

Roseville Community Education

www.ISD623.Org/CommEd



September-January 2012 Course Catalog

Roseville Area Schools

Flip to the other side for Park and Recreation offerings

Roseville Community Education Directory

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



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PROGRAMS

Community Education 651/604.3500

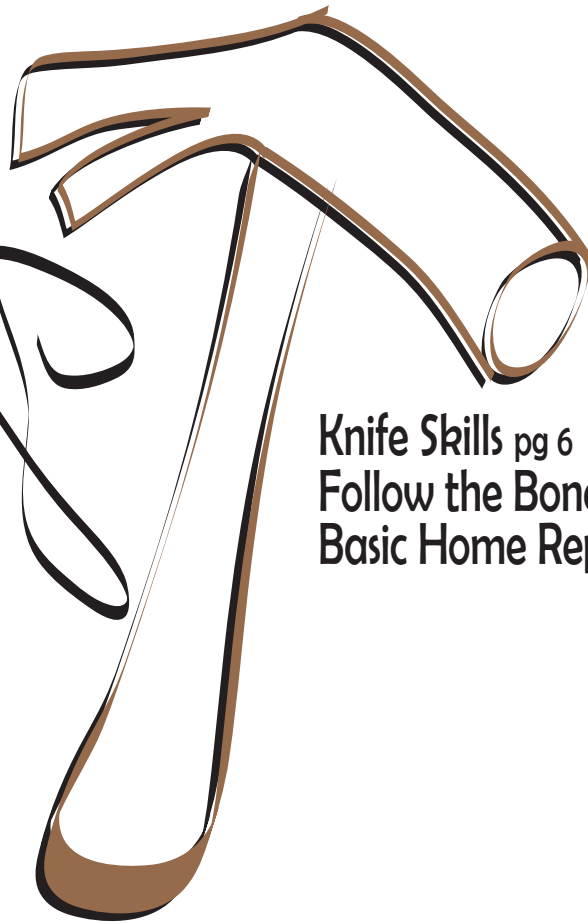
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On a Budget

MISSION STATEMENT

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

Facilities Online Building Schedules and Requests

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

NO PITCH GUARANTEE

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



NEW! 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; be amazed to see the magic it brings to your mosaic design. We will also go over glass cutting, resources and share ideas of other projects you can do. **\$23 material fee for collected in class.**

Peggy Ingles

1062	2 sessions	Tuesday
	Nov 13 & 20	6-9pm
	\$39	FV 105

NEW! Fabulous Felted Slippers

Cozy and warm, felted slippers are great for the colder months ahead. Learn to layer colorful wool fibers over a custom pattern made from your own feet. Then explore traditional wet felting techniques and transform the fibers into durable felted slippers. You can even make your slippers reversible. **\$40 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, a pair of flip-flops to wear between "fittings", and a bag lunch.**

Leslie Granbeck

1016	1 session	Saturday
	Oct 13	9-4pm
	\$45	FV 105

NEW! Fused Glass Bits Bowl

Add a little whimsy to your home decor with this glass bowl or use it as a gift for someone special. We'll start with an 8" clear circle, then cut and assemble bits of glass to create your own unique design. Projects will be fired and slumped to form the fluted sides and will be available for pick up in 3 weeks. **\$23 material fee collected in class.**

Noella Fath-Cutter

1020	1 session	Saturday
	Oct 20	9-11am
	\$49	FV 105

New! Hold Everything Felted Pouches and Bags

Felt a pouch or bag to hold small gifts, your phone, glasses, jewelry or other treasures. No knitting or sewing.

Learn the fascinating art of seamless wet felting. Add texture and color to your pouch with a variety of surface embellishments. A felted closure will keep your treasures safe inside. **\$20 material fee collected in class.**

Bring a sharp scissors, 2-3 old hand towels, 1 old bath towel, and a plastic bag to carry home wet items.

Leslie Granbeck

1013	1 session	Thursday
	Sep 27	6-9:30pm
	\$35	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

Crocheting for Beginners

This class will teach you the basic crocheting techniques and how to read patterns. Please bring to class: a small scissors and a cloth bag in which to put your course materials. Yarn, book, and a crochet hook will be provided. **\$10 material fee collected in class. Bring a small sissors and bag for course materials.**

Deanna Miller

1002	6 sessions	Saturday
	Sep 15-Oct 20	8-10am
	\$65	FV 103

Knitting for Beginners

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

Deanna Miller

1003	6 sessions	Saturday
	Sep 15-Oct 20	10-Noon
	\$65	FV 103

Pottery : Open Studio

If you have taken a pottery class through Roseville Community Education in the past, the Pottery Open Studio is an opportunity for you to work on a personal project or continue process exploration. There will be no direct instruction provided. Open Studio fee does not include clay. **\$20 material fee includes clay collected in class**

Paul Moeller

No class 11/6

Wheel

1055-W	8 sessions	Tuesday
	Sep 25-Nov 20	6:30-9pm
	\$75	RAHS D114

Hand Building

1055-H	8 sessions	Tuesday
	Sep 25-Nov 20	6:30-9pm
	\$75	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	
1-3pm	FV
FREE	

NEW! Mixed Media Painting

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

Jason Kehrer

No Class 10/31

1072	6 sessions	Wednesday
	Oct 3-Nov 17	6-8pm
	\$99	RAHS D117

New! Viking Weave Jewelry

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
	Oct 9	6-9pm
	\$49	FV 100
1075-2	1 session	Monday
	Nov 26	6-9pm
	\$49	FV 100

NEW! Felted Flowers

Learn to make colorful felted flowers and leaves from wool fibers and a little soapy water. Pin your posies on your jackets and hats, use them on napkin rings or to adorn packages. These pretty flowers have a million uses. **\$10 material fee collected in class. Please bring 2-3 hand towels, sharp scissors, and a plastic bag to carry home wet items.**

Leslie Granbeck

1015	1 session	Tuesday
	Oct 30	6-9:30pm
	\$35	FV 105

NEW! Nuno Felted Scarf

Embellish a silk scarf with soft wool fibers to create a beautiful accessory for the holidays, or to just add a little sparkle to your wardrobe. Choose your color palette of dyed fibers and then create any design from floral to geometric to abstract. Without knitting or sewing, you'll create a supple scarf using a little soapy water and a unique felting technique.

\$25 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, a pair of flip-flops to wear between "fittings", and a bag lunch.

