

Anwatin, Barton, Lake Harriet, Southwest & Washburn | **SPRING 2015**

Minneapolis Community Education
Enrichment Programs
for Adults, Youth & Families



LOOK FOR: Astronomy ■ Empowerment ■ Hot Glass ■ Knife Making ■ Walk Across Spain ■ Yoga



A program of the Minneapolis Public Schools
Register online at www.mplscommunityed.com

Dear Neighbors,

Spring is in the air! A season of renewal, spring is an excellent time to start afresh and explore new beginnings. We offer dozens of opportunities for you to learn and grow each quarter. Make the most of your spring with these Community Education classes and activities:



Our best wishes for a delightful spring,

- Try something new with **Astronomy for City Dwellers, Fermenting, Hot Glass, Knife Making, or Zentangles.**
- Get ready for outdoor entertaining with **Asian or Caribbean Street Foods, Festive Salads for Spring or Grilling with Marinades** cooking classes.
- Explore the great outdoors with **Spring Birding, Spring Flower, Art & Culture Tour,** or our **Namekagon Canoe Trip.**
- Connect with others at our annual **Spring Community Cleanup, Midnight to Dawn Bike Ride,** or join one of our area **Advisory Committees.**

Matt Branch

Anwatin Community Education

Dawn Sjoquist

Barton Community Education

Gary Wineman

Lake Harriet Community Education

Tom Neiman

Southwest Community Education

JoEllyn Jolstad

Washburn/Ramsey Community Education

Locations

Anwatin

256 Upton Ave. S.
612.668.2470

Barton

4237 Colfax Ave. S.
612.668.3585

Lake Harriet

4912 Vincent Ave. S.
612.668.3330

Southwest

3414 W. 47th St.
612.668.3100

Washburn/Ramsey

201 W. 49th St.
612.668.3450

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Expand Your Horizons

Film Appreciation: Westerns

Don't let film appreciation become a lost art. Watch and discuss some great classic films, and maybe even enjoy some popcorn! Spring session will focus on popular western films from John Ford, Kevin Costner, Clint Eastwood and more!

Lake Harriet 6 Mondays
Apr 13–May 18 7:00-9:00 pm
\$52

Minnesota History with a French Accent

Minnesota's state motto—*l'Etoile du Nord*—reminds us that the French have left an indelible mark on Minnesota history and culture. Members from the French-American Heritage Foundation will cover Minnesota's French influence from the explorers and fur traders of the 18th century, the influx of French-Canadian farmers in the 19th century and a continuing stream of French speaking immigrants to the present.

Lake Harriet 4 Mondays
Apr 13–May 4 7:00-8:30 pm
\$31

World Geography—Where In the World Is It?

When you hear about world events, do you ever wonder if you know for sure where a country is or if you understand its current strengths and concerns? We will explore people, lands, economies, religions & heritages. Together we will review the nations of the world in a fresh, hands-on, objective way.

Southwest 6 Mondays
Apr 6–May 11 6:30-8:00 pm
Room #34 \$37

Writing: Creating a Writing Life

Receive suggestions for writing topics and guidance on how to translate your life experiences into the writing forms of your choice, including poetry, fiction, and memoir. You'll have the opportunity to write in class, read aloud if you choose, and receive supportive and helpful comments. Bring a notebook and pen or pencil to class.

Lake Harriet 6 Mondays
Apr 13–May 18 7:00-9:00 pm
\$52

Which Class Level Should I Take?

Community Education classes are organized by levels, 1 through 5. If you are new to a subject or it has been a number of years since you last studied, start with a class followed by "1." If you've taken a Community Education class recently, proceed to the next level. Classes do not follow a standard curriculum, so a Level 2 class at one site may differ from Level 2 at another. If you have questions, please call the class site directly (See page 45 for list of sites).

Writing: Creating Picture Books for Children

Generate ideas through writing exercises; learn picture book structure and how to develop unique characters. Discover how to plot your story, create vivid settings, find a unique point of view and write vibrant dialogue. You'll leave class with a rough draft of a dynamic picture book. No experience necessary. Bring a notebook and your favorite picture book to the first class.

Southwest 5 Tuesdays
Apr 14–May 12 7:00-8:30 pm
Room #31 \$33

Writing: E-books—How to Write & Publish

Imagine the freedom to be able to share your own unique voice and style with the world without having to go through the lengthy, arduous process of getting a manuscript published. You will start by selecting your topic and genre. Don't have an idea yet? It's what will be covered in Day One. For those who have an idea already, it's still great info for book number two. We will move into formatting, book covers, illustrations, venues for selling your e-book, creating a marketing plan and where to go for support. Note: This class is not designed for instructor to read and critique your work; editing skills can be scheduled separate from this class.

Southwest 8 Tuesdays
Apr 7–May 26 7:30-9:00 pm
Room #31 \$46

Writing: I Want to Be a Writer

Have you always wanted to write but can't seem to get started? Learn prompts, exercises and tips from established writers. Together, we'll write, share, and workshop our stories in a supportive, encouraging atmosphere. You'll also learn what editors look for and how to submit your stories for publication online and in print.

Southwest 7 Wednesdays
Apr 8–May 20 7:00-8:30 pm
Room #32 \$42

Writing: Memoirs

Everyone has a story to tell and everyone can write. Begin the process of converting your memories into memoirs. Class members are encouraged to write from the heart and not worry about perfect form or structure. Bring your notebook and a favorite pen to the first class. Returning and new students welcome.

Southwest 6 Mondays
 Apr 6–May 11 6:30-8:30 pm
 Room #4 \$46

Writing: Playwriting 1

The aim of this class is to teach the fundamentals of story structure to aspiring playwrights, actors and/or directors. Students will be introduced to core concepts such as plot, action, character, conflict, resolution, rhythm in dialogue and developing dramatic tension. The majority of the class will focus on students' written work. Students will also read and analyze plays written by established playwrights to experience a variety of writing styles. Each student will be guided through the complete writing process and create either an original monologue or play.

Southwest 8 Tuesdays
 Apr 7–May 26 6:30-7:30 pm
 Room #33 \$34

Writing: Screenwriting 1

Everything you need to know to start writing your own screenplays. We will cover many aspects including formatting, story structure, story development, character, use of active voice and much more. The class will be a combination of instruction, screenplay analysis, and workshopping students' writing. Students should bring a notebook or laptop to the first session.

Lake Harriet 7 Wednesdays
 Apr 15–May 27 6:30-8:30 pm
 \$59

Register online with a VISA or MasterCard on our secure site: www.mplscommunityed.com.



Languages

Chinese 1: Mandarin

Learn the basics of the Mandarin Chinese language including days of the week, greetings and practical conversation. You will also have the opportunity to explore the Chinese culture.

Lake Harriet 6 Mondays
 Apr 13–May 18 6:30-8:00 pm
 \$42

Washburn 6 Tuesdays
 Apr 14–May 19 6:30-8:00 pm
 \$37

French 1

Learn basic French phrases and grammar in a fun, relaxed atmosphere. Emphasis will be on conversation and pronunciation, while exploring French culture along the way. You will learn key grammatical concepts, basic vocabulary, verb conjugation, sentence structure and formation.

Lake Harriet 6 Mondays
 Apr 13–May 18 6:00-7:30 pm
 \$42

Washburn 6 Tuesdays
 Apr 14–May 19 6:30-8:30 pm
 \$46

Discounts

UCARE members may deduct \$15 per class or trip.



French 2

Continue to build confidence in your French language skills. Class will focus on increasing your vocabulary, speaking, and writing skills and improving your understanding of French. Pre-requisite: French 1 or previous experience with the French language.

Southwest 8 Wednesdays
 Apr 8–May 27 6:00-7:30 pm
 Room #2 \$52

Lake Harriet 6 Mondays
 Apr 13–May 18 6:30-8:00 pm
 \$42

Washburn 6 Wednesdays
 Apr 15–May 20 6:30-8:30 pm
 \$46

French Conversation

Vous aimez parler Français? This intermediate conversation class is conducted entirely in French. Primary focus is on speaking skills plus a little grammar. We will choose a variety of fun subjects to drive our conversations each week: Music, food, film, literature, current events and a lot of fun. We will also share resources and opportunities around the Twin Cities for exploring French language and culture. Two years of French language experience recommended. *Venez nombreux!* *Laissez les bons temps rouler!*

Southwest 8 Wednesdays
 Apr 8–May 27 7:30-9:00 pm
 Room #2 \$52

French for Travelers

This fun class will help you plan and survive a trip to France. You will learn key phrases to help you find your way around town, order a meal, access public transportation and go shopping. We'll also work on listening comprehension so you will be able to understand the answers you receive to your questions.

Southwest 5 Thursdays
Apr 16–May 14 6:30-8:00 pm
Room #23 \$36

German 1

Planning a trip to Germany, Switzerland or Austria? Whether you want to revive the basic skills learned in school or just want to study a foreign language for the first time, this class will teach the essentials of the German language. Focus is on conversation and learning useful expressions for traveling, but also covers basics of grammar and aspects of German culture.

Southwest 8 Wednesdays
Apr 8–May 27 6:30-8:00 pm
Room #3 \$52

Lake Harriet 6 Mondays
Apr 13–May 18 6:30-8:00 pm
\$42

German 2

Build upon your skills from German 1 with a solid review of vocabulary, idioms, culture, and grammar. We will be hearing, speaking, reading, and writing German with a focus on everyday language. Useful for travelers, genealogists, and those interested in Germany, Austria and Switzerland. Pre-requisite: German 1 or previous experience with German.

Southwest 7 Mondays
Apr 6–May 18 6:30-8:00 pm
Room #3 \$47

Lake Harriet 6 Mondays
Apr 13–May 18 6:30-8:00 pm
\$42

Italian 1

Ciao! Traveling to Italy? Love Italian restaurants? This is the class for you. You'll learn basic grammar, vocabulary and conversation skills as well as an overview of Italian culture.

Washburn 6 Mondays
Apr 13–May 18 6:30-8:30 pm
\$46

Japanese 1

Learn the basics of conversational Japanese. You will learn greetings and numbers as well as practical conversational skills with useful vocabulary for shopping and other travel scenarios. You will also have the opportunity to explore the culture of this intriguing, mysterious country.

Lake Harriet 6 Mondays
Apr 13–May 18 6:00-7:30 pm
\$45

Japanese 2

Continue developing your language skills from Japanese 1. Work on grammar and developing simple sentences, conjugating verbs, sentences with “please,” “have to,” “want to,” and how to count. We will also discuss Japanese culture. Open to anyone with previous experience with the Japanese language.

Lake Harriet 6 Mondays
Apr 13–May 18 7:30-9:00 pm
\$45

Southwest 4 Wednesdays
May 6–May 27 6:00-7:30 pm
Room #8 \$31

Japanese 3

In this class you will learn usage of Koto and Monday, and verb conjugation (potential, permission, prohibition, progressive normal future and presumptive future.)

Southwest 4 Wednesdays
May 6–May 27 7:30-9:00 pm
Room #8 \$31

There are no classes on Monday, May 25.



Portuguese 1

Una-se-nos in this Portuguese class for beginners. Learn basic grammar, expressions, listening skills, and travel vocabulary. You will also be introduced to Portuguese culture and history. Both European and Brazilian Portuguese will be covered.

Southwest 8 Wednesdays
Apr 8–May 27 6:30-8:00 pm
Room #1 \$52

Portuguese 2

This intermediate-level class will focus on advancing your grammar, vocabulary and expressions through light conversation, mixed with grammar and cultural topics. Approximately 2 years of Portuguese knowledge preferred. Both European and Brazilian Portuguese will be covered.

Southwest 8 Wednesdays
Apr 8–May 27 8:00-9:30 pm
Room #1 \$52

Russian 1

You will be exposed to basic Russian grammar, pronunciation and writing skills through creative and dynamic learning activities. Expect role-playing activities, problem-solving exercises and small group discussions in an effort to apply new grammatical structures, vocabulary and idiomatic expressions to meaningful real-life situations.

Southwest 8 Wednesdays
Apr 8–May 27 6:30-8:00 pm
Room #2 \$52

f Find us on Facebook!
facebook.com/MplsCommEd



Russian 2

Expand your command and familiarity with the Cyrillic alphabet, grammar and simple reading and writing. Class emphasis is on developing in-depth conversation skills. You will also discuss aspects of culture and everyday life and traveling in Russia.

Southwest 8 Wednesdays
Apr 8–May 27 8:00-9:00 pm
Room #2 \$38

Sign Language 1: ASL

This course is designed for people who have little or no knowledge of American Sign Language (ASL). Material covered will include conversational vocabulary, finger spelling, and grammatical principles. Information related to Deaf culture is included.

Lake Harriet 6 Mondays
Apr 13–May 18 6:00-7:30 pm
\$42

Sign Language 2: ASL

This is a continuation of ASL I, furthering the student's exposure to ASL and deaf culture. More vocabulary building, receptive and expressive language activities, and further exploration of grammatical structure are included.

Lake Harriet 7 Wednesdays
Apr 15–May 27 6:00-7:30 pm
\$47

There are no classes on Monday, May 25.

Spanish 1

Do you want to learn Spanish or have you studied Spanish in the past and want a refresher of the basics? This beginning class covers pronunciation, grammar, reading and developing writing and listening skills. Focus on increasing your vocabulary and beginning conversation skills. The class also includes some cultural and travel vocabulary.

Southwest 8 Wednesdays
Apr 8–May 27 6:30-8:00 pm
Room #7 \$52

Lake Harriet 6 Mondays
Apr 13–May 18 6:00-7:30 pm
\$42

Washburn 6 Tuesdays
Apr 14–May 19 6:30-8:30 pm
\$46

Spanish 2

Continue to build confidence in your Spanish language skills. You will be introduced to the preterite, or simple past tense of verbs, and irregular verbs. Class focus is on increasing your vocabulary, speaking and writing skills. Prerequisite: Students should be able to conjugate regular AR/ER/IR verbs.

Southwest 8 Wednesdays
Apr 8–May 27 6:30-8:00 pm
Room #4 \$52

Lake Harriet 6 Mondays
Apr 13–May 18 7:30-9:00 pm
\$42

Spanish 3: Conversation

Increase your fluency in Spanish by engaging in structured conversations. Touch up your grammar, tenses, vocabulary and sentence structure while discussing interesting topics. You will also continue working on your listening, reading, and writing skills.

Southwest 8 Wednesdays
Apr 8–May 27 8:00-9:30 pm
Room #4 \$52

Spanish 4

For students who already have a good command of Spanish. Class includes reading literature and newspapers plus conversations to enhance your fluency.

Southwest 8 Tuesdays
Apr 7–May 26 6:30-8:00 pm
Room #4 \$52

Spanish Films & Conversation

View classic and contemporary films from several Spanish-speaking countries, then engage in a discussion of the film in Spanish. Films are shown with English subtitles, but parts of the films will be shown without the subtitles to challenge your listening and comprehension skills. Class is intended for students who want to work on their listening and speaking skills. Class discussion will be almost entirely in Spanish. Previous Spanish language instruction or speaking experience is highly recommended.

Washburn 5 Mondays
Apr 13–May 11 6:00-8:30 pm
\$48





Adults 55+

Classes in this section are priced at the senior rate. UCare & MHP discounts may be applied to these classes.

Defensive Driving: 4-Hour Refresher Class

After the initial eight-hour Defensive Driving class, drivers 55+ only need a four-hour class every three years to get the premium discount of 10% on their automobile insurance. Review driving skills, current laws and receive tips for defensive driving. Discount certificates are given upon completion. No senior discount. There will be a break; bring a bag lunch or snack.

Southwest	1 Monday
Apr 20	5:00-9:00 pm
Room #23	\$20
Washburn	1 Tuesday
May 12	4:00-8:00 pm
	\$20

Defensive Driving: 8-Hour Initial Class

Add years to your driving life! Review your driving skills, current laws and receive tips for driving safely. The certificate, given upon completion of the course, is good for a 10% auto insurance discount for drivers 55 and over. There will be a break; bring a bag lunch or snack.

Southwest	2 Mondays
Apr 6-Apr 13	5:00-9:00 pm
Room #23	\$24
Washburn	2 Tuesdays
May 5-May 12	4:00-8:00 pm
	\$24

Foreign Policy Issues Discussion

Through the nationwide Great Decisions program, learn more about vital foreign policy issues facing our country. Sessions feature lectures and lively discussion with local college professors and other guest speakers. Topics include: "Russia and the Near Abroad," "U.S. Policy Toward Africa," "Brazil's Metamorphosis," and "Sectarianism in the Middle East." To register, call 612.668.4828. Three sections:

Walker Place, 3701 Bryant Ave. S.
 4 Thursdays Apr 16-May 14
 2:00-3:30 pm Free
 No class May 23

Washburn Library, 5244 Lyndale Ave. S.
 4 Fridays Apr 17-May 15
 10:00-11:30 am Free
 No class May 1

UCare Skyway Senior Center, 950 Nicollet Mall
 4 Wednesdays May 13-Jun 3
 1:00-2:30 pm Free

Register Today!

