

ACTIVE *Minds*



Courses geared for ADULTS looking for *intriguing topics, in-depth dialog & new topics to EXPLORE.*



WELCOME to ACTIVE *Minds*

A program geared for the adult looking for intriguing topics, in-depth dialog and new topics to explore.

Courses are led by academic leaders and experts in their field.

There are two package options available:

1. Annual Membership

Become an annual member for \$169/year for an individual or \$330/year for pair. Pick and choose the courses you wish to attend during the year, up to eleven per quarter. The annual membership for an individual pays for itself in just over four courses with over 40 courses at your disposal!

Once your annual membership has been processed, you will be mailed quarterly registration forms to select your courses.

2. Individual Courses

Not sure if you are ready for an annual membership? Sign up for individual courses on a class-by-class basis. Fill out the enclosed registration form or register on-line at www.728communityed.com.

WE GUARANTEE YOUR SATISFACTION WITH OUR COURSES AND ACTIVITIES.

If you are not satisfied with your experience, please contact the Community Education office at 763-241-3520, or the Early Childhood Family Education office at 763-241-3524.

How to Register:

Register by mail:

ISD 728 Community Education
1170 Main Street
Elk River, MN 55330

Register by Phone:

763-241-3520

Register by Fax:

763-241-3521

Register in Person:

Drop by the Community Education Office located within The Handke Center, Door 5, Monday-Friday from 8:30am-5:00pm during the school year and 8:00am-4:30pm during the summer.

Register by Email:

728communityed@isd728.org

Register Online:

www.728communityed.com
(Non-member courses only)

Register Early!

Many courses fill up quickly. Be sure to secure your spot in your favorite course.

Are you in?

Unless you hear from us, you are enrolled in the course of your choice.

Questions?

Call our office at 763-241-3520.

Course Times:

ACTIVE *Minds* courses are conveniently offered during the daytime and evening hours. Look for these icons for a quick glance to see what matches your schedule.



Cultural Heritage and Archaeology

Cultural heritage is the legacy and protection of artifacts, places, and knowledge about past societies. There are many problems facing the preservation of archaeological sites today. This course will examine recent threats to cultural heritage from around the world and what they mean for the future of our past.



Tuesdays Sep 22 & Oct 6 | 4:00-6:00pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 111 Door 5 | Erdman | #8110-1F



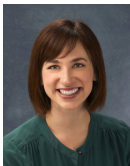
Katherine Erdman earned her PhD in the Department of Anthropology at the University of Minnesota. Her research focused on ritual practices in Gaul during the Roman period, and how people use material culture to express their religious beliefs.

Psychology 101: How the Mind Works

Have you ever wondered how your brain works? The human brain is responsible for every thought, action and experience, but exactly how it works remains one of the greatest mysteries of science. Dr. Jabbar will share fascinating lessons from the field of psychology that reveal how this extraordinary organ operates.



Friday Sep 25 | 10:00am-12:00pm | 1 session
\$19 Individual/\$35 Pair
Handke Center Rm 111 Door 5 | Jabbar | #8110-2F



Dr. Britta Jabbar is a mental health therapist at Healthwise Behavioral Health & Wellness. She specializes in the treatment of co-occurring mental and physical health problems, such as chronic pain and depression. She earned a PhD in Rehabilitation Psychology from the University of Wisconsin-Madison, and has spent several years training and working in hospitals and medical clinics. Dr. Jabbar enjoys yoga, going for long walks with her dog, and knitting during her free time.

Songwriting: Even You Can Write a Song

This class is especially for people who want to express themselves by composing songs. You do not need to play an instrument or read music to carve out a song. While examining the rudiments of lyrics, melody, harmony and rhythm of songs, participants will use fun techniques to begin creating their own works.



Tuesdays Sep 29, Oct 27, Nov 10 | 2:30-4:30pm
3 sessions | \$39 Individual/\$75 Pair
Handke Center Rm 111 Door 5 | Imholte | #8110-3F



Paul Imholte performs traditional and original music on a great number of string instruments, including the hammered dulcimer, fiddle, and banjo. He tours throughout the Midwest and has released ten recordings on CDs of his music.

Mesabi Gold: The History of Minnesota's Iron Range

The Iron Range is a long, thin strip of land that cuts across northeastern Minnesota. Immigrants from over 40 countries streamed there at the turn of the last century to mine the rich ore deposits. The Range has a rich history, fractured by labor conflict and wedded by cultural tradition and the mining of the richest iron ore deposit in history.



Wednesdays Oct 14 & 28 | 6:30-8:30pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 210 Door 5 | Aamodt | #8110-4F



Britt Aamodt is a local author and history buff. She contributes regularly to the Elk River Star News; and is an award-winning screenwriter. She also produces radio documentaries and audio theater pieces in and around Minnesota. Britt currently does work for the Minneapolis Institute of Arts.