Leslie Granbeck

1017	1 session	Saturday
	Nov 17	10-2:30pm
	\$39	FV 105

NEW! Art of Stained Glass

It's time to add some color to your world with stained glass. This updated technique of the ancient art form is fun and easy to do that even the most art challenged will go home with an original art project they can be proud of. Brighten your day with an 8.5'x11' window that looks brilliant as the sun shines through it. The first week all the prep work is finished and you can select a design (or bring one from home) and start the mosaic process right away. It is fast and easy to do for everyone. If you do not finish, you will have homework before the next class. The second week is a messy grouting night so please wear old clothes and bring some old terry cloth towels. We will watch the grout work it's magic and complete your art piece. We will also discuss glass cutting, resources and other mosaic projects that you can now make yourself. **\$15 window or \$25 table lamp material fee collected in class.**

Peggy Ingles

Window

1062-W	2 sessions	Tuesday
	Dec 4 & 11	6-9pm
	\$39	FV 105

Table Lamp

1062-T	2 sessions	Tuesday
	Dec 4 & 11	6-9pm

Cooking

NEW! Tantalizing Thai Cuisine

Imagine the fresh fragrances and tastes of Thai cuisine. Think you can't make your favorite summer rolls or Pad Thai? Think again! Chef Sandino will show you how to make Pad Thai and much more as we escape to Thailand and learn regional cooking techniques. We'll make some fresh Vietnamese Summer Rolls with three regional sauces, a vibrant Pad Thai with rice noodles and shrimp, Mussamun Curry with coconut cream sauce and Jasmine rice. We'll finish with crispy Banana Fritters served with ice cream, chocolate and caramel sauce.

Jeff Sandino

1172	1 session	Monday
	Sep 17	6-9:30pm
	\$39	RAHS-D104

Classic Soups and Stew

Create some of the best hearty soups including New England Clam Chowder, Wild Rice, Pumpkin, Split Pea and Ham, and Corn Bisque with Rosemary. Top it all off with the very famous Roast Beef Stew in Red Wine (Boeuf Bourguignon). What could be better for an easy meal in cold weather than soup, salad and some great bread!

Laurel Severson

1121	1 session	Thursday
	Sep 13	6-9pm
	\$39	RAHS D104

Truffles --

Candies for All Occasions

These easy to make delicacies are smooth, rich, and melt in your mouth. Why buy store bought truffles when you can make your own! Each student will take home a classy 1 pound candy box packed with about 25 of these YUMMY treats to give as a gift, if you can part with them.

\$12 material fee collected in class.

Optional truffle kits available for \$18.

Nancy Burgeson

1116	1 session	Thursday
	Oct 11	6-9pm
	\$29	RAHS D104

Cooking

New! Knife Skills 101

Handling a knife with skill is a basic foundation of cooking, giving you greater confidence and efficiency in the kitchen. We'll explore essential techniques and learn about which knife is best suited for specific jobs. We'll look at several different knife styles so you'll know exactly what to expect and how much money to invest in a good knife, keeping your budget in mind. Slice up some inspiration with your newfound skills which will make cooking easier and more enjoyable. In addition to knife skills we'll make: pasta tossed with marinara, bruschetta with basil pesto, diced tomatoes and mozzarella with marinara dipping sauce. Bring two of your favorite knives to be sharpened (not serrated) and a "to go" container.

Jeff Sandino

1171	1 session	Wednesday
	Oct 17	6-9pm
	\$39	RAHS-D104

Appetizers

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

Laurel Severson

1102	1 session	Monday
	Oct 22	6-9pm
	\$39	RAHS D104

Lefse

Just in time for the holidays. Homemade Lefse, this wonderful Norwegian delicacy is made for banquets, holidays, weddings, and all special occasions. If you are Norwegian and missed recording Grandma's recipe, tips and techniques - this is the class for you! We will begin with real potatoes using a number of authentic recipes - and a modern version using instant potatoes. Plan to sample your fresh, warm creations with traditional fillings plus take home finished lefse and dough.

Laurel Severson

1162	1 session	Friday
	Oct 26	6-9pm
	\$39	RAHS D104

NEW! Classic Chateaubriand Tenderloin

Love center cut tenderloin beef seared and roasted with delicious accompaniments and savory sauces? Let's make a classic Chateaubriand to serve at your next dinner party or just for you! We'll make: a delightful autumn salad tossed with granny smith apples, candied walnuts, feta cheese dried cranberries in a raspberry vinaigrette, then, our feature "Chateaubriand" - center cut tenderloin beef seared, roasted and served with bordelaise, bearnaise, and pepper sauce, creamy Potatoes Au Gratin, fresh steamed Asparagus tossed with olive oil and fresh lemon, finish with Creme Caramel, a delicious homemade custard served in a pool of caramel.

Jeff Sandino

1173	1 session	Tuesday
	Nov 27	6-9:30pm
	\$39	RAHS-D104

NEW! Gluten Free Dinner

Enjoy a five course dinner made with whole grains. The menu includes buckwheat vegetable soup and delicious banana bread. Learn why soluble and insoluble fiber contribute to health and weight loss, and take home gluten free whole grains to cook two recipes from your free copy of Dick's Cook Book.

Dick Ogren

1176	1 session	Tuesday
	Nov 13	6-8:30pm
	\$45	RAHS-D104

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 may combine the filling with a simple food processor-pastry (or make the pastry by hand). 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! Four Famous Cookies

Learn to create the rolled Norwegian cookie Kramkakes made with cream, butter and cinnamon and sometimes flavored with vanilla. Italian Pizzelles are also baked on top of the stove using an iron but are a flat, anise-flavored cookie. The chewy, almond flavored Swedish Sandbakkelse are delicate golden brown and baked in tiny tins to resemble tarts. Finally, we will master deep fried Rosettes - those exceedingly fragile, paper thin Scandinavian delicacies. Bring containers to transport your creations safely home.

Laurel Severson

1156	1 session	Wednesday
	Dec 12	6-9pm
	\$39	RAHS-D104



Dance & Music

Ballroom Dance

Couples Only

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

Monica Mohn

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

Belly Dance 1

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
	Oct 3-Nov 28	7-8pm
	\$45	FV Studio
2132-2	8 sessions	Wednesday
	Jan 9-Feb 27	7-8pm
	\$45	FV Studio

"Thriller" Mob Dance

Always been thrilled by the moves in "Thriller"? Then this dance workshop is for you! Bring the whole family and have fun evening learning this great, easy version of the classic moves that inspired us all. By the end of the class you'll be dancing the night away! No partner needed.

Monica Mohn

2229	1 session	Saturday
	Oct 20	10:30-Noon
	\$15	FV Gym

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 or Ed Breems, 651-429-6518 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
	Sep 10-Oct 22	6:30-8pm
	\$55	FH Gym
2100-2	7 sessions	Monday
	Nov 5-Dec 17	6:30-8pm
	\$55	FH Gym

Lindy Hop

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

Cindy Gardner

2101-1	7 sessions	Monday
	Sep 10-Oct 22	8-9:30pm
	\$55	FH Gym
2101-2	7 sessions	Monday
	Nov 5-Dec 17	8-9:30pm
	\$55	FH Gym

THESE CLASSES are Really Fun
are a great deal!
You don't want to miss

Line Dance -Level 1

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

Jodi Wittman

No Class 11/16

2102-1	12 sessions	Tuesday
	Sep 18-Oct 23	7-8pm
	\$55	FV Solarium
2102-2	12 sessions	Tuesday
	Nov 13-Dec 18	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

No Class 11/16

2115-1	12 sessions	Tuesday
	Sep 18-Dec 18	8-9:30pm
	\$59	FV Solarium
2115-2	5 sessions	Tuesday
	Oct 30 & Jan 1-29	8-9:30pm
	\$29	FV Solarium

On the Dance Floor ♦

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

2 nd & 4 th 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
	Oct 8	6:30-9:30pm
	\$25	FV 100

