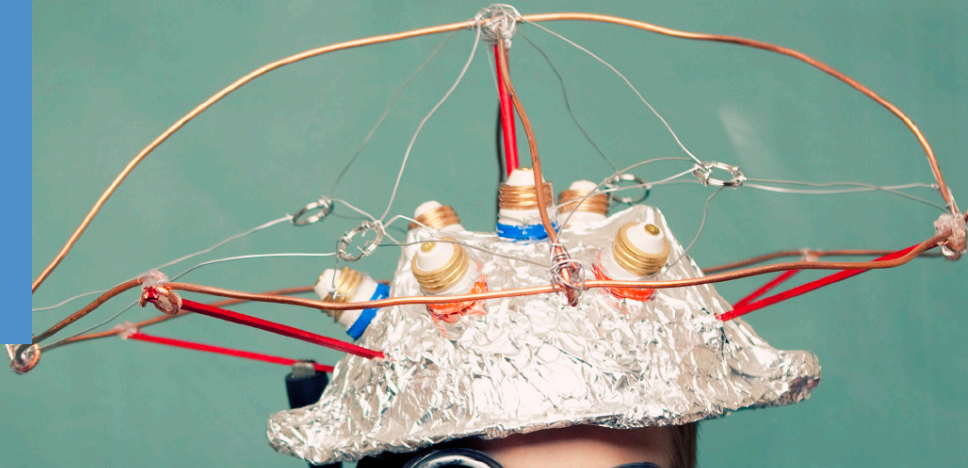


Roseville Community Education

www.ISD623.Org/CommEd



My name is
Bobby
Pg 21



February - May 2012 Course Catalog

Roseville Area Schools

Flip to the other side for Park and Recreation offerings

Residential Postal Customer

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Permit 2437

City of Roseville
2660 Civic Center Drive
Roseville, MN 55113

Roseville Community Education Directory

1910 County Road B West,
Roseville, MN 55113
www.ISD623.Org/CommEd

PROGRAMS

Community Education 651/604.3500


Adult Basic Education	651/604.3553
Adult Enrichment	651/604.3770
Adults w/ Disabilities	651/604.3770
Aquatics	651/604.3770
Building Reservations	651/604.3510
Cultural Services	651/604.3771
Early Childhood Family Education	651/487.4378
Early Childhood Screening	651/487.4378
Out-of-School Time Youth Programs	651/604.3770
School Age Care	651/604.3505
Jump Start to K	651/604.3511
School Readiness	651/604.3578
Senior Program	651/604.3520
Targeted Services	651/604.3508

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Little Canada Parks & Rec	40



- mail heat bill
- send thank you
- register for CE Tex MeX pg 5

Call Mom 
GENEOLOGY
 PAGE 18

Register Husband for
 Valentine's Day Set
 pg. 5

Text him a picture of
 what I want him to make

Take Dad to Senior C

- Great Discussion
- Investment Forum
- Bridge

Girls' Night WINE

Ayla
 Audrey
 & Cassidy

CALL ASAP...

Pottery class
 starts
 next week!

pg 4



Get a Babysitter
 April 20, 7-9pm

Argentine Tango
 pg 8

5 Classes under
\$20

- Skype pg. 20
- Magic 101 pg. 19
- Mambo pg. 7
- Handwriting pg. 13
- Speechcraft pg. 12

MISSION STATEMENT

To identify needs, link resources, and facilitate programs and services for people of all ages and abilities. Through this we will strive to improve the quality of life in our communities by empowering youth and adults, promote the process of self-directed life-long learning, understand and respect human diversity and interdependence, and constantly evolve as a customer-focused service to meet the challenges of the future.

Facilities Online Building Schedules and Requests

Roseville Area Schools has an on-line system called rSchoolToday (rST). This software allows for on-line scheduling and viewing of district facilities. You are able to view each individual district building schedule, as well as request use of facilities, on-line. To view the calendars or to request a facility visit www.ISD623.Org/CommEd/FacilityUse

NO PITCH GUARANTEE

Community Education works with a wide variety of professionals to generate interest and share knowledge, but does not promote or recommend any specific business, service or product. While an instructor may make information available about their business, service or product, it will not be required or recommended in or beyond the class.

NEW! Dress Up Your Garden with Colorful Mosaics

Spring is coming! Dress up your garden with colorful mosaics! Scrappy glass mosaic art combines the beautiful ancient art form that has been around for thousands of years. Using an updated, easy and fun technique you will accomplish expert results for the projects of your choice. Bring cut up towels and a pint size jar with a lid. If signing up for ball you must bring a bowling bowl. **\$18 material fee for stone and \$20 material fee for ball collected in class.**

Peggy Ingles

1062-Stone 2 sessions	Tuesday
Mar 21 & 28	6-9pm
\$39	CP 118
1062-Ball 2 sessions	Tuesday
Mar 21 & 28	6-9pm
\$39	CP 118

NEW! Intro to Needle Felting

Another great felting technique to add to your creative portfolio! No knitting or water. Learn to felt wool fibers using special barbed needles (yes, they're sharp). Design jewelry, ornaments, pin cushions, and more. Go green and embellish recycled wool sweater parts for a variety of accessories and gifts. You'll be amazed at the possibilities. Bring 2 old hand towels, 1 old bath towel, sharp scissors, and plastic bag to carry home items. Optional: apron (waterproof or cloth).

Leslie Granbeck

1013	1 session	Thursday
	Mar 15	6-9pm
\$39		FV 105

Intro to Drawing

This is a class for beginners who want to learn how to make a good looking drawing. We start at the beginning and cover various drawing media and tools available. Participants will learn how to use a number of drawing techniques as they create their own works in charcoal and graphite. **\$12 material fee will be collected in class.**

Kyle Marsh

1043	4 sessions	Thursday
	May 1-22	6:30-8:30pm
\$39		LC Art

Scarves to Dye For!

Learn color theory and silk dyeing basics, safety tips and eco-friendly dyeing methods. After a short "setting" period, your silk will be beautifully dyed and ready for an afternoon of felting. With your dyed silk as a base, apply soft wool and other exotic fibers to the surface and learn the steps to bond them into a beautiful Nuno felted scarf. Bring a bag lunch. **\$40 material fee collected in class.**

Leslie Granbeck

1011	1 session	Saturday
	Feb 25	9am-4:30pm
\$39		FV 105

Felted Tote Bag

Learn the art of traditional wet felting using colorful wool fibers. No knitting required. Create a seamless felted tote bag with a pocket. This sturdy tote is perfect for carrying books, your laptop and other necessities. Fibers and supplies for bag will be provided. A variety of handle options available for an additional fee or you can provide your own handles.

\$32 material fee collected in class.

Leslie Granbeck

1013-2	1 session	Saturday
	Mar 31	10am-4:30pm
\$45		FV 105

Knitting for Beginners

Come take part in a beginners knitting group. This class will teach you basic knitting techniques and how to read patterns. Yarn, knitting needles, crochet hook, cable needle, and a pattern book will be supplied. **\$20 material fee collected in class.**

Deanna Miller

1003	6 sessions	Thursday
	Jan 26-Mar 1	6-8pm
\$65		FV 103

Stitch-N-Chat ♦

Join us weekly with your current sewing or needlework project. Crochet or knit. Work on items for new babies that are given to School Readiness families. No need to register.

Weekly	Friday
1-3pm	FV

Crocheting for Beginners

Want to make your own dish rags, blankets and more? This class will teach you basic crocheting techniques and how to read patterns. Yarn, book, and a crochet hook will be provided. **\$10 material fee collected in class.**

Deanna Miller

1002	6 sessions	Monday
	Jan 23-Feb 27	6-8pm
\$65		FV105

Pottery

Learn the basics of creating pottery on the wheel or hand-building techniques. The instructor will assist you in developing basic throwing skills as well as advanced techniques including handles, vases and plates. Learn the basics of handbuilding using molds, coils, paper patterns and slabs to build forms. **\$15 material fee collected in class.**

Paul Moeller

Winter No Class 2/7

Wheel

1055-W	8 sessions	Tuesday
	Jan 10-Mar 6	6:30-9pm
\$125		RAHS D114

Hand Building

1055-H	8 sessions	Tuesday
	Jan 10-Mar 6	6:30-9pm
\$125		RAHS D114

Spring

Wheel

1055-W	8 sessions	Tuesday
	Mar 20-May 8	6:30-9pm
\$125		RAHS D114

Hand Building

1055-H	8 sessions	Tuesday
	Mar 20-May 8	6:30-9pm
\$125		RAHS D114

NEW! Beaded Lanyard

You wear your badge every day - wear it in style! Make a beaded lanyard in your favorite colors. You could use the colors of your favorite sports team or multi-colored to match every outfit. Instructor will provide dozens of ideas and all the supplies. **\$10 material fee per lanyard collected in class.**

Lorri Kaas

1071	1 session	Wednesday
	Feb 15	6:30-8:30pm
\$19		FV 103

Recycling Card Group ♦

Come for a fun time making note cards, memo pads, gift tags and other items for the Roseville Gift and Craft Shoppe. The proceeds from these items go toward the North Suburban Senior Council/Roseville Area Senior Program. New volunteers are welcome! No need to register.

2nd & 4th Monday of the Month
1-3pm
FREE

NEW! Sparkling Garden Art

The totem pole uses glass bottles, jars, vases, plates and balls. Throw in some well placed mirror and glass mosaics and you will go home with an original piece of yard art that will amaze you! Glass pieces will be ready for you to select and stack, plus the tedious glass cutting will be done. All you need to bring is your imagination and have a great time. Bring cut up towels and a pint jar with a lid. **\$18 material fee collected in class.**

Peggy Ingles

1062	2 sessions	Tuesday
	May 1 & 8	6-9pm
	\$39	CP 118

NEW! Mixed Media Painting

Explore the use of nontraditional materials and experimentation in painting, from building your own canvas, to collage and assemblage of found materials. No experience necessary. All levels welcome.

Jason Kehrer

No Class 2/20

1072	8 sessions	Monday
	Feb 6-Apr 2	6-8pm
	\$125	RAHS D117

Felted Beads and Jewelry

Roll up your sleeves and learn a variety of wet felting techniques! With a little soapy water, transform colorful wool fibers into beads and pendants to use in jewelry and accessories. Learn to layer colors, shape, coil and embellish your felted creations for added fun. You'll also make a cuff-style bracelet complete with a felted button closure. Bring 2-3 hand towels and a plastic bag to carry home wet items. **\$12 material fee collected in class.**

Leslie Granbeck

1071	1 session	Saturday
	Feb 16	6-9:30pm
	\$35	FV 105

NEW! Valentine's Day Set

Red hearts, pink crystal and silver come together in this enchanting necklace, bracelet and earring set. Learn basic jewelry making skills as you get creative with beautiful crystals and color. Bring jewelry making tools if you have them. **\$5 for earrings; \$10 for bracelet and \$15 for necklace material fee collected in class.**

Lorri Kaas

1075	1 session	Wednesday
	Feb 8	6:30-8:30pm
	\$19	FV 116A

Cooking

NEW! Magnificent Muffins and Popovers

Muffins (and their larger-sized quick breads) may be sweet or savory. Adjust the baking time (less than 30 minutes) for muffins to less than 1 hour for quick breads and a single recipe yields both! We'll feature remarkable recipes to taste in class and take home PLUS tips, techniques and equipment to ensure success every time. Recipes include: Blueberry, Cinnamon Crunch, Bran-Corn, Dried Cherry, Fresh Ginger, Golden Raisin, Maple Sour Cream, Sliced Fresh Lemon plus flavored butters and a variety of glazes and toppings. Learn all the valuable tips to ensure success every time!

Laurel Severson

1156	1 session	Wednesday
	Jan 18	6-9pm
	\$39	RAHS-D104

Tex Mex

We'll start with "Empanadas", tasty little pastries filled with beef, tomatoes, potatoes and herbs. We'll then prepare authentic Mexican rice with onions, garlic, tomatoes and fresh coriander leaves. Fajitas will be filled with tender strips of beef and chicken along with fresh sauteed bell pepper and onion wrapped in warm tortilla shells and served with fresh tomato salsa, guacamole and sour cream. We'll finish this fiesta with a Yucatan-style delight, fresh coconut blended with rich custard in a wonderful nutty crust, baked to a caramely brown and served with creme fraiche.

Jeff Sandino

1172	1 session	Monday
	Feb 6	6-9:30pm
	\$39	RAHS D104

Appetizers

Create over 20 appetizers that require less than 20 minutes, from start to finish. You can serve these appetizers as a first course or as a snack for family and friends. You could even create a complete buffet. Recipes for spreads, hearty appetizers, dips, dippers, nibbles, hot appetizers and more will be included. Enjoy your creations in class and take them home to enjoy. Also learn special tips to create an appetizer party.

Laurel Severson

1102	1 session	Friday
	Feb 24	6-9pm
	\$39	RAHS D104

Traditional French Cuisine

Experience exquisite French classics starting with French onion soup topped with toasted croutons and gruyere cheese, browned to perfection, followed by "Coq au Vin", tender breast of chicken sauteed with fresh pearl onions, mushrooms and bacon in a rich burgundy wine sauce served with a delicious wild rice blend and green beans almondine. We'll finish with "Crepes Suzette", thin French pancakes served in a delightful butter, citrus and brandy sauce.