The Arts of the Americas

Join us on a virtual tour of the Americas from South America's Cape Horn to the far reaches of Northern Canada and from prehistory to today. Along the way, we'll encounter lost civilizations, step pyramids, an early calendar and esoteric rituals and art forms as diverse as the people and lands that gave rise to them.



Wednesdays Nov 4 & 18 | 6:30-8:30pm | 2 sessions
\$39 Individual/\$75 Pair
Handke Center Rm 212 Door 5 | Aamodt | #8110-5F



Britt Aamodt is a local author and history buff. She contributes regularly to the Elk River Star News; and is an award-winning screenwriter. She also produces radio documentaries and audio theater pieces in and around Minnesota. Britt currently does work for the Minneapolis Institute of Arts.

Tech Gadgets: What Do They Do?

Do you have a technical gadget and wonder what it can do? Are you curious about tech gadgets that other people have? Come to this class and learn from an easy-going and patient technology expert. Joel will show you a variety of tech gadgets, apps and programs that could make your life easier and/or a whole lot more fun!



Thursday Nov 5 | 5:00-7:00pm | 1 session
\$19 Individual/\$35 Pair
Handke Center Rm 111 Door 5 | Feld | #8110-10F



Born and raised in Illinois, Joel now lives in Elk River with his wife Stephanie and sons Bennett and Hudson. Previously, Joel worked for Apple for five years teaching technology, fixing iPhones and iPads and has acquired several certifications in software like Final Cut Pro, Motion, iLife and others. Joel is currently a computer technician for the Elk River Area School District.

The Essential Trio: Eat, Sleep, Be Active!

Join us to learn reliable information and practical strategies for eating well, getting good sleep and being active. More importantly, you will have the opportunity to assess your current health behaviors, overall well-being and readiness to change as you create personalized goals that work with, and not against, daily schedules and general life situations and scenarios.



Mondays Nov 9 & 16 | 5:30-7:30pm | 2 sessions
\$39 Individual/\$75 Pair
Rogers MS Rm 110 Door A | Kjolhaug | #8110-7F



*Jerri Kjolhaug, M.P.H., R.D., L.D., is a faculty member in the Division of Epidemiology and Community Health within the School of Public Health at the University of Minnesota. In addition, she is the executive director of the University's Rothenberger Institute, which develops and facilitates innovative online wellness courses. Kjolhaug developed and teaches the popular undergraduate course, **Sleep, Eat & Exercise**. Armed with degrees in kinesiology and public health nutrition, she has worked as a personal trainer and group fitness instructor, and is a registered, licensed dietitian and an integrative health coach. The mission behind her work is to role model authentic, healthy living, and help people develop their healthiest, happiest selves.*

ACTIVE *Minds* Annual Membership

Membership allows you to take any classes that are offered by Active Minds. Classes are led by academic leaders and experts in the field and are also available to non-members and adults of any age on a class-by-class basis.

\$169 Individual/\$330 Pair | #8110-12F

The average cost of a class is under \$5.00 with an Active Minds Annual Membership!

Harry Truman: A Titan in a Tyrannical Age

How did a modestly educated, “accidental” president end the greatest war in history, articulate a successful policy against a ruthless Communist enemy and come to be regarded among the greatest presidents in our country’s history? Meet Harry S. Truman, an unlikely titan in a tyrannical age.



Thursday Nov 12 | 9:00-11:00am | 1 session
\$19 Individual/\$35 Pair
Handke Center Rm 111 Door 5 | Worner | #8110-6F



Tod Worner is a practicing internal medicine doctor with a passion for history. He has spoken locally & nationally and created the “Titans & Tyrants Lecture Series” dramatically bringing Churchill, Hitler, Stalin, Truman, Mussolini, and Hirohito to life.

Stones of Heaven: Exploring Meteorites

Ancient Mediterraneans saw dragons of the sky--bright meteors with long, glowing tails. The Egyptians called the sudden showers of rock and light “stones of heaven.” Join us as the University of Minnesota’s Curator of Meteorites leads this class on meteorites, those intriguing “clocks in the rocks” that tell us so much about both the history and future of our solar system.



Tuesday Nov 17 | 6:30-8:30pm | 1 session
\$19 Individual/\$35 Pair
Rogers MS Rm 110 Door A | Alexander | #8110-11F



Calvin Alexander developed a sporting interest in cave exploration while earning his PhD in Chemistry. In 1973, he joined the faculty of the Geology and Geophysics Department (now Earth Sciences) at the University of Minnesota in Minneapolis until he retired in 2014. One of his career-long interests

has been Planetary Geology, both of the other planets in the Solar System and of the Earth as a planet. He is the curator of Meteorites at the University of Minnesota and has taught classes at several levels on Planetary Geology, Meteorites, Geochronology and Cosmochemistry.