Intro to Blues Piano

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

Charley Wyser

2201	1 session	Tuesday
	Nov 13	7-9pm
	\$19	FV 102

Music in the Drop-In Lounge♦

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

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

The Vitality Series:

Fall: September 10-November 21
Winter I: November 26-March 7

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. Fall pass expires November 21 and Winter pass expires March 7.**

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

SilverSneakers®

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

SilverSneakers®

YogaStretch ☀

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

Tara Jebens-Singh

No Class Oct 18

7020-1	20 sessions	Tue/Thu
	Sep 11-Nov 20	9-9:45am
	\$129	FV Gym 53

No Class Dec 25, 27 Jan 1, 3, Feb 19

7020-2	25 sessions	Tue/Thu
	Nov 27-Mar 7	9-9:45am
	\$165	FV Gym 53

SilverSneakers® ☀

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

Tara Jebens-Singh

No Class Oct 8

7011-1	21 sessions	Mon/Wed
	Sep 10-Nov 21	9-9:45am
	\$139	FV Gym

No Class Dec 24, 26, 31, Jan 2, 21, Feb 18

7011-2	24 sessions	Mon/Wed
	Nov 26-Mar 6	9-9:45am
	\$159	FV Gym

Strength Training ☀

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

Tara Jebens-Singh

No Class Oct 8

7022-1	21 sessions	Mon/Wed
	Sep 10-Nov 21	10-10:50pm
	\$139	FV Gym

No Class Dec 24, 26, 31, Jan 2, 21, Feb 18

7022-2	24 sessions	Mon/Wed
	Nov 26-Mar 6	10-10:50pm
	\$159	FV Gym

Yoga I ☀

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

Tara Jebens-Singh

No Class Oct 8

7033-1	21 sessions	Mon/Wed
	Sep 10-Nov 21	11-11:50am
	\$139	FV Gym 53

No Class Dec 24, 26, 31, Jan 2, 21, Feb 18

7033-2	24 sessions	Mon/Wed
	Nov 26-Mar 6	11-11:50am
	\$159	FV Gym 53

Yoga II ☀

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

Tara Jebens-Singh

No Class Oct 18

7034-1	20 sessions	Tue/Thu
	Sep 11-Nov 20	11-11:50am
	\$129	FV Gym 53

No Class Dec 25, 27 Jan 1, 3, Feb 19

7034-2	25 sessions	Tue/Thu
	Nov 27-Mar 7	11-11:50am
	\$165	FV Gym 53

**Check Out
SilverSneakers
Aquatics! pg 22**

Guided Relaxation and Meditation

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

Tara Jebens-Singh

No Class Oct 18

7998-1 9 sessions Thursday
Sep 13-Nov 15 10-10:45am
\$65 FV Gym 53

No Class Dec 27, Jan 1

7998-2 13 sessions Thursday
Nov 29-Mar 7 10-10:45am
\$99 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.

Tara Jebens-Singh

7126-1 11 sessions Tuesday
Sep 11-Nov 20 10-10:45
\$85 FV Gym 53

No Class Dec 25, Jan 1, Feb 19

7126-2 12 sessions Tuesday
Nov 27-Mar 5 10-10:45
\$95 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

7005-1 8 sessions Wednesday
Sep 12-Oct 31 6-7:15pm
\$65 FV 120

7005-2 7 sessions Wednesday
Nov 7-Dec 12 6-7:15pm
Dec 19 6-8pm
\$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

No Class Sep 26

7008-1 8 sessions Wednesday
Sep 12-Nov 7 6-7pm
\$59 FV 105

7008-2 8 sessions Wednesday
Nov 14-Jan 23 6-7pm
\$59 FV 105



ROSEVILLE AREA SCHOOLS COMMUNITY EDUCATION

26TH ANNUAL 623 WALK RUN

SATURDAY, NOVEMBER 10

9AM START



6.23 KILOMETER
WALK RUN

ADULTS \$25
STUDENTS \$9
FAMILY \$50

REGISTER ONLINE
WWW.ISD623.ORG

QUESTIONS
651-604-3511

SUPPORTS YOUTH
SCHOLARSHIP
FUND

JOIN US FOR A FUN,
HEALTHY EVENT AS WE TAKE
A SCENIC TOUR THROUGH
ROSEVILLE WITH FAMILY,
FRIENDS AND NEIGHBORS.

Fitness

ZUMBA Fitness

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

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

Katie Incantalupo www.zumbakatie.com

No class 10/16, 10/18

Fall 1

7112-T	6 sessions	Tuesday
	Sep 11- Oct 23	5:45-6:45pm
	\$59	FV Solarium
7112-TH	5 sessions	Thursday
	Sep 13-Oct 25	5:45-6:45pm
	\$49	FV Solarium
7112-C	11 sessions	Tue/Thur
	Sep 11-Oct 25	5:45-6:45pm
	\$99	FV Solarium

No class 11/22

Fall 2

7112-T2	6 sessions	Tuesday
	Oct 30- Dec 11	5:45-6:45pm
	\$59	FV Solarium
7112-TH2	6 sessions	Thursday
	Nov 8-Dec 20	5:45-6:45pm
	\$59	FV Solarium
7112-C2	12 sessions	Tue/Thur
	Oct 30-Dec 20	5:45-6:45pm
	\$105	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

Fall No Class 11/6 & 11/22

7000-1	Oct 8-Dec 8	
	1x (9 classes)	\$34
	2x (18 classes)	\$63
	3x (27 classes)	\$88
	Unlimited	\$98

Winter I No Class 12/24, 12/25, 12/31, 1/1, 1/21

7000-2	Dec 10-Feb 9	
	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

Fall

Level 1

No Class 12/24, 31

7001-M	15 sessions	Monday
	Sep 10-Dec 17	7-8pm
	\$105	FV Solarium
7001-W	17 sessions	Wednesday
	Sep 12-Jan 2	7-8pm
	\$119	FV Solarium
7001 Sign up for both nights for \$219		

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 12/24, 31

7002-M	15 sessions	Monday
	Sep 10-Dec 17	6-7pm
	\$105	FV Solarium
7002-W	17 sessions	Wednesday
	Sep 12-Jan 2	6-7pm
	\$119	FV Solarium
7002 Sign up for both nights for \$219		

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	17 sessions	Wednesday
	Sep 12-Jan 2	5:30-6pm
	\$75	FV Solarium

Level 3

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

Mixed Level

No Class 12/24, 31

7004-M	15 sessions	Monday
	Sep 10-Dec 17	4:45-5:45pm
	\$105	FV Solarium
7004-S	17 sessions	Saturday
	Sep 15-Jan 5	10:30-11:30am
	\$119	FV Solarium

Mixed Level

No Class 1/21, 2/6

7004-M	12 sessions	Monday
	Jan 7-Apr 1	4:45-5:45pm
	\$79	FV Solarium
7004-S	12 sessions	Saturday
	Jan 12-Apr 6	10:30-11:30am
	\$85	FV Solarium

"Jazzercise is my 'relaxing' home away from home! Friends, a phenomenal workout, and emotional support! New or experienced, young or old, it's the best place to be!"

