

Roseville Community Education

www.ISD623.Org/CommEd



Snap It!

Find Us!



New! Evening Preschool Classes pg 33

Roseville Community Education Directory

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

PROGRAMS

Community Education 651/604.3500

Adult Basic Education	651/604.3553
Adult Enrichment	651/604.3770
Adults w/ Disabilities	651/604.3770
Aquatics	651/604.3770
Building Reservations	651/604.3510
Cultural Services	651/604.3771
Early Childhood Family Education	651/487.4378
Early Childhood Screening	651/487.4378
Out-of-School Time Youth Programs	651/604.3770
School Age Care	651/604.3505
Jump Start to K	651/604.3511
School Readiness	651/604.3578
Senior Program	651/604.3520
Targeted Services	651/604.3508

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NEW! Evening Preschool Enrichment



**Looking for Evening Opportunities
for you preschooler?**

**Want to expose your child to Art,
Science and Cooking.....**

**New! Evening preschool classes!
Ages 3-6**

Page 33 for more information.



Spanish and French for Travel pg 18.....



Power Tools for Women pg 16.....



Build an Outdoor Room pg 16.....



Wine Making pg 26.....



What Inspires You?



MISSION STATEMENT

To identify needs, link resources, and facilitate programs and services for people of all ages and abilities. Through this we will strive to improve the quality of life in our communities by empowering youth and adults, promote the process of self-directed life-long learning, understand and respect human diversity and interdependence, and constantly evolve as a customer-focused service to meet the challenges of the future.

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 Sampler Class

Mosaic Get Together! Come with friends for a night out or by yourself. This is a good time to relax and create. Glass mosaics is a hot home decorating trend! This updated ancient art form is now easy to do and even the most creatively challenged will leave with a beautiful piece of art. You can choose from either a wall mirror in a variety of shapes to or a side table about 16 inches square to place by your favorite chair. All the tedious glass cutting is done and supplies are provided. Just bring a creative spirit and go for it! The second night we may get dirty wear old clothes and bring a small jar with lid if you are doing the table. If you don't finish the project the first night, you'll have homework. **\$18 material fee for mirror or \$28 for table collected in class. Must specify which project when registering.**

Peggy Ingles

1062	2 sessions	Tuesday
	Sept 27-Oct 4	6-9pm
	\$39	CP 118

NEW! Crocheting for Beginners

Want to make your own dish rags, blankets, and more? This class will teach you the basic crocheting techniques and how to read patterns. Yarn, book, and a crochet hook will be provided. **\$10 material collected in class.**

Deanna Miller

No Class 10/31

1002	6 session	Monday
	Oct 3-Nov 14	6-8pm
	\$65	FV116A

NEW! Intermediate Crocheting

This class is for students who are comfortable with crocheting materials and basic stitches. We will work on reading patterns, turning corners, changing colors, fringe, and that old crocheting standby - the Granny Square! You will begin work on either a purse or a detailed scarf in class. Please bring two skeins of worsted weight acrylic, polyester or wool fiber yarn in complimentary colors and one G or H hook to class.

Clare Lockman

1143	3 sessions	Tuesday
	Oct 18-Nov 1	6-8pm
	\$39	FV 102

GLASS BLOWING

NEW! Leading Stained Glass in the German Tradition

Traditional German-leading is becoming a lost art form. Be an active participant and help to continue the tradition! This two-day course is intended to teach and refine stained glass leading skills as they apply to larger art glass panels. In this class we will create a clear glass panel, concentrating on accurate glass cutting and leading concepts to build confidence in fabricating art glass in future works. Beginners welcome!

\$150 material fee collected in class.

Mark Hall

1067	2 sessions	Sat/Sun
	Jan 21 & 22	1-4pm
	\$35	FOCI Glass

Hot Glass Social

If you are curious about what it's like to work with molten glass, this hands on experience and glass blowing demo by Foci Artists is the perfect way to test the waters. Guests can roll up their sleeves, pick up a tool, and make their own colorful paperweight. Participants may bring food & beverages.

FOCI Glass

1064	1 session	Saturday
	December 3	1-5pm
	\$75	FOCI Glass

Class Located at:

Foci Glass

Minnesota Center for Glass Art

2010 E Hennepin Ave

Minneapolis, MN 55413

Printmaking

Relief Printmaking and Etching

Use an ancient art form to create unique, reproducible images. Etching is a way to create imagery that involves using acid to eat lines out of a metal plate. Relief printing involves carving images into linoleum or wood. You decide if you want to learn both processes or focus on one. We will also explore the rich history of print media, as well as contemporary images to gain insight and inspiration. All levels welcome.

Laura Corcoran, John Mahnke

1057	8 sessions	Tuesday
	Sep 13-Nov 1	6:30-9pm
	\$119	RAHS D114

Pottery

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

\$15 material fee will be collected in class.

Paul Moeller

Winter No Class 11/8

Wheel

1055-W	8 sessions	Tuesday
	Oct 4-Nov 29	6:30-9pm
	\$125	RAHS D114

Hand Building

1055-H	8 sessions	Tuesday
	Oct 4-Nov 29	6:30-9pm
	\$125	RAHS D114

Spring No Class 2/7

Wheel

1055-W	8 sessions	Tuesday
	Jan 10-Mar 6	6:30-9pm
	\$125	RAHS D114

Hand Building

1055-H	8 sessions	Tuesday
	Jan 10-Mar 6	6:30-9pm
	\$125	RAHS D114

NEW! A Collection of Christmas Earrings

Easy and fun, we'll make a collection of delightful earrings (and matching pendants) in an evening. Your gift-giving list: DONE! Swarovski crystals add a touch of elegance. All supplies provided, just come and create! Choose from Christmas trees, angels, snowmen, candy canes, and more. Bring jewelry making tools if you have them. **\$5 material fee per earring pair or pendant collected in class.**

Lorri Kaas

1080	1 session	Wednesday
	Nov 30	6:30-9pm
	\$19	FV 102

NEW! Southern Pine Basket Weaving

Expand your horizons: Attach pine needles to wooden bowls to create a unique and useful conversation piece. All natural raw materials used. You will learn basic stitches, which will enable you to create your own designs. Supplies provided. Relaxing and rewarding.

Dorea Arguelles

1071	4 sessions	Wednesday
	Oct 19-Nov 9	2-3:30pm
	\$65	FV 116A

No class 10/31

1071-2	4 sessions	Monday
	Oct 17-Nov 14	7-8:30pm
	\$65	FV 100

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! Felted Tote Bag

Learn the art of traditional wet feltmaking using colorful wool fibers. No knitting required. Create a seamless felted tote bag with a pocket. This sturdy tote is perfect for carrying books, your laptop and other necessities. A variety of handle options available for an additional fee, or you can provide your own handles. **\$32 material fee collected in class.**

Leslie Granbeck

1013	1 session	Saturday
	Dec 3	10am-4:30pm
	\$45	FV 105

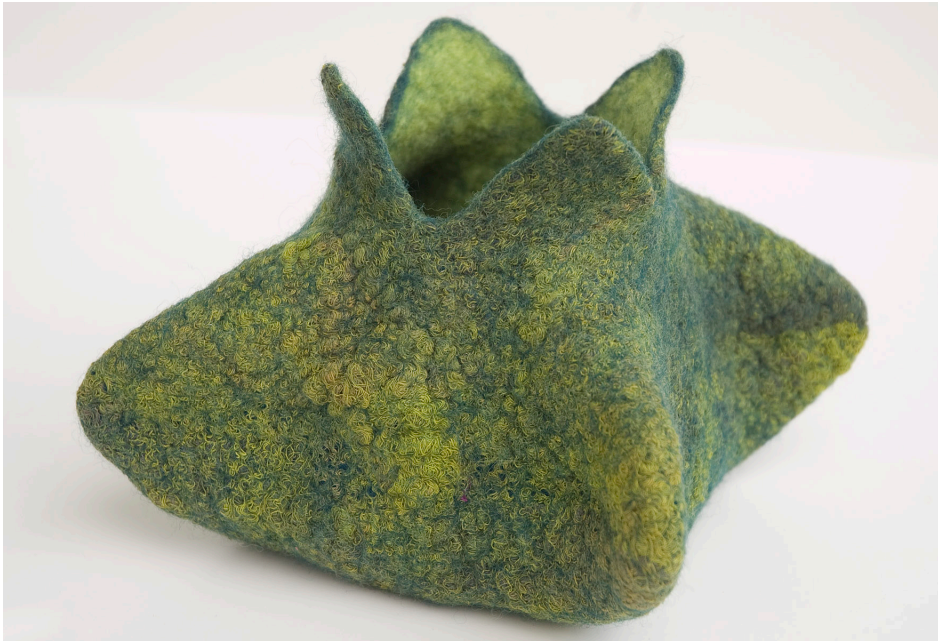
NEW! Knitting for Beginners

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

Deanna Miller

1003	6 sessions	Thursday
	Oct 13-Nov 17	6-8pm
	\$65	FV 100





NEW! Felted Vases, Vessels and Bowls

Learn the art of seamless 3-D wet felting. Using wool and a variety of natural fibers, felt a small vessel to hold trinkets, chocolates or to simply brighten up any shelf. Choose bright or natural colors, then “sculpt” your vessel into any shape from organic to contemporary. You can even make it reversible. We’ll be working with water, so dress for mess. **\$20 material fee will be collected in class.**

Leslie Granbeck
 1014 1 session Saturday
 Nov 5 10am-2:30pm
 \$35 FV 105

Beginning Drawing

This is a class for beginners who want to learn how to make a good looking drawing. We start at the beginning and cover various drawing media and tools available. Participants will learn how to use a number of drawing techniques as they create their own works in charcoal and graphite. All materials will be supplied by the instructor. **\$12 material fee will be collected in class.**

Kyle Marsh
 1043 4 sessions Thursday
 Nov 10-29 6:30-8:30pm
 \$39 LC Art

NEW! Jewelry: Metal Fabrication

Learn to use a jeweler’s saw and solder to create one-of-a-kind jewelry from sheet metal. You can create unique pendants, earrings, pins, etc. Simple shapes to complicated forms can be created using this flexible art form. No experience necessary. All levels welcome.