Jeff Sandino

1148	1 session	Thursday
	Jan 19	6-9:30pm
	\$39	RAHS-D104

NEW! Caramel and Cinnamon Rolls

The wafting aroma of freshly baked sweet rolls makes it impossible to eat just one! Indulge and impress family and friends with luscious homemade cinnamon and caramel rolls. We'll make those decadent buttery caramel rolls laden with nuts, along with pans of yummy cinnamon rolls from scratch. Come prepared for lots of participation and lots of eating. You will leave with recipes, knowledge and confidence to make these delicious yeast breads on your own. Bring a container for extra supplies. **\$10 food fee will be collected in class.**

Ellie Lida

1101	1 session	Thursday
	Feb 23	6-9pm
	\$29	RAHS D104





Bread Baking 101

The smell of fresh bread evokes thoughts of a welcoming home. Learn to bake delicious homemade bread packed with nutrition and taste. Discuss natural ingredients, their nutritional value and how to use healthy ingredients in everyday baking. Learn to use recipes as a guide, not an absolute. Come prepared for a lot of participation as well as sampling the fresh goodies. You will leave with recipes, inspiration and confidence to bake yeast breads.

\$5 food fee will be collected in class.

Ellie Lida

1166	1 session	Tuesday
	Mar 6	6-9pm
	\$29	RAHS-D104

Kolackys

Kolackys are delicious sweet rolls brimming with various fruit fillings. This well-known Bohemian bun features a rich roll dough. We'll make the dough from scratch and enjoy filling them with a variety of delectable fillings. You will receive an assortment of recipes to try at home. Residents of Montgomery, MN, known as the Kolacky Capital, have provided some of the recipes you will take home. This is an interactive class with demonstrations and a lot of eating! Bring a container for extras.

\$12 food fee will be collected in class.

Ellie Lida

1167	1 session	Tuesday
	Mar 20	6-9pm
	\$29	RAHS-D104

Traditional Southern Italian

Enjoy the marvelous flavors of traditional Southern Italian cuisine starting with "Panzanella", a toasted bread salad with fresh garlic, sliced onion, cucumber, peppers and tomato tossed in a light vinaigrette. Succulent breast of chicken sauteed with thin sliced prosciutto ham and fresh sage in a lemon, caper and artichoke butter sauce follows. Potato gnocchi (Italian dumplings) is next tossed with fresh basil pesto. We'll finish with "Cannoli", sweet pastry rolled then filled with ricotta and mascarpone cheese, served on a pool of chocolate sauce with fresh candied pistachios.

Jeff Sandino

1149	1 session	Wednesday
	Mar 28	6-9:30pm
	\$39	RAHS-D104

Glorious Garlic

Do you enjoy garlic? Then come learn how to cook with it. Garlic soup is even better than its cousin, French onion soup. Main dishes in the class focus on 4 international chicken recipes. Learn how to roast garlic and spread on French bread or use in recipes for a mild, slightly sweet flavor. Top your favorite steak with mushrooms in a warm garlic dressing. And you can skip buying mediocre garlic croutons after tasting the ones you create! We will be using lots and lots of GARLIC!

Laurel Severson

1165	1 session	Monday
	Apr 9	6-9pm
	\$39	RAHS D104

Pasta, Pasta, Pasta

Start with bruschetta topped with vine ripe tomatoes, zesty herb salsa and creamy gorgonzola cheese. We'll begin our pasta barrage with a classic Italian dish, "spaghetti and meatballs" tossed in a light marinara sauce and topped with freshly grated parmesan cheese. You'll enjoy ziti pasta tossed with olive oil, fresh garlic, broccoli, oven roasted tomatoes and tender breast of chicken followed by vermicelli tossed with succulent gulf shrimp in a delicious roasted red bell pepper pesto cream sauce. We'll finish with "Panna Cotta".

Jeff Sandino

1131	1 session	Monday
	Apr 23	6-9:30pm
	\$39	RAHS D104

Festive

Spring Salads

Head into spring with a Wild Rice and Breast of Chicken Salad or Wild Rice with Fresh Mushrooms and Cashews. We will also feature a vegetarian main dish salad using multi-colored peppers and the unique grain, Quinoa. What could be more refreshing than a fruit salad combination of cantaloupe and strawberries with an orange sauce. Equally as pretty is Raspberry-Spinach Salad with Glazed Pecans. Round out the evening with 3 easy dressings for your favorite combination of assorted garden greens - Feta Cheese, Creamy Blue Cheese and Orange Dressing. You will be ready for family, friends and spring!

Laurel Severson

1163	1 session	Thursday
	May 3	6-9pm
	\$39	RAHS-D104

New! The Art of Sushi

Come explore the world of Sushi as you create this Japanese delicacy yourself. We'll begin by preparing sushi rice. You'll learn the art of "maki-sushi", rolling rice and various fillings in nori (dried seaweed sheets). Options will include panko-breaded shrimp, seared tuna, teriyaki chicken, crabmeat, avocado, cucumber and more. For the adventurous there will be raw tuna to prepare "nigiri-sushi" (on hand molded rice). You'll also learn to prepare the traditional cucumber salad and discover "Edamame", fresh salted soybeans (they're addictive).

Jeff Sandino

1175	1 session	Wednesday
	May 16	6-9:30pm
	\$39	RAHS D104

Great Main Dishes - No Meat

Tired of beef? Create Risotto with Porcini Mushrooms, Tofu Stroganoff, a hearty Garbanzo Bean and Lentil Soup, Black-eyed Peas with Cabbage and Cheese, Chili with Kidney Beans and Bulgur and Quinoa Salad with Bell Peppers and Olives, and the famous Nepali Dhal using lentils.

Laurel Severson

1164	1 session	Wednesday
	May 30	6-9pm
	\$39	RAHS-D104

Dance & Music

Empowering Your Voice

Do you sing in the car, in the shower, or just plain anywhere? This class is for any casual singer who wants a quick survey of singing techniques that take professional vocalists years to learn. We will take a look at posture, mouth shape, breath support and placement--the four elements that determine tone--and run through exercises you can do at home to find your true voice. You will leave the class with a note sheet, a practice CD and a better understanding of the craft of singing.

Clare Lockman

2220	1 session	Saturday
	Jan 28	11am-1pm
	\$19	FV 100
2220-2	1 session	Saturday
	May 19	11am-1pm
	\$19	FV 100



Just Once Piano for Hopelessly Busy People

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn to play piano. Learn all the chords you'll need to play any song in just one session. You will receive a workbook and practice CD.

\$28 material fee collected in class.

Craig Coffman

2200	1 session	Monday
	Feb 6	6:30-9pm
	\$25	FV 100

Intro to Blues Piano

This class is for beginners or anyone wanting to play by ear. Students will learn notes on piano, blues, fingering, chords, bass-lines, three styles of music and rhythm without taking years of lessons. Come prepared to have fun in this "hands-on" workshop. **\$20 material fee collected in class.**

Charley Wyser

2201	1 session	Tuesday
	Mar 27	7-9pm
	\$19	FV 102

Music in the Drop-In Lounge♦

Stop by and enjoy instrumental/vocal music by a variety of volunteers.

	1st Friday of the month	
	10:30-11:30	FV
	25¢ Donation	Pay at Door

NEW! Dance Workshops

Come experience exotic, high-energy Salsa dances, wild Latin dances, and romantic Ballroom dances. Have fun learning the basics of two dances each class. See you on the dance floor. No partner needed.

Milind Bhat

Merengue and Bachata Salsa Dance

2106-1	Mar 2	7-9pm	FV	\$19
2106-2	Apr 4	7-9pm	EDW	\$19

Cha Cha and Rumba Latin Dance

2141-1	Mar 23	7-9pm	FV	\$19
2141-2	Apr 25	7-9pm	EDW	\$19

Ballroom Dance (Waltz & Fox Trot)

2107-1	Mar 21	7-9pm	EDW	\$19
2107-2	Apr 27	7-9pm	FV	\$19

Mambo Salsa Dance

2140-1	Feb 22	7-9pm	EDW	\$19
2140-2	May 11	7-9pm	FV	\$19

Cumbia Salsa Dance

2142-1	Apr 13	7-9pm	FV	\$19
2142-2	May 16	7-9pm	EDW	\$19

Dance & Music



NEW! Ballroom Dance

Couples Only
Thought about dancing? Then this course is for you! Learn 4 dance styles: Foxtrot, Waltz, Tango, and Rumba from a USA Dance champion. This course makes it fun and easy to learn 3 steps in each dance plus techniques to have you moving smoothly on the dance floor.

Monica Mohn
2219 4 sessions Tuesday
Feb 14-Mar 6 6:15-7:30pm
\$59 per couple FH Gym

NEW! Wedding Dance

Couples Only
Wedding coming up? Feel relaxed and prepared with this easy 2 hour session. Learn the common wedding dances including Waltz, Foxtrot, Rumba and Slow Dance. You will learn simple dancing skills and fun patterns so you'll feel comfortable and look great on that special day! Bring your music!

Monica Mohn
2106 1 session Thursday
May 18 7-9pm
\$35 per couple FV Solarium

NEW! "Single Ladies" Line Dance

You know the song...now learn the moves to go with it! A line dance version that's easy to learn and fun to do! No partners needed.

Monica Mohn
2229 1 session Saturday
Mar 24 10:30-Noon
\$15 FV Gym

East Coast Swing Dance

This playful dance is tons of fun and a terrific first class for new dancers who want to learn basic steps including: 1 and 2-handed turns, free spins, cuddle, hammerlock, passes and more. East Coast Swing is great with swing, big band, jazz, jump blues, '50s music, and more. Participants must wear clean, dry, white-soled tennis shoes. No partner needed

Cindy Gardner
No class 4/30
2100 6 sessions Monday
Apr 2-May 14 6:30-8pm
\$49 FH Gym

Lindy Hop

Dance like the coolest cats with the original form of Swing! Begin by learning and drilling the basic figures, footwork, and styling with swing-outs, circles, and jockeys. Prior partnered dance experience is highly recommended. Participants must wear clean, dry, white-soled tennis shoes. No partner needed

Cindy Gardner
No class 4/30
2101 6 sessions Monday
Apr 2-May 14 8-9:30pm
\$49 FH Gym

NEW! Argentine Tango

Couples Only
Tango is the dance of passion! Remember Al Pacino in "Scent of a Woman"? This workshop covers the basics of Argentine Tango... by the end of the evening you won't want to let go! When registering please list the name of your dance partner in the notes section.

Monica Mohn
2298 1 session Thursday
Apr 20 7-9pm
\$35 per couple FV Solarium

Line Dance -Level 1

Learn the basic terminology and steps of line dance. Styles of music used will include country, pop, rock, rhythm & blues and jazz. Classes will meet for one hour followed by a 1 hour dance session which is free to class participants.

Jodi Wittman
2102 6 sessions Tuesday
Feb 14-Mar 20 7-8pm
\$55 FV Solarium
2102-3 6 sessions Tuesday
Mar 27-May 1 8-9:30pm
\$55 FV Solarium

Open Line Dance

Dance the night away every Tuesday. While this is not a class, dances may be taught or reviewed during the evening.

Jodi Wittman
2115 12 sessions Tuesday
Feb 14-May 1 8-9:30pm
\$65 FV Solarium
2115-3 5 sessions Tuesday
May 8-Jun 5 8-9:30pm
\$25 FV Solarium

"Thriller" Line Dance

Be prepared for a fun filled, high-energy evening inspired by the music and moves of Michael Jackson. No partner needed.

Monica Mohn
2217 1 session Saturday
April 28 10:30-Noon
\$15 FV Solarium

On the Dance Floor ♦

Join us for social dances. Call 651/604.3520 for a schedule of the featured bands.

2nd & 4th Monday of every month
1:15-3:45pm FV Solarium
\$4.50 Pay at door

North Suburban Chorus ♦

The North Suburban Chorus is supported by the North Suburban Senior Council Inc. and the Roseville Area Senior Program. This chorus does singing engagements in the metro area. There is a need for tenor and bass voices, but anyone who likes to sing is welcome. Call Bob Schmidt, 651-488-6379 or Ed Breems, 651-429-6518 for more information.

Friday Practice Weekly
1:30-3:30pm FV 120

Fitness

ZUMBA Fitness

Zumba is a dance fitness sensation that incorporates music from around the world into an hour-long group class. When you participate in Zumba you will dance to the hottest Latin, Pop, and Reggaeton music using "interval training" format or tempo change which is great for your body and your heart.

You will pick up Latin steps like Salsa, Merengue, Cha Cha, Bachata, and Cumbia with no partner necessary. Bring a great attitude, a towel, water, and wear comfortable and breathable workout clothing, including aerobic or dance sneakers.

Katie Incantalupo www.zumbakatie.com



No class 3/8

Winter II

7112-T	6 sessions	Tuesday
	Feb 14-Mar 20	5:45-6:45pm
	\$69	FV Solarium
7112-TH	5 sessions	Thursday
	Feb 16-Mar 22	5:45-6:45pm
	\$59	FV Solarium
7112-C	11 sessions	Tue/Thur
	Feb 14-Mar 22	5:45-6:45pm
	\$99	FV Solarium

No class 4/10, 4/12, 5/17, 5/22

Spring

7112-T2	6 sessions	Tuesday
	Apr 3-May 15	5:45-6:45pm
	\$69	FV Solarium
7112-TH2	6 sessions	Thursday
	Apr 5-May 24	5:45-6:45pm
	\$69	FV Solarium
7112-C2	12 sessions	Tue/Thur
	Apr 3-May 24	5:45-6:45pm
	\$105	FV Solarium

Yoga

Yoga helps increase your strength, flexibility and ability to focus and relax. Class includes breathing exercises, postures and a final relaxation. Wear comfortable clothes, bring a blanket or mat to class and prepare to work barefoot. Level 2 is for participants who have been involved in Yoga for at least 9 months. Level 3 participants must attend a Level 2 session at the same time.

