

Albert Lea Community Education

Fall 2015

Bust a move with Zumba!

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Preschool with Wraparound Child Care

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Defensive Driving

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Numerous Daytime Adventures This Fall!
Pages 3-5

Photo by Teresa Kauffmann



Gather. Discover. Grow.

albertleacommunityed.org

507-379-4834

albertleacommunityed@alschools.org

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Questions?
E-mail
AlbertLeaCommunityEd@alschools.org

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Where are we?

You can find us in the Albert Lea High School Office at 2000 Tiger Lane in Albert Lea. Office Hours are 8:30am to 3:30pm unless otherwise noted on our website.

CLASS SITES

Albert Lea City Arena.....701 Lake Chapeau Dr
 Albert Lea Family Y.....2021 W Main
 Albert Lea High School.....2000 Tiger Lane
 Albert Lea Workforce Center.....2200 Riverland Dr
 Brookside Education Center.....211 W Richway
 Halverson Elementary.....707 E 10th Street
 Lakeview Elementary.....902 Abbott
 Marketing Plant.....137 South Broadway
 Sibley Elementary.....1501 W Front Street
 Shopko.....2610 Bridge Ave
 Southwest Middle School.....1601 W Front Street



Junk Bonanza
Friday, September 25
T1 \$45

Do you enjoy the thrill of the hunt for that unique gift, special prize for yourself, or that oh so perfect piece for your home? This is the trip for you We will start out at Hunt & Gather, complete with beverages and snacks provided; and then have time to tour the many very cool shops in the neighborhood. There are antique shops, galleries, studios, vintage and brand-new home décor shops all within a 2 block radius. Our next stop will be the wildly popular Junk Bonanza at Canterbury Park. Junk Bonanza provides a gathering spot for purveyors and shoppers of vintage finds, beautiful antiques, one-of-a-kind and artisan-repurposed pieces. Meet Bonanza founder and Flea Market Style executive editor Ki Nassauer. There are many lunch options at Canterbury to enjoy on your own. Trip includes admission to Junk Bonanza.

Registration Deadline: September 20
Depart: 8:15am Return: 6:00pm

Fall Harvest Adventure
Saturday, October 10
T3 \$38

Looking for a fun adventure this fall without the hassle of driving and parking? Want to just enjoy the entire time with your family? We have the perfect adventure for you! Young and old. Families or singles. This is the best way to spend a fall day. We will start the day at Sponsels Minnesota's Harvest. The options are endless and you can select as many or as few of the activities as you wish. You won't want to miss riding the wagon out to the orchard and picking your own apples however. Lunch at their spectacular brunch buffet (available on your own). We will then head to The Yellow Barn-Minnesota's Largest Candy Store. The selection of bottled sodas will astound you. There will sure to be a few memory flashbacks when you see all the "old fashioned" candies available for purchase. This trip includes 2 stops and as much walking as you wish to do. Motorcoach transportation included.

Registration Deadline: October 1
Depart: 8:15am Return: 5:00pm



Kindly note that Community Ed trips and tours often involve various levels and distances of walking, climbing stairs, etc. Individuals are encouraged to participate based on their physical capabilities. Interested parties with physical limitations should call the Community Ed office (379-4834) well in advance of the tour or trip with questions and/or with requests for special accommodations. Trips are intended for 18 and over unless specified.

**Lakeside Cottages &
 Fall Gardens**
Sunday, Sept 27
T2 \$59

View an array of homes and cottages with fall gardens bursting with vibrant golds, oranges, deep greens, maroon and more. Admire the gardens and then meander through the gardener's homes; on or nearby a picturesque lake. See how quaint summer homes, constructed between the 1880's and early 1930's, have been updated and are now year-round homes. Although modern conveniences have been added, the charm has not escaped. Notice fireplaces, wood floors, remodeled kitchens, bold painted walls and more. Discover how homes might have the original footprint, but have added second floors. Meet owners, delighted to share with you the history of their home. In addition to homes and gardens, there may be a surprise included such as a tennis clubhouse or an airport hanger. Lunch will be available (on your own) at a location that offers several dining options. Fee includes admission at up to ten historic homes or sites, coach bus, treat and escort.

Registration Deadline: September 18
Depart: 8:30am Return: 8:00pm

Destination 169 Part 2
Friday, October 16
T4 \$45

If you have ever joined us on a trip to Accessories to Go then you know we will sign up for this trip right away! Accessories to Go is a jewelry and accessory wholesaler that has a small retail shop located in an industrial park. You will receive discounts and fun giveaways while browsing the thousands of items jammed into a small space. We will then hop back on the bus and head to the very unique and fun shops and restaurants located on US Highway 169. Lunch will be on your own in Princeton or Zimmerman-your choice. These towns might be small but they are packed full of fun shops, art galleries, bakeries, and restaurants just waiting for you to explore. The area has been experiencing growth and getting a lot of attention for the unique offerings with an artistic flare. The local food establishments are a huge draw for the out-of-towners to visit too! Lunch is on your own. Several stops on and off the bus and as much walking as you care to do

Registration Deadline: October 9
Depart: 7:30am Return: 7:30pm

All trips depart from the rear
 Shopko parking lot located at
 2610 Bridge Ave, Albert Lea, MN

Shop Hop: Yarn & Fiber Stores

Saturday, October 17

TT5 \$39

Love to knit, crochet and create art items or jewelry out of fiber? Today is your day! Explore five unique yarn and fiber stores in the greater metro area. Stores have varied backgrounds including a home/business open over 40 years, a strip mall filled with friendly and helpful employee and a spacious and visually exciting knitting lounge. Store employees will be on hand to offer mini demonstrations, highlight new yarns and answer your questions. Stores may offer specials, perhaps a door prize and other surprises. Enjoy lovely fall weather, as you loop throughout various towns and hamlets. Lunch will be on your own in Stillwater. Fee includes five specialty one-of-a-kind stores, coach bus, treat, store surprises and escorts.

Registration Deadline: October 9

Depart: 6:45am Return: 8:00pm



Adventuresome Anoka

Saturday, November 7

TT7 \$49

Due to popular demand, we're returning to Anoka! Discover all the city offers, including brick stores filled with unique items that draw visitors from all over. Check out Peggy's Front Porch Antiques, Millie P's Quilt Shop, Paddywac's (vintage chic, home decor), Peterson's Shoes, Jensen's department store and many others. Don't miss Antiques on Main, featuring a display case of vintage Halloween items. Anoka is called "Halloween Capital of the World" having hosted one the first Halloween parades in 1920. There are numerous restaurants within a few blocks that offer a variety of tasty meal choices. Our next stop is a once-a-year sale that features re-purposed items including furniture, dishware, lighting, crystal and much more. You will behold a brilliant display of bold poinsettias in varied colors as well as other abundant fresh greenery, all available for sale. Dress according to the weather, invite a friend and plan to have an enjoyable day!

Fee includes coach bus, treat and escort.

Registration Deadline: October 30

Depart: 7:00am Return: 7:30pm

Holiday Homes of Hudson

Saturday, November 21

TT9 \$69

Registration Deadline: November 13

Depart: 7:30am Return: 6:30pm

Tour five homes decorated for the holidays, in and around Hudson, WI. Meet friendly volunteers or homeowners at each residence, while you enjoy vintage, traditional or modern decor. Dining room tables will be set with china, crystal and stunning centerpieces. Bedrooms to bathrooms, each decorated for the holidays and open for you to view. Gain new decorating ideas as you meander from room to room. Enjoy lunch at an 1866 church and select from several soups, add a hot beef sandwich and delicious homemade pie. Plan to bring slippers or socks; you will be removing your footwear at each home.

