

ISD #200 Hastings Public Schools
www.HastingsCommunityEd.com

Community Education

We ARE your source for lifelong learning, locally grown!
Whatever stage you and your family are in,
Hastings Community Education has something for you!



From birth through seniors, why not stretch yourself to try something new in 2018! New offerings include: a second night of POUND, Health Care Options, Watercolor Painting, Holistic Self Care, Prohibition & The Gangster Era, Blogging 101, History of Baseball, WWII German POW Camps, Abdominal Strengtheners, Cake Decorating, and Cupcakes & Clay!

January-April 2018



From the Director, **Kari Gorr**

The New Year is upon us once again. Each year is a journey, a time to choose our paths and where we're heading. It's a time to reflect and set goals and aspirations. Hastings Community Education's aspiration is to inspire connections through all stages of life so that people become engaged in community. This catalog is a demonstration of how we will go forward in reaching this goal. We have many upcoming opportunities for all ages that lend themselves to connecting with others and building community, including the following exciting options:

- **Art camps** for children ages 3 and up
- Explore the Earth, Moon and Mars in **NASA** for Grades K-5
- A variety of **horse camps** for youth, families and adults
- New **history classes** with Dakota County Historical Society

Here's to the best year yet!

Kari A. Gorr

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River Blades Ice Show

Sun Feb 25 • Hastings Civic Arena • 6:30 pm



Join us for a theatrical production which will showcase our local figure skaters and hockey players under spotlights for family and friends. Mark your calendars!

Fitness, Health & Wellness

Gentle Yoga by Candlelight Ages 15+

Julie Pfeiffer



A dynamic Vinyasa Yoga class illuminated by Candlelight. Vinyasa connects the movement with the breath to create a continuous flow of postures. The breath guides you through this one hour class comprised of creative sequences intended to provide you with strength, flexibility and peace for the mind, body and spirit. Please bring a yoga mat and water. *Taught by Certified Yoga Instructor, Julie Pfeiffer. (Skip 3/13)* Min. 5/Max. 25

#F51126D	Tue Jan 23	6-7 pm	Tilden Com Ctr, Gym	FREE, Try It!
#F51126E	Tue Jan 30-Mar 27	6-7 pm	Tilden Com Ctr, Gym	\$54-8 ses
#F511126F	Tue Apr 10-May 22	6-7 pm	Tilden Com Ctr, Gym	\$47.25-7 ses

Yoga Sculpt Ages 15+

Julie Pfeiffer

Yoga Sculpt is a total-body workout designed to tone and sculpt **every major muscle group!** Challenge your yoga practice with added resistance using dumbbells as you move through sun salutations and other yoga postures, enabling extra length and depth in each pose. This intense, but **easy-to-follow program**, compliments your regular yoga practice while pushing your strength and flexibility to new heights. Please bring a set of 1-5# hand weights, a yoga mat and water. *Instructor is Yoga Sculpt Certified through NETA (National Exercise Trainers Association). (Skip 2/19 and 3/12)* Min. 5/Max. 25

#F51123D	Mon Jan 15	6-6:45 pm	Pinecrest, Gym	FREE, Try It!
#F51123E	Mon Jan 22-Mar 19	6-6:45 pm	Pinecrest, Gym	\$36.75-7 ses
#F51123F	Mon Apr 9-May 21	6-6:45 pm	Pinecrest, Gym	\$36.75-7 ses

POUND®! Ages 10+

Andrea Moss (Mon) and Sheena Burt (Thu)

Find your inner rock star with this heart-pounding, cardio jam session! This all-ages workout is designed to work your core and scorch calories! Using lightly-weighted drumsticks, the class is guided by upbeat music and upwards of 15,000 stick strikes to the ground and overhead! Get ready to sweat, tone and more importantly rock out to POUND! To learn more see: https://www.facebook.com/pg/prAnaMinneapolis/videos/?ref=page_internal Please bring a yoga mat, water bottle and towel. *(Skip 2/15, 2/19 and 3/12)* *NOTE: The February 5th session will be in the Middle School cafeteria. Min. 5/Max. 35



Please bring a yoga mat, water bottle and towel. *(Skip 2/15, 2/19 and 3/12)* *NOTE: The February 5th session will be in the Middle School cafeteria. Min. 5/Max. 35

#F511207D	Mon Jan 22	6:15-7:15 pm	Kennedy, Gym	FREE! Try-It!
#F511207E	Mon Jan 29-Mar 26	6:15-7:15 pm	Kennedy, Gym*	\$47.25-7 ses
#F511207F	Mon Apr 16-May 21	6:15-7:15 pm	Kennedy, Gym	\$40.50-6 ses
#F511207G NEW	Thu Feb 1-Mar 29	5:45-6:45 pm	Sr High, 1st Floor B Area	\$40.50-6 ses

SAVE!

Sign up for 2 sections of ANY GROUP FITNESS/EXERCISE CLASS on pages 3-4 at the same time for the same person and SAVE \$5.00 off one section. To receive discount, call 651-480-7670 to register. *Sorry, discount not given online and may not be combined with any other discount. PRE-REGISTRATION necessary for all sections.*

Fitness, Health & Wellness

Turbo Kick LIVE! Ages 15+

Amanda Stamm

Turbo Kick LIVE is not just a fitness class—it's a total experience that combines a high-energy workout with a party feel. It's a fun cardiovascular workout that utilizes **kickboxing, boxing, and martial arts style moves** and combines them with continuous **aerobic movement and anaerobic intervals**. It's the ultimate cardiovascular challenge complete with bouts of intensity, active recovery, and specially designed strength sections. Movements are safe and accessible for everyone, with modification options to limit or eliminate high impact and high kicks. *AMANDA STAMM'S fitness journey began about 5 years ago when she was 30+ pounds overweight. Fitness has become a huge part of her life. Amanda is a certified instructor. Her goal is to have fun, have you leave feeling great, and help you reach YOUR goals!* Min. 5/Max. 30 **(Skip 3/1 and 3/15)**

#F51170D	Thu Jan *18	6-7 pm	Sr High, 1st Floor B Area	FREE, Try It!
#F51170E	Thu Jan 25-Mar 29	6-7 pm	Kennedy, Gym	\$54-8 ses
#F51170F	Thu Apr 12-May 17	6-7 pm	Kennedy, Gym	\$40.50-6 ses

Body Sculpting Ages 15+

Amanda Stamm

Body sculpting focuses on building strength with proper form and utilizing lower body, upper body and core. Build lean, tone muscles, feel stronger, and at the same time, build your confidence. Your legs will be burning, but you will leave feeling accomplished and wanting more. Remember to bring a yoga mat, towel, water and a resistance band or hand weights. Plus, with resistance bands, you can adjust the resistance to make it more difficult as you progress and get stronger vs. buying more weights. **(Skip 3/1 and 3/15)** Min. 5/Max. 25

#F51171D	Thu Jan *18	7:15-8:15 pm	Sr High, 1st Floor B Area	FREE, Try It!
#F51171E	Thu Jan 25-Mar 29	7:15-8:15 pm	Kennedy, Gym	\$54-8 ses
#F51171F	Thu Apr 12-May 17	7:15-8:15 pm	Kennedy, Gym	\$40.50-6 ses

**January 18th will serve as both the last class session of the Holiday section and as a free try-it night to help new people decide if the class will work for them.*

Low Glycemic Eating & Belly Fat Reduction

Dr. Melissa Millner

Learn four healthy lifestyle changes that allow your waistline to **AUTOMATICALLY begin shrinking**. The cause of many people's abdominal weight gain is a hormonal imbalance, called "insulin resistance." Abdominal weight gain can cause high cholesterol and triglycerides, high blood pressure and C-reactive protein, as well as metabolic syndrome, diabetes and a greatly increased risk of heart disease. Learn how to buy and prepare foods that will help you shrink your belly fat! **For the series, receive a workbook, binder and personalized testing indicating your level of toxicity, percentage of body fat and hydration level.** Min. 12/Max. 30 **(Skip 2/19, 3/12, and 4/2. Note that some sessions may need to be changed to a Tuesday to be announced in class.)**



#511136C	Mon Jan 22	6:30-8:30 pm	Health Solutions Center	FREE!
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Learn "4 basic things" to help you reduce belly fat and live a healthier life!
While this night is FREE, we do require you to pre-register as space is limited!

#511136D	Mon Jan 29-Apr 30	6:30-8 pm	Health Solutions Center	\$99-11 ses
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Class location: Health Solutions Center, 117 3rd St W, Hastings (South entrance)

Fitness, Health & Wellness



CPR: Lay Rescuer

Heartsaver CPR with AED

Sharon Mathews

Focus on respiratory emergencies and how to give first aid for a cardiac emergency as a lay rescuer. Learn CPR and relief of choking in adults, children and infants and use of barrier devices for all ages. Prevention and recognition are emphasized. Receive training on use of the Automated

External Defibrillator. **Receive a Certificate of Participation and 2-year Certification.** An **American Heart Association** program equal to all other CPR courses. *First time students and recertification.* Min. 5/Max. 20

#51194B	Tue Jan 30	6:30-8:30 pm	Tilden Com Ctr, #123	\$69-1 ses
#51194C	Tue Mar 20	6:30-8:30 pm	Tilden Com Ctr, #108	\$69-1 ses

CPR: Health Care Professionals

Heartsaver CPR with AED

Sharon Mathews

For anyone who has a duty to respond learn adult and pediatric CPR including two-rescuer scenarios and use of the bag mask, foreign-body airway obstruction, respiratory emergencies, first aid for cardiac emergencies and training on use of the AED. **Receive a Completion Card and 2-year Certification.** Prevention and recognition are emphasized as it relates to adults, children and infants. **Basic Life Support for the Professional Rescuer** is required by health care providers and other professional rescuer positions.

An American Heart Association program equal to all other CPR courses. **Any individual requiring CPR for the Lay Rescuer certification may participate in this course for the first two hours and receive Lay Rescuer Certification. Select "LR" option when registering.* For first time students and recertification. Min. 5/Max. 20

#51195B	Tue Jan 23	6-9 pm	Tilden Com Ctr, #108	\$69-1 ses
#51195C	Thu Apr 12	6-9 pm	Tilden Com Ctr, #108	\$69-1 ses

Basic First Aid

Sharon Mathews

Concentrate on the patient survey, bleeding, shock, fractures, strains, sprains, seizures, diabetes, etc. Includes all recent updates from the **American Heart Association**. Receive an **AHA Completion Card** at the end of class. Student book is included for use in class. *For first time student and recertification.* Min. 5/Max. 20

#51196B	Thu Jan 25	5:30-9 pm	Sr High, #C125	\$69-1 ses
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The increase in course fees reflect the latest price increase for two-year certification courses by the American Heart Association.



*Customized classes for your **PRIVATE GROUP** of 6 or more persons may be arranged. Please contact Zena Stefani at 651-480-7674 or email her at zstefani@hastings.k12.mn.us for information.

Fitness, Health & Wellness

Health Care Options Beyond **NEW** Traditional Health Insurance

Tina Wolf



This class is for you if (1) you lack health insurance due to job loss, (2) you are only working for your health insurance benefit, (3) your health insurance costs more than you can comfortably afford, or (4) you have a very high deductible plan that keeps you from getting essential care. Although everyone's situation is unique, the health care landscape is changing rapidly and there ARE options besides classical health insurance. Become educated about health care choices that are available to you. (This class is educational only and

does not involve the selling of any health care services or insurance.) *TINA WOLF is a Naturopath and Herbalist with a practice in Cannon Falls.* Min. 4/Max. 12

#511238A	Sat Feb 3	10 am-12 pm	Sr High, #C129	\$15-1 ses
#511238B	Thu Feb 15	6:30-8:30 pm	Tilden Com Ctr, #108	\$15-1 ses



Do You Have the Guts to Be Healthy? **NEW**

Dr. Tara Roman, D.C.

Research is showing that our gut health affects our brain, skin, immune system and so much more! Learn how a few simple changes can make a big difference. Do you have the guts to try them? *TARA ROMAN is a Chiropractor and has a Bachelor's Degree in Human Biology and Acupuncture.* Min. 3/Max. 12

#511257A	Thu Feb 1	6:30-8 pm	Tilden Com Ctr, #125	\$9-1 ses
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Abdominal Strengtheners That Won't Make You Get On the Floor! **NEW** Janice Novak

A few reasons abdominal muscles weaken and lose shape are past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. In this workshop, you will learn a series of extremely effective exercises that will quickly strengthen all four layers of abdominal muscle, especially the deepest layer WITHOUT stressing your back or neck joints and WITHOUT having to get on the floor.

Don't waste time with traditional crunches. Learn a different, more effective way to strengthen your abdominals, re-shape your waistline and prevent/relieve lower back discomfort. *JANICE NOVAK has been quoted as the country's premier expert on posture in national and regional publications and broadcasts. She has a Masters Degree in Health & Physical Education, is an internationally acclaimed, best selling author, speaker and wellness consultant who teaches workshops and seminars for hospitals, corporations and professional organizations.* Min. 8/Max. 20

#511258A	Sat Mar 3	9:30-11 am	Tilden Com Ctr, #125	\$29-1 ses
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Acupressure to Assist Weight Loss **NEW** and to Boost Health

Janice Novak

Acupressure is an ancient healing technique and self-help tool that works with how energy flows through the body. It can offer great relief with no side effects and help you feel your best. You will learn specific points to stimulate metabolism and decrease appetite to assist weight loss; points to help relieve stress, insomnia, anxiety, sinus and headache relief and more. Min. 8/Max. 20

#511259A	Sat Mar 3	11:15 am-12:45 pm	Tilden Com Ctr, #125	\$29-1 ses
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Fitness, Health & Wellness



GROUP HYPNOSIS: Weight Loss

Have you thought about how you will look and feel if you don't curb your eating? Hypnosis can help you control your eating habits and stop cravings. **You will be aware at all times.**

#511188B

Tue Jan 23

5:30-9 pm

Tilden Com Ctr, #123

\$65-1 ses



GROUP HYPNOSIS:

Stop Smoking/Stop Chewing Tobacco

Are you ready to quit smoking for YOU, not because others are pressuring you? **Stop immediately with-out withdrawal, cravings or weight gain.**

#511189B

Tue Jan 23

5:30-9 pm

Tilden Com Ctr, #123

\$65-1 ses

All behavioral changes must occur at an unconscious level to be lasting. The experience is relaxing and you are fully aware and in control at all times. Begin with an introduction for all. Weight loss session is first followed by Stop Smoking/Chewing hypnosis. **Receive a FREE reinforcement CD and lifetime guarantee to attend any future seminar at no charge.**

Wear comfortable clothes, bring a pillow and blanket/sleeping bag. Conducted by Dr. Mary Fischer who holds a doctoral degree in clinical hypnotherapy with over five certifications in hypnotherapy. See www.hypnosisclinic.net

Sign up for both sections at the same time for the same person and pay just **\$115 total...**

That's a \$15 savings!