Virginia Sattler-Reimer

Winter

Level 1

No Class 1/16

7001-M	11 sessions	Monday
	Jan 9-Mar 26	7-8pm
	\$79	FV Solarium
7001-W	12 sessions	Wednesday
	Jan 11-Mar 28	7-8pm
	\$85	FV Solarium
7001	Sign up for both nights for \$155	

Spring

Level 1

No Class 5/28, 6/6, 6/11, 6/13

7001-M	11 sessions	Monday
	Apr 2-Jun 25	7-8pm
	\$79	FV Solarium
7001-W	11 sessions	Wednesday
	Apr 4-Jun 27	7-8pm
	\$79	FV Solarium
7001	Sign up for both nights for \$149	

Level 2

No Class 1/16

7002-M	11 sessions	Monday
	Jan 9-Mar 26	6-7pm
	\$79	FV Solarium
7002-W	12 sessions	Wednesday
	Jan 11-Mar 28	6-7pm
	\$85	FV Solarium
7002	Sign up for both nights for \$155	

Level 2

No Class 5/28, 6/6, 6/11, 6/13

7002-M	11 sessions	Monday
	Apr 2-Jun 25	6-7pm
	\$79	FV Solarium
7002-W	11 sessions	Wednesday
	Apr 4-Jun 27	6-7pm
	\$79	FV Solarium
7002	Sign up for both nights for \$149	

Level 3

7003	12 sessions	Wednesday
	Jan 11-Mar 28	5:30-6pm
	\$55	FV Solarium

Level 3

No class 6/6, 6/13

7003	11 sessions	Wednesday
	Apr 4-Jun 27	5:30-6pm
	\$49	FV Solarium

Mixed Level

No Class 1/16, 2/18

7004-M	11 sessions	Monday
	Jan 9-Mar 26	4:45-5:45pm
	\$79	FV Solarium
7004-S	11 sessions	Saturday
	Jan 14-Mar 31	10:30-11:30am
	\$79	FV Solarium

Mixed Level

No Class 5/26, 5/28 6/11

7004-M	11 sessions	Monday
	Apr 2-Jun 25	4:45-5:45pm
	\$79	FV Solarium
7004-S	12 sessions	Saturday
	Apr 7-Jun 30	10:30-11:30am
	\$85	FV Solarium

Jazzercise

Jazzercise is for everyone, whatever your figure or age. We feature lively dance routines that are always new and exciting. Turn the corner on fat loss, fitness and better self-esteem.

Kelly Lewis

Mon-Thurs, 6-7pm and Sat, 9-10am

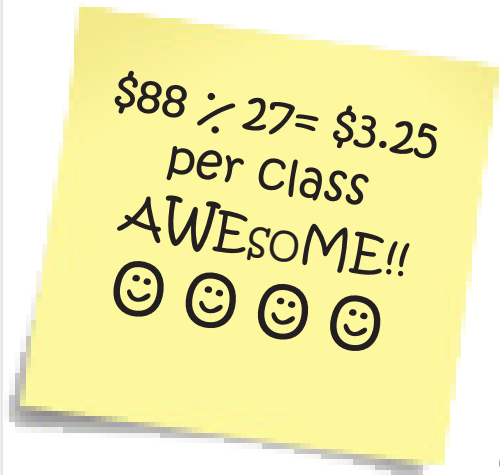
Winter II No Class 2/7, 2/18, 2/20

7000-1	Feb 6-Mar 31	
	1x (9 classes)	\$34
	2x (18 classes)	\$63
	3x (27 classes)	\$88
	Unlimited	\$98

Spring

No Class 5/26, 5/28

7000	Apr 2-Jun 2	
	1x (9 classes)	\$34
	2x (18 classes)	\$63
	3x (27 classes)	\$88
	Unlimited	\$98



Download a QR scanner on your Smart Phone

The Vitality Series:

Winter II: February 6-April 12, No class February 20-21 & March 8, 12-15

Spring: April 16-June 7, No class April 30 & May 28

Monday	Tuesday	Wednesday	Thursday
SilverSneakers 9-9:45am	YogaStretch 9-9:45am	SilverSneakers 9-9:45am	YogaStretch 9-9:45am
Strength Training 10:00-10:50am	Yoga with Baby 10-10:45am	Strength Training 10:00-10:50am	Guided Relaxation & Med 10-10:45am
Fitness Yoga I 11:00-11:50am	Fitness Yoga II 11:00-11:50am	Fitness Yoga I 11:00-11:50am	Fitness Yoga II 11:00-11:50am

The Vitality Series Flex Pass... Look for the ☀ symbol

Exercise when, as often and in as many different classes as you want with the **Vitality Series Flex Pass**. The Vitality Series includes all weekday, daytime classes taught at the Fairview Community Center as seen above. Flex Pass adds flexibility and variety to your fitness schedule. Here's how it works:

1. Purchase your Vitality Series Flex Pass at the Fairview Registration Office.
2. Instructors will sign your Flex Pass for each class attended and file it on site.
3. For your convenience, Flex Passes are available for purchase throughout the session in varying increments: \$225 for unlimited, \$80 for 10 classes, \$45 for 5 classes and \$10 for one class.
4. **Vitality Series Flex passes do expire. Winter II pass expires April 12 and Spring pass expires June 7.**

**Unlimited
Vitality Pass
\$225
per series**

SilverSneakers®

offers an innovative blend of physical activity, healthy lifestyle and socially oriented programming that allows older adults to take greater control of their health. The program is offered by Medica & Humana insurance companies throughout the country at no additional cost for eligible members. The award-winning SilverSneakers Fitness Program is a proven, results-oriented program that enables older adults to take charge of their health and maintain an active, independent lifestyle.

SilverSneakers®

YogaStretch ☀

Our gentlest class, YogaStretch, will move your whole body through a complete series of seated and standing yoga poses. Chair support is offered to safely perform a variety of postures designed to increase flexibility, balance and range of movement. Restorative breathing exercises and a final relaxation will promote stress reduction and mental clarity. Drop-in with your Vitality Series Flex Pass!

Tara Jebens-Singh

No Class 2/21, 3/8, 3/13, 3/15

7020	16 sessions Feb 7-Apr 12 \$115	Tue/Thu 9-9:45am FV Gym 53
7020-2	16 sessions Apr 17-Jun 7 \$115	Tue/Thu 9-9:45am FV Gym 53

SilverSneakers® ☀

Exercises will work all major and minor muscle groups addressing strength, flexibility, muscular endurance, balance, coordination, agility, speed and power. This is a multi-level, total body conditioning class in which students use hand held weights, elastic tubing with handles, a SilverSneakers playball and a chair for standing and/or seated support. Drop-in with your Vitality Series Pass!

Tara Jebens-Singh

No Class 2/20, 3/12, 3/14

7011	17 sessions Feb 6-Apr 11 \$119	Mon/Wed 9-9:45am FV Gym
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No Class 4/30, 5/28

7011-2	14 sessions Apr 16-Jun 6 \$99	Mon/Wed 9-9:45am FV Gym
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Strength Training ☀

Build a leaner, meaner you. Class exercises are designed to hit all major muscle groups, to improve muscular strength and endurance. Hand weights up to 20 lbs. are provided. Please bring a floor mat. Drop-in with Vitality Series Flex Pass!

Tara Jebens-Singh

No Class 2/20, 3/12, 3/14

7022	17 sessions Feb 6-Apr 11 \$119	Mon/Wed 10-10:50pm FV Gym
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No Class 4/30, 5/28

7022-2	14 sessions Apr 16-Jun 6 \$99	Mon/Wed 10-10:50pm FV Gym
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Yoga I ☀

Fitness yoga strengthens and tones the entire body, enhances balance, improves flexibility and builds core strength through the use of yoga poses and breathing exercises. This mind-body workout is for people of all ages and fitness levels. Please bring a yoga mat. Drop-in with Vitality Series Flex Pass!

Tara Jebens-Singh

No Class 2/20, 3/12, 3/14

7033	17 sessions Feb 6-Apr 11 \$119	Mon/Wed 11-11:50am FV Gym 53
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No Class 4/30, 5/28

7033-2	14 sessions Apr 16-Jun 6 \$99	Mon/Wed 11-11:50am FV Gym 53
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Yoga II ☀

Focus on pose modification, core strength and exploring inversions. Please bring a yoga mat. Drop-in with Vitality Series Flex Pass!

Tara Jebens-Singh

No Class 2/21, 3/8, 3/13, 3/15

7034	16 sessions Feb 7-Apr 12 \$115	Tue/Thu 11-11:50am FV Gym 53
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7034-2	16 sessions Apr 17-Jun 7 \$115	Tue/Thu 11-11:50am FV Gym 53
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**Check Out
SilverSneakers
Aquatics! pg 22**

NEW! Guided Relaxation and Meditation

Slow down, take a deep breath, quiet your mind, calm your heart and awaken to this moment. It's easier said than done when life can be busy, stressful and sometimes overwhelming. With Tara as your guide, the class will explore various relaxation and meditation techniques. Folks of all ages, abilities and experiences welcome. Wear comfortable clothing. Bring a water bottle. Chairs provided. Feel free to bring your own mat, blanket and pillow for extra comfort.

Tara Jebens-Singh

No Class 3/8, 3/15

7998	8 sessions	Thursday
	Feb 9-Apr 12	10-10:45am
	\$59	FV Gym 53
7998-2	8 sessions	Thursday
	Apr 19-Jun 7	10-10:45am
	\$59	FV Gym 53

NEW! Yoga with Baby

Take time to share the joy of mindful movement with your baby. This class includes gentle yoga exercises, playtime, stretching, baby massage and relaxation. Please bring a yoga mat and baby blanket or carrier.

Tara Jebens-Singh

No Class 2/21, 3/13

7126	7 sessions	Tuesday
	Feb 7-Apr 3	10-10:45
	\$55	FV Gym 53
7126-2	8 sessions	Tuesday
	Apr 17-Jun 5	10-10:45
	\$59	FV Gym 53

Personal Training

Determine your needs, goals and schedule. Call 651-604-3770 to set up a time.

Tara Jebens-Singh

\$65 per 1 hour Personal Training Session

One-on-One Yoga

Personal instruction for beginner to advanced students. Call 651-604-3770 to set up a time.

Tara Jebens-Singh

\$65 per 1 hour Personal Yoga Session

T'ai Chi Chih – Level 1 (A Moving Meditation)

Achieve a healthier mind, body and spirit through an inner discipline that focuses on balance and circulation. T'ai Chi Chih is a slow-moving meditation that is fun, easy and enjoyable to learn and do. Reported benefits include reduced stress, strengthened immune system, weight and blood pressure control, and flexibility. Gentle movements can be done by anyone regardless of age or physical ability. Comfortable clothing recommended.

Deb Bertelsen

No class 2/29,

7005	7 sessions	Wednesday
	Feb 1-Mar 21	6-7:15pm
	Mar 21	6-8pm
	\$65	FV 108
7005-2	8 sessions	Wednesday
	Apr 4-May 23	6-7:15pm
	\$65	FV 108

T'ai Chi Chih – Level 2 (Joy through Movement)

Students will be building on the skills they learned in T'ai Chi Chih Level I. We will practice circulating and balancing the chi energy as well as fine tuning the 19 movements and one pose of the T'ai Chi Chih form. Improve your balance and improve your health.

Robert "Kip" Kippley

7008	8 sessions	Wednesday
	Feb 1-Mar 21	6-7pm
	\$59	FV EDC
7008-2	8 sessions	Wednesday
	Apr 4-May 23	6-7pm
	\$59	FV EDC



NEW! Mom's Mid-Winter Yoga Retreat

Wouldn't you love to travel to some exotic location, practice yoga on the beach, get luxurious spa treatments and eat gourmet meals? Sure, but I've got kids. You too? Join me for this very doable, just the afternoon, just down-the-street retreat. Expect a casual, welcoming afternoon of mom talk, healthy snacks, yoga for everybody and guided relaxation. Please bring your own yoga mat and water. Feel free to bring in a blanket and pillow for extra comfort.

Tara Jebens-Singh

7019	1 session	Saturday
	Feb 25	1-4pm
	\$35	FV Gym 53

Home, Jobs & Money

Bonsai -

The Art of Miniature Trees

If you've ever been fascinated by tiny, living oriental trees, you'll love this class. It's designed to take away the mystique and show you how to create and maintain your own trees. The first class is informational and the second hands-on. You'll go home with a bonsai tree that you designed yourself. **\$25 material fee will be collected in class.**

<i>Michael Porcaro</i>		
1300-1	2 sessions	Wednesday
	Feb 1	7-9pm
	Feb 8	6-9pm
	\$29	BH 136
1300-2	2 sessions	Thursday
	May 3	7-9pm
	May 10	6-9pm
	\$29	BH 136

Finish Your Basement

Learn about the many aspects of finishing your basement - building codes, waterproofing, insulating, sheet rocking, finish work and trim...the list goes on. Learn problems to avoid and considerations for heating, plumbing, and electrical. Bring a picture of your space to get advice. Participants should have basic knowledge of construction.

<i>Francis Kaas</i>		
4120	1 session	Thursday
	Mar 8	6:30-9pm
	\$35	FV100

NEW! Feng Shui for Home and Office: Refresh Your Life

Learn simple, affordable changes to enhance and promote a positive atmosphere. Over the 3 sessions, you'll create a plan for life-enhancing changes around wealth, creativity, family, relationships, helpful people, career, knowledge, health, and reputation using the bagua. Further, you'll learn techniques for clearing clutter and opening up to relaxation and creativity. You'll have lots of time to ask questions and hear and see stories of how others have successfully employed Feng Shui in their spaces.

