

# Roseville Community Education

[www.ISD623.Org/CommEd](http://www.ISD623.Org/CommEd)



Your Future is Calling  
Time to get your GED pg. 34



February - May 2013 Course Catalog

Roseville Area Schools

Flip to the other side for Park and Recreation offerings

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# Our Community

## PROGRAMS

<b>Community Education</b>	<b>651/604.3500</b>
Adult Basic Education	651/604.3553
Adult Enrichment	651/604.3770
Adults w/ Disabilities	651/604.3770
Aquatics	651/604.3770
Building Reservations	651/604.3510
Cultural Services	651/604.3508
Early Childhood Family Education	651/487.4378
Early Childhood Screening	651/487.4378
Out-of-School Time Youth Programs	651/604.3770
School Age Care	651/604.3505
Jump Start to K	651/604.3511
School Readiness	651/604.3578
Senior Program	651/604.3520
Targeted Services	651/604.3508

## CONTENT

Adult Education	5
Aquatics	28
Early Childhood & Family Education	30
Out-of-School Time	25
Adult Learning Center	34
Senior Programs	35
Adults with Disabilities	36
Registration	38
Little Canada Parks & Rec	39

My 3yr old  
loves her ECFE  
teacher.



I'm working on my  
GED and get help on  
Tuesday and  
Thursday nights.

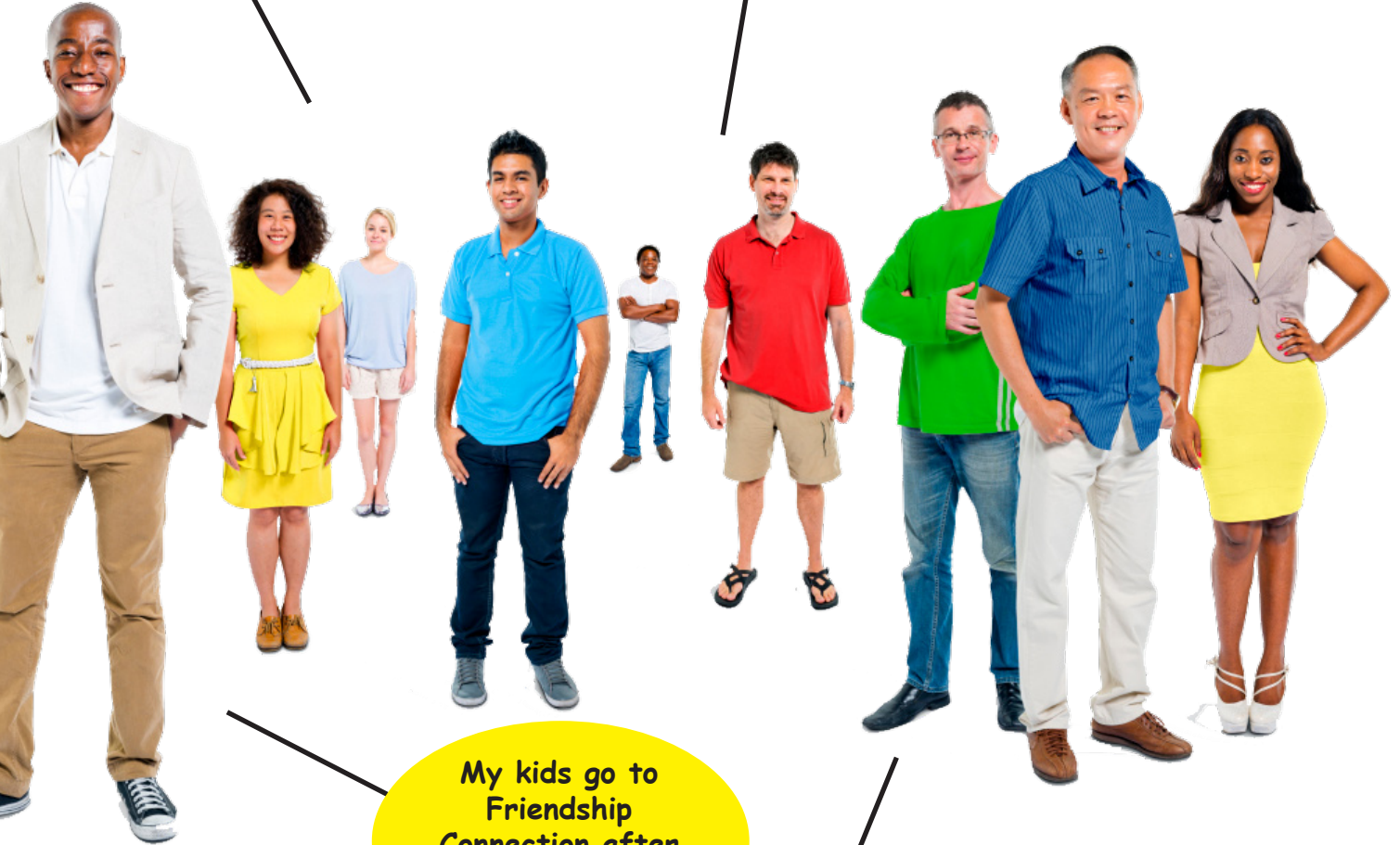
### GED Tests

GED tests are changing on January 1, 2014! The new tests will be more difficult and more expensive. There is still time to complete all 5 current tests before the change. Roseville Adult Basic Education offers free individualized, on site or on line test preparation to anyone in the Twin Cities. On site GED preparation assistance is available Tuesdays & Thursdays between the hours of 9-11:30am and 4:30-7:30pm. Call 651-604-3553 for more information or to make an appointment to begin.



**I am so glad  
I can workout  
at Fairview  
Community Center.**

**My wife and I have been  
enjoying Swing Dance with  
Cindy Gardener. We are looking  
forward to the next session.**



**My kids go to  
Friendship  
Connection after  
school at Brimhall  
and LOVE it!**

#### **MISSION STATEMENT**

To engage our ever-changing communities and partners in developing meaningful services, quality programs and lifelong learning opportunities for all.

#### **NO PITCH GUARANTEE**

**My mom uses the  
senior center at  
Fairview and has made  
some good friends.  
I am thankful  
for that.**

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

# New Online Registration System

## How to Register.....

If you have questions call 651-604-3770

### Login Set-up:


1. Go to the software website (<http://roseville.thatscommunityed.com>)
2. Select *Create an Account*.
3. Complete the Create an Account form.  
(Required fields are indicated with an asterisk.)

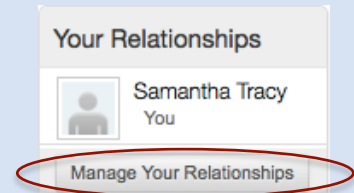


-OR-



Sign in using an existing Facebook account by selecting the blue Facebook bar at the top of the form.

### Add Relationships (Children) to Your Account

1. Log in to your Account.
2. Relationships on this Account are shown in the left sidebar of the Welcome Screen. Select *Manage Your Relationships*.
3. Select .
4. Select how this person is related to you using the drop-down list.



They are my

5. Select .
6. Complete the form and select the *Add* button. (Required fields are indicated with an asterisk.)
7. Select  to add another Relationship.

As soon as your User Account is set up, you may begin to use the system. You may want to add your family relationships (children, grandparents or neighbors who may be emergency contacts, etc.) to facilitate registrations as well.

Due to our new online system we temporarily will not be able to accept American Express charges online. However, we are able to accept American Express walk in registration.

## NEW! Mosaic Birdfeeder

Transform a plain birdfeeder into a 5-star restaurant that will attract the finest birds to your garden. Using this easy, no-fail mosaic glass process and a bit of your creativity, you will take home colorful and functional art for your garden. The first night everything will be cut and ready to go. Bring your own design ideas or use simple-to-do patterns that are available and apply the colorful glass. On the second night we will be grouting you'll be amazed to see the magic this brings to your mosaic design. We will also go over glass cutting, resources and share ideas for other projects you can do. **\$23 material fee for collected in class.**

*Peggy Ingles*

1062	2 sessions	Monday
	Mar 18 & 25	6-9pm
	\$39	LC Art

## Fanciful Felted Hats

Design a stylish hat ideal for Minnesota winters. Choose any look, from whimsical high crown with lots of scrunch to a classic cloche. No knitting required. Create your hat using colorful wool roving and traditional wet felting techniques. A variety of surface embellishments add to the fun! Previous wet felting experience laying out fibers helpful.

**\$30 material fee collected in class. Please bring a sharp scissors, 2-3 old hand towels, 1 old bath towel, apron, plastic bag to carry home wet items, and a bag lunch.**

*Leslie Granbeck*

1016	1 session	Saturday
	Jan 12	9-4:30pm
	\$45	FV 105

## NEW! Glass Fusing: Appetizer Plate

Impress your family and friends at your next party by telling them you not only made the appetizers but the plate as well! Create your own design in your favorite colors for any season. It's fun, easy and you'll be amazed at the result. Your item will be fired and ready for you to pick up in 3 weeks.

*Noella Fath-Cutter*

1047	1 session	Saturday
	Mar 23	9-11am
	\$45	FV 103

## NEW! Glass Fusing: Flower Garden Stake

Get ready to sit back in the sun and admire your new garden art! Choose your colors and design the perfect flower that's always in bloom. Finished size is 8". Your item will be fired and ready for pick up in 3 weeks.

*Noella Fath-Cutter*

1046	1 session	Saturday
	May 11	9-11am
	\$45	FV 105

## Stitch-N-Chat ♦

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

Weekly	Friday
1-3pm	FV

## Pottery

Learn the basics of creating pottery on the wheel or handbuilding techniques. The instructor will assist you in developing basic throwing skills as well as advanced techniques including handles, vases, and plates. Learn the basics of handbuilding using molds, coils, paper patterns and slabs to build forms. Both classes are designed for the beginner as well as individuals who wish to continue developing their skills. **\$15 material fee will be collected in class.**

*Paul Moeller*

### Wheel

1055-W	8 sessions	Tuesday
	Mar 19-May 7	6:30-9pm
	\$125	RAHS D114

### Hand Building

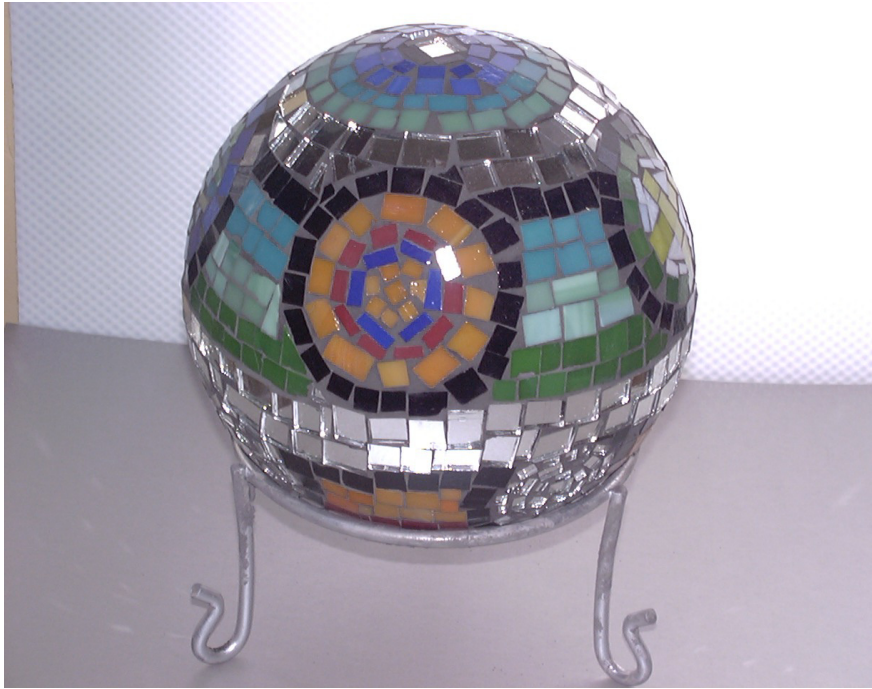
1055-H	8 sessions	Tuesday
	Mar 19-May 7	6:30-9pm
	\$125	RAHS D114