Register now and make sure you get into your favorite classes! We're online at: www.mplscommunityed.com.

Neighborhood Landmarks

Local historian Tom Balcom will provide a fascinating look at buildings and maps of historical importance to the neighborhood surrounding the Washburn Library. To register, call 612.668.4828. Class held at Washburn Library, 5244 Lyndale Ave. S.

Washburn Lib.	1 Saturday
Apr 18	1:00-2:00 pm
	Free

Minneapolis Southside Singers

If you are over 55 and like to sing, you are invited to join this chorus of energetic singers, which has more than 50 members. Their repertoire includes music from the '30s and '40s, patriotic music, show tunes, spirituals, dance numbers and vaudeville-style skits. New members are always welcome. For more information, call 612.729.4984. Rehearsals are held at Trinity Lutheran Church of Minnehaha Falls, 5212 41st Ave. S.

Trinity Lutheran	7 Mondays
Apr 13-Jun 1	1:00-3:00 pm
No class May 25	\$20

To receive a copy of Community Education's Lifelong Learning for Adults 55+ brochure, call 612.668.4828. We have dozens of classes, travelogues, wellness talks and day trips for those 55+ and over.





55+ Fitness

Fun & Fitness 55+

This class includes stretching exercises to increase your flexibility and range of motion as well as strengthening exercises. You will be working your cardiovascular system by doing fun, simple routines at a pace that is best for your body. Register online or call 612.668.3100. Class held at Linden Hills Park, 3100 W. 43rd St.

Linden Hills Pk.	8 Tue & Thu
Apr 7–May 28	1:00–2:00 pm
	\$30

Lifelong Cardio: Balance

Combine fun with fitness to increase your cardiovascular and muscular endurance power with low-impact aerobics and strength training. Focus will be on stability, endurance, coordination, mental sharpness, breathing and relaxation. Weights, elastic bands, and balls are offered for resistance. A chair is available if needed for seated or standing support. Instructor: Sarah Tarleton. Call 612.668.3450 to register with SilverSneaker Flex discount. Classes held at Fuller Park, 4800 Grand Ave. S.

Fuller Park	6 Tuesdays
Apr 14–May 19	1:00–2:00 pm
	\$24

Fuller Park	6 Thursdays
Apr 16–May 21	1:00–2:00 pm
	\$24

Lifelong Cardio: Strength

Get going with an aerobics class that's fun, challenges your cardiovascular endurance and is gentle on the joints. The workout includes easy-to-follow low-impact movement, upper and lower body strength, abdominal conditioning, stretching and relaxation exercises designed to energize your active lifestyle. A chair is available if needed for seated or standing support. Instructor: Sarah Tarleton. Call 612.668.3450 to register with SilverSneakers Flex discount. Classes held at Fuller Park, 4800 Grand Ave. S.

Fuller Park	6 Mondays
Apr 13–May 18	1:00–2:00 pm
	\$24

Fuller Park	6 Wednesdays
Apr 15–May 20	1:00–2:00 pm
	\$24

Tai Chi Chih: Gentle

This Chinese-style yoga can be done seated or standing and uses 5 gentle movements, along with breath work, self-applied massage, and mindful visualization. It's simple to learn, and it's safe and tolerable, even for those with arthritis or other chronic conditions. Register online or call 612.668.3450. Class held at Bethlehem Lutheran Church, 4100 Lyndale Ave. S.

Bethlehem	6 Thursdays
Apr 16–May 21	9:45–10:45 am
	\$24

Yoga: Gentle 1

Focus on slow movements through seated, standing, and restorative poses that include proper alignment, breathing and relaxation techniques. Experience the benefits of yoga through calmness of the mind, improved balance, strength, circulation, and mobility. Register online or call Washburn CE at 612.668.3450. Two sections offered:

Fuller Park, 4800 Grand Ave. S.

Fuller Park	6 Tuesdays
Apr 14–May 19	11 am–12 pm
	\$24

Bethlehem Lutheran Church, 4100 Lyndale Ave. S.

Bethlehem	6 Wednesdays
Apr 15–May 20	12:30–1:30 pm
	\$24

Register online with a VISA or MasterCard on our secure site: www.mplscommunityed.com



UCare For Seniors members:

Discounts are limited to one discount per year for UCare for Seniors members.

This is a result of guidelines issued by the Centers for Medicare & Medicaid Services, the federal agency that regulates this and other Medicare Advantage plans nationwide.



55+ Trips & Tours

To register, call 612.668.4828. No senior discounts.

Annie at the Orpheum Theatre

The timeless story and the classic characters featuring the beloved book and score, *Annie* includes such unforgettable songs as *It's the Hard Knock Life*, *Easy Street*, *I Don't Need Anything But You*, plus the eternal anthem of optimism, *Tomorrow*. Seats are toward the back on the main floor. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Orpheum	1 Sunday
Apr 5	1:00-3:30 pm
	\$32

Jersey Boys at the Orpheum Theatre

This is the story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds and sold 175 million records worldwide — all before they were 30! *Jersey Boys* features their hit songs *Sherry*, *Big Girls Don't Cry*, *Rag Doll*, *Oh What a Night* and *Can't Take My Eyes Off You*. Seats are toward the back on the main floor. Transportation is on your own. Tickets will be mailed to you. Meet at the Orpheum Theatre, 910 Hennepin Ave.

Orpheum	1 Sunday
May 3	1:00-3:30 pm
	\$47

Take Me Out to the Ballgame

Help cheer the Minnesota Twins to victory as they take on the Boston Red Sox. Seats are reserved in the Powerball Pavillion area with few stairs. Target Field offers plenty of concessions or bring your own food in a soft-sided container that will fit under the seat. Sealed, bottled water, 32 oz. or less is also permitted. Dress for the weather. Tickets will be mailed to you. Transportation is on your own. Meet at Target Field. Enter through Gate 34 at Target Plaza.

Target Field	1 Wednesday
May 27	12:10-4:00 pm
	\$23

Juno & the Paycock at the Guthrie Theatre

This is an epic tale of one family's survival in Dublin following the Irish Civil War. Jack Boyle is out of work and determined to stay that way. He and his sidekick Joxer spend their time drinking and playing cards while Juno, the matriarch, attempts to keep their family together. When the family learns of an inheritance from a distant relative, the money is spent before it even arrives. But will they transcend the events that conspire to keep them in their place? Reserved seats are on the side of the theater. Transportation is on your own. Meet at the Guthrie Theater, 818 2nd St. S.

Guthrie	1 Wednesday
Jun 3	1:00-3:30 pm
	\$23

Pick-up points for Adults 55+ Trips:

Dowling School
3900 W. River Pkwy.

Hawthorne Transit Station
31 N. 9th St.

Northeast Middle School
2955 Hayes Street NE

Olson Middle School
1607 51st Ave. N

Parker Skyview Highrise
1815 Central Ave. NE

Windom School
5821 Wentworth Ave. S

Red Wing River Cruise

Enjoy a summer day in beautiful Red Wing, located in one of the most scenic and historic areas of Minnesota. Take a coffee break and then tour the area by bus with a knowledgeable guide who will point out area attractions. Next, board the Spirit of the Water for a narrated lunch cruise on the river. A fabulous buffet will be enjoyed by all. Price includes coach bus transportation, coffee break, guided city tour, lunch cruise, tax and gratuity.

Bus Pick-Up	1 Tuesday
Jun 23	7:45 am-4:30 pm
	\$62





Arts

Art Journaling

Anyone can make a beautiful personal journal using art. Art journaling can take you back to a warm vacation, a family gathering, a visit back to the past or in the present to explore family and its meanings in your life. Art journaling is an art exploration of creating a memento that is very personal to you. We will paint with watercolor, or sketch a specific place to provoke memories. Bring a wire-bound watercolor paper pad, watercolors, photos, personal writing or poems, ticket stubs, mementos and other ephemera.

Lake Harriet	3 Mondays
May 4–May 18	7:00-9:00 pm
	\$31

Drawing 1

Express yourself through drawing! Learn the fundamentals of drawing, explore line quality, compositional arrangement, shading and highlighting. You'll render drawings from observation and imagination, using various tools. Supplies are required for class; please see list online or call 612.668.3330.

Lake Harriet	6 Mondays
Apr 13–May 18	7:00-8:30 pm
	\$42

There are no classes on Monday, May 25.

Drawing in Perspective

Take a journey from Renaissance (*School of Athens* by Raphael) to modern times (*Another World* by M.C. Escher) practicing drawing in perspective. This class combines demonstrations and workshop, and you will get hands-on experience in creating 1-point, 2-point and multiple-point perspectives by drawing simple objects, still lifes, and interiors. Bring a charcoal drawing pad 11" x 14" or larger, vine and willow charcoal, pencils (optional), blending tools, stumps and a kneaded eraser.

Southwest	2 Thursdays
Apr 23–Apr 30	6:30-9:00 pm
Room #16	\$30

Drawing Workshop

Leave with the artist's tools and inspiration to draw on your own. Focus on seeing and learning techniques that serve your subject and intent. Materials list provided the first night of class. Expect to pay around \$10.

Southwest	5 Mondays
Apr 13–May 11	6:30-8:00 pm
Room #16	\$36

Drawing: Zentangle Basics

Create beautiful images by drawing 'tangles,' repetitive patterns created one stroke at a time. Zentangle is easy, fun, relaxing, meditative and it increases focus and creativity. Even if you are new to drawing or think you are not artistic, you will enjoy creating Zentangles. Each class includes different tangle patterns—register for one or both nights. Instructor collects a \$10 supply fee.

Southwest	1 Tuesday
Apr 21	6:30-8:30 pm
Room #24	\$18

Want to Teach?

If you have knowledge, ideas or passions that you would like to share with others, consider teaching a community education class. Call us at 612.668.3939 or visit mplscommunityed.com for more information.

Drawing: Zentangles & Meditation

Learn about creating Zentangle drawings with deliberate, simple, repetitive patterns as a form of meditation. We will cover the step-by-step process of using this drawing technique to develop your own meditative practice. Taking Zentangle Basics before this class is helpful, but not required. Bring your kit from Zentangle Basics class or purchase one in class for \$10.

Southwest	1 Thursday
Apr 30	6:30-8:30 pm
Room #24	\$18

Drawing: Zentangles—Beyond the Basics—A Touch of Color

Enhance your love of Zentangles and go beyond the basics! Learn ways to add color to Zentangles to enhance the black and white patterns. Use a variety of media and techniques and see how just a touch of color will make your Zentangle art pop! Zentangle Basics class or previous experience with Zentangles is highly recommended. Bring your kit from Zentangles Basics or purchase one in class for \$10. Instructor collects a \$10 supply fee.

Southwest	1 Monday
May 4	6:30-8:30 pm
Room #24	\$18

Hot Glass: Creating with Glass & Fire

Also known as lampworking or flameworking, this course covers torch set-up and safety, techniques and tips for learning to manipulate molten glass to make beads, pendants and small sculptures. All tools and safety gear provided. Instructor collects a \$75 supply fee the first night of class.

Southwest	4 Tuesdays
Apr 7–Apr 28	6:00-8:00 pm
Room #16	\$34

Register now and make sure you get into your favorite classes! We're online at: www.mplscommunityed.com.

Painting: Acrylic Painting 1

Learn the fundamental techniques of acrylic painting. Explore various painting materials, brush techniques and basic concepts through exercises in still-life and landscape forms. Plus, learn to stretch your own canvas! Students are responsible for purchasing their own supplies (about \$25). For supply list, contact instructor Heather Konakowitz at heathabean@gmail.com.

Southwest 6 Tuesdays
Apr 7–May 12 6:30-8:30 pm
Room #19 \$46

Painting: Pastels 1

Explore one of the most attractive painting mediums; direct application of colorful pastel sticks on paper. It feels like you are drawing, but looks like a painting. Learn more about color, drawing/painting and composition by creating pastel artwork. Supplies are needed for the first class; please see list online or call 612.668.3330.

Lake Harriet 3 Mondays
Apr 13–Apr 27 7:00-9:00 pm
\$31

Painting: Watercolor 1

Explore your creativity while learning watercolor fundamentals such as mixing colors, washes, wet-dry approaches, texture, and more. Bring a watercolor kit and 140# paper to class.

Lake Harriet 3 Wednesdays
Apr 15–Apr 29 7:00-9:00 pm
\$31

Painting: Watercolor 2

For those already familiar with basic watercolor techniques. Focus is on abstract techniques with Yupo paper, Saran Wrap, and color mixes. Work from photos and life to create your best water media masterpiece. Abstract techniques include everything and anything to spawn creativity! Supply list is available online or by calling 612.668.3330.

Lake Harriet 3 Wednesdays
May 6–May 20 7:00-9:00 pm
\$31

**Painting: Watercolor Studio**

This is a fun and relaxed class where watercolor painters come together to paint. Focus is on larger individual projects. Class will have some instruction and demonstrations. Bring your own watercolor supplies or make arrangements with the instructor to purchase them. Beginners and intermediates welcome.

Washburn 6 Wednesdays
Apr 15–May 20 7:00-9:00 pm
\$46

**Painting: Watercolor—
All Levels**

Learn about color, basic visual elements and composition. Beginning and experienced students are welcome. Instructor works with students individually and as a group. We will learn about portrait painting. Critiques and discussions provide added insight on ways to improve your art. Bring a student watercolor set, watercolor pad, brush and a plastic container for water.

Southwest 7 Tuesdays
Apr 7–May 19 6:30-8:30 pm
Room #14 \$52

Pottery Studio

This is an open studio for adults wishing to explore the possibilities of clay. No instruction provided. There are wheels and lots of table space for those wishing to create in the ancient ways. Price includes 12.5 lbs. of clay, glazes and firing. Wear old clothes and bring a towel or apron. No discounts.

Washburn 5 Tuesdays
Apr 21–May 19 6:00-8:30 pm
\$48

Pottery: Wheel 1

Learn how to properly throw pots and glaze projects using several different techniques. Pick up your finished glazed pieces several weeks after the last class. Limit: 10 students (one per wheel). Fee includes 20 lbs. of stoneware clay, glazes, tools and firing.

Southwest 7 Mondays
Apr 6–May 18 6:30-9:00 pm
Room #15 \$75

Southwest 7 Tuesdays
Apr 7–May 19 6:30-9:00 pm
Room #15 \$75

Pottery: Wheel 2

Spark your creative abilities! Use your skills to create pottery of your own choosing. Improve your throwing techniques as you develop your art. Oxidation firing of stoneware is provided. Limit: 10 students (one per wheel). Fee includes 20 lbs. of stoneware clay, glazes, tools and firing.

Southwest 7 Wednesdays
Apr 8–May 20 6:30-9:00 pm
Room #15 \$75

Stained Glass 1

This class incorporates demos, coaching and hands-on practice. You will learn all the basic terms, principles, techniques and skills needed for stained glass construction. Discussion of tools and pattern selection for class projects will be covered. Bring a notebook and pen to class. Anticipate purchasing a soldering iron for \$15-\$20. Cost for supplies is \$20+ depending on the project.

Southwest 7 Wednesdays
Apr 8–May 20 7:00-9:00 pm
Room #16 \$52



Crafts

Crochet 1 & 2

Whether you are a beginner or have previous experience with crochet, you will enjoy this class. Learn the basic crochet stitches and start a small project. Bring light-colored, worsted-weight yarn (no cotton) and a size H or I crochet hook.

Washburn 6 Tuesdays
Apr 14–May 19 7:00-9:00 pm
\$46

Crochet: Summer Hats

Create fashionable mild-weather crochet hats to wear this summer! You'll learn how to begin a new hat project, adjust the dimensions of a pattern for different sizes, add fun embellishments and finish the class with a completed hat. Class time will be spent working on projects with the guidance of instructor, Ashley Newton. Join us in this fun, relaxed learning atmosphere to cultivate a passion for crafting. Upon registration, you will receive a few starter patterns from which to choose. Crochet hooks and some yarn are supplied. Instructor collects a \$10 supply fee in class. Bring yarn for your project to class.

Lake Harriet 7 Wednesdays
Apr 15–May 27 7:00-8:30 pm
\$47

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Henna

Learn to mix, design and apply henna. Study the history of this ancient art and learn some advanced design techniques. Class covers how to find and choose henna and ways to make use of it. Instructor collects a \$5 supply fee.

Southwest 3 Tuesdays
May 5–May 19 6:30-8:30 pm
Room #22 \$28

Knitting 1 & 2

Beginners and knitters who have had some previous practice will enjoy this class. Learn the basics of knitting from the “cast on” of stitches to the assembling of garments—you will learn it all. Bring 2 skeins of worsted weight yarn and size 6 or 7 needles to first class.

Washburn 6 Wednesdays
Apr 15–May 20 7:00-9:00 pm
\$46

Register now and make sure you get into your favorite classes! We're online at: www.mplscommunityed.com.



