



Fall 2017

Community Education

ADULT ENRICHMENT CLASSES

A woman wearing a black hijab with large, colorful polka dots (yellow, blue, and white) and a light blue sweater is smiling. She is using her hands to form a heart shape in front of her face. The background is a solid orange color.

Discover
Something
Different

- Trucksploration
- Dumplings to die for
- Photography: Fall Colors
- Mosaicos: Espejos Decorativos
- Zumba for Families
- Window Repair
- Aquatics for 3-5 yr. olds

New Discoveries

Can't-miss classes this season



1

Healing Power of Music

Learn how music can be used to relieve stress, anxiety and improve medical or mental health situations.

PAGE 44



2

Paint Our Feathered Friends and Their Nests

Create an original acrylic painting of a sparrow or robin in its nest and learn how to use feathers as brushes.

PAGES 63



3

Play it By Ear

Exercise your musical ear while strumming on your ukulele, guitar, mandolin or banjo.

PAGE 44



4

Golf 1 & 2

Keep your golf skills sharp by practicing your swing, putt and chip.

PAGES 55



5

Yoga: Fitness, Fusion, Gentle, Hatha, Kundalini and more

Discover the right class to find your own personal Zen.

PAGES 56-58

MPS collaborates with the Minneapolis Park and Recreation Board.

To find more opportunities for adults and youth, go to

minneapolisparks.org/activities_events/

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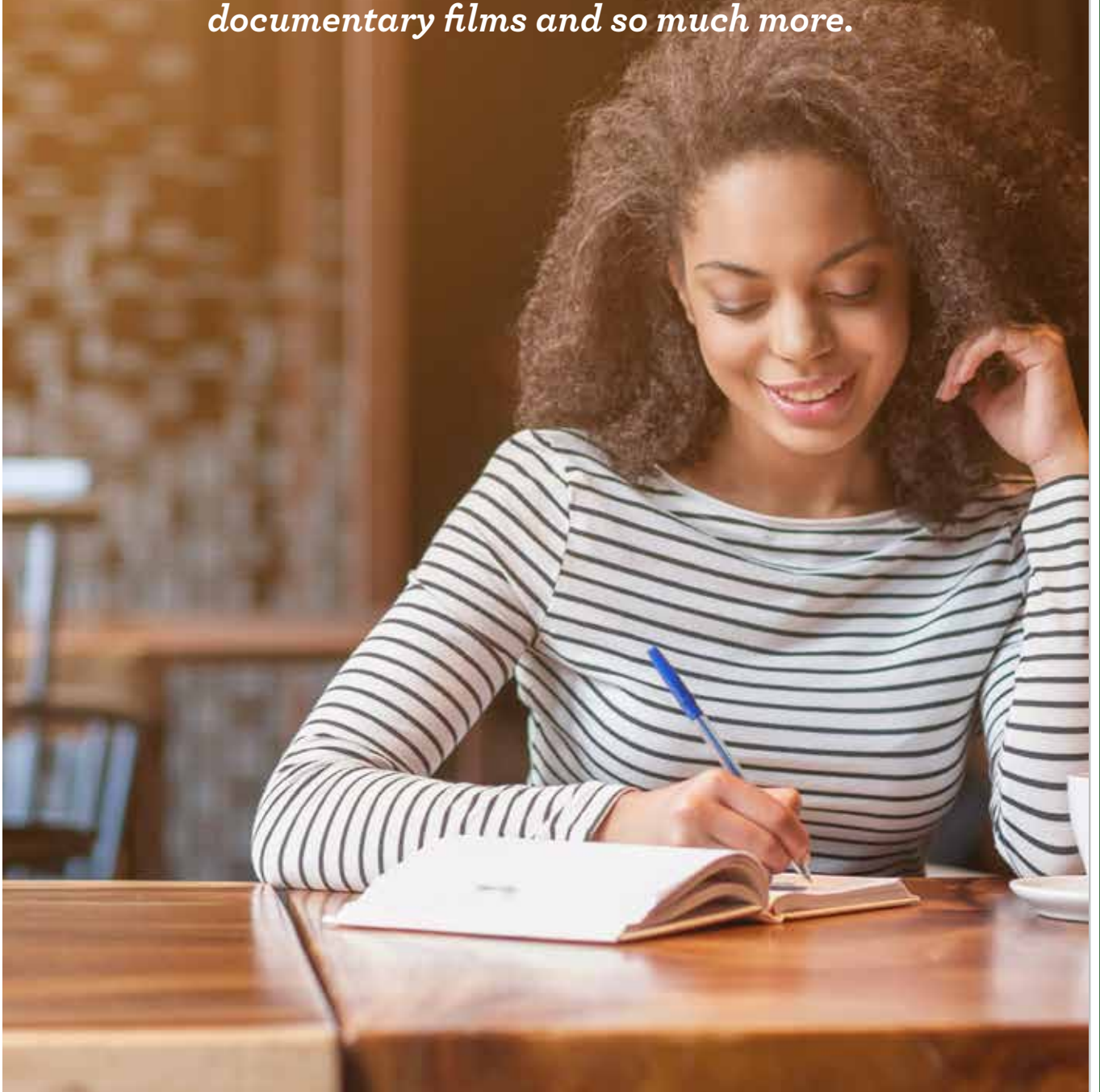
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There are no classes November 22-25 for the Thanksgiving holiday.

Life & Learning



Whether you want to brush up on existing knowledge or delve into new territory, we can help you expand your awareness of everything from finances to documentary films and so much more.





Academic Enrichment

NEW Abstraction in Art

Explore Cubism, Expressionism, Post-Impressionism, and Surrealism. View images and discuss the artists who created and worked in those styles. We will also discuss what Abstraction is and why it is important.

Washburn 1 Wednesday
Nov 1 6:00 pm-8:00 pm
\$19

African American Art History:

Early Photographers

We will begin by looking at the work of photographers in 1840 at the dawn of the medium in the United States and continue through the early 20th century looking at eight studio practices from various parts of the country. Most of the names may seem obscure today, but during their lifetimes many achieved national prominence. Some of the photographer's we will cover include: Jules Lion, James P. Ball, Harry Shepherd among others. Please join us for this fascinating review of history.

Henry 1 Monday
Nov 13 6:30 pm-8:30 pm
\$19

African American Art History:

Neon 66, The Aftermath of the Watts Riot of 1965

We will examine the work from the art practices of Noah Purifoy, Melvin Edwards and others including work created for the 66 Signs of Neon art show. 66 Signs of Neon was designed by artists to bring members of the Los Angeles community to Watts to better understand not only the social issues but the beauty of the artistic spirit that resided there. The artists, all working as part of the California Assemblage Movement, created artwork from the rubble of the riot's aftermath.

Henry 1 Monday
Nov 20 6:30 pm-8:30 pm
\$19

American Indian History and Culture

Examine stereotypes, cultural areas, linguistic areas, ways of life, traditional and modern government, pre-Columbian cultures and civilizations, and more. Receive an overview of history since 1492, and discuss the Columbian Exchange, famous Native people, arts, dance and music.

South 7 Tuesdays
Oct 3-Nov 21 6:30 pm-8:30 pm
\$55

NEW Be-Bop to Hip-Hop

Jazz is America's gift to the world. Take a journey of discovery from 1945 to 1999, when Traditional jazz evolved into Modern jazz; how it mingled with Rock and R&B to develop Fusion and Acid; and how Avant Garde jazz merged with Urban Hip-Hop to become the Doo-Bop sound. The course is based around the career of Miles Davis whose career has spanned all the aforementioned eras and was a vibrant force in the development and progression of jazz. Leave class with a jazz library of your own taste and a working knowledge of jazz's progression through America.

South 8 Thursdays
Oct 5-Dec 7 6:30 pm-8:30 pm
\$59

NEW Introduction to Design

Review the Elements of Art (line, shape, value, texture and space) and the Principles of Organization (such as balance, focal points and eye movement), which help the artist arrange the Elements into a unified composition. This information forms the basis for all other art and design coursework.

Washburn 1 Wednesday
Nov 8 6:00 pm-8:30 pm
\$19

Math Refresher Fun for Adults

Has it been years since you last attempted "long division" without using a calculator? Have you forgotten most of what you learned in earlier years? Math skills can quickly leave us when we are no longer using them. Join us for a fun series of learning or re-learning math basics including math terminology, multiplication, division, fractions, percentages, and more!

Pratt 6 Tuesdays
Oct 3-Nov 7 6:30 pm-8:00 pm
\$49

 **Find us on Twitter!**
twitter.com/mpslcommunityed

Native Americans in Film

View and discuss old films (some stereotypical and some well-balanced), ground breakers, Hollywood films, and movies made by Indian producers and directors. Watch a different film each week (two selected by instructor, the remainder voted by students).

Southwest 6 Tuesdays
Oct 10-Nov 14 6:30 pm-8:30 pm
\$49

Popcorn, Peanuts and Preemies

In 1905, Wonderland Park offered the public the chance to do everything from ride one of the world's finest carousels to witness amazing, death-defying acts. The park, located on 31st and East Lake St, also featured prematurely born infants on display in electric incubators. Leave this presentation with a deeper understanding of America's love affair with electricity, and the amazing attractions it generated.

South 1 Tuesday
Oct 3 6:30 pm-8:30 pm
\$19

Understanding Peace: Peace Education Program

Come nurture the seed of peace within us and in our lives while furthering the conversation. This peace education class presented through DVDs focuses on our inner resources and does not represent any religion or philosophy and is open to all who are interested. Participants of past classes are welcome to attend and may bring a friend. There are new inspirational videos plus the course offers a stimulating environment for interaction.

Roosevelt 8 Mondays
Oct 2-Nov 20 7:00 pm-8:30 pm
Free

Register now and make sure you get into your favorite classes!

We're online at
www.mplscommunityed.com.

Writing



Creative Writing:

Developing a Writing Habit

Develop your writing habit in this fun, creative writing class. Explore your creativity through a variety of writing prompts. Be inspired to write in a supportive creative environment. Take steps to becoming the writer you want to be. Open to creative writers on all levels. Bring paper, a pen and a laptop, if you have one.

Northeast 6 Mondays
Oct 2-Nov 6 6:45 pm-8:45 pm
\$49

NEW Memoir and Narrative Writing 2

If you've started writing autobiographical stories, essays, a memoir, or performance material and are looking for motivation, dedicated time and some great writing tools, this is the class for you. We'll discuss and try out one component of narrative writing each class period (voice, dialogue, scenic action, mood) but will spend the majority of the time writing and discussing our work. Bring a notebook and pen or a laptop computer.

Jefferson 6 Tuesdays
Oct 10-Nov 21 6:30 pm-8:30 pm
\$55

Rev Your Writing Engine

No matter what your writing genre, or even (maybe especially) if you've never written before, there is no such thing as too much inspiration. This class is geared for creative exploration and mining word gems, not academics or critiquing. Each week we will dive into prompts and exercises that get your pen moving, widen your approach to writing, and inspire you to say more in new ways.

Henry 6 Mondays
Oct 23-Nov 27 6:30 pm-8:00 pm
\$39

Writing: Creating Picture Books for Children

Discover how to plot your story, create vivid settings, find a unique point of view and write vibrant dialogue that will help you develop a dynamic picture book. Leave class with a rough draft. Bring a notebook and your favorite picture book.

Southwest 5 Tuesdays
Oct 10-Nov 14 7:00 pm-9:00 pm
\$45

Which Class Level Should I Take?

Community Education classes are organized by levels, 1 through 5.

If you are new to a subject or it has been a number of years since you last studied, start with a class followed by "1." If you've taken a Community Education class recently, proceed to the next level.

Classes do not follow a standard curriculum, so a Level 2 class at one site may differ from Level 2 at another. If you have questions, please call the class site directly

(See page 77 for list of sites).

Writing: Creative Writing for Enjoyment

Spark your creativity and imagination through exercises that will inspire you to become more well rounded in your writing while having fun too. You will walk away with good tips whether you are a serious writer or write just for pleasure.

Southwest 6 Mondays
Oct 2-Nov 6 6:30 pm-8:30 pm
\$49

Writing: E-Books—How to Write & Publish

Share your unique voice and style with the world. Select your topic and genre before learning about formatting, book covers, illustrations, venues for selling, creating a marketing plan and where to go for support. Work won't be critiqued in class.

Southwest 7 Mondays
Oct 2-Nov 27 6:00 pm-7:30 pm
\$45

Writing Our Stories

Explore in a supportive, positive environment. Participate in playful exercises and learn from a wide variety of writing prompts. The class is not critique-based, and all ages are welcome.

Waite Park 6 Saturdays
Oct 7-Nov 11 10:00 am-12:00 pm
\$55

NEW Writing: Voice, Tense and Story Structure

If you're a writer (at any level) who enjoys playing with story craft, here's a chance to dig into three important but oft-overlooked ingredients. We'll look at the characteristics of first, second and third-person narration; the mood and energy created by verb tense; and we'll learn some of the alternatives to keeping a plotline chronological. This class includes writing time, exercises, sharing and critique.

Jefferson 4 Wednesdays
Nov 1-Nov 22 6:30 pm-8:30 pm
\$45



Business & Consumer

90 Minutes with an Estate Planning Attorney

Discuss your estate planning questions in an open forum — from birth to death, marriage to divorce, children to step-children, rich to poor, probate to non-probate, self-employed to unemployed, and more. A financial advisor will be available to answer your financial questions.

Lake Harriet 1 Wednesday
Nov 29 6:30 pm-8:00 pm
\$19

Are You Ready to Start a Small Business?

Find out what it takes to create a business plan and start a small business in the Twin Cities. Offered in cooperation with the Small Business Administration and SCORE.

Roosevelt 1 Monday
Oct 30 6:45 pm-8:45 pm
\$19

Avoiding Probate and Preserving Assets

Learn about a living trust and how it can be used to avoid probate while allowing you to retain control of your assets. Learn other ways to avoid probate and plan for the preservation of assets in case of future nursing home costs.

Southwest 1 Monday
Oct 23 7:00 pm-9:00 pm
\$19

NEW Estate Planning for Second Marriages

With over half the marriages in today's world ending in divorce, it is imperative to get educated and plan what's best for your estate. Lives change, and without proper planning your goals will not be achieved. The plan has to be tailored to your situation. Learn how to position your assets to make everyone in your family happy, including the ex-spouse. Bring your questions.

Lake Harriet 1 Monday
Nov 13 6:30 pm-8:00 pm
\$19

Finance: Empowerment for Women

We're told it's impolite to talk about money, but "finance" and "budgeting" don't have to be taboo words. Learn simple formulas to help manage your money and feel secure about where you are and where you want to be.

Pratt 1 Tuesday
Oct 24 6:30 pm-8:30 pm
\$19

South 1 Thursday
Nov 16 6:30 pm-8:30 pm
\$19

*There are no classes
November 22-24
for the Thanksgiving holiday.*

Finance: Money for Two

Practice financial communication skills with your partner. Acquire tools to build a better financial relationship, discover financial resources, create an action plan and explore how you prioritize financial decisions. Registration is per person.

Southwest 2 Mondays
Oct 2-Oct 16 7:00 pm-9:00 pm
\$25

Finance: Smart Money Decisions

Learn how to set priorities in your spending plan, why your credit report matters, how to save for short and long term, and how to whittle away debt.

Southwest 2 Mondays
Oct 30-Nov 13 7:00 pm-9:00 pm
\$25



Finance: Strategies for Women

Many women will face life-changing financial decisions. Understand your options regarding setting goals, Social Security, protection, estate and retirement strategies, and how to stay informed.

Washburn 1 Wednesday
Oct 11 6:30 pm-7:30 pm
\$19

Health Care Directives

Complete and execute a health care directive during class, and learn why you should plan ahead for making health care decisions you may be unable to make when the time comes.

Washburn 1 Monday
Nov 13 6:30 pm-8:30 pm
Free

Roosevelt 1 Monday
Nov 6 6:30-8:00 pm
Free



Health Care for Seniors

What are the government programs for senior health care? What are parts A, B, C, & D and how do they work? When do I sign up? How does the Affordable Health Care Act affect coverage? How are medications covered? Bring your questions and answers will be provided

Henry 1 Monday
Oct 16 6:00 pm-7:30 pm
Free

How to Become a Community Education Teacher

Learn how you can get paid to share your passion with others when you teach with Community Education. This class is free, but registration is required.

Southwest 1 Thursday
Oct 12 7:00 pm-8:00 pm
Free

Henry 1 Wednesday
Nov 1 7:00 pm-8:00 pm
Free

How to Keep the Cabin in the Family

Division of an estate can lead to bitter battles between siblings and impact relationships forever. Learn how to keep your cabin, farm or business in the family without a family conflict.

Lake Harriet 1 Wednesday
Oct 18 6:30 pm-8:00 pm
\$19



Find us on Twitter!
twitter.com/mpslcommunityed

How to Own and Operate a Bed & Breakfast

Learn from an experienced professional about the pros and cons of bed and breakfasts, the lifestyle around them and the business side of running your own.

South 1 Thursday
Oct 26 6:00 pm-8:00 pm
\$19

Immigration: Moving Forward into Action

Deepen your understanding of the United States' immigration system and the key immigration issues today in a class led by an attorney from Legal Aid. Get the facts (and counter common myths) about refugees and immigrants in Minnesota, and learn about volunteer opportunities in your community. All levels of knowledge welcome. Register online or by calling 612-668-2219. Class held at Northeast Library, 2200 Central Ave. NE, Mpls 55418.

Northeast Library 2 Wednesdays
Nov 8 & 15 1:00 pm-2:30 pm
Free

Income Taxes and Retirement

Retirement is a time of transition from one stage to another. Learn more about tax considerations such as tax diversification, taxation of capital gains and Social Security, health care insurance subsidies, and the financial impact of the losing a partner during retirement.

Roosevelt 1 Monday
Oct 23 6:00 pm-7:30 pm
\$19

Long Term Care Insurance: Protect Your Family and Your Assets

Do you fear outliving your assets? Do you want to pass on an inheritance to your loved one? Explore issues relating to longevity, caregivers, retirement and more in order to determine whether long-term care insurance is right for you.

Waite Park 1 Tuesday
Oct 17 6:30 pm-8:00 pm
Free

Medicare ABC's & D

Get prepared to make Medicare decisions when you turn 65. Learn about premiums, co-insurance and deductibles, when and how to enroll, supplemental insurance policies, and Medicare Part D.

Southwest 1 Thursday
Oct 19 7:00 pm-8:30 pm
Free

Washburn 1 Monday
Nov 6 6:30 pm-8:30 pm
Free

Roosevelt 1 Monday
Oct 2 6:30-8:00 pm
Free

Medicare Part D: Open Enrollment and Extra Help

It is important to review your Medicare prescription drug plan each year during the Open Enrollment period from October 15-December 7. The Medicare.gov website allows individuals to make health insurance comparisons and change to the most cost-effective part D plan, based on the prescription drugs they are taking. This presentation will explain how Part D works and how to determine the best plan for you. Co-sponsored by the Minnesota Board on Aging. Class held at Prospect Park Methodist Church, 22 Orlin Ave. SE, Mpls.

Prospect Park United Methodist Church 1 Thursday
Oct 26 10:00 am-11:00 am
Free

Medicare Part D: Open Enrollment and Extra Help

Recognize why it is important to review your Medicare Prescription drug plan each year. We highlight how Part D works and explain Extra Help programs for people with lower incomes.

Waite Park 1 Tuesday
Nov 28 6:30 pm-7:30 pm
Free

NEW Online Banking & Bill Paying

The basics of online banking and bill paying covering the difference between push and pull bill pay, security and financial management tools. Plenty of time for Q&A so bring your specific questions.

Southwest 1 Monday
Nov 20 6:00 pm-8:00 pm
\$19

NEW Planning a Wallet-Friendly Wedding

You're engaged, now how do you start planning that dream wedding on a strict budget? From picking the right date, to the perfect location. Vendor selection and scheduling tips that can save you hundreds. We'll cover online resources and sites to get your wedding creativity flowing. You'll quickly see how "most expensive" does not equate to "the best" in the wedding world.

Southwest 2 Tuesdays
Nov 28-Dec 5 6:30 pm-8:30 pm
\$25

NEW Project Management Introduction

Most people manage projects at work. Learn the basics of the project management discipline to help you manage projects effectively and efficiently. This class highlights tools and strategies you can use to get consensus about what you will accomplish, break down that work into logical tasks, arrange the tasks so you aren't redoing work or wasting time, and deliver high-quality results.

Southwest 3 Wednesdays
Oct 18-Nov 1 7:00 pm-8:30 pm
\$29

Savvy Social Security Planning

After hearing for years that Social Security is going broke, it may soon be your turn to collect. Join us to find out about special considerations for those born before 1954 and recent legislation that has caused some Social Security strategies to expire this year.

Southwest 1 Wednesday
Nov 1 6:00 pm-7:30 pm
\$19

Social Security: Strategize to Maximize

Social Security can be very complex. We will take you through the choices and help ensure the decision you make are ones best for your situation.

Roosevelt 1 Monday
Nov 6 6:00 pm-7:30 pm
\$19

Understanding Medicare: An Overview

Get prepared to make Medicare decisions when you turn 65. Learn about premiums, co-insurance and deductibles, when and how to enroll, supplemental insurance policies, and Medicare Part D.

Waite Park 1 Tuesday
Oct 24 6:30 pm-8:00 pm
Free

Will: Prepare Your Own

Receive everything you need to prepare a simple will. Come with the knowledge of who you want to receive your belongings, serve as executor, and be guardian of your minor children. Spouses need to register separately and prepare separate wills. Not intended for business owners. Bring a blue pen. No discounts.

Edison 1 Wednesday
Oct 25 6:30 pm-8:30 pm
\$45

Roosevelt 1 Wednesday
Nov 1 6:30 pm-8:30 pm
\$45

Roosevelt 1 Wednesday
Nov 15 6:30 pm-8:30 pm
\$45

Clases de Enrichcimiento Adultos en Español



Aprendamos Computación y Domine la Tablet iPad

Aprende como usar la Tablet iPad donde contará con una guía básica de su uso. También, aprende computación básica Windows 7, Internet, correo electrónico, dominio del teclado y más.

Andersen 12 Lunes
Oct 2-Dec 18 5:30 pm-7:30 pm
\$35

Centro Deportivo

Usa máquinas cardiovasculares y de pesas en un centro deportivo. Después de una orientación, los participantes pueden asistir y hacer ejercicio durante las horas designadas.

Andersen 12 Martes
Oct 3-Dec 19 5:30 pm-7:00 pm
\$25

Andersen 11 Jueves
Oct 5-Dec 21 5:30 pm-7:00 pm
\$25

Andersen 9 Sábados
Oct 7-Dec 16 9:00 am-10:30 am
(No hay clases Oct. 21st or Nov. 25th)
\$19

Costura

¡Seguir mejorando sus habilidades y aprender nuevas técnicas! El objetivo general del curso es desarrollar las destrezas básicas del estudiante a través de proyectos que resumen los fundamentos en la costura. Las clases incluyen identificación y cuidado de las herramientas, equipo y materiales.

Andersen 12 Martes
Oct 3-Dec 19 5:30 pm-7:30 pm
\$25

Español para Hispanohablantes

Si usted ya habla y piensa en español pero quiere perfeccionar su gramática, su escritura y los matices del idioma, ¡esta clase es para usted! La clase se llevará a cabo totalmente en español y se dirige a hispanohablantes nativos y a estudiantes avanzados del idioma.

Washburn 8 Tuesdays
Oct 3-Nov 28 6:30 pm-8:00 pm
\$55

Nuevo Introducción a la meditación en español

La meditación consiste en aprender cómo superar la preocupación de manera que podamos ver claro lo que está sucediendo en nuestra experiencia en el presente. De este modo encontramos mayor claridad, confianza, e integridad. Al enfocarnos a estar simplemente conscientes, aprendemos a despegarnos de nuestras reacciones habituales y empezamos a tener una relación más amistosa y compasiva con nuestra experiencia, con nosotros mismos, y con los demás.

South 7 Martes
Oct 2-Dec 11 5:30 pm-6:30 pm
Gratis

Nuevo Mosaicos: Espejos Decorativos

Cree algo hermoso e interesante, y obtenga un sentido de logro a través del arte mosaico. Desarrolle una comprensión práctica y teórica de las técnicas del mosaico, y aprenda sobre los materiales, la base, los adhesivos, las herramientas y los últimos retoques. Esta clase se llevará a cabo totalmente en español. La instructora cobrará \$15 por la compra de materiales al principio de la primera clase.

Washburn 2 Miércoles
Oct 4-Oct 11 6:00 pm-7:30 pm
\$25

NeDA Taller de Finanzas

¡Tome control de su dinero, conozca todos los créditos de impuestos, mejore su puntaje de crédito, salga de sus deudas and ahorro para su futuro!

Green Central 1 Lunes-Jueves
Sep 25-Sep 28 6:00 pm-8:30 pm
Gratis

Andersen 1 Lunes-Jueves
Nov 13-Nov 16 6:00 pm-8:30 pm
Gratis

NeDA Taller Primeros Compradores de Casa "Homestretch"

La compra de una casa podría ser la mayor inversión que usted haga. El taller le guiará los pasos para entender el proceso por completo donde recibirá un certificado.

El Lugar Será Determinado 1 Sábado
Nov 11 8:00 am-5:00 pm
\$40

Tejido con Aguja y Gancho LOCREA

Paso a paso desde lo más básico que te permitirán crear bellos proyectos de tejido para ti y tu familia.

Andersen 12 Lunes
Oct 2-Dec 18 5:30 pm-7:30 pm
\$25





Real Estate

CLCLT: An Affordable Home Ownership Option

Learn about the City of Lakes Community Land Trust (CLCLT) and permanently affordable home-ownership options in Minneapolis. The CLCLT will provide a variety of training opportunities and other services to first-time homeowners and can provide crucial support if you face unexpected home repairs or financial problems.

Henry 1 Wednesday
Oct 11 6:30 pm-8:00 pm
Free

Duplex: Buying as an Investment

Do you want to diversify your investment portfolio or have someone else make your mortgage payment? This class will cover the tax benefits of owning rental property, how to evaluate an investment property, protect yourself as a landlord. Whether you are considering purchasing a single family rental, duplex, or multifamily housing this class will leave you wanting more.

Edison 1 Thursday
Nov 2 6:30 pm-8:30 pm
\$19

Duplex & Multi-Unit Housing

Learn how to complete a rental property worksheet, understand the tax benefits of owning real estate, and discuss the pros and cons of owning rental property. Receive a copy of "Rich Dad, Poor Dad's Guide to Real Estate Investing."

Lake Harriet 1 Wednesday
Nov 8 6:30 pm-8:30 pm
\$19

NEW Duplexes: Purchasing for a First-Time Home or Investment

If you've thought about owning a duplex and having someone else contribute to the mortgage, listen to an experienced investor, landlord and Realtor share strategies for analyzing, acquiring and managing rental property.

Jefferson 1 Wednesday
Oct 4 6:30 pm-8:30 pm
Free

Essential Guide to Buying Your Home

Want to get the best deal on your home? Learn how to access government grants, and obtain first time buyer programs. Learn how to avoid the lemons and save thousands. Avoid the three mistakes most people make when buying a home. Instructor will walk you through step by step the best process for going about maximizing your money and having the lifestyle you want.

Anwatin 1 Monday
Oct 2-Oct 30 6:30 pm-8:00 pm
\$25

Jefferson 1 Thursday
Oct 12 6:30 pm-9:00 pm
\$25

Pratt 1 Wednesday
Oct 25 6:30 pm-9:00 pm
\$25

Edison 1 Wednesday
Nov 8 6:30 pm-9:00 pm
\$25

Home Buying: Foreclosures, Shorts Sales & Hud Homes

Discover the advantages and disadvantages of buying HUD homes, foreclosures and short sales. Understand the current market so you can make a smart investment in today's market. We will go from start to finish through the process of the transaction and teach you the importance of the negotiations to get you the best deal possible. You will be provided with up to date information and will be able to identify the top 10 best deals out there.

Waite Park 1 Wednesday
Oct 11 6:30 pm-8:00 pm
Free





Investing in Rental Properties

Learn the benefits of owning residential rental property, including things to consider when purchasing your first property and financial analysis to determine if the property is the right choice for you.

Southwest 2 Mondays
Oct 2-Oct 9 6:30 pm-8:30 pm
\$25

Managing Rental Properties

Learn about many of the legal aspects a real estate investor must understand, and receive advice on managing your property safely and profitably.

Southwest 5 Mondays
Oct 16-Nov. 13th 6:30 pm-8:30 pm
\$45

NEW Mortgage Financing An In-Depth Look at the Newest Programs

Discover the newest mortgage financing options available today. Down payments starting with 0 down, forgivable first time home buyer grants, less-than-perfect credit programs, and home improvement purchase loans. Take an in-depth look at the monthly payments and compare the different down payment options to determine what may be best for you.

Lake Harriet 1 Monday
Nov 9 6:30 pm-8:30 pm
Free

Henry 1 Wednesday
Nov 15 6:30 pm-8:30 pm
Free

Selling a Home for More Money

Let's talk numbers. Learn four ways to attract buyers, 10 techniques for staging your home, 21 cost-effective home improvements, 12 purchase agreement traps and the No. 1 secret that could return thousands of dollars to you.

Roosevelt 1 Monday
Oct 9 7:00 pm-9:00 pm
\$19

Lake Harriet 1 Monday
Oct 16 6:30 pm-9:00 pm
\$25

Smart Home Buying: What Every Home Buyer Needs to Know

Learn about what to look for when buying a home, best times to buy, price ranges and costs, financing, loan qualifying, purchase agreements, tax advantages and how to evaluate house structures. Discover how to turn a hot market to your advantage.

Roosevelt 1 Wednesday
Oct 4 7:00 pm-9:00 pm
\$19

Lake Harriet 1 Monday
Oct 23 6:30 pm-9:00 pm
\$25

NEW Selling Your Parents' Home

Whether it is due to the loss of a parent or a parent needing to move to a different care setting, knowing where to begin in selling a parent's home can be overwhelming. Questions about renovations, what to do about personal property, preparing a home for sale and finding a Realtor will be answered.

Pratt 1 Wednesday
Nov 15 6:30 pm-8:30 pm
\$19

Ed2Go Online Classes

Learn anytime, anywhere—on your schedule!

Topics include:

- Accounting & Finance
- Business, Law & Legal
- Design & Composition
- Health Care & Medical
- Languages & Arts
- Computer Applications
- Personal Development
- Writing & Publishing

Log on and start learning today!

www.ed2go.com/mplscommmed

Have questions about Ed2Go? Contact Steve Alexander at 612.668.3854 or email Stephen.Alexander@mpls.k12.mn.us





Computers & Technology

Android App Development

Develop, install and take home your own Android app. This class provides a fun, easy way to learn a valuable, in-demand technical skill - no previous programming experience is required. Students age 12 and up welcome. Prerequisites: Comfortable with keyboard typing and computer file management; please bring your own PC/Windows or Apple Mac laptop. Please note: no class 10/18.

Washburn 6 Wednesdays
Oct 4-Nov 15 6:00 pm-8:00 pm
\$59

Build Your Own Website Workshop

Come with an idea, and leave with a responsive and functional website. The Wix website creation platform allows you to edit your website by simply dragging and dropping features. Create a domain name for your website and bring a flash drive to upload pictures, logos or graphics. All are welcome, age 12 and up (under 18 with a friendly adult.) Computer keyboard skills required, no programming or website design experience needed. Use our desktop computer or bring your own laptop.

