



# adult enrichment

January-July 2017

507.328.4000

[www.rochesterce.org/register](http://www.rochesterce.org/register)

*Evolve  
in 2017!*

**Rochester**  
Public Schools

© TJ's Photo-Art



## Terrie Jacobson Cover Photographer

Terrie has been our Adult Community Education brochure cover photographer for the past two years. We wish her the best in her next adventure in Georgia. You can view Terrie's work at TJsPhoto-Art.com.



## Table of Contents

Create/Leisure	4-21
Body/Mind/Spirit	22-29
Career/Finance	30-35
Community	36-37
Computer/Technology	38-39
Language/Literature	40-43
Dance/Fitness/Recreation	44-47
Family/Parent	48
Home/Safety	49-55
Humanities/History	56
Nature/Outdoors	57-60
Taste	61-64
One-Day Trips	65-70
Registration	71

### Discounts/Promo Codes/Supply Fees

 20% Senior Discount (62+)

 Promo Code Applies

 Additional Supply Fee

\* Limit One Discount/Promo Per Class

## directory

### Adult Enrichment

.....328.4000

### Adults with Exceptional Abilities

.....328.4063

### Adult Literacy at Hawthorne

.....328.4440

### Youth Enrichment

.....328.4052

### Middle School After School

.....328.4053

### (SACC) School Age Child Care

.....328.4040

### PAIR (ECFE)

.....328.4020

### Early Childhood Screening

.....328.4004

### Preschool Enrichment

.....328.4005

Adult

Youth

Early Childhood

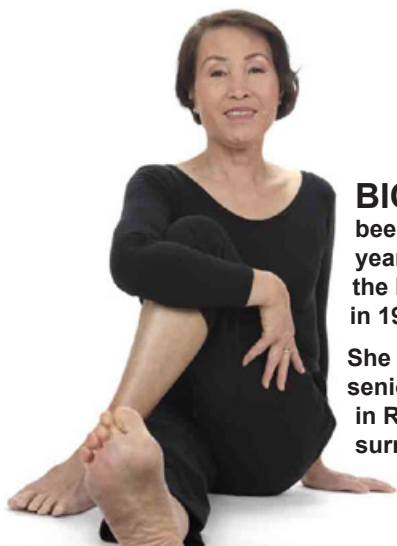
## Get **Social** with Adult Enrichment!

[www.twitter.com/rochesterce](http://www.twitter.com/rochesterce)

[www.pinterest.com/rochestermnce](http://www.pinterest.com/rochestermnce)

[www.facebook.com/RochesterMNCommunityEducation](http://www.facebook.com/RochesterMNCommunityEducation)





© Olivejuicestudios.com

**BIO:** Catherine Park has been teaching yoga for 30+ years and was certified in the Himalayan Tradition style in 1988.

She teaches beginning yoga, senior yoga and meditation in Rochester and the surrounding areas.



**BIO:** Linda Billau, E-RYT-500 has taught in the Himalayan Tradition since 2001. For fourteen years she was the personal assistant to Himalayan Yoga Meditation master, Swami Veda Bharati, assisting him throughout India, Europe, Asia, North and South America.



## Spring Immersion—A Yoga Meditation Weekend Retreat

Catherine Park, Linda Billau

Fri-Sun, Apr 21-23

Come immerse yourself in the ancient practices of the Himalayan Yoga Meditation Tradition. Aimed at deep personal release and expansion, this retreat is an opportunity to get away from the hectic pace of daily routines and soak in the energy of this consecrated space ideal for allowing one to experience deep inner relaxation.

The weekend will include interactive discussions, guided meditations, simple asana, and subtle body relaxation practices, and more -- all infused with the life-transforming energy of the Himalayan Tradition. A practice of Silence will be available to those who wish to experience this practice. The Spring Yoga Meditation retreat is held in the serene and supportive atmosphere of the Assisi Heights campus in Rochester, MN. Please Bring: a yoga mat, blanket, meditation cushion, any other props, and a notebook/pen. Retreat fee includes a single room, all your meals (Friday dinner thru Sunday breakfast), and yoga instructors Catherine Park and Linda Billau.



© Assisi Heights Archives

The retreat will begin on Friday at 5 PM for check in and conclude Sunday at noon. No refunds after Mar. 31.

9103.241

Assisi Heights 1001 14<sup>th</sup> St NW

\$299

### ISD 535 CLASS ADDRESSES

**Century High School**  
2525 Viola Rd NE

**Elton Hills Elementary School**  
1421 Elton Hills Dr NW

**John Adams Middle School**  
1525 31st St NW

**John Marshall High School**  
1510 14th St NW

**Kellogg Middle School**  
503 17th Street NE

**Mayo High School**  
1420 11th Ave SE

**Sunset Terrace Elementary School**  
1707 19th Ave NW

**Willow Creek Middle School**  
2425 11th Ave SE



### THANK YOU & BEST WISHES!

On behalf of all of us in Community Education, thank you, Tiffany, for sharing more than five years of your life with us, building our brochures, flyers, and more, from concept through distribution. Your talents will be missed in the Community Education family. We wish you the very best in your new endeavors!

❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️

❄️ **Take 10% off your cart of \$30 or more!** ❄️

❄️ Promo Code: **EVOLVE2017** ❄️

❄️ Expires: 1/15/17 ❄️

❄️ *Limit one discount/promo per class.* ❄️

❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️ ❄️

[www.rochesterce.org/register](http://www.rochesterce.org/register) • 328.4000 | 3

# Create/Leisure

## "100 Things to Do in the Twin Cities Area"

Tom Weber

Start your day with Minnesota Public Radio host; Tom Weber of "The Daily Circuit." He will be speaking about his recent book-100 Things to Do in the Twin Cities Before You Die. His book is a guide to the most rewarding list of things to do in the Twin Cities. Even if you're familiar with the Twin Cities, several of his suggestions will be a delightful surprise! Copies of his book for purchase and signing will be available after class.

7075.241      Sa Mar 25      10-11:30 AM  
Northrop-Rm 319      1 Session      \$15

**Bio:** Jeff Jones, a professional travel director, adventure guide, and scuba instructor, has traveled around the world for the past twenty-five years.

## Driving Ireland

Jeff Jones

Learn tips for winging it round the "Emerald Isle." During our 90-minutes, a variety of topics will be discussed: Road conditions, driving on the left, navigating map/GPS, general sites, where to eat, and how to find a B&B for the night. A photo tour of Ireland will follow the presentation.

8437.241      W Mar 29      6:30-8 PM  
Northrop-Rm 308      1 Session      \$12



**BIO:** Kim Steiger has made travel her passion. In her 31 years of travel industry experience she has completed two degrees, numerous certifications and destination specialist programs, and continually stays abreast of the latest industry and world changes. During this time she has been exploring the world and sharing her personal and educated knowledge with those she meets.

## Iceland: A Travel Bucket List Must Experience!

Kim Steiger

Kim will explain why Iceland has become such a popular destination to experience.

She will discuss the geography, the culture, the history, and the economics of

the country. Having experienced Iceland herself, she is excited to share with others all that is Iceland. She will discuss the ease of self-driving opportunities, excursion ideas, and various forms of lodging and adventure opportunities. She will also share the perks for traveling through different parts of the year and the country's similarities to MN.

7071.231      Tu Feb 28      6-8 PM  
Northrop-Rm 109      1 Session      \$15



## Explore Your Spirit for Adventure!

Kim Steiger

This course will cover various forms of adventure travel opportunities throughout the world. Adventure travel encompasses everything from soft adventure such as cultural cooking experiences, beer/liquor and wine tours to hiking, cycling, humanitarian and volunteer adventures to extreme adventures such as mountain climbing, kayaking, whitewater rafting and waterfall repelling experiences. The Adventure Travel and Trade Association and their members support ecofriendly sustainability adventure travel as well as the local communities and cultures to which they provide services in. Whether the adventure that awaits you is soft adventures to extreme adventures, Kim will help you realize the beauty that awaits you.

7073.231      Tu Mar 21      6-8 PM  
Northrop-Rm 109      1 Session      \$15



**BIO:** Dr. Nancy J. Horvath is the owner and sole proprietor of Horvath Spiritual Consulting. Her mission is to illuminate spiritual paths through inter-spiritual exploration and reflection. The founder and lead investigator of After Hours Paranormal Investigations holds a BA in Psychology, a Master of Divinity, and a Doctorate in Ministry.

## Haunted Ireland

Dr. Nancy J. Horvath  

You've heard her stories, seen the equipment she uses, heard EVP's, and watched video from places like: The Myrtles Plantation, Lemp Mansion, The Willisca



© Olivejuicestudios.com

Ax Murder House, Mrs. B's Bed & Breakfast, and the haunts of Mantorville. Now travel with "The Ghost Hunter" of Rochester as she takes you to the Emerald Isle to share her latest adventures and evidence captured in places like The Bloody Chapel of Leap Castle, Charleville Castle nestled in a 700 year old forest, Clonnonny Castle, Ballyseede Castle, Ross Castle, Kinnity Castle, and a few quaint 100 year old (or more) Bed & Breakfasts.

8670.231  
Northrop-Rm 201

Tu Feb 28-Mar 7  
2 Sessions

6-9 PM  
\$40

## Ghost Hunting: Close Encounters

Dr. Nancy J. Horvath  

If you enjoy any of the wildly popular ghost hunting shows, you know that the best part is watching the investigation and then seeing the reveal of evidence. How much more fun would it be to watch a local Minnesota



team in action? You will have the opportunity to view a contextual analysis and then observe After Hours Paranormal Investigations as they take on Mrs. B's Bed & Breakfast in Lanesboro, The Myrtles Plantation (St. Francisville, LA), Waverly Hills Sanatorium (Louisville, KY), and Prospect Place (Trinway, OH). Actual video and audio evidence from each of these locations will be presented as well!

8669.231  
Northrop-Rm 319

Tu Mar 21-28  
2 Sessions

6-9 PM  
\$40

**BIO:** Gina Henry created Go Global, Inc. to empower people to travel as much as they want, whether they need vacation money, travel related work, a new career, time off from work, or confidence to travel. She has been taking FREE vacations for over twenty-five years, about 10 FREE vacations each year, six months a year. She teaches English overseas is a professional mystery shopper, imports and leads group tours worldwide.

## RETIRE AND TRAVEL FREE—Volunteering, Fun Work-Vacations/Paid Travel Opportunities

Gina Henry 

Baby boomers are retiring and pursuing their travel dream. Gina has traveled to 93 countries and all 50 states for FREE in the past 25 years using the ideas in this class.



She teaches nationwide and is the author of "Retire & Travel Free". If you're near retirement, retired, re-tooling or changing careers, a student, or anyone who likes the idea of making additional income to support their travel dream and keep their retirement money in the bank, this class is for you. Learn over 200 ways to travel free. Go to [www.GinaHenry.com](http://www.GinaHenry.com) for more instructor information.

**A \$15 supply fee will be collected** for Gina's 100-page "RETIRE & TRAVEL FREE" book that provides all the companies, websites, and contact information you need.

8432.241  
Northrop-Rm 316

W Apr 19  
1 Session

6-9:30 PM  
\$25

## Traveling to Italy

Carlo Biondolillo  

In this one session class, we will discuss what you need to know before going to Italy.

The best places to visit, what to do, and what not to do! Learn the cultural and historical hints, typical and



regional food, wines, and places. What Italians like and dislike. Become knowledgeable on how to travel, where to go, how to behave, should I drive or not? Discovering places where tourists do not go. Part of the time will be dedicated to specific questions of the attendees.

8435.241  
Northrop-Rm 109

M Feb 6  
1 Session

6-8 PM  
\$15

8435.242  
Northrop-Rm 201

M Mar 13  
1 Session

6-8 PM  
\$15

# Create/Leisure

## Additional Building Blocks for Duplicate Bridge

NEW!

Sue Greenberg



Join fellow duplicate bridge players for a quick review of Audrey Grant protocol, then move on to dealing with distributional hand bidding. Each class will also focus on defense - leads, signals, etc., and we may indulge in a new convention! Pre-requisite - at least two classes in Audrey Grant curriculum; continued use of Jacoby Transfers, Stayman, 1NT responses, weak two bids, Blackwood ace asking, strong two clubs opening, and responses.

8393.231 W Mar 22-May 10 9-11 AM  
Hadley Creek Community Center 8 Sessions \$56  
1925 48<sup>th</sup> St NE

## Competitive Bidding in Bridge

NEW!

Layne Vinje



Tired of having your opponents steal the bid from you? This class is for those who have been introduced to bridge and grasp the basics of opening the bidding and responding to an opening bid. It covers additional tools available to you in a competitive auction. You will learn about preemptive bidding, overcalls, takeout doubles, and more! The course is based upon Audrey Grant's book "Bridge Basics 2: Competitive Bidding." Contact Layne Vinje at [elvinje@charter.net](mailto:elvinje@charter.net) for a low-priced copy of the book.

8397.231 Tu Apr 11-May 23 6:30-8 PM  
Hadley Creek Community Center 7 Sessions \$49  
1925 48<sup>th</sup> St NE

## Play Mahjong

Judy Olness



Skill, strategy, calculation, and a certain degree of luck – that's the popular Chinese game of Mahjong-American National.



This game of tiles, instead of cards, is interesting, fun, and can be competitive! Learn this very enjoyable and social game. You will need to purchase a 2017 National Mahjong League Standard Size Card prior to class. Regular print and large print are available. They are sold at Games by James and on Amazon. Approximate cost is \$11.

8334.241 Tu Apr 18-Jun 6 9:30-11:30 AM  
Northrop-Rm 109 8 Sessions \$55





**BIO:** Catherine Park began studying Asian Art over 25 years ago. She first began learning under the well-known artist Mr. Lok Tok. Catherine still continues to take classes and workshops from many Asian artists. Her personal art pieces have been displayed at many art shows. Her passion for teaching includes yoga, language, and art.



## Asian Brush Painting–Beginning

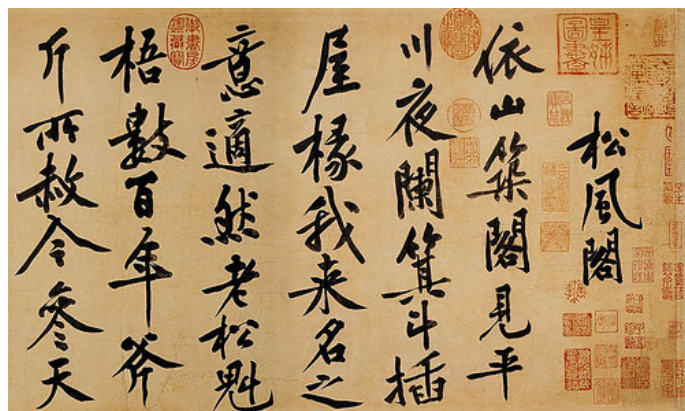
Catherine Park

Learn to use ink freely with a controlled brush stroke to capture the essence of the spirit of the subject in your paintings. The subjects for this class will be Four Gentlemen, also called Four Noble Ones, which refers to four plants and four seasons (the orchid for spring, the bamboo for summer, the chrysanthemum for autumn, and the plum blossom for winter). The tools essential for this class are called the four treasures: brush, ink stone, ink stick, and a special rice paper made of mulberry bush. Supply list is available at [www.rochesterce.org/adult](http://www.rochesterce.org/adult).

7027.241 W Mar 15-Apr 26 6-8 PM  
Kellogg Middle School-Art Rm 123 6 Sessions \$85  
No Class Apr 5



January-July 2017



## Chinese Calligraphy

NEW!

Catherine Park, Peter Park

Calligraphy literally means “beautiful writing.” The art of writing was the visual art form prized above all others in traditional China. Chinese Calligraphy history goes back 2000 years, developed from primitive drawings. During this class you will learn the history of calligraphy and the basic brush strokes, dots, and lines to begin your journey of self-expression. Bring the following supplies to class; bamboo pair brushes, traditional Chinese ink, and rice paper. The supplies can be purchased locally.

7019.241 Sa Apr 15-May 6 9 AM-12 PM  
Northrop-Rm 319 2 Sessions \$45

## Beginning Charcoal Drawing–Portrait

NEW!

Miriam Knuth

Unleash your inner artist and learn charcoal techniques while creating a fine arts drawing of Abe Lincoln. President Lincoln’s strong facial features and head structure make him the perfect subject for this academic approach to a beginning portrait class. Supply list is available at [www.rochesterce.org/adult](http://www.rochesterce.org/adult).

7018.241 Sa Jan 28 9 AM-2 PM  
Northrop-Rm 109 1 Session \$45

## Fundamentals of Watercolor

NEW!

Miriam Knuth

Learn the step-by-step process involved in working with watercolor for the beginner painter. Supply list is available at [www.rochesterce.org/adult](http://www.rochesterce.org/adult).

7015.241 M Apr 10-Apr 24 6-8:30 PM  
Northrop-Rm 112 3 Sessions \$55

# Create/Leisure



**BIO:** Art is an integral part of Kathy's Litwin's life. Her passion lies in drawing and plein air painting. Her work has been displayed at numerous Twin Cities locations.

## Drawing for Beginners and Experienced Sketchers-One-Day Workshop

*Kathleen Litwin*

In this one-day workshop, you will learn drawing is the basis for all two and three-dimensional artwork. This class is for those who have never drawn before and those sketchers wanting to do more. Line drawing, contour drawing, blind contour, perspective, and basic realistic drawing exercises will be covered. We will discuss shading, tone, light, and form. Each student will receive individual attention and critiques in a very supportive environment. Bring a bag lunch. [kathleenlitwin.com](http://kathleenlitwin.com) Supply list is available at [www.rochesterce.org/adult](http://www.rochesterce.org/adult).

7025.241      Sa Mar 18      9:30 AM-3:30 PM  
Northrop-Rm 319      1 Session      \$65

## Drawing for Beginners and Experienced Sketchers

*Kathleen Litwin*

Drawing is the basis for all two and three-dimensional artwork. This class is for those who have never drawn before and those sketchers wanting to do more. Line drawing, contour drawing, blind contour, perspective and basic realistic drawing exercises will be covered. We will discuss shading, tone, light and form. Each student will receive individual attention and critiques in a very supportive environment. [kathleenlitwin.com](http://kathleenlitwin.com) Supply list is available at [www.rochesterce.org/adult](http://www.rochesterce.org/adult).

7010.241      W Apr 12-May 17      7-9 PM  
Northrop-Rm 112      6 Sessions      \$115

## Painting

*Kathleen Litwin*

Beginner or accomplished, come paint a still life in the realist manner with Kathy. Learn the basics in fine arts, paint handling, color mixing, composition, and lighting will be stressed. Students will work on a still life for multiple class sessions. Critiques will focus on each student's strengths and needs. This will be a fun supportive class with lots of individual attention. You must purchase your own supplies. [kathleenlitwin.com](http://kathleenlitwin.com)

Supply list is available at [www.rochesterce.org/adult](http://www.rochesterce.org/adult).

7011.241      W Apr 12-May 17      4-6:30 PM  
Northrop-Rm 112      6 Sessions      \$115



## Painting One-Day Workshop

*Kathleen Litwin*

Beginner or accomplished, come paint a still life in the realist manner with Kathy. Learn the basics in fine arts, paint handling, color mixing, composition, and lighting will be stressed. Students will work on a still life. Critiques will focus on each student's strengths and needs. This will be a fun supportive class with lots of individual attention. For this one-day workshop, the supplies needed to complete your painting are included in the class fee.

[kathleenlitwin.com](http://kathleenlitwin.com)

7012.241      Sa Apr 22      9:30 AM-3:30 PM  
Northrop-Rm 112      1 Session      \$85



**For weather related announcements,  
call CE Weatherline at: 507.328.4010**

See page 71 for more information



## Clean and Simple Greeting Cards

Lee Ann Furness



Create your own greeting cards that are simple with rubber stamps, ink, and paper. Using basic stamping techniques, you will be amazed how easy stamping can be! All levels of stampers will enjoy this class. You will make two each of the three cards. **A \$5 supply fee will be collected.** Bring your own adhesive and receive a free gift. [www.creativeLee.stampinup.net](http://www.creativeLee.stampinup.net)

7680.231      Sa Mar 4      12-2:30 PM  
Northrop-Rm 319      1 Session      \$19

## Shake, Rattle, and Roll with Hand Stamped Greeting Cards

Lee Ann Furness



How fun is opening an envelope and seeing parts of the greeting card move? Create three different greeting cards with three different movements. All levels of stampers and paper crafters will enjoy making six cards. [www.creativeLee.stampinup.net](http://www.creativeLee.stampinup.net) **A \$5 supply fee will be collected.**

[www.creativeLee.stampinup.net](http://www.creativeLee.stampinup.net)  
7686.231      M Mar 27      4-6 PM  
Northrop-Rm 319      1 Session      \$19

## Adult Coloring Workshop

Brittany Rask



Join us for a new twist on adult coloring workshop. You will make and take home a total of 10 cards. **A \$10 supply fee will be collected.**

7033.241      Th Feb 9      6:30-8:30 PM  
Northrop-Rm 308      1 Session      \$15

## Cricut® 101

Brittany Rask



This class is designed to make you more comfortable with your Cricut machine. Whether you have the Expression, Create, or the original Cricut, you will learn the basics for caring for your machine and mat; how to use all the features of the machine and the cartridge overlays, and most importantly, you will learn how to adjust your settings to make the most of the material you are cutting. If you have a Cricut machine, bring it to class.

7550.241      Th Feb 23      6:30-8:30 PM  
Northrop-Rm 306      1 Session      \$15

 Samples available for viewing!

## Cricut® Design Space

Brittany Rask



Cricut Design Space™ gives you the creative freedom to design just about anything! Go on a tour of Cricut's Design Space system so you can learn to navigate the software. We'll work on how the Cricut Design Space software and tools help you modify images and fonts. Further step up your skills as you discover easy ways to create intricate designs with the software's Print then Cut and pattern fill features. Be sure to bring your machine and computer with updated software. Discover the addition of the Cricut Design Space app to further enhance your designs while on the go. Cricut Explore/Air: <http://us.cricut.com/home/learn/software/apps> and <https://us.cricut.com/design/#/landing/intro-video>

7549.241      Th Apr 13      6:30-8:30 PM  
Northrop-Rm 316      1 Session      \$15

## School Scrapbook

Brittany Rask



Are you looking for a clean, easy, and simple way to get your pages in a book? Join us and create double page layouts for each year of your child's school years. When registering, choose between double page layouts for either K-6 or 7-12 scrapbook (13 pages total) as well as additional pocket scrap-booking for each year of your child's school years. **A \$65 supply fee will be collected.**

7035.241      Sa Feb 25      9 AM-1 PM  
Northrop-Rm 319      1 Session      \$25

## Watercolor Card Making

Brittany Rask



Have you seen projects utilizing watercolors? Wonder what all the hype is about? Join us and discover the fun and colorful techniques. You will take home three cards utilizing the different techniques focusing on watercolors. **A \$10 supply fee will be collected.**

7034.241      Th Mar 2      6:30-8:30 PM  
Northrop-Rm 308      1 Session      \$15



# Create/Leisure

## Capture Your Baby's First Year

NEW!

Brittany Rask

Don't let those pictures of your precious little ones just stay on your camera. Create a layout for each month of your baby's first year. You will need to choose a boy or girl theme.

**A \$50 supply fee will be collected.**

7036.241

Northrop-Rm 316

Th Mar 23-30

2 Sessions

6:30-8:30 PM

\$25



## Amateur Radio Technician License Course

Bill Osler

This class prepares the student to take the exam for an FCC Technician Class Amateur (Ham) Radio License. It combines live lectures,

multimedia, and demonstrations of Amateur Radio equipment and activities. Lunch will be provided all three days. Please contact the instructor if there are any special dietary requirements. Prerequisite: students must purchase the textbook – "Ham Radio License Manual – Third Edition" and read at least the first four chapters prior to the first day of class. Contact the instructor (wfosler@gmail.com) if you need assistance in obtaining the book.

7030.231

Osler Residence

2439 Meadow Hills Dr SW

Sa Apr 15-29

3 Sessions

10 AM-5 PM

\$25



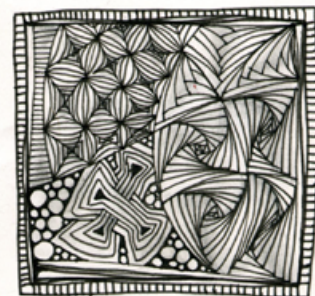
## Zentangle Basics 1: Easy, Breezy



Joyce Francis

Learning the simple art of Zentangle is easy. If you think there isn't an ounce of artistic ability in you, check that at the door. Everyone succeeds in Zentangle.

At first glance it can seem intricate and complicated, however, you'll find out how simple it is by making one stroke at a time. Instructions will be given for creating patterns on a 3-1/2" X 3-1/2" square of paper using the provided black marker. At the end of the class, you will have several unique pieces and the techniques needed to continue on your own. Everything you will need is included in the class fee.



7016.241

Northrop-Rm 319

Th Apr 27

1 Session

3:30-5:30 PM

\$35

## Zentangle 2: Phantasmagorical Tangling

Joyce Francis

Once you know the basics of how a Zentangle is created, you're ready to learn more fun techniques and advanced tangles. In this Zentangle class, you will learn some of the more complex tangle patterns that are sure to impress your friends and family. Tangle along with the instructor as many little-bit-tricky, but oh-so-fun, tangles are demonstrated. Tips to shade and apply color will be given as the class progresses. Everything you will need is included in the class fee. Prerequisite: Zentangle Basics.

