

MINNEAPOLIS COMMUNITY EDUCATION

Discover

something different.

ADULT ENRICHMENT CLASSES

WINTER 2017

Turn snow season into KNOW season

WOODWORKING • AFRICAN-AMERICAN ART HISTORY • CAST IRON COOKERY
CAJUN DANCE • PICKLEBALL • INDONESIAN MARTIAL ARTS +600 MORE



**Online registration
starts Jan. 3.**

mplscommunityed.com



Minneapolis Community Education



MINNEAPOLIS
PUBLIC SCHOOLS
Urban Education. Global Citizens.

New Discoveries

Can't-miss classes this season

1



Magical Ice Luminaries

Get creative with the cold and start glowing this season.

PAGE 33

2



"Tin Chef" Cook Off

Compete for culinary champion or see things sizzle from the sidelines. PAGE 19

3



Triple Threat Workout

Tackle three different techniques to elevate your exercise experience.

PAGE 45

4

Russian Gems: The Faberge Tour

Explore a Faberge exhibit to discover the history and value of these fine works.

PAGE 58



5



Android App Development

Take your technical skills to the next level as you create an app from start to finish.

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Inside This Issue...

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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 | African American Art History: The First Professional Artists

Examine the journey and art of several black individuals born into the circumstances of 18th- and 19th-century America who became professional visual artists in spite of societal barriers. Artists include Joshua Johnson, Robert Scott Duncanson, Mary Edmonia Lewis and more.

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

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 69 for list of sites).

NEW | African American Art History: The Art of Protest Yesterday, Today & Tomorrow

Artists have the unique privilege of creating visual response to events and circumstances that sometimes have no counterpart in spoken language. They can create the cultural vocabulary to interpret acts that cause unspeakable pain. Examine the art across various historical periods, and look at movements like Afro-Futurism.

Henry 1 Wednesday
Feb 15 6:30-8:30 pm
\$18

NEW | African American Art History: Contemporary Art—Who is Hot Now?

There is a myriad of interesting work being created in contemporary art. Join us as we take a look at the art and careers of 20 artists getting recognition today.

Henry 1 Wednesday
Feb 22 6:30-8:30 pm
\$18

Enjoy studying artists? Become one yourself with our arts and crafts classes on pages 30-36.

American Indian History & Culture Through Videos

View and discuss such topics as Indian boarding schools, civil rights, culture, music and dance, legends, code talkers in American wars, the Indian Health Service, Leonard Peltier, and Ancient Americans. Student input will determine the topics covered.

Southwest 7 Mondays
Jan 30-Mar 20 6:30-8:30 pm
\$52

American Indian History & 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
Jan 31-Mar 14 6:30-8:30 pm
\$52

Art Collections of the Twin Cities

Explore some of the key pieces of art and architecture you can see in the public art collections of the Twin Cities. This class will help you become more knowledgeable about the many great cultural resources available for your appreciation and enjoyment.

Pratt 1 Tuesday
Mar 14 6:30-8:30 pm
\$18



NEW | Gidinawenidimin (We Are All Related): The Seven Generations & The Seven Grandfather Teachings

Listen to a presentation of the traditional teachings of the Anishinaabeg as a means of developing interconnectedness and interdependence. The seven grandfather teachings, the sacred law of the Anishinaabeg, show us how to lead “Minobimaadiziwin” a life without contradiction or conflict, a life of peace and balance. Learn the historical context for the 7 Generations in Anishinaabe (Ojibwe) culture and the connection to the Anishinaabemowin language.

Pratt 1 Wednesday
Mar 1 7-8:30 pm
\$18

Shakespeare 101

Experience a crash course in Shakespeare as we cover two plays: “King Lear” and “Henry V.” There will also be some discussion of Shakespearean poetry as well as a little history on Elizabethan England to help students better understand the times in which Shakespeare lived. Class fee includes a copy of each play.

Pratt 6 Tuesdays
Jan 31-Mar 7 6:30-8:30 pm
\$58

Wonderland Park on Lake Street

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 also featured prematurely born infants on display in electric incubators. Leave this presentation with a deeper understanding of America’s love affair with electricity, the amazing attractions it generated and why it was all happening on Lake Street.

South 1 Thursday
Mar 9 6:30-8:30 pm
\$18

Writing: Creative Writing

Pablo Picasso once said, “Every child is an artist. The problem is how to remain an artist once he grows up.” Engage your inner child writer. Come and enjoy writing time! Here, you’ll explore creative writing in a supportive and positive environment. The instructor will have a wide variety of writing prompts to encourage students to write. Exercises are meant to be fun and playful to encourage you to explore and to write! This is a creative class to inspire and support one another as writers – it will not be critique-based. All ages welcome!

Waite Park 4 Saturdays
Mar 4-Mar 25 10 am-noon
\$34

Writing: Developing a Creative 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
Feb 13-Mar 20 6:30-8:30 pm
\$46

NEW | Writing: Intuitive Writing

Studies show that the most effective way to connect with our deeper self is through writing by hand. More than journaling but less than therapy, intuitive writing is an accessible process that you can learn and then practice on your own. Explore a different theme each week, learning how the brain works and exercising it through guided writings.

Henry 6 Wednesdays
Feb 8-Mar 15 6:30-8:30 pm
\$46

Once you’ve penned your next novel, turn it into an actual book with our bookbinding class on page 30.



Writing: Memoir & Narrative Writing

Writing about your own life can be rewarding – and there are many forms your material can take: memoir, short story, online blog, performance monologue and more. In this all-levels class, find the heart of a personal story, decide what needs to be told, work with specificity and detail, and develop your unique voice. On the last day, take a field trip to Story Club Minneapolis and have the option of performing your work.

Jefferson 6 Thursdays
Feb 9-Mar 23 6:30-8:30 pm
No class Feb 23 \$28

Writing: Write It!

Whatever’s in your head, just Write It! Organize your memories, craft a short story or start a blog. Gather with others to exercise your writing abilities in four stimulating sessions.

Henry 4 Mondays
Feb 27-Mar 20 6:30-8:30 pm
\$34

Writing Workshop: Creative Fiction

Discover the productive habits of a writer. Learn the magic of revision, improve your writing with dynamic grammar and practice helpful editing techniques. Share your work with the class and participate in a peer review. Bring a piece of writing that you want to polish.

Southwest 4 Wednesdays
Feb 15-Mar 8 7-9 pm
\$34

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 Mondays
Jan 30-Mar 6 7-9 pm
\$40

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
Jan 30-Mar 20 6-7:30 pm
\$46

Writing: Using Humor in a Story

Humor in a story balances out pain, breaks the tension, reveals the narrator's vulnerability and unites the audience in an emotional connection. Analyze different types and sources of humor, and take part in writing exercises that will help you "find the funny" in your story and yourself.

Jefferson 4 Wednesdays
Mar 1-Mar 22 6:30-8:30 pm
\$28

There are no classes
Monday, February 20.



Business & Consumer

NEW | 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
Mar 22 6:30-8 pm
\$18

Caring for the Caregiver

Understand who is a caregiver and the impact of caregiving. Learn about resources for the caregiver, including services that help provide care and services that support caregiver needs. Resources highlighted include caregiver consultation, respite/adult day programs, support groups and education. Caregivers will be directed to the Senior LinkAge Line® for information and assistance.

Waite Park 1 Tuesday
Feb 21 6:30-7:30 pm
Free

 Find us on Facebook!
facebook.com/MplsCommEd

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.

Southwest 2 Mondays
Jan 30-Feb 13 7-9 pm
\$21

Finance: Talking Money With Your Honey—Conversations Every Couple Needs to Have

Discover the five most important conversations needed to maintain financial harmony in a relationship.

Roosevelt 1 Tuesday
Mar 14 6:30-8 pm
\$18

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
Feb 27-Mar 13 7-9 pm
\$21

Financial Planning for the Rest of Us

Join this discussion on how you can live within your means. Learn to plan for retirement, send kids to college and set a budget on a middle-class lifestyle.

Hale 1 Thursday
Mar 9 6-7 pm
\$5

Finding & Buying a Franchise

Tap into the knowledge of an experienced franchise owner to find out if starting a franchise business is right for you. Hear the 10 steps of finding and buying a franchise, how to tell when it's the right time to buy, what financing is available, what to expect as an owner, and how to avoid the common mistakes aspiring business owners make.

Lake Harriet 1 Wednesday
Feb 8 7-8:30 pm
\$18

Fresh Start: Debt Reduction & Money Management

Give your finances a fresh start. Join our group and gain greater knowledge of how to reduce overwhelming debt, avoid money mistakes and get your money working harder no matter your income.

Jefferson 1 Tuesday
Mar 7 6:30-8:30 pm
\$18

Health Care Directives

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

Roosevelt 1 Monday
Mar 6 6:30-8 pm
Free

Washburn 1 Monday
Mar 20 6:30-8:30 pm
Free

Health Care for Seniors

What are the government programs for senior health care? What are parts A, B, C and 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
Feb 27 6-7:30 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
Feb 23 7-8 pm
Free

Henry 1 Wednesday
Mar 22 7-8 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 Monday
Feb 6 6:30-8 pm
\$18

How To Own & 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
Mar 16 6-8 pm
\$18

Income Taxes & Retirement

Retirement is a time of transition from one stage to another. Learn about tax diversification, taxation of capital gains and Social Security, health care subsidies, and the financial impact of the first death in retirement.

Roosevelt 1 Monday
Feb 13 6-7:30 pm
\$18

Southwest 1 Thursday
Mar 2 6-7:30 pm
\$18

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.

Lucy Laney 3 Tuesdays
Feb 21-Mar 7 6:30-8 pm
\$24



 Find us on Twitter!
twitter.com/mpslcommunity



The Art of the Interview

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 speaking with interviewers.

Southwest 1 Thursday
Feb 9 7-9 pm
\$18

The Art of the Resume

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
Feb 7 7-9 pm
\$18

Your resume is now refreshed and your interview skills are well-polished, but do you know what kind of job you're seeking? If you're craving a different career, we can help. Register for "A New Career: How to Discover Your Ideal Work," found on page 13.

 Find us on Facebook!
facebook.com/MplsCommEd

Medicare ABCs & 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. *Pratt class is held at Prospect Park United Methodist Church, 22 SE Orlin Ave.*

Roosevelt 1 Monday
Feb 6 6:30-8:30 pm
Free

Southwest 1 Thursday
Feb 23 7-8:30 pm
Free

Washburn 1 Monday
Feb 27 6:30-8:30 pm
Free

Pratt 1 Wednesday
Mar 22 10 am-noon
Free

Register now and make sure you get into your favorite classes! We're online at www.mplscommunityed.com.



Medicare Part D: Open Enrollment & Extra Help

Open enrollment, held from Oct. 15–Dec. 7, gives you a chance to review your Medicare prescription drug plan in case you want to change to Part D, which is the most cost-effective. Join us for a presentation on Medicare Part D, the new five-star plans, and a program for people with lower incomes that may reduce prescription drug costs. Receive a copy of the Health Care Choices booklet.

Waite Park 1 Tuesday
Jan 24 6:30-7:30 pm
Free

Protecting Your Family & Your Assets—Long Term Care Insurance

Do you fear outliving your assets? 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
Mar 21 6:30-8 pm
Free

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 understand the 2015-16 legislative changes.

Roosevelt 1 Monday
Jan 30 6-7:30 pm
\$18

Southwest 1 Wednesday
Feb 8 6-7:30 pm
\$18



Real Estate

An Essential Guide to Buying A Home

Your dream home is out there. You just need to know how to get it. Learn about government grants, first-time homebuyer programs, loan options and more. Understand how to maximize your money and achieve the lifestyle you want as you dive into purchasing a home.

Edison 1 Tuesday
Mar 14 6:30-9 pm
\$21

Pratt 1 Wednesday
Feb 22 6:30-9 pm
\$21

Jefferson 1 Thursday
Mar 2 6:30-9 pm
\$21

CLCLT: An Affordable Home Ownership Option

Learn about the City of Lakes Community Land Trust (CLCLT) and permanently affordable homeownership 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 Monday
Feb 6 6:30-8 pm
Free

Condos in Minneapolis: First Home or Downsizing

Listen to an experienced Realtor share information about the trends in the Minneapolis condo market, the different neighborhoods and styles available, and what you should look for when purchasing a condo.

Jefferson 1 Tuesday
Feb 7 6:30-8 pm
\$5

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
Mar 1 6:30-8:30 pm
\$18

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. The same material will be offered each date.

Jefferson 1 Tuesday
Feb 21 6:30-8 pm
\$5

Home Buying: Foreclosures, Short Sales & HUD Homes

Discover the advantages and disadvantages of HUD homes, foreclosures and short sales. Learn about the different types of financing, down payment assistance, city funding and free grant money, and find out whether you qualify for first-time homebuyer money.

Waite Park 1 Wednesday
Feb 8 6:30-8 pm
\$18

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
Jan 30-Feb 6 6:30-8:30 pm
\$21

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
Feb 13-Mar 20 6:30-8:30 pm
\$40

Continued on page 10



Real Estate

Continued from page 9

Selling a Home for More Money

Get answers to your questions about what a buyer wants in your home, how to prepare your home to be put on the market, whether or not you should use a Realtor to sell it, and much more. Also discover the No. 1 secret that could return thousands of dollars to you.

Lake Harriet 1 Wednesday
Feb 22 6:30-9 pm
\$21

Roosevelt 1 Monday
Mar 13 7-9 pm
\$18

Smart Home Buying: What Every Home Buyer Needs to Know

Learn what to look for when buying a home, and 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.

Lake Harriet 1 Wednesday
Mar 1 6:30-9 pm
\$21

Roosevelt 1 Wednesday
Mar 22 7-9 pm
\$18



Strengthen Your Financial Foundation

Have questions about budgeting and saving for the future? Interested in improving your credit score? Join us to hear three financial experts address savings strategies, debt management and credit maintenance. Receive practical worksheets to take home. Register online or call 612.668.2219.

Lucy Laney 1 Tuesday
Feb 28 6-8 pm
Free

Lucy Laney 1 Saturday
Mar 4 10 am-noon
Free

NEW | Understanding Index Funds

Index funds are a great option for investing. Learn what index funds are, how to invest in one, how to check for fees, and how to decide on an investing plan.

Pratt 1 Tuesday
Mar 7 7-8:30 pm
\$18

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
Mar 21 6:30-8 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. Bring a blue pen. Sorry, no discounts. Not intended for business owners.

Roosevelt 1 Monday
Feb 6 6:30-8:30 pm
\$41

Roosevelt 1 Wednesday
Mar 22 6:30-8:30 pm
\$41

Edison 1 Wednesday
Mar 15 6:30-8:30 pm
\$41

NEW | Women & Money

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

South 1 Tuesday
Feb 7 6:30-8:30 pm
\$18





Computers & Technology

Android App Development

Develop, install and take home your own Android app. This is a fun, easy way to learn a valuable, in-demand technical skill. Students welcome, ages 12 and up! Computer keyboard skills required, no programming experience needed. Bring a PC laptop if you have one, otherwise school computers are available. Please bring a flash drive.

Washburn 6 Wednesdays
Feb 8-Mar 15 6-8 pm
\$58

Computer Programming: C Language 1

Create your own programs in the C language. Learn the layout of the program, how to read and write data and how to design calculations. Bring a PC laptop with a C compiler loaded. Email walt@wpattinson.com with questions.

Southwest 6 Mondays
Jan 30-Mar 13 6-8:30 pm
\$70

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twitter.com/mpplscommunityed

Computer Basics 101

Get introduced to the world of computers when you learn about basic computer parts and functions, creating a Word document, signing up for email, sending and receiving photos, browsing the web, saving favorite sites, the importance of security, downloading, uploading, and exploring social media. Bring your laptop for an optimal learning experience.

Anwatin 5 Mondays
Feb 6-Mar 13 6:30-8 pm
\$40

South 4 Thursdays
Feb 9-Mar 9 6-8 pm
\$42

Southwest 3 Mondays
Mar 6-Mar 20 6-8 pm
\$34

Waite Park 4 Thursdays
Feb 16-Mar 9 10 am-noon
\$42

Register now and make sure you get into your favorite classes! We're online at mpplscommunityed.com.

Digital Photo Editing, Sharing & Organizing

Whether you sell online, organize photos for work or simply capture special moments for the next generation, take your photographs to the next level! Learn how to professionally crop, enhance, straighten, retouch, add text and organize your memories with a free, online digital editing program. Prerequisite: Basic computer skills. Bring your laptop for an optimal learning experience.

Waite Park 1 Saturday
Feb 25 9 am-noon
\$24

iPhone/iPad Basics

Learn how to access and manage apps, emails, phone contacts, photos and more. Bring your device and your questions.

South 2 Wednesdays
Mar 8-Mar 15 6-9 pm
\$34

Southwest 1 Monday
Feb 27 6-9 pm
\$24

Microsoft Access Database 1

Get basic knowledge of Microsoft Access 2010. Create queries and forms.

Washburn 1 Tuesday
Feb 21 6-9 pm
\$24

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
Feb 28 6-9 pm
\$24

There are no classes Monday, February 20.



Microsoft Excel 1

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

Southwest 2 Wednesdays
Feb 22-Mar 1 6-8 pm
\$26

Microsoft Excel 2

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

Jefferson 2 Thursdays
Feb 9-Feb 16 7-9 pm
\$24

Microsoft Word 1

Understand the basic concepts required to produce professional-looking business documents. Learn valuable skills to create, edit and format various types of documents, navigate the ribbon, enter and edit text, format lists and paragraphs, work with resume templates, and more.

Jefferson 1 Thursday
Feb 9 6:30-8:30 pm
\$18

Now that you've brushed up your software skills, get some tips for highlighting those new accomplishments with "The Art of the Resume," on page 8.

Microsoft Word 2

Further build on the skills you acquired in Microsoft Word Introduction. Learn to format longer documents, use headers/footers, format tables and charts, use mail merge and more.

Jefferson 1 Thursday
Feb 23 6:30-8:30 pm
\$18

Online Selling: A-Z

Examine the various aspects of online selling. Learn how to research a saleable item, decide on a suitable marketplace, photograph and describe the item, and create an online listing for the venue of your choice. Join us to discuss the selling process, the professional packaging of your product, the choice of a shipper, proper cataloging and tax responsibilities. Basic computer skills are required. Bring your laptop for an optimal learning experience.

Waite Park 4 Tuesdays
Feb 7-Feb 28 6:30-8:30 pm
\$34

Social Media Marketing & Analytics

Discuss social media platforms like Snapchat, Twitter and Instagram to determine which is right for you. Use analytics, data and personal anecdotes to boost your small business or grow your hobby.

South 1 Tuesday
Mar 7 6-9 pm
\$21

Social Media Marketing for Businesses, Organizations & 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 Tuesday
Mar 14 6-8:30 pm
\$21

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. We recommend this class before WordPress 1 and 2 at South, which will be offered in the spring. Pre-requisite: Thorough knowledge of computers and the Internet.

South 2 Wednesdays
Mar 8-Mar 15 6-9 pm
\$35

WordPress Workshop

Explore menus, themes, posts and pages as you're guided through the workings of WordPress. Bring a flash drive.

Southwest 4 Tuesdays
Feb 21-Mar 14 7-9 pm
\$42



Personal Development



Bullet Journals: The New Productivity Sensation

Explore bullet journals—a combination to-do list, journal, art project and calendar. Bullet journals foster reflection and creative planning, and are a great tool for forming new habits, managing tasks and growing your creative ability.