A Spirited Tour

Saturday, October 24

TT6 \$75

Interested in the paranormal? Candles will light your path during a tour of the cave. View images on a screen of paranormal events that have occurred in the caves. Hear researched and documented events at residences, various sites, a cemetery and more during a two-hour narrated coach tour, with a professional guide. Enjoy lunch (on your own) in the historic river town of Hastings. Meet Annie Wilder, author of *House of Spirits* and *Whispers and Spirits Out of Time*, and take part in a private tour of Annie's haunted home. Suzanne Worthley, a well-known energy practitioner and teacher, will be joining us. She will share information during afternoon travel time on space clearing, spirit world, paranormal and self-protection. Fee includes four professional guides, St. Paul area haunted places, private home and energy practitioner, coach bus, treat and escort.

Registration Deadline: October 1

Depart: 6:15am Return: 8:00pm

Holiday Decorating Tour

Friday, November 13

TT8 \$42

On this tour we will visit Bachman's to view all the beautiful holiday decorations and unique gift items. We will then go to the Mall of America/Ikea for lunch on your own and an afternoon of exploring at the Mall of America enjoying all the festive holiday decorations. You can visit both Ikea and Mall of America if you wish! Lunch and shopping time is on your own. This trip will surely help get you into that festive holiday mood with all the beautiful decorations!

Registration Deadline: November 6

Depart: 7:30am Return: 6:00pm

All trips depart from the rear Shopko parking lot located at 2610 Bridge Ave, Albert Lea, MN

NO refunds after registration dates. Sorry, no scholarships available for any daytime adventure trips.

The Sound of Music
Thursday, December 10

TT10 \$110

This holiday season, the Ordway is alive with the sounds of Rodgers & Hammerstein's beloved musical classic. Come join us for a night full of iconic songs such as "My Favorite Things," "Do Re Mi" and "Edelweiss". The timeless story of Maria and the musical Von Trapp family is a blockbuster family event you won't want to miss! Price includes transportation and ticket (seats located front and center, lower level).

Registration Deadline: September 30
Depart: 5:15pm Return: 12:20am



Holiday Lights Extravaganza
Saturday, December 12

TT11 \$59

Sit back, enjoy and be dazzled by thousands of holiday lights during the two-hour coach tour. Two professional guides will showcase light displays, lead us in holiday songs, share stories of holiday traditions and test our trivia knowledge. The light displays are unique and varied; you will see neighborhoods and hamlets ablaze in color. Dinner will be on your own on Grand Avenue. Select from numerous restaurants near the Grand and Victoria intersection including Cafe Latte, Bonfire Wood Fire Cooking, Billy's on Grand, Punch Neapolitan Pizza and others. Time will be allowed for shopping, bring your holiday list! Fee includes light tour, professional guides, coach bus, treat and escort

Registration Deadline: December 4
Depart: 12:30pm Return: 11:00pm

Zumba® Toning/Zumba® Marcie Sailor

When it comes to body sculpting, the Zumba Toning program raises the bar (or rather, the toning stick). It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness party. Students learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all their target zones, including arms, abs, glutes and thighs. The Zumba Toning class is the perfect way for enthusiasts to sculpt their bodies naturally while having a

Wednesdays

Sept 9-Nov 18

5:30-6:30pm

Halverson Gym

\$39 ZUM1

11 Sessions



Zumba® Marcie Sailor

Are you ready to party yourself into shape? Forget the workout, just lose yourself in the music and find yourself in better shape. Zumba classes feature exotic rhythms set to high energy Latin and international beats. Before you know it you'll be getting fit and your energy levels will soar! Zumba is an easy, effective, exhilarating exercise.

Tuesdays & Thursdays

Sept 8-Nov 24

5:30-6:30pm

Halverson Gym

\$78 ZUM2

22 Sessions

(No class Thursday, October 15)

Aqua Zumba Marcie Sailor & Sherry Jensen

Splash your way into shape with an invigorating low-impact aquatic exercise. Known as the Zumba "pool party," the Aqua Zumba program gives new meaning to the idea of an invigorating workout. Integrating the Zumba philosophy with traditional aquatic fitness disciplines, Aqua Zumba blends it all together into a workout that's cardio-conditioning, body-toning, and most of all, exhilarating beyond belief.

Mondays

Sept 14-Nov 16

5:30-6:30pm

High School Pool

\$40 ZUM3

10 Sessions

Wednesdays

Sept 9-Oct 14

6:30-7:30pm

High School Pool

\$24 ZUM4

6 Sessions

Volunteer Opportunity:

Mayo Clinic Health System's Hospice Program in Albert Lea will offer education and volunteer training sessions this October.

9 a.m. to 2 p.m. Monday, October 5

9 a.m. to 2 p.m. Monday, October 12

Anyone interested in becoming a Hospice volunteer will be required to attend all sessions, but will not need to commit until training is complete.

For more information and to register, contact

**Deb Gabriel, Hospice, at
 507-377-6393**

District 241 Employees get \$10 off ONE fitness class each season! Call Community Education to receive this benefit. 379-4834

Yoga for Beginners Clemencia Gujral

Feeling disconnected from yourself? Yoga restores your connection to your body as you build strength and flexibility while learning relaxation techniques. Please bring a yoga mat and water to class.

Mondays
Sept 14-Dec 21
6:00-7:15pm
Sibley Gym
\$70 YOGA1
15 Sessions



Inner Goddess Belly Dancing for Fun

(18+ or 8 years old w/ parent) Cindi Van Reese
 Explore your inner womanly goddess through belly dance! All women welcome (mother-daughter teams are encouraged!). Learn basic dance steps and combinations as well as the history of this beautiful dance form. Wear comfortable loose fitting clothes or elastic waist full skirt. Come and dance for fitness, fun, and laughter!

Tuesdays
Oct 6-Oct 27
6:30-7:30pm
Albert Lea City Arena
\$20 BELLY
4 Sessions

Adult Taekwondo Bruce Thimmesch

Taekwondo may be loosely translated as “the art of the foot and hand” and combines combat techniques, self-defense, sport, exercise, meditation, and philosophy. With Taekwondo you can increase physical fitness, balance and flexibility at any age or fitness level. Course fee includes uniform.

Tuesdays
Sept 8-Oct 27
8:00-9:00pm
Y Aerobics Rm
\$40 TAEK1
8 Sessions

Tuesdays
Nov 3-Dec 22
8:00-9:00pm
Y Aerobics Rm
\$40 TAEK2
8 Sessions

Gentle Movement Yoga Shelley Pederson

You’ll enjoy simple movements in this calm, focused, and meditative class. Excellent for senior and over-weight or curvy students, or those with arthritis and joint problems, this wrist and shoulder-friendly class wonderfully compliments more vigorous weekly classes. Poses are held longer and go deeply into the muscles to strengthen your whole body. No previous yoga experience necessary. Students must be able to get up and down from the floor. Please wear comfortable clothing and bring a mat. All standing poses are done with bare feet for your safety.
 Min 8/Max 15

Tuesdays
Sept 15-Dec 15
6:15-7:30pm
Brookside Cafeteria
\$56 YOGA2
14 Sessions

Beginning Yoga Carol Soma

Yoga, the integration of mind, body and spirit, is for anyone who wants a healthy, balanced lifestyle. This class is for beginners or those who have begun yoga practice and want to continue to develop greater flexibility, strength, and stress reduction. Students should bring a mat or towel, an additional towel or blanket for support, and a water bottle to class.

Wednesdays
Sept 9-Dec 9
(no class Nov 25)
4:15-5:15pm
Sibley Cafeteria
\$49 YOGA3
13 Sessions

Questions
 about classes?
 E-mail
AlbertLeaCommunityEd@alschools.org

To register online visit AlbertLeaCommunityEd.Org or Call 379-4834

Diabetes Prevention Program

The YMCA’s Diabetes Prevention Program is a community-based lifestyle improvement program for adults with prediabetes or those who are at risk for developing type 2 diabetes, led by a certified Lifestyle Coach. The program’s purpose is to empower adults with lasting lifestyle changes that will improve their overall health and reduce their chance of developing type 2 diabetes. Participants gather in a relaxed classroom setting and work together in small groups to learn how to incorporate healthier eating and moderate physical activity into their daily lives. They can prevent or delay the development of type 2 diabetes when they are at high risk for the disease. Must be at least 18 years old to participate, have a BMI greater than 25. **To learn more about this program contact Dani Armbrust at the Albert Lea Family Y 507-373-8228, specialist@ymcaal.org**

Women & Investing 101

This financial workshop is an easy way to learn how to save, invest, and work toward your financial goals. Whether you are just starting out or want to learn something new, this workshop has something for you. The course will cover Foundation of Investing, Retirement by Design, Ready or Not?, Preparing for the Unexpected, and Preparing Your Estate Plan.