## Recycling Card Group ♦

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

2nd & 4th Monday of the month	
1:30-3:30pm	FV
FREE	





## Mosaic Garden Art

Spring is coming! Dress up your garden with colorful mosaics by creating a stepping stone or a gazing ball. Scrappy glass mosaic art combines a beautiful ancient art form that has been around for thousands of years. Mosaic decor is now popular and in all the fashionable home magazines. Using an updated, easy and fun technique, in second weeks you will achieve expert results. The beginning artist will design, create and bring home a beautiful piece of yard art that will impress. The first week all the very colorful glass will be cut and ready for you to use for your original garden stepping stone or gazing ball, all you need to bring is your imagination. The 2nd week we will grout, wear old clothes, bring cut up towels and a pint size jar with a lid. **\$18 material fee collected in class. Bring a bowling ball if you are going to create a gazing ball.**

*Peggy Ingles*

1061	2 sessions	Wednesday
	May 8 & 15	6-9pm
	\$39	LC Art

## NEW! Nuno Felted Shawl for Spring

Learn a contemporary twist on the traditional art of felt-making. Combine silk fabric and soft wool roving for a lightweight shawl you can wear any time of the year. Explore a variety of surface design and finishing techniques and create a one-of-a-kind accessory. **\$30 material fee collected in class. Bring 3 towels, sharp scissors, a plastic bag to carry home wet items and a lunch/snack.**

*Leslie Granbeck*

1017	1 session	Saturday
	Mar 9	9am-3pm
	\$45	FV 105

## Felted Vases, Vessels and Bowls

Learn the art of seamless 3-D wet felting. Using wool and a variety of natural fibers, felt a small vessel to hold trinkets, chocolates or to simply brighten up any shelf. Choose bright or natural colors, then sculpt your vessel into any shape from organic to contemporary. You can even make it reversible. We'll be working with water, so dress for mess.

**\$20 material fee collected in class. Bring 3 towels, sharp scissors, and a plastic bag to carry home wet items.**

*Leslie Granbeck*

1014	1 session	Tuesday
	Apr 9	6-9:30pm
	\$35	FV 105

## NEW! Felted Neck Warmer

Learn a contemporary twist on the traditional art of feltmaking. Combine silk fabric and soft wool roving for a lightweight shawl you can wear any time of year.

Explore a variety of surface design and finishing techniques and create a one-of-a-kind accessory. **\$20 material fee collected in class. Bring 2 hand towels, an old bath towel, scissors and a plastic bag to bring home wet items.**

*Leslie Granbeck*

1013	1 session	Tuesday
	Feb 19	6-9:45pm
	\$35	FV 105

## Viking Weave Bracelet

Viking weave is an art form that has been around for centuries. Wire is hand-woven around a mandrel and then pulled through a drawplate to secure the intricate weave. Completed pieces are elegant, durable and one-of-a-kind. It's as easy as sewing or knitting. Once you have learned the technique, you'll be making jewelry pieces for friends and family for years to come. You'll leave the class with a completed bracelet in silver, copper, gold, or bronze.

*Kathleen Murray*

1075-1	1 session	Tuesday
	Jan 15	6-9pm
	\$49	FV 105
1075-2	1 session	Tuesday
	Feb 12	6-9pm
	\$49	FV 105
1075-3	1 session	Wednesday
	Apr 10	6-9pm
	\$49	FV 108

# Cooking

## Scrumptious Pies and Tarts

Nothing beats a homemade pie or tart - it's easy to make them too! Served hot or cold, loaded with fruit or bursting with a creamy texture. You will mix and match your favorite fruits and berries for artistic and tasty tarts. Pucker up for classic Lemon Meringue Pie and expect a number of wonderful recipes featuring fruit, nuts and a shiny glaze of tarts to tempt you, your family and friends. Sample creations in class and bring a container to transport more samples home. Master fruit pies, custard/cream pies and spectacular tarts.

*Laurel Severson*

1164	1 session	Saturday
	Jan 12	8:30-12:30pm
	\$39	RAHS-D104

## NEW! Healthy & Delicious Cooking for Blood Sugar Control

Enjoy a delicious dinner made with whole grains, lentils, fruit and vegetables. Learn the many health benefits of fiber and why it helps control blood sugar and weight. Take home whole grains to cook 2 recipes from your free copy of Dick's cookbook.

*Dick Ogren*

1103	1 session	Tuesday
	Feb 12	6-8:30pm
	\$35	RAHS-D104

## Traditional French Cuisine

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

*Jeff Sandino*

1148	1 session	Wednesday
	Feb 27	6-9:30pm
	\$39	RAHS-D104

## NEW! Italian Pizza and More

We'll start with red, ripe roma tomatoes peeled and tossed with garlic, red wine vinegar, fresh basil and plenty of crusty bread. Next, you'll learn to prepare authentic Italian pizza dough to be topped with garlic-infused olive oil, tender breast of chicken, sun dried tomatoes, broccoli, mozzarella and homemade herb cheeses. Vermicelli Napoletana is next, tossed with olive oil, garlic, plum tomatoes, basil and freshly-grated parmesan cheese. We'll finish with "Zuppa Inglese", layers of triple sec and kirsch-soaked pound cake, rich Italian custard, creamy chocolate and sweet cherry preserves.

*Jeff Sandino*

1133	1 session	Wednesday
	Mar 27	6-9:30pm
	\$39	RAHS-D104

## Sushi

Participate in this great class and then make delicious sushi for yourself, family and friends. Learn where to shop, brands to select, preparation of the ingredients, assembly of the rolls and presentation. You will create both traditional rolled sushi (maki-sushi) and American Californian sushi. Start with an easy to make seasoned sushi rice, then select and roll wonderful ingredients such as chicken, shrimp, smoked salmon, crab, mushrooms, eggs, carrots, avocado, spinach, ginger and more! Note: NO raw fish.

*Laurel Severson*

1115	1 session	Thursday
	Apr 4	6-9pm
	\$39	RAHS D104

## Irish Dinner

Get the scoop on Irish food plus historical notes on St. Patrick's Day and then swing into an extensive menu of terrific Irish fare: Smoked Fish Pate as an appetizer, Beef Braised in Guinness plus Beer-Braised Pork Tenderloin for main dishes. From the humble potato comes famous Colcannon (mashed potatoes with cabbage) and a delicious Cabbage with Bacon. Who does not adore homemade Irish Soda Bread? Wrap up your meal with splendid Jam Cake.

*Laurel Severson*

1108	1 session	Wednesday
	Mar 6	6-9pm
	\$39	RAHS D104

## Parent Child Classes

### NEW! Picky Eater

Dinner guest too young to appreciate a good steak? Together you and your child will seek out new flavors as you taste your way through some "new" dishes. Please bring several containers to take samples home in.

*LLC Designed 4 Imagination*

1128	1 session	Tuesday
	Mar 26	6-7:15pm
	\$35/pair	RAHS D104

### NEW! Appropriate Snacks

Cookies and cupcakes are no match for hunger pains. Participants will learn how to create appealing snacks using ONLY fun fresh ingredients. Please bring several containers to take snacks home in. This is a parent child class. Child should be 6 or older.

*LLC Designed 4 Imagination*

1129	1 session	Saturday
	Jan 26	10-11am
	\$35/pair	FV 102

### NEW! BBQ Like a Pit Master

This is not a grilling workshop! You will receive an overview of barbecue cooking methods and get to taste some BBQ and make a barbecue sauce to take home. Bring a container to take your sauce home in.

*LLC Designed 4 Imagination*

1130	1 session	Thursday
	Apr 18	6:30-8pm
	\$55	RAHS-D104

### NEW! Wine and Beer

Have you ever questioned the secrets to pairing wine and beer to your favorite foods and meals? Join us and learn some of the finer points involved in wine and beer pairing. Samples may be available - bring containers to take samples home in. No alcohol will be served.

*LLC Designed 4 Imagination*

1131	1 session	Wednesday
	Feb 20	6:30-7:45pm
	\$39	RAHS-D104



## Asian Favorites

We'll begin by conjuring up fortunes to go inside our cookies. Then you'll learn the art of making fortune cookies. Egg rolls will be next on the agenda stuffed with pork, shrimp and vegetables served with hot mustard and sweet and sour sauce for dipping. The meal just wouldn't be complete without traditional fried rice, which is an excellent accompaniment to beef and pea pods stir fried with mushrooms in a rich oriental sauce. Warm up those woks and let's have some fun!

*Jeff Sandino*

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

## Breakfast and Brunch

This class will focus on all of those wonderful menu ideas that you have always wanted to know how to master--easily. We'll begin with basic Cheese Souffle (and loads of tips/techniques for perfection), Easy Eggs Benedict Casserole, Cheese Strata, Italian Frittata with Zucchini, a Japanese-style Puffy Baked Pancake traditionally served with lemon and confectioner's sugar, Quiche Lorraine and Greek Spanakopeta (Spinach Pie). Round out your class with accompaniments which include a Biscotti-like Anise Toast, Crunchy Bran-Corn Bread, traditional Cream Scones, Quick Dropped Biscuit Scone Muffins, and a beautiful Pineapple Boat filled with assorted fresh fruits. To drink, a Strawberry Fruit Smoothie, plus the recipe for fresh Tangerine or Orange Mimosas. All lovely in appearance, but even better in taste!

*Laurel Severson*

1122	1 session	Thursday
	May 16	6-9pm
	\$39	RAHS D104

## NEW! Sourdough and French Bread

Explore sourdough breads; learn to make your own sourdough starter and how to keep it going. Master the techniques to make, shape and bake delicious sourdough loaves. The slightly tangy taste of sourdoughs and a variety of grains used make it special. We'll make crusty rounds of whole wheat sourdough, loaves of Alaskan oatmeal bread and sourdough white bread. \$7 material fee payable to the instructor.

*Ellie Lida*

1180	1 session	Monday
	Feb 11	6-9pm
	\$35	RAHS D104

## Fabulous Fish Dishes

Learn to create delicious fish dishes using a few basic techniques. This menu starts with a mixed greens and garden vegetable salad with a homemade creamy garlic dressing. We'll grill fresh tuna steaks with a fabulous Mediterranean style relish served with pasta tossed with garlic in olive oil. Moist, flaky Atlantic salmon is slow baked with an oven dried tomato and dill butter sauce. Walleye Pike will be lightly breaded and pan-fried to a crispy golden brown and served with homemade tartar sauce and mashed potatoes. Key lime pie finishes the meal topped with fresh whipped cream.

*Jeff Sandino*

1140	1 session	Wednesday
	May 29	6-9:30pm
	\$39	RAHS-D104

## Tex Mex

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

*Jeff Sandino*

1161	1 session	Tuesday
	Apr 30	6-9:30pm
	\$39	RAHS-D104

# Dance & Music

## Ballroom Dance

Couples Only

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

*Monica Mohn*

2219	4 sessions	Tuesday
	Apr 2-23	6:15-7:15pm
	\$59 per couple	EDW

## Belly Dance

Explore the beauty of Middle Eastern Dance. These classes will focus on movement, technique and beginning combinations. We will combine these elements for you to express yourself as a dancer plus improve your strength and flexibility. Little or no dance experience required. Wear comfortable workout yoga style clothing.

*Jean Zerby*

2132-1	8 sessions	Wednesday
	Jan 9-27	7-8pm
	\$45	FV Studio
2132-2	8 sessions	Wednesday
	Mar 20-May 8	7-8pm
	\$45	FV Studio

## NEW: Ballroom Dance- (1 Night of Fun)

Couples Only

Whether you've never danced before or have a bit of experience you can amaze your family, impress your friends and surprise yourself with how easily you can learn promenades, turns, spins, and more in Waltz, Foxtrot, Tango, and Rumba.