Henry 1 Wednesday
Oct 25 6:15 pm-8:45 pm
\$19

Cloud Technologies for the Small Business

Learn about common systems for startups to input, manage and track financial data, leads, customers and marketing campaigns. Instructor will present an overview of the technologies (QuickBooks Online, Customer Relationship Management (CRM) tools (e.g. Salesforce.com), WordPress and e-mail marketing) and how they work, perform a live demonstration that ties systems together, and conduct a student Q&A.

Washburn 2 Tuesdays
Oct 10-Oct 17 6:30 pm-8:30 pm
\$29

Computer Basics

A summary of key terms and their meaning, setting up e-mail, using the internet, privacy and security, downloading, uploading, exploring social media, saving and finding files. Plenty of time for Q&A so bring your questions and laptop.

Southwest 3 Mondays
Oct 16-Oct 30 6:00 pm-8:00 pm
\$59

Computer Programming: HTML

Create your own web pages using HTML mark up language. Learn the layout of a web page and how to hand code a page in HTML. Bring a laptop with a browser and editor. An editor such as Notepad is fine. Email walt@wpattinson.com with questions.

Southwest 5 Mondays
Oct 2-Oct 30 6:00 pm-8:30 pm
\$65

NEW Facebook Advanced

Facebook adds features continuously and you may have missed some of the key features and security updates. Learn how to "unfollow" someone but remain their "friend", how to set up specific people or groups to be first in your feed, how to find and join groups, navigate the marketplace, how to buy and sell and how to post pictures or other media. Plenty of time for Q&A, bring your questions, tablet, phone or laptop to update your profile in real time.

Southwest 1 Monday
Nov 13 6:00 pm-8:00 pm
\$19

Garage Band

Learn how to use Garage Band and Digital Audio workspaces (DAW). Gain the skills to compose your own music using Garage Band, and be able to transfer to different programs.

Anwatin 5 Mondays
Oct 2-Oct 30 6:30 pm-8:00 pm
\$55

Google Analytics 1

Learn the dynamics of online marketing and website traffic statistics through Google Analytics, one of the premier tools for analyzing web traffic data.

South 2 Thursdays
Oct 5-Oct 12 6:00 pm-9:00 pm
\$35

Register now and make sure you get into your favorite classes!

We're online at www.mplscommunityed.com.

NEW iPhone & iPad Advanced

We will cover apps, the Apps Store, music (Pandora and iTunes), Photos (photo stream, albums, collections, memories), Safari (bookmarks, reading lists and news feeds), home monitoring, Apple Pay. Plenty of time for Q&A so bring your specific questions. Bring your fully charged iPhone or iPad and your Apple ID and Password.

Southwest 2 Wednesdays
Oct 18-Oct 25 6:00 pm-8:00 pm
\$29

iPhone & iPad Basics

You have the device, now what? In this class we will cover organizing your icons, battery-saving tips, setting up your email, setting up iCloud and backups, hidden short cut menus (screen lock, do not disturb, news feed, AirPlay and AirDrop), taking and finding photos. Plenty of time for Q&A so bring your specific questions. Bring your fully charged iPhone or iPad and your Apple ID and Password.

Southwest 1 Wednesday
Oct 4 6:00 pm-8:00 pm
\$25

iPhone/iPad Basics

Learn how to access and manage apps, emails, phone contacts, photos and more. Bring your questions. Please have your device out of the box and powered on before class.

South 2 Thursdays
Oct 5-Oct 12 6:00 pm-9:00 pm
\$29

Microsoft Access Database 1

Gain basic knowledge of Microsoft Access 2010 database management system. Create queries and forms.

Washburn 1 Tuesday
Nov 21 6:00 pm-8:30 pm
\$25

 **Find us on Twitter!**
twitter.com/mpslcommunityed

Microsoft Access Database 2

Expand your knowledge of Microsoft Access 2010. Create advanced queries, create forms with subforms and grouping levels, and add search capability to forms. Import data into an Access table and troubleshoot import errors.

Washburn 1 Tuesday
Nov 28 6:00 pm-8:30 pm
\$25

Microsoft Excel 1

Learn how to use formulas, charts and basic functions of Excel for work, school or home. Prerequisite: A beginning computer class or equivalent.

Southwest 2 Wednesdays
Oct 18-Oct 25 6:00 pm-8:00 pm
\$29

Microsoft Excel 3: Advanced

Go beyond the basics when you tackle formulas and filtering, learn VLOOKUPS and pivot tables, and become a wiz at Formula Wizard. Bring your own Mac or PC laptop.

Southwest 2 Mondays
Nov 6-Nov 13 7:00 pm-9:00 pm
\$25

Microsoft Word 1

This class teaches students the basic concepts required to produce professional-looking business documents. Students will learn valuable skills to create, edit and format various types of documents. How to navigate the Ribbon; enter and edit text; format lists and paragraphs; work with resume templates and more. MAC computers available for use, students are encouraged to bring their laptops. Other materials: \$7 workbook fee to be paid to instructor. Prerequisite: Experience with a computer in a Windows-based environment.

Jefferson 1 Wednesday
Nov 8 6:30 pm-8:30 pm
\$19

Microsoft Word 2

Students will further build on the skills acquired in the Microsoft Word 1. Students will learn formatting longer documents; using headers/footers; formatting tables and charts; using mail merge and more. MAC computers available for use or bring your own laptop. Other materials: \$7 workbook fee to be paid to instructor. Prerequisite: Microsoft Word 1 or be familiar with the basic functions of Word.

Jefferson 1 Tuesday
Dec 5 6:30 pm-8:30 pm
\$19

NEW Social Media Introduction

What is the difference and purpose of Snapchat, Facebook, LinkedIn, Twitter, Pinterest and Instagram? How are they best used for your personal and business needs? Bring your laptop, tablet or smart phone and make real time updates.

Southwest 1 Wednesday
Nov 8 6:00 pm-8:00 pm
\$19

Social Media Marketing Businesses, Organizations and Individuals

Understand how both minor and major brands are successfully using Facebook, Pinterest, Twitter, Youtube, LinkedIn and Google+, and learn how to create a strategic digital marketing plan that works for your business. A Wi-Fi-enabled laptop, notebook, folder and smart phone are recommended for the class.

Roosevelt 1 Wednesday
Nov 8 6:00 pm-8:30 pm
\$29



Web Page Design: HTML/CSS

Create a layout in HTML and CSS with page headers, menus, text and pictures. Learn how to link to other pages and websites by hand-coding HTML and CSS. Computers are provided, but you are encouraged to bring your laptop. Pre-requisite: Thorough knowledge of computers and the Internet.

South 2 Tuesdays
Oct 3-Oct 10 6:00 pm-9:00 pm
\$39

WordPress 1

Discover the basics of designing, editing and maintaining your WordPress website or blog. Gain the skills to edit your website quickly and easily, whether for business or personal use. Bring a laptop. Experience with HTML/CSS highly recommended before taking this course.

South 2 Tuesdays
Oct 24-Oct 31 6:00 pm-9:00 pm
\$39

WordPress 2

Further develop your website from WordPress 1. Learn to use themes, widgets and menus, as well as how to leverage Jetpack, utilize anti-spam techniques like Akismet, and customize your site or theme with CSS. Pre-requisite: Experience with WordPress HTML/CSS is highly recommended before taking this class.

South 2 Tuesdays
Nov 7-Nov 14 6:00 pm-9:00 pm
\$39



MEET OUR INSTRUCTORS!



Wanda N. Walker earned her MSW from the University of Cincinnati and has been working in the non-profit field for 28 years. Her passion for seeing people gain new knowledge to change their lives fuels her to teach fun and energetic personal development courses. She also conducts a variety of personalized training for non-profits including staff and board development. She is teaching "5 Steps to Finishing the Year Strong".

Personal Development

5 Steps to Finishing the Year Strong

As the year comes to an end, you might be feeling some kind of way about not reaching all the big goals you set out to accomplish back in January. If you've been beating yourself up about being an under-achiever this year, this workshop will give you a simple way to get back on track.

Roosevelt 1 Wednesday
Oct 18 6:30 pm-8:00 pm
\$19

A New Career: How to Discover Your Ideal Work

Stressed, exhausted and overwhelmed by work? Get answers to your career questions and begin working on a proven, four-step process that will lead to a rewarding, fulfilling work life.

Southwest 1 Tuesday
Oct 10 7:00 pm-9:00 pm
\$19

Astrology

Discover the ancient tool of astrology to gain insight into your personality and life. See your chart used to illustrate astrological concepts and bring home a copy of your chart. A \$5 supply fee will be collected.

Lake Harriet 2 Mondays
Oct 16-Oct 23 6:30 pm-8:00 pm
\$25

Enneagram: Introduction, Relationships & Conflict

Have you been in conflict with someone or questioned why they act a certain way? Are your needs in social/personal/professional settings not being met? The first class session will explore the Enneagram, a unique personality indicator that believes authentic living is integral to effective communication and personal satisfaction. The second session of class will focus on personal and professional relationships, the third will focus on conflict resolution and goal setting.

Lake Harriet 3 Mondays
Nov 6-Nov 20 6:30 pm-8:30 pm
\$29

Interviewing with Confidence

Working isn't just about getting a job, it's about getting the right job. Learn how to create an effective resume, avoid common job interview pitfalls and transition from job to career. Effectively represent your past experience for future success. Bring a notebook, resume or draft resume and writing utensils.

Lucy Craft Laney 2 Tuesdays
Oct 17-Oct 24 6:30 pm-8:00 pm
\$25

Interviewing Skills

Bring your resume and learn how to talk about your work history and interests so tricky questions don't trip you up mid-interview. Find out what's effective for you and listen to how others answer the same questions. Learn how to draft responses, what to look for in job postings and what to highlight when interviewing.

Southwest 1 Monday
Oct 23 7:00 pm-9:00 pm
\$19

Resume Writing Skills

Easily tailor your resume to specific job openings after you learn how to determine what employers are looking for and how to best highlight your work experience. Learn techniques for formatting, proofreading and polishing a resume.

Southwest 1 Tuesday
Oct 17 7:00 pm-9:00 pm
\$19

The Art of Public Speaking

Overcome humanity's biggest fear: public speaking. Enhance your career opportunities and gain confidence in holding conversations with one to 1,000 people.

South 4 Tuesdays
Oct 3-Oct 31 6:00 pm-8:00 pm
\$35

Writing Your Legacy Letter

Ensure that your great-grandchildren and others you leave behind know who you were. Don't put off what could be a treasured part of your legacy.

South 1 Tuesday
Nov 7 6:00 pm-8:00 pm
\$19



Walking Tours

Artists & Performers Walking Tour:

Lakewood Cemetery

Lakewood Cemetery serves as the final resting place for artists of all kinds, from painters to musicians, dancers to architects, and performers to art philanthropists. Learn about Minneapolis's long creative history--from the earliest days of the city up to recent history--on this mile-long walking tour. Wear comfortable shoes, and be prepared to see some beautiful fall colors in Lakewood's wooded grounds. Register online or call 612.668.2743.

1 Sunday 4:00 pm-5:30 pm
Oct 22 \$2

Minneapolis Institute of Art Tours:

A Celebration of African American Art in History

Join the celebration of African American art. Using various media, artists have documented the African American experience. Discover and explore their important contributions, from self-taught artist William Edmondson to contemporary artist Nick Cave. Register online or call 612.668.1306.

Minneapolis Institute of Art 1 Thursday
Nov 9 6:30 pm-7:30 pm
\$5

Minnesota Inventors Walking Tour:

Lakewood Cemetery

Celebrate the innovative spirit of Twin Cities inventors with this walking tour of Lakewood Cemetery. Stop at the graves of famous and lesser-known Minnesotans, and learn how groundbreaking inventions like scotch tape, skyscrapers, and lifeboats benefited the state, country, and world. Wear comfortable shoes, and be prepared to see some beautiful fall colors in Lakewood's wooded grounds. Register online or call 612.668.2743.

1 Sunday 1:00 pm-2:30 pm
Oct 8 \$2

Mpls Pioneers & Soldiers Cemetery Walking Tour

Get a historic overview of and hear stories about the fascinating people buried in Minneapolis Pioneers & Soldiers (formerly Layman's) Cemetery, the oldest existing cemetery in Minneapolis and one of the few cemeteries in Minnesota listed in the National Register of Historic Sites. Register online or call 612.668.4326.

Minneapolis Pioneers & Soldiers Cemetery

1 Saturday
Oct 28 10:00 am-12:00 pm
\$19

Trips, Tours & Special Events



Namekagon River Canoe & Kayak Trip 2018

Join us for a great weekend canoeing or kayaking the Namekagon River, one of Wisconsin's most scenic canoeing rivers.

Transport yourself to Jack's Canoe Campground Friday afternoon/or night, set up camp and enjoy a special late night snack. After breakfast Saturday, pack a lunch and paddle about 13 miles of the river before enjoying a gourmet dinner. Canoe or kayak the remainder of the way back to Jack's on Sunday with only your lunch and water in tow.

The trip fee is based on two people per canoe or one person per kayak. If you sign up, you must attend an informational meeting from 7–8 p.m. Wednesday, May 2 at Southwest.

Cost is \$110 per person and includes all meals, canoe/kayak rental, shuttle service to/from the drop points, two nights camping fees and communal supplies.

Participants are responsible for their own transportation to and from Jack's Campground in Trego, WI (a 1.5 hour drive).

Southwest 1 Fri/Sat/Sun June 22-24 \$110

Southwest Family Halloween Party

Put on your most friendly costume and join us for our annual Family Halloween Party in the new Southwest commons. Activities include carnival games, a raffle for door prizes, a bingo hall, magic shows, puppet shows, treats and prizes. The puppet and magic shows are free, and the carnival games are 25 cents each. Children must be accompanied by an adult. Cost is \$3 per person, and food shelf donations are requested.

Southwest 1 Friday Oct 27 7:00 pm-9:00 pm \$3

Tour: The Somali Museum of Minnesota

Join us for a guided tour of the award-winning Somali Museum of Minnesota in South Minneapolis. The museum reaches out to all ages and people of all backgrounds in their mission to preserve, celebrate, and cultivate a new future for Somali culture. Our guide will take you through the life of the nomadic people including the typical dwellings; hand-carved artifacts, tools, and vessels; weavings; traditional arts, and more. Pre-registration required through Pratt Community Education. The group will meet at the Somali Museum at 1516 E. Lake Street (Bloomington Ave. & E. Lake Street). Free parking is available and the museum is also located near two Metro Transit bus lines.

Pratt 1 Saturday
Oct 28 10:00 am-11:00 am
\$9 Adults/\$7 Children



Trucksploration

Join us for a one-day event that allows children of all ages to climb on, learn about and explore their favorite big trucks and vehicles. Sit behind the wheel of a fire engine, ambulance, big rig, construction truck and more. Talk with a police officer or firefighter as you meet the personnel who protect and serve the Twin Cities. Fire helmets will be given to the first 150 children.

Lake Harriet 1 Saturday
Sep 23 12:00 pm-3:00 pm
Free

mplscommunityed.com

Hobbies & Skills



You have the drive to explore the unknown, but what does that mean? Want to speak a new tongue? Tickle your family's taste buds? Turn your home into a DIY dream? We've got dozens of skills for you to tackle, and we can't wait to see which you choose.





Cooking

NEW Baking History: Upper Peninsula and Iron Range Pasties

Learn about the pasties that figure into many family histories or are adopted because of their tastiness, portability, and versatility. Our baking adventure will take you through the process of making flaky pasty dough, a variety of fillings, and the opportunity to bake small pasties for eating on the spot or taking home. Bring an apron, an appetite, your chef's knife, and a small cardboard box for bringing home your pasties. A \$12 supply fee will be collected. Call 612.668.3330 for more information.

Anthony 1 Monday
Nov 13 6:00 pm-9:00 pm
\$29

Beginning Bread

Do you wish you knew how to make those wonderful bakery breads your grandmother once made? Here's your chance. Learn to make whole wheat, rye and white bread.

Southwest 1 Tuesday
Oct 24 5:45 pm-8:45 pm
\$29

Breakfast Breads

Prepare popular morning treats to make your kitchen smell great. We explore techniques that work. A \$7 supply fee will be collected.

Anwatin 1 Monday
Nov 13 6:30 pm-8:15 pm
\$29

Buche de Noel:

Christmas Yule Log Cake

Learn how to make a traditional Buche de Noel, or yule log, to decorate your holiday table. The instructor will demonstrate making a genoise cake from scratch and show you how to frost it with whipped chocolate ganache. You will have an opportunity to help decorate the yule log. A \$12 supply fee will be collected. Bring a small container to take home a cake sample. This class will be held at Windom South Recreation Center, 5843 Wentworth Ave. Register online or call 612.668.3450.

Windom South Recreation Center 1 Monday
Nov 27 6:00 pm-9:00 pm
\$25

Cajun & Creole Classics

Heat things up with Cajun and Creole dishes, including items such as Gumbo, Catfish Po-Boys, Tamarind-glazed Pork, Sweet Potatoes, Bananas Foster, Banana Biscuits and other tasty dishes. Your registration will cover the cost of any supplies. Discounts are on tuition only. Call the site directly for discounts.

Roosevelt 1 Monday
Oct 23 6:00 pm-9:00 pm
\$39

Southwest 1 Monday
Oct 30 5:45 pm-8:45 pm
\$39

Northeast 1 Thursday
Nov 9 6:00 pm-9:00 pm
\$39

Caribbean Classics

Bring the Caribbean up north and explore exotic dishes, such as red beans and rice, voodoo vegetable stew, jerk and curry chicken, pineapple-pecan upside-down cake and more. Your registration will cover the cost of any supplies. Discounts are on tuition only. Call the site directly for discounts.

Roosevelt 1 Monday
Nov 6 6:00 pm-9:00 pm
\$39

Northeast 1 Thursday
Nov 16 6:00 pm-9:00 pm
\$39

Caribbean Street Food

Start the evening with a non-alcoholic piña colada before beginning your imaginary walk through the Caribbean. Explore foods such as spicy meat pies, shrimp fritters with mango butter dipping sauce, curry shrimp and gingerbread bites. A \$15 supply fee will be collected.

Southwest 1 Monday
Nov 6 5:45 pm-8:45 pm
\$29

Cast Iron Cookery

Create tastier sears, superior pan sauces, lighter and crustier cornbreads, better pizzas, and extraordinary scones in old-fashioned cast iron pans. Learn how to season and care for cast iron and how and when to look for new and old pieces. Bring your cast iron skillet. A \$12 supply fee will be collected.

Southwest 1 Thursday
Nov 16 5:45 pm-8:45 pm
\$29



MEET OUR INSTRUCTORS!

Ada Dong

Ada was born in Wuhan, Southern China. Her mom was an excellent cook and Ada spent a lot of time helping her in the kitchen. She left Wuhan for Beijing, where she would spend a decade. In Beijing she started cooking for herself. Cooking became a passion for her and she also found it was a great stress reliever.

On the weekends you could often find Ada's friends at her home, talking, drinking, laughing, eating at the dinner table.

In 2009 she started a box lunch service called "Ada's Home Cooking" - she would prepare 30-40 lunches a day by herself! Today as a mom with two children she enjoys cooking for her family and dreams of having a stand at a local farmer's market.



Cooking 101: Six Weeks to More Joyful, Improvisatory Home Cooking

Enhance your confidence using amazing ingredients from the farmers' market, or at your favorite grocer's. Focus on basic techniques that will help you improvise dishes, bolstered by new knife skills, building soups by layers, pan frying and searing, stir-frying, braising, high-temperature roasting, and pizza making. Learn the basics of food safety and storage, use of spices and herbs, and kitchen tools that make prepping food faster, more effective, and fun. Extensive handouts each week. \$56 food fee covers the certified organic food you use and eat in class each week. Call 612.668.3330 for more information.

Anthony 6 Mondays
Oct 2-Nov 6 6:00 pm-9:00 pm
\$95

NEW Dumplings to Die For

Your teacher grew up eating San Francisco dim sum, and the dumplings you'll make in this three-hour class will put the ones you buy here in town in the shade. Learn to make terrifically tasty pot stickers, tapioca-pearl bombs, momo-shaped water dumplings and play with pork, chicken, and tofu fillings. Bring your chef's knife and a small box for taking home any dumplings you don't eat in class. Extensive handout provided. A \$10 supply fee will be collected.

Southwest 1 Wednesday
Nov 29 5:45 pm-8:45 pm
\$29

Fearless Pressure Cooking

Transform the way you eat with the stovetop pressure cooker—it's economical (the tastiest meats are the inexpensive cuts), and it's so fast that you can put Chinese red-braised pork over rice on the table 12 minutes after you put it on the burner. Pressure cookers have safety features today that they lacked 50, even 25 years ago, and you'll learn what they are and how to use contemporary pressure cookers safely by cooking a multi-course meal in class. This class covers stovetop pressure cookers only. If you have a stovetop cooker, bring it to class. Extensive handout provided. A \$12 supply fee will be collected.

Anthony 1 Monday
Nov 27 6:00 pm-9:00 pm
\$29

Feasting in a Recession: Nutritious, Affordable Meals

This class is especially designed for students and young families who want to ditch unhealthy and expensive take-out or processed food and learn how to cook delicious, nutritious and affordable meals. In this one-night session, we will cook an entire three-course meal (including dessert.), learn how to make our own salad dressing and desserts, and cut up a whole chicken. In addition, the handout will provide an equipment and shopping guide along with weekly menu suggestions. A \$10 supply fee will be collected. This class will be held at Windom South Recreation Center, 5843 Wentworth Ave. Register online or call 612.668.3450.

Windom South Recreation Center
1 Monday
Oct 23 6:00 pm-9:00 pm
\$25

NEW Chinese Dumplings

The Chinese dumpling is a savory entrée traditionally served during Chinese New Year. Learn to prepare pan-fried dumplings using local and organic ingredients. These are authentic, healthy, and easy to make. A \$10 supply fee will be collected.

Lake Harriet 1 Monday
Nov 20 6:00 pm-9:00 pm
\$29

Chinese Tamales: Zongzi - Sticky Rice Dumplings

Zongzi is a traditional Chinese food made of sticky rice stuffed with different fillings and wrapped in bamboo leaves. Learn to make and cook Zongzi and a coconut milk tapioca pearl dessert. We will cook in groups, gathering ingredients and all taking part in prep work. Finally, we will eat the Zongzi and dessert together. A \$15 supply fee will be collected.

Southwest 1 Tuesday
Oct 17 6:15 pm-8:45 pm
\$25



Eat Local Minnesota

Join local chef Andrea Bolger as she creates tantalizing seasonal flavors with local produce for your culinary appetite. Then, cook up a fabulous meal to enjoy together. Your registration will cover the cost of any supplies. *Join us for all 3 classes and receive \$10 off the price of tuition. Discounts on tuition only, call 612.668.4828 to register.*

End of Summer Vegetables

Roasted Carrot Salad with Honey & Almonds; September Quinoa Salad; Corn, Sweet Onion & Zucchini Sauté with Fresh Mint; Sweet Corn Cake with Blueberry Lavender Compote. Your registration will cover the cost of any supplies

Roosevelt 1 Tuesday Oct 3 6:00 pm-9:00 pm \$39

Apples

Confetti Kale Slaw; Smokey Apple & Butternut Soup; Cranberry Apple Nut Torte; Apple Galette (A galette is a rustic open-faced pie.) Your registration will cover the cost of any supplies.

Roosevelt 1 Tuesday Oct 10 6:00 pm-9:00 pm \$39

Pumpkin

Breakfast Bowl: Pumpkin-Spiced Brown Rice with Ricotta; Pumpkin Maple Dip (to serve with fresh apple slices); Tunisian Pumpkin Soup; 5 Spice Ginger Pumpkin Cake. Your registration will cover the cost of any supplies.

Roosevelt 1 Tuesday Oct 24 6:00 pm-9:00 pm \$39

NEW Flavors of the East

Moroccan cuisine is influenced by Morocco's interactions and exchanges with other cultures and nations over the centuries. It is a mix of Mediterranean, Arabic, Andalusian and most importantly berber cuisine with a tiny European and Subsaharian influence. We will explore these flavors as we prepare traditional Moroccan salad, Moroccan quinoa salad, chicken with preserved lemon saffron and olives, beef tajine with caramelized pear and cinnamon, couscous royal with chicken vegetables and caramelized red onion, and fried egg rolls with fruits, rose water and menthe. A \$15 supply fee will be collected.

Southwest 1 Wednesday
Nov 8 5:45 pm-8:45 pm
\$29

French Crepes

There are restaurants ("creperies") in France that only serve crepe dinners, especially in Brittany. In this class, you will see how to prepare a crepe dinner, starting with a savory crepe, and finishing with a dessert crepe like the classic Crepe Suzette or a simple butter-and-sugar crepe. You will then have a chance to make your own. A \$10 supply fee will be collected. This class will be held at Windom South Recreation Center, 5843 Wentworth Ave. Register online or call 612.668.3450.

Windom South Recreation Center
1 Monday
Nov 13 6:00 pm-9:00 pm
\$25

Funk of Fermentation

Learn the basics of fermentation before you cut, mix and blend ingredients to take home your own ferments. The class will put special emphasis on medicinal herb ferments like beet kvass, herbal elixirs, kombucha, krauts and fire cider. A \$10 supply fee will be collected.

Justice Page 1 Tuesday
Oct 17 6:00 pm-8:00 pm
\$19

Kitchen Knife Skills - Seasonal

Using the proper knife and technique during food prep will save time and minimize food waste. In this class for both beginners and returning students, Chef Jen will overview knife selection, care, maintenance and use. You'll practice proper grip, mechanics and food cuts on a variety of seasonally available vegetables. Then we'll enjoy eating together. A \$10 supply fee will be collected.

Justice Page 1 Monday
Nov 6 6:00 pm-8:30 pm
\$25

Natural Fermentation

Learn how to ferment vegetables from your garden and the Farmer's Market, and discuss the nutritional benefits of eating fermented foods and drinks. Sample vegetables, sauerkraut, salsa and whatever the season brings. A \$5 supply fee will be collected.

Justice Page 1 Tuesday
Nov 7 6:30 pm-8:00 pm
\$19

Norwegian Lefse

Just in time for the holidays, learn to make this traditional Norwegian flatbread. Bring a container to take lefse home and your electric lefse griddle if you have one. A \$5 supply fee will be collected.

South 1 Tuesday
Nov 14 6:00 pm-8:30 pm
\$25

Pasta: Make Your Own

Learn how to make fresh and tasty pasta from scratch. Leave class knowing how to adjust ingredient ratios to achieve the ideal texture and how to use your current kitchen tools to turn pasta dough into multiple shapes (including fettuccine, lasagna, bowtie, orechiette and others). We'll conclude class with a quick family-style meal. A \$10 supply fee will be collected.

Justice Page 1 Monday
Oct 30 6:00 pm-8:30 pm
\$25



Perfect Fruit Pies

Learn to make flaky, ultra-tasty butter, butter/lard, or butter/shortening crusts and memorable fruit fillings in one easy lesson. You'll leave class with either a small pie you've baked yourself or one that you can freeze or refrigerate for later baking. We'll cover it all: proportions of fat to flour, thickeners, sweeteners, fruit combinations, fluting and decorations, the virtues of metal, Pyrex, and ceramic pans. Extensive handout provided. A \$10 supply fee will be collected.

Southwest 1 Wednesday
Oct 4 5:45 pm-8:45 pm
\$29

NEW Pie Dough Making

Discover how to make a buttery 'melt in your mouth' fruit pie. Eliminate fear and frustration over working with butter and flour. You'll master the basics of pie dough working with a French rolling pin that's yours to take home after class. Take home an 8" double-crust apple pie to bake and proudly share. A \$20 supply fee will be collected.

Lake Harriet 1 Wednesday
Oct 11 6:30 pm-8:30 pm
\$25

Lake Harriet 1 Wednesday
Nov 8 6:30 pm-8:30 pm
\$25

Portable Foods & Meals: Dried Foods for the Pantry & The Road

Learn about proper tools, techniques and recipes so you have plenty of meals, snacks and ingredients on hand for travel, hiking, or emergencies. A \$10 supply fee will be collected.

Southwest 1 Monday
Oct 23 6:30 pm-8:30 pm
\$19

Quinoa

What's all the fuss about? Once you taste quinoa, you'll understand. Receive outstanding recipes for salads, desserts, breads and more, all incorporating quinoa, a gluten-free complete protein. A \$9 supply fee will be collected.

Lake Harriet 1 Monday
Nov 6 6:00 pm-9:00 pm
\$25

Risotto

Learn to use arborio and roma rice with confidence in preparing four delicious risottos: pumpkin, sage, and red chilies risotto; onion risotto with sun-dried tomatoes; parma ham and sweet potato risotto; and roasted pork, parsnip, and apple risotto. A \$8 supply fee will be collected.

Southwest 1 Thursday
Nov 9 5:45 pm-8:45 pm
\$29

NEW Salad Dressing From Scratch

Learn how to make 5 different salad dressings from scratch and the benefits of making your own dressing as opposed to store bought. You'll prepare a buttermilk ranch, a blue cheese and a lemon vinaigrette dressing as well as two others. A \$5 supply fee will be collected.

Lake Harriet 1 Wednesday
Oct 11 7:00 pm-9:00 pm
\$25

Sambusas and Somali Rice

Watch how to make and then sample simple sambusas that you can make at home, and traditional Somali rice. Chef Shakir Farah will demonstrate these basic Somali recipes while sharing his love of exploring foods of all cultures, and thoughts on how food can be used as a medium for promoting peace and bringing people together. A \$5 supply fee will be collected.

Pratt 1 Saturday
Nov 18 10:00 am-11:00 am
\$19



Shop Local, Eat Global Series

Join Chef Andrea Bolger as she introduces you to global fare you can access right here in town. Learn about how to choose the right ingredients and where to find them. Then, cook up a fabulous meal to enjoy together. Your registration will cover the cost of any supplies. Receive a \$10 discount when you register for all three classes. For the discount, call 612.668.4828.

Shop Local, Eat Global: Italy

Crostini with White Bean Basil Spread; Tricolore Chopped Salad with radicchio, Tuscan kale & endive; Polenta-Stuffed Peppers; Tiramisu (Italian for “pick-me-up”) coffee-flavored creamy dessert. Your registration will cover the cost of any supplies. Discounts are on tuition only. Call 612.668.4828 for discounts.

Roosevelt 1 Tuesday Oct 31 6:00 pm-9:00 pm \$39

Shop Local, Eat Global: Spain

Spanish Tortilla (a baked egg & potato dish) w/ Tomato Pepper Salad; Albondigas Soup (albondigas are dumplings cooked in a saffron broth); Spanish-style Fresh Orange Salad; Flourless Lemon Almond Cake. Your registration will cover the cost of any supplies. Discounts are on tuition only. Call 612.668.4828 for discounts.

Roosevelt 1 Tuesday Nov 14 6:00 pm-9:00 pm \$39

Shop Local, Eat Global: India

Curried Squash Roti (a turnover with highly seasoned filling); Indian Stuffed Eggplant with Spinach Raita (a cooling yogurt-based sauce); Halvai Spiced Carrot Cake (halvai ~ Indian sweet maker). Your registration will cover the cost of any supplies. Discounts are on tuition only. Call 612.668.4828 for discounts.