7023.241

Northrop-Rm 319

Th May 11

1 Session

3:30-5:30 PM

\$39



## Crochet a Rag Rug

Judy Olness

Bring ten of your old cotton T-shirts, a size Q crochet hook, a sharp scissors, and we'll crochet a wonderfully soft rug. No crocheting experience necessary.



7548.241

Northrop-Rm 109

M Apr 24

1 Session

1-4 PM

\$25



**BIO:** Mel Dickie has been making and teaching custom fishing rod classes for adults and teens for over three decades.

## Custom Fishing Rod

Mel Dickie  

Build a custom rod to your specification, length, action, and type for your style of fishing. Choices include spinning, bait casting, and fly rods. A great gift for that special fisher person! Contact Mel two weeks prior to class at 269-2579 to order your fishing rod. **A \$50-\$85 supply fee will be collected.**

8337.241	Tu/Th Mar 7-9	1-3 PM
Wild Goose Sports	2 Sessions	\$29
1117 N Broadway Ave, #1		

## Custom Fishing Rods—Private Lesson

Mel Dickie 

Work one-on-one with Mel to build a custom rod to your specification, length, action, and type for your style of fishing. Choices include spinning, bait casting, and fly rods. A great gift for yourself or that special fisher person! Class fee is for one, call for group rate. A fun activity for families, friends, or parent/child (age 15 or older). **A \$50-\$85 supply fee will be collected.** Contact Sue at 328-4061 to set up an individual or small group class.

8336.241	TBD	\$39
----------	-----	------



© Olivejuicestudios.com

## Stained Glass Creation

Gary Harmon 

Create your leaded stained glass in this five-week series using the easy-to-use Morton System of assembly. This class includes instruction in glass cutting, lead coming, soldering,



and grouting. The students will choose among several pattern options and select glass colors and textures. Your completed project will be approximately 12x16 framed.

**An approximate \$115 supply fee will be collected for your project, depending on your choices. Cost of required tools will be approximately \$150. Both supply fees will be collected.** More exact costs will be determined during the first class.

7031.241	Tu Apr 25-May 23	6-9 PM
Glass by Gary	5 Sessions	\$72
804 29th Street NW		

7031.242	Th Apr 27-May 25	6-9 PM
Glass by Gary	5 Sessions	\$72
804 29th Street NW		

## Discounts/Promo Codes/Supply Fees

 20% Senior Discount (62+)

 Promo Code Applies

 Additional Supply Fee

\* Limit One Discount/Promo Per Class

# Create/Leisure



## Dan Fogelberg—His Music and History NEW!

Paul Koeller 62+

Join Paul Koeller as he uses music, lyrics, and photos to tell the story of Dan Fogelberg. You'll trace his career and music from his 1970s earliest years as a sensitive singer songwriter to his death in 2007. You'll discover that he enjoyed a wide variety of musical styles including rock, the blues, bluegrass, and even Christmas music. You'll walk away knowing he was much more than just the guy who sang those touching ballads that made him famous.

7076.231 Tu Feb 21 6:30-8:30 PM  
Northrop-Rm 112 1 Session \$15

## America—The Music and History NEW!

Paul Koeller 62+

Join Paul Koeller as he uses music, lyrics, and photos to tell the story of the band America. You'll trace their career from 1970 when three US Air Force "brats" got together up to today when two of the three still tour regularly and continue to release new music.

7077.231 Tu Feb 28 6:30-8:30 PM  
Northrop-Rm 112 1 Session \$15

## Woodstock 1969—Looking Back NEW!

Paul Koeller 62+

Join Paul Koeller as he uses photos and music to tell the story of the 1969 Woodstock Festival. You'll learn the history behind the concert, learn about the performers, and listen to samples of the music from the festival.

7078.231 Tu Mar 7 6:30-8:30 PM  
Northrop-Rm 308 1 Session \$15

## An Opera Affair NEW!

Jere Lantz

The mystique of opera hits people differently. Some find the whole idea of singing a drama incomprehensible. Others find the drama fulfilled by the magic of music. We explore how composers have told stories in music with overtures, arias, and choruses from the greatest operas. Giants of opera from Mozart and Rossini to Verdi and Wagner will be balanced by gems from composers who only occasionally visited opera, like Borodin, Mussorgsky and Copland. Participants may obtain tickets to the Rochester Symphony Orchestra and Chorale concert at a discount. *Cosponsored with Rochester Symphony Orchestra and Chorale.*

7094.241  
Kellogg Middle School-Rm 115

M Mar 6 6-7 PM  
1 Session \$9



## Journey Through Space NEW!

Jere Lantz

Like all of us, composers are entranced by what they see in the heavens. We take a musical voyage around the universe; starting with Gustav Holst's mystical exploration he called The Planets. Dane Carl Nielsen enjoys a day under the tropical sun in Helios Overture. Debussy puts all his French charm into his most popular piece, Clair de Lune. We close with the greatest film score of all time, Star Wars. Participants may obtain tickets to the Rochester Symphony Orchestra and Chorale concert at a discount. *Cosponsored with Rochester Symphony Orchestra and Chorale.*

7095.241  
Kellogg Middle School-Rm 115

M Apr 17 6-7 PM  
1 Session \$9





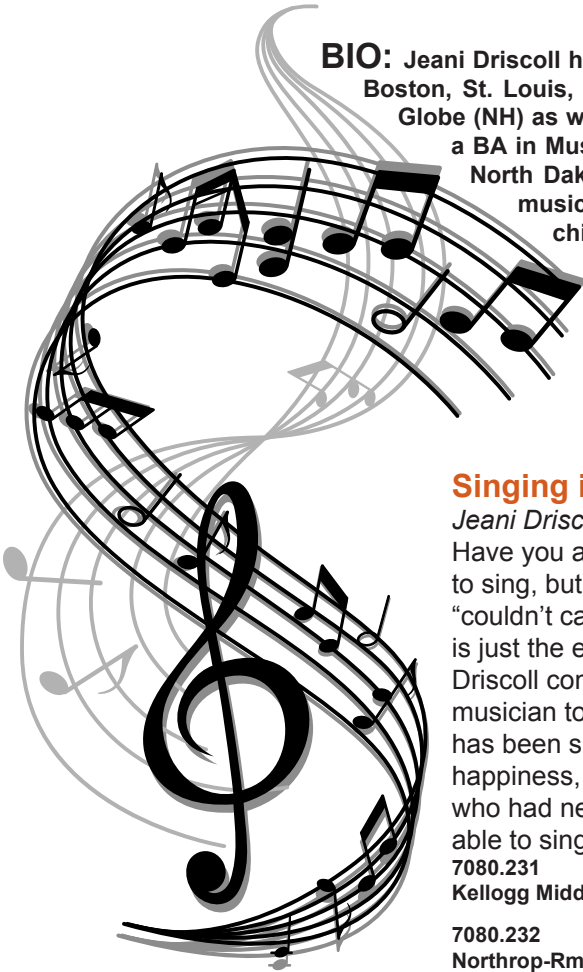
## Just ONCE Guitar for Busy People

Johnathan Moeller 

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. Topics include chords, hand form of the three main types of chords, tuning, strumming, and playing along with simple tunes. Bring your acoustic guitar. For more information, go to [www.justonceclasses.com](http://www.justonceclasses.com). **A \$29 supply fee will be collected in class for a workbook and practice DVD.**

7084.231 M Feb 6 6:30-9 PM  
Northrop-Rm 319 1 Session \$29

**BIO:** Jeani Driscoll has been teaching “non-singers” to sing for over 25 years throughout the Boston, St. Louis, and Red River Valley areas. She has been featured in both the Boston Globe (NH) as well as the Columbia Tribune for her work with “non-singers.” She earned a BA in Music and eventually an MSW in Clinical Social Worker at the University of North Dakota. As a Clinician, Jeani created many innovative ways to incorporate music in her work, creating pilot grant-funded programs with troubled youth, children, and families at risk.



## Singing in the Shower

Jeani Driscoll  

Have you always wished you could learn how to sing, but never dared to try? Thought you “couldn’t carry a tune in a bucket?” If so, this is just the experience for you! Jeani Stannard Driscoll combines her skills as a therapist and musician to create a unique process which has been spreading musical enjoyment and happiness, bringing the joy of singing to people who had never even dreamed they would be able to sing.

7080.231  
Kellogg Middle School-Rm 115

7080.232  
Northrop-Rm 316

Th Mar 16 6-7:30 PM  
1 Session \$15

Sa Apr 22 1-2:30 PM  
1 Session \$15



# Create/Leisure

## Blacksmith Beginning

John Adams 

Basic blacksmith techniques will be taught: heating, drawing out materials, upsetting, bending, and twisting techniques in steel material. Students will be making fire-tending



tools. **An \$85 supply fee will be collected.** Dress for safety; please bring ear and eye protection and gloves. Bring a bag lunch/beverage for the Saturday only class; there will be a short lunch break. Saturday participants need to contact Carol at 289-4189 one-week prior to determine your project.

8391.241 Tunnel Mill Crafts	M Apr 10-24 3 Sessions	6:30-9:30 PM \$25
8391.242 Tunnel Mill Crafts	Tu Apr 11-25 3 Sessions	6:30-9:30 PM \$25
8391.243 Tunnel Mill Crafts 4505 Hwy 63 N	Sa May 20 1 Session	9 AM-5 PM \$25

## Blacksmithing II

John Adams 

Use techniques learned in Blacksmith Beginning to make a candleholder, letter opener, or a metal rose--opportunity to make one or all as time permits or choose your own design.



**An \$85 supply fee will be collected.**

8392.241 Tunnel Mill Crafts 4505 Hwy 63 N	Tu May 2-16 3 Sessions	6:30-9:30 PM \$29
---	---------------------------	----------------------

## Vardo (Gypsy) Wagon

John Adams 

We will explore the construction of the Vardo (Gypsy Wagon), a horse drawn wagon used by the English Roma people. You will see photos of old and new wagons. These wagons have gained popularity recently with people constructing them in their back yards or gardens for a little cabin or hide away. John has constructed two wagons to date. Come join us for a day and check out the wagon in process, observe or take part in the wood working while enjoying the music, wine, and cheese. Bring a sack lunch. **A \$15 fee will be collected.**



7806.241 Tunnel Mill Crafts 4505 Hwy 63 N	Sa Jun 10 1 Session	9 AM-4 PM \$10
---	------------------------	-------------------

**BIO:** David is one of the founding members of the St. Paul Bread Club, a former baker at Trotter's Cafe' and Bakery, and the St. Agnes Baking Company.

## Brick Ovens

David S Cargo, John Adams 

Join David at Tunnel Mill Crafts to learn how to build a non-mortared stacked-brick oven. This is a hands on class. Together with the instructors, students will assemble the brick oven, (approx.: 3' x 4.5 x 9). Please bring a pair of gloves to wear while handling the bricks. This is an outside project, so dress for the weather. Discussion will include the necessary tools needed once assembled. After the oven is built, and while it is being heated up with split wood, David will mix the dough and share some recipes for flatbreads, pizza, and bread. Bring a light sack lunch. We will sample products made around mid-afternoon. **A \$65 supply fee will be collected.** The fee covers the instructor, plans for the oven, and recipes. Coffee, tea, and hot cocoa will be provided.

7804.241 Tunnel Mill Crafts 4505 Hwy 63 N	Sa May 13 1 Session	9:30 AM-5 PM \$10
---	------------------------	----------------------



**BIO:** Dave Lind is a native of the area and has canoed and kayaked for over 40 years. Dave is a freelance outdoor writer and author of the book "Canoeing the Driftless: A Paddlers Guide for Southeastern Minnesota." Signed copies will be available for \$15.

## Kayaking/Canoeing River Routes of Southeastern Minnesota

David J. Lind  

Come and learn about the canoe/kayak routes located in the scenic valleys of the bluff lands called the Driftless Area of Minnesota. Dave Lind will provide valuable first-hand information about the rivers and small streams covering over 600 miles of canoeing/kayaking routes of the Zumbro, Root, Cannon, Straight, and Whitewater Rivers as well as many less traveled branches and forks that offer fantastic scenery and wildlife viewing.



Beginners, as well as experienced paddlers, will benefit from this information session that will cover an overview of river routes, how to select a route for your experience level, river paddling techniques like how to "read the river," planning a river outing, and much more. The session includes a presentation with many photos of the rivers as well as time for questions.

8345.231	Tu Apr 25	6:30-8:30 PM
Northrop-Rm 201	1 Session	\$15



favorite route is at your favorite level? Learn about online resources as well as useful guidebooks. Understand what smartphone apps to use to monitor water levels, wind, and weather, for navigation, and for first aid. We'll cover websites from the American Canoe Association, American Whitewater, BSA, state DNRs, NOAA, USACE, USGS, and USFWS. We'll discuss group management for flat water, moving water, and whitewater on day and overnight trips by canoe, kayak, and standup paddleboard.

8380.231	W May 24	6-9 PM
Northrop-Rm 316	1 Session	\$20

**BIO:** Jeff Pilgrim is the Navigator at PilgrimPaddles.com and an American canoe Association instructor in canoeing, kayaking, and standup paddle boarding. He has paddled the upper Midwest as well as Maine to West Virginia, Nanavut, NWT, Ontario, Manitoba, Missouri, Texas, and Sweden. Pilgrim Paddles' class sizes are limited to 5 paddlers to assure quality instruction but additional community education sessions can be scheduled and private instruction is always available.

## ACA Introduction to Paddling

Jeff Pilgrim

Learn about personal and group paddling gear, the paddling environment, transporting boats, basic boat design, paddle choices, and how to paddle on flat water. In the first paddling session, we focus on learning efficient strikes using a buoy course. For each stroke we emphasize posture and body mechanics, grip, and shaft and blade angle. In the second session, we add a few new strokes and practice towing, wet exit and re-entry, and self and assisted rescues. Provide your own gear or contact Jeff at [jeff@pilgrimpaddles.com](mailto:jeff@pilgrimpaddles.com) to arrange a discounted rental from Tyrol Ski & Sport.



8378.231	M May 22	6-9 PM
Northrop-Rm 319	1 Session	\$15

8378.233 canoe	M/Tu/W May 22-24	6-9 PM
Northrop-Rm 319	(May 23, 24 on the water)	
	3 Sessions	\$40

8378.232 kayak	M/Tu/W May 22-31	6-9 PM
Northrop-Rm 319	(May 30, 31 on the water)	
	3 Sessions	\$60

## ACA Trip Preparation and Planning

NEW!

Jeff Pilgrim

How do you decide where, when, and what to paddle? How do you know when the water is too low or too high? Do you understand how streamside gages report river height and volume? Are you emailed when your

# Create/Leisure

## ACA Touring Essentials

Jeff Pilgrim

Would you like to paddle larger bodies of water, perhaps camp overnight in the BWCAW, the Mississippi backwaters, or other places you'll learn about here? In the classroom session, we'll discuss gear and learn map and compass concepts for navigation. On the water, we'll paddle a course by map and compass, practice group management, and tune your stroke so you can paddle all day long. Sprayskirts recommended for decked boats. Provide your own gear or contact Jeff at [jeff@pilgrimspaddles.com](mailto:jeff@pilgrimspaddles.com).

<b>8373.231</b>	<b>M Jun 5</b>	<b>6-9 PM</b>
<b>Northrop-Rm 319</b>	<b>1 Session</b>	<b>\$15</b>

<b>8373.232</b>	<b>M/Tu Jun 5-6</b>	<b>6-9 PM</b>
<b>Northrop-Rm 319</b>	<b>(June 6 on the water)</b>	
	<b>2 Sessions</b>	<b>\$40</b>

## ACA Rescue Essentials

Jeff Pilgrim

Practice makes perfect. Whether flatwater or moving water rescues are new to you, you want to learn the latest heel hook re-entry, or just practice, this session is the opportunity to do self and assisted rescues.



We use throwlines, z-drags, paddlefloats, prussiks, and other gear as appropriate for the venue. Contact Jeff at [jeff@pilgrimspaddles.com](mailto:jeff@pilgrimspaddles.com) for the location and if you need gear.

<b>8384.231 flatwater</b>	<b>W Jun 7</b>	<b>6-9 PM</b>
<b>TBD</b>	<b>1 Session</b>	<b>\$40</b>

<b>8384.232 moving water</b>	<b>W Jun 14</b>	<b>6-9 PM</b>
<b>TBD</b>	<b>1 Session</b>	<b>\$40</b>



**For weather related announcements,  
call CE Weatherline at: 507.328.4010**

See page 71 for more information

## ACA River Essentials

Jeff Pilgrim

The rivers of SE Minnesota are rated class I, but the trees are class III. Learn how rivers are classified, how to read rivers, and how to paddle around turns, gravel bars, trees, rocks, ledges, waves, and eddies. We link together strokes to perform ferries, eddy turns, and peelouts. Learn to swim in moving water, do self and assisted rescues, and to use throwlines and z-drags. Helmets and sprayskirts recommended for decked boats. Provide your own gear or contact Jeff at [jeff@pilgrimspaddles.com](mailto:jeff@pilgrimspaddles.com).



<b>8375.231</b>	<b>Th Jun 8</b>	<b>6-9 PM</b>
<b>Northrop-Rm 319</b>	<b>1 Session</b>	<b>\$15</b>

<b>8375.232</b>	<b>Th Jun 8</b>	<b>6-9 PM</b>
<b>Northrop-Rm 319</b>	<b>F/Sa June 9-10</b>	<b>9 AM-4 PM</b>
	<b>3 Sessions</b>	<b>\$80</b>

## Kayak Polo NEW!

Jeff Pilgrim

Come play kayak polo. Bring your own paddling gear, and just in case, a helmet (paddling or hockey recommended). Be on the water at 6:30 pm. Let's start a weekly game in Rochester!

<b>8370.231</b>	<b>M Jun 12</b>	<b>6-9 PM</b>
<b>Foster Arends Park</b>	<b>1 Session</b>	<b>\$10</b>

## ACA Introduction to Standup Paddleboarding

Jeff Pilgrim

Learn about standup paddleboarding, fins, rails, paddles, life jackets, leashes, what to wear, and how to transport from the shore before putting it all together on the water. We'll cover launching and loading



and learn efficient forward and turning strokes. A second session can be scheduled for those interested in paddling with their dog or more advanced topics like the offset surf stance and pivot turns.



<b>8372.231</b>	<b>Tu Jun 13</b>	<b>6-9 PM</b>
<b>Foster Arends Park</b>	<b>1 Session</b>	<b>\$60</b>

<b>8372.232</b>	<b>W Jun 14</b>	<b>6-9 PM</b>
<b>Foster Arends Park</b>	<b>1 Session</b>	<b>\$60</b>



# Create/Leisure

## Introduction to Clicker Training



Debra Bahr, CVT, KPA, CTP,    
Jessica Smidt, CVT, KPA, CTP

Have you looked into clicker training or positive reinforcement training for your pet but just didn't know exactly what it was all about? Have you tried clicker training before but just couldn't get the hang of it and felt it wasn't for you? In this human only class, we will discuss what clicker training truly is, the science behind it, why it is so effective and how positive reinforcement training can strengthen the bond between you and your pet. This class is a prerequisite to the "Clicker Training: Foundation Skills and Behaviors" class. Clickers will be provided. Ages 10 and up please.

Dogs should not attend this class.  
8640.231 Tu Mar 7 1-2:30 PM  
Northrop-Rm 201 1 Session \$15

8640.232 Tu Mar 21 6:30-8 PM  
Northrop-Rm 308 1 Session \$15

## Clicker Training: Foundation Skills and Behaviors

Debra Bahr, CVT, KPA, CTP,    
Jessica Smidt, CVT, KPA, CTP

If you enjoyed the Introduction to Clicker Training class and want to build on your knowledge and start putting those tools to work with your dog, this class is for you! In this clicker training class, we start applying the basics of force-free training as well as applying the science behind clicker training. You will need your dog, treats, a clicker, and a treat bag that can be worn around your waist. Flat collars, gentle leaders, or harnesses only. Prong collars, electronic collars, and choke collars are not allowed. One dog per person please. Ages 10 and up. Prerequisite: Must have attended the "Introduction to Clicker Training" class and must have proof of current vaccination status.

8641.231 Sa Apr 29-May 20 1-2 PM  
Northrop-Rm 113 Gym 4 Sessions \$35

## Volunteering with Your Pet!

Debra Bahr, CVT, KPA, CTP,    
Jessica Smidt, CVT, KPA, CTP

Do you have a pet that likes people? Did you know that besides dogs, cats, rabbits, guinea pigs, and miniature horses can all be therapy animals? In this introductory session, you will learn what it takes to train and have your pet evaluated to visit at hospitals, schools, nursing homes, libraries, and many other places. Come and find out the steps for registering your pet with Pet Partners, a national program (PetPartners.org). The healing power of pets is amazing! Make a difference in your community today! Youth ages 10 and older may register when accompanied by a registered adult. (This class is for humans only).

8642.231  
Northrop-Rm 308

M Mar 6  
1 Session

6:30-8 PM  
\$15

## Therapy Dog Workshop

Debra Bahr, CVT, KPA, CTP,    
Jessica Smidt, CVT, KPA, CTP

If your dog loves people, has solid obedience skills at home and in public, and is good around other dogs, then you are invited to attend this program! Therapy dogs volunteer with people in many different venues such as nursing homes, hospitals, libraries, schools, homeless shelters, plus more! Find out if your dog has the "right stuff," learn dog training tips to put some polish on your dog's skills, and best practices for handlers. Note: Prerequisite is to have taken the "Volunteering with Your Pet" class. Dogs should attend.

8646.231 Sa Apr 22 1-3 PM  
Northrop-Rm 113 Gym 1 Session \$19

## Essential Oils and Pets

Danielle Webb, Jana Pecinovsky  

This is a unique class where you will learn how essential oils can benefit the friendliest companions in the family, our fur-babies! We will discuss safety tips and many uses that can be applied to our pets. Everyone will make a flea and tick spray and calming blend spray. **A \$15 supply fee will be collected.**

8177.241  
Northrop-Rm 316

Sa Mar 4  
1 Session

10-11:30 AM  
\$10

# Create/Leisure

## Beginning Black and White Photography (Darkroom) NEW!

Crist Dahl \$

Make traditional black and white photographs by exposing, developing, and printing film. Students will learn basic 35mm film camera operation and techniques for exposing black and white film. You will then develop the film in a traditional darkroom and make contact sheets and enlargements on traditional photographic paper. Students must provide a working 35mm camera. The course will also cover basic safety and etiquette in a group darkroom. **A \$75 supply fee will be collected**, payable to RCTC. Class limited to seven students.

*Cosponsored with the RCTC Art+Design Department.*

8295.231	Sa Feb 4-25	1-4 PM
RCTC-Memorial Hall	4 Sessions	\$89
Rm 215 (Darkroom)		

**BIO:** Brian Steele has taught college photography courses full time for almost 20 years, both in Rochester, Minnesota, and in Southeast Michigan. Originally from the southwest, he has a Bachelor's Degree in photography from the University of Arizona and Master of Fine Arts Degree in photography from the University of Arizona and the University of New Mexico. Currently, Brian teaches photography in the Department of Art and Design at Rochester Community and Technical College.

## Pinhole Photography NEW!

Brian Steele \$

Explore traditional darkroom photography using pinhole cameras. Students will use cameras made from recycled boxes and cans with pinhole lenses. This class will include using a traditional chemical darkroom to develop negatives from pinhole cameras and then positive prints on traditional photographic paper. If you've ever been interested in working in a darkroom or experimenting with analog photography, this course will be an easy introduction to the most basic photographic principals. We will cover basic safety and etiquette in a group darkroom. Pinhole cameras will be provided for use in class only. Ages 14-18 must be accompanied by an adult. **A \$10 supply fee will be collected**, payable to RCTC. Class limited to seven students. *Cosponsored with the RCTC Art+Design Department.*

8297.231	Sa Apr 22	1-4 PM
RCTC-Memorial Hall	1 Session	\$21
Rm 215 (Darkroom)		

## Film and Print Scanning NEW!

Brian Steele \$

You will cover the use of flatbed and dedicated film scanners to digitize photographs and film. We will cover issues like types of scanning equipment, file size, resolution, file formats, scanning different types and sizes of film, using software to clean-up and crop images, and copyright issues related to scanning. Bring your photographs and/or exposed and developed film and scan them at the second session. **A \$5 supply fee will be collected**, payable to RCTC. Class limited to five students. *Cosponsored with the RCTC Art+Design Department.*

8299.231	Sa Apr 29-May 6	1-4 PM
RCTC-Memorial Hall	2 Sessions	\$42
Rm 215 (Darkroom)		

**BIO:** Steve and Debbie Stark are freelance photographers and have been photographing all aspects of nature for more than 30 years. They are primary self-taught, along with attending several workshops and classes to enhance their skills. Their photos have been featured in Wings Over Alma, Cascade Meadow Wetlands & Environmental Science Center, and the National Eagle Center. Their love for traveling and nature photography is a perfect match. [starknaturephotography.com](http://starknaturephotography.com)

## Nature Photography: Learn How to Take Yours to the Next Level NEW!

Deborah Stark, Steven Stark

We will be discussing lighting, composition, subjects, camera basics, and locations to achieve great photos of nature, landscapes, and wildlife. Learn the simple things that make a photo great from this husband and wife photographers. Cameras are not required for the class. [www.starknaturephotography.com](http://www.starknaturephotography.com).