*Monica Mohn*

2220	1 session	Tuesday
	Jan 22	6:30-8:30pm
	\$35 per couple	FH

## North Suburban Chorus ♦

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

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

## East Coast Swing Dance

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

*Cindy Gardner*

2100-1	7 sessions	Monday
	Jan 28-Mar 11	6:30-8pm
	\$55	FH Gym
2100-2	7 sessions	Monday
	Apr 1-May 13	6:30-8pm
	\$55	FH Gym

## Line Dance -Level 1

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

*Jodi Wittman*

2102-1	6 sessions	Tuesday
	Feb 5-Mar 12	7-8pm
	\$55	FV Solarium
2102-2	6 sessions	Tuesday
	Apr 2-May 7	7-8pm
	\$55	FV Solarium

## Open Line Dance

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

*Jodi Wittman*

2115	6 sessions	Tuesday
	Mar 19, 26,	7-9:30pm
	May 14-28, Jun 4	
	\$35	FV Solarium
2115-1	6 sessions	Tuesday
	Feb 5-Mar 12	8-9:30pm
	\$35	FV Solarium
2115-2	6 sessions	Tuesday
	Apr 2-May 7	8-9:30pm
	\$35	FV Solarium

## Lindy Hop

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

*Cindy Gardner*

2101-1	7 sessions	Monday
	Jan 28-Mar 11	8-9:30pm
	\$55	FH Gym
2101-2	7 sessions	Monday
	Apr 1-May 13	8-9:30pm
	\$55	FH Gym

## On the Dance Floor ♦

Join us for social dances.

Call 651/604.3520 for a schedule of the featured bands.

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

## Just Once Piano for Hopelessly Busy People

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

**\$29 material fee collected in class.**

*Craig Coffman*

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

## Just Once Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. You will receive a workbook and practice CD. **\$29 material fee collected in class.**

*Justin Law*

2216	1 session	Tuesday
	Feb 5	6:30-9pm
	\$25	FV 102

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### **Intermediate Microsoft Excel**

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Learn how to quickly and efficiently gain control over the financial aspects of your business. most powerful tools.

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Learn how to create and modify documents with the world's most popular word processor.

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An informative introduction to the fascinating world of digital photography equipment.

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Build and protect your wealth by investing in real estate.

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Gain the skills you'll need to succeed in the fast-growing field of project management.

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Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

### **Introduction to PC Troubleshooting**

Learn to decipher and solve almost any problem with your PC.

### **Creating Web Pages**

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

### **Writing Essentials**

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level..

### **Introduction to Dreamweaver**

Harness the broad range of capabilities Dreamweaver brings to Web development.

### **GRE Preparation - Part 1**

Discover powerful strategies for success in the verbal and analytical sections of the GRE (course 1 of 2)

### **Grammar Refresher**

Gain confidence in your ability to produce clean, grammatically correct documents and speeches

### **Speed Spanish**

Learn six easy recipes to glue Spanish words together into sentences, and you'll be speaking Spanish in no time.

and more...

To learn more and enroll visit  
[www.ed2go.com/isd623](http://www.ed2go.com/isd623)

Online Learning *Anytime, Anywhere...Just a click away!*

## The Vitality Series: Spring: March 18-May 30

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

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

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

1. Purchase your Vitality Series Flex Pass at the Fairview Registration Office.
2. Instructors will sign your Flex Pass for each class attended and file it on site.
3. For your convenience, Flex Passes are available for purchase throughout the session in varying increments: \$225 for unlimited, \$80 for 10 classes, \$45 for 5 classes and \$10 for one class.
4. **Vitality Series Flex passes do expire. Spring pass expires May 30th.**

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

### SilverSneakers®

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

### SilverSneakers® ☀

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

*Tara Jebens-Singh*

No Class 4/22, 5/27

7011	20 sessions	Mon/Wed
	Mar 18-May 29	9-9:45am
	\$135	FV Gym

### Fitness Yoga☀

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

*Tara Jebens-Singh*

**Yoga I** - Emphasis on basic poses and proper body alignment

No Class 4/22, 5/27

7033	20 sessions	Mon/Wed
	Mar 18-May 29	11-11:50am
	\$135	FV Gym 53

### SilverSneakers®

#### YogaStretch ☀

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

*Tara Jebens-Singh*

7020	22 sessions	Tue/Thu
	Mar 19-May 30	9-9:45am
	\$145	FV Gym 53

### Strength Training ☀

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

*Tara Jebens-Singh*

No Class 4/22, 5/27

7022	20 sessions	Mon/Wed
	Mar 18-May 29	10-10:50pm
	\$135	FV Gym

**Yoga II**- Physical practice enhanced by further exploration of mind-body connection.

7034	22 sessions	Tue/Thu
	Mar 19-May 30	11-11:50am
	\$145	FV Gym 53

## Guided Relaxation and Meditation

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

*Tara Jebens-Singh*

7998	11 sessions	Thursday
	Mar 21-May 30	10-10:45am
	\$85	FV Gym 53

## Yoga with Baby (0-1 yr old)

A baby-friendly yoga class! Adults practice while babies play, crawl, sleep, laugh, and yes sometimes even fuss. Interaction with and between little ones is encouraged as the grown-ups move, breath and relax. Please bring a yoga mat. Blankets, carriers, toys, and snacks for your baby are always welcome. Drop-in with your Vitality Series Flex Pass!

*Tara Jebens-Singh*

7126	11 sessions	Tuesday
	Mar 19-May 28	10-10:45
	\$85	FV Gym 53

## Personal Training

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

*Tara Jebens-Singh*

\$65 per 1 hour Personal Training Session

## One-on-One Yoga

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

*Tara Jebens-Singh*

\$65 per 1 hour Personal Yoga Session

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

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

*Deb Bertelsen*

7005	8 sessions	Wednesday
	Jan 16-Mar 6	6-7:15pm
	\$65	FV 120
7005-1	8 sessions	Wednesday
	Apr 3-May 22	6-7:15pm
	\$65	FV 120

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

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

*Robert "Kip" Kippley*

7008-1	8 sessions	Wednesday
	Jan 30-Mar 20	6-7pm
	\$59	FV 105
7008	8 sessions	Wednesday
	Apr 3-May 22	6-7pm
	\$59	FV 105



# Fitness

## ZUMBA Fitness

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

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

*Katie Incantalupo* [www.zumbakatie.com](http://www.zumbakatie.com)

**No class 2/7, 2/12, 3/7, 3/12, 3/14, 3/26, 3/28**

### Winter

7112-T1	7 sessions	Tuesday
	Jan 29-Apr 2	5:45-6:45pm
	\$69	FV Solarium
7112-TH1	6 sessions	Thursday
	Jan 31-Apr 4	5:45-6:45pm
	\$59	FV Solarium
7112-C1	13 sessions	Tue/Thur
	Jan 29-Apr 4	5:45-6:45pm
	\$115	FV Solarium



**No class 4/16, 4/18, 5/16**

### Spring

7112-T2	6 sessions	Tuesday
	Apr 9-May 21	5:45-6:45pm
	\$59	FV Solarium
7112-TH2	5 sessions	Thursday
	Apr 11-May 23	5:45-6:45pm
	\$49	FV Solarium
7112-C2	11 sessions	Tue/Thu
	Apr 9-May 23	5:45-6:45pm
	\$95	FV Solarium

## Jazzercise

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

*Kelly Lewis*

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

**Winter II No Class 2/16**

7000-1	Feb 11-Apr 13	
	1x (9 classes)	\$34
	2x (18 classes)	\$63
	3x (27 classes)	\$88
	Unlimited	\$98

**Spring No Class 5/25, 5/27, 5/30**

7000-2	Apr 15-Jun 15	
	1x (9 classes)	\$34
	2x (18 classes)	\$63
	3x (27 classes)	\$88
	Unlimited	\$98

## Yoga

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

Level 3 participants must attend a Level 2 session at the same time.

*Virginia Sattler-Reimer*

### Winter

#### Level 1

**No Class 1/21**

7001-M	12 sessions	Monday
	Jan 7-Apr 1	7-8pm
	\$85	FV Solarium
7001-W	13 sessions	Wednesday
	Jan 9-Apr 3	7-8pm
	\$89	FV Solarium

7001 Sign up for both nights for \$169

#### Level 2

**No Class 1/21**

7002-M	12 sessions	Monday
	Jan 7-Apr 1	6-7pm
	\$85	FV Solarium
7002-W	13 sessions	Wednesday
	Jan 9-Apr 3	6-7pm
	\$89	FV Solarium

7002 Sign up for both nights for \$169

#### Level 3

7003	13 sessions	Wednesday
	Jan 9-Apr 3	5:30-6pm
	\$55	FV Solarium

#### Mixed Level

**No Class 1/21, 2/16**

7004-M	12 sessions	Monday
	Jan 7-Apr 1	4:45-5:45pm
	\$85	FV Solarium
7004-S	12 sessions	Saturday
	Jan 12-Apr 6	10:30-11:30am
	\$85	FV Solarium

### Spring

#### Level 1

**No Class 5/27, 6/17, 6/19**

7001-M1	11 sessions	Monday
	Apr 8-Jul 1	7-8pm
	\$79	FV Solarium
7001-W1	12 sessions	Wednesday
	Apr 10-Jul 3	7-8pm
	\$85	FV Solarium

7001-1 Sign up for both nights for \$159

#### Level 2

**No Class 5/27, 6/17, 6/19**

7002-M1	11 sessions	Monday
	Apr 8-Jul 1	6-7pm
	\$79	FV Solarium
7002-W1	12 sessions	Wednesday
	Apr 10-Jul 3	6-7pm
	\$85	FV Solarium

7002-1 Sign up for both nights for \$159

#### Level 3

7003-1	12 sessions	Wednesday
	Apr 10-Jul 3	5:30-6pm
	\$49	FV Solarium

#### Mixed Level

**No Class 5/25, 5/27, 6/17**

7004-M1	11 sessions	Monday
	Apr 8-Jul 1	4:45-5:45pm
	\$79	FV Solarium
7004-S1	12 sessions	Saturday
	Apr 13-Jul 6	10:30-11:30am
	\$85	FV Solarium



## NEW! Landscaping

Landscaping for beauty, community health, and wildlife. This class will cover various topics in natural landscaping including shoreline restoration, rain gardens, birdscaping, and gardening tricks for minimizing use of pesticides and herbicides.

*Erin TenBroek*

1305	1 session	Thursday
	Apr 4	7-9pm
	\$19	FV 108

## Straw Bale Garden

If you thought the only place to grow healthy crops was in black dirt, you must attend this class. You will learn how to grow a bountiful garden without using herbicides, insecticides, or fungicides, and without weeding. Learn how to plant a wide variety of vegetables, root crops, vine crops, fruit crops, and even beautiful flower gardens directly into your "conditioned" straw bales. You will never do the "heavy lifting" or bending over that is required with normal soil-based gardens again. Learn this revolutionary and easy gardening method to create a beautiful and productive garden, without lifting a shovel and or using dirt.

*Joel Kartsten*

4128	1 session	Thursday
	Feb 21	6:30-9:30pm
	\$35	FV 103

## NEW! Preparing & Staging Your Home for Resale

If you are considering selling your home in the next five years, you may be wondering how to go about it and where to start. This class will answer the following questions: what is really happening in the real estate market right now; how to prepare your house so you can get the best price; what improvements are the best return on investment; and what to expect when working with a real estate agent. Bring your questions and we will help you make a plan.