Laura Corcoran, John Mahnke
 1059 4 sessions Monday
 Jan 9-Feb 6 6-8pm
 \$95 RAHS D114

NEW! Felted Beads and Jewelry

Roll up your sleeves and learn a variety of wet felting techniques! With a little soapy water, transform colorful wool fibers into beads and pendants to use in jewelry and accessories. Learn to layer colors, shape, coil and embellish your felted creations for added fun. You’ll also make a cuff-style bracelet complete with a felted button closure. **\$15 material fee will be collected in class.**

Leslie Granbeck
 1015 1 session Thursday
 Oct 13 6-9:30pm
 \$35 FV 108

Stitch-N-Chat ♦

Join us weekly with your current sewing or needlework project. No need to register.

Weekly	Fridays
1-3pm	FV
Free	

NEW! Stained Glass Window

Glass mosaic art combines the creativity of ancient mosaic design and the brilliance of colorful stained glass windows. This technique produces detailed designs by using small glass pieces, glue and grout and eliminates the need for expensive traditional stained glass equipment. All glass will be cut and ready for you to begin your project the first night. The second night will be spent applying finishing touches to your masterpiece. On the second night please wear old clothes, bring old terry towels, and a pint size jar with a lid. Create your own free form design or use one of the simple patterns available at the first class. **\$15 material fee will be collected in class.**

Peggy Ingles
 1063 2 sessions Monday
 Nov 7 & 14 6-9pm
 \$39 CP118

Cooking

Lefse

Just in time for homemade Lefse at the holidays. 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! Learn the fine points in making the dough, baking, storing and of course how to serve lefse. A bonus is you will learn a bit of history and humor too. 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 to bake then share with family/friends.

Laurel Severson

1162	1 session	Tuesday
	Dec 6	6-9pm
	\$39	RAHS D104

NEW! Tantalizing Thai Cuisine

We'll begin with fresh Vietnamese summer rolls served with hoisin, peanut dipping sauce and nuoc cham (classic Vietnamese table sauce). Pad Thai follows blending the vibrant flavors of Thailand with rice noodles and shrimp. Next, you'll enjoy mussamun curry, an Arab-inspired Thai classic using chicken in combination with potatoes in a rich curry coconut cream sauce with Jasmine rice. We'll finish with crispy banana fritters served with ice cream, chocolate and caramel sauces.

Jeff Sandino

1172	1 session	Tuesday
	Sep 20	6-9:30pm
	\$39	RAHS D104

Truffles -- Candies for All Occasions

Just in time for the holidays and all those other special 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 will be collected in class. Optional \$16 truffle kits are available for purchase for future candy making projects.**

Nancy Burgeson

1116	1 session	Wednesday
	Nov 9	6-9pm
	\$29	RAHS D104

Great Pizza and Pasta

Do you think that all pizzas and pastas are starting to taste the same no matter where you go? Then why not try to make them yourself? Learn how to make and hand toss dough that's almost foolproof, then add fresh sauce and delicious toppings. In addition, you will discover how to make fresh pasta, including ravioli, which is better than what you find in grocery stores, yet at a fraction of the cost.

David Abdel Monem

1106	1 session	Monday
	Jan 9	6-9pm
	\$39	RAHS-D104

NEW! Magnificent Muffins and Popovers

Muffins (and their larger-sized quick breads) may be sweet or savory. Adjust the baking time (less than 30 minutes) for muffins to less than 1 hour for quick breads and a single recipe yields both! We'll feature remarkable recipes to taste in class and take home PLUS tips, techniques and equipment to ensure success every time. Recipes include: Blueberry, Cinnamon Crunch, Bran-Corn, Dried Cherry, Fresh Ginger, Golden Raisin, Maple Sour Cream, Sliced Fresh Lemon plus flavored butters and a variety of glazes and toppings. Popovers are perfect - serve alone or insert your favorite filling to create a special meal. And of course, expect to learn all the valuable tips to ensure success every time!

Laurel Severson

1156	1 session	Wednesday
	Jan 18	6-9pm
	\$39	RAHS-D104

We have something for everyone!

Coupon Mania *pg 23*

Landlording 101 *pg 17*

Knife Skills *pg 8*

Jewelry: Metal Fabrication *pg 4*

Living Clutter Free *pg 26*



NEW! Appetizers

Create over 20 appetizers that require 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	Thursday
	Sep 15	6-9pm
	\$39	RAHS D104

NEW! Classic Chateaubriand

We'll start with delightful autumn salad with crispy granny apples, candied walnuts, feta cheese and dried cranberries in a raspberry vinaigrette. Next, we'll feature "Chateaubriand" center cut tenderloin of beef seared, roasted and served with bordelaise, bearnaise and pepper sauce. Accompaniments will include creamy potatoes au gratin and fresh steamed asparagus tossed with olive oil and fresh squeezed lemon. We'll finish with creme caramel, an exquisite homemade custard served in a pool of caramel. It's to die for!

Jeff Sandino

1173	1 session	Thursday
	Dec 15	6-9:30pm
	\$39	RAHS D104

Classic Soups and Famous 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 French 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	Monday
	Oct 17	6-9pm
	\$39	RAHS D104

NEW! FISH - From Fresh Water to Saltwater

Learn to prepare fresh water fish from our 10,000 lakes such as Northern Pike, Walleye, and Trout. Saltwater fish such as Salmon, Cod, Tilapia, and Red Snapper are an excellent source of nutritional value as well as flavor. The dinner menu will include a walnut crusted Walleye, Northern Pike in a healthy rich cream sauce (you have to taste to believe), and a pan seared trout with white wine and capers. Our salt water fish will be poached Tilapia and fresh vegetables, smoked grilled salmon, and depending on the season, either a whole red snapper baked to absolute perfection or pan seared cod in a dill cream sauce. Please note that in this class, I will be using whole fish to teach correct filet methods and I'll explain why whole fish definitely has a great taste.

David Abdel Monem

1150	1 session	Thursday
	Oct 13	6-9pm
	\$45	RAHS D104

Fondue Fun

Tired of working in the kitchen? Solution - bring fondue to your table! Any time is the right time for fondue - with family, guests or at a party. In the 18th century, creating a way to utilize hardened cheese and bread, the Swiss melted the cheese, added wine and dunked bread cubes in the mixture. The name itself came from the French word "fondre" which means to melt. We will create fondues from around the world: Traditional Cheese, Classic Swiss Cheese, Beef Bourguignonne, Crab, Bleu Cheese and Tempura. Of course, we'll dunk delicate tidbits of fruit, cake or brownies in wonderful dessert fondues - flavored chocolate fondues plus butterscotch fondue. We will make a variety of sauces and dips to round out the menu.

Laurel Severson

1127	1 session	Monday
	Sep 26	6-9pm
	\$39	RAHS D104

NEW! Kombucha 101 How to Make the Divine Tea

Fermented foods have been used for thousands of years to bring good health through better digestion. The added benefits of liver support and decreased inflammation make it enticing to get comfortable with the ins and outs of brewing this bubbly, sweet-sour beverage. Tastes and starter culture included.

Barb Bredesen

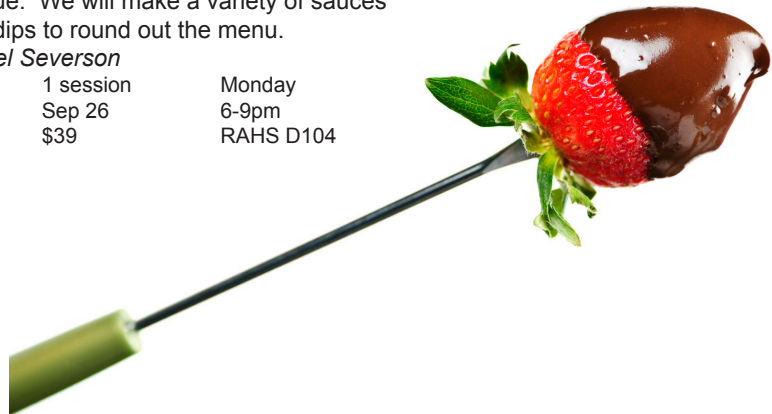
1174	1 session	Tuesday
	Sep 27	6:30-8:30pm
	\$29	RAHS D104

NEW! Knife Skills

Handling a knife with skill is a basic building block of cooking, giving you greater consistency and confidence in the kitchen. We'll explore the basic techniques and learn about which knife is best suited for specific jobs. We'll also take a look at knife styles: Japanese vs. traditional, beveled vs. standard and more. Plus, you'll find out when it's worth spending the extra money and when it's not--finding a solution for any budget. Learn how to maintain your knife as you learn sharpening techniques and see actual demonstrations. We'll examine cutting board options and discuss sanitation, cleaning and proper storage of your utensils. Meal preparation will be faster, easier and more enjoyable when you learn to slice and dice like a professional!

Jeff Sandino

1171	1 session	Tuesday
	Nov 1	6-9:30pm
	\$39	RAHS D104



Dance & Music

NEW! Empowering Your Voice

Do you sing in the car, in the shower, or just plain anywhere? This class is for any casual singer who wants a quick survey of singing techniques that take professional vocalists years to learn. We will take a look at posture, mouth shape, breath support and placement--the four elements that determine tone--and will run through exercises you can do at home to find your true voice. You will leave the class with a note sheet, a practice CD and a better understanding of the craft of singing.

Clare Lockman

2220	1 session	Saturday
	Sept 24	11am-1PM
	\$19	FV 100

NEW! "Beat It" Line Dance

Be prepared for a fun filled, high-energy evening inspired by the music and moves of Michael Jackson.