Sewing 1

Whether you have never used a sewing machine or your sewing machine skills are just rusty, this class will teach you the basics from how to thread your machine to making your own project. The instructor brings a wealth of knowledge and experience in the realm of sewing. Students can bring their own sewing machine if preferred.

Southwest 8 Tuesdays
Apr 7–May 26 6:30-8:00 pm
Room #21 \$46

Southwest 6 Wednesdays
Apr 15–May 20 6:30-9:00 pm
Room #21 \$55

Sewing Workshop

Do you have a sewing project with which you would like some guidance? Instructors will help you complete your project. Students should have basic sewing machine skill knowledge. Sewing machines are provided, but you may bring your own machine if you prefer.

Southwest 8 Tuesdays
Apr 7–May 26 8:00-9:30 pm
Room #21 \$46

Southwest 5 Thursdays
Apr 23–May 21 6:30-9:00 pm
Room #21 \$48

Sewing: Draperies

Learn how to design the drapes you need, select fabrics and construct all parts of the drape. Learn about ordering drapery supplies and how to prevent potential problems. Project supplies will be available to purchase from the instructor in class.

Southwest 8 Wednesdays
Apr 8–May 27 8:00-9:30 pm
Room #19 \$46

Sewing: Slipcovers

Make your own slipcovers properly and inexpensively. Protect new furniture or make your old furniture look new again. Instructor will demonstrate the procedures step-by-step, so students can work on their projects at home. Project supplies will be available to purchase from the instructor in class.

Southwest 8 Wednesdays
Apr 8–May 27 5:30-6:45 pm
Room #19 \$40

Sewing: Windowshades

Learn how to make insulated Roman, Austrian, balloon and cloud shades for special needs. Instructor will help you select fabrics and design the shade that is the best for your project.

Southwest 8 Wednesdays
Apr 8–May 27 6:45-8:00 pm
Room #19 \$40

Silk Flower Arrangement for Mother's Day

Create a visually striking silk floral arrangement to give to the special mother in your life. Get a little creative and make a display for the home that is eye-pleasing and magnificent. Instructor collects a \$12 supply fee for flowers and vase the night of class.

Southwest 1 Thursday
May 7 6:00-8:00 pm
Room #24 \$18

Silk Flower Pins & Cards

Are you a little bit gardener, a little bit creative and a little bit DIY? Come to this class and create beautiful silk flower pins and cards for yourself or gift giving. The instructor will also give you flower seeds right from her garden! Instructor collects a supply fee of \$7 the night of class.

Southwest 1 Tuesday
Apr 28 6:00-8:00 pm
Room #24 \$18

Register online with a VISA or MasterCard on our secure site: www.mplscommunityed.com. It's quick and easy!

www.mplscommunityed.com

Photography

Travel Photography

Capture the essence of the places you travel and make your travel photographs look like picture postcards. Topics covered will include filters, special effects and how to keep your camera safe throughout the duration of your trip.

Southwest 7 Wednesdays
Apr 8–May 20 6:00-8:00 pm
Room #9 \$52

Barton 7 Thursdays
Apr 16–May 28 6:00-7:45 pm
\$47



Homemade Body Products

The main benefit of using homemade body products is that you know exactly what ingredients are used and can avoid ingredients you might be allergic to. Another advantage of making your own homemade products is that it can save you a significant amount of money, because all you have to purchase are the raw ingredients. Most of these classes use natural ingredients in addition to being homemade.



Lip Balm

Know exactly what you are putting on your precious lips with your own homemade, all natural lip balms. Better than the store bought kind, it is perfect for yourself or a great gift idea. The class includes a take home project. Some take home supplies will be available for purchase in class. Instructor collects a \$6 supply fee.

Lake Harriet 1 Wednesday
Apr 29 6:30-8:30 pm
\$21

Bar Soap

Experience the fusion of essential oils and soothing coconut the old-fashioned, cold process lye soap way. Please wear old clothing with long sleeves, long pants, toe covered shoes, eye protection (eye glasses OK) and rubber gloves. Students will create one batch of soap in class to be divided and taken home. Wednesday class runs from 6-8 pm. Instructor collects \$10 supply fee the first night of class.

Lake Harriet 1 Mon & Wed
May 11–May 13 6:00-9:00 pm
\$24



Computers & Technology

PC/Windows Classes



Android App Development

Learn the basics of developing Android apps. You will develop, install, and take home your own Android app. Prerequisite: Keyboarding skills and good knowledge of using a PC. Taught on PC computers. Bring a Flash drive to save your work.

Washburn	6 Wednesdays
Apr 15–May 20	6:30-8:30 pm
	\$58

Blogging & Vlogging with Social Media

Each year advertisers give thousands of dollars in free products and marketing contracts to bloggers and vloggers. Learn about different social media platforms that are available and which are best for you. Generate your own ideas for the web, use easy graphic design and image editing to create your own blog. Learn to how script, film and edit your own vlog. Students can bring their own laptop to class.

Southwest	7 Mondays
Apr 6–May 18	6:00-7:30 pm
Room #9	\$42

Barton	6 Tuesdays
Apr 14–May 19	6:00-7:30 pm
	\$42

Computer Programming: C Language 1

Learn the art of creating your own computer programs in the C programming language. We'll start at the beginning, learning the layout of a program, how to read and write data, and design calculations — as much as we can cover in 6 weeks. Bring a Flash drive to save your work. You may also bring your own laptop, if you wish.

Southwest	6 Mondays
Apr 6–May 11	6:30-8:30 pm
Room #40	\$46

Computer Programming: C Language 2

We will create a project using the knowledge gained in C Language 1. Advanced topics will be explored such as program design, sorting, reading/writing/deleting records and binary files. The project will be an address book program. If you have other project ideas, you can email the instructor and we will consider them instead/in addition.

Southwest	6 Tuesdays
Apr 7–May 12	6:30-8:30 pm
Room #40	\$46

Internet Security Workshop

In today's world, we practically keep our entire lives on the computer. We use desktops and laptops for banking, sharing pictures, shopping, and much more. The safest way to protect your files and information is to be proactive! Protect your computer from problems that can be caused by hackers, viruses, Trojan Worms and other Internet attacks. Learning about Internet security and keeping viruses to a minimum are essential for ease, safety and enjoyment of the web.

Southwest	1 Monday
Apr 6	7:00-9:00 pm
Room #24	\$18

There are no classes on Monday, May 25.

Access 1

Knowing the basics of Microsoft Access 2010 can give you an edge in today's job market. Create a simple one-table database and learn how to enter, sort and search data and the basics of queries, input forms and reports. Pre-requisite: basic keyboarding skills and familiarity with Microsoft Office.

Washburn	1 Wednesday
Apr 22	6:00-9:00 pm
	\$24

Access 2

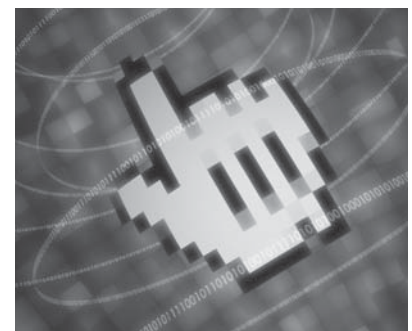
Expand your skills in Microsoft Access 2010. Set up relationships between tables and build queries and reports based on multiple tables. Create advanced queries, forms with subforms and grouping levels and add search capability to forms. Import data into an Access table and troubleshoot import errors. Pre-requisite: Access 1 or basic working knowledge of Access.

Washburn	1 Wednesday
Apr 29	6:00-9:00 pm
	\$24

Excel 1

Excel is more than just accounting software. It has a multitude of uses as a database and can be used in a variety of ways with MS Word. Learn how to use the formulas, charts and basic functions of Excel for work, school or home. Pre-requisite: a beginning computer class or equivalent.

Washburn	4 Mondays
Apr 13–May 4	6:30-8:30 pm
	\$42





Consumer & Business

8 Financial Pitfalls to Avoid in Divorce

If you are going through a divorce, you may deal with several emotions including grief, confusion and loss of identity. You also may be faced with a series of financial and legal challenges. Worry and uncertainty about how things will work out can cause additional stress. One way to move forward is to gain financial control. Learn pitfalls to avoid as you navigate through the divorce process.

Southwest	1 Monday
May 4	5:30-7:00 pm
Room #22	\$18

Avoiding Probate & Preserving Assets

Learn what a living trust is, and how it can be used to avoid probate while allowing you to retain control of your assets. Learn alternative methods of avoiding probate and ways to plan for the preservation of assets in case of future nursing home costs.

Southwest	1 Wednesday
May 6	7:00-9:00 pm
Room #23	\$18

There are no classes on Monday, May 25.

Buying & Selling on eBay & Other Internet Sites

Have you ever thought about buying or selling items online, but don't know where to begin? This class will give you a running start at getting your items bought or sold. Learn how to create a great title, write an effective description, take attractive pictures and post your first auction. Students must have internet access and a digital camera.

Lake Harriet	1 Monday
Apr 27	7:00-9:00 pm
	\$18

Finance: Money for Two

Practice financial communication skills with your partner. Acquire tools to build a better financial relationship. Discover financial resources. Create a financial action plan. Explore how you prioritize financial decisions in your relationship.

Southwest	2 Mondays
Apr 20-May 4	7:00-9:00 pm
Room #1	\$21
No class Apr 27	

How to Become a Community Education Teacher

If you have knowledge, ideas or passions that you wish to share with others, this is a great opportunity for you. Find out what it is like to be our partner and teach with Community Education, how to get started and what it pays. This is a free class, but you must pre-register by April 16.

Southwest	1 Monday
Apr 20	7:15-8:30 pm
Room #25	Free

How to Become Certified as a MN Neutral Mediator

Review Minnesota Alternative Distribution Rule 114 as well as the procedures for mediating agreements and ethical practices.

Southwest	1 Tuesday
Apr 14	6:30-8:00 pm
Room #23	\$18

How to Run a Successful Garage Sale & Make a Profit

Learn effective strategies for planning and marketing as well as organizing, pricing and creating displays. Leave with all the tools you'll need for a successful and profitable garage sale.

Southwest	1 Tuesday
Apr 28	6:30-8:00 pm
Room #23	\$18

How to Keep the Cabin in the Family

Division of an estate can lead to bitter battles between siblings and impact relationships forever. Learn how to keep your cabin, farm, or business in the family without a family conflict. We will discuss ways to ensure your children will receive equal inheritance, the impact of taxes and how to position your assets for the next generation.

Lake Harriet	1 Wednesday
May 6	6:30-8:00 pm
	\$5

Register online with a VISA or MasterCard on our secure site: www.mplscommunityed.com

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Real Estate

Buying a Home in Today's Market

Learn all the aspects involved in buying a home: what to look for in a home, best times to buy, price range and costs, financing, loan qualifying, purchase agreements and tax advantage. You'll also learn how to evaluate the condition of basic house structures and components. Buyer pitfalls will also be highlighted along with some amusing anecdotes.

Southwest 1 Tuesday
Apr 28 6:30-8:00 pm
Room #1 \$18

Duplex & Multi-Unit Housing

Real estate is a great investment in any market. Learn how to complete a rental property worksheet, understand the tax benefits of owning real estate, discuss the pro and cons of owning rental property from an expert that has sold, owned and managed hundreds of properties in Minneapolis. Participants will receive a free copy of *Rich Dad, Poor Dad's Guide to Real Estate Investing*.

Lake Harriet 1 Monday
Apr 13 6:30-8:30 pm
\$21

Home Buying Smarts: Secrets You Need to Know

Buying a home in a turbulent market can be intimidating. Know what to look for, best times to buy, price range and costs, financing, qualifying for a loan, purchase agreements and tax advantages. Learn how to evaluate the condition of basic house structures and components. Buyer pitfalls will be highlighted along with some amusing anecdotes.

Lake Harriet 1 Monday
Apr 20 6:30-9:00 pm
\$21



Selling a Home for More Money

This class will reveal: four sure ways to make buyers want your home, 10 techniques a professional would use to stage your home for sale, 21 simple cost-effective home improvements that you can make, the #1 secret that could return thousands of dollars to you and 12 purchase agreement traps and how to avoid them.

Lake Harriet 1 Wednesday
Apr 29 6:30-9:00 pm
\$21

Selling a Home in Today's Market

Learn what makes a buyer want your home. This course will go over what you, a first-time seller, should do to prepare your home to be put on the market. Should you use a realtor or sell it yourself? Should you put money into your home before putting it on the market? These questions and many more will be covered.

Southwest 1 Tuesday
May 5 6:30-8:00 pm
Room #23 \$18

Senior Housing

Topics include: selling or staying in your home, condominiums and town homes versus co-ops, 50+ housing, and expected expenses for both buying and selling.

Southwest 1 Tuesday
May 12 6:30-8:00 pm
Room #23 \$18

Long Term Care: Planning Strategies

Few of us are prepared to deal with the emotional, physical, or financial issues that accompany caregiving and aging. It's important to have a strategy in place to reduce the burden on your family or children if you need care in the future. Learn myths about long-term care and understand how long-term care insurance may fit into your plans for the future.

Southwest 1 Tuesday
May 12 5:30-7:00 pm
Room #24 \$18

Mediation Services: How to Access Them

What are the advantages and disadvantages of seeking mediation agreements? What are other types of alternative dispute resolution? Learn how to identify and access the difference sources available for mediation.

Southwest 1 Tuesday
Apr 7 6:30-8:00 pm
Room #23 \$18

Medicare ABCs & D

Are you prepared to make decisions regarding your Medicare coverage when you turn 65? This class is taught by Linda Walker, a licensed social worker, who will present unbiased information on which medical services are covered by Medicare; premiums, co-insurance and deductibles; when and how to enroll; supplemental insurance policies; and Medicare Part D. Class is free but registration is required.

Washburn 1 Monday
May 4 6:30-8:30 pm
Free

Want to Teach?

If you have knowledge, ideas or passions that you would like to share with others, consider teaching a community education class. Call us at 612.668.3939 or visit mplscommunityed.com for more information.

Medicare from A to D

Neighborhood Medicare Specialist Gary Dahl will explain the A, B, C and Ds of Medicare, what to look for in a good Medicare plan as well as providing answers to your questions.

Southwest 1 Thursday
 May 14 7:00-8:30 pm
 Room #24 \$18

Retirement: Income Taxes in Retirement

Preparing for retirement involves a lot of planning: Have you saved enough to live off of for the rest of your life? Can you withstand another market drop? How will increases in medical costs affect you? It is just as important to understand the tax implications you will face. Learn strategies you can implement prior to or in your retirement years to help reduce the tax burden over your lifetime.

Southwest 1 Tuesday
 Apr 28 5:30-7:00 pm
 Room #22 \$18

Social Security Strategies

Now vs. later is just one of hundreds of Social Security options to consider. When should I apply? How much will I be taxed? Why do I need to think about this now? Explore how to navigate the Social Security landscape and help avoid costly mistakes that can affect you for the rest of your life.

Southwest 1 Monday
 Apr 20 6:30-8:00 pm
 Room #23 \$18

Washburn 1 Monday
 Apr 27 6:30-8:00 pm
 \$18



Cooking

Asian Street Food

Southeast Asia is world-renowned for its mouth-watering street food. Growing up in that part of the Asian continent, your instructor was treated to the bountiful explosion of these flavors year round. You will create these popular, easy to make Asian street favorites: deep fried spring rolls, tantalizing spicy curry puffs, and—to satisfy your sweet tooth—coconut crepes! Recipes will be provided so you can impress your friends and family with these flavorful dishes at your next dinner party. These are simple, fun to make, and delicious!

Lake Harriet 1 Monday
 May 11 6:00-9:00 pm
 \$21

Breads: English Muffins, Bagels & Focaccia

discover the secrets to preparing English muffins, bagels and—the instructor’s personal favorite—Italian rosemary and onion focaccia. Instructor collects a \$9 supply fee.

Southwest 1 Tuesday
 Apr 28 6:00-9:00 pm
 Kitchen \$24

Breads: Scones

How about some melt-in-your-mouth scones for brunch or just about any other time? After preparing these delicious delicacies you’ll get to enjoy the fruits of your labor. You won’t find these scones at your local bakery: Lavender-currant, Fennel and Golden Raisin, Orange Poppyseed, and Ginger with dried fruit and nuts—similar to a granola bar, but better. Instructor collects an \$8 supply fee.

Lake Harriet 1 Monday
 May 18 6:00-9:00 pm
 \$21

Breads: Sourdough Sorcery

Learn to prepare French sourdough, rye sourdough, and whole wheat sourdough. Instructor collects an \$9 supply fee the night of class.

Lake Harriet 1 Monday
 May 4 6:00-9:00 pm
 \$21

There are no classes on Monday, May 25.

Discounts

UCARE members may deduct \$15 per class or trip.





Caribbean Street Foods

We will start the evening with a non-alcoholic Pina Colada, then begin our imaginary walk through the streets of the Caribbean exploring foods such as spicy meat pies, shrimp fritters with mango butter dipping sauce, curry shrimp and gingerbread bites. We will prepare these dishes together, while exploring the culinary origins of Caribbean foods. Instructor collects a \$12 supply fee.