*Julie Overbye Ledy*

4102	1 session	Wednesday
	Feb 27	6:30-8pm
	\$15	FV 108

## Basic Home Repair: Electrical

An electrician can cost you hundreds of dollars for simple repairs. Learn to make the repairs yourself by attending this "hands-on" class for the electrical beginner. This class will have you replacing 2-way and 3-way switches, wall outlets and light fixtures. You will test electrical circuits and learn to re-wire a lamp. If you have them, please bring: wire stripper, long-nose pliers, straight slot and Phillips screwdrivers. **\$5 material fee will be collected in class.**

*Tod Novinska*

4130	1 session	Saturday
	Mar 23	9-11:30am
	\$35	FV105

## Basic Home Repair: Plumbing

Do you have a leaky faucet but don't want to pay to have the entire fixture replaced? You may not need to. You can repair the faucet or replace the entire fixture yourself. In this "hands-on" class for beginners, you will learn to repair minor plumbing problems and save precious money in the process. We will take apart different types of faucets, replace a pop-up drain assembly, as well as discuss the internal working parts of a toilet. You will be able to cut and glue plastic pipe and solder copper pipe and fittings. **\$5 material fee will be collected in class.**

*Tod Novinska*

4131	1 session	Saturday
	Mar 23	12:30-3pm
	\$35	FV105





## NEW! Money Savers

Have you heard how you can save money and the environment at the same time? Make your own home cleaning products. We'll introduce you to the products and you'll get to take the "recipe" home (in a fun way) too. You'll make six household products including a miracle cleaner and soap. Dress for the mess!

*LLC Designed 4 Imagination*

1587	1 session	Tuesday
	Feb 5	6:30-8pm
	\$29	FV 105

## Power Tools for Women

More Power! Explore the world of power tools and woodworking in this introductory, hands-on class. Week one: learn the proper ways to use drills, sanders, routers, and saws and important safety considerations. Everyone will use all the tools. Week two: complete a small woodworking project to take home. \$18 material fee will be collected in class. Note: Long hair must be tied back and no loose clothing for safety reasons. Bring safety goggles, a tape measure and pencil to class the second week

*Francis Kaas*

4119	2 sessions	Thursday
	Feb 28 & Mar 7	6:30-9pm
	\$45	FV 105

## Wondering About Your Woods

Are you getting what you want from your woods? Reasons for owning woodland are many and varied. Why do you own yours? Perhaps it is for aesthetics, recreation, speculation, income, a place to hunt, or most likely some combination of these and other reasons. Have you thought about how best to enjoy it, protect it, keep it healthy, profit from it, and how to pass it on? These thoughts need serious consideration because you love your woods and want to make good decisions to keep your property healthy, beautiful, productive, and a haven for wildlife. In this class you will be given tools you can use to help you make informed decisions about your land to meet your goals and objectives in owning it. Your guide for this program, Neal Chapman, is a seasoned woodland owner, Master Woodland Steward, and Woodland Advocate, who enjoys sharing his passion for the woods with others.

*Neal Chapman*

4141-1	1 session	Monday
	Feb 25	6:30-8:30pm
	\$15	FV 108
4141-2	1 session	Saturday
	Mar 23	9-11am
	\$15	FV 120

## NEW! Garage Sale 101

Gain valuable information on having the most profitable garage sale. Topics will include the best time and days to have a sale, how to plan and organize your sale, sale tips, and how to make money on items left after the sale is over.

*Tracey Harmon*

1588	1 session	Wednesday
	Mar 6	7-8:30pm
	\$25	FV102

# Language Arts



## Continuation of Beginning Spanish

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

*Alicia Cappi*

No class 3/20 & 3/27

1250	11 sessions	Wednesday
	Feb 20-May 5	7-9pm
	\$119	FV 116A

## Spanish - Intermediate Conversational

In this course you will expand your vocabulary and improve your listening comprehension and communication skills in Spanish. Instructor approval required. Please call 651 604-3770 by the end of January to receive approval.

*Alicia Cappi*

No class 3/19, 3/26

1251	11 sessions	Tuesday
	Feb 19-May 14	7-9pm
	\$119	FV 116A

## American Sign Language 1

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

*Denise Lau*

1200-1	5 sessions	Wednesday
	Jan 30-Feb 27	7-8pm
	\$45	FV100

## American Sign Language 2

If you have taken the ASL 1-conversation class and want to continue building your conversation skills, this is the class for you. We will review a bit of ASL 1 before moving on to more in depth conversations.

*Denise Lau*

1200	5 sessions	Wednesday
	Apr 3 -May 1	7-8pm
	\$45	FV103

## Men's Discussion Group ♦

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

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

## Book Discussion ♦

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

4 <sup>th</sup> Tuesday of every month	
1 pm	FV
\$1.50	Pay at Door

## Bridge ♦

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

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

# Jobs & Money

## NEW! Protect Your Retirement Plans from Excess Taxes

Will your income in retirement be sufficient? Join us and learn why distribution tax planning from IRA's is critical, how the stretch-out IRA works and why estate planning is so important.

*Mike Lynch*

4214	1 session	Wednesday
	Feb 27	6-8pm
	\$15	FV 102

## Landlording 101 - The Good, The Bad and the Lease

Solid advice from someone who has been there. Discuss advertising, screening tenants, security deposit, repairs, evictions, and more. Explore if you have what it takes to succeed in this challenging but rewarding profession. Instructor is an experienced landlord. **\$7 material fee will be collected in class.**

*Lorri Kaas*

4061	1 session	Thursday
	Mar 28	6:30-9pm
	\$29	FV100

## How to Publish Your Book Without Going Broke

This class discusses the pros, cons and pitfalls of royalty and subsidy publishing, along with practical advice on how to and how not to publish your book independently, plus instructions on how to publish electronically. There will also be suggestions for marketing and distributing your book. **\$10 material fee will be collected in class.**

*June Anderson*

2221	1 session	Thursday
	Apr 4	6:30-9pm
	\$19	FV102

## Write Your Own Will

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

*Sally Mortenson*

4200-2	1 session	Wednesday
	Jan 9	6:30-9pm
	\$75	FV 108
4200	1 session	Tuesday
	Mar 26	6:30-9pm
	\$75	FV 102

## Investment Forum 1 ♦

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

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

## Investment Forum 2 ♦

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

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

## Speechcraft

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

*Duane Rivard*

4000	8 sessions	Tuesday
	Feb 12-Apr 2	6:30-7:30pm
	\$19	Rsvl City Hall

## Make \$\$ Reading Audio Books...via the Internet

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

*Don Cosgrove*

4008	1 session	Thursday
	Mar 14	7-9:30pm
	\$55	FV 100

## NEW! Make \$\$ In the Media

There's a growing media talent market in the Twin Cities, especially for voice overs on the internet, cable/satellite TV, radio ads, documentaries, audio books, etc. Find out how to get into this fun, creative and potentially lucrative commercial industry.

*Don Cosgrove*

4009	1 session	Thursday
	Mar 7	7-9:30pm
	\$55	FV 102

# Mind & Body

## NEW! Advanced Feng Shui Make Over

If you feng-shuied your home before, this roundtable discussion is for you. Update your surroundings to reflect current goals and deeply held dreams in your space. Advance your feng shui knowledge by balancing 5 elements of Chinese Medicine. Come away with personalized suggestions and 2 moving meditations for clarity, abundance and relaxation. Bring your floor plan with Bagua placement (pictures optional), your current intentions, and your feng shui questions. Class limited to 9 participants for more personal attention. Prior knowledge of feng shui required.

**Barbara Bobrowitz**  
 1518 2 sessions Tuesday  
 Apr 9 & 16 6:30-9pm  
 \$29 FV 103

## Easy Gluten Free Living

Estimates say 1 out of 133 people have some level of gluten intolerance, with symptoms from mild to severe. If you have a gluten intolerance or Celiac's Disease, this course will teach you everything you need to successfully live an easy gluten-free life. Topics include symptoms and diagnosis, safe/taboo foods, kitchen cross-contamination issues, cooking tips, and shopping without spending a fortune on gluten-free foods. You'll learn to decipher food labels, dine out gluten-free, and get tips for eating at social, family and business events. Yummy gluten-free snacks will be served. Gain a new, positive perspective on living gluten free!

**Karla Sampson**  
 7562 1 session Tuesday  
 Mar 19 6:30-9pm  
 \$25 FV 105

## NEW! Feng Shui Mirror of Home and Office-Beyond Interior Design

Step into the Feng Shui mirror that IS your home and office. Learn to shift energy to create harmony and a positive atmosphere in your surroundings. Create a plan for changes in any aspect of your life using a template called the Bagua. Explore simple techniques for focusing on your intentions, for clearing clutter and blocks to your future goals allowing deeper relaxation and creativity. Come for stories. Bring your floor plan with measurements including attached garages, and a red envelope.

**Barbara Bobrowitz**  
 1519 2 sessions Thursday  
 Feb 21 & 28 6:30-9pm  
 \$29 FV 100

## Finding Your Purpose

Do you know what your calling/purpose is? Do you ever have a feeling that you are here to do something and not sure what that is? Join us and learn more about your values, beliefs and dreams. You will also learn about what makes your heart sing and receive support for pursuing your goals.

**Jasna Burza**  
 7592 3 sessions Wednesday  
 Apr 3-17 6:30-8pm  
 \$39 FV 100

## Hypnosis to Control Weight or Stop Smoking

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

**Dr. Mary Fisher**  
**Weight**  
 7500-W 1 session Monday  
 Feb 4 6-9pm  
 \$59 FV 100  
 7500-W1 1 session Thursday  
 Apr 25 6-9pm  
 \$59 FV 100

**Smoking**  
 7500-S 1 session Monday  
 Feb 4 6-9pm  
 \$59 FV 100  
 7500-S1 1 session Thursday  
 Apr 25 6-9pm  
 \$59 FV 100

## NEW! Healthy Snacks and Desserts

Partner with me to prepare non-gluten crackers, frozen creamy fruit, sweet potato fries and delicious dessert bars. Learn about the healthy ingredients and nutrition in each recipe. Enjoy eating the finished product and take home a free copy of the recipe book "Healthy Snacks and Desserts".

**Dick Ogren**  
 1177 1 session Tuesday  
 Mar 19 6-8:30pm  
 \$35 RAHS D104

## Balanced Foods for Balanced Moods

Food is the key to positive moods. It is a natural antidepressant and your best source of healthy brain chemicals. Through balanced eating of real food, you can optimize production of neurotransmitters such as dopamine and serotonin, and watch your mood swings disappear. Once you understand how to create a mood-boosting eating plan, you can start your day on the right track and keep your moods balanced all day long!

**Nutrition Health and Wellness**  
 7502 1 session Tuesday  
 Mar 5 6-8pm  
 \$29 FV 102

## NEW! Foods to Reduce Pain and Inflammation

Do you have stiff joints, achy muscles and inflammation? Your food choices affect pain and inflammation levels more than you realize. Learn the importance of balancing blood sugar to manage inflammation. Understand why processed carbohydrates increase pain and inflammation and discuss how to replace processed foods with real foods. Discover the role of therapeutic Omega 3 fats and key minerals, such as magnesium.

**Nutrition Health and Wellness**  
 7503 1 session Wednesday  
 Feb 13 2-4pm  
 \$29 FV 108

# Mind & Body

## NEW! Aromatherapy

To your health! Aromatherapy can complement well-being. Plant aromas have been used for thousands of years to supplement health. Learn how aromatherapy is used today, how to use it safely to enhance your home, relieve stress and benefit your health in other ways. Sample oils used for common needs.

*Betty Roth*

7530	2 sessions	Thursday
	Jan 24 & 31	6:30-8pm
	\$25	FV 105

## NEW! Discover Your Strengths

Can you describe your natural talents? Are you aware of your own unique potential? Using the Gallup StrengthsFinder, learn how you are wired in exceptional ways that can be applied to your work and relationships, plus how to develop your strengths in a healthy way. \$20 material fee collected in class.

*Angelie Ryah*

7593	2 sessions	Monday
	Mar 4	7-8:15pm
	Mar 18	6:30-8:30pm
	\$39	FV 102

## New! Unlocking Your Internal Wellness

This is a course designed to examine your lifestyle and look at areas that you would like to see change take place, but in a sustainable way. We will look at the whole self and suggest and integrate gradual change, which is much more sustainable than deprivation, crash dieting or rapidly trying to do things in a different way than you're used to. In this course, things will be added into your life that are missing, rather than be taken away.