Monica Mohn

2218	1 session	Thursday
	Nov 3	7-8:30pm
	\$15.00	FV Solarium

NEW! "Thriller" Line Dance

Be prepared for a fun filled, high-energy evening inspired by the music and moves of Michael Jackson.

Monica Mohn

2217	1 session	Saturday
	Oct 15	10:30-Noon
	\$15	FV Gym

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. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn all the chords you'll need to play any song in just one session. You will receive a workbook and practice CD.

\$28 material fee collected in class.

Craig Coffman

2200	1 session	Monday
	Oct 3	6:30-9pm
	\$25	FV 102



Just Once Guitar for Hopelessly Busy People

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

\$29 material fee collected in class.

Justin Law

2216	1 session	Monday
	Sep 19	6:30-9pm
	\$25	FV 102

Music in the Drop-In Lounge

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

1st Friday of the month	
11am-Noon	FV
25¢ Donation	Pay at Door

On the Dance Floor

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

2nd & 4th Monday of every month	
1:15-3:45pm	FV Solarium

\$4.50

Pay at door

North Suburban Chorus

The North Suburban Chorus, supported by the North Suburban Senior Council Inc. and the Roseville Area Senior Program, is made up of volunteers who like to sing and entertain. The group practices weekly on Friday at the Fairview Community Center and has singing engagements in the metro area. There is a need for tenor and bass voices, but anyone who likes to sing is welcome. Call Bob Schmidt, 651-488-6379 or Ed Breems, 651-429-6518 for more information.

Beginner Belly Dance

Join us in learning the feminine, exotic art of belly dance! Become comfortable with the exciting rhythms of the music while learning the basic steps of belly dance. Get a great low-impact workout while making new friends. Wear comfortable clothing.

Samantha Morgan

No Class 11/23

2108-1	6 sessions	Wednesday
	Sep 21-Oct 26	6-7:30pm
	\$65	FV Stage

No Class 11/23

2108-2	6 sessions	Wednesday
	Nov 2-Dec 14	6-7:30pm
	\$65	FV Stage

Dance & Music

NEW! Introduction to Songwriting

Here's your chance to learn how to take those melodies that play in your head and transform them into songs. You don't need to be able to play the piano or guitar to become a songwriter. No previous experience is necessary. You'll be having a fun time as you learn the basic do's and don'ts of beginning songwriting.

Theatre Company Homeward Bound
2130 1 session Monday
Nov 28 6:30-9pm
\$35 FV 108

Red Hot Salsa Workshop

Learn the hottest and sexiest dance in the US when you learn Salsa! Salsa is the most popular of all the Latin dances in the world and is guaranteed to be played at any Latin bistro. Learn the basics and then add turns such as the Cuddle, the Spin Out, dramatic dips, borderline illegal moves and more. Your parents will blush when you show them what you've learned after you've taken Red Hot Salsa!

Aaron Clarey
2106 1 session Thursday
Sep 22 7-9pm
\$19 FV Solarium

Ballroom Workshop

Time for panache and class when you learn two of the most common ballroom dances: Foxtrot and Waltz. Foxtrot and Waltz are universally played at all ballroom dances and are a great way to get your feet wet if you're interested in learning traditional ballroom dancing. Start with the basics and then add some style and maneuvers and soon you'll be the best looking people at the party. Make it a reality and take the Ballroom Workshop!

Aaron Clarey
2122-1 1 session Friday
Sep 23 7-9pm
\$19 FV Solarium

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 required)

Cindy Gardner
No class 10/10
2100-1 6 sessions Monday
Sep 19-Oct 31 6:30-8pm
\$49 FH Gym
2100-2 6 sessions Monday
Nov 7-Dec 12 6:30-8pm
\$49 FH Gym
No class 1/16, 1/30, 2/20
2100-3 6 sessions Monday
Jan 3-Feb 14 6:30-8pm
\$49 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 required)

Cindy Gardner
No class 10/10
2101-1 6 sessions Monday
Sep 19-Oct 31 8-9:30pm
\$49 FH Gym
2101-2 6 sessions Monday
Nov 7-Dec 12 8-9:30pm
\$49 FH Gym
No class 1/16, 1/30, 2/20
2101-3 6 sessions Monday
Jan 3-Feb 14 8-9:30pm
\$49 FH Gym

Line Dance – Level 1

Learn the basic terminology and steps of line dance. Styles of music used will include country, pop, rock, rhythm & blues and jazz. Classes will meet for one hour followed by a 1 ½ hour dance session which is free to class participants.

Jodi Wittman
2102-1 6 sessions Tuesday
Sep 20-Oct 25 7-8pm
\$55 FV Solarium
2102-2 6 sessions Tuesday
Nov 15-Dec 20 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 2/2
2115-1 6 sessions Tuesday
Sep 20-Oct 25 8-9:30pm
\$35 FV Solarium
2115-2 6 sessions Tuesday
Nov 15-Dec 20 8-9:30pm
\$35 FV Solarium
2115-3 8 sessions Tuesday
Sep 6, 13, Nov 1 7-9:30pm
Dec 27, Jan 3, 10, 17, Feb 24
\$45 FV Solarium

Now Accepting

DISCOVER
NETWORK



The Vitality Series:

Fall: September 6-November 10, No class October 20

Winter: November 14-February 2, No class Nov. 24, 25, Dec. 26-29, Jan. 2, 16, 30

Monday	Tuesday	Wednesday	Thursday
SilverSneakers 9-9:45am	Yoga Stretch 9-9:45am	SilverSneakers 9-9:45am	Yoga Stretch 9-9:45am
Strength Training 10:00-10:50am	Pilates 10-11am	Strength Training 10:00-10:50am	Chigalates 10-11am
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 10 and Winter pass expires Feb 2.**

**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 gentle 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. Keep your shoes on! Drop-in with your Vitality Series Flex Pass!

Tara Jebens-Singh

Fall No Class 10/20, 1/8

7020	18 sessions	Tue/Thu
	Sep 6-Nov 10	9-9:45am
	\$125	FV Gym 53

Winter No Class 11/24, 12/27, 12/29

7020-2	21 sessions	Tue/Thu
	Nov 15-Feb 2	9-9:45am
	\$149	FV Gym 53

SilverSneakers® ☀️

The SilverSneakers Fitness Program can open the door to better health, greater independence, and a more fulfilling life. 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 Flex Pass!

Tara Jebens-Singh

Fall

7011	19 sessions	Mon/Wed
	Sep 7-Nov 9	9-9:45am
	\$129	FV Gym

Winter No Class 12/26, 12/28, 1/2, 1/16, 1/30

7011-2	19 sessions	Mon/Wed
	Nov 14-Feb 1	9-9:45am
	\$129	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

Fall

7022	19 sessions	Mon/Wed
	Sep 7-Nov 9	10-10:50pm
	\$129	FV Gym

Winter No Class 12/26, 12/28, 1/2, 1/16, 1/30

7022-2	19 sessions	Mon/Wed
	Nov 14-Feb 1	10-10:50pm
	\$129	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

Fall

7033	19 sessions	Mon/Wed
	Sep 7-Nov 9	11-11:50am
	\$129	FV Gym 53

Winter No Class 12/26, 12/28, 1/2, 1/16, 1/30

7033-2	19 sessions	Mon/Wed
	Nov 14-Feb 1	11-11:50am
	\$129	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

Fall No Class 10/20

7034	19 sessions	Tue/Thu
	Sep 6-Nov 10	11-11:50am
	\$129	FV Gym 53

Winter No Class 11/24, 12/27, 12/29

7034-2	21 sessions	Tue/Thu
	Nov 15-Feb 2	11-11:50am
	\$149	FV Gym 53

Chigalates ☀️

Chigalates is a mind/body training system that will change the way you feel about your body. Combining the elements of Tai Chi, Pilates and Yoga, you'll stand straighter, feel stronger, become more flexible and more physically aware. It's quick moving, challenging and set to uplifting and inspiring music. Increase your endurance, reduce your stress levels and find relief. Bring a mat to class.

Denise Talley

Fall No Class 10/20

7028-1	9 sessions	Thursday
	Sep 8-Nov 10	10-11am
	\$69	FV Stage

Winter No Class 11/24, 12/29

7028-2	10 sessions	Thursday
	Nov 17-Feb 2	10-11am
	\$75	FV Stage

My husband and I both take Yoga from Tara 4 days a week, and find ourselves in better health. We eliminated our need for a chiropractor, and our dependence on anti-pain medicines. Our all around physical confidence has improved 100 fold.

Bill and Vicci Johnson

Fitness-Daytime

Pilates ☀

Pilates is a mind-body series of floor toning exercises designed to strengthen and stabilize your core abdominals, lower back and glutes while offering mobility, strength, alignment, and body awareness. Experience the five pilates principles of breathing and body alignment. Master the principles as well as experience 15-20 essential exercises which target the core abdominals and back as well as alignment. Prepare to work barefoot. Bring a mat to class.

Denise Talley

Fall

7009-1	10 Sessions	Tuesday
	Sep 6-Nov 8	10-11am
	\$75	FV Stage

Winter No Class 12/27

7009-2	11 Sessions	Tuesday
	Nov 15-Jan 31	10-11am
	\$79	FV Stage

One on One Yoga

Whether your intention is to improve strength, flexibility and balance, promote healing or reduce stress - individual attention will help. Learn poses and modifications specific to your interests, body history, goals and schedule. 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

Personal Training

Whether your goal is weight loss, regaining mobility, post partum return to fitness, triathlon training, distance running, or just jazzing up an old routine - personal training can help. Tara will create an individualized fitness program which reflects your personality, schedule, health-history and fitness goals. Her job is to make exercise safe, effective and fun and to provide instruction, encouragement and motivation. Personal training means it is all about you. Work one on one, 3 times a week or 3 times a year; determined by your needs, goals and schedule. Call 651-604-3770 to set up a time.