“Walk for Your Heart!” ★

High School • Indoor Track • \$15/school year

The Field House Indoor Track is available 6:30 am-10 pm

M-F and Saturdays, 8:30 am-3 pm. You must register in

person at Community Education to collect your Walk Pass and

information pack. *Members of the Hastings Area Senior Program pay just \$7.50/each.*



***If you intend to walk the track M-F, 6:30 am - 2:30 pm ...
Raptor Security Scans continue for this school year.***

Safety is of the highest priority for our students and staff and we are continuing use of the Raptor Technology Scanning System, district-wide. A driver's license/photo I.D. is required for this system.

- If you walk at the high school site between the hours of **6:30 am-2:30 pm** you will need to have your **license/I.D. scanned by the system and a badge will be issued to you.** Simply show the badge to the high school reception staff member on days when you are walking. (You will also be given a Walk Pass for those times you walk after 3:30 pm weeknights or Saturdays.)
- Between the hours of 2:30-10 pm a Walking Pass **MUST to be visible.** Walking Passes may be purchased at Cub Food's Service Desk or at the Hastings Community Education office in Tilden Community Center.
- To receive your Walk Pass **bring your license or photo I.D. to the Tilden Community Center and the entire process will take 5 minutes.**
- If you arrive at the high school site to walk between 6:30 am-2:30 pm during the school year, **YOU WILL NEED** a scanned badge. The high school site **WILL NOT** be able to make the badge for you and you will be directed to obtain one at the Tilden Community Center, 310 River St, Hastings.

Adult Lifestyle Enrichment

WWII German POW Camps **NEW** in the United States

Matthew Carter

During World War II, thousands of German, Italian and Japanese prisoners arrived on the shores of the United States and were sent across the country for housing and labor. This presentation will concentrate on those prisoners that arrived in the United States and were housed in both Minnesota and Wisconsin, along with the impacts they had on the local communities they encountered. *MATT CARTER, Executive Director of the Dakota County Historical Society, will present this fascinating program.* Min. 5/Max. 25

#511235A

Mon Jan 29

6:30-8 pm

Tilden Com Ctr, #123

\$15-1 ses

History of Baseball and Dakota County **NEW** Matthew Carter

The history of baseball is sometimes complex and full of contradictions. Sit down and enjoy the ride as we follow the history of the United States and Dakota County through the lens of baseball (two words at its formation). As we travel through time you will learn about the myth of Abner Doubleday, the role of Nininger and Henry Hastings Sibley on local baseball history, as well as segregation and re-integration of the game. ****Optional pre-class tour of the LeDuc Historic Estate is available for an add'l \$10.*** Location: 1629 Vermillion Street – park in the back in lot. *Presented by MATT CARTER, Executive Director of the Dakota County Historical Society.* Min. 5/Max. 25

#511236A

Wed Mar 7

5:30/6:30-8 pm

LeDuc Historic Estate

\$15/\$25*-1 ses

The Real Paranormal **NEW** Dakota County Paranormal Society



Join us for a special evening with the Dakota County Paranormal Society as they talk about how a real team investigates the paranormal. They'll show you their specialized equipment and describe how it's used on their investigations. They will also present some of the evidence that they've gathered on their investigations. There will be time for Q&A following the presentation. You won't want to miss this! *Interested in the paranormal?* Come learn how a real team investigates

hauntings and paranormal activity. Dakota County Paranormal Society would like to show you how they do it. Min. 3/Max. 30

#511243A

Mon Feb 26

6:30-8:30 pm

Tilden Com Ctr, #108

\$15-1 ses

Prohibition and the Gangster Era in Dakota County **NEW**

Matthew Carter

In October of 1919, the United States passed the Volstead Act that started prohibition in the United States. While it did not achieve its intent (eliminating alcohol), it did however, help bring the meteoric rise of the gangster era into public view. This presentation will explore the effects of prohibition and gangsters had on Dakota County throughout the 1930s. ****Optional pre-class tour from 5:30-6:15 pm of the LeDuc Historic Estate is available for an add'l \$10.*** Location: 1629 Vermillion Street – park in the back in lot. *Presented by MATT CARTER, Executive Director of the Dakota County Historical Society.* Min. 5/Max. 25



#511237A

Wed May 9

5:30/6:30-8 pm

LeDuc Historic Estate

\$15/\$25*-1 ses

Adult Lifestyle Enrichment

JAMES SILL has proudly taught Social Studies in the district for over 20 years. He graduated with honors from Winona State with a major in History and minor in Political Science. James confesses, "I am a history nerd and love to follow politics."

Just \$49 for series if registering for all 5 classes at one time for one person!

Political Fun and Games **NEW**

While politics has become serious and contentious lately, it does not have to be. This class will use political satire to look at past presidents. Games are always fun and we will play a few computer games to cover the courts and the White House. Let's laugh and learn together about our wonderful democratic system. Min. 7/Max. 25

#511216E Mon Jan 22 6:30-8:30 pm Sr High, #B211 \$15-1 ses

The Presidency

Most claim it is the most powerful job on the planet. This fun overview of our highest office will cover the basics such as the various roles of the president, powers of the job, how they govern and some great history on the occupants of the oval office. We will conclude with an analysis and discussion of what makes a great president.

Who would be on your Mount Rushmore? Min. 7/Max. 25

#511216F Mon Feb 12 6:30-8:30 pm Sr High, #C224 \$15-1 ses

Bureaucracy - The Nuts & Bolts of Government **NEW**

Policies get debated in Washington and then what? Bureaucracy is the part of government that implements or makes things happen. Examine daily operations called issue networks and when things get unusual (pathologies). Includes key issues such as corruption and the role of efficiency in government. Min. 7/Max. 25

#511216G Mon Mar 5 6:30-8:30 pm Sr High, #C224 \$15-1 ses

Economics and Government - Follow YOUR \$ **NEW**

Get a little philosophical by examining some ideas from famous Economists and how it alters our daily lives. *Our households have budgets, but how does the Federal government create theirs?* Find out the messy process and create a mini-budget of your own for the national government. Learn about the somewhat mysterious **Federal Reserve** and how it alters our economy. *What does the FED actually do and what are the goals?* Join us for a fun money and government mix. Min. 7/Max. 25

#511216H Mon Apr 16 6:30-8:30 pm Sr High, #C224 \$15-1 ses

Congress - The Founders Called It the First Branch **NEW**

What was it designed to do and how? How has it changed over time? Study the branch that was said to be closest to the people. Topics will include **pork spending, the law making process, elections** and more. Examine some philosophical topics involving what role we want our representatives to play and the power struggle with the presidency over the last 50 years. Min. 7/Max. 25

#511216I Mon May 7 6:30-8:30 pm Sr High, #B211 \$15-1 ses

Adult Lifestyle Enrichment

**His Majesty
Vulcanus Rex
and the Vulcan
crew at the
St. Paul Winter
Carnival Fun Day.**



St. Paul Winter Carnival: Snow Park & Ice Sculptures

Ride a school bus to the State Fair Grounds to experience **Snow Park** where we'll see the **just finished snow sculptures** and partake in **Vulcan Fun Day** with **free fire truck rides, kids treasure hunt** and other activities. While there, take a turn down the **Giant Slide** (\$1/person add'l fee). Then, we'll head to **Rice Park** to see **ice sculptures that the carving will be carving or finishing up. Enjoy a cookie on the bus!** The Ice Bar will also be open to purchase a beverage. Children must be accompanied with a registered adult family member. Depending on the weather, we may return earlier than stated. *Offered in partnership with Prescott Community Ed.* Meet at the park & ride north of Hastings, off Hwy 61 & Hwy 10 to catch school bus from Prescott Com Ed at 12:25 pm.

Pre-registration is necessary so as to confirm transportation by Friday, January 19!

#59522A Sun Jan 28 12:25-5 pm \$10/ea or \$29/family (same household)

Blogging 101 **NEW**

Ellen Martin

For aspiring bloggers, this class unravels the multifaceted world of blogging into a simple, doable process. It covers everything from blog conception and maintenance to the tech stuff. Learn how to set up a blog, publish creative and compelling posts, and maintain an active online presence. By the end of this course, you will have a basic blog.

ELLEN MARTIN has a degree in communication and has been running successful fashion blogs for five years. She has extensive knowledge of creating and maintaining a blog.

Min. 3/Max. 12

#511256A Wed Jan 24-Feb 7 6:30-9 pm Sr High, #B211 \$29-3 ses

We Need to Talk - "Driver Safety" **NEW**

Frank Daly, AARP

This seminar is not for the **SENIOR** driver, but rather for **LOVED ONES, CAREGIVERS, and CONCERNED FAMILY MEMBERS**. The number of people age 50 and older has grown significantly in the past decade; this segment will continue to increase more rapidly than other age groups in the United States. The U.S. Census Bureau estimates that by the year 2030, one in four drivers will be 65 or older which will mean there will be more than 30 million older drivers on our roads. **Gain practical tips and advice about having family conversations with Older Drivers.** Receive tips and advice on three main topics:

1) The Meaning of Driving, 2) Observing Driving Skills, and 3) Planning Conversations. *Offered in partnership with Prescott Community Education. Location: 1220 St. Croix St - park between football field and school, enter Door #5 under overhang.* Min. 3/Max. 25

#511261A Wed Apr 4 7-8:30 pm Prescott Interm School, #G9 \$5-1 ses

Personal Finance



Whatever stage of life you are at, just starting out, planning for retirement, entering retirement, or retired — personal finance questions always arise. Our professionals are here to help!

Health Care and Your Retirement

Abra Hovgaard

For investors 5-15 years from retirement, address what steps investors should take to prepare for health care costs (including Medicare and long-term care costs) to help ensure their retirement savings stay healthy. Min. 3/Max. 20

#511165B

Wed Feb 7

6:30-8 pm

Tilden Com Ctr, #125

\$9/ea; \$15/couple

Everything You Want to Know About MEDICARE

Greg DeKeuster

*Thinking of getting ready to retire? Are you a family member or a caregiver to someone who has Medicare coverage? Already have Medicare and just want to know what is going on? Learn about Medicare. Key topics covered include: **Part A-Hospital, Part B-Clinic, Part C-Medicare Advantage, Part D-Medication, When to Apply, Where to Apply, Social Security vs. CMS, How Much the Different Parts Cost, When Should I Get a Supplement, What is the penalty if I don't sign up at the right time?** GREG DEKEUSTER is certified in MNsure, Medicare and Federal Exchange. Min. 4/Max. 20 people*



#511186E

Mon Jan 22

1-2:30 pm

Tilden Com Ctr, #108

\$9/ea; \$15/couple

#511186F

Mon Feb 5

6:30-8 pm

Tilden Com Ctr, #108

\$9/ea; \$15/couple

#511186G

Mon Mar 19

1-2:30 pm

Tilden Com Ctr, #108

\$9/ea; \$15/couple

How to Speak Health Insurance

T. Cheney & N. Steffl

Reduce future frustration and surprises! You were sure your annual physical was covered at 100%, right? So why are you stuck with a co-pay? And what's the difference between a deductible and co-insurance, anyway? When you see how healthcare and insurance professionals categorize various ailments, treatments and expenses, that *Explanation of Benefits* starts to make a lot more sense. **Make savvier choices about how you use your health insurance.** TERRI CHENEY spent the last year on projects training new hires at BCBS of MN and clinicians at a national healthcare company. NATE STEFFL has been a curriculum developer and functional trainer of health insurance for the last 4 years. Min. 4/Max. 15

#511223C

Thu Feb 15

7-9 pm

Sr High, #C123

\$9/ea; \$15/couple



To register, please call (651) 480-7670 or ... go online at www.HastingsCommunityEd.com for 24-hour registration.

Personal Finance

Health Care Options Beyond Traditional Health Insurance **NEW**

Tina Wolf

See page 6 for course description.

#511238A	Sat Feb 3	10 am-12 pm	Sr High, #C129	\$15
#511238B	Thu Feb 15	6:30-8:30 pm	Tilden Com Ctr, #108	\$15

Your Life and Your Money in Retirement *Damien Cannaday*

For those at the moment of retirement - two years away, currently transitioning to or even living in, retirement. This evening highlights strategies and action steps retirees can take to feel more confident transitioning to retirement and emphasizes the importance of striking a balance between guaranteed and non-guaranteed products. The workshop can be a lead-in to retirement income conversations with your clients. Min. 4/Max. 15

#51119B	Thu Feb 22	6:30-8 pm	Tilden Com Ctr, #108	\$9/ea; \$15/couple
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Retirement: Making Your Money Last™ *Abra Hovgaard*

What happens after the paycheck stops; a retirement income primer. For people who are already retired (or those who are thinking about retiring soon) and focusing on retirement income. This presentation discusses ideas to help build a reasonable and sustainable strategy for **managing income and expenses during retirement**. Explore how to address key concerns such as **inflation, health care expenses and market volatility** as well as ways to prepare in advance for things that may not go as expected. We'll examine how to budget for retirement expenses and your potential sources of retirement income. We'll also identify risks to your retirement income and ways to address them. Min. 3/Max. 20

#511181B	Mon Feb 12	6:30-8 pm	Tilden Com Ctr, #117	\$9/ea; \$15/couple
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Time Matters: A Woman's Outlook on Retirement™

Kelli Reitzel

For women ages 50-70 years old.

This program shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. It discusses retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care.

Min. 3/Max. 20



#51124B	Thu Feb 8	9-10:30 am	Tilden Com Ctr, #108	\$9/ea; \$15/couple
#51124C	Mon Apr 9	6:30-8 pm	Tilden Com Ctr, #108	\$9/ea; \$15/couple



Photo courtesy of Empirehouse, Inc., Glazing Specialist

HASTINGS HIGH SCHOOL

200 General Sieben Dr - Door #22 Entrance

For evening or weekend classes, please park in the Lower East Lot where signs indicated Student Parking and enter thru the doors marked #22. Then, check in at receptionist desk just inside the doors.

(Photo courtesy of Empirehouse, Inc., Glazing Specialist.)