*Sonja Ramons*

7599	4 sessions	Monday
	Feb 4-Feb 25	6:30-8pm
	\$39	FV 105

## Ask the Expert About Caregiving Choices and Resources ♦

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

*Jaymee Chanen, LSW*

1551	1 session	Wednesday
	Apr 10	3-4:30pm
	\$15 per family	FV 108

## Posture and Osteoporosis

Have you caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? Discover exercises to help flatten your upper back, straighten your shoulders and flatten your tummy. Learn how to reduce the risk of osteoporosis and its related injuries and how to regain bone mass. Discuss which forms of calcium are best absorbed by the human body, the importance of magnesium for bone health, foods that help or harm your bones, and more. Wear comfortable clothing.

*Janice Novak*

7507	1 session	Monday
	Feb 25	10-11:30am
	\$29	FV 116A

## Laughter Yoga

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

*Lynne Vannelli*

1556-1	2 sessions	Thursday
	Feb 21 & 28	7-8pm
	\$25	FV 102
1556-2	2 sessions	Thursday
	Apr 18 & 25	7-8pm
	\$25	FV 102



# Mind & Body

## NEW! Improve Your Health at Any Age

You can't change your chronological age but you CAN shave years off your biological age. Your BioAge is measured by how well all your body systems work. There are many things you can do to affect your BioAge. Studies show you can be 50 and have the physiology of a 30 year old, (and vice versa), depending on how well you take care of yourself. What you do now greatly affects your health and well-being and in the future. Nothing beats good health! We'll discuss simple steps you can take now to shave years off your BioAge and help make every system in your body as healthy as possible. Also, we will do Janice's famous 'One Minute to Better Posture' techniques that will have you standing straighter instantly.

Janice Novak

7508	1 session	Monday
	Feb 11	10-11:30am
	\$29	FV 116A

## NEW! Adrenal Fatigue: The 21st Century Stress Syndrome

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

Paul Ratte

1573	1 session	Thursday
	Feb 7	6:30-8:30pm
	\$19	FV 100

## Thyroid Information

Are you one of the millions of Americans who suffer from low thyroid function? Fatigue, weight gain, depression, anxiety, arthritis, rising cholesterol levels, foggy thinking, inability to focus, thinning hair, skin, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms for low thyroid. In this workshop, we'll discuss: How low thyroid function can make any illness worse. The five things that need to be measured (but usually never are unless you insist) to determine not only IF your thyroid is malfunctioning but why. The answer to that question will determine the treatment options needed. Once your thyroid function is tested and treated properly, your quality of life may improve dramatically. This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.

Janice Novak

7522	1 session	Thursday
	Mar 7	6-7:30
	\$29	FV 100

## NEW! Abdominal Strengtheners

There are 4 layers of abdominal muscle. Most abdominal exercises put too much stress on back and neck joints and can actually cause more problems. You will learn a series of effective exercises that will quickly strengthen your abdominals without stressing your neck and back and you will not have to get on the floor.

Janice Novak

7577	1 session	Thursday
	Jan 31	10-11:30am
	\$29	FV 116A

## Hips, Thighs and Otherwise

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

Janice Novak

7549	1 session	Saturday
	Jan 26	9:30-11am
	\$35	FV 100

## Overcome Your Carbohydrate Cravings

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

Janice Novak

7519	1 session	Saturday
	Jan 26	11:15am-12:45pm
	\$29	FV 100

## Women's Wellness Group ♦

Obtain helpful information and discuss wellness topics in a social and supportive group. With a general theme of wellness, we seek to broaden our understanding of living not only a longer, but also healthier, happier and more fulfilling life. Upcoming topics include: Humor and Healing, Aging Self Image, Longevity, Acceptance of Mortality, Nutrition Basics, Mind/Body Connection and End of Life Work. This group is facilitated by Tara Jebens-Singh, who teaches yoga and older adult fitness for Roseville Community Education Adult Enrichment. Please feel free to contact Tara with suggestions or questions at 651-500-8529 or tarajebenssingh@yahoo.com.

3rd Monday of the month	
1-2:30pm	FV 103
\$1.50	Pay at Door

# Mind & Body - Daytime

## Market Place Morning Talk ♦

A monthly educational program that provides current and new health and wellness information. Call for topic details (651)-604-3520). Preregistration requested by the Monday before. Sessions held at the Market Place Bingo Hall, 2900 Rice St., Little Canada.

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

Free Blood Pressure Checks (8:45-9:20am).

*Sponsors: Roseville Area Senior Program, City of Little Canada Parks and Recreation, Lyngblomsten and Golden Living Center – Lake Ridge. Complimentary refreshments by the Little Canada Recreation Association and the Little Canada Bingo Hall.*

## Vision Loss Group ♦

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

1<sup>st</sup> Thursday of the month  
10-11:30am FV  
FREE

## Foot Care Clinic ♦

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

1<sup>st</sup> & 3<sup>rd</sup> Wednesday of the month  
9am-3pm FV

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

## Health Insurance Counseling ♦

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

4<sup>th</sup> Wednesday of the month  
9-11am FV  
FREE

## New! Intergenerational Gardening Opportunity

Do you enjoy gardening? Consider getting involved with the intergenerational garden co-sponsored by the Roseville Area Senior Program (RASP) and the Fairview Alternative High School (FAHS grades 9-12).

FAHS has received a grant from the Roseville Area Schools Foundation to build raised garden plots located at the Fairview Community Center. This will be a learning opportunity for FAHS students and any adult to share ideas and have ownership in a common project.

If you would like to get involved or have questions contact Janell Wampler, RASP Coordinator at 651-604-3520 or [janell.wampler@isd623.org](mailto:janell.wampler@isd623.org) by March 31, 2013.

## Great Decisions: Foreign Policy ♦

\$3 Pay at the door. Contact Roseville Area Senior Program to register.

Email: [rasp@isd623.org](mailto:rasp@isd623.org) or telephone: 651-604-3520.

RosePointe, 2555 Hamline Ave., Roseville

Selected Wednesday  
2pm  
FREE

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

## Blood Pressure Screening ♦

Free screening provided by qualified volunteers.

Weekly Thursday  
10-11:30am FV  
FREE

## Caregiver Support Group ♦

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

2<sup>nd</sup> & 4<sup>th</sup> Tuesday the month  
12:30-2:30pm FV  
FREE

## Indoor Walking at Fairview Community Center ♦

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

Walking hours are:

Mon -Thur 1:30-4pm  
FREE

## Clip-Sip-N-Donate ♦

**Campbell Labels for Roseville Area Schools**

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

Weekly Friday  
10am FV

# Personal Interest

## Roseville Area Senior Program's Drop-In Lounge ♦

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

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

## Drop-In Computer Station ♦

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

Weekly	N/A Wednesdays
8:30-3:30pm	FV
25¢ Donation	Pay at the Computer

## Billiard Night ♦

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

Weekly	Wednesday
6-9pm	Drop-In Center
\$3.50	Pay at Door

## Mahjong ♦

Mahjong is a game that originated in China and is similar to the Western card game Rummy, but played with tiles. Popular in the United States since the 1920s, Mahjong is a game of skill, strategy, calculation and a degree of chance. Come enhance your brain skills by learning a new game or helping others learn.

Weekly	Mondays
1:30pm	FV
\$1.50	Pay at Door

## New! Online Health Information Class for Older Adults and their Families♦

Learn how to use the Internet to search and find accurate and reliable health information for yourself or a family member. The class will explore topics such as how to identify reliable health websites, privacy and security issues related to health information online, benefits of a personal health record, and using health-related websites designed specifically for older adults and family members. There will be group instruction, time for hands-on practice, and one-on-one help from the instructor. Attend together with a family member/friend or on your own. *Robin Austin, MSN, RN-BC*

11-1	4 sessions	Thursday
	Jan 24-Feb 14	3:30-5pm
	\$15	FV Comp Lab
11-2	4 sessions	Saturday
	Jan 19-Feb 9	10-11:30am
	\$15	FV Comp Lab

## Bridge Class ♦

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

**Register RASP office, online, or by phone.**

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

1:30-3:30 (8x)	Tuesday
\$45.50	FV 105
Jan 8-Feb 26	Book 3
Mar 5-Apr 23	Book 4
Apr 30-Jun 18	Book 5

## 55+ Defensive Driving ♦ (4 Hour Refresher Course)

Brush up on your driving skills and receive a 10% discount on your car insurance for 3 years. No driving test required. You will receive a certificate of completion to provide to your insurance company. Class size limited.

Prerequisite: 8 hour defensive driving course. Preregistration at the Roseville Area Senior program is required at least one week prior to the class date.

Call 651/604.3520 for more information. No senior discounts apply.

*MN Safety Council Instructor*

1566-4	1 session	Thursday	Jan 24
	1:30-5:30pm	\$20	FV 108
1566-5	1 session	Thursday	Feb 28
	1:30-5:30pm	\$20	FV 108
1566-6	1 session	Saturday	Mar 23
	8:30-12:30pm	\$20	FV 108
1566-7	1 session	Thursday	Apr 25
	1:30-5:30pm	\$20	FV 108
1566-8	1 session	Thursday	May 23
	5:30-9:30pm	\$20	FV 108
1566-9	1 session	Thursday	Jun 27
	1:30-5:30pm	\$20	FV 108

## NEW! What is a Guardianship

Participants will learn the steps necessary to petition the court for guardianship of a loved one. A guardianship is needed for persons who lack the capacity to independently make important decisions regarding their health care, where to live and their ability to enter into a contract. Find out if a guardianship is right for your elderly parent or child with a disability.

*Mary Szondy*

7595	1 session	Tuesday
	Feb 26	7-8:30pm
	\$15	FV 102

## NEW! Health Care Directive (Living Will)

You will learn what a Health Care Directive (formerly known as a Living Will) and Power of Attorney are and what purposes they serve. You will be able to begin, and in some cases if you are ready, complete your forms during the seminar.

*Mary Szondy*

7596	1 session	Tuesday
	Apr 16	7-8:30pm
	\$39	FV 102

## Introduction to Islam and Muslims

In an increasingly multi-cultural community this informative course will help you gain a better understanding of Islam and Muslims. This course will introduce basic terminology, demographics and differences between religion and culture. You will learn about the beliefs and practices of Muslims as well as religious celebrations.

*Islamic Resource Group*

1592	1 session	Thursday
	Feb 21	7-9pm
	\$15	FV 108

## Islam & Christianity: Similarities and Differences

This class will explore the similarities and differences between Islam and Christianity. Attendance at "An Introduction to Islam and Muslims" is recommended. The presenter will talk about the concept of God in Islam and discuss similarities and differences between the two faiths. This will include what the Quran says about Mary and Jesus. The goal is to encourage respectful interfaith dialogue and cooperation between two major religions.

*Islamic Resource Group*

1591	1 session	Thursday
	Mar 21	7-9pm
	\$15	FV 108

## Beginning Psychic Development

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

*Kathy Wilken*

1559	6 sessions	Tuesday
	Mar 26-Apr 30	7-9pm
	\$79	FV 100

## NEW! Caring for your Elderly Pet

This seminar will offer guidance to those with aging pets. Topics include nutrition, pain relief, chiropractic care, euthanasia, cremation options, and how to best remember our pets after death in order to recognize the grief that accompanies this significant loss.

*Skip Wyland and Carol Noren*

1585	1 session	Monday
	Feb 4	6:30-8pm
	\$15	FV 102

## NEW! Allergic Dermatitis in Dogs

Gain a better understanding of allergies in dogs, the options for treatment of allergies and diseases other than allergies that cause dogs to lick and scratch. Please bring your questions but not your pets.

*Melissa Eisenschenk*

1586	1 session	Tuesday
	Feb 26	7-8:30pm
	\$39	FV 105

## NEW! Scream Free Parenting

With today's pressures and expectations, parents can feel anxious, overwhelmed, and under-appreciated. Together these emotions can cause a parent to feel out of control. This workshop will show ways to manage these emotions and be the level-headed parent our children need. Scream Free Parenting will help parents envision themselves in a non-reactive, yet fully connected and healthy relationship with their children.