Tara Jebens-Singh

\$65 per 1 hour Personal Training Session

NEW! Kettle Bells

Ready to develop impressive gains in strength, mobility, internal energy, work capacity, and vitality? This is where the fun begins! Strengthen and balance your core, and build endurance and power as you gain flexibility! A 'kettlebell', or girya, is a traditional Russian cast iron weight that looks like a cannonball with a handle. This is the ultimate class for extreme all-around fitness. Bring a towel and water.

Denise Talley

No class

7128	19 sessions	Tue/Thu
	Sep 6-Nov 10	9:15-9:45am
	\$99	FV Stage

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

Tue/Thu, 9-10am

Fall	No class 11/24
7000-AM1	Oct 4-Dec 1
	\$56 (17 classes)

Winter

7000-AM2	Dec 6-Feb 2
	\$63 (18 classes)

NEW! Family Friendly Yoga !!!

Finally, family friendly yoga class for you and your child, ages 0-3. Class will include playtime, parent/child yoga practice, relaxation and story time. Come and explore downward facing dog, lion, cat and cow. This class is a great way to exercise while having fun with your little one. Please bring a yoga mat. Tara is a nationally certified Yoga instructor.

Tara Jebens-Singh

No Class 10/21

7126	6 sessions	Friday
	Oct 7-Nov 18	10-11am
	\$59	FV Gym



Fitness-Evening

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 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.



or

Katie Incantalupo www.zumbakatie.com
Fall No Class 9/15, 10/4, 10/6 **Winter No Class 11/8, 11/24, 12/15, 12/22, 12/27, 12/29, 1/3**

7112-T1	8 sessions Sep 13-Nov 1 \$69	Tuesday 5:45-6:45pm FV Solarium	7112-T2	9 sessions Nov 15-Jan 24 \$89	Tuesday 5:45-6:45pm FV Solarium
7112-TH1	7 sessions Sep 22-Nov 3 \$59	Thursday 5:45-6:45pm FV Solarium	7112-TH2	8 sessions Nov 10-Jan 26 \$79	Thursday 5:45-6:45pm FV Solarium
7112-C1	13 sessions Sep 13-Nov 3 \$129	Tue/Thur 5:45-6:45pm FV Solarium	7112-C2	17 sessions Nov 10-Jan 26 \$149	Tue/Thur 5:45-6:45pm FV Solarium

Instructor Spotlight Kelly Lewis



Kelly Lewis won the MN Council on Physical Activity and Sports' 1st Annual Award of Excellence. She is one of only nine Minnesotans to receive such an award. She is celebrating her 28th year as a Jazzercise instructor. Kelly was also the winner of the 1993 National Two-Step Dance competition in Nashville, TN.

NEW! Myofascial Release Practice:

Restoring Muscles and Connective Tissue to Pain Free Flexibility

Fascia, the web of connective tissue that covers and connects muscles, organs and bones, is flexible and elastic, allowing our bodies to move painlessly. When fascia tightens due to overuse, aging, lack of exercise or injury, muscles also shorten. Together, these tight muscles and fascia limit movement. Learn how you can apply myofascial release techniques to reduce your own body aches and pains, improve balance, restore motion, and increase relaxation. A feel good class! Please note: we will be moving from standing to the floor throughout the class. Bring a yoga mat and water.

Connie Balcom

No Class 11/24, 12/22, 12/29

71201	16 sessions Sep 22 - Jan 26 \$109.00	Thursday 5:45-6:45 FV Gym53
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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

Tue/Thur, 9-10am

Fall	No class 11/24
7000-AM1	Oct 4-Dec 1 \$56 (17 classes)

Winter

7000-AM2	Dec 6-Feb 2 \$63 (18 classes)
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Mon-Thurs, 6-7pm and Sat, 9-10am

Fall	No Class 11/8, 11/24
7000	Oct 3-Dec 3 1x (9 classes) \$34 2x (18 classes) \$63 3x (27 classes) \$88 Unlimited \$98 (includes am)

Winter

No Class 12/24, 12/26, 12/31, 1/2, 1/16,	
7000-2	Dec 5-Feb 4 1x (9 classes) \$34 2x (18 classes) \$63 3x (27 classes) \$88 Unlimited \$98 (includes am)

I've been taking Kelly Lewis' Jazzercise class for more than 3 years and I'm hooked! It's been a great way to stay healthy and make new friends!

Lisa Cook

Fitness-Evening

Through her gentle yet structured teaching style, Virginia Sattler-Reimer creates the ideal climate for learning and practicing yoga. Her classes keep me centered. She's amazing.

Alison Vandenberg

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 14-Nov 2	6-7:15pm
	\$65	FV 100
7005-2	5 sessions	Wednesday
	Nov 16-Dec 14	6-8pm
	\$65	FV 100

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 9/28

7008-1	8 sessions	Wednesday
	Sep 14-Nov 9	6-7pm
	\$59	FV EDC

No Class 11/23, 12/21, 12/28

7008-2	8 sessions	Wednesday
	Nov 16-Jan 25	6-7pm
	\$59	FV EDC

Body Shaping

Body Shaping is a dynamic system of strength training and flexibility exercises which combines weight lifting with calisthenics and yoga in a group format. There's a basic routine that's easy to follow with enough variety to keep your interest. Body Shaping tones the full body including arms, legs, chest, abs and back with special attention to posture and balance. You'll feel and see the results very quickly. All levels welcome. Bring exercise shoes, water and a mat to class.

Connie Balcom

No Class 11/8, 11/22, 11/24, 2/20, 12/22, 12/27, 12/29

7116-1	31 sessions	Tue/Thur
	Sept 20-Jan 26	4:30-5:30pm
	\$229	FV Gym

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 12/26, Jan 2

7001-M	15 sessions	Monday
	Sep 12-Dec 19	7-8pm
	\$105	FV Solarium
7001-W	17 sessions	Wednesday
	Sep 14-Jan 4	7-8pm
	\$119	FV Solarium
7001	Sign up for both nights for \$219	

Level 2

No Class 12/26, Jan 2

7002-M	15 sessions	Monday
	Sep 12-Dec 19	6-7pm
	\$105	FV Solarium
7002-W	17 sessions	Wednesday
	Sep 14-Jan 4	6-7pm
	\$119	FV Solarium
7002	Sign up for both nights for \$219	

Level 3

7003	17 sessions	Wednesday
	Sep 14-Jan 4	5:30-6pm
	\$75	FV Solarium

Mixed Level

No Class 12/26, 1/2

7004-M	15 sessions	Monday
	Sep 12-Dec 19	4:45-5:45pm
	\$105	FV Solarium
No Class 12/24		
7004-S	16 sessions	Saturday
	Sep 17-Jan 7	10:30-11:30am
	\$115	FV Solarium

Winter

Level 1

No Class 1/16

7001-M	11 sessions	Monday
	Jan 9-Mar 26	7-8pm
	\$79	FV Solarium
7001-W	12 sessions	Wednesday
	Jan 11-Mar 28	7-8pm
	\$85	FV Solarium
7001	Sign up for both nights for \$155	

Level 2

No Class 1/16

7002-M	11 sessions	Monday
	Jan 9-Mar 26	6-7pm
	\$79	FV Solarium
7002-W	12 sessions	Wednesday
	Jan 11-Mar 28	6-7pm
	\$85	FV Solarium
7002	Sign up for both nights for \$155	

Level 3

7003	12 sessions	Wednesday
	Jan 11-Mar 28	5:30-6pm
	\$55	FV Solarium

Mixed Level

No Class 1/16

7004-M	11 sessions	Monday
	Jan 9-Mar 26	4:45-5:45pm
	\$79	FV Solarium
7004-S	12 sessions	Saturday
	Jan 14-Mar 31	10:30-11:30am
	\$85	FV Solarium

Home

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. You will actually be cutting and gluing plastic pipe and fittings. You will also be able to cut and solder copper pipe and fittings. We will take apart different types of faucets, as well as discuss the internal working parts of a toilet. **\$5 material fee for the cost of book will be collected in class.**

Tod Novinska

4131	1 session	Saturday
	Dec 10	12:30-3pm
	\$35	FV 105

Bonsai - The Art of Miniature Trees

If you've ever been fascinated by tiny, living oriental trees, you'll love this class. It's designed to take away the mystique and show you how to create and maintain your own trees. The first class is informational and the second hands-on. You'll go home with a bonsai tree that you designed yourself. **\$25 material fee will be collected in class.**

Michael Porcaro

1300-1	2 sessions	Thursday
	Oct 6	7-9pm
	Oct 13	6-9pm
	\$29	BH 136

NEW! Going Green Family Style!

Do you want to learn the tips and tricks for living a more "green" lifestyle as a family? We will discuss simple, free and almost effortless ways you can accomplish this. No matter where you live, you can "green" your life and the lives of your children. In fact, it might even save you some money!

Kelly Kist

4141	3 sessions	Tue/Wed/Thu
	Oct 18-20	6-8pm
	\$49.00	FV 108



NEW! Building an Outdoor Room

Spend an evening with an experienced landscape design specialist learning how to turn your backyard into the dream space you have always envisioned. Create an extension of your home, a new "room" where you can get away, relax, entertain guests and dine al fresco. You will learn dozens of design ideas and fundamental principles to make your Do-It-Yourself project (or your project installation by professionals) successful and get the results you really want. We will discuss plans for creating outdoor focal points including fireplaces, water features, specialty lighting, art and sculpture applications. It's not necessary to spend more money; learn to spend it more effectively and your new outdoor room will make your neighbors green with envy.