Personal Finance

Shifting Gears: Considerations & Strategies for Pre-Retirees

Damien Cannaday

Retirement Ahead? It may be time to shift gears. Know your options and think about which way to turn next. If you're **within five years of retirement**, join us for a brief and informative workshop to help you develop a retirement income plan. The session will cover: • risks you may face, • planning, • social security and • turning savings into income in retirement. Sign up today and we can help you shift focus. Min. 4/Max. 15

#511182B Tue Jan 30 6:30-8 pm Tilden Com Ctr, #108 \$9/ea; \$15/couple

10 Key Steps to Estate Planning

Damien Cannaday

Provides individuals with ten key steps for creating a well-rounded estate plan. Topics included are: wills, financial power of attorney, medical power of attorney, living will, beneficiaries, Trusts for minor beneficiaries, review who you've designated as owner, distribute assets, review and update your estate plan, and tell your heirs where to find important legal and financial documents. (NOTE: documents will not be created in this class, merely discussed.) Min. 4/Max. 15

#511115B Thu Mar 8 6:30-8 pm Tilden Com Ctr, #108 \$9/ea; \$15/couple

What To Do When Someone Dies

Kathleen M. Wagner

Do you know what to do when someone dies? Kathleen M. Wager, Esq., will explain the handling of the **four important tasks** that must be taken care of to settle the estate when someone dies: **collecting assets, protecting assets, paying debts and taxes, and distributing the assets.** Gain a firm foundation of understanding about the role of the Personal Representative/Executor, family members, and others, in an orderly estate administration. *KATHLEEN WAGNER is a licensed MN attorney specializing in consumer credit collection matters, judgment enforcement, creditor/debtor law, the Fair Debt Collection Practices Act and general civil litigation matters.* Min. 3/Max. 20

#51136B Wed Feb 7 6:30-8:30 pm Sr High, #C123 \$9/ea; \$15/couple

#51136C Wed Apr 11 6:30-8:30 pm Sr High, #C123 \$9/ea; \$15/couple

The Will & The Trust - Uses for Each

Michael J. Burke

What is Estate Planning? What is Probate? Learn about the different types of documents and the differences between each, reasons to choose one type of document or estate plan over another, and the pros/cons of probate. Michael encourages audience questions. *MICHAEL BURKE has been practicing law for over 25 years. His areas of practice include Estate Planning (including Wills, Trusts, Powers of Attorney), Probate, Real Estate, and Guardianships/Conservatorships.* Min. 5/Max. 20

#51133C Wed Feb 7 9-10:30 am Tilden CC, #108 \$9/ea; \$15/couple

#51133D Tue Feb 27 6:30-8 pm Tilden CC, #108 \$9/ea; \$15/couple

Probate: Understand It! Avoid It!

Kathleen M. Wagner

Many people die without preparing important estate planning documents. **By not planning, you risk the need to probate your estate**, with its costs, delays, public filings and possible loss of control of the disposition of the assets you spent a lifetime acquiring. Estate Planning and elder Law attorney *KATHLEEN M. WAGNER* will discuss the importance of planning to avoid probate, the different ways property is transferred when someone dies, and the reason having a will does not avoid probate. Min. 3/Max. 24

#51134B Wed Jan 31 6:30-8:30 pm Tilden CC, #108 \$9/ea; \$15/couple

Personal Finance

Writing Your Own Will



Teresa Beth Molinaro

Having a will is important for married couples, singles and divorced people. If you are without a will, the laws of Minnesota and a judge will make all the decisions regarding your estate. Don't let this happen. Learn about estates and wills, and **PREPARE A LEGAL WILL IN CLASS.** You will want to think about how you'd like to distribute your estate **PRIOR TO CLASS** to be ready to complete the will in class. Receive instructions and a professionally prepared form, have

access to witnesses and a notary public. Appropriate for people **who have an estate of less than \$2,000,000 each** - including life insurance, and do NOT own a business. **EACH SPOUSE/PERSON NEEDS THEIR OWN WILL.** Note, this document may not be appropriate for heirs with special needs. *TERESA MOLINARO, graduate of Hamline University School of Law, is an estate planning and probate attorney at the law firm of Molinaro Davis Law PLLC. She has extensive experience advising clients regarding their estate plans.* Min. 10/Max. 20

#51178B

Tue Feb 6

6:15-8:45 pm

Tilden Com Ctr, #108

\$55-each

Social Security: Your Questions Answered™ *Abra Hovgaard*

For people who are nearing retirement and have not started taking Social Security.

Social Security likely will be the foundation of your retirement income. Before you retire, it's important to understand your options regarding Social Security and the impact your decisions have on your retirement. Discuss how Social Security fits into your retirement income plan, when you should start taking benefits, and tax considerations.

ABRA HOVGAARD began her career with Edward Jones in 2004 and received her CFP® certification in 2010. She is proud to continue the family tradition of helping individuals and families make sound financial decisions through every chapter of their life. Min. 3/Max. 20

#511166B

Tue Apr 3

6:30-8 pm

Sr High, #C125

\$9/ea; \$15/couple

Stock Trading Suite (online)

ed2go

- Looking for a good solid class in the basics of stocks, bonds, finance, and investing?
- Conventional and advanced techniques in researching and valuing stocks. Learn how to read financial statements and calculate financial ratios, and more.
- Learn how to evaluate, buy, sell, and profit with investment tools that were once thought to be only for the pros. Learn how to protect your portfolio and profit in a down market, an up market, or even a flat market. Learn to leverage your investment.

Two lessons released each week for six weeks. Jump on when your schedule allows - even up to 10 days after class has begun!

Start dates: **Jan 17, Feb 14, Mar 14 and more;** \$261.

To register, go to: <http://bit.ly/2gfYNkd>

Stocks, Bonds and Investing: Oh My! (online)

ed2go

Learn about stock markets, 401k plans, and retirement, along with personal financial issues that are often ignored, but absolutely essential, to your success as an investor.

The instructor takes the time to explain concepts in detail so you understand how and why things work in the investment world. Gain a comprehensive and thorough education in personal finance and investment. Two lessons released each week for six weeks. Jump on when your schedule allows - even up to 10 days after class has begun!

Start dates: **Jan 17, Feb 14, Mar 14 and more;** \$109.

To register, go to: <http://bit.ly/2C4cFJw>

Personal Finance

“What Baby Boomers Need to Know to Maximize Retirement”

Savvy Social Security Planning

Rolf White

Baby Boomers are asking ... Will Social Security be there for me? How much can I expect to receive? When should I apply for Social Security? How can I maximize my benefits? At this informative seminar you will learn important rules and strategies for collecting your retirement benefits. Learn the rules for ...

- How your benefit will be affected by the age at which you apply
- How cost-of-living-adjustments, or COLAs, affect benefits
- How spousal benefits work
- How survivor benefits work
- How divorced-spouse benefits work
- How working affects benefits
- How benefits affect taxes
- What to do if you have other income from pensions or IRAs. Min. 3/Max. 18



#51179C	Thu Jan 18	6-8:30 pm	Sr High, #C127	\$9/ea; \$15/couple
#51179D	Tue Jan 30	6-8:30 pm	Sr High, #C127	\$9/ea; \$15/couple

The Entrepreneurial Equation™

Kelli Reitzel

For small business owners > Making the most of your business is easy when you have the right tools and a solid strategy at your disposal. This seminar gives you ideas for putting banking, retirement and insurance tools to work so you can help build and protect your business according to your short- and long-term goals. Min. 5/Max. 20

#511180A	Tue Jan 16	6:30-8 pm	Tilden CC, #108	\$9/ea; \$15/couple
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Retirement by Design™

Abra Hovgaard



For investors 10-40 years from retirement. Translate your vision for retirement into **tangible goals**.

Learn investment strategies to help design the retirement you want. We'll discuss how you can add **flexibility** to your strategy to help you handle unexpected events and how you can keep your strategy on track. Min. 3/Max. 20

#51122B	Mon Mar 5	6:30-8 pm	Sr High, #C125	\$9/ea; \$15/couple
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How to Pay for the Nursing Home, An Attorney's Perspective **NEW**

Steve Ledin

We all come in to the world with nothing and leave with nothing. The biggest fear for most baby boomers is how to pay for the nursing home and still leave the next generation with something. With ever changing estate planning lawyers and great increases in nursing home costs the fear is real. *Is long term care insurance for you? What about home care? Should I gift my money away? Would I qualify for Medicaid?* Learn the answers to these questions and much more at this workshop. *STEVE LEDIN attended law school at William Mitchell College of Law and graduated in 1997 with a Juris Doctor degree (Magna Cum Laude).* Min. 3/Max. 20

#511260A	Mon Jan 29	6:30-8 pm	Tilden CC, #108	\$9/ea; \$15/couple
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To register, please call (651) 480-7670 or ... go online at www.HastingsCommunityEd.com for 24-hour registration.

Technology



iPads • iPhones
 Tablets • Smartphones
 Laptops • Desktops
 Software • Microsoft
 Google • Skype
 The Cloud • Word • Excel
 LinkedIn • Social Media
 Intro to Computers
 Starting An Online
 Business

Smartphones Demystified

Mike Reis

Perfect for that person who JUST GOT A SMARTPHONE or who is ready to learn a little more about it. Learn more about texting, data plans (and overages) and other basics for your fancy, new phone. This class will teach you how to maximize the cool features it offers you. Bring your smartphone to class (any brand). Min. 4/Max. 15

#51165C Mon Feb 12 6:30-8:30 pm Sr High, #D234 \$19-1 ses

More About Smartphones

Mike Reis

So now you know the basics of your smartphone. *What else can it do?* Learn how to use Siri, set reminders, use your calendar, copy/save pictures and **cool features you didn't even know you could do!** Min. 4/Max. 15

#51166A Sat Feb 24 10 am-12 pm Sr High, #D234 \$19-1 ses

Windows 10

Mike Reis

What happened to Windows 9? It's called Windows 10 because this is Microsoft's 10th version of an Operating System. Some of the look and feel is similar to Windows 8 / 8.1; they did bring back the Start Menu. Find out how to navigate this new Operating System so you can feel safe and know where everything is. Even if you are familiar with Windows 8 / 8.1 this class will show you the main differences/changes for Windows 10.

Bring your laptop to class. Min. 4/Max. 15

#51167B Thu Jan 18 6:30-8:30 pm Tilden Com Ctr, #108 \$19-1 ses

#51167C Sat Apr 14 10 am-12 pm Sr High, #D234 \$19-1 ses

Blogging 101 **NEW**

Ellen Martin

For aspiring bloggers, this class unravels the multifaceted world of blogging into a simple, doable process. It covers everything from blog conception and maintenance to the tech stuff. Learn how to set up a blog, publish creative and compelling posts, and maintain an active online presence. By the end of this course, you will have a basic blog.

ELLEN MARTIN has a degree in communication and has been running successful fashion blogs for five years. She has extensive knowledge of creating and maintaining a blog. Min. 3/Max. 12

#511256A Wed Jan 24-Feb 7 6:30-9 pm Sr High, #B211 \$29-3 ses



Technology

Microsoft Excel 2010: Getting Started

Mike Reis

Input data, add rows and columns, and do simple calculations in a spreadsheet. Excel can save you time! Learn how to: • Enter information in to cells • Insert/delete rows and columns • Perform calculations • Automatically sum a range of cells • Format a worksheet • Print a worksheet • Sort alphabetically or numerically • Move and copy data, and • Use online help to quickly answer your Excel questions. Prerequisite: Comfortable working with Windows 7. Bring your own laptop or use desktop unit with Office 2010 in the lab. **MIKE REIS**, is a Certified Microsoft Office Master and has been teaching for eight years. Min. 4/Max. 15

#51168B

Sat Jan 20

10 am-12 pm

Sr High, #B211

\$19-1 ses

Microsoft Excel 2010: Formatting Spreadsheets

Mike Reis

Learn how to: • Format text using the Ribbon or Mini toolbar, • Change the look of an entire workbook by applying a theme, • Add borders & shading to cells, • Change column width & row height, • Adjust the position of contents within a cell, • Make text display vertically or at an angle, • Format numbers with percent symbols, commas, and dollar signs, • Add headers & footers to display when you print the worksheet. Prerequisite: Be comfortable with basic Excel. (Suggested: Excel 2010 Getting Started.) Bring your own laptop or use desktop unit with Office 2010 in the lab. Min. 4/Max. 15

#51169B

Sat Feb 24

12:30-2:30 pm

Sr High, #D234

\$19-1 ses

Microsoft Excel 2010: Functions & Formulas

Mike Reis

There are 300+ built-in Excel functions to perform calculations in your spreadsheets! Learn how to: • Create worksheets that update automatically, • Use cell references, Create and/or edit a formula, • Use a built-in function, • Use the AutoSum button, • Use ScreenTips to enter function arguments, • Copy formulas to other cells, • Understand relative and absolute references, • Create logical (if/then) statements, • Use column headings in formulas. Prerequisite: Basic Excel. (Suggested: Excel 2010 Getting Started.) Bring your own laptop or use desktop unit with Office 2010 in the lab. Min. 4/Max. 15

#51170B

Sat Mar 24

10 am-12 pm

Sr High, #B211

\$19-1 ses

Creating Web Pages

online with ed2go

Create and post your very own Web site on the Internet using HTML in this extensive, hands-on, workshop. Plan content, structure and layout of your Web site, create pages, build links between pages and to the outside world, and add color, backgrounds, graphics, and tables. Learn about search engine optimization and powerful low-cost web marketing strategies. Start dates: **Jan 17, Feb 14, Mar 14 and more;** \$109.

To register, go to: <http://bit.ly/2e0cxYF>

One-to-One Private Tech Tutoring

Mike Reis

Enjoy 100% of your instructor's attention to learn more about technology of your choosing. Whether you have an **iPad, iPhone, Android Smartphone, tablet, laptop or other device**, our instructor is also able to tutor you on popular websites and applications. If you'd like help with a topic not listed, just ask. Cost is \$85/for one person for a 90-minute lesson or \$99/two persons. *A 5% discount will be given if multiple tutoring sessions are scheduled in the same conversation.*



For more info, please contact Zena Stefani at 651-480-7674 or zstefani@hastings.k12.mn.us

Technology



To register, please call (651) 480-7670 or ... go online at www.HastingsCommunityEd.com for 24-hour registration.