*Rita Ryan*

8031	4 sessions	Tuesday
	Feb 19-Mar 12	6-7:30pm
	\$25	FV EDC

## NEW! Raising Relatives' Children

There are over 70,000 children being raised by relatives or friends in Minnesota. Navigating the complex emotions of attachment, trauma, grief and loss are often misunderstood by those around the child. This presentation will provide information on legal, financial, education and the effects of changing relationships on the child.

*Family Support Specialists*

7516	1 session	Thursday
	Apr 11	6:30-8pm
	\$25	FV 108



# Personal Interest

## Genealogy Research

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

*Sharon Powell*

1583	1 session	Wednesday
	Feb 20	6-8pm
	\$29	FV 102

## Enriching Your Family Tree Story

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

Make a family book on PowerPoint as a gift for the entire family.

*Sharon Powell*

1584	1 session	Wednesday
	Mar 6	6-8pm
	\$29	FV 108

## New! Prophet Muhammad: His Life and Legacy

This class will give a chronological overview of the life of Prophet Muhammad from early childhood to prophethood. It will give an insight into his different roles as a messenger of God, leader, husband, and father. The presentation will also cover his teachings and what he means to Muslims.

*Islamic Resource Group*

1594	1 session	Thursday
	Apr 25	7-9pm
	\$15	FV 108

## Guided Meditation

Relax and enjoy the benefits of meditation without the work and uncertainty of doing meditation the "right" way. I will narrate the meditation experience for you. These guided meditations will help you relieve stress, promote health and well-being. Different meditations will be used in each class.

*Kathy Wilken*

1595	3 sessions	Tuesday
	May 7, 14, & 21	7-8pm
	\$39	FV Gym 53

## Advanced Energy Healing

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

*Kathy Wilken*

1562	6 sessions	Tuesday
	Feb 5-Mar 12	7-9pm
	\$79	FV 100

## NEW! Calming and Ending Temper Tantrums

Temper tantrums are an endless source of frustration for parents. We will learn how temper tantrums can be prevented and what to do when the prevention doesn't work. This is an interactive class with individual support for all students.

*Jill Jerabek*

7523	1 session	Monday
	Feb 11	6-9pm
	\$19	FV 102
7523-1	1 session	Saturday
	Apr 13	9am-Noon
	\$19	FV 102

## NEW! The Art of the Tarot

Learn the art of reading tarot cards. Tarot is a tool of divination. Help yourself and others find the right path and make good choices. Bring a deck of tarot cards.

*Kathy Wilken*

1558	3 sessions	Tuesday
	Jan 8, 15 & 22	7-9pm
	\$69	FV 100

## Finding Your Purpose

Do you know what your calling/purpose is? Do you ever have a feeling that you are here to do something and not sure what that is? Join us and learn more about your values, beliefs and dreams. You will also learn about what makes your heart sing and receive support for pursuing your goals.

*Jasna Burza*

7592-1	3 sessions	Wednesday
	Apr 3, 10, & 17	6:30-8pm
	\$39	FV 100

## NEW! Women in Islam: Facts vs Fiction

This class will give an overview of the role of women in society according to Islamic teachings. The speaker will talk about common misconceptions regarding Muslim women and explain the gender equity in the spiritual, social and economic aspect of life. Muslim women and culture/diversity will also be discussed. The presentation will conclude with examples of Muslim women and their role in history and today.

*Islamic Resource Group*

1593	1 session	Thursday
	May 23	7-9pm
	\$15	FV EDC

## NEW! The War to End All Wars: The Great World War I Battles of the American Expeditionary Force

The allies held out little hope of victory. For three years a stalemate in France and Belgium, but the Americans would come with an under-equipped, under-manned and untrained army. Come and understand how they would turn the tide and assure victory in the decisive battles of "The Great War".

*David Olson*

1596	1 session	Wednesday
	Apr 17	6:30pm-8:30pm
	\$15	FV 102

# Personal Interest



## NEW! Basic Photography

Within just a few short hours you will be able to create better photos every time you use a camera! Discuss basic photography equipment including cameras, stabilizers, lights and diffusers. Since cameras only capture LIGHT, gain a basic understanding of light with regards to photography, and learn the rules of photographic composition. Bring your camera (SLR or point and shoot) and manual.

*Mark Triplett*

1589	1 session	Saturday
	Jan 26	9am-12:30pm
	\$49	FV 105

## NEW! Basic Photography with Field Trip

Description above plus....Join us at a nearby park where you will put your new knowledge to work in a practical setting. You will be given the location of the park on the day of class and will need to provide your own transportation. Dress for the weather and bring a lunch and your camera (SLR or point and shoot) and manual.

*Triplett, Mark*

1590	1 session	Saturday
	Jan 26	9am-3pm
	\$75	FV 105

## NEW! STEM CELLS: What's the excitement?

Are you curious about stem cells? Why the big debate? Could they be the next cure for heart disease, Alzheimer's, and diabetes? What is the difference between adult and embryonic stem cells? What have recent studies shown? This class is geared toward the layperson with little to no background in science but with a desire to learn and understand what this potential therapy has to offer and to feel more comfortable with discussion around the often controversial concept of using stem cell therapy in the clinic.

*Erica Tenbroek*

1575	1 session	Monday
	May 6	7-9pm
	\$19	FV 108

## NEW! Boomers: Time to Downsize?

Everyday 10,000 Baby Boomers reach traditional retirement age. With that milestone often comes the decision that it's time to downsize. Are you facing the task of sorting through your life's accumulation of stuff? Join us and learn how to manage this challenging process effectively. Hear strategies for decluttering and ideas/resources for distributing possessions whether to family, friends, reselling or more. Leave with everything you need to get started, including a plan of action to guide your efforts.

*Louise Kurzeka*

1510	1 session	Monday
	May 20	6:30-9pm
	\$29	FV 100

## NEW! Garage Sale 101

Gain valuable information about having the most profitable garage sale. Topics will include the best time and days to have a sale, how to plan and organize your sale, sale tips, and how to make money on items left after the sale is over.

*Tracey Harmon*

1588	1 sessions	Wednesday
	Mar 6	7-8:30pm
	\$25	FV 102

## NEW! Travel FREE & Even Make Money Traveling

You Can Still Afford a Vacation! National Speaker - Offered One Time Only This Year! Imagine traveling using free airline tickets, hotels, cruises, tours, meals, and more! You can maximize frequent flyer miles, get "bumped" & fly for free, mystery shop, import items, teach English on vacation (or earn up to \$90,000 a year full-time), organize a trip for friends (you go free), write articles, shoot photos, volunteer, or get paid to drive. Many ideas that can earn extra income and allow vacations to be tax deductible. Receive tips on packing, websites, solo travel, safety, and the 50 most empowering words for travel anywhere. **\$15 materials fee paid directly to instructor for her travel book.**

*Gina Cook*

4215	1 session	Monday
	Apr 29	6:30-9:30pm
	\$29	White Bear Lake South Camp 3551 McKnight Road White Bear Lake, MN 55110



# Technology

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## 60+ Adults Computer Series

Become a seasoned computer user in just 6 weeks! This series is geared for persons ages 60+ who have had no or limited experience with a computer. A new field of study will be covered every two weeks to help you become a pro when using a computer. Series will start with basic introduction to PC and progress to managing your files, and end with internet and email.

*Tim Daniels*

4390	6 sessions	Wednesday
	Jan 23-Feb 27	9am-Noon
	\$235	FV Comp Lab

## Intro to the Computer

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

*Tim Daniels*

4391	2 sessions	Wednesday
	Jan 23 & 30	9am-Noon
	\$89	FV Comp Lab
4391-2	2 sessions	Wednesday
	Apr 3 & 10	9am-Noon
	\$89	FV Comp Lab



## Internet & Email

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

*Tim Daniels*

4303	2 sessions	Wednesday
	Feb 20 & 27	9am-Noon
	\$89	FV Comp Lab
4303-2	2 sessions	Wednesday
	May 1 & 8	9am-Noon
	\$89	FV Comp Lab



## Managing Files on Your Computer

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

*Tim Daniels*

4347	2 sessions	Wednesday
	Feb 6 & 13	9-Noon
	\$89	FV Comp Lab

## Facebook & Social Media

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

*Tim Daniels*

4352	1 session	Wednesday
	Mar 13	9am-Noon
	\$45	FV Comp Lab

## Digital Cameras

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

*Tim Daniels*

4395	1 session	Wednesday
	Mar 6	9am-Noon
	\$45	FV Comp Lab

## NEW! Intro to iPads

The world is going digital, and the iPad is skyrocketing in popularity. This device puts the Internet and powerful apps in your hands. In this session, you will learn some iPad basics. We will look at different settings, how to find and organize apps, gestures, and explore native iPad apps. Bring your iPad, iPod or iPhone device if you have one.

*Jen Legatt*

4353-1	1 session	Wednesday
	Mar 6	6-8pm
	\$25	FV 100
4353-2	1 session	Tuesday
	May 7	6-8pm
	\$25	FV 100

## One-on-One Tutorial

You will have 100% of the instructor's attention to assist you with a computer project of your choosing! Spend one hour with our highly qualified trainer to focus on your specific needs. You define your topics. Some examples might be: basic skills, email basics, software applications such as Word, how to organize digital photos, power point presentation, creating a newsletter, or how to do a mail merge. There are many possibilities! After receiving your registration, we will call you to discuss your specific needs. \$65 per hour. Call to set up a session with one of our amazing instructors, 651/604.3770.

## MS Word 2010/XP - Level 1

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

*Dave Hayes*

4304-1	2 sessions	Tuesday
	Jan 29 & Feb 5	6-8pm
	\$85	FV Comp Lab
4304-2	2 sessions	Tuesday
	Apr 2 & 9	6-8pm
	\$85	FV Comp Lab

## MS Word 2010/XP - Level 2

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

*Dave Hayes*

4308	2 sessions	Tuesday
	Feb 12 & 19	6-8pm
	\$85	FV Comp Lab

## MS Excel 2010/XP - Level 1

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

*Dave Hayes*

4306-1	2 sessions	Tuesday
	Feb 26-Mar 5	6-8pm
	\$85	FV Comp Lab
4306-2	2 sessions	Tuesday
	Apr 30 & May 7	6-8pm
	\$85	FV Comp Lab

## MS Excel 2010/XP - Level 2

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

*Dave Hayes*

4307-1	2 sessions	Tuesday
	Mar 19 & 26	6-8pm
	\$85	FV Comp Lab

## NEW! Create a Personal Website

With an instructor's guidance you will enter information to create your own web site using Joomla - free or affordable software. At the end of class you will have a personal web site with a URL that you can give to family and friends. Check the company web site: [www.d4i.com](http://www.d4i.com) for additional information to be compiled and brought to class in an electronic format.

