$25/person

Online Richtman

Online: Pruning Trees and Shrubs

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Trees and shrubs are an investment that can improve the beauty of your home, but also require pruning and maintenance for a long life. Understand tree growth habits, learn why, how, and when to do pruning and techniques to care for/prune shade trees, evergreens, and fruit trees. Shrubs often get too large, crowd sidewalks, and make your yard look unkempt. Learn techniques for pruning and rejuvenating shrubs.

Tue, Mar. 4 6:30 p.m.-8:30 p.m. \$29/person

Online Richtman

Online: Vegetable Gardening

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Learn the basics of vegetable gardening to grow fresh produce. Practical, simple advice on where to begin: what defines a good location, the right size garden bed, soil preparation, deciding what to plant, buying seeds or transplants, how and when to plant, best time to harvest, and so much more. Using U of M research information and your instructor's years of successes/failures, this class will get you excited to grow and harvest.

Wed, Mar. 5 6:30 p.m.-8 p.m. \$29/person

Online Richtman

Online: Growing Backyard Fruits

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Do you want to grow strawberries, blueberries, or other fruits in your backyard? Learn how easy it is to select fruit varieties appropriate for MN; to plant, prune, and maintain them for health and maximum yield, and how to control the insects and disease to ensure a fruitful crop. Learn about strawberries, raspberries, blueberries, apples, plums, cherries and honeyberries in detail.

Mon, Mar. 10 6:30 p.m.-8:30 p.m. \$29/person

Online Richtman

Online: Grow Your Own Vegetables

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Learn how easy it can be to grow vegetables, including tips on site selection, soil prep, fertilizing, and garden design and layout. Learn when to plant and why. Then discover essentials of disease, pest and weed control techniques, composting, the best harvest time, and how to extend the growing season.

Tue, Mar. 18 6:30 p.m.-8:30 p.m. \$29/person

Online Richtman

Online: Growing Blueberries in Your Backyard

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Blueberries are a carefree shrub that it's a wonder more people don't grow them. They are long-lived and are generally free of disease and insect problems. Learn to easily provide the acidic soil that blueberries love and about site requirements, soil preparation, cultivars for our climate, buying plants, pruning, and protection from critters and temps.

Mon, Mar. 17 6:30 p.m.-8 p.m. \$29/person

Online Richtman

West Coast Triple Time Swing

Enjoy the sport of dancing and its benefits of exercise, confidence, and sociability. This highly popular dance is a close member of the swing family, usually done to slower swing music. By the end of the classes, you'll be motivated to practice your "new moves". If possible, wear shoes without a rubber sole.

Wed, Feb. 26-Mar. 19 6:30 p.m.-7:30 p.m.
\$59/person OMS Brecht-Wiles

Country Dance Workshop

Put on your boot-scootin' boots for some country western dances including the country waltz and two-step. By the end of the night you will be comfortable on the dance floor to kick up your heels at your next wedding, on a night out or at your next ho-down. Bring a friend and let your hair down for an evening of fun. If possible, wear shoes without a rubber sole.

Fri, Feb. 21 7 p.m.-9 p.m. \$29/person
OMS Brecht-Wiles

Wedding Dance Workshop

Do you want to feel more comfortable on the dance floor at weddings and other social events? Then this class is for you. Experience wedding dance favorites: Swing & Slow Dance. Wedding couples, family and friends and everyone is welcomed. Don't miss the fun, that this class offers. If possible, please wear closed-toed shoes without rubber soles.

Fri, May 9 7 p.m.-9 p.m. \$29/person
OMS Brecht-Wiles

Party Line Dance

No need to sit and watch. Step into the party and onto the dance floor with these popular line dances: Electric Slide, Cha Cha Slide, and Cupid Shuffle. No partner needed for an entire evening of fun.

Fri, Apr. 11 6 p.m.-7 p.m. \$19/person
MGMS Mohn

Two Left Feet Dance Workshop

Convinced that you have 2-left feet and that dancing is not meant for you? Or someone you know? It still might 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. More than enough to provide a full night of dancing. Couples only please. \$39 fee is for a couple.

Fri, Apr. 11 7 p.m.-9 p.m. \$39/couple
MGMS Mohn

Line Dance: Let's Get this Party Started by Pink!

As the song states, "Let's Get this Party Started" with a fabulous, fun, and easy routine that captures the energy and joy of the song. No partner needed.

Fri, Jan. 31 6 p.m.-7 p.m. \$19/person
MGMS Mohn

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 will start to feel comfortable in any setting. By the end, you won't want to let go. Couples only please. Fee is for a couple.

Fri, Jan. 31 7 p.m.-9 p.m. \$39/couple
MGMS Mohn

Online: How to Travel Free and Make Money

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Everything is getting expensive, so how do you make your travel free? Find deep travel discounts that can motivate you to see the world. If you're retired, changed careers, a student, or someone looking to earn income to support your travel, enroll now. World traveler, Gina Henry, shows you how she has traveled for free to 100 countries and all 50 states. Learn tips on safety, trip insurance, affordable retirement opportunities and other life enhancing strategies. Earn free airline tickets and hotel stays, tours, cruises and much more. Volunteer, fun work vacations, paid travel, teach English, drop shipping, mystery shopping, importing, and more. Gina teaches online while traveling all over the U.S. and worldwide for free. Fee includes a 100-page digital book "How to Travel Free".