Top 10 Tips for iPads & iPhones

Mike Reis

Do you want to enhance the way you use your iPad? Learn how to define words quickly, make articles easier to read online, increase your typing speed, and much more! Learn how to block unwanted callers, share your current location with others, increase battery life, and much more! Bring Apple iPhone, iPad or iPad Mini. Min. 4/Max. 15

#51101B Tue Feb 13 6:30-8:30 pm Tilden Com Ctr, #117 \$19-1 ses

Getting Started with Your iPhone

Mike Reis

Questions about your iPhone? **Get the answers you need.** Learn about hardware and accessories, how to download and organize Apps, how to make the most out of the built-in cameras, and many other tips and tricks. Review basic apps that come on the iPhone like Mail, Safari, and Google Maps. Walk away with email working in the Mail app on your iPhone. Bring your iPhone. Min. 4/Max. 15

#51102B Tue Feb 27 6:30-8:30 pm Tilden Com Ctr, #117 \$19-1 ses

iPad - Beyond the Basics

Mike Reis

Have questions about your iPad or iPad Mini? Get the answers you need. Learn about the hardware and accessories, how to download and organize Apps, how to sync music and photos from your computer and tips for getting the most out of Safari. Learn how to get the most out of Mail, Contacts, Calendar, Reminders, and iCloud. iCloud allows you to sync information, share photos, locate your device, and backup your iPad. Bring your iPad or iPad mini to class. Min. 4/Max. 15

#51103B Tue Apr 10 6:30-8:30 pm Tilden Com Ctr, #108 \$19-1 ses

20-30 AMAZING iPad Tips, Tricks & Hidden Features **NEW**

Mike Reis

Only in this class will you learn to set a different signature for every Mail account, how to make Siri more secure, Punctuate!, how to take better panorama photos, how to share videos on your iPad or iPhone to YouTube, how to improve privacy, and so much more! Bring your Apple iPad. Min. 4/Max. 15

#51104B Tue Apr 17 6:30-8:30 pm Tilden Com Ctr, #117 \$19-1 ses



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- New sessions begin each month

Informative, fun, convenient and highly interactive. Most courses are only \$109. Visit our Online Instruction Center today to view all the available courses!

www.ed2go.com/hastingscomed

Personal Growth



“What lies behind us
and what lies before us
are tiny matters
compared to
what lies within us.”
— Ralph Waldo Emerson.

Navigating Life

Through Loss and Grief **NEW**

Donna Mathiowetz

Are you on your own journey of grief or would you like to know more about how to support others who are? Be part of this course as we together learn and explore what grief is and what we can do with it. Self-care physically, emotionally, mentally and spiritually is important. How can people walk through their grief and come out more whole and healthy again? Come and bring a friend. An optional book purchase is available from instructor/author at class for \$15 - “A Journal for Your Journey”. *DONNA MATHIOWETZ of Unfinished by Design, LLC, has been working in this area for more than 20 years, sharing from her own experiences, as well as having walked alongside many others. She is a professional speaker and author. Min. 6/Max. 12*

#511242A

Tue Feb 27 & Mar 6

6:30-8 pm

Tilden Com Ctr, #118

\$19-2 ses

Attend a Psychic Q&A Gallery **NEW**

Suzanne Worthley

What is a Psychic Gallery? This Q & A format is all about connecting to the Angel Guides, Loved Ones, and Higher Self; to receive information, love and support. Suzanne will provide a summary of the energies of the current times, and what we are challenged with as a collective. Additionally, each attendee will have the chance to ask question(s) and receive their psychic/medium response in front of the group, allowing everyone to learn from each other and from the information that comes through. Min. 8/Max. 30

#511231A

Mon Feb 12

7-9 pm

Tilden Com Ctr, #108

\$29-1 Ses

Living While Dying and Dying While Living **NEW**

Suzanne Worthley

Designed to celebrate the joy of life! The concept of dying in any form is usually a scary subject, but we actually “die” in many forms each day through experiences, and beliefs. Formatted to help you move through the emotion of fear, and learn to celebrate life. Explore how knowledge of and beliefs around the death process affect people’s lives. Reflect on ways you can live a better life that will ultimately support healthy beliefs around death; plus learn ways to support journeys of your loved ones, and find ways to shift grief. Min. 8/Max. 30

#511232A

Wed Mar 21

7-9 pm

Tilden Com Ctr, #108

\$29-1 ses



SUZANNE WORTHLEY is an energy practitioner in the Twin Cities area. She provides healing sessions, teaches community classes, and hosts events focused on personal healing and finding inner balance. She is a top-level integrative energy specialist, healer, hospice, teacher, speaker and presenter.

Personal Growth

Essential Oils 101 **NEW**

Candi Juelfs and Brittney Speedling

It's time to make an investment in your health and wellness. Learn what essential oils can do for you and your family. We'll talk specifically about 11 oils that are essential to well-being. When inhaled, oils can support our emotional health and our spiritual lives. When diffused, oils can help to soothe a restless child or calm the mind to promote restful sleep. They may be used for cleaning your home at a fraction of the cost of traditional cleaning products. Learn how to tell if an oil is 100% pure or not and if one is safe for ingesting or just used topically. *CANDI JUELFs is a mom, wife and grandmother using essential oils in her everyday life. Candi is passionate about helping others become as amazed as she is about the powers of essential oils.* Min. 3/Max. 20

#511253A

Thu Feb 1

6:30-7:30 pm

Tilden Com Ctr, #120

\$9-1 ses

Stop the Madness:

Changing for Good **NEW**

Kathryn Clements

When was the last time you felt discouraged, defeated and dreaded the fear of failing because your efforts to master something you wanted to change failed again? Arm yourself with skills and tools from the Transtheoretical Model's Stages of Change tool kit. More effect than trial and error, this guided learning approach may be the catalyst to master life altering and permanent health changes you yearn for and desire. KATHRYN CLEMENTS is praised for her passion and abilities to inspire and motivate clients and audiences. She is a National Board Certified Health and Wellness Coach and a Registered Dietitian/Nutritionist with over 30 years' experience. Min. 2/Max. 20

#511254A

Thu Jan 25

2-3 pm

Tilden Com Ctr, #108

\$19-1 ses

The Third Chapter: Discovering Your Life

Journey and Adventure After 50 **NEW**

Kathryn Clements

If a genie granted you three wishes allowing you to enjoy a healthier, more fulfilling life for years to come, what would they be? Join other baby boomers in a robust discussion to explore passions, fears, and contradictory notions that get in the way of unleashing your dreams. Ignite your spark and make your wishes come true and bring your passions to life after 50! Min. 2/Max. 20

#511255A

Thu Feb 1

2-3 pm

Tilden Com Ctr, #108

\$19-1 ses

Natural, Holistic Self-Care **NEW**

Cass Jordan

If a genie granted you three wishes allowing you to enjoy a healthier, more fulfilling life for years to come, what would they be? Join other baby boomers in a robust discussion to explore passions, fears, and contradictory notions that get in the way of unleashing your dreams. Ignite your spark and make your wishes come true and bring your passions to life after 50! CASS JORDAN says "natural and holistic living is how I have lived my life since I was a teenager. Influenced by my mother, holistic living and sharing secrets and hacks with others has become a hobby and passion of mine. I am the person my friends and family talk to for advice on what herbs and tonics to take when they are sick, or what herbs will give them more energy." Min. 2/Max. 20

#511240A

Wed Feb 7

6:30-8:30 pm

Tilden Com Ctr, #108

\$15-1 ses



Inclement Weather • School Closures

When school is closed for the day due to inclement weather or other emergency, Hastings Community Education programs are also closed. Every attempt will be made to reschedule. If inclement weather is expected for the day, always check the Hastings Public Schools (www.Hastings.k12.mn.us) website and/or the www.HastingsCommunityEd.com website for updates.

Personal Growth / Parenting

A System for Life's Transitions **NEW**

Dick Edstrom

Give yourself and those you love the gift of peace of mind. Be ready for the inevitable transitions in your life by having all your important papers and financial information organized and accessible. Learn to use the "Ready or Not" system which helps you not only identify your assets and debts, but also basic needs such as medication, medical records, passwords and end of life requests. It will help you uncover any missing pieces in your overall life plan. An add'l family member may attend at no cost. *The workbook will be available for purchase at the class for \$20 by the instructor.* Min. 3/Max. 15

#511262A	Mon Jan 29	1:30-3 pm	Tilden Com Ctr, #123	\$19-1 ses
#511262B	Thu Mar 22	6:30-8 pm	Tilden Com Ctr, #108	\$19-1 ses



Raising Children to Be Whole

ANN BRIDGET MAKENA-DAGGETT has a B.A. in Divinity, a B.S. in Psychology-Counseling, an M.A. in Theological Studies, and an M.A. in Ministry Leadership. She has 10 years' experience as a hospice chaplain and is the founder of a charitable organization and published author.

Successful Parenting, Including Single Parenting!

Learn how to cultivate a relationship with your child that will last a lifetime and maximize your child's potential.

Parenting with Foresight **NEW**

Ann Makena Daggett

Our children will grow up and that happens very fast. *What do I want the future of my children to look like once they are grown? What kind of a person do I dream of them becoming? How do I dream of them handling their life with everything life brings to them?* As a parent, we have the power to shape the future of our children. Having a foresight in parenting makes a great difference. Min. 4/Max. 20

#511250A	Thu Feb 1	6:30-8:30 pm	Tilden Com Ctr, #123	\$19-1 ses
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Being Intentional **NEW**

Ann Makena Daggett

This means doing things on purpose or being deliberate. Everything we do in life turns our better when done with intention. *Why is it important to consciously think about our parent? What are the benefits of having intention in parenting and in life? How does it benefit your child to model intention in life? How can we develop intentionality?*

Min. 4/Max. 20

#511251A	Thu Feb 22	6:30-8:30 pm	Tilden Com Ctr, #123	\$19-1 ses
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Connect with Your Kids **NEW**

Ellen Martin

Do you have a hard time getting through to your kids? Would you like to learn communication techniques that may help your family? If yes, this course is for you! Learn the basics of effective communication between family members and gain recommended techniques to prevent and work with family crises and invite honesty. ELLEN MARTIN has a degree in communication and is currently working towards a Masters in Family Science. Her passion is to help families find effective communication methods to help prevent or deal with family crises, particularly eating disorders. She has extensive knowledge of creating and maintaining a blog. Min. 3/Max. 25

#511252A	Sat Jan 27 & Feb 3	10 am-12 pm	Sr High, #C129	\$19-2 ses
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Artistic Lifestyle



Bob Ross
Method of
Oil Painting
by
Kristi Nelson

Winter
Peace

Bob Ross Method of Oil Painting ages 15+

Kristi Nelson

Do you remember Bob Ross from his “Joy of Painting” series on PBS? His “Wet-on-Wet Technique” of painting is for all skill levels as well as for those who have never painted before. KRISTI NELSON, a certified Bob Ross instructor, will demo the step-by-step painting techniques, and then she’ll answer questions and help you with those techniques. **COMPLETE AN ENTIRE OIL PAINTING IN CLASS.** Be amazed at how much fun and enjoyment this painting technique will give you! *Plan to give instructor \$15 at class for materials.* *Evening sections held at Tim’s Repair Shop, 682 Commerce Dr, Suite A, up 10-12 steps, use glass door facing street. TCC = Tilden Community Center. Min. 4/Max. 12

*** See images of each Paint Project in online registration site. ***

#511139D: Winter Haven	Mon Jan 22	6-9 pm	*Tim’s Repair Shop-\$35
#511139E: Summer Mountain	Mon Feb 26	6-9 pm	*Tim’s Repair Shop-\$35
#511139F: Evening’s Glow	Mon Mar 19	6-9 pm	*Tim’s Repair Shop-\$35
#511139G: Sunrise Mountain	Mon Apr 23	6-9 pm	*Tim’s Repair Shop-\$35
#511139H: Sunset Paradise	Mon May 21	6-9 pm	*Tim’s Repair Shop-\$35

#511140E: Winter’s Peace	Fri Jan 12	9 am-12 pm	TCC-#108-\$35
#511140F: Mountain Sky	Fri Feb 9	9 am-12 pm	TCC-#108-\$35
#511140G: Evening’s Glow	Fri Mar 9	9 am-12 pm	TCC-#108-\$35
#511140H: Sunrise Mountain	Fri Apr 6	9 am-12 pm	TCC-#108-\$35
#511140I: Summer Mountain	Fri May 11	9 am-12 pm	TCC-#108-\$35

Start Your Own Arts & Crafts Business

online with ed2go

Discover how to find your niche within your chosen craft and how to create your own unique business identity. What makes marketing in the arts and crafts business different from marketing in most other enterprises? Find a sales approach that meshes with your personality and preserves your creative integrity. Get insider secrets, too! Start dates: **Jan 17, Feb 14, Mar 14 and more;** \$109.

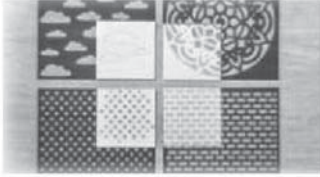
To register, go to: <http://bit.ly/2fcFyNC>

Artistic Lifestyle

Cards with Embossing Paste **NEW**

For Ages 15+

Roxie Nitti



Make 10 cards in class. That's two each of five designs! *This class includes your purchase of the following items when you pay instructor at class \$25 for the kit cost: Pattern Party Decorative Masks, Embossing Paste, and Palette Knives.* Min. 3/Max. 10

#511195A	Tue Mar 20	6-8:30 pm	Tilden Com Ctr, #117	\$9-1 ses
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Stamp-a-Stack of 15 Cards Ages 15+ **NEW**

Roxie Nitti

Make 15 cards (3 cards of 5 designs each) with matching envelopes. Please bring a scissors and adhesives. A bone folder is helpful. An Essential Kit is available for an opt cost by instructor. *Plan to give instructor \$15 for card kit fee at class.* **Themes:** Jan 9 - *All About Love*; Feb 6 - *Thinking of You, Sympathy, Get Well*; Apr 10 - *Mother's Day, Father's Day, Graduation, Baby Shower, Wedding Shower.* (Watch for add'l dates May-August 2017). Min. 3/Max. 10

#511193A	Tue Jan 9	6-8:30 pm	Tilden Com Ctr, #117	\$9-1 ses
#511194A	Tue Feb 6	6-8:30 pm	Tilden Com Ctr, #117	\$9-1 ses
#511196A	Tue Apr 10	6-8:30 pm	Tilden Com Ctr, #117	\$9-1 ses

Watercolor Made Easy

for Beginners Ages 15+ **NEW**

Deborah Stussy

Come and learn the how to create beautiful watercolors. It's easy! Follow along with the instructor as she takes you step-by-step using a faintly lined prepared artistic image. Finish or nearly finish a painting by end of class. All equipment supplied for use in class. Plan to give instructor \$5 for supplies. Discover the use of color, how to use water for shading, do a background and try different techniques. *DEBORAH STUSSY has enjoyed art since a young child. She has experience in different mediums and has been teaching watercolor classes at various studios in the Hastings area.* Min. 3/Max. 12

#511233A	Mon Jan 29	1-3 pm	Tilden Com Ctr, #108	\$19-1 ses
#511233B	Mon Feb 5	7-9 pm	Sr High, #C121	\$19-1 ses

Watercolors: **NEW**

A Splash of Color!