8293.241	Tu Mar 7	7-9 PM
Northrop-Rm 319	1 Session	\$25





## Bent Willow Chair at the Farm

Robert McNeely

Wood and willow is already harvested. On the first day, you will build the base for your chair and on the second day, you will learn the art of willow bending. Lunch and snacks are included both days and prepared in the farm's commercial kitchen from locally grown food. Bring a drill, tape measure, and marker. Bring a friend to help you build your chair for only \$60 extra. Directions will be sent after registration.



7546.231	Sa/Su May 6-7	9 AM-5 PM
Squash Blossom Farm	2 Sessions	\$210
7546.231 Friend Fee	Sa/Su May 6-7	9 AM-5 PM
Squash Blossom Farm	2 Sessions	\$60 Friend Fee
7546.232	Sa/Su Jun 3-4	9 AM-5 PM
Squash Blossom Farm	2 Sessions	\$210
7546.232 Friend Fee	Sa/Su Jun 3-4	9 AM-5 PM
Squash Blossom Farm	2 Sessions	\$60 Friend Fee
7499 60 <sup>th</sup> Ave NW, Oronoco		

## Rustic Twig Furniture—Slab Garden Bench, Whimsical Twig Chair, or Coffee Table

Robert McNeely

Wood is already harvested and ready for you to build a twig chair, a slab garden bench, or a coffee, sofa, or end table. Lunch and snacks are included and prepared in the farm's commercial kitchen from locally grown food. Bring a drill, tape measure, and marker. Bring a friend to help you build for only \$30 extra. Directions will be sent after registration.



7545.231	Sa May 6	9 AM-5 PM
Squash Blossom Farm	1 Session	\$110
7545.231 Friend Fee	Sa May 6	9 AM-5 PM
Squash Blossom Farm	1 Session	\$30 Friend Fee
7545.232	Sa Jun 3	9 AM-5 PM
Squash Blossom Farm	1 Session	\$110
7545.232 Friend Fee	Sa Jun 3	9 AM-5 PM
Squash Blossom Farm	1 Session	\$30 Friend Fee
7499 60 <sup>th</sup> Ave NW, Oronoco		

## Woodworking—Beginning/Advanced

Keven Newton

Join Keven for this informative class.

Topics covered: planning, purchasing materials, machining, and finishing. You must furnish your own materials and are encouraged to



bring them the first night of class. Many idea books are available for check-out. Pick a first project that falls within your abilities. Pre-class questions can be directed to Keven at [kemanewton@msn.com](mailto:kemanewton@msn.com). Enter John Marshall on the stadium (south) side, door #15.

7574.231	Th Jan 12-Mar 30	6-9 PM
John Marshall-Rm 4-111	10 Sessions	\$105
No Class Jan 19 and Mar 16		

7574.232	Th Apr 13-May 18	6-9 PM
John Marshall-Rm 4-111	6 Sessions	\$65

## Building Your Own Canoe

Timothy McMillan



Building a cedar strip canoe is a fun woodworking project ending with a great canoe. This class provides a starting point on canoe planning, tips and techniques, tools required, and jigs. Learn the basic skills needed for this large fiberglass project—caning seats and steaming wood.

8379.231	W Mar 15	7-9 PM
Northrop-Rm 307A	1 Session	\$15

**BIO:** Cody Miller has been carving for about 1.5 years and started by taking the beginners woodcarving class with Chuck Stupca. Originally from New Jersey, he is relatively new to Rochester and works for Olmsted County Public Health Services. He is a member of the Rochester Woodcarvers Club, which meets on the 3rd Saturday of each month. Check out the website for more information ([rochesterwoodcarvers.com](http://rochesterwoodcarvers.com)). Visitors welcome!

## Woodcarving—Carve-In

Cody Miller



Leave your house and join your friends, or meet new ones, at this class that provides fun, carving, and conversation. Bring any project that you are working on or start something new. No formal instruction, but carvers with a special interest may provide demonstrations and projects for attendees. Learn new tricks and techniques or get new ideas for projects. Cosponsored with the Rochester Woodcarvers Club.

7572.231	Tu Jan 24-May 23	7-9 PM
Kellogg Middle School-Rm 101	15 Sessions	\$45
No Class Feb 14, Mar 14 & Apr 4		

# Create/Leisure



© Andrew Link, Rochester Post-Bulletin photojournalist

## Deep Space, Deep Time

Paul Larson

See darkness in a whole new light. Through the fish-eye lens of the digital planetarium projector, you will extend your vision to see grandeur beyond description.



For most of us, the universe extends to the limits revealed by our human eyes. In the last 100 years, the night sky of our eyes has no longer become the limit, it is only the beginning.

8352.241 Th Feb 16 6:30-8 PM  
Mayo HS-Rm 1-226 Planetarium 1 Session \$9  
Enter through Door 6

## Sunstruck

Paul Larson

Discover the wonders of our sun. Learn about its birth, how it grew to both support and disrupt life, and travel to the distant future to experience its last moments. Be inspired by actual images of our sun before finishing your visit with a tour of the observable universe. Sunstruck is a full-dome experience in the Mayo High School Planetarium.

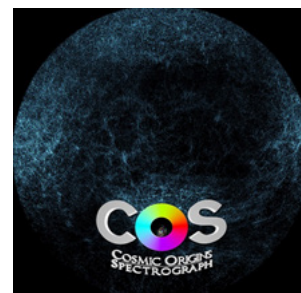


8342.241 Th Feb 23 6:30-8 PM  
Mayo HS-Rm 1-226 Planetarium 1 Session \$9  
Enter through Door 6

## Cosmic Origins Spectrograph

Paul Larson

Aimed at audiences 12+, the show covers the Hubble Cosmic Origins Spectrograph (C.O.S.) instrument, the nature of light, spectroscopy, the use of quasars as background light sources, material identification by spectrum, and the cycling of material within and surrounding galaxies. Ride along with a beam of light as it travels from a most distant quasar to the planet Earth. A tour of the current night sky and observable universe will complete this visit.



8313.241 Th Mar 23 6:30-8 PM  
Mayo HS-Rm 1-226 Planetarium 1 Session \$9  
Enter through Door 6

## Journey to the Centre of the Milky Way

Paul Larson

Embark on a Journey to the Centre of the Milky Way and travel faster than light, from the driest place on Earth, the Atacama Desert in Chile right to the center of our own galaxy, where a black hole is consuming anything that strays into its path. Millions of stars will appear in front of your eyes, each hiding mysteries waiting to be solved. Are there planets, perhaps with moons? Do they have water? Could they harbor life?



8356.241 Th Mar 30 6:30-8 PM  
Mayo HS-Rm 1-226 Planetarium 1 Session \$9  
Enter through Door 6

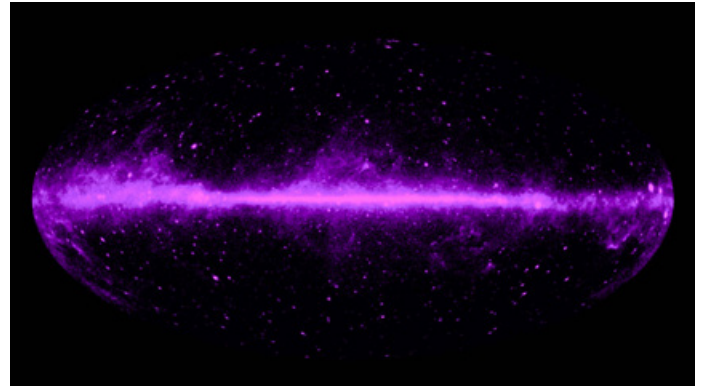


## Dark–The Movie

Paul Larson

DARK is a full-dome movie that explores the nature of Dark Matter, the missing 80% of the mass of the Universe. The search for Dark Matter is the most pressing astrophysical problem of our time; the solution to which will help us understand why the Universe is as it is, where it came from, and how it has evolved over billions of years. DARK is an adventure! A tour of the current night sky and observable universe will complete this visit.

8344.241 Th Apr 13 6:30-8 PM  
Mayo HS-Rm 1-226 Planetarium 1 Session \$9  
Enter through Door 6



## Two Small Pieces of Glass

Paul Larson

This large screen formatted program follows two students as they interact with a female astronomer at a local star party. Along the way the students learn how telescopes work, the history of telescopes, and major discoveries made by these instruments. A tour of the current night sky will complete this visit to the Mayo High School Planetarium.

8354.241 Th Apr 20 6:30-8 PM  
Mayo HS-Rm 1-226 Planetarium 1 Session \$9  
Enter through Door 6



## Space Exploration

Paul Larson

Are we alone? Is the life on planet Earth all there is in the universe? If we were to consider life elsewhere in the universe, what would it need to survive? Someplace to live? How could we determine if there is something...someONE out there? Telescope? Space probes? Rovers? Humans? Come learn what's out there and why we care. A tour of the current night sky and observable universe will complete this visit.

8353.241 Th May 18 6:30-8 PM  
Mayo HS-Rm 1-226 Planetarium 1 Session \$9  
Enter through Door 6



# Body/Mind/Spirit

## Intro to Yoga—Beginning

Jill Gruver, Patricia Barrier  

This class is suited to the beginner and will be taught by two registered yoga instructors. The focus will be on strength, flexibility, and balance. During class, you will learn basic yoga, covering 30+ poses with an emphasis on safety, proper alignment, modifications, and breath. The history and philosophy of yoga will be discussed. Bring a yoga mat and towel.

9138.241 Tu/Th Apr 11-May 18 8:30-10 AM  
Northrop-Rm 102 12 Sessions \$75

## Vinyasa Yoga

Patricia Barrier  

This class is ideal for anyone new to Yoga as well as those with yoga experience. The sequence will help you build strength, increase flexibility, find focus, and detoxify the body. This is a challenging series linking breath to movement, practiced at room temperature. Set to music, this class will invigorate the whole body! Bring a yoga mat and towel.

9130.241 Tu Feb 7-Mar 2 8:30-9:45 AM  
6 Sessions \$45

Northrop-Rm 102  
No Class Feb 28



## Yoga for Seniors

Catherine Park  

Suffer from aches and pains? Feel down? Blame it on getting older? Discover how you can change the way you feel physically and mentally by learning simple breathing techniques and stretches that will improve your overall well-being. Don't let the lack of flexibility keep you from participating. There will be chairs available for those who need them. Yoga builds strength, increases circulation, and oxygenation. Wear comfortable clothes. Wheelchair participants are welcome. Please bring a blanket or towel.

9140.241 M/W Mar 13-Apr 26 9:30-10:30 AM  
Northrop-Rm 102 12 Sessions \$59  
No Class Apr 3 and Apr 5

9140.242 M/W May 15-Jun 7 9:30-10:30 AM  
Northrop-Rm 102 7 Sessions \$39  
No Class May 29

## Continuing Senior Yoga

Catherine Park  

This class is a continuation for those who have taken prior yoga classes. Yoga builds strength, increases circulation, and oxygenation. Please wear comfortable clothes. Wheelchair participants are welcome. Please bring a blanket or towel.

9141.241 M/W Mar 13-Apr 26 10:45-11:45 AM  
Northrop-Rm 102 12 Sessions \$59  
No Class Apr 3 and Apr 5

9141.242 M/W May 15-Jun 7 10:45-11:45 AM  
Northrop-Rm 102 7 Sessions \$39  
No Class May 29

## Yoga I

Catherine Park  

Exercise every part of your body with stretching and toning of muscles, joints, the spine, the entire skeletal system, internal organs, glands, and nerves. Yoga is a complete science of life, originating in India thousands of years ago. With special yoga breathing, your body releases vast energy and leaves you calm and peaceful, and able to more easily manage daily stress. Bring a yoga mat and a blanket.

9134.241 Th Mar 16-Apr 27 6-7:30 PM  
Northrop-Rm 102 6 Sessions \$49  
No Class Apr 6



# Body/Mind/Spirit

**BIO:** Catherine Park has been teaching yoga for 30+ years and was certified in the Himalayan Tradition style in 1988. She teaches beginning yoga, senior yoga and meditation in Rochester and the surrounding areas.

**BIO:** Linda Billau, E-RYT-500 has taught in the Himalayan Tradition since 2001. For fourteen years she was the personal assistant to Himalayan Yoga Meditation master, Swami Veda Bharati, assisting him throughout India, Europe, Asia, North and South America.

## Spring Immersion—A Yoga Meditation Weekend Retreat

Catherine Park, Linda Billau

Come immerse yourself in the ancient practices of the Himalayan Yoga Meditation Tradition. Aimed at deep personal release and expansion, this retreat is an opportunity to get away from the hectic pace of daily routines and soak in the energy of this consecrated space ideal for allowing one to experience deep inner relaxation.

The weekend will include interactive discussions, guided meditations, simple asana, and subtle body relaxation practices, and more -- all infused with the life-transforming energy of the Himalayan Tradition. A practice of Silence will be available to those who wish to experience this practice. The Spring Yoga Meditation retreat is held in the serene and supportive atmosphere of the Assisi Heights campus in Rochester, MN. Please Bring: a yoga mat, blanket, meditation cushion, any other props, and a notebook/pen. Retreat fee includes a single room, all your meals (Friday dinner thru Sunday breakfast), and yoga instructors Catherine Park and Linda Billau. **The retreat will begin on Friday at 5 PM for check in and conclude Sunday at noon. No refunds after Mar 31.**

9103.241 \$299  
Assisi Heights F/Sa/Su, Apr 21-23  
1001 14th St NW

NEW!



## Pilates Fitness for Everyone

Fred Woolman

You can look better, feel better, and be better--"Classical Pilates" and "Pilates-based" exercises will help you accomplish this. The class focus is Pilates-based exercises that will strengthen your core muscles, improve your posture, and enable you to have healthy movement patterns. The overall goal is for you to learn several exercises but also feel relaxed, have fun, and possibly begin a life's journey that will make you look better, feel better, and be better! Students should dress in loose, nonrestrictive clothing and bring a yoga mat or blanket.

9110.241 M/W Jan 23-Mar 8 5:30-6:30 PM  
Northrop-Rm 102 12 Sessions \$60  
No Class Jan 25 and Feb 20

## T'ai Chi Chih—Beginning

Judy Trousdel

Circulate and balance the energy or "Chi" in your body! T'ai Chi Chih is a series of 19 slow, gentle movements and one pose. It is not an exercise program, a martial art, or a religion, but rather a form of moving meditation with benefits for body, mind, and spirit. It is easily learned, requires very little practice space, no special clothing, and can be done by anyone regardless of age or physical condition. While benefits vary with the individual, many people report improved balance and flexibility; improvement in chronic problems such as blood pressure, arthritis, and fibromyalgia; and reduced stress and an overall sense of well-being and joy.

9128.241 M Mar 13-May 8 6:30-8 PM  
Northrop-Rm 102 8 Sessions \$49  
No Class Apr 3

## T'ai Chi Chih—Continuing

Bonnie Sokolov

Refine the T'ai Chi Chih movements you learned in the beginning class and increase your understanding of the theory and purpose of T'ai Chi Chih practice. Each session will include detailed work on each movement: "how to move" rather than "what to move;" a more in-depth explanation of the history and theory behind the T'ai Chi Chih practice; and a full practice session. Prerequisite: Beginning T'ai Chi Chih.

9132.241 M Mar 13-May 8 6:30-8 PM  
Northrop-Rm 210 8 Sessions \$49  
No Class Apr 3

# Body/Mind/Spirit

## Emotional Freedom Technique

Katherine Donahoe  

Experience this technique based on new discoveries regarding the connection between your body's subtle energies, your emotions, and your health. It has been reported to be successful in thousands of cases covering a huge range of emotional, health, and performance issues that often works where nothing else will. This is an easy to learn, natural healing aid you can use for almost everything, anytime. It is based on the work of founder Gary Craig. Bring water.



8154.231 Tu Mar 28 6:30-8:30 PM  
Northrop-Rm 307A 1 Session \$19

## Reflexology

Katherine Donahoe  

Learn how all of your body is mapped on your feet and hands. Experience the beneficial relaxing effect of reflexology.



8149.231 Th Mar 30 6:30-8 PM  
Northrop-Rm 306 1 Session \$15

## A Handmade Valentines with Essential Oil

Danielle Webb, Jana Pecinovsky

This class will focus on essential oils that can aid in romance and love! Attendees will make two different massage oils using Young Living Essential Oils®.

**A \$20 supply fee will be collected.**

8176.141 Th Feb 9 6:30-8 PM  
Northrop-Rm 109 1 Session \$10



**BIO:** Donna Magtibay, MSN, RN has completed course work and mentorship from Mayo Clinic's Dr. Amit Sood. She has also conducted research on the SMART program and teaches the program in a variety of settings.

## Get S.M.A.R.T: Stress Management and Resiliency Training

Donna Magtibay, MSN, RN  

People feel stress when the demands placed on them exceed their resources to cope with those demands. You may not be able to control the stressors, but you can retrain your brain to better respond to these stressors. The SMART program teaches you that your brain is hardwired to look for threats in your environment. You'll learn useful skills to help you change how your mind interprets these threats. Those who practice the SMART program have reported improvement in stress, anxiety, resilience, mindfulness, self-regulation, happiness, and additional positive health behaviors.

8975.231 Th Feb 2-23 6-8 PM  
Northrop-Rm 319 2 Sessions \$29

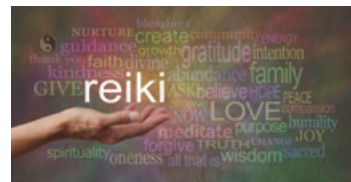
## Reiki? What's That?

Donna Magtibay, MSN, RN  

"Reiki is an alternative therapy that uses gentle touch to help the individual relax enabling the body systems to move into a state of balance and harmony." It is being offered

in more settings as a stand-alone alternative therapy or in conjunction with other treatment modalities. This class is an introduction to Reiki. Donna will discuss the origins of Reiki, energy principles in relation to Reiki, and the tenets of living a Reiki life. If participants want to experience a minute or two of Reiki, you will be invited to do so.

8167.231 W Mar 1 6:30-8 PM  
Northrop-Rm 308 1 Session \$15



## Get Your Chakras Spinning

Donna Magtibay, MSN, RN  

Chakra translates to wheel or disk. Our bodies have seven main chakras that influence our psychological, emotional, and spiritual states of being. Our health relies on keeping these energy channels open and flowing. Donna will outline the location of the seven main chakras, discuss energy

principles as it relates to chakras, and will end with a variety of examples of how you can balance your own chakras. Please bring a mat and/or blanket.

8168.231 Tu Mar 21 6-8 PM  
Northrop-Rm 316 1 Session \$19





# Body/Mind/Spirit

**BIO:** Josh Gretz is a Conversation Coach and writes about strengthening relationships, communication, and networking and growth mindset. Certificate of attendance will be available.

## Get Your To-Do List Done Vol.1: Crushing Self Sabotage Now And Forever!

*Josh Gretz*

Do you put off getting stuff done? Feeling overwhelmed with everything you HAVE to do? Join us to get a jumpstart on checking off all of your post it notes and piles of lists. You will begin working on a practical and creative process toward obtaining all the things you want in your life. What would really happen if you acquired all the goals you set this year? Certificate of attendance will be available.

8164.241 M Feb 6 7-9:30 PM  
Northrop-Rm 308 1 Session \$30



## Get Your To-Do List Done Vol. 2: Discover Your Motivational Triggers

*Josh Gretz*

What is it that drives you to get your stuff done? Discover the emotional drivers that trigger us to move with meaning and purpose. You will walk away from this class knowing your own unique set of motivating drivers and how to use them to acquire what you want most in your life. Instructor Josh Gretz is an Accountability Coach and writes about strengthening relationships, communication, body language, networking and growth mindset. Certificate of attendance will be available.

8117.241 M Mar 6 7-9:30 PM  
Northrop-Rm 316 1 Session \$30

### Discounts/Promo Codes/Supply Fees

 20% Senior Discount (62+)

 Promo Code Applies

 Additional Supply Fee

\* Limit One Discount/Promo Per Class

**BIO:** Dr. Brandon Mickelson is a graduate of Northwestern Health Sciences University with a Doctor of Chiropractic degree. He has studied techniques focused on locating and correcting Structural Shifts which leads to a weak foundation within the body. He is one of the few chiropractors in the Midwest focusing on Structural Correction as well as pediatric care.

## Good Fat, Bad Fat

*Brandon Mickelson*

Have you ever wondered if fat is healthy to eat? You've heard that fat is bad for you but also that some types can be good. So, what's the truth? We will cover the different types of

fats and how they can impact your health. We will also discuss the best fats and oils to put into your grocery cart when you are in the store so that you can get the maximum health benefits from your purchases.

7321.241 Tu Jan 31 6:30-7:30 PM  
Northrop-Rm 316 1 Session \$9



## The 10 Foods That Will Give Your Child Super Immunity

*Brandon Mickelson*

Do you worry if your child has a weak immune system? With our children constantly being exposed to different illnesses, it is important to help our little ones have the strongest immune system possible. There are many ways to accomplish this objective. We will discuss how the immune system fights off invaders; how you can give your children super immunity and the best foods to accomplish this.

7326.241 Th Feb 9 6:30-7:30 PM  
Northrop-Rm 316 1 Session \$9



# Body/Mind/Spirit



## Time to Heal

Carole Cravath  

To heal we must delve into the 4 aspects of our being; spiritual, mental, emotional and physical to discern what actions are needed to heal. You will learn specific ways to heal each aspect of your being through enjoyable activities. A deep healing meditation will be given that you can also use at home. A few participants will receive a Soma Pi energy healing. Carole instructs others in this highly effective technique in private classes.

7322.231	Sa Mar 4	12-2:30 PM
Northrop-Rm 316	1 Session	\$19

## Intuition: Unfolding our Super-Intelligence

Carole Cravath  

Intuition, our super intelligence, is direct truth without conscious thought. It's a natural part of our consciousness and we are biologically wired for it. Our intuitive minds can know the future and what is best for us in any situation. Intuition is the spiritual part of our awareness; the voice of the soul. When developed, it becomes our Higher Guidance System. You will learn how it works and how to use it through special activities.

7324.231	Sa Mar 11	12:30-2:30 PM
Northrop-Rm 308	1 Session	\$15

## Transforming Negative Emotions into Positive Feelings and Actions

Carole Cravath  

We spend a lot of time in pain from negative emotions such as anger, hurt, disappointment, fear, sadness and confusion. That's not necessary. You will learn to take charge of these emotional states and prevent them from taking over your life. You'll come to understand how to release and transform them into productive feelings and actions. You'll leave class with many tools to change these emotions quickly and move into peace and well-being. You will feel so much better!

7328.231	Sa Apr 29	12-2:30 PM
Northrop-Rm 306	1 Session	\$19

## Past Life Regression

Aileen Abliss

Allow Aileen, Certified Past Life Regressionist and Hypnotherapist, will guide you into past life using hypnosis. Past life regressions are fun for the curious and insightful for personal growth through the release of fears or anxieties, relationship perspective, or alignment with purpose. By learning about a past life, you gain insight for an improved current life. Please bring a yoga mat, blanket, and pillow.

8170.241	Th Mar 2	6-9 PM
Northrop-Rm 201	1 Session	\$35

8170.242	Tu May 9	6-9 PM
Northrop-Rm 201	1 Session	\$35

**BIO:** Denise Stegall earned her 3 health coaching certifications through the McDonald Center for Obesity Prevention Education at Villanova University and the Dr. Sears Wellness Center in Colorado. She is a member of the American College of Lifestyle Medicine and lifetime member of Rouxbe.com cooking school. She is a self-proclaimed foodie and lover of kitchen gadgets and firmly believes that with a little planning, preparing healthy whole food and plant based meals for your family is easy and delicious.

## Prime Time Health

Denise Stegall  

Prime Time Health is a scientifically proven plan for feeling younger and living longer. Focusing on prime timers, 40 years and older, who are in prevent and repair modes of their health. There are four topics: help prevent disease; understand how the body changes in prime time; cut the risk of cancers; and get fit, strong, and flexible with a personalized exercise program. **A \$16 supply fee will be collected.** [deniseyh.com](http://deniseyh.com)

8155.231	Tu Jan 24	6-8 PM
Northrop-Rm 316	1 Session	\$19



# Body/Mind/Spirit

**BIO:** Roxanne Schlasner is a Certified Massage Therapist who has been practicing for 24 years. She is also certified in energy therapies including Reiki and Healing Touch. A few years ago, she earned certification as an Angel Card Reader.

## Receiving Angel Messages from an Angel Card Reader

NEW!

Roxanne Schlasner, CMT



Angels are known all over the world as guides to lead us and assist us with concerns and troubles. Using the angel tarot deck or oracle cards is an excellent way of gaining a fresh perspective on your life or a specific situation. In class, we will talk about what to expect at an angel card reading, learn some of the basics of the tarot deck by looking at the history of tarot, and learn the differences between oracle cards and tarot cards. What types of questions do the messengers of the universe, or angels, like to answer? Each class participant will receive a three card reading.

[handsofhealingrochestermn.massagetherapy.com](http://handsofhealingrochestermn.massagetherapy.com)

8660.231	Th Feb 16	6:30-8 PM
Northrop-Rm 201	1 Session	\$12

**BIO:** Deah Kinion is a member of the MN Labyrinth Network and has presented at an annual conference of the international organization, The Labyrinth Society. She enjoys sharing the benefits of the labyrinth as a tool for peace, center, and self-exploration.

## Making Finger Labyrinths

NEW!

Deah Kinion



Discover the history and benefits of labyrinths. Make your own five or seven circuit tabletop labyrinth; you can walk with your finger. Get creative and enjoy your personal journey to center.