Roosevelt 2 Mon & Wed
Mar 13-Mar 22 6:30-8 pm
\$24

Color Your World

Find out what colors will give you a bright, youthful look! Color draping will be used to discover which colors are best for you. You will receive beauty and fashion tips about how to flatter and enhance your best features. You will also experience an easy facial that will rejuvenate, exfoliate and protect your skin.

Waite Park 1 Thursday
Feb 16 6:30-8 pm
\$18

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 Wednesday
Mar 1 7-9 pm
\$18

Dream Wisdom Life Wisdom

Understanding the wisdom of dreams is important to your inner growth. Dreams can be a source of guidance, healing, creativity and joy. Explore a life mission and nighttime dreams through writing exercises and conversation.

Southwest 1 Wednesday
Feb 22 6:30-8:30 pm
\$18

Family Goals: Make a Plan for Success With Your Family

Start your year off right by making resolutions and setting goals as a family. Identifying and achieving family goals is key to coming to agreements, building self-esteem and being accountable to each other. Clarify your family's values and goals, and improve your communication and teamwork.

Roosevelt 1 Wednesday
Feb 8 6:30-8 pm
\$18

Getting Unstuck: Overcoming Procrastination Workshop

Understand why you procrastinate. Explore ways to stay on track and get things done. Develop insight into what is blocking you and build skills that help you successfully overcome these impediments.

Roosevelt 1 Monday
Feb 27 6:30-8 pm
\$18

NEW | How to Knock Them Dead! 5 Steps for a Killer Presentation

If presenting terrifies you and you want to conquer it, join us to learn tips you can apply to quickly gain confidence and skills.

Southwest 4 Wednesdays
Mar 1-Mar 22 6:30-8:30 pm
\$18

Jumpstart 2017: A Personal Goal-Setting & Strategy Workshop

Take time to reflect on 2016 — the accomplishments, lessons learned, key relationships, what mattered and what didn't. Decide what to do more of, less of and/or differently in order to ensure the personal and professional outcomes you hope for in 2017.

Roosevelt 1 Wednesday
Feb 1 6:30-8 pm
\$18

Exploring Self-Discovery: Peace Education Program

The purpose of this peace education course is to further the conversation and nurture the seed of peace within us and in our lives. 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. This peace education class presented through DVDs is made up of one-hour workshops that focus on our inner resources, do not represent any religion or philosophy, and are open to all who are interested.

Roosevelt 7 Mondays
Jan 30-Mar 20 7-8:30 pm
Free

 Find us on Facebook!
facebook.com/MplsCommEd



Trips, Tours & Events

Be a Visitor in Your Own City

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 15 years. Register online or call 612.668.4828. *Class is held at Minneapolis Tourist Information Center, 505 Nicollet Mall, Suite 100.*

Lucy Laney 1 Friday
Feb 24 1-2 pm
Free

Minneapolis Institute of Art Tours: Women in Art

Learn how women have contributed to the visual arts. Whether creator or inspiration, women have been a power for influence and change in the production of artworks around the world. *Meet in the lobby at the Minneapolis Institute of Art, 2400 Third Ave. S.*

Edison 1 Thursday
Feb 23 6:30-7:30 pm
\$5

Southwest Community Family Sock Hop

Attend an evening of great music, games, treats and prizes, along with fond memories for rock 'n' rollers of all ages! Buy take-out snacks at our version of "Porky's Drive-In." We'll be playing tunes from the '50s, '60s and '70s. Cost is \$3 and a food shelf donation. Children must be accompanied by an adult. Wear soft-soled shoes or tennis shoes or be prepared to wear stockings only in the gym.

Southwest 1 Friday
Mar 10 7-9 pm
\$3

Register for classes online at mplscommunityed.com.

Southwest Community Earth Day Clean-Up

Join us to help clean up the community, including the areas around Southwest High School, Minnehaha Creek, Lake Harriet and Lake Calhoun. Enjoy juice, coffee and rolls at 8:30 a.m. before cleaning up from 9 a.m.-noon. A gourmet picnic lunch will be provided after the clean-up. This project is co-sponsored by the Southwest Community Education Advisory Council and Green Team. Register online or call 612.668.3100.

Southwest 1 Saturday
Apr 22 8:30 am-noon
Free

Save the Date

for these upcoming Spring/Summer events:

Midnight-to-Dawn Metro Bike Tour #39

Saturday, July 8
11 pm-dawn
\$20

Namekagon River Canoe & Kayak Trip

June 23-June 25
Friday through Sunday
\$110

Call 612.668.3100 for more information.



NEW | Quit Smoking: It Is Possible

Learn how to get prepared to quit and how to improve your chance of success. Support from the presenter and participants, as well as many tools will be provided to help increase your ability to stop this habit once and for all.

Northeast 7 Wednesdays
Feb 1-Mar 15 7-8:30 pm
\$42

Rejuvenation of Self: A Stress Management Workshop

Stress seems inevitable. The demands of work, home and society can place a lot of stress on just about anyone. Identify your personal stressors and explore ways to manage and avoid them.

Roosevelt 1 Wednesday
Mar 1 6:30-8 pm
\$18

NEW | The Enneagram & You: A Unique Personality Indicator Tool

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? Explore the Enneagram, a unique personality indicator that believes authentic living is integral to effective communication and personal satisfaction.

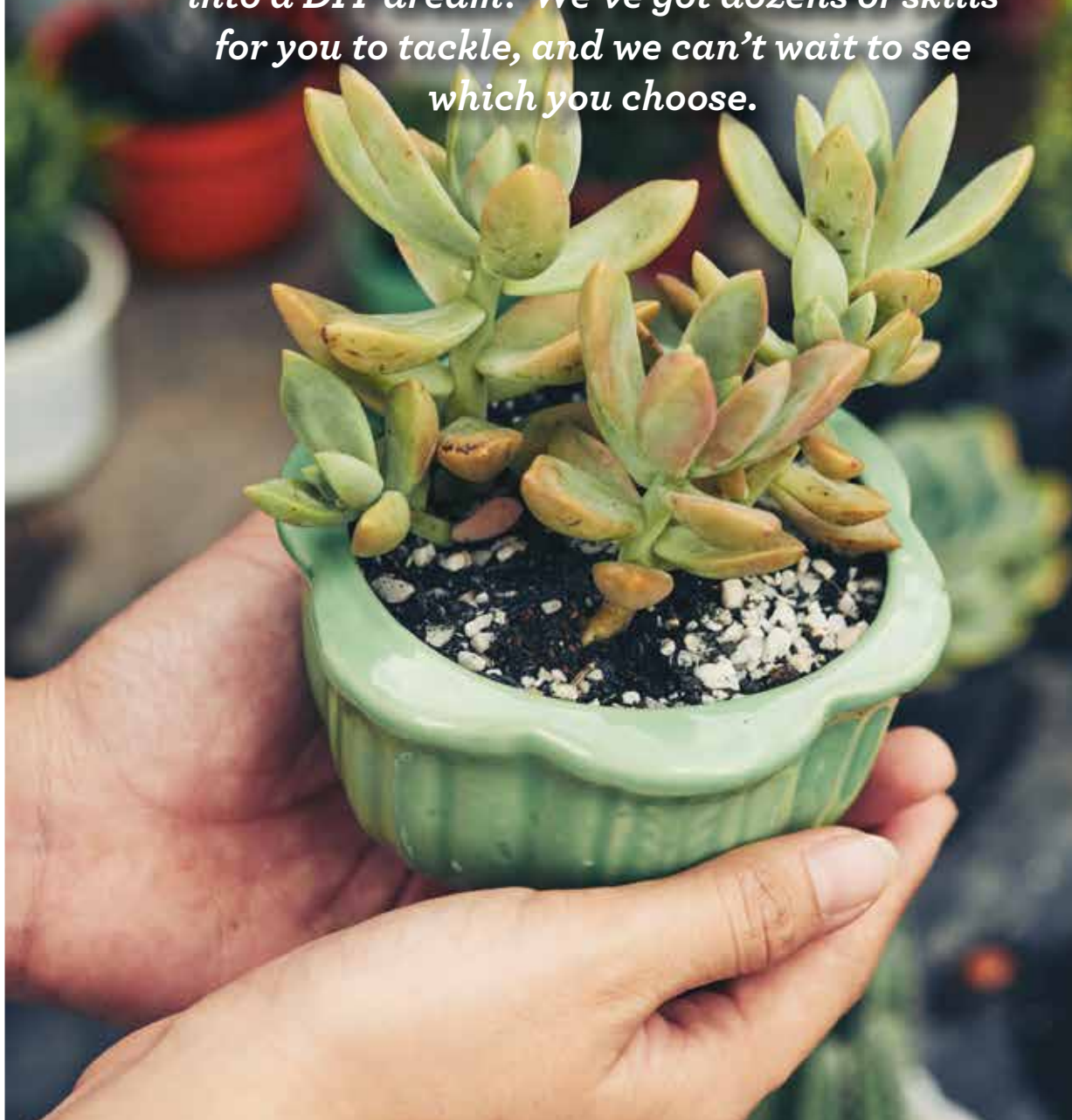
Lake Harriet 1 Wednesday
Feb 22 6:30-8:30 pm
\$18

There are no classes Monday, February 20.

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 | All About Knives: Good Knives & Basic Cuts

Basic kitchen knives have changed radically in the past 15 years. If you're still using older knives, learn what to look for in knives that are easier to use, less expensive to buy and easier to maintain. Practice how to bring a pleasing uniformity to your dices, julienne strips and roll cuts. Bring a closed container to take home cut vegetables. An \$8 supply fee will be collected.

Lake Harriet 1 Thursday
Mar 16 6-9 pm
\$28

NEW | Baking Through History: World War II Ration Cakes

Sugar, butter and eggs were rationed during World War II, forcing home cooks to adjust the way they made desserts. Learn the differences between American and U.K. food rationing and then bake a cake from each tradition: an American sugarless cake sweetened with old-fashioned corn syrup, and a dense, eggless English chocolate cake. Bring a closed container to take home leftovers. A \$10 supply fee will be collected.

Lake Harriet 1 Monday
Mar 20 6-9 pm
\$28



NEW | Breads: Beginning

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. A \$7 supply fee will be collected.

Anwatin 1 Monday
Feb 27 6-9 pm
\$24

NEW | Breads: Breakfast

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

Anwatin 1 Monday
Mar 13 6-8:30 pm
\$20

Breads of Europe

Learn to bake breads that are hard to find locally, including Nordic bread from Norway, black bread from Germany, whole wheat bread from England and potato bread from Finland. A \$9 supply fee will be collected.

Lake Harriet 1 Monday
Feb 13 6-9 pm
\$28

Now that you've mastered the art of European cuisine, try your hand at mastering one of their languages! We offer classes in French, German, Portuguese, Italian and more (pages 26-27).

Cajun & Creole Classics

Heat things up with Cajun and Creole dishes, including gumbo, catfish po-boys, tamarind-glazed pork, sweet potatoes, bananas Foster, banana biscuits and more. Cost includes a \$15 supply fee. Discounts are on tuition only. Call 612.668.4828 for discounts.

Roosevelt 1 Monday
Mar 13 6-9 pm
\$36

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. Tuition includes a \$15 supply fee. Call host site for discount information.

Northeast 1 Thursday
Feb 9 6-8:30 pm
\$36

Roosevelt 1 Monday
Feb 13 6-9 pm
\$36

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 \$12 supply fee will be collected.

Lake Harriet 1 Wednesday
Mar 15 6-9 pm
\$28

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 \$15 supply fee will be collected.

Lake Harriet 1 Thursday
Mar 30 6-9 pm
\$28

Cooking: Valentine's Day Together

Sign up to enjoy a cooking class with friends, family or a special someone. Make and share easy, tasty treats, including: Green Apple and Pomegranate Salad with Champagne Vinaigrette and Spiced Nuts; Focaccia with Caramelized Onion and Pear; and Sea Salt Chocolate Truffles.

Roosevelt 1 Tuesday
Feb 14 6-9 pm
\$36

Fearless Pressure Cooking

Discover the advantages of the contemporary (and safe) pressure cooker. Cook dried chickpeas and beans, risotto, pot roast and even cheesecake in about one-third the time it takes conventionally. Learn which pressure cookers to buy (and which to avoid), and make terrific spareribs in only 22 minutes! If you already have a pressure cooker, bring it to class. A \$13 supply fee will be collected.

Lake Harriet 1 Monday
Feb 27 6-9 pm
\$28

French Baking: Elaborate French Desserts

After a review of the fundamental principles of French baking, watch instructor Said Abdelli demonstrate a more elaborate dessert: Paris-Brest, a pastry cream-filled patachou ring. A \$10 supply fee will be collected. *Class is held at Windom Community Center, 5843 Wentworth Ave. S.*

Washburn 1 Monday
Feb 27 6-9 pm
\$21



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 simple butter and sugar. You will then have a chance to make your own! Instructor collects a \$10 supply fee. *Class held at Windom Community Center, 5843 Wentworth Ave. S.*

Washburn 1 Monday
Feb 6 6-9 pm
\$21

Can't get enough of French fare? If you're planning a trip, we can help take the stress out of planning with "Packing for the Everyday Traveler," found on page 22.



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. Instructor collects a \$10 supply fee.

Ramsey 1 Tuesday
Feb 27 6-8 pm
\$18

Cooking Without a Recipe

Have you ever wanted to grocery shop based on what appeals to you instead of what is written on a list? Do you find yourself throwing away food you bought a few days ago? Engage your creativity and learn how ratios, chemistry, and classical cooking techniques lead to fabulous food without the limitation of a recipe. A \$10 supply fee will be collected per class.

NEW | Cooking Without a Recipe: Mexican/Latin

Create Latin-inspired dishes such as salsa, enchiladas, tamales and burritos.

Ramsey 1 Monday
Mar 6 6-8:30 pm
\$21



NEW | Cooking Without a Recipe: Asian

Craft Asian-inspired dishes such as rolls, stir fry and curry.

Ramsey 1 Monday
Mar 20 6-8:30 pm
\$21

NEW | Cooking Without a Recipe: Mediterranean/Greek

Make Mediterranean-inspired dishes such as dolmas, spanikopita and aubergine.

Ramsey 1 Monday
Mar 27 6-8:30 pm
\$21

Eat Local Minnesota

Join chef Andrea Bolger as she creates tantalizing seasonal flavors with local produce for your culinary appetite. The cost of each class includes a \$15 supply fee. **Receive a discount when you register for both classes. For the discount, call 612.668.4828.**

Pumpkin

Whip up a variety of pumpkin treats, including: Pumpkin-Chicken Enchiladas topped with Roasted Vegetable Salsa and Spicy Pumpkin Seeds; Pumpkin Bread Pudding with Brown Sugar Sauce; and Chocolate Cream Cheese-Swirled Pumpkin Bars.

Roosevelt 1 Tuesday
Feb 21 6-9 pm
\$36

Polenta

Use cornmeal polenta as a wonderful base for warming winter dinners and dessert, including: Butternut Squash Polenta with Caramelized Onions and Chicken Sausage; Roasted Root Vegetables with Savory Mushroom Gravy (vegan and gluten-free); and Lemon Curd Polenta Cake.

Roosevelt 1 Tuesday
Feb 28 6-9 pm
\$36



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.

Henry 1 Wednesday
Mar 8 7-8:30 pm
\$18

Kitchen Knife Skills: Seasonal

Ignore other knives and focus on how to properly hold and utilize the knife a chef uses 99 percent of the time. Bring your own knife and cutting board. A \$10 supply fee will be collected.

Ramsey 1 Monday
Feb 13 6-8:30 pm
\$21

NEW | More Veggies, Please!

Ensure that vegetables become a regular part of joyful eating by using tools like a mandoline, wok and suribachi. These simple, timeless kitchen tools make sauce-making, julienning, quick-pickling and stir-frying a snap. Learn to use them safely and skillfully, and sit down to a variety of quick vegetable dishes. Bring a covered container for taking leftovers home. A \$10 supply fee will be collected.

Lake Harriet 1 Monday
Mar 6 6-9 pm
\$28

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 fettucine, lasagna, bowtie, orechiette and others). A \$10 supply fee will be collected.

Ramsey 1 Monday
Feb 27 6-8:30 pm
\$21



Scones

Enjoy delicious scones starting from a simple recipe and discover daring additions to make your scones come alive. These crispy, flaky treats will be a delicious addition to your lineup of go-to quick breads. A \$7 supply fee will be collected.

Anwatin 1 Monday
Mar 27 6-8:30 pm
\$20

Simple Pasta

Discover simple dishes that can be prepared while your pasta cooks. The menu includes: Stir-Fried Broccoli and Walnut Sauce; Fettuccine with Tuna Garlic and Cream Sauce; Spinach Pasta with Almond Sauce; and Three-Pepper Pasta—Indian Style. A \$12 supply fee will be collected.

Lake Harriet 1 Monday
Feb 6 6-9 pm
\$28

Soul & Comfort Food

Regardless of what you call it, get ready to make it — with a modern twist! The menu includes: Chicken and Waffles with a Maple Glaze; Modern Meatloaf; and Red Velvet Cake. A \$12 supply fee will be collected.

Lake Harriet 1 Wednesday
Mar 22 6-9 pm
\$28

NEW | Soup, Salad & Dreams

Prepare a healthy leek, carrot and potato soup, and a delicious bacon, apple, and spinach salad served with naan bread and tea. Discuss the meaning of five common dreams as you enjoy your meal. A \$10 supply fee will be collected.

Lake Harriet 1 Wednesday
Mar 1 6-8:30 pm
\$28

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.

Lake Harriet 3 Wednesdays
Feb 8-Feb 22 6-9 pm
\$42

Tea Time: Exploring the World of Tea

Taste samples of black, oolong, green, white and dark tea while learning about the history of tea. Receive samples to take home.

Pratt 1 Saturday
Feb 25 10-11:30 am
\$20

Wine: Introduction

Where did wine come from? What disease almost ended its evolution and varietals? What new countries and regions are developing it today? Learn about the fascinating history of wine, and enjoy a field trip to Tosca, where you'll taste and sample wines, and discuss regions, tannins, tear drops, and notes. A \$12 field trip fee will be collected.

Southwest 7 Mondays
Jan 30-Mar 20 7:30-9 pm
\$42

Pasta can often be the perfect pairing for a good glass of wine. Learn to cook a tasty dish from scratch with "Pasta: Make Your Own" on page 18.



"Tin Chef" Cook-Off

It's time for Southwest Community Education's fifth annual Tin Chef Cooking Competition! Similar to popular television shows "Top Chef" and "Chopped," we'll transform our kitchen classroom into contest central as four teams battle it out for the winning dishes. Watch as teams prepare two dishes from scratch, complete with the chaos of surprise ingredients and outlandish comedy. Sample the recipes of each participating team, and find out who our celebrity panel of judges names the winner. The event is hosted by WCCO's Liz Collin.

"Tin Chef" Team Contestants

Create a team of three members to participate in the Tin Chef Cook-Off. Purchase your groceries and prepare two dishes using three specific ingredients, two of which will be shared ahead of time and one of which will be revealed the night of the contest. Participants must be at least 18 years old.

Orientation: Wednesday, February 1 • 7-8 pm

Contest: Wednesday, February 15 • 6-10 pm

Registration Fee: \$36/Team

"Tin Chef" Audience Members

Audience attendance is open to all ages, but you must pre-register. Seats will fill quickly, so register today!