Ages 15+

Deborah Stussy

Ready for the next challenge? Begin with a blank pallet. Finish, or nearly finish, a painting by end of class. Discover, together, the beauty of watercolor! All equipment supplied for use in class. *Plan to give instructor \$5 for supplies.* Min. 3/Max. 12



#511234A	Thu Feb 22	1-3 pm	Tilden Com Ctr, #108	\$19-1 ses
#511234B	Thu Mar 8	7-9 pm	Sr High, #C121	\$19-1 ses

In the Kitchen



Learn how to cook —
try new recipes,
learn from your mistakes,
BE FEARLESS,
and above all have fun!
—Julie Child

Czech Kolaches

Laurel Severson

Kolaches are one of Czechoslovakia's national pastries. Immigrants brought their passion (and recipes) for Kolaches to the Midwest as early as the 1860's. Kolaches are marvelous egg-rich, slightly sweet yeast dough. Traditionally filled with fruit mixtures such as apricot, cottage cheese, poppy seed or prune; they can be shaped into small rounds, square "tied packages", or filled turnovers. Make variations and taste samples. Plan to take home an assortment to share with family, friends or to freeze. You will also leave with many recipes, tips and techniques to master these Old World delicacies. **Better than a bakery!** Plan to give instructor \$13 at class for food supplies. Min. 6/Max. 18

#511168A

Sat Jan 20

9 am-1 pm

Sr High, #C320

\$29-1 ses

Chocolate, Chocolate & More Chocolate

Laurel Severson

Just in time for Valentine's Day. Create, taste in class, and then take home the many rich samples of recipes. Later, at home, select your favorite recipe, add candles and make a memorable (and delicious) treat for the sweetheart in your life! Remember ... chocolate is great anytime! Plan to give instructor \$13 for consumables at class. Take home printed information about chocolate to make you an expert. Min. 5/Max. 18

#511166A

Wed Feb 7

6-9 pm

Sr High, #C320

\$29-1 ses

Fondue Fun

Laurel Severson

Tired of working in the kitchen? Solution - bring fondue to your table! Any time is the right time for fondue - with family, guests or as a party. In the 18th century, creating a way to utilize hardened cheese and bread, the Swiss melted the cheese, added wine and dunked bread cubes in the mixture. The name itself came from the French word "fonder" which means to melt. Create fondue from around the world: **Traditional Cheese, Classic Swiss Cheese, Beef Bourguignonne, Crab, Bleu Cheese and Tempura.** Of course, we'll dunk delectable tidbits of fruit, cake or brownies in wonderful dessert fondue, flavored chocolate fondue plus butterscotch fondue. Finally, make a variety of sauces and dips to round out the menu. Plan to give instructor \$15 for consumables at class. Min. 5/Max. 18

#511169A

Mon Mar 19

6-9 pm

Sr High, #C320

\$29-1 ses



HASTINGS HIGH SCHOOL

200 General Sieben Dr - Door #22 Entrance

For evening or weekend classes, please park in the Lower East Lot where signs indicated Student Parking and enter thru the doors marked #22. Then, check in at receptionist desk just inside the doors. (Photo courtesy of Empirehouse, Inc., Glazing Specialist.)

In the Kitchen

Mastering the Scone from Basic to Decadent! **NEW**

Amy Deaver

Scones are a delicate morsel that takes just the right touch and, once mastered, are easily pulled from the oven after a mere 30 minutes. **Make a Cream Scone, which were created and used at all the teas hosted at the LeDuc Historic Estate.** Cream Scones are often found in Southwestern England and are best eaten when fresh from the oven – which we will do after making a number of variations on the basic recipe. Hot tea will be served as an accompaniment to this instructional activity. Even if you participated in the Fall, join us to hone those scone-making skills, try new recipes and enjoy a relaxing afternoon! Location: BreakAway Arts Cafe', 111 3rd St E, Hastings. *AMY DEAVER was the Site Manager and Chef for LeDuc events.* Min. 5/Max. 12

#511218C	Sun Mar 25	11 am-12:45 pm	BreakAway Arts Cafe'	\$19-1 ses
#511218D	Sun Mar 25	1-2:45 pm	BreakAway Arts Cafe'	\$19-1 ses

What You Can Do with French Bread Dough! **NEW**

Amy Deaver

We have a tendency to fear the idea of working with yeast. However, there are many breads that are easy to make within a short span of time and are much more forgiving than people imagine. Working with a simple Peasant French dough, we will make flat bread (the hot new menu item), French bread and (with a slight revision) cinnamon rolls. Enjoy the coldest season of the year by a warm afternoon at the BreakAway and take home fresh bakery goods to share, along with the knowledge that you can duplicate these easily at home. Location: BreakAway Arts Cafe, 111 3rd St E, Hastings. Min. 5/Max. 12

#511249A	Sun Jan 28	11 am-12:45 pm	BreakAway Arts Cafe'	\$29-1 ses
#511249B	Sun Jan 28	1-2:45 pm	BreakAway Arts Cafe'	\$29-1 ses

Chicken and More Chicken

Laurel Severson

Some classic, some quick, some spectacular for company but ALL healthy and delicious! There will be whole chicken, chicken parts and those versatile skinless-boneless chicken breasts. We'll use skillet and the oven to prepare and enjoy chicken: **Cordon Blue, Marsala with Sage, Philippine style Adobo, Strips with Spicy Honey Dipping Sauce, with White Wine and Mushroom Sauce, Crab-stuffed Breasts, Crispy Parmesan Strips, Italian Lemon, Lemon Kebabs, Pineapple-Raspberry Nibbles, Raspberry Lime** and more. Three recipes are great as appetizers and the entrees will quickly become your favorite! Plan to give instructor \$15/person at class for consumables. Min. 5/Max. 18

#511165A	Tue Apr 3	6-9 pm	Sr High, #C320	\$29-1 ses
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Clean Eating Meal Prep **NEW**

Cass Jordan

Start 2018 off right! Discover the secrets to fool proof clean meal prep while sampling one of the **20+ easy-to-follow interchangeable recipes.** Master the tips and tricks for fun and effective clean meal prepping, including the perfect **cast-iron roast chicken** and why using glass is best in meal prep. You will also **receive a gorgeous fully illustrated recipe book, meal prep guide and grocery shopping list.** Learn: **1)** All the secrets and in's and out's of meal prep, **2)** 20+ easy-to-follow and interchangeable recipes, for endless options!, **3)** Food and meal organization and storage, and **4)** Tips and tricks for grocery shopping and list making. Receive a link to a **free downloadable pdf** resource sheet from the instructor at class. *Plan to give instructor approx. \$2-\$3 at class for consumables.* *CASS JORDAN curated the recipes specifically for clean eating meal prep, so they are easy-to-follow and delicious!* Min. 4/Max. 20

#511239A	Thu Jan 25	6:30-8:30 pm	Tilden Com Ctr, #108	\$15-1 ses
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In the Kitchen

The Natural Holistic Kitchen **NEW**

Cass Jordan

Our kitchen is a “farm-macy”, filled with everything we need to keep us healthy and to naturally sustain our immune system. Discover age old kitchen wisdom, techniques and recipes that are easy-to-follow and make in your own kitchen. Learn what herbs and foods help with inflammation, how to heal your gut with broths and four remedies you can try the next time you or a loved one is under the weather. Plus, receive a link to a **free downloadable pdf resource sheet** from the instructor at class. Min. 4/Max. 20

#511241A Thu Feb 1 6:30-8:30 pm Tilden Com Ctr, #108 \$15-1 ses

30 Day Whole Food

“Clean Eating” Challenge

Angela Sydnos

Start your new year by learning the basic principles of “clean eating” and an elimination diet and gain the cooking skills and techniques to support your efforts. Receive step-by-step instructions complete with meal plans, a 30 Day Challenge guide and over 40 recipes! **Warning: A major side effect could be weight loss, increased energy and a reduced waistline!** Each class begins with a shared “clean meal” so come hungry as we try delicious recipes from the 30-Day Challenge Guide. Plan to give instructor \$45 at class for consumables. (*Skip 2/19*) Min. 8/Max. 25

#511228B Mon Jan 22-Feb 26 6:30-8:30 pm Sr High, #C320 \$69-5 ses

#511228C Tue Apr 10-May 8 6:30-8:30 pm Sr High, #C320 \$69-5 ses

Basic Cake Decorating ages 12+ **NEW**

Diana Hirte



Join the fun and learn how to decorate your own cakes. Students will learn how to make buttercream icing and will frost and decorate an 8” cake to take home. Also techniques for making borders, flowers and writing on the cake will be taught. Plan to give instructor \$10 at class for materials and supplies. *DIANA HIRTE has been making cookies, cakes and desserts for catering and special events for 20 years. She is also a certified Wilton Instructor.* Min. 6/Max. 12

#511244A Thu Feb 1 6:30-8:30 pm Sr High, #C320 \$29-1 ses

Spring Cookie Bouquet ages 12+ **NEW**

Diana Hirte

Welcome spring by creating a beautiful Cookie Bouquet blooming with flowers. Learn to decorate 8 flower shaped cookies on a stick and then arrange them into a basket to share with family and friends. Plan to give instructor \$12 at class for materials and supplies. Min. 6/ Max. 12

#511245A Thu Mar 22 6:30-8:30 pm Sr High, #C320 \$29-1 ses

Cupcake Fun ages 12+ **NEW**

Diana Hirte

Learn the basics of cupcake decorating. Each student will be taught how to do many different decorating techniques on 10 cupcakes including cupcake swirl, rosettes and cupcakes turned into beautiful flowers. Plan to give instructor \$10 at class for materials and supplies. Min. 6/Max. 12

#511246A Thu Apr 19 6:30-8:30 pm Sr High, #C320 \$29-1 ses



Don't delay ... register today!

Nothing saddens us more than to cancel a class and receive emails and phone calls from parents and participants who wish to register the week a class begins. We usually make a decision about holding a class several business days prior to the start date. We may still have space available if something prevented you from registering earlier.

Real Estate

JOHN MAZZARA has sold, owned and managed real estate since 1986. He is the owner of Venture Development, Inc., is a real estate broker with RE/MAX Associates Plus, Inc. and is a recent author of "Reality Based" Real Estate Investing."

How to Win with Investment Properties

Foreclosures and Short Sales Opportunities

John Mazzara

Ever considered becoming a landlord or investing in real estate but needed more information? Learn about opportunities in today's Twin Cities marketplace, how to analyze a property, tax considerations, and things to put in a lease. We review all aspects of becoming a landlord from buying, selling and renting. Min. 3/Max. 25

#511203B

Wed Mar 7

6:30-8:30 pm

Tilden Com Ctr, #108

\$9/ea; \$15/cpl

Downsizing in the Current Housing Market

*Have you been thinking that now might be the time to downsize but aren't sure where to start or what your options are? **Bonus!** All attendees receive the **Downsizing Made Easy** guide PDF (a \$24.95 value), access to preferred service providers and coupons provided to all attendees, as well as a no-cost, home evaluation for those who want recommended suggestions to make it more salable. Min. 3/Max. 20*



John Mazzara

#511204B

Sat Feb 3

10 am-12 pm

Sr High, #C123

\$9/ea; \$15/cpl

10 Secrets & Tips for Successfully

Buying a Home or Investment Property

John Mazzara

This class is for anyone who wants to learn how to be more successful in acquiring real estate. Learn about what things to put in the purchase agreement, strategies for getting your offer accepted in a multiple offer, and different ways to cover closing costs and mortgage insurance. Evaluate a purchase agreement and discuss the home buying process. Min. 3/Max. 25

#511205A

Wed Jan 24

6:30-8:30 pm

Tilden Com Ctr, #108

\$9/ea; \$15/cpl

Getting Your House Ready to Sell **NEW**

James Gross

Gain the tools to navigate the process of selling your home. Whether you are a For Sale by Owner, just looking to see if you want to sell your home or looking to move into senior housing in the near future, this course will cover what you can expect in the process. Discover the stages of the housing market and learn the best time to sell your home. Discuss the joy of owning your home but also transitioning into the next stages of your life no matter where you are in that journey. Receive a free basic market analysis on your home. Min. 4/Max. 15

#511247A

Wed Jan 31

6-7:30 pm

Tilden Com Ctr, #117

\$9/ea; \$15/cpl

Senior Housing Options **NEW**

James Gross

Options for senior housing are growing every day. Explore the tools available to choose a community that best fits you. Deciding on a senior housing community is just as big of a decision as purchasing your first home. Discuss the cost comparisons that senior housing operators will use to show you the price to stay at home or move to their community. If you are a veteran or a spouse of a veteran, you have access to additional resources that can pay for home adaptations or pay for your move to a senior housing community. **Gain the information to help you navigate the process.** Min. 4/Max. 15

#511248A

Mon Feb 5

6-7:30 pm

Tilden Com Ctr, #117

\$9/ea; \$15/cpl

Professional Growth



Proficiency and Preparation for Steam and Hot Water Heating BOILER LICENSE Testing

John Glynn

Prepare to be more informed boiler operators and gain knowledge of boilers, codes and practices, ***in preparation for the State of MN boiler operator's exams resulting in possible career advancement.*** Focus on low PSI steam and hot water heating boilers. Numerous components from boilers used to provide accurate learning provided. ***Three sample tests and corrected copy are provided.*** Handouts relating to the governing jurisdictional codes, applicable and currently enforced in Minnesota, are ***explained in an easy format.*** State exam applications and affidavit forms provided. (Opt'l textbook: Low Pressure Boilers, third edition, by Frederick M. Steingress and Daryl R. Walker. 2C students may not need this book, but instructor highly recommends for 1C and Chief students.) ***Lunch and beverages included.*** *JOHN GLYNN is currently employed as a Boiler and Pressure Vessel Inspector. He began operating high pressure boilers in 1975 and also holds a current Chief A Minnesota Boiler Operators license. Min. 4/Max. 20*

#51174B

Sat Feb 24

8:30 am-2:30 pm

Sr High, #C124

\$99-1 ses

Welding 101

Nathan Neuman

Back by popular demand! *Have you ever had something metal break and wished that you had he know-how to fix it? Or, have you been hearing a lot about job openings in the field of welding and want to get a sampler of what it might be like to do as a career?* There are many welding job openings in MN and around the country NOW! Learn how to safely weld two pieces of metal together. Gain an understanding of blueprint reading and to practice welding using 3 different welding methods: 1) **Stick Welding**, 2) **MIG Welding**; and 3) **Oxyacetylene Torch Welding**. Plan to give teacher approx. \$20 for materials. If you wish to make a special project on the last night, an add'l supply fee will be needed. Plan for an active and hands-on experience! *NATHAN NEUMAN has 11 years experience with welding and metals and is currently the High School Metal Shop teacher. Min. 5/Max. 12*

#511169A

Wed Mar 21-Apr 4

5-6:30 pm

Sr High #B117

\$59-3 ses

Teachers, "SAVE YOUR LICENSE!"

online



Minnesota
Board of Teaching

Teachers have an easy way to meet all eight Minnesota Department of Education license renewal "requirements" online! Study on YOUR schedule, all online!