8180.241	Tu Mar 7	6:30-8 PM
Northrop-Rm 316	1 Session	\$12

## The 5 Elements/5 Personalities of Chinese Medicine

NEW!

Deah Kinion



Chinese medicine recognizes 5 phases/elements/seasons that can also correlate to the 5 personalities. Besides understanding these different types, their strengths and weaknesses we can also learn practices which benefit our "type."

8178.241	M Apr 10	6:30-8 PM
Northrop-Rm 308	1 Session	\$12

## The Body is a Garden

NEW!

Deah Kinion



Discover how to create and cultivate a healthy body and mind for longevity, observing Yin and Yang in nature, tips and wellness practices with Chinese medicine.

8179.241	W Apr 26	6:30-8 PM
Northrop-Rm 316	1 Session	\$12

## The Power of Thought—Healing your Mind, Body, and Spirit—Creating the Life You Desire!

Joni Oeltjenbruns, Juli Chapman, Thomas Meeson

Your mind is like a radio.

What frequency have you chosen? Does your life reflect health, wealth, and abundance, or disease, struggle, and lack? Learn the metaphysical teachings and scientific proof of the power of your

thoughts and their reflection in your life. Learn what is the subconscious, how to connect to universal energy, how emotions affect energy, chakras, self-healing, healing modalities, the power of the heart, why self-love is important, how to rewire your brain and more. You were created for abundance in all things and abundance was created for you. [www.gratitudeh2o.com](http://www.gratitudeh2o.com)

7320.231	Sa Mar 18	9 AM-12 PM
Northrop-Rm 307A	1 Session	\$45



# Body/Mind/Spirit

## Abdominal Strengtheners

Janice Novak MS

A few of the reasons abdominal muscles can weaken and lose shape are past pregnancies, surgeries, sitting at a desk all day, being sedentary, and poor posture. In this workshop, you will learn a series of extremely effective exercises that will quickly strengthen all four layers of abdominal muscle, especially the deepest layer **WITHOUT** stressing your back or neck joints and **WITHOUT** having to get on the floor. Don't waste time with traditional crunches. Learn a different, more effective way to flatten your stomach, re-shape your waistline, and prevent/relieve lower back discomfort.

8243.231

Northrop-Rm 308

Sa Apr 29

1 Session

9:30-11 AM

\$29



## Overcome Your Carbohydrate Cravings

NEW!

Janice Novak MS

Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two week

plan that will **STOP** your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype – just the facts.

8189.231

Northrop-Rm 306

Sa Apr 29

1 Session

11:15 AM-12:45 PM

\$29



## CE Weatherline

**If Rochester Public Schools are canceled** for the day, all Community Education day and evening classes are canceled.

**If school begins late**, Community Education classes will not meet in the AM session. Classes that begin at noon or after will be held.

**If school dismisses early**, all **after-school** Community Education classes are canceled. A decision about evening classes will be made by 3 PM and posted on the Weatherline.

**If school is not canceled**, but the weather is hazardous, evening classes may be canceled by 3 PM. Please call the weatherline for more information.

**For weather related announcements, call CE Weatherline at: 507.328.4010**





# Body/Mind/Spirit

## The Skinny on Chemicals and Weight Gain: How Everyday Products Could be Making You Fat

NEW!

Angela Sydnes

Unexpected items in your home may be interfering with or undermining your efforts made to keep yourself fit and healthy. Learn more about how chemical toxins in our environment may be linked to weight



gain and obesity, and what this information means for you in your daily life. Take away actionable steps you can take immediately to start reducing your exposure to chemical toxins in your environment.

7864.241 Sa Feb 25 9-10:30 AM  
Century-Rm H-231 1 Session \$19

7864.242 Sa Apr 29 9-10:30 AM  
Century-Rm H-231 1 Session \$19

## Hypnosis—Weight Loss, Stop Smoking and Chewing Tobacco

Dr. Mary Fischer

Hypnosis can help you control your eating habits. It will help you stop the constant thinking of food, overeating, and snacking. You will learn to desire the right foods, push your plate away when full, and motivate yourself to exercise. If tobacco



is controlling your life and you are ready to quit, hypnosis can help you stop smoking or chewing tobacco without withdrawal, cravings, or gaining weight. Hypnosis is very relaxing, and you will be fully aware and conscious at all times. Bring a pillow, blanket, or bean bag for your comfort. Fee includes session, reinforcement CD, and card to attend other sessions free.

(Check-in at 6 PM followed immediately by Introduction for both Weight Loss and Stop Smoking clients; 6:30-8 PM—Weight Loss Hypnosis; 8-8:45 PM—Stop Smoking Hypnosis.) Go to [www.hypnosisclinic.net](http://www.hypnosisclinic.net) to access most commonly asked questions about hypnosis.

8144.231 Weight Loss W Apr 19 6-9 PM  
Century HS-Rm B-121 1 Session \$55

8144.232 Stop Smoking and Chewing Tobacco W Apr 19 6-9 PM  
Century HS-Rm B-121 1 Session \$55

**BIO:** Angela Sydnes is an Integrative Nutrition Health Coach, creator of the “30 Day Whole Food Clean Eating Challenge” and “Grow Inspired.” She has a degree in horticulture, loves to garden, grow her own food, and spend time in nature.

## 30-Day Whole Food “Clean Eating” Challenge

Angela Sydnes

Short on time? Looking for the convenience of an online 30 Day Clean Eating program? Look no further! Our live class begins with a shared “clean meal” Everyone’s favorite part! Uncover the basic principles of “clean eating” along with a starter guide, and over 40 recipes! What can you expect as you challenge your eating habits? Increased energy, a reduced waistline, steadier moods, and improved focus? You’ll receive daily emails for motivation and support. Plus, you’ll get weekly live Q & A calls, access to a private “members only” page with weekly lessons, a private Facebook page to ask questions and share recipes, and access to additional live teleconference dates. Food cost included in class fee.



8172.241 Sa Feb 25 11 AM-2 PM  
Century HS-Rm H-231 1 Session \$55

8172.242 Sa Apr 29 11 AM-2 PM  
Century HS-Rm H-231 1 Session \$55

# Career/Finance

**BIO:** LeeAnne is a nationally recognized public speaker on the subject of entrepreneurship and has helped thousands gain the information necessary for success.

## \$Cash\$ in with a Successful Home-Based Business

LeeAnne Krusemark 

Turn your talents and hobbies into profits at home by learning how to start a home-based business from a Chamber of Commerce past president and successful southern California entrepreneur. You will discover: mandatory legal documentation, many ways to market your product/service, how to take tax deductions (this workshop included!), more than 100 home business ideas, and FREE future Q&A opportunities. This is probably the most comprehensive business start-up workshop you will ever find. **A \$20 supply fee will be collected.**

7280.241  
Northrop-Rm 308

W May 10  
1 Session

6-8 PM  
\$35



## Make Money with a Virtual Assistant/Word Processing Business

LeeAnne Krusemark 

If you can type, then you can make money at home using your word processor or computer. Prerequisite: You must have taken the "\$Cash\$ in with a Successful Home-Based Business" course before enrolling in this class. You will learn how and where to find clients, 50 ways to advertise/market your services, effective home office equipment choices, 100 ways to make money with a computer, and FREE national networking information. **A \$10 supply fee will be collected.**


7281.241  
Northrop-Rm 308

W May 10  
1 Session

8-9 PM  
\$20



## Focus on Fixed Income

Clayton Timmerman, AAMS®, CRPS®  

Learn the basics of fixed income investments, the seven characteristics of, the advantage of laddering, and how fixed income may be part of your investment strategy.

www.edwardjones.com

7124.241

Northrop-Rm 109

Th Feb 23

1 Session

6:30-7:30 PM

\$9

## Roth IRAs: Retirement Can Be Less Taxing

Clayton Timmerman,  

AAMS®, CRPS®

Covers differences between traditional and Roth IRAs and whether converting from a traditional IRA to a Roth IRA makes sense for an individual's retirement goals.

www.edwardjones.com

7202.241

Northrop-Rm 109

Th Mar 30

1 Session

6:30-7:30 PM

\$9



## Health Care and Your Retirement

Clayton Timmerman, AAMS®, CRPS®  

Discover the potential impact of rising health care cost on your retirement savings. Discussion will include an introduction of Medicare coverage and cost, long-term care cost, and available options for supplemental health care and long-term care insurance.

www.edwardjones.com

7207.241

Northrop-Rm 109

Th Apr 13

1 Session

6:30-7:30 PM

\$9

## Leave it, Move It, Roll It, Take It: Know Your Employer Retirement Plan Options

Clayton Timmerman, AAMS®, CRPS®  

Learn your options for what to do with money from a previous employer sponsored plan. The pros and cons of taking a lump sum, leaving assets in a plan or moving to another plan, rolling over to a traditional or Roth IRA or receiving annuity payments from a pension.

www.edwardjones.com

7201.241

Northrop-Rm 109

Th Apr 27

1 Session

6:30-7:30 PM

\$9





## Create a Legacy Wealth Plan and Protect Your Family NEW!

Raymond Hansen, Attorney 

The most important things in life are not things. Create a legacy wealth plan and pass on your most cherished memories and valuable lessons. It will also allow you to provide for your loved ones with special abilities while they continue to qualify for public assistance benefits. A legacy wealth plan can protect your estate and children from future ex-spouses, lawsuits, and creditors. Join Ray to learn more and even have a few laughs during this 90-minute presentation. [www.obrienwolf.com](http://www.obrienwolf.com)

7160.241      Sa Feb 11      10:30 AM-12 PM  
Northrop-Rm 316      1 Session      \$12

7160.242      W Mar 22      6:30-8 PM  
Northrop-Rm 319      1 Session      \$12

## Passing Down the Farm, Small Business or Family Cabin

Claire Langton-Yanowitz, Attorney  

We will discuss estate-planning techniques to pass the cabin, farm or business to the next generation. Claire will contrast the advantages and disadvantages of inheriting jointly, setting up a limited liability company, or distributing property through a trust. She will describe the benefits of having a buy-sell agreement and techniques to ensure property stays in the family. [www.yanowitzlaw.com](http://www.yanowitzlaw.com)



7227.241      Sa Mar 25      10-11:30 AM  
Northrop-Rm 201      1 Session      \$12

## Estate Planning Techniques to Reduce Taxes at Death and During a Lifetime

Claire Langton-Yanowitz, Attorney  

In this class, we will discuss techniques to reduce income, estate, and gift taxes. This presentation will discuss how to pass property to a spouse and future generations to reduce estate taxes and who an individual should name as beneficiaries of IRAs to reduce income taxes. Other items discussed will outline when an individual has to file a gift tax return and how to maximize gifts to charity and family members. [www.yanowitzlaw.com](http://www.yanowitzlaw.com)

7225.241      W Mar 29      7-8:30 PM  
Northrop-Rm 109      1 Session      \$12

## How Should You Title Your Property? Strategies to Avoid Probate and Protect Yourself

Claire Langton-Yanowitz, Attorney  

We will discuss strategies to transfer property at a loved one's passing without going through probate. Claire will outline various alternatives including revocable living trusts, payable



on death designations, and transfer on death deeds. We will discuss common mistakes people make in estate planning. This seminar will also examine techniques to pass down the family farm and cabin, safeguard property from divorce, lawsuits, bankruptcy, and how to provide for a disabled family member. [www.yanowitzlaw.com](http://www.yanowitzlaw.com)

7222.241      M Apr 10      7-8:30 PM  
Northrop-Rm 319      1 Session      \$12

## The Legalities When a Loved One Passes

Claire Langton-Yanowitz, Attorney  

What happens when a loved one passes away? Claire will describe how probate works, (a court proceeding that distributes a loved one's property at death). She will also outline how to pass property at death without getting a court involved. Her presentation will cover how to title property to reduce taxes and the difference between a will and a revocable trust. [www.yanowitzlaw.com](http://www.yanowitzlaw.com)



7223.241      W Apr 19      6-7:30 PM  
Northrop-Rm 319      1 Session      \$12

Rochester Community Education offers classes to the public for the purpose of information, instruction, education, enlightenment, and example only. Classes are not to be construed as endorsement or investment recommendations from the individual instructor, his/her business, or Rochester Community Education.

# Career/Finance

**BIO:** Claire Langton-Yanowitz is an attorney at the Yanowitz Law Firm, PLLC. Her practice focuses on estate planning, probate and trust administration. She drafts wills, trusts, healthcare directives and powers of attorney.

## A Snowbird's Guide to Residency

Claire Langton-Yanowitz, Attorney  

Claire will explain the rules regarding income tax residency and estate tax residency. She will describe who needs to file income taxes in Minnesota and the factors the government considers when determining if an estate needs to file an estate tax return in Minnesota. Her presentation will also cover rules for non-residents who own real estate in Minnesota. [www.yanowitzlaw.com](http://www.yanowitzlaw.com).

7226.241

M Mar 13



6-7 PM

Northrop-Rm 109

1 Session

\$9

## Money Management for Newcomers

Terrence Hassanally  

Terrence will give a comprehensive introduction to how money works in today's financial system. We will discuss: building a cash reserve and saving; taxes; retirement planning; saving for education; and estate planning. This course is intended for audiences who want the tools to successfully maneuver daily financial life.

[www.waddell.com](http://www.waddell.com).

7266.241

Th Mar 9

6:30-8 PM

Northrop-Rm 316

1 Session

\$12

## Filing for Social Security—Flexibility and Choices for Your Retirement Income

Terrence Hassanally  

Understanding the many options there are when you file for Social Security can have a significant impact on your decision making process and your financial future. We will explore different strategies to maximize your Social Security benefit as well as other considerations that can impact your overall benefit. [www.waddell.com](http://www.waddell.com).

7163.241

Th Mar 16

6-7 PM

Century-Forum

1 Session

\$9

**BIO:** Roger Cadogan is a financial investment trader and coach with over 20 years' experience trading in the financial markets. His success can be attributed to his unique "keep it simple" trading philosophy. He is extremely passionate when it comes to trading, and this passion carries through in his desire to share his knowledge and experience with others.

## Introduction to Forex

Roger Cadogan 

The foreign exchange market (Forex) is one of the most exciting, fast-paced markets. You'll be introduced to the world of Forex trading, a financial market that operates 24 hours a day. A professional Forex trader guides you to what Forex trading is all about, why someone chooses to trade Forex, and what actually happens when you make a Forex trade.

7151.241

W Mar 8

6:30-8 PM

Northrop-Rm 306

1 Session

\$12

## The Basics of Investing

Roger Cadogan  

Are you ready to begin investing for retirement, education for your children, or improving your financial future? Are you eager to expand your general market knowledge and investment experience to achieve your goals? Then this class is for you. The instructor is a 20-year investment veteran and doesn't represent any financial investment firm. Roger will teach you simply what you need to know to get started.

7150.241

Northrop-Rm 306

W Mar 29

1 Session

6:30-8 PM

\$12

## High Probability Rule Based Trading and Technical Analysis

Roger Cadogan  

Do you want to make your own decisions buying and selling stocks, ETFs, mutual funds, futures and in forex?

Would you like to learn how to make profitable trades on a consistent basis? A 20-year trading veteran will show you the secret to successful trading. You'll learn simple, easy to understand techniques that may take your trading results from mediocre to consistently profitable. Basic understanding of financial markets is recommended.

7152.241

W Apr 12

6:30-8 PM

Northrop-Rm 306

1 Session

\$12





## uPlan College Planning Strategies

NEW!

Eric Funk, CCPS, CIMA, FIC

Join us for a college planning overview to learn how academics, admissions and financial strategies can work together to help save you money on college. Gain insight into what to expect when transitioning from high school to college, why published cost may not be as important as you think, important tips about the FAFSA, what COA, OOP, EFC and need-met and gift ratios are and how they apply to you, and how to improve your student's odds of graduation in four years. We will provide you with a complimentary EFC calculation estimate.



7233.241	Sa Feb 11	9-10:30 AM
Northrop-Rm 308	1 Session	\$12
7233.242	W Mar 8	6:30-8 PM
Northrop-Rm 316	1 Session	\$12

## Investment Basics

Eric Funk, CCPS, CIMA, FIC

You will learn terms and language easily understood in the following topics: saving and investing wisely; types of investments; stocks, bonds, cash; investing through mutual funds and ETF's; asset allocation; and balancing your risk and return. [www.Thrivent.com](http://www.Thrivent.com).

7229.241	Sa Mar 4	9:30-10:30 AM
Northrop-Rm 319	1 Session	\$9

## Investment Fundamentals for Women

Cindy Sheppard

Investment Fundamentals provides inexperienced investors with basic information that will help them start an effective investment program.

Workshop participants will learn the fundamentals they need to begin investing for financial success. If you've been afraid to ask questions or don't know the questions to ask about investing, this is the perfect workshop for you!



7234.241	Tu Jan 31	6:30-8 PM
Northrop-Rm 109	1 Session	\$12

## What is a Personal Representative to Do?

William Volkmar, Attorney

Have you been appointed or are you trying to decide whom to appoint? William will explain the responsibilities of executors and take you through the steps of a typical probate proceeding. [www.dunlaplaw.com](http://www.dunlaplaw.com)

7210.241	Tu Mar 14	9:30-11:30 AM
Northrop-Rm 308	1 Session	\$15

## Wills or Trusts—How is a Person to Decide?

William Volkmar, Attorney

Determine how to get your assets where you want them to go after you are no here. William will explain assets affect your estate planning and what to do about it.



[www.dunlaplaw.com](http://www.dunlaplaw.com)

7200.241	Tu Mar 14	1-3 PM
Northrop-Rm 201	1 Session	\$15
7200.242	W Apr 12	7-9 PM
Northrop-Rm 308	1 Session	\$15

## What is a Trustee/Power of Attorney to Do?

William Volkmar, Attorney

Have you been or are you trying to decide whom to appoint as a proxy decision-maker? William will explain the duties and powers of trustees, persons given power of attorney, and conservators. He will discuss the differences among the various positions and update you on changes in the Guardianship Act. Questions will be answered throughout the class. [dunlaplaw.com](http://dunlaplaw.com)

7211.241	Tu Apr 18	9:30-11:30 AM
Northrop-Rm 201	1 Session	\$15

## Keeping the Family Cabin

William Volkmar, Attorney

Keeping property in the family and avoiding problems requires a good plan and solid professional advice. Learn options and strategies for minimizing disputes and keeping a cabin or other family-owned property within the family. [dunlaplaw.com](http://dunlaplaw.com).

7216.241	W May 3	7-9 PM
Northrop-Rm 319	1 Session	\$15

# Career/Finance

## Maximizing Your Social Security Benefits

Zac Saiki 62+ 🌟

Understand the role Social Security will play in your retirement, before you retire! Topics include: Social Security basics; how to maximize benefits; when to apply for Social Security; and how to plan other aspects of retirement based on Social Security. [www.ampf.com](http://www.ampf.com).

7153.241	M Mar 13	7-8:30 PM
Northrop-Rm 308	1 Session	\$12
7153.242	M Apr 17	7-8:30 PM
Northrop-Rm 316	1 Session	\$12

## Medicare Basics—The ABCDs

Jerry Roberts 62+ 🌟

Understand and make good choices if you are turning 65 or going on Medicare. Class will cover the various parts of Medicare—hospital, medical, and drug options.

Topics include:

original/traditional Medicare; Medicare supplements; Medicare advantage plans; prescription drug plans; preventive benefits; Medicare savings programs; preventing fraud, waste, and abuse; and resources to help you make decisions. The instructor is a certified State Health Insurance Program (SHIP) Counselor with the Senior LinkAge Line®. *Cosponsored with the SE MN Area Agency on Aging.*

7204.231	Th May 4	6-8:30 PM
Northrop-Rm 201	1 Session	\$9



**BIO:** Carol Shaffer is a First Steps Advance Care Planning certified facilitator. She is a chaplain with Seasons Hospice.

## Advance Care Planning—Considering Medical Decisions

Carol Shaffer 62+ 🌟

How do I choose someone to speak for me if I can't make my own medical decisions? What does "do not resuscitate" really mean? This class will answer these questions

and more. Participants will learn 1) how to choose someone to make decisions when you cannot, 2) how to make decisions about life-support treatment, and 3) how to talk with loved ones and medical staff about your choices. View a health care directive prior and complete it during the class.

8171.231	Tu Apr 18	1-3 PM
Northrop-Rm 201	1 Session	\$15



## Retire Wisely

Colin Aldis 62+ 🌟

Will I have enough to retire? Will my retirement income last? Are my assets protected? Learn how to manage six key risks all retirees face: outliving

their income; inflation; unpredictable events; market volatility; income taxes; and rising healthcare costs. Turn retirement concerns into confidence. [www.Thrivent.com](http://www.Thrivent.com).

7230.241	Tu Mar 21	6:30-8 PM
Century HS-Rm C-161	1 Session	\$12



**BIO:** Rob Kinney is an active licensed Certified Public Accountant, MBA, and author of the book "Pass the CPA Exam, Effective and Efficient Study Tools."

## How to Pass the CPA Exam NEW!

Robert Kinney 

This class can be a career changer for accountants seeking their CPA license. This course will teach you techniques to maximize your opportunity to score additional points on the CPA licensure exams. Based on the book, "Pass the CPA Exam, Effective and Efficient Study Tools" by Rob Kinney, CPA. Learn how to maximize your score and uncover techniques to score those critical points needed to pass the CPA exam. Presentation deck and book provided with attendance.

7274.241	W Mar 22	6:30-8:30 PM
Northrop-Rm 316	1 Session	\$15

7274.242	W May 3	6:30-8:30 PM
Northrop-Rm 316	1 Session	\$15

## Funeral Service Options

Funeral Director, Ranfranz & Vine  

Discuss the values of traditional funeral services, review current costs, disposition alternatives, governing rules, regulations, and setting up arrangements. This is an informative behind the scenes tour of a mortuary facility at a less stressful time in your life. This tour will include the crematorium, embalming room, and traditional funerals. If facilities are in full use, the class will be rescheduled for the following week. Please call 289-3600 the day before class to verify meeting date.

7205.231	Th Feb 2	6-8 PM
Ranfranz & Vine	1 Session	\$15

5421 Royal Place NW

7205.232	Th May 11	6-8 PM
Ranfranz & Vine	1 Session	\$15

5421 Royal Place NW

**BIO:** Brenda serves as a trusted advisor and educator of funeral services and options, preplanning all aspects as requested by clients and putting their wishes in writing. She is a licensed insurance agent which allows her to legally set up protected funds for funeral use according to the laws. Brenda has over 8 years' experience in the pre-need industry.

## What's New in Funeral Planning?

Brenda Schultz 

Brenda will explain the basics in funeral planning, what the laws and requirements are, how to protect money for your funeral, how to know what you are buying, and how to read a funeral price list. Brenda offers FREE planning guides and she will help you complete the guide. This is a great opportunity to ask questions and educate yourself on this process to make this event easier on your loved ones. [www.thefuneralady.com](http://www.thefuneralady.com).

7212.231	W Feb 22	10-11 AM
Northrop-Rm 201	1 Session	\$5



Samples available for viewing at Northrop!



# Community



## Exploring Christianity

Russ Moritz 

The Bible is a book of many books, by many authors, covering many centuries. Often we struggle seeing the big picture. Exploring Christianity helps put the pieces together from a Christian's perspective. What's our world view? Who we are to God? Who is Jesus Christ? In friendly, interesting presentations, see the heart of God unfold as we see the big picture the Bible presents. Time allotted for Q&A.

7423.231	Th Feb 9-16	6-8 PM
Northrop-Rm 306	2 Sessions	Registration only

**BIO:** Dr. Suresh Chari is a Professor of Medicine at the Mayo Clinic and President of the Hindu Temple in Rochester. He is a regular speaker at interfaith meetings in the community representing the Hindu perspective on issues.

## Introduction to Hinduism

Suresh Chari 

Hinduism or Santana Dharma is an ancient religion with origins in India. For a long time the Western world was not exposed to the religion as the overwhelming majority of its adherents live in India. However, Hinduism has a lot to offer to people of other faiths. Also, with the emergence of India as an economic power, spread of yoga and meditation into American popular culture, and increasing number of immigrants from India, there has been growing interest in Hinduism. This introductory class will give an overview of the faith and will focus on questions on history and origins of Hinduism, what defines a Hindu, Hindu sacred texts, Hindu beliefs and practices, and Hindu views on God and paths to realizing God or self-realization. The class will also briefly discuss influence of Hinduism on popular American culture and some of the misconceptions regarding Hindu beliefs and practices.

7500.231	M Apr 17	7-9 PM
Northrop-Rm 109	1 Session	\$15

**BIO:** Regina formed the interfaith dialogue non-profit organization, Community Interfaith Dialogue on Islam (CIDI) in 2014. CIDI actively promotes interfaith dialogue and education.

## The Role of Women in Islam

Regina Mustafa 

The role of women in the Islamic tradition is a topic of much controversy in the West. What do the Islamic sources of law state about the role and treatment of women? Are men and women in Islam equal? How do we separate culture from religion? We will explore the women of the Qur'an, the women of the early Muslim community, as well as common modes of dress. You may be surprised what you discover!

7424.231	Tu Feb 28	6:30-9 PM
Northrop-Rm 316	1 Session	\$19

## Islam—Basics and Misconceptions

Regina Mustafa 

Explore the basic teachings and principles of Islam. Common misconceptions will be addressed as the class explores the roles of the prophets, rights of women, and the true meaning of jihad. The class will also focus on Muslims in the West.