Wednesday, February 15 • 7-9 pm • \$5

Register online at mplscommunityed.com or call 612.668.3100 for more information.



Hobby & Leisure

Genealogy: Climbing Your Family Tree

This class is for beginners. Are you contemplating starting a family tree, or have you somehow inherited a shoe box full of pictures and family newspaper articles such as obituaries and wedding notices? Learn how to research your family tree and locate resources available on the web 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
Mar 6-Mar 13 6:30-8:30 pm
\$28

Astrology

Explore 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 Wednesdays
Feb 22-Mar 1 6:30-8 pm
\$21

South 4 Thursdays
Mar 2-Mar 23 7-9 pm
\$34

Astronomy for City Dwellers

Make your own star wheel and identify bright stars and constellations, all without a telescope. Learn about astronomy tourism and vacations, exo-planets, space exploration, light pollution, coming 2017 sky events, buying family telescopes, local and distant star parties, and constellation legends & stories. The class includes an optional free field trip to Eagle Lake Observatory.

Southwest 4 Tuesdays
Feb 7-Feb 28 7-8:30 pm
\$33

Bicycle Maintenance & 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.

Roosevelt 2 Wednesdays
Mar 15-Mar 22 7-8:30 pm
\$21

Chess

Learn the basic strategies of openings, including the Torie and Sicilian openings, as well as several different endgames that will allow you to end your opponent quickly and efficiently. Enjoy plenty of play during class, and end with a tournament to test your newfound skills. All abilities are welcome, and kids may attend at no cost.

Henry 4 Wednesdays
Feb 22-Mar 15 6:30-8:30 pm
\$28

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
Feb 1-Mar 15 7-8 pm
\$31

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. Bring your dog on a flat buckle or snap collar with a 4-6-foot leash, and a supply of small soft treats. No choke chains, prong collars or flexi leashes are permitted. Instructor will need to see the dog's current Rabies, Bordetella, and DHLPP vaccination certificates on the 1st night of class. One dog per adult.

Southwest 6 Wednesdays
Feb 1-Mar 8 7-7:45 pm
\$52

After your pet completes their obedience training, celebrate their success in a unique way. Have fun with "Pet Portrait Painting" on page 34.

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. Bring your dog on a flat buckle or snap collar with a 4-6-foot leash, and a supply of small soft treats. No choke chains, prong collars or flexi leashes are permitted. Instructor will need to see the dog's current Rabies, Bordetella, and DHLPP vaccination certificates on the 1st night of class. Pre-requisite: Obedience 1 or Puppy training class. One dog per adult.

Southwest 6 Wednesdays
Feb 1-Mar 8 8-8:45 pm
\$52

Dog Obedience 2

Advance to more complex obedience work with your dog. Handlers must be at least 10 years old.

Northeast 6 Wednesdays
Feb 8-Mar 15 8-9 pm
\$28

Dog Obedience: 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. Bring your puppy on a flat buckle or snap collar with a 4-6-foot leash, and a supply of small soft treats. No choke chains, prong collars or retractable leashes are permitted. Instructor will need to see the dog's current Rabies (if they're old enough), Bordetella, and DHLPP vaccination certificates on the 1st night of class. One dog per adult.

Southwest 4 Thursdays
Feb 9-Mar 2 8 pm-8:45 pm
\$26

**There are no classes
Monday, February 20.**

mplscommunityed.com

Dog Treats & 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.

Edison 1 Wednesday
Feb 15 6:30-8:30 pm
\$21

Film Appreciation: Oscar-Winning Films

Examine past and present Oscar-winning films and directors: genre, technique, and theme through feature film screenings, clips, and discussion.

Lake Harriet 6 Wednesdays
Feb 8-Mar 15 7-9 pm
\$46

Game Night: Cribbage & Beyond!

Join our social environment to enjoy both new and classic games, and learn to play cribbage the first night of class. A different board game will be introduced each week based on student suggestions.

Washburn 6 Tuesdays
Jan 31-Mar 14 6:30-8:30 pm
No class Feb 14 \$20

NEW | 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.

Pratt 1 Saturday
Feb 11 9:30-11:30 am
\$18

NEW | 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
Mar 9 6:30-9 pm
\$5

Running out of room for all of those stamps? Learn to create your own book to house your growing collection. Register for "Book Arts" on page 30.

 **Find us on Facebook!**
[facebook.com/MplsCommEd](https://www.facebook.com/MplsCommEd)



Model Railroad Module Building: HO Scale

Become a model railroad enthusiast when you learn from a lifelong model railroader how to get started with your own HO scale module. A 2-foot by 4-foot space is all it takes to store a small scene and practice modeling skills. Visit our website or call for a complete list of materials to purchase.

Roosevelt 6 Mondays
Jan 30-Mar 13 6:30-8 pm
\$46

Packing for the Everyday Traveler

Do you overpack? 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
Feb 27 6-8 pm
\$18

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

Reupholstery

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

Edison 8 Wednesdays
Feb 1-Mar 22 6-9 pm
\$106

Edison 8 Thursdays
Feb 2-Mar 23 6-9 pm
\$106

Urban Chicken Farming

Learn about picking the right chicken, city regulations, winter care and growing your own chicken feed. Leave with the confidence to get your own flock started!

Waite Park 1 Tuesday
Jan 31 6:30-8:30 pm
\$18

South 1 Thursday
Feb 2 7-8:30 pm
\$18

Want to learn about what else you can accomplish in the city? Sign up for "Urban Permaculture Design" on page 24.



Woodworking: Open Woodshop

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.

Southwest 7 Tuesdays
Jan 31-Mar 14 6:30 pm-9 pm
\$80

Southwest 7 Thursdays
Feb 2-Mar 16 6:30 pm-9 pm
\$80

Woodworking 1

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

Southwest 7 Wednesdays
Feb 1-Mar 15 7-9 pm
\$70

Southwest 7 Thursdays
Feb 2-Mar 16 7-9 pm
\$70

Northeast 6 Tuesdays
Feb 7-Mar 14 6-8:30 pm
\$65

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

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Have questions about Ed2Go? Contact Brenda Eccleston at 612.668.3950 or email brenda.eccleston@mpls.k12.mn.us.



Home & Garden

Basic Electricity

Discuss safety procedures, types of wire, circuit breakers, light switches and wall receptacles. Leave class with the confidence to do simple home repairs.

South 2 Tuesdays
Feb 28-Mar 7 6 pm-8:30 pm
\$21

NEW | 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.

Pratt 1 Saturday
Feb 18 9-11:30 am
\$21

Southwest 1 Tuesday
Mar 7 6-8:30 pm
\$21

As you refresh and update the inside of your home, remember to keep the outside in mind, as well. Turn the page for "Stucco Repair & Refinishing."

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
Mar 15-Mar 22 6:30 pm-9 pm
\$28

Garden Pollinators: What's the Buzz?

Attracting pollinators to your garden is more than just planting milkweed. Learn steps you can take to plant and grow a garden that will attract pollinators, which are crucial to our environment. Understand how to select plants, choose the optimal garden location and meet the special needs for specific pollinators as you create a beautiful and full-of-life garden.

Lucy Laney 1 Tuesday
Mar 7 6-8 pm
\$18

 Find us on Facebook!
facebook.com/MplsCommEd

Gardening: Culinary Herbs— Growing, Harvesting & Cooking Tips

Even ordinary food tingles the taste buds when made with culinary herbs — the aromatics used to create healthy, flavorful dishes. Discover cooking tips and tricks and learn how herbs can make all the difference in your meals when harvested at maximum flavor. Ideal for growing in pots, raised beds or flower beds, herbs can be used fresh, dried or frozen.

Roosevelt 1 Wednesday
Mar 1 6-8 pm
\$18

NEW | Green Living for Everyone

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 kilowatt report to bring for discussion at the second class. Family members are encouraged to attend.

Southwest 2 Mondays
Feb 6-Feb 13 6:30-8:30 pm
\$21

Southwest 2 Tuesdays
Mar 7-Mar 14 6:30-8:30 pm
\$21

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. A \$19 supply fee will be collected. *Class is held at J & F Reddy Rents, 3320 Republic Ave. S., St. Louis Park.*

Southwest 1 Saturday
Feb 4 10-11:30 am
\$5

In observation of the Presidents' Day holiday, there are no classes on Monday, February 20.



Kitchen & Bath Remodeling

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. *Class meets at the Mindful Kitchen (Cabinet Expressions) Showroom, 8901 Lyndale Ave. S., Bloomington.*

Southwest 1 Thursday
Mar 2 7-8:30 pm
\$18

Organizing Tips, Techniques, & Resources

Has your life moved faster than your home can keep up with? Would you like a helping hand getting controlling that clutter and setting up systems that work for your lifestyle? Come for an hour of motivation, tips, and tools for your organizing toolkit.

Washburn 1 Wednesday
Feb 8 7-8 pm
\$18

Pruning for Trees & Shrubs

Winter is one of the best times to prune! Learn correct pruning and care techniques for your trees and shrubs, as well as the best times to prune, when not to prune, and which tools to use.

Lake Harriet 1 Wednesday
Feb 22 7-8:30 pm
\$18

Sink & Faucet Installation

Fix or replace that old faucet yourself! Learn about kitchen, bathroom, and utility faucets, as well as how to install a garbage disposal and hook up a dishwasher.

South 1 Tuesday
Feb 14 6-9 pm
\$21

Stucco Repair & 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
Feb 8 6:30-8:30 pm
\$18

The Evolving Garden

Join a Master Gardener to hear ideas and practices to allow you and your garden to age gracefully together.

Pratt 1 Tuesday
Feb 21 7-8:30 pm
\$18



Toilet Installation & Repair

Learn about toilet removal, installation and repairs, as well as the different types of sewer pipes and how to assemble them.

South 1 Tuesday
Feb 21 6-8:30 pm
\$21

Transform Your Life: Declutter

Replace household chaos with calm when you learn to tackle disorder, let go of extra “stuff” and transform your living space. Create a beautiful, clutter-free home using professional organizer Suzie Stegic’s “Profound Change” approach. Register online or call 612.668.2219. *Class is held at Bethel Church, 4120 17th Ave. S*

Lucy Laney 3 Tuesdays
Feb 21-Mar 7 1-2:30 pm
\$26

Urban Permaculture Design

Permaculture is a form of agriculture and a way of life. Learn how to take steps to mimic and use our natural ecosystems to improve your garden. This class will focus on small scale backyard designs for gardens. Come away with a plan and practical ideas to integrate into your spring gardens.

Waite Park 1 Tuesday
Feb 7 6:30-8:30 pm
\$18

South 1 Thursday
Feb 9 7-8:30 pm
\$18

Vegetable Gardening: Seeds to Harvest

Experience the delight of growing your own food from seeds. Learn about choosing a smart garden site, preparing a calendar for your cool and warm season vegetables, soil management, starting seeds indoors, selecting healthy transplants, pest management, watering, fertilizing, harvesting, and preserving your vegetables.

Lucy Laney 1 Tuesday
Feb 28 6 pm-8 pm
\$18

Roosevelt 1 Wednesday
Mar 15 6-8 pm
\$18

Pratt 1 Tuesday
Mar 21 7-8:30 pm
\$18

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
Feb 8 6:30-8:30 pm
\$18

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
Feb 6 7-8:15 pm
\$18

Lake Harriet 1 Wednesday
Feb 15 7-8:15 pm
\$18

Jefferson 1 Wednesday
Feb 8 7-8:30 pm
\$18

There are no classes
Monday, February 20.

mplscommunityed.com



Languages

Chinese 1: Mandarin

Explore Chinese culture, and learn the basics of the Mandarin Chinese language, including days of the week, greetings and practical conversation.

Lake Harriet 7 Wednesdays
Feb 1-Mar 15 7-8:30 pm
\$47

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 also be introduced in this class.

Southwest 7 Tuesdays
Jan 31-Mar 14 6-7:30 pm
\$47

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 69 for list of sites).

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
Jan 31-Mar 14 6-7:20 pm
\$47

Roosevelt 8 Tuesdays
Jan 31-Mar 21 5:45-7:15 pm
\$52

Southwest 7 Wednesdays
Feb 1-Mar 22 7-8:30 pm
\$47

French 1.5

This class is for those not ready for French 2, or those who perhaps have not studied French in a while. You should be able to conjugate all verb types, regular and irregular, in the present tense. If you are well past conjugating the present tense, you should take a higher level French class.

Roosevelt 8 Tuesdays
Jan 31-Mar 21 7:15-8:45 pm
\$52

If you like the language, you'll love the food! Say bonjour to delicious treats when you sign up for "French Baking: Elaborate French Desserts" on page 17.

 Find us on Twitter!
twitter.com/mplscommunityed



MEET OUR INSTRUCTORS:

Karalyn Swanson,
*French for Travelers instructor
 at Lake Harriet*

Karalyn Swanson is a lover of all things French, and is eager to share her passion with her students. Having studied French

for eight academic years and graduated from the University of Minnesota with a liberal arts degree, she is proficient in the French language. Karalyn has also lived in France twice and has visited the country on countless other occasions.

"I adore everything about French language and culture."

If you have knowledge, ideas or passions that you would like to share with others, consider teaching a community education class. Call 612.668.3939 or visit mplscommunityed.com for more information.

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. Pre-requisite: French 1 or be able to conjugate all verb types in the present tense and be familiar with passé composé and futur proche.

Northeast 7 Tuesdays
 Jan 31-Mar 14 7:30-8:50 pm
 \$47

Southwest 7 Thursdays
 Feb 2-Mar 16 7:30-9 pm
 \$47

Roosevelt 8 Wednesdays
 Feb 1-Mar 22 5:45-7:15 pm
 \$52

French 3

Speak mostly in French, and expand your knowledge of French grammar. Spend at least half of the class speaking French with a partner or small group.

Southwest 7 Tuesdays
 Jan 31-Mar 14 6-7:30 pm
 \$47

Roosevelt 8 Wednesdays
 Feb 1-Mar 22 7:15-8:45 pm
 \$52

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.

Lake Harriet 6 Mondays
 Jan 30-Mar 13 7-8:30 pm
 \$42

French: Basics for Travel & Life

Learn the language and customs needed to have a great time traveling in France. Each week, practice basic conversation and learn about a different aspect of a successful adventure abroad. The instructor is a native of Paris who will suggest many destinations to visit at off-tourist locations and share authentic French recipes!

Washburn 8 Tuesdays
 Jan 31-Mar 21 6:30-8:30 pm
 \$66

German 1

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

Henry 8 Mondays
 Jan 30-Mar 27 7-8:30 pm
 \$52

Lake Harriet 7 Mondays
 Jan 30-Mar 20 6-7:15 pm
 \$41

Southwest 7 Thursdays
 Feb 2-Mar 16 6-7:30 pm
 \$47

German 2

Expand your knowledge of the German language as you learn about vocabulary, culture and basic grammar. Pre-requisite: German 1 or other experience.

Lake Harriet 7 Mondays
 Jan 30-Mar 20 7:30 pm-8:45 pm
 \$41

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
 Feb 1-Mar 22 7-9 pm
 \$66



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
Jan 31-Mar 7 7-8:30 pm
\$42

Washburn 1 Monday
Feb 6 6:30-8:30 pm
\$59

Japanese 1

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

Lake Harriet 7 Mondays
Jan 30-Mar 20 6-7:30 pm
\$47

Japanese 2

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

Lake Harriet 7 Mondays
Jan 30-Mar 20 7:30-9 pm
\$47

Polish 3: Conversational

Improve your Polish in this relaxed and fun conversational group. Pre-requisite: Polish 1 or elementary knowledge of the language.

Northeast 6 Thursdays
Feb 2-Mar 9 5:45-7:15 pm
\$42

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 7 Tuesdays
Jan 31-Mar 14 7:30-9 pm
\$47

 **Find us on Facebook!**
facebook.com/MplsCommEd



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 7 Thursdays
Feb 2-Mar 16 6-7:30 pm
\$47

Sign Language 1: ASL

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

Washburn 8 Wednesdays
Feb 1-Mar 22 6-7 pm
\$38

Sign Language 2: ASL

This is a continuation from fall. You'll continue using "ASL Phrase Book" and "Deaf in America: Voices from a Culture" 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
Jan 30-Mar 20 6 pm-7:30 pm
\$47

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. Consider this Somali Cultural training as one small step toward becoming more culturally competent; understanding that cultural competence is not a one-time finite achievement, but a lifelong process.

Pratt 6 Saturdays
Feb 4-Mar 11 9:30-10:45 am
\$40

Somali Language & Culture 2

Continue to learn Somali language skills, including vocabulary and speaking skills. Pre-requisite: Pratt's Somali 1 class.

Pratt 6 Saturdays
Feb 4-Mar 11 11 am-12:15 pm
\$40



Spanish 1

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

Washburn	7 Mondays
Jan 30-Mar 20	6:30-8 pm \$47
Southwest	7 Tuesdays
Jan 31-Mar 14	6-7:30 pm \$47
Roosevelt	8 Tuesdays
Jan 31-Mar 21	5:45-7:15 pm \$52
Lake Harriet	7 Wednesdays
Feb 1-Mar 15	6:30-8 pm \$47
Jefferson	7 Thursdays
Feb 2-Mar 16	6:30-8:30 pm \$66
South	7 Thursdays
Feb 2-Mar 23	7-9 pm \$59

Spanish 1.5: Refresher

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

Roosevelt	8 Tuesdays
Jan 31-Mar 21	7:15-8:45 pm \$52

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. Pre-requisite: Be able to conjugate present tense of regular and irregular and regular ar/er/ir verbs.

Lake Harriet	7 Mondays
Jan 30-Mar 20	6:30-8 pm \$47
Jefferson	7 Tuesdays
Jan 31-Mar 14	6:30-8:30 pm \$66
Southwest	7 Tuesdays
Jan 31-Mar 14	6-7:30 pm \$47
Roosevelt	8 Wednesdays
Feb 1-Mar 22	5:45-7:15 pm \$52
Southwest	7 Wednesdays
Feb 1-Mar 15	7:30-9 pm \$47
Edison	6 Thursdays
Feb 2-Mar 9	6:30-8:30 pm \$52

Spanish 3

Review the preterit tense and discover new material, such as the imperfect tense and direct and indirect objects. This class is taught entirely in Spanish.

Jefferson	7 Wednesdays
Feb 1-Mar 15	6:30-8:30 pm \$66

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.

Southwest	7 Tuesdays
Jan 31-Mar 14	6-7:30 pm \$47
Roosevelt	8 Wednesdays
Feb 1-Mar 22	7:15-8:45 pm \$52
Edison	8 Wednesdays
Feb 1-Mar 22	6:30-8:30 pm \$53

Spanish 4

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

Southwest	7 Wednesdays
Feb 1-Mar 15	7:30-9 pm \$47

Spanish Films & Conversation

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

Washburn	5 Tuesdays
Feb 21-Mar 21	6-8 pm \$45

NEW | 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	7 Tuesdays
Jan 31-Mar 14	7:30-9 pm \$47

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

Adult Coloring: Relax & De-Stress

Enjoy the health benefits of relaxation, mindfulness, and focus while you socialize and explore your artistic side. Instructor provides all the fabulous pictures, colored pencils, and pens.