Joel Kartsten

4128	1 session	Monday
	Nov 14	6:30-9:30pm
	\$35	FV 108

Power Tools for Women

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

Francis Kaas

4119	2 sessions	Thursday
	Oct 6 & 13	6:30-9pm
	\$45	FV105

Basic Home Repair Electrical

This is a "hands-on" class for the electrical beginner. You will learn to make simple electrical repairs in your home such as rewiring a lamp, replacing switches and wall outlets, and checking fuses and circuit breakers. You will work with electrical boards that are set up with switches, outlet and lamp receptacles. You will learn how to pull wire through conduits, install switches and test them. Please bring a wire stripper, straight slot screwdriver and long-nose pliers to class if you have them. **\$5 material fee will be collected for the cost of the book in class.**

Tod Novinska

4130	1 session	Saturday
	Dec 10	9-11:30pm
	\$35	FV 105

Jobs & Money

Landlording 101: The Good, The Bad and the Lease

Solid advice from someone who has been there. Discuss advertising, screening tenants, security deposits, repairs, evictions, and more. Explore if you have what it takes to succeed in this challenging but rewarding profession. **\$6 material fee will be collected in class and includes a binder of materials.**

Lorri Kaas

4061	1 session	Monday
	Oct 24	6:30-9pm
	\$29	FV 102

Speechcraft

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

Duane Rivard

4000	8 sessions	Tuesday
	Sep 27-Nov 15	6:30-7:30pm
	\$19	Rsvl City Hall

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.

Sally Mortenson

4200-1	1 session	Wednesday
	Sep 28	6:30-9pm
	\$45	FV 108

4200-2	1 session	Wednesday
	Jan 11	6:30-9pm
	\$45	FV 108

NEW! Comprehensive College Planning from Cradle to Commencement

Savvy parents plan ahead to provide their children with a college education they deserve--without major lifestyle changes. Learn from trained and experienced College Planning Specialists how to successfully navigate the admissions and selections process. Understand distinct tax, cash flow and financial aid planning opportunities to reduce out of pocket costs.

Adam Landvik

4209	1 session	Tuesday
	Sep 20	7-9PM
	\$25	FV 108

NEW! Finance Do's and Don'ts of Divorce

Is divorce on the horizon for you or someone you care for? Learn from a team of divorce professionals about: 1) The pros and cons of the five models of divorce, 2) Common mistakes to avoid, 3) Financial planning strategies available, 4) The realities of co-parenting and 5) Creating a plan for self-care.

Adam Landvik

4208	1 session	Tuesday
	Oct 4	7-9pm
	\$35	FV 105

NEW! Secrets to Getting an Online Teaching Job

Thousands of people today are teaching online with traditional colleges and for-profit universities. The benefits include working from home, competitive pay, and the ability to keep your day job. But where do you start in this competitive job market? The instructor, Jason Lum, has served as a hiring manager, Assistant Dean, and Core Faculty for one of the largest online universities for over a decade. He will provide you with all you need to know about how to create your resume, find the right opportunities, and market yourself effectively to secure your dream job.

Jason Lum

8001	1 session	Tuesday
	Nov 1	7-9pm
	\$29	FV 108

Investment Forum 1 ♦

Gain valuable information on 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. Each person is solely responsible for their own investment decisions. 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	
1-3:30pm	FV
\$1.50	Pay in class

Invest In Yourself.

Take Salsa Dance

Experience Skype

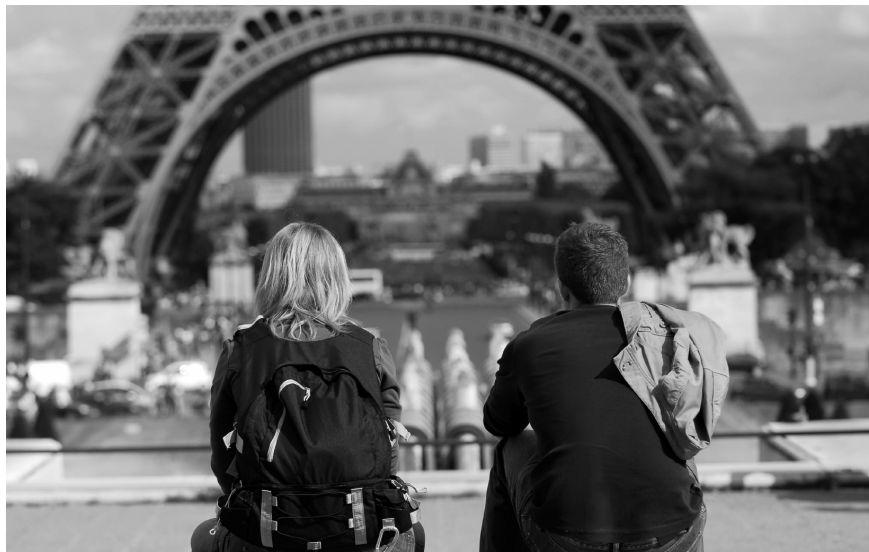
Learn French

Join Zumba

Cook Fish

Roseville Community Education

Language Arts



Beginning Spanish

This course is designed for people who have little or no knowledge of Spanish but are interested in developing skills and want to continue studying the language.

Alicia Cappi

No class 10/19, 11/23, 12/14, 12/21, 12/28, 1/4

1250	12 sessions	Wednesday
	Sep 28-Jan 25	7-9pm
	\$129	FV 116A

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.

Alicia Cappi

No class 10/20, 11/24, 12/15, 12/22, 12/29, 1/5

12502	12 sessions	Tuesday
	Sep 29-Jan 26	7-9pm
	\$129	FV 116A

Spanish - Intermediate Conversational

This course is meant for students who want to build up their Spanish vocabulary, have good grammar skills and want to use the Spanish language in everyday situations.

Alicia Cappi

No Class 10/18, 11/8, 11/22, 12/13, 12/20, 12/27, 1/3

1251	11 sessions	Tuesday
	Sep 27-Jan 24	7-9pm
	\$119	FV 116A

American Sign Language 1

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

Denise Lau

1200	6 sessions	Tuesday
	Sep 27-Oct 25	7-8pm
	\$45	FV 203

American Sign Language 2

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

Denise Lau

1200-2	6 sessions	Tuesday
	Nov 15-Dec 13	7-8pm
	\$45	FV 203

NEW! Beginning French

Learn the basics of French for fun or travel in this conversational course for beginners. We will learn vocabulary, a bit of grammar and some strategies to feel comfortable communicating in French. Build upon your new language skills while you learn about France, Quebec and other French-speaking areas of the world. Come and enjoy in a relaxed and supportive setting. Allez, viens!

Patricia Teefy

1270	6 sessions	Monday
	Nov 7-Dec 12	6-7:30 PM
	\$99	FV 102

NEW! Writing Discovery: What's Your Story?

If you love writing, but want to refine your techniques, this class is made for you. We will study the process of writing through experimentation in journaling, memoir, fiction and brainstorming. We will do in-class activities designed to inspire and challenge. Perhaps you'll have a breakthrough! Optional assignments will always be given. So what's your story? Come join us to find out!

Clare Lockman

2219	6 sessions	Wednesday
	Oct 5-Nov 9	6-7:30 PM
	\$49	FV 102

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

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

Life Long

Mind & Body

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. You will be relaxed and in control at all times. Fee includes CD and lifetime membership card for free reinforcement. Bring a pillow and blanket to class. No discounts.

Dr. Mary Fisher

Weight

7500-W	1 session	Monday
	Sep 19	6-9pm
	\$59	FV 108

Smoking

7500-S	1 session	Monday
	Sep 19	6-9pm
	\$59	FV 108

New! Women's Wellness Group

Attention all women looking for informed conversations on wellness in a social and supportive setting. You help plan the future direction of the Women's Wellness discussion group. Starting with the broad topics of health, fitness, and nutrition, we will fine tune our sessions to the specific interests of the group. The Women's Wellness Group will be facilitated by Tara Jebens-Singh, older adult fitness expert for Roseville Community Adult Enrichment. Please feel free to contact Tara with suggestions, ideas or questions call 651-500-8529 or email

tarajebenssingh@yahoo.com.

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

Food to Reduce Pain and Inflammation

Do you have stiff joints, achy muscles and inflammation? Your food choices affect pain and inflammation levels more than you realize. Learn why sugar and processed carbohydrates increase pain and inflammation. Discover the therapeutic role of Omega-3 fats and key minerals. Take home recipes and begin your anti-inflammatory eating plan.

Nutrition Health and Wellness

7521	1 session	Thursday
	Sep 1	6-8pm
	\$29	FV 100

Jump Start Your Metabolism

Is it harder for you to maintain a healthy weight or to lose weight than it once was? Have you tried several 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 and increase energy.

Nutrition Health and Wellness

7523	1 session	Thursday
	Dec 8	6-9pm
	\$29	FV 108

NEW! Live Pain Free

Please join us to learn how you can eliminate neck, back and joint pain. Improve your health and overall quality of life by understanding basic principles about your body and how pain is directly related to posture. Discover that you have the power to take control of your health and become pain free by uncovering the cause of your pain rather than just treating the symptoms.

Anna Evans

7580	1 session	Monday
	Sep 19	6-7pm
	\$19	FV 116A

NEW! Optimal Performance and Function

Are you a golfer looking to improve your game? Are you an athlete working toward greater balance, flexibility, control, strength and endurance? Or are you someone interested in becoming more functional and remaining functional throughout your whole life? In this class we explore how posture and proper movement through our joints allows us to move more efficiently, eliminate musculoskeletal pain and prevent injury. Join us to find out how you can achieve a higher level of performance and function.

Anna Evans

7581	1 session	Tuesday
	Sep 27	6:30-7:30pm
	\$19	FV 105

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 better 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	Tuesday
	Oct 4	9:30-11am
	\$29	FV 108

Learning



NEW! Side Effect Weight Loss

Starvation, sacrifice, and suffering are the images associated with weight loss. They reflect the underlying weight loss myth; lose weight to be healthy. But weight loss is the side effect of being healthy. Change your lifestyle to lose weight gradually and permanently. So get off the scale, throw away the diet pills, ditch the starvation diets, and learn healthy lifestyle habits.