Guest speaker Stephanie Haedt, attorney at law. Min 15/Max 40 Ages 18+

Angie Eggum

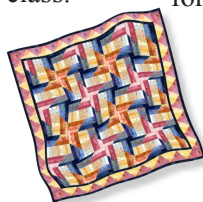
Tuesdays
September 22-October 13
6:00pm-7:30pm
Marketing Plant (On Broadway)
\$10 FINA
4 Sessions

Beginning Crochet

Pam Koenen

This course is for the first time crocheter or someone who wants to brush up on the basics. Learn the basic skills and then put them to use by creating a dishcloth. Other patterns and projects will be available once the first project is completed. Bring to class: 1 skein 4 ply worsted weight yarn - any color and a size H crochet hook. Materials list for the project will be supplied on the first night of class.

Tuesdays
September 15-October 6
6:00pm-8:00pm
Brookside Rm 109
\$30 HOBBI
4 Sessions



Granny Squares Basics

Pam Koenen

The granny square is one of the basic motifs used in crochet. Learn how to make a basic granny square and the different techniques for joining squares to create a variety of projects. Materials needed: Crochet Hook (any size H) 3 skeins medium (4) worsted weight yarn or medium weight cotton yarn (3 different colors) Materials needed for projects will depend on individual projects chosen.

Tuesdays
November 3-24
6:00-8:00pm
Brookside Rm 109
\$30 HOBBI
4 Sessions

Biscotti Italian Cookies

Sandy Olson

Biscotti is fast becoming an international favorite! Don't be afraid to try making them at home because even though they are baked twice, they are easy to make and wonderful to eat. Biscotti can be enjoyed with a cup of steaming coffee or tea, a cool dish of gelato or ice cream or a glass of sweet wine. Cook with Sandy Olson and Carol Kragenbrink on Tuesday, October 13. Registration deadline is October 6th and registration is limited to 15 students.



Tuesday
October 13
5:30-8:30pm
ALHS FACS Rm
\$25 COOK1
1 Session

Sandy Olson is a former restaurateur, was the restaurant reviewer for the Mason City Globe Gazette for 15 years and is currently a food writer and cookbook reviewer for a weekly newspaper. She was raised in upstate NY where her parents were in the restaurant business. Sandy has been teaching Community Education cooking classes since the late '80s, first through NIACC in various school settings and she added classes for Albert Lea Area Community Education about 6 years ago. The hands-on classes allow students to actually experience the cooking process as well as eating and enjoying the finished products.

'Color My World With Harp' For Adults

Rachel Christensen

Enjoy a hands on experience learning songs on the harp. The harp is an instrument that people love but don't get usually get the opportunity to play. No musical background or knowledge of note reading is required. This course will give you the opportunity to play beautiful melodies in a group setting. Harps provided.



Wednesdays
September 23-October 28
5:30-6:30pm
Southwest Middle School Little Theater
\$60 HARP
6 Sessions

Rachel Christensen is a (nearly) lifelong student, teacher, and promoter of the harp. She performs regularly as a soloist and also with several orchestras. She is also a certified harp therapy practitioner, and as such works with people (and animals) to bring relaxation and comfort. Through the International Harp Therapy Program, Rachel works with students from around the world who are working toward certification.

To register online visit AlbertLeaCommunityEd.Org or Call 379-4834

Angel Wings & Sticky Rice

Loutalee Ko

Want to learn how to make Asian dishes in the comfort of your own home? Take a class from Loutalee, one of our newest cooking instructors. These dishes are easy to make and taste amazing. Try something new! Join us for this fun and educational cooking class!

**Wednesday
September 9
6:00-8:00pm
ALHS FACS Rm
\$10 COOK3
1 Session**



Defensive Driving Recertification

Dewey Severson

This four-hour course is available to participants who have taken the eight-hour course within the last three years and need to renew their insurance certification. No tests are given.



**Wednesday
October 28
1:00-5:00pm
Brookside Rm109
\$20 DD1
1 Session**

Adult Behind the Wheel Education

Community Education offers Behind-the-Wheel instruction to adults 18+ who live in the area and have a current MN Instructional Permit. Cost of lessons is \$200 for six hours of training.

Chinese Five Spices & Pork Belly W/ Eggs

Loutalee Ko

In this class you will learn how to make a sweet and spicy dish with pork belly, hard boiled eggs along with soy sauce, fish sauce, and more! What is Chinese Five spice? Loutalee will teach you how to make it *and* how to use it when cooking Asian dishes.

**Wednesday
October 14
6:00-8:00pm
ALHS FACS Rm
\$10 COOK4
1 Sessions**

Defensive Driving

Dewey Severson

All drivers 55 years and older are encouraged to enroll in this eight-hour course. The defensive driving class will prepare you for a new awareness of traffic safety and sharpen your driving skills. You must attend all eight hours to receive your certificate, which will entitle you to a discount on your auto insurance. You will not need to take a test.

**Tuesday & Wednesday
October 27 & October 28
6:00-10:00pm
Brookside Rm 109
\$25 DD2
2 Sessions**



Mind, Body & Balance with EFT

Terri Bergstrom

Emotional Freedom Techniques (EFT, Meridian Tapping, Tapping) is the most widely used modality in a field called Energy Psychology. It is an emotional version of acupuncture without needles. EFT combines focusing on a mental or physical area of concern while gently tapping on specific facial and upper body acupressure points. Consistent use of EFT has been shown to significantly alleviate and assist with issues such as headaches, migraines, sports injuries, TMJ, asthma, stress, insomnia and much, much more. Ages 16+ Minimum 5/Maximum 15

Terri is a Nationally Certified Massage Therapist and a Reiki Master and has been practicing both modalities for more than 15 years. She is the owner and director of Willow Moon Healing, a private business in Austin, Minnesota for 11 years. She is a member of Associated Bodywork and Massage Professionals. She is a presenter on various related topics at several alternative health and wellness retreats in Austin and the surrounding areas. Terri is Certified in EFT (Emotional Freedom Technique), and Matrix Reimprinting. She holds a B.S. degree in Social Work from Bemidji State University, Bemidji, MN. Terri's mission is to assist you in creating a deep sense of well-being and heightened awareness of the Mind-Body-Spirit connection.

**Thursdays
October 15, 22, 29
6:00-7:30pm
Brookside Rm 109
\$36 EFT
3 Sessions**

18th Century Minnesota Roundtable

The purpose of this round-table shall be the encouragement and advancement of studies and research in the history of eighteenth-century colonial America and the impact of First Nations/European political, cultural and military activities in the Minnesota/Upper Midwest area from 1680's thru the 1820's. Presentations, demonstrations and essays will be presented at each roundtable. Topics may include 18th century cultures, clothing and styles, philosophy, economics, theology, cooking/recipes, housing, diseases, inventions, music, art, science and relations with indigenous peoples. Lively discussions will follow. Fun for all ages!

Southwest Media Center
 First Tuesday of the Month
 11/3, 12/1, 1/5,
 2/2, 3/1, 4/5
 7-8pm
 FREE



Civil War Roundtable

Learn, share and discuss topics relevant to the American Civil War and the US Dakota War of 1862 in this group. Monthly meetings include a presentation and discussion format on topics of interest to Roundtable members.



Southwest Media Center
 9/10, 10/1, 11/5, 12/3, 1/7,
 2/4, 3/3, 4/7 5/5, 6/2
 7-8pm
 FREE

Community Band

The Albert Lea Community Band invites musicians past, present and new to enjoy a session of traditional band performance. The band is beginning its thirty third consecutive season of making great music. We encourage the lifelong enjoyment of making our community a more musical place. So, if you play a traditional band instrument and can play at an intermediate level, come and join the band! It's a great Albert Lea tradition!