<i>Barbara Bobrowitz</i>		
487	3 sessions	Tuesday
	Apr 3-17	6:30-9pm
	\$29	FV 102

NEW! Woodland Management:

Understanding Your Property

Do you own land that you would like to preserve? Would you like to learn how to attract wildlife? Become a woodland steward by actively managing for wood, wildlife or recreation while protecting the quality of your natural resources.

\$20 material fee will be collected in class.

<i>Neal Chapman</i>		
4141	3 sessions	Monday
	Mar 5-19	7-9pm
	\$25	FV 100

Building an Outdoor Room

Spend an evening with an experienced landscape design specialist learning how to turn your backyard into the dream space you have always envisioned. Create an extension of your home, a new "room" where you can get away, relax, entertain guests and dine al fresco. We will discuss plans for creating outdoor focal points including fireplaces, water features, specialty lighting, art and sculpture applications.

<i>Joel Kartsten</i>		
4128	1 session	Monday
	May 24	6:30-9:30pm
	\$35	FV 102

Deck Building 101

Want a deck but don't know where to start? Learn from a Master Carpenter how to build one or gain basic knowledge to hire someone else to do it right. Discuss building codes, deck designs and types, footings, attachment, moisture concerns, tool needs, and more. Participants should have basic knowledge of carpentry or building.

<i>Francis Kaas</i>		
4120	1 session	Thursday
	May 24	6:30-9pm
	\$35	FV100

Speechcraft

Want to develop personal, business and public speaking skills taught by experienced speakers? You will present short speeches with specific objectives in class. The King of Toastmasters is dedicated to improving the communication and leadership potential of all students. All meetings are televised and each student receives a DVD of their speeches in the class.

<i>Duane Rivard</i>		
4000	8 sessions	Tuesday
	Feb 7-Mar 27	6:30-7:30pm
	\$19	Rsvl City Hall

Write Your Own Will

Whether you are married, single, or divorced, it's important to have a will to make sure your wishes are honored. Learn about estates and wills and prepare a complete legal will during class. You are provided with all instructions, a professionally prepared form, witnesses, and a notary public. This class is appropriate for people who have an estate of less than \$600,000 and do not own a business. Spouses must register separately.

<i>Sally Mortenson</i>		
4200-2	1 session	Wednesday
	Jan 11	6:30-9pm
	\$45	FV 108
4200-3	1 session	Wednesday
	Mar 13	6:30-9pm
	\$45	FV EDC

NEW! Keeping the Cabin in the Family

When the family cabin is in the will, what can you do to make a smooth transition? Learn about looking ahead for obstacles to transition. Begin by making a plan for transition and learn how to protect your assets now and in the future. Please bring a canned food donation.

<i>Thrivent Financial</i>		
4210	1 session	Tuesday
	Mar 27	6:30-8pm
	\$9	FV 105

Investment Forum 1 ♦

Gain valuable information on stocks, mutual funds, taxes, trusts, fund managers, etc. Speakers share information that will help you make informed investment decisions. Beginning to experienced investors welcome. Data and discussion provided to the group should be considered information only. Each person is solely responsible for their own investment decisions. Call 651/604.3520 for more information.

Weekly	Friday
9:30-11:30am	FV 108
\$1.50	Pay in class

Investment Forum 2 ♦

Participate in an informal discussion regarding management of your money. Call 651/604.3520 for more information.

2 nd & 4 th Monday of the month	
1:30-3:30pm	FV
\$1.50	Pay in class

Language Arts

Beginning American Sign Language

We will learn basic conversational skills in American Sign Language along with deaf culture. By the end of the 6 weeks you should feel comfortable having basic conversations with the deaf and hard of hearing.

Denise Lau

130	6 sessions	Tuesday
	Apr 4-May 2	7-8pm
	\$45	FV102

NEW! How to Publish Your Book without Going Broke

This class discusses the pros, cons and pitfalls of royalty and subsidy publishing, along with practical advice on how to and how not to publish your book independently, as well as instructions on how to publish electronically. There will also be suggestions for marketing and distributing your book.

June Anderson

2221	1 session	Monday
	Apr 2	7-9 PM
	\$19	FV 100

NEW! Make \$\$ Reading Audio Books

Do you read books? Do you like to read out loud? Do you want to be paid to do it? There are 195,000 new books published in the U.S. every year, from over 81,000 publishers - 41 in the Twin Cities! Explore this expanding market, discover how to find as well as then market yourself to publishers.

Don Cosgrove

4008	1 session	Thursday
	Feb 23	7-9pm
	\$55	FV 100

Beginning Spanish 3-4

This course is a continuation of Beginning Spanish and is meant for students who want to continue learning the skills of speaking and listening in Spanish. Instructor approval required.

Alicia Cappi

No class 3/14		
1250	12 sessions	Wednesday
	Feb 15- May 16	7-9pm
	\$119	FV 116A

Spanish - Intermediate Conversational

This course is meant for students who want to build up their Spanish vocabulary, have good grammar skills and want to use the Spanish language in everyday situations. Instructor approval required.

Alicia Cappi

No class 3/13		
1251	13 sessions	Tuesday
	Feb 14- May 15	7-9pm
	\$129	FV 116A

NEW! Improve Your Handwriting

"I can't read your writing!"...Sound familiar? Most written communication now comes via the computer or text messages and handwriting is becoming a lost art. We will discuss and work together on the writing process and develop good printing and writing skills. Bring one or two sharp pencils with erasers.

Marcia Wallin

2222	2 sessions	Wednesday
	Mar 21 & 28	6:15-8:15pm
	\$19	FV 102

NEW! Calligraphy 101

Learn the art of beautiful writing. Come master the elegant writing of calligraphy and walk away with a new skill.

Karyl Maier

2223	3 sessions	Wednesday
	Apr 2-16	6:30-8:30 PM
	\$35	FV 105

NEW! Beginning French

Learn the basics of French for fun or travel in this conversational course for beginners. We will learn vocabulary, a bit of grammar and some strategies to feel comfortable communicating in French. Build upon your new language skills while you learn about France, Quebec and other French-speaking areas of the world. Come and enjoy in a relaxed and supportive setting. Allez, viens!

Patricia Teefy

1270	6 sessions	Monday
	Feb 1-Mar 7	6:30-8pm
	\$99	FV 102

Book Discussion ♦

Anyone who likes to read and share their impressions of book selections is welcome. Call 651/604.3520 for monthly book selections.

4 th Tuesday of every month	
1 pm	FV
\$1.50	Pay at Door

Bridge ♦

Join us for a game of bridge. Experienced players welcome. Call 651/604.3520 for more information.

Weekly	Thursday
12:30	FV 114
\$1.50	Pay at Door



Mind & Body

NEW! The Food Connection to ADD/ADHD

Inattentiveness, difficulty concentrating and managing time, inability to start or finish projects, and other symptoms of ADD affect increasing numbers of children and adults. Fortunately, nutrition can help re-balance brain chemistry. Even small dietary changes can improve focus and follow-through.

Nutrition Health and Wellness

7522	1 session	Thursday
	Apr 19	6-8pm
	\$29	FV 102

NEW! Making Healthy Snacks for Kids and Adults

Partner with your 7-12 year old child or grandchild to prepare breakfast cookies, kale chips, sweet potato fries or delicious dessert bars. You will work together to prepare a healthy snack before eating some and sharing it with other participants. You can feel good about the healthful ingredients and the nutrition each snack provides. Take home your free copy of Dick's recipe book "Healthy Snacks for Kids and Adults".

Dick Orgren

7600	1 session	Saturday
	Feb 25	9:30am-Noon
	\$39 per couple	RAHS D10-4

Hypnosis to Control Weight or Stop Smoking

Quit smoking and/or lose weight through hypnosis. Stop the cravings and obsessions and get motivated. All behavior changes must occur at an unconscious level to be lasting. With hypnosis you can make that change. Fee includes CD and lifetime membership card for free reinforcement. Bring a pillow and blanket to class. No discounts.

Dr. Mary Fisher

Weight

7500-W	1 session	Thursday
	Feb 2	6-9pm
	\$59	FV 100

Smoking

7500-S	1 session	Thursday
	Feb 2	6-9pm
	\$59	FV 100

Hips, Thighs and Otherwise

If you've noticed hip/thigh/butt spread, you are not alone and this workshop is for you. We have become a nation of professional sitters, causing lower body muscles to weaken and sag. In this workshop, you will learn: my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupressure points for lymph circulation and drainage. If you don't have time/money/inclination to haul yourself to a gym several times a week, you will love these powerful and effective techniques. Come prepared to exercise and bring a mat.

Janice Novak

7549	1 session	Saturday
	Mar 3	9-10:30am
	\$35	FV 108

Men's Discussion Group ♦

A weekly informal time for men to discuss current topics of the group's choice. Call 651/604.3520 for more information.

Weekly	Wednesday
10-11:30am	FV
\$1.50	Pay at Door

NEW! 15 Pounds of Sugar

The average American ate 15 pounds of sugar a year in 1830. Today the average American eats 150 pounds of added sugar a year. Weight gain is the result of carbohydrate intolerance with increased sugar consumption at the base of the obesity epidemic. Instead of restricting carbohydrates, fats, or calories, this class will focus on healthy habits that can be adapted to any diet.

Paul Ratte

7580	1 session	Monday
	Mar 26	6:30-8:30pm
	\$19	FV 100

Community Weight Loss CHALLENGE!

Weight Loss that really works! Lose weight, get educated and have fun! The Community Weight Loss Challenge is a 12 week course which combines the education and support you need to achieve safe and long term weight loss with a bit of friendly fun and community competition. Don't struggle on your own. Join a group of winners! Our weight loss challenge class is: *Open to anyone regardless of how they try to lose weight *Loaded with useful information to help you lose weight faster and easier *Offers your own personal coach and advice on proper nutrition and food choices *Offers free Body Scan *Offers the chance to win cash and prizes. Don't delay!

Sandy Courmoyer

7573	12 sessions	Thursday
	Jan 19-Apr 5	6-7pm
	\$69	FV 102

Adrenal Fatigue: The Modern Stress Syndrome

Adrenal fatigue (technically called hypoadrenia) is a prevalent yet rarely diagnosed modern condition characterized by fatigue, poor concentration, sleep disorder, and weight gain. Learn simple strategies to improve adrenal health. Topics include: the hormones of stress flight, fight or freeze Cortisol and weight gain.

Paul Ratte

1573-2	1 session	Monday
	Feb 27	6:30-8:30pm
	\$19	FV 100



Easy Gluten-Free Living

Come learn the ABCs of gluten intolerance, its symptoms and methods of diagnosis. You'll find out which foods and products are taboo and which are safe. You'll learn where to shop for gluten-free foods and ingredients, get special cooking tips and money-saving ideas, and receive practical steps for preparing and storing food to prevent gluten cross-contamination in your kitchen. Gain a new, positive perspective on living with gluten-intolerance or Celiac's Disease!

Karla Sampson

7562	1 session	Tuesday
	Mar 6	6-8:30pm
	\$25	FV 100

NEW! Gut Reaction: Restore Digestive Health Through Nutrition

Do you suffer from heartburn, gas, bloating, indigestion, constipation or diarrhea -- or do you have an autoimmune disorder, sugar or bread cravings or depression? These are all indications of digestive problems. You may be surprised that the cereal or bagel that you eat for breakfast causes heartburn all day and that big glass of milk gives you gas and diarrhea. Learn how the right foods and selected supplements can restore intestinal health.

Nutrition Health and Wellness

7521	1 session	Wednesday
	Mar 28	6-8pm
	\$29	FV 100

Overcoming Carbohydrate Cravings

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

Janice Novak

7519	1 session	Saturday
	Mar 3	11-12:30pm
	\$29	FV 108

Dealing Effectively with Caregiver Stress ♦

You may have discovered that your parents or loved ones aren't doing as well as you thought at home. Attend this session and discover options and resources to ensure optimal health, autonomy and safety for them. Learn about choices for care in the home, in facilities and what other services are available for elders in the community. Costs and strategies for evaluation and quality care will be explored.

Jaymee Chanen, LSW

1553-1	1 session	Wednesday
	April 18	3-4:30pm
	\$15 per family	FV 102

Women's Wellness Group ♦

Attention all women looking for informed conversations on wellness in a social and supportive setting. You help plan the future direction of the Women's Wellness discussion group. Starting with the broad topics of health, fitness, and nutrition, we will fine tune our sessions to the specific interests of the group. The Women's Wellness Group is facilitated by Tara Jebens-Singh, older adult fitness expert for Roseville Community Adult Enrichment.

	3rd Monday of the month
	1-2:30pm
	\$1.50
	FV
	Pay at Door

NEW! Laughter Yoga

Laugh yourself healthy! When we laugh our bodies release a cocktail of hormones and chemicals that have amazing positive effects on our system: stress is reduced, blood pressure drops, depression is lifted, your immune system is boosted and more. Laughter yoga is gentle, combining laughter exercises with yoga breathing to give you the health benefits of hearty laughter. There will be no stretchy poses, mats or special clothing needed.

Lynne Vannelli

7556-1	2 sessions	Thursday
	Feb 16 & 23	7-8pm
	\$25	FV Gym 53
7556-2	2 sessions	Thursday
	Mar 22 & 29	7-8pm
	\$25	FV Gym 53

Thyroid Information Workshop

Millions of Americans suffer from low thyroid function. Some of the symptoms are: fatigue, weight gain, depression, anxiety, arthritis, rising cholesterol levels, foggy thinking, inability to focus, thinning hair, skin problems, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations. In this workshop we'll discuss the 5 things that need to be measured, why the most commonly prescribed thyroid replacement may not be helping you, the thyroid and fibromyalgia connection, commonly misunderstood rules for taking thyroid meds, info you need to discuss with your doctor and much more.