Topics include: The myth of calories in and calories out •The hormones of weight loss •The danger of refined carbohydrates

Paul Ratte

7578	1 session	Thursday
	Jan 5	6:30-8:30pm
	\$19	FV 100

Thyroid Information Workshop

Millions of Americans suffer from low thyroid function. Some of the symptoms are: fatigue, weight gain, depression, anxiety, arthritis, rising cholesterol levels, foggy thinking, inability to focus, thinning hair, skin problems, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations. In this workshop we'll discuss the 5 things that need to be measured, why the most commonly prescribed thyroid replacement may not be helping you, the thyroid and fibromyalgia connection, commonly misunderstood rules for taking thyroid meds, info you need to discuss with your doctor and much more.

Janice Novak

7522	1 session	Saturday
	Nov 19	11:30am-1pm
	\$29	FV 105

North Suburban Senior Council: The 3rd Annual Benefit Concert For the Roseville Area Senior Program's Bus Transportation ♦

Wednesday, September 28 2-3pm

Fairview Community Center- Solarium
1910 County Rd B West Roseville

The North Suburban Chorus will entertain with songs to delight you. This annual benefit concert begins the RASP bus service fundraiser sponsored by the North Suburban Senior Council, Inc., advisory council to the Roseville Area Senior Program. Thrivent Financial for Lutherans will provide matching funds for the freewill donations received at the concert. There will be refreshments and door prizes.

Flu Shots and Health Resource Fall Festival ♦

Thursday, October 6
1:30-3:30pm

Fairview Community Center- Solarium
1910 County Rd B West Roseville

Flu Shots \$27
Pneumonia Shots \$57

Flu shots available for people ages 5 and older (under age 18, parent/guardian must be present). Wear short sleeves. Please bring shot records, insurance and supplemental cards. Medical Assistance is not accepted. Check or cash is accepted for non-insured. Checks made out to Minnesota Visiting Nurse Agency. If you have flu or pneumonia shot questions contact your healthcare provider.

Sponsored by the Roseville area Senior Program/Roseville Area Schools, Lyngblomsten and Minnesota Visiting Nurse Agency

Roseville Craft and Gift Shoppe Annual Holiday Sale ♦

Thursday Oct. 27 and Friday Oct. 28
8:30 am – 4 pm

Saturday Oct. 29 8:30 am – 1 pm
Fairview Community 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 651-604-3529. The Craft and Gift Shoppe is sponsored by the Roseville Area Senior Program and the North Suburban Senior Council Inc.

Mind & Body

NEW! Abdominal Strengtheners for People with Back and Neck Discomfort

If you have back or neck discomfort, strengthening all 4 layers of abdominal muscles is crucial. The problem with most abdominal exercises is they put too much stress on your back and neck joints and can actually cause more problems than help. In this workshop, you will learn a series of extremely effective exercises, done sitting in a chair, that will strengthen your abdominals without stressing your neck or back.

\$5 material fee collected in class.

Janice Novak

7577	1 session	Saturday
	Nov 19	9:30-11am
	\$29	FV EDC

NEW! Adrenal Fatigue: The Modern Stress Syndrome

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

Paul Ratte

1573	1 session	Monday
	Dec 19	6:30-8:30pm
	\$19	FV 100

Feet, Knees and Ankles

Have you taken a good look at your feet, knees and ankles lately? They support the weight of your entire body. Take off your shoes and socks, roll up your pants and look in the mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock back? Do your kneecaps turn inward or outward? In this workshop, you will learn simple things to help correct these common problems.

Janice Novak

7575	1 session	Wednesday
	Oct 12	9:30-11am
	\$29	FV108

Community Weight Loss CHALLENGE!

Weight Loss that really works! Lose weight, get educated and have fun! The Community Weight Loss Challenge is a 12 week course which combines the education and support you need to achieve safe and long term weight loss with a bit of friendly fun, community competition. Don't struggle on your own. Join a group of winners! Our weight loss challenge class is: *Open to anyone regardless of how they try to lose weight *Loaded with useful information to help you lose weight faster and easier *Offers your own personal coach and advice on proper nutrition and food choices *Offers free Body Scan *Offers the chance to win cash and prizes. Don't delay!

Sandy Cournoyer

No class 11/24

7573-1	12 session	Thursday
	Sep 22 -Dec 22	6-7pm
	\$69	FV 102
7573-2	12 session	Thursday
	Jan 19-Apr 5	6-7pm
	\$69	FV 102

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

Easy Gluten-Free Living

Estimates say 1 out of 133 people have some level of gluten intolerance, with symptoms ranging from mild to severe. Are you or a family member one of them? Don't dismay! In this class you will learn the ABCs of gluten intolerance, its symptoms and methods of diagnosis. You'll find out which foods and products are taboo and which are safe. You'll learn where to shop for gluten-free foods and ingredients, get special cooking tips and money-saving ideas, and receive practical steps for preparing and storing food to prevent gluten cross-contamination in your kitchen. You'll get some tips for eating with friends, family and at events, receive a free list of resources, and taste some yummy snacks. A variety of gluten-free foods - many available at your local grocery store - will be on display. Gain a new, positive perspective on living with gluten-intolerance or Celiac's Disease!

Karla Sampson

7562	1 session	Saturday
	Nov 19	9-11:30am
	\$25	FV108



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, Rose of Sharon Manor/Extencicare. 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.

2nd & 4th 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

9:30-11:30 am FV

FREE

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

Thursday, November 3

8:45-9:20 am Blood Pressure Screening by HealthEast Roseville Clinic

9:30 -11:30 am Topic/Presenter: NEW YEAR – NEW YOU!

Feeling healthy and vibrant is about addressing all aspects of your well being at every age and stage. Come for presentations and to talk individually with professionals about a variety of related topics.

Speakers to be announced.

Register by Monday, October 31 by calling 651/604-

3520 or rasp@isd623.org \$2 at the door

Location: Roseville Library, 2180 Hamline Ave N

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 – Independent Senior, Lifestyle Community with Services Comfort Keepers – Non Medical In-Home Assistance for Seniors Seniors Moves – Complete Moving and Organizing Assistance for Seniors , HealthEast Passport Program- Classes, events, excursions, socialization for 50+

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. We take turns being refreshment host for the month. 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

FREE

Caregiver Support Group and Outreach ♦

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

2nd & 4th Tuesday the month

12:30-2pm 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 1:30-4:30pm

FREE

Personal Interest

NEW! Coupon Mania

Coupon Mania is filled with information on how to lower your grocery bill. Learn where to get coupons, how to organize them, how to maximize your savings with a catalina deal and how to make the deals work for you at Rainbow, Cub Foods, and Target.

Karen Gunter

1551	1 session	Tuesday
	Nov 1	6:30-9pm
	\$15	FV EDC



NEW! Wine Making at Home

Learn to make great wine at home for yourself or to give as a fabulous gift with that uniquely personal touch. Learn the step-by-step process to make wine from fresh fruits, fruit juices and kit wines, as well as bottling and labeling techniques. You're sure to enjoy this fun and cost effective hobby.

Beth Mikulay

1562	1 session	Wednesday
	Sep 28	6:30-8:30pm
	\$29	BH 136

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 in person or by mail at least one week prior to the class date. Information needed: your name, address, phone#, birth date, driver's license#. Make checks payable to: Roseville Area Senior Program or register online. Call 651/604.3520 for more information. No senior discounts apply.

MN Safety Council Instructor

1566-1	1 session	Thursday
	Sep 22	5:30-9:30pm
	\$20	FV 108
1566-2	1 session	Thursday
	Oct 20	1:30-5:30pm
	\$20	FV 108
1566-3	1 session	Thursday
	Nov 17	1:30-5:30pm
	\$20	FV 108

Women's Self Defense

Women from teens to seniors will learn the basics of self defense in a safe, friendly atmosphere. We'll cover avoidance, assertiveness and the importance of intuition. Gain self-confidence as you learn the proper techniques for striking, kicking and blocking. Learn to use ordinary objects for defense. Wear loose fitting clothes.

Pauline Cunningham

1568	8 sessions	Tuesday
	Sept 13-Nov 1	6:30-7:30pm
	\$59	FV Gym 53

No class 2/7

1568-2	8 session	Tuesday
	Jan 3-Feb 28	6:30-7:30pm
	\$59	FV Gym 53

Caregiving for Mom and Dad

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

1553-1	1 session	Wednesday
	Dec 7	3-4:30pm
	\$15 per family	FV 108
1553-2	1 session	Saturday
	Dec 10	9-10:30am
	\$15 per family	FV 108

NEW! The Ups and Downs of Juggling

You've seen them on television. You've seen them at fairs and festivals. How do they do it? Come discover the secrets of multi-object manipulation in this beginning juggling class for teens and adults. Even if you have said "oh, I tried it once and it didn't work", this hands-on, interactive workshop promises that you'll leave the class having juggled. Whether you have been dabbling in juggling, or whether this is your first experience, "The Ups and Downs of Juggling" provides a safe, fun and supportive learning environment in which each and every participant succeeds. This class is ideal for parents, executives, athletes, and even self-proclaimed klutzes. Bring your own props or use ours...but don't miss "The Ups and Downs of Juggling". 7th grade on up.

Theatre Company Homeward Bound

1575	1 session	Thursday
	Jan 5	7-9 PM
	\$35	FV Solarium

Learn To Sell Like A Pro On eBay

Learn from a pro the best way to ensure you receive top dollar for the items you sell on eBay. The class begins with the basics of how to set up accounts and covers every subject required to become a successful eBay seller including: safety, pricing, photography, titles, descriptions, policies, shipping, returns, feedback and selling strategies. Students WILL NOT be working on computers during the class.

Joel Kartsten

4207	1 session	Monday
	Oct 17	6:30-9:30pm
	\$29	FV 108

ed2go ONLINE Courses

Online Courses

Roseville Area Schools

Community Education

www.ed2go.com/isd623

Fall/Winter

Our online courses
are open to everyone!

expert
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Web Design

Learn powerful design techniques to build attractive and effective Web sites.

Remember to view
our entire online
catalog of courses!



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Great Decisions – Foreign Policy Series

This program is a series of lectures and discussion on foreign policy topics. Pay at the door. Contact Roseville Area Senior Program to register two days prior to session date. Email: rasp@isd623.org or telephone: 651-604-3520.