7422.231	W Mar 15	6:30-9 PM
Northrop-Rm 201	1 Session	\$19



## One Stop Shopping - VOLUNTEER FAIR

Patricia McCleese

Come and meet local organizations to learn about volunteer opportunities in your community. Volunteering is a great way to share your talents, build your resume, and meet new people. To learn more about the specific organizations participating at each fair, go to the Rochester Association Volunteer Administrators website. [www.rochesterareavolunteeradministrators.webs.com](http://www.rochesterareavolunteeradministrators.webs.com).

**7421.142 Giving Back** Tu Jan 10 11 AM-1 PM  
Rochester Public Library 1 Session Registration only

**7421.241 Family/Youth** Tu Apr 11 4-6 PM  
Northrop-Rm 308 1 Session Registration only

**BIO:** Allison Stanfield is the Mental Health Specialist & Educator at NAMI Southeast Minnesota. She is a certified instructor in Adult Mental Health First Aid USA. Allison has experience as an ARMHS Mental Health Practitioner and Peer Support Specialist II in residential, inpatient, and outpatient treatment services in both mental health and chemical dependency.

**BIO:** Dan Ryan, LICSW, has been a provider in the mental health field for over thirty years. He has worked in residential, inpatient, and outpatient services and is currently employed as a Licensed Clinical Social Worker with Family Service Rochester. Dan attended a 32-hour training in September 2015 becoming a certified instructor in Mental Health First Aid USA. In addition, he has been a substance abuse counselor, crisis intervention instructor, and taught family theory to mental health professionals.

### Adult Mental Health First Aid

Allison Stanfield, Dan Ryan, LICSW 

Federal legislation funded the development of this evidence-based program to train individuals to assist someone experiencing a mental health related crisis, just as CPR helps assist an individual having a heart attack. Learn how to apply the Adult Mental Health First Aid action plan. Addressed are risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. **A \$20 supply fee will be collected** for the "Mental Health First Aid ® USA" book. Ages 18 plus. *Cosponsored with Family Services Rochester.*

**8040.231** Th Apr 13-20 5:30-9:45 PM  
Northrop-Rm 201 2 Sessions \$35

**BIO:** Alicia Bartel, LICSW, is a provider in the mental health field working with children and families at Family Service Rochester. Her current role at Family Service Rochester is to provide therapy for the community and supervision for staff. She has worked in group home settings and family-based, in-home services. She is trained in Trauma Focused Cognitive Behavior Therapy and evidence based treatments. Alicia attended a 32 hour training in March 2016 becoming a certified instructor in Youth Mental Health First Aid USA.

**BIO:** Diana Evans has worked in the mental health field for over 10 years. She works for NAMI Southeast Minnesota supporting, educating, and connecting people to community resources. Diana became a certified instructor in Youth Mental Health First Aid USA in March 2016.

### Youth Mental Health First Aid

Alicia Bartel, LICSW, Diana Evans 

Federal legislation funded the development of this evidence-based program to train individuals to assist youth (12-18 yrs) experiencing a mental health related crisis, just as CPR helps assist individuals having a heart attack. Learn how to apply the Mental Health First Aid action plan. Addressed are risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. **A \$20 supply fee will be collected** for the "Mental Health First Aid ® USA" book. Ages 18 plus. *Cosponsored with Family Services Rochester.*

**8045.231** Tu/Th Feb 7-9 5:30-9:45 PM  
Northrop-Rm 112 2 Sessions \$35



# Computer/Technology

**BIO:** Michael is a civil engineer and automotive enthusiast. He has worked in the transportation field for 30 years. He studies evolving vehicle technologies because of the potential for technology to reduce vehicle related crashes and injuries; and due to the critical importance of transportation within our society.

## Autonomous and Connected Cars— Coming Our Way??

Michael Schweyen

We hear about self-driving cars and connected cars in the news. What is really happening? When will we see and experience these high tech vehicles, if ever? What are the benefits? What are the challenges? This class will teach you about the trends in vehicle automation and connectivity.

7405.241 W Feb 22 6:30-8 PM  
Northrop-Rm 308 1 Session \$12

## Get Started with Pinterest®

Lee Ann Furness

You've been hearing about it everywhere — Pinterest — but what is this website? Let Lee Ann walk you through the ins and outs of Pinterest. Finish up with ideas on how to take your "pins" to the next step! Bring your tablet, laptop, or good old fashion paper and see what everyone is talking about.

7511.241 W Apr 26 6:30-8 PM  
Northrop-Rm 201 1 Session \$12

## One Website—Coming Up!

Jonya Pacey

In 90 minutes, learn how to start posting content and pictures on a free WordPress.com website. WordPress.com is a controlled application that handles all the heavy lifting for you, including protecting you from spam and hackers. It doesn't have many high-end options, but will get you started! Quickly set up a free website and begin customizing it to reflect your business or personal style. Please bring your laptop/tablet.

7403.141 W Feb 22 6:30-8 PM  
Northrop-Rm 316 1 Session \$12

## Search Engine Optimization Basics for WordPress

Jonya Pacey

Jonya assumes you have a WordPress-built website and administrator access. Learn how and why to use Alt-Tags, Keywords, H2 headers, and more. Material will cover information for both self-hosted and WordPress.com site owners with the last 30 minutes focusing on tools available just for the self-hosted site owner. Please bring your laptop/tablet.

7404.241 W Apr 12 6:30-8 PM  
Northrop-Rm 316 1 Session \$12

## Introduction to Office 16®, Office 365®, and Windows® 10

Jim Miner

Office 2016 offers some challenges along with many opportunities to "work smarter, not harder." This one session class will cover the changes and "tips and tricks" to help you cope with the challenges of Word, Excel, and PowerPoint in Office 2016. Office 365 for individual use will be discussed. Windows 10® will also be discussed. Bring your own laptop. The computers in the lab do NOT have WINDOWS 10® or Office 2016. Prerequisite: A working knowledge of Windows®.

7467.241 W Feb 1 6-9 PM  
Northrop-Rm 308 1 Session \$29





# Computer/Technology

## WINDOWS 10®—What's New, What's Back, What's to Like!

Jim Miner  

To upgrade, or not to upgrade to Windows 10®? Here is an opportunity to learn what's new and what is back with MS Windows®. Discussion will center on Apps, File Explorer (including OneDrive), the Snipping Tool and other accessories, along with using Windows® as efficiently as possible. Brief discussion will take place on MS Edge, the new Browser from Microsoft. NOTE: This class will not cover productivity programs such as Word® or Excel®. Bring your laptop/tablet. This class is NOT held in the computer lab.

7442.241 M Feb 6 12:15-3:15 PM  
Northrop-Rm 109 1 Session \$29

7442.242 W Mar 22 6-9 PM  
Northrop-Rm 308 1 Session \$29

## Cloud Computing—What is It and Why Should I Use It?

Jim Miner  

This will be primarily a discussion demo class covering the future storage of your documents, pictures, videos, and more in the "Cloud"—it can allow access for you (and others) through the Internet and the Cloud! Email has been in the "Cloud," now you can put your documents there and retrieve them. Sky Drive®, DropBox®, Google Docs®, Office 2013®, and other "Cloud" providers will be discussed and tried. A public Internet connection will be available to use. Bring your laptop/device.



7443.241 M Mar 13 12:15-3:15 PM  
Northrop-Rm 201 1 Session \$29

## Intro to Excel®

Jim Miner  

Make your budgeting, tax planning, and other business tasks a snap. You will practice building, editing, and formatting spreadsheets. The database and charting feature will be introduced. Topics include filtering, consolidating spreadsheets, and multiple sheets within a workbook, pivot tables, and absolute cell references. This class is intended for users with little or no Excel® experience. PREREQUISITE: Students must have a working knowledge of Windows®.

7447.241 W Apr 12-26 12:15-3:15 PM  
Northrop-Rm 317 3 Sessions \$70

## One on One iPad® with Community Ed

Nate Schriever

Have an iPad® or iPhone® and need some help mastering all the possibilities? Meet one-on-one with Nate. He is passionate about integrating current technologies and the capabilities of Apple® mobile devices to increase productivity and enjoyment in your life. For an additional \$30, you may have a friend or family member join you — just call the main office at 328-4000.

7400.241 Th Feb 9 5-6 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.242 W Feb 22 5-6 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.243 W Feb 22 6:15-7:15 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.244 M Mar 13 5-6 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.245 Tu Apr 11 5-6 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.246 Tu Apr 11 6:15-7:15 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.247 Sa Apr 15 11 AM-12 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.248 Sa Apr 15 12:15-1:15 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.249 W Apr 26 5-6 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.2410 W May 10 5-6 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.2411 W May 10 6:15-7:15 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.2412 M May 22 5-6 PM  
Northrop-Rm 209 1 Session \$55 one person

7400.2413 W May 24 5-6 PM  
Northrop-Rm 209 1 Session \$55 one person



# Language/Literature

## American Sign Language

Rebecca Wulff 

Want to learn basic American Sign Language skills for communicating with deaf and hard of hearing people? Expressive and receptive skills will be developed in vocabulary, finger spelling, and number concepts. Storytelling concepts, as well as translating music, will be added to this class. Focus will be on the use of ASL signs and concepts following English word order. No textbook required, handouts will be provided.

7391.241 M Feb 27-Apr 24 6-8 PM  
Mayo HS-Media Center 8 Sessions \$75  
No Class Apr 3



## Effortless Japanese

Ang Nguyen

Come and enjoy learning Japanese, whether you are planning a trip to Japan or just want to learn something new. Upon completion of this course you will be delighted to see that you are able to write and read Hiragana, Katakana, and some Kanji. This unique class is a combined class for beginning learners and those who have taken Japanese before. Students should purchase "Genki 1: An Integrated Course in Elementary Japanese" (Second Edition) prior to the first class. Students do not need the workbook version.

7364.241 Tu Feb 28-May 23 6:30-8 PM  
Northrop-Rm 306 11 Sessions \$109  
No Class Mar 14 and Apr 4

## Italian-Beginners

Carlo Biondolillo

Goals: To greet and introduce, ask for information, and describe your house, family, objects, and their location. Use present tense articles, adjectives, and cultural aspects. Homework will be assigned every week, 2-3 hours of study time is needed on a weekly basis. Students should purchase the book: "NEW Italian Espresso" (text book+DVD-blue/white cover (for English speakers ISBN 9788861823549). Note: The instructor has some textbooks available for purchase. Please email Carlo with any questions at [biondoli@gmail.com](mailto:biondoli@gmail.com).

7359.241 W Feb 1-May 17 7:30-9:30 PM  
Northrop-Rm 105 14 Sessions \$175  
No Class Mar 29 and Apr 5

## Italian-Intermediate II

Carlo Biondolillo

Goals: Understand sentences and frequently used expressions used in basic personal and family information, shopping, local geography, and employment. Communicate and describe simple routine tasks and personal information requiring a direct exchange of information.

7361.241 W Feb 1-May 17 5:30-7:30 PM  
Northrop-Rm 105 14 Sessions \$285  
No Class Mar 29 and Apr 5

## Italian-Intermediate I

Carlo Biondolillo

Goals: Learn and use familiar everyday expressions and very basic phrases. You will be able to introduce yourself and others and ask/answer questions about personal details. Interact in a simple way with the support of another person.

7360.241 Th Feb 2-May 18 5:30-7:30 PM  
Northrop-Rm 105 14 Sessions \$175  
No Class Mar 30 and Apr 6



## Italian-Advanced/Conversation

Carlo Biondolillo

Goals: Understand the main points of clear standard input on familiar matters regularly encountered in work, school, leisure, etc. Deal with most situations while traveling in an area where the language is spoken. Produce simple connected

text on topics that are familiar or of personal interest. Describe and explain personal experiences, events, dreams, hopes, opinions, and plans. (This class is the combination of the past Italian Advanced I and Advanced II).

7362.241 Th Feb 2-May 18 7:30-9:30 PM  
Northrop-Rm 105 14 Sessions \$175  
No Class Mar 30 and Apr 6

# Language/Literature



## Spanish I

*Alice Hidalgo*

Emphasis will be on good pronunciation, learning basic vocabulary, grammar, and conversation. The following book is required: "DIMELO TU, Fifth Edition" (NOT with the workbook, and CDs are not necessary). The 2006 or 2007 edition is the green textbook. Note: The instructor has some textbooks available for purchase for \$20. Please call Alice with any questions at 282-2926.

7383.241	W Feb 1-May 3	6-8 PM
Willow Creek-Rm D215	13 Sessions	\$65
No Class Apr 5		

## Spanish II

*Alice Hidalgo*

A continuation of Spanish I, using the same textbook. If you are a new student, please call Alice at 282-2926. After reviewing, we will begin with Chapter 4. The following book is required: "DIMELO TU, Fifth Edition" (NOT with the workbook, and CDs are not necessary.) The 2006 or 2007 edition is the green textbook. Note: the instructor has some textbooks available for purchase for \$20. Please call Alice with any questions at 282-2926.

7384.241	Tu Jan 31-May 16	6-8 PM
Willow Creek-Rm D215	13 Sessions	\$85
No Class Feb 14, Mar 14 & Apr 4		

## Spanish IV

*Alice Hidalgo*

This class is offered to those students who have completed Spanish III or those who are familiar with the preterit tense. After reviewing, we will begin with Chapter 12 in the same textbook. If you are a new student, please call Alice at 282-2926. The following book is required: "DIMELO TU, Fifth Edition" (NOT with the workbook, and CDs are not necessary.) The 2006 or 2007 edition is the green textbook. Note: The instructor has some textbooks available for purchase for \$20.

7386.241	Th Feb 2-May 4	6-8 PM
Willow Creek-Rm D215	12 Sessions	\$99
No Class Mar 9 and Apr 6		

## Spanish Conversation II

*Alice Hidalgo*

Familiar with the present AND past tense and need more conversation practice? We will explore subjects such as going to a



party, taking a taxi, participating in an interview, doctor's visit, sharing customs, etc. Each student should bring a Spanish dictionary. All other materials will be provided.

7381.241	Th Feb 2-Apr 27	8-9 PM
Willow Creek-Rm D215	12 Sessions	\$75
No Class Apr 6		



# Language/Literature

**BIO:** Jennifer has an MFA in creative writing from the Vermont College of Fine Arts. Jen is a weekly Post-Bulletin columnist, assistant editor at Rochester Magazine, founder of the Write @ Writing Workshops, and has taught in writing centers at both the high school and college levels. To view Jennifer's website, click [here](#).

## This is Your Life: Writing Your Own Story

*Jennifer Haugen Koski*

Writing your memoirs—stories from your own life—can be rewarding and fun. Whether you have specific stories you'd like to record, or are interested in writing your full autobiography, this class can help you get started. During each class, you will participate in writing discussions and exercises that will help you generate new work and be given take-home assignments. In addition, you will be given handouts that will help you further your writing life. To maximize personal attention, this workshop is limited to eight students.



7327.231	W Apr 12-26	12-1 PM
Northrop-Rm 201	3 Sessions	\$29

## This is Your Life: Writing Your Own Story—Part Two

*Jennifer Haugen Koski*

Designed for students who have already taken Jen's Writing Your Own Story class. This longer, six-week, small-group class picks up where you left off. Students will further develop the stories they've already created and will begin new ones. Time will be given in class for writing prompts, revision, and discussion. To maximize personal attention, this workshop is limited to eight students.

7329.231	Tu Apr 11-May 16	12-1 PM
Northrop-Rm 308	6 Sessions	\$59

**BIO:** Chris Miksanek has been publishing humor for almost twenty years and has studied humor writing at Chicago's Players Workshop of Second City and the UCLA Writer's Program. He has written for radio, TV, newspapers, trade magazines, the popular PC game, "You Don't Know Jack!," and is the "Med City Movie Guy."

## Write it Today, Publish it Tonight—Demystifying Print on Demand

*Chris Miksanek*

Book writers, do you know about print-on-demand (POD)? With little or no set-up costs and only a minor grasp of technology, you can publish your own book (cookbook, novel, poetry collection, how-to, etc...). Join us for an overview that will walk you through the steps necessary to prepare, upload, and make your book available on Amazon®.

7332.231	Sa Mar 25	10 AM-12:30 PM
Northrop-Rm 308	1 Session	\$19

## Unleash the Humor Writer in You

*Chris Miksanek*

Spend a fun Saturday unleashing the humor writer in you. The instructor will share a unique method for shattering writer's block and fearlessly approaching any writing assignment using in-class



exercises and feedback. Bring a snack.

7337.231	Sa Apr 15	10 AM-2 PM
Northrop-Rm 306	1 Session	\$35

# Language/Literature

## Writing and Illustrating for Children

Joni Oeltjenbruns 

Find your creative process. Learn to write and illustrate for children's publishing; novels, picture books, board books, and magazines.



Identify the ingredients of a good story, portfolios, the submission process, and more. Joni is author and/or illustrator of 17 children's books. Her accomplishments include the 2002 Children's Choice Award, Parent Silver Award, Tau Women's Honorable Mention, and Second Place in North American Liturgical Book. [www.jonibooks.com](http://www.jonibooks.com)

7325.231

Th Feb 16

6-9 PM

Northrop-Rm 316

1 Session

\$40

## Toastmasters' Speechcraft

Rochester Toastmasters

Need to improve your speaking and presentation skills? Toastmasters have been helping people since 1924. You will gain confidence speaking in public, impromptu speaking, using visual aids, and body language.



Whether giving a toast, speaking before a committee, or explaining a new procedure at work, you will benefit from Toastmasters' fun and time-tested methods in a mutually supportive and positive learning environment. The "Speechcrafter's Handbook" is included in the fee. *Cosponsored with Rochester Toastmasters' Clubs.*

7390.231

M Apr 10-May 15

6:30-8:30 PM

Friedell-Rm 128 Art

6 Sessions

\$35

## Working with the Media

Tom Weber 

With nearly 20 years of journalism experience, mostly in public radio, MPR news host, Tom Weber will share his experience in successfully working with the media. Do you work for a firm, non-profit, or business that has a great story to get out? Do you know someone who'd be a great expert on topics that are often covered in the news? Ever wonder how some of the stories you hear make it on the news? Come learn some tips from a pro and exchange ideas on how to work with the media. If you're at all intimidated by the idea of reaching out to a reporter, don't be! Come learn some of the basics.

7410.241

Sa Mar 25

12:30-2:30 PM

Northrop-Rm 319

1 Session

\$25



## CE Weatherline

**If Rochester Public Schools are canceled** for the day, all Community Education day and evening classes are canceled.

**If school begins late**, Community Education classes will not meet in the AM session. Classes that begin at noon or after will be held.

**If school dismisses early**, all **after-school** Community Education classes are canceled. A decision about evening classes will be made by 3 PM and posted on the Weatherline.

**If school is not canceled**, but the weather is hazardous, evening classes may be canceled by 3 PM. Please call the weatherline for more information.

**For weather related announcements, call CE Weatherline at: 507.328.4010**



# Dance/Fitness/Recreation

## Adult Fencing—Beginning

Steven Halter

Want to learn a competitive lifetime sport? Fencing is for you! This is an opportunity for you to master the skills and techniques at your own pace, as well as prepare for competition in USFA tournaments. Commitment and dedication are the only requirements! We look forward to helping you develop your skills to succeed and excel in this exciting life sport. All fencing equipment is provided.

9126.232 Th Feb 9-May 4 7-9 PM  
Northrop-Rm 113 Gym 11 Sessions \$99  
No Class Mar 23 and Mar 30



## Open Fencing

Steven Halter

Continue to master your skills and techniques in preparation for the USFA tournament competition or for your own enjoyment. This class is the follow-up to the Adult Beginner Fencing class. You are required to acquire your own fencing equipment or pay an additional \$20 equipment fee on the first day of class. Assistance with ordering equipment will be available first class.

9127.231 Th Feb 9-May 4 7-9 PM  
Northrop-Rm 113 Gym 10 Sessions \$40  
No Class Feb 23, Mar 23 & Mar 30

## Aquatic Aerobic Exercise

Janet Rich 62+  

Conditioning through water exercise can be one of the best activities for people of all ages. You will combine exercise and lap swimming to increase your flexibility, strength, circulation, and endurance. Ability to swim is not necessary.



9004.231 M Jan 9-Mar 6 7:30-8:30 PM  
Kellogg Middle School-Pool 7 Sessions \$32  
No Class Jan 16 and Feb 20

9004.232 W Jan 11-Mar 1 7:30-8:30 PM  
Kellogg Middle School-Pool 8 Sessions \$36

9004.233 W Mar 8-Apr 26 7:30-8:30 PM  
Kellogg Middle School-Pool 7 Sessions \$32  
No Class Apr 5

9004.234 M Mar 13-May 8 7:30-8:30 PM  
Kellogg Middle School-Pool 8 Sessions \$36  
No Class Apr 3

## Boomer Bootcamp—Move Well to Age Well

Lawrence Marcuson 

Bootcamp is a comprehensive, two-week, outdoor fitness, weight and fat loss program that incorporates resistance training, functional training, cardiovascular training, yoga, core work, diet, and nutritional counseling. Bootcamp is for men and women--all ages, sizes, shapes, and fitness levels. Lawrence expects you to do your best. You don't have to be in the best shape of your life to join--that's why you're enlisting, to get in the best shape of your life! [www.nordicmanfitness.com](http://www.nordicmanfitness.com).



9102.241 M/W/F Jan 30-Feb 10 5:30-6:30 PM  
Martial Arts Fitness Center 6 Sessions \$60  
2849 S Broadway

9102.242 M/W/F Apr 3-14 5:30-6:30 PM  
Silver Lake Playground 6 Sessions \$60  
705 East Silver Lake Drive

**BIO:** Ron McCargar is a licensed Zumba® Fitness instructor with a passion for helping others improve their lives through fitness. He is a certified AFAA group fitness instructor and carries CPR/AED certification.

## Zumba

Ronald McCargar 

A total workout, combining all elements of fitness - cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class. Come ready to sweat and prepare to leave empowered and feeling strong. Bring water and comfortable shoes with minimal tread.

9072.241 Tu Jan 31-Feb 28 7:30-8:30 PM  
Northrop-Rm 113 Gym 4 Sessions \$30  
No Class Feb 14

9072.242 Tu Mar 7-28 7:30-8:30 PM  
Northrop-Rm 113 Gym 4 Sessions \$30



# Dance/Fitness/Recreation



**BIO:** Bringing dance, health, and fitness into people's lives has been Kris's passion since she can remember. Kris moved to Rochester, MN in 1993 to help open the Rochester Athletic Club. She was with the RAC for 16 years teaching classes and managing Group Exercise.

## POUND®

Kris Thomas

POUND® is the world's first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND® transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND® provides the perfect atmosphere for letting loose, getting energized, toning up and rockin' out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Bring a yoga mat to class.

9074.241	F Jan 20	6:30-7:30 PM
Northrop-Rm 113 Gym	1 Session	Registration only
9074.243	Tu Feb 21-Mar 28	5:45-6:30 PM
John Adams-Rm 142 Gym 2	6 Sessions	\$45
9074.242	Sa Feb 25-Mar 25	8-8:45 AM
Northrop-Rm 113 Gym	5 Sessions	\$40

## Night Club 2-Step-Beginners

NEW!

Fred Gommels

This dance is rhythmic, smooth, and easy to learn. It is great for weddings and is often danced to songs like: "Red Red Wine," "Home," and "Stand By Me." To look good on any dance floor, learn to "Night Club." Please bring separate indoor shoes to wear.

7086.231	Th Feb 2-23	7-8 PM
Blue Moon Ballroom	4 Sessions	\$29
2030 Hwy 14 East		

## Country Waltz-Beginners

NEW!

Sally Knutson

For country dancers who want to 'boot scoot' and boogie around the dance floor to popular, upbeat country hits. This is a progressive dance that travels around the floor in a quick, quick, slow, slow timing. Please bring separate indoor shoes to wear.

7085.231	M Feb 6-27	8:15-9:15 PM
Blue Moon Ballroom	4 Sessions	\$29
2030 Hwy 14 East		

## Cuban Salsa-Beginners

NEW!

Gretel Quinones

Having grown up dancing to the rhythms Cuba, Gretel will teach you the basics of Salsa. Upbeat and sassy with Latin rhythms, this dance will be nothing but lively and fun. Please bring separate indoor shoes to wear.

7088.231	W Mar 1-29	7-8 PM
	5 Sessions	\$34
Blue Moon Ballroom		
2030 Hwy 14 East		

## Club Latin-Beginners

NEW!

Gretel Quinones

Learn the basics of these "Club Latin" dances: merengue, bachata, chachacha, and salsa. Gretel will teach you the authentic way Cubans dance. You'll learn some fun turns and Latin body movements. Please bring separate indoor shoes to wear.

7087.231	M Mar 6-27	8:15-9:15 PM
Blue Moon Ballroom	4 Sessions	\$29
2030 Hwy 14 East		



# Dance/Fitness/Recreation

**BIO:** Suz has been an ATS® dancer since 2012. Co-founder of Antares Tribal Performance Troupe she is a practicing artist and teaches in the Art + Design program at RCTC.

## American Tribal Style® Belly Dancing

Suzanne Szucs

American Tribal Style® belly dance is an improvisational dance form combining Middle Eastern and Folkloric dance styles. ATS® consists of a movement vocabulary that allows dancers to perform together without choreography. This beginning course will teach the basics of the dance, including dance posture and body consciousness, level one ATS® movements, formations and improvisation. Physical demands will be moderate and self-paced. The course is open to women and men. Wear comfortable clothing. An optional \$5 hip scarf will be available to purchase.