This is part of the total 125 hours needed in a five-year period to ***renew MN teaching licenses.*** The non-refundable \$25 registration fee is due with registration. **Call Community Education at 651-480-7670.**

Puppy & Dog Training



Rio Gran Boarding & Training

Training Location: 16440 Fischer Ave, Hastings

Registration is thru Community Education

Puppy Training For puppies 12 weeks to 6 months only, please.

#59549C:	Mon Jan 8-Feb 12	10-10:50 am	Rio Gran Training Facility	\$82-6 ses
#59549D:	Thu Jan 25-Mar 1	6:30-7:20 pm	Rio Gran Training Facility	\$82-6 ses
#59549E:	Sat Jan 27-Mar 3	9-9:50 am	Rio Gran Training Facility	\$82-6 ses
#59549F:	Sun Feb 18-Mar 25	6-6:50 pm	Rio Gran Training Facility	\$82-6 ses
#59549G:	Thu Mar 15-Apr 19	6:30-7:20 pm	Rio Gran Training Facility	\$82-6 ses
#59549H:	Sat Mar 31-May 5	9-9:50 am	Rio Gran Training Facility	\$82-6 ses
#59549I:	Sun Apr 8-May 13	6-6:50 pm	Rio Gran Training Facility	\$82-6 ses

Beg. Dog Obedience & Canine Good Citizen

#59550B:	Mon Jan 8-Feb 19	9-9:50 am	Rio Gran Training Facility	\$99-7 ses
#59550C:	Mon Jan 8-Feb 19	6-6:50 pm	Rio Gran Training Facility	\$99-7 ses
#59550D:	Thu Jan 25-Mar 8	7:30-8:20 pm	Rio Gran Training Facility	\$99-7 ses
#59550E:	Sun Feb 25-Apr 15 <small>(skip 4/1)</small>	5-5:50 pm	Rio Gran Training Facility	\$99-7 ses
#59550F:	Mon Feb 26-Apr 9	9-9:50 am	Rio Gran Training Facility	\$99-7 ses
#59550G:	Mon Feb 26-Apr 9	6-6:50 pm	Rio Gran Training Facility	\$99-7 ses
#59550H:	Thu Mar 15-Apr 26	7:30-8:20 pm	Rio Gran Training Facility	\$99-7 ses
#59550I:	Sat Mar 31-May 12	10-10:50 am	Rio Gran Training Facility	\$99-7 ses

Beginner Nosework **NEW**

#59551A:	Tue Jan 9-Feb 20	6-6:50 pm	Rio Gran Training Facility	\$100-7 ses
#59551B:	Tue Mar 6-Apr 17	6-6:50 pm	Rio Gran Training Facility	\$100-7 ses

Descriptions are found online at
www.HastingsCommunityEd.com

Click the blue **"REGISTER"** button at the top-right of page. Then enter a search word from the course title (i.e. puppy, dog, nosework) to find your course.

Register online or when calling 651-480-7670.



Senior Program



Your Senior Program is located in the South wing of the Tilden Community Center, 310 River Street, Hastings.

Laurie Thrush, Senior Program Coordinator

Center Hours: Mon-Fri, 9am-4 pm

Email: lthrush@hastings.k12.mn.us

Office Number: 651-480-7689

Fax Number: 651-480-7680

The Tilden Community Center Senior Program is open to everyone 50 years and better in the Hastings area. Memberships are available to those who wish to take advantage of program discounts, special free events, notary services, and to receive the monthly Senior Newsletter through the mail. **The 2018 membership cost is \$12/each.**

ARTS & CRAFTS

Quilting at Tilden

Bring your project and machine. Irons/ironing boards provided. Call Carol Wilder with questions at 437-4390; first and third Wednesdays from 9 am-3 pm.

Rug Hookers and Woven Arts

Join us at any time. Bring your rug hooking or any other craft and work along with this great group. Come for an hour or spend the day. No registration necessary. Meets the 2nd and last Wednesday of the month at 10 am.

Scrapbooking

The 4th Monday of the month from 9 am-4 pm. Bring your own supplies!

Call the Senior Center for more information at 651-480-7689.

HEALTH & WELLNESS

Chair Massage - Thursdays, 9-11 am, \$16

15 minute chair massages are available at the Senior Center. Call 651-480-7689.

Foot Care

Appointment is necessary and can be made by calling 651-480-7689. Ginny Vandervest, R.N., Marsha Keene R.N., and Ann Voelker, R.N. provide this service. The cost is \$15 to trim nails and calluses. Call 651-480-7689 for information.

Foot Reflexology

Promotes relaxation, improves circulation, strengthens the immune system and assists in pain management. Provided by Julie Glander, National Certified Reflexologist. \$40/60-min.; \$25/30-min. Call for appointment, 651-480-7689.

Senior Program

Healing Yoga for Boomers & Beyond - Wed, 9-10:15 am, \$45/6-session or \$8/session

Michele Hoffman, certified Yoga therapist. If you are not able to get down on the floor, you may still participate and benefit. Location: Tilden Community Center

“Walk for Your Heart” - Get Your Walk Pass at Community Ed!

Safe, climate-controlled facility at the High School, Field House Track. M-F (6:30 am-10 pm) and Sat (8 am-3 pm). Cost is \$15, but just \$7.50 for Hastings Senior Center Members. Bring photo I.D. for Raptor security check when signing up!

Water Exercise

Contact the Center at 651-480-7689 for information regarding dates and times. No swimming experience needed. Held at the Middle School, pool. Cost: \$3/session for members and \$4/session for non-Center members.

Yoga Classes

Ricky Larson is a certified “Body Awareness Yoga” teacher. \$5/class or buy a punch card (6 classes for \$27 or 12 classes for \$50). Adaptive Yoga for limited mobility incorporates seated poses and chair for balance. Mondays (10-11:15 am & 6-7:15 pm), Wednesdays (10:45 am-12 noon), and Fridays (10 am - new Winter time).

Zumba Gold for Seniors - Mon & Wed, 9-9:45 am, \$4/class

Modifies Zumba moves to suit the needs of the active, older participant. It is a dance-fitness class that is friendly, and most of all, fun. Instructor is Susan Herr.

Try any Senior Center Fitness class for free one time to see if the class is a good fit for you!

RECREATION

Bingo - Played every Tuesday morning at 10 am

Book Discussion - Meets 10 am, third Wednesday of the month in the Senior Center.

Games

Cribbage.....	Mondays.....	12:45 pm
Mahjong.....	Mondays.....	12:30 pm
Scrabble	1st & 3rd Monday	1:00 pm
Bingo.....	Tuesdays.....	10:00 am
Card Games.....	Tuesdays.....	12:00 pm
Poker.....	Tuesdays.....	12:30 pm
Bridge.....	Tuesdays.....	Call for time
500.....	Tuesdays.....	5:30 pm
Dominoes.....	Wednesdays.....	9:30 am
Hand & Foot.....	Thursdays	9:30 am
Card Games.....	Thursdays	12:00 pm
Poker.....	Thursdays	12:30 pm
Bridge & 500.....	Fridays.....	12:45 pm

\$1/person for 500. Please call 651-480-7689 each week to register for Bridge.

Pickleball

Four players use solid paddles (think...oversized ping-pong paddle) to hit a perforated ball similar to a wiffle ball, over a net. The sport shares features of other racquet sports, the dimensions and layout of a badminton court, and a net and rules similar to tennis, with a few modifications. *Call 651-480-7689 for a current schedule!*

Please call the Senior Center at 651-480-7689 for more information

SERVICES FOR SENIORS & CAREGIVERS

Adult “Behind the Wheel”

Behind-the-wheel instruction allows adults who would like to troubleshoot certain aspects/areas of driving to practice with an instructor. This is a perfect class if you have not driven for awhile due to health changes in your life. Call Laurie at 651-480-7689 to schedule and appointment. Cost: \$50

Senior Program

SERVICES FOR SENIORS & CAREGIVERS

Display Case Volunteers Needed

Do you, a friend or family member have a collection that you would be willing to share in our display case? If so, call Laurie at 651-480-7689.

Equipment Loan Program

The following items may be borrowed from the Senior Center on a short term basis for no fee: wheelchair, walker, or bath seat. Call 651-480-7689.

Notary

If a senior needs a document notarized, Laurie is a notary. The service is FREE for Hastings Senior Program Members and \$10 for non-members. Please call the Senior Center, 651-480-7689, to make sure Laurie is in.

Senior Law Project

Kathy Eveslage, an attorney from Southern Minnesota Regional Legal Services is available for consultation. Call M-F, 9 am–12 pm, 651-222-4731.

Senior Resource Directory

This directory is available FREE of charge. It lists service providers that will assist seniors in the Hastings Area. Stop by the Senior Center for your directory!

Senior Surf Day - Thu Apr 12, 1-2:30 pm

Hands-on computer training for older adults who have little or no experience with computers. Free, but space is limited. Call 651-480-7689.

SMART Driver Program - Receive 10% off your automobile insurance premium!

Call the Senior Center for more information and schedules, 651-480-7689.



Transportation to the Senior Center - Transit Link 651-602-5465

Upon arrival at the Center, seniors riding the Transit Link bus receive two coupons to cover their ride. Funding provided by Hastings United Way.

SUPPORT GROUPS

Alzheimer's Memory Loss & Family Support Group	4th Wednesday of the month (Regina Wellness Conference Room)	1:30 pm
Caregiver Conversations	1st & 3rd Tuesday of the Month	12 pm
Grief Support Group	2nd & 4th Thursday of the Month.....	6 pm
Parkinson's Support Group.....	3rd Wednesday of the Month	2 pm
Vision Loss Support Group.....	2nd Thursday of the Month	1 pm
Emotions Anonymous	1st & 3rd Thursday of the Month.....	6 pm
	2nd & 4th Thursday of the Month.....	3:45 pm

SPECIAL EVENTS

AARP Tax Assistance Program

Trained volunteer tax preparers will help you fill out and electronically file your basic state and federal tax returns. Appointments can be made starting January 29 by calling 651-480-7689. Appointments start on February 5 at the Tilden Community Center, 310 River Street, and will be held on Mondays, 3-6:30 pm and Tuesdays, 9 am-12 pm. Appointments will also be held at Pleasant Hill Library on Saturdays, February 17 and March 10 (Call the Senior Center 651-480-7689 for an appointment. DO NOT call the library.) Please bring last year's tax return.

If this is your first year filing, please bring your Social Security card and picture ID. **This program is for seniors and low income individuals/couples who have basic tax return.**

Senior Program

SPECIAL EVENTS

AMP - Aging Mastery Program Reunion Dinner - Thu Apr 26, 5:30 pm at Tilden Community Center

Celebrate with us the end of our two-year grant process of Aging Mastery. This will be a fun night of sharing, laughter and reconnecting in the Social Gathering Room. Call 651-480-7689 to register.

Chocolate & Motown Hits - Fri Feb 23, 1:15-4:30 pm, Apple Valley Senior Center

Cost is \$20, transportation provided. Welcome singles, couples and friends. Boogie to the music of Motown, sample tasty appetizers and satisfy your taste buds with a velvety, melt in your mouth chocolate buffet. Games, door prizes and photo booth also included. Register by February 16. Depart from Westview Center parking lot.

Elder Abuse, Neglect and Financial Exploitation Support Group - 4th Monday of the Month, 1 pm

A community support group for family, friends, and individuals affected by elder abuse, neglect, and financial exploitation facilitated by the Minnesota Elder Justice Center. Meets at Tilden Community Center, 310 River St, Hastings.

Hospice - Fri Mar 23 @ 10 am

Learn the difference between palliative care and hospice, who qualifies for hospice enrollment, hospice philosophy and the services/support hospice provides. Seminar provided by Mary Kay Humbert, Director of Nursing Morning Glory Home Care. Gain insight if you are interested in possibly volunteering in hospice. Call 651-480-7689 to register.

Hospice Training - Fri Apr 20 @ 10 am

Learn more about becoming a hospice volunteer with Allina Health Hospice & Palliative Care! Our volunteers offer companionship, help with errands, provide respite time for caregivers, assist with writing/reading and in many other ways support patients and families. Patients are nearing end of life and they and their family members greatly appreciate volunteer support! To register, call 651-480-7689.

Mimosa and Wigs/Toppers and More! - Thu Feb 15, 10:30 am @ Creative Hair Design, 109 2nd St E

Join us for mimosas, muffins and hear one individual's journey in hair loss and how her life was changed by wearing a "topper". You are not alone in the battle in thinning hair. You will have the opportunity to try on toppers, wigs or extensions or hear about the options. Register at www.HastingsCommunityEd.com or stop in at Community Education. Meet at Creative Hair Design.

The 4 Reasons Why Pre-Planning Should Be Your #1 Resolution for 2018 - Thu Jan 22 @ 10 am & 6 pm (Reduce Stress, Improve Finances, Strengthen Relationships, Have More Control of Your Choices)

- Pat Zalusky, Pre-planning & Medical Assistance Specialist from Laker Planning
- Michael Wise, Funeral Director/Owner, Wise Family Funeral & Cremations Services
- Jennifer O'Neill, Elder Law & Estate Planning Attorney, O'Neill Elder Law
- Sarah Wise-Schwieger, Advanced Planning Consultant, Wise Family Funeral & Cremation Services

Join this great line-up of presenters for a 90-minute program and learn more about:

- **Legal Tools:** How to avoid probate with non-probate planning.
- **Medical Assistance:** How can I protect my money from the nursing home?
- **Advance Funeral Planning:** explore your options and get the facts.
- **Starting the Conversation with Your Loved One**

Statistics show that 70% of us are unprepared in one or more of these extremely important areas of planning. Don't be one of those statistics. Receive a complimentary pre-planning packet to help you get started on making your pre-planning resolution a reality in 2018! Call 651-480-7689 to register.