Wednesdays 2pm \$3 per session
RosePointe, 2555 Hamline Ave., Roseville

September 14 - U.S. National Security, Tom Hanson.

U.S. national security priorities were expanded after the terrorist attacks of September 11, 2001, to include waging war in Iraq and Afghanistan, tightening border security, pursuing cyber threats, halting nuclear proliferation and attempting to snuff out homegrown terrorism. How has the U.S. national security agenda evolved since 9/11? In what ways will this agenda shape the American way of life in the future?

October 12 and November 9 TBA
Sponsored by Roseville Area Senior Program, RosePointe Senior Community, and the Minnesota International Center

Clip-N-Sip Group ♦

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 Center 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	

Personal Interest - Daytime

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

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

Weekly	Mon
1-3pm	FV
Donation	Pay at Door

Drop-In Computer Station ♦

A computer work station in the drop-in center is available for individuals to use on a drop in basis. Internet is available and you must be an independent user. Print copies are limited to five pages and are 10 cents each. Get password and pay in the RASP office. No reservations; available on a first come first served basis. Not available the 1st and 3rd Monday afternoons.

Weekly	Mon & Fri
8:30-3:30pm	FV
25¢ Donation	Pay at Door

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 6-Oct 25	Book I
Nov 1-Dec 20	Book II

Drop – In Wii Sports: Bowling, Tennis, Baseball, Golf and Boxing! ♦

Come play any of these sports of your choice. Chase the winter blues away! Meet new friends, get some exercise and learn a new game! Contact Roseville Area Senior Program Office to check out equipment.

Daily	Monday-Friday
9am-3pm	FV Drop-In Center
\$1.50	Pay at Door

Wii Bowling League ♦

This is an interactive and fun game that allows people to act out bowling and a good way to get some moderate exercise. This is a 10 week league with four teams of four people each competing. We will have limited spaces available on these teams so sign up early! Advance payment and registration required two days prior to start dates.

Sponsored by Roseville Area Senior Program and Heritage Place of Roseville

Register RASP office. \$10.50 per person
Wednesdays 12-1:15pm Teams 1 & 2
1:15 -2:30pm Teams 3 & 4

Fall 2011 Bowling League -

September 14-November 16 10 weeks

The RASP groups and classes have helped me reconnect with my community. Now I have a place to come and learn new ideas and meet people.”

Book Discussion Attendee

Personal Interest

NEW! Making Meaningful Social Connections in the Twin Cities

With long winters and well-established networks, our area can be a challenging place to break in socially. This class, designed for area newcomers and others seeking meaningful social connections here, offers online and offline networking resources and strategies specifically for more introverted personalities and for those at midlife and beyond.

Lisa Cook

1585	1 session	Monday
	Oct 3	7-8:30pm
	\$15	FV108

Living Clutter Free

Are you feeling overwhelmed by the stuff taking over corners, flat surfaces or living areas of your home? Are closets and cabinets overflowing with never used possessions while everyday items lay out in the open? Has "emotional clutter" stolen your focus and zapped productivity and enthusiasm? It's time to take charge and DECLUTTER! Learn why clutter builds up in your life/home, how to get motivated to eliminate the clutter and the surefire step by step process for dejunking your life.

Louise Kurzeka

1571	1 session	Tuesday
	Oct 4	6:30-9pm
	\$29	FV 100

Paper Here, Paper There, Paper Paper Everywhere

Are you tired of searching for important documents and papers? Do you set papers aside, just for now, in piles on countertops, desktops, end tables and chairs? Have you ever experienced a monetary loss due to paper clutter? Join us and find out how to get out from under the paper pile-up and create a home paper management system that works. Learn how to eliminate the fear of paper purging, handle everyday papers, use basic filing tips, establish a system for both active and secondary papers.

Louise Kurzeka

1510	1 session	Thursday
	Oct 27	6:15-9:15pm
	\$29.00	FV 108

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

No Class 12/27

1560	6 sessions	Tuesday
	Dec 6-Jan 17	7-9pm
	\$55	FV 100

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 - including 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 to sausage. We'll also offer many cooking suggestions - identifying what's better on the grill and tips on how to avoid over cooking venison. New this year we will show you where the thyroid glands are and how to avoid them. We will have a road kill deer for hands-on experience. Included in this class is a new picture step-by-step book for quick reference.

Deer Cutting for Dummy's

1570	1 session	Wednesday
	Oct 19	7-9pm
	\$45	PV Garage

NEW! Intro to Improvisation

Improvisation means making it up as you go along. It's what jazz musicians, Drew Carey, and many other performers do in their shows, and it can help you gain confidence and think on your feet in your daily life, whether you are interested in performing or not. Using experiences and stories from your own life, you will learn simple improvisational techniques in storytelling, dance and acting. The final class will be an informal performance for family and friends. Wear comfortable clothing that you can move in. No prior performance experience necessary.

Theatre Company Homeward Bound

1580	3 sessions	Wednesday
	Sep 14, 21, 28	7-9pm
	\$75	FV 102

I have been taking classes from Kathy Wilken for two years. They are fantastic! Her teaching style is focused but laid back. Our many questions are always addressed completely and respectfully. What I have learned from Kathy has opened doors I never knew existed. This, I believe, is the most exciting thing about education!

Anna Webber

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	4 sessions	Tuesday
	Sep 13-Oct 4	7-9pm
	\$69	FV 102

Hands on 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

No Class 11/8

1561	6 sessions	Tuesday
	Oct 18-Nov 29	7-9pm
	\$79	FV 100

Roseville Area Schools Community Education



25TH ANNUAL

623 WALK/RUN

Sat, November 12, 2011
9:00 am
Emmet D Williams School



All proceeds will go to the Community Education Youth Scholarship Fund!

6.23 Kilometer Walk/Run

Registration Fee

Adult: \$19

Child: \$9

Family: \$50

CONTACT TANYA

(651) 604-3530,

623walkrun@isd623.org

Register/Pay Online at www.isd623.org



Join us for a fun, healthy event as we take a scenic tour through Roseville with family, friends and neighbors.

Technology

WE NEED YOU!

We're always looking for great course ideas and instructors.

If you have an idea for a course, be sure to visit www.isd623.org/commed and download the course proposal form.

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 in using a computer. Series will start with basic introduction to PC and progress to introduction to Windows, internet and email, digital camera and buying and selling on the internet.

Tim Daniels

4390-1	12 sessions	Wednesday
	Sep 14-Dec 14	9am-Noon
	\$450	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

4391-1	2 sessions	Wednesday
	Sep 14 & 21	9am-Noon
	\$89	FV Comp Lab

Introduction to Windows XP

Learn the basics of the Windows XP operating system. Navigate the desktop, run applications and manage files. We'll cover window controls, using menus, commands, and dialog boxes. You'll also learn how to change settings for the mouse, keyboard and display, plus tips and shortcuts to make Windows work for you. Fee includes manual. Prerequisite: Intro to the PC or previous experience.

Tim Daniels

4392-1	2 sessions	Wednesday
	Sep 28 & Oct 5	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

4303-1	2 sessions	Wednesday
	Oct 12 & 19	9am-Noon
	\$89	FV Comp Lab

NEW! File Management & Maintenance

Learn how to take control of your computer. Learn 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.

Timothy Daniels

4347	2 sessions	Wednesday
	Oct 26 & Nov 2	9-Noon
	\$89	FV Comp Lab

Buying & Selling on the Internet

Learn to sell or buy from popular ebay and craigslist. Half the class will be spent reviewing ebay, the other half will be spent reviewing craigslist. Learn the terms and tips for safety.

Tim Daniels

4397	1 session	Wednesday
	Nov 9	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 16	9am-Noon
	\$45	FV Comp Lab

Creative Projects/ Digital Scrapbooking

Create amazing cards, posters and other great projects including mail merge and others. Download photos, personalize your greeting cards and create mailing labels, all in time for the holidays!

Timothy Daniels

4398	2 sessions	Wednesday
	Dec 7 & 14	9am-Noon
	\$89	FV Comp Lab

Technology

Google Docs

Google what?? Google Docs is Google's answer to an ORGANIZED web based documents system. Learn how to create text documents, spreadsheets, forms, and presentations. It's easy to use and free!

Celeste Terry

4349	1 session	Wednesday
	Oct 19	6:30-8pm
	\$15	FV Comp Lab

Calling All Cell Phone Users

Want to learn how to personalize your cell phone? Having a hard time figuring out how to check messages or set up your phone book? Come and become more familiar with your cell phone.

Celeste Terry

4340	1 session	Wednesday
	Nov 16	6:30-8pm
	\$15	FV 108

Skype-Learn How

Learn how to use this advanced communications network. It's available to anyone with internet access. You can talk with anyone, anywhere in the world-and it's FREE! Bring your own laptop & knowledge of basic computing.

Celeste Terry

4348	1 session	Wednesday
	Dec 7	6:30-7:30pm
	\$15	FV Comp Lab

NEW! What's an App?

Learn how to make your cell phone more like a mini computer with apps! Come learn what they are, why to use them, and how to get them.

Celeste Terry

4336	1 session	Wednesday
	Sep 28	7-8pm
	\$9	FV 105

NEW! Texting Lingo

What is this texting all about! Come learn the tricks and tools to make texting easier for you. Walk away knowing text shorthand and lingo. C U There!

Celeste Terry

4336	1 session	Wednesday
	Jan 11	7-8pm
	\$9	FV 102

NEW! Facebook: Online Privacy and Security

Learn how to protect you and your kids' privacy while sharing your life with the people you love. At the end of the class, you'll be able to choose the best privacy settings and understand how to change them when Facebook changes the rules.