Judy Ehrlich



Home, Jobs & Money

NEW! GoSolar! Workshop: Understanding my iUse Personal Solar System

If you've heard about solar but not understood all the complicated technical jargon, this class is calling your name. The goal of this introductory course is to teach you about solar in a fun and simple way. This class covers the basics of solar electricity, along with the components, workings and applications of personal solar. Learn how to determine the solar energy needs of your appliances and devices. Master the components of a personal solar system. This nuts-and-bolts class will prepare you to build a solar system for use in your home, shed, cabin, garden, are anywhere else you could use portable, reliable power. We will show you your next steps towards clean energy and teach you the fundamentals necessary to build your own solar station. This class is the pre-requisite for Assembling My iHold Battery Pak and Building My iGet Solar Panel.

Joaquin Thomas

4142	1 session	Tuesday
	Sep 18	6-9pm
	\$49	FV 102

NEW! GoSolar! Workshop: Assembling My iHold Battery Pak

Pre-requisite is GoSolar Workshop - Understanding My iUse Personal Solar System which will be held on 9/18. This is [part 2](#) of the GoSolar workshop series that guarantees you'll finally understand what solar power is all about. We'll help you build your own personal solar system that powers kitchen appliances for cooking, lights for the shed or garden, or just about anything that could use clean, reliable energy. In this class you'll build an iHold Battery Pak to store the charge from your panel. You must purchase the iHold Battery Pak Kit one week before attending the workshop and bring it with you. Visit www.GoSolarWorkshop.com/ com-ed to purchase your kit for \$150.00.

Joaquin Thomas

4143	1 session	Tuesday
	Sep 25	6-9pm
	\$25	FV 105

NEW! GoSolar! Workshop: Building My iGet Solar Panel

Pre-requisite is GoSolar Workshop - Understanding My iUse Personal Solar System which will be held on 9/18. This is [part 3](#) of the GoSolar workshop series that guarantees you'll finally understand what solar power is all about. We'll help you build your own personal solar system that powers kitchen appliances for cooking, lights for the shed or garden, or just about anything that could use clean, reliable energy. In this class you'll build an iGet Solar Panel for your personal solar system. You must purchase the iGet Solar Panel Kit one week before attending the workshop and bring it with you. Visit www.GoSolarWorkshop.com/ com-ed to purchase your kit for \$150.00. iGet Solar Panel Kit

Joaquin Thomas

4144	1 session	Thursday
	Sep 27	6-9pm
	\$25	FV 102

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
	Dec 8	9-11:30am
	\$35	FV102

Basic Home Repair: Plumbing

Do you have a leaky faucet but don't want to have to pay to have the entire fixture replaced? You may not have 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
	Dec 8	12:30-3pm
	\$35	FV102

NEW! Fall Garden Clean Up

Preparing your gardens for winter means a certain amount of cleaning up, packing up, and preparing for spring. Learn what to do (and what not to do) to your perennial beds and vegetable gardens for an easier and more successful season next year.

Ramsey County Master Gardeners

130 1	1 sessions	Tuesday
	Sep 27	7-8:30pm
	\$19	FV102

NEW! Ornamental Grasses

Ornamental grasses add texture, color, and interest to any yard or garden. Learn about a wide variety of ornamental grasses that work well in our Minnesota climate and adapt to just about any site or purpose. This presentation includes numerous photographs of ornamental grasses, along with brief descriptions and growing habits.

Ramsey County Master Gardeners

2221	1 session	Monday
	Nov 14	7-8:30pm
	\$19	FV 100

Write Your Own Will

Whether you are married, single, or divorced, it's important to have a will to make sure your wishes are honored. Learn about estates and wills and prepare a complete legal will during class. You are provided with all instructions, a professionally prepared form, witnesses, and a notary public. This class is appropriate for people who have an estate of less than \$600,000 and do not own a business. Spouses must register separately. No trusts set up as a part of this planning process.

Mary Szondy

200-1	1 session	Wednesday
	Oct 23	6:30-9pm
	\$75	FV 108
4200-2	1 session	Wednesday
	Jan 9	6:30-9pm
	\$75	FV 108

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 nd & 4 th 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

No Class 11/16		
4000	8 sessions	Tuesday
	Sep 25-Nov 20	6:30-7:30pm
	\$19	Rsvl City Hall

Language Arts

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	6 sessions	Wednesday
	Sep 19 -Oct 24	7-8pm
	\$45	FV105

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 fo ASL 1 before moving on to more in depth conversations.

Denise Lau

1200-2	6 sessions	Wednesday
	Nov 7-Dec 12	7-8pm
	\$45	FV105

NEW! 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
	Nov 8	7-9:30pm
	\$55	FV 100

NEW! Beginning Spanish for Travelers

This course is for students who travel to Spanish speaking countries and want a brief introduction to the Spanish language.

Alicia Cappi

1258	5 sessions	Thursday
	Oct 18-Nov 15	7-9pm
	\$55	FV 116A

Continuation of Beginning Spanish 3-4

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

Alicia Cappi

No class	11/21, 12/5, 12/12, 12/19, 12/26, 1/2	
1250	11 sessions	Wednesday
	Oct 10-Jan 30	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 September to receive approval.

Alicia Cappi

No class 11/20, 12/11, 12/18, 12/25, 1/1

1251	11 sessions	Tuesday
	Oct 9-Jan 29	7-9pm
	\$119	FV 116A

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

Book Discussion ♦

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

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



Mind & Body



NEW! Real Beauty for Real Women

Do you need a little guidance about make-up WITHOUT pressure from a salesperson? This class teaches simple, tricks to help you look your best at any age or with any skin type. Bring your own make-up and we will discuss techniques and products used by professionals and what you can do to create great results. This class is taught by a licensed make-up artist NOT a sales rep.

Angela Morris

7593-1	1 session	Thursday
	Oct 4	6-9pm
	\$29	FV 100
7593-2	1 session	Thursday
	Dec 13	6-9pm
	\$29	FV 100

NEW! Avoiding the Diabetes Epidemic with Real Food

Are you diabetic, pre-diabetic, or concerned about your blood sugar? If so, you know high glucose levels can damage your health. If you haven't been successful in managing your blood sugar, are you ready for a new approach? Learn nutritional strategies that are based on cutting-edge research and clinically proven. You will be surprised how well you can eat while losing weight and returning to good health.

Nutrition Health and Wellness

7505	1 session	Thursday
	Oct 18	6-8pm
	\$29	FV 100

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.**

Angelie Ryah

7593	2 sessions	Monday
	Oct 29	7-8:15pm
	Nov 12	6:30-8:30
	\$45	FV 108

NEW! Soothe Those Achy Joints

Do you have joints that ache - a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint Lubrication Exercises are quite simple and easy to do yet produce rather remarkable results. You will also learn a simple technique that will align joints properly to cut down on wear and tear. We'll discuss the latest research and information on nutrients that can help us repair our joints as well as a breakthrough study on gelatin.