9067.241 W Feb 1-Mar 8 7-8 PM  
Northrop-Rm 210 6 Sessions \$35

9067.242 W Mar 15-Apr 26 7-8 PM  
Northrop-Rm 210 6 Sessions \$35  
No Class Apr 5

## Do You Wanna Dance?—Beginners

MJ Wagenson

Afraid to hit the dance floor? After this experience, you'll have the basics to dance in just about any situation. We will mix each class up with some beginning steps of Foxtrot, Waltz, and Swing. We'll begin with some basic steps, and review each week while progressing with new steps and moves. Please bring a second pair of shoes to wear. MJ is an RCTC HPER instructor.

9065.231 W Apr 12-May 17 6:30-7:45 PM  
Northrop-Rm 113 Gym 6 Sessions \$36

## Do You Wanna Dance?—Intermediate

MJ Wagenson

If you have taken DYWD before and want to brush up on and add to the Foxtrot, Waltz, and East Coast Swing skills plus learn a few different rhythms eg: Cha Cha, Rhumba, Polka maybe (?) and others.....then this is the class for you!! MJ is an RCTC HPER instructor.

9066.231 W Apr 12-May 17 8-9:30 PM  
Northrop-Rm 113 Gym 6 Sessions \$36

## Square Dancing—Basic Program Part 1

Al Vesper

Live Lively! Square Dance! No experience necessary! Activities such as square dancing are vital for heart health, memory improvement, coordination, and rhythm. Come and learn the fundamentals of Modern Western Square Dancing. Exercise the body, stimulate the mind, make new friends, and forget the troubles of the day. People of all ages, couples or singles, are encouraged to come and find out how much fun this activity really is. This series of 3 sessions leads to a lifetime of fun, fitness, and friendships! Session 1 concentrates on the first set of square dance basics.

9062.231 Tu Jan 31-Feb 28 6:30-8:30 PM  
Elton Hills-Cafe/Gym 5 Sessions \$25

## Square Dancing—Basic Program Part 2

Al Vesper

Live Lively! Square Dance! This is a continuation of the first session in which we will concentrate on the second group of square dance basics!

9068.231 Tu Mar 14-Apr 18 6:30-8:30 PM  
Sunset Terrace-Gym 5 Sessions \$25  
No Class Apr 4

## Square Dancing—Mainstream Program Part 3

Al Vesper

Live Lively! Square Dance! We will concentrate on the group of 'Mainstream Square Dance' calls. Mastery of this material will prepare you to enjoy square dancing at area clubs and at the 2017 Minnesota Square Dance Convention, to be held in Rochester in June, and at many clubs around the world!

9069.231 Tu Apr 25-May 23 6:30-8:30 PM  
Sunset Terrace-Gym 5 Sessions \$25

# Dance/Fitness/Recreation

## Volleyball–Intermediate

Mark Armbruster 

Join us for an evening of volleyball. Supervision only, no instruction.

9136.231      M Feb 13–Jun 5      6:30–8:30 PM  
Willow Creek–Middle, South Gyms      14 Sessions      \$42  
No Class Feb 20, Apr 3, May 29

## Volleyball–Advanced

David Heinz 

Join our class for an evening of competitive volleyball with advanced players. Skill testing will be done if necessary. Supervision only, no instruction.

9168.231      W Feb 1–May 31      6:30–8:30 PM  
Sunset Terrace–Gym      17 Sessions      \$51  
No Class Apr 5



## Learn 2 Skate for Adults

Lindsey Packer

Any age can benefit from the fun and fitness of ice-skating! Our instructors can get you moving on the ice or help you learn some new skills.

Attendees must be able to stand independently on the ice. Registration covers 30 minutes of instruction. Skate rental is available for \$2 per lesson. Teens may register as well.

9059.241      F May 5–Jun 2      6:15–6:45 PM  
Rochester Recreation Center      4 Sessions      \$64  
21 Elton Hills Dr NW  
No Class May 26



adult  
enrichment

is looking for  
**INSTRUCTORS!**

Call: 328.4000

Email: [rochesterce@rochester.k12.mn.us](mailto:rochesterce@rochester.k12.mn.us)



# Family/Parent

## L.E.A.N. Essentials

Denise Stegall



L.E.A.N. Essentials is based on the Dr. Sears' "L.E.A.N. Start" 6-hour workshop condensed into a two-hour class. This is a fast paced and interactive program in which we discuss eight different topics for healthy kids including: Traffic Light Eating, Brainy Breakfast, Protein, Fats, and the Importance of Play. **A \$10 supply fee will be collected.** [deniseyhc.com](http://deniseyhc.com).

8910.231	Tu Apr 25	6-8 PM
Northrop-Rm 308	1 Session	\$12

## Thinking about Becoming a Family Child Care Provider?

Martha Stevens



Being a Family Child Care Provider is a rewarding and demanding profession. This class is intended to enlighten those interested in the profession on the rewards and challenges encountered in starting a home child care business. We will discuss whether the profession is a good fit for participants and their families, assessing the need for child care in the community, and typical challenges faced by child care providers. [marthas@familiesfirstMN.org](mailto:marthas@familiesfirstMN.org).



8914.241	Th Feb 23	6:30-8 PM
Northrop-Rm 308	1 Session	\$5

8914.242	Th Mar 23	6:30-8 PM
Northrop-Rm 308	1 Session	\$5

## Crossing the Threshold Series

SE MN Threshold Network Staff



NEW!

**New Initiatives in Conscious Dying:** How do we find meaning and honor at this sacred time of passing? Learn about options available and how to prepare for a peaceful transition. MN families now have increased choices since new legislation was passed in 2010.

8212.241	Tu Mar 14	6:30-8:30 PM
Northrop-Rm 316	1 Session	\$12

**Family-Directed After Death Care:** What are death-midwives? How do we witness a passing and hold a vigil? What is the home funeral movement? Discover alternatives to the commercial funeral.

8212.242	Tu Mar 21	6:30-8:30 PM
Northrop -Rm 201	1 Session	\$12

**Green Burials:** Live Green, Leave Green. Your respect for nature and the environment doesn't have to die with you. Are there Green cemeteries in Minnesota? Why does it matter?

8212.243	Tu Mar 28	6:30-8:30 PM
Northrop-Rm 316	1 Session	\$12

**BIO:** Deanna is a licensed clinical social worker with 22 years of experience in adult mental health. She is currently a Dialectical Behavioral Therapist and outpatient therapist. She was a "targeted" parent. It is her hope to educate our community, legal professionals, and teachers on what "targeted" parents can do to keep their relationship with their children. It is her hope to educate our community about how and why "high conflict" families make decisions that may not focus on children.

## Co-Parenting: When the Focus is No Longer on the Child

Deanna Scherr, LICSW



We will focus on the parents who are in a difficult co-parenting situation. Relationship loss is emotional. We will briefly address topics such as flexible thinking, problem solving, communication, mindfulness, and changing emotions. This class will also cover parental alienation (when a child rejects a parent without justification) and strategies to help a "targeted" parent. This class is for educational purposes, not advice. Adults only.



8918.231	Tu Mar 21	6-8 PM
Northrop -Rm 105	1 Session	\$15

## I'm Thinking of Selling My House and Buying a New One...How Does that Work?

Greg Hostetter, CDPE, GRI  

Intimidated by moving to a second home? Greg will explain the options if you currently own a house, but are looking to buy a different house. Learn how to avoid a double move, discover financing options, learn the risks and benefits of contingent offers, and discover the techniques to get the best buy. Greg is a Home Buyer Specialist with over 15 years of local experience.

HomeinRochester.com

8245.241	W Mar 8	7-9 PM
Northrop-Rm 109	1 Session	\$12

## Home Selling Secrets HGTV Never Told You!

Greg Hostetter, CDPE, GRI  

Go beyond staging to learn strategies and techniques that get houses sold. Discover how buyers select the home they buy, and learn to use these strategies to make your home appeal to more buyers so it sells faster. Hear what buyers really want in a house and in negotiations so you can maximize your profit when selling.

HomeinRochester.com

8247.241	Tu Mar 28	7-9 PM
Northrop-Rm 109	1 Session	\$12

## Avoid the "Money Pit" in Your Next Home

Greg Hostetter, CDPE, GRI  

Discover how to objectively analyze a home, looking past the beautiful staging to spot potential money pits. Buying a home is one of the largest financial purchases you will ever make; don't make it your biggest financial mistake. There are some fabulous real estate deals, but there are some money pits hiding out there too. Greg is a Home Buyer Specialist with over 15 years of local experience.

HomeinRochester.com

8244.241	M Apr 10	7-9 PM
Northrop-Rm 316	1 Session	\$12

## Buying a House in Rochester's "HOT" Housing Market

NEW!

Jim Miner  

What can buyers do when the market is "hot?" Learn the strategies that may work for you and your agent that will get you into the house you want to buy! Understand comparable sales analysis, what to ask for and what not to ask for from the sellers, and how to make your offer better than the other offers. Many strategies will be discussed that you may try. Not every strategy will work on every transaction.

8254.241	W Feb 1	6:30-8:30 PM
Northrop-Rm 109	1 Session	\$12

## Selling a House in Rochester's "HOT" Housing Market

NEW!

Jim Miner  

Not enough houses for buyers! Are prices really going up that fast? Learn strategies you can complete to help you maximize the equity in your home in this "hot" Rochester housing market. To paint or not paint, or to remove the wallpaper, or not remove the wallpaper that is the question! Many other items will be discussed that will help sellers prepare their property for sale that will maximize your return on your residential investment.

8255.241	W Feb 8	6:30-8:30 PM
Northrop-Rm 316	1 Session	\$12



# Home/Safety

## Downsizing—Simplify Your Life

Laurie Mangen  

Whether you are moving now, or just want to declutter your home, these techniques will help you through this time consuming and emotional process of simplifying your home. [www.lauriemangen.com](http://www.lauriemangen.com) or e-mail [lauriemangen@kw.com](mailto:lauriemangen@kw.com).

8282.241	W Feb 15	9:30-11:30 AM
Northrop -Rm 201	1 Session	\$12

## Organize Your Office

Gail Marek 

It's a new year, start it out right by being more productive, gaining more confidence, reducing your stress, and increasing your personal time by being better organized. This class will teach you the basics on setting up your office from top to bottom. Discussion will include what to keep and what to throw! Create your own filing system and learn how to maintain your new process. **An optional \$12 supply fee for DVD and workbook will be available.**

8013.141	Th Feb 2	6-7:30 PM
Northrop-Rm 316	1 Session	\$19

**BIO:** Kelli is a District Sales Representative with Phillips Lighting, selling lamps, ballasts, fixtures, and controls through distributor customers in Minnesota, western Wisconsin, and North Dakota.

## Get Out of the Dark—Brighten Your Knowledge on Home Lighting Purchases

Kelli Lewis 

Deciding what lighting to purchase for your home can be a confusing process--LEDs, CFLs, watts, lumens, soft white, warm white, 2700-- what does it all mean? LEDs may use the least amount of energy, but they may not be the smart choice for every room in your home. This workshop will help you make sense of all of it so you can make smart decisions. In this workshop you will learn: What to look for when choosing light bulbs and how to make the right choice; why and when to choose LEDs; the cost of lighting on your energy bill; utility lighting rebates; and why choose ENERGY STAR®.

8020.231	Tu Feb 28	6-7:30 PM
Northrop-Rm 308	1 Session	Registration only

## BIO: Stacy Boots Camp, Recruitment and Outreach

Coordinator at Center for Energy and Environment. Stacy has been with CEE since 2009. She worked in the field conducting energy audits for 3 years before moving on to do outreach for CEE's residential programs. Stacy has over a dozen years of community and environmental organizing experience. She holds an Energy Auditory certification from Dunwoody Institute.

## Neighborhood Energy Challenge—Making Good Energy Investments in Your Home

Stacy Boots Camp 

In this one hour workshop, you will learn what happens at a home energy audit and how it helps you plan for smart energy investments in your home. Also, take with you some ideas for DIY home energy improvements including simple, low and no-cost ways to start saving right away. At the end of the workshop you will have plenty of time for questions and the opportunity to sign up for a discounted energy audit. To sign up for the discounted energy audit, you do need to be a customer of both RPU and MER. Each household that signs up for an audit will receive an energy saving goodie bag with an LED light bulb. *Cosponsored with Rochester Public Utilities (RPU) and Minnesota Energy Resources (MER).*

8015.231	Sa Mar 11	10-11 AM
Northrop-Rm 308	1 Session	Registration only

8015.232	Th May 11	6:30-7:30 PM
Northrop-Rm 316	1 Session	Registration only

## Solar Energy for Your Home or Business

Micah Johnson 

An overview of solar electric and solar heating systems will be presented.

There will be many photos of solar installations so that you can get a good idea of what they look like and how they are

installed. Many basic questions will be addressed such as: How well does solar energy work in Minnesota? How much energy do the systems produce? What are the costs involved and overall economics? What incentives are available? Is there any maintenance? There will be plenty of time for questions and discussion. *Cosponsored with Rochester Public Utilities.*

8273.231	Sa Feb 25	10 AM-12 PM
Northrop-Rm 308	1 Session	Registration only





## Adult/Pediatric First Aid/CPR/AED Certification/Recertification

David Williamson

The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies, and how to respond to breathing and cardiac emergencies to help victims of any age - adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. Non-refundable one week prior to start date.

8152.231	Sa Mar 11	8:30 AM-2:30 PM
Northrop-Rm 316	1 Session	\$88

8152.232	Sa Apr 15	8:30 AM-2:30 PM
Northrop-Rm 201	1 Session	\$88

8152.233	F May 5	2:30-8:30 PM
Northrop-Rm 308	1 Session	\$88

8152.234	F Jun 9	2:30-8:30 PM
Northrop-Rm 308	1 Session	\$88

**BIO:** Allison Stanfield is the Mental Health Specialist & Educator at NAMI Southeast Minnesota. She is a certified instructor in Adult Mental Health First Aid USA. Allison has experience as an ARMHS Mental Health Practitioner and Peer Support Specialist II in residential, inpatient, and outpatient treatment services in both mental health and chemical dependency.

**BIO:** Dan Ryan, LICSW, has been a provider in the mental health field for over thirty years. He has worked in residential, inpatient, and outpatient services and is currently employed as a Licensed Clinical Social Worker with Family Service Rochester. Dan attended a 32-hour training in September 2015 becoming a certified instructor in Mental Health First Aid USA. In addition, he has been a substance abuse counselor, crisis intervention instructor, and taught family theory to mental health professionals.

## Adult Mental Health First Aid

Allison Stanfield, Dan Ryan, LICSW 

Federal legislation funded the development of this evidence-based program to train individuals to assist someone experiencing a mental health related crisis, just as CPR helps assist an individual having a heart attack. Learn how to apply the Adult Mental Health First Aid action plan. Addressed are risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. **A \$20 supply fee will be collected** for the "Mental Health First Aid® USA" book. Ages 18 plus. *Cosponsored with Family Services Rochester.*

8040.231	Th Apr 13-20	5:30-9:45 PM
Northrop-Rm 201	2 Sessions	\$35

# Home/Safety

**BIO:** Alicia Bartel, LICSW, is a provider in the mental health field working with children and families at Family Service Rochester. Her current role at Family Service Rochester is to provide therapy for the community and supervision for staff. S Alicia attended a 32 hour training in March 2016 becoming a certified instructor in Youth Mental Health First Aid USA.

**BIO:** Diana Evans has worked in the mental health field for over 10 years. She works for NAMI Southeast Minnesota supporting, educating, and connecting people to community resources. Diana became a certified instructor in Youth Mental Health First Aid USA in March 2016.

## Youth Mental Health First Aid

Alicia Bartel, LICSW, Diana Evans 

Federal legislation funded the development of this evidence-based program to train individuals to assist youth (12-18 yrs) experiencing a mental health related crisis, just as CPR helps assist individuals having a heart attack. Learn how to apply the Mental Health First Aid action plan. Addressed are risk factors and warning signs for mental health and addiction concerns, strategies for how to help someone in both crisis and non-crisis situations, and where to turn for help. **A \$20 supply fee will be collected** for the "Mental Health First Aid® USA" book. Ages 18 plus. *Cosponsored with Family Services Rochester.*

8045.231	Tu/Th Feb 7-9	5:30-9:45 PM
Northrop-Rm 112	2 Sessions	\$35



# Home/Safety

**BIO:** TJ Schroeder is an instructor with Bear Arms LLC. He is certified through LTI's instructor training program. He has over 25 years of firearms instruction experience. Call 507-269-8372 with any questions.

## Firearms Safety and Handling Basics

TJ Schroeder 

This course covers safety skills for new shooters or for those who may need to brush up on basic safety practices. Each student will receive a certificate of completion. You will receive excellent training, gain confidence, and acquire skills to practice on your own. **A \$20 supply fee will be collected** for eye and ear protection and ammunition. Dress appropriately for the weather and note there will be travel time to get to the practice site. Call 507-269-8372 with questions.

8888.231	Sa Apr 22	8 AM-12 PM
Autumn Ridge Church	1 Session	\$29
3611 Salem Rd SW		

## Minnesota Carry Permit Multi-State

TJ Schroeder 

This course covers all aspects of the MN carry permit. Topics covered are consistent with the book, Minnesota Guide for Armed Citizens. Students will receive the certificate of completion required to apply for a MN permit to carry. Class supply fee includes book and hand-outs. Students will qualify by shooting handguns. Minimum age: 21. **Send payment of \$135 to Bear Arms, LLC, 233 River Court NE, Rochester MN 55906 two weeks prior to class.** Call 507-269-8372 with questions. Dress appropriately for the weather and note, there will be travel time to get to the shooting site.

**No guns allowed on school property.**

8880.231	Sa Apr 29	8 AM-4 PM
Northrop-Rm 316	1 Session	\$25
8880.232	Sa Apr 29-May 6	8 AM-12 PM
Northrop-Rm 316	2 Sessions	\$25



## Women's S.H.A.R.P. Self-Defense

Patricia Young

Sexual Harassment Assault and Rape Prevention (S.H.A.R.P.) is a course that teaches women to have the skills to survive an attack or an unwanted advance by someone. The S.H.A.R.P. Program has been specifically designed to meet the needs of women when control methods and assault prevention methods are required. Principles and strategies for effectively reducing the likelihood of an assault through actual techniques of countering an attack are stressed in this program. This program utilizes efficient and effective methods of subject control that do not rely on size and strength, so it can be used by just about everyone who is interested in personal safety. Patricia is third-degree black belt and certified instructor of the American Taekwondo Association.

8160.231	Sa Apr 22-29	9 AM-1 PM
Century-Wrestling Room	2 Sessions	\$50

## Aikido

*Bruce Piotrowski*

Want to gain self-confidence and improve your flexibility, balance, and fitness? Want to learn how to defend yourself without injuring an attacker? Aikido, a Japanese martial art, focuses on this approach. Instead of relying on brute strength, students of Aikido learn to harmoniously blend with an attacker's energy, directing it into a circular or spiral motion that unbalances the attacker while protecting you. To maintain control and safety, the aikidoka (student) trains to apply wristlocks, arm pins, or throws to neutralize aggressors instead of using potentially crippling kicks or punches. The prospective student should be aware that the practice of Aikido does involve learning how to fall safely, including falling backwards and forward rolls. If your physical condition does not allow you to roll and get up from the ground, then this activity may not be for you.

8139.231 M/W Feb 27-Mar 8 7:30-9 PM  
Martial Arts Fitness Center 4 Sessions \$29  
2849 S Broadway

## Okinawan Karate—Ancient Art of Self-Defense

*Frank Crow*

The island of Okinawa is the birthplace of Karate, a practical form of empty-handed self-defense. Our style of karate emphasizes strength, focus, and discipline. In our introductory session, the student will learn classic kicking, punching, and blocking techniques. Students should wear loose-fitting clothing for exercise such as t-shirts and sweats.

8136.231 M/W Mar 6-15 8-9 PM  
Martial Arts Fitness Center 4 Sessions \$15  
2849 S Broadway

## The 6-Foot Staff—Okinawan Kobudo

*Frank Crow*

In this introductory class, the student will learn basic strikes and blocks using the 6-foot staff used for self-defense in ancient Okinawa. We will study the application of these techniques in a simulated fight with an imaginary opponent. Students should wear loose-fitting clothing for exercise such as t-shirts and sweats.

8147.231 Tu/Th Mar 21-30 8-9 PM  
Martial Arts Fitness Center 4 Sessions \$15  
2849 S Broadway

**BIO:** Paul Titus is the welding instructor at RCTC and has over 20 years of welding experience.

## Welding—Introduction

*Paul Titus* 

Learn about the safe use of basic welding processes including GMAW, GTAW, SMAW, and Oxy-Fuel cutting and welding. Students will learn basic set up of equipment and progress to higher levels as their ability allows. The nature of this program allows for individualized training to meet each student's interest. This course is designed for the beginner who would like to learn how to weld or someone who might need a refresher course. Students will need to wear denim pants, leather shoes, long sleeve denim/cotton shirt, safety glasses, and leather gloves. Helmets will be available for you or you may bring your own. **A \$100 supply fee, payable by check to RCTC, will be collected the first night of class.**

8290.231 Tu Mar 14-Apr 18 5:30-7:30 PM  
Heintz Center-HB107 6 Sessions \$199  
(Welding Lab) 1926 College View Rd SE

8290.232 W Mar 15-Apr 19 5:30-7:30 PM  
Heintz Center-HB107 6 Sessions \$199  
(Welding Lab) 1926 College View Rd SE





# Home/Safety

## Driver Improvement Associates: 55 Plus First Timers

*Bruce Odenbach, Dave Von*

Establish first-time eligibility for a 10% premium reduction to drivers 55 years and older. Topics include: today's driving environment, new laws, compensating for the physical changes typically associated with aging, and selecting a safe vehicle. Small group discussions and experienced instructors contribute to enjoyable, meaningful sessions.

8134.231 Northrop-Rm 109	Tu/W Feb 21-22 2 Sessions	12-4 PM \$25
8134.232 Northrop-Rm 319	W/Th Mar 1-2 2 Sessions	5:30-9:30 PM \$25
8134.233 Northrop-Rm 319	W/Th Mar 29- 30 2 Sessions	5:30-9:30 PM \$25
8134.234 Northrop-Rm 319	M/Tu Apr 24-25 2 Sessions	5:30-9:30 PM \$25
8134.235 Northrop-Rm 319	M/Tu May 15-16 2 Sessions	5:30-9:30 PM \$25
8134.236 Northrop-Rm 319	W/Th May 24-25 2 Sessions	5:30-9:30 PM \$25



## MN Highway Safety Center 55+ Driving Class—Initial Eight Hour

*MN Highway Safety and Research Center Staff*

Explore changes in laws, the latest vehicle technology, and understand easy-to-use defensive driving tips. Traffic safety and accident prevention will be discussed. This is the initial eight-hour format. Course completion allows for a 10% reduction on automobile insurance premiums for those ages 55 and over.

8114.230 Northrop-Rm 319	Sa Jan 21 1 Session	8 AM-4:30 PM \$25
8114.231 Northrop-Rm 319	W/Th Feb 8 9 2 Sessions	5:30-9:30 PM \$25
8114.232 Northrop-Rm 308	Sa Mar 18 1 Session	8 AM-4:30 PM \$25
8114.233 Northrop-Rm 319	Tu/W May 30-31 2 Sessions	5:30-9:30 PM \$25
8114.234 Northrop-Rm 319	W/Th Jul 12-13 2 Sessions	5:30-9:30 PM \$25



**For additional summer driving  
classes, contact our office  
at 328-4000.**

## MN Highway Safety Center 55+ Driving Class–Refresher

*MN Highway Safety and Research Center Staff*

Explore changes in laws, the latest vehicle technology, and explore easy-to-use defensive driving tips. Traffic safety and accident prevention will be discussed. This is the four-hour refresher. Course completion allows for a 10% reduction on automobile insurance premiums for those ages 55 and over.

8116.2301 Northrop-Rm 319	Tu Jan 10 1 Session	5:30-9:30 PM \$21
8116.2302 John Marshall-Rocket Center	Sa Jan 14 1 Session	8:30 AM-12:30 PM \$21
8116.2303 Northrop-Rm 319	M Jan 23 1 Session	12-4 PM \$21
8116.2304 Northrop-Rm 308	Sa Jan 28 1 Session	8:30 AM-12:30 PM \$21
8116.2305 Northrop-Rm 308	Tu Jan 31 1 Session	5:30-9:30 PM \$21
8116.2306 Northrop-Rm 319	Sa Feb 11 1 Session	8:30 AM-12:30 PM \$21
8116.2307 Northrop-Rm 319	W Feb 15 1 Session	9 AM-1 PM \$21
8116.2308 Northrop-Rm 319	M Mar 6 1 Session	5:30-9:30 PM \$21
8116.2309 Northrop-Rm 319	Tu Mar 14 1 Session	12-4 PM \$21
8116.2310 Northrop-Rm 319	F Mar 17 1 Session	12-4 PM \$21
8116.2311 Northrop-Rm 308	Tu Mar 21 1 Session	12-4 PM \$21
8116.2312 Northrop-Rm 308	W Apr 12 1 Session	9 AM-1 PM \$21
8116.2313 Northrop-Rm 308	Sa Apr 22 1 Session	8:30 AM-12:30 PM \$21
8116.2314 Northrop-Rm 109	M Apr 24 1 Session	5:30-9:30 PM \$21
8116.2315 Northrop-Rm 319	Sa Apr 29 1 Session	8:30 AM-12:30 PM \$21
8116.2316 Northrop-Rm 319	M May 1 1 Session	12-4 PM \$21
8116.2317 Northrop-Rm 308	W May 3 1 Session	5:30-9:30 PM \$21
8116.2318 Northrop-Rm 319	Th May 11 1 Session	5:30-9:30 PM \$21
8116.2319 Northrop-Rm 319	W May 24 1 Session	9 AM-1 PM \$21
8116.2320 Northrop-Rm 308	Th Jun 8 1 Session	5:30-9:30 PM \$21

## Driver Improvement Associates: 58+ Plus Refresher

*Bruce Odenbach, Dave Von*

For drivers ages 58 and older that have previously completed a state certified eight-hour class and have been eligible for the 10% insurance premium reduction. Up-to-date safe driving recommendations with emphasis on the aging factors that typically affect older drivers (reduced vision, response time, etc.) will be covered. Class completion will extend the insurance reduction for three additional years.