Roosevelt 1 Tuesday Nov 21 6:00 pm-9:00 pm \$39

Sourdough bread

Sourdough is a bread made from the natural occurring yeast and bacteria in flour. In traditional sourdough recipes, you'll find three ingredients: sourdough starter (which consists of flour and water), salt and flour. There is no yeast, no milk, no oils and no sweeteners. It's about as natural as you get when it comes to bread.

Anwatin 1 Monday
Sep 18 6:30 pm-8:30 pm
\$19

Southern Chinese Cooking

Prepare a variety of common Chinese family dishes using local and organic ingredients that are authentic, healthy and easy to make. A \$30 supply fee will be collected.

Southwest 3 Wednesdays
Oct 18-Nov 1 6:00 pm-8:45 pm
\$55

Stews

Learn to cook three tasty, nutritious stews to keep you cozy on autumn nights: chicken with dumplings, boeuf bourguignon, and a fish stew that will really hook you. A \$10 supply fee will be collected.

Lake Harriet 1 Monday
Oct 16 6:00 pm-9:00 pm
\$25

Wine Introduction & Tasting

Join us in learning about the fascinating history of wine. We will have two classroom teachings at Southwest H.S. followed by a field trip where you'll sample wines, and further discuss tannins, tear drops, and ponder, where did wine come from? What disease almost ended its evolution and varieties? A \$12 field trip fee will be collected.

For French Wine

Southwest 3 Mondays
Oct 23-Nov 6 7:30 pm-9:00 pm
\$29

For Italian Wine

Southwest 3 Mondays
Oct 2-Oct 16 7:30 pm-9:00 pm
\$29

Hobbies & Leisure

Astrology

Bring your chart to life with the complexity of the sun, moon and planets. Explore major life themes, cycles and your personal weather map. Receive a hard copy of your chart.

South 4 Thursdays
Oct 5-Nov 2 7:00 pm-9:00 pm
\$35

Astrology:

The Dance Between Saturn and the Moon

For those who already speak the language of signs, planets and houses, explore the role of transiting Saturn and the progressed Moon in your astrology chart. Once you learn the significance of these two planetary bodies, you will be able to zero in on current as well as past or future events in your life.

South 4 Thursdays
Nov 9-Dec 7 7:00 pm-9:00 pm
\$35



Astronomy for City Dwellers

Make your own starwheel and identify bright stars and constellations. Learn exotic star legends and stories, astronomy vacations, amazing exoplanets, coming 2018 sky events, Medieval Viking navigation secrets (sun stones), your True Sun Sign, buying a family telescope, wonderful free local star parties. Includes free bonus trip to beautiful Eagle Lake Observatory.

Southwest 4 Tuesdays
Oct 10-Oct 31 7:00 pm-8:30 pm
\$45



Automotive Maintenance Basics

Identify and learn the functions and maintenance of different motor vehicle parts. Become familiar under the hood of your own car (weather permitting).

Southwest 6 Wednesdays
Oct 4-Nov 15 6:00 pm-8:30 pm
\$59

Bicycle Maintenance and Repair

Gain confidence in diagnosing and tackling the most common issues that confront a bike mechanic. Learn about subjects like proper flat tire repair, adjustment and minor repair of brakes and shifting systems, basic bicycle fitting concepts and more. Bring your bike for hands-on instruction.

Washburn 3 Tuesdays
Oct 3-Oct 17 6:00 pm-8:30 pm
\$35

Roosevelt 2 Tuesdays
Oct 3-Oct 10 7:00 pm-8:30 pm
\$25

Roosevelt 2 Tuesdays
Oct 24-Oct 31 7:00 pm-8:30 pm
\$25

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NEW Car Care Basics

Learn useful skills every car owner should know from checking your oil to switching out an air filter and changing a tire. You will look at your and other students' cars to gain hands-on experience. Plan to park in a space reserved in the 49th Street parking lot.

Lake Harriet 1 Monday
Oct 9 6:30 pm-8:30 pm
\$19

Lake Harriet 1 Monday
Oct 23 6:30 pm-8:30 pm
\$19





Training for You & Your Dog

Dog Obedience 1

Teach your dog to be a well-mannered family pet when you learn to modify their behaviors and help them obey basic rules. Dogs must be at least 6 months old. Do not bring your dog on the first night. Handlers must be at least 10 years old.

Northeast 7 Wednesdays
Oct 4-Nov 15 7:00 pm-8:00 pm
\$39

Dog Obedience 1: 6 Months +

Teach your dog foundation skills for life using dog & family friendly clicker training methods. Teach your dog to: Sit, Down, Loose Leash Walk, Come, Sit for Greeting, Drop it, Leave it, and a couple of fun & useful tricks. The entire family is welcome, children must be accompanied by an adult. Instructor will need to see the dog's current Rabies, Bordetella, and DHLHP vaccination certificates on the first night of class. One dog per adult.

Southwest 6 Wednesdays
Oct 4-Nov 15 7:00 pm-7:45 pm
\$35



Dog Obedience 2

Continue working on the behaviors we taught in Obedience 1 while making them more challenging and adding new behaviors working toward mastering the 10 behaviors needed to pass the AKC Canine Good Citizen test using dog & family friendly clicker training methods. The entire family is welcome, children must be accompanied by an adult. Instructor will need to see the dog's current Rabies, Bordetella, and DHLHP vaccination certificates on the first night of class. Pre-requisite: Obedience 1 or Puppy training class. One dog per adult.

Southwest 6 Wednesdays
Oct 4-Nov 15 8:00 pm-8:45 pm
\$35

Northeast 6 Wednesdays
Oct 11-Nov 15 8:00 pm-9:00 pm
\$35

Puppy Socialization to 6 Months

Socialize your puppy and teach them foundation skills for life with your family using dog & family friendly clicker training methods. The entire family is welcome, children must be accompanied by an adult. Instructor will need to see the dog's current Rabies (if they're old enough), Bordetella, and DHLHP vaccination certificates on the first night of class. One dog per adult.

Southwest 4 Thursdays
Oct 5-Oct 26 8:00 pm-8:45 pm
\$25

Dog Treats and Natural Remedies

Discover fun and simple dog snacks you can easily make at home. Create natural remedies for things like chapped paws and itchy skin. Leave class with a dog treat and anti-itch spray. A \$5 supply fee will be collected.

Lake Harriet 1 Wednesday
Oct 18 6:30 pm-9:00 pm
\$25

Emperors, Dragons, and Smugglers:

The Epic Story of Tea

People have been consuming tea for thousands of years, and we have been telling stories about it just as long. Whether they involved gods and beasts or pirates and rebellions, there have always been action-packed stories surrounding tea. Come spend a morning with us drinking teas that inspired our imaginations, and learn all about how tea helped shape the world.

Pratt 1 Saturday
Oct 14 10:00 am-11:30 am
\$19

Film Appreciation

The Films of Quentin Tarantino

Examine the films of visionary director Quentin Tarantino and discuss what narrative, technical, and thematic elements are present in Tarantino's unique style. Films will contain violence.

Lake Harriet 6 Wednesdays
Oct 11-Nov 15 7:00 pm-9:00 pm
\$49





Genealogy

Are you contemplating starting a family tree, or have you inherited a shoe box full of pictures and family newspaper articles, obituaries, and wedding notices? Beginners and intermediate are welcome to research your family tree and locate resources available on the Internet as well as local facilities that collect family and historic data. We will explore free resources as well as subscription services.

Waite Park 2 Mondays
Oct 2-Oct 9 6:30 pm-8:30 pm
\$29

If Your Walls Could Talk: How to Research Your House History

Hear researcher and house historian Kathy Kullberg share her secrets for tracking down all aspects of your house history from the architects and builders, past residents, period photographs and more.

Roosevelt 1 Monday
Oct 16 7:00 pm-9:00 pm
\$19

Minnehaha Stamp Club

Explore the interesting hobby of stamp collecting, see some new and unique finds, and search for stamps in the club's digging boxes. New and veteran postage stamp collectors are welcome.

Southwest 1 Thursday
Oct 12 & Nov 6 6:30 pm-9:00 pm
\$5

Packing for the Everyday Traveler

Do you over pack? If so, learn packing tips for getting through airport security hassle-free. Bag selection examples will be shared, and clothing choices will be discussed for maximizing space. A variety of packing methods will be demonstrated.

Southwest 1 Monday
Nov 13 6:00 pm-8:00 pm
\$19

NEW Plan Your Dream Vacation

Turn your travel daydreams into a real plan in this interactive class. Leave with a worksheet mapping out action steps to make your dream vacation a reality. A portion of the class will include photos and stories from the facilitator's own travels, including tips, ideas and group discussions to spark your imagination.

Southwest 2 Thursdays
Oct 5-Oct 12 6:30 pm-8:00 pm
\$25

Reupholstery

The reupholstery class is full. Call 612.668.1306 to be added to a wait list.

Edison 9 Wednesdays
Oct 4-Dec 13 6:00 pm-9:00 pm
\$159

Edison 9 Thursdays
Oct 5-Dec 14 6:00 pm-9:00 pm
\$159



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Turntable Set-Up, Upkeep and Maintenance

From the latest releases to collectibles, vinyl is back. Learn the turntable jargon, basic setup, installation, upkeep and get hands-on experience balancing a tonearm. Watch a vintage turntable get back into action and find out if your old just needs a new needle or an overhaul. Jim has been collecting and dealing vinyl and repairing turntables for twenty years so you can leave with the knowledge you need to get back into vinyl with confidence.

Henry 1 Monday
Nov 6 6:30 pm-8:30 pm
\$19

Wood Shop: Open Wood Shop

In a fully-equipped wood shop, work on projects of your choice or consider ideas suggested by the instructor. Class fee includes sandpaper, glue, drill bits, dowel pins and other materials. Some storage space is available for projects.

Southwest 8 Mondays
Oct 2-Nov 20 6:30 pm-9:00 pm
\$85

Southwest 8 Thursdays
Oct 5-Nov 30 6:30 pm-9:00 pm
\$85

Woodworking: Level 1

Learn the basics of woodworking and fabrication techniques. Gain practical knowledge by making a simple step stool. We will cover the safe use of all shop equipment, hand and small power tools. Demonstrations on different tools will be given each week. A \$15 fee for materials is payable to the instructor on the first night of class.

Northeast 7 Tuesdays
Oct 3-Nov 21 6:00 pm-8:30 pm
\$75

Southwest 8 Wednesdays
Oct 4-Dec 6 7:00 pm-9:00 pm
\$69

Southwest 8 Thursdays
Oct 5-Nov 30 7:00 pm-9:00 pm
\$69

Home & Garden



Beyond HGTV: How to Plan a Successful Remodeling Project

Discover the basics of how to successfully plan your room, whole house, addition, or other remodeling project. Learn how to make selections, choose contractors and make other important considerations. Following a presentation, get answers to your questions about your specific project.

Southwest 1 Tuesday
Oct 24 6:00 pm-8:30 pm
\$19

Pratt 1 Saturday
Nov 11 9:00 am-11:30 am
\$25

Electrical Circuits

Learn about different types of wire, circuit breakers, light switches and wall receptacles and how to replace them. A hands-on application will allow you to wire up three different circuits and test them. Bring a common household pliers, a flat tip screwdriver and a cross tip (Phillips) screwdriver.

Southwest 2 Wednesdays
Nov 8-Nov 15 6:30 pm-9:00 pm
\$29

Electrical Projects at Home

Learn basic electrical home repair by installing and testing your own practice circuits in class. We'll cover outlets, gfcis, lights, switches and 3-way switches. By learning how to install devices such as outlets and switches you'll be able to replace malfunctioning devices in your own home. An \$8 supply fee will be collected.

Lucy Craft Laney 2 Tuesdays
Oct 17-Oct 24 6:00 pm-8:00 pm
\$25

Hardwood Floors: Refinish

Unlock the hidden beauty of your hardwood floors. Participate in this hands-on class and receive step-by-step instructions on how to prepare, sand and refinish the hardwood floors in your home. Class is held at J & F Reddy Rents, 3320 Republic Ave. S., St. Louis Park. A \$19 supply fee will be collected. Register online or call 612.668.3100.

Reddy Rents 1 Saturday
Nov 11 10:00 am-11:30 am
\$5

Ice Dams

Ever wonder what causes ice dams? Explore solutions that address the root causes of ice dams and will make your home dramatically more comfortable. Registration is required.

South 1 Tuesday
Nov 7 6:30 pm-8:00 pm
Free

Interior Design 101: Planning Your Project

Learn how the interior design process can create beautifully updated rooms. Discover how space and floor planning help you design rooms that function well. The class will highlight the use of focal points, color and backgrounds.

Southwest 1 Thursday
Nov 16 6:30 pm-8:30 pm
\$19

Kitchen & Bath Remodeling:

Selecting Cabinets, Countertops Flooring & Backsplash

Create a mindful kitchen or bathroom by incorporating products with beauty, durability and value. Discuss the budget and materials needed for a fantastic experience in tailoring your cabinets, countertops, flooring and backsplash to your taste and needs. NOTE: Class meets at the Mindful Kitchen (Cabinet Expressions) Showroom at 8901 Lyndale Ave. S. in Bloomington. Register online or call 612.668.3100.

Mindful Kitchens 1 Wednesday
Nov 8 7:00 pm-8:30 pm
\$19

Sidewalk & Step Repair or Replacement

It's never too late to repair broken steps, pour a new sidewalk or patch a driveway. Learn about types of cement, see proper mixing techniques and discover how to make patch repairs to cement surfaces.

Lake Harriet 1 Mon & Wed
Oct 9-Oct 11 6:00 pm-8:00 pm
\$25

Stucco Repair and Refinishing

Demonstrations along with excellent advice will provide you with the cure for repairing cracks and small holes in stucco that inevitably appear over winter. Instructor Chuck Bankey has repaired stucco homes for over 20 years.

Lake Harriet 1 Wednesday
Oct 25 6:30 pm-8:30 pm
\$19

The Basics of Window Replacement

Want to make sure you really improve your windows rather than throw your money away? This workshop will cover the basics of window science and options for window replacement.

South 1 Tuesday
Oct 10 6:30 pm-8:00 pm
Free. Must register.

Window Repair

Save money by learning how to take apart and fix sticky, drafty, cracked or broken windows. Topics covered include sash cord replacement, glazing, the five points of draftiness for windows and more.

Henry 1 Wednesday
Oct 18 6:30 pm-8:30 pm
\$19

Compost: Free Fertilizer for your Thriving Garden

What can you do with all those leaves in your yard? Working with nature, you can turn ordinary household waste into nourishment for your beautiful plants. We will cover the several methods of composting, reusing water, mulching, and creative approaches to have a healthy thriving garden.

Henry 1 Wednesday
Oct 11 6:30 pm-8:30 pm
\$19

Cool Planet Family Lives Here

Become a "deeper shade of green" by looking at your household energy consumption, waste reduction habits, personal fitness and active citizenship to live a more sustainable, healthy and fit life. Develop a family action plan and create a kill-a-watt report to bring for discussion at the second class. Family members are encouraged to attend. Fee is per family. (Formerly titled Green Living for Everyone.)

Southwest 2 Mondays
Oct 9-Oct 16 6:30 pm-8:30 pm
\$25/Family

Southwest 2 Mondays
Nov 13-Nov 20 6:30 pm-8:30 pm
\$25/Family

Fall Yard and Garden Care

Learn all about the tasks and guidelines for preparing your lawn and gardens in the fall for a better growing season the next year.

Pratt 1 Monday
Oct 16 7:00 pm-8:30 pm
\$19

Garden



Fall Lawn and Garden Care Made Easy

Learn what you can do in the fall to help your lawn and garden be even better next year. The timing of when you do certain things is important to assure a healthier and happier lawn and garden the following growing season. Tips and short cuts will be offered; handouts included.

Lucy Craft Laney 1 Tuesday
Oct 3 6:00 pm-8:00 pm
\$19

Gardening: Fall into Spring Bulb Planting

Plant those spring blooming bulbs like tulips and daffodils in the fall for a beautiful display next spring. Discover major and minor bulbs you may not know about. Learn how to protect your bulbs from critters this fall and next spring. Bloom time and planting will be discussed. Handouts will be shared. All levels are welcome.

Lucy Craft Laney 1 Tuesday
Oct 10 6:00 pm-8:00 pm
\$19

Preparing Your Garden for Winter

Explore what can be done in the fall to have a better garden next year. Now is a great time to plant bulbs, perennials, shrubs, and trees. Learn proper planting techniques, how to divide perennials to increase the number of plants you'll have, what to do to increase the chances of your plants making it through winter, and how you can minimize the incidence of disease. The air is cooler, the soil moister, and it's more fun to prepare your garden this fall.

Lake Harriet 1 Monday
Oct 16 7:00 pm-8:30 pm
\$19

Spring Bulbs and Flowers

During our long winter we yearn for longer days and a colorful landscape. Spring blooms take us from the dreary to colors that awaken spring in us. Explore colors, heights, textures and drama of spring blooming bulbs. Add spring ephemerals (plants lasting a very short time) that produce beautiful foliage and provide nectar for early pollinators before summer perennials come out. Learn how to choose, plant, and care for the plants of the spring garden.

Roosevelt 1 Wednesday
Oct 4 6:00 pm-8:00 pm
\$19

Spring Flowering Bulbs

Fall's the time to plant those beautiful spring-flowering bulbs. Learn from a Master Gardener how to plant many types and enjoy slides of spring-flowering favorites.

Pratt 1 Wednesday
Oct 11 7:00 pm-8:30 pm
\$19

Year-Round Indoor Salad Gardening

Learn the method behind indoor gardening, and start your own seed trays. Plant five trays (broccoli, radishes, sunflowers, peas and buckwheat) to take home. A \$2 supply fee will be collected.

Pratt 1 Monday
Oct 16 7:00 pm-8:15 pm
\$19

Jefferson 1 Wednesday
Nov 1 7:00 pm-8:15 pm
\$19

Lake Harriet 1 Monday
Nov 6 7:00 pm-8:15 pm
\$19

Languages

Arabic 1

Learn to read, write and speak the Arabic letters in addition to simple words and phrases in the Arabic language. Gain practical conversational skills you can use to communicate when visiting countries around the Middle East. Bring a notebook and something to write with.

Justice Page 8 Tuesdays
Oct 3-Nov 21 5:30 pm-7:00 pm
\$55

Chinese 1: Mandarin

Learn the basics of the Chinese language: greetings, days of the week, and common phrases. We will also explore Chinese culture.

Lake Harriet 7 Wednesdays
Oct 4-Nov 15 6:00 pm-7:30 pm
\$49

NEW Chinese 2: Mandarin for Travelers

Learn more travel terms and everyday conversational Mandarin such as ordering at a restaurant, shopping, airport terms, booking a hotel, etc. Practice simple everyday conversation that will help you get around while visiting places where Mandarin is spoken.

Lake Harriet 7 Wednesdays
Oct 4-Nov 15 7:35 pm-9:00 pm
\$49

Chinese: Modern Chinese

Chinese language has become popular worldwide. Come to learn the functional language of modern Chinese in a lively way. Mandarin Chinese and culture will be introduced in this class. Everyone, with different levels of Chinese background, is welcome to attend this specially designed class.

Southwest 5 Tuesdays
Oct 10-Nov 7 6:00 pm-7:30 pm
\$39



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French 1

Learn basic French phrases and grammar, with emphasis on conversation and pronunciation, while exploring French culture along the way. Also, discover key grammatical concepts, basic vocabulary, verb conjugation, and sentence structure and formation.

Northeast 7 Tuesdays
Oct 3-Nov 14 6:00 pm-7:20 pm
\$45

Southwest 8 Wednesdays
Oct 4-Dec 6 7:00 pm-8:30 pm
\$55

French 1.5

Dust off your skills with reviews of être, avoir, and regular er verbs, vocabulary and pronunciation. The class introduces additional useful verbs and vocabulary over two sessions. One session covers regular and irregular ir verbs, faire, vouloir and related vocabulary. The next session covers regular and irregular re verbs, aller, savoir, connaître and related vocabulary. Prerequisite: French 1 or other experience. Exercise your joie de vivre.

Northeast 7 Mondays
Oct 2-Nov 13 6:00 pm-7:20 pm
\$45

French 2

Continue to build confidence in your French language skills by increasing your vocabulary, speaking, and writing skills, and improving your understanding of the language. Prerequisite: French 1 or other experience.

Northeast 7 Tuesdays
Oct 3-Nov 14 7:30 pm-8:50 pm
\$45

French 4: Advanced

Vous aimez parler français? This is an advanced conversation class conducted entirely in French. You will help choose weekly topics of conversation. Practice your French in a relaxed, non-threatening atmosphere.

Southwest 8 Thursdays
Oct 5-Nov 30 7:30 pm-9:00 pm
\$55

NEW French Films & Conversation:

Conflict & Memory

View French-language films that explore themes of war, conflict and collective and individual memory. Then, build your fluency and vocabulary by discussing them in French. This class will be conducted entirely in French and is intended for students with intermediate or advanced levels of proficiency. Films will be shown in French with English subtitles and will include Caché, La Bataille d'Alger, Persepolis, La Haine, Hiroshima mon amour and La Jetée. Please note: no class 11/22.

Washburn 6 Wednesdays
Oct 25-Dec 6 6:00 pm-8:30 pm
\$65

French for Travelers

If you've dreamt of visiting Paris but are nervous you won't understand the language, join us to learn introductions, everyday phrases, directions to make your way through the city and more. Participate in engaging activities, practice basic reading and writing skills, and learn useful phrases to have successful conversations in French-speaking countries. Please note: no Class October 30.

Lake Harriet 6 Mondays
Oct 9-Nov 20 7:00 pm-9:00 pm
\$55

**There are no classes
November 22-24
for the Thanksgiving holiday.**

German 1

Focus on the essentials of the German language and outfit yourself with useful German expressions for traveling abroad. The class will cover the grammar basics and important aspects of German culture.

Lake Harriet 7 Mondays
Oct 2-Nov 20 6:00 pm-7:15 pm
No class October 23rd
\$45

Southwest 8 Tuesdays
Oct 10-Nov 28 6:00 pm-7:30 pm
\$55

Henry 8 Mondays
Oct 16-Dec 4 7:00 pm-9:00 pm
\$69

German 2

Expand your knowledge of the German language as you learn about vocabulary, culture and grammar. Pre-requisite: German 1 or other experience. No class October 23rd.

Lake Harriet 7 Mondays
Oct 2-Nov 20 7:30 pm-8:45 pm
\$45

German Conversation

Hallo Deutschland. Join us to learn German grammar and vocabulary through easy conversation about present-day life in Germany. Receive German cake recipes and enjoy real cake as an added treat.

Henry 8 Wednesdays
Oct 11-Dec 6 7:00 pm-9:00 pm
\$69

NEW German for Travelers

Learn key phrases for finding your way around, ordering a meal, dealing with transportation, and shopping. Practice listening comprehension so you can understand the answers to your questions.

Southwest 8 Tuesdays
Oct 10-Nov 28 7:30 pm-9:00 pm
\$55



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Italian 1

Learn Italian pronunciation and concentrate on speaking skills. Get an introduction to verbs, verb tenses, sentence formation, vocabulary and more. Become familiar with common phrases useful for travel.

Pratt 6 Tuesdays
Oct 3-Nov 21 6:30 pm-7:30 pm
\$35

Washburn 7 Mondays
Oct 9-Nov 20 6:00 pm-7:30 pm
\$49

Italian 2

This class will be a continuation of Italian 1. Students will build upon the vocabulary and sentence structure skills learned previously. Students must either have taken Italian 1 or have some prior experience with the Italian language.

Washburn 7 Mondays
Oct 9-Nov 20 7:45 pm-9:00 pm
\$45

Italian 3

Whether you want to study Italian for work, travel, or the joy of learning more about this beautiful language, this intermediate level class will help you reach toward greater proficiency. The class will build upon the prerequisite level 1 & 2 classes, and include future and conditional tenses so you can talk about hypotheticals and plans for the future. Please contact us at 612.668.1100 or Jan. Thurn@mpls.k12.mn.us for questions on the skills needed to participate in the level 3 class.

Pratt 6 Tuesdays
Oct 3-Nov 21 7:45 pm-8:45 pm
\$35

Japanese 1

Learn the basics of conversational Japanese, including greetings, numbers and practical conversational skills useful when traveling to Japan.

Lake Harriet 8 Mondays
Oct 2-Nov 20 6:00 pm-7:30 pm
\$55

Japanese 2

Continue developing your language skills from Japanese 1. Explore simple sentences, conjugating verbs and counting, and discuss Japanese culture.

Lake Harriet 8 Mondays
Oct 2-Nov 20 7:30 pm-9:00 pm
\$55

Japanese Culture and Language

Explore Japanese culture, history through greeting, furoshiki (cloth wrapping), origami, calligraphy, ink painting, mizuhiki (paper strings), tea ceremony, and cooking (artistic candy). A \$15 supply fee will be collected.

Southwest 7 Tuesdays
Oct 10-Nov 21 6:00 pm-7:30 pm
\$49

Portuguese 1

Una-se-nos in this Portuguese class for beginners. Learn basic grammar, expressions, listening skills and travel vocabulary. Both European and Brazilian Portuguese will be covered.

Southwest 8 Thursdays
Oct 5-Nov 30 6:00 pm-7:30 pm
\$55

Russian 1

Participate in role-playing activities, problem-solving exercises and small group discussions in an effort to learn basic Russian grammar, pronunciation and writing skills.

Southwest 8 Tuesdays
Oct 10-Nov 28 7:00 pm-8:30 pm
\$55

Sign Language 1: ASL

Gain basic exposure to the American Sign Language vocabulary, numbers, alphabet and ASL syntax, as well as the deaf culture.

Lake Harriet 7 Thursdays
Oct 5-Nov 16 6:00 pm-7:30 pm
\$49

Sign Language 2: ASL

This class is a continuation of Sign Language 1. You will use the book "El Deafo" by C. Beel and other multimedia sources to learn about deaf history and culture, and learn how to sign basic phrases. The instructor is deaf; bring paper and a pen to ask questions.

Washburn 8 Mondays
Oct 2-Nov 20 6:00 pm-7:00 pm
\$39

Sign Language 2: ASL

Build on the skills and vocabulary from ASL 1. Learn practical application and gain new vocabulary. Continue to develop your understanding of deaf culture and of grammatical structures through receptive and expressive language activities.

Lake Harriet 7 Wednesdays
Oct 4-Nov 15 6:00 pm-7:30 pm
\$49

Somali Language & Culture

Learn basic Somali phrases and grammar while expanding your knowledge and awareness of the Somali culture and community. One of the main goals of this Somali cultural training course is to help educators to become more culturally aware of themselves and sensitive to the Somali populations with whom they are working. Cultural competence is a lifelong process; consider this one small step in that journey.

Pratt 6 Saturdays
Oct 7-Nov 11 9:30 am-10:45 am
\$39

Pratt 6 Saturdays
Oct 7-Nov 11 11:00 am-12:15 pm
\$39

Meet Our Instructors!



Leonard Lang, Ph.D Bio

"For 20 years, career coach Leonard Lang, Ph.D., has been helping people to get unstuck and create rewarding careers—teaching classes during much of that time for Southwest Community Education. He has also been a keynote speaker on career development and is the author of Guide to Lifework: Working with Integrity and Heart."

"The interactions between class members of different generations and backgrounds, the smart questions, and the chance to see people's faces light up after seeing new ways to pursue career decisions makes teaching at Southwest always lively and fun." – Leonard Lang

Leonard teaches *A New Career: How to Discover Your Ideal Work*. See page 14 for details.

Spanish 1

Learn beginning conversational Spanish skills along with pronunciation, grammar, reading, writing and listening skills.

Washburn 8 Mondays
Oct 2-Nov 20 6:30 pm-8:00 pm
\$55

Roosevelt 8 Mondays
Oct 2-Nov 20 6:00 pm-7:20 pm
\$55

Southwest 8 Wednesdays
Oct 4-Dec 6 6:00 pm-7:30 pm
\$55

Lake Harriet 7 Wednesdays
Oct 4-Nov 15 6:00 pm-7:30 pm
\$49

Jefferson 7 Wednesdays
Oct 4-Nov 22 6:30 pm-8:30 pm
\$69

South 7 Thursdays
Oct 5-Nov 30 7:00 pm-9:00 pm
\$59

Jefferson 7 Thursdays
Oct 5-Nov 23 6:30 pm-8:30 pm
\$69

Southwest 8 Tuesdays
Oct 10-Nov 28 6:00 pm-7:30 pm
\$55

**There are no classes
November 22-24
for the Thanksgiving holiday.**

Spanish 1.5: Refresher

Practice your Spanish vocabulary, speaking and pronunciation, and receive detailed instruction on Spanish 1 grammatical concepts. Prerequisite: A basic understanding of Spanish grammar and vocabulary.

Roosevelt 8 Mondays
Oct 2-Nov 20 7:30 pm-8:50 pm
\$55

Spanish 2

Continue to build confidence in your Spanish language skills by learning the preterite and irregular verbs. Also, increase your vocabulary, speaking and writing skills. Prerequisite: Be able to conjugate regular ar/er/ir verbs. No class Oct 17 at Roosevelt.

Roosevelt 7 Tuesdays
Oct 3-Nov 21 6:00 pm-7:20 pm
\$49

Jefferson 7 Tuesdays
Oct 3-Nov 21 6:30 pm-8:30 pm
\$69

Lake Harriet 7 Wednesdays
Oct 4-Nov 15 7:35 pm-9:00 pm
\$49

Edison 6 Wednesdays
Oct 4-Nov 15 6:30 pm-8:30 pm
\$55

Southwest 8 Tuesdays
Oct 10-Nov 28 7:30 pm-9:00 pm
\$55

Spanish 3: Conversation

Engage in structured conversations to increase your fluency in Spanish. Touch up your grammar, tenses, vocabulary and sentence structure, and continue working on your listening, reading and writing skills. No class on Oct 17 at Roosevelt.

Roosevelt 7 Tuesdays
Oct 3-Nov 21 7:30 pm-8:50 pm
\$49

Southwest 8 Tuesdays
Oct 10-Nov 28 6:00 pm-7:30 pm
\$55

Spanish 4

Read literature and newspapers in Spanish, and hold conversations to enhance your fluency.

Southwest 8 Wednesdays
Oct 4-Dec 6 7:30 pm-9:00 pm
\$55

Spanish 4: Conversation

Build on your Spanish 3 skills through conversation. Improve upon your grammar, tenses, vocabulary and sentence structure, while you refine your listening, reading and writing skills.

Edison 6 Thursdays
Oct 5-Nov 16 7:35 pm-9:05 pm
\$45

Spanish Conversations

Entire class will be spoken in Spanish. We will discuss specific topics such as human rights, immigration, arts and folklore, Latin America celebration and rights and more. This class will be a guided class and students are encouraged to use their Spanish in a conversational way and grammar construction of the subjunctive.

Jefferson 7 Mondays
Oct 2-Nov 13 6:30 pm-8:30 pm
\$69

Register now and make sure you get into your favorite classes!