Southwest	1 Monday
Apr 13	6:00-9:00 pm
Kitchen	\$24

Chef's Secret: Building Flavor

Elevate your cooking practice by learning how to build and layer flavor using spices, herbs, citrus and vinegars. We'll create custom spice blends in class and you'll learn how to take inspiration from other cultures, product labels, the deli case and more to bring creativity into your kitchen!

Ramsey	1 Monday
Apr 27	6:00-8:30 pm
	\$21



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Chinese Tamales: Zongzi Sticky Rice Dumpling

Zongzi is a traditional Chinese food made of sticky rice stuffed with different fillings and wrapped in bamboo leaves. Learn to make and cook Zongzi and a coconut milk tapioca pearl dessert. We will cook in groups, gathering ingredients and all taking part in prep work. Finally, we will eat the Zongzi and dessert together. Instructor collects a \$15 supply fee.

Southwest	1 Tuesday
May 5	6:30-9:00 pm
Kitchen	\$24

Desserts You Don't Have to Die For

Do you have an insatiable sweet tooth, but don't want to let it ruin your health? Learn how to create an assortment of truly decadent desserts that will delight you while using surprising ingredients that will add vitality back into your life. All items are naturally gluten and dairy free. Sample creations in class and bring a container to take home leftovers. Instructor collects a \$15 supply fee.

Southwest	1 Monday
May 4	6:30-8:30 pm
Room #19	\$21

Drink It Up!

Trying to ditch the pop but not exactly thrilled about drinking just plain water? Would you like to have some fun, colorful beverages to have on hand for guests? This class will equip you! Sample a variety of beverages that will not only taste amaze and dazzle your tastebuds, but also effortlessly cleanse and nourish your body. Instructor collects a \$5 supply fee.

Southwest	1 Monday
May 11	7:00-8:30 pm
Room #19	\$18

Fermentation: Making Sauerkraut & Kimchi

Receive the tools and knowledge for fermenting your own sauerkraut or kimchee at home. We will discuss the dos and don'ts of fermentation as well as the health benefits of this age-old art! Each participant will receive a kit to make small-scale fermentation projects at home safely and easily. Instructor collects a \$15 supply fee.

Southwest	1 Wednesday
May 6	7:00-8:30 pm
Kitchen	\$18

Great Main Dishes Without Meat

Tired of beef? Looking for some delicious alternatives to meat? There are so many great options for protein! Learn how to create Risotto with Porcini Mushrooms, Tofu Stroganoff, a hearty Garbanzo Bean and Lentil Soup, Black-eyed Peas with Cabbage and cheese, Chili with Kidney Beans and Bulgur, Quinoa Salad with Bell Peppers and Olives, and the famous Nepal Dhal using lentils. Instructor collects a \$14 supply fee.

Lake Harriet	1 Wednesday
May 20	6:00-9:00 pm
	\$21

Register Today!

Register now and make sure you get into your favorite classes! We're online at: www.mplscommunityed.com.

Grilling with Marinades

Whether you use a stovetop grill, your oven's broiler feature or the outdoor charcoal/gas grills marinades can take your favorite meats from ordinary to sublime. Liquid marinades impart both flavor and added moisture while dry marinades (blends of spices or herbs) delicately season flavored foods such as fish. Instructor collects a \$14 supply fee.

Lake Harriet	1 Wednesday
May 13	6:00-9:00 pm
	\$21

Knife Skills 1

Learn how to properly hold and utilize the knives chefs use 99% of the time. Focus on the chef's knife. Bring your own knife and cutting board, and practice with different types of provided knives as well. Instructor collects a \$5 supply fee.

Ramsey	1 Monday
Apr 13	6:00-8:30 pm
	\$21

Knife Skills 2

Take your knife skills to the next level by making Pico de Gallo and Guacamole! Practice the beauty of small and precise dicing, gain consistency in your cuts, and learn how to blend ingredients to customize Pico de Gallo to your taste buds! Bring your favorite chef's knife, a cutting board and towel to class. Knife Skills 1 is a great pre-requisite for this class, but not required. Instructor collects an \$8 supply fee.

Ramsey	1 Monday
Apr 20	6:00-8:30 pm
	\$21

New Orleans Cuisine

Let's heat things up with some Cajun and Creole dishes from down in the Bayou! We will be making dishes such as Gumbo, Catfish Po-boys, Tamarind-Glazed Pork with Bourbon-Molasses Sweet Potatoes and decadent Bananas Foster, served over banana biscuits. Instructor collects a \$12 supply fee.

Southwest	1 Monday
Apr 27	6:00-9:00 pm
Kitchen	\$24



Portable Foods & Meals 1: Dried Foods for the Pantry & the Road

If you're looking for quick & nourishing meals to have on hand, for travel, hiking, or to have a storable amount of food on hand in case of an emergency, this class is for you. Class will cover proper tools, techniques, and recipes in order to have a plentiful supply of meals, snacks and ingredients on hand. There will be sampling involved. All items are naturally gluten-free. Instructor collects a \$10 supply fee.

Southwest	1 Monday
May 18	6:30-8:30 pm
Room #19	\$21

Quinoa

What's all the fuss about? Once you taste it, you will understand. This ancient grain is versatile and can be used at every meal: Salads, desserts, breads and more. Did you know that quinoa is a complete protein and is also gluten free? It will fill you up without filling you out! Join us for some outstanding recipes. Instructor collects a \$9 supply fee.

Lake Harriet	1 Monday
Apr 20	6:00-9:00 pm
	\$21

Salads: Festive Salads for Spring

Get ready for spring with these light, refreshing salads: Wild rice with chicken and fresh mushrooms and cashews, a vegetarian main-dish salad using multicolored peppers and quinoa, fruit salad with cantaloupe, strawberries, and orange sauce, plus one with raspberry, spinach and glazed pecans. We'll also make three easy dressings—feta, blue cheese, and orange—to top your favorite assortment of garden greens. Be ready to host family and friends for patio parties once the snow melts! Instructor collects a \$13 supply fee.

Lake Harriet	1 Monday
Apr 27	6:00-9:00 pm
	\$21

Southern Chinese Cooking

Join Ada Dong of "Ada's Home Cooking" to learn how to cook Southern Chinese food. We will prepare a variety of common Chinese family dishes that are authentic, healthy and easy to make. Let's enjoy Chinese food and culture and have fun. Instructor collects a \$25 supply fee the first night of class.

Southwest	3 Wednesdays
Apr 15-Apr 29	6:00-9:00 pm
Kitchen	\$46

Family

Dance & Music for Parents & Tots (Ages 2-3)

Parents and children will have fun exploring the different ways we move our bodies to musical rhythms. We will develop coordination and motor skills and begin to use our imaginations. Come prepared to have lots of fun! Register online or call Lake Harriet at 612.668.3330. *Class held at Linden Hills Park, 3100 43rd St. W.*

Linden Hills Pk.	7 Saturdays
Apr 18–May 30	12:00-12:30 pm
	\$35



Teen

ACT & SAT/PSAT Test Preparation Courses

High school students: prepare for the ACT or SAT/PSAT College entrance exams. Learn the structure of the exam and test taking strategies. Focus on specific skills needed such as mathematics, reading comprehension, principles of grammar and science reasoning. Each course meets for 12 hours. Offered In cooperation with Advantage Educational Programs. All class materials are included in tuition fee. No discounts. **Students may take both ACT & SAT/PSAT Test Preparation classes for \$210. Call the site offering the classes to register with the discount.**

ACT Test Preparation Course

Southwest	4 Thursdays
Apr 30–May 21	5:45-8:45 pm
Room #119	\$120

SAT/PSAT Test Preparation

Washburn	4 Mondays
Apr 27–May 18	5:45-8:45 pm
	\$120

Southwest	4 Tuesdays
Apr 28–May 19	5:45-8:45 pm
Room #119	\$120

Youth

Dance: Ballet, Hip Hop & Modern Dance Foundations (Ages 5-6)

This class features the foundations of ballet, hip hop and modern dance. Each week, we will use our imaginations and a range of dance movements. The class ends with a small performance for families. No previous dance experience is necessary. Register online or call Lake Harriet at 612.668.3330. *Class held at Linden Hills Park, 3100 43rd St. W.*

Linden Hills Pk.	7 Saturdays
Apr 18–May 30	1:10-1:50 pm
	\$35

Dance: Creative Dance, Movement & Stories (Ages 3½-4½)

This class is a great introduction to dance, movement and imagination. It will focus on exploring all the ways we can move our bodies. Each week, dance movements will be explored by using a children's story. Register online or call Lake Harriet at 612.668.3330. *Class held at Linden Hills Park, 3100 43rd St. W.*

Linden Hills Pk.	7 Saturdays
Apr 18–May 30	12:35-1:05 pm
	\$35

Wine: Introduction

Wine... Where did it come from? How did it develop? What disease almost ended the continuing evolution of wine and varietals? Are there still countries developing wine and new regions today? These and other fascinating facts will be discussed in The History of Wine as it pertains to the world past, present and future. Our final class features a field trip to Trattoria Tosca, 44th St. and Beard Ave. S. where we will taste and sample wines and discuss region, tannins, tear drops and notes—field trip fee is \$15. Instructor Cheryl Conway has two certificates from the International Sommelier Guild—the most respected wine entity in the world.

Southwest	8 Tuesdays
Apr 7–May 26	6:00-7:30 pm
Room #31	\$46

Wines: Italian Region

Italy has one of the oldest traditions of viticulture and some of the most sumptuous and sought-after wines in the world. With its vast terrain and greatly-varying climates, Italy brings to the world its own extraordinary gifts. Regions like Tuscany are legendary, but there are still some surprises as well. Join us for an Italian discovery on a field trip to Tosca at 44th St. & Beard Ave. S. the final day of class to sample some wines and test your taste buds—field trip fee is \$15. Bring a blindfold for blind tasting.

Southwest	5 Wednesdays
Apr 8–May 6	6:00-7:30 pm
Room #31	\$33

Wines: South African

Settled by the Dutch and now celebrated by the world, Paarl, Stellenbosch and other South African regions deliver some gorgeous wines that you'll want to share once you've tasted them. The third class will be offsite for wine tasting—field trip fee is \$15.

Southwest	3 Wednesdays
Apr 8–Apr 22	7:30-9:00 pm
Room #31	\$24



Exercise & Fitness

Boot Camp Training

Build strength, get fit and tone your muscles in this challenging class. Class begins with a five minute warm-up and transitions to a brisk workout. Cool down includes yoga style stretching to leave you feeling great. Modifications will be provided for each person's workout.

Washburn 6 Mondays
Apr 13–May 18 6:15-7:15 pm
\$48

Washburn 6 Wednesdays
Apr 15–May 20 6:15-7:15 pm
\$48

Karate: Goju Kai Karate Do

This traditional Japanese Karate uses all of your body muscles for a balanced aerobic and muscular workout. Begin with a slow warm up and then progress at your own pace. Students should wear comfortable clothing or a karate Gi. This class is designed for beginners 14 years old to adult. Register online or call Southwest CE at 612.668.3100. Class held at Pershing Park, 4801 Chowen Ave. S.

Pershing Park 8 Tue & Thu
Apr 7–May 28 6:30-8:30 pm
\$60

There are no classes on Monday, May 25.

Kettlebells

A kettlebell is a traditional Russian cast iron weight that looks like a cannonball with a handle on it. Get set for an intense, challenging workout designed to add explosive strength, endurance, functional movement, and fat loss. Beginner to intermediate class. Check with your doctor before you begin this class. Not appropriate for individuals with high blood pressure.

Washburn 5 Mondays
Apr 13–May 11 5:30-6:15 pm
\$40

Martial Arts: Indonesian

Learn fundamentals of self-defense and various styles of martial arts from Southeast Asia. Stretching exercises, kicks, punches, blocks and grabs will be taught. Areas covered include meditation, stick fighting and up-close techniques. Wear loose clothing you can move in.

Southwest 7 Mondays
Apr 6–May 18 7:30-9:00 pm
Room #21 \$42

Register Today!

Register online with a VISA or MasterCard on our secure site: www.mplscommunityed.com. It's quick and easy!

Martial Arts: Kung Fu (Cardio & Strength Training)

Exercise your body and mind with cardio, strength/toning, stretching and relaxation. The fun and inviting atmosphere starts with relaxation and breathing, a thorough warm up, 30-45 minutes of cardiovascular and strength, and Kung Fu exercises for punching/kicking. Wear comfortable clothing and bring a water bottle.

Lake Harriet 7 Wednesdays
Apr 15–May 27 6:00-7:15 pm
\$38

Nia

If you like Zumba, you will love this! Nia is a fitness practice that combines the best of dance, martial arts and yoga in a fun hour of movement and body awareness to all kinds of music. More dance party than workout, Nia builds strength, agility, confidence and conditioning in a safe, lifelong practice for all ages and abilities.

Lake Harriet 6 Mondays
Apr 13–May 18 6:30-7:30 pm
\$31

Pilates 1

Improve your posture, balance, and flexibility with this unique method of body conditioning. Through stretching and strengthening exercises, build strength in your abdomen, lower back and hips with the focus on making the torso the power center of your body. Wear comfortable clothing and bring a yoga mat.

Lake Harriet 6 Mondays
Apr 13–May 18 6:15-7:15 pm
\$31

Lake Harriet 6 Mondays
Apr 13–May 18 7:15-8:15 pm
\$31

Washburn 6 Mondays
Apr 13–May 18 6:00-7:00 pm
\$34

Washburn 6 Tuesdays
Apr 14–May 19 6:00-7:00 pm
\$34

Lake Harriet 7 Wednesdays
Apr 15–May 27 6:15-7:15 pm
\$35

Sports & Recreation

Badminton: Adult Co-Ed

Whether you are a beginner or a seasoned player, badminton provides a fun workout. After a brief review of the rules and strokes, play a game of singles or doubles in this friendly, non-competitive class. Students form their own groups for matches. Wear comfortable clothing and athletic shoes. Bring water. Equipment provided or bring your own.

Southwest	7 Mondays
Apr 6–May 18	7:00-9:00 pm
East Gym A	\$36

Washburn	6 Tuesdays
Apr 14–May 19	7:00-9:00 pm
	\$27

Basketball: Adult Co-ed

Join a friendly, non-competitive, half-court basketball game for adults. Four-on-four or five-on-five play; no coach or referees. Bring your friends, neighbors, or relatives to come play a fun game. This is not open gym time for teams.

Southwest	8 Wednesdays
Apr 8–May 27	7:00-9:00 pm
East Gym B	\$36

Golf 1

We will focus on the swing technique from the set-up grip, posture, alignment and ball position. Tee shots, fairway woods and long irons along with putting will be examined and practiced in an attempt to develop a routine in shot-making.

Southwest	6 Tuesdays
Apr 7–May 12	8:00-9:30 pm
West Gym	\$37



Volleyball: Adult Co-ed Recreational

Meet your neighbors in a friendly game of volleyball. Nets and volleyballs are provided. Although this is a non-competitive game, it is for intermediate, skilled players.

Lake Harriet	6 Mondays
Apr 13–May 18	7:00-9:00 pm
	\$30

Volleyball: Adult Co-ed Competitive Play

Solid intermediate-level volleyball skills are a pre-requisite in this class. Players must demonstrate the ability to pass, set, hit and serve. Knowledge of court position and rotations is imperative to avoid injury and play quality volleyball. This course is not for beginners!

Southwest	8 Wednesdays
Apr 8–May 27	7:00-9:00 pm
East Gym A	\$36

Safety Disclaimer: There is an inherent risk of accident and injury in any activity. It is the responsibility of the participant to be aware that there are assumed risks in participation. Minneapolis Public Schools (SSD #1) assumes no responsibility for injuries received during activities. Any changes in participants' activity level should be done under the approval and direction of their physician or health care provider.

Pilates 2

This class is for those of you who have taken Pilates 1 and are looking for a little more. Test your conditioning with both strengthening and stretching exercises. The focus is on making the torso the power center of the body. Wear loose comfortable clothing and bring a water bottle. For Lake Harriet class, bring a mat. Mats provided at Washburn.

Washburn	6 Tuesdays
Apr 14–May 19	7:15-8:30 pm
	\$40

Lake Harriet	7 Wednesdays
Apr 15–May 27	7:15-8:15 pm
	\$35

Pilates: Yoga Power Sculpt

Sculpting Pilates movements and lengthening yoga postures are woven together to strengthen and tone the body and refresh the mind. This class uses Thera-Bands for resistance, which may be purchased from instructor for \$5 on the first night of class. Mats available.

Washburn	6 Mondays
Apr 13–May 18	7:15-8:15 pm
	\$34

Zumba: Exercise to Latin Music

Zumba is a fun, effective, easy-to-learn workout that uses the principles of fitness, interval and resistance training to maximize caloric output, fat burning, and total body toning. Zumba combines these fitness methods with hot dance moves from Salsa, Cumbia, Merengue, Reggaeton and explosive Latin rhythms to create a fitness program that motivates you to get in shape in a dance party atmosphere. Bring a small towel and water in a bottle or covered container to class.