Southwest 2 Wednesdays
Mar 1-Mar 8 6-8 pm
\$21

NEW | Art of Shoemaking

Use recycled leather to create an earth-friendly pair of shoes out of a three-piece pattern that suits your foot and your fashion sense. Learn ways of altering or adding design elements such as beading, embroidery, dye/paint or fringe. A \$20 supply fee will be collected. Register at www.articulture.org with the code "ComEd" to receive the \$67 member rate. *Class is held at Articulture, 2613 Franklin Ave. E.*

Pratt 4 Wednesdays
Mar 1-Mar 22 7-9:30 pm
\$67

Outfit yourself from head to toe.

Once you've tackled shoemaking, why not try your hand at crafting your own winter hat or scarf? See knitting classes on page 33.

Book Arts

Using specific tools and simple binding techniques, discover how to create individual books from a single piece of paper, accordions, journal-style books and more. A \$10 supply fee will be collected. Register at www.articulture.org with the code "ComEd" to receive the \$40 rate. *Class is held at Articulture, 2613 Franklin Ave. E.*

Pratt 3 Wednesdays
Feb 8-Feb 22 7-9 pm
\$40

NEW | 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 artists sketchbook, which can serve as a planner, diary, scrapbook, journal and more. A \$24 supply fee will be collected.

Lake Harriet 2 Wednesdays
Mar 1-Mar 8 6-8 pm
\$40

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
Feb 2-Mar 23 6:45-8:45 pm
\$54

Calligraphy Fusion

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 Wednesdays
Feb 15-Feb 22 6:30-8:30 pm
\$24

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 7 Tuesdays
Jan 31-Mar 14 7:30-9 pm
\$47

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 such as Buttons and Daisies, Star of David or Spiderweb weave. 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
Feb 6-Mar 20 7-9 pm
\$46

Crochet 1 & 2

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

Washburn 6 Mondays
Jan 30-Mar 6 7-9 pm
\$46



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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 7 Mondays
Jan 30-Mar 20 7-8:30 pm
\$47

NEW | Drawing: Zentangle & Japanese Papercut Notans

Learn two fun and relaxing art styles: Zentangle, a meditative drawing practice and Notan, a paper cutting process. Zentangle patterns are easy to draw and calm the mind, reduce stress, and improve focus. Notan is a Japanese design concept involving the placement of light and dark next to each other. Use paper, scissors and glue to create Notans while learning about contrast, geometric and organic shapes, symmetrical and asymmetrical balance, and positive and negative space. Add Zentangle patterns to your Notans.

Southwest 1 Tuesday
Feb 28 6:30-9 pm
\$21

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 beautiful 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.

Southwest 1 Monday
Feb 13 6:30-9 pm
\$21

Discover the beauty in all varieties of art, from the visual arts to the performing arts. Learn more when you delve into Shakespeare 101 (page 5).



MEET OUR INSTRUCTORS:

Kathy Bodger,
Chair Caning instructor at Southwest

Kathy Bodger and her family have long been involved with Minneapolis Community Education. She started as an instructor 20 years ago and has worked as an Associate Educator at Southwest for the past 12. During that time, Kathy's involvement inspired her sons to take active roles in Community Education, serving as a program coordinator and a volleyball teacher. Kathy is proud to join other instructors who share their time and talents to build a stronger community.

"Chair caning students are great – always excited to learn a new skill and motivated to come each week to finish their chairs."

NEW | Gel Plate 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. 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 Tuesday
Mar 7 6-9 pm
\$21

Glass Fusing 1

Get creative with glass through this basic introduction to glass fusing. Start with pre-cut "blank" pieces of fusible glass and add colorful shapes to complete your choice of plates, coasters, soap dishes or trinkets. Receive glass cutting and nipping instruction to form the shapes you want. Projects will be taken off-site for kiln firing and returned within a week for pick-up. A \$24 supply fee will be collected. *Class is held at the Warren, 4400 Osseo Road.*

Henry 1 Wednesday
Feb 22 7-10 pm
\$24

Henna

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

Southwest 3 Wednesdays
Mar 8-Mar 22 6:30-8:30 pm
\$28

NEW | Intuitive Felting

Practice wool felting, a primitive and natural fabric technique that is also a true "fine art" of fiber arts. Learn several felting methods using wool roving, specialized needles and soapy water. Use both dry and wet felting techniques through a day of 2-D felting, a day of 3-D felting and a day for your own perceptive exploration. Receive a felting kit to take home. A \$15 supply fee will be collected. Register at www.articulture.org with the code "ComEd" to receive the \$40 member rate. *Class is held at Articulture, 2613 Franklin Ave. E.*

Pratt 3 Thursdays
Feb 9-Feb 23 7-9 pm
\$40

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

Homemade Body Products

The main benefit of using homemade body products is that you know exactly what ingredients are used and can avoid ingredients you might be allergic to. Another advantage of making your own body products is that it can save you a significant amount of money, because all you have to purchase are raw ingredients. Most of these classes also make use of natural ingredients.

Face & Body Products

With Valentine's day near, create your own lotions, facial toners and more. Make a take-home project and receive handouts to create more skin specialties at home. These are great gifts for the romantic holiday! A \$6 supply fee will be collected.

Edison 1 Wednesday
Feb 8 6:30-9 pm
\$21

Lip Balm

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

Lake Harriet 1 Wednesday
Mar 8 6:30-9 pm
\$21

Soapmaking: 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 6-8 p.m. A \$10 supply fee will be collected.

Lake Harriet 1 Mon & Wed
Jan 30-Feb 1 6-9 pm
\$31

Edison 1 Mon & Wed
Feb 20-Feb 22 6-9 pm
\$31

Register for classes online at mplscommunityed.com.

Soapmaking: 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 is collected.

Lake Harriet 1 Wednesday
Feb 22 6:30-8:30 pm
\$18

Soapmaking: Shampoo

Treat your hair the all-natural, chemical-free way! Make a take-home shampoo that will be a great gift for yourself or someone special. A \$6 supply fee will be collected.

Lake Harriet 1 Wednesday
Mar 15 6:30-9 pm
\$21

Tinctures: Home Remedies

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.

Edison 1 Thursday
Mar 16 6:30-8:30 pm
\$21



Japanese Calligraphy & Culture 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 and purchase supplies in advance. Register online or call 612.668.4828. *Class is held at Homewood Studios, 2400 Plymouth Ave. N.*

Lucy Laney 4 Thursdays
Feb 2-Feb 23 1-3 pm
\$37

Japanese Calligraphy & Culture 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. A textbook, *Simple Art of Japanese Calligraphy*, is required at the first class. Textbook can be ordered through Barnes & Noble, Amazon, etc. Please allow 2-3 weeks for delivery. Register online or call 612.668.4828. *Class is held at Homewood Studios, 2400 Plymouth Ave. N.*

Lucy Laney 4 Thursdays
Feb 2-Feb 23 3-4:30 pm
\$34

Japanese Calligraphy & Culture: Studio Workshop

If you've taken Japanese Calligraphy 1 or 2, join us to continue working on your projects with guidance from the instructor. Students are encouraged to take part in a student exhibition Feb. 25-26 at Homewood Studios. Register online or call 612.668.4828. *Class is held at Homewood Studios, 2400 Plymouth Ave. N.*

Lucy Laney 4 Tuesdays
Jan 31-Feb 21 1-3 pm
\$37

 Find us on Twitter!
twitter.com/mplscommunityed

Jewelry Basics: Earrings & Bracelets

Learn techniques for using jewelry wire to create beautiful colorful bead earrings or a bracelet. Students will make their own ear wires and jump rings. A \$5 supply fee will be collected.

Southwest 4 Mondays
Feb 6-Mar 6 7-9 pm
\$34

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 17 Wednesdays
Jan 4-Apr 26 6:30-8:30 pm
Donation

Knitting 1: Scarves & Hats—Beginner/Refresher

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 size 7 or 8 needles (circulars 24" to 32" or straight) and worsted yarn.

Roosevelt 3 Wednesdays
Feb 1-Feb 15 6:30-8:30 pm
\$28

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.

Southwest 2 Thursdays
Feb 2-Feb 9 7-9 pm
\$21



MEET OUR INSTRUCTORS:

Mieko Yamazaki,
*Japanese Calligraphy instructor
at Homewood Studios*

"It is an honor and pleasure to share lessons with my students."

Mieko Yamazaki is an educator and artist and has won several awards in Japanese calligraphy. She has taught Japanese language for 15 years in Japan and the United States. Her experience as a teacher in both countries has inspired her students to explore Japanese culture, history, art-making and more, based on their Japanese calligraphy.

Mieko is also an abstract oil painter who has been motivating calligraphy students to make unique art pieces of Japanese calligraphy.

If you have knowledge, ideas or passions that you would like to share with others, consider teaching a community education class. Call 612.668.3939 or visit mplscommunityed.com for more information.

Knitting: Fair Isle 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 Wednesdays
Feb 1-Feb 15 6:30-8:30 pm
\$28

Knitting: Make a Hat

Learn how to knit in the round with a simple hat pattern. Learn how to decrease stitches, weave in ends! Little knitting experience needed, but should be able to knit and purl. Please bring 110 yards of Super Bulky yarn, 16" circular size US 13 and a set double pointed size US 13 needles, and a stitch marker.

Southwest 3 Thursdays
Feb 23-Mar 9 7-7:45 pm
\$21

NEW | Magical Ice Luminaries

Learn to make ice lanterns of all shapes and sizes while gaining the confidence to tackle your own ice luminary projects. Explore ice luminary basics, indoor and outdoor display techniques, design ideas, and configurations. A \$30 supply fee will be collected.

Southwest 3 Wednesdays
Feb 1-Feb 15 6:30-8:30 pm
\$31

Mosaics: Decorative Mirrors

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. The instructor will collect a \$15 supply fee the first night of class.

Washburn 2 Mondays
Mar 13-Mar 20 6-7:30 pm
\$21

Painting: Acrylic Painting 2

Delve into color and composition exercises, and explore different painting surfaces. Email heathermplsart@gmail.com for a supply list (cost is about \$25).

Southwest 6 Tuesdays
Jan 31-Mar 7 6:30-8:30 pm
\$46

Painting: Watercolor 1

Explore your creativity while learning watercolor fundamentals such as mixing colors, washes, wet-dry approaches, texture and more. Bring a watercolor kit and 140# paper to class.

Lake Harriet 4 Wednesdays
Feb 1-Feb 22 7-9 pm
\$42

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 levels.

Roosevelt 6 Tuesdays
Jan 31-Mar 7 7-9 pm
\$46

Painting: Watercolor 2

Focus on abstract watercolor techniques with Yupo paper, cling wrap and color mixes. Bring a photograph or art clipping to work from, a student watercolor set, a watercolor pad, a brush and a plastic container for water.

Lake Harriet 4 Wednesdays
Mar 1-Mar 22 7-9 pm
\$42

Painting: Watercolor

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
Feb 1-Mar 8 6:30-8:30 pm
\$46

There are no classes
Monday, February 20.

**NEW | Palette Up!
Cherry Blossom &
Bird Acrylic Painting**

Socialize, relax and recharge. Complete a painting of a bird silhouette perched on a cherry blossom branch on an 11" x 14" canvas.

South 1 Tuesday
Feb 21 7-9 pm
\$32

Pet Portrait Painting

Paint a portrait of your favorite fuzzy friend after their photo is transferred onto an 11-by-14-inch canvas. Email a quality photo of your pet (one pet per photo) to nwmples@kidzart.com at least four days before class.

South 1 Tuesday
Mar 21 7-9 pm
\$40

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
Jan 16-Feb 27 6:30-8:30 pm
\$72

Waite Park 7 Tuesdays
Jan 17-Feb 28 12:30-2:30 pm
\$72

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 20 pounds of stoneware clay, glazes, tools and firing.

Southwest 7 Mondays
Jan 30-Mar 20 6:30-9 pm
\$75

South 7 Tuesdays
Jan 31-Mar 14 6-8:30 pm
\$75

Southwest 7 Wednesdays
Feb 1-Mar 15 6:30-9 pm
\$75

South 7 Thursdays
Feb 2-Mar 23 6-8:30 pm
\$75

Pottery: Wheel 2

Improve your throwing techniques as you develop your art. Oxidation firing of stoneware is provided. Fee includes 20 pounds of stoneware clay, glazes, tools and firing. Registration is by phone (612.668.3100), in person, or by mail only to ensure that past students are not retaking the class. We apologize for any inconvenience.

Southwest 7 Tuesdays
Jan 31-Mar 14 6:30-9 pm
\$75

Precious Metal Clay

Create handcrafted charms, pendants, earrings and gifts for any occasion. Precious metal clay is a recycled material composed of particles of silver suspended in an organic binder. When fired, the binder burns away to leave pure silver. Leave with your homemade projects and an ounce of pure silver. The silver clay makes up to 10 pairs of earrings. A supply fee of approximately \$40 (depending on the price of silver) will be collected.

Lake Harriet 2 Wednesdays
Feb 1-Feb 8 6-9 pm
\$31

Sewing 1

Learn the basics of sewing, cutting and reading patterns in this introductory sewing class. Bring a sewing machine, a bobbin that fits your machine, thread, and project ideas. Other materials will be provided for first week. Second week you will need to bring material.

Southwest 4 Tuesdays
Jan 31-Feb 21 6-9 pm
\$46

Waite Park 2 Mondays
Feb 27-Mar 6 6:30-8:30 pm
\$18





Sewing Dolls & Bears for Children in Need

Use your sewing skills to spread happiness as we create dolls and bears for children in need. New this year we will have an easier pattern for making bears out of felted wool. All materials are provided, but your contributions of cotton fabric, fiberfill and 100-percent wool sweaters for felting are appreciated.

Washburn 8 Mondays
Jan 30-Mar 27 6:30-8:30 pm
Free

Sewing: Draperies

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

Southwest 8 Wednesdays
Feb 1-Mar 22 7:30-9 pm
\$46

Sewing: Slipcovers

Protect new furniture or make old furniture look new again by sewing slipcovers properly and inexpensively. Purchase project supplies in class.

Southwest 8 Wednesdays
Feb 1-Mar 22 5-6:15 pm
\$40

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
Feb 1-Mar 22 6:15-7:30 pm
\$40

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 5 Thursdays
Feb 9-Mar 9 6:15-9 pm
\$52

Southwest 3 Tuesdays
Feb 28-Mar 14 6-9 pm
\$37

Silk Painting

Use the Serti technique to create sharply defined, beautiful images with paint or dye. A \$25 supply fee will be collected. Bring a hair dryer to dry your piece quickly.

South 1 Thursday
Feb 23 6:30-8:30 pm
\$25

Stained Glass 1

Learn the Tiffany method of stained glass by completing a small suncatcher to take home and hang with pride. Cut and grind glass, apply copperfoil, and solder to create a personal masterpiece. From patterns to patina, all tools and materials are provided. A \$60 supply fee will be collected at the first class to cover all the glass, tools and supplies needed for the project. *Class is held at the Warren, 4400 Osseo Road.*

Henry 3 Wednesdays
Feb 1-Feb 15 7-9:30 pm
\$40

Stained Glass 1

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

Northeast 6 Mondays
Feb 6-Mar 13 6:30-8:30 pm
\$46

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. Materials for the class are about \$80. A high quality tool kit is available from Glass Endeavors at a discounted rate of \$125 for students. Sorry, no discounts. *Class is held at Glass Endeavors, 2716 E. 31st St. Call 612.721.9553 for more information.*

Roosevelt 4 Tuesdays
Feb 7-Feb 28 6-8:30 pm
\$40

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 select your pattern and glass so that you're ready to cut the first day of class. Beginning Stained Glass is required. Sorry, no discounts. *Class is held at Glass Endeavors, 2716 E. 31st St. Call 612.721.9553 for more information.*

Roosevelt 4 Saturdays
Feb 4-Feb 25 10:30 am-12:30 pm
\$34

NEW | Stamp-a-Stack of Birthday Cards

Impress your family and friends with handmade birthday cards! Handcraft a set of 12 unique cards (two cards each of six designs). Learn how to use current 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
Mar 16 6-9 pm
\$21

NEW | Sweater Salvage—Zakka Style

Explore Zakka style via old, forgotten sweaters and clothing. Discover how patching, piecing, appliqué and embroidery will develop a repertoire for innovation. Bring a salvaged sweater or use one provided. A \$12 materials fee will be collected. Register at www.articulture.org with the code “ComEd” to receive the \$40 rate. *Class is held at Articulture, 2613 Franklin Ave. E.*

Pratt 3 Wednesdays
Feb 1-Feb 15 7-9 pm
\$40

NEW | Wire Eternity Ring

Wire-wrapping is an easy-to-do embellishment that is elegant and captivating. Learn how to use any wire and just about any round bead to make this ring. Bring needle-nose pliers without ridges, flush cutting pliers, nylon jaw pliers (optional), 16–20 inches of 20g dead soft wire, and four 0.4mm round beads.

South 1 Thursday
Feb 9 6:30-8:30 pm
\$25

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 \$4 supply fee will be collected.

South 5 Tuesdays
Jan 31-Feb 28 6:30-8:30 pm
\$40

NEW | Woven Wall Hanging

Learn the basics of weaving without purchasing expensive equipment. If you love it, instruction will be provided in the class for making your own wooden pegloom. Bring scissors, lacing needle, ruler, wooden dowel, a 13.5" x 6.5" piece of cardboard, and different textured yarn or ribbon in a color scheme of your choosing.

South 1 Thursday
Mar 2 6:30-8:30 pm
\$25



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
Jan 30-Mar 13 6:30-7:30 pm
\$34

Appalachian Clogging 2

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

Pratt 6 Mondays
Jan 30-Mar 13 7:45-9 pm
\$40

Ballet

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

Edison 7 Wednesdays
Feb 1-Mar 15 7:35-8:35 pm
\$38

Ballet Basics

Enjoy elegant fitness at its best when you learn classical ballet techniques while developing core strength, flexibility and balance. A ballet leotard, tights and slippers are recommended.

Southwest 5 Tuesdays
Feb 7-Mar 7 7-8 pm
\$30

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
Feb 2-Mar 16 7:45-9 pm
\$45

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. Pre-requisite: Know two to three basic steps in each dance.

Southwest 7 Mondays
Jan 30-Mar 20 7:45-9 pm
\$45



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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. Pre-requisite: Know four to five step patterns in each dance.

Southwest 7 Wednesdays
Feb 1-Mar 15 7:45-9 pm
\$45

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.

Edison 8 Thursdays
Feb 2-Mar 23 7:45-9 pm
\$45

Lake Harriet 7 Wednesdays
Feb 1-Mar 15 8:15-9:15 pm
\$35

Pratt 6 Saturdays
Feb 4-Mar 11 11 am-12:15 pm
\$36

Belly Dance 2

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
Jan 31-Mar 21 6:30-7:30 pm
\$38

Edison 8 Wednesdays
Feb 1-Mar 22 6:10-7:40 pm
\$52

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
Jan 31-Mar 21 7:45-8:45 pm
\$38

Cajun Dance

Have fun, socialize and get exercise while learning Cajun dances to the infectious sounds of southwest Louisiana. Experience Cajun-style two-steps, waltzes and the jitterbug. No partner is necessary. Wear comfortable dance shoes.

Pratt 3 Tuesdays
Jan 31-Feb 14 7:45-9 pm
\$25

Dances for Wedding Receptions

Gain a useful set of moves that can translate across dances, and learn essentials for the waltz, swing dancing and more. Register with a partner. Tuition is per person.