*LCC Designed 4 Imagination*

4310	1 session	Saturday
	Feb 23	8:30-12:30pm
	\$39	FV Comp Lab

# Swim - Winter 2013

All Classes Held at Fairview Pool

## Roseville Aquatics

### Program Registration

Fairview Community Center  
1910 County Road B West  
Roseville, MN 55113  
651/604.3770  
[www.ISD623.org/CommEd](http://www.ISD623.org/CommEd)

## Lesson Schedule

### Winter

No class Jan 21 and Feb 16, 18  
Monday Jan 7 - Mar 4  
Saturday Jan 12 - Mar 2  
Tuesday Jan 15 - Mar 5  
Wednesday Jan 16 - Mar 6  
Thursday Jan 17 - Mar 7

### Spring

Tots, Preschool and Adults

#### Registration Opens 1/15/13

No class Mar 30

Saturday Mar 23-May 18  
Tuesday Mar 26-May 14  
Thursday Mar 28-May 16

## Tots - Parent in Water

### 9 months-3 years

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

Saturday	9-9:25am	#80-F6	\$42 Winter	#80-F1	\$48 Spring
Tuesday	7-7:25pm	#80-F7	\$48 Winter	#80-F2	\$48 Spring
Thursday	9:20-9:45am	#80-F8	\$48 Winter	#80-F3	\$48 Spring

## Preschool - Parent in Water

### 3-5 years

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

Saturday	9:30-9:55am	#80-F9	\$42 Winter	#80-F4	\$48 Spring
Tuesday	7:30-7:55pm	#80-F10	\$48 Winter	#80-F5	\$48 Spring
Thursday	9:20-9:45am	#80-F8	\$48 Winter	#80-F3	\$48 Spring

## Adult Beginner Lessons

### 15 years & older

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

Tuesday	6:05-6:50pm	#92-F2	\$58 Winter	#92-F1	\$58 Spring
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## Youth Swim Lessons 5-14 years - Winter 2013

### Beginner I

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

### Beginner II

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

### Red Cross Levels:

1-2 = Beg I, 3 = Beg II, 4 = AdvBeg, 5 = Inter, 6 = Swim

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

Sat	10:00-10:45am	Beg I #81-F1	Beg II #82-F1	Adv Beg A #83-F1		\$51
Sat	10:55-11:40am	Beg I #81-F2	Beg II #82-F2	Adv Beg B #84-F1		\$51
Mon	5:30-6:15pm	Beg I #81-F3	Beg II #82-F3	Adv Beg B #84-F2		\$51
Mon	6:25-7:10pm	Beg I #81-F4	Beg II #82-F4	Adv Beg A #83-F2	Swim #86-F1	\$51
Wed	5:10-5:55pm	Beg I #81-F5	Beg II #82-F5	Adv Beg A #83-F3		\$58
Wed	6:05-6:50pm	Beg I #81-F6	Beg II #82-F6	Adv Beg B #84-F3		\$58
Thur	5:05-5:50pm	Beg I #81-F7	Beg II #82-F7	Adv Beg A #83-F4		\$58
Thur	6:00-6:45pm	Beg I #81-F8	Beg II #82-F8		Inter #85-F1	\$58

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

Visit us online at [www.ISD623.Org/CommEd](http://www.ISD623.Org/CommEd)

# Water Exercise

## Swimnastics

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

### Winter

Jan 2 - Mar 7  
No Class Jan 21

8 sessions	Monday			
8:30-9:15am	#90-F9	\$48	\$43.20	Sr
9 sessions	Tuesday			
8:30-9:15am	#90-F10	\$54	\$48.60	Sr
9 sessions	Tuesday			
9:20-10:05am	#90-F11	\$54	\$48.60	Sr
10 sessions	Wednesday			
8:30-9:15am	#90-F12	\$60	\$54.00	Sr
10 sessions	Thursday			
8:30-9:15am	#90-F13	\$60	\$54.00	Sr
7 sessions	Monday			
Jan 7-Mar 4	7:15-8:00pm			
	#90-F14	\$42	\$37.80	Sr
No Class Jan 21 and Feb 18				
8 sessions	Wednesday			
Jan 16-Mar 6	7-7:45pm			
	#90-F15	\$48	\$43.20	Sr

### Spring

Mar 25 - May 23

9 sessions	Monday			
8:30-9:15am	#90-F1	\$54	\$48.60	Sr
9 sessions	Tuesday			
8:30-9:15am	#90-F2	\$54	\$48.60	Sr
9 sessions	Tuesday			
9:20-10:05am	#90-F3	\$54	\$48.60	Sr
9 sessions	Wednesday			
8:30-9:15am	#90-F4	\$54	\$48.60	Sr
9 sessions	Thursday			
8:30-9:15am	#90-F5	\$54	\$48.60	Sr
8 sessions	Monday			
Mar 25-May 13	7:15-8:00pm			
	#90-F6	\$48	\$43.20	Sr
8 sessions	Wednesday			
Mar 27-May 15	7-7:45pm			
	#90-F7	\$48	\$43.20	Sr



## SilverSneakers

SilverSneakers members are able to participate in Lap or Open Swim at no cost. Please present your SilverSneakers badge to the lifeguard on deck when participating.

## Lap & Open Swim

Jan 7 - May 24

No swim evening of Mar 12, 19  
No swim during the day:  
Jan 21, Feb 16, Mar 9, 16, 29, 30

### Fees

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

## Lap Swim

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

## Open Swim

Parents must accompany children under 4' tall in pool

Mon - Fri	10:15-11:15am
Thursday	7-8pm
Saturday	11:45am-1pm

## Cranky Hinges

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

### Winter

Jan 2- Mar 6  
No Class Jan 21

18 sessions	Mon & Wed			
9:30-10:00am	#91-F2	\$72	\$64.80	Sr

### Spring

Mar 25 - May 22

18 sessions	Mon & Wed			
9:30-10:00am	#91-F1	\$72	\$64.80	Sr

**Private Lessons: call 651-604-3770 for info**

Roseville Area Schools Community Education

# Early Childhood & Family Education



## Early Childhood Screening

**651/487.4378**

This free “check-up” of a child’s development, vision, hearing and overall growth is required prior to kindergarten. The goal for this screening is to find possible learning or health issues prior to starting kindergarten. The ideal time to have a child screened is between ages 3 and 4 years of age. Screenings are held throughout the school year on certain Fridays and Saturdays. Screening dates can be found at [www.isd623.org/commed/ecfe/screening.cfm](http://www.isd623.org/commed/ecfe/screening.cfm). Call for an appointment.

## Jump Start to Kindergarten

**651/604.3511**

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

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

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

## Early Childhood Family Education (ECFE)

**651/487-4378**

ECFE is a voluntary program for parents with children birth to kindergarten enrollment. The goal is to support parents as their child’s first and most important teacher. We offer a variety of ways to participate such as weekday, evening, Saturday and Drop-In & Play classes. We also offer special events as well as the Parent Resource/Toy Library. Most classes are based on a sliding fee scale. No one is turned away for inability to pay. Our Early Childhood Center is located on the lower level of Parkview Center School. Enter through door #19. Registrations are on-going. The program’s listing of classes can be found at [www.isd623.org/commed/ecfe](http://www.isd623.org/commed/ecfe) or by calling (651) 487-4378.

## ECFE Specialty Offerings

### Bright Baby

Birth-6 months

(Bring your baby asleep or awake)

Did you know that rolling over is connected to reading? The cute movements we see our babies doing gets them ready for doing well in school. In this class you will learn about all the moves your baby will do and how you can help their brains grow big and strong!

All ages as of January 1, 2013.

009-4	10 sessions	Thursday
	Jan 31, Feb 2-28	6-7:30pm
	Mar 21-28, Apr 4-18	
	\$100	Parkview ECFE
	Sibling Care: \$20/child	

### Español Para Niños

Ages 3-5 child only

Dora the Explorer has sparked the interest of many 3-5 year olds in trying out some Spanish words and phrases. Join our Spanish Consultant, Alysha Boie, as she teaches beginning Spanish through games, stories and special word chants. A music CD will be available for purchase from the teacher (optional, not required). Child must be 3 by January 1, 2013.

702-5	10 sessions	Friday
	Jan18-25, Feb 1-22	9:15-10am
	Mar 5, 22, Apr 5-12	
	\$90	Parkview ECFE

### Drop-In & Plays for All Ages

**651/487.4378**

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

Fee: \$3/child/time

Tuesday & Thursday, 9:15-10:30 for birth-5 years at Little Canada School

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

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

### Imagination Series

Ages 3-5<sup>1/2</sup> child only (without parents)

Do you have a child who loves to use his/her imagination? The following series classes will give children many opportunities to pretend, imagine and explore. After the great success of our fall imagination series, we have more creative themes for community children. Child must be 3 by January 1, 2013.

706-1	3 sessions/series	Monday
	\$35/series	Parkview ECFE

Series I	So Cool Science	1/28; 2/4, 11
Series II	Mini Minds Math	2/25; 3/18, 25
Series III	Nursery Rhyme Time	4/1, 8, 15
Series IV	Splash into Spring	4/29; 5/6, 13

### Is Your Child On the District Census? 651/628.6449

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

## NEW! ECFE Thursday Evening Series

### If We Could Talk to the Animals

12-24 months parent/child

You and your child will explore the wonderful world of animals. What do they sound like, don't you want to know? What do they eat, and how big will they grow? There will be lots of walking and talking and squeaking & squawking like the animals. Imagine how much you and your child will get to know! All ages as of January 1, 2013.

109-4 4 sessions Thursday  
Jan 17-Feb 7 6-7:30pm  
\$38 Parkview ECFE  
Sibling Care: \$12/child

### Lil' Chefs

3 - 5 parent/child

Watching cooking shows on TV can be fun for you but think of the fun that you and your preschooler will have learning to cook together. Imagine the many sound and smells that you will be able to witness your child discover. This class will also provide many tactile experiences to your little chef, maybe even breaking a few eggs. Remember, you get to sample the finished product! All ages as of January 1, 2013.

505-4 4 sessions Thursday  
Feb 14,21 6-7:30pm  
Mar 21,28  
\$45 Parkview ECFE  
Sibling Care: \$12/child

### Here We Go!

24-36 months parent/child

Families get revved up for fun in this class that is all about cars, trains boats and other toddler vehicle favorites! We will use artistic and fine motor skills to create vehicles, play games and sing songs about vehicles as well as creatively explore new concepts like float, roll, and fly. Guaranteed to get everyone going! All ages as of January 1, 2013.

209-4 4 sessions Thursday  
Apr 4-25 6-7:30pm  
\$38 Parkview ECFE  
Sibling Care: \$12/child

### Lil' Scientists

3 - 5 years parent/child

Did you know that your child is a scientist? Young children learn about the world around them by experiencing it through their senses. This fun-filled science class will focus around things that they can see, hear, touch, taste and smell so that they are continually immersed in science as they discover all sorts of new and different things about the world around them. All ages as of January 1, 2013.

506-4 4 sessions Thursday  
May 2-23 6-7:30pm  
\$38 Parkview ECFE  
Sibling Care: \$12/child

## Special Family fun Information

### Infant-Child CPR Training

parents only

Join Paula Buie, CPR-certified instructor, in learning the life-saving techniques for infants and children (birth-8 years). Rescue breathing, conscious and unconscious airway obstruction, use of the AED and CPR will be covered. Participants will be certified at the end of the session.

008-4 1 session Thursday  
Mar 21 6:30-8:30pm  
\$40/adult Parkview ECFE  
Sibling Care: \$4/child

### Animals On the Go

Come and meet some of the animals from Springbrook Nature! We'll sing a few songs and learn some facts about these interesting animals all in a fun and safe atmosphere. Children and their parents will get to touch the live animals such as snakes, salamanders, frogs and turtles.

FT-5 1 session Friday  
Mar 8 10am  
\$5 child or \$8/fam Parkview ECFE

### Infant Massage

Birth - 10 months (non-crawling babies)  
Parent/Child

Join Lee Burtman, Infant teacher, to learn special techniques to calm and soothe your baby. Massage assists with development, digestion and sleep, and can relax your baby and help create a loving parent-child attachment. Please bring a small towel or blanket and a body lotion compatible with your baby's skin.

007-4 1 session Thursday  
Feb 21 6-7:30pm  
\$12/family Parkview ECFE  
Sibling Care: \$3/child

### The Biggest Little House in the Forest

When Bernice the Butterfly finds an abandoned house in the woods she sets out to make it her home. Soon she is joined by Millie the Mouse, Fred the Frog, Richie the Rabbit and lovable Bartholomew the Bear. Everyone is welcome, and there's always enough room for a new friend in this heartwarming tale, told by one amazing actor with delightful puppets. Meet at 10:00 am at Children's

Theatre Company  
FT-3 1 session Wednesday  
Feb 20 10am  
\$8 Childrens Theatre

### Hugo Farm

Jump on the wagon and join us for a hayride at the Hugo Animal Farm. All tours will include touching or holding farm animals! At this time of year, there will be many new, baby animals to see. Please bring a bag lunch and dress for the weather. Maps to the farm are available at <http://www.hugoanimalfarm.com/WhereIsHAFI.htm> or in the ECFE office.