Lake Harriet	7 Wednesdays
Apr 15–May 27	7:00-8:00 pm
	\$35

Register online with a VISA or MasterCard on our secure site: www.mplscommunityed.com



Swimming at Southwest

The pool is located on the 46th St. and Beard Ave. S. side of the school. Enter through Door #17 and go down the stairs to the first door on the left. Watch for parking restrictions. Call 612.668.3100 for more information.

Adult Intro to Water Skills

For students who have never had lessons and are not quite comfortable in the water.

Southwest 6 Mondays
Apr 13–May 18 8:25-8:55 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 8:25-8:55 pm
\$40

Southwest 6 Wednesdays
Apr 15–May 20 8:25-8:55 pm
\$40

Southwest 6 Thursdays
Apr 16–May 21 8:25-8:55 pm
\$40

Adult Stroke Development

Student should be comfortable in the water and can “doggy” paddle.

Southwest 6 Mondays
Apr 13–May 18 8:25-8:55 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 8:25-8:55 pm
\$40

Southwest 6 Wednesdays
Apr 15–May 20 8:25-8:55 pm
\$40

Southwest 6 Thursdays
Apr 16–May 21 8:25-8:55 pm
\$40

Adult Stroke Refinement

Improve your strokes for a Triathlon. Student should: be comfortable submerging completely under water, know basic strokes, be comfortable in the deep end, and able to float for 10 seconds.

Southwest 6 Mondays
Apr 13–May 18 8:25-8:55 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 8:25-8:55 pm
\$40

Southwest 6 Wednesdays
Apr 15–May 20 7:50-8:20 pm
\$40

Southwest 6 Thursdays
Apr 16–May 21 8:25-8:55 pm
\$40

Family Swim

Come and enjoy time with your family in the water. Children must be at least 4 years & potty trained and must be accompanied by their care giver. The fee listed is for a family of 4. Additional members are \$5 per person.

Southwest 6 Thursdays
Apr 16–May 21 5:30-6:30 pm
\$25

Lap & Open Swim Season Passes

Open Swim is only permitted during the designated hours posted and pass is only good to those assigned to pass. Children under 14 years must be accompanied by an adult. Cost: \$25 for a single pass, \$40 double pass, \$50 for 3-4 people and 5 or more: \$60.

Lap Swimming

Southwest 6 Mon-Thu
Apr 13–May 21 5:30-9:00 pm
\$25

Open Swimming

Southwest 6 Mon-Thu
Apr 13–May 21 7:50-9:00 pm
\$25

Private Lessons

Private lessons can be arranged for kids or adults and are offered Monday, Tuesday, Wednesday and Thursday between 5:30-9:00 pm. Please email silvia.ihme@mpls.k12.mn.us or call 612.668.3100 to arrange a time. Cost: \$15/lesson for one person, \$25 for two, and \$40 for three.

Swimming 1: Introduction to Water Skills (Ages 5+)

Students will learn: water entry and exit; submerge mouth, nose and eyes while blowing bubbles through mouth and nose—demonstrate 3 times; float on front and back with support for 5 seconds; roll over from front to back and vice versa with support; swim on front and back using arms and leg motions with support for 5 feet.

Southwest 6 Mondays
Apr 13–May 18 6:05-6:35 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 6:05-6:35 pm
\$40

Southwest 6 Wednesdays
Apr 15–May 20 6:05-6:35 pm
\$40

Southwest 6 Thursdays
Apr 16–May 21 5:30-6:00 pm
\$40



Swimming 2: Fundamental Aquatic Skills (Ages 5+)

Participants will learn: water entry and exit by stepping or jumping from the side; submerge entire head for 5 seconds; bob entire head at least 5 times; retrieve a submerged object with eyes open at least 3 times; front float with face in water and back float, unsupported for 5 seconds; front and back glide, 2 body lengths; swim on front and back unsupported for 15 feet.

Southwest 6 Mondays
Apr 13–May 18 6:05-6:35 pm
\$40

Southwest 6 Mondays
Apr 13–May 18 6:40-7:10 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 6:05-6:35 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 6:40-7:10 pm
\$40

Southwest 6 Wednesdays
Apr 15–May 20 6:05-6:35 pm
\$40

Southwest 6 Thursdays
Apr 16–May 21 6:40-7:10 pm
\$40

Swimming 3: Stroke Development (Ages 5+)

Participants will learn to jump into deep water from the side; rotary breathing with the body in a horizontal position, at least 5 times; front and back glide at least 2 body lengths; survival float and back float for 30 seconds in deep water, tread in deep water for 30 seconds; swim on front and back at least 15 yards; and butterfly kick 15 feet.

Southwest 6 Mondays
Apr 13–May 18 6:40-7:10 pm
\$40

Southwest 6 Mondays
Apr 13–May 18 7:15-7:45 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 6:40-7:10 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 7:15-7:45 pm
\$40

Southwest 6 Wednesdays
Apr 15–May 20 6:40-7:10 pm
\$40

Southwest 6 Thursdays
Apr 16–May 21 6:40-7:10 pm
\$40

Southwest 6 Thursdays
Apr 16–May 21 7:15-7:45 pm
\$40

Swimming 4: Stroke Improvement

Participants will learn to dive from the side in a compact or stride position; swim underwater 3 body lengths; survival float and back float for 1 minute in deep water; front and back glide 2 body lengths; tread water 1 minute; swim on front and back 25 yards; breaststroke, butterfly, and elementary backstroke 15 yards.

Southwest 6 Mondays
Apr 13–May 18 7:15-7:45 pm
\$40

Southwest 6 Mondays
Apr 13–May 18 7:50-8:20 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 7:50-8:20 pm
\$40

Southwest 6 Wednesdays
Apr 15–May 20 6:40-7:10 pm
\$40

Southwest 6 Thursdays
Apr 16–May 21 7:15-7:45 pm
\$40

Swimming 5: Stroke Refinement

Participants will learn to shallow dive from the side, glide 2 body lengths and begin any front stroke; swim underwater 15 yards; tuck and pike surface dives; survival float and back float 2 minutes; tread water with two different kick 2 minutes; front crawl and back crawl 50 yards; butterfly, breaststroke, elementary backstroke, and sidestroke 25 yards.

Southwest 6 Mondays
Apr 13–May 18 7:50-8:20 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 7:50-8:20 pm
\$40

Southwest 6 Wednesdays
Apr 15–May 20 7:15-7:45 pm
\$40

Southwest 6 Thursdays
Apr 16–May 21 7:50-8:20 pm
\$40

Swimming 6: Skill Proficiency

Participants must have completed the Swimming 5 requirements. This class refines strokes in order to swim with more ease, efficiency, power and smoothness over greater distances.

Southwest 6 Wednesdays
Apr 15–May 20 7:15-7:45 pm
\$40

Southwest 6 Thursdays
Apr 16–May 21 7:50-8:20 pm
\$40

Swimming: Preschool (Age 4)

For potty-trained toddlers who are comfortable splashing around in the water without a parent. To complete level, participants will float on front and back for 5 seconds: roll over from front to back and vice versa with support; swim on front and back using arms and leg motions with support for 5 feet.

Southwest 6 Mondays
Apr 13–May 18 5:30-6:00 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 5:30-6:00 pm
\$40

Southwest 6 Wednesdays
Apr 15–May 20 5:30-6:00 pm
\$40

Swimming: Parent & Child (Ages 3-4)

One adult per child. Parents will be trained in support techniques for moving their children through the water. Learn water entry, bubble blowing, front kicking, back floating, underwater exploration. Basically, we want the kids to have fun. Bring their favorite bath toy.

Southwest 6 Mondays
Apr 13–May 18 5:30-6:00 pm
\$40

Southwest 6 Mondays
Apr 13–May 18 7:15-7:45 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 5:30-6:00 pm
\$40

Southwest 6 Tuesdays
Apr 14–May 19 7:15-7:45 pm
\$40

Southwest 6 Wednesdays
Apr 15–May 20 5:30-6:00 pm
\$40

Want to Teach?

If you have knowledge, ideas or passions that you would like to share with others, consider teaching a community education class. Call us at 612.668.3939 or visit mplscommunityed.com for more information.

Health & Wellness

CPR: Adult, Infant & Child with AED Training

This class is American Heart Association certified. Learn simple, appropriate ways to intervene in breathing and cardiac emergencies for adults, children and infants. Ample practice in CPR and choking management will be provided. Training in the use of an AED (Automated External Defibrillator) will be included. Please come early, certificates of completion cannot be issued unless you are present for the entire class. Instructor collects a \$5 supply fee. CPR and First Aid can be taken separately and in any order. Only multi-class discount is available—No other discounts applicable. **Register for both CPR and First Aid classes at Southwest for a reduced price. Call 612.668.3100 to register with the discount.**

Southwest 1 Monday
Apr 27 5:15-9:15 pm
Room #22 \$45

Southwest 1 Monday
May 18 5:15-9:15 pm
Room #22 \$45

CPR: Adult, Infant & Child with AED Training & First Aid

This is a CPR with AED certification combined with First Aid certification. Class taught by Twin Cities' Fire and Safety. Certification is American Heart Association, 2 years.

Ramsey 1 Friday
May 1 10 am-3 pm
\$75



Wellness

Continued from page 25

First Aid: American Heart Association

This class teaches students critical skills for responding to and managing an emergency in the first few minutes until emergency medical services (EMS) arrives. Learn how to treat bleeding, sprains, broken bones, shock, diabetic emergencies, seizures, stroke and other first aid emergencies. You must arrive on time and attend the entire class to receive certificate. No discounts available for individual class. CPR and First Aid can be taken separately and in any order.

Southwest 1 Monday
Apr 20 5:30-9:30 pm
Room #22 \$45

Southwest 1 Monday
May 11 5:30-9:30 pm
Room #22 \$45

Massage for Couples

Touch has the power to comfort, rebalance and release stress on all levels: physical, emotional and spiritual. Learn simple massage techniques which encourage relaxation, calm the mind and accelerate healing. Wear loose, comfortable clothing. Bring 2 large towels, a favorite lotion or oil, and cushion or pillow. You must register with a partner. No discounts.

Southwest 2 Wednesdays
May 6–May 13 6:30-9:00 pm
Room #22 \$28/Person



Yoga & Mind/Body

Alexander Technique 1

Alexander Technique is an educational discipline that focuses on learning to coordinate your whole body efficiently in everything you do: walking and climbing stairs, driving the car, gardening, or working at the computer. Many of us unconsciously carry habitual and unnecessary tension. Learn to transform these tendencies through increasing self awareness, mobility and conscious thought. We will incorporate group activities and provide an introduction to this 120-year-old technique. Please bring a mat.

Barton 7 Thursdays
Apr 16–May 28 6:30-7:30 pm
\$35

Lake Harriet 7 Thursdays
Apr 16–May 28 5:00-6:00 pm
\$35

Alexander Technique 2

Deepen your explorations of this 120-year-old technique, refining skills previously introduced in Alexander Technique 1. The goal of this class is for you to become independent and confident with applying the Alexander Technique to your daily life and activities.

Lake Harriet 7 Tuesdays
Apr 14–May 26 5:00-6:00 pm
\$35

Mindfulness: Introduction

Everyone's talking about mindfulness, a mind-body approach to life that helps people to relate differently to their experiences. It involves paying attention to our thoughts and feelings in a way that increases our ability to relax, be more intentional, access creativity and have greater success with our goals. This course is a great introduction to this approach. If you have some background in the techniques, this course can help you apply and enhance your skills.

Southwest 2 Wednesdays
Apr 22–Apr 29 6:30-8:00 pm
Room #34 \$21

Qi Gong: Spring Forest Techniques 1

Qi Gong is an ancient Chinese healing art that can help you relax, balance your energy and bring more harmony into your life. It strengthens the immune system and helps you maintain a more positive outlook. You will become familiar with the basic philosophy of Spring Forest Qi Gong, learn active exercises and a wonderful meditation for balance and healing. Wear comfortable clothing.

Southwest 5 Mondays
Apr 6–May 4 6:30-8:00 pm
Room #32 \$33

Qi Gong: Spring Forest Techniques 2

Learn to increase your own internal energy and to scan the body to find energy blockages, which are believed to be the root of sickness or disease in the body. You will learn the 5 Chinese Energy Systems and color healing. Learn the healing techniques of “sword fingers” and “thunder palms” to treat pain, heal colds, improve blood pressure, and more. Pre-requisite: Qi Gong: Spring Forest Techniques 1. Instructor collects a \$20 supply fee the first night of class.

Southwest	5 Tuesdays
Apr 7–May 5	6:30-8:00 pm
Room #32	\$32

Tai Chi Chuan 1: Yang Style

Tai Chi is an ancient Chinese martial art that is beneficial for all ages. A way of “moving without moving,” Tai Chi is a less stressful form of exercise for health and well-being. Benefits include relaxation, coordination, better circulation, flexibility, and strength.

Lake Harriet	6 Mondays
Apr 13–May 18	6:15-7:15 pm
	\$31

Yoga for Stress Reduction

Yoga gives us tools to calm our nervous system and create a sense of balance in our everyday lives. Using gentle asana (movement and postures), breath awareness, guided meditation, and deep relaxation, this course will give you tools to reduce stress, manage your moods, and gain more focus, as well as teaching you techniques to cultivate a sense of relaxation in your everyday life. You will have short take-home practices, and a home practice will be strongly encouraged.

Lake Harriet	6 Mondays
Apr 13–May 18	7:15-8:45 pm
	\$42

Lake Harriet	6 Mondays
Apr 13–May 18	5:30-7:00 pm
	\$42

Yoga for Strong Bones

This class is for anyone concerned about maintaining or building bone density as they age into their 40s and beyond. Yoga also improves balance, flexibility, and overall body strength. You will have the option of using light hand weights on some poses to enhance the effect of your practice. Breath work, quiet reflection and deep relaxation of the mind and body will be part of your practice.

Lake Harriet	7 Wednesdays
Apr 15–May 27	6:00-7:30 pm
	\$47

Yoga: Hatha & Vinyasa Mix

This Hatha Yoga class unites pranayama (breath) and asanas (yoga postures) together. We will also learn traditional Hatha Mantras sung while making personal intentions for on and off the mat. Focus on strength, stamina, balance, flexibility, and proper alignment. Wear comfortable clothing and small blanket. Refrain from eating two hours before class. Mats provided.

Washburn	6 Tuesdays
Apr 14–May 19	6:15-7:30 pm
	\$40

Yoga: Hatha 1

Balance your body and mind and relieve stress. Class covers proper breathing, relaxation, joints, as well as yoga asanas or postures. Focus on strength, stamina, balance, flexibility, and proper alignment. Wear loose, comfortable clothing. Mats available.

Washburn	6 Wednesdays
Apr 15–May 20	4:30-5:30 pm
	\$34

Yoga: Chakra Yoga

There are seven major psychic centers in the body that process energy. We will explore these seven centers to learn their purpose, what supports their healthy function and what can block it. Each class will focus on one or two chakras.

Southwest	7 Wednesdays
Apr 8–May 20	6:30-7:30 pm
West Aux. Gym	\$38



Yoga: Fitness

Explore the benefits of health and fitness through yoga exercises. Increase strength, improve flexibility and practice balance, relaxation and breathing techniques. Wear comfortable, loose clothing and refrain from eating before class.

Washburn	6 Mondays
Apr 13–May 18	6:00-7:15 pm
	\$40

Washburn	6 Wednesdays
Apr 15–May 20	6:00-7:15 pm
	\$40

Yoga: Gentle 1

A gentle form of yoga that combines poses, breath work, self-reflection, and deep sense of relaxation. Emphasis is on learning basic poses that safely build strength, flexibility, and balance. Learn sequences that will not only help strengthen major muscle groups, but also increase respiratory function, release tension, and relax your mind and body.

Lake Harriet	7 Wednesdays
Apr 15–May 27	7:45-9:00 pm
	\$47

Washburn	6 Mondays
Apr 13–May 18	7:30-8:30 pm
	\$34

Discounts

UCARE members may deduct \$15 per class or trip.





Yoga: Hatha 1

This is a Hatha Yoga class that unites pranayama (breath) and asanas (yoga postures). We will also learn traditional Hatha Mantras (sung) while making personal intentions for on and off the mat. Bring a mat to class. Focus on strength, stamina, balance, flexibility, and proper alignment. Wear comfortable clothing, bring a yoga mat and small blanket. Refrain from eating 2 hours before class.

Southwest	7 Tuesdays
Apr 7–May 19	5:30-6:45 pm
West Aux. Gym	\$45

Yoga: Hatha for Stress Reduction

This Hatha yoga class will incorporate breath work, meditation and physical exercises or asana to calm your body and mind. We will practice methods to relieve musculoskeletal tension, alleviate headaches, improve sleep, and develop coping strategies for dealing with stressful events and the negative symptoms of stress. All levels welcome.