*We're online at
www.mplscommunityed.com*

NEW Spanish Conversations: Latin American Culture & History

Do you have proficiency in the Spanish language? This course will improve your fluency while we review and discuss the history and culture of Latin America. Students will engage in a rich curriculum while practicing their conversation and inquiry skills as well as developing a more advanced level of proficiency and extended vocabulary. Please note: no class 10/18 or 11/22.

Washburn 8 Wednesdays
Oct 4-Dec 6 6:00 pm-7:30 pm
\$55

Spanish Films & Conversation

View contemporary films from Spanish-speaking countries followed by a discussion of the films in Spanish. Films have English subtitles, but some parts may be shown without them to challenge your listening and comprehension skills. Class discussion will be almost entirely in Spanish.

Washburn 6 Mondays
Oct 9-Nov 13 6:00 pm-8:00 pm
\$55

Spanish for Travelers

Learn key phrases for finding your way around, ordering a meal, dealing with transportation, and shopping. Practice listening comprehension so you can understand the answers to your questions.

Southwest 8 Tuesdays
Oct 10-Nov 28 7:30 pm-9:00 pm
\$55

Spanish Lessons for Teachers

All four modalities of language will be practiced: verbal, written, reading and auditory Spanish opportunities. Students from the Spanish immersion program will be invited to team up with teachers for one on one speaking activities.

Anwatin 5 Mondays
Oct 2-Oct 30 4:15 pm-5:15 pm
\$35

Spanish Refresher Workshop: Por & Para

Revisit the most commonly used preposition in Spanish: Por & Para. You're not alone if you struggle with these preposition. This class will help improve your understanding of Por & Para. The class meets four days in one week.

Jefferson 1 Mon-Thu
Dec 11-Dec 14 6:30 pm-8:30 pm
\$45

Spanish Refresher Workshop: Ser & Estar

Revisit the most commonly used phrases in Spanish: ser and estar. You're not alone if you struggle with these verbs. The class meets four days in one week.

Jefferson 1 Mon-Thu
Dec 4-Dec 7 6:30 pm-8:30 pm
\$45

Spanish: Advanced for Spanish Speakers

Si usted ya habla y piensa en español pero quiere perfeccionar su gramática, su escritura y los matices del idioma, esta clase es para usted! La clase se llevará a cabo totalmente en español y se dirige a hispanohablantes nativos y a estudiantes avanzados del idioma.

Washburn 8 Tuesdays
Oct 3-Nov 28 6:30 pm-8:00 pm
\$55

NEW Traveling in Italy

Discover that there is more to see in Italy than Rome, Florence and Venice. Learn about cultural events and recreational activities that you can do while traveling in Italy. You will also learn a few basic language structures to help you navigate while you are in Italy. Students are encouraged to bring a notebook or laptop for taking notes.

Washburn 1 Tuesday
Oct 10 6:00 pm-7:30 pm
\$19

Arts & Entertainment

Creativity comes in many forms, so go ahead, pick your passion. Whether that's dancing, painting, singing, crafting or capturing lifelong memories on film, we'll provide the outlet you need to let your inner artist shine through.



Arts & Crafts



Art of Bookmaking

This introductory class will give you the basics needed to create a variety of books. Beginning with use of tools and simple binding techniques, you will learn how to create individual books from a single piece of paper, accordions, hard cover, journal style books and more. Register at www.articulture.org with the code "ComEd" to receive the \$68 member rate. Materials fee \$11 payable on day of class. Class held at Articulture, 2613 Franklin Ave. E. Call 612-729-5151 with questions.

Articulture 4 Mondays
Oct 9-Oct 30 7:00 pm-9:30 pm

Art of Shoe Making

We take hundreds or even thousands of steps in our daily lives. How about doing it with simple comfort and a flair of personal style. Each person will make one pair of individually sized earth friendly shoes of new and upcycled leather. Stitching, altering, layering, embroidery, dye/paint and other possible design elements will be presented for creating a look that is uniquely yours. Register at www.articulture.org with code "ComEd" to receive \$68 member rate. Materials fee of \$25 payable first day of class. Call 612-729-5151 with questions. Class held at Articulture, 2613 Franklin Ave. E.

Articulture 4 Thursdays
Oct 5-Oct 26 7:00 pm-9:30 pm

Beginning Sewing: Gift Bags

Learn how to operate a sewing machine and to make reusable fabric gift bags for the holidays. These eco-friendly bags can be made lined or unlined. Skills learned include: following a basic pattern, hemming, top stitching, and getting comfortable using a sewing machine. Students are encouraged to bring their own machines to class or call 612-668-1590 and leave a message if they need a machine provided. \$5 material fee payable to instructor covers pattern, cloth, thread and trim.

Trick or Treat Bags

Waite Park 1 Wednesday
Oct 25 6:00 pm-7:30 pm
\$19

Waite Park 1 Wednesday
Oct 25 7:45 pm-9:15 pm
\$19

Holiday Gift Bags

Waite Park 1 Thursday
Nov 16 6:00 pm-7:30 pm
\$19

Waite Park 1 Thursday
Nov 16 7:45 pm-9:15 pm
\$19

Bookbinding

Explore the parts of a book and how to build them before creating five of your own books from scratch. Investigate the uses and utility of the artist's sketchbook, which can serve as a planner, diary, scrapbook, journal and more. A \$24 supply fee will be collected.

Lake Harriet 2 Mondays
Nov 20-Nov 27 6:30 pm-8:30 pm
\$25

Washburn 2 Tuesdays
Nov 28-Dec 5 6:00 pm-8:00 pm
\$25



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Brush Calligraphy Exploration

Discover more than a dozen techniques that will enable you to add a personal touch to photo albums, party invitations, envelopes, planners, calendars and holiday gifts through the art of calligraphy. Explore alphabet doodling as we create hand lettering. A \$12 supply fee will be collected.

Lake Harriet 2 Mondays
Oct 9-Oct 16 6:30 pm-8:30 pm
\$25

Calligraphy

Learn the art of beautiful lettering as you study informal Italic to create cards, invitations and gifts. A \$20 supply fee will be collected.

South 7 Thursdays
Oct 5-Nov 30 6:45 pm-8:45 pm
\$55

Calligraphy Fusion

Discover more than a dozen techniques that will enable you to add a personal touch to photo albums, party invitations, and holiday gifts through the art of calligraphy. Explore alphabet doodling as we create hand lettering. Instructor will collect a \$12 supply fee the first night of class.

Washburn 2 Wednesdays
Oct 25-Nov 1 6:00 pm-8:00 pm
\$25

Calligraphy: Chinese

Come appreciate the beauty of Chinese culture as you learn a few basic brush strokes of calligraphy, the highest form of Chinese art. Instructor collects an \$8 supply fee.

Southwest 5 Tuesdays
Oct 10-Nov 7 7:30 pm-9:00 pm
\$39

*There are no classes
November 22-24
for the Thanksgiving holiday.*



Casting & Molding

Explore an easy, step-by-step process to replicate small-scale items with basic casting techniques. You can cast anything for a variety of uses like chocolates, baking decorations, soap, jewelry, sculptures, models and much more. Expand your creativity. NOTE: Depending on choice of materials used for casting there may be an up-graded materials fee.

Southwest 7 Tuesdays
Oct 10-Nov 21 6:30 pm-8:30 pm
\$65

Chair Caning

Restore the beauty of your chair while learning the heritage art of hand caning. Bring your own piece, and learn the traditional seven-step method or challenge yourself with a more intricate pattern. Instructions also available for machine-caned pieces, rush and Danish cord seats. A \$15 supply fee will be collected for hand caned seats. Instructor has a few chairs available to purchase if you need one. Email kathybodger@gmail.com.

Southwest 6 Mondays
Oct 9-Nov 13 7:00 pm-9:00 pm
\$55

Crochet 1 & 2

Learn basic crochet stitches and pattern reading. Bring cotton or other yarn (size 4) with an H, I, or J hook to make a washcloth or scarf. Bring your pictures, patterns, ideas and thinking caps for a larger project goal.

Washburn 6 Mondays
Oct 9-Nov 13 6:30 pm-8:30 pm
\$55

Crochet: The Art of Crocheting

Learn how to create items, from oven pads to hats or your own choice of projects.

Anwatin 5 Mondays
Oct 2-Oct 30 6:30 pm-8:00 pm
\$35

Cross Stitch for the Holidays

Cross stitching is fun and easy to learn. It is relaxing and rewarding to see a design emerge from a blank piece of cloth. Learn all the how-to basics as well as tips to make a small gift or ornament. If you can count, you can cross stitch. Open to all levels of experience. A \$10 supply fee will be collected.

Southwest 1 Tuesday
Nov 28 7:00 pm - 9:00 pm
\$19

Drawing 1

Discover how to express yourself through drawing as you explore line quality, compositional arrangement, shading and highlighting. Bring a sketchbook and either pens, pencils or colored pencils.

Lake Harriet 8 Mondays
Oct 16-Dec 4 7:00 pm-8:30 pm
\$55



Drawing: Zentangle Basics

Looking for a way to unwind from stress, focus your thoughts, or explore your creative side? In this class, with the Zentangle method, create beautiful images by drawing repetitive patterns created one stroke at a time. No artistic experience needed. Great warm up for experienced artists. A \$10 supply fee will be collected.

Anwatin 6 Mondays
Oct 2-Nov 6 6:30 pm-8:00 pm
\$45

Southwest 1 Monday
Oct 4 6:30 pm-9:00 pm
\$25

Gel Plate Printing 1

Try a fun, quick method of making colorful prints with gel plate printing. Prints can be used as backgrounds on paper art, or fabric can be printed and used in mixed media projects. Learn to use a brayer to roll paint onto the gel plate, use stencils and other materials to enhance, then lay paper over and pull a print. Bring a gel plate (Gelli Arts or Gel Press) and rubber brayer to class if you already own them or use the instructor's. A \$10 supply fee will be collected.

Southwest 1 Monday
Nov 13 6:00 pm-9:00 pm
\$25

NEW Gel Plate Printing 2

Continue working with creative and fun gel printing. Learn some additional techniques and build on what you learned in the first Gel Printing class. Open studio time to experiment with techniques. Gel *Plate Printing 1* class or previous experience with gel printing highly recommended before taking this class. Bring a gel plate (Gelli Arts or Gel Press) and rubber brayer to class if you already own them or use the instructor's. A \$10 supply fee will be collected for all additional supplies you will need.

Southwest 1 Monday
Oct 23 6:00 pm-9:00 pm
\$25



Henna

Learn to mix, design and apply henna. Study the history of this ancient art and learn some advanced design techniques. Henna application will be on third day of class. A \$5 supply fee will be collected.

Southwest 3 Tuesdays
Oct 10-Oct 24 6:30 pm-8:30 pm
\$35

Henna: Basic

Learn the history of natural henna and its uses today. Mix henna, learn how to release dye, roll, fill cones, and practice. Take some natural henna home.

Waite Park 1 Tuesday
Oct 10 6:30 pm-9:00 pm
\$25

Waite Park 1 Tuesday
Dec 5 6:30 pm-9:00 pm
\$25

Holiday Greeting Cards

Impress your family with handmade holiday greeting cards. Hand-craft 12 holiday cards (two each of six designs) using the latest paper-crafting techniques, including photopolymer stamping, die cutting, dry embossing, and adding color with alcohol-based markers. A \$10 supply fee will be collected.

South 1 Thursday
Dec 14 6:00 pm-9:00 pm
\$25

Infusing Olive Oil

Learn how to infuse olive oil and vinegar with your favorite flavors, and create a project in class. Bring one large or several small glass jars and enough olive or grapeseed oil to fill them. A \$6 supply fee will be collected in class by the instructor.

Edison 1 Wednesday
Nov 29 6:30 pm-8:00 pm
\$19

Jewelry Making: Silver Clay

Learn the basics of silver metal clay to make one-of-a-kind jewelry. Design, incorporate surface textures and complete three to four pieces of your choice, such as pendants or earrings. Additional clay is available for purchase. Register at www.artculture.org with the code "ComEd" to receive the \$62 member tuition rate. First workshop day is mandatory. Materials fee \$50 payable first day of class. Class is held at Artculture, 2613 Franklin Ave. E.. Call 612.729.5151 with questions.

Artculture 3 Sundays
Oct 22-Nov 5 5:30 pm-8:30 pm

NEW Jewelry Making: Rivet Pendants

Cold connection is a term that refers to the process of joining together two pieces of metal without the use of heat. A cold connection provides a beautiful, yet raw look, which can be used in several ways. Learn to create this pendant with cold connections by joining metal blanks together. A \$6 supply fee will be collected.

South 1 Thursday
Oct 5 6:30 pm-8:30 pm
\$19

NEW Jewelry Making: Tree of Life Pendant

Create a beautiful pendant of a tree while learning wire wrapping techniques. Short supply list to purchase will be sent out after registering.

South 1 Tuesday
Nov 14 6:30 pm-8:30 pm
\$19



Japanese Calligraphy and Culture at Homewood Studios

Studio Workshop

This workshop is designed for students who have previously taken Level 1 and/or Level 2 Calligraphy classes and wish to continue working on various projects with guidance from the instructor. Class is held at Homewood Studios, 2400 Plymouth Ave. N. Register online or call 612.668.2219.

4 Tuesdays 1:00 pm-3:00 pm
Oct 3-Oct 24 \$45

Level 1

Immerse yourself in Japanese culture by learning Shuji, an authentic Japanese calligraphy and learn other aspects of the Japanese language, including pronunciations, meanings and pictography. Download the supply list online at <http://bit.ly/JapaneseCalligraphyMCE> and purchase supplies in advance. Class is held at Homewood Studios, 2400 Plymouth Ave. N. Register online or call 612.668.2219.

4 Thursdays 1:00 pm-3:00 pm
Oct 5-Oct 26 \$45

Level 2

This class is a continuation of Japanese Calligraphy 1. Students will choose an individual project/goal at the beginning and complete it in the last class. The projects range from pursuing a traditional way of writing to creating more contemporary artwork using other art forms. The textbook, "Simple Art of Japanese Calligraphy," by Yoko Takenami is required at the first class. Class is held at Homewood Studios, 2400 Plymouth Ave. N. Register online or call 612.668.2219.

4 Thursdays 3:00 pm-4:30 pm
Oct 5-Oct 26 \$39



NEW Drop Spindling

Learn to spin sheep fleece into yummy yarn on a drop spindle. We will cover washing raw wool, simple carding, spinning, plying, and setting twist. Offered for adults as well as children ages 10 who register with a parent. A \$20 supply fee will be collected, which includes a sturdy, well-balanced wooden spindle, and plenty of wool fleece and roving to work with beyond class.

Pratt 2 Saturdays
Nov 4-Nov 11 10:00 am-12:00 pm
\$25

Knit & Chat

Enjoy a relaxing night with fellow crafters. Start a new project or finish an old one. For beginners or experts. The instructor has over 30 years of teaching experience. Registration is required. Class fee is by donation.

Waite Park 13 Wednesdays
Sep 20-Dec 20 6:30 pm-8:30 pm
Donation

NEW Fair Isle Knit Hat

Expand your knitting repertoire, amaze your friends and use up all those leftover balls of yarn. Learn to cast on and knit in the round using two colors, and learn to design and read a simple Fair Isle pattern. The class will cover gauge, yarn choices, color combinations, and when and how to fix mistakes. Needles, patterns and wool yarn are provided. A \$20 supply fee will be collected.

Pratt 3 Mondays
Oct 2-Oct 16 6:30 pm-8:30 pm
\$35

Knitting 1: Scarves and Hats

If you're new to knitting or need a refresher, join us to learn skills such as long-tail cast on, knit stitch, purl stitch, gauge, basic pattern reading, and yarn and needle selection. Bring US 7 or 8 needles (circulars 24" to 32" or straight) and worsted yarn.

Roosevelt 3 Mondays
Oct 2-Oct 16 6:30 pm-8:30 pm
\$35

Knitting 1.5: Mittens for Beginners

Keep those hands warm with a pair of hand-knit mittens. Gain the skills to knit in the round, make a thumb gusset, use a stitch holder and pick up and knit. Prerequisite: be able to purl, cast on and knit in the round on double pointed needles. Visit the website or call for pre-class homework and the supply list.

Roosevelt 3 Mondays
Oct 30-Nov 13 6:30 pm-8:30 pm
\$35

Knitting 2+: Dog Sweaters

Expand your knitting skills when you fit and design a dog sweater. Learn about measuring and shaping, knitting with two colors, and modifying a design to fit your pattern in order to keep your pup cozy all winter.

Roosevelt 3 Wednesdays
Nov 1-Nov 15 6:30 pm-8:30 pm
\$35

Knitting Basics

Learn to knit the basics: cast on, knit four basic types of stitches, read a pattern, and cast off. Bring needles (size 8) and an approximately 120-yard skein or ball of worsted weight cotton yarn. Make sure all skeins are wound and ready to work. Second class meets from 7:00-7:45 pm.

Southwest 2 Thursdays
Nov 2-Nov 9 7:00 pm-9:00 pm
\$25

Knitting: Pet Sweater

Learn how to cast on, measure for a pattern, read patterns and charts, cast off, seam pieces together, pick up stitches, work in the round, and finish the work. Leave with a homemade sweater for your furry friend. Bring needles—size 10 1/2 straight or 16" circular—and a set of 10 1/2 double point needles, along with approximately 400 yards of worsted weight yarn. Make sure all skeins are wound and ready to work.

Southwest 3 Thursdays
Oct 19-Nov 2 7:00 pm-7:45 pm
\$25

NEW Mixed Media Art Journaling

Explore brush calligraphy and other hand lettering techniques, collage, beginning sketching skills, travel and nature journaling. Create a second artist journal as a final project for documenting winter holiday adventures. A \$27 supply fee will be collected.

Lake Harriet 2 Mondays
Oct 30 6:30 pm-8:30 pm
\$25





NEW Mixed Media Journal

Make a beautiful 6 x 14" mixed media journal based on new sizzix journal die. Embellish the cover to make your journal unique. Instructor will have examples of spring, fall, and Holiday covers you can use for inspiration. Use your journal as an art journal, writing journal, scrapbook or for any purpose you can imagine. Bring embellishments of your choice to add to the cover (optional). A \$10 supply fee will be collected.

Southwest 1 Wednesday
Nov 8 6:00 pm-8:30 pm
\$25

Modern Weaving: Make Your Own Woven Wall Hanging

Learn the basics of frame loom weaving, start and finish your own woven wall hanging, and take your loom home so that you can continue your new craft. You will explore different fibers and techniques for weaving to help you execute your creative vision. Class fee includes a \$45 material fee that covers all materials, including a loom kit and tools that you will take home.

Northeast 1 Tue & Thu
Oct 10-Oct 12 6:00 pm-8:30 pm
\$70

Mono Printing

Explore techniques for mono plate printing. Create gorgeous, color exploding books/journals after all of the play with paint and textures. All materials provided, however you are encouraged to bring your own textures (stamps, doilies, leaves, etc) to test as well. A \$24 supply fee will be collected.

Lake Harriet 2 Mondays
Nov 6-Nov 13 6:30 pm-8:30 pm
\$25

NEW Mosaics: Flower Pots

Create something beautiful and interesting, and achieve a sense of accomplishment through mosaic art. Gain a practical and theoretical understanding of the techniques of mosaics, and learn about the materials, foundation, adhesives, tools, and finishing touches. A \$15 supply fee will be collected.

Washburn 2 Mondays
Oct 23-Oct 30 6:00 pm-7:30 pm
\$25



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NEW Mosaics: House Numbers

Create something beautiful and interesting, and achieve a sense of accomplishment through mosaic art. Gain a practical and theoretical understanding of the techniques of mosaics, and learn about the materials, foundation, adhesives, tools, and finishing touches. A \$15 supply fee will be collected.

Washburn 2 Mondays
Nov 6-Nov 13 6:00 pm-7:30 pm
\$25

Origami Fusion

Create geometric origami projects, cards, earrings and animals using large and small unique, colorful papers. Learn where to purchase good paper and where to meet monthly with other origami lovers. Supply fee of \$5 payable to instructor the first night of class.

Southwest 8 Wednesdays
Oct 4-Dec 6 7:00 pm-8:30 pm
\$55

Painting: Acrylic Painting 1

Learn the fundamental techniques of acrylic painting. Explore various painting materials, brush techniques and basic concepts through exercises in still-life and landscape forms. Plus, learn to stretch your own canvas. Approximately \$25 for supplies.

Southwest 6 Tuesdays
Oct 10-Nov 14 6:30 pm-8:30 pm
\$55

NEW Painting: Acrylic Paints and Media

Have fun with acrylic paints and media. Students will learn how to use different materials, methods and techniques for enhancing their acrylic paintings. There will be studio time during class to practice your new skills. Students bring their paint and supplies (list to be provided prior to class start).

Washburn 8 Mondays
Oct 2-Nov 20 6:30 pm-8:30 pm
\$69



Painting: Watercolors

Watch demonstrations before practicing individual watercolor projects with instructor support. Bring a student watercolor set, watercolor paper pad, brush, plastic container, and photos and objects you would like to paint.

Edison 6 Wednesdays
Oct 4-Nov 15 6:30 pm-8:30 pm
\$55

Painting: Watercolor All Levels

Learn about color, basic visual elements and composition through group and individual instruction. Critiques and discussions provide added insight on ways to improve your art. Advanced students can learn portrait painting.

Southwest 7 Tuesdays
Oct 10-Nov 21 6:30 pm-8:30 pm
\$65

Painting: Watercolor 1

Explore your creativity while learning watercolor fundamentals such as mixing colors, washes, wet-dry approaches, and texture with the help of instructor demonstrations and one-on-one coaching. Bring a watercolor set (Prang or similar), pencil, water container, paper towels, and #140 good quality paper to class.

Lake Harriet 4 Wednesdays
Oct 4-Oct 25 7:00 pm-9:00 pm
\$39

Painting: Watercolor 1 & 2

Bring your own watercolor supplies and enjoy a relaxed atmosphere to focus on your individual projects. The class will include some instruction and demonstration and is open to all skill levels.

Roosevelt 6 Wednesdays
Oct 11-Nov 15 7:00 pm-9:00 pm
\$55

Painting: Watercolor 2

Learn new watercolor techniques and different materials, including Yupo paper with watercolor inks, collaging, masking methods, color mixes, and abstraction. Instructor will demonstrate techniques and help you explore your own way of using this flexible medium. This will culminate in a final painting to be framed.

Lake Harriet 4 Wednesdays
Nov 1-Nov 29 7:00 pm-9:00 pm
\$39

Pastels

Explore an attractive, popular painting medium, the direct application of colorful pastel sticks on paper. It feels like drawing but looks like a painting. Learn about color, a variety of techniques, planning and composition. Bring a photo of what you want to paint. Also bring 12-30 pastels (soft and hard), a couple of pastel pencils, 2-3 paper stumps, kneaded eraser, and eight 8 1/2-by-11 sheets of paper such as Mi Tientes, Pan Pastels, or sanded. All levels of experience are welcome.

Lake Harriet 4 Mondays
Oct 30-Nov 20 6:30 pm-8:30 pm
\$39



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Pottery 1

Introduction to methods of hand building, throwing pots on the wheel, glazing and firing. Limited wheel time. No open studio time. Bring an old hand towel. Price includes a supply fee and three basic glazes.

Waite Park 7 Mondays
Oct 2-Nov 13 6:30 pm-8:30 pm
\$85

Waite Park 7 Tuesdays
Oct 3-Nov 14 12:30 pm-2:30 pm
\$85

Pottery: Wheel 1

Learn how to properly throw pots and glaze projects. Pick up your finished glazed pieces several weeks after the last class. Fee includes 25 pounds of stoneware clay, glazes, tools and firing.

Southwest 7 Mondays
Oct 2-Nov 13 6:30 pm-9:00 pm
\$95

South 7 Tuesdays
Oct 3-Nov 28 6:00 pm-8:30 pm
\$95

Southwest 7 Wednesdays
Oct 4-Nov 29 6:30 pm-9:00 pm
\$95

Pottery: Wheel 2

Improve your throwing techniques as you develop your art. Fee includes 25 pounds of stoneware clay, glazes, tools and firing.

South 7 Thursdays
Oct 5-Nov 30 6:00 pm-8:30 pm
\$95

Southwest 7 Tuesdays
Oct 10-Nov 21 6:30 pm-9:00 pm
\$95



Sewing 1

Learn to thread your machine and sew a teacher-selected project, regardless of your experience level. Bring your own sewing machine if you prefer.

Southwest 6 Mondays
Oct 2-Nov 6 6:15 pm-9:00 pm
\$65

Southwest 4 Tuesdays
Oct 10-Oct 31 6:00 pm-9:00 pm
\$55

Sewing Workshop

Learn to sew or improve your skills while receiving guidance completing your own personal project. Choose what you want to learn, make, and work at your own pace with personalized one-on-one help and advice on your projects. Bring your own sewing machine if you prefer.

Southwest 6 Thursdays
Oct 5-Nov 9 6:15 pm-9:00 pm
\$65

Southwest 4 Tuesdays
Nov 7-Nov 28 6:00 pm-9:00 pm
\$55

Sewing: Draperies

Learn how to design drapes, select fabrics and construct all parts of the drape. Learn about ordering drapery supplies and how to prevent potential problems. Purchase project supplies in class.

Southwest 8 Wednesdays
Oct 4-Dec 6 7:30 pm-9:00 pm
\$55

Sewing: Slipcovers

Protect new furniture or make old furniture look new again by sewing slipcovers properly and inexpensively. Project supplies can be purchased in class.

Southwest 8 Wednesdays
Oct 4-Dec 6 5:00 pm-6:15 pm
\$49

Sewing: Windowshades

Learn how to make insulated Roman, Austrian, balloon and cloud shades for special needs. Get help selecting fabrics and designing shades that are best for your project.

Southwest 8 Wednesdays
Oct 4-Dec 6 6:15 pm-7:30 pm
\$49

**Register now and make sure
you get into your favorite
classes!**

*We're online at
www.mplscommunityed.com*



Stained Glass 1

Learn to cut glass using a number of techniques, use special tools designed for stained glass artists and construct a small panel using a copper foil technique. Students should visit Glass Endeavors ahead of the first class to pick out a pattern and glass for their project. Materials for the class are about \$80. In addition, high quality tool kit is available from Glass Endeavors at a discounted rate of \$111 for students. Class is held at Glass Endeavors, 2716 E. 31st St. Call 612.721.9553 for more information.

Roosevelt 4 Saturdays
Oct 7-Oct 28 10:30 am-1:00 pm
\$49

Stained Glass 1

Learn the basic techniques of making stained glass projects. Bring a notebook and pen.

Northeast 6 Mondays
Oct 9-Nov 13 6:30 pm-8:30 pm
\$55

Stained Glass: Panel Lampshades

You will learn about design, construction and techniques for successful panel lamp building. Come in prior to the first class to purchase a book of lamp designs and glass so that you're ready to cut the first day of class. Beginning Stained Glass is required. No discounts. Class is held at Glass Endeavors, 2716 E. 31st St. Call 612.721.9553 for more information.

Glass Endeavors 4 Tuesdays
Oct 3-Oct 24 6:00 pm-8:00 pm
\$39

Traditional Spoon Carving

Learn about green woodworking, a centuries old Scandinavian craft, while creating a functionally lovely carved spoon. Basic carving grips, safety and instruction for tool maintenance will be covered. Leave class with the basic knowledge you need to continue pursuing the craft. Register at www.articulture.org with the code "ComEd" to receive the \$68 member tuition rate. Materials fee of \$45, payable first day of class, will include carving kit purchase. Class is held at Articulture, 2613 Franklin Ave. E.. Call 612.729.5151 with questions.

Articulture 4 Mondays
Nov 6-Nov 27 7:00 pm-9:30 pm

Wood Carving

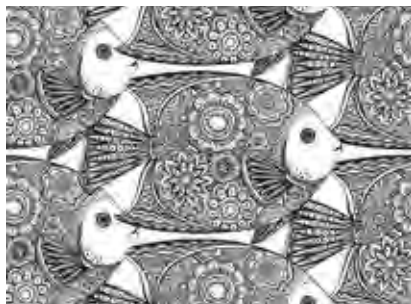
Discover this ancient craft and create beautiful pieces. Learn how to design your own pattern or use existing patterns, choose wood, sharpen tools, carve simple figures, and put on many finishing touches. Dress for mess. A \$5 supply fee will be collected.

South 5 Tuesdays
Oct 3-Nov 7 6:30 pm-8:30 pm
\$45

Zentangle: Basics and Advanced

Zentangle is an organized and easy-to-learn approach to drawing that uses repeating patterns to create abstract designs. The first night will cover basics. The second night will focus on advanced skill. These elements will be taught through special design projects such as mandalas, cards, book covers, mobiles, and origami boxes. A \$6 supply fee will be collected.

Lake Harriet 2 Wednesdays
Oct 11-Oct 18 7:00 pm-9:00 pm
\$25



Arts & Crafts Homemade



Lip Balm: All-Natural Homemade

Know exactly what you're putting on your lips with homemade, all-natural lip balms. A \$6 supply fee will be collected.

Edison 1 Thursday
Nov 16 6:30 pm-9:00 pm
\$25

Natural Bath Gifts in a Jar

Create great skin-healing and natural bath products you can gift in a jar. Experiment with several recipes, and make two gift-in-a-jar projects of your choice to take home. A \$6 supply fee will be collected.

Pratt 1 Tuesday
Nov 21 6:00 pm-9:00 pm
\$25

Natural Lotions & Body Products

Create your own lotions, facial toners and more. Make a take-home project and receive handouts to create more skin specialties at home. A \$6 supply fee will be collected.

Lake Harriet 1 Monday
Nov 20 6:30 pm-9:00 pm
\$25

Soap Making: All-Natural Homemade Bar Soap

Experience the fusion of essential oils and soothing coconut the old-fashioned, cold process lye soap way. Wear old clothing with long sleeves, long pants, toe-covered shoes, eye protection (glasses acceptable) and rubber gloves. The second night of class is 6 to 8 p.m. A \$10 supply fee will be collected.

Pratt 1 Mon & Wed
Nov 6-8 6:00 pm-9:00 pm
\$35

Lake Harriet 1 Mon & Wed
Nov 13-15 6:00 pm-9:00 pm
\$35

Soap Making: Laundry Soap

Make homemade laundry soap that can brighten, remove stains and resist fading as well as commercial laundry soaps for only pennies per load. The soap is mild enough for those with allergies. Bring a 2- to 6-cup covered container. A \$1 supply fee will be collected.

Lake Harriet 1 Monday
Oct 9 6:30 pm-8:30 pm
\$19

Tinctures: Home Remedies

Tinctures preserve and concentrate the properties of herbs to aid in sleep, digestion, alertness and more. Start making a four-ounce tincture to bring home. A \$10 supply fee will be collected in class.

Edison 1 Thursday
Nov 30 6:30 pm-8:30 pm
\$19

Dance

Appalachian Clogging 1

Learn basic clogging steps, listening skills, how to improvise with foot percussion and more. Wear comfortable, smooth-soled shoes (leather is best) to slide on wood floors. Please, no tap shoes.

Pratt 6 Mondays
Oct 2-Nov 6 6:30 pm-7:30 pm
\$35

Appalachian Clogging 2

Get exercise and have fun expanding your experience with clogging. Prerequisite: One previous clogging class. Wear comfortable, smooth-soled shoes (leather is best) to slide on wood floors. Please, no tap shoes.