Janice Novak

7546	1 session	Monday
	Oct 15	10-10:30am
	\$29	FV 116A

Men's Discussion Group ♦

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

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

NEW! 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
	Oct 10	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	Tuesday
	Sep 18	6-9pm
	\$59	FV 100

Smoking		
7500-S	1 session	Tuesday
	Sep 18	6-9pm
	\$59	FV 100

Mind & Body

Jump Start your Metabolism

Is it harder for you to maintain a healthy weight or lose weight than it once was? Have you tried several different diets, but had trouble keeping the weight off? Do cravings sabotage your good intentions? Learn how eating real foods in balance can help you lose weight, eliminate cravings, increase energy, and decrease inflammation. Discover how to develop balanced meal plans utilizing foods you find in your grocery store. Let these foods rev your metabolism and discover the healthy way to feel your best.

Nutrition Health and Wellness

7523	1 session	Tuesday
	Sep 25	2-4pm
	\$29	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
	Sep 24	10-11:30am
	\$29	FV 116A

NEW! The Enneagram Personality Model: Path to Transformation

Learn from this insightful model not just what you do, but why you do it! The Enneagram describes core motives, strengths, blind spots, and what each type needs for balance and health. Participants will understand themselves and others better so they can enrich relationships, reduce conflict and have fun!

Angelie Ryah

7594	1 session	Thursday
	Jan 10	6:30-8:30pm
	\$35	FV 108

Caregiving Choices and Resources ♦

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

Jaymee Chanen, LSW

1551	1 session	Wednesday
	Dec 5	3-4:30pm
	\$15 per family	FV 108

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, Grief and Loss, Aging Self Image, Exercise Basics, 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
\$1.50	Pay at Door

Laughter Yoga

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

Lynne Vannelli

7556-1	2 sessions	Thursday
	Oct 11 & 18	7-8pm
	\$25	FV 102

NEW! Acupressure Face Lift

Here's a facelift you can do at home. Stimulating facial acupressure points can erase years from your face naturally. Bring a healthy glow to your skin, increase muscle tone, decrease puffiness and eye bags, reduce lines and prevent new lines from forming, decrease headaches, relieve eye strain, soothe nerves, and increase relaxation. Learn how to make your skin healthy from the inside out.

Janice Novak

7548	1 session	Saturday
	Sep 22	11am-12:30pm
	\$29	FV 100

NEW! Positive Approaches to Perimenopause and Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, mood swings, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, migraines, fibroids, exaggerated PMS, and more. In this workshop, you'll learn effective, self-help techniques. We'll discuss: what causes symptoms and how to get rid of them; how to get hormone levels measured - blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical hormones; acupressure points and breathing techniques to decrease hot flashes and other symptoms; nutritional musts; and a simple posture improvement technique. You will leave with multiple tools and techniques for restoring health and well-being.

Janice Novak

7547	1 session	Saturday
	Sep 22	9-10:30am
	\$29	FV 108

Mind & Body - Daytime

Market Place Morning Talk ♦

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

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

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

Vision Loss Group ♦

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

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

Foot Care Clinic ♦

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

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

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

Health Insurance Counseling ♦

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

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

Great Decisions: Foreign Policy ♦

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

Email: rasp@isd623/org or telephone: 651-604-3520.
RosePointe, 2555 Hamline Ave., Roseville

✓ Oct, 10th 2pm: Energy Geopolitics

The energy markets have been shaken by the instability of Middle East oil and the vulnerability of nuclear power. Moreover, developing countries like China are becoming bigger energy consumers, while energy producers like Russia see the opportunity to widen their influence. In this changed landscape, how will the U.S.'s energy needs affect its relations with other nations?

✓ Feb 12th 2pm: Exit from Afghanistan by Bill Davnie

Ten years after September 11, 2001, the U.S. is winding down its military commitment in Iraq and slowly pulling out of Afghanistan. What exit strategy will help these countries build stable democratic nations? How can the U.S. continue to achieve its counterterrorism goals? What is the role of the U.S. in the future of the Middle East?

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

New Attitudes ♦

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

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

Blood Pressure Screening♦

Free screening provided by qualified volunteers.

Weekly Thursdays
10-11:30am FV
FREE

Caregiver Support Group ♦

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

2nd & 4th Tuesday 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 Fridays
10am FV
FREE

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

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

Computer One on One Trouble Shooting Sessions ♦

Duane Manderscheid, computer volunteer, conducts one on one computer trouble shooting sessions. This is for individuals who have taken classes and have some computer skills but have questions and need some minimal assistance with Internet use, Word, Excel etc. 30 min session 651.604-3520
Registration required

2nd and 4th	Mon & Wed/Month
1-3pm	FV through November
Donation	Pay at Office

Billiard Night ♦

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

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

Beginner Bridge Class ♦

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

Register RASP office or online.

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

1:30-3:30 (8x)	Tuesday
\$45.50	FV 105
Sep 4-Oct 23	Book I
Oct 30-Dec 18	Book II

Wii Bowling ♦

This is an interactive and fun game that allows people to do video bowling and get some moderate exercise. *New comers welcome*

Weekly	Wednesdays
12-1:15pm	FV
\$1.50	Pay at Door

New! 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! Maintain Your Brain Station ♦

The Brain Fitness station includes games and books about brain health that can be checked out. The brain health program supports the four pillars of brain health (mental stimulation, physical activity, nutrition, and stress reduction). The games are located on the games & puzzle shelf and books in the library area of RASP's drop-in lounge. *Sponsored by Roseville Area Senior Program, Ramsey County Library, MELSA, and the Alzheimer Association, and funded by a Library Services and Technology Act grant.*

Daily	Mon-Fri
8am - 4pm	FV
FREE	

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

1566-1	1 session	Thursday	Sep 27
	1:30-5:30pm	\$20	FV 108
1566-2	1 session	Saturday	Oct 27
	8:30-12:30pm	\$20	FV 108
1566-3	1 session	Thursday	Nov 15
	1:30-5:30pm	\$20	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
	Oct 17	6-8pm
	\$29	FV 102

New! Enriching Your Family Tree Story

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

Sharon Powell

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

NEW! How to Make a Movie From Pictures

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

Sharon Powell

1582	1 session	Wednesday
	Oct 10	6-8pm
	\$29	FV 108

NEW! 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. Wear comfortable clothing and bring a pillow or mat for the floor if desired.

Kathy Wilken

1595	2 sessions	Tuesday
	Sep 11 & 18	7-8pm
	\$29	FV Gym 53

Beginning Energy Healing

This is an interactive class where students will learn the fundamentals of hands-on energy healing. We will utilize a variety of techniques including moving energy and sound. The goal is to have students begin to work on themselves and others as they bring their bodies back into harmony: physically, emotionally and spiritually.

Kathy Wilken

1561	6 sessions	Tuesday
	Nov 13-Dec 18	7-9pm
	\$79	FV 100

Advanced Psychic Development

Come and learn additional ways to get in touch with your psychic abilities. This is an advanced class so if you haven't taken a class from Kathy, you need to get permission to take the class.

Kathy Wilken

1560	6 sessions	Tuesday
	Sep 25-Oct 30	7-9pm
	\$55	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

New! Israel and the Middle East: The Challenge of Peace

Have you ever wondered why peace between Israelis and Palestinians has remained so elusive? This multi-media program, presented by a volunteer from the Jewish Community Relations Council, will outline key facts of history and geography, and the challenges that Israelis and Palestinians face in trying to reach reconciliation. Gain context for a story that, despite the distance from Minnesota, matters to all who long for peace.