Washburn 5 Wednesdays
Feb 8-Mar 8 7-8:30 pm
\$36

Northeast 6 Tuesdays
Jan 31-Mar 7 6:30-7:30 pm
\$31

Jefferson 7 Wednesdays
Feb 1-Mar 15 7-8:30 pm
\$47

Hip Hop Dance

Let loose to today's hip-hop beats paired with dynamic dance moves. Work out to hip-hop dance music using technique and short routines from Jason DeRulo, Drake, Chris Brown and more. Wear your best dancing shoes and comfortable clothes.

Lake Harriet 6 Thursdays
Feb 2-Mar 16 6:15-7:15 pm
No class Mar 9 \$34

Lake Harriet 6 Thursdays
Feb 2-Mar 16 7:20-8:20 pm
No class Mar 9 \$34

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 7 Wednesdays
Feb 1-Mar 15 6:15-7:30 pm
\$45

Latin Dance 2

Continue expanding the skills you've acquired in Latin Dance 1.

Southwest 7 Wednesdays
Feb 1-Mar 15 7:45-9 pm
\$45

Modern Dance 1

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.

Roosevelt 8 Tuesdays
Jan 31-Mar 21 7:15-8:45 pm
\$52

Salsa Dance 1

Add some spice to your dance life when you learn the salsa's basic rhythm and step and turn combinations. Pratt students should register with a partner; partners optional at Ramsey.

Pratt 6 Wednesdays
Feb 1-Mar 8 8-9 pm
\$31

Ramsey 7 Tuesdays
Feb 7-Mar 21 7:30-8:30 pm
\$38

Swing Dance 1

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

Southwest 7 Thursdays
Feb 2-Mar 16 6:30-7:30 pm
\$38

Ramsey 7 Tuesdays
Feb 7-Mar 21 6:20-7:20 pm
\$38



Swing Dance 2

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

Southwest 7 Mondays
Jan 30-Mar 20 6:30-7:30 pm
\$38

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
Feb 1-Mar 15 6:30-7:30 pm
\$38

Tap Dance 1

Learn basic steps and tap routines suitable for beginners and those with little experience. Tap shoes are preferred.

Southwest 7 Tuesdays
Jan 31-Mar 14 7-8 pm
\$34

Pratt 6 Saturdays
Feb 4-Mar 11 10:15-11:15 am
\$34

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
Feb 4-Mar 11 11:30 am-12:30 pm
\$34

Get your youngest family members in on the dance action. See page 64.



Music & Performance



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 Tuesdays
Jan 31-Mar 7 6:30-7:30 pm
\$28

Community Band: Northeast

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 7 Thursdays
Feb 2-Mar 16 7-9:30 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. Register at rehearsal for \$55. Call 612.929.5364 for more information. *Rehearsals are held at Prospect Park United Methodist Church.*

Pratt 16 Sun & Tue
Jan 10-Apr 30 7-9 pm
\$55

Guitar 1

Learn warm-up exercises, basic guitar tuning and maintenance, chords, chord progressions, strumming patterns, finger picking patterns and more as you work toward playing your favorite songs. Ability to read music is not required. Bring an acoustic or electric guitar and a pick.

Roosevelt 6 Tuesdays
Jan 31-Mar 7 7:30-8:30 pm
\$28

Southwest 7 Tuesdays
Jan 31-Mar 14 7-7:45 pm
\$38

Anwatin 6 Wednesdays
Feb 1-Mar 8 6:15-7:15 pm
\$28

Edison 7 Wednesdays
Feb 1-Mar 15 6:30-7:30 pm
\$31

Guitar 2

Pick up where you left off in Guitar 1, and learn how to play with more finesse. The instructor will teach augmentation, how to play in alternate tunings, and picking techniques. Bring a guitar and a flat pick.

Southwest 7 Tuesdays
Jan 31-Mar 14 8-8:45 pm
\$38

Anwatin 6 Wednesdays
Feb 1-Mar 8 7:30-8:30 pm
\$28

Edison 7 Wednesdays
Feb 1-Mar 15 7:35-8:35 pm
\$31

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
Feb 22-Mar 8 7-9 pm
\$28

Northside Singers

Love to sing? Don't just restrict yourself to the shower. 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. As a community choir 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
Jan 30-Mar 27 7:30-8:45 pm
\$5

Ukulele 1

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

South 3 Tuesdays
Jan 31-Feb 14 7-9 pm
\$28

Pratt 3 Wednesdays
Feb 1-Feb 15 7-9 pm
\$28

Ukulele 2

Take your ukulele skills to the next level with a variety of new techniques, including minor chords. Bring your ukulele. Pre-requisite: Ukulele 1 or other experience.

South 3 Tuesdays
Feb 21-Mar 7 7-9 pm
\$28

Uke & 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
Feb 4-Mar 11 10 am-noon
\$34

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Photography

Digital SLR 1 or 2 must be completed before registering for any other class.

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.

Roosevelt 2 Wednesdays
Feb 1-Feb 8 7-9 pm
\$34

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 is held at the instructor's studio: 77 13th Ave. NE, #205.*

Roosevelt 4 Tuesdays
Jan 31-Feb 28 7-9 pm
\$50

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. West Photo class: register online or call 612.668.2470. *West Photo is located at 21 University Ave. N.E.*

Southwest 3 Thursdays
Feb 2-Feb 16 7-9 pm
\$46

West Photo 1 Saturday
Feb 4 10 am-3 pm
\$38

Roosevelt 3 Wednesdays
Mar 1-Mar 15 6:30-8:30 pm
\$46

Digital SLR 2

Start understanding the advanced features of your digital SLR camera, including shutter speed, ASA/ISO settings, aperture control and more. This class is designed for a camera with interchangeable lenses.

Roosevelt 3 Tuesdays
Jan 31-Feb 14 6:30-8:30 pm
\$42

Edison 3 Thursdays
Feb 2-Feb 16 6:30-8:30 pm
\$42

Southwest 3 Thursdays
Mar 2-Mar 16 7-9 pm
\$42



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.

Jefferson 3 Wednesdays
Feb 1-Feb 15 7-9 pm
\$45

Jefferson 3 Wednesdays
Mar 1-Mar 15 7-9 pm
\$45

Light Painting 1

Improve upon and learn more about light painting, a technique that adds an element of uncertainty and a touch of the experimental to your photos. No two photos will ever look the same. Bring a tripod and digital SLR camera. A shutter release is helpful. Meet at Jefferson.

Jefferson 3 Wednesdays
Feb 8-Feb 22 7-9 pm
\$38

Once you master painting with a camera, test your skills the old-fashioned way – with a paintbrush! See page 34 to explore which style of painting you prefer.

Light Painting 2

Build upon your light painting skills to add an element of uncertainty and a touch of the experimental to your photos. Pre-requisite: Light Painting 1 and DSLR 1. Bring a tripod and LED incandescent flashlight. A shutter release is helpful. Meet at Jefferson before going on location.

Jefferson 3 Wednesdays
Mar 1-Mar 15 7-9 pm
\$38

Macro Photography

Macro photography is the technique of taking extreme close-ups. Learn which settings to use when you get up close and personal! Pre-requisite: Digital SLR 1.

Jefferson 3 Thursdays
Feb 2-Feb 16 7 pm-9 pm
\$38

Photographing the Foshay Tower

Take an afternoon on the sweeping lookout deck of the Foshay Tower in downtown Minneapolis to photograph buildings from high above the city streets. Experience light and color changes throughout the afternoon and receive tips that will help you produce beautiful photos. Bring a \$5 entry fee. *Class meets at Foshay Tower, 821 Marquette Ave. S.*

Jefferson 1 Saturday
Mar 18 1-4 pm
\$31

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.

Roosevelt 3 Wednesdays
Feb 1-Feb 15 6:30-8:30 pm
\$42

Studio Lighting 1

Studio lighting often separates professional photos from amateur ones. Get a taste of why, when and how photographers use this technique. *Class meets at 77 13th Ave. NE, #205.*

Jefferson 1 Saturday
Mar 18 10 am-2 pm
\$34

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.*

Roosevelt 3 Mondays
Mar 6-Mar 20 7-9 pm
\$42



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

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 612.668.4828 for more information.**

Adult Water Exercise

Exercise and stretch for 50 minutes in a warm therapeutic pool with an experienced instructor. No senior discounts.

Dowling 10 Mondays
Jan 9-Mar 27 4:25-5:15 pm
\$50

Dowling 10 Mondays
Jan 9-Mar 27 5:20-6:10 pm
\$50

Dowling 12 Wednesdays
Jan 11-Mar 29 5:20-6:10 pm
\$60

Dowling 12 Wednesdays
Jan 11-Mar 29 4:25-5:15 pm
\$60

Looking for Family & Youth Swim classes?

See pages 66-67.

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 612.668.1515 for more information.**

Adult Lap Swim

Swim laps for fitness and enjoyment. Register for the entire session or pay \$3 per swim at the door depending on lane availability.

Northeast 8 Thursdays
Feb 2-Mar 23 7:30-8:30 pm
\$21

Northeast 8 Fridays
Feb 3-Mar 24 7:30-8:30 pm
\$21

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.

Northeast 8 Tuesdays
Jan 31-Mar 21 6:30 pm-7:15 pm
\$42

Northeast 8 Tuesdays
Jan 31-Mar 21 7:15 pm-8 pm
\$42

Northeast 8 Thursdays
Feb 2-Mar 23 6:30 pm-7:15 pm
\$42

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

Pick up a season swim pass to use for all lap swim hours during the fall quarter. Cost is \$25 for a single pass, \$40 for double, \$50 for three to four people, and \$60 for five or more people. Registration is required. Please call for discount to be applied.

Southwest 6 Mon/Tue/Thu
Feb 6-Mar 20 7:30-9 pm
\$25

Adult Intro to Water Skills

This class is for students who aren't yet comfortable in the water.

Southwest 6 Mondays
Feb 6-Mar 20 8:30-9 pm
\$40

Southwest 6 Tuesdays
Feb 7-Mar 14 8:30-9 pm
\$40

Southwest 6 Thursdays
Feb 9-Mar 16 8:30-9 pm
\$40

Enjoy the flexibility you get from swimming? See what twists and turns your body can take outside of the water (page 36).

There are no classes Monday, February 20.

Adult Stroke Development

This class is for students who are comfortable in the water and able to “doggy” paddle.

Southwest 6 Mondays
Feb 6-Mar 20 8:30-9 pm
\$40

Southwest 6 Tuesdays
Feb 7-Mar 14 8:30-9 pm
\$40

Southwest 6 Thursdays
Feb 9-Mar 16 8:30-9 pm
\$40

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 10 seconds.

Southwest 6 Mondays
Feb 6-Mar 20 8:30-9 pm
\$40

Southwest 6 Tuesdays
Feb 7-Mar 14 8:30-9 pm
\$40

Southwest 6 Thursdays
Feb 9-Mar 16 8:30-9 pm
\$40

Now Hiring Lifeguards

15 years and older.

and Water Safety Instructors

16 years and older.

Lifeguard certification required. If you aren't certified and would like to be, please contact us.

For more information, please contact Silvia Ihme at 612.668.3100 or silvia.ihme@mpls.k12.mn.us

Exercise & Fitness



Low Impact Aerobics

Avoid the hassle of big clubs, lockers, and people you don't know. Follow easy choreography that will raise your metabolism and burn fat. Work on your abdomen and glutes with strength training for upper body and back support.

Waite Park 9 Mondays
Jan 23-Mar 20 5:45-6:45 pm
\$46

Waite Park 9 Wednesdays
Jan 25-Mar 22 5:45-6:45 pm
\$46

Waite Park 9 Saturdays
Jan 28-Mar 25 8:30-9:30 am
\$46

Ballet Fusion

Use techniques from ballet, yoga and Pilates to get a great cardio workout that tones your body and strengthens your core. Bring a yoga mat, towel and water bottle.

Roosevelt 7 Mondays
Jan 30-Mar 20 6-7 pm
\$35

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 mat.

Edison 7 Thursdays
Feb 2-Mar 16 6:30-7:30 pm
\$38

Pratt 5 Tuesdays
Feb 21-Mar 21 7:45-8:45 pm
\$30

Bodyshaping/Bodybuilding

Enjoy a high-energy workout with fun and lively music. Body shaping is a system of strength training and flexibility exercises that combines the best elements from free weights and yoga. Bring indoor athletic shoes and a water bottle.

Pratt 7 Mondays
Jan 30-Mar 20 8-9:15 am
\$43

South 8 Tuesdays
Jan 31-Mar 21 6:45-7:45 pm
\$40

Pratt 8 Wednesdays
Feb 1-Mar 22 8-9:15 am
\$47

Pratt 8 Wednesdays
Feb 1-Mar 22 6:30-7:45 pm
\$47

South 7 Thursdays
Feb 2-Mar 23 6:45-7:45 pm
\$35

Pratt 8 Fridays
Feb 3-Mar 24 8-9:15 am
\$47

Pratt 8 Saturdays
Feb 4-Mar 25 8:45-10 am
\$47

Want to make friends while you work out? Try a team sport! See page 49.



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Circuit Training + Cardio Blasts

Combine strength and balance exercises with short cardio blasts for an intense boot camp-style workout. Modifications will be provided for each person's workout.

Washburn 8 Mondays
Jan 30-Mar 27 6:15-7:15 pm
\$68

Washburn 8 Wednesdays
Feb 1-Mar 22 6:15-7:15 pm
\$68

Core Fusion

Focus on your core strength and stability in a workout that draws from the disciplines of Pilates, yoga and traditional calisthenics. Bring a yoga mat, a towel, water and light hand weights.

Roosevelt 7 Mondays
Jan 30-Mar 20 7:15-8:15 pm
\$35

Dance Party Fitness

Get a fun aerobic/cardio workout using moves from Zumba, World Beat and more. Bring a towel and water.

Northeast 6 Mondays
Feb 6-Mar 13 6-7 pm
\$34

If Dance Party Fitness leaves you wanting more upbeat activity, expand your horizons with our other dance opportunities. We've got everything from salsa to swing, ballet to ballroom and tap to hip hop (pages 36-38).

Gutbusters: Stretch & Balance

Improve strength, balance and flexibility through intensive body-comprehensive exercises, balance and stretch work. Bring a mat and wear comfortable clothes.

Northeast 7 Wednesdays
Feb 1-Mar 15 7-8:15 pm
\$41

Hip Hop Kung Fu

This dance-based cardio class is designed to get you moving. Tackle a combination of hip hop moves and Kung Fu to strengthen and sculpt your body in a fun atmosphere. No experience is necessary. Bring a water bottle and towel.

Roosevelt 8 Tuesdays
Jan 31-Mar 21 7:15-8:15 pm
\$38

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 7 Thursdays
Feb 2-Mar 16 7:30-8:30 pm
\$31

Kickboxing Fusion

Get a total body endurance workout in this high-energy class. Improve your strength, aerobic endurance, speed, flexibility, coordination and balance as you kick, jab, cross, hook and uppercut your way to a fitter you. Bring a mat, a towel, water and light hand weights.

Roosevelt 8 Tuesdays
Jan 31-Mar 21 6-7 pm
\$38

Kickboxing: Cardio

Kick, punch, bob and weave your way to a higher level of fitness by constantly moving to get the cardio your body needs. Leave with a surge of energy and the confidence to handle anything that comes your way. Bring a towel and mat.

Henry 8 Mondays
Jan 30-Mar 27 6:15-7:15 pm
\$38

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
Jan 30-Mar 20 6:30-8 pm
\$47

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 6 Tuesdays
Jan 31-Mar 7 6-7 pm
\$35

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.

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 6 Thursdays
Feb 2-Mar 9 6-7 pm
\$35

Nia

Join us to enjoy 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 6 Mondays
Jan 30-Mar 13 6:35-7:35 pm
\$31

Lake Harriet 7 Wednesdays
Feb 1-Mar 15 6:30-7:30 pm
\$35

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 8 Mondays
Jan 30-Mar 27 6-7 pm
\$42

Pratt 8 Tuesdays
Jan 31-Mar 21 6:15-7:30 pm
\$47

Washburn 8 Tuesdays
Jan 31-Mar 21 6-7 pm
\$42

Lake Harriet 7 Wednesdays
Feb 1-Mar 15 7:30-8:30 pm
\$35

A complete healthy lifestyle consists of more than just exercise. Find out how you can have constant access to healthy foods, too. Check out "Year-Round Indoor Salad Gardening" on page 25.



Pilates 2

Test your conditioning with strengthening and stretching exercises, and make your torso the power center of the body. Pre-requisite: Pilates 1.

Washburn 8 Tuesdays
Jan 31-Mar 21 7:15-8:30 pm
\$50

Lake Harriet 7 Wednesdays
Feb 1-Mar 15 6:15-7:15 pm
\$35

Pilates Yoga Power Sculpt

Use Pilates principles to raise your heart rate and work out at an intermediate level. The class will use provided small stability balls and resistance TheraBands, which may be purchased from the instructor for \$5. Pre-requisite: Experience with Pilates and yoga.

Washburn 8 Mondays
Jan 30-Mar 27 7:15-8:30 pm
\$50

Triple Threat Workout

Maximize your workout by combining a variety of activities: 20 minutes of aerobics, 20 minutes of resistance training and 20 minutes of stretching or yoga. Bring a towel and mat.

Henry 8 Mondays
Jan 30-Mar 27 7:30-8:30 pm
\$38

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

Walking for Fitness

Don't let snowy, cold weather stop you from walking. Enjoy this easy exercise indoors instead. Walking can lower blood pressure, cholesterol, risk of stroke and injury. It can also improve your sense of well-being and happiness.

Henry 8 Mon & Wed
Jan 30-Mar 27 6-8:30 pm
Free

Northeast 9 Mon-Thu
Jan 30-Mar 30 5:45-6:45 pm
Free

Roosevelt 8 Mon-Wed
Jan 30-Mar 22 6-8 pm
Free

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 6 Tue & Thu
Feb 7-Mar 16 7-8:15 pm
\$42

Zumba Gold

Enjoy a low-impact, easy-to-follow, Latin-inspired dance fitness party that keeps you in the groove of life. Zumba Gold modifies the moves and pace of Zumba to suit the needs of active older participants.

Roosevelt 7 Mondays
Jan 30-Mar 20 6-6:45 pm
\$31

Zumba: Basic + Toning

This one-hour 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 6 Tuesdays
Feb 7-Mar 14 7-8 pm
\$46

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.

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.

Roosevelt 7 Mondays
Jan 30-Mar 20 7-8 pm
\$38

Southwest 7 Tuesdays
Jan 31-Mar 14 7-8 pm
\$38

Lake Harriet 7 Wednesdays
Feb 1-Mar 15 7-8 pm
\$38

Roosevelt 8 Wednesdays
Feb 1-Mar 22 7:30-8:30 pm
\$42

Lucy Laney 8 Tuesdays
Feb 7-Mar 28 6-7 pm
\$42

Zumba Punch Passes for Classes at Roosevelt

Make your workouts work for your schedule. Drop in during any scheduled Zumba or Zumba Gold class at Roosevelt between Jan. 31 and Mar. 22 and receive a punch card. Five- and 10-class cards are available. Cards expire at the end of the session. **10-class Punch Pass: \$56; 5-class Punch Pass: \$28.**



Health & Wellness

NEW | A Mindful Approach to Resolutions

If your New Year's weight resolution has already been placed on the back burner, learn the skills to connect with yourself and make mindful resolutions to transform your eating habits and enjoy lifelong positive food changes.