FT-4 1 session Tuesday  
May 14 9:45am  
\$7.50/person Hugo Farm



## New! Brunch for the Brain and Games♦

Are you passionate about keeping yourself mentally fit and socially active? It has been proven that social interaction and brain exercise can create new dendrites in the brain and keep your mind sharp. Join us if you want to have fun doing both! This is a new and improved brain exercise program. Breakfast for the Brain was an Honorable Mention Recipient of the 2008 CVS Pharmacy and National Council on Aging Prescription for Better Health & Wellness Award, presented at the 2008 NCOA-American Society on Aging in America conference in Washington D.C. In 2010 this popular program was held at the Fridley Senior Program and has returned with updated materials, called Brunch for the Brain. The first session of the month will be education and the second session we will play with what we've learned. Light refreshments will be served. If you have questions contact either the Fridley Senior Program (FSP) at 763-502-5150 or the Roseville Area Senior Program (RASP) at 651-604-3520. Instructor: Kelly Lindell, Owner, Comfort Keepers

10:00 am -11:30am \$25 for the year or \$3 per month  
Class limited to 15 per site

Register and pay by calling or stopping in at RASP or FSP Offices by Jan 4th.

2nd & 4th Wednesdays starting January 9- Fridley site:  
Fridley Senior Program, 6085 7th St NE Fridley MN 55433

1st and 3rd Wednesdays starting January 16th- Roseville site:  
Heritage Place of Roseville, 563 Cty Rd B West Roseville 55113

*Co-sponsored by the Fridley Senior Program, Roseville Area Senior Program, Comfort Keepers, Heritage Place of Roseville and Thrivent Financial for Lutherans*

# ROSEVILLE LIVING SMARTER HOME & GARDEN FAIR

## SATURDAY, FEBRUARY 16, 2013

9 AM – 3 PM • FREE EVENT

FAIRVIEW COMMUNITY CENTER • 1910 COUNTY ROAD B

Learn about **Roseville – Home for a Lifetime**, a program to help people stay in their home as long as they like and **Nextdoor.com**, a social networking tool that helps residents build stronger, safer, happier communities – and so much more!

- 60+ Exhibitors
- GREAT DOOR PRIZES
- FANTASTIC FUN FOR KIDS
- INFORMATIVE WORKSHOPS



LIVING SMARTER

[www.LIVINGSMARTER.ORG/FAIR](http://www.LIVINGSMARTER.ORG/FAIR)

651-792-7078

# Out-of-School Time



## Friendship Connection

651/604.3505

[www.ISD623.Org/CommEd/Youth](http://www.ISD623.Org/CommEd/Youth)

Monday-Friday, 6:30am-6pm

Non-school days

(except major holidays)

School year & summer

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

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

A minimum of 3 days is required.

### 2012-2013 Rate

Site	Before School	After School	Kindergarten	Contact
Brimhall	\$10.50/day	\$9.50/day	\$14.50/day	633-4327
Central Park	\$9.50/day	\$10.50/day		481-0745
Edgerton	\$10.50/day	\$9.50/day		771-9835
Falcon Heights	\$9.50/day	\$10.50/day		641-0035
Little Canada	\$9.50/day	\$10.50/day		482-0420
Parkview	N/A	\$13/day		487-4391
Emmet D. Williams	\$10.50/day	\$9.50/day		482-0421

## Mid-day Kindergarten

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

## Youth Enrichment

651/604.3770

[www.ISD623.Org/CommEd/Youth](http://www.ISD623.Org/CommEd/Youth)

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

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

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

**Registration** for  
**SUMMER 2013** and the  
2013-14 **SCHOOL YEAR**  
begins on March 18.

Registration materials will  
be available the week of  
March 4. 2013-14 rates  
have not yet been set.

# Adult Learning Center



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

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

**Adult Learning Center**  
Fairview Community Center  
1910 County Road B West  
Roseville, MN 55113  
651/604.3553  
[www.ISD623.Org/CommEd/ALC](http://www.ISD623.Org/CommEd/ALC)

## English Learner

EL is a program for adults seeking to improve reading, spoken, and written English language communication skills. Students work together in small groups in a style that is flexible and responsive to each student's unique needs. English classes are offered at many different levels. The curriculum focuses on helping learners successfully navigate systems of public schools, city, county and state governments, colleges and work culture.

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

### In Order to Enroll in EL,

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

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

## Adult Basic Education (ABE)

### GED Preparation, Adult Diploma and Review

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

eligibility. . .

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

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

## Dual Enrollment - Credit Makeup

This program is designed to help learners who have not passed one or more credits needed to graduate. Dual enrollment is an option for any student, who maintains full-time enrollment at their high school. Students must be referred to the Dual Enrollment Program by their high school counselor.

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

## On-Line Learning

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

## Distance Learning/Basic Skills

New distance learning opportunities are available. Contact the Adult Learning Center to see if you qualify. For basic skills, brushup in reading and math and accuplacer tests and college preparation you can do much of your work online at home or anywhere you have web access.

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

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

# Roseville Area Senior Program



## Roseville Area Senior Program

Fairview Community Center

1910 County Road B West

Roseville, MN 55113

651/604.3520

[rasp@isd623.org](mailto:rasp@isd623.org)

[www.ISD623.Org/CommEd/Senior](http://www.ISD623.Org/CommEd/Senior)

Monday-Friday, 8am-4pm

## Meals on Wheels

651/604.3524

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

## Transportation

651/604.3535

Transportation services are available to adults 60 years and older and adults with disability certification provided they live in the Roseville School District and City of Roseville.

## Bus Rides Available

Monday-Friday, 8 am to 4 pm.

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

## Bus Ride Scheduling

Monday-Friday, 8am - 1pm.

5 day advance notice is suggested for a ride request.

## Medical Rides

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

## Medical Rides Available

Monday-Friday, 8:30am - 3:30pm

Donation requested.

## Medical Ride Scheduling

Monday-Friday 8am - 1pm

A two week advance notice is suggested for a ride request.

Limit ride request to one per week.

## Educational and Social Activities Groups/Classes

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

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

## Volunteer Opportunities

651/604.3520

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

- Photographer
- Fundraising
- Program Assistant
- Special Event

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

## Service Coordination

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

## Support Homebound Volunteers

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

# Flaming Spoon Café

at Fairview Community Center

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

**Lunch**

**11:00-12:15pm**

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

## Full Meal deal for \$4.00

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

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

## À la Carte from \$0.55 to \$2.50

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

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

**Monthly menus available** at Fairview Community Center or online at [www.ISD623.org/commed/senior](http://www.ISD623.org/commed/senior) and look for Flaming Spoon Café.

## The Best Lunch Deal in Town!

**All Ages  
Welcome!**

## Roseville Craft and Gift Shoppe ♦

Open Monday-Friday

9:30am- 3:30pm

651-604-3529

The Craft and Gift Shoppe is sponsored by the Roseville Area Senior Program and supported by the North Suburban Senior Council Inc.



## Adults with Disabilities

Roseville Area Schools believes in lifelong learning for everyone. As a part of this belief, Roseville Community Education is part of a five-district consortium, the Community Bridge.

The Community Bridge Consortium publishes a quarterly brochure that lists a variety of customized classes/activities for adults with Developmental Cognitive Disabilities. These classes are sponsored by the consortium members and held throughout the consortium area in schools and other community facilities. The following list of classes are being offered by Roseville Community Education but for more information, to be placed on the Community Bridge brochure mailing list, or to receive a full listing of classes, call 651/748-7437.

# Registration Information



## Welcome to Roseville Community Education!

[www.ISD623.org/CommEd](http://www.ISD623.org/CommEd)

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

651/604.3770

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



### Are You In?

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

### Cancellations

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

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

### Refunds

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

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

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

### Fee Assistance/ Scholarships

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



### Online

[www.ISD623.Org/commed](http://www.ISD623.Org/commed)

and click on  
Community Education  
Online Registration



### Mail



### Walk-in:

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



### Fax

to 651/604.3772

### UCare MN

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

### Senior Discount

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

### Satisfaction Guaranteed

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

### BH - Brimhall Elementary

1744 County Road B West  
Roseville, MN 55113

### CP - Central Park Elementary

535 County Road B2 West  
Roseville, MN 55113

### EDG - Edgerton Elementary

1929 Edgerton St  
Maplewood, MN 55117

### EDW - Emmet D. Williams Elementary

955 County Road D West  
Shoreview, MN 55126

### FH - Falcon Heights Elementary

1393 Garden Ave West  
Falcon Heights, MN 55113

### LC - Little Canada Elementary

400 Eli Road  
Little Canada, MN 55117

### PCS -

### Parkview Center School

701 County Road B West  
Roseville, MN 55113

### RAMS -

### Roseville Area Middle School

15 County Road B2 East  
Little Canada, MN 55117

### RAHS -

### Roseville Area High School

1240 County Road B2 West  
Roseville, MN 55113

### FV -

### Fairview Community Center

1910 County Road B West  
Roseville, MN 55113

### DC - District Center

1251 County Road B2 West  
Roseville, MN 55113

# Try Online Registration - it's fast & easy!

[www.ISD623.Org/commed](http://www.ISD623.Org/commed)

Click on Community Education Online Registration

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

Participant Full Name \_\_\_\_\_

Street Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ Work Phone \_\_\_\_\_ Mobile \_\_\_\_\_

Emergency Phone \_\_\_\_\_ Other \_\_\_\_\_

Email Address \_\_\_\_\_

Male  Female Birthdate \_\_\_\_\_ Age \_\_\_\_\_

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

Class # \_\_\_\_\_ Title \_\_\_\_\_ \$ \_\_\_\_\_

Class # \_\_\_\_\_ Title \_\_\_\_\_ \$ \_\_\_\_\_

Class # \_\_\_\_\_ Title \_\_\_\_\_ \$ \_\_\_\_\_

## AQUATICS

1<sup>st</sup> Class Choice \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ \$ \_\_\_\_\_

2<sup>st</sup> Class Choice \_\_\_\_\_ Day \_\_\_\_\_ Time \_\_\_\_\_ \$ \_\_\_\_\_

## Youth Ages 0-18

Parent/Guardian Full Name \_\_\_\_\_

Persons authorized to pick up child/ren other than parent \_\_\_\_\_

Student's Grade \_\_\_\_\_ School Attending \_\_\_\_\_ Classroom Teacher \_\_\_\_\_

After class my child:

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

## Discounts

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

Senior 60+  Yes  No

## Payment Information

Total Registration Amount \$ \_\_\_\_\_

- Cash  Check (*Make Checks Payable to Roseville Area Schools*)  
 Mastercard  Visa  Discover  American Express (*walk in only until future notice*)

Authorized Signature \_\_\_\_\_ Date \_\_\_\_\_

Cardholder's First Name \_\_\_\_\_ Card Holder's Last Name \_\_\_\_\_

Credit Card number \_\_\_\_\_

Expiration Date \_\_\_\_\_

# Little Canada Parks & Recreation

## City Offices

515 Little Canada Road E.  
Little Canada, MN 55117  
[www.ci.little-canada.mn.us](http://www.ci.little-canada.mn.us)

651/766.4029  
651/766.4048 FAX

Jim Morelan  
Director

Don Bowman  
Recreation Supervisor

Katie McGinnity  
Recreation Supervisor

## Activities schedule

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

## Want to help?

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

## Youth

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

### Online registration for the following activities begins February 1

#### T-ball

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

#### Pop-up Ball

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

#### Baseball

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

#### Slow Pitch Softball

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

#### Floor Hockey

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

#### After School Golf

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

#### After School Tennis

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

## Adult

### 55 Alive Driver Classes

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

### Softball

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

### Online registration for the following activities begins April 1

#### Archery

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

#### Firearm Safety

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

### Online registration for the following activities begins June 1

#### Soccer Clinic Pre-League

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

#### Soccer League

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

#### Soccer Clinic

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

#### Volleyball

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