Sally Abrams

1594	2 sessions	Tuesday
	Oct 23 & 30	7-8:30pm
	\$19	FV 108

New! Judaism on One Foot- Introduction to Jewish Beliefs and Practice

When Yiddish words are part of American speech, and bagels and lox are standard breakfast fare, Jewish culture has truly gone mainstream. But what are the beliefs, values and religious traditions upon which the Jewish faith is based? Come learn from your Jewish neighbor, a fellow Minnesotan, who will explain what Jewish life is like.

Sally Abrams

1593	1 session	Monday
	Nov 5	7-8:30pm
	\$15	FV 108

New! Magic 101

Are abracadabra and hocus pocus some of your favorite words? Are you fascinated by magicians like David Blaine and Criss Angel? You will learn, practice and present magic tricks or illusions that will amaze your family and friends.

Thomas Staffa

1600	3 sessions	Tuesday
	Jan 15, 22 & 29	6:30-8pm
	\$15	FV 102

Personal Interest

NEW! What is a Guardianship

Participants will learn the steps 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	Thursday
	Nov 15	7-8:30pm
	\$15	FV 100

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	Monday
	Dec 10	7-8:30pm
	\$39	FV 102

New! 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.

Resource Group Islamic

1592	1 session	Thursday
	Sep 27	7-9pm
	\$15	FV 100

NEW! Islam & Christianity: Similarities and Differences

This class will explore the similarities and differences between Islam and Christianity. It is recommended to attend the previous class "An Introduction to Islam and Muslims". 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.

Resource Group Islamic

1591	1 session	Thursday
	Nov 1	7-9pm
	\$15	FV 100

New! Effective Habits for Your Writing ♦

Do you want to write more—more often, more freely, more effectively—but fear you don't have the discipline, will power, or talent? What you really need, what really makes a writer, is the habit of writing. In the "Effective Habits for Your Writing" class, you will identify your writing (or nonwriting) habits and adapt them to achieve your writing goals.

Our weekly check-in will give you safe and supportive witnesses to help you become accountable to yourself. We'll use in-class writing, two-person processes action mapping and other exercises to explore the creative process, identify your priorities, generate plans, cultivate sustainable habits, and develop a support network to help you maintain your momentum. \$4.00 copy fee payable to the teaching artist. Co-sponsored by The Loft Literary Center, Heritage Place of Roseville and the Roseville Area Senior Program.

Register by contacting the The Loft Literary Center

www.loft.org/classes-at-the-loft-literary-center

adult classes or call 612-379-8999

Rosanne Bane, Instructor

Thursday, September 20-Oct 25 5-7pm
Heritage Place of Roseville, 563 Cty Rd B West Roseville
Regular Price \$186.00
Member Price \$167.40
Low Income Price \$130.20

New! Improving Communication While Caring for Loved Ones with Alzheimer's disease ♦

This disease can be nearly as frustrating and difficult on the caregivers/family as it is on the person with the disease. ComfortKeepers In-Home Care staff will facilitate a discussion and interactive training for family caregivers using nationally renowned Alzheimer's educator Teepa Snow's DVD called "It's All in Your Approach." Come gain support, insight and techniques to improve communications and interactions with loved ones suffering from Alzheimer's disease.

Register and pay at RASP office within two days prior to session date. Co-Sponsored by Roseville Area Senior Program, Roseville Schools Community Education and ComfortKeepers In-Home Care.

Thursday, September 27 6-8pm FV 116
or Tuesday Oct 9 1:30-3:30 pm FV 108
\$3 per household

NEW! CPR

American Heart Association

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

Tim Smith

7590	1 session	Saturday
	Oct 13	10-12:30pm
	\$49	FV 120

NEW! First Aid

American Heart Association

Receive your 2 year certification in first aid. You will learn how to treat wounds, fractures, burns and other common injuries along with gaining skills to handle different illnesses. You will receive information on how to care for common medical emergencies such as heart attack and stroke. You will also learn how to handle diabetic and allergic reactions. This class is intended for anyone who has a desire, need or requirement to be licensed and certified in basic first aid skills.

Tim Smith

7591	1 session	Saturday
	Oct 13	1-3:30pm
	\$49	FV 120

NEW! CPR & First Aid

American Heart Association

This class is intended for anyone who has a desire, need or requirement to be licensed and certified in basic first aid skills and CPR. Bring a lunch, there will be a lunch break from 12:30-1:00pm.

Tim Smith

7592	1 session	Saturday
	Oct 13	10-3:30pm
	\$69	FV 120

Follow the BONE Deer Cutting

This class will teach you the basic skills to cut your own deer. We will show you the proper care of the deer - do the actual field dressing, skinning, and cleaning the carcass. Next we will show you how to cut your deer, from pulling back straps for chops, to the hind for roasts and jerky and trim for ground venison and sausage. We will also discuss cooking methods - identifying what's better on the grill and tips on how not to overcook venison to avoid dry steak. New this year we will show you where the thyroid glands are and show you how to avoid them. We will have a road kill deer for hands-on experience. Included in this class is a new step by step picture book for quick reference.

We will have some deer cutting supplies available to buy; everything you need to cut your own deer. Bring a friend for FREE!

Kerry Swendsen

1570	1 session	Wednesday
	Oct 17	7-9pm
	\$45	PV Garage

Technology

60+ Adults Computer Series

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

Tim Daniels

4390	6 sessions	Wednesday
	Oct 3-Nov 7	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
	Oct 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
	Oct 31 & Nov 7	9am-Noon
	\$89	FV Comp Lab

File Management & Maintenance

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

Tim Daniels

4347	2 sessions	Wednesday
	Oct 17 & 24	9-Noon
	\$89	FV Comp Lab

NEW! Facebook and Social Media

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

Tim Daniels

4352	1 session	Wednesday
	Nov 14	9am-Noon
	\$45	FV Comp Lab

Buying & Selling on the Internet

Learn to sell or buy from Ebay and walk away with terms and tips for safety.

Tim Daniels

4397	1 session	Wednesday
	Dec 5	9am-Noon
	\$45	FV Comp Lab

Buying and Using a Digital Camera

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

Tim Daniels

4395	1 session	Wednesday
	Nov 28	9am-Noon
	\$45	FV Comp Lab

"My computer class was very worthwhile. The information was valuable and the instructors were topnotch and patient! I'd recommend them to any computer novice!"

Jim McCall

NEW! LinkedIn for Beginners

Candidates for this class may or may not have a LinkedIn profile. This class will cover getting the profile started and tools to use to improve your profile for job searching and career networking.

Mary Scundi

4349	1 session	Wednesday
	Oct 10	6:30-8:30pm
	\$19	FV Comp Lab

NEW! Intermediate LinkedIn

Expanding on the beginner class, this class focuses on ways to improve your profile and how to utilize LinkedIn to it's full potential to maximize your networking efforts.