Southwest 4 Tuesdays
Feb 21-Mar 14 7:30-9 pm
\$28

Afro Textured Hair Care 101

Learn the basic hair care tips, styling, trends and resources for Afro-textured hair to achieve and sustain healthy hair. Move away from using chemicals on your hair and learn how to become confident in caring for your beautiful, kinky, coily, curly textures.

Henry 3 Mondays
Feb 27-Mar 13 7-8:30 pm
\$24

Chinese Massage for Couples

Learn massage techniques to help you give great back rubs, soothe tired hands and feet, and find basic acupressure points. Bring a pillow and blanket or yoga mat. Wear loose clothing, and have trimmed fingernails. Class fee is per couple, and only one person needs to register.

South 1 Tuesday
Mar 21 7-9 pm
\$21

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. No discounts.

Ramsey 1 Friday
Feb 17 10 am-3 pm
\$70

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 for a reduced price. Call the site offering the class to register with the discount. Roosevelt class is held at Sibley Park, 1900 E. 40th St.**

Southwest 1 Monday
Feb 13 5:15-9:15 pm
\$45

Roosevelt 1 Saturday
Feb 25 11 am-1:30 pm
\$50

Southwest 1 Monday
Mar 13 5:15-9:15 pm
\$45

 Find us on Twitter!
twitter.com/mpscommunityed

CPR: Adult, Infant & Child with AED Training & 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. *Class is held at Sibley Park, 1900 E. 40th St.*

Roosevelt 1 Saturday
Feb 25 11 am-4 pm
\$70

Digestion 101: What the Gut?!

Gain a better understanding of the steps of digestion, the key organs involved in the process, and why optimizing digestion is critical to good health. Learn how to improve your body's relationship with food by bettering your nutrition choices.

Lake Harriet 1 Monday
Mar 6 6:30-7:30 pm
\$18

NEW | Easy Green Living: Save Your Health, Your Money, & Your Planet

Discover ways to live greener including what to use for inexpensive, non-toxic cleaning supplies, and how to easily find non-toxic interior and exterior home improvement products and materials. Learn how these easy changes will save money and be healthier for both you and the environment.

Pratt 1 Saturday
Mar 4 10 am-noon
\$18

Eco-Friendly Gifts: Make Your Own

Make holiday gifts with therapeutic-grade essential oils and other green items. Receive step-by-step instructions to help you make additional products at home. A \$10 supply fee will be collected.

Jefferson 1 Wednesday
Feb 22 6-8 pm
\$18

Essential Oils: Cleaning, Chemical-Free Make & Take

Keeping a clean house doesn't mean soaking it in toxic chemicals. Create a healthier home by making your own cleaning products with the help of essential oils. Make a carpet deodorizer, daily shower spray, glass and mirror cleaner, and wood floor cleaner. A \$16 supply fee will be collected.

Ramsey 1 Tuesday
Feb 7 6-8:30 pm
\$21

Essential Oils: Immune Boosters Make & Take

Everyone can use a little immune support this time of year. Join us to learn how essential oils and oil-infused products can give your immune system a boost and help keep you healthy throughout the cold Minnesota winter. Make an alcohol-free hand sanitizer, an immune booster roller bottle blend, foaming hand soap and a sanitizing spray. A \$16 supply fee will be collected.

Ramsey 1 Tuesday
Feb 21 6-8:30 pm
\$21

Essential Oils Workshops



Receive a discount if you register for all four workshops. Call 612.668.2740.

Essential Oils for Health

Many people have hormone imbalances from pollution, the food they eat and the chemicals they use to clean their homes. Learn how essential oils can fit into your life and go home with healthy products you can make yourself.

Jefferson 1 Monday
Feb 13 6-8 pm
\$18

Essential Oils: Basic Uses

Learn the basic chemistry of essential oils, and fill your medicine cabinet with natural, plant-based products.

Jefferson 1 Wednesday
Mar 15 6-8 pm
\$18

Essential Oils: Green Cleaning

Rid your home of hormone disruptors and toxins by cleaning with safe, natural and effective products. Let go of artificial antibacterial products and learn to naturally disinfect using ingredients you have at home.

Jefferson 1 Wednesday
Feb 8 6-8 pm
\$18

Essential Oils: Reclaim Your Emotions

Reclaim power over your emotions and cultivate positive habits. Learn which essential oils are most compatible with you and will make the greatest impact in combating your stress.

Jefferson 1 Wednesday
Mar 8 6-8 pm
\$18



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. No discounts. **Register for both CPR and first aid classes at Roosevelt for a reduced price.** Class is held at Sibley Park, 1900 E. 40th St.

Roosevelt 1 Saturday
Feb 25 1:30-4 pm
\$40

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 at Southwest for a \$10 discount. Call 612.668.3100 to register with the discount.**

Southwest 1 Monday
Mar 20 5:30-9:30 pm
\$45

There are no classes Monday, February 20.

Healthy Living: Sugar Savvy

Understand the consequences of a diet high in sugar and the ways in which it has been proven to have a negative impact on overall health. Learn how to read labels, identify how much “hidden” sugar is in your food, and discover how sugar affects blood sugar levels and hormones.

Lake Harriet 1 Monday
Mar 13 6:30-7:30 pm
\$18

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
Feb 22-Mar 15 7:30-8:45 pm
\$28

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.

Southwest 2 Mondays
Jan 30-Feb 6 6-9 pm
\$31/Person

NEW | Migraine Boot Camp: Natural Remedies & More

Discover great tools to have on hand that will help you reduce and relieve migraines naturally using muscle stretches, blood flow, herbs, oils and more. Discuss options you can bring up with your doctor, and receive a rescue and prevention tincture, rub-on tension relieving oil, and aromatherapy to take home. A \$20 supply fee will be collected.

Pratt 3 Tuesdays
Feb 28-Mar 14 6:30-8:30 pm
\$31

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
Feb 6 6:30-8:30 pm
\$18

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 1 Monday
Feb 13 6:30 pm-8:30 pm
\$28/Couple

Women’s & 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. Call 612.668.3100 to register.

Southwest 1 Tuesday
Jan 17 7:30-8:45 pm
Free

Southwest 1 Wednesday
Jan 18 7:30-8:45 pm
Free





Sports & Recreation

Badminton: Adult Co-ed

After a 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.

Southwest 7 Mondays
Jan 30-Mar 20 7:15-9:15 pm
\$36

Washburn 6 Tuesdays
Feb 7-Mar 14 7-9 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 7 Tuesdays
Jan 31-Mar 14 7:15-9:15 pm
\$25

Golf 1 & 2

Practice putting, chipping, pitching and full-length shots to improve your golf skills. Learn about golf history, clubs, rules and etiquette. Bring #3, #5, #7 and #9 irons and a putter.

Roosevelt 6 Mondays
Jan 30-Mar 20 7:30-8:30 pm
\$34

Northeast 6 Wednesdays
Feb 8-Mar 15 7:30-8:30 pm
\$34

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 8 Mondays
Jan 30-Mar 20 7-9 pm
\$3

Northeast 8 Thursdays
Feb 2-Mar 23 7-9 pm
\$3

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.

Southwest 7 Wednesdays
Feb 1-Mar 22 7:15-9:15 pm
\$36

NEW | Snowshoeing

Enjoy the winter by snowshoeing with your friends and family at Theodore Wirth Park. Exercise and stay healthy in the winter. Bring snow shoes if you own a pair.

Anwatin 5 Mondays
Feb 6-Mar 13 6:30-8 pm
\$40

Volleyball: Adult Co-Ed

Join others for an enjoyable, exhilarating night of full-court volleyball.

Lake Harriet 10 Mondays
Jan 9-Mar 27 7 pm-9 pm
\$30

Volleyball: Adult Co-Ed Competitive

Join competitive, co-ed volleyball. You must be able to demonstrate your ability to pass, set, hit and serve. Prerequisite: Solid volleyball skills.

Southwest 7 Wednesdays
Feb 1-Mar 22 7:15-9:15 pm
\$36

Volleyball: Adult Co-Ed Recreational

No instruction is provided in this co-ed recreational volleyball class. Prerequisite: Some volleyball knowledge. Drop-in cost is \$3 at the door. *Class is held at Wenonah School, 5625 23rd Ave. S.*

Roosevelt 9 Thursdays
Feb 2-Mar 30 6:30-8:30 pm
\$24

Volleyball: Power Plus

Join in on competitive, co-ed volleyball for players with BB/A co-rec (advanced) skill levels. You must be able to demonstrate your abilities at an open gym. The instructor will contact you upon registration.

Jefferson 8 Tuesdays
Jan 31-Mar 21 7-9 pm
\$26





Yoga & Mind/Body

Classes vary from site to site. Contact the site directly with questions regarding music, lighting, equipment or experience level. We encourage you to bring your own mat, but most sites have some available. Wear comfortable clothing and refrain from eating a large meal before class.

Yoga: Chakra

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
Feb 1-Mar 15 6:30-7:30 pm
\$38

Yoga: Fitness

Increase your strength, improve your flexibility and practice balance, relaxation, and breathing techniques through yoga exercises.

Anwatin 7 Mondays
Jan 30-Mar 20 6-7:20 pm
\$45

Washburn 8 Mondays
Jan 30-Mar 27 6-7:15 pm
\$50

Northeast 7 Tuesdays
Jan 31-Mar 14 6:15-7:15 pm
\$38

Anwatin 8 Wednesdays
Feb 1-Mar 22 6-7:20 pm
\$50

Washburn 8 Wednesdays
Feb 1-Mar 22 6-7:15 pm
\$50

South 7 Thursdays
Feb 2-Mar 23 6-7 pm
\$42

Yoga: Gentle 1

Strengthen major muscle groups, increase respiratory function, release tension and relax your mind and body. If you have physical limitations or are new to yoga, enjoy a class that focuses on gentle techniques that accommodate all bodies. Must be able to comfortably transition from standing to seated position.

Washburn 8 Mondays
Jan 30-Mar 27 7:30-8:30 pm
\$42

Dowling 8 Mondays
Jan 30-Mar 27 6-6:55 pm
\$42

Roosevelt 7 Wednesdays
Feb 1-Mar 15 6-7:15 pm
\$45

South 7 Thursdays
Feb 2-Mar 23 7:30-8:30 pm
\$42

Yoga: Gentle 2

Continue to develop your yoga practice. Recommended for those with previous yoga experience.

Dowling 8 Mondays
Jan 30-Mar 27 7:05-8 pm
\$46

Yoga: Hatha

Find a deeper connection for your body, mind and spirit by using breath to guide the body. Focus on strength, stamina, balance, flexibility and proper alignment in this hatha yoga class. Practice breathing exercises, sun salutations, classical yoga asanas and relaxation with thorough explanation and guidance.

Dowling 8 Mondays
Jan 30-Mar 27 6-7:15 pm
\$50

Lake Harriet 7 Mondays
Jan 30-Mar 20 6:15 pm-7:15 pm
\$35

Southwest 7 Tuesdays
Jan 31-Mar 14 5:30-6:45 pm
\$45

South 8 Tuesdays
Jan 31-Mar 21 6 pm-7 pm
\$42

Washburn 8 Wednesdays
Feb 1-Mar 22 4:30-5:30 pm
\$42

Strengthen your muscles through your favorite style of yoga; then, soothe them through the art of Chinese massage (page 46).

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Mind/Body Practices

Alexander Technique

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, playing an instrument and more. Learn skills to invite a lighter sense of being in your life. Bring a mat.

Lake Harriet 6 Thursdays
Feb 2-Mar 16 5-6 pm
\$31

Barton 9 Thursdays
Feb 2-Mar 30 6:30-7:30 pm
\$46

Meditation in Everyday Life: An Introduction to Meditation

Explore your heart and mind through meditation. Learn simple methods to begin the process of recognizing your true nature. Wear comfortable clothes. Bring a cushion and blanket if you wish.

Roosevelt 4 Mondays
Feb 27-Mar 20 6-7:30 pm
\$28

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
Feb 22-Mar 15 7:30-8:30 pm
\$26

Artistic expression can relieve stress, too! Take a cue from the kids in your life and consider the many benefits of coloring. See page 30 for more details.

NEW | Qi Gong: 18 Movements

Learn the 18 movements of Qi Gong, including warm-ups that will open the joints, incorporate healing sounds, and gather energy from heaven and earth. Wear comfortable clothes and avoid a heavy meal before class.

Pratt 4 Wednesdays
Feb 22-Mar 15 6:30-7:30 pm
\$26

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 Thursdays
Feb 2-Feb 23 6:30-8:15 pm
\$34

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.

Edison 5 Wednesdays
Feb 8-Mar 8 6:30-8 pm
\$42

Tai Chi Chuan 1

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 7 Mondays
Jan 30-Mar 20 6:15-7:15 pm
\$35

Northeast 6 Tuesdays
Feb 7-Mar 14 6:30-7:30 pm
\$28



Tai Chi Chuan 2

Improve and expand your practice by learning new and enhanced moves and positions. Pre-requisite: Tai Chi Chuan 1 or other Tai Chi experience.

Northeast 6 Tuesdays
Feb 7-Mar 14 7:30-8:30 pm
\$31

Tai Chi Minnesota Style: Minn eh soh Tai Chi

Try out this easy and short form of Tai Chi, an ancient mind body system of exercises that incorporates balance and transfer of weight. We'll also discuss the principles, history and philosophy of Tai Chi.

Waite Park 4 Mondays
Feb 6-Feb 27 6:15-7:45 pm
\$28

Tai Chi: Wu Form

Known as the “moving mediation,” Wu Tai 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 7 Wednesdays
Feb 1-Mar 15 6-7:30 pm
\$46

Tai Chi Chuan for Health & Self Defense

Practice a potent martial art that will help you improve circulation, strength, flexibility, relaxation, vitality and the ability of your body to heal itself. Learn the first section of the Wu form, Qi Gong and basic “push hands.”

Roosevelt 8 Tuesdays
Jan 31-Mar 21 6-7:15 pm
\$40



MEET OUR INSTRUCTORS:

Sharee Marcus,
Yoga instructor at Pratt

"I have chosen to teach in Community Education simply to reach those who want less crowds and simple access. I love it!"

Sharee Marcus trained at Kripalu Center for Yoga and Health, receiving her 500-hour yoga teacher certification. In that training, she also learned how to teach meditation and has been branching out to qi gong and all forms of meditation.

.....
Interested in teaching a Community Ed. class? Call 612.668.3939 or visit mplscommunityed.com for more information.

Yoga: Kundalini

Cultivate clarity, harmony, wellness and prosperity with kundalini yoga. Classes are comprised of a kriya, a series of dynamic and held postures put together for a specific benefit, such as healing, kidney health, emotional balance, helping depression, or improving communication.

Edison 7 Wednesdays
Feb 1-Mar 15 7:15-8:15 pm
\$38

Pratt 8 Saturdays
Feb 4-Mar 25 10:30-11:45 am
\$50

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.

Hale 7 Thursdays
Feb 2-Mar 23 6-7:15 pm
\$42

Pratt 8 Tuesdays
Jan 31-Mar 21 6:30-7:30 pm
\$42

Washburn 8 Wednesdays
Feb 1-Mar 22 5:30-6:45 pm
\$50

Edison 7 Wednesdays
Feb 1-Mar 15 6-7 pm
\$38

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
Jan 30-Mar 20 6:30-7:30 pm
\$38

Yoga: Sivananda Hatha Yoga

Practice breathing exercises, sun salutations, classical yoga asanas and relaxation with thorough explanation and guidance. Build upon each week's learning to establish a home practice.

Southwest 7 Thursdays
Feb 2-Mar 16 6-7:30 pm
\$52

Yoga: 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.

Lake Harriet 7 Mondays
Jan 30-Mar 20 5:30-6:30 pm
\$35

Lake Harriet 7 Mondays
Jan 30-Mar 20 7:20-8:20 pm
\$35

Yoga: Vinyasa Flow

Calming, yet challenging, vinyasa yoga links 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.

Barton 7 Tuesdays
Jan 31-Mar 28 6:30-7:30 pm
\$40

Waite Park 6 Wednesdays
Feb 1-Mar 8 6:30-7:30 pm
\$40

Lake Harriet 8 Wednesdays
Feb 1-Mar 22 7:20-8:20 pm
\$38

NEW | 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 several minutes.

Lake Harriet 8 Wednesdays
Feb 1-Mar 22 6:15-7:15 pm
\$38

Register Today!

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.



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.

Adults 55+

Adult Snowshoeing Along the River

Discover the origins of snowshoeing and try it out for yourself. Search the park for signs of animals in the wild and enjoy the beauty of the season. Equipment and refreshments are provided. We will hike if there is no snow. Register online or call 612.668.4828. *Class is held at West Coon Rapids Dam Visitor Center, 10360 W. River Road, Brooklyn Park.*

WCRDVC 1 Saturday
Feb 25 10 am-noon
\$5

African/American History: Civil Rights & Integration—1945-2016

Explore African-American progress made to realize the Constitutional promise of full civil rights in the face of private and institutional racism. Review accomplishments made by ordinary and notable African-Americans that helped change public opinion and further the goal of equity. Examine the methods African-Americans used to gain civil rights for all Americans and the effect those methods had on the movement for full participation in American society for all. Register online or call 612.668.2219. *Class is held at Shingle Creek Commons-CommonBond Communities, 4600 Humboldt Ave. N.*

Shingle Creek 2 Wednesdays
Feb 15-Feb 22 1:30-3 pm
\$2 at 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.

Animals You Love to Hate

Some of the most disliked creatures around us have defended our country, stretched our creativity and protected our most vulnerable ecosystems. Discover the lovable (or at least admirable) side of our most pestilent animals: mosquitoes, mice, pigeons and more. Register online or call 612.668.4828. *Class is held at West Coon Rapids Dam Visitor Center, 10360 W. River Road, Brooklyn Park.*

WCRDVC 1 Thursday
Jan 19 10 am-noon
\$5

Be a Visitor in Your Own City

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 15 years. Register online or call 612.668.4828. *Class is held at Washburn Library, 5244 Lyndale Ave. S.*

Washburn Library 1 Friday
Mar 10 1-2 pm
Free

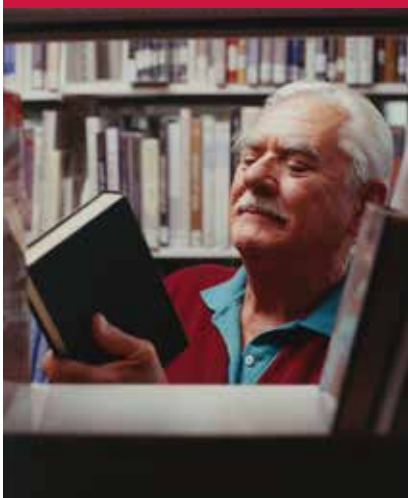
Bingo Social

Enjoy time with friends and light refreshments as you play lively games of Bingo. Prizes will be awarded. Meets the last/4th Thursday of the month; call 612.668.3767 to register. *Meets at McRae Park, 906 E. 47th St.*

Hale 3 Thursdays
Jan 26-Mar 30 11 am-12:30 pm
\$2 at door

There are no classes Monday, February 20.