The Cost of Care - Thu May 3 @ 1 pm

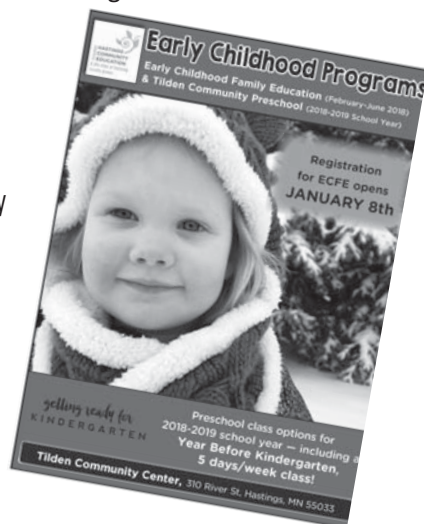
The vast majority of Americans wish to remain in their home through end of life. Medicare, Medicare supplement and health insurance plans do not pay for on-going care in your home. Learn the assorted options including long term care insurance and cost of in-home care through various stages and circumstances of life. Seminar provided by Morning Glory Home Care. Call 480-7689 to register.

Early Childhood Programs

We offer specific information about how children grow and develop and the important role of parents in this process! Special events and classes are created for parents and children to learn and have fun together. Classes are designed to match the active and inquisitive nature of children...we PLAY & LEARN & GROW together!

- Daytime classes for ages birth-5 years old
- Evening parent/child Classes

For a complete listing of the entire ECFE program, please call Angie McGinnis at 651-480-7678 or go to www.HastingsCommunityEd.com and click on the “early childhood family education” brochure image.



Winter-Spring 2018 ECFE Catalog

If you are a parent of a child between the ages of birth and kindergarten and are NOT YET receiving the ECFE Newsletter, please call Angie McGinnis at 651-480-7678 to receive catalog.

Attention Early Childhood Providers

District 200 is offering several staff development opportunities for child care providers in the Hastings community. CEUs will be given to participants.

Dates: December 19 • January 16 • February 20 • March 20 • April 17 • May 15
Time: 6:00-7:30 pm
Location: ISD 200 Curriculum Center

These opportunities are **FREE** to attend, but please call **651-480-7670** to register! You may also register online at: <http://bit.ly/2nijyVh>

Countdown to Kindergarten

2018-19 Registration • “Hastings Raiders Class of 2031”
Thursday, January 18, 2018 from 5:30-7:00 pm

The elementary school your child will attend — Kennedy • McAuliffe • Pinecrest

You and your child are invited to visit Kindergarten classrooms, meet kindergarten teachers, turn in registration/enrollment forms, and tour the school. This event is free for families. All are welcome. If you would like to bring completed kindergarten registration forms, please include: (1) A copy of your child’s birth certificate. Your child must be five years old on/ before September 1, 2018; (2) Proof of early childhood screening. If your child was screened in ISD 200 we will have the screening report on file; (3) Student Registration Form; (4) Home Language Questionnaire; and (5) Student Immunization Form.

Registration/Enrollment forms may be found under the “links” section of:
http://www.hastings.k12.mn.us/How_To_Enroll.html

To find out which elementary school your child will attend, use the elementary attendance boundaries map: http://www.hastings.k12.mn.us/Elementary_Boundaries.html or call (651) 480-7000

Tilden Community Preschool



All Community Education Preschool classes include children with identified special needs as well as typically developing children. For more information, or answers to your questions, please contact: **Angie at 651-480-7678 or amcginnis@hastings.k12.mn.us**

Registration **OPENS Monday, February 26th!**

This is how it works...

- A non-refundable \$50 registration and material fee will be required at time of registration for each enrollment.
- **Mail or drop off completed registration to Community Education, Tilden Community Center, 310 River Street.**
- Please check the required birth date for classes. Children must be the stated age by September 1, 2018.
- Fee assistance, transportation and state scholarships are available. For information about income guidelines, please call Angie McGinnis.
- Registration confirmation is by email.

Section 1: Tue & Thu **\$130/month**
Sep 11-May 30th 9-11:30 am
For children age 3 by Sep 1, 2018

Section 2: Tue & Thu **\$130/month**
Sep 11-May 30th 12:30-3 pm
For children age 3 by Sep 1, 2018

Section 3: Mon / Wed / Fri **\$160/month**
Sep 10-May 31st 9-11:30 am
For children age 4 by Sep 1, 2018

Section 4: Mon / Wed / Fri **\$160/month**
Sep 10-May 31st 12:30-3 pm
For children age 4 by Sep 1, 2018

Section 5: Tue / Wed / Thu **\$160/month**
Sep 11-May 30th 9-11:30 am
For children age 4 by Sep 1, 2018

Section 6: Tue / Wed / Thu **\$160/month**
Sep 11-May 30th 12:30-3 pm
For children age 4 by Sep 1, 2018

Section 7: Mon/Tue/Wed/Thu/Fri **\$270/month**
Sep 10-May 31st 9-11:30 am
Children entering kindergarten in Sep 2019

Section 8: Mon/Tue/Wed/Thu/Fri **\$270/month**
Sep 10-May 31st 12:30-3 pm
Children entering kindergarten in Sep 2019

Little Raider Winter Jam

____2nd Annual Community Family Event____

**Fundraiser to Benefit
Tilden Community Preschool**

**Friday, February 2, 2018 • 5:30-7:30 pm
Hastings High School Commons**

Music • Silent Auction • Food • Games

For more information, call 651-480-7678 or
email amcginnis@hastings.k12.mn.us

School Age Care



Kids' Campus provides quality before and after school child care for elementary age children who are in grades K-4 during this 2017-2018 school year.

Kids' Campus is intended to assist parents who are working or attending school and are unable to be home with their children during the day. Children participate in a variety of planned and supervised activities. Our staff allow time for play, study, creative and social growth through the use of music, sports, games, books, etc. Snacks are provided for both AM and PM sessions.

Schedule

Kids' Campus will operate daily, Monday through Friday, before and after school when school is in session.

Before School 6:30 am to school start

After School: school dismissal-6 pm

Full day sessions from 6:30 am-6 pm will be conducted when school is not in session (e.g. during MEA days, parent conference days, mid-winter break days, etc.) Kids' Campus will not be held during designated school holidays/breaks.

Location

Kids' Campus before and after school will be conducted at Kennedy, Pinecrest, and McAuliffe elementary schools.

Fee Schedule

Kids' Campus operates on an advance payment, self-supporting basis. A non-refundable registration fee of \$50 per child must accompany the child's registration form and is used to defray supply costs for the program.

With the registration fee, a tuition deposit equal to two (2) weeks of tuition must be received to confirm enrollment in the program. This deposit will be applied to the child's first two weeks of attendance.

Tuition fees are paid one month in advance of service. Payment is due the 1st day of the month, according to the payment schedule. No refunds or reduction will be made for absences, illnesses, or some holidays.

School Age Care

Fee Schedule for Grades K-4

Full Time Schedule: Before and After School (5 days each week) \$22/day

Part Time Schedule:

Pinecrest Before School (1-5 days each week) \$9/day

Pinecrest After School (1-5 days each week) \$14/day

Kennedy & McAuliffe Before School (1-5 days each week) \$12/day

Kennedy & McAuliffe After School (1-5 days each week) \$12/day

Full Day Program

A charge of \$36/day will be assessed for days when school is not in session (e.g. TA days, Conference Days, Mid-Winter Break, etc.)

Fee Assistance

Limited fee assistance is available upon request. Please contact Susan Hernlem at 651-480-7676 for information.

Registration Options

OPTION 1: Full Time - Need both before and after school child care for 5 days each week.

OPTION 2: Part Time - Need this service either before or after school each week.

To Register

Complete the online registration which can be found on our website at: **www.hastingscommunityed.com** and submit it with your \$50/child registration fee and tuition equal to two weeks to reserve a spot in the program. For information, contact Susan at 651-480-7676 or Teri at 651-480-7671.

Confirmation

All registrants will be sent a confirmation email/letter to confirm their enrollment in the program.

Fifth & Sixth Grade Kids' Campus Option

We offer an after school program option at Pinecrest for families who are interested in using Kids' Campus for their Fifth or Sixth Grader. The program will be offered all school days from 2:45-6 pm. Call the Community Education office for more information at 651-480-7670.



Camp Horizons (summer program)

Information on our summer, school age care program will be available in March, 2018.

- Contact: Susan Hernlem, Coordinator
shernlem@hastings.k12.mn.us
Teri Thompson, SAC Bookkeeper
tthompson@hastings.k12.mn.us
- By Phone: 651-480-7676 or 651-480-7671
- In person: Tilden Community Center
310 River St, Hastings, MN, 55033





Hastings Family Service

Programs that enrich lives and promote independent living.

Meals on Wheels

The Meals on Wheels Program delivers a ready-to-eat nutritious meal, a safety check, and a warm smile to seniors, persons living with a disability, or someone recovering from a surgery or illness.

Just Friends Transportation

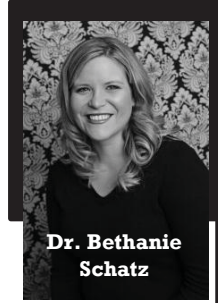
Just Friends provides transportation to medical and social services appointments, friendly visiting, and grocery shopping assistance to enhance the quality of life for people in the Hastings community.

To access services or to volunteer:

Visit: www.hastingsfamilyservice.org

Call: (651) 437-7134

Power Within Chiropractic



Dr. Bethanie Schatz

- MOST INSURANCE CARRIERS ACCEPTED
- APPLIED KINESIOLOGY
- FAMILY ORIENTED
- MASSAGE THERAPY
- PEACEFUL PREGNANCY PROGRAM



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HASTINGS, MN 55033

(651) 437-6778



**HASTINGS
Greater
COMMUNITY
EDUCATION**
A life-time of learning.
Locally grown.

Community Use of School Facilities "Permit Application Process"

Apply to use district facilities through Hastings Community Education. All requests must be made at least seven (7) days in advance. Complete an "Application for Use of School Facilities." Call 651-480-7670 for info or see:

www.HastingsCommunityEd.com

Community Education Seasonal Catalogs

SEE YOUR AD INSIDE EACH ISSUE

Promote your business, organization or next big event inside our seasonal catalogs. Ad costs begin at just \$79/issue.

Contact Zena Stefani at 651-480-7674 or zstefani@hastings.k12.mn.us

Rio Gran

Hastings, MN

Boarding, Daycare & Training Academy

Specializing in Dog and Owner Training since 2006

- **Puppy Training**
- **Beginner & Advanced Obedience**
- **Agility**
- **Rally**
- **Nose Work (Scent Training)**
- **Therapy Dog**

Rio Gran Training Academy

16440 Fischer Avenue

Hastings, MN 55033

651-480-1122 • www.riogran.net



Youth Activities



stem
 modify
 discover
 brainstorm
 idea
 share build
 engineering

fest design



NASA **NEW**

For Grades K-5

Mad Science of Minnesota



Explore the Earth, Moon, Mars ... and beyond. Mad Science teams up with NASA to bring you the excitement and wonder of space in this program featuring student activities from the NASA Academy of Future Space Explorers Program. This voyage of discovery features unique hands-on activities, amazing demonstrations and fun educational take-homes, in an experience that is truly out of the world! Class content varies depending on series length. Visit

mn.madscience.org for class syllabus at your location. Min. 10/Max. 20

#58502A	Mon Jan 22-Feb 12	3:30-4:30 pm	McAuliffe, #167	\$72-4 ses
#58502B	Wed Jan 24-Feb 14	3:30-4:30 pm	Kennedy, #126	\$72-4 ses
#58502C	Thu Jan 25-Feb 15	2:40-3:40 pm	Pinecrest, #22	\$72-4 ses
#58502D	Tue Jan 23-Feb 13	2:40-3:40 pm	SEAS	\$72-4 ses

Fantastic Forces **NEW**

For Grades K-5

Mad Science of Minnesota

Come along on a Mad Science tour de force! Feel angular momentum move you, and investigate inertia in action. Observe how the forces of flight affect airplane performance and use air pressure to levitate ping-pong balls! Learn about structural engineering when you build a bridge and electrical engineering as you build circuits. Discover the link between sound and vibration, the forces required to shape a gemstone, and how to use density to clean up an oil spill. And of course, get a great signature Mad Science take-home every day! Class content varies depending on series length. Visit mn.madscience.org for class syllabus at your location. Min. 10/Max. 20

#58503A	Mon Apr 9-30	3:30-4:30 pm	McAuliffe, #167	\$72-4 ses
#58503B	Wed Apr 4-25	3:30-4:30 pm	Kennedy, #126	\$72-4 ses
#58503C	Thu Apr 5-26	2:40-3:40 pm	Pinecrest, #22	\$72-4 ses
#58503D	Tue Apr 3-24	2:40-3:40 pm	SEAS	\$72-4 ses

Remember to send a note to your child's teacher and school office, if your child is enrolled in an after school class!

We wish to ensure your child gets to the appropriate classroom on the day he or she needs to be in class.



To register, please call (651) 480-7670 or ... go online at www.HastingsCommunityEd.com for 24-hour registration.