Mary Scundi

4348	1 session	Wednesday
	Nov 14	6:30-8:30pm
	\$19	FV Comp Lab

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
	Sep 18 & 25	6-8pm
	\$99	FV Comp Lab

MS Word 2010/XP - Level 2

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

Dave Hayes

4308	2 sessions	Tuesday
	Oct 2 & 9	6-8pm
	\$99	FV Comp Lab

MS Excel 2010/XP - Level 1

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

Dave Hayes

4306-1	2 sessions	Tuesday
	Nov 20 & 27	6-8pm
	\$99	FV Comp Lab

MS Excel 2010/XP - Level 2

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

Dave Hayes

4307	2 sessions	Tuesday
	Dec 4 & 11	6-8pm
	\$99	FV Comp Lab

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

Fall - Lesson Schedule

No class Oct 18, 20, 31, Nov 6
 Monday Sept 24 - Nov 12
 Tuesday Sept 25 - Nov 13
 Wednesday Sept 19 - Nov 14
 Thursday Sept 20 - Nov 15
 Saturday Sept 22 - Nov 17

Winter - Lesson Schedule

Tots and Preschool No class Feb 16
 Saturday Jan 12-Mar 2
 Tuesday Jan 15-Mar 5
 Thursday Jan 17-Mar 7

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

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

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-F1	\$49 Fall	#92-F2	\$56 Winter
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Red Cross Youth Swim Lessons 5-14 years - Fall 2012

Beginner I

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

Beginner II

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

Advanced Beginner A

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

Advanced Beginner B

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

Intermediate

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

Swimmer

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

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		\$56
Sat	10:55-11:40am	Beg I #81-F2	Beg II #82-F2	Adv Beg B #84-F1		\$56
Mon	4:35-5:20pm	Beg I #81-F3				\$56
Mon	5:30-6:15pm	Beg I #81-F4	Beg II #82-F3	Adv Beg B #84-F2		\$56
Mon	6:25-7:10pm	Beg I #81-F5	Beg II #82-F4	Adv Beg A #83-F2	Swim #86-F1	\$56
Wed	5:10-5:55pm	Beg I #81-F6	Beg II #82-F5	Adv Beg A #83-F3		\$56
Wed	6:05-6:50pm	Beg I #81-F7	Beg II #82-F6	Adv Beg B #84-F3		\$56
Thur	5:05-5:50pm	Beg I #81-F8	Beg II #82-F7	Adv Beg A #83-F4		\$56
Thur	6:00-6:45pm	Beg I #81-F9	Beg II #82-F8		Inter #85-F1	\$56

Winter Youth Lesson Schedule distributed in Roseville Area Schools in December

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.



Fall

Sept 4 - Dec 13
No Class Oct 18, Nov 22

14 sessions	Monday			
8:30-9:15am	#90-F1	\$84	\$75.60	Sr
15 sessions	Tuesday			
8:30-9:15am	#90-F2	\$90	\$81	Sr
15 sessions	Tuesday			
9:20-10:05am	#90-F3	\$90	\$81	Sr
15 sessions	Wednesday			
8:30-9:15am	#90-F4	\$90	\$81	Sr
13 sessions	Thursday			
8:30-9:15am	#90-F5	\$78	\$70.20	Sr
8 sessions	Monday			
Sept 24-Nov 12	7:15-8:00pm	#90-F6	\$48	\$43.20 Sr
8 sessions	Wednesday			
Sept 19-Nov 14	7-7:45pm	#90-F7	\$48	\$43.20 Sr
No Class 10/31				

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

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

September 4 - January 4

No swim evenings of:
Sep 4, Nov 6, Dec 27

No swim during the day:
Sep 8, 15, Oct 20, Nov 22-24,
Dec 15, 22-25, 29, 31, Jan 1

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

Open Swim

parents must accompany children under 4' tall in pool

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

Fall

Sept 5 - Dec 12

29 sessions	Mon & Wed			
Mon 9:30-10am & Wed 10:15- 10:45	#91-F1	\$116	\$104.40	SR

Winter

Jan 2 - Mar 6
No Class Jan 21

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

Private Lessons: call 651-604-3770 for info

Preschool & Family Education

NEW! Fairy Tales

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

Early Childhood Professional

474	3 sessions	Thursday
	Oct 11-25	6:15-7:15pm
	\$35	FV 140

NEW!

Super Heros in Training

Ages 3^{1/2}-5 parent drop-off
Come create shields masks and more. This class will develop children's fine motor skills, increase their ability to express themselves and gain self-confidence. Kids are welcome to come in uniform. Parent drop-off, however we invite you to join us for the last 10 minutes of class.

Early Childhood Professional

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

NEW!

Lil' Chefs (Italian Food)

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

Early Childhood Professional

473	3 sessions	Thursday
	Jan 10-24	6:15-7:15pm
	\$35	FV 140



How to Win College Scholarships

With the cost of a four-year college exceeding \$100,000, scholarships seem more attractive than ever. Yet, few parents and students know where to start. Few know that you don't have to be an academic superstar to win free college money. This popular course is taught by a recent Harvard and UC Berkeley graduate who won nearly \$250,000 in scholarship money, and worked in the Harvard financial aid office. He will teach you where to find unadvertised scholarship opportunities, how to complete scholarship forms and gather materials, and what works and what doesn't work in competing for scholarship money. Learn from a pro and cut college costs!

Jason Lum

8000	1 sessions	Thursday
	Sep 27	7-9pm
	\$15 per family	FV 108

Guiding Our Children through Life's Challenges

Free

November 15

6:15-6:30 Check-in & Refreshments
6:30-8:00pm Presentation

child care provided (pre-registration required)
Call Lisa @ 651/265.2433

Northwest Youth and Family
Services Discovery Center
3490 Lesington Ave N,
Shoreview, MN 55126

The life journey of our children will inevitably present them with challenges along the way. This session will provide parents with insights and practical strategies for helping their children: Manage their thinking in order to make choices that result in more successful and positive experiences • Learn from mistakes and move outside their comfort zone. • Find ways to enhance and become part of their child's education. • Communicate more effectively and improve their relationship with their children. • Develop positive mental habits. *Paul Bernabei directs Top 20 Training that provides training seminars and materials to empower students, teachers and parents to develop their potential. He and his TOP 20 team have trained over 200,000 students, educators, parents and other adults throughout the United States*

Presented by:
Soup it Up for Kids

Incollaboration with:
Working Family Resource • Mounds view Public Schools • Roseville Area Schools • Suburban Ramsey Family Collaborative • Northwest Youth and Family Services

Out-of-School Time



Friendship Connection

651/604.3505

www.ISD623.Org/CommEd/Youth

Monday-Friday, 6:30am-6pm

Non-school days

(except major holidays)

School year & summer

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

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

A minimum of 3 days is required.

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

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

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

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

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

Lynn Sager

Early Childhood & Preschool



Is Your Child On the District Census?

651/628.6449

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

Early Childhood Family Education

651/487.4378

Community families with infants, toddlers and preschoolers are invited to an Open House on Thursday, September 20 from 6-7:30 pm. Our Early Childhood Center is located on the lower level of Parkview Center School. Enter through door #19. The program will start its daytime classes the week of September 24. Tuesday evening and Saturday classes will begin the week of October 8. Registrations are on-going. The program's listing of classes can be found at: www.isd623.org/commed/ecfe or by calling the number above.