Janice Novak

7522	1 session	Saturday
	May 5	11am-12:30pm
	\$29	FV 108

NEW! Total Body Band Strengtheners

Strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands. Not only will these exercises help you look better, they'll help you feel better. Whenever you strengthen/tone a muscle, you boost your metabolism. This means you'll burn more calories even while sleeping. These multi-tasking exercises will help increase bone density and endurance. It is a wonderful thing to be strong, fit and functional. You'll learn lots of tips and techniques to improve overall health and wellness. **\$5 material fee will be collected in class.**

Janice Novak

7577	1 session	Saturday
	May 5	9-10:30am
	\$29	FV 108

Kombucha 101 How to Make the Divine Tea

Fermented foods have been used for thousands of years to bring good health through better digestion. The added benefits of liver support and decreased inflammation make it enticing to get comfortable with the ins and outs of brewing this bubbly, sweet-sour beverage. Tastes and starter culture included.

Barb Bredesen

1174	1 session	Wednesday
	Feb 29	6:30-8:30pm
	\$29	RAHS D104

Roseville Area Senior Program's Drop-In Lounge ♦

Adults of all ages from all communities are welcome to visit our drop-in center. There is a senior resource area, a small lending library, informal games, including Wii sports, daily newspaper, pool tables, drop-in computer station and the coffee pot is always on!

Daily	Mon-Fri
8am - 4pm	FV
25¢ Donation	Pay at Door

NEW! Drop-In Computer Station ♦

A new computer work station has been donated by the Falcon Heights Lauderdale Lions Club. It is available for individuals to use on a drop in basis. You can use the Internet, check email accounts etc. You must be an independent user. Print copies are limited to five pages and cost 10 cents each. Get password from RASP office. First come first served basis.

Weekly	except no Wednesdays
8:30-3:30pm	FV
25¢ Donation	Pay at the Computer

Billiard Night ♦

Are you looking for an 8-ball tournament in a relaxing and friendly smoke-free environment? Come and join this weekly group. Pool cues are provided or bring your own. Limit of 10 players per night. Call 651/604.3520 for more information or to register.

Weekly	Wednesday
7-9pm	Drop-In Center
\$3.50	Pay at Door

55+ Defensive Driving ♦ (4 Hour Refresher Course)

Brush up on your driving skills and receive a 10% discount on your car insurance for 3 years. No driving test required. You will receive a certificate of completion to provide to your insurance company. Class size limited. Prerequisite: 8 hour defensive driving course. Preregistration at the Roseville Area Senior program is required at least one week prior to the class date. Call 651/604.3520 for more information. No senior discounts apply.

MN Safety Council Instructor

1566-4	1 session	Saturday
	Jan 21	8:30-12:30pm
	\$20	FV 108
1566-5	1 session	Thursday
	Feb 23	1:30-5:30pm
	\$20	FV 108
1566-6	1 session	Saturday
	Mar 24	8:30-12:30pm
	\$20	FV
1566-7	1 session	Thursday
	Apr 26	1:30-5:30pm
	\$20	FV
1566-8	1 session	Thursday
	May 24	5:30-9:30pm
	\$20	FV
1566-9	1 session	Thursday
	Jun 28	1:30-5:30pm
	\$20	FV

Beginner Bridge Class ♦

Beginning Bridge is for those who have never played and for those who wish to update their skills. The emphasis of this course is on basic bidding, scoring and the protocols of the game. An American Contract Bridge League approved text is available from the instructor to accompany the course (\$20), payable in class.

Register RASP office or online.

Mignon Nearmyer, is a Bronze Life Master and an ACBL accredited teacher of more than 15 years.

1:30-3:30 (8x)	Tuesday
\$45.50	FV 105
Jan 10-Feb 28	Book III
Mar 13-May 1	Book IV

Wii Bowling League ♦

This is an interactive and fun game that allows people to do video bowling and get some moderate exercise. *Sponsored by Roseville Area Senior Program and Heritage Place of Roseville*

Register RASP office.	\$1.50 per person pay by the week.
Wednesdays	12-1:15pm Teams 1 & 2
Starting Jan. 11	

New! Make a TV Show ♦

Would like to learn how to make a TV show? CTV North Suburbs can teach you how to do this. In this introductory class you will learn basic crew positions, including camera, lighting, audio, teleprompter, switcher and graphics. At the conclusion, CTV North Suburbs will air the show you make. Pay online or at the Roseville Area Senior Program office by Mon, Feb. 27.

CTV North Suburbs 2670 Arthur Street Roseville

Thursdays March 1-22 10:00am -12:00 pm \$40

New! Mahjong Organizational Meeting ♦

Mahjong is a game originated in China and is similar to the Western card game rummy, but played with tiles. Popular in the United States since the 1920's, Mahjong is a game of skill, strategy, calculation and a degree of chance. If you are able to teach the game or have a Mahjong game set to donate please contact the Roseville Area Senior Program office at 651-604-3520 or rasp@isd623.org. If there is enough interest we will establish a regular schedule and there will be an activity fee of \$1.50 paid when you attend.

Monday, February 13 1:30 pm
FV Senior Program Lounge

New! Fun with Friendship Connection Friends ♦

An Intergenerational Opportunity
When was the last time you got to spend some quality time with elementary age students, have fun, laugh, feel energized and creative and be "young at heart"? We will do an art project and Wii Nintendo sports the first hour and play a variety of board games the second half. Friendship Connection is the School Age Care program for students in Kindergarten through eighth grade offered by Roseville Area Schools Community Education. Contact the RASP office at 651-604-3520 or rasp@isd623.org by Fri. March 9 to register.

Tuesday, March 13 1:30-3:30pm
Free FV 108



Mind & Body - Daytime

Market Place Morning Talk ♦

A monthly educational program that provides current and new health and wellness information. Call for topic details (6510-604-3520). Preregistration requested by the Monday before. Sessions held at the Market Place Bingo Hall, 2900 Rice St., in Little Canada.

2nd Wednesday of the month
9:30-10:30am. \$1

Free Blood Pressure Checks (8:45-9:20am).
Sponsors: Roseville Area Senior Program, City of Little Canada Parks and Recreation, Lyngblomsten and Golden Living Center – Lake Ridge, Rose of Sharon Manor/Extencicare. Complimentary refreshments by the Little Canada Recreation Association and the Little Canada Bingo Hall.

Vision Loss Group ♦

This group provides consumer information, speakers, and good company. Anyone who has vision loss like macular degeneration, glaucoma, stroke or other conditions is welcome. Call Vision Loss Resources at 612/871.2222 for more information.

1st Thursday of the month
10-11:30am FV
FREE

Foot Care Clinic ♦

Jeanne Poliachick, R.N., will do assessments, trim nails, and teach you how to care for your feet. During the initial visit, a comprehensive health assessment will be done. Call 651/604.3520 to schedule an appointment. For questions regarding foot care, call Jeanne at 651/482.8007.

1st & 3rd Wednesday of the month
9am-3pm FV

Initial Visit: \$32/30 minute session
Subsequent Visit: \$25/30 minute session

Health Insurance Counseling ♦

An insurance counselor from the Metro Area On Aging Agency will be available to help you understand and track medical bills and insurance forms. The volunteer is not connected with any insurance company. Call 651/604.3520 to schedule an appointment at least five days prior to the Health Insurance Counseling date. In-home health insurance counseling is also available to seniors in Ramsey County who are unable to travel. Call the Senior LinkAge Line at 1/800/333.2433.

4th Wednesday of the month
9:30-11:30 am FV
FREE

Great Decisions ♦ Foreign Policy

This program is a lectures and discussion on foreign policy topics. Pay at the door. Contact Roseville Area Senior Program to register two days prior to session date. Email: rasp@isd623/org or telephone: 651-604-3520.

February 8th, 2pm \$3
RosePointe, 2555 Hamline Ave., Roseville

Indonesia by Bill Davnie

This country has emerged from authoritarianism in the last fifteen years. It has made remarkable strides politically, economically, and socially. Yet the new democratic Indonesia is still a developing country facing considerable challenges. How can it continue its path of growth, reform and prosperity? What is its role in the global community?

Sponsored by Roseville Area Senior Program, RosePointe Senior Community, and the Minnesota International Center

New Attitudes ♦

New Attitudes is a group for widows. We go out to lunch or dinner once a month. At the monthly meeting we usually have games, coffee and a snack, and plan other social activities. No meetings January and February. Resumes March 5. New attendees welcome. For more information call 651/604.3520.

1st Monday of the month
1pm FV 116A
\$1.50 Pay at Door

Blood Pressure Screening♦

Free screening provided by qualified volunteers.

Weekly Thursdays
10-11:30am FV
FREE

Caregiver Support Group ♦

A caregiver group is available for caregivers of seniors. The group provides information, resources and valuable emotional support.

2nd & 4th Tuesday of the month
12:30-2:30pm FV
FREE

Indoor Walking at Fairview Community Center ♦

A walking course is established on the main floor. Four and one half times equals one mile. The stopping points are the double doors on west side and the print shop on the south side. Keep your valuables with you or do not bring them. There is no charge and this is a self directed activity. Contact Roseville Area Senior Program with questions at 651-604-3520.

Walking hours are:
Mon -Thur 1:30-4:30pm
FREE

Clip-Sip-N-Donate♦ Campbell Labels for Roseville Area School

Have fun while clipping and sorting Campbell soup labels to be donated to Roseville Area Schools for education supplies. Coffee/tea will be provided for you to sip while you clip! No registration needed-just show up. A donation container is located in the Roseville Area Senior Program Drop-In Lounge at the Fairview Community Center. Donate the label part that has the UPC code (barcode) with the Label for Education logo on it. For more information contact Michelle Waterworth from Kaposia Inc., at 651/789.1890

Weekly Fridays
10am FV
FREE

Personal Interest

NEW! Wine Making at Home

Learn to make great wine at home for yourself or to give as a fabulous gift with that uniquely personal touch. Learn the step-by-step process to make wine from fresh fruits, fruit juices and kit wines, as well as bottling and labeling techniques. You're sure to enjoy this fun and cost effective hobby.

Beth Mikulay

1582	1 session	Thursday
	Feb 16	6:30-8:30pm
	\$29	RAHS D104

New! Beginning Genealogy Research

Where do you start when you want to start researching your genealogy? Join us to learn about genealogy software and local resources including the Minnesota History Library. You will get an overview of free and subscription online genealogy resources and learn about searching census records and birth, marriage and death records.

Sharon Powell

1583	1 session	Tuesday
	Jan 17	10-11:30am
	\$29	FV EDC

New! Enriching Your Family Tree Story

Enrich your family tree with stories and pictures. Discover online resources that could tell the story of an ancestor who was an early pioneer, was a soldier in the Revolutionary War, or fought in the Civil War. Make a family book on PowerPoint as a gift for the entire family.

Sharon Powell

1584	1 session	Thursday
	Feb 2	10-11:30am
	\$29	FV EDC

NEW! Ecological Ethics

You will be introduced to the essays of Aldo Leopold, Thomas Berry and other writers. Relevant films will be screened to help bring their words to life. Attendees will be asked to spend time outside to help them develop a personal ecological ethic.

Tom Jablonski

1590	2 sessions	Monday
	Feb 6 & 13	6:30-9pm
	\$19	FV 108

Psychic Development

Students in this course will explore areas of psychic development. The topics covered will be: intuition; developing your own gifts; meditations; spirits, ghosts and hauntings; astral projection/dreams; auras; divination; energy healing; and past lives. Students will have an opportunity to practice and share their own experiences. We will learn from each other as we explore this interesting topic.

Kathy Wilken

1559	6 sessions	Tuesday
	Mar 27-May 1	7-9pm
	\$79	FV 100

Advanced Hands on Energy Healing

Come and continue to refine the healing skills you learned in beginning healing. We will learn additional techniques in the areas of sound, shamanic healing, and hand placement.

Kathy Wilken

1562	6 sessions	Tuesday
	Feb 14-Mar 20	7-9pm
	\$79	FV 100

NEW! How to Make a Movie From Old Family Pictures Using Your Home Computer

We will use Windows Live Movie Maker and basic scanning to enhance old family pictures. We will find royalty free music for you to use in your movie and make a CD to play on your computer or a DVD to play on your TV.

Sharon Powell

1582	1 session	Wednesday
	Jan 25	10-11:30am
	\$29	FV EDC

NEW! Mastering the Art of Living Alone

With long winters, a very strong family orientation and solidified social networks, the Twin Cities can be a challenging place to live alone. This class is designed for single individuals, who now head up more than 25% of households. We'll discuss online and offline social networks and community building resources with a focus on those of us at midlife and beyond.

Lisa Cook

1585	2 session	Wednesday
	Feb 8 & 15	6-7:30pm
	\$25	FV 105

The Art In Your Chart

Your astrological chart is a visual compass for your life. In this workshop we will see and create the art in our charts as a path for self-discovery by actually coloring in the patterns and discussing what we find. Whether you are a beginner in astrology or an experienced reader, you will discover something new about yourself. (Bring your birth data to class - birthday, time and place).

Sally Blumenfeld

1530	6 sessions	Saturday
	Feb 4	9-Noon
	\$25	FV 100

NEW! Wine Tasting - Oregon

Time to relax and have some fun! Grab your friends and come sample wines from Oregon. Oregon is considered a "tropical" climate which provides a fantastic atmosphere for growing deliciously soft grapes for wine. Enjoy 6 tastings of both red and white while pairing with cheeses to enhance the experience.