8133.231 Northrop-Rm 109	Th Jan 5 1 Session	12-4 PM \$21
8133.232 Northrop-Rm 319	Th Jan 19 1 Session	12-4 PM \$21
8133.233 Northrop-Rm 319	M Jan 30 1 Session	12-4 PM \$21
8133.234 Northrop-Rm 308	Th Feb 23 1 Session	12-4 PM \$21
8133.235 Northrop-Rm 319	M Feb 27 1 Session	9 AM-1 PM \$21
8133.236 Northrop-Rm 319	W Mar 8 1 Session	12-4 PM \$21
8133.237 Northrop-Rm 319	W Mar 22 1 Session	12-4 PM \$21
8133.238 Northrop-Rm 319	Tu Mar 28 1 Session	9 AM-1 PM \$21
8133.239 Northrop-Rm 319	Tu Apr 18 1 Session	9 AM-1 PM \$21
8133.2310 Northrop-Rm 109	W Apr 26 1 Session	12-4 PM \$21
8133.2311 Northrop-Rm 319	Tu May 9 1 Session	12-4 PM \$21
8133.2312 Northrop-Rm 319	W Jun 7 1 Session	9 AM-1 PM \$21

# Humanities/History

## The Importance of Preserving Our Family History

Tamara Thayer 

Be inspired to preserve your family history. You will leave with the necessary resources to begin/or expand your own family research and gain ideas on fun and interesting projects and unique ways to preserve family memories for future generations.

8663.241	Th Feb 16	6:30-8:30 PM
Northrop-Rm 109	1 Session	\$19

## Family Thayer-itage, How to Start Your Genealogy Search!

Tamara Thayer 

Learn how to begin your journey to discover your family heritage. What resources are available and how to access them will be covered. Important terminology used by genealogist/historians now and years ago will be defined.

8671.241	Th Mar 2	7-8 PM
Northrop-Rm 109	1 Session	\$15

## Family Thayer-Apy, How to Take the Stress Out of Your Genealogy Research

Tamara Thayer 

Discussion will focus on more in-depth exploration needed to find missing links, a blended tree, adoption, and more. Participants are encouraged to bring their in-progress family projects along with their questions. How do you branch out on your family tree and make the characters come to life for future generations to enjoy. Recommended: Family Thayer-itage class or knowledge of genealogy.

8673.241	Th Mar 23	7-8 PM
Northrop-Rm 109	1 Session	\$15

## The Orphan Trains

Dorothy Lund Nelson  

If you enjoy learning about historical events, this class is for you! Dorothy A. Lund Nelson will



guide you through a part of American History of the many children that were “placed out” into homes across our country. Over a period of 75 years, over 200,000 children traveled by train to find new parents and families. Attend and learn why the children traveled, what conditions they left behind, and who assisted them in finding a new family. Through a presentation, videos, and many Orphan Train Riders’ stories, you will find you’ll want to learn more about these children.

8652.231	W Apr 26	6:30-8 PM
Northrop-Rm 308	1 Session	\$12





## The Rocky Mountain Experience

NEW!

John McCormick 62+ 62+

Are you traveling out west this summer? If so, then John will share two of the best Rocky Mountain destinations you could ever visit: Glacier National Park in Montana and Rocky Mountain National Park in Colorado. Even though both are located within the same mountain chain, they are vastly different in their scenic offerings, as well as, their flora and fauna makeup. Don't just take John's word for it, come along and see for yourself as we visit these two national treasures.

8632.231      Sa Feb 25      10 AM-12 PM  
Northrop-Rm 316      1 Session      \$12

## Desert Regions of the United States

NEW!

John McCormick 62+ 62+

The United States boasts a total of four major desert regions located in the southwest and western parts of the country. In this class, we will visit three of them: The Chihuahuan Desert located in a small area of New Mexico and southwestern Texas is well represented in Big Bend National Park; The Sonoran Desert, located in southern Arizona and part of southern California can be found in Saguaro National Park just west of Tucson. The rare and rather large Saguaro Cactus is found here; The Mojave Desert, found in southern California is represented in Joshua Tree National Park.

8633.231      Sa Mar 4      10 AM-12 PM  
Northrop-Rm 308      1 Session      \$12

## Spring Wildflower Identification

John McCormick 62+ 62+

Spring is an exciting time in Minnesota for wildflowers as the numbers and variety are astounding. Come along as we explore Oxbow's woodlands in search of these beauties. Trout Lily, violets, bluebells, trillium, and wild ginger are a few of the varieties that will be seen. Prior to our trip outdoors, we will view a brief slide presentation showing the early and late spring bloomers that will not be encountered on our trip outdoors. Rain-date is May 7. *Cosponsored with Zumbro Valley Audubon Society and Oxbow Park.*

8634.231      Sa May 6      9 AM-12 PM  
Oxbow Park      1 Session      \$15  
5731 County Rd 105 NW, Byron

## Spring Bird Identification

John McCormick 62+ 62+

Spring is an exciting time of year to observe bird life. Our area serves as a home to those summer residents that will raise their young here in addition to providing a resting place for spring migrants as they travel to areas farther north. We should see a variety of warblers, sparrows, and thrushes as well as those reliable year round residents: cardinals, jays, and woodpeckers, just to name a few. Bring binoculars if you have them. Rain-date is May 14. *Cosponsored with Zumbro Valley Audubon Society and Oxbow Park.*

8635.231      Sa May 13      9 AM-12 PM  
Oxbow Park      1 Session      \$15  
5731 County Rd 105 NW, Byron

## Tree Identification

John McCormick 62+ 62+

Have you just recently purchased a wooded parcel of land and are curious about what species of trees are located there? Or perhaps you are simply interested in trees. If so, here is just the opportunity for you. Join John as he hikes the trails of Oxbow Park and learn about the various species of trees that inhabit southeastern Minnesota. A brief slide presentation on the utilization of tree flowers as one of the keys to identification will precede the trip outdoors. Rain-date is June 4. *Cosponsored with Zumbro Valley Audubon Society and Oxbow Park.*

8636.231      Sa Jun 3      9 AM-12 PM  
Oxbow Park      1 Session      \$15  
5731 County Rd 105 NW, Byron



# Nature/Outdoors

**BIO:** Sue Ramthun has installed several native plant gardens and restored a stream shoreline. Sue works with Peterson's Greenhouse growing native plants and creating butterfly gardens.

**BIO:** Virginia Wright-Peterson operates Peterson's Greenhouse, a six-generation business now devoted to encouraging native plantings in urban settings.

## Butterfly Gardens

Suzanne K Ramthun, Virginia Wright-Peterson 

Learn about the key components of native plants and other garden attributes that attract butterflies in Minnesota. Participants will have a hands-on opportunity to begin the layout of their own butterfly garden. Please note we will be focusing on sunny garden locations that get four hours of sun or more a day in the summer. Information about raising butterflies from eggs and caterpillars will also be provided.

8000.231	Tu Feb 21	6:30-8 PM
Northrop-Rm 316	1 Session	\$12



**BIO:** As an extension educator in horticulture, Julie teaches workshops and presents on horticulture topics with a special focus on plant selection and sustainable landscape design. Julie is a native of Rochester, MN, and now lives with her husband, Karl in Mound, MN. Julie experiments in her own backyard with small space landscape design and just can't say no to a new plant.

## Edible Landscaping: Blending Beauty with Bounty!

NEW!

Julie Weisenhorn

Gorgeous plants and delicious food both have a place in gardens. Learn how to make good plant choices and how to creatively mix and match for your desired garden look. We will also make sure we are planting for sustainability and healthy long-loved plants.

9012.231	Sa Apr 22	9:30-11:30 AM
Northrop-Rm 319	1 Session	\$15



## Top 10: Getting Ready for the Gardening Season

NEW!

Julie Weisenhorn

Spring is on the horizon and we are all itching to get out in our gardens! Together, we'll walk through important steps to getting your garden ready for the growing season. Our goal: a landscape that doesn't just survive, but thrives with healthy plants, beneficial insects, and season-long beauty.

9030.231	Sa Apr 22	12-2 PM
Northrop-Rm 319	1 Session	\$19

## Gardening for Wildlife and Water Quality

Rochester Public Works Staff 

Do you want a beautiful landscape that withstands drought, reduces erosion, attracts wildlife, and helps protect area waterways? Join us to learn why you should include native plants in your yard! We will discuss designing with native plants in mind and the maintenance involved (less than turf grass!) A photo tour of native plantings around Rochester will provide great inspiration for your own wildlife and water friendly garden projects.

Cosponsored with City of Rochester Public Works.

8051.241	Th Mar 2	7-8:30 PM
Northrop-Rm 316	1 Session	\$12

## Spring Foraging

NEW!

Quarry Hill Staff, Sammie Peterson

Meet at Quarry Hill for a morning of foraging fun. Learn how to confidently identify and prepare a variety of common springtime edible plants and mushrooms. The class will begin with a light breakfast featuring foraged ingredients, followed by a lecture, and guided foray through the park.

8317.241	Sa May 13	9 AM-12:30 PM
Quarry Hill Nature Center	1 Session	\$20
701 Silver Creek Rd NE		

## Historical Hike of Quarry Hill Park

Quarry Hill Staff, Travis Meyer, Quarry Hill Naturalist

The lands of Quarry Hill Park were once part of Rochester's historic State Hospital grounds. Join other adults on a guided walking tour of the park to visit some of the interesting historic features that remain from a century of State Hospital use. For example, did you know that there are actually two quarries in the park, that the hospital farmed over 1,000 acres, and ran a soap factory that provided soap to all of Minnesota's state hospitals? From cave, to cemetery, to quarry operations - the history is rich and intriguing! We will cover about a mile and a half of up and down terrain. Participants should wear good walking shoes.

8307.241	Th May 18	6-7:30 PM
Quarry Hill Nature Center	1 Session	\$14
701 Silver Creek Rd NE		

**BIO:** Chris has past experience as the High Adventure Director for a Boy Scout Camp. He was responsible for coordinating and leading multiple BWCA Trips. He has been the chaperone/group leader for Mayo High School's annual BWCA Trip associated with the Environmental Awareness class for the past seven years. Chris has been on 25 individual BWCA Trips.

## Boundary Waters Canoe Area-Introduction and Trip Planning

Chris Bailey  

Interested in what the Boundary Waters has to offer and options for how to experience it? Topics will include: a BWCA overview, considerations for where to go, considerations for when to go, how to obtain permits, recommended gear and how to obtain it, food selection and preparation, and safety considerations. There will be numerous hands-on equipment demonstrations. Audience questions are strongly encouraged. Ages 13 and up with adult. If younger, please contact Chris at 507-261-6521.

8374.231	Th Mar 30	6:30-9:30 PM
Northrop-Rm 308	1 Session	\$19





# Nature/Outdoors

## How to Make Your Lawn Look Like a Golf Course

Jacob Kocak, 

Somerby Golf Course  
Superintendent

This lawn care class will be an opportunity for any homeowner to learn the best management practices for their home lawn maintenance. Jacob will cover all aspects of making your home lawn aesthetically, environmentally, and financially ideal. Topics included will be mowing practices, irrigation use (scheduling), fertility practices, pest control, and aeration. The cost of the class will include an informational packet on lawn maintenance. There will be a question and answer segment afterwards for individuals with specific problems.



<b>8200.231</b>	<b>W Mar 29</b>	<b>6:30-9 PM</b>
<b>Northrop -Rm 316</b>	<b>1 Session</b>	<b>\$12</b>

## Introduction to Fly-Fishing

Carl Berberich 

Do you want to be able to make a 70' fly-cast and learn the essentials of fly-fishing with emphasis on fly-casting? This class will get you started with on-stream casting techniques, fly fishing knots, stream entomology, flies for this area, reading the water, and more. Following this class, you'll be prepared for the fishing season. Outside casting opportunities, weather permitting. Additional assistance provided by Hiawatha Trout Unlimited members.

<b>8339.241 Age 18 and up</b>	<b>W Mar 15-Apr 19</b>	<b>7-9 PM</b>
<b>Willow Creek-Gym</b>	<b>4 Sessions</b>	<b>\$35</b>
<b>No Class Mar 22 and Apr 5</b>		

<b>8339.241 Age 12-17</b>	<b>W Mar 15-Apr 19</b>	<b>7-9 PM</b>
<b>Willow Creek-Gym</b>	<b>4 Sessions</b>	<b>\$15</b>
<b>No Class Mar 22 and Apr 5</b>		

## Morel Mania

Ronald Spinosa 

The fabulous morel mushroom will be appearing in Minnesota in May! Come and learn: How to stalk the elusive morel mushroom; how to distinguish between "true" morels and poisonous "false" morels; about interesting lore surrounding the Morel Mushroom; methods of preserving and cooking morels; and some other edible mushrooms that you might encounter in the spring. Ronald has served as President of the Minnesota Mycological Society and was a past editor of the "Toadstool Review," the newsletter of that organization.



**8308.241**  
**Northrop-Rm 109**

**W Apr 19**  
**1 Session**

**7-9 PM**  
**\$19**

## Straw Bale Gardening— Breaking New Ground

Joel Karsten

If you thought the only place to grow healthy crops was in black dirt, you must attend this class. You will learn how to grow a bountiful garden without using herbicides, insecticides, or fungicides, without weeding. Learn how to plant a wide variety of vegetables, root crops, vine crops, fruit crops, and even beautiful flower gardens, directly into your "conditioned" straw bales. You will never do the "heavy lifting" or bending over that is required with normal soil-based gardens again. Learn this revolutionary and easy gardening method to create a beautiful and productive garden without lifting a shovel and without using dirt. Joel graduated with a Bachelor of Science from the U of M in Horticulture Science and is a Certified Nursery Professional through the Minnesota Nursery and Landscape Association. Optional, but recommended, Joel's book "Straw Bale Gardening" will be available for \$5 in class.



**8012.241**  
**Northrop-Rm 308**

**W Mar 8**  
**1 Session**

**6:30-9 PM**  
**\$39**

## Wilton® Modeling 101: Puppy Dog NEW!

Tasha McDevitt

Sign up today and learn the basics of character figure modeling. Expand your knowledge of fondant, or use Wilton's Shape-N-Amaze Edible Decorating Dough to create this adorable puppy and his toys. Learn how to size and shape parts, as well as key essentials in assembling modeled figures. Whether you're an experienced decorator or new to using fondant, this class will provide you with all the skills needed to create fun, 3D characters. Recommended for all skill levels. Supply list can be found at [www.rockesterce.org/adult](http://www.rockesterce.org/adult).



7836.241 Sa Feb 11 9-11 AM  
Northrop-Rm 112 1 Session \$19

## Wilton® Course 1: NEW!

### Building Better Buttercream Skills

Tasha McDevitt

Tasha has been teaching Wilton Method cake decorating courses for eight years. She has a love of the sugar craft and enjoys sharing it with everyone she can. Learn how to decorate cakes and sweet treats with basic buttercream techniques and six simple-to-pipe flowers that transform ordinary cakes into extraordinary results. Your Certified Wilton Method Instructor will help you pipe classic buttercream decorating techniques to create modern and traditional cake designs. Recommended for all skill levels. Supply list can be found at [www.rockesterce.org/adult](http://www.rockesterce.org/adult).

7833.241 Th Feb 16-23 6:30-9:30 PM  
Century-Rm H-231 2 Sessions \$55

## Wilton® Course 2: NEW!

### Flowers and Cake Design

Tasha McDevitt

Learn how to create professional-looking flowers and designs made from royal icing. Your certified instructor will teach you how to make lifelike rosebuds, pansies, and violets, plus detailed patterns, like lace and basket-weave designs. Recommended for all skill levels. Supply list can be found at [www.rockesterce.org/adult](http://www.rockesterce.org/adult).

7834.241 Tu Mar 7-28 6:30-8:30 PM  
Century-Rm H-231 4 Sessions \$72

## Wilton® Cupcake Basics NEW!

Tasha McDevitt

Learn easy buttercream decorating techniques, like swirls, stars, rosettes, and more! Then combine them on top of your cupcakes for fun and unique designs. Great introduction to Wilton Method class-no experience necessary! Recommended for all skill levels.

Supply list can be found at [www.rockesterce.org/adult](http://www.rockesterce.org/adult).  
7838.241 Sa Mar 11 9-11 AM  
Northrop-Rm 112 1 Session \$19



## Wilton® Embossed Fondant Cupcakes NEW!

Tasha McDevitt

Learn how to decorate cupcakes with embossed fondant. Decorating cupcakes with fondant is a great introduction to icing medium. Create dimensional designs that cover and embellish your cupcakes, adding a refined modern touch. Decorating with fondant has never been easier.

Recommended for all skill levels. Supply list can be found at [www.rockesterce.org/adult](http://www.rockesterce.org/adult).

7839.241 Sa Mar 25 8:30-10:30 AM  
Century-Rm H-231 1 Session \$19



## Wilton® Cake Pops NEW!

Tasha McDevitt

What could possibly be more fun than a bite-sized treat on a stick? It's easier than you think to make. They're the perfect treat to be personalized, and we'll show you how with sprinkles, icing, and more.

Recommended for all skill levels. Supply list can be found at [www.rockesterce.org/adult](http://www.rockesterce.org/adult).

7840.241 Sa Mar 25 11 AM-1 PM  
Century-Rm H-231 1 Session \$19







## Nutrient-Packed Smoothies

Angela Sydnes

Learn how to make fabulous green smoothies and super-food shakes every time. You will also learn a rule about proper food combining. YOU will LOVE these recipes and no-fail, mix-n-match guide. Come hungry and taste several smoothies; learn about super-foods and how to add them to your shakes. Bring a pint jar and a lid to take home some leftover smoothies. Class fee includes samples.

7861.241	Sa May 6	8:30-10:30 AM
Century-Rm H-231	1 Session	\$25

## Wild Edibles

Angela Sydnes

Learn the benefits of wild edibles, what they look like, how to identify seven species, where to find them, how and what parts to harvest, and how to use them in the kitchen in a way that is fun and exciting so that you can get started right away. Class fee includes samples.

7863.241	Sa May 6	11 AM-1 PM
Century-Rm H-231	1 Session	\$25

## Fresh Herbs and Gardening

Angela Sydnes

Take advantage of the wonderful tastes and benefits of using fresh herbs. Come hungry and ready to enjoy soup, salad, and a smoothie using delicious herbs. Learn about the varieties of herbs, types of herb gardens, growing your own, harvesting, proper cleansing, prep and storage, including methods for freezing and drying. You can make teas, herbal vinegar and oils; dry your herbs, or use fresh herbs to take your cooking to a whole new level! You will also go home with a bundle of herbs to get you started. Never let your delicious herbs go to WASTE again! Class fee includes samples.

7862.241	Sa Jun 3	11 AM-2 PM
Century-Rm H-231	1 Session	\$39

## Etiquette for Success

Diane Salentiny Wroblewski  

Having good manners like knowing how and when to introduce yourself and others, knowing the correct way to refer to people, and eating gracefully makes a positive impression on others. Topics covered: communication, modern table manners, and table tools along with entertaining at home or dining out, giving and receiving gifts, thank-you notes, and office etiquette. Etiquette is at the heart of how we think of ourselves individually and as a society. Finesse and true sophistication are once again important, much needed, and highly respected skills. You will leave with poise and self-confidence.

7842.231	W Feb 15	7-9 PM
Northrop-Rm 112	1 Session	\$15

## High Tea Anyone?

Diane Salentiny Wroblewski, Barbara Luna  

Come and experience this complete three-course tea with sandwiches, scones, sweets, and a dessert finale. High Tea is a misnomer—it originates from eating at a high dining table rather than a low tea table. The English ceremony of afternoon tea dates back to the 1840s as a way to ward off inevitable hunger before dinner—it is less a working class meal and more of an “event” and has become an elegant affair served in many restaurants and hotels across the world.

7843.231	Tu Mar 7	7-9 PM
Northrop-Rm 109	1 Session	\$25



© Olivejuicestudios.com





## Baking with Natural Yeast

*David Handley*

Baking with natural yeast is easy, delicious, and yields benefits that other breads can't match. We'll learn about different types of natural yeast (sourdough) and discuss techniques for easy baking of these breads at home. Baked breads will be sampled along the way. Bring a large bowl and spoon to mix your own dough to take home and bake.

7851.241

Century-Rm H-231

Sa Mar 4

1 Session

9-11 AM

\$25

## Easy Artisan Breads

*David Handley*

Learn to mix and bake world-class artisan bread in minutes a day. Home baked bread is healthier, less expensive, and so delicious! We'll review the various techniques for easy artisan breads and learn how to make European breads, easy sourdoughs, and pastries with a few simple kitchen tools and a basic home oven. Baked breads, both healthy and decadent, will be sampled. Bring a large bowl and spoon to mix your own dough to take home and bake.

7854.241

Century-Rm H-231

W Mar 8

1 Session

6:30-8:30 PM

\$25

## Artisan Breads for Your Health

*David Handley*

Who says you can't have both nutrition and flavor? You'll learn to combine natural, healthy ingredients to make artisan breads of incredible flavor. We'll discuss techniques for easy bread baking that use natural yeast and whole grains in your home oven. Baked breads will be sampled. This is not a gluten-free baking class. Bring a large bowl and spoon to mix your own dough to take home and bake.

7855.241

Century-Rm H-231

Th Jan 26

1 Session

6:30-8:30 PM

\$25

## Baking Artisan Pastries

*David Handley*

Baking sweet treats from yeast dough is easier than you think! We'll discuss easy dough mixing techniques and learn how to make laminated dough for croissants. Then, we'll look at the endless variations for shaping, filling ingredients, and how natural ingredients and whole grains can make your pastries healthy too. Bring your appetite as we'll do some sampling along the way. This is a **demo** class.

7820.241

Century-Rm H-231

W Apr 12

1 Session

6:30-8:30 PM

\$25



© Olivejuicestudios.com

## Indian Curry Cooking for Two

*Ashwini Walimbe*

Come and learn the art and secrets of making a delicious authentic Indian meal. Recipes include: Appetizers: Vegetable Pakora, (fritter stuffed with fresh spinach and assorted vegetables); Main Course: Curried Chicken, (spiced chicken in coconut sauce), Bhindi Masala, (baby okra sautéed with onions, tomatoes and spices); Tarka Dal, (yellow lentil soup with herbs and spices); Cumin Rice, (aromatic Basmati rice lightly flavored with cumin and herbs); Aloo Parantha, (whole wheat flat bread stuffed with mildly spiced mash potatoes); and Dessert: Rasamalai, (Indian cheese dumplings in chilled cream).

7827.241 F Feb 10 6-9 PM  
Century-Rm H-231 1 Session \$39

## Indian Cooking for a Party

*Ashwini Walimbe*

Ashwini will help you learn "How to plan a fabulous Indian party." Recipes include: Samosa: (crisp turnovers filled with potatoes, peas, nuts and herbs); Tamarind Date Chutney: (sweet and sour lightly spiced sauce); Saffron and Basmati rice with nuts and spices, Chicken or Lamb Masala Curry: (curried variety with cashew nut sauce); Shahi Matar paneer: (Homemade Indian Cheese with green peas cooked in mild herbs and spice sauce); Chapatis: (grilled whole-wheat flat bread); Indian Masala Chai: (spiced Indian tea made with cream and cardamom, for a king or queen).

7824.241 F Mar 10 6-9 PM  
Century-Rm H-231 1 Session \$39

## Authentic Indian Meal

NEW!

*Ashwini Walimbe*

India, the world's leading ethnic food, brings you a complete range of delicacies. Each recipe brings out the rich aromatic flavors and tastes. Recipes include: Paneer Pakora: (fritter stuffed with Indian cheese cubes); Chicken Vindaloo: (chicken and potatoes cooked in tangy, hot, and spicy tomato sauce); Palak Paneer: (spinach and homemade Indian cheese cubes cooked in spices and herbs); Dal Makhani: (simmered stew of lentils in creamy sauce); Rice Pulao: (Basmati rice cooked to perfection and seasoned with onion rings, raisins, and special blend of Indian spices); Poori: (deep-fried ballooned wheat bread); Malai Burfi: (cream fudges with nuts and spices).