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

ECFE Parent

Early Childhood Screening

651/487.4378

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

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

Adult Learning Center



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

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

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

English Learner

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

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

In Order to Enroll in EL,

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

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

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

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

eligibility. . .

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

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

Dual Enrollment

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

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

On-Line Learning

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

Distance Learning/Basic Skills

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

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

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

Roseville Area Senior Program



Roseville Area Senior Program

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

651/604.3520

rasp@isd623.org

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.

Bus Rides Available

Monday-Friday, 8 am to 4 pm.

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

Bus Ride Scheduling

Monday-Friday, 8am - 1pm.

5 day advance notice is suggested for a ride request.

Medical Rides

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

Medical Rides Available

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

Donation requested.

Medical Ride Scheduling

Monday-Friday 8am - 1pm

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

Limit ride request to one per week.

Educational and Social Activities Groups/Classes

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

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

Volunteer Opportunities

651/604.3520

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

- Transporting older adults to medical appointments
- Care Support Group Facilitator
- Program Assistant
- Special Event
- Meals on Wheels Home Assessment
- Friendly Visitor
- Office receptionist - Friday am

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

Service Coordination

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

Support Homebound Volunteers

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

Flaming Spoon Café

at Fairview Community Center

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

Lunch

11:00-12:30pm

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

Full Meal deal for \$4.00

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

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

Ala Carte from \$0.55 to \$2.50

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

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

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

All Ages
Welcome!

The Best Lunch Deal in Town!

Roseville Craft and Gift Shoppe ♦

Open Monday-Friday

9:30am- 3:30pm

651-604-3529

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



Notes for Life Series: ♦ Designed to Improve the Quality of Your Life

Thursday, November 1

Topic and Speaker to be Announced

Note time change: 9:30-11:30

\$2 at the door

Roseville Library, 2180 Hamline Ave North

Register by the Monday prior by calling
651-604-3520 or rasp@isd623.org

Sponsored by the Life by Design Group:
Roseville Area Senior Program --Information/Referral, Education & Essential Services for Seniors, Thrivent Financial Services, Heritage Place of Roseville, Lifestyle Community with Services, Comfort Keepers

Roseville Craft and Gift Shoppe Annual Holiday Sale ♦

Thursday Oct. 18 and Friday Oct. 19

8:30 am – 4 pm and

Saturday Oct. 20 8:30 am – 1 pm

Fairview Comm. Center

1910 Co Rd B West

You are invited to stop and shop for homemade baked goodies and hand crafted gift items. Featuring quilts, ceramics, wood crafts, jewelry, knit and crochet items, clothing, holiday decorations and more! For more information call 651-604-3520. The Craft and Gift Shoppe is sponsored by the Roseville Area Senior Program and the North Suburban Senior Council Inc.

Registration Information



Welcome to Roseville Community Education!

www.ISD623.org/CommEd

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

651/604.3770

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



4 Easy Ways to Register!

Are You In?

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

Cancellations

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

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

Refunds

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

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

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

Fee Assistance/ Scholarships

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



Online

www.ISD623.Org/commed

and click on
Community Education
Online Registration



Mail



Walk-in:

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



Fax

to 651/604.3772

UCare MN

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

Senior Discount

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

Satisfaction Guaranteed

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

BH - Brimhall Elementary

1744 County Road B West
Roseville, MN 55113

CP - Central Park Elementary

535 County Road B2 West
Roseville, MN 55113

EDG - Edgerton Elementary

1929 Edgerton St
Maplewood, MN 55117

EDW - Emmet D. Williams Elementary

955 County Road D West
Shoreview, MN 55126

FH - Falcon Heights Elementary

1393 Garden Ave West
Falcon Heights, MN 55113

LC - Little Canada Elementary

400 Eli Road
Little Canada, MN 55117

PCS -

Parkview Center School

701 County Road B West
Roseville, MN 55113

RAMS -

Roseville Area Middle School

15 County Road B2 East
Little Canada, MN 55117

RAHS -

Roseville Area High School

1240 County Road B2 West
Roseville, MN 55113

FV -

Fairview Community Center

1910 County Road B West
Roseville, MN 55113

DC - District Center

1251 County Road B2 West
Roseville, MN 55113

Try Online Registration - it's fast & easy!

www.ISD623.Org/commed

Click on Community Education Online Registration

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

Participant Full Name _____

Street Address _____ City _____ Zip _____

Home Phone _____ Work Phone _____ Mobile _____

Emergency Phone _____ Other _____

Email Address _____

Male Female Birthdate _____ Age _____

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

Class # _____ Title _____ \$ _____

Class # _____ Title _____ \$ _____

Class # _____ Title _____ \$ _____

AQUATICS

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

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

Youth Ages 0-18

Parent/Guardian Full Name _____

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

Student's Grade _____ School Attending _____ Classroom Teacher _____

After class my child:

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

Discounts

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

Senior 60+ Yes No

Payment Information

Total Registration Amount \$ _____

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

Authorized Signature _____ Date _____

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

Credit Card number _____

Expiration Date _____

Little Canada Parks & Recreation

City Offices

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

**651/766.4029
651/766.4048 FAX**

**Jim Morelan
Director**

**Don Bowman
Recreation Supervisor**

**Katie McGinnity
Recreation Supervisor**

Activities schedule

This may be only a partial list of activities for the fall/winter registration period due to the early printing deadline.

Watch for further information via our website, our newsletter, The Review, Cable Channel 16, and flyers distributed at elementary schools. Please call Jim Morelan at the Parks and Recreation Office 651/766.4045 with questions.

Want to help?

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

Youth

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

Online registration for the following activities begins August 1

AfterSchool Basketball
Girls & Boys: Entering Grades 3-6
Program runs approximately
Early September-Early October
Registration deadline: August 24

Basketball League
Girls & Boys: 3-8th grade
Program runs approximately
Mid-November - Mid-March
Registration deadline: October 19

Fall Gymnastics
Girls & Boys: 5-12 years old
Program runs nine weeks, beginning
Tuesday evenings on September 25
Registration deadline: September 21

Online registration for the following activities begins Nov 1

Basketball Clinic
Girls & Boys: 1st & 2nd grades
Program runs six weeks
beginning in early-January
Registration deadline: December 14

Skating Lessons
Girls & Boys: 5-12 years old
Program runs approximately Jan-Feb
Registration deadline: December 14

Winter Gymnastics
Girls & Boys: 5-12 years old
Program runs nine weeks on Thursday
evenings beginning in January
Registration deadline: December 14

Hockey Skills
Girls & Boys: 5-12 years old
Program runs approximately Jan-Feb
Registration deadline: December 14

Adult

55 Alive Driver Classes
Session I Nov 3 9am-5pm
Session II Nov 5 9am-1pm
Session III Nov 7 6-10pm
Cost is \$16/session
Register online at
www.ci.little-canada.mn.us
or at Little Canada City Hall
Bring your AARP Membership Card
to class to receive \$2 cash back

Online -You're First in Line

Online registrations are accepted for most activities offered by the Little Canada Parks & Recreation Department.

It's Easy!

- * Search for activities
- * Review program details
- * Check on available openings
- * Register online