Pratt 6 Mondays
Oct 2-Nov 6 7:45 pm-9:00 pm
\$45

Ballet

Perform warm-ups, basic positions, and work on center combinations. Receive individual corrections for alignment and positioning. Wear comfortable workout or dance clothes.

Edison 6 Wednesdays
Oct 25-Dec 6 6:15 pm-7:30 pm
\$45

Ballroom Dance 1

Learn a dance repertoire that will give you confidence on the dance floor. Dancing is fun, exciting, and provides health and social benefits. Class covers the Swing, Foxtrot, Waltz, Rumba, Cha Cha, Tango, and Samba.

Southwest 7 Thursdays
Oct 5-Nov 16 7:45 pm-9:00 pm
\$49

Ballroom Dance 2

Increase your confidence as you learn additional step patterns and styling in the swing, foxtrot, waltz, tango, cha cha, rumba and samba. Prerequisite: Know two to three basic steps in each dance.

Southwest 7 Mondays
Oct 2-Nov 13 7:45 pm-9:00 pm
\$49

Ballroom Dance 3

Continue your dancing pleasure as you learn more complex step patterns in the swing, foxtrot, cha-cha, tango, waltz, rumba and samba. Prerequisite: Know four to five step patterns in each dance.

Southwest 7 Wednesdays
Oct 4-Nov 29 7:45 pm-9:00 pm
\$49

Belly Dance 1

Improve flexibility, creativity, control and grace in a comfortable atmosphere. Wear workout or dance clothes. Dance barefoot or wear soft sandals or ballet slippers. Bring a scarf to accent hip movements.

Lake Harriet 9 Wednesdays
Oct 4-Dec 6 8:15 pm-9:15 pm
\$49

Edison 8 Thursdays
Oct 5-Nov 30 7:45 pm-9:00 pm
\$49

Pratt 7 Saturdays
Oct 7-Nov 18 11:00 am-12:15 pm
\$49

Southwest 6 Wednesdays
Oct 18-Nov 29 7:30 pm-9:00 pm
\$45

Belly Dance 2

Advance your Belly Dance skills. Improve flexibility, creativity, control and grace in a comfortable atmosphere. Wear workout or dance clothes. Dance barefoot or wear soft sandals or ballet slippers. Bring a scarf to accent hip movements. Students should have taken Belly Dance 1 or have prior Belly Dance experience.

Pratt 8 Tuesdays
Oct 3-Nov 28 6:30 pm-7:30 pm
\$45

Edison 8 Thursdays
Oct 5-Nov 30 6:10 pm-7:40 pm
\$55

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twitter.com/mpslcommunityed

Belly Dance 3

As advanced students, combine technique conditioning with ethnic, fusion and other styles of Middle Eastern dance. Finger cymbals are required, and other props may be used.

Pratt 8 Tuesdays
Oct 3-Nov 28 7:45 pm-8:45 pm
\$45

Dances for Wedding Receptions

Gain a useful set of moves that can translate across dances, and learn essentials for the waltz, salsa dancing, club dancing and more. Register with a partner. Please note: no class 10/18.

Northeast 6 Tuesdays
Oct 3-Nov 7 6:30 pm-7:30 pm
\$35

Washburn 5 Wednesdays
Oct 4-Nov 8 7:00 pm-8:30 pm
\$45

Flamenco Dance: Sevillanas

Join regionally renowned Flamenco dancer Sachiko Nishiuchi and learn this fun, vivacious and energetic dance. It's so enjoyable you will hardly notice that you are also getting a workout.

Roosevelt 6 Wednesdays
Oct 4-Nov 8 7:15 pm-8:15 pm
\$35

Hip Hop Cardio

Hip Hop Cardio is a fun, upbeat, and easy to follow dance workout. Students will learn energetic routines that can be modified for all ability levels. Bring a water bottle, towel and comfortable workout attire. No previous dance skills are necessary, just come ready to have fun with this exciting workout.

Northeast 6 Thursdays
Oct 5-Nov 9 6:30 pm-7:30 pm
\$35



Latin Dance 1

Dance the merengue, bachata, cha-cha-cha, salsa and cumbia, and get familiar with the footwork styles and music for each dance.

Southwest 8 Tuesdays
Oct 10-Dec 5 6:15 pm-7:30 pm
\$55

Latin Dance: Bachata

Discover the steps involved in the bachata, a romantic dance that often means it's party time.

Southwest 4 Tuesdays
Nov 7-Nov 28 7:30 pm-8:30 pm
\$25

Modern Dance

Beginning Modern Dance combines basic movement and technique with exercise and dance history. Students will find that this class allows for more personal expression and body care than other dance disciplines. This class is open to all skill levels and ages. Plan to wear comfortable clothes and bare feet.

Edison 6 Wednesdays
Oct 25-Dec 6 7:35 pm-8:50 pm
\$45

Modern Dance: Beginning

Achieve mind/body focus, relieve stress and feel energized while understanding how to move with ease. Learn positions, terminology and movement associated with modern dance. Wear comfortable clothes that allow you to see the line of your body. No class Oct 17.

Roosevelt 7 Tuesdays
Oct 3-Nov 21 7:15 pm-8:45 pm
\$55

Salsa Dance 1

Add some spice to your dance life when you learn salsa's basic rhythm and step and turn combinations. You will also receive an introduction to the popular Latin dance Bachata. You may register solo or with a partner.

Justice Page 8 Tuesdays
Oct 3-Nov 21 7:30 pm-8:30 pm
\$45

Salsa Dance 1

Add some spice to your dance life when you learn the salsa's basic rhythm and step and turn combinations. Please register with a partner.

Pratt 6 Wednesdays
Oct 4-Nov 8 8:00 pm-9:00 pm
\$35

Swing Dance 1

Learn the one-step and three-step swings and their many patterns and turns, and burn calories as you're having fun. You may register solo or with a partner.

Justice Page 8 Tuesdays
Oct 3-Nov 21 6:20 pm-7:20 pm
\$45

Swing Dance 1

Learn the one-step and three-step swings and their many patterns and turns, all while burning calories.

Southwest 7 Thursdays
Oct 5-Nov 16 6:30 pm-7:30 pm
\$39

Swing Dance 2

Master additional steps and sequences in one- and three-step swing dances. Prerequisite: Know at least four to five patterns in swing.

Southwest 7 Mondays
Oct 2-Nov 13 6:30 pm-7:30 pm
\$39

Swing Dance: West Coast Swing

Have great fun with the flexibility of this swing dance's various spins and counts, all while burning off calories.

Southwest 7 Wednesdays
Oct 4-Nov 29 6:30 pm-7:30 pm
\$39

Tap Dance 1

Get introduced to basic steps and tap routines suitable for beginners. Tap shoes preferred.

Pratt 6 Saturdays
Oct 7-Nov 11 10:15 am-11:15 am
\$35

Southwest 7 Tuesdays
Oct 10-Nov 21 7:00 pm-8:00 pm
\$39

Tap Dance 1.5

Expand your knowledge of tap by adding steps and combinations to improve your technique, articulation and rhythm.

Southwest 7 Tuesdays
Oct 10-Nov 21 8:00 pm-9:00 pm
\$39

Tap Dance 2

Expand your knowledge of tap by adding steps and combinations to improve your technique, articulation and rhythm. Tap shoes preferred.

Pratt 6 Saturdays
Oct 7-Nov 11 11:30 am-12:30 pm
\$35

Zydeco Dance

Introducing Zydeco, the southwest Louisiana dance that's heating up dance floors across the country. Socialize and get your groove on with this high-energy dance that is sure to get your heart pumping and your feet moving. Wear leather-soled shoes and bring a water bottle.

Pratt 3 Tuesdays
Oct 3-Oct 17 8:05 pm-9:05 pm
\$25





Music & Performance

NEW Acting 1

Immerse yourself in the art and technique of acting, emphasizing the basics—script and character analysis, vocal and physical techniques, and the importance of connecting with acting partners. You will perform partnered scenes from Neil Simon's Barefoot in the Park as you seek to apply these basics to rehearsing and performing.

Lake Harriet 4 Wednesdays
Oct 25-Nov 15 6:00 pm-8:00 pm
\$39

Advanced Guitar Workshop

Use intermediate music theory to bring your guitar skills up another notch. We will focus on scale patterns, chart reading, solo-ing and comping. Class is intended for intermediate to more advanced guitarists.

Roosevelt 6 Wednesdays
Oct 4-Nov 8 6:30 pm-7:20 pm
\$35

Banjo 1: 5-String

Learn the basics of playing the three finger picking or Scruggs style bluegrass technique made famous in classic movies like Bonnie and Clyde and The Beverly Hillbillies. Bring a 5-string banjo, two metal finger picks, one plastic thumb pick and a flash drive.

Roosevelt 6 Mondays
Oct 2-Nov 6 6:30 pm-7:30 pm
\$35

Blues Harp 1

Learn to bend notes and play 12 & 16 bar blues tunes. You'll be introduced to the greats like John Sebastian, Sonny Terry and Minneapolis favorite Tony Glover. Bring a 10-hole diatonic harmonica in the key of C, a notebook and a recorder.

Southwest 6 Mondays
Oct 2-Nov 6 6:30 pm-8:00 pm
\$45

Community Band

Join the Northeast Community Band to play marches, show tunes and other classic selections. To learn more, email necbinfo@gmail.com. To register, call 612.275.2996.

Edison 8 Thursdays
Oct 5-Dec 7 7:00 pm-9:30 pm
Free

Community Choir: Prospect Park

Sing in a fun, relaxed environment with the Prospect Park Community Choir, a mixed choir that sings everything from classical to pop to international music. Rehearsals are held at Prospect Park United Methodist Church. Register at rehearsal for \$55. Call 612.929.5364 for more information.

Prospect Park United Methodist Church 14 Tuesdays
Sep 12-Dec 12 7:00 pm-9:00 pm
\$55 at rehearsal

Guitar 1

Learn chords, scales and basic guitar technique so you can start playing your favorite songs. Bring an acoustic guitar and a pick.

Anwatin 5 Mondays
Oct 2-Oct 30 6:30 pm-7:45 pm
\$35

Roosevelt 6 Mondays
Oct 2-Nov 6 7:45 pm-8:45 pm
\$35

Southwest 7 Tuesdays
Oct 3-Nov 14 7:00 pm-7:45 pm
\$39

Edison 8 Wednesdays
Oct 4-Dec 6 6:30 pm-7:30 pm
\$39

Guitar 2

Pick up where you left off in Guitar 1, and learn how to play with more finesse. The instructor will teach beginning barre chords, alternate-thumb picking, common chord progressions, and basic blues.

Edison 8 Wednesdays
Oct 4-Dec 6 7:35 pm-8:35 pm
\$39

Southwest 7 Tuesdays
Oct 10-Nov 21 8:00 pm-8:45 pm
\$39

Harmonica Quick Start

Get an overview of the standard 10-hole diatonic harmonica, how it is used to play a melody, and how to use "cross-harp" technique for playing blues styles. Bring a 10-hole diatonic harmonica in the key of C.

Pratt 3 Wednesdays
Oct 25-Nov 8 7:00 pm-9:00 pm
\$35

Improv 1

Learn the basics of improvisational comedy including how to think on your feet, speak confidently in public, work effectively in a team and how to let go and have fun. Please wear closed-toed shoes and bring a notebook if you'd like to take notes. No previous experience is necessary.

Henry 8 Wednesdays
Oct 11-Dec 6 7:00 pm-9:00 pm
\$59



Jam-Band

Take your talent to the next level. Get together with other local amateur musicians, plug in, and work toward performing and recording. Explore exercises in a small group dynamic and learn to collaborate musically on guitar, bass, drums, piano/keys, tambourine etc. Class is hosted and facilitated by Jason Fladager, founding member of the Big Wu, a staple in the twin cities music scene and promoter and music coach for up and coming local talent.

Roosevelt 6 Wednesdays
Oct 4-Nov 8 7:30 pm-9:00 pm
\$59

Northside Singers

Love to sing? Treat yourself to a joyful hour a week singing pop, gospel and Christmas music with friends and neighbors. Laugh, make lasting relationships and get the chance to perform during the holiday season. The ability to read music or prior choir experience is not necessary -- just bring your love of singing. We strive to create a warm and inviting atmosphere for singers of all ages and abilities. A \$55 staff and materials fee will be collected.

Henry 8 Mondays
Oct 16-Dec 4 7:30 pm-8:45 pm
\$5

Play it by Ear

Whether it's ukulele, guitar, mandolin or banjo, strumming an accompaniment by ear is easy and fun. Learn just a few essential chords and when to play them, all in an atmosphere where making mistakes is encouraged. Bring your instrument.

South 4 Thursdays
Oct 26-Nov 16 7:00 pm-9:00 pm
\$35

Songwriting 101

An original song is an amazing form of self-expression. The biggest component of successful songwriting is to believe you can do it. Learn how to pick a theme, write lyrics, format, chord progression and editing. Come equipped to write in your favorite format-Ipad, computer or pen and paper. No class Oct 17.

Roosevelt 6 Tuesdays
Oct 3-Nov 14 7:45 pm-8:45 pm
\$35

Sound Recording and Production

Get hands-on experience mixing, recording and editing music/sound. Add vocals and blend in sound effects such as piano, drums, trumpet etc. Keyboards and Mac computers with Garage Band will be used. No class on Oct 17.

Roosevelt 6 Tuesdays
Oct 3-Nov 14 6:00 pm-7:30 pm
\$45

NEW That's Funny! Improv & Comedy Sketch

This energetic class will help you develop confidence and hone your comedic timing and writing skills. Activities will include comedy improvisation, sketch writing, workshops of hilarious scripts, and much more. Novice and experienced jokers welcome. We'll laugh together, support one another and shout, "That's funny!" Please note: no class 10/18 or 11/22.

Justice Page 8 Wednesdays
Oct 4-Dec 6 6:00 pm-7:30 pm
\$55



NEW The Healing Power of Music

Music has been utilized as a tool for healing for thousands of years. Learn how music can be used to relieve stress and anxiety, stabilize vital signs, ease the symptoms of dementia, soothe an anxious pet and help in a variety of medical or mental health situations. No previous musical experience or talent is necessary.

Southwest 3 Wednesdays
Nov 1-Nov 15 7:00 pm-8:30 pm
\$29

Uke and More Saturday Jam

Bring your uke, banjo, guitar, harmonica or voice and gather around the coffee pot to share songs and tunes. Practice your skills, share music and get helpful tips in a casual atmosphere.

Pratt 6 Saturdays
Oct 7-Nov 11 10:00 am-12:00 pm
\$45

Ukulele 1

Learn three simple cords that can accompany hundreds of songs and create endless entertainment for you and your friends. Bring your ukulele.

Pratt 3 Wednesdays
Oct 4-Oct 18 7:00 pm-9:00 pm
\$35

South 3 Tuesdays
Nov 7-Nov 21 7:00 pm-9:00 pm
\$29

Ukulele 2

Take your ukulele skills to the next level with a variety of new techniques, including minor chords. Bring your ukulele. Prerequisite: Ukulele 1 or other experience.

South 3 Tuesdays
Nov 28-Dec 12 7:00 pm-9:00 pm
\$29

Photography



Astrophotography

If you love night photography, stars and adventure, join us to take your skills to the next level. Discover how to take and create stunning star and Milky Way images. Receive tips for your next photography adventure and understand programs that help you plan the how, when and where for an astrophotography shoot. Pre-requisite: DSLR 1 or a strong understanding of your camera settings. Oct 26th class is held at Carmen Anders' Photo Studio, 77 13th Ave NE, #205. Register online or call 612.668.4828.

Roosevelt 2 Mondays
Oct 2-Oct 9 7:00 pm-9:00 pm
\$35

Carmen Anders' Photo Studio 2 Thursdays
Oct 26-Nov 2 7:00 pm-9:00 pm
\$35

Creative Art Photography

Create your own masterpieces while exploring the fascinating world of long exposures and light painting. Focus on studio projects to create dramatic art photography. Bring your digital SLR camera and a tripod. A shutter release is helpful, but not necessary. Class held at 77 13th Ave. NE, #205. Register online or call 612.668.4828.

Carmen Anders' Photo Studio
4 Mondays
Nov 13-Dec 4 7:00 pm-9:00 pm
\$55

Demystifying Your Digital Camera

Understand the technical basics of digital photography including shutter speeds, apertures, exposure, focal length, ISO, motion and depth of field, mega pixels. Learn how to control your camera to get the desired effect. Students must provide their own digital camera. Register online or call 612.668.4828. Class held at Homewood Studios, 2400 Plymouth Ave. N.

Homewood Studios 4 Mondays
Nov 6-Nov 27 6:00 pm-8:00 pm
\$45

Digital SLR 1

Improve the composition and quality of your photographs as you learn the fundamentals of digital SLR photography, including ASA/ISO, f-stops, speed settings and accessories. If you have a camera with interchangeable lenses, please bring it. Classes at West Photo are at 21 University Ave NE. Register online or call 612.668.2828 for West Photo classes. No class on Nov 22.

Southwest 4 Tuesdays
Nov 7-Nov 28 7:00 pm-9:00 pm
\$45

Jefferson 4 Thursdays
Oct 5-Oct 26 7:00 pm-9:00 pm
\$39

Edison 3 Thursdays
Oct 26-Nov 9 6:30 pm-8:30 pm
\$45

West Photo 1 Saturday
Oct 28 10:00 am-4:00 pm
\$45

Roosevelt 4 Wednesdays
Nov 1-Nov 29 7:00 pm-9:00 pm
\$55

West Photo 1 Saturday
Nov 18 10:00 am-4:00 pm
\$45

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Digital SLR 2

Start understanding the advanced features of your digital SLR camera, including shutter speed, ASA/ISO settings, aperture control and more. You must have a camera with interchangeable lenses.

Edison 3 Thursdays
Nov 16-Dec 7 6:30 pm-8:30 pm
\$45

NEW Fall Colors

Take this opportunity to learn about all the settings on your camera that will help improve your full-color photos. We will cover advanced camera settings the use of filters and the steps necessary to take starting fall photos.

Lake Harriet Bandshell 1 Saturday
Oct 14 1:00 pm-4:00 pm
\$35

Flash Workshop

Community Ed, in partnership with West Photo, offer you the chance to participate in a hands-on flash photography course. Here you will receive practical instruction, time to test your skills, and also use top-of-the-line camera accessories so that you get the perfect photo. This class is perfect if you have taken a CE Digital SLR 1 or 2 class. Please bring your camera, manual and flash, if you own one, to ALL classes.

Jefferson 3 Thursdays
Nov 30-Dec 14 7:00 pm-9:00 pm
\$45

Lightroom 1

Learn the ins and outs of Lightroom set and operation including Import/Export, Photo Organization, Workflow Development. This class is instructional, but feel free to bring your laptop or tablet and work along in class.

Southwest 3 Thursdays
Oct 5-Oct 19 7:00 pm-9:00 pm
\$35

Lightroom 2

Take Lightroom to the next level by creating Smart collections and Collection sets. Discover the powerful effect when Lightroom and Photoshop are combined. Create and publish your images in a few easy steps. This class is instructional, but feel free to bring your laptop or tablet and work along in class.

Southwest 3 Thursdays
Nov 2-Nov 30 7:00 pm-9:00 pm
\$35

NEW Night Photography Workshop

Exploring the Bridges of Minneapolis

This three week night photography workshop will provide the opportunity to experience the night colors of area bridges while also offering interesting shots of the Minneapolis skyline. The class will meet at a different location each week and is intended for those who have an DSLR camera with interchangeable lenses. Prerequisite: Digital SLR1 or a strong understanding of your camera settings. Workshops held at 35W Bridge - October 3, 7-9 pm, Lowry Bridge - October 17, 7-9 pm, Hennepin Ave Bridge - October 24, 6:30-8:30 pm.

Jefferson 3 Tuesdays
Oct 3-Oct 24 7:00 pm-9:00 pm
\$29

Night Star Trails

When you join our class you'll receive both classroom instruction as well as hands-on experience. You'll focus on proper camera settings and work inside a mock planetarium. You'll also take your skills on location for a night-time photo shoot (that location is TBD by class).

Jefferson 1 Tuesday
Oct 17 7:00 pm-9:00 pm
\$25

**There are no classes
November 22-24
for the Thanksgiving holiday.**

Photography as a Business

If you're thinking about starting a business in photography, join us to find out about legal requirements for starting a photography business in Minnesota. Topics covered include copyright, registration, sales tax and other related issues. Class held at 21 University Ave NE. Register online or call 612.668.2828.

West Photo 1 Saturday
Oct 21 10:00 am-2:00 pm
\$35

Shooting at the Best Locations in Minneapolis

Discover the best locations around Minneapolis to shoot great pictures, including new locations recently added to this popular class. Learn tips and tricks for each site, and get hands-on experience outdoors on location. Please remember to bring your tripod if you have one. Southwest class will meet at the school before going on location elsewhere.

Roosevelt 4 Wednesdays
Oct 4-Oct 25 7:00 pm-9:00 pm
\$55

Southwest 4 Mondays
Nov 5-Nov 27 7:00 pm-9:00 pm
\$55

Seeing Like a Photographer

This class is open to everyone with a focus on seeing differently and connecting with your own self-expression. Improve your composition and visualization skills through discussions, demonstrations, assignments, visual exercises and critiques. Students must provide their own digital camera or even an iPhone would work. Register online or call 612.668.4828. Class held at Homewood Studios, 2400 Plymouth Ave. N.

Homewood Studios 4 Mondays
Oct 9-Oct 30 6:00 pm-8:00 pm
\$45

NEW The Art of Posing for Photography

Practice effective posing of yourself and others, learn to coach subjects into the pose you desire and identify common posing mistakes. Get tips on using composition techniques and posing skills in tandem to create beautiful portraits. Bring your DSLR camera. Class is held at 77 13th Ave. NE, #205. Register online or call 612.668.4828.

Carmen Anders' Photo Studio 3 Mondays
Oct 16-Oct 30 7:00 pm-9:00 pm
\$45

NEW The Art of Posing for Photography

An in-depth look at portrait photography. We will cover how to pose your subject alone or in groups to achieve stunning portraits. Subjects covered will include use of lenses, depth of field, lighting and polishing techniques. Meet at Gil Dignen's Photography Studio, 77 13th Ave. NE, #205. Register online or call 612.668.2740.

Gil Dignen's Photo Studio 3 Thursdays
Nov 2-Nov 16 7:00 pm-9:00 pm
\$45

NEW Understanding Your Digital Camera

Understand the functions of your digital camera and how they affect your photos.

Southwest 3 Mondays
Oct 16-Oct 30 7:00 pm-9:00 pm
\$35

Using Photoshop Elements

Uncover the basics of photo manipulation in the Elements program to give marginal photos the "Hollywood touch." Learn to crop, add or remove objects, convert photos from color to black and white, and more. Make your own holiday cards as a final project. Bring a flash drive.

Southwest 4 Tuesdays
Oct 10-Oct 31 7:00 pm-9:00 pm
\$45

Health & Fitness



*What exactly makes a healthy lifestyle?
An hour of intense cardio? A home free of
hormone disruptors? A stress-relieving massage?
Lucky for you, you don't have to choose. Our classes
run the gamut to keep you at the top of your game
in every aspect of healthy living.*





Aquatics at Dowling

The Dowling pool is a warm, therapeutic pool. A cleansing shower is required. Shower shoes are recommended. Times listed are "in water" times. Locker room door will open 10 minutes before class. Park in back lot and enter at door #21. **Call 612.668.3100 for more information.**

Adult Open Therapeutic Session

Enjoy a session of self directed exercising and stretching in a warm therapeutic pool. Water weights & noodles available.

7 Fridays	Oct 6-Nov 17	5:45 pm-6:30 pm	\$39
7 Fridays	Oct 6-Nov 17	6:45 pm-7:30 pm	\$39

Adult Water Exercise

Exercise and stretch for 45 minutes in a warm therapeutic pool with an experienced instructor. No senior discounts.

6 Wednesdays	Sep 6-Oct 11	4:25 pm-5:15 pm	\$39
6 Wednesdays	Sep 6-Oct 11	5:20 pm-6:10 pm	\$39
6 Mondays	Sep 11-Oct 16	4:25 pm-5:15 pm	\$39
6 Mondays	Sep 11-Oct 16	5:20 pm-6:10 pm	\$39
8 Mondays	Oct 23-Dec 11	4:25 pm-5:15 pm	\$55
8 Mondays	Oct 23-Dec 11	5:20 pm-6:10 pm	\$55
7 Wednesdays	Oct 25-Dec 13	4:25 pm-5:15 pm	\$45
7 Wednesdays	Oct 25-Dec 13	5:20 pm-6:10 pm	\$45

Family Swim

Enjoy the warm Dowling pool during this open swim time with your family. The class is designed for infants and children up to 9 years old and their caregivers. Price is per person. Payment must be made for adults and children.

6 Mondays	Oct 2-Nov 13	6:30 pm-7:15 pm	\$19
6 Wednesdays	Oct 4-Nov 15	6:30 pm-7:15 pm	\$19

Aquatics at Northeast

Participants with shoulder length hair must wear a swim cap. A cleansing shower is required before entering the pool. Shower shoes are recommended. Times listed are "in water" times. Please arrive 10 minutes early to change. **Call 612.668.3100 for more information.**

Adult Lap Swim

Swim laps for fitness or enjoyment. Register for full session, sorry no drop-ins. Cost is per swimmer; registration is for any lap swim night within the specified dates at the location stated.

7 Mon, Tu & Fri	Oct 2-Nov 14	7:30 pm-8:30 pm	\$39
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Family Swim

Enjoy open swim time with your family. Children must be accompanied by adults at all times. Swim Diapers must be worn if appropriate. Price is per person; payment must be made for each adult and child attending.

4 Mondays	Oct 2-Oct 23	6:15 pm-7:15 pm	\$5
6 Fridays	Oct 6-Nov 10	6:15 pm-7:15 pm	\$9

Swimnastics

Exercise in a pool to increase your flexibility while toning and slimming. Swimnastics is great for achy backs and muscles. Shower shoes are recommended.

7 Tuesdays	Oct 3-Nov 14	6:30 pm-7:15 pm	\$45
7 Thursdays	Oct 5-Nov 16	6:30 pm-7:15 pm	\$45
7 Thursdays	Oct 5-Nov 16	7:15 pm-8:00 pm	\$45

Women Only Swim: Beginner

6-13 yrs

Learn basic swimming skills, bubble blowing, floating, front crawl and more.

6 Saturdays	Oct 7-Nov 18	9:30am-10:15 am	\$35
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Women Only Swim: Beginner

14yrs - Adult

Learn basic swimming skills, bubble blowing, floating, front crawl and more.

6 Saturdays	Oct 7-Nov 18	10:30 am-11:15 am	\$35
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Aquatics at Southwest

The pool is located on the 46th St. & Beard Ave. S. side of Southwest High. Enter through Door #1 or #15. **Call 612.668.3100 for more information.**

Adult Lap Swim

Swim laps for fitness or enjoyment. Register for full session, sorry no drop ins. Cost is per swimmer; registration is for any lap swim night within the specified dates.

4 Mon, Tu & Thu 7:30 pm-8:45 pm
Oct 2-Oct 26 \$25

6 Sat 12:00-1:30 pm
Mon/Tu/Th 7:30 pm-9:00 pm
Nov 2-Dec 16 \$65

Adult Intro to Water Skills

This class is for students who aren't yet comfortable in the water.

8:30-9 pm \$45 per 6 session class

6 Thursdays Nov 2-Dec 14
6 Mondays Nov 6-Dec 11
6 Tuesdays Nov 7-Dec 12

Adult Stroke Development

This class is for students who are comfortable in the water and able to "doggy" paddle.

6 Thursdays Nov 2-Dec 14
8:30 pm-9:00 pm \$45

6 Mondays Nov 6-Dec 11
8:30 pm-9:00 pm \$45

6 Tuesdays Nov 7-Dec 12
8:30 pm-9:00 pm \$45

Adult Stroke Refinement

Improve your front crawl and all other strokes. You should be comfortable submerging completely underwater, know basic strokes, be comfortable in the deep end and be able to float for 1 min.

6 Thursdays Nov 2-Dec 14
8:30 pm-9:00 pm \$45

6 Mondays Nov 6-Dec 11
8:30 pm-9:00 pm \$45

6 Tuesdays Nov 7-Dec 12
8:30 pm-9:00 pm \$45



Exercise & Fitness

Aerobics:

Low Impact Aerobics

This user friendly, low impact aerobics class has easy to follow choreography that will raise your metabolism and burn fat. Work on abdomen and glutes with strength training for upper body and back support. Senior discount available.

Waite Park 9 Mondays
Oct 2-Nov 27 5:45 pm-6:45 pm
\$49

Waite Park 9 Wednesdays
Oct 4-Nov 29 5:45 pm-6:45 pm
\$49

Waite Park 9 Saturdays
Oct 7-Dec 2 8:30 am-9:30 am
\$49

Barre

This class includes barre, weights and core intervals, designed to sculpt and tone the entire body. Come prepared to sweat. Please bring light hand weights, your yoga mat, and water. No class Oct 17.

Roosevelt 7 Tuesdays
Oct 3-Nov 21 6:00 pm-7:00 pm
\$39

Barre Tone

Combine the grace of ballet with the efficiency of a gym workout through barre tone. Concentrate on alignment, placement, posture, flexibility and coordination to strengthen and lengthen your muscles. Bring a yoga mat.

Pratt 8 Tuesdays
Oct 3-Nov 28 7:10 pm-7:55 pm
\$45

Edison 8 Thursdays
Oct 5-Dec 7 6:30 pm-7:30 pm
\$45

NEW Beachbody Fitness

Students will not only get a great workout, they will learn also learn strategies in setting up a successful workout routine and proper nutrition.

Roosevelt 6 Mondays
Oct 2-Nov 6 6:00 pm-7:15 pm
\$45

Southwest 6 Thursdays
Oct 5-Nov 9 7:30 pm-9:00 pm
\$45

Safety Disclaimer:

There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Minneapolis Public Schools (SSD #1) assumes no responsibility for injuries received during activities. Any changes in participants' activity level should be done under the approval and direction of their physician or health care provider.



Bodyshaping/ Bodybuilding

Enjoy a high-energy workout with fun and lively music. Bodyshaping is a system of strength training and flexibility exercises that combines the best elements from free weights to yoga. Bring indoor athletic shoes and a water bottle.

Pratt	8 Mondays
Oct 2-Nov 27	8:00 am-9:15 am \$55
South	9 Tuesdays
Oct 3-Dec 5	6:45 pm-7:45 pm \$49
Pratt	8 Wednesdays
Oct 4-Nov 29	8:00 am-9:15 am \$55
Pratt	8 Wednesdays
Oct 4-Nov 29	6:30 pm-7:45 pm \$55
South	9 Thursdays
Oct 5-Dec 7	6:45 pm-7:45 pm \$49
Pratt	8 Fridays
Oct 6-Dec 1	8:00 am-9:15 am \$55
Pratt	8 Saturdays
Oct 7-Dec 2	8:45 am-10:00 am \$55

Bootcamp Circuits

Combine strength and balance exercises with short cardio blasts for an awesome workout. Please note: no Wednesday class 10/18 or 11/22.