Another Look at Elk River’s History

Join Steve Rohlfs as he shares more interesting facts about the rich history of this area. You don’t need to have attended the first class to attend this one. Register right away--the last Elk River history class filled quickly.



Thursday Dec 10 | 7:00-8:30pm | 1 session
\$19 Individual/\$35 Pair
Handke Center Rm 111 Door 5 | Rohlfs | #8110-8F



Steve Rohlfs, a local businessman, was once Elk River’s Building and Environment Administrator. Before that, he was a Forest Ranger in Alaska! Over the years, Steve has been active in the Elk River Heritage Preservation Commission.

Did you know...

**ISD 728 Community Education offers
an array of adult classes and events:**

- Arts
- History Series
- Fitness
- Trips
- Culinary
- Health & Safety
- Defensive Driving Courses
- Wellness
- Finance & Technology
- Online Courses

**Call to request a brochure or visit us online:
763.241.3520 | www.728communityed.com**

763.241.3520

ACTIVE *Minds* ANNUAL Member Registration Form

(See other side for NON-MEMBER Registration)

Register by mail:

ISD 728 Community Education
1170 Main Street
Elk River, MN 55330

Register in Person:

1170 Main Street, Elk River 55330

Register by Fax:

763-241-3521

Register by Phone:

763-241-3520

Register online:

www.728communityed.com

Registration

Deadline:

3 days prior to class

Check here for \$169 Individual Annual Membership:

Participant's Last Name _____ First Name _____

Address _____ City _____ Zip Code _____

Home Phone w/area code _____ E-mail address _____

Check here for \$330 Annual Membership for Pair:

Participant #1 Last Name _____ First Name _____

Participant #2 Last Name _____ First Name _____

Address _____ City _____ Zip Code _____

Home Phone w/area code _____ E-mail address _____

Fall 2015 Courses:

	Individual/Participant #1	Participant #2
Cultural Heritage and Archaeology	<input type="checkbox"/>	<input type="checkbox"/>
Psychology 101: How the Mind Works	<input type="checkbox"/>	<input type="checkbox"/>
Songwriting: Even You Can Write a Song	<input type="checkbox"/>	<input type="checkbox"/>
Mesabi Gold: The History of Minnesota's Iron Range	<input type="checkbox"/>	<input type="checkbox"/>
The Arts of the Americas	<input type="checkbox"/>	<input type="checkbox"/>
Tech Gadgets: What Do They Do?	<input type="checkbox"/>	<input type="checkbox"/>
The Essential Trio: Eat, Sleep, Be Active!	<input type="checkbox"/>	<input type="checkbox"/>
Harry Truman: A Titan in a Tyrannical Age	<input type="checkbox"/>	<input type="checkbox"/>
Stones of Heaven: Exploring Meteorites	<input type="checkbox"/>	<input type="checkbox"/>
Another Look at Elk River's History	<input type="checkbox"/>	<input type="checkbox"/>

Payment Options:

Check Cash MasterCard/VISA/Discover/Amex# _____ - _____ - _____ - _____ Exp _____

Signature _____



ACTIVE *Minds* Non-Member Registration Form

(See other side for Annual Membership Registration)

Register by mail:

ISD 728 Community Education
1170 Main Street
Elk River, MN 55330

Register in Person:

1170 Main Street
Elk River, MN 55330

Register by Phone:

763-241-3520

Register online:

www.728communityed.com

Register by Fax:

763-241-3521

Non-Member Registration - Individual:

Home Phone w/area code _____ E-mail address _____

Participant's Last Name _____ First Name _____

Address _____ City _____ Zip Code _____

COURSE # _____ CLASS TITLE _____ FEE _____

COURSE # _____ CLASS TITLE _____ FEE _____

COURSE # _____ CLASS TITLE _____ FEE _____

COURSE # _____ CLASS TITLE _____ FEE _____

Payment Options:

Check Cash MasterCard/VISA/Discover/Amex # _____ - _____ - _____ Exp _____

Signature _____

Non-Member Registration - Pair:

Home Phone w/area code _____ E-mail address _____

Participant's #1 Last Name _____ First Name _____

Participant #2 Last Name _____ First Name _____

Address _____ City _____ Zip Code _____

COURSE # _____ CLASS TITLE _____ FEE _____

COURSE # _____ CLASS TITLE _____ FEE _____

COURSE # _____ CLASS TITLE _____ FEE _____

COURSE # _____ CLASS TITLE _____ FEE _____

Payment Options:

Check Cash MasterCard/VISA/Discover/Amex # _____ - _____ - _____ Exp _____

Signature _____





DISTRICT 728 Community Education

Lifelong Learning...unlock your potential

1170 Main Street | Elk River, MN 55330

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Elk River, MN
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Find all the latest classes, activities and events in the ISD 728 Community Education brochure available at local businesses or online at www.728communityed.com.

Find us at:
FACEBOOK/728CEAdult
TWITTER/Communityed728