Conductor: Laverne Walheim

Assistant conductors: John Degner, Bonnie Jensen

Where: Southwest Middle School Band Room

Rehearsal time: 7:00-8:30 p.m.

Rehearsal dates: 9/15, 9/22, 9/29, 10/ 6, 10/13, 10/20.

Contact Steve Weisgram for more information 373-1592

Learn to Skate Program

Do you want to learn to skate? Come experience the challenging and fun sport of skating. Whether you're a beginner or just want to learn how to skate better. This program is for you! It teaches skills to both hockey and figure skaters.

- **4 years old and older**
- **10 Sessions**
- **Sundays-late afternoon**
- **November-March**
- **2 Sundays Each Month**



Please check out our website for more information regarding this program @ www.alfsc.org or find us on Facebook.

Taught by: Albert Lea Figure Skating Club Coaches
 Where: Albert Lea City Arena



Skating
 Fun, Friends,
 Talent, Passion

The Albert Lea Figure Skating Club

offers lessons for all levels of students, ages preschool to high school senior. Open to boys and girls! Join the Albert Lea Figure Skating Club this fall to develop a life-long passion for skating. This sport can lead to competing, coaching and even serving as a competition judge. Lessons are Monday and Wednesday evenings, with the season starting Monday, August 31 and culminating in the annual show in March. More information at www.alfsc.org or look for "Albert Lea Figure Skating Club" on Facebook.

Fall Registration: Monday, August 17 OR Thursday, August 20

6pm Albert Lea City Arena

More information: Carol Linde at 507-402-3371

Circle of Parents

Parenthood is one of the most important, rewarding, and challenging responsibilities any of us face. A parent-organized support group can help you rejoice in the joys and weather the storms of parenting. Circle of Parents provides a friendly, mutually supportive environment for families at all stages. Groups are FREE, open to ALL our families, and/or anyone in a parenting position, and are confidential, non-judgemental, and designed to promote positive parenting.

Thursdays beginning October 1st

6:30-8:30pm

Care About U Café (Brookside Education Center 2nd Floor)

FREE

Freeborn County Historical Museum, Library Village



1031 Bridge Avenue, Albert Lea, MN 56007
507-373-8003 <http://www.fchm.us>

Visit the Museum & Library Hours:
Wednesday - Saturday 10:00 AM to 4:00 PM
Village closes Sept. 30, 2015

Admission: \$7.50 Adults, \$2.00 students 12 – 18
Members & Children 11 and under free

Smart Driver Safety Class

4-Hour Refresher Course/Thurs., Sept. 17, 2015 - 5:30 -9:30 pm.

@Freeborn County Historical Museum (Park on north side of building, by fairground arches & enter new entrance). 1031 Bridge Ave., Albert Lea, MN. * Fee: \$20.00 per person for AARP Members and \$25.00 for non AARP members. This includes the AARP Course materials as well as an administrative host charge. Driver's License # needed at registration & AARP # if you are a member. Pre-registration required. This is the 4- hour refresher class required every three years (after initial 8 hour class) to continue receiving a 10% Discount on your auto insurance. We are also hosting classes on Saturday, October 3, 2015 from 9:00 am to 1:00 p.m.; Saturday, November 21, 2015 from 9:00 am to 1:00 p.m. Please call the museum @ 373-8003 to register for these classes and make checks payable to FCHM.

Museum Events

Autumn in the Village

Sunday, September 20, 2015 from Noon to 4:00 p.m.

\$7.50 adults/\$2.00 students/children under 11 & members free.

Join us at the museum and historical village for an afternoon full of entertainment, demonstrations, food and fun for the entire family.

Lecture Series begins Saturday, September 12, 2015 - 9:00 am

Join us the 2nd Saturday of Sept., Oct. & Nov., 2015 at 9:00 a.m. for an hour lecture followed by time for questions & discussions. Free for museum members & \$5.00 for non-members. Watch for subject titles in the newspaper or on our website.

FCHM Christmas Tour of Homes – Sat. Nov. 14, 2015

1 to 4 p.m. - Cost \$15 – Proceeds to FCHM Projects

Tickets will be available at the museum.

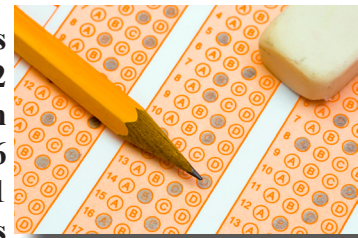
FCHM Annual Membership Drive

The museum is accepting 2016 memberships now. Annual household memberships range from \$25.00 to \$1000.00 and are for the calendar year – January through December. Help us to continue Preserving and Protecting the History of Freeborn County and its People – become a member today! We are open 10 to 4 on Saturdays for your convenience.

ACT Preparatory Course

Prepare your student for the American College Test (ACT). This course includes diagnostic testing, strategic instruction and applied testing of all areas covered on the ACT. Instructors for the program are experienced teachers with state teaching certificate licenses who have completed the Advantage training. Strategies for the written essay will also be covered. *Please register by Sept 4.*

Mondays
September 21-October 12
5:45-8:45pm
ALHS Rm E-116
\$120 ACT1
4 Sessions



Drivers Education

Prepare your future driver for the permit test, the State of Minnesota Graduated Drivers License Test (GDL) and a lifetime of driving. Class fee includes 30 hours of classroom instruction and six hours of behind-the-wheel instruction. Minimum 15/Maximum 40 students



October 19-30 (early bird deadline Oct 12) **3:30-6:30pm**
November 30-December 11 (early bird deadline Nov 23) **3:30-6:30pm**
February 1-12 (early bird deadline Jan 25) **3:30-6:30pm**
March 28-April 8 (early bird deadline March 21) **3:30-6:30pm**
June 6-17 (early bird deadline May 30) **9:00am-12:00pm**
July 11-22 (early bird deadline July 1) **9:00am-12:00pm**
Courses FILL quickly, please plan ahead for the session that works best for you

ALHS Room E113
\$320 (early bird special \$295)

Point of Impact

Parents and their soon-to-be drivers are encouraged to attend this free class together. The intention of this class is to increase parent awareness of teen driving risks, Minnesota's teen driver laws, and the important role parents play in developing a safer teen driver. Parents and students participating in this informative class only have to log 40 hours of drive time with their student instead of the required 50.

Thursday, October 29 7:00-8:30pm
Monday, November 23 7:00-8:30pm
FREE POI1 & POI2
ALHS Rm E-113
Register the Soon-To-Be-Driver AND Parent

STARS: Success Through Adults Reaching Students

Be a **STAR** in a child's life. Become a mentor!

A mentor is a caring adult friend and positive role model that meets with their mentee 2-4 times a month doing activities together. Group activities are also provided.

Parents can request a mentor for any child ages 7-17 who needs guidance and support. All children need a caring adult friend, someone they can trust, have fun with, someone who will listen and encourage them.

MENTORING MAKES A DIFFERENCE!



To learn more about our program:

Call: 507-383-5272, starsforkids@yahoo.com or STARS for Kids on Facebook

Albert Lea Public Library

(507) 377-4350, 211 E. Clark St., Albert Lea, MN

For more information, visit www.alplonline.org.

Hours: Sun.: 1-5 p.m., Mon.-Thurs.: 9 a.m.-7 p.m., Fri.: 1-6 p.m. Closed on Sat.

Adult Programs

NONFICTION BOOK CLUB

3rd Tuesday of each month at 6 p.m.

FOUNTAIN LAKE READERS

2nd Thursday of each month at 10 a.m.



INTRO TO THE COMPUTER

Get acquainted with the different parts of the computer & start using it in a relaxed environment.

m o s s

INTRO TO THE INTERNET

Learn the basics for browsing the internet & searching the web.

t o s
t o s

Registration forms available at the circ desks.