Southwest	7 Wednesdays
Apr 8–May 20	7:00-8:30 pm
Room #22	\$52

 **Find us on Facebook!**
facebook.com/MplsCommEd

Yoga: Hatha—Sun & Moon

Balance your sun and moon energy! We will begin with a series of energizing sun salutations, poses focusing on body conditioning and mental focus. Depending on your day and needs, you may need to use this time to “burn off” excess calories or mental stress created during the day. Class will conclude with a yoga “cool down,” simple meditations and relaxing body postures designed to move you into a calmer state for evening activity and sleep.

Southwest	8 Wednesdays
Apr 8–May 27	7:30-8:30 pm
West Aux. Gym	\$42

Yoga: Power 1

Power Yoga combines traditional yoga postures with fluid movements and key breathing techniques for a powerful aerobic workout. This class includes intensive muscle stretching and strengthening to improve balance, muscle tone, and alignment. Best of all is the benefit of a calmer, more focused mind. Some yoga experience recommended. Wear loose clothing and bring a yoga mat.

Southwest	7 Mondays
Apr 6–May 18	6:00-7:00 pm
West Aux. Gym	\$41

Southwest	7 Thursdays
Apr 9–May 21	6:00-7:00 pm
West Aux. Gym	\$41

Yoga: Power 2

Deepen your practice with more challenging poses, breath work, and meditation in this in-depth, faster-paced class. Students should have taken at least two sessions of Power Yoga 1 or have equivalent experience with another hard form style of yoga. Wear loose clothing and bring a yoga mat.

Southwest	7 Mondays
Apr 6–May 18	7:15-8:30 pm
West Aux. Gym	\$48

Register now and make sure you get into your favorite classes! We're online at: www.mplscommunityed.com.

Yoga: Prenatal

Prepare your body and mind for the birthing process. Maintain flexibility, vitality, strength of body and calmness of mind during and after pregnancy. All levels of yoga practitioners are welcome. Wear loose clothing and bring a yoga mat and blanket.

Southwest	7 Wednesdays
Apr 8–May 20	5:30-7:00 pm
Room #22	\$52

Yoga: Restorative

Restorative yoga is a proactive form of strengthening, stretching deeper than just your muscles and into your ligaments. It is calming and relaxing, releasing as much tension in your body as possible.

Southwest	7 Mondays
Apr 6–May 18	6:30-7:30 pm
Room #22	\$38

Yoga: Restorative Yin

This meditative practice rooted in ancient Chinese medicine and philosophy is designed to improve the immune system, increase circulation, improve flexibility and promote a strong sense of vitality. Yin yoga works the major meridian lines in the body while releasing chronically-held tension in our fascia—connective tissue fibers that support and connect our muscles, bones and internal organs. Postures are all practiced on the floor and are held for 2 to 5 minutes. A quiet yet profound and highly therapeutic style of yoga, Yin is available to all students at all levels.

Southwest	4 Tuesdays
Apr 7–Apr 28	7:00-8:15 pm
West Aux. Gym	\$30



Yoga: Sivananda Hatha 1

Sivananda Yoga is a traditional style of yoga. Classes will include breathing exercises, sun salutations, classical yoga asanas, and relaxation with thorough explanation and guidance. The course structure will allow students to build upon each week's learning to establish a home practice. Suitable for all levels of fitness, beginners or more experienced.

Southwest 8 Thursdays
 Apr 9–May 28 6:00-7:30 pm
 Room #22 \$58

Yoga: Vinyasa 1

Don't be frightened by the word Vinyasa. This style typically includes Sun Salutations and a flow through the poses. A variety of poses and modifications will be offered to allow a wide range of physical ability. Simple breathing (pranayama) and meditation techniques will be introduced and practiced to close each practice. This will be a great introduction or re-introduction to a versatile and approachable form of yoga. Please bring a mat and blanket. Register online or call Washburn CE at 612.668.3450. Class held at Fuller Park, 480 Grand Ave. S.

Fuller Park 6 Fridays
 Apr 17–May 22 11:30 am-12:45 pm
 \$40

Yoga: Vinyasa Flow

Work on linking postures with smooth deliberate breath. We have yoga mats if you need one. Michael Leville has been teaching this class at Barton for several sessions and always has a class of dedicated yogis! All levels welcome.

Barton 6 Thursdays
 Apr 16–May 21 6:30-7:30 pm
 \$31

If you have knowledge, ideas or passions that you would like to share with others, consider teaching a community education class. Call us at 612.668.3939 or visit mplscommunityed.com for more information.



Hobby & Leisure

Astronomy for City Dwellers

Adults and children are welcome in this hands-on class. Discover the sky through day- and night-time astronomy activities. We will make star wheels, learn our true (science-based) sun sign, and find out how to locate any bright star or constellation any night of the year from any northern site. Find out why you don't need a telescope and learn about free local Astro adventures. Instructor Michael Kauper has taught astronomy locally for 42 years. He has been published in *Sky & Telescope* magazine and is the author of *Our Millennial Analemma*. Instructor collects a supply fee of \$2 the first night of class. There will be an optional field trip to the observatory.

Southwest 4 Tuesdays
 Apr 21–May 12 7:00-8:30 pm
 Room #34 \$28

Discounts

UCARE members may deduct \$15 per class or trip.



Bicycle Maintenance & Repair

Perform basic bike maintenance and practice doing emergency repairs like changing a tire or chain. Learn to adjust brakes, derailleurs and the fit of your bike to make it safer and more comfortable. Students are encouraged to bring your bike, tools and bicycle repair stand, if you have one.

Washburn 4 Tuesdays
 Apr 14–May 5 6:30-8:30 pm
 \$40

Birding: Spring Birding

After the first class, which will be at Southwest, the class will meet at various birding locations around the area. We will start with a review of birding basics (optics, locations, resources). Each week we will cover a topic such as birding by ear, migration, habitats, and identification, but most of all, we will have fun looking for birds.

Southwest 5 Mondays
 Apr 13–May 11 6:30-8:00 pm
 Room #32 \$33

There are no classes on Monday, May 25.



**Dog Obedience 1
(6 Months +)**

Dogs learn lines of communication in order to better understand their humans through positive repetition training. A dog must be muzzled if there is any chance that they could become aggressive. Bring dog on a 6-foot nylon or leather leash and a buckle collar. Bring your current Rabies and DHLPP vaccination certificates the first night of class. Handlers must be 15 years or older. One dog per adult. Multiple adults must register separately.

Southwest	6 Tuesdays
Apr 7–May 12	6:45-7:30 pm
Annex	\$50

**Which Class Level
Should I Take?**

Community Education classes are organized by levels, 1 through 5. If you are new to a subject or it has been a number of years since you last studied, start with a class followed by “1.” If you’ve taken a Community Education class recently, proceed to the next level. Classes do not follow a standard curriculum, so a Level 2 class at one site may differ from Level 2 at another. If you have questions, please call the class site directly (See page 45 for list of sites).

Dog Obedience 2

Using positive reinforcement methods, we will work to strengthen and perfect basic dog commands, introduce some tricks and also focus on more difficult behaviors such as: “go to your bed” “heel” and “stay.” We will also cover the 10 behaviors needed to pass the AKC Canine Good Citizen test. Dogs should have had at least one prior training class and be comfortable around other dogs and people. Previous clicker trainer is preferred, but not required. Bring your pet on a flat buckle or snap collar with a 4-6 ft. leash the first night of class. No choke chains/prong collars/flexi leashes permitted. Bring small/soft treats and watch for an email the week before class! Instructor collects a \$5 supply fee the first night of class.

Southwest	6 Tuesdays
Apr 7–May 12	5:45-6:30 pm
Annex	\$50

**Dog Obedience:
Puppy to 6 Months**

Learn bonding methods, house training, breaking to leash, socializing and nutrition/health care needs. Bring puppy on first night with a soft buckle collar. Do not feed puppy 2 hours prior to class. Handlers must be 15 years or older.

Southwest	6 Tuesdays
Apr 7–May 12	7:45-8:30 pm
Annex	\$50

Knife Making

Participants will learn the basics of building their own knife. We will use pre-sharpened knife blanks for this class, but will also discuss other techniques such as forging and grinding blades. Two styles of knives will be available to build: a Scandinavian Puuko knife or a hunting/camping knife. A variety of handle material will also be available including wood, antler, buffalo horn and corian. Instructor collects \$60 supply fee the first night of class for all materials and tools. If you have your own deer antler, bring it along to the first class!

Southwest	4 Tuesdays
May 5–May 26	6:00-8:00 pm
Room #16	\$34

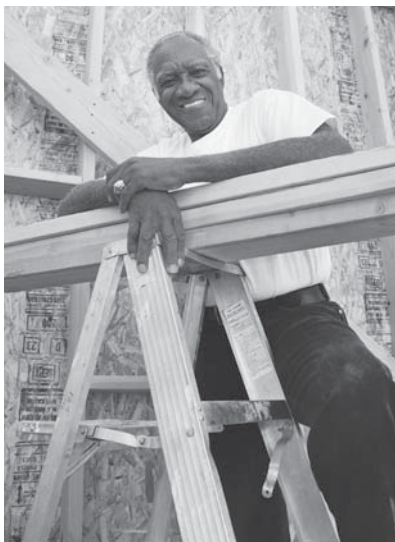
**Walk Across Spain:
Walking the Camino**

The best way to see Spain is on foot! By “following the yellow arrow” you can walk from the French border to Santiago de Compostela or the Atlantic Ocean. Learn about walking the Camino de Santiago from someone who’s done it twice.

Southwest	1 Monday
Apr 13	7:00-8:30 pm
Room #24	\$18



Home Improvement



Kitchen & Bathroom Remodeling

With years in the interior design industry, instructor Ann Haws excels in bringing products with beauty, durability and value to create mindful kitchen and bathroom designs. Discuss the budget and materials needed for a fantastic experience in tailoring your cabinets, countertops, flooring and backsplash to your taste and needs.

Southwest	1 Wednesday
May 13	7:00-8:30 pm
Room #23	\$18

Sidewalk & Step Repair or Replacement

Learn to repair broken steps, pour a new sidewalk and patch your driveway. The instructor will discuss types of cement, demonstrate proper mixing and show how to make patch repairs to cement surfaces.

Lake Harriet	1 Mon & Wed
May 11–May 13	6:30-8:30 pm
	\$24

Stucco Repair

Learn the cure for repairing cracks and small holes in stucco from someone who has been in the business for over 20 years.

Lake Harriet	1 Wednesday
Apr 22	6:30-8:30 pm
	\$18

Hardwood Floors: Refinish

Unlock the hidden beauty of your hardwood floors. We'll use Clarke sanders and Bona finishes in this hands-on class with step-by-step instructions on how to prepare, sand and refinish the hardwood floors in your home. Participants will try out the floor sanding and screening equipment on our hardwood floor. Space is limited, so register promptly. Instructor collects a \$19 supply fee. *Class held at J & F Reddy Rents, 3320 Republic Ave. S. in St. Louis Park.*

Southwest	1 Saturday
Apr 18	10:00-11:15 am
	\$5

Interior Design 101: The Power of Color

Learn how color can add drama and alter the overall feeling of a room. Discover how color can minimize problem in a room. Study color principles and how color schemes are created.

Southwest	1 Tuesday
May 19	6:30-8:30 pm
Room #24	\$18

Register online with a VISA or MasterCard on our secure site: www.mplscommunityed.com

Gardening

Color & Design with Perennials

This class—which follows Perennials for Everyone—goes into more depth on how to keep your perennial garden blooming all season. Study how different color and plant combinations go together and what perennials grow best in each month.

Southwest	1 Wednesday
Apr 22	6:30-9:30 pm
Room #24	\$21

How to Grow a Great Herb Garden

Use herbs to add both color and fragrance to your garden this year. Learn which herbs attract butterflies and other beneficial insects and which make good companion plants. Also, find out some good places to buy plants and how to start from seeds, cuttings and divisions. Instructor Kathy U. is a master gardener.

Lake Harriet	1 Wednesday
May 6	7:00-8:30 pm
	\$18

Perennials for Everyone

Start planning your summer garden with Master Gardener Jim Faustgen. Jim will answer which garden perennials are best for Minnesota climate and how to plan out an attractive perennial garden design. This is an excellent class and fills up right away, so register soon! Jim has been teaching this program for us since 1980. Handouts are included.

Southwest	1 Thursday
Apr 16	6:30-9:30 pm
Room #24	\$21

The Best Shrubs & Small Trees in Home Landscape

Discuss some of the best shrubs and small trees to help beautify your home landscape. The instructor, Jim Faustgen, will highlight plants that are winter hardy, low in maintenance, and showy in colorful bark, flowers, leaves or fruit. He will share tips on how to plant, maintain, and group different shrubs with or without perennials.

Southwest	1 Tuesday
May 5	6:30-9:30 pm
Room #24	\$21

South Minneapolis Housing Fair Classes



In partnership with the South Minneapolis Housing Fair, Minneapolis Community Education proudly presents this series of FREE home improvement and homeownership workshops at a variety of locations citywide.

Pre-registration is required. To register, please call the site offering the class or you can register for workshops online at www.mplscommunityed.com.



Care, Maintenance & Evaluation of Old Windows

If you live in a home with old windows, this seminar will cover the basics of care, routine maintenance, trouble shooting and evaluation of old windows. Learn about weather-stripping, why insulated glass is not a 'magic bullet,' condensation issues, why storm windows are important, and how to replace exterior trim. *Presented by Sy "The Window Guy" Phandanouvang, owner and founder of SP Windows. He has over 20 years' experience in the design, manufacturing, repair and installation of windows and storm windows.*

Lake Harriet ■ **Monday, April 27** ■ 6:30-8:00 pm

Edible Gardening

There are all kinds of ways to think about growing edibles. Join in a lively presentation on ideas and methods to incorporate edible plants into your landscape. *Presented by a Master Gardener.*

Washburn ■ **Tuesday, April 21** ■ 6:30-8:00 pm

Additional workshops in this series are offered at many of our Community Education sites on the North and Southside. Look for a full list of classes in the Spring issue of the Citywide Tabloid or online at www.mplscommunityed.com.

Fall Yard & Garden Care

It may seem early, but the information presented in this class will give you a head start in knowing what you need to do when the fall season approaches. Discussion will include tasks and guidelines for preparing your lawn and gardens in the fall for a better growing season the next year. *Presented by a Master Gardener.*

Washburn ■ **Tuesday, May 19** ■ 6:30-8:00 pm

Garage Door & Opener Maintenance & Safety

Learn about the basic items to maintain on garage door, what not to do yourself, how to test and adjust the safety reverse on garage door openers and the most common problems you can fix yourself. *Presented by Mike Adkins with the Great Garage Door Company.*

Lake Harriet ■ **Monday, April 13** ■ 6:30-8:00 pm

Perennial Gardens: Getting the Most From Them

Learn more about managing your perennial garden, protecting your plants from disease, controlling pests and dividing techniques. We'll also discuss how to renovate and rejuvenate a mature garden. *Presented by a Master Gardener.*

Washburn ■ **Tuesday, April 14** ■ 6:30-8:00 pm





South Minneapolis Housing Fair Classes

Rain Gardening

A rain garden is a bowl-shaped garden designed to absorb excess rainwater run-off from a house and its associated landscape. Having a rain garden benefits the environment. Learn how to make one and what plants are suitable. *Presented by a Master Gardener.*

Washburn ■ **Tuesday, April 28** ■ 6:30-8:00 pm



Remodeling Bathrooms: Easy Makeover Ideas for Sprucing Up & Going Green

Learn the top five 'must do' makeover areas in your bathroom. You'll learn the three things to absolutely avoid and how to make environmental and child friendly choices. Workshop is designed for beginner to intermediate do-it-yourselfers. *Presented by Michael Ansel with Otogawa-Ansel, Design and Build.*

Lake Harriet ■ **Wednesday, April 29** ■ 6:30-8:00 pm



Remodeling Kitchens: Easy Makeover Ideas for Sprucing Up & Going Green

What are the top six 'must do' makeover areas to make your kitchen stand out? Learn about the four things to absolutely avoid at all costs to keep your kitchen environmental and child-friendly. This workshop is designed for beginner to intermediate do-it-yourselfers. *Presented by Michael Ansel with Otogawa-Ansel, Design and Build.*

Lake Harriet ■ **Wednesday, April 22** ■ 6:30-8:00 pm



SMART Driveways

What makes a driveway "smart" is considering its impact on the environment. One of the most important aspects when designing a low-impact driveway is looking at storm water runoff and how it affects the structures and impervious surfaces that surround it. Get a look at the driveway construction process from beginning to end, learn about material types, sourcing and how to determine whether an existing surface can be retrofitted. We will share examples and provide interactive discussions to help you understand how to take your driveway off the grid—or at least off the storm sewer drain. *Presented by Stacy Anderson, owner of Earth Wizards, a paving and landscape company with a vision to balance urban development with water conservation.*

Lake Harriet ■ **Monday, April 20** ■ 6:30-8:00 pm

Spring Flowering Bulbs

Fall is the time to plant those beautiful spring-flowering bulbs, but spring is the time to find about preparation and what type of bulbs appeal to you. Learn from a Master Gardner how to plant many types and enjoy slides of spring-flowering favorites.