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 3 Mondays
Jan 23-Mar 20 1 pm-2:30 pm
\$2 at door

Coon Rapids Dam: 100-Year-Old Legacy

Learn about the beginning of the Coon Rapids Dam in 1913, how it was built, and the effect it had on the surrounding area. Discover how the dam has changed, both physically and in purpose, over the years. Register online or call 612.668.4828. *Class is held at West Coon Rapids Dam Visitor Center, 10360 W. River Road, Brooklyn Park.*

WCRDVC 1 Wednesday
Mar 22 10 am-noon
\$5

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
Jan 31-Mar 7 10-11 am
\$25

Armchair Travel

NORTHEAST MINNEAPOLIS

Gustavus Adolphus Lutheran Church, 27th & Johnson St. N.E.
(across from fire station),
Downstairs Fellowship Hall.

Pre-register by calling
612.668.1590. Suggested
donation of \$2 at the door.

Zambia, Africa

Join Lyall Schwarzkopff as he shows pictures about the history and politics of Zambia, founded in 1964. View photos of the capitol city of Lusaka, transportation, people, economy, and housing. Watch a video of Victoria Falls, one of the Wonders of the World, and African animals on a safari.

Gustavus 1 Tuesday
Jan 31 1-2:30 pm

Romania

Explore the early history of Romania and how the Romans made a major impact on it. Learn about its people, industry, mountains, cities, villages and more.

Gustavus 1 Tuesday
Feb 28 1-2:30 pm

Falkland Islands, Antarctica

See photos of five different types of penguins, as well as elephants and fur seals, and hear about the hunting of seals and whales in the South Atlantic. Learn about the Antarctica Treaty and why no nation can make Antarctica a military base. Also discuss the war between England and Argentina over the Falkland Islands.

Gustavus 1 Tuesday
Mar 28 1-2:30 pm

SOUTH MINNEAPOLIS

Hosmer Community Library,
36th St. & 4th Ave. S.

Pre-register by calling
612.668.2740. Suggested dona-
tion of \$2 at the door.

Turkey

Join world traveler, Kay Nelson, on a tour of Turkey that she took in late May 2016. Enjoy the sites and sights of Istanbul; visit the world-famous city of Ephesus; spend four nights sailing aboard a gulet (yacht) in the magical turquoise islands; witness a home and school visit in a mountainous village; and take a hot-air balloon ride over the "other-worldly" area of Cappadocia.

Hosmer Library 1 Tuesday
Feb 21 1-2:30 pm

SOUTHEAST MINNEAPOLIS

Van Cleve Park,
901 15th Ave. SE.

Program is Free. Pre-register by
calling 612.668.1100.

Co-sponsored by Pratt Community
Education and Van Cleve Seniors.

New Hampshire White Mountains, Acadia National Park, & the Coast of Maine

View photos of and hear stories about beautiful New England destinations from a couple whose fall 2016 adventure included hiking, mountain vistas, rugged shorelines and geocaching.

Pratt 1 Thursday
Mar 2 10-11 am
Free

Defensive Driving 55+

Some classes are offered in collaboration with AARP. Members may receive a \$5 discount. AARP card must be brought to class. Indicate AARP membership on registration form or call the site offering the class to register with discount. The AARP discount is not available for classes at Pratt, Roosevelt, Southwest or Washburn. No senior discounts.



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.

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 or lunch if you wish.

Edison Feb 15-Feb 16	1 Wed & Thu 5-9 pm \$24	Henry Feb 27-Mar 1	1 Mon & Wed 4:30-8:30 pm \$24	Roosevelt Feb 22	2 Wednesdays 4:10-8:10 pm \$24	Southwest Feb 1-Feb 8	2 Wednesdays 5-9 pm \$24	Waite Park Mar 21-Mar 23	1 Tue & Thu 10 am-2:30 pm \$24	Washburn Feb 21-Feb 28	2 Tuesdays 4-8 pm \$24	Washburn Mar 21-Mar 28	2 Tuesdays 4-8 pm \$24
		Henry Feb 22	1 Wednesday 4:30-8:30 pm \$20	Northeast Mar 11	1 Saturday 10 am-2 pm \$20	Pratt Mar 25	1 Saturday 9 am-1 pm \$20	Roosevelt Feb 22	1 Wednesday 4:10-8:10 pm \$20	Roosevelt Mar 20	1 Monday 4:10-8:10 pm \$20	Southwest Feb 15	1 Wednesday 5-9 pm \$20
				Waite Park Jan 12	1 Thursday 10 am-2:30 pm \$20	Waite Park Apr 18	1 Tuesday 10 am-2:30 pm \$20	Washburn Feb 28	1 Tuesday 4-8 pm \$20	Washburn Mar 28	1 Tuesday 4-8 pm \$20		

Introduction to the U.S. Immigration System

Learn the basics about the United States' vast immigration system from a Legal Aid immigration attorney. Using examples from Minnesota's rich immigrant heritage, explore non-citizens' pathways for coming to this country, the naturalization process, the different government agencies that interact with immigrants, and the challenges and contributions of immigrant communities in the United States today. *Class is held at Northeast Library, 2200 Central Ave. NE.*

Lucy Laney 2 Tuesdays
Mar 7-Mar 14 1-2:30 pm
Free

Joy in Learning

Join us for a discussion and presentation on various topics of interest. This class is co-sponsored by Pratt Community Education and Southeast Seniors. Meets the 3rd Wednesday of each month. To register, call 612.668.1100. *Meets at Prospect Park United Methodist Church, 22 SE Orlin Ave., across the street from Pratt School.*

Pratt 2 Wednesdays
Feb 15-Mar 15 12-1:30 pm
Free

Lakewood History Slide Show & Tour of the Garden Mausoleum

View a wonderfully vivid and informative slideshow that takes you deep into the history of Lakewood Cemetery and its relationship with the city of Minneapolis. For directions, visit lakewoodcemetery.com. Register online or call 612.668.2740. *Meet at the garden mausoleum at Lakewood Cemetery, 3600 Hennepin Ave. S.*

Jefferson 1 Wednesday
Feb 1 11 am-noon
\$2 at door

Love history-driven tours?
Don't miss a chance to explore the Faberge exhibit at The Russian Museum of Art (page 58).



Lakewood Cemetery Memorial Chapel Tour

Explore one of the oldest chapels in Minneapolis in all of its beautiful and unique splendor. For directions, visit lakewoodcemetery.com. Register online or call 612.668.2740. *Meet at the garden mausoleum of Lakewood Cemetery, 3600 Hennepin Ave. S.*

Jefferson	1 Wednesday
Mar 1	11 am-noon
	\$2 at door

Lunch & A Classic Movie

Enjoy a lunch buffet at Pepito's at 11 a.m., followed by a screening of a classic movie. See the the 1973 comedy "American Graffiti" Jan 19, the 1954 drama "On the Waterfront" Feb 16 and the 1982 comedy "Tootsie" Mar 16. Register online or call 612.668.3767. Cost is \$12.95 plus tax, tip and beverage. Bring a friend for free. *Meet at Pepito's Parkway Theater, 4814 Chicago Ave. S.*

Hale	3 Thursdays
Jan 19-Mar 16	11 am-2:30 pm
	\$12.95 at door

Minneapolis Southside Singers

Join this chorus of more than 50 members, and sing everything from show tunes and patriotic music to dance numbers and vaudeville-style skits. This activity is funded, in part, by the Minnesota Arts and Cultural Heritage Fund as appropriated by the MN State Legislature. To learn more, call 612.729.4984. *Rehearsals are at Trinity Lutheran Church of Minnehaha Falls, 5212 41st Ave. S.*

Trinity Lutheran	Mondays
Ongoing	1-3 pm
	\$20

Organizing & Downsizing for Seniors

Are you having trouble knowing where to start with decluttering and downsizing? At times, facing our things is overwhelming. Discuss common downsizing challenges and leave with a list of resources, a plan to purge and the tools to start peacefully letting go. Call 612.668.3450 to register. *Class is held at Bethlehem Lutheran Church, 4100 Lyndale Ave. S.*

Washburn	1 Wednesday
Mar 8	2-3:30 pm
	\$18

There are no classes
Monday, February 20.

Palestine in the Twentieth Century

Palestine, other than the city of Jerusalem, was a relatively insignificant part of the Ottoman Empire for centuries. But the 20th century brought much bloodshed, internal turmoil and three different governing bodies. Hear about these traumatic changes from the 1890s through the assassination of Prime Minister Yitzhak Rabin in 1995. Register online or call 612.668.4828. *Class is held at Washburn Library, 5244 Lyndale Ave. S.*

Washburn Library	3 Fridays
Mar 17-Mar 31	10-11:30 am
	Free

Elder Enrichment

Catholic Eldercare Main Street Lodge, 909 Main St. N.E.

To register, call 612.362.2450.

Songs of Hiawatha: Music suggested by Longfellow's Epic Poem

Taking cues from this poem that is filled with familiar names, explore music that expresses its themes. Read sections of the poem, listen to music and participate in discussion.

1 Monday	Jan 9
1:30-3 pm	Free

Shakespeare: The Play's the Thing!

Learn about William Shakespeare and his world, and explore the themes and techniques found in his famous plays. Listen to a few illustrative passages from remarkably lifelike characters in order to better understand and appreciate the power of his unique command of our living language.

1 Monday	Feb 6
1-3 pm	Free

The Washington Monument: Centerpiece of the National Mall

Explore the fascinating story of the 555-foot Washington Monument, which stands proudly in the center of the National Mall in Washington, D.C. Building the monument involved disagreements about the design, political infighting, the inability to raise money and a 22-year interruption in the building phase.

1 Monday	Mar 6
1:30-3 pm	Free

Holy Week & Easter in Art

Explore a range of scenes from times and places in the Christian tradition, including the powerful stories of Holy Week—the entry into Jerusalem, the last supper, and Jesus' death, burial, and resurrection—that have inspired artists through the centuries to create beautiful and meaningful images.

1 Monday	Apr 3
1:30-3 pm	Free

Adults 55+

55+ Creative Activities

Drawing: Zentangles & Card Making

Make your own artwork using the Zentangle method of meditative drawing and add it to a greeting card for a creation uniquely yours. Zentangle drawings and card-making are taught one step at a time. A \$3 supply fee will be collected. Register online or call 612.668.2219. *Class is held at Creekview Recreation Center, 5001 Humboldt Ave. N.*

Creekview 1 Monday
Mar 6 12:30-2:30 pm
\$16

Drawing: Zentangles & Notans Paper Cutting

Learn two fun and relaxing art styles. Zentangle patterns are easy to draw and calm the mind, reduce stress, and improve focus. Notan is a Japanese paper-cutting practice involving the placement of light and dark next to the other. Create your Notans and add Zentangle patterns to them. A \$3 supply fee will be collected. Register online or call 612.668.2219. *Class is held at Creekview Recreation Center, 5001 Humboldt Ave. N.*

Creekview 1 Monday
Mar 6 10 am-noon
\$16



Painting: Acrylic Painting Explorations

Express yourself in acrylic paints. Watch demonstrations that exemplify basic acrylic painting techniques and approaches. Receive helpful hints and constructive criticism as you paint your own masterpiece from life or imagination. Purchase supplies before the first class; see the supply list online. Register online or call 612.668.4828. *Class is held at Creekview Recreation Center, 5001 Humboldt Ave. N.*

Creekview 4 Thursdays
Feb 16-Mar 9 1-3 pm
\$38

Photography: Digital SLR 1

Improve the composition and quality of your photographs by understanding the key features and functions of your digital SLR camera. This class is designed for those who have a digital camera with interchangeable lenses. Register online or call 612.668.4828. *Class is held at West Photo, 21 University Ave. NE.*

West Photo 3 Wednesdays
Feb 1-Feb 15 1-3 pm
\$42

Photography: Digital SLR 2

Create fun, memorable photos of travel or nature by practicing with the advanced features of your digital SLR camera, including shutter speed, settings and more. This class is designed for those who have a digital camera with interchangeable lenses. Register online or call 612.668.4828. *Class is held at West Photo, 21 University Ave. NE.*

West Photo 3 Wednesdays
Mar 1-Mar 15 1-3 pm
\$42

Russian Gems

Learn about the relationship between Faberge, world-renown jeweler, and the Romanovs, the richest Russian emperors in history on Feb. 9 while viewing slides of Faberge creations presented by the lead docent from The Russian Museum of Art. Then, experience actual Faberge artistry on a guided tour of the Faberge exhibit at The Russian Museum of Art on Feb. 13.

Imperial Faberge: Jeweler to the Tsars

The most reknown jewelers of all time are most closely associated with the Romanovs, the richest Russian emperors in history. Providing adornments for the tsarist court set fashions for the rest of the European royal families. Discover the background history to understand how the Faberge myth came to be.

Nokomis Library 1 Thursday
Feb 9 1-2 pm
Free

Russian Gems: The Faberge Tour

Enjoy a guided tour of the Faberge exhibit and learn how these fine works demonstrate why the Faberge name has retained its special status throughout history. Become familiar with the jewelers' art and why it was especially valued in the tsarist society of St. Petersburg, Russia. Optional lunch on your own at Prima, 5325 Lyndale Ave. S. Minneapolis. Register online or call 612.668.2219. *Meet at the Museum of Russian Art, 5500 Stevens Ave.*

TMORA 1 Monday
Feb 13 10:30 am-noon
\$12





55+ Fitness

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 is held at Kenwood Apartments, 825 Summit Ave.*

Jefferson 8 Saturdays
Feb 4-Mar 25 3:30-4:30 pm
\$18

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.*

Southwest 7 Wed & Thu
Feb 1-Mar 16 1-2 pm
\$40

Head to Toe Fitness

Improve your strength, coordination, balance, flexibility and endurance through various exercises that you can do standing or seated. This evidence-based program is the best prescription for maintaining independence through your senior years. Attend either or both sessions each week. Register online or by calling 612.668.2219. *Class is held at CommonBond-Shingle Creek Commons, 4600 Humboldt Ave. N.*

Shingle Creek 9 Tue & Thu
Jan 31-Mar 30 1-2 pm
\$18

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
Jan 31-Mar 21 8:30-9:30 am
\$31.50

Pratt 8 Thursdays
Feb 2-Mar 23 8:30-9:30 am
\$31.50

There are no classes February 20.

Nia

If you like Zumba, you will love Nia. This fitness practice combines the best of dance, martial arts and yoga. More dance party than workout, Nia builds strength, agility, confidence and conditioning. Wear shoes and bring a mat or thick towel. Call 612.668.3450 to register with the UCare discount. *Class is held at Fuller Park, 4800 Grand Ave. S.*

Washburn 9 Mondays
Jan 30-Mar 27 1-2 pm
\$32

Washburn 8 Wednesdays
Feb 1-Mar 22 1-2 pm
\$32

Stretch & Balance

Gain flexibility, strength and better balance through low-impact conditioning and stretches. This is a mixed-level class. Individual attention is provided, but this 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 get doctor's approval before starting all physical activity and have medical knowledge of what they can and cannot do.

Waite Park 7 Wednesdays
Feb 1-Mar 15 1-2 pm
\$31.50

Register for classes online at mplscommunityed.com.



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. *Class is held at Bethlehem Lutheran Church, 4100 Lyndale Ave. S.*

Washburn 8 Thursdays
Feb 2-Mar 23 9:45-10:45 am
\$28

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. Register online or call 612.668.1100. *Class held at Van Cleve Park, 901 15th Ave. S.E.*

Pratt 6 Fridays
Feb 3-Mar 10 10:30 am-noon
\$27.75

Tai Chi & Qi Gong 2

Build upon what you've learned of sun-style Tai Chi and Qi Gong exercises. Pre-requisite: Tai Chi & Qi Gong 1 or instructor permission. Register online or call 612.668.1100. *Class held at Van Cleve Park, 901 15th Ave. S.E.*

Pratt 6 Fridays
Feb 3-Mar 10 9-10:15 am
Free

Tai Chi 2

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. *Class is held at Bethlehem Lutheran Church, 4100 Lyndale Ave. S.*

Washburn 8 Thursdays
Feb 2-Mar 23 10:45-11:45 am
\$28

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. Call 612.668.3767 for more information. *Class held at Our Lady of Peace, 5426 12th Ave. S.*

Hale 7 Mondays
Jan 30-Mar 13 9:45-10:45 am
\$28

Tai Chi for Health

Enjoy the benefits of Tai Chi, a holistic approach to harmonizing body, mind and spirit. *Class is held at Kenwood Apartments, 825 Summit Ave.*

Jefferson 7 Saturdays
Feb 4-Mar 18 2-3 pm
\$18

Leave your physical health in the hands of tai chi, and turn to Zentangles (page 58) to nurture your mental health.

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 Pkwy.
Register online or call 612.668.3767

8 Tuesdays Feb 7-Mar 28
3:15-4:15 pm \$32

Bethlehem Lutheran Church,
4100 Lyndale Ave. S.
Register online or call 612.668.3450.
Mail fees to Washburn.

8 Wednesdays Feb 1-Mar 22
1-2 pm \$28

Bracket Park, 2728 S. 39th Ave.
Register online or call 612.668.3767.
8 Thursdays Feb 2-Mar 23
12-1 pm \$32

Fuller Park, 4800 Grand Ave. S.
Register online or call 612.668.3450.
Mail fees to Washburn.

8 Tuesdays Jan 31-Mar 21
1-2 pm \$28

8 Thursdays Feb 2-Mar 23
1-2 pm \$28

Zumba Gold Chair

Benefit from aerobic conditioning while rocking your body to Latin music. Don't let balance issues, recent surgery or tender feet stop you. Enjoy Zumba without standing for the entire class. Register online or call 612.668.4828. *Held at Nokomis Square, 5015 35th Ave. S.*

Roosevelt 8 Wednesdays
Jan 25-Mar 15 10:30-11 am
\$16



55+ Wellness Talks

Honoring Choices Advance Care Planning— It's About the Conversation

Who would speak for you if you couldn't speak for yourself? Learn about advance care planning and how to complete or review your own health care directive based on your values, beliefs and priorities. Call 612.668.1100 to register. *Class is held at Prospect Park Methodist Church, 22 Orlin Ave. SE.*

Pratt 1 Thursday
Feb 23 10-11:15 am
Free

Register for classes online at mplscommunityed.com.

Vision Loss Resources

A representative from Vision Loss Resources will discuss the leading causes of vision problems as people age. You will learn about what services and resources are available and where you can find help. Even if your vision is fine, you may learn helpful information to pass onto family members or friends. Co-sponsored by Van Cleve Seniors. Pre-registration required—call 612.668.1100 to register. *Class held at Van Cleve Park, 901 15th Ave. S.E.*

Pratt 1 Thursday
Feb 2 10-11:15 am
Free



Shingle Creek Commons Programs

Shingle Creek Commons—CommonBond Communities,
4600 Humboldt Ave. N.

To register, call 612.668.2219.

Sponsored by Minneapolis Community Education & Shingle Creek Commons.

Building Your Immune System...Naturally

Join us to discuss the important roles 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 our resistance to germs, bacteria and other irritants.

Shingle Creek 1 Thursday
Feb 2 10:30-11:30 am
\$1 at door

Stay Safe in Your Home

Learn fall prevention tips and find out more about a free Home Health and Safety Assessment offered by Senior Community Services. Home safety improvements may include grab bars, improved lighting, new smoke alarms, reducing tripping hazards and more.