Check-outs & Renewals Changing Soon!

Starting September 1, ALL Albert Lea Public Library material (except DVDs) will check out for two weeks. All items may also be renewed two times (unless the item is on hold).

If you have any questions about your due dates, you may check your account online at www.alplonline.org or you may call the library at 377-4350. Items may also be renewed online or by calling.

You can also request to sign up for text notification before items become due.

Children's Programs

Children's fall programs run Sept. 21 through Nov. 25.

STORYTIME

Mondays, Tuesdays & Thursdays at 10:30 a.m.

LEGO TIME

The Mondays of Sept. 14, Oct. 5, Nov. 2 & Dec. 7 from 3:45 to 5 p.m.

NIGHT TIME STORYTIME

Thursdays at 6 p.m.

MEA BINGO

Thursday, Oct. 15 at 2 p.m. Fun & prizes!

BOOK PALS

Grades 5, 6 & 7: Mondays at 3:45 p.m.
Grades 3 & 4: Tuesdays at 3:45p.m.
Starts week of Oct. 19. Registration required.

CHOOSE KINDNESS

Sunday, Oct. 25 at 2 p.m.
R.A.D. Zoo is coming & we'll learn ways to be kind to animals.

POLAR EXPRESS PARTY

Thursday, Dec. 10 at 6 p.m. Stories, crafts & fun!



Keep a watch out for the fall book sale & Friends annual meeting.

Holiday Closings: Labor Day - Mon., Sept. 7; Veteran's Day - Wed., Nov. 11; Thanksgiving - Thur., Nov. 26 & Fri., Nov. 27; Christmas - Fri., Dec. 25



OPEN GYM:
 Fridays and Saturdays
 6-9 pm
 \$10 admission

Ages 4+

Harness and shoes included
CLIMBING CLUB:

Tuesdays
 6-9 pm

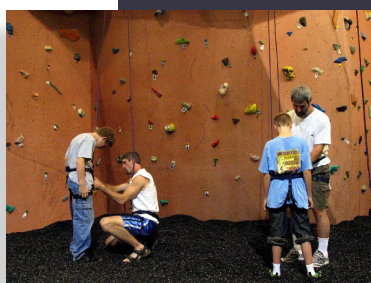
\$10 admission

*Free basic climbing class
 at 6:30 pm with paid admission*



**ROCK
 GYM**

Brookside Education Center
 211 W Richway Drive
 Door B
 Albert Lea MN 56007
 507-379-4834
 AlbertLeaCommunityEd.org



Punch passes are good for any Rock Gym admission: climbing, snowshoeing, archery, boating, and geocaching. Stop by the Community Education office: 2000 Tiger Lane to pick up a punch pass. They make great gifts!

\$25 for a 5 admission punch pass!

SNOWSHOEING:

Watch for more information when/if the snow flies!



Community Education is looking for YOU! The Rock Gym is seeking reliable people over the age of 16 to join the staff. Flexible, part-time hours with free training and climbing; no experience necessary! Call 379-4834 for more information.

BIRTHDAY PARTIES:

Schedule any day, any time!
 A unique way to celebrate!
 Call 379-4834 for more details. Parties include...
 Instructor
 Equipment
 Private use of wall for 2 hours
 Tables & chairs



BOATHOUSE FALL HOURS:

TUESDAY & THURSDAY
 6:00-9:00PM
SATURDAY
 9:00AM-12:00PM

LAST DAY OF 2015 SEASON OCTOBER 3

Rock Wall

The Mayo Clinic Health System Hospice in Albert Lea will be sponsoring a Helping Hearts Heal Bereavement Camp for Youth

When: September 26, 2015

Time: 9 a.m. to 2:30 p.m.

Where: 211 West Richway Drive

Ages: Kindergarten-12th Grade

For more information or registration materials please call 507-377-6393

We Need YOU to Volunteer!

Every crime has a victim...every victim needs your help!

The Crime Victims Crisis Center will be offering a volunteer training opportunity beginning Oct 3. The training is 40 hours long with several guest speakers. To apply contact **Dotti Honsey** at (507) 377-5463 before September 25.

Training Dates: Oct 3, 5, 10, 12, 24, 26 & Nov 7, 9

Monday sessions are 6:00-9:00pm and Saturday sessions are 8:30am-4:30pm



Choose Civility

The Power of Words

FREEBORN COUNTY, MN

www.choosecivilityfc.org



October is Choose Civility Month!

Join us and come to one, or all, of the many Choose Civility: Freeborn County - Power of Words events.

Domestic Violence Candlelight Vigil

Thur., Oct. 8 from 6 to 8 p.m. at New Denmark Park (Freeborn County Crime Victims Crisis Center)

Tea with Family & Friends

Sat., Oct. 17 at 2 p.m. at Freeborn County Historic Museum. Reservation required. Call Senior Resources at 377-7433. (Choose Civility & Senior Resources)

Annual Blessing of the Animals

Sat., Oct. 10 at 10 a.m. at Frank Hall Park (Choose Civility)

Be Kind to Animals (RAD Zoo)

Sun., Oct. 25 at 2 p.m. at Albert Lea Public Library (Choose Civility & Albert Lea Public Library)

Please visit www.choosecivilityfc.org to learn more about the Power of Words and make a difference.

Albert Lea Public Library

(507) 377-4350, 211 E. Clark St., Albert Lea, MN

For more information, visit www.alplonline.org.

Hours: Sun.: 1-5 p.m., Mon.-Thurs.: 9 a.m.-7 p.m., Fri.: 1-6 p.m. Closed on Sat.



CHANGE IS COMING... STARTING SEPTEMBER 1, 2015

2 Week Check-outs

2 Renewals

ALL ITEMS

(EXCEPT DVDs)



Taekwondo (ages 5-15)

Bruce Thimmesch

Taekwondo is a safe and fun way for children to learn self-defense, increase self-control and gain self-esteem. You can increase physical fitness, balance and flexibility at any age or fitness level. Course fee includes uniform.

Saturdays
September 5-October 24
10:00-11:00am
Albert Lea Y Aerobics Rm
\$40 TAEK3
8 Sessions



Saturdays
October 31-December 19
10:00-11:00am
Albert Lea Y Aerobics Rm
\$40 TAEK4
8 Sessions

Tiger Dance Team Youth Camp

Dancers in preschool through 7th grade are welcome to join us for a day of fun at the Tiger Dance Team Youth Camp. Campers will perform the dance routine learned at camp at the Jim Gustafson Field (Hammer Complex) on **Tuesday, September 15th** during half time of the varsity boys soccer game. * Dancers grades 1-7 don't forget to pack a lunch on the day of camp!



Saturday
September 12
Grades 1-7 9:00am-2:00pm \$30
PreK-K 9:00-11:00am \$20
ALHS Gym
Registration Deadline: September 4
T-Shirt Size Options: Youth S,M,L,XL
and Adult S, M,L,XL

Albert Lea Youth Volleyball Fall League

(Grades 3-5) **Jamie Cameron**
Players will learn and practice the fundamentals of volleyball. Participants will all receive a jersey (included in the fee), be grouped with other players, and compete in games. The league will conclude with a **tournament on Saturday, October 24.**

Mondays & Wednesdays
September 14-October 24
6:00-7:30pm
ALHS Gym
\$84 S17
12 Sessions



Rainbow of Sound

(ages 5-12) **Rachel Christensen**
Ages 5 to 12 are invited to join this program focused on learning about through stories and hands on playing of the harp. As a group you will learn beautiful melodies and the best part is that you don't need to have a musical background! Harps are provided by the instructor. Maximum of 6 participants so don't hesitate to register for this wonderful new class.

Wednesdays
September 23- October 28
4:00-5:00pm
Southwest Middle School Little Theater
\$60 HARP2
6 sessions

Let's Draw & Paint

(1st-5th Grade) **Beth Tostenson**
Painting and drawing can boost your child's confidence and artistic skills regardless of age and ability. Artistic expression uses many brain pathways that help children grow into more complete people. Learn different painting techniques using a variety of tools that will produce unique effects and beautiful seasonal paintings. Bring paint-friendly clothes.