Washburn ■ **Tuesday, May 5** ■ 6:30-8:00 pm

Tile Design: The Magic Ingredient in Bathrooms & Kitchens

The days of 4" x 4" white gloss shower tile are long gone. Today's spaces are ruled by large-format thick porcelain, glass and even metal tile. The patterns and colors are varied and exciting. No more death by beige limestone! This class will show you how to create both traditional and contemporary patterns without breaking the bank. *Presented by Michael Ansel with Otogawa-Ansel, Design and Build.*

Lake Harriet ■ **Wednesday, April 15** ■ 6:30-8:00 pm



Dance

Ballroom Dance 1

Learn to dance with confidence, grace and style. Waltz, Tango, Samba and Rumba will be covered along with Swing, Fox Trot and Cha Cha. You may sign up either individually or as a couple.

Southwest	7 Wednesdays
Apr 8–May 20	7:45-9:00 pm
Room #14	\$45/Person

Ballroom Dance 2

Increase your fun and confidence as you learn additional step patterns and styling in the Swing, Fox Trot, Waltz, Tango, Cha Cha, Rumba, and Samba. Students should know 2-3 basic steps in each of these dances. Sign up individually or as a couple.

Southwest	7 Thursdays
Apr 9–May 21	7:45-9:00 pm
Room #14	\$45/Person

Ballroom Dance 3

Continue your dancing pleasure as you learn additional and often more complex step patterns in the Swing, Fox Trot, Cha Cha, Tango, Waltz, Rumba, and Samba. Students should know at least 4-5 step patterns in each of these dances. Sign up individually or as a couple.

Southwest	7 Mondays
Apr 6–May 18	7:45-9:00 pm
Room #14	\$45/Person

Belly Dance 1

This class is for students with little to no belly dance experience. Improve flexibility, creativity, control and grace in a comfortable, enjoyable atmosphere. Dress comfortably in workout clothes or dancewear. Dance barefoot or wear soft sandals or ballet slippers. Bring a scarf to accent hip movements.

Southwest	6 Tuesdays
Apr 14–May 19	7:30-9:00 pm
East Gym A	\$46

Lake Harriet	7 Wednesdays
Apr 15–May 27	8:15-9:30 pm
	\$45

Dances for Wedding Receptions

Come and learn the essentials for fun dances such as the waltz, salsa, club dances, slow dance, and more. You will learn a useful set of moves that translate across dances. Register by yourself or with a partner.

Washburn	6 Wednesdays
Apr 15–May 20	7:00-8:30 pm
	\$42/Person

Want to Teach?

If you have knowledge, ideas or passions that you would like to share with others, consider teaching a community education class. Call us at 612.668.3939 or visit mplscommunityed.com for more information.

Hip Hop Dance

Learn one of the most popular dance forms in the world today. You will learn various styles of hip hop like the dances you see in music videos. This class will also provide you with a wonderful strength and cardio workout that can be adjusted to all ability levels. During each class, you will learn routines incorporating some of the latest moves that will make you excited to get out on the dance floor.

Lake Harriet	7 Wednesdays
Apr 15–May 27	8:15-9:30 pm
	\$35

Irish Dance (Old Style)

Danielle Enblom, one of the leading experts on Irish Dance in the U.S., will show you a world of dance that can still be found today if you stray far enough off the beaten path. Danielle has spent the last 3 years in Ireland documenting and collecting steps long forgotten. This is a rare opportunity to learn dance from someone who has direct connections to the old Irish dance masters. All levels of dance skills are welcome.

Lake Harriet	7 Wednesdays
Apr 15–May 27	7:30-8:30 pm
	\$31

Latin Dance 1

Learn some of your favorite Latin dances! Merengue, Bachata, Cha Cha, Salsa and Cumbia will be taught. Now you can dance rather than just watch! You will become familiar with the footwork styles and music for each dance.

Southwest	8 Thursdays
Apr 9–May 28	6:30-7:45 pm
East Gym A	\$50

Latin Dance 2

This is a continuation of our Latin Dance 1 class.

Southwest	8 Thursdays
Apr 9–May 28	7:45-8:45 pm
East Gym A	\$50

There are no classes on Monday, May 25.

Latin Dance: Salsa 1

Add some spice to your dance life. Salsa is the most popular Latin dance. Learn the Salsa's basic rhythm as well as various step and turn combinations. Please register with a partner.

Ramsey 6 Tuesdays
Apr 14–May 19 7:30-8:30 pm
\$31/Person

Swing Dance 1

Prepare yourself to look confident and lively at the next dance. Learn the one-step and three-step swings and their many patterns and turns, all while burning calories! Sign up individually or as a couple.

Southwest 7 Mondays
Apr 6–May 18 6:30-7:30 pm
Room #14 \$38/Person

Ramsey 6 Tuesdays
Apr 14–May 19 6:30-7:30 pm
\$31/Person

Swing Dance 2

Learn additional steps and sequences in the 1 and 3-step swing. You will also learn more complicated sequences and patterns. Students should know at least 4-5 step patterns in swing. Register individually or as a couple.

Southwest 7 Thursdays
Apr 9–May 21 6:30-7:30 pm
Room #14 \$38/Person

Swing Dance: West Coast Swing

Learn the other more intricate and creative swing dance. You will enjoy the flexibility of the dance's various spins, counts, and whips, and get great exercise at the same time. Register individually or as a couple.

Southwest 7 Wednesdays
Apr 8–May 20 6:30-7:30 pm
Room #14 \$38/Person



Music & Performance

Acting: Improvisation 1

Quick on your feet? Always there with a joke or a comeback? Do you wish that you were? Then maybe improvisation is the thing for you. Using creative play, theater games and skill building exercises, class members learn the basics of improvisation from a veteran Second City-trained improv instructor and performer.

Southwest 8 Tuesdays
Apr 7–May 26 7:00-9:00 pm
Room #112 \$52

Acting: Improvisation 2

An improvisation class for folks who already have some improv experience (through Community Ed, Brave New Workshop, Stevie Ray's or elsewhere) and feel ready to move on to more challenging scene work, character development, longer games and structures, and strong collaboration as a team.

Southwest 8 Wednesdays
Apr 8–May 27 7:00-9:00 pm
Room #112 \$52

Discounts

UCARE members may deduct \$15 per class or trip.



Autoharp Basics

The Autoharp is a 36-string instrument that sounds beautiful and is also easy to play. Learn to accompany yourself on a wide variety of songs, including folk, country, bluegrass, and gospel, as well as pick out melodies and instrumental solos on easy fiddle and other tunes. You will also learn strumming and picking patterns, as well as basic tuning and maintenance tips. You will need to bring a 15- or 21-Bar (Chord) Autoharp or Chromaharp in working order, as well as a tuning wrench and some thumb and finger picks. The songs and music will be provided. The instructor learned to play the autoharp from Stevie Beck—Garrison Keillor's own "Queen of the Autoharp"—and has been playing and teaching for 30+ years. He also founded the Twin City Autoharpers, a club for autoharp enthusiasts which meets once a month for jam sessions.

Southwest 6 Mondays
Apr 6–May 11 6:30-8:00 pm
Room #112 \$37

Register online with a VISA or MasterCard on our secure site: www.mplscommunityed.com. It's quick and easy!

Community Events

Southwest Community Earth Day Clean-Up

Join the Southwest Community Education Advisory Council, and students from Southwest High School, in this one-morning effort to help clean up around our community. We will meet at Southwest on Saturday morning at 8:30 am for juice, coffee, and rolls. The clean-up will run from 9:00 am to 12:00 pm. We'll be cleaning up around the school, and also the shoreline along Minnehaha Creek, Lake Harriet, and Lake Calhoun—bus transportation will be provided to and from the school. We'll be providing a gourmet picnic lunch for everyone back at school—it's a good idea to share bread with friends and neighbors! This project is being sponsored by the Southwest Community Education Advisory Council and the Southwest Green Team. *If you wish to participate, contact Tom Neiman at 612.668.3100 or email tom.neiman@mpls.k12.mn.us.*

Southwest	1 Saturday
May 2	9 am-12 pm
	Free



Guitar 1

Learn how to accompany your favorite songs on guitar. This class focuses on developing strong chording technique and a variety of strumming and finger-picking styles. Bring a guitar, tuner and your favorite song.

Southwest	8 Wednesdays
Apr 8–May 27	7:15-8:00 pm
Room #111	\$36

Guitar 2

Continue to build on your technique from Guitar 1. Learn to analyze song structure, how to transpose keys, and basic music theory. Experience playing with others. Bring your guitar and song ideas.

Southwest	8 Wednesdays
Apr 8–May 27	8:15-9:00 pm
Room #112	\$36

Piano: Private Lessons

Learn to play the piano or improve your skills in a fun, non-threatening environment. Have fun learning beginning to advanced music in a variety of styles. Individualized instruction tailored to you or your child's interests and abilities. Call site offering the class to schedule your 30-minute time. Cost varies according to sessions attended. No discounts.

Lake Harriet	6 Mondays
Apr 13–May 18	5:30-8:30 pm
	\$108

Lake Harriet	7 Wednesdays
Apr 15–May 27	5:30-8:30 pm
	\$126

Theatre & Acting 1

This course covers fundamental acting skills including play analysis, beat work, monologue, and scene work. You'll learn how to create characters, memorize dialogue, and how to plug into your emotions to use your voice and body as tools in building character. We'll do warm-ups and theatre games, with a focus on building confidence and putting yourself out there.

Southwest	8 Tuesdays
Apr 7–May 26	7:45-8:45 pm
Room #33	\$34

Theatre Secrets Revealed

“How does Elphaba fly in *Wicked*?” “How did they create the river scene in *Les Misérables*?” “How are the costumes from the *Lion King* constructed? Satisfy your curiosity by discovering secrets of the theatre! From community theatres to Broadway, you'll grasp how the many areas of technical theatre transition a theatrical work from page to stage. Uncover what most don't realize when sitting in the audience.

Southwest	1 Tuesday
May 5	7:00-9:00 pm
Room #25	\$18



Personal Growth



A New Career: How to Discover Your Ideal Work

Dread Mondays? Stressed, exhausted, overwhelmed by work? Feeling stuck and wondering what to do? Get answers to your career questions, and begin working on a proven, 4-step process that will lead you to a rewarding, fulfilling work life. Led by popular speaker, career coach and *Guide to Lifework* author Leonard Lang, Ph.D.

Southwest 1 Wednesday
Apr 15 7:00-9:00 pm
Room #24 \$18

Astrology

Astrology is much more than just a few irrelevant buzzwords in newspapers and magazines. It is an ancient, objective tool you can use to gain insights into your own personality and life path. Instructor, Lynn Walker, will call students at least 3 days before class for information to create your astrological chart. You will receive a print copy of your chart to keep and the instructor will keep a copy of your chart to use as a teaching tool for illustrating astrological concepts. Instructor collects a \$5 supply fee the first night of class.

Lake Harriet 2 Mondays
Apr 20-Apr 27 6:00-8:00 pm
\$21

Astrology 2: Beyond the Basics

This class continues the basic concepts and understanding for reading your astrological chart. Students should know the parts of a chart, planets, signs, rulers, and houses. Instructor Lynn Walker will call students at least 3 days before class for information to create your astrological chart if you don't have one. You will receive a printed copy of your chart to keep and the instructor will keep a copy of your chart to use as a teaching tool for illustrating astrological concepts. Instructor collects a \$5 supply fee the first night of class if you don't have a chart.

Lake Harriet 2 Mondays
May 4-May 11 6:30-8:30 pm
\$21

Empowerment

You will be introduced to self-empowerment skills as well as a process of self-inquiry which is enjoyable and can help reveal what makes you who you are and what brings you happiness. Empowerment strategies are helpful to anyone who wants to neutralize past trauma, help manage current life concerns or for anyone experiencing repetitive patterns that are getting in the way of growth. Empowerment also identifies strengths, offers a wealth of self-understanding, and guides you to more purpose. Empowerment skills are a great reference point and filtering system by which to live. And it's fun! Great for parents and educators.

Southwest 2 Wednesdays
May 6-May 13 6:30-8:00 pm
Room #34 \$21

Register online with a VISA or MasterCard on our secure site: www.mplscommunityed.com. It's quick and easy!

Improving Couples Communication

Communication among couples, while often neglected, is a critical aspect toward maintaining a healthy relationship. Come to this fun workshop to review basic listening and empathy skills to negotiate most important conversations and look forward to greater understanding and intimacy.

Southwest 1 Monday
May 11 6:00-8:00 pm
Room #23 \$18

Mindfulness

Mindfulness meditation is paying attention to our experience in a way that allows us to respond rather than react. Mindfulness is a quality of inner-stillness that is always available to us, even when our life circumstances feel out of control and chaotic. When we develop and strengthen our mind we are increasing our abilities to focus, recognize and manage our emotions, make better decisions, and empathize in our relationships.

Lake Harriet 6 Mondays
Apr 13-May 18 7:00-8:30 pm
\$42

Non-Violent Communication

Non-violent communication is a process for engaging with oneself and others from a place of non-judgment and compassion. Through experiential exercises, we will explore how basic human values lie at the core of our speech, thought and actions.

Southwest 7 Wednesdays
Apr 8-May 20 7:00-9:00 pm
Room #33 \$52





Southwest Recreation Trips & Tours

Join us on one of our 2015 Recreation Trips. These trips are popular, so we encourage you to plan ahead. We will contact you with additional information after we receive your registration. We promise great times, good food, and a chance to meet a lot of nice people... it's a tradition!

Please note: Trips are not supervised—you go at your own risk.

Online registration is not available for recreation trips—please register by mail or in person with check or cash. Please write a separate check when you sign up for a recreation trip—do not include payment for trips with class registration payments. Sorry, we do not accept credit card payments for Southwest recreation trips. Trips are not eligible for discounts.

2016 Glacier National Park Hiking Trip Information Meeting

Plan on attending our first informational meeting for this trip. Trip dates are July 22-August 7, 2016. Tentative cost of \$650 will cover train transportation to and from the park, bus transportation in the park, three nights of lodging and preparation materials, resource books, park maps, etc. Please call 612.668.3100 or send in a registration form to indicate your interest—do not send any money at this time.

Southwest	1 Wednesday
Apr 15	7:00-8:30 pm
	Free

Registration forms are on page 46 of this publication.

Spring Flower, Art & Culture Tour

Enjoy a spring tour along the Mississippi River valley, visiting sights and shops on the Minnesota and Wisconsin sides of the River. We'll also stop at some of your favorite places: Redwing Pottery Outlet Mall, the Lark Toy Shop in Kellogg, the National Eagle Center in Wabasha, the Amish and Scandinavian shops in Stockholm and Pepin, and the Nelson Cheese Factory in Wisconsin. Lunch is on your own. The coach bus departs from the Chowen Ave. parking lot at 8:30 am and returns around 6:00 pm. Cost includes transportation, coffee and rolls from Wuollet Bakery. Adults 18+ only.

Southwest	1 Saturday
May 9	8:30 am-6 pm
	\$40

Namekagon Canoe Trip

Don't miss this annual canoe trip on one of Wisconsin's most scenic canoeing rivers. The Namekagon is designated as a Federal "Wild and Scenic River" is excellent for canoeing, fishing, and swimming. It has a nice sandy bottom, and occasional #1 and #2 rapids both novices and experienced canoeists will enjoy. We'll take a school bus to Jack's Canoe Campground on Friday night and after breakfast on Saturday, the bus will drop us off upstream. We'll spend the day paddling about 13 miles back downstream and take out about midway on the river. Enjoy one of our great gourmet dinners on Saturday night—not to mention "The Dessert!" Our staff will be staying at the camp to keep an eye on our gear while we're canoeing. The next day, we'll resume canoeing from our Saturday take-out point and end up back at the campground. This is a "civilized" canoe trip: You'll only need to bring your lunch and water—we'll provide all the canoe gear and food. All participants will be provided with life jackets, as there is always a risk of a canoe tipping over—even on a calm lake. The bus will leave the Chowen Ave. parking lot at 6:30 pm Friday night and return at 9:45 pm on Sunday. The cost is based on having two people/canoe and covers transportation, all your meals, canoes and gear, camping fees, and camping supplies. There is a mandatory meeting for all participants on Wednesday, May 13 from 7:00-8:00 pm at Southwest to review additional trip details and see slides of the area.