Shingle Creek 1 Thursday
Mar 2 10:30-11:30 am
\$1 at door

Senior Social & Health Talks

Holy Trinity Lutheran Church, 2730 E. 31st St., 2nd floor
Community Room

Blood pressure screenings available from 11:30 am-noon

To register, call 612.668.3767.

Sponsored by Longfellow/Seward Healthy Seniors, Minneapolis Community Education & Holy Trinity Church.



Understanding Arthritis

Discover the common symptoms of arthritis and what you can do to become more pain-free.

Trinity 1 Tuesday
Feb 21 10-11:30 am
\$1 at door

Financial Fitness

Learn how to prevent financial scams and ID theft, live within your means, and stay out of debt.

Trinity 1 Tuesday
Mar 21 10-11:30 am
\$1 at door

Health Care Directives

Learn the basics of advance care planning and how to complete or review your own health care directive based on your values, beliefs and priorities.

Trinity 1 Tuesday
Jan 17 10-11:30 am
\$1 at door



Find us on Twitter!
twitter.com/mplscommunityed

55+ Trips & Tours



Enjoying Life Lunch Club

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. *February lunch will be at Christos Greek Restaurant, 2632 Nicollet Ave., Minneapolis.*

Lucy Laney 2 Wednesdays
Feb 1-Mar 1 11 am-1 pm
Free

The Royal Family at the Guthrie Theatre

For the Cavendishes, the “royal family” of Broadway, the show must go on. Set in 1920s Manhattan, this play centers on three generations of actors, each at different stages in their careers. From an aging grand dame to a promising ingénue, together they confront a choice between secure, yet dull domesticity and an erratic, egocentric yet potentially fulfilling life on the stage. Transportation is on your own. Tickets will be mailed to you. Register online or call 612.668.4828. *Meet at the Guthrie Theater, 818 Second St. S.*

Guthrie Theatre 1 Wednesday
Feb 15 1-3:30 pm
\$23

King & I at the Orpheum Theatre

Set in 1860s Bangkok, the musical tells the story of the unconventional and tempestuous relationship that develops between the King of Siam and a British schoolteacher whom the modernist King brings to Siam to teach his many wives and children. This Tony Award-winner for Best Revival of a Musical includes such beloved classics as “Getting to Know You” and “Something Wonderful.” 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.*

Orpheum Theatre 1 Saturday
Mar 4 2-4:30 pm
\$47

Wicked at the Orpheum Theatre

This Broadway sensation looks at what happened in the Land of Oz but from a different angle. Long before Dorothy arrives, there is another young woman, born with emerald-green skin — smart, fiery, misunderstood, and possessing an extraordinary talent. When she meets a bubbly blonde who is exceptionally “popular,” their initial rivalry turns into the unlikeliest of friendships until the world decides to call one “good” and the other one “wicked.” An original musical that will make you laugh, cry and think. 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.*

Orpheum Theatre 1 Thursday
Apr 20 7:30-10 pm
\$67

Discounts

UCARE members may deduct \$15 per class or trip.



Bayfield, Wisconsin Tour

Travel on a three-day motor coach tour to Bayfield, Wisconsin. Board the Superior Princess for a comfortable adventure into the legend and lore of Lake Superior and the Apostle Islands. Stay at the Legendary Waters Hotel, stroll along the streets of historic Bayfield with a costumed heritage guide, and ride a ferry boat to Madeline Island for a guided tour and museum visit. Enjoy a special performance at Lake Superior Big Top Chautauqua in Washburn, see the Apostle Island National Lakeshore Visitor Center, and dine on a three-course specialty lunch at the Old Rittenhouse Inn. The coach bus picks up at Windom School, Dowling School and Parker Skyview Highrise. Price includes transportation, lodging, most meals and attractions. To learn more, call 612.668.4828.

Wed., July 26–Fri. July 28

Double Room: \$590
Single Room: \$790

Bus Pick-up points:

Dowling School
3900 W. River Pkwy.

Parker Skyview Highrise
1815 Central Ave. N.E.

Windom School
5821 Wentworth Ave. S.



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

4H at Northeast

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	4 Mon & Tue
Feb 6-Mar 21	7-8:30 pm
	Free

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, 43rd & Xerxes Ave. S.*

Lake Harriet	7 Saturdays
Feb 4-Mar 18	12-12:30 pm
	\$35

Dance: Ballet, Hip Hop & Modern Dance Foundations & Imagination (Ages 4½-6)

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, 43rd & Xerxes Ave. S.*

Lake Harriet	7 Saturdays
Feb 4-Mar 18	1:10-1:50 pm
	\$35

Dance: Creative Dance, Movement & Stories (Ages 3-4½)

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, 43rd & Xerxes Ave. S.*

Lake Harriet	7 Saturdays
Feb 4-Mar 18	12:35-1:05 pm
	\$35

NEW | Dessert & Canvas: Valentine's Heart

Grab the whole family and paint an image of a heart with bright colors and patterns on an 11" x 14" canvas. Enjoy Valentine's Day treats while you wait for your painting to dry.

South	1 Thursday
Feb 9	6:30-8 pm
	\$20

NEW | Literacy in the Woods (Ages 2-8)

Bring your family's learning outdoors! The beautiful woods of Theodore Wirth Park will lead your family to discover our urban wildlife through literacy and photography activities, promoting family togetherness, literacy and numeracy. Most of the class will be outdoors. Wear weather-appropriate clothes and bring a digital camera or phone with camera. Class is appropriate for ages 2-8 and their caregivers.

Anwatin	2 Saturdays
Feb 4-Mar 4	10-11:30 am
	\$18

Nature For Curious Kids

Make a playdate with nature and your little one. 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. Register online or call 612.668.4828. *Class is held at West Coon Rapids Dam Visitor Center, 10360 W. River Road, Brooklyn Park.*

Snakes & Salamanders

See live snakes and salamanders, discover the amazing abilities of these amazing creatures, and enjoy activities about how they live, eat, and play.

1 Thursday	Jan 12
9:30 am-noon	\$5

Sun & Shadows

Play with shadow puppets, make sun art and rainbows, and learn how important the sun really is.

1 Thursday	Feb 2
9:30 am-noon	\$5

Toads & Turtles

Crawl like a turtle, hop like a toad, and prepare for spring by discovering what else lives in the water.

1 Thursday	Mar 16
9:30 am-noon	\$5

Splish Splash

Explore water by making rain art, experimenting with what floats, learning about fish and weather, and visiting the river.

1 Thursday	Apr 20
9:30 am-noon	\$5



Teens

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.

South 4 Thursdays
Feb 2-Feb 23 5:45-8:45 pm
\$140

Washburn 4 Mondays
Jan 30-Feb 27 5:45-8:45 pm
\$140

Southwest 4 Tuesdays
Jan 31-Feb 21 5:45-8:45 pm
\$140

Southwest 4 Mondays
May 1-May 22 5:45-8:45 pm
\$140

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. No discounts.

Southwest 3 Mon-Thu
Feb 1-Feb 16 3:15-6:15 pm
\$125

Southwest 3 Mon-Thu
Mar 13-Mar 28 3:15-6:15 pm
\$125

Roosevelt 3 Mon-Fri
Jan 23-Feb 9 3:15-5:45 pm
\$125

Washburn 2 Mon-Fri
Mar 6-Mar 17 3:30-6:30 pm
\$125

Register now and make sure you get into your favorite classes! We're online at mplscommunityed.com.



Red Cross Babysitting Training (Ages 11+)

Learn leadership, safety, basic child development, safe play, rescue breathing and first aid. Receive a American Red Cross certificate of completion, textbook and CD.

Barton 1 Friday
Jan 27 9 am-3 pm
\$75

Barton 1 Friday
Feb 17 9 am-3 pm
\$75

Lake Harriet 1 Friday
Feb 17 9 am-3 pm
\$75

Parenting

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 is provided.

South 8 Tuesdays
Jan 31-Mar 21 6:30-8 pm
\$42

Youth

Karate (Grades K-2)

Challenge yourself physically and mentally with fast-paced classes that combine basic karate punches, kicks, blocks and self-defense while incorporating body weight strength and endurance training. There will be testing opportunities for belt advancement. Uniforms are required (\$35). To learn more, email neminneapolis@mnkarateandfitness.com.

Barton 9 Tuesdays
Jan 31-Mar 28 4-5 pm
\$100

Release Day Fun

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. Participants must attend the full day and should bring a lunch. Call 612.668.3585 for more information.

Barton 1 Friday
Jan 27 8 am-4:30 pm
\$35

Barton 1 Monday
Jan 30 8 am-4:30 pm
\$35

Barton 1 Friday
Feb 17 8 am-4:30 pm
\$35

Barton 1 Friday
Mar 31 8 am-4:30 pm
\$35



Youth & Family Swimming



Swimming 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 612.668.1515 for more information.

Friday Family Swim

Enjoy a free open swim period for families. Children must be accompanied by adults at all times.

Northeast 8 Fridays
Feb 3-Mar 24 6:15-7:15 pm
Free

Water Basics (Ages 4½-6)

Youth will learn the basics of water safety and swimming. Bring a life jacket.

Northeast 6 Mondays
Feb 6-Mar 13 6:30 pm-7 pm
\$30

Now Hiring Lifeguards

15 years and older.
Lifeguard certification required.
If you aren't certified and would like to be, please contact us.



For more information,
please contact Silvia Ihme
at 612.668.3100 or
silvia.ihme@mpls.k12.mn.us

Swimming 1

Youth will learn swimming basics and work on improving their skills in a small group setting. Students will progress according to their abilities.

Ages 5-7

Northeast 6 Mondays
Feb 6-Mar 13 7-7:30 pm
\$30

Ages 8+

Northeast 6 Mondays
Feb 6-Mar 13 7:30 pm-8 pm
\$30

Swimming 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 612.668.4828 for more information.

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.

Dowling 8 Mondays
Jan 23-Mar 20 6:30-7:15 pm
\$40

Dowling 9 Wednesdays
Jan 25-Mar 22 6:30-7:15 pm
\$45





Swimming at Southwest

The pool is located on the Abbott side of Southwest High. Enter through Door #1 or #15. *Call 612.668.3100 for more information.*

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.

Southwest 6 Mondays
Feb 6-Mar 20 7:30-8 pm
\$40

Southwest 6 Thursdays
Feb 9-Mar 16 7:30-8 pm
\$40

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; retrieving a submerged object; swimming on their front and back unsupported; and more.

Southwest 6 Mondays
Feb 6-Mar 20 7:30-8 pm
\$40

Southwest 6 Thursdays
Feb 9-Mar 16 8-8:30 pm
\$40

Looking for Adult Swim classes?

See pages 42-43.

Swimming 3: Stroke Development (Ages 5+)

Participants will learn about jumping into deep water from the side; rotary breathing with the body in a horizontal position; treading in deep water for 30 seconds; swimming the butterfly kick 15 feet; and more.

Southwest 6 Mondays
Feb 6-Mar 20 8 pm-8:30 pm
\$40

Southwest 6 Tuesdays
Feb 7-Mar 14 7:30 pm-8 pm
\$40

Southwest 5 Thursdays
Feb 9-Mar 16 8 pm-8:30 pm
\$40

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.

Southwest 6 Mondays
Feb 6-Mar 20 8-8:30 pm
\$40

Southwest 6 Tuesdays
Feb 7-Mar 14 7:30-8 pm
\$40

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.

Southwest 6 Tuesdays
Feb 7-Mar 14 8-8:30 pm
\$40

Swimming 6: Swimming & 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.

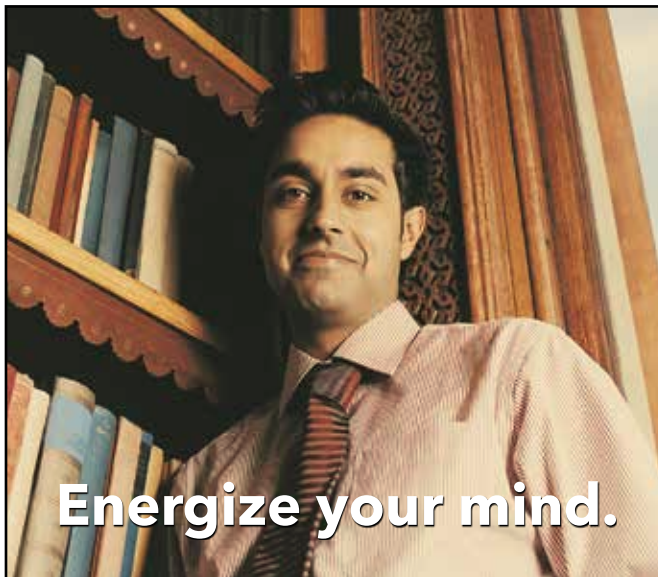
Southwest 6 Tuesdays
Feb 7-Mar 14 8-8:30 pm
\$40

Swimming: Parent & Child (Ages 3-4)

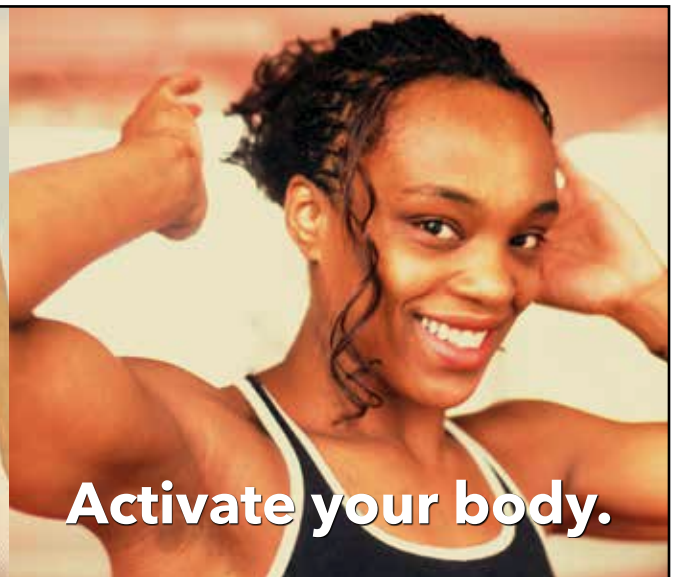
Learn support techniques for moving your child through the water. Learn water entry, bubble blowing, front kicking, back floating and underwater exploration. One adult per child. Bring your child's favorite bath toy. Child must be potty trained. Fee covers both parent & child.

Southwest 6 Thursdays
Feb 9-Mar 16 7:30-8 pm
\$40





Energize your mind.



Activate your body.



Spark your spirit.



Build community.

We're 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 mplscommunityed.com to submit your application online or call any of the sites listed on page 69.

mce

**Minneapolis
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. Anwatin

256 Upton Ave. S.
Minneapolis, MN 55405
612.668.2478
Daniel.Burgos@mpls.k12.mn.us

3. Barton

4237 Colfax Ave. S.
Minneapolis, MN 55409
612.668.3585
Dawn.Sjoquist@mpls.k12.mn.us

4. Dowling

3900 W. River Pkwy.
Minneapolis, MN 55406
Call Roosevelt at 612.668.4828.

5. Edison

700 22nd Ave. NE
Minneapolis, MN 55418
612.668.1306
Jane.Greenberg@mpls.k12.mn.us

6. Hale

1220 E. 54th St.
Minneapolis, MN 55417
612.668.3767
Helene.Gauthier@mpls.k12.mn.us

7. Henry

4320 Newton Ave. N.
Minneapolis, MN 55412
612.668.1922
Kevin.Czmowski@mpls.k12.mn.us

8. Jefferson

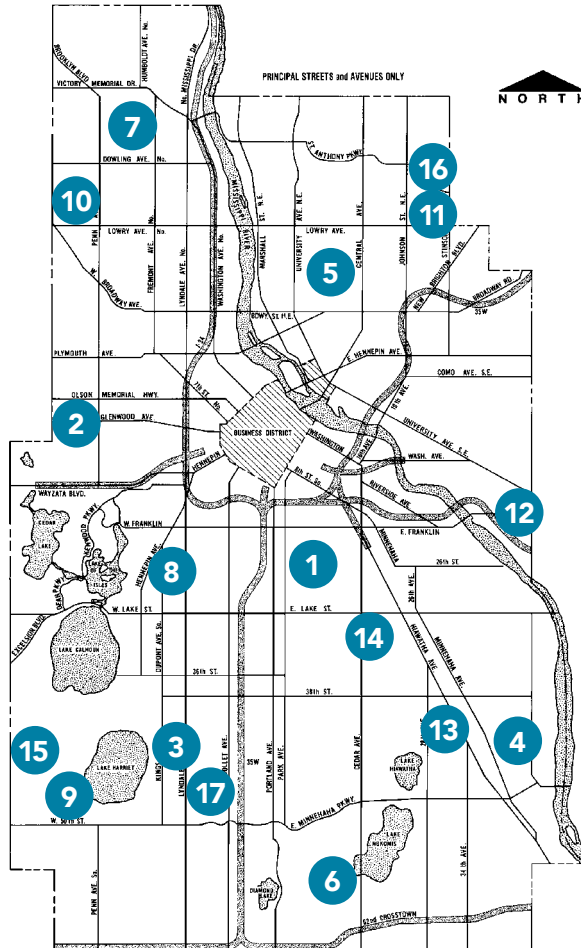
1200 W. 26th St.
Minneapolis, MN 55405
612.668.2740
PeterN.Yang@mpls.k12.mn.us

9. Lake Harriet

4912 Vincent Ave. S.
Minneapolis, MN 55410
612.668.3330
Steven.Bodger@mpls.k12.mn.us

10. Lucy Laney

3333 Penn Ave. N.
Minneapolis, MN 55412
612.668.2219
Linda.Snyder@mpls.k12.mn.us



11. Northeast

2955 Hayes St. NE
Minneapolis, MN 55418
612.668.1515
Jane.Greenberg@mpls.k12.mn.us

12. Pratt

66 Malcolm Ave. SE
Minneapolis, MN 55414
612.668.1100
Jan.Thurn@mpls.k12.mn.us

13. Roosevelt

4029 28th Ave. S.
Minneapolis, MN 55406
612.668.4828
Patty.Hastreiter@mpls.k12.mn.us
Maile.Siemon@mpls.k12.mn.us

14. South

3131 19th Ave. S.
Minneapolis, MN 55407
612.668.4326
Heather.Borgman@mpls.k12.mn.us

15. Southwest

3414 W. 47th St.
Minneapolis, MN 55410
612.668.3100
Dave.Premack@mpls.k12.mn.us

16. Waite Park

1800 34th Ave. NE
Minneapolis, MN 55418
612.668.1590
Sandi.McDonald@mpls.k12.mn.us

17. Washburn/Ramsey

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 January 3.

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 69 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 mplsk12.mn.us.

Education for Every Generation

Learning has no age limit. Wherever you're at in life, there's a Community Education program to suit you.



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 Education

612.668.3800

Offering GED preparation and testing, College and Work Readiness programs, and math, reading, writing, English learning, and citizenship classes.

Adult Enrichment

612.668.3939

Providing recreation, enrichment and academic programs to adults of all ages and interests.

Lifelong Learning

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.

Minneapolis Community Education

Davis Center, 1250 West Broadway Ave.
Minneapolis, MN 55411

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Go ahead, say hello
to a new routine.

**Discover
something
different.**

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 600 classes
are available this winter.**

Classes start the week of January 30.

Register today at mplscommunityed.com.



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Special School District No. 1

Minneapolis Public Schools
Minneapolis, MN

An Equal Opportunity School District

WINTER 2017