Wednesdays
September 23-October 7
3:30-4:30pm
Southwest Middle School Rm 114
\$47 ART1
3 Sessions



Questions
about classes?
E-mail
AlbertLeaCommunityEd@alschools.org

Are you willing to share your skills/talents with the community of Albert Lea? You don't have to be a licensed teacher! Enthusiasm combined with knowledge of a subject or skill in a special interest will be enough to get you started. The Community Education staff is here to provide assistance on class content, handout production, and more. We'll let you know what to expect, help you promote your class and do all we can to help you succeed.

CALL 379-4834 FOR MORE INFO



Albert Lea Parks & Recreation Fall Fun Guide

Watch for our "Fabulous Fall Fun" flyer in your school packet this September. There will be many activities and trips for you and your friends to choose from!!! Also check us out online @ www.ci.albertlea.mn.us

Lil' Monsters

Grades Preschool-1st

Have fun decorating your very own pumpkin, crafts and spider cookies! You can also watch a spooky movie (nothing scary) with your friends and listen to stories. Spooktacular snacks provided.

Fee: \$8

When: Fri. October 16th (Full Break-No School)

Time: 10:00 am-11:30 am

Where: City Arena-Carf. Room #1



Make sure your child dresses to make a mess!

Movies, Pumpkins, and Snacks-Oh My!

Grades 2nd-5th

Come and enjoy an afternoon filled with creepy crafts, pumpkin decorating, ghoulish games and a spooky movie, but not too spooky! And to top it off we will enjoy scary snacks!

Fee: \$8

When: Fri. October 16th (Full Break-No School)

Time: 1:00 pm-4:00 pm

Where: City Arena-Carf. Room #1



Make sure your child dresses to make a mess!

Please Pre-Register!

If there are not enough registrants,
a class will be cancelled.

PROGRAM REGISTRATION

Registration for all programs will be at the
Parks & Rec. office
located at the City Arena.

Hours: 8:00 am-5:00 pm

The office is open over the noon hour throughout the year.

Albert Lea Parks & Recreation

Phone: 507-377-4370

Fax: 507-377-8487

Arena: 507-377-4374

Theater: 507-377-4371

Senior Center: 507-373-0704

Email: jhutchison@ci.albertlea.mn.us

jdavis@ci.albertlea.mn.us

jhagen@ci.albertlea.mn.us

bfurland@ci.albertlea.mn.us

Register ONLINE!

Check us out @ www.ci.albertlea.mn.us

Candy Corn Guessing Contest

Guess how many candy corn pieces are in our jar!!! The closest guess without going over wins two youth trip vouchers for any of our youth trips! Winners need not be present to win. One guess per participant. Please include your name, phone # and guess. Contest begins October 1st and winner will be announced November 1st.



Adult Learning Center

NEW Office- Room 218

New name & location at Brookside Education Center

The only place to be if you need to....

*Get your GED * Learn English *Brush up on your reading, writing, and math skills



Registration

Day Classes:

Sept 1st or 2nd

At 9:30am or 12:00pm

Room 218

Night Classes:

Sept 10

At 5:30pm

Room 218

Class Hours:

Beginning September 8

Mon-Thurs

8:30am -11am and/or 11:30am-1:30pm

Beginning Sept 15

Tuesdays & Thursdays

5:30-8:00pm

GED Testing Dates

September 24 2:00-6:30pm

September 25 9:00am-1:30pm

October 29 2:00-6:30pm

November 5 2:00-6:30pm

November 6 9:00 am-1:30pm

December 10 2:00-6:30pm

December 11 9:00am-1:30pm

Math Classes at Riverland

Beginning August 24

Mondays & Wednesdays

4:00-5:50pm

Call Julie at 507-379-4866 to REGISTER

Citizenship/Transition Classes

8:30-11:00am

September 18 & 25

October 2 & 9

November 13 & 20

December 4 & 11

Monthly Registration

Come in at 9:30am on

Fridays:

September 18

October 2, 30

November 13

December 4

Questions?

Brookside Education Center 211 West Richway

Albert Lea, MN

507-379-4866

julie.sager@alschools.org | penny.jahnke@alschools.org

Full STEAM Ahead Classes

(Science, Technology, Engineering, Art, Math)

3-5 Year Olds & Parents

These events are all parent-child interaction

Science is a way of doing. Engineering is a way of designing. Art is a way of creating. Math is a way of measuring. Come see what it is all about!

Early Engineers

You and your child will have the opportunity to play with blocks and other building materials. Together you will develop math and science skills while learning about gravity, balance, shapes and problem solving.

Thursday
September 17
6:00-7:00pm
Brookside Rm 212
\$5
EC01

Super Science

Experiment and discover fascinating, fun facts about the wonders of science. You will do activities that explore such topics as sound, light, color, water, magnets and other basic scientific concepts.

Thursday
October 22
6:00-7:00pm
Brookside Rm 212
\$5
EC02

Mini Mathematicians

Come and enjoy sorting and counting as your child develops basic math skills. Through playing with blocks, colors, and shapes children begin to learn concepts such as classification and ordering; an important kindergarten readiness skill.

Thursday
November 19
6:00-7:00pm
Brookside Rm 212
\$5
EC03

Art Adventures

Come and explore art as you and your child create and experience a variety of activities based on different artists and techniques such as: pointillism, mosaics, abstract, modern and self-portraits.

Thursday
December 10
6:00-7:00pm
Brookside Rm 212
\$5
EC04

Sibling Childcare available for \$ 2 a child during all classes

Toddler Time

Walkers-24 Months & Parents

Come share large and small muscle activities with your exploring toddler. You'll begin to explore creative art materials and be introduced to new play ideas each week. Parents will meet with a parent educator for parenting discussion time.



Fridays
Sept 11-Dec 18
(no class Oct 16, 23, 30 & Nov 6, 27)
9:30-10:30am
Brookside Rm 202
See Fee Chart EC05
10 Sessions

OPEN GYM

2-5 Year Olds & Parents

We have reserved some time at the Brookside Gym for you to burn off some stress and your child to burn off some excess energy. Play with scooters, balls, parachutes and other large motor equipment.

Thursdays Oct 1, 8 **6-7:30pm**
Mondays Oct 12, 19 **6-7:30pm**
Brookside Gym A \$5/Per Night **ECGYM**
Sibling Care available only on Monday \$3 per child

WEE Actors

3-5 Year Olds & Parents

Class activities will be based on a different story every week. While parents are in a discussion group, children will use appropriate props and costumes to act the story out. You'll return from the discussion group and enjoy a play presented by your child.



Thursdays
November 5, 12
6:00-7:30pm
Brookside Rm 200
\$10 EC06

Sibling Care available for \$2/Child

Terrific Twos

12-36 Months & Parents

Come with your child and do art projects, songs, games, and much more! Parents will meet in an adjoining room for a brief parent discussion on such topics as child behavior, temper tantrums, toilet learning, sharing etc.

Fridays
Sept 11-Dec 18
(no class Oct 16, 23, 30 & Nov 6, 27)
10:45am-12:00pm
Brookside Rm 202
See Fee Chart
EC07

Tods & Twos

12-36 Months & Parents

Each night you and your toddler will explore a new play theme that will provide a wide assortment of activities and fun.



Mondays
Sept 28 & Oct 5,12,19
6:00-7:00pm
Brookside Rm 202
See Fee Chart
EC08

Questions
about classes?

E-mail

AlbertLeaCommunityEd@alschools.org

Monday Night Memories

3-5 Year Olds & Parents

These events are all parent-child interaction

*Sibling Care available for \$2 a child



Tuesday Night Specials

3-5 Year Olds & Parents

These events are all parent-child interaction

*No Sibling Care available

Teddy Bear Picnic

Your preschooler will have a “bear-y” exciting time learning through letters, numbers, and crafts. Don’t forget to bring along your favorite teddy bear for the picnic fun!