Nathan Larson

4337	1 session	Monday
	Dec 5	7-9pm
	\$29	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	Thursay
	Sep 22 & 29	6-9pm
	\$99	FV Comp Lab
4304-2	2 sessions	Thursday
	Dec 8 & 15	6-9pm
	\$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 4 & 11	6-9pm
	\$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	2 sessions	Thursday
	Nov 3 & 10	6-9pm
	\$99	FV Comp Lab
4306-2	2 sessions	Thursday
	Jan 5 & 12	6-9pm
	\$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

4306	2 sessions	Tuesday
	Nov 22 & 29	6-9pm
	\$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 20, 22, 31, Nov 8

Monday Sept 19 - Nov 14
Tuesday Sept 27 - Nov 15
Wednesday Sept 28 - Nov 16
Thursday Sept 22 - Nov 17
Saturday Sept 24 - Nov 19

Winter - Lesson Schedule

No class Feb 7, 18

Saturday Jan 14-Mar 3
Tuesday Jan 17-Mar 6
Thursday Jan 19-Mar 8

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	\$42 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	\$42 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	\$49 Winter
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Red Cross Youth Swim Lessons 5-14 years - Fall 2011

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 6 - Dec 8
No Class Nov 24

13 sessions	Monday			
8:30-9:15am	#90-F1	\$78	\$72.20	Sr
14 sessions	Tuesday			
8:30-9:15am	#90-F2	\$84	\$75.60	Sr
14 sessions	Tuesday			
9:20-10:05am	#90-F3	\$84	\$75.60	Sr
14 sessions	Wednesday			
8:30-9:15am	#90-F4	\$84	\$75.60	Sr
13 sessions	Thursday			
8:30-9:15am	#90-F5	\$78	\$72.20	Sr
8 sessions	Monday			
Sept 19-Nov 14	7:15-8:00pm	#90-F6	\$48	\$43.20
No Class Oct 31				
8 sessions	Wednesday			
Sept 28-Nov 16	7-7:45pm	#90-F7	\$48	\$43.20

Winter

Jan 3 - Mar 8
No Class Jan 16

8 sessions	Monday			
8:30-9:15am	#90-F9	\$48	\$43.20	Sr
10 sessions	Tuesday			
8:30-9:15am	#90-F10	\$60	\$54.00	Sr
10 sessions	Tuesday			
9:20-10:05am	#90-F11	\$60	\$54.00	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 9-Mar 5	7:15-8:00pm	#90-F14	\$42	\$37.80
No Class Jan 16 and Feb 20				
8 sessions	Wednesday			
Jan 18-Mar 7	7-7:45pm	#90-F15	\$48	\$43.20

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 6 - January 6

No swim evenings of:
Nov 8, Dec 22, 29

No swim during the day:
Sep 10, 17, Oct 22, Nov 24-26,
Dec 17, 23-27, 31, Jan 1, 2

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

Open Swim

parents must accompany children under 4' tall in pool

Monday	10:45-11:45am
Tuesday	10:15-11:15am
Wednesday	10:15-11:15am
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 7 - Dec 7

27 sessions	Mon & Wed			
Mon-10:15-10:45am & Wed 9:30-10am		#91-F1	\$108	\$97.20 SR

Winter

Jan 4 - Mar 7
No Class Jan 16

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

Private Lessons: call 651-604-3770 for info

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

Grand Re-Opening

Join all past, present and future families on Thurs., Oct. 13 from 6-7:30 pm to tour our new facility. This past summer, the district renovated the bottom half of Parkview Center School to create an early childhood center for its district families with young children. The program will start its daytime, evening and weekend classes for parents and their birth-5 year olds on Monday, Sept. 26. Registrations are ongoing as class openings exist. For more information: www.isd623.org/commed/ecfe, or call for class openings.

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 6:30am-6pm, Monday-Friday.

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

Early Literacy Enrichment Class

Would your child enjoy an afternoon of listening to stories, singing, playing games, making an art project and playing with other children? If so, your child can join children from the district's Early Childhood Special Education Program and be exposed to letter-sound awareness, rhyming, and vocabulary learning. A multi-sensory approach using visual, tactile and movement activities will be utilized. A Roseville Area School licensed speech and language pathologist will teach the class.

(3-5 year olds)

470	11 sessions	Friday
	Sep 16 23, 30, Oct 7, 14, 28,	
	Nov 4, 11, 18, Dec 9, 16	
		1:30-3:30pm
	\$105	FV 144

Drop-In & Plays for All Ages

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, 10-11:15 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

Preschool & Family Education

Introduce your child to science, math, and creativity in a play-based environment where learning is fun!

NEW! Science Discovery

Ages 3-5 parent drop-off

Discover the world of science! Join us for these special classes with a fun science theme. There will be lots of experiments and science activities for you to explore. Class themes will include Rollercoasters and Gravity, Tracks, Outer Space, and Architect. All curriculum is developed by a writer from the Science Museum of MN and meets National Science Education Standards. Parent drop-off however we invite you to join us for the last 15 minutes of class so your scientist may show you their discoveries.

Early Childhood Professional

471	4 sessions	Thursday
	Sep 22-Oct 6	6:15-7:15pm
	\$59	FV 144

NEW! Messy Hands Art

Ages 3-5 parent/child

Come make unique creations with your child as they discover how to handle paint, clay, plaster and papier-mâché. This class will develop children's fine motor skills, increase their ability to express themselves and gain self-confidence. Open-ended activities allow for children to reveal their emerging creativity through a new masterpiece each week.

Early Childhood Professional

472	4 sessions	Thursday
	Oct 27-Nov 17	6:15-7:15pm
	\$45	FV 144

NEW! Lil' Chefs

Ages 3-5 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	4 sessions	Thursday
	Dec 1-22	6:15-7:15pm
	\$45	FV 144

NO mess at home to clean up!



How to Win College Scholarships

Thursday, November 10 7-9 PM
Fairview Community Center
\$15

This popular course is taught by a recent Harvard and UC Berkeley graduate who won nearly \$250,000 in scholarship money. 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! Registration Required.
Jason Lum

Raising a Relative's Child: For Grandparents and Caregivers

Thursday, November 17
6:30-7:30PM PM
Fairview Community Center
FREE

Are you raising a grandchild, niece or other relative in your family? Do you have questions about legal, financial, emotional and developmental issues involved in relative caregiving? Please join us for a free presentation on this important topic by Connie Booth, LICSW. Registration Required.
Connie Booth

No More Meltdowns (For You and Your Child!)

Tuesday, Oct 25 6:30-8:00 PM
Fairview Community Center
\$15

Has your child had a fit lately, stormed out of the room, thrown something, or hit a sibling? Odds are that s/he has! Children's anger can be exacerbating for parents. Come to this class to learn common triggers for a child's anger, solutions for coping, and skills to teach your child so you'll both be less frazzled! Common triggers for a parent's anger will also be explored so you can model healthy expression of anger. Registration Required.

Toni Schutta

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.

2011-2012 Rate

Site	Before School	After School	Kindergarten	Contact
Brimhall	\$10/day	\$9/day	\$14/day	633-4327
Central Park	\$9/day	\$10/day		481-0745
Edgerton	\$10/day	\$9/day		771-9835
Falcon Heights	\$9/day	\$10/day		641-0035
Little Canada	\$90/day	\$10/day		482-0420
Parkview	N/A	\$12.40/day		487-4391
Emmet D. Williams	\$10/day	\$9/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 has been an awesome experience for my child. He has grown so much in his confidence and self-esteem... and made new friends. The staff is AWESOME!!!

FC Parent

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 student's 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 students 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

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 living 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. Volunteers assist both on a regular basis and with special events and projects. Current opportunities include:

- Transporting older adults to medical appointments
- Minor Home Repair
- Caregiver Support Group Facilitator
- Office Receptionist
- Special Event

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

Service Coordination

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

Support Homebound Volunteers

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

Flaming Spoon Café

at Fairview Community Center

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

Continental Breakfast 9:15-9:45am
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).

A la Carte from \$0.55 to 2.50

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

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

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

The Best Lunch Deal in Town!

**All Ages
 Welcome!**

Roseville Craft and Gift Shoppe ♦

Open Monday-Friday
 9:30am- 3:30pm
 651-604-3529

The Craft and Gift Shoppe is sponsored by the Roseville Area Senior Program and supported by the North Suburban Senior Council Inc. Volunteer consignors make hand crafted items and staff the shop.

Adults with Disabilities

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

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

Bingo I Pat Boom & Melanie Groth

9 sessions Sep 19, 3, Oct 17, 31, Nov 14, 21, Dec 12, Jan 9, 23
 6-7:30pm \$35 FV

Halloween Pin and Guard Mary Bouska

1 session Oct 22 9-10am \$15 FV

Halloween Wreath Mary Bouska

1 session Oct 22 10:15-11:15am \$15 FV

Make Three Birthday Cards Mary Bouska

1 session Nov 12 9-10am \$15 FV

Holiday Garland Mary Bouska

1 session Jan 12 10:15-11:15am \$15 FV

Glittery Sleigh Ornament in a Bag Mary Bouska

1 session Dec 3 9-10am \$17 FV

Christmas Necklace and Bracelet Mary Bouska

1 session Dec 3 10:15-11:15am \$15 FV



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
Programs runs approximately Early September-Early October

Basketball League
Girls & Boys: 3-8th grade
Program runs approximately Mid-November - Mid-March
Registration deadline: October 21

Fall Gymnastics
Girls & Boys: 5-12 years old
Program runs nine weeks, beginning Tuesday evenings on October 4
Registration deadline: September 23

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 16

Skating Lessons
Girls & Boys: 5-12 years old
Program runs approximately Jan-Feb
Registration deadline: December 16

Winter Gymnastics
Girls & Boys: 5-12 years old
Program runs nine weeks on Thursday evenings beginning in January
Registration deadline: December 16

Hockey Skills
Girls & Boys: 5-12 years old
Program runs approximately Jan-Feb
Registration deadline: December 16

Adult

55 Alive Driver Classes
Session I Nov 12 9am-5pm
Session II Nov 14 9am-1pm
Session III Nov 15 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