Washburn	10 Mondays
Oct 2-Dec 4	6:15 pm-7:15 pm \$85
Washburn	8 Wednesdays
Oct 4-Dec 6	6:15 pm-7:15 pm \$69

Booty and Core

This class includes cardio and toning intervals, designed to strengthen the core, glutes and thighs. Come prepared to sweat. Please bring light hand weights, your yoga mat, and water.

Roosevelt	7 Wednesdays
Oct 4-Nov 15	6:00 pm-7:00 pm \$39

Fit Strike Sculpt

This high intensity, low impact class will include non contact kickboxing and sculpting intervals, designed to strengthen and tone the entire body with a cardio punch. Come prepared to sweat. Please bring light hand weights, your yoga mat, and water.

Roosevelt	7 Wednesdays
Oct 4-Nov 15	7:15 pm-8:15 pm \$39

Fitness Center

Use cardio and weight machines in a fitness-center setting. After orientation, you can come in to work out at any time during the hours listed.

Andersen	12 Tuesdays
Oct 3-Dec 19	5:30 pm-7:00 pm \$25
Andersen	11 Thursdays
Oct 5-Dec 21	5:30 pm-7:00 pm \$25
Andersen	9 Saturdays
Oct 7-Dec 16	9:00 am-10:30 am \$19

Gutbusters - Stretch and Balance

Improve strength, balance and flexibility through intensive body-comprehensive exercises, balance and stretch work. Bring a yoga mat and wear clothes that allow you to move comfortably.

Northeast	7 Wednesdays
Oct 4-Nov 15	7:00 pm-8:15 pm \$49

NEW Hip Hop Cardio Fitness

Hip Hop Cardio is a fun, upbeat, and easy-to-follow dance workout. Students will learn energetic routines that can be modified for all ability levels. Bring a water bottle, towel and comfortable workout attire. No previous dance skills are necessary, just come ready to have fun with this exciting workout.

Washburn	10 Mondays
Oct 2-Dec 4	7:30 pm-8:30 pm \$55
Lucy Craft Laney	8 Tuesdays
Oct 10-Nov 28	6:30 pm-7:30 pm \$39



Jump Rope for Fitness

Gain agility, speed, coordination, and balance; burn fat; and achieve overall fitness by jumping rope. Learn the fundamental techniques of jumping rope to build a fun and fast workout routine for your entire body. With proper technique, jumping rope is a dynamic, low-impact activity. A \$5 jump rope fee will be collected.

Southwest 8 Thursdays
Oct 5-Nov 30 7:30 pm-8:30 pm
\$39

Kung Fu Funk

This mid level intensity, low impact class will include basic Kung Fu (with a funky twist), weights and core intervals designed to strengthen and tone the entire body with a cardio punch. Be ready to break a sweat. Please bring light hand weights, your yoga mat, and water. No class Oct 17.

Roosevelt 7 Tuesdays
Oct 3-Nov 21 7:15 pm-8:15 pm
\$39

Martial Arts: Indonesian

Learn the fundamentals of self-defense and various styles of martial arts. Stretching exercises, kicks, punches, blocks, grabs, meditation, stick fighting and up-close techniques will be taught. Wear loose clothing.

Southwest 7 Mondays
Oct 2-Nov 13 6:30 pm-8:00 pm
\$49

Mat Pilates 1

Improve your flexibility, build strength, and develop control and endurance in the whole human body. Pilates puts emphasis on alignment, breathing, developing a strong core, and improving coordination and balance. Wear comfortable clothes and bring a mat.

Jefferson 4 Tuesdays
Oct 3-Oct 24 6:00 pm-7:00 pm
\$25



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Mat Pilates 2

Now that you've learned the basics of Pilates, challenge yourself to this new, calorie burning, next-level course. Test your flexibility and endurance as you stretch and pump your way to a stronger you. Bring your own mat.

Jefferson 4 Thursdays
Oct 5-Nov 2 6:00 pm-7:00 pm
\$25

Nia

Learn this fitness practice that combines the best of dance, martial arts and yoga. More dance party than workout, Nia builds strength, agility, and confidence, and is a great form of conditioning.

Lake Harriet 10 Mondays
Oct 2-Dec 4 6:30 pm-7:30 pm
\$55

Lake Harriet 9 Wednesdays
Oct 4-Dec 6 6:30 pm-7:30 pm
\$49

Pilates 1

Improve your posture, balance and flexibility with this unique method of body conditioning. Build strength in your abdomen, lower back and hips, and focus on making your torso the power center of your body.

Washburn 10 Mondays
Oct 2-Dec 4 6:00 pm-7:00 pm
\$55

Washburn 10 Tuesdays
Oct 3-Dec 5 6:00 pm-7:00 pm
\$55

Pratt 8 Tuesdays
Oct 3-Nov 28 6:15 pm-7:00 pm
\$45

Lake Harriet 10 Wednesdays
Oct 4-Dec 13 7:30 pm-8:30 pm
\$55

Pilates 2

Test your conditioning with strengthening and stretching exercises, and make your torso the power center of the body. Prerequisite: Pilates 1. Wear comfortable clothes, and bring a mat and water bottle.

Washburn 10 Tuesdays
Oct 3-Dec 5 7:15 pm-8:30 pm
\$65

Lake Harriet 10 Wednesdays
Oct 4-Dec 13 6:15 pm-7:15 pm
\$55

Pilates Yoga Power Sculpt

Use Pilates principles to raise your heart rate and work out at an intermediate level. The class will use small stability balls (provided) and resistance Thera-Bands, which students may purchase from the instructor for \$5. Prerequisite: experience with Pilates and yoga.

Washburn 10 Mondays
Oct 2-Dec 4 7:15 pm-8:30 pm
\$65

Qigong 18 Movements

Learn the 18 movements of qigong, including warm-ups that will open the joints, incorporate healing sounds, and gather energy from heaven and earth. Class may be held outdoors when the Fall weather is beautiful. Wear comfortable clothes and avoid a heavy meal before class.

Pratt 4 Wednesdays
Oct 4-Oct 25 6:15 pm-7:15 pm
\$29

Rock, Soul & Rhythm Dance Fitness

This high-energy dance fitness class offers a cardio and muscle-toning workout set to classic recordings and new remixes of soul, funk, R&B, hip-hop, and rock favorites. The moves are hot, but easy to follow, and guaranteed to make you sweat AND smile.

Roosevelt 8 Mondays
Oct 2-Nov 20 7:30 pm-8:30 pm
\$45



Tai Chi Wu Form

Known as the “moving meditation,” Wu Ta’i Chi is a series of slow, controlled movements that develop strength, balance, posture and calm. It is especially good for healing joint and back pain and releasing stress.

Jefferson 6 Wednesdays
Oct 4-Nov 15 6:00 pm-7:30 pm
\$45

Walking for Fitness

Don’t let rainy weather stop you from walking. Enjoy this easy exercise indoors instead. Walking can lower blood pressure, cholesterol, risk of stroke and risk of injury. It can also improve your sense of well-being and happiness.

Roosevelt 8 Mon-Wed
Oct 2-Nov 21 6:00 pm-8:00 pm
Free

Northeast 9 Mon-Thu
Oct 2-Nov 30 5:45 pm-6:45 pm
Free

Henry 8 Mon & Wed
Oct 11-Dec 6 6:00 pm-8:30 pm
Free

Weight Room Workout with Ray

Workout in the updated South High weight room with Principal Ray Aponte. Follow routines or workout solo. You’ll have access to kettlebells, free weights, squat racks and other gym equipment.

South 11 Mondays
Oct 2-Dec 11 7:00 pm-8:15 pm
\$ 55

South 9 Wednesdays
Oct 4-Dec 13 7:00 pm-8:15 pm
\$55

Weight Training

Learn weight training techniques and develop a personal weight training program. Work with a trainer on Tuesdays and by yourself on Thursdays.

Northeast 7 Tue & Thu
Oct 3-Nov 16 7:00 pm-8:15 pm
\$49

NEW Zumba: Basic + Toning

This Zumba class infuses mostly high-intensity dance fitness choreographies with two to three lower intensity songs. Basic Zumba and Zumba Toning formats are combined to provide a unique and specialized Zumba experience.

Jefferson 7 Tuesdays
Oct 3-Nov 21 7:00 pm-8:00 pm
\$49

Zumba: Exercise to Latin Music

Maximize fat burning and total body toning through the interval and resistance training that Zumba provides. The dance workout combines moves from salsa, cumbia, merengue and more. Bring a small towel and water bottle.

Lake Harriet 10 Wednesdays
Oct 4-Dec 13 7:00 pm-8:00 pm
\$55

Southwest 7 Tuesdays
Oct 10-Nov 21 7:00 pm-8:00 pm
\$39

Washburn 10 Tuesdays
Oct 3-Dec 5 7:00 pm-8:00 pm
\$55



The Alexander Technique is over 120 years old, and instructors complete three years of training to be AmSAT certified. Please bring a mat.

Alexander Technique 1

Explore the Alexander Technique, an educational discipline that will help you coordinate your whole self efficiently in all activities: walking, climbing stairs, driving, biking, athletics, playing an instrument, gardening, or working at the computer. Enjoy finding balance and improving alignment in stillness and in action.

Lake Harriet 7 Thursdays
Oct 5-Nov 16 5:00 pm-6:00 pm
\$35

NEW Alexander Technique 2

Explore the Alexander Technique on a deeper level among your peers. Continue building your skills with American Society of Alexander Technique certified instructor Lisa First. Please wear loose, comfortable clothing.. Prerequisite: Alexander Technique 1 with Lisa First.

Lake Harriet 7 Thursdays
Oct 5-Nov 16 6:10 pm-7:10 pm
\$35

Health, Wellness & Safety



Essential Oils 101

Learn the buzz about essential oils. Find out how to support healthy body systems, regain healthy and natural energy levels, and enhance overall wellness.

Justice Page 1 Tuesday
Oct 24 6:30 pm-8:30 pm
\$19

Essential Oils: Holiday Make & Take

Spread some holiday cheer with all-natural products made with essential oils. Join us for holiday music and treats as we make natural DIY products for yourself or those on your holiday shopping list. The instructor will collect a \$16 supply fee on the night of class.

Justice Page 1 Tuesday
Nov 28 6:00 pm-8:30 pm
\$19

Sleep: How Night Can Change Your Day

Sleep is a widely overlooked component of our overall health and well-being. Learn tips and tricks for better quality and quantity sleep and diagnose signs of a sleep disorder. Bring your sleep questions too. Class will be held at Van Cleve Park, 901 15th Ave SE.

Pratt 1 Thursday
Nov 2 10:00 am-11:00 am
Free



CPR & AED Training with First Aid

Learn CPR, choking management, and the use of barrier devices for adult, child, and infant victims, as well as how to use an AED in this HeartSaver course from the American Heart Association.

Justice Page 1 Thursday
Nov 2 12:00 pm-5:30 pm
\$75

CPR: Adult, Infant & Child with AED Training

Receive a certificate of completion when you finish this HeartSaver course covering CPR, choking management and how to use an AED. A \$6 supply fee will be collected. Register for both CPR and first aid classes at Southwest for a reduced price.

Southwest 1 Monday
Oct 9 5:15 pm-9:15 pm
\$45

Southwest 1 Monday
Nov 13 5:15 pm-9:15 pm
\$45

CPR: Adult, Infant and Child with AED Training

Receive a certificate of completion when you finish this HeartSaver course covering CPR, choking management and how to use an AED. A \$5 supply fee will be collected. Register for both CPR and first aid classes at Roosevelt for a reduced price. Class is held at Sibley Park, 1900 E. 40th St. No discounts. Register online or call 612.668.4828.

Sibley Park 1 Saturday
Oct 14 10:30 am-1:00 pm
\$55

CPR: Adult, Infant and Child with AED Training and First Aid

Receive a two-year American Heart Association certification card when you complete this HeartSaver course covering CPR, first aid and how to use an AED. No discounts. Register online or call 612.668.4828.

Sibley Park 1 Saturday
Oct 14 10:30 am-4:00 pm
\$80

First Aid

Learn critical skills of managing an emergency, including how to treat bleeding, sprains, broken bones, shock, diabetic emergencies, seizures, stroke and other first aid emergencies. Bring your current CPR card to class. Receive a certificate of completion at the end of class. Optional instructional books (\$15) will be available for purchase. Register for both CPR and first aid classes at Roosevelt for a reduced price. Class is held at Sibley Park, 1900 E. 40th St. No discounts. Register online or call 612.668.4828.

Sibley Park 1 Saturday
Oct 14 1:00 pm-4:00 pm
\$45

First Aid: American Heart Association

Learn to handle medical, injury and environmental emergencies, including choking, shock, stroke, seizures, allergic and diabetic reactions, bleeding, wounds, burns, fractures and sprains, bites, cold- and heat-related problems, and poisoning. Receive a certificate of completion at the end of class. A \$6 supply fee will be collected. Register for both CPR and first aid classes for a \$10 discount. Call 612.668.3100 to register with the discount.

Southwest 1 Monday
Nov 6 5:15 pm-9:15 pm
\$45



Massage for Couples

Learn simple massage techniques that encourage relaxation, calm the mind and accelerate healing. Wear comfortable clothes. Bring two sheets and a pillowcase, lotion or oil. You must register with a partner. Cost is per person.

Southwest 2 Tuesdays
Oct 16-23 6:00 pm-9:00 pm
\$35

Self Massage for Stress Reduction

Learn how to personally relieve the pain and tension in your shoulders and arms using simple techniques that encourage relaxation, calm the mind and accelerate healing. Your own touch has the power to comfort, re-balance and release stress on physical, emotional and spiritual levels. Wear comfortable clothes.

Henry 1 Monday
Oct 16 6:30 pm-8:30 pm
\$19

Shoulder Massage for Couples

Learn simple techniques that encourage relaxation, calm the mind and accelerate healing, not to mention relieve shoulder and neck pain, tension headaches, tight jaws, carpal tunnel syndrome and tension due to mouse use. Wear comfortable clothes. One person should register but both should attend; the fee covers both people.

Henry 2 Mondays
Oct 23-30 6:30 pm-8:30 pm
\$39

Caring for the Caregiver

Learn about available resources to help provide care and services geared toward supporting your needs as a caregiver. Resources highlighted include caregiver consultation, respite/adult day programs, support groups, and education. Co-sponsored by the Metropolitan Area Agency on Aging. Class held at Prospect Park Methodist Church, 22 Orlin Ave. SE. Mpls.

Prospect Park United Methodist Church 1 Thursday
Nov 30 10:00 am-11:00 am
Free

Emergency Self-Defense

Gain basic skills and knowledge to defend yourself against an attack or home invasion. Learn how to properly defend yourself without becoming injured in the process, and discuss optional household defense items.

Lake Harriet 1 Monday
Nov 13 6:30 pm-8:30 pm
\$19

Krav Maga

Feel the confidence that comes with knowing how to defend yourself in any situation. Learn a variety of combatives (punching, kicking, etc.), as well as techniques for defending against common attacks on the street and in domestic situations (chokes, guns, knives, etc.). Wear comfortable clothes and athletic shoes, and bring a water bottle.

Henry 4 Wednesdays
Oct 25-Nov 15 7:30 pm-8:45 pm
\$29



NEW Self Defense for Women Workshop

Sargent Toni Weinbeck of the Brooklyn Park Police Department will teach personal awareness skills for women. This workshop is part of a two-part series co-sponsored by Reviving Sisterhood whose mission is to amplify the voice and power of Muslim women through leadership development, community engagement, and philanthropy. A light supper will be served. To register, go to www.revivingsisterhood.org. Class fee of \$5 covers light supper and instructor.

Pratt 1 Monday
Oct 9 6:00 pm-9:00 pm
\$5

NEW Self Defense for Women Workshop II

Sargent Toni Weinbeck of the Brooklyn Park Police Department will review personal awareness skills and teach physical defense techniques for women. While the class is appropriate for all women, it will also include information on how Muslim women can respond to threats to religious attire such as grabbing a hijab from behind. Light supper will be served. Co-sponsored by Reviving Sisterhood. To register, go to www.revivingsisterhood.org. Class fee of \$5 covers light supper and instructor.

Pratt 1 Monday
Nov 6 6:00 pm-9:00 pm
\$5

Women's and Girls' Self Defense Workshop

Attend this demonstration workshop that promotes community wellness and security. Wear comfortable clothes and tennis shoes if you want to practice the skills. Ages 13 and older.

Southwest 1 Tuesday
Oct 24 7:30 pm-8:45 pm
Free

Southwest 1 Wednesday
Oct 25 7:30 pm-8:45 pm
Free



Sports & Recreation

Badminton

Review the rules and strokes and play a game of singles or doubles in this non-competitive class where you form your own groups.

Southwest 8 Mondays
Oct 2-Nov 20 7:00 pm-9:00 pm
\$39

Badminton: Adult Co-ed

After a brief review of the rules and strokes, play a game of singles or doubles. Improve all aspects of your game, including serves, hits and net-play.

Washburn 6 Mondays
Oct 2-Nov 6 7:00 pm-9:00 pm
\$30

Basketball

Enjoy a friendly, non-competitive, half-court basketball game for co-ed adults. Play four-on-four or five-on-five, without coaches or referees.

Southwest 8 Tuesdays
Oct 3-Nov 21 7:00 pm-9:00 pm
\$39

Floorball

Join the Northeast Floorball group for pick-up games of this fun, safe, energetic type of floor hockey. To learn more, contact Minneapolis Floorball on Facebook. There is no online registration.

Northeast 10 Mondays
Oct 2-Dec 4 7:00 pm-9:00 pm
\$3

Northeast 8 Thursdays
Oct 5-Nov 30 7:00 pm-9:00 pm
\$3

Golf 1 & 2

Practice putting, chipping, pitching and full-length shots to improve your golf skills. Learn about golf history, types of clubs, rules and etiquette. Bring #3, #5, #7 and #9 irons and a putter.

Roosevelt 6 Mondays
Oct 2-Nov 6 6:00 pm-7:00 pm
\$35

Pickleball

Join us for a sport that's gaining popularity all around the world. A combination of badminton and tennis, pickleball is easy to learn and fun to play for all skill levels. This class typically fills in the first day of registration.

Anthony 10 Mondays
Oct 2-Dec 4 7:00 pm-8:45 pm
\$49

Southwest 8 Wednesdays
Oct 4-Nov 29 7:00 pm-9:00 pm
\$39

Southwest 8 Thursdays
Oct 5-Nov 30 7:00 pm-9:00 pm
\$39

Ping Pong

Ping pong, or table tennis, is one of the fastest-growing sports in the world—it's even in the Olympics. We will play in the round robin format while having fun and staying fit in this fast-paced workout. Previous experience required. Must bring your own paddles.

Southwest 7 Thursdays
Oct 5-Nov 16 7:00 pm-9:00 pm
\$35

Volleyball

Competitive Co-Ed

Join competitive, co-ed volleyball. You must be able to demonstrate your ability to pass, set, hit and serve. Prerequisite: Solid volleyball skills.

Southwest 8 Wednesdays
Oct 4-Dec 6 7:00 pm-9:00 pm
\$39

Adult Co-ed

Join others for an enjoyable, exhilarating night of full-court volleyball.

Lake Harriet 12 Mondays
Oct 2-Dec 18 7:00 pm-9:00 pm
\$30

Adult Co-ed Recreational

No instruction is provided in this co-ed recreational volleyball class. Class is held at Wenonah School, 5625 23rd Ave. S. Prerequisite: Some volleyball knowledge. Drop-in cost is \$3 at the door. Register online or call 612.668.4828.

Wenonah 8 Thursdays
Oct 5-Dec 7 6:30 pm-8:30 pm
\$25

Power Plus

Join in on competitive co-ed volleyball for players with solid BB (advanced/former club or D3 players) skill levels. You must be able to demonstrate your abilities at an open gym if signing up for the first time. Consistent volleyball fundamentals (passing, setting, serving, offense and defense) are required. The instructor will contact you upon registration and will assist in finding other opportunities if the class isn't an appropriate fit.

Jefferson 10 Tuesdays
Oct 3-Dec 12 7:00 pm-9:00 pm
\$29

Yoga & Mind-Body Practices



Baguazhang 1

Baguazhang is a centering and balancing style of movement/martial arts is similar to Tai Chi, but focused more on circular motions. This class is self-limiting; non-athletes and senior citizens are encouraged to participate. Dynamic & static limbering & flexibility exercises will serve as a preparation for circle walking.

Jefferson 6 Thursdays
Oct 5-Nov 16 6:00 pm-7:30 pm
\$39

Meditation Sampler

Discover how to reduce stress, build your immune system and support your general health and wellness through meditation. Get introduced to a variety of techniques, including meditation on the breath, loving kindness meditation, mantra meditation and more.

Pratt 4 Wednesdays
Oct 4-Oct 25 7:30 pm-8:30 pm
\$29

Qi Gong: Spring Forest Techniques 1

Relax, balance your energy and bring more harmony into your life with Qi Gong. Learn active exercises and a wonderful meditation for balance and healing. Wear comfortable clothes.

Southwest 4 Tuesdays
Oct 24-Nov 14 6:30 pm-8:00 pm
\$35

Tai Chi Chuan

Learn how to relax into health in 10 minutes a day with Tai Chi Chuan.

Hale 8 Thursdays
Oct 5-Dec 14 6:00 pm-7:00 pm
\$45

Tai Chi Chuan 1: Yang Style

Enjoy a way of “moving without moving” with Tai Chi, a less stressful form of exercise for health and well-being. Benefits include relaxation, coordination, better circulation, flexibility and strength. Wear comfortable clothes.

Lake Harriet 6 Mondays
Oct 2-Nov 6 6:15 pm-7:15 pm
\$35

Tai Chi for Better Health

This gentle program improves mental and physical capacity, as well as relaxation, balance, and flexibility. It is suitable for most physical conditions and can be done sitting or standing. Wear loose clothing and flat bottom shoes. No class 10/17.

Roosevelt 7 Tuesdays
Oct 3-Nov 21 6:00 pm-7:00 pm
\$39

**There are no classes
November 22-24
for the Thanksgiving holiday.**

Tai Chi Minnesota Style: Minne-soh-Tai Chi

Try out this easy and fun form of Tai Chi that “borrows” from Yang and Sun style movements, and most importantly, incorporates a Minnesota touch. Bring your own hot dish (metaphorically speaking). Includes qigong (breathing) exercises.

Waite Park 4 Mondays
Oct 23-Nov 20 6:30 pm-7:30 pm
\$29

Yoga

Practice gentle yoga movements and breathing techniques. You will improve your balance, strength, and mobility all in a relaxed and quiet environment. Bring a pillow, blanket, or yoga block to help with poses and positions. Bring a yoga mat if you have one or we can provide one.

Anwatin 5 Mondays
Oct 2-Oct 30 6:30 pm-8:00 pm
\$45

Yoga: Barre

Yoga Barre consists of small, low-impact movements performed to upbeat music. It combines elements of ballet, Pilates, and yoga, using your body weight and/or light free weights as resistance. Increase flexibility, cardio fitness, core strength and lean muscle while emphasizing the mind-body connection.

Henry 8 Mondays
Oct 16-Dec 4 7:30 pm-8:30 pm
\$45

Yoga: Chakra Yoga

There are seven major psychic centers in the body that process energy. Explore these seven centers to learn their purpose, what supports their healthy function and what can block them.

Southwest 7 Wednesdays
Oct 4-Nov 29 6:30 pm-7:30 pm
\$39



Yoga: Beginning Fitness

Explore basic breathing techniques and develop strength, balance and flexibility in this introduction to fitness yoga. Wear comfortable clothes, bring a mat if you own one, and refrain from eating before class. Please note: no class 10/18 or 11/22.

Washburn 8 Wednesdays
Oct 4-Dec 6 4:30 pm-5:30 pm
\$45

Yoga: Fitness

Increase your strength, improve your flexibility and practice balance, relaxation, and breathing techniques through yoga exercises. Must be able to comfortably transition from standing to seated position. Wear comfortable clothes, and refrain from eating before class.

Northeast 7 Tuesdays
Oct 3-Nov 14 6:15 pm-7:15 pm
\$39

Washburn 8 Wednesdays
Please note: no class 10/18 or 11/22.
Oct 4-Dec 6 6:00 pm-7:15 pm
\$55

South 6 Thursdays
Oct 5-Nov 16 6:00 pm-7:00 pm
\$35

Yoga: For Stress Reduction

Reduce stress, manage your moods, gain more focus and cultivate a sense of relaxation in your everyday life. Use gentle movement and postures, breath awareness, guided meditation and deep relaxation techniques. Bring a mat and blanket, and refrain from eating before class.

Lake Harriet 6 Mondays
Oct 2-Nov 6 7:05 pm-8:05 pm
\$35

Yoga: Fusion

This is a fusion class of Hatha Yoga asanas, cardio fitness, creative movement, Ecstatic Dance, Kundalini Yoga kriyas and pranayama (breathing techniques). Each week the movement piece will be different, as will the pranayama. The class will progress with warm up, movement, and then pranayama, meditation, and deep relaxation.

Pratt 8 Tuesdays
Oct 3-Dec 5 6:30 pm-8:00 pm
\$59



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Yoga: Gentle 1

Focus on slow movements through seated, standing and restorative poses that include proper alignment, breathing and relaxation techniques. Experience the benefits of yoga through calmness of the mind, improved balance, strength, circulation and mobility. Wear comfortable clothes, bring a mat if you own one, and refrain from eating before class.

Washburn 10 Mondays
Oct 2-Dec 4 7:30 pm-8:30 pm
\$55

Dowling 8 Mondays
Oct 2-Nov 20 6:00 pm-6:55 pm
\$46

Northeast 6 Thursdays
Oct 5-Nov 9 7:15 pm-8:30 pm
\$45

South 6 Thursdays
Oct 5-Nov 16 7:30 pm-8:30 pm
\$35

Yoga: Gentle 2

Continue to develop your yoga practice. Prerequisite: Gentle Yoga 1 or other experience. Bring a mat.

Dowling 8 Mondays
Oct 2-Nov 20 7:05 pm-8:00 pm
\$46

Yoga: Hatha

Find a deeper connection for your body, mind and spirit by using breath to guide the body. The class focuses on alignment, flexibility and strength. Bring a mat and blanket.

Dowling 8 Mondays
Oct 2-Nov 20 6:00 pm-7:15 pm
\$50

Lake Harriet 6 Mondays
Oct 2-Nov 6 6:00 pm-7:00 pm
\$35

South 7 Tuesdays
Oct 3-Nov 21 6:00 pm-7:00 pm
\$39

Southwest 7 Thursdays
Oct 5-Nov 16 6:00 pm-7:15 pm
\$49



Yoga: Hatha Gentle

If you have physical limitations or are new to yoga, enjoy a class that focuses on gentle techniques that accommodate all bodies. Work on form, breathing and relaxation. Wear comfortable clothes and bring a mat.

Roosevelt 7 Wednesdays
Oct 4-Nov 15 6:00 pm-7:15 pm
\$49

Yoga: Hatha - All Levels

Focus on strength, stamina, balance, flexibility and proper alignment in this hatha yoga class that unites pranayama (breath) and asanas (yoga postures). Wear comfortable clothes, bring a mat and blanket, and refrain from eating before class.

Southwest 7 Tuesdays
Oct 10-Nov 21 5:30 pm-6:45 pm
\$49

NEW Yoga: Intermediate Flow

This class is for yoga students familiar with basic poses and the vinyasa flow sequence (chaturanga/upward-facing dog/downward-facing dog). More time will be spent introducing and working with a variety of standing asanas, arm balances, and inversions. We will dedicate the last 15 minutes to breathing and meditation techniques.

Washburn 10 Mondays
Oct 2-Dec 4 6:00 pm-7:15 pm
\$65

Yoga: Kundalini

Kundalini Yoga is one of the oldest styles of yoga and will help you maintain a healthy body weight, improve flexibility, while also energizing and relaxing you. The calming effect of yoga and meditation also support a focused and balanced mind as well as stress reduction.

Edison 8 Wednesdays
Oct 4-Dec 6 7:15 pm-8:15 pm
\$45

Pratt 8 Saturdays
Oct 7-Dec 2 10:30 am-12:00 pm
\$59

Yoga: Prenatal

Prepare your body and mind for the birthing process. Maintain flexibility, vitality, strength of body and calmness of mind during and after pregnancy. Wear loose clothing and bring a mat. Please note: no Wednesday class 10/18 or 11/22.

Washburn 8 Wednesdays
Oct 4-Dec 6 5:00 pm-6:15 pm
\$55

Edison 8 Wednesdays
Oct 4-Dec 6 6:00 pm-7:00 pm
\$45

Hale 8 Thursdays
Oct 5-Dec 14 6:00 pm-7:15 pm
\$55

Northeast 6 Thursdays
Oct 5-Nov 9 6:00 pm-7:15 pm
\$45

Yoga: Restorative

Release as much tension as possible in your body with restorative yoga, a proactive form of strengthening that allows you to stretch beyond your muscles and into your ligaments.

Southwest 7 Mondays
Oct 2-Nov 13 6:30 pm-7:30 pm
\$39

Yoga: Vinyasa

Experience vinyasa yoga, the practice of linking flowing postures with deliberate breath. Balance, full range of motion and flexibility are emphasized to break up congestion in the body, restore energy and maintain health. Bring a mat.

Lake Harriet 6 Wednesdays
Oct 4-Nov 8 7:05 pm-8:05 pm
\$35

Pratt 5 Tuesdays
Oct 24-Nov 28 8:05 pm-9:00 pm
\$35

Yoga: Yin

Experience yin yoga, a meditative practice rooted in ancient Chinese medicine and philosophy. This highly therapeutic style of yoga is designed to improve the immune system, increase circulation, improve flexibility and promote a strong sense of vitality. Postures are all practiced on the floor and are held for two to five minutes. Bring a mat.

Lake Harriet 6 Wednesdays
Oct 4-Nov 8 6:00 pm-7:00 pm
\$35

Midnight-to-Dawn Metro Bike Tour #40



Saturday, June 30, 2018

Insomniacs and bicycling lovers unite. Enjoy a 42- or 28-mile ride through the metro on the "Midsummer's Night Dream-of-a-Ride." Make stops at late-night shops like Mel-O-Glaze Bakery and the Grand Ol' Creamery or bike straight through the night to the sunrise finish. A gourmet breakfast cooked hot on-the-spot will follow the ride. Registration deadline is June 8, 2018. Cost is \$20 and includes breakfast and t-shirt. All cancellations must be made by June 8, 2018.

Southwest 1 Saturday Jun 30 11:00 pm-11:59 pm \$20

Adults 55+



If you've got free time you're looking to fill, look no further. Take on tai chi, experience the globe through the eyes of another, and hit the town for a night out at the theater.



Adventures in Learning

Classes in this section are priced at the senior rate.

UCare discounts may be applied to these classes.

Adults of all ages are welcome to participate.



Bingo for Fun

Gather with others to enjoy an afternoon of entertainment, Bingo playing and an opportunity to make new friends. Prizes for Bingo are offered, but there will be no cash prizes. Light refreshments will be served. Come for the Bingo, stay for the fun. Event co-hosted by Senior Community Services and Mpls Park and Recreation. \$2 at door. Register online or call 612.668.2219. Held at Creekview Recreation Center, 5001 Humboldt Ave. N.

Creekview Recreation

Center 1 Friday
Nov 3 1:00 pm-3:00 pm
\$2 at door

Bingo Social

Enjoy time with friends and light refreshments as you play lively games of Bingo. Prizes will be awarded. \$2 fee collected at the door. Class held at McRae Park, 906 E. 47th St. Register online or call 612.668.3767.