Bin Wine Bar

1531	1 session	Thursday
	Mar 1	6-8:30pm
	\$39	Bin Wine Bar

NEW! Wine Tasting - Chilean Girls' Night Out

Grab your girl friends and come sample wines from Chile. Chile has long been producing wine, though it's only relatively recently that American wine drinkers have been introduced. Due to the diverse altitude and humid climate, Chile has made its mark on some of the better regions for wines in the world. Enjoy 6 tastings of both red and white while pairing with cheeses to enhance the experience.

Bin Wine Bar

1529	1 session	Thursday
	Feb 9	6-8:30pm
	\$39	Bin Wine Bar

Bin Wine Bar
400 Sibley St STE 150
Saint Paul MN 55101



New! Dream Interpretation

Dream interpretation: Find out ways your subconscious mind tries to communicate with you through your dreams. What do your dreams mean and how can they be useful in solving your everyday problems?

Sally Blumenfeld

1564	2 sessions	Tuesday
	Jan 24 & 31	7-8:30pm
	\$29	FV 100

New! Celebrate a Life with Photos

Planning a gathering for an upcoming graduation, wedding, retirement or milestone birthday? Discover some quick and simple ideas for one-of-a-kind invitations, posters and displays using your photos, keepsakes, memorabilia, awards, and more.

Jenny Kasa

9000	1 session	Thursday
	Feb 16	6:30-8pm
	\$15	FV 108

NEW! CPR American Heart Association

Learn how to save a life! Become certified in the life-saving skill of CPR. This course will certify you to perform CPR and AED on adults, children and infants.

Tim Smith

7590	1 session	Tuesday
	Mar 22	6-9pm
	\$59	FV 100

NEW! College Matters: Ways to Avoid Costly Mistakes and Discover Funding Sources

Many parents want to help provide for their children's education but they don't want to sacrifice their retirement savings or overburden their children with debt. We'll help you avoid costly mistakes when selecting a college, help save money by using admission and academic strategies and discover college funding sources. Please bring a canned food donation.

Thrivent Financial

4211	1 session	Tuesday
	Feb 21	6:30-8pm
	\$9	FV 102

New! Magic 101

This course is for adults who want to astound the young people in their lives with magic. You will learn the organizational skills and discipline involved in learning, practicing and presenting a magic trick or illusion in front of others.

Thomas Staffa

1600	3 sessions	Monday
	Apr 9, 16, & 23	6:30-8pm
	\$15	FV 100

Technology

60+ Adults Computer Series

Become a seasoned computer user in just 12 weeks! This series is geared for persons ages 60+ who have had no or limited experience with a computer. A new field of study will be covered every two weeks to help you become a pro when using a computer. Series will start with basic introduction to PC and progress to introduction to Windows, and end with internet and email.

Tim Daniels

4390	6 sessions	Wednesday
	Jan 18-Feb 22	9am-Noon
	\$235	FV Comp Lab
4390-2	6 sessions	Wednesday
	Mar 21-Apr 25	9am-Noon
	\$235	FV Comp Lab

Intro to the Computer

Develop a basic understanding of computer functions, operation and terminology. We'll start from the very beginning... how to turn on the computer, use the mouse and keyboard, etc. Course allows you to develop a comfort level with the computer and provides sufficient practice time. For people with no computer experience. Fee includes manual.

Tim Daniels

4391	2 sessions	Wednesday
	Jan 18 & 25	9am-Noon
	\$89	FV Comp Lab
4391-2	2 sessions	Wednesday
	Mar 21 & 28	9am-Noon
	\$89	FV Comp Lab

Introduction to Windows XP

Learn the basics of the Windows XP operating system. Navigate the desktop, run applications and manage files. We'll cover window controls, using menus, commands, and dialog boxes. You'll also learn how to change settings for the mouse, keyboard and display, plus tips and shortcuts to make Windows work for you. Fee includes manual. Prerequisite: Intro to the PC or previous experience.

Tim Daniels

4392	2 sessions	Wednesday
	Feb 1 & 8	9am-Noon
	\$89	FV Comp Lab
4392-2	2 sessions	Wednesday
	Apr 4 & 11	9am-Noon
	\$89	FV Comp Lab

Internet & Email

Use the Internet to find an inexpensive travel package, an old friend or to talk to your grandkids. Learn the terminology, how to search for information, and practice sending and receiving e-mail. We'll also discuss Internet Service Providers and the equipment needed to get started. Handouts provided. Prerequisite: Intro to Windows for 60+ Adults.

Tim Daniels

4303	2 sessions	Wednesday
	Feb 15 & 22	9am-Noon
	\$89	FV Comp Lab
4303-2	2 sessions	Wednesday
	Apr 18 & 25	9am-Noon
	\$89	FV Comp Lab

Technology

NEW! File Management & Maintenance

Learn how to take control of your computer, how to clean up old files, remove unwanted programs, set up virus scans, and defrag. Feel free to bring in your laptop for practice and one-on-one attention if desired.

Tim Daniels

4347	2 sessions	Wednesday
	May 2 & 9	9-Noon
	\$89	FV Comp Lab

NEW! Facebook and Social Media

Learn how to connect with friends, colleagues and businesses through the power of social media. Topics include Facebook, Twitter, LinkedIn and blogging. Students will be taught the basics of how social media works, common mistakes, and security issues to be mindful of. This is an open forum class, participation is encouraged! Students will also be given the opportunity to set up accounts if desired.

Tim Daniels

4352	1 session	Wednesday
	May 16	9am-Noon
	\$45	FV Comp Lab

Buying & Selling on the Internet

Learn to sell or buy from popular Ebay and Craigslist. Half the class will be spent reviewing Ebay, the other half will be spent reviewing Craigslist. Learn the terms and tips for safety.

Tim Daniels

4397	1 session	Wednesday
	May 23	9am-Noon
	\$45	FV Comp Lab

Buying and Using a Digital Camera

This course will provide the information you need to purchase and use a digital camera. We'll cover terminology and practice with a camera using different photography techniques. You will also learn to transfer photos from your camera to the computer, basic editing techniques and print options. Bring your own camera or one will be provided to share.

Tim Daniels

4395-2	2 sessions	Wednesday
	Feb 29 & Mar 7	9am-Noon
	\$89	FV Comp Lab

Google Docs

Google what?? Google Docs is Google's answer to an ORGANIZED web based documents system. Learn how to create text documents, spreadsheets, forms, and presentations. It's easy to use and free!

Celeste Terry

4349	1 session	Wednesday
	Feb 1	6:30-8pm
	\$15	FV Comp Lab

Skype-Learn How

Learn how to use this advanced communications network. It's available to anyone with internet access. You can talk with anyone, anywhere in the world- and it's FREE! Bring your own laptop & knowledge of basic computing.

Celeste Terry

4348	1 session	Wednesday
	Mar 7	6:30-7:30pm
	\$15	FV Comp Lab

NEW! What's an App?

Learn how to make your cell phone more like a mini computer with apps! Come learn what they are, how to use them, and how to get them.

Celeste Terry

4336	1 session	Wednesday
	Apr 4	7-8pm
	\$9	FV 100

One-on-One Tutorial

You will have 100% of the instructor's attention to assist you with a computer project of your choosing! Spend one hour with our highly qualified trainer to focus on your specific needs. You define your topics. Some examples might be: basic skills, email basics, software applications such as Word, how to organize digital photos, power point presentation, creating a newsletter, or how to do a mail merge. There are many possibilities! After receiving your registration, we will call you to discuss your specific needs. \$65 per hour.

Call to set up a session with one of our amazing instructors. 651/604.3770.

MS Word 2010/XP - Level 1

Learn the basics of this popular word processing program. We'll cover using the menus and toolbars, writing a letter, checking spelling and grammar, changing margins and tabs, line spacing, editing text, printing, saving and retrieving files and more.

Dave Hayes

4304-1	2 sessions	Tuesday
	Feb 14 & 21	6-8pm
	\$99	FV Comp Lab
4304-2	2 sessions	Tuesday
	Apr 17 & 24	6-8pm
	\$99	FV Comp Lab

MS Word 2010/XP - Level 2

Learn to use the thesaurus, bullets and numbering, create and format tables and templates, work with columns, and macros. We'll also cover working with Mail Merge, AutoText, and using clip art to illustrate and highlight projects. Prerequisite: MS Word Level 1 or equivalent.

Dave Hayes

4308	2 sessions	Tuesday
	Feb 28 & Mar 6	6-8pm
	\$99	FV Comp Lab

MS Excel 2010/XP - Level 1

Learn to create an Excel worksheet, work with formulas, format worksheet information and print your projects. We'll cover getting help, using AutoFill, changing cell formatting, using borders and colors, Spell Check and working with charts and graphs. Two projects will be completed during the course.

Dave Hayes

4306-1	2 sessions	Tuesday
	Mar 13 & 20	6-8pm
	\$99	FV Comp Lab
4306-2	2 sessions	Tuesday
	May 8 & 15	6-8pm
	\$99	FV Comp Lab

MS Excel 2010/XP - Level 2

Expand your knowledge of Excel. Learn to sort and filter data, solve "what if?" problems, analyze data, manage workbooks, and link information in multiple worksheets and workbooks. Expand your formula design skills and create detailed charts and graphs. Prerequisite: Excel Level 1 or equivalent.

Dave Hayes

4307	2 sessions	Tuesday
	Mar 27 & Apr 3	6-8pm
	\$99	FV Comp Lab

Preschool & Family Education

Bobby



Science

Traveling 'Round the Sun'

Ages 3^{1/2}-5 parent drop-off
How many times have you traveled around the sun? Discover the path of Earth's orbit around the sun and the reason for the seasons in our hand-on discovery science class! We'll use investigations, creative play, story, song and body movement to learn real world science!

Curious Minds

475	1 session	Saturday
	Feb 18	10-11:15
	\$25	FV 140

Traveling Iggy Peck Architect

Ages 3^{1/2}-5 parent drop-off
Why doesn't a skyscraper fall over on a windy day? Why do some buildings survive earthquakes? Design and build tall structures using a variety of materials just like an engineer does. We'll put them to the test in our earthquake and wind lab! We'll use investigations, creative play, story, song and body movement to learn real world science!

Curious Minds

480	1 session	Saturday
	Apr 14	10-11:15
	\$25	FV 140

Insects and Animal Homes

Ages 3^{1/2}-5 parent drop-off
Be a biologist and discover the many insects and animals emerging in the springtime! We'll use our keen sense of observation to discover the differences between insects and bugs, investigate the underworld of the earthworm and build a bird's nest of your own! We'll use investigations, creative play, story, song and body movement to learn real world science!

Curious Minds

476	1 session	Saturday
	Jun 2	10-11:15
	\$25	FV 140

Magnificent Moves & Sounds

Ages 3^{1/2}-5 parent drop-off
Drama & music is a useful way to assist children's learning and to keep them entertained. Children will act like animals, dance themselves silly and interact with expression. This class is a great way to develop social skills and build self-esteem. Parent drop-off, however we invite you to join us for the last 10 minutes of class.

Susan Strandberg

Early Childhood Professional

474	3 sessions	Thursday
	Feb 9-23	6:15-7:15pm
	\$35	FV 140

Messy Hands Art

Ages 3^{1/2}-5 parent drop-off
Come make unique creations with your child as they discover how to handle paint, clay, plaster and paper-mâché. This class will develop children's fine motor skills, increase their ability to express themselves and gain self-confidence. Open-ended activities allow for children to reveal their emerging creativity through a new masterpiece each week. Parent drop-off, however we invite you to join us for the last 10 minutes of class.

Susan Stranberg

Early Childhood Professional

472	3 sessions	Thursday
	Mar 1-15	6:15-7:15pm
	\$35	FV 140

Lil' Chefs

Ages 3^{1/2}-5 parent/child
Lil' Chefs cooking classes are designed to enable your preschooler to cook as independently as possible with support from you. Cooking provides many tactile experiences, such as kneading and rolling out dough, tearing fresh lettuce leaves, and breaking eggs. There are many sounds and smells from cooking that your child will experience. Everyone will enjoy sampling the finished product.

Susan Strandberg

Early Childhood Professional

473	4 sessions	Thursday
	Apr 26-May 17	6:15-7:15pm
	\$45	FV 140

Smart Parenting, Smarter Kids: What Science Tells Us about Raising Bright, Healthy and Happy Children

David Walsh, Ph.D.

Free

Thursday, March 8; 7:00-8:30 PM
Tartan High School
828 Greenway Avenue North,
Oakdale, MN 55128

How can I raise my child's IQ? What foods are brain foods? Why is sweating important for brain growth? How is technology re-wiring kids' brains? How can US kids catch up with kids in other countries on those international tests? Dr. Dave Walsh will answer these questions and many others in a workshop based on his newest book, 21st Century Parent: What Brain Science Tells Us about Raising Smart, Healthy Kids. Internationally renowned psychologist, best selling author, and in-demand speaker, Dr. Dave will translate the latest findings from brain science into practical strategies that parents, teachers and anyone concerned about kids can put to use immediately.

No registration necessary.



Swim - Winter 2012

All Classes Held at Fairview Pool

Roseville Aquatics Program Registration

Fairview Community Center
1910 County Road B West
Roseville, MN 55113
651/604.3770
www.ISD623.org/CommEd

Lesson Schedule Winter

No class Jan 16 and Feb 7, 18, 20

Monday Jan 9 - Mar 5
Saturday Jan 14 - Mar 3
Tuesday Jan 17 - Mar 6
Wednesday Jan 18 - Mar 7
Thursday Jan 19 - Mar 8

Spring

No class Apr 7

Saturday Mar 24-May 19
Tuesday Mar 27-May 15
Thursday Mar 29-May 17

Tots - Parent in Water 9 months-3 years

Children are accompanied by a parent or adult and learn to enjoy the water. Minimum one adult in water per child.