7821.241 F Apr 14 6-9 PM  
Century-Rm H-231 1 Session \$39

## The Flavors of India

*Ashwini Walimbe*

The beauty and variety of India is truly reflected in its rich history and cuisine. Ashwini will share her knowledge of India and the delicious cuisine many have come to enjoy. Recipes include: Idli: (steamed soft rice cakes); Sambar: (Yellow lentil dal soup with vegetables, herbs and spices); Exotic Coconut Chutney: (fresh spiced coconut sauce); Rich and Creamy Butter Chicken: (succulent morsels of boneless chicken cooked in a smooth, velvety yogurt sauce with cream and aromatic spices); Shahi Malai Kofta: (homemade cheese stuffed in vegetable balls cooked in rich and creamy mildly spiced sauce); Rumali Roti: (soft thin whole-wheat flat bread); and Pista Kulfi: (ice cream made with pistachio and almonds).

7831.241 F May 5 6-9 PM  
Century-Rm H-231 1 Session \$39

# YOUR ADVENTURE REMINDER!

## save a list of your trips here

- |  |  |
|--|--|
| <p><input type="checkbox"/> <b>"The Highwaymen" at the St. Paul History Theatre</b> (9211.141)<br/>Th Feb 9   8 AM-4 PM   \$75   RCTC Sports Center</p> <p><input type="checkbox"/> <b>The Church Basement Ladies in "Rise Up, O Men" at the Plymouth Playhouse</b> (9262.133)<br/>Th Feb 16   10 AM-5:30 PM   \$85   RCTC Sports Center</p> <p><input type="checkbox"/> <b>"Rain"--A Tribute to the Beatles at the Orpheum</b> (9888.231)<br/>Sa Ma 11   6-11:30 PM   \$90   Northrop</p> <p><input type="checkbox"/> <b>"Paper Dreams of Harry Chin" at the St. Paul History Theatre</b> (9600.131)<br/>Th Mar 23   8 AM-4 PM   \$75   RCTC Sports Center</p> <p><input type="checkbox"/> <b>Arts, Crafts, and More</b> (9224.241)<br/>F Mar 31   9:15 AM-4:30 PM   \$45   Northrop</p> <p><input type="checkbox"/> <b>"Matilda The Musical" at the Orpheum</b> (9500.131)<br/>Su Apr 2   4:30-11 PM   \$85   Northrop</p> <p><input type="checkbox"/> <b>"West Side Story" at the Ordway</b> (9216.241)<br/>W April 5   5:30-11:15 PM   \$112   Northrop</p> <p><input type="checkbox"/> <b>"UNSUNG" at the Minneapolis Woman's Club Theatre</b> (9010.131)<br/>Th Apr 20   10 AM-5 PM   \$85   RCTC Sports Center</p> <p><input type="checkbox"/> <b>Junk Bonanza</b> (9233.241)<br/>Th Apr 20   8:15 AM-3:30 PM   \$45   RCTC Sports Center</p> | <p><input type="checkbox"/> <b>"Wife Begins at 40"--DayTrippers Theatre</b> (9218.241)<br/>W May 3   10:30 AM-4:30 PM   \$75   RCTC Sports Center</p> <p><input type="checkbox"/> <b>"GREASE" at the Chanhassen Dinner Theatre</b> (9950.231)<br/>Sa May 6   9:30 AM-5:30 PM   \$89   Northrop<br/>(9950.232)<br/>W May 24   9:30 AM-5:30 PM   \$89   RCTC Sports Center</p> <p><input type="checkbox"/> <b>"Sweet Land the Musical" at the St. Paul History Theatre</b> (9204.241)<br/>Th May 11   8 AM-4 PM   \$75   RCTC Sports Center</p> <p><input type="checkbox"/> <b>"Mom! The Musical" at the Ames Theatre in Burnsville</b> (9204.241 )<br/>Th May 11   4:15-10:30 PM   \$89   Northrop</p> <p><input type="checkbox"/> <b>"Rent--20th Anniversary Tour" at the Orpheum Theatre</b> (9990.231)<br/>Su Jun 11   11 AM-5:30 PM   \$85   Northrop</p> <p><input type="checkbox"/> <b>"An American in Paris" National Tour at the Ordway</b> (9217.241)<br/>Th Jun 15   10 AM-6:15 PM   \$105   RCTC Sports Center</p> <p><input type="checkbox"/> <b>Back to the 50's Car Show</b> (9234.241)<br/>F Jun 23   7:30 AM-3 PM   \$45   Northrop</p> <p><input type="checkbox"/> <b>"Motown The Musical" at the Orpheum Theatre</b> (9980.231)<br/>Su Jul 16   11 AM-5:30 PM   \$90   Northrop</p> |
|--|--|



[www.rochesterce.org](http://www.rochesterce.org)

507.328.4000

## TIPS ON TRIPS

- Register early to assure your spot on the **coach bus**.
- Arrive 15 minutes prior to departure and locate any traveling companion(s).

All **Weekday Day** trips (Mon-Fri) depart at the **RCTC Sports Center** (Parking Lot).

RCTC Sports Center is located at: 851 30th Ave SE Rochester, MN 55904

All **Weekday Evening** and **Weekend** trips depart at the **Northrop Education Center** (Parking Lot).

Northrop is located at: 201 8th St NW, Rochester, MN 55901



## No Discounts on One-Day Trips

# One-Day Trips

### **"The Highwaymen" at the St. Paul History Theatre**

NEW!

**Thursday, February 9 \$75**

In the late 1950s, officials of the city of St. Paul and the state of Minnesota decided to build Interstate 94 right through the heart of the African-American community known as Rondo. This powerful, insightful drama explores the dynamics surrounding the decision-making process that affected the lives of thousands of middle class residents and changed the face of St. Paul.



**9750.131 Th Feb 9 8 AM-4 PM**

\* Fee includes coach transportation, theatre ticket, and lunch at Key's Café

\* 8 AM **Depart** RCTC Sports Center Parking Lot

\* 4 PM Approximate **return**

\* No refunds after Jan. 9

### **The Church Basement Ladies in "Rise Up, O Men" at the Plymouth Playhouse**

**Thursday, February 16 \$85**

"Rise Up, O Men" is a brand new musical featuring the men of the church and your favorite church basement ladies who serve them. As these hard-working farmers discuss their scrap lumber piles and the benefits of solder vs weld, they unintentionally disrupt the order of the kitchen. But that's what happens when you let roosters in the hen house!



**9262.133 Th Feb 16 10 AM-5:30 PM**

\* Fee includes lunch (Tator Tot Hotdish, macaroni and cheese, tossed salad, Jello, assorted bars for dessert, and a beverage), coach transportation, and theatre ticket

\* 10 AM **Depart** RCTC Sports Center Parking Lot

\* 5:30 PM Approximate **return**

\* No refunds

### **Rain—A Tribute to the Beatles at the Orpheum**

NEW!

**Saturday, March 11 \$90**

Rain: The ultimate BEATLES tribute band... Together longer than The Beatles themselves, RAIN has mastered every song, gesture and nuance of the legendary group, delivering a totally live, note-for-note performance that's as infectious as it is transporting. From the early hits to later classics that The Beatles never got the chance to play live - including the most complex and challenging songs - this adoring tribute will take you back to a time when all you needed was love, peace, and a little help from your friends! No other rendition of The Beatles' music comes close to this level of performance, which has taken years of mastery and attention to detail that is unmatched. From the early days of The Beatles' appearance on the Ed Sullivan show in 1964, through Shea Stadium, the Sgt. Pepper era, and on to the Abbey Road years, the RAIN captures it all flawlessly.



**9888.231 Sa Mar 11 6-11:30 PM**

\* Fee includes coach transportation and theatre ticket.

\* 6 PM **Depart** Northrop-Parking Lot

\* 11:30 PM Approximate **return**

\* No refunds after Feb. 6

### **"Paper Dreams of Harry Chin" at the St. Paul History Theatre**

NEW!

**Thursday, March 23 \$75**

From 1882 to 1943 the Chinese Exclusion Act prevented immigration by Chinese nationals, with one loophole for children of US citizens. This created an underground market for buying and selling of forged documentation. The men who immigrated this way were called Paper Sons. This is the true story of Harry Chin, a "Paper Son" who landed in Minnesota.



Linking past to present, this beautifully told story explores the personal and political repercussions when a group of people become "illegal."

**9600.131 Th Mar 23 8 AM-4 PM**

\* Fee includes coach transportation, theatre ticket, and buffet lunch at SAWATDEE.

\* 8 AM **Depart** RCTC Sports Center Parking Lot

\* 4 PM Approximate **return**

\* No refunds after Jan. 16

# One-Day Trips

## Arts, Crafts, and More

**Friday, March 31 \$45**

We're off to the Award Winning Spring Festival Arts and Crafts Affair at Canterbury Park where you will have plenty of time to browse the nation's most skilled artisans and craftspeople from all over the country.

NEW!



**9224.241 F Mar 31 9:15 AM-4:30 PM**

\*Fee includes coach transportation and entrance fee

\*Lunch is on your own at Canterbury

\*9:15 AM **Depart** Northrop Parking Lot

\*4:30 PM Approximate **return**

\*No refunds after Feb. 28

## "Matilda The Musical" at the Orpheum

**Sunday, April 2 \$85**

"Matilda The Musical" is the story of an extraordinary girl who, armed with a vivid imagination and a sharp mind, dares to take a stand and change her own destiny. Based on the beloved novel by Roald Dahl, Matilda continues to thrill sold-out audiences of all ages on Broadway and in London's West End. The Wall Street Journal says, "The makers of Matilda have done the impossible – triumphantly! It is smart, sweet, zany and stupendous fun." "REJOICE. It is even more glorious than promised." – The New York Times "WELCOME TO THE DELIRIOUSLY AMUSING, HEARTWARMING, HEAD-SPINNING WORLD OF MATILDA THE MUSICAL. YOU WON'T WANT TO LEAVE." – Bloomberg News

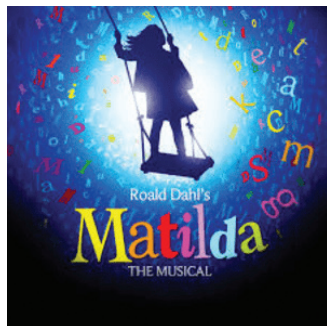
**9500.131 Su Apr 2 4:30-11 PM**

\* Fee includes coach transportation, theatre ticket, and box supper (1/2 turkey sandwich, chips, apple, cookie, water)

\* 4:30 PM **Depart** Northrop Parking Lot

\* 11 PM Approximate **return**

\* No refunds after Feb. 1



NEW!

## "West Side Story" at the Orway

NEW!

**Wednesday, April 5 \$112**

Young lovers are caught between prejudice and warring street gangs in this classic retelling of Romeo and Juliet.

The world's greatest love story takes to the streets in this landmark Broadway musical that is one of the theater's finest accomplishments. From the first notes to the final breath, West Side Story is one of the most memorable musicals and greatest love stories of all time. Shakespeare's Romeo and Juliet are transported to New York City in the 1950s, where two young idealistic lovers find themselves caught between warring street gangs. Their struggle to survive in a world of hate, violence, and prejudice is one of the most innovative, heart-wrenching, and relevant musical dramas of our time. Arthur Laurents' book remains as powerful, poignant, and timely as ever, and the score by Leonard Bernstein and Stephen Sondheim is widely regarded as one of the best ever written, and highlights the talents of a diverse young ensemble cast with an exciting, sophisticated score that features unforgettable songs ("Tonight," "Maria," "Something's Coming," "I Feel Pretty") that have become part of the nation's musical heritage.

**9216.241 W Apr 5 5:30-11:15 PM**

\*Fee includes coach transportation, theatre ticket, and box supper (1/2 turkey sandwich, chips, apple, cookie, water)

\* 5:30 PM **Depart** Northrop Parking Lot

\* 11:15 PM Approximate **return**

\* No refunds after Feb. 13



## "UNSUNG" at the Minneapolis

NEW!

### Woman's Club Theatre

**Thursday, April 20 \$85**

A story of talent that came close to stardom but never quite grabbed the spotlight. This rousing, touching, and funny musical centers around a trio of immensely gifted, but unheralded female back-up singers who become the heart and soul behind the greatest hits of the 60s and 70s.

**9010.131 Th Apr 20 10 AM-5 PM**

\*Fee includes coach transportation, theatre tickets, and lunch at the Minneapolis Woman's Club dining room (assorted bread, herb-crusted chicken with Tarragon cream sauce served with roasted baby red potatoes and Julienne vegetables, coffee, decaffeinated coffee, hot tea, and dessert).

\*10 AM **Depart** RCTC Sports Center Parking Lot

\*5 PM Approximate **return**

\*No refunds after Apr. 1



# One-Day Trips

## Junk Bonanza

NEW!

Thursday, April 20 \$45

The Bonanza is the place for antiquers, junkers, and flea market lovers. Our indoor events throughout the nation offer best-of shopping experiences, guest appearances, workshops, and a special day of hourly cash coupon giveaways and drawings.

9233.241 Th Apr 20 8:15 AM-3:30 PM

\*Fee includes coach transportation and entrance fee

\*Lunch is on your own at Canterbury

\*8:15 AM **Depart** RCTC Parking Lot

\*3:30 PM Approximate **return**

\*No refunds after Mar. 15

## "Wife Begins at 40"—DayTrippers Theatre

NEW!

Wednesday, May 3 \$75

It's a laugh-a-minute farcical afternoon when housewife Linda fans the flames of passion with her mild-mannered, ordinary husband, George. Throw in the assistance of their fun-loving neighbors Roger and Betty, along with George's live-in father and their independent son - and you have the formula for a belly rolling good time.



9218.241 W May 3 10:30 AM-4:30 PM

\*Fee includes coach transportation, buffet luncheon, and theatre ticket

\* 10:30 AM **Depart** from RCTC Sports Center Parking Lot

\* 4:30 PM Approximate **return**

\*No refunds after Mar. 25

## TIPS ON TRIPS

- Register early to assure your spot on the **coach bus**.
- Arrive 15 minutes prior to departure and locate any traveling companion(s).

All **Weekday Day** trips (Mon-Fri) depart at the **RCTC Sports Center** (Parking Lot).

RCTC Sports Center is located at: 851 30th Ave SE

All **Weekday Evening** and **Weekend** trips depart at the **Northrop Education Center** (Parking Lot).

Northrop is located at: 201 8th St NW

## "GREASE" at the Chanhassen

NEW!

### Dinner Theatre

Saturday, May 6 \$89

Wednesday, May 24 \$89

It's 1959, and Rydell High School's senior class is in rare form. The too-cool-for-school "Burger Palace Boys"



are stealing hub-caps and acting tough and their gum-snapping, chain-smoking "Pink Ladies" are looking hot in bobby sox and pedal pushers. The 1950s high school dream is about to explode in this rollicking musical that is both an homage to the idealism of the fifties and a satire of high schoolers' age-old desire to be rebellious, provocative and rebellious. At the heart of the story is the romance between hot-rodding gangster Danny Zuko and the sweet new girl in town, Sandy Dumbrowski. They had a secret romance in summer, but now back in the context of school, peer-pressure and cliques make their love a bit more complicated. Can Danny maintain his cool dude status and still make demure Sandy his girl? The whole gang sings and dances around Danny and Sandy's romance, through such hit songs as "Greased Lightnin'," "We Go Together," and "Mooning," recalling the music of Buddy Holly, Little Richard and Elvis Presley that became the soundtrack of a generation. Starting off with an eight-year Broadway run, Grease is among the world's most popular musicals and has a cult-like following, especially among teens!

9950.231 Sa May 6 9:30 AM-5:30 PM

9950.232 W May 24 9:30 AM-5:30 PM

\*Fee includes coach bus transportation, lunch (choice of seven entrees), and theatre ticket (front and center!)

**Saturday, May 6**

\*9:30 **Depart** from Northrop-Parking Lot

\*5:30 PM Approximate **return**

\*No refunds after Mar. 25

**Wednesday, May 24**

\*9:30 AM **Depart** from RCTC Sports Center-Parking Lot

\*5:30 Approximate **return**

\*No refunds after Mar. 25



# One-Day Trips

## "Sweet Land the Musical" at the St. Paul History Theatre

NEW!

Thursday, May 11 \$75

When Lars Torvik's grandmother Inge dies in 2004, he is faced with a decision--sell the family farm on which she'd lived since 1920, or cling to the legacy of the land. Seeking advice, he turns to the memory of Inge and the stories that she passed on to him. Inge arrives in Minnesota in 1920 to marry a young Norwegian farmer names Olaf, but her German heritage and lack of immigration papers makes her an object of suspicion in the small town, and she and Olaf are forbidden to marry. Inge and Olaf gradually fall in love against the backdrop of endless farmland and cathedral skies - a man and woman united by the elemental forces of nature.



9850.131 Th May 11 8 AM-4 PM

\* Fee includes coach transportation, theatre ticket, and lunch at The Saint Paul Hotel Grill

\* 8 AM **Depart** RCTC Sports Center Parking Lot

\* 4 PM **Approximate return**

\* No refunds after Apr. 11

## "Mom! The Musical" at the Ames Theatre in Burnsville

NEW!

Thursday, May 11 \$89

Mom! Is back by popular demand, just in time for Mother's Day! This musical celebrates the twists and turns, delights and dilemmas, and rewards and regrets of parenting. From trying to reason with toddlers having a tantrum, to panicking at the prospect of a parent-teach conference, this musical celebrates the humor and the terror of parenting.



9204.241 Th May 11 4:15-10:30 PM

\* Fee includes coach transportation, buffet dinner at Ames Theatre, and theatre ticket

\* 4:15 PM **Depart** Northrop Community Education Parking Lot

\* 10:30 PM **Approximate return**

\* No refunds after Mar. 31

## Garden Lovers

Thursday, May 18

\$49

Calling all garden lovers, are you ready to dig-in-the-dirt? We're heading to Minneapolis and the surrounding suburbs on board the coach bus where we will spend a full day browsing



garden-related shops and greenhouses. A box lunch will be included on this trip. So, grab your gloves and get ready to dig into this years garden lover's adventure!

9231.241 Th May 18 8 AM-5:30 PM

\* Fee includes coach bus transportation and box lunch (1/2 turkey sandwich, chips, apple, cookie, water)

\* 8 AM **Depart** RCTC Sports Center

\* 5:30 PM **Approximate return**

\* No refunds after May 8

## "Rent--20th Anniversary Tour" at the Orpheum Theatre

NEW!

Sunday, June 11 \$85

In 1996, an original rock musical by a little-known composer opened on Broadway...and forever changed the landscape of American theatre. Two decades later, Jonathan Larson's Rent continues to speak loudly and defiantly to audiences across generations and all over the world. And now, this Pulitzer Prize and Tony Award®-winning masterpiece returns to the stage in a vibrant 20th anniversary touring production. A re-imagining of Puccini's La Bohème, Rent follows an unforgettable year in the lives of seven artists struggling to follow their dreams without selling out. With its inspiring message of joy and hope in the face of fear, this timeless celebration of friendship and creativity reminds us to measure our lives with the only thing that truly matters—love.



9990.231 Su Jun 11 11 AM-5:30 PM

\* Fee includes coach transportation, theatre ticket, and box lunch (1/2 turkey sandwich, chips, apple, cookie, water)

\* 11 AM **Depart** Northrop-Parking Lot

\* 5:30 PM **Approximate return**

\* No refunds after Apr. 11

# One-Day Trips

## "An American in Paris" National Tour at the Orway

NEW!

Thursday, June 15 \$105

AN AMERICAN IN PARIS is the new Tony Award®-winning musical about an American soldier, a mysterious French girl, and an indomitable European city, each yearning



for a new beginning in the aftermath of war. Acclaimed director/choreographer and 2015 Tony Award®-winner Christopher Wheeldon brings the magic and romance of Paris into perfect harmony with unforgettable songs from George and Ira Gershwin in the show that earned more awards than any other musical in the 2015 season! The New York Times raves, "AN AMERICAN IN PARIS is a triumph! Pure joy!" and the Wall Street Journal declares, "Once you've seen it, you'll find it hard to settle for less ever again." Don't miss this stunning Broadway hit on its first national tour!

9217.241 Th Jun 15 10 AM-6:15 PM

\*Fee includes coach transportation, theatre ticket, and a Parisian lunch at Forepaugh's prior to the performance

\* 10:00 AM **Depart** RCTC Sports Center Parking Lot

\* 6:15 PM Approximate **return**

\* No refunds after Apr. 1

## Back to the 50's Car Show

NEW!

Friday, June 23 \$45

Step back in time to the 1950's. This is your day to view more than 11,000 street rods, customs, classics and restored vehicles; 1964 and older, all converged for the 44th annual Back to the 50's Weekend. Cars will blanket the streets of the State Fairgrounds for this event. Your day will be filled with tons of automobiles, fun, music, and more! This event was listed as USA Today 10 Best - Reader's Choice 2016.



9234.241 F Jun 23 7:30 AM-3 PM

\*Fee includes coach transportation and entrance fee

\*Lunch is on your own at the fairgrounds

\*7:30 AM **Depart** Northrop Parking Lot

\*3 PM Approximate **return**

\*No refunds after May 15

## "Motown The Musical" at the Orpheum Theatre

NEW!

Sunday, July 16 \$90

"More than a Broadway show. A celebration of music that transformed America!" – CBS Sunday Morning. It began as one



man's story...became everyone's music...and is now Broadway's musical. Motown The Musical is the true American dream story of Motown founder Berry Gordy's journey from featherweight boxer to the heavyweight music mogul who launched the careers of Diana Ross, Michael Jackson, Smokey Robinson, and many more. Motown shattered barriers, shaped our lives, and made us all move to the same beat. Featuring classic songs such as "My Girl," and "Ain't No Mountain High Enough," experience the story behind the music in the record-breaking smash hit Motown The Musical!

9980.231 Su Jul 16 11 AM-5:30 PM

\* Fee includes coach transportation, theatre ticket, and box lunch (1/2 turkey sandwich, chips, apple, cookie, water)

\* 11 AM **Depart** Northrop Parking Lot

\* 5:30 PM Approximate **return**

\* No refunds after May 22

### Registration Information:

We encourage early registration. Prepaid registration is recommended at least one week prior to the starting date of each class. Class sizes are limited and will be filled on a first-come, first-serve basis. Classes are open to secondary students and adults and run weekly for the number of sessions indicated on the day of the week given, unless otherwise noted.

### Class Cancellation Policy Prior To Start Date:

Class cancellation must be made a minimum of one week prior to the class starting date for a full cash refund (unless otherwise noted). If you cancel with less than a week notice, prior to the first class, you will be issued a refund minus a \$5 processing fee and any costs incurred (including supplies, food, and salaries). **No refunds 72 hours prior to class start date.**

### Class Withdraw Policy After Start Date:

You may withdraw from classes of three sessions or more after attending the first session. **You must notify the Enrichment office, 328-4000 of your intent to withdraw prior to the second class.** You will be issued a prorated cash/credit refund minus a \$5 processing fee and any costs that incurred.



UCare members **except those enrolled in UCare Senior Select**, may receive up to \$15 off the fee for most Community Education classes. Restrictions may apply. Questions call 1.877.523.1515



### Senior Citizen Policy:

Any resident of District #535 who is 62 years of age or older may take the Community Education senior discount of 20% on classes meeting criteria.

### Inclement Weather:

If Rochester Public Schools are canceled for the day, all Community Education day and evening classes are canceled.

If school begins late, Community Education classes will not meet for AM session. Classes that begin at noon or after will be held.

If school dismisses early, all after-school Community Education classes are canceled. A decision about evening classes will be made by 3 PM and posted on the Weatherline.

If school is not canceled, but the weather is hazardous, evening classes may be canceled by 3 PM. Please call the weatherline for more information. For weather related announcements, call CE Weatherline at: 507.328.4010.

### REGISTRATION FORM (Please read)

**Step one:** The information you provide here will be entered and payment processed. You will receive a confirmation email or phone call when Step One is complete and you are registered.

**Step two:** Please follow the link in your confirmation email to share any information we may need to know to keep you safe and to serve you to the best of our ability (e.g., health concerns or special needs). You may update this information in your account at any time. Please call 328-4000 for assistance. Although Community Education is part of Rochester Public Schools, we do not have access to information you may have provided to other departments of the school district.

## ADULT ENRICHMENT REGISTRATION FORM

| Northrop 201 8th Street NW Rochester, MN 55901 |  
| www.rochesterce.org/register | 507.328.4000 |

### Step one: Registration

First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Gender M | F Date of Birth \_\_\_\_\_

(Check for new address) ☐ Address \_\_\_\_\_ City \_\_\_\_\_ Zip Code \_\_\_\_\_

Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ (Check for new e-mail) ☐ Email \_\_\_\_\_

Code	Class Title	Start Time	Start Date	Fee

Check Number \_\_\_\_\_ Make check payable to Community Education

Total  

☐ Visa ☐ MasterCard ☐ Discover



Card Number \_\_\_\_\_ - \_\_\_\_\_ - \_\_\_\_\_ Exp. Date \_\_\_\_\_

Signature \_\_\_\_\_

#### Other Information:

☐ Senior Citizen

☐ UCare MN

UCare ID Number \_\_\_\_\_

### Step two: Confirm your personal information (watch for email)



Rochester Public Schools  
Northrop Community Education  
201 8th Street Northwest  
Rochester, MN 55901

NON-PROFIT  
U.S. POSTAGE  
PAID  
Permit No. 1000  
Rochester, MN



Online at:  
[rochesterce.org/register](http://rochesterce.org/register)



Mail to:  
Northrop  
201 8th Street NW  
Rochester, MN 55901



Call in:  
507.328.4000  
or Fax  
507.328.4015



Drop in:  
In the main office  
M-F 8-4:30 PM



Drop off:  
At our drop box  
in front of Northrop  
24 hours a day



© TJ's Photo-Art