McRae Park 1 Thursday
Sep 28 11:00 am-12:30 pm
\$2 at the door

McRae Park 1 Thursday
Oct 26 11:00 am-12:30 pm
\$2 at the door

McRae Park 1 Thursday
Nov 30 11:00 am-12:30 pm
\$2 at the door

Book Club

Please join us for an open invitation to be a part of a book club that cares. Book Club meets the 3rd Monday of every month. Call 612.668.1590 for more information and for the book of the month. \$2 donation at the door goes toward Waite Park student scholarships.

Waite Park 4 Mondays
Sep 18-Dec 18 1:00 pm-2:30 pm
\$2 at the door

Exploring Poetry

(Re)discover the joy of poetry. Bring your favorite poems to share, and learn about various poems and poets through audio and visual presentations.

Pratt 6 Tuesdays
Oct 3-Nov 14 10:00 am-11:00 am
\$29

NEW Fifty Plus Travel—Sharing the Wisdom

Travel is high on many people's retirement list. How do you decide where, when and how to go? What resources are available on the web? Whether you are experienced and widely travelled or will be new to the world outside your backyard, talking with others is a valuable resource that should not be overlooked. This class will provide some basics on using internet travel sites and tour groups, as well as encouraging group input on personal travel experiences to share the wisdom.

Southwest 1 Thursday
Oct 5 6:00 pm-8:00 pm
\$19

Joy in Learning

Join us for a discussion and presentation on various topics of interest. Topics for the Fall will include presentations on Sri Lanka, local history, and a holiday gathering. This class is co-sponsored by Pratt Community Education and Southeast Seniors. Meets one Wednesday of each month at Prospect Park United Methodist Church, 22 SE Orlin Ave (across the street from Pratt School). Register online or call 612.668.1100.

Prospect Park United Methodist Church

1 Wednesday
Oct 25 12:00 pm-1:30 pm
Free

Prospect Park United Methodist Church

1 Wednesday
Nov 15 12:00 pm-1:30 pm
Free

Prospect Park United Methodist Church

1 Wednesday
Dec 20 12:00 pm-1:30 pm
Free

Language and Culture: A Lens to View the Natural World

The way we view the world and perceive nature is affected by the language we speak and the cultural values we hold. Unique words from different languages can give new meaning to concepts we have not yet considered or understood. Learn new words from around our planet and leave class with a new way to view our world. Reservations required by October 13. \$5. Ages 18+. Register online or call 612.668.4828. Class held at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park 55444.

West Coon Rapids Dam

Visitor Center 1 Wednesday
Oct 18 10:00 am-12:00 pm
\$5

*There are no classes November 22-24
for the Thanksgiving holiday.*



Lunch & A Classic Movie

Enjoy a lunch buffet at Pepito's followed by a classic movie. See the 1956 Hitchcock drama *The Man Who Knew Too Much*, Nov. 16; the 1972 comedy *What's Up Doc?*, Oct. 19th; Orson Wells' 1941 drama *Citizen Kane*, Dec. 21st; and the 1963 Mystery/Thriller *Charade*, Sept. 21st. Register online or call 612.668.3767. Cost is \$12.95 plus tax, tip and beverage. Please pay your fee at Pepito's. Special Bonus, You can bring a friend for free. Meet at Pepito's Parkway Theater, 4814 Chicago Ave. S. at 11 a.m.

Hale 4 Thursdays
Sept 21-Dec 21 11:00 am-2:30 pm
\$12.95 at the door

Minnehaha Falls - A Rowdy History

Minnehaha Falls is one of Minneapolis' most famous landmarks but in the early 20th century it was the site of mayhem, scandal and neighborhood battles. Join Karen Cooper, local historian, as she shares the history of the falls that includes sideshows, illegal saloons, dance halls and carnivals. Learn how the falls changed from a rural wonder to a rowdy tourist attraction to a family-friendly neighborhood park. Class held at Nokomis Library, 5100 S 34th Ave. Register online or call 612.668.3767.

Nokomis Library 1 Thursday
Nov 2 1:00 pm-2:00 pm
Free

Shakespeare - A Study Guide

Renaissance drama has famously been defined as consisting of love, blood, and rhetoric. Two of the greatest examples of this will be produced by local theaters this fall: "*Romeo and Juliet*" (Guthrie) and "*Hamlet*" (Park Square). Please join us for discussions on two Thursdays, October 12 and 19, respectively. Class is free, but you must register by calling 612.668.3767. Class held at Nokomis Community Library, 5100 34th Ave. S.

Nokomis Library 2 Thursdays
Oct 12-Oct 19 1:00 pm-2:30 pm
Free

NEW Streetcar Era of the Twin Cities

Find out the story of the Twin City Rapid Transit Company from its earliest days, through its heyday in the years before and immediately after World War 1. Discover the reasons it eventually surrendered to the automobile. Transit historian, John Diers, will discuss the geography of the Twin Cities streetcar system as well as its history, operations, economics and the rebirth of the light rail. Co-sponsored by Van Cleve Seniors. Class will be held at Van Cleve Park, 901 15th Ave SE. Register online or call 612.668.1100.

Van Cleve Park 1 Thursday
Oct 5 10:00 am-11:15 am
Free

Foreign Policy Issues Discussion

Through the nationwide Great Decisions program, learn more about vital foreign policy issues facing our country.

The sessions feature lectures and lively discussions with local college professors and other guest speakers. Topics include "U.S. Foreign Policy and Petroleum," "Latin America's Political Pendulum," "Prospects for Afghanistan and Pakistan," and "Nuclear Security."

Co-sponsored by Friends of the Washburn Library, Friends of the Nokomis Library, Friends of the Minneapolis Central Library and Walker Place.

Register online or call 612.668.4828. Four sections offered: (Note, Washburn and Nokomis programs have two topics each - Nuclear Security and Afghanistan & Pakistan talks are at Nokomis, Latin America and Petroleum talks are at Washburn Library).

Minneapolis Central Library,
300 Nicollet Mall
4 Tuesdays Oct 3-31
10:00 am-11:30 am Free

Walker Place,
3701 Bryant Ave S.
4 Thursdays Oct 5-Nov 2
2:00 pm-3:30 pm Free

Nokomis Library,
5100 34th Ave S
2 Fridays Nov 10-17
1:00 pm-2:30 pm Free

Washburn Library,
5244 Lyndale Ave S.
2 Fridays Dec 1-15
10:00-11:30 am Free



Creative Activities

Creative Gel Printing

Try a fun, quick method of making colorful prints with gel plate printing. Prints can be used as backgrounds on paper art, or fabric can be printed and used in mixed media projects. Combine this class with the Mixed Media Art Journal class in the afternoon for a full day workshop of fun. Bring a sack lunch. All supplies provided for \$5 supply fee. Register online or call 612.668.2219. Class held at Creekview Recreation Center, 5001 Humboldt Ave. N.

Creekview Recreation Center

	1 Monday
Oct 16	10:00 am-12:00 pm
	\$19

Drawing: Creating Zentangle Gifts

Use your own hand-drawn beautiful repetitive zentangle patterns on personal and home decor 3D items like purses, pendants, wood boxes, place mats, or pumpkins. Create excellent gifts for the upcoming holidays. \$5 supply fee. Register online or call 612.668.2219. Class held at Creekview Recreation Center, 5001 Humboldt Ave. N.

Creekview Recreation Center

	1 Monday
Nov 13	12:30 pm-2:30 pm
	\$19

Drawing: Zentangle & Leather

Create leather masterpieces like bracelets or key chain fobs by drawing Zentangle patterns on top of beautifully painted leather items. Zentangle patterns are easy to learn and draw and are fun and relaxing. Combine class with Zentangle: Creating Gifts class in the afternoon and have a full rewarding day of art making. Bring a sack lunch; \$5 supply fee. Register online or call 612.668.2219. Class held at Creekview Recreation Center, 5001 Humboldt Ave. N.

Creekview Recreation Center

	1 Monday
Nov 13	10:00 am-12:00 pm
	\$19

Make a Holiday Pop Up Card

Join us to learn the basic skills needed to create your own fabulous holiday pop up card. You will learn the necessary tips, tricks and techniques to make cards that will impress your friends and they will not believe that you made it yourself. All supplies will be furnished to make a great Thanksgiving card. This is only the beginning to a wonderful skill to allow you to continue to make these unique cards. Class held at at Bethel Church, 4120 17th Ave. S. Register online or call 612.668.3767.

Bethel Church	1 Tuesday
Nov 14	10:00 am-11:30 am
	\$15

Minneapolis Southside Singers

If you are over 55 and like to sing, you are invited to join this chorus, which has more than 50 members. Their repertoire includes music from the '30s and '40s, patriotic music, show tunes, spirituals, dance numbers and vaudeville-style skits. New members are always welcome. This activity is funded, in part, by the Minnesota Arts and Cultural Heritage Fund as appropriated by the MN State Legislature. For more information, call 612.729.4984. Rehearsals held at Trinity Lutheran Church of Minnehaha Falls, 5212 41st Ave. S.

Trinity Lutheran Church of Minnehaha Falls

	15 Mondays
Sep 11-Dec 18	1:00 pm-3:00 pm
	\$20/year

Mixed Media Art Journal with Zentangles

Use a variety of papers, including papers you printed in the Creative Gel printing class, to create a simple mixed media journal. Start adorning pages with your personal creations and journaling during class. Learn a few new Zentangle patterns to draw in your journal. All supplies provided for \$5 supply fee. Register online or call 612.668.2219. Class held at Creekview Recreation Center, 5001 Humboldt Ave. N.

Creekview Recreation Center

	1 Monday
Oct 16	12:30 pm-2:30 pm
	\$19



Painting: Paint Our Feathered Friends and Their Nests

Create a beautiful original acrylic painting of a sparrow or robin in its nest. Delve into creating a lightweight canvas using sheeting and gesso, learning brush strokes and the adventure of using feathers as brushes. Even if you haven't painted before come and have fun with the step by step instructions. All levels welcome, supplies provided. \$15 material fee collected at first class. Class held Bethel Church, 4120 17th Ave. S. Register online or call 612.668.3767.

Bethel Church 4 Tuesdays
Oct 3-Oct 24 1:00 pm-3:00 pm
\$40

Photography: Intro to Flash Photography

Enjoy honing your skills as you receive practical instruction, and use of top-of-the-line camera accessories to get the perfect photo. This class is perfect if you have taken a CE Digital SLR 1 or 2 class. Please bring your camera, manual and flash, if you own one, to all classes. Additional flashes available for in-class use. Register online or call 612-668-4828. Class held at West Photo, 21 University Ave. N.E.

West Photo 3 Wednesdays
Nov 1-Nov 15 1:00 pm-3:00 pm
\$35

Photography: Shooting Fall Colors in Minneapolis

Venture outdoors to shoot photos of peak fall colors in Minneapolis at various parks and lakes. This class is designed for those with a digital camera with interchangeable lenses. Register online or call 612.668.4828. First class held at West Photo, 21 University Ave. N.E.

West Photo 4 Wednesdays
Oct 4-Oct 25 1:00 pm-3:00 pm
\$39



Find us on Facebook!
[facebook.com/MplsCommEd](https://www.facebook.com/MplsCommEd)

Defensive Driving



Defensive Driving: 8-Hour Initial Class

Review your driving skills, learn current laws and get tips on driving safely. After completing the course, receive a certificate for a 10-percent discount on auto insurance. There will be a break; bring a snack if you wish.

Edison 1 Wed/Thu
Nov 15-16 5:00 pm-9:00 pm
\$25

Henry 1 Mon & Wed
Nov 6-8 4:30 pm-8:30 pm
\$25

Roosevelt 2 Wednesdays
Oct 11-18 4:10 pm-8:10 pm
\$25

Southwest 2 Wednesdays
Nov 1-8 5:00 pm-9:00 pm
\$25

Waite Park 1 Tue & Thu
Nov 14-16 10:00 am-2:30 pm
\$25

Washburn 2 Mondays
Oct 9-16 4:00 pm-8:00 pm
\$25

Defensive Driving: 4-Hour Refresher Class

Review your driving skills, understand current laws and gain tips on defensive driving. After the initial eight-hour course, you only need this four-hour course every three years to renew the 10-percent discount on your auto insurance. A discount certificate is given upon completion.

Henry 1 Wednesday
Nov 1 4:30 pm-8:30 pm
\$20

Northeast 1 Saturday
Oct 21 10:00 am-2:00 pm
\$20

Pratt 1 Saturday
Dec 2 9:00 am-1:00 pm
\$20

Roosevelt 1 Wednesday
Oct 18 4:10 pm-8:10 pm
\$20

Roosevelt 1 Monday
Nov 13 4:10 pm-8:10 pm
\$20

Southwest 1 Wednesday
Nov 15 5:00 pm-9:00 pm
\$20

Waite Park 1 Tuesday
Sep 19 10:00 am-2:30 pm
\$20

Waite Park 1 Thursday
Oct 12 10:00 am-2:30 pm
\$20

Washburn 1 Monday
Oct 16 4:00 pm-8:00 pm
\$20

Washburn 1 Monday
Nov 20 4:00 pm-8:00 pm
\$20

Adults 55+

Elder Enrichment

Catholic Eldercare Main Street
Lodge, 909 Main St. N.E.
To register, call 612.362.2450.

St. Paul's Historic Irving Park

Within sight of downtown and only a block off West Seventh Street, Irvine Park is one of St. Paul's oldest neighborhoods. Located near the Alexander Justice Page House and built around a lovely park, its old houses tell an interesting story of settlement, development, change and historic preservation.

1 Monday Sep 11
1:30 pm-3:00 pm Free

Poetry: Classics in English

A classic poem may be thought of as one widely recognized for artistic or historical significance, one that has withstood the test of time. Professor Lawrence Moe will discuss what makes a poem classic, with an emphasis on joyful appreciation.

1 Monday Oct 2
1:30 pm-3:00 pm Free

1936 Berlin Olympics: The Nazi Games

The 1936 Olympic Games are notorious for the tightly controlled image the Nazis presented to the world. But these Games also became a blueprint for future Games that is followed to the present day. Take a look at the history of the Olympics and the complicated legacy of the 1936 Games.

1 Monday Nov 6
1:30 pm-3:00 pm Free

Preparing the Way: Advent of Art

Using the texts assigned for the Advent season, this presentation highlights the New Testament fulfillment of Old Testament promises and prophecy. See the stories of the Annunciation, the Visitation, and John the Baptist in this richly illustrated lecture.

1 Monday Dec 4
1:30 pm-3:00 pm Free

Armchair Travel

Northeast Minneapolis Gustavus Adolphus Lutheran Church

27th & Johnson Street NE (across the street from the fire station), Fellowship Hall, downstairs. **Pre-register by calling 612.668.1590.**
Suggested donation of \$2 at the door.

Ireland & Canada

Join Howard Root as he shares slides showing traditional sights of Ireland as well as hidden sights in Northern Ireland. Then, it's on to Saskatchewan in western Canada and then Quebec in the East. Find out the connection between these locations and what Howard discovered on his journey to connect with his family roots.

Gustavus 1 Tuesday Oct 24 1:00 pm-2:30 pm

China

The birthplace of Taoism, soccer, Tai Chi, gun powder, and the magnetic compass, China is a dynamic and ever changing country that also celebrates its countless traditions and rich history. Come explore the Great Wall, Eastern China, and some of the recent cultural and political changes that have occurred since the 1990's.

Gustavus 1 Tuesday Nov 28 1:00 pm-2:30 pm

South Minneapolis Hosmer Community Library

36th St. & 4th Ave. S. **Pre-register by calling 612.668.2740.**

Suggested donation of \$2 at the door.

Going back to Cambodia

Mike served in the military in the Vietnam War and was in Cambodia in 1970. He has been back to explore Cambodia three times in the last ten years. Come hear him share his experiences through pictures and stories.

Hosmer Library 1 Tuesday Oct 17 1:00 pm-2:30 pm

Roman Empire

Visit some of the cities of the Roman Empire. Walk through the Vatican City, St. Peters Basilica, Sistine Chapel. See the sites of the First Olympic Games from 8th Century B.C. Visit the city of Ephesus see Library of Celsus. Take a trip to the top of Mount Vesuvius.

Hosmer Library 1 Tuesday Nov 21 1:00 pm-2:30 pm

Van Cleve Park

Brugge, Belgium... The Venice of the West

Enjoy the beautiful medieval city of Brugge, Belgium, often referred to as the "Venice of the West." View the 13th century buildings, miraculously untouched by World Wars I and II, still standing along the canals that lead to the sea. Learn about the Belgium ABCDs of Art, Beer, Chocolates, and Diamonds. Co-sponsored by Van Cleve Seniors and Pratt Community Education. Class held at Van Cleve Park, 901 15th Ave. SE.

Register online or call 612.668.1100.

Van Cleve Park 1 Thursday Dec 7 10:00 am-11:00 am



Fitness

Stretch and Balance

Gain flexibility, strength and better balance through low-impact conditioning and stretches. This is a mixed level class. Individual attention is provided, and is not for those needing private lessons or one-on-one therapy. Students must demonstrate an ability to follow directions, while working at their personal level within the structure of the class. Movements are done standing and on the floor. Please bring a floor/yoga mat. Students should have medical knowledge of what they can and cannot do. Senior discount available.

Waite Park 7 Wednesdays
Oct 4-Nov 15 1:00 pm-2:00 pm
\$39



Alexander Technique for Seniors

Get introduced to the Alexander Technique, an educational discipline that will help you coordinate your whole body efficiently in everything you do: walking and climbing stairs, driving the car, gardening, or working at the computer. The moves you do should alleviate neck, back and hip pain. Register online or call 612.668.2740. Class held at Kenwood Apartments, 700 Douglas Ave.

Kenwood Apartments 6 Saturdays
Oct 7-Nov 18 3:30 pm-4:30 pm
\$19

Fun & Fitness 55+

Enjoy fun, simple routines that combine aerobic conditioning with strengthening and stretching exercises to increase your flexibility, range of motion and heart health. Register online or call 612.668.3100. Class is held at Linden Hills Park, 3100 W. 43rd St. No classes on October 31 & November 23rd.

Linden Hills Park 8 Tue/Thu
Oct 4-Nov 30 1:00 pm-2:00 pm
No class Nov 7 \$40

Head to Toe Fitness

Enjoy doing exercises designed to improve your strength, coordination, balance, flexibility, and endurance. This evidence-based program is the best prescription for maintaining independence through the senior years. The certified instructor offers exercise options while seated or standing; use of some equipment in class. Attend either/both sessions each week. Pre-registration required online or by calling 612.668.2219. Class is held at CommonBond -Shingle Creek Commons, 4600 Humboldt Ave. N.

Shingle Creek Commons 10 Tue & Thu
Oct 10-Dec 14 1:00 pm-2:00 pm
\$19

Lifelong Fitness

Take part in easy chair aerobics and low-impact exercises to help improve your posture, bone density, balance and joint mobility. Register online or call 612.668.1100.

Pratt 8 Tuesdays
Oct 3-Nov 28 8:30 am-9:30 am
\$34

Pratt 8 Thursdays
Oct 5-Nov 30 8:30 am-9:30 am
\$34

Safety Disclaimer:

There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Minneapolis Public Schools (SSD #1) assumes no responsibility for injuries received during activities. Any changes in participants' activity level should be done under the approval and direction of their physician or health care provider.



Tai Chi

Improve flexibility and balance using Tai Chi, a program originally developed for people with arthritis. Learn a 12-movement form to gain better control of your health and improve your quality of life. Wear loose clothing and closed-toe shoes that grip the floor. Class held at Fuller Park, 4800 Grand Ave. S. Register online or call 612.668.3450.

Fuller Park 8 Thursdays
Oct 5-Nov 30 9:45 am-10:45 am
\$29

Tai Chi & Qi Gong 1

Improve flexibility and balance using sun-style Tai Chi and Qi Gong exercises. Learn a 12-movement form to gain better control of your health and improve your quality of life. Class will be held at Van Cleve Park, 901 15th Ave SE. Register online or call 612.668.1100.

Van Cleve Park 6 Fridays
Oct 6-Nov 10 10:30 am-12:00 pm
\$25

Tai Chi & Qi Gong 2

Build upon what you've learned of sun-style Tai Chi and Qi Gong exercises. Prerequisite: Tai Chi & Qi Gong 1 or instructor permission. Class will be held at Van Cleve Park, 901 15th Ave SE. Register online or call 612.668.1100.

Van Cleve Park 6 Fridays
Oct 6-Nov 10 9:00 am-10:15 am
Free

Tai Chi Advanced

Continue to improve flexibility and balance using Tai Chi, a program originally developed for people with arthritis. Build on 12-movement form to gain better control of your health and improve your quality of life. Wear loose clothing and closed-toe shoes that grip the floor. Prerequisite: Tai Chi 1 or previous experience with Tai Chi. Class is held at Fuller Park, 4800 Grand Ave. S. Register online or call 612.668.3450.

Fuller Park 8 Thursdays
Oct 5-Nov 30 8:45 am-9:45 am
Free

Tai Chi Easy

Find out why Tai Chi is called "moving meditation" in these 60-minute classes that vary between sitting, standing and slow (tai chi) walking. Class held at Our Lady of Peace, 5426 12th Ave S. Call 612-668-3767 for more information.

Our Lady of Peace 6 Mondays
Oct 2-Nov 20 9:45 am-10:45 am
\$25

Tai Chi for Health

Improve flexibility and balance using Tai Chi, a holistic approach to harmonizing body, mind and spirit. Learn a simple 12 movement form to gain better control of your health and improve your quality of life. Register online or call 612.668.2219. Class held at Creekview Recreation Center, 5001 Humboldt Ave. N.

Creekview Recreation Center
8 Mondays
Oct 9-Nov 27 10:30 am-11:30 am
\$29

NEW Yoga: Chair Yoga

Learn gentle yoga sequences that will strengthen major muscle groups, increase respiratory function, release tension and relax your mind and body. Must be able to comfortably transition from standing to seated position. Wear comfortable clothes, and refrain from eating before class. Mats are available. Class is held at Fuller Park, 4800 Grand Ave. S. Register online or call 612.668.3450.

Fuller Park 8 Tuesdays
Oct 3-Nov 21 12:00 pm-1:00 pm
\$35

Fuller Park 8 Thursdays
Oct 5-Nov 30 12:00 pm-1:00 pm
\$35

Yoga: Gentle 1

Focus on slow movements through seated, standing and restorative poses that include proper alignment, breathing and relaxation techniques. Wear comfortable clothes. Bring a mat if you have one.

Lake Nokomis Community Center,
2401 E. Minnehaha Ave Pkwy.
Register online or call 612.668.3767.

6 Tuesdays Oct 17-Nov 21
3:15 pm-4:15 pm \$25

Bracket Park, 2728 S 39th Ave.
Register online or call 612.668.3767.

10 Thursdays Oct 5-Dec 14
12:00-1:00 pm \$45

Fuller Park, 4800 Grand Ave. S.
Register online or call 612.668.3450.

8 Tuesdays Oct 3-Nov 21
1:00 pm-2:00 pm \$35

8 Thursdays Oct 5-Nov 30
1:00 pm-2:00 pm \$35



Wellness Talks



Shingle Creek Commons

Shingle Creek Commons-CommonBond Communities
4600 Humboldt Ave. N.
Cost is \$1 at the door
To register, call 612.668.2219.

Sleep: How Your Night Can Change Your Day

Thursday, Oct 12

Sleep, considered the “Third Pillar of Health” behind diet and exercise, is a widely overlooked component of our overall health and well-being. It is common knowledge that the quantity and quality of our sleep has a direct impact on our health, energy levels and productivity, yet our community is continually operating at sub-par levels due to their constant fatigue. Learn more in this fascinating and educational discussion with Sarah Moe, Board Certified Sleep Specialist.

10:30 am-11:30 am

Health and Wealth: What's the Connection?

Thursday, Nov 9

Some people say that good health is the greatest wealth. Join us to discuss some economic factors affecting our health and the decisions we make regarding our well-being. As we consider areas of concern, we will offer options to redirect your personal plan for health and wealth resulting in greater personal success.

1:30 pm-2:30 pm

Senior Social & Health Talks

at Holy Trinity Lutheran Church

2730 E. 31st St, 2nd floor Community Room

The event is co-sponsored by Longfellow Healthy Seniors, Holy Trinity Lutheran Church and Minneapolis Community Education.

Blood pressure screenings available from 11:30 am-noon

To register, call 612.668.3767

The Future for Medicare, Medicaid and the Affordable Care Act

Tuesday, Sept 19

We face a crisis in health care. While more Americans are covered by health insurance, the individual insurance market remains in flux and Congress may end programs like Medicare and Medicaid. Hear the discussion to find out what you can do. Presented by Tom Beer, President of the Minneapolis Regional Retiree Council, AFL-CIO.

10:00 am-11:30 am \$1 at the door

Healthy Teeth, Healthy You

Tuesday, Oct 17

The health of your teeth and mouth can affect the health of the whole body. Discover how your teeth change as you age and what you can do to keep your mouth happy and healthy. Presented by Leah Kinney, a dental hygienist and oral health educator at Delta Dental of Minnesota.

10:00 am-11:30 am \$1 at the door



Discounts are limited to one discount per year for UCare for Seniors members.

This is a result of guidelines issued by the Centers for Medicare & Medicaid Services, the federal agency that regulates this and other Medicare Advantage plans nationwide.

Understanding Loss & Grief as We Age

Tuesday, Nov 21

As we grow older we can experience various losses such as mobility, vision, independence, control, and death of loved ones. This presentation will focus on understanding the grief process as we age, as well as finding healthy ways to deal with our grief and losses. How we adjust and cope with losses can have a profound effect on our lives-both physically and emotionally. Presented by Tony Del Percio, Grief Counselor with Bradshaw Funeral And Cremation Services.

10:00 am-11:30 am \$1 at the door

Annual Holiday Party

Tuesday, Dec 19

Celebrate the season alongside old friends and new with a live musical performance, lunch and door prizes.

10:00 am-11:30 am \$1 at the door

Bethel Church

Nokomis Healthy Seniors at Bethel Church, 4120 17th Ave. S.
\$2 at door.

Building Your Immune System

Thursday, Oct 5

Join us to discuss the important role that vitamins and minerals play in our daily diet. Review fruits and vegetables that contain great immune support power and adopt healthy habits that strengthen your resistant to germs, bacteria and other irritants. Register online or call 612.668.2219. 11 am-12 pm

Adults 55+



Exploring - House of Worship Tours

St Mary's Greek Orthodox Church

Come and explore some of Minneapolis' most significant houses of worship. We will visit these sacred spaces to learn about their members impact on our community, how they came to exist in Minneapolis and important information about their architectural features and history. Tour will include coffee/treats and presentation followed by a guided walking tour of the sacred art, icons and sacred spaces in the church. Register online or call 612.668.4828. Meet at St. Mary's Greek Orthodox Church, 3450 Irving Ave. S.

Thursday, Oct 19,
1:00 pm-3:00 pm \$10

The Basilica of St Mary

Come and explore some of Minneapolis' most significant houses of worship. We will visit these sacred spaces to learn about their members impact on our community, how they came to exist in Minneapolis and important information about their architectural features and history. Tour will include coffee/treats and presentation followed by a guided walking tour of the sacred art, icons and sacred spaces in the church. Register online or call 612.668.4828. Meet at The Basilica of St. Mary, 88 17th St. N.

Thursday, Nov 9
1:00 pm-3:00 pm \$10

Trips, Tours & Events 55+



Beavers of the River Wednesday, Sept 6

Beavers and humans are the only two creatures in Minnesota that significantly alter their environment to suit their own needs. Discover how these 'animal architects' shape the history of Minnesota and change the landscape. And, learn how river beavers differ from their lake-dwelling counterparts. Hike the park with a naturalist to find signs of these amazing creatures. Reservations required by September 1. Ages: 16+. Register online or call 612.668.4828. Class held at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park 55444.

West Coon Rapids Dam Visitor Center
10:00 am-12:00 pm \$5

Be a Visitor in Your Own City Sept 13 & Oct 24

Explore all that Minneapolis has to offer with the director of the new Minneapolis Visitor Center as he spotlights the many activities available to local residents and visitors alike. Also, hear more about where Minneapolis is headed in the next 10 years. Register online or call 612.668.4828. Class held at Nokomis Square, 5015 35th Ave S. 55417.

Nokomis Square, 5015 35th Ave S
Wednesday, Sep 13 1:30 pm-2:30 pm
\$1 at the door

Register online or call 612.668.2219.

Kenwood Apartments,
825 Summit Av Mpls
Tuesday, Oct 24 1:30 pm-2:30 pm
\$1 at door

Mississippi River Geology Saturday, Sept 16

Twin Cities life is strongly influenced by the geology of the Mississippi River. Join us to learn about the geological history of the area, how the river has revealed our ancient past, and how this specific combination of geology has played a role in shaping the Twin Cities. Reservations required by October 12th. \$5. Ages: 16+. Register online or call 612.668.4828. Class held at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.

West Coon Rapids Dam Visitor Center
10:00 am-12:00 pm \$5

Enjoying Life Lunch Club Wednesday, Oct 4

Explore local restaurants, meet new people and enjoy eating out around town. The group meets the first Wednesday of each month; lunch and tip is at your own cost. Take turns planning where to lunch the next month. Register online or call 612.668.2219. October lunch will be at Black Forest Inn, 1 E 26th St.

Black Forest Inn
11:00 am-1:00 pm
Pay lunch/tip on your own





Barn Quilt and Winery Tour of Carver County

Saturday, Oct 14

Explore amazing works of art known as barn quilts which are quilt patterns, drawn to scale and painted on wooden panels and then hung on exterior walls of historic barns. Enjoy viewing the beautiful countryside, dairy and horse farms, historic barns, granaries and vintage machinery. Learn about the history of Carver County, the farms, and the story behind their choice of quilt patterns. Other attractions include local stops at an organic farmer's market, enjoying a box lunch and ending with a winery taste-testing and orchard visit. Bus pick-ups at two locations: Parker Skyview Highrise and Windom School. Price includes coach bus transportation, lunch, guided tour, wine tasting, tax and gratuity. Registration deadline is Oct. 7. Register online or call 612.668.4828.

Bus Pick-Up
8:00 am-3:30 pm \$62

Watch on the Rhine at the Guthrie Theater

Wednesday, Oct 18

Set in 1940, Fanny Farrelly is expecting the arrival of her daughter and family who have fled Europe due to a role in the anti-Nazi resistance movement. When a Romanian houseguest who is a Nazi supporter discovers this, he threatens to expose them. This is a timely examination of moral obligation, sacrifice and what it means to be American. Transportation is on your own. Tickets will be mailed to you. Register online or call 612.668.4828. Meet at the Guthrie Theater, 818 2nd St. S.

1:00 pm-3:30 pm \$26

Stories of the Mississippi

Friday, Nov 17

The Mississippi River is an integral part of Twin Cities life, and it has some amazing stories to tell. Learn about our history through the stories of loggers, soldiers at Fort Snelling, the railroad moguls, and more. Reservations required by November 14th. Register online or call 612.668.4828. Class held at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.