Saturday	9-9:25am	#80-F6	\$42 Winter	#80-F1	\$48 Spring
Tuesday	7-7:25pm	#80-F7	\$42 Winter	#80-F2	\$48 Spring
Thursday	9:25-9:50am	#80-F8	\$48 Winter	#80-F3	\$48 Spring

Preschool - Parent in Water 3-5 years

Children are accompanied by a parent or adult to work on water adjustment and basic swimming skills: blowing bubbles, kicking, arm paddling. Minimum one adult in water per child.

Saturday	9:30-9:55am	#80-F9	\$42 Winter	#80-F4	\$48 Spring
Tuesday	7:30-7:55pm	#80-F10	\$42 Winter	#80-F5	\$48 Spring
Thursday	9:25-9:50am	#80-F8	\$48 Winter	#80-F3	\$48 Spring

Adult Beginner Lessons 15 years & older

Lessons for teens and adults who can't swim or fear the water and those with basic swimming skills wishing to refine.

Tuesday	6:05-6:50pm	#92-F2	\$49 Winter	#92-F1	\$56 Spring
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Youth Swim Lessons 5-14 years - Winter 2012

Beginner I

Students learn to float and kick on front and back, jump into deep water, swim beginner stroke, roll over and kick on back.

Beginner II

Prerequisite: Passing of Beginner I
New skills: front crawl with rhythmic breathing, elementary backstroke, treading water and sitting dive.

Advanced Beginner A

Prerequisite: Passing of Beginner II
New skills: back crawl, breaststroke, scissors and dolphin kick.

Advanced Beginner B

Prerequisite: Passing of Adv. Beginner A.
New skills: breaststroke, butterfly and sidestroke.

Intermediate

Prerequisite: Passing of Adv. Beginner B.
New skills: tuck and pike surface dives, flip turns and butterfly.

Swimmer

Prerequisite: Passing of Intermediate
New Skills: personal water safety skills, turns and strong emphasis on endurance and stroke refinement.

Levels:

If a child is registered in the wrong class level, he/she will not be allowed to remain in the class and will be moved to the correct level only if space is available. To have the level tested prior to registration, call 651/604.3770 for testing times and procedures.

Sat	10:00-10:45am	Beg I #81-F1	Beg II #82-F1	Adv Beg A #83-F1		\$49
Sat	10:55-11:40am	Beg I #81-F2	Beg II #82-F2	Adv Beg B #84-F1		\$49
Mon	5:30-6:15pm	Beg I #81-F3	Beg II #82-F3	Adv Beg B #84-F2		\$49
Mon	6:25-7:10pm	Beg I #81-F4	Beg II #82-F4	Adv Beg A #83-F2	Swim #86-F1	\$49
Wed	5:10-5:55pm	Beg I #81-F5	Beg II #82-F5	Adv Beg A #83-F3		\$56
Wed	6:05-6:50pm	Beg I #81-F6	Beg II #82-F6	Adv Beg B #84-F3		\$56
Thur	5:05-5:50pm	Beg I #81-F7	Beg II #82-F7	Adv Beg A #83-F4		\$56
Thur	6:00-6:45pm	Beg I #81-F8	Beg II #82-F8		Inter #85-F1	\$56

Spring Youth Lesson Schedule distributed in Roseville Area Schools at the end of February

Water Exercise

Swimnastics

A variety of water exercise including some fast paced, wall exercises, balance for upper and lower body, and stretching and toning. You must be able to maintain balance without assistance for the duration of the class time.

Winter

Jan 3 - Mar 8
No Class Jan 16

*8 sessions	Monday		
8:30-9:15am	#90-F9	\$48	\$43.20 Sr
*10 sessions	Tuesday		
8:30-9:15am	#90-F10	\$60	\$54.00 Sr
*10 sessions	Tuesday		
9:20-10:05am	#90-F11	\$60	\$54.00 Sr
*10 sessions	Wednesday		
8:30-9:15am	#90-F12	\$60	\$54.00 Sr
*10 sessions	Thursday		
8:30-9:15am	#90-F13	\$60	\$54.00 Sr
7 sessions	Monday		
Jan 9-Mar 5	7:15-8:00pm		
	#90-F14	\$42	\$37.80 Sr
No Class Jan 16 and Feb 20			
8 sessions	Wednesday		
Jan 18-Mar 7	7-7:45pm		
	#90-F15	\$48	\$43.20 Sr

Spring

*10 sessions	Monday		
Mar 19-May 21			
8:30-9:15am	#90-F1	\$60	\$54 Sr
*8 sessions	Tuesday		
Mar 27-May 22	No class Apr 10		
8:30-9:15am	#90-F2	\$48	\$43.20 Sr
*8 sessions	Tuesday		
Mar 27-May 22	No class Apr 10		
9:20-10:05am	#90-F3	\$48	\$43.20 Sr
*10 sessions	Wednesday		
Mar 21-May 23			
8:30-9:15am	#90-F4	\$60	\$54 Sr
*9 sessions	Thursday		
Mar 29-May 24			
8:30-9:15am	#90-F5	\$54	\$48.60 Sr
8 sessions	Monday		
Apr 2-May 21	7:15-8:00pm		
	#90-F6	\$48	\$43.20 Sr
8 sessions	Wednesday		
Apr 4-May 23	7-7:45pm		
	#90-F7	\$48	\$43.20 Sr

Cranky Hinges

This is a slow paced water exercise class. Participants will focus on increasing range of motion, flexibility & mobility. You must be able to maintain balance without assistance for the duration of the class time.

Winter

Jan 4 - Mar 7
No Class Jan 16

*18 sessions	Mon & Wed		
Mon 10:15-10:45am & Wed 9:30-10am			
	#91-F2	\$72	\$64.80 Sr

Spring

Mar 19 - May 23

*20 sessions	Mon & Wed		
Mon 10:15-10:45am & Wed 9:30-10am			
	#91-F1	\$80	\$72 Sr



SilverSneakers

SilverSneakers members are able to participate now in selected Swimnastics and Cranky Hinges classes in addition to lap and open swim at no additional cost. Registration is required for Cranky Hinges due to limited space. Please present your SilverSneakers badge to the lifeguard on deck when participating. (*) denotes classes that participate in SilverSneakers program.

Lap & Open Swim

Jan 9 - May 25

No swim evening of Feb. 7, Mar 13, 15
No swim during the day:
Jan 16, Feb 18, Mar 10, 17, Apr 6, 7

Fees

Under 18	\$3.50/session	\$15.50/5
Over 18	\$4.00/session	\$17.00/5
Over 60	\$3.50/session	\$15.50/5

Lap Swim

Mon, Wed, Fri	6:30-8:30am
Mon	11:45am-1pm
Tue - Fri	11:30am-1pm
Tue & Thur	8-9pm

Open Swim

Parents must accompany children under 4' tall in pool

Monday	10:45-11:45am
Tuesday	10:15-11:15am
Wednesday	10:15-11:15am
Thursday	10:15-11:15am
Thursday	7-8pm
Friday	10:15-11:15am
Saturday	11:45am-1pm

Private Lessons: call 651-604-3770 for info

Out-of-School Time



Friendship Connection

651/604.3505

www.ISD623.Org/CommEd/Youth

Monday-Friday, 6:30am-6pm

Non-school days

(except major holidays)

School year & summer

Friendship Connection is a school-age care program for students in grades K-8. Our program philosophy encompasses creating a quality, caring, learning environment for children that compliments the school day.

To register for Friendship Connection, contact your child's school Friendship Connection site or the main office at Fairview 651/604.3505

A minimum of 3 days is required.

2011-2012 Rate

Site	Before School	After School	Kindergarten	Contact
Brimhall	\$10/day	\$9/day	\$14/day	633-4327
Central Park	\$9/day	\$10/day		481-0745
Edgerton	\$10/day	\$9/day		771-9835
Falcon Heights	\$9/day	\$10/day		641-0035
Little Canada	\$90/day	\$10/day		482-0420
Parkview	N/A	\$12.40/day		487-4391
Emmet D. Williams	\$10/day	\$9/day		482-0421

Mid-day Kindergarten

A mid-day kindergarten section is available for children who are enrolled in AM Kindergarten. The program is held at Brimhall and transportation is provided to the site. Parents must pick up at Brimhall at the end of the day.

Summer and Fall Registration Begins on March 19.

Youth Enrichment

651/604.3770

www.ISD623.Org/CommEd/Youth

Youth Enrichment provides opportunities for youth to pursue their interests, expand their abilities and improve their social skills in an informal, friendly atmosphere.

Courses are offered for grades K-8 immediately before or after school, early evenings, non-school days, and Saturday mornings at district buildings with sessions lasting one to two hours. The fee-supported classes consist of a variety of subject areas including academics, technology, foreign language, art, science, games, hobbies, and drama.

Flyers are distributed through youngest and only students at the elementary schools and are also available on the web at www.ISD623.org/CommEd/Youth along with online registration.

"Friendship Connection is by large the greatest child care program in which my children have been enrolled."

Lynn Sager



Early Childhood & Preschool



Early Childhood Family Education

651/487.4378

ECFE is a program for all families with young children (birth-5 years). Classes are designed to strengthen today's families by providing parent-child weekly classes, child-only classes, special events, a parent resource library and field trips. Our goal is to provide quality classes for children and their parents. Classes are held Tuesday evenings, weekdays and Saturday mornings at the Early Childhood Center, located at Parkview Center School. Second semester classes, including the new afternoon series classes and field trips can be found at www.isd623.org/commed/ecfe. Questions? Call 651-487-4378 or email us at ECFE@isd623.org.

All the classroom activities were fabulous - so well planned, such variety - I was amazed!

ECFE Parent

Is Your Child On the District Census?

651/628.6449

If you are new to the Roseville area or have a new baby, please call to register your preschool children with the local school district. District notices for Early Childhood Screening, Kindergarten Registration and district publications will then be sent to your family.

Early Childhood Screening

651/487.4378

This free "check-up" of a child's development, vision, hearing and overall growth is required prior to kindergarten. The goal for this screening is to find possible learning or health issues prior to starting kindergarten. The ideal time to have a child screened is between ages 3 and 4 years of age. Screenings are held throughout the school year and once-a-month on a Saturday. Screening dates can be found at www.isd623.org/commed/ecfe/screening. Call for an appointment.

Jump Start to Kindergarten

651/604.3511

Jump Start to Kindergarten is a program that is open to children who are 4 or 5 and one year away from kindergarten. The program focuses on children's social, emotional, intellectual, and physical growth that is developmentally appropriate for four year olds. Curriculum and activities follow the MN Department of Education Early Learning Standards and are taught by teachers licensed in early childhood.

Jump Start to Kindergarten is currently located at both Emmet D. Williams and Brimhall elementary schools and operates Monday-Friday, 6:30am-6pm.

To enroll, children must be 4 years old by September 1 and be one year away from Kindergarten. Call 651/604.3511 for registration materials and space availability.

Early Literacy Enrichment Class

Would your child enjoy an afternoon of listening to stories, singing, playing games, making an art project and playing with other children? If so, your child can join children from the district's Early Childhood Special Education Program and be exposed to letter-sound awareness, rhyming, and vocabulary learning. A multi-sensory approach using visual, tactile and movement activities will be utilized. A Roseville Area School licensed speech and language pathologist will teach the class.

(3-5 year olds)

No Class 2/24

470-1	8 sessions	Friday
	Jan 6-Mar 2	1:30-3:30pm
	\$75	FV 144

No Class 4/6

470-2	8 sessions	Friday
	Mar 23-May 18	1:30-3:30pm
	\$75	FV 144

Drop-In & Plays for All Ages

The district's ECFE program now offers four no-registration required classes for parents and their young children. A combination of large motor play, a circle time of songs and a variety of learning activities with paint and puzzles are offered. A licensed early childhood teacher will lead all activities. Fee: \$3/child/time

Tuesday & Thursday, 10-11:15 for birth-5 years at Little Canada School

Friday, 10:45-Noon, for birth-24 months at Parkview Center School-ECFE Center

Saturday, 10:30-11:45 for 12-36 months at Parkview Center School-ECFE Center

Adult Learning Center



It's never too late to enjoy the benefits of learning ...

The Roseville Adult Learning Center is for adults who want to succeed in learning. We offer a whole new way of learning: it's personal, supportive, and focused on you and your needs. Our certified teachers are caring individuals who know how to help adults learn and succeed in their studies. They work with you one-on-one and in small groups, providing individualized instruction. Daytime and evening classes are available. There is no charge for Adult Learning Center programs, except a \$20 material fee/book deposit. You may enroll at any time to get started on your learning program. Our staff can answer your questions and help you find the program that is right for you. For more information call 651/604.3553. We are located at Fairview Community Center, 1910 County Road B West.

Adult Learning Center
Fairview Community Center
1910 County Road B West
Roseville, MN 55113
651/604.3553
www.ISD623.Org/CommEd/ALC

English Learner

EL is a program for adults seeking to improve reading, spoken, and written English language communication skills. Students work together in small groups in a style that is flexible and responsive to each student's unique needs. The program celebrates the diversity of its learners and respects their varied cultural backgrounds. Our focus is on helping each individual learner achieve success. English classes are offered at seven different levels. The curriculum focuses on helping learners make successful employment transitions throughout their lives.

EL is designed for adults who . . . want to study vocabulary, math, reading, American culture, citizenship, grammar, writing, conversation, prepare for the TOEFL, improve skills for employment, explore post secondary options, and work well in a small group setting.

In Order to Enroll in EL,

You must be 18 years or older and not attending a public high school.