Monday
November 9
6:00-7:00pm
Brookside Rm 200
\$5 EC09

Pizza Party

Class room games and activities will be based on the pizza theme to include playing in our Pizza Parlor.

Monday
November 16
6:00-7:00pm
Brookside Rm 200
\$5 EC10



Let Loose With Mother Goose

Sing and dance along with your favorite Mother Goose Nursery Rhymes with a fun-filled evening complete with musical games, activities, and songs.

Monday
November 23
6:00-7:00pm
Brookside Rm 200
\$5 EC11

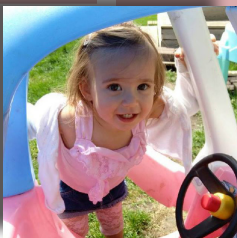
World Tour

Join us as we sample a variety of activities, traditions, foods, and fun from various countries around the world!



Monday
November 30
6:00-7:00pm
Brookside Rm 200
\$5 EC12

UCare participants get reduced/free ECFE classes! Please bring your health care card with you when you register.



Mindful Music

3-5 Year Olds & Parents

An early childhood teacher leads you and your child on an adventure of listening, singing and dancing that will help develop the young mind. This interactive group experience will keep you moving and making melodies.

Tuesdays
October 13, 20, 27
6:00-7:00pm
Brookside Rm 200
\$15 EC13

Sibling Child Care \$2/child

Carpentry Night

3-5 Year Olds & Parents

We’ll supply the wood scraps and nails. You bring a hammer and your imagination. Great things will happen!



Thursday
December 3
6:00-7:30pm
Brookside Rm 200
\$5 EC14

Sibling Care available for \$2/Child

Focused Energy

3-5 Year Olds & Parents

Let’s get those little bodies moving. We will provide movement opportunities through games, songs and a variety of equipment. Give your kids an outlet for all that stored energy with the use of parachutes, tumble mats and more.

Fridays
Sept 11, 18, 25 Oct 2, 9
9:30-10:30am
Brookside Gym A
\$25
EC15
Sibling Care available for \$10/Child

Apples, Apples Everywhere

Come for a night “out at the orchard” with your child. Meet in the preschool classroom and explore the ins and outs of apples, and what they are used for.

You will peel apples and make your own applesauce.



Tuesday
September 15
6:00-7:00pm
Brookside Rm 200
\$5 EC16

Hike & Wiener Roast

You’ll hike and explore the wooded area behind Brookside School. At the end of the hike, roast wieners and marshmallows while singing and telling stories. Class starts at Brookside Boat

Landing.

Tuesday
September 22
6:00-7:00pm
Brookside Boathouse
\$5 EC17

Camping

Get in gear for S’MORE good times!

Hike on into Room 244 for this adventure, no bug spray or poncho needed! Your preschoolers will love the songs, games, and camping themed activities.

Tuesday
September 29
6:00-7:00pm
Brookside Rm 200
\$5 EC18

Hello Pumpkin

Carve out some good times with a variety of pumpkin theme activities and projects. You’ll conclude the evening with lights out to view your jack-o-lantern and enjoy a Halloween story.

Tuesday
October 6
6:00-7:00pm
Brookside Rm 200
\$5 EC19



FUNtabulous Friday

3-5 Year Olds & Parents

Enjoy spending time with your child in planned learning activities and share some time with parents in the CareAboutU Café. You will explore all of the domains of the early childhood curriculum including science, math, pre-reading, art, music, physical activities, and social skill development. Parents will separate from children during parent discussion time.



Fridays

Sept 11-Dec 18

(no class Oct 16, 23, 30 & Nov 6, 27)

12:30-2:00pm

Brookside Rm 202

See Fee Chart

EC20

10 Sessions

Baby & You

Newborns-Crawlers & Parents

Learn ways to provide the stimulation important for your baby's brain development. Join in an informal atmosphere for a topic discussion time and playtime for baby and you. Sessions are ongoing, so you may join at any time during the year.

Morning Session 1

Wednesdays

Sept 16, 23, 30 & Oct 7, 14, 21

10:00-11:00am

Brookside Rm 202

No Fee EC21

Night Session 1

Mondays

Sept 14, 21, 28 & Oct 5, 12, 19

5:00-6:00pm

Brookside Rm 202

No Fee EC22

Morning Session 2

Wednesdays

Nov 4, 11, 18 25 & Dec 2, 9

10:00-11:00am

Brookside Rm 202

No Fee EC23

Night Session 2

Mondays

Nov 2, 9, 16, 23, 30 & Dec 7

5:00-6:00pm

Brookside Rm 202

No Fee EC24



Parent Resource & Networking Spot

Available for all preschool parents

Monday-Thursday 12:30-2:30pm



- Relax with a cup of coffee or cocoa
- Read a good book--there are many parenting book titles to choose from
 - Use your Wi-Fi laptop with free internet connection
 - Meet up with other parents of preschoolers
- Watch one of the parenting DVDs on the Smart Board Screen



Please note: the following events are planned for Fall 2015 session. Please call 379-4838 and let Megan know if you will be coming so materials can be prepared. Adults only, please. No Fee
 Class times: Wednesday Mornings 8:45-9:45am OR 11:30-12:30pm

Cafe Classes....

September 16: Ready.... Set.... School!

How is it going with your child starting school? Parents will have the opportunity to discuss the beginning of the school year and what important things they should remember about the school year. Information will be given about resources available in the schools. We will end the session with some fun ways to have parent and child conversations at home.

October 21: Wonderful World of Books:

Parents will get the opportunity to look at many types of books for babies, toddlers and preschoolers. We will explore the benefits of reading to your child. Stay for the session and say "Yes" to reading with your child. You will receive a FREE book that you can take home to read!

November 18: Food Fun

November's class focus is on eating healthy. Need some new ideas of what to serve your toddler and preschooler for snacks? Join us to make some treats that are energizing, nutritious and easy. We will have the ingredients available to make the snacks and share other recipes for cooking up other healthy munchies.

December 16: Celebrate Cultures:

Attend this class to learn how different cultures celebrate the holiday season. Parents will share some of their important traditions that are valuable to them. We will discuss what customs are important to you and learn ways to hold onto those important traditions so that you can pass them on to your children. We will serve coffee and tea along with a holiday treat.

Love & Logic Parent Classes

Mary Jo Volkman

Learn some practical strategies for raising your children without raising your blood pressure. With Love and Logic, your children will learn how to live with consequences of their actions, avoid blaming others for their problems and make wise decisions. Use Love and Logic to bring the fun back into parenting. You may purchase a workbook from the teacher for \$10 at the first class meeting if you wish.

Tuesdays

October 13, 20, 27 & November 3, 10

6:00-7:30pm

\$10 (no charge for spouse) LLPC

Sibling Care: \$10/child

Brookside CareAboutUCafé

5 Sessions



Amazing Newborn Clinic This weekly FREE clinic staffed by professional nurses and educators assists you in parenting and caring for your newborn. Get your baby's height and weight checked, receive breast feeding support, meet other parents of newborns, get your questions answered, and receive up-to-date information on your baby's growth and development. A different community partner will be present each week to help give your family a healthy start. This is a free service, and no appointment is necessary.



Tuesdays

Anytime between 12:30-2 pm
Call 507-377-5100 for more info.

FREE

CareAboutU Café



Online Parenting Class *Melissa Schmidt, NEW Parent Educator*

Exploring Overindulgence.... Have you ever wondered, how much is too much? Do you overindulge your children? Were you overindulged? Do you know others who overindulge? How does it affect our children? How will it affect our society? How do we know when it is too much? Explore all of these questions and more with our new 4 week online course, where we will discuss all of the ways children are overindulged in our society, based off the book *How Much Is Too Much?* Jean Illsley Clarke. The online class option allows you the freedom to explore this topic at your own convenience. Discussions will be posted online and expanded on throughout the week. *Upon registration you will need to supply an email address and/or phone number that has text capabilities*

Monday, November 2- Wednesday, November 25

\$10 OPC



FALL ECFE CLASS FEE CHART

The class fee is based on your household's total yearly income, before taxes and your family size. This information is confidential. Class fees are necessary to supplement state and local tax dollars dedicated to supporting early childhood programming for School District 241.