West Coon Rapids Dam Visitor Center
1:00 pm-3:00 pm \$5

Waitress at the Orpheum Theatre

Sunday, Nov 26

Jenna-a waitress and expert pie maker, dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town's new doctor may offer her a chance at a fresh start, while her fellow waitresses offer their own recipes for happiness. But Jenna must summon the strength and courage to rebuild her own life. This uplifting musical celebrates friendship, motherhood, and the magic of a well-made pie. Transportation is on your own. Tickets will be mailed to you. Register online or call 612.668.4828. Meet at the Orpheum Theatre, 910 Hennepin Ave.

6:30 pm-9:00 pm \$47

Lake Nokomis Community Center Annual Holiday Party

Thursday, Dec 7

Come to a holiday party that promises to be a warm addition to a winter's day. Delight in an afternoon of Holiday Bingo and entertainment at Nokomis Park. Light refreshments will be served. Register online or call 612.668.3767. Event held at Lake Nokomis Community Center, 2401 E. Minnehaha Parkway.

Lake Nokomis Community Center
1:00 pm-3:00 pm \$2 at the door

Nokomis Healthy Senior Holiday Party

Thursday, Dec 14

Join with friends to celebrate the holidays with live entertainment, a hot lunch and a visit from Santa. A \$5 per person donation at the door is suggested. Co-sponsored by Nokomis Healthy Seniors and Minneapolis Community Ed Space is limited so reserve your spot by calling Nokomis Healthy Seniors at 612-729-5499. Class held at Bethel Church, 4120 17th Ave. S.

Bethel Church 10:00 am-1:00 pm
\$5 donation at the door

The Phantom of the Opera at the Orpheum

Thursday, Dec 21

This spectacular new production of the Andrew Lloyd Webber classic boasts exciting new special effects, staging and choreography. The beloved story and thrilling score-with songs like *Music of the Night*, *All I Ask of You*, and *Masquerade*-will be performed by a cast and orchestra of 52. Transportation is on your own. Tickets will be mailed to you. Register online or call 612.668.4828. Meet at the Orpheum Theatre, 910 Hennepin Ave.

2:00 pm-4:30 pm \$51

Blithe Spirit at the Guthrie Theatre

Wednesday, Dec 27

It's summertime in Kent and Charles Condomine is working on his latest novel. As part of his research he and his wife host a séance with eccentric medium, Madame Arcati, and invite their friends to play along. But the evening takes a supernatural turn when Charles' deceased first wife is conjured up and doesn't plan to leave. Lighthearted and endearing, this classic is sure to tickle your goosebumps. Transportation is on your own. Tickets will be mailed to you. Register online or call 612.668.4828. Meet at the Guthrie Theater, 818 2nd St. S.

1:00 pm-3:30 pm \$26

Adults 55+

Youth & Family



*Whether you're in the pool, at a park
or having fun with a shared passion,
this is family bonding time at its finest.*





Family

Art Sprouts

Age 1

Geared towards the youngest of artists, this class cultivates cognitive development, fine motor skills, and creative thinking. Little minds and hands will be kept busy with visual play, storytelling, and more. Register at www.articulture.org with code "ComEd" to receive \$36 member rate. Class held at Articulture, 2613 Franklin Ave. E. Call 612-729-5151 with questions.

Articulture 3 Wednesdays
Nov 1-Nov 15 8:30 am-9:30 am
\$36

Art Together

Ages 3-4

This is the third level of age-appropriate curriculum that encourages creative young minds and active hands. Participants will increase knowledge of basic art concepts and terminology. Register at www.articulture.org with code "ComEd" to receive \$54 member rate. Class held at Articulture, 2613 Franklin Ave. E. Call 612-729-5151 with questions.

Articulture 3 Wednesdays
Nov 1-Nov 15 11:00 am-12:30 pm
\$54

 **Find us on Twitter!**
twitter.com/mpslcommunityed

Astronomy for Families- Parent/Guardian + 1 Child, Grades 3-5

Have you ever looked up into the night sky and wondered what was out there? Wondered about the planets in our solar system and what lies beyond our Milky Way galaxy? Why do we have seasons on Earth and why the moon's appearance changes? Join us on a journey through our universe in this interactive, hands-on Astronomy class where we'll explore these questions and more. Activities include creating a basic telescope, Astronomy-themed art projects, experimenting with light, exploring our moon and the constellations, and even becoming citizen scientists to help real astronomers with their research.

Waite Park 8 Saturdays
Oct 14-Dec 9 10:00 am-11:30 am
\$59

Cooking with Family: Curry Creations

Get hands-on with your family and awaken your palate in this Indian-inspired class. Learn the basics of how to create a custom curry spice blend from scratch. Learn how to make sauces with your curry spice to add to grains, starches and vegetables. We'll enjoy eating family-style and you'll leave with some new cooking ideas for future meals. A \$10 supply fee per adult and \$5 per child supply fee will be collected before class.

Barton 1 Tuesday
Oct 24 5:30 pm-7:30 pm
\$25

Cooking with Family: Pasta - Make Your Own

Learn how to make fresh and tasty pasta from scratch as a family. Leave class knowing how to adjust ingredient ratios to achieve the ideal texture and how to use your current kitchen tools to turn pasta dough into multiple shapes (including fettucine, lasagna, bowtie, orechiette and others). We'll enjoy eating family-style and you'll leave with some new cooking ideas for future meals. There will be a \$10 supply fee for each adult and a \$5 supply fee for each youth collected before class begins.

Barton 1 Thursday
Oct 12 5:30 pm-7:30 pm
\$25

Dance & Music

for Parents & Tots - Ages 2-3

Bring your child and explore the ways you can move your body to musical rhythms. The class will help develop coordination, motor skills and imagination. Class is held at Linden Hills Park at 43rd and Xerxes. Register online or call 612.668.3330.

Linden Hills Park 7 Saturdays
Oct 7-Nov 18 12:00 pm-12:30 pm
\$35

Ballet, Hip Hop & Modern Dance Foundations & Imagination

Ages 4 1/2 - 6

Use your imagination and a range of dance movements, including ballet, hip hop and modern dance. The class ends with a performance. Class is held at Linden Hills Park at 43rd and Xerxes. Register online or call 612.668.3330.

Linden Hills Park 7 Saturdays
Oct 7-Nov 18 1:10 pm-1:50 pm
\$35





Creative Dance, Movement & Stories

Ages 3 - 4 1/2

Get a great introduction to dance, movement and imagination as you and your child explore all the ways you can move your bodies. Class is held at Linden Hills Park at 43rd and Xerxes. Register online or call 612.668.3330.

Linden Hills Park 7 Saturdays
Oct 7-Nov 18 12:35 pm-1:05 pm
\$35

Family Movie Night

Enjoy a classic movie and socialize with your family and friends. Pizza, popcorn, and refreshments will be served for a small fee.

Barton 1 Tuesday
Sep 19 5:30 pm-7:30 pm
Donation at door

Barton 1 Tuesday
Oct 17 5:30 pm-7:30 pm
Donation at door

My Preschooler and Me: Gobble and Honk

Discover nature with your preschooler through activities, crafts, and outdoor exploration. This month learn about the birds that stay around for the winter, and the ones that leave, and learn about the tastiest bird: the turkey. Reservations required by Monday prior. \$5/child; Ages 3-5 plus adult. Register online or by calling 612-668-4828. Meet at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.

West Coon Rapids Dam
Visitor Center 1 Tuesday
Nov 14 10:00 am-11:30 am
\$5

My Preschooler and Me: Insect Investigations

Discover nature with your preschooler through activities, crafts and outdoor exploration. This month get to know all our little bug friends by learning about their bodies and finding them in the field. Reservations required by Monday prior. \$5/child; Ages 3-5 plus adult. Register online or by calling 612-668-4828. Meet at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.

West Coon Rapids Dam
Visitor Center 1 Tuesday
Sep 12 10:00 am-11:30 am
\$5

My Preschooler and Me: Squirrels and Chipmunks

Discover nature with your preschooler through activities, crafts, and outdoor exploration. This month learn all about those furry critters who like to visit the bird feeders and climb trees; you might even spot one. Reservations required by Monday prior. \$5/child; Ages 3-5 plus adult. Register online or by calling 612-668-4828. Meet at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.

West Coon Rapids Dam
Visitor Center 1 Tuesday
Oct 17 10:00 am-11:30 am
\$5

Nature for Curious Kids: Fish and Friends

Make a playdate with nature and your little one. This month learn all about the critters that live in the Mississippi River. Stay for an hour or all morning. Reservations are required by the Tuesday prior. Cost is \$5; both child and adult pay. Children under 1 and younger are free. Ages: 0-6. Register online or call 612.668.4828. Class held at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.

West Coon Rapids Dam
Visitor Center 1 Thursday
Sep 14 9:30 am-12:00 pm
\$5

Nature For Curious Kids: Fall Leaves

Make a play date with nature and your little one. This month go on a hike through the beautiful fall leaves, see if you can name the colors, and even play in the fallen leaves. Stay for an hour or all morning. Reservations are required by the Tuesday prior. Cost is \$5; both child and adult pay. Children 1 and younger are free. Ages: 0-6 with adult. Register online or call 612.668.4828. Class held at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.

West Coon Rapids Dam
Visitor Center 1 Thursday
Oct 12 9:30 am-12:00 pm
\$5

Nature for Curious Kids: Birds of a Feather

Make a playdate with nature and your little one. This month learn all about the birds that stay all winter and the birds that migrate, see a feather up close, and help feed the birds. Stay for an hour or all morning. Reservations are required by the Tuesday prior. Cost is \$5; both child and adult pay. Ages: 0-6. Children 1 and younger are free. Register online or call 612.668.4828. Class held at West Coon Rapids Dam Visitor Center, 10360 West River Road, Brooklyn Park.

West Coon Rapids Dam
Visitor Center 1 Thursday
Nov 16 9:30 am-12:00 pm
\$5

Northeast 4H

Join the Urban 4H club at Northeast, where you can work with members on fun projects and go on field trips. The club meets two Monday evenings per month during the school year. To learn more, call Lilly at 612-782-0646 or Jennifer at 612-788-0062.

Northeast 5 Mondays
Oct 9-Dec 11 7:00 pm-8:30 pm
Free



Find us on Facebook!
facebook.com/MplsCommEd

Stage Craft: Direct! Write! Perform!

Under careful guidance, participants will have an opportunity to create their own performance piece. Through discussion and improvisation, we'll explore themes that are meaningful in their lives and related to their community, to justice or social causes. Everyone will have a chance to write, choreograph, direct, act, and/or sing if they so choose. Linking humor and passion, this class is for everyone in your family. So come get loose, silly, and inspired, and make a difference with art!

Barton 8 Tuesdays
Oct 3-Dec 5 6:30 pm-7:30 pm
\$39

Wee Grow Art-Age 2

Young artists explore the world of visual arts by learning basic concepts and terminology through 2- and 3-dimensional art projects. Classes foster cognitive development, small motor skills, and creative thinking. Register at www.artculture.org with code "ComEd" to receive \$36 member rate. Class held at Artculture, 2613 Franklin Ave. E. Call 612-729-5151 with questions.

Artculture 3 Wednesdays
Nov 1-Nov 15 9:45 am-10:45 am

Zumba for Families

Zumba is an energetic danced-based workout perfect for kids and adults of all fitness levels! Zumba helps develop a healthy lifestyle and incorporate fitness as part of your family's lives by making fitness fun. Classes incorporate key development elements like confidence, self-esteem, memory, creativity and coordination. This unique 1-hour class is a perfect way to work-out with your child and build a relationship based on health and fun! Please wear supportive shoes and bring a water bottle.

Barton 9 Tuesdays
Oct 3-Dec 12 6:00 pm-7:00 pm
\$39

Lake Harriet 9 Thursdays
Oct 5-Dec 14 6:30 pm-7:30 pm
\$39



Parenting

NEW College Planning Strategies

This free 90-minute workshop is designed to help parents and their students avoid costly mistakes that can arise throughout the college admission and selection process. We'll cover basic facts about financial aid; steps that parents and students can take to help save money by using admission and academic strategies; and, discovering funding sources to help pay for their child's college education and other ways to help minimize out-of-pocket expenses.

Southwest 1 Monday Oct 2 7:00 pm-8:30 pm Free

NEW Conducting a Financially Aware College Search

This class is for parents of students researching and applying to college. The first meeting will focus on conventional wisdom and best practices around financing a college education. The second meeting will focus on how colleges themselves make decisions around financial aid and their rationale for doing so. Instead of relying on general, broad examples, attendees will conduct customized searches based on personal lists of prospective colleges.

Washburn 2 Wednesdays Oct 4-Oct 11 6:00 pm-7:30 pm \$25

Preparing for College: Insider Tips

A must for parents of college bound students, who will not want to miss hearing a local expert provide strategies to help families navigate the complicated college process and save tens of thousands of dollars. Planning ahead and developing a strategy for the college process is crucial to finding the right fit and avoiding unmanageable debt. Class will cover common mistakes families make in selecting a college, myths about financial aid, and how to significantly reduce your cost.

Waite Park 1 Monday Sep 25 7:00 pm-8:30 pm Free

The Single Parent Support Group

Participate in an informal, therapeutic support group around the world of single parenting. Discuss topics like financial success in a one-parent household, being healthy while single parenting, dating while parenting, and co-parenting with the absent parent. Child care provided on-site.

South 10 Tuesdays Oct 3-Dec 12 6:30 pm-8:00 pm \$45



Youth

Creative Movement

Grades K-2

Come join Ms. Meera for creative movement with a ballet foundation. This class will teach students the building blocks to dance from beginning ballet steps to learning how to move to different types of music. During class students will stretch, practice combinations, learn routines and do their own freestyle. The students will have fun exercising, learning and making new friends!

Hale 5 Thursdays
Oct 5-Nov 16 6:15 pm-7:15 pm
\$35

Release Day Fun

at Barton

When MPS release days roll around, we offer entertaining ways for your child to spend their day. Students spend the morning doing activities like cooking, yoga, art, gym games and more, and spend the afternoon on a field trip. Community Partners also come in for special events and theme days. Participants should bring a lunch. Register online or call 612.668.3585.

8:00 am-4:30 pm \$45 per day

Wednesday, Oct 18

Thursday, Oct 19

Friday, Oct 20

Thursday, Nov 2

Friday, Nov 3

Teens



Driver's Education Classroom Training

Receive classroom instruction on driving. The class is open to students age 14 and older. Upon completion, students will receive a yellow card. Behind-the-wheel training is arranged and paid for separately with your choice of provider.

Washburn 2 weeks Mon-Fri
Sep 18-Sep 29 3:30 pm-6:30 pm
\$125

Southwest 4 Mon-Thu
Oct 4-Oct 25 3:15 pm-6:15 pm
\$125

Roosevelt 3 Mon-Fri
Oct 23-Nov 9 3:15 pm-5:45 pm
\$125

Southwest 3 Mon-Thu
Nov 27-Dec 12 3:15 pm-6:15 pm
\$125

Washburn 2 weeks Mon-Fri
Nov 27-Dec 8 3:30 pm-6:30 pm
\$125

Edison 3 Mon-Thu
Nov 27-Dec 12 3:00 pm-6:00 pm
\$125

Red Cross Babysitting Training

Ages 11+

Learn leadership, safety, basic child development, safe play, rescue breathing and first aid. Receive a certificate of completion, textbook and CD.

Hale 3 Thursdays
Oct 5-Oct 26 5:30 pm-7:30 pm
\$75

Barton 1 Wednesday
Oct 18 9:00 am-3:00 pm
\$75

Barton 1 Thursday
Nov 2 9:00 am-3:00 pm
\$75

Barton 1 Friday
Nov 3 9:00 am-3:00 pm
\$75

ACT Preparation Course

Prepare for the ACT college entrance exam by learning test-taking strategies and the structure of the exam. Focus on mathematics, reading comprehension, principles of grammar and science reasoning. Each course meets for 12 hours and is offered in cooperation with Advantage Educational Programs. Please note: no Tuesday class 11/21.

South 4 Thursdays
Sep 21-Oct 12 5:45 pm-8:45 pm
\$140

South 4 Thursdays
Nov 9-Dec 7 5:45 pm-8:45 pm
\$140

Washburn 4 Tuesdays
Sep 19-Oct 10 5:45 pm-8:45 pm
\$140

Washburn 4 Tuesdays
Nov 7-Dec 5 5:45 pm-8:45 pm
\$140

Southwest 4 Mondays
Sep 18-Oct 9 5:45 pm-8:45 pm
\$140

Southwest 4 Mondays
Nov 6-Dec 4 5:45 pm-8:45 pm
\$140

Youth & Family Swimming at Southwest



Swimming 1: Introduction to Water Skills Ages 5+

Participants will learn about entering and exiting the water; how to submerge their mouth, nose, and eyes while blowing bubbles; how to float on their front and back with support; and more.

6 Thursdays Nov 2-Dec 14
7:30-8:00 pm \$45

6 Saturdays Nov 4-Dec 9
12:00-12:30 pm \$45

6 Mondays Nov 6-Dec 11
7:30-8:00 pm \$45

Swimming 2: Fundamental Aquatic Skills Ages 5+

Participants will learn about entering the water by stepping or jumping from the side; submerging their entire head in water for 10 sec; back float 30 sec; and more.

6 Thursdays Nov 2-Dec 14
8:00-8:30 pm \$45

6 Saturdays Nov 4-Dec 16
12:30-1:00 pm \$45

6 Mondays Nov 6-Dec 11
7:30-8:00 pm \$45

Swimming 3: Stroke Development Ages 5+

Participants will learn about jumping into deep water from the side; rotary breathing; treading in deep water for 1 min; back float 1 min; and more.

6 Mondays Nov 6-Dec 11
8:00-8:30 pm \$45

6 Tuesdays Nov 7-Dec 12
7:30-8:00 pm \$45

6 Thursdays Nov 2-Dec 14
8:00-8:30 pm \$45

6 Saturdays Nov 4-Dec 16
12:30-1:00 pm \$45

mplscommunityed.com

Swimming 4: Stroke Improvement

To complete this level, participants will need to swim underwater three body lengths; survival float on their front and back for one minute in deep water; do the front and back glide two body lengths; tread water for one minute; swim on their front and back 25 yards; and do the breaststroke, butterfly, and elementary backstroke 15 yards.

6 Mondays Nov 6-Dec 11
8:00-8:30 pm \$45

6 Tuesdays Nov 7-Dec 12
7:30-8:00 pm \$45

Swimming 5: Stroke Refinement

To complete this level, participants will need to shallow dive from the side; glide two body lengths and begin any front stroke; swim underwater 15 yards; do tuck and pike surface dives; survival float on their front and back two minutes; tread water with two different kicks two minutes; front crawl and back crawl 50 yards; and butterfly, breaststroke, elementary backstroke, and sidestroke 25 yards.

6 Tuesdays Nov 7-Dec 12
8:00-8:30 pm \$45

Swimming 6: Swimming and Skill Proficiency

Participants must have completed the Level 5 requirements. This class refines strokes in order to swim with more ease, efficiency, power and smoothness for longer distances.

6 Tuesdays Nov 7-Dec 12
8:00-8:30 pm \$45

Swimming:

Parent & Child Ages 3-4

Learn support techniques for moving your child through the water. Learn water entry, bubble blowing, front kicking, back floating and underwater exploration. One adult per child. Bring your child's favorite bath toy. Child must be potty trained. Fee covers both parent & child.

6 Thursdays Nov 2-Dec 14
7:30-8:00 pm \$45

6 Saturdays Nov 4-Dec 16
12:00-12:30 pm \$45

Swimming at Northeast

Swimming 1: Introduction to Water Skills Ages 5+

Participants will learn about entering and exiting the water; how to submerge their mouth, nose, and eyes while blowing bubbles; how to float on their front and back with support; and more.

6 Mondays Nov 6-Dec 11
6:30-7:00 pm \$45

Swimming 2: Fundamental Aquatics Skills Ages 5+

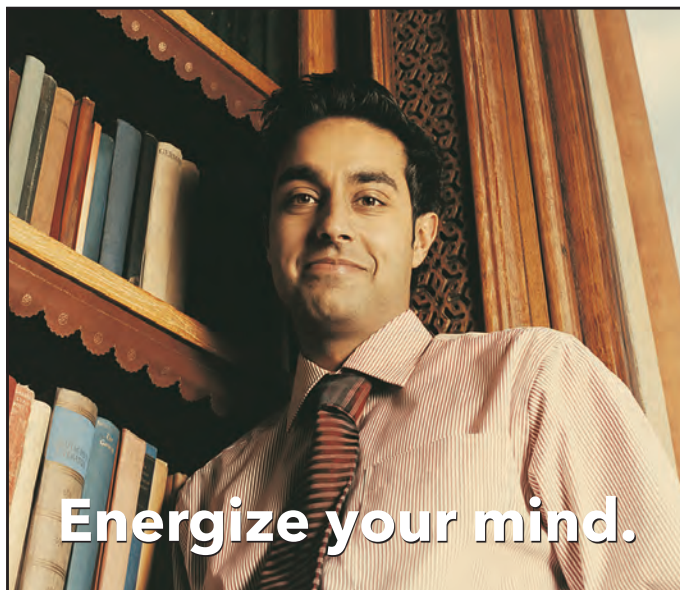
Participants will learn about entering the water by stepping or jumping from the side; submerging their entire head in water for 10 sec; back float 30 sec; and more.

6 Mondays Nov 6-Dec 11
7:00-7:30 pm \$45

Swimming 3: Stroke Development Ages 5+

Participants will learn about jumping into deep water from the side; rotary breathing; treading in deep water for 1 min; back float 1 min; and more.

6 Mondays Nov 6-Dec 11
7:30-8:00 pm \$45



Energize your mind.



Activate your body.



Spark your spirit.



Build community.

We are all learners and teachers. If it's your time to become a teacher, call us. We're looking for instructors with knowledge and expertise who can communicate their passions to others. Teaching certification and degrees are not required. We can help you design your course and provide guidance on teaching adults.

Get started today! Visit our website at www.mplscommunityed.com to submit your application online or call any of the sites listed on page 77.



Community Education

*Engaging youth and adults in community-driven learning
and enrichment opportunities.*

Community Education Adult Enrichment Class Locations

1. Andersen

2727 10th Ave. S.
Minneapolis, MN 55407
612.668.4215
Marija.Nicholson@mpls.k12.mn.us

2. Anthony

5757 Irving Ave. S.
Minneapolis, MN 55419
612.668.3330
Steven.Bodger@mpls.k12.mn.us

3. Anwatin

256 Upton Ave. S.
Minneapolis, MN 55405
612.668.2478
Daniel.Burgos@mpls.k12.mn.us

4. Barton

4237 Colfax Ave. S.
Minneapolis, MN 55409
612.668.3585
Dawn.Sjoquist@mpls.k12.mn.us

5. Dowling

3900 W. River Pkwy.
Minneapolis, MN 55406
Call Roosevelt at 612.668.4828.

6. Edison

700 22nd Ave. NE
Minneapolis, MN 55418
612.668.1306
Jane.Greenberg@mpls.k12.mn.us

7. Hale

1220 E. 54th St.
Minneapolis, MN 55417
612.668.3767
Helene.Gauthier@mpls.k12.mn.us

8. Henry

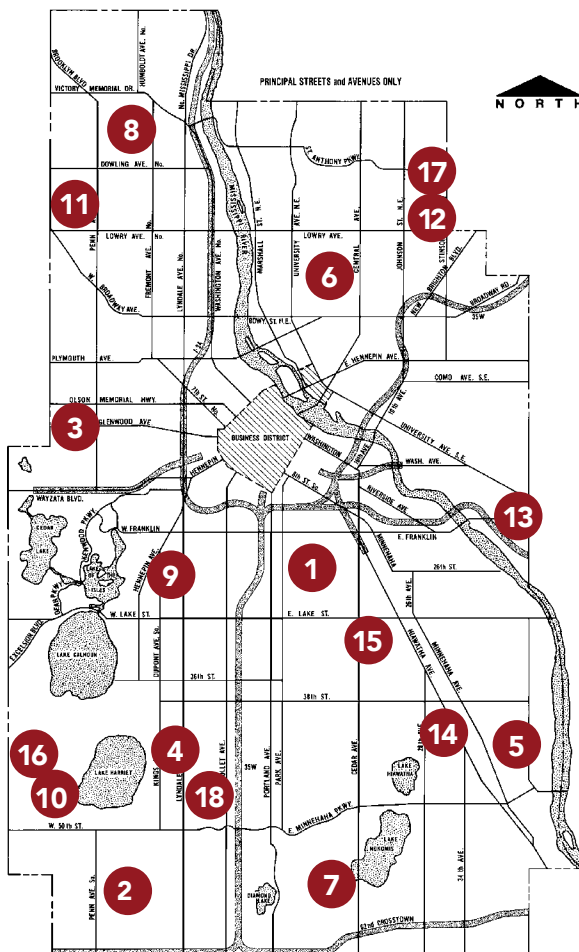
4320 Newton Ave. N.
Minneapolis, MN 55412
612.668.1922
Kevin.Czmowski@mpls.k12.mn.us

9. Jefferson

1200 W. 26th St.
Minneapolis, MN 55405
612.668.2740
PeterN.Yang@mpls.k12.mn.us

10. Lake Harriet

4912 Vincent Ave. S.
Minneapolis, MN 55410
612.668.3330
Steven.Bodger@mpls.k12.mn.us



11. Lucy Laney

3333 Penn Ave. N.
Minneapolis, MN 55412
612.668.2219
Linda.Snyder@mpls.k12.mn.us

12. Northeast

2955 Hayes St. NE
Minneapolis, MN 55418
612.668.1515
Jane.Greenberg@mpls.k12.mn.us

13. Pratt

66 Malcolm Ave. SE
Minneapolis, MN 55414
612.668.1100
Jan.Thurn@mpls.k12.mn.us

14. Roosevelt

4029 28th Ave. S.
Minneapolis, MN 55406
612.668.4828
Patty.Hastreiter@mpls.k12.mn.us
Maile.Siemon@mpls.k12.mn.us

15. South

3131 19th Ave. S.
Minneapolis, MN 55407
612.668.4326
Heather.Borgman@mpls.k12.mn.us

16. Southwest

3414 W. 47th St.
Minneapolis, MN 55410
612.668.3100
Dave.Premack@mpls.k12.mn.us

17. Waite Park

1800 34th Ave. NE
Minneapolis, MN 55418
612.668.1590
Sandi.McDonald@mpls.k12.mn.us

18. Washburn/Justice Page

201 W. 49th St. / 1 W. 49th St.
Minneapolis, MN 55419
612.668.3450
JoEllyn.Jolstad@mpls.k12.mn.us

Four Easy Ways to Register...



1. Online

Using your credit card to pay, go to mplscommunityed.com. We accept Discover, MasterCard and Visa. Online registration begins Date XX.

2. By Phone

Credit card payments are accepted during business hours. We accept Discover, MasterCard and Visa.

3. In Person

If you wish to register in person, simply call sites for office hours.

4. By Mail

Mail-in registration is available now. Mail your registration form, check or money order, payable to **Special School District #1** to the site offering the class; see page XX for a list of sites.

Minneapolis Community Education Adult Enrichment Registration Form

Name: _____

Address: _____ City/State/Zip: _____

E-mail: _____ Daytime Phone: (____) _____ Evening Phone: (____) _____

Class Title	Start Date	Start Time	Location	Price
UCare Discount (\$15/class): ID#: _____				-
Other Discounts (please specify): _____				-
Total Due:				\$

Payment Information: ☐ Check Enclosed Credit Card (specify type): ☐ Discover ☐ MasterCard ☐ Visa

Make checks payable to **Special School District #1**.

Card Number: _____ - _____ - _____ - _____ Exp. Date: _____ / _____

Minneapolis Community Education Adult Enrichment Registration Form

Name: _____

Address: _____ City/State/Zip: _____

E-mail: _____ Daytime Phone: (____) _____ Evening Phone: (____) _____

Class Title	Start Date	Start Time	Location	Price
UCare Discount (\$15/class): ID#: _____				-
Other Discounts (please specify): _____				-
Total Due:				\$

Payment Information: ☐ Check Enclosed Credit Card (specify type): ☐ Discover ☐ MasterCard ☐ Visa

Make checks payable to **Special School District #1**.

Card Number: _____ - _____ - _____ - _____ Exp. Date: _____ / _____

Registration Information

Discounts

To receive a discount on a class, call the site offering the class.

If you are 62 or older, receive Social Security Assistance, Unemployment Compensation, or MFIP, you can receive a 25% discount on many classes. Discounts are not given on supply costs and are not applicable to classes noted, "no discounts."



UCare discounts:

If you are a UCare member, you may be eligible for up to a \$15 discount on most classes. You must have UCare insurance and include your UCare ID number when registering. Some restrictions may apply. If you are a UCare for Seniors or EssentiaCare member, you are eligible for one \$15 discount per calendar year. If you are a UCare Choices or Fairview Choices member, you are ineligible for a discount.

Refunds

Refunds (minus a \$5 processing fee) are given if you call and cancel at least three business days before a class. Full refunds are given if we cancel a class.

Weather

Community Education may be closed in inclement weather. If you have questions about closings, please call the class site or visit mpls.k12.mn.us.

 **Find us on Twitter!**
twitter.com/mplscommunityed



Education for Every Generation

Learning has no age limit. Wherever you're at in life, there's a Community Education program to suit you.

Our Commitment to Quality

Minneapolis Community Education takes pride in offering high quality programming that meets the needs of all learners. We recruit knowledgeable and engaging instructors who care about building community in their classes. If for any reason you are not happy with the quality of one of our Community Education programs, classes or activities, we want to know about it. Please call the coordinating site (page 77) to share your feedback and we will be glad to work with you to make things right.

Minneapolis Kids

612.668.3890

Providing care to youth in grades K-6 before and after school, on release days, and during the summer.

Youth Development

612.668.3939

Giving youth in grades K-12 the chance to build self-esteem and increase their citizenship, academic, and career skills through positive life experiences.

After School Programs

612.668.3939

Offering enrichment, recreation and academic programs to youth in grades K-8.

Summer Programs

612.668.3939

Providing day and evening enrichment, recreation and academic programs to youth in grades K-12.

Adult Enrichment

612.668.3939

Providing recreation, enrichment and academic programs to adults of all ages and interests.

Lifelong Learning 55+

612.668.4828

Enriching the lives of adults ages 55 and older through educational, social and intergenerational opportunities.

Access Services

612.668.3950

Providing accommodations needed by adults and children with disabilities for effective participation in Community Education programs.

Adult Education

612.668.3800

Offering GED preparation and testing, College and Work Readiness programs, and math, reading, writing, English learning, and citizenship classes.

For other adult and youth programs, visit minneapolisarks.org

Minneapolis Community Education

Davis Center, 1250 West Broadway Ave.
Minneapolis, MN 55411

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Say hello to a new routine!



Shop Local, Eat Global Series

One of the many fun and convenient classes offered by Mpls Community Education

Maybe you're looking for a chance to focus on yourself or to make new friends; an opportunity to master your current skills or tackle entirely new ones; a reason to exercise your body or exercise your brain.

Whatever it is, we've got you covered.

More than 700 classes are available this fall.

Most classes start the week of October 2

Registration begins Aug 29 at
mplscommunityed.com



Community Education

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Special School District No. 1

Minneapolis Public Schools
Minneapolis, MN

An Equal Opportunity School District

FALL 2017