Mornings: Mon - Fri
9am-1pm
Evenings: Tues & Thurs
6:30-9pm

Adult Basic Education (ABE) GED Preparation, Adult Diploma and Review

ABE is a group of individualized programs designed to help adult learners complete a high school diploma, pass the GED (General Education Development Diploma) tests, review for college entrance, and improve reading, writing, and math skills. Diploma students meet the same eligibility requirements as high school diploma graduates. There may also be a work study option to earn elective credits.

eligibility. . .

you must be 16 years of age or older and no longer in a traditional high school program. To take the GED tests, you must be 19 years old or meet specific conditions for an age waiver.

Mornings: Tues & Thurs
9:30-11:30am
Evenings: Tues & Thurs
4:30-7:30pm

Dual Enrollment

This program is designed to help learners gain the necessary credits needed to graduate. Dual enrollment is an option for any student 16-20 years old, who maintains full-time enrollment at their high school. Students are referred to the Dual Enrollment Program by their high school counselor.

Evenings: Tues & Thurs
4:30-7:30pm

On-Line Learning

GED-i is now available. It is a GED preparation course. Contact the Adult Learning Center to see if you qualify.

Distance Learning/Basic Skills

New distance learning opportunities for students with attendance challenges. Contact the Adult Learning Center to see if you qualify.

One-on-one/small group learning at your own pace

Adult Learning Center students will find a learning experience that differs from a traditional classroom setting. Learners work with certified teachers one-on-one or in small groups. The program is geared to the student's learning style. Our focus is on helping you succeed.

Roseville Area Senior Program



Roseville Area Senior Program

Fairview Community Center
1910 County Road B West
Roseville, MN 55113
651/604.3520
www.ISD623.Org/CommEd/Senior
Monday-Friday, 8am-4pm

Meals on Wheels

651/604.3524

Meals on Wheels is available to adults 60 and over and disabled adults living in the Roseville Area School District who are unable to access and/or prepare food. Nutritious hot noon meals are available Monday-Friday and delivered by volunteers from area churches, organizations and the community. Donations requested.

Transportation

651/604.3535

Transportation services are available to adults 60 years and older living in the Roseville School District.

Bus Rides Available

Monday-Friday, 8 am to 4 pm.
Donation requested. Bus rides are within the Roseville School District boundaries. Types of rides include medical shopping, banking and recreation. The bus is lift equipped with three wheelchair spaces. Standing orders are accepted. The bus and drivers are MNDOT Special Transportation Certified.

Bus Ride Scheduling

Monday-Friday, 8am - 1pm.
5 day advance notice is suggested for a ride request.

Medical Rides

Volunteer drivers use their own vehicles to provide rides for medical and dental appointments for residents in the Roseville Area School District who are 60 or older and can walk with minimal assistance.

Medical Rides Available

Monday-Friday, 8:30am - 3:30pm
Donation requested.

Medical Ride Scheduling

Monday-Friday 8am - 1pm
A two week advance notice is suggested for a ride request.
Limit ride request to one per week.

Educational and Social Activities Groups/Classes

In the spirit of life-long learning, we offer a variety of formal and informal educational self-directed groups and classes. Whether you like to dance, use the computer, learn a new skill, gather to meet friends or make new ones, there is something of interest for everyone. If you have an idea for a new activity group please contact us.

Please look for the symbol ♦ in the Enrichment area of this brochure for Roseville Area Senior Program sponsored groups classes and events.

Volunteer Opportunities

651/604.3520

Dedicated volunteers make a difference in the lives of those we serve and the communities in which we live. Current opportunities include:

- Transporting older adults to medical appointments
- Friendly Visitor

Call 651-604-3528 for Service Coordination, Home Health Care Services, Homebound Support Volunteers and Caregiver Support.

Service Coordination

The Roseville Area Senior Program offers a Service Coordinator to assist older adult residents of ISD 623 to find resources, discuss and problem solve on health, safety, and housing issues. Receive help navigating community resources with the goal of living safely and independently in your home. Home assessments and phone consultations are available. Seniors, family members, and caregivers are encouraged to contact the Service Coordinator. If home health care service is desired, the Service Coordinator can refer clients to a variety of resources. A suggested donation is requested, based on ability to pay.

Support Homebound Volunteers

Trained volunteers are available to provide services to help homebound seniors in the Roseville Area School District. Services include: errand running, shopping assistance, minor home repairs and friendly visiting. Donation requested.

Flaming Spoon Café

at Fairview Community Center

Enjoy Casual Dining in the Neighborhood! Drop in during a break or after a Community Education Class!

Lunch

11:00-12:30pm

No Time?
Get Your Meal Packed "To Go"!

Full Meal deal for \$4.00

includes choice of main entrée, choice of 3 sides, milk, and coffee (substitutions available).

Salad/Sandwich Bar Meal served daily from 11-12:15pm.

Ala Carte from \$0.55 to \$2.50

including sandwiches, soups, salads, rolls, cookies, fruit, chips, etc.

All are welcome. Bring a friend, tell a neighbor. No individual reservations needed, however groups of six or more are requested to call 651/604.3518. We accept cash, check, or pre-paid meal code.

Monthly menus available at Fairview Community Center or online at www.ISD623.org/commmed/senior and look for Flaming Spoon Café.

All Ages
Welcome!

The Best Lunch Deal in Town!

Roseville Craft and Gift Shoppe ♦

Open Monday-Friday

9:30am- 3:30pm

651-604-3529

The Craft and Gift Shoppe is sponsored by the Roseville Area Senior Program and supported by the North Suburban Senior Council Inc. Volunteer consignors make hand crafted items and staff the shop.



Notes for Life Series: ♦

Designed to Improve the Quality of Your Life

1st Thursday of the Month/Quarterly

Note time change: 1:30pm-3pm

\$2 at the door

Roseville Library, 2180 Hamline Ave North

Register by the Monday prior by calling

651-604-3520 or rasp@isd623.org

Topics:

February 2: Travel - May 3: Gardening -

August 2: Pain Management and Self Care - November 1: Food

Sponsored by the Life by Design Group: Roseville Area Senior Program, Thrivent Financial Services for Lutherans, Heritage Place of Roseville, Comfort Keepers, HealthEast Passport Program

ROSEVILLE HOME & GARDEN FAIR

FREE
EVENT

SATURDAY, FEBRUARY 18, 2012

9 AM - 3 PM

FAIRVIEW COMMUNITY CENTER • 1910 COUNTY ROAD B

- 60+ Exhibitors
- GREAT DOOR PRIZES
- FANTASTIC KIDS FUN
- "ASK THE EXPERT"
- 15 Workshops
- GREEN PLAN BOOK



LIVING SMARTER

www.LivingSMARTER.org/fair
651-792-7078

Registration Information



Welcome to Roseville Community Education!

www.ISD623.org/CommEd

**1910 County Road B West,
Roseville, MN 55113**

651/604.3770

Office Hours Monday-Friday,
7:30am-4pm



4 Easy Ways to Register!

Are You In?

Assume you are in the class you registered for unless you hear from us. Persons registering online or who provide their email address on the registration form will receive an email confirmation.

Cancellations

Persons registering online or who provide their email address on the registration form will receive an email notification if class is canceled. All others will receive a phone call.

Weather related cancellations will be announced on WCCO Radio (830/AM). If Roseville Area Schools are closed, all enrichment classes and activities are canceled for the day.

Refunds

Refunds can only be issued if requested 1 week prior to the start of class.

Refunds are not issued after a class has begun, nor are they possible when classes are rescheduled due to weather.

- There is a \$5 service charge on participant initiated changes or cancellations.
- Registrations via credit card will receive a credit back to the card used.

Fee Assistance/ Scholarships

We believe everyone should be able to participate in enrichment classes regardless of ability to pay. To receive assistance a participant must live in the district or attend Roseville Area Schools. Call 604-3770 for more information.



Online

www.ISD623.Org/commed

and click on
Community Education
Online Registration



Mail



Walk-in:

Enrichment
Fairview Community Center
1910 County Road B West
Roseville, MN 55113



Fax

to 651/604.3772

UCare MN

UCare MN members may take a discount of up to \$15 per year. Members must be on UCare at the time of registration and need to include their member ID number on the registration. Some limitations may apply.

Senior Discount

Adults ages 60+ may take 10% off each class with the exception of 60+ Computer Series, Write Your Own Will, Hypnosis, Vitality Passes, 55+ Defensive Driving and Beginning Bridge.

Satisfaction Guaranteed

If you are satisfied with your class, spread the word! However, please call us at 651/604.3770 if you are not satisfied with any enrichment class.

BH - Brimhall Elementary

1744 County Road B West
Roseville, MN 55113

CP - Central Park Elementary

535 County Road B2 West
Roseville, MN 55113

EDG - Edgerton Elementary

1929 Edgerton St
Maplewood, MN 55117

EDW - Emmet D. Williams Elementary

955 County Road D West
Shoreview, MN 55126

FH - Falcon Heights Elementary

1393 Garden Ave West
Falcon Heights, MN 55113

LC - Little Canada Elementary

400 Eli Road
Little Canada, MN 55117

PCS -

Parkview Center School

701 County Road B West
Roseville, MN 55113

RAMS -

Roseville Area Middle School

15 County Road B2 East
Little Canada, MN 55117

RAHS -

Roseville Area High School

1240 County Road B2 West
Roseville, MN 55113

FV -

Fairview Community Center

1910 County Road B West
Roseville, MN 55113

DC - District Center

1251 County Road B2 West
Roseville, MN 55113

Try Online Registration - it's fast & easy!

www.ISD623.Org/commed

Click on Community Education Online Registration

You may use this form to register for any class(es) listed in the brochure.

Participant Full Name _____

Street Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Mobile _____

Emergency Phone _____ Other _____

Email Address _____

Male Female Birthdate _____ Age _____

Special health concerns (accommodations, disability, allergy, or special need we should be aware of):

Class # _____ Title _____ \$ _____

Class # _____ Title _____ \$ _____

Class # _____ Title _____ \$ _____

AQUATICS

1st Class Choice _____ Day _____ Time _____ \$ _____

2st Class Choice _____ Day _____ Time _____ \$ _____

Youth Ages 0-18

Parent/Guardian Full Name _____

Persons authorized to pick up child/ren other than parent _____

Student's Grade _____ School Attending _____ Classroom Teacher _____

After class my child:

- Is registered to attend Friendship Connection
 Will walk home Will be picked up by _____

Discounts

Participant's UCare ID# (If applicable) _____ UCare Member Discount Total \$ _____

Senior 60+ Yes No

Payment Information

Total Registration Amount \$ _____

- Cash Check (*Make Checks Payable to Roseville Area Schools*)
 Mastercard Visa Discover American Express (*please fill out info below*)

Authorized Signature _____ Date _____

Cardholder's First Name _____ Card Holder's Last Name _____

Credit Card number _____

Expiration Date _____

Little Canada Parks & Recreation

City Offices

**515 Little Canada Road E.
Little Canada, MN 55117
www.ci.little-canada.mn.us**

**651/766.4029
651/766.4048 FAX**

**Jim Morelan
Director**

**Don Bowman
Recreation Supervisor**

**Katie McGinnity
Recreation Supervisor**

Activities schedule

This may be only a partial list of activities for this registration period due to the early printing deadline. Watch for further information via our website, our newsletter, The Review, Cable Channel 16, and flyers distributed at elementary schools. Please call Jim Morelan at the Parks and Recreation Office 651/766.4045 with questions.

Want to help?

Youth recreation programs in Little Canada are conducted by the Parks and Recreation Department in close cooperation with the Little Canada Recreation Association (a nonprofit group of volunteers who conduct various fundraisers during the year and who advise the direction of all youth programs). Membership is open to all interested adults within the city, as well as those living outside the city. If you are interested in joining, please call 651/766.4045 or email jim.morelan@ci.little-canada.mn.us. Feel free to visit their website at www.lcraonline.org.

Youth

Register for the following youth activities online, by mail, by fax (if paying by credit card), or in person during regular business hours at Little Canada City Hall. Register promptly to be guaranteed placement in our programs. Registration flyers with details will be distributed to Little Canada schools and will also be available on our website.

Online registration for the following activities begins February 1

T-ball

Girls & Boys: Ages 5-7 (by June 1)
Program runs approximately May 15-July 15

Pop-up Ball

Girls & Boys: Ages 7-8 (by Sept 1 with one year of T-ball experience)
Program runs approximately May 15-July 15

Baseball

Boys: Grades 3-12
Program runs approximately May 15-July 31

Slow Pitch Softball

Girls: Grades 2-9
Program runs approximately May 15-July 15

Floor Hockey

Girls & Boys: Grades K-5
Program runs Saturdays in April & May

After School Golf

Girls & Boys: Ages 8-14
Program runs late-April through May

After School Tennis

Girls & Boys: Ages 8-12
Program runs late-April through May

Adult

55 Alive Driver Classes

Four and eight hour classes will be scheduled in April. Specific class dates TBA. Cost is \$16/session. Bring AARP Membership Card to class and receive \$2 cash back. Online registration begins February 1.

Softball

Team registration begins in February. Register at Little Canada City Hall. Forms available on our website.

Online registration for the following activities begins April 1

Archery

Girls & Boys: Ages 9-14
Program runs four weekday mornings, 10 am - 12 noon in July

Firearm Safety

Girls & Boys: Ages 12+
Program runs evenings in August

Online registration for the following activities begins June 1

Soccer Clinic Pre-League

Girls and Boys: Entering Grade 2
Program runs approximately six weeks beginning in September

Soccer League

Girls: Entering Grades 3-9
Boys: Entering Grades 3-8
Program runs approximately August 15-October 31

Soccer Clinic

Girls & Boys: Entering Grades K-1
Program runs five weeknights, September - October

Volleyball

Girls & Boys: Entering Grades 3-8
Program runs approximately October 1 - November 15