Southwest	1 Fri-Sun
Jun 19-Jun 21	Dept. 6:30 pm
	\$125



Midnight-To-Dawn Metro Bike Tour

Join us for our annual 'Midsummer's Night Dream-of-a-Ride'—just the thing for insomniacs and bicycling lovers! We'll provide a full tour of 42 miles, as well as a 'short-circuit' route of 28 miles. Make stops along the way at some of our favorite late night stops—including the Mel-O-Glaze Bakery and Grand Ol' Creamery—or charge right through the night to the sunrise finish. Make sure you save your appetite for our gourmet breakfast cooked hot-on-the spot!

There are no substitutions or refunds available for this ride. This ride is limited to the first 150 registrants, and we will stop accepting registrations for this ride on June 10, so please register promptly. Cost covers preparation expenses and your gourmet breakfast.

Midnight to Dawn, Saturday, August 1 • \$20

**To register, please call 612.668.3100
or use the registration form on page 46.**



Summer Youth Programs

Monday, June 15-Friday, July 24, 2015

(Some programs run through Thursday, August 6)

- **Super Summer Program**
Fee-based activity & enrichment programs for youth in Grades K-8.
Offered at: Lake Harriet Upper
- **Enrichment & Recreation Programs**
Fee-based activity & enrichment programs for youth in Grades K-8.
Offered at: Hale, Northrop, Northeast, Pratt, Marcy, Washburn/Ramsey
- **Middle School Enrichment Programs**
Free enrichment & recreation programs for youth in Grades 6-8.
Offered at: Anwatin, Lake Nokomis @ Keewaydin

Registration opens Monday, April 6.

Look for more details at youth.mpls.k12.mn.us.

Spring Community Clean-up

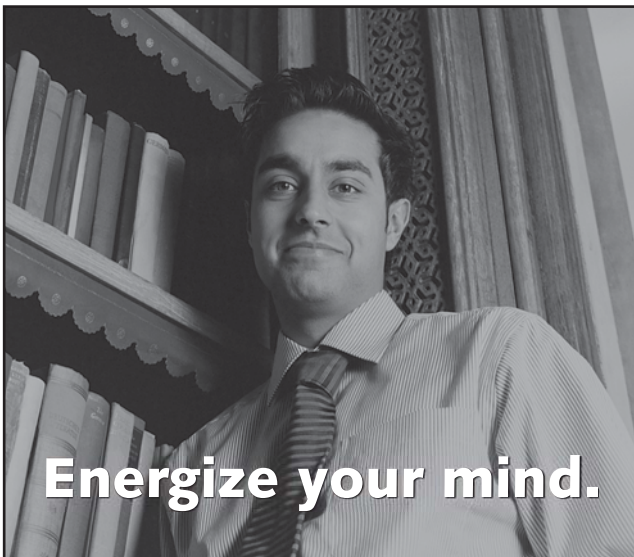


Saturday, May 2, 2015 ■ 8:30 am-12 pm
Southwest High School, 3414 West 47th St., Minneapolis

A healthy community is an involved community. We invite you to join the Southwest Community Education Advisory Council and students from Southwest High School for an Earth Day clean-up in our community. Meet at Southwest at 8:30 am for juice, coffee, and rolls, followed by the community cleanup from 9 am to 12 pm. We will clean up around the school and the shoreline along Minnehaha Creek, Lake Harriet, and Lake Calhoun. Bus transportation will be provided to and from the school, plus a gourmet picnic lunch for everyone back at Southwest after the cleanup.

**This event is free. For more information, call 612.668.3100
or email tom.neiman@mpls.k12.mn.us.**

Sponsored by the Southwest Community Education Advisory Council.



Energize your mind.



Activate your body.



Spark your spirit.



Build community.

We are all learners and teachers. If it's your time to become a teacher, call us. We're looking for instructors with knowledge and expertise who can communicate their passions to others. Teaching certification and degrees are not required. We can help you design your course and provide guidance on teaching adults.

Get started today! Visit our website at www.mplscommunityed.com to submit your application online or call any of the sites listed on page 45.



Community Education Programs
Minneapolis Community Education

*Engaging youth & adults in community-driven learning
& enrichment opportunities*

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Which site to contact for offsite classes...

Contact information for all the sites in this brochure are on the Locations map on the following page.



Bethlehem Lutheran Church
4100 Lyndale Ave. S. 55419
Washburn Community Ed.

Fuller Park
4800 Grand Ave. S. 55409
Washburn Community Ed.

Linden Hills Park
3100 43rd St. W. 55410
Lake Harriet or Southwest CE

Pershing Park
4801 Chowen Ave. S. 55410
Southwest Community Ed.

Call the Adults 55+ program at 612.668.4828 for these sites:

Guthrie Theatre
818 S. 2nd St. 55415

Orpheum Theatre
910 Hennepin Ave. 55403

Target Field
353 N. 5th St. 55403

UCare Skyway Senior Center
950 Nicollet Mall, Ste. 290 55403

Walker Place
3701 Bryant Ave. S. 55409

Washburn Library
5244 Lyndale Ave. S. 55419

Minneapolis Community Education Advisory Councils

Advisory Councils are responsible for seeing that Community Education programming serves the interests and concerns of the community. Advisory Councils consist of members who live, work or attend school in the Minneapolis Public Schools and represent age groups, neighborhoods, organizations and agencies in the community.

Advisory Council Members:

- Provide input for balanced Community Education programs for all members of the community, from birth through senior citizens.
- Develop positive, cooperative efforts with other community agencies and groups.
- Assess community needs and resources, and implement a process for evaluation of Community Education programs and services.
- Establish and support community leadership.
- Work for legislative support of Community Education.
- Make recommendations for use of the Community Education levy.
- Be part of a meaningful, problem-solving group.

Minnesota Statute 121.88 (1971) requires that each school district operating an approved Community Education program must have a representative citizen's advisory council that broadly reflects the composition of the community it serves.

For more information or to join the advisory council for your area, please contact:

Access Services
(Programs for Adults with Developmental Disabilities)

Krista Gustafson
612.668.3948
krista.gustafson@mpls.k12.mn.us

Adults 55+ Advisory Council

Patty Hastreiter
612.668.5095
patty.hastreiter@mpls.k12.mn.us

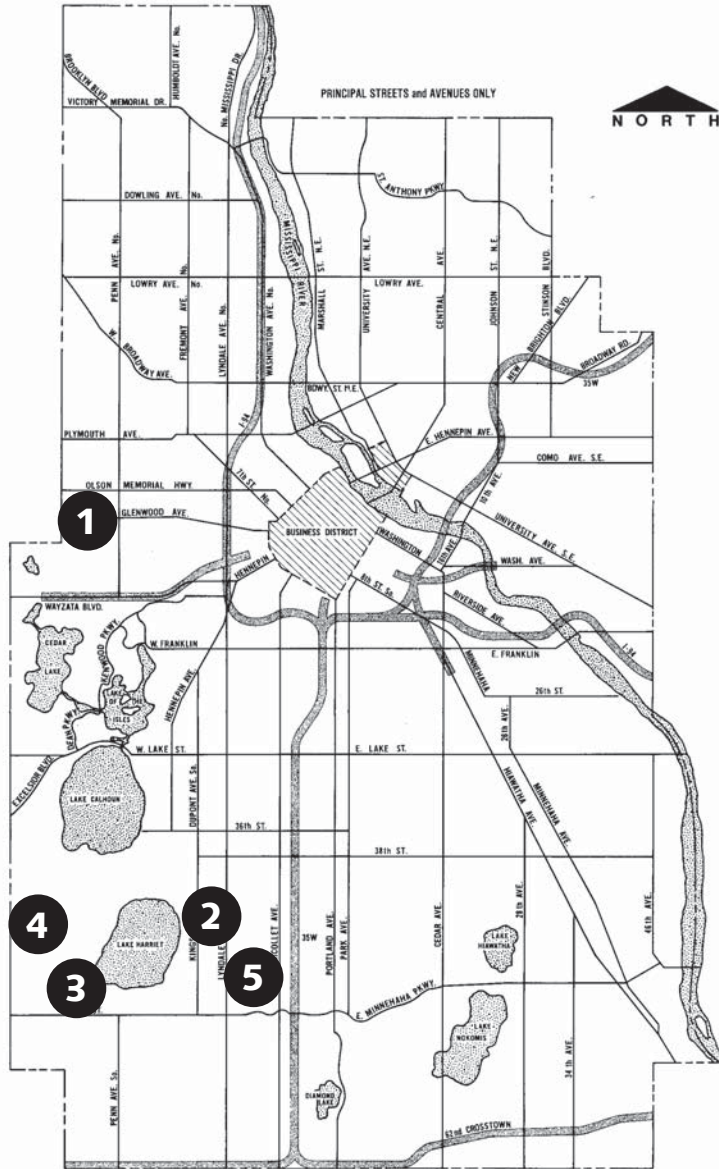
Southwest Advisory Council

Tom Neiman
612.668.3100
tom.neiman@mpls.k12.mn.us

Washburn Advisory Council

JoEllyn Jolstad
612.668.3450
joellyn.jolstad@mpls.k12.mn.us

Adult Enrichment Class Locations



1. Anwatin Community Ed.

256 Upton Ave. S.
 Minneapolis, MN 55405
 Coordinator: Matt Branch
612.668.2470
 Matthew.Branch@mpls.k12.mn.us

2. Barton Community Ed.

4237 Colfax Ave. S
 Minneapolis, MN 55409
 Coordinator: Dawn Sjoquist
612.668.3585
 Dawn.Sjoquist@mpls.k12.mn.us

3. Lake Harriet Community Ed.

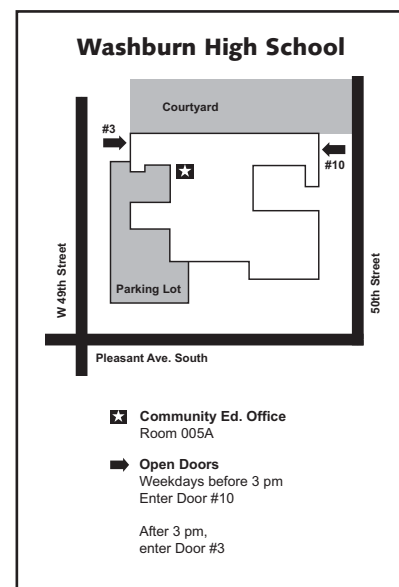
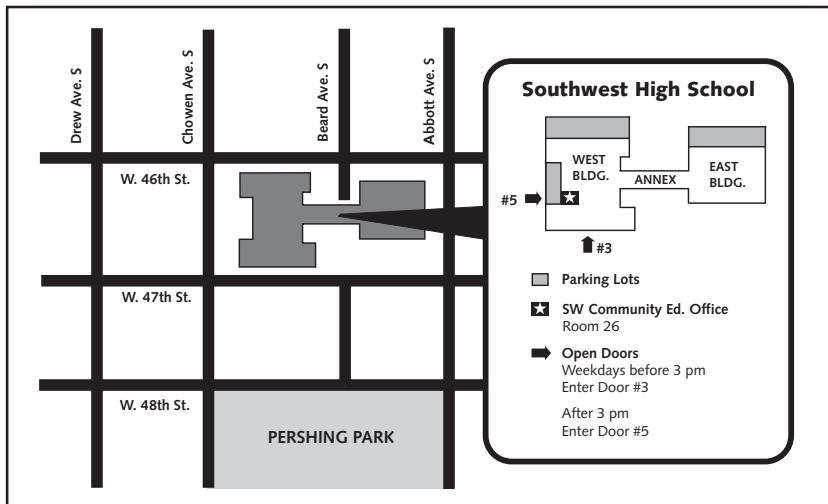
4912 Vincent Ave. S.
 Minneapolis, MN 55410
 Coordinator: Gary Wineman
612.668.3330
 Gary.Wineman@mpls.k12.mn.us

4. Southwest Community Ed.

3414 W. 47th St.
 Minneapolis, MN 55410
 Coordinator: Tom Neiman
612.668.3100
 Tom.Neiman@mpls.k12.mn.us

5. Washburn/Ramsey Community Ed.

201 W. 49th St. / 1 W. 49th St.
 Minneapolis, MN 55419
 Coordinator: JoEllyn Jolstad
612.668.3450
 JoEllyn.Jolstad@mpls.k12.mn.us



Four Easy Ways to Register...



1. Online

Using a Visa or Mastercard, go to www.mplscommunityed.com.
Online registration begins March 9.

2. By Phone

Visa and Mastercard payments accepted during business hours.

Most classes begin the week of April 13. Register Today!

3. In Person

If you wish to register in person, simply call sites for office hours.

4. By Mail

Mail-in registration begins immediately. Mail your registration form, check or money order, payable to *Special School District #1* to the site offering the class; see page 45 for a list of sites.

Minneapolis Community Education Adult Enrichment Registration Form

Name: _____
 Address: _____ City/State/Zip: _____
 Daytime Phone: (____) _____ Evening Phone: (____) _____
 E-mail: _____

Class Title	Start Date	Start Time	Location	Price
UCare Discount (\$15/class): ID#: _____				-
Other Discounts (please specify): _____				-
Total Due:				\$

Payment Information: Check Enclosed Charge My: Visa MasterCard
 Make checks payable to *Special School District #1*.
 Card Number: _____ - _____ - _____ - _____ Exp. Date: ____/____

Minneapolis Community Education Adult Enrichment Registration Form

Name: _____
 Address: _____ City/State/Zip: _____
 Daytime Phone: (____) _____ Evening Phone: (____) _____
 E-mail: _____

Class Title	Start Date	Start Time	Location	Price
UCare Discount (\$15/class): ID#: _____				-
Other Discounts (please specify): _____				-
Total Due:				\$

Payment Information: Check Enclosed Charge My: Visa MasterCard
 Make checks payable to *Special School District #1*.
 Card Number: _____ - _____ - _____ - _____ Exp. Date: ____/____

Registration Information

First Come, First Served

Registrations are posted in the order received until the class is filled. Register early! Many classes fill quickly.

Discounts

To take a discount on a class, you must call the site offering the class to register.

If you are 62 or older, receive Social Security Assistance, Unemployment Compensation, or MFIP, you can take a 25% discount on most classes. Supply fees are not discounted. UCare members may deduct \$15 per class.



UCare for Seniors Members:

Senior discounts are limited to one discount per calendar year. Please see page 8 for details.

Refunds

Refunds (minus a \$5 processing fee) are given if you call and cancel at least three business days before the class starts. Full refunds are given if we cancel a class.

Confirmations

After registering, assume you are in the class unless you hear from us.

Disability Access

612.668.4325

Call Community Education Access Services to request accommodations for successful participation in classes and programs.

Weather Hot Line

612.668.1129

Community Education may be closed due to inclement weather. If you have questions about closings, please call.

Lifelong Learning...

It doesn't begin with kindergarten and it doesn't end with a diploma. Maybe Community Education can help you with the learning you need for what's next in your life!



Minneapolis Kids

612.668.3890

Providing care for children (grades kindergarten through 6) before and after school, on release days and during the summer.

Youth Development/ Youth Services

612.668.3939

Programs for youth (grades K-12) that provide positive life experiences, build self-esteem, and increase citizenship, academic and career skills.

After School Programs for Youth

612.668.3939

Providing enrichment, recreation and academic programs for youth (grades kindergarten through 8).

Summer Programs for Youth

612.668.3939

Providing day and evening enrichment, recreation and academic programs for youth in kindergarten through Grade 12.

Adult Education

612.668.3800

Offering GED preparation and testing, College and Work Readiness programs, Math, Reading and Writing, English (ELL) and Citizenship classes.

Adult Enrichment

612.668.3939

Providing evening and daytime recreation, enrichment, and academic programs for adults of all ages and interests.

Lifelong Learning for Adults 55+

612.668.4828

Enriching the lives of adults 55+ through educational, social and intergenerational opportunities.

Disability Access Services

612.668.4325

Providing accommodations needed by adults and children with disabilities for effective participation in Community Education programs.

Minneapolis Community Education

Davis Center, 1250 West Broadway Ave.
Minneapolis, MN 55411

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OR CURRENT RESIDENT

Spring Community Clean-up



Saturday, May 2, 2015 ■ 8:30 am-12 pm

Southwest High School, 3414 West 47th St., Minneapolis

A healthy community is an involved community. We invite you to join the Southwest Community Education Advisory Council and students from Southwest High School for an Earth Day clean-up in our community. Meet at Southwest at 8:30 am for juice, coffee, and rolls, followed by the community cleanup from 9 am to 12 pm. We will clean up around the school and the shoreline along Minnehaha Creek, Lake Harriet, and Lake Calhoun (Bus transportation will be provided to and from the school). A gourmet picnic lunch will follow the cleanup.

This event is free. For more information, call 612.668.3100 or email tom.neiman@mpls.k12.mn.us.

Sponsored by the Southwest Community Education Advisory Council.



MINNEAPOLIS
PUBLIC SCHOOLS

Urban Education. Global Citizens.

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Jenny Arneson
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Michael Goar

Executive Director of Community Education

Jack Tamble

Special School District No. 1

MINNEAPOLIS PUBLIC SCHOOLS
Minneapolis, Minnesota

An Equal Opportunity
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2015