1) Locate your family size 2) Locate your family income 3) Move down column to class fee



Family Size	Annual Income	Annual Income	Annual Income	Annual Income	Annual Income	Annual Income
2	Below 19,999	20,000-24,999	25,000-29,999	30,000-39,999	40,000-49,999	50,000 and up
3	Below 24,999	25,000-29,999	30,000-34,999	35,000-44,999	45,000-54,999	55,000 and up
4	Below 29,999	30,000-34,999	35,000-39,000	40,000-49,999	50,000-59,999	60,000 and up
5	Below 34,999	35,000-39,999	40,000-44,999	45,000-54,999	55,000-64,999	65,000 and up
6	Below 39,999	40,000-44,999	45,000-49,999	50,000-59,999	60,000-69,999	70,000 and up
Day Class Tuition						
Toddler Time	\$12	\$16	\$19	\$25	\$28	\$35
Terrific Twos	\$15	\$20	\$24	\$31	\$35	\$44
FUNtabulous Friday	\$19	\$25	\$30	\$39	\$44	\$55
Night Class Tuition						
Tods and Twos	\$5	\$6	\$8	\$10	\$11	\$14



Pre-Kindergarten Preschool & Wraparound Child Care Ages 3-5 Years Old

District #241 Pre-Kindergarten is a public preschool program offered to children ages 3 years to kindergarten enrollment. The goal of this program is to help prepare children for successful entry into kindergarten. All Pre-Kindergarten classrooms are staffed by licensed teachers. Our Pre-Kindergarten program uses Creative Curriculum® and Teaching Strategies® GOLD™ Online Assessment to meet the individual needs of all children. A main component of our program is parent and family involvement. We believe that parents are their child's first and most important teachers. Studies have proven that children are more successful in school and in life when parents are involved with their education. **Parent involvement is a requirement that you commit to as a part of our program.** Our program has individual goals for all students in the areas of social and emotional development, approaches to learning, language and literacy development, creativity and the arts, cognitive development and physical and motor development.

Preschool Class Offerings

Brookside Education Center

3-4 Year Old Class

Monday-Friday

8:30AM-1:30PM

4-5 Year Old Class

Monday-Thursday

8:30-11:00AM

OR

12:00-2:30PM

3 Year Old Class

Monday-Thursday

8:30-11:00AM-FULL

3 Year Old Class

Mon/Weds- FULL OR Tues/Thurs

8:30-11:00AM

Halverson Elementary

4-5 Year Old Class

Monday-Thursday

8:30-11:00AM

OR

12:00-2:30PM

***Wraparound Child Care
(Brookside Location ONLY)**

Morning Options

Option 1: 6:15-8:30AM

Option 2: 7:15-8:30AM

Afternoon Options

Option 3: 1:30-4:00PM

Option 4: 1:30-5:45PM

Option 5: 2:30-4:00PM

Option 6: 2:30-5:45PM



SCHOLARSHIPS

Pathway I and Pathway II scholarship applications are available for qualifying families in our 4 Star Rated Parent Aware Program. Request scholarship information in order to apply for free/reduced tuition and fees.



Wraparound Child Care

We have developed a NEW wraparound Child Care Program beginning with the 2015-2016 school year. Please refer to the *Wraparound ChildCare, Morning and Afternoon Options. We will provide an environment that encourages adventure, creativity, healthy self-concepts, respect for others, responsible behavior, and positive attitude. The Wraparound rooms will include age appropriate activities, games, and toys on a daily basis.

**For Pre-K Registration:
Contact Megan Gooden
Phone: 507-379-4838
Email: megan.gooden@alschools.org**

Early Childhood Parent Coach

Your child's behavior can be challenging. The Early Childhood Parent Coach is here to help. **FREE** information & support for parents & caregivers with challenging early childhood behaviors.

***0-5 year-olds *NO FEE**

***For all families in Freeborn County**

Call Brenda Wichmann, Licensed Parent Educator, at 507-383-9764

Early Childhood Screening

The state of Minnesota requires a developmental screening of all three to four-year-old children. FREE one-hour screenings are offered at Brookside Education Center.

Tues Sept 1 2-6pm K ONLY
Tues Sept 22 2-6pm
Tues Oct 13 2-6pm
Fri Nov 20 8-2pm
Tues Dec 8 2-6pm
Fri Jan 15 8-2pm
Tues Feb 9 2-6pm
Fri Feb 26 8-2pm
Fri Mar 18 8-2pm
Tues Apr 12 2-6pm
Tues May 10 2-6pm K ONLY



Please call **379-4866** or e-mail julie.sager@alschools.org to schedule your child's appointment

Trip Refunds

Due to deposit requirements, there will be no refunds trips after registration deadline, unless cancelled by Community Education

Refunds

Community Education will gladly issue a full refund when a class is cancelled due to low enrollment.

Inclément Weather Information

- If the Albert Lea School District is closed due to bad weather, the Community Education classes and activities are cancelled.
- If the Albert Lea School District announces a late morning start, all Community Education morning classes will be cancelled

Be an "Early Bird"

When you register quickly you get the classes you want and the instructor can prepare for your participation. Community Education will accept registrations as long as there is room in the class.

Are you in? – YES!

You will be notified by Community Education if the class needs to be cancelled or if you are placed on a waiting list.

Student Cancellation

You may cancel up to three business days before the start of a class with a full refund. After that time, there will be no refunds. If there is a supply fee involved, it will be deducted from your refund. If you need to cancel, please notify Community Education at 379-4834

Photo Policy

There are occasions when representatives of District 241 and/or the media photograph or videotape students while in school or attending/participating in school sponsored functions. Parents/guardians not wanting their child/self to be identified in photographs, videotape or Community Education brochures should notify, in writing, the Community Education office.





Release of Information

Participation in any CE program, class or activity is voluntary. By enrolling in these courses you indicate that you have no physical conditions or health history that would make your participation hazardous to your health. Participants (and parents of participants) hold District 241 free from liability in case of accidents of any nature.



Registration Forms

✂ Participants Name _____ Address _____ City/State/Zip _____
 Home Phone _____ Cell Phone _____ E-mail _____
 Driver's License # for each person registering- ONLY for Defensive Driving participants

 Code # _____ Course Name _____ Fee \$ _____
 Code # _____ Course Name _____ Fee \$ _____
 Code # _____ Course Name _____ Fee \$ _____
 Payment Information (checks payable to District 241) Cash ___ OR Check # _____ OR Charge
 Credit Card # _____ - _____ - _____ - Expiration Date ___ / ___
 Signature (For credit card only) _____


Gather. Discover. Grow.


✂ Child's Name _____ Age _____ Parent's Name _____
 Address _____ City/State/Zip _____
 Home Phone _____ Cell Phone _____ E-mail _____
 I certify that fees indicated are true and correct based on household income
 Signature _____
 Code # _____ Course Name _____ Fee \$ _____ Code# _____ Course Name _____ Fee\$ _____
 Code # _____ Course Name _____ Fee \$ _____ Code# _____ Course Name _____ Fee\$ _____
 Payment Information (checks payable to District 241) Cash ___ OR Check # _____ OR Charge
 Credit Card # _____ - _____ - _____ - Expiration Date ___ / ___
 Signature (For credit card only) _____


Gather. Discover. Grow.


Registration



Ways To Register for Classes



By Mail: Complete a registration form and mail it with a check or credit card number to:
Albert Lea Community Education, 2000 Tiger Lane, Albert Lea MN 56007



On-line: Visit AlbertLeaCommunityEd.org



Walk In: Albert Lea High School Main Office, 2000 Tiger Lane. Monday-Friday 8:30am-3:30pm



Call/Fax: VISA or MasterCard or Discover - telephone (507) 379-4834 or fax (507) 379-5498

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