Sat, Feb. 22 11 a.m.-2 p.m. \$45/person
Online Henry

Online: Secrets of Travel Hacking

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Earn hundreds of thousands of airline frequent flyer miles and hotel reward points without ever stepping foot on a plane or paying for a hotel and then redeem them for valuable trips. Flights and hotels are the most expensive part of a vacation budget. Earn cash-back to cover your other travel expenses. Gina will show you a 'beginner strategy' then graduate to more advanced strategies that earn you 1 million+ reward points a year. All major reward programs will be detailed: airlines, hotels, banks, etc. Learn tips for flying both business and first class. Fee includes Gina's 100-page digital book "The Secrets of Traveling Hacking - Free Air, Hotels & Cash Back".

Sat, Mar. 15 11 a.m.-2 p.m. \$45/person
Online Henry



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: Get Paid To Teach English Overseas, in the USA, or Online

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Learn how Gina has taught her way around the world and paid for travel to 100 countries. Teaching English can be a high paying career or simply a great way to travel free. English is the world’s business and travel language. If you speak it, you can teach conversational English. You don’t have to be certified or speak the local language. However, it can help you make more money and secure a job faster. There are affordable online certification programs. Plus, make money teaching English online, earn a free vacation, a two-month paid summer job, or full-time work that earns up to \$90K a year. Learn about the best paying jobs, how to promote your teaching qualifications, the best certification programs (online/in-person) and hiring organizations. Gina teaches online while traveling the country and worldwide for free. Fee includes a 100-page digital book “*Get Paid To Teach English*”.

Sat, Mar. 8 11 a.m.-2 p.m. \$45/person
 Online Henry

Online: Work Remotely and Become a Digital Nomad

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Working remotely is common. Why not add travel into the mix? Join thousands of individuals who take their work with them to hit the road. Make your travels sustainable and earn a living as you travel. Learn how to live on the road including downsizing, storage, mail, having a physical address, the RV lifestyle, timeshares, international living, long-term rentals, house-sitting, and more. Learn the best ways to set up your remote office and get wifi in your hotel, long-term rental, and out of your car or RV. Learn about remote jobs: how to start your own business, companies seeking remote employees, consulting, affiliate marketing, freelance jobs, digital books, blogging, podcasting, online classes, social media, drop shipping, and more. Fee includes a 100-page digital book “*Work Remotely and Become a Digital Nomad*”.

Sat, Mar. 22 11 a.m.-2 p.m. \$45/person
 Online Henry

“Travel because life is short and the world is huge.”

~ Author Unknown



Phone - 763-391-7242



Online - osseo.ce.eleyo.com

Online: Get Paid To Be a Tour Guide and Travel Free

This is an online Zoom class. Please have a current email on file so we can send login details prior to class. Many jobs are available both domestically and internationally. We’re getting back to our travels and many Americans are traveling across the U.S. and worldwide. Many people won’t travel unless they book a tour, take a cruise, or travel with someone that knows their way. Travel and tourism is the fastest growing industry, and relatively recession proof. If you love to travel, earn income as a tour director. Learn about salaries and work part or full-time leading tours. Travel free and become an ‘affiliate’ or ‘tour coordinator’, putting together a group of friends to go on a trip and you go free (and possibly earn extra income). Learn how to design tours and market them, to start your own business. Discover the qualifications you need to be a tour guide, the “Five Easy Ways To Get a Job in the Tour Industry”, how to design tours and negotiate group discounts, and “101 Ways To Promote Your Tour and Make It a Success”. Gina Henry, founder of Go Global, Inc., leads tours worldwide, working with major tour companies as well as her operating her own tour business of 30 years. Fee includes 100-page digital book “*Get Paid To Be a Tour Guide & Travel Free*” which provides names, phone numbers, and websites of all of the contacts you need to put this information to use.

Sat, Mar. 29 11 a.m.-2 p.m. \$45/person
 Online Henry



Participant Name _____

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: _____ / _____

Signature: _____

CLASS INFORMATION

Class Title: _____

Start Date: _____ / _____ /25 Fee \$ _____

Class Title: _____

Start Date: _____ / _____ /25 Fee \$ _____

Class Title: _____

Start Date: _____ / _____ /25 Fee \$ _____ **TOTAL DUE \$ _____**

Video/Photo Agreement Yes No

I agree that by my or my child's participation in Osseo Area Schools Community Education programs or through facilities use, I or my child may have their photo taken and used by Osseo Area Schools Community Education in various media formats, including print, computer or electronic media, video/audio recording, and film. If I wish to deny this for myself or my child, I'll indicate this in my or my child's program registration.

Race Information *(if more than one, please check all that apply if comfortable)*

In order to know who we are serving and who we can serve better, please choose the race/s you or your student most closely identify with: American Indian/Alaska Native Black or African American Asian
 Native Hawaiian or Pacific Islander Hispanic/Latino White
 Prefer not to specify

Mail this to: Educational Service Center - 11200 93rd Avenue N, Maple Grove, MN 55369; Attn: AE Comm Ed

Osseo Area Schools Community Education
11200 93rd Avenue N
Maple Grove, MN 55369



OSSEO AREA SCHOOLS
Community Ed
Adult & Youth Enrichment

Nonprofit Org.
U.S. Postage
PAID
Permit #3
Osseo, Minnesota

ECRWSS RESIDENTIAL POSTAL PATRON

SAVE THE DATE
DISTRICT 279 FOUNDATION'S

A
NIGHT
OUT

FRIDAY, FEBRUARY 7, 2025

5:30 P.M. CHECK IN

LOCATION

EDINBURGH USA GOLF COURSE
8700 EDINBROOK CROSSING
BROOKLYN PARK, MN 55443



REGISTRATION OPENS IN DECEMBER AT WWW.DISTRICT279FOUNDATION.ORG

PROCEEDS FROM THIS FUNDRAISER HELP FUND DISTRICT 279 FOUNDATION'S GRANTS PROGRAM WHICH SUPPORTS CREATIVE PROJECTS FOR SCHOLARS IN OSSEO AREA SCHOOLS.