Youth Activities



Artic Art Lab! **NEW**

Grades K-5 *Watch Me DRAW • SCULPT • PAINT!*
 Artic penguins, bunnies and bears are all part of Artic Art Lab!
 Draw, paint and sculpt whimsical creations with a variety of
 mediums! Work with clay, paint, pastels, glitter, and jewels
 and create your own keepsake art each week! Dress for mess
 as glitter and glue is sure to end up on you. **(Skip dates: 2/19
 and 2/28)** Min. 6/Max. 20

#58543A	Mon Jan 29-Mar 5	3:30-4:30 pm	Kennedy, #126	\$65-5 ses
#58543B	Tue Jan 30-Feb 27	3:30-4:30 pm	McAuliffe, #167	\$65-5 ses
#58543C	Wed Jan 31-Mar 7	2:40-3:40 pm	Pinecrest, #22	\$65-5 ses

Create Like a Pro - Make It Pop! **NEW**

Grades K-5 *Watch Me DRAW • SCULPT • PAINT!*
 Brush, dabble, splatter, and smear with mediums from acrylics to clay! Paint a giraffe on
 canvas, use beautiful chalk pastels to design a spring kitty, create with clay to sculpt a
 mushroom & bugs display and more! Take home a uniquely yours art creation after each
 class! **(Skip 4/2)** Min. 6/Max. 20

#58544A	Mon Mar 19-Apr 23	3:30-4:30 pm	Kennedy, #126	\$65-5 ses
#58544B	Tue Mar 20-Apr 17	3:30-4:30 pm	McAuliffe, #167	\$65-5 ses
#58544C	Wed Mar 21-Apr 18	2:40-3:40 pm	Pinecrest, #22	\$65-5 ses

Cupcakes & Clay Art Ages 5-12 **NEW** *Kidcreate Studio*

Creating with clay and eating cupcakes - how SWEET! Your child will experiment with
 different types of clay, and learn clay techniques, all while making tons of yummy treats
 like chocolate cake, jumbo-sized candy, and an extra special banana split. And then to
 make this class even sweeter, Kidcreate Studio will serve a cupcake treat! Please pack a
 nut free snack, lunch and a drink for your child. Min. 7/Max. 20

#59546A	Wed Mar 14	9 am-3 pm	Tilden Com Ctr, #165	\$72-1 ses
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Splat! Ages 5-12 **NEW** *Kidcreate Studio*

Splat and splatter paint on a canvas board to create a one-of-a-kind masterpiece. Please
 pack a nut free snack and drink for your child. Min. 7/Max. 20

#59547A	Thu Mar 15	1-4 pm	Tilden Com Ctr, #165	\$35-1 ses
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Star Wars - My Pet Porg Ages 5-12 **NEW** *Kidcreate Studio*

Come make friends with Pablo (Picasso that is). Your mini-master will enjoy creating a
 fantastic work of art inspired by their new friend. Books and examples of Picasso's work
 will educate and delight your child during this fun class. Please pack a nut free snack and
 drink for your child. Min. 7/Max. 20

#59548A	Mon Jan 15	9 am-12 pm	Tilden Com Ctr, #165	\$35-1 ses
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Inclement Weather • School Closures

When school is closed for the day due to inclement weather or other emergency,
 Hastings Community Education programs are also closed. Every attempt will be
 made to reschedule. If inclement weather is expected for the day, always check
 the Hastings Public Schools (www.Hastings.k12.mn.us) website and/or the
www.HastingsCommunityEd.com website for updates.

Youth Activities

Don't delay ... register today!

Nothing saddens us more than to cancel a class and receive emails and phone calls from parents and participants looking to register the week a class begins. We usually make a decision about holding a class a couple days prior to the start date. After that, we may still have space available.



April Fool's Day Fun Ages 4-9 *Kidcreate Studio*

NEW We'll get simply silly as we get ready to celebrate April Fool's Day by creating some unbelievably hilarious craft pranks. Get ready for a good time, this class is sure to tickle your funny bone! **This is a popular class, register early before it fills up!** Please pack a nut free snack and drink for your child. Min. 7/Max. 15

#59540A

Fri Mar 16

1-4 pm

Tilden Com Ctr, #165

\$35-1 ses

Emoji Madness Ages 4-9 **NEW** *Kidcreate Studio*

Words are great and all, but emoji are more fun! This is your child's chance to paint on a real canvas board. During this guided painting lesson, your child will create a portrait of their favorite emoji. Please pack a nut free snack and a drink for your child. Min. 7/Max. 15

#59541A

Fri Jan 26

1-4 pm

Tilden Com Ctr, #165

\$35-1 ses

LEGO Brick Loco Ages 4-9 **NEW** *Kidcreate Studio*

Want to be inspired and challenged to create new and exciting LEGO® brick art? Then this is the class for you! You will get to use your awesome LEGO brick building skills to master a LEGO brick challenge and then you will create a larger than life clay sculpture of a LEGO brick. Please pack a nut free snack and drink for your child. Min. 7/Max. 15

#59543A

Fri Mar 2

1-4 pm

Tilden Com Ctr, #165

\$35-1 ses

The Best-Ever Art Camp! Ages 5-12 **NEW** *Kidcreate*

This camp is packed full of fan favorites! From snow globes, projects that glow-in-the-dark, and messy clay masterpieces, these are the most requested Kidcreate projects of all time! All of them put together in one highly-anticipated camp. **This is the stuff the kids can't get enough of and guaranteed to be an artsy good time!** Please pack a nut free snack and drink for your child. Min. 7/Max. 20

#59545A

Mon-Tue Mar 12-13

1-4 pm

Tilden Com Ctr, #165

\$72-2 ses

"Invest in a Student" Scholarship Fund

Your donation helps a student with financial assistance to enroll in an after-school enrichment or recreational class for which he or she might not have been able to do without your donation!

Simply:

- 1) Contribute a donation, or
- 2) Inquire about any fundraising programs to help kids participate in after-school, evening or weekend classes.

For more information, call Community Education at **651-480-7670**.

DADDY
daughter
DANCE

Saturday, April 21st


"Moana's Dance with the Ocean"

5:00-7:30 pm

Hastings Middle School

Watch for more details to come through the Friday Folders and on www.HastingsCommunityEd.com

Youth Activities

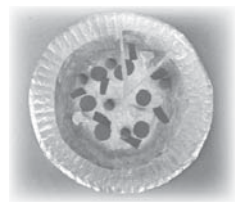
Glow Art Ages 3-6 **NEW** *Kidcreate Studio*
 These art projects will light up your child's world long after the lights go out at night. You guessed it, all the projects will glow-in-the-dark! Work with a variety of art supplies including clay, paint, and many luminescent materials to create masterpieces your child will be excited to show off in the dark! Please pack a nut free snack and drink for your child. Min. 7/Max. 10
#59535A: Mon Jan 15 & 22 1-3:30 pm Tilden Com Ctr, #165 \$59-2 ses

Little Mess Maker's Art Ages 3-6 **NEW** *Kidcreate Studio*
Your little mess maker will have a blast in this hands-on camp! Enjoy many artistic, mess-making moments while creating marvelously messy masterpieces. We plan to paint, sculpt, scribble, and giggle our way to discovering mess making at its very best. These are not projects to tackle at home. Please pack a nut free snack, drink and lunch for your child. Min. 7/Max. 20
#59536A: Mon-Tue Mar 12-13 9 am-12 pm Tilden Com Ctr, #165 \$72-2 ses

More Minions Art! Ages 4-9 **NEW** *Kidcreate Studio*
Those Minions are mischievous, marvelous and downright silly. And we can't get enough of them! Play with clay, paint on canvas, turn into Minions and more! All projects will be inspired by the Minions from the movie *Despicable Me*. Please pack a nut free snack, drink and lunch for your child. Min. 7/Max. 15
#59537A: Thu-Fri Mar 15-16 9 am-12 pm Tilden Com Ctr, #165 \$72-2 ses

Glitter and Slime Art Ages 4-9 **NEW** *Kidcreate Studio*
Glitter and slime are oh so fine! Explore the messier side of art in this fun filled class. We will roll up our sleeves and make a mess as we mix up a batch of glitter slime and create an oh-so-silly jar to store it in. Making a mess is the best, especially when you leave the mess with us! Please pack a nut free snack and drink for your child. Min. 7/Max. 15
#59538A: Fri Feb 16 9:30 am-12 pm Tilden Com Ctr, #165 \$35-1 ses

Foodalicious Doll Party Ages 4-9 **NEW** *Kidcreate Studio*
A slice of pizza with extra cheese, fresh baked bread right out of the oven . . . what doll wouldn't love that? Your child and her American Girl® Doll (or another favorite doll) will love this class! We'll "cook" up a storm as we create doll-sized food out of a variety of art supplies. Bring your doll to class so she can join in the fun. Please pack a nut free snack and drink for your child. *This program is not affiliated with, endorsed by or sponsored by, American Girl Brands, LLC.* Min. 7/Max. 15
#59539A: Fri Feb 16 1-4 pm Tilden Com Ctr, #165 \$35-1 ses



Inclement Weather • School Closures

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Basic Cake Decorating ages 12+ **NEW**

Diana Hirte

Students will learn how to make buttercream icing and will frost and decorate an 8" cake to take home. See page 26 for course information.

#511244A

Thu Feb 1

6:30-8:30 pm

Sr High, #C320

\$29-1 ses

Spring Cookie Bouquet ages 12+ **NEW**

Diana Hirte

Welcome spring by creating a beautiful Cookie Bouquet blooming with flowers. Learn to decorate 8 flower shaped cookies on a stick and then arrange them into a basket to share with family and friends. See page 26 for course information.

#511245A

Thu Mar 22

6:30-8:30 pm

Sr High, #C320

\$29-1 ses

Cupcake Fun ages 12+ **NEW**

Diana Hirte

Learn the basics of cupcake decorating. Each student will be taught how to do many different decorating techniques on 10 cupcakes including cupcake swirl, rosettes and cupcakes turned into beautiful flowers. See page 26 for course information.

#511246A

Thu Apr 19

6:30-8:30 pm

Sr High, #C320

\$29-1 ses

Young Americans: School of Self-Defense

Ages 4-15



Designed for non-aggressive self-defense and safety awareness only. Students are trained in **Run, Yell, Tell** and **Stranger Danger** curricula. Further, they are taught verbal interventions, physical techniques, escape maneuvers, and how to make proper emergency notification. Also promotes self-confidence, physical fitness, respect for authority, and of course, responsible citizenship.

New students are eligible to earn the certified Yellow Belt, and high ranked students earn advanced belts. **Optional merchandise items** available for purchase, but are not required to participate. Pay registration fee on site for only the sessions you attend!

REGISTRATION DAY: Sat Jan 20 • 9-10:30 am • One-time \$5 registration fee + \$7/ses attended

CLASS: Sat Feb 3-May 19 (*Skip dates 2/17, 3/3, 3/17, 3/31 and 5/5*) at the Sr. High, 1st Floor B Cluster Area

LEVELS & SCHEDULE: Beginners 9-9:45 am
 Interm./Adv. 9:45-10:30 am

*****All levels train for self-defense against bullies.**



The **Youth Impact Council (formerly Youth First Planning Council)** is a student organization of the Hastings High School that provides leadership training and service opportunities for high school students.

Serve both in the school and the community. Projects and activities are brought to the group based on student interest and community requests. **Monthly meetings are held Jan 12, Feb 9, Mar 23, Apr 13, and End of Year Luncheon on May 16th and any student may attend.** You can download our calendar at www.HastingsCommunityEd.com under the Youth Activities and Programs tab. **This group is a great way to get involved and meet new people!**

Interested or have questions? Contact us!

Sara Lawrence, Community Education | 651-480-7673 | slawrence@hastings.k12.mn.us

Driver Education / ACT Prep

Driver's Education

Ages 15+ Class-
room & Behind-the-
Wheel

This Driver's Education program for youth ages 15+ is the **ONLY** local Driver's Education Program taught by experienced Hastings School District teachers. We offer one-on-one, behind-the-wheel sessions allowing for personalized instruction and thorough parent communication. No multi-student behind the wheel in our cars! Behind-the-Wheel appointments are scheduled according to birth date; oldest first. Parents and students can expect high-quality



preparation for the new driver, with emphasis on mastery of material. Students will take practice tests, including a practice permit test to prepare them for the test at the driver's exam station. ***The road to your driver's permit and license begins with Hastings Community Education's Driver's Ed!*** Classroom training with a Permit Test is on April 19th. In May, there will be a Parent Education class - watch for more information.

#5071A	Mar 26, 27, Apr 4, 5, 9, 10, 11, 12, 16, 18	5-8 pm	Sr High, #F253
	Apr 19: Permit Test (optional)	2:30-4 pm	\$375

If you'd like additional program information, please contact Community Education at 651-480-7670 or see <http://hastingscommunityed.com/k-12/drivers-education/>

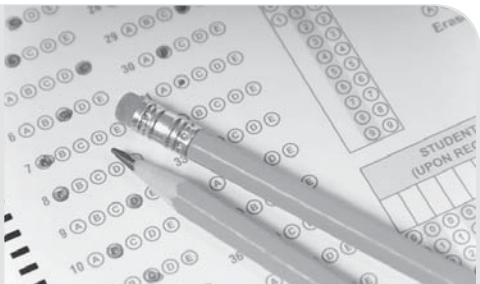
ZAPS Prepares Juniors Taking the ACT Test College Entrance Exam

Doorway to College

Register today for ACT test prep!

- Explains the most common question types and how to approach them
- Teaches effective strategies for approaching each subtest
- Provides authentic, timed, testing practice
- Builds your student's confidence and reduces test anxiety
- Includes extensive materials for home practice
- Improves test-taking skills for a lifetime
- And much more in only five hours!

TO REGISTER, go to: <https://store.zaps.com/seminars>
(enter "55033" in search box)



#58520A	Sat Mar 24	9 am-3 pm	Sr High, Lecture Hall #F253	\$89-1 ses
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Know free digital resources for all ages at Pleasant Hill Library...



- eAudiobooks
- Language learning
- Music and movie streaming and downloading
- eMagazines
- eBooks
- Homework help
- Research tools

Find out more at
www.dakotacounty.us/library
651-438-0200



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- Training/Competition
for Swimmers Aged 6-18+
- Adult Masters swimming
for Fitness & Fun

651-302-2683

www.HASTswimteam.com

Recreation



Dance-Twirl Minnesota!

Your child's confidence will soar as she exclaims about how she just caught the baton! Your child will learn how to **toss, twirl and spin a baton** in this amazing class. Combine our newest twirls with your child's favorite dance moves and music to make this an unforgettable experience! **(Skip 2/19)** Min. 4/Max. 10

#595178C: Ages 4-6 Yrs	Mon Jan 22-Mar 5	5:30-6:15 pm	Sr High, 1st Floor B Area	\$45-6 ses
#595178CC: Ages 7-10 Yrs	Mon Jan 22-Mar 5	6:15-7 pm	Sr High, 1st Floor B Area	\$45-6 ses
#595178D: Ages 4-6 Yrs	Mon Apr 9-May 14	5:30-6:15 pm	Sr High, 1st Floor B Area	\$45-6 ses
#595178DD: Ages 7-10 Yrs	Mon Apr 9-May 14	6:15-7 pm	Sr High, 1st Floor B Area	\$45-6 ses

Safety Around Water

For Ages 3-10 Years

Every year a large percentage of children drown within 6-10 feet of safety. Most of these drownings happen because of a lack of basic water safety knowledge and skills. The basic skills that children need to know include: breathing, breath control, and how to hold their breath, how to master and control buoyancy, and how to open their eyes under water.



Brought to you by a collaboration between the Hastings YMCA and Hastings Community Education, your child will gain the skills they need to have basic water safety. Participants will be assessed and provided direction to continue their aquatic education. You do not need to be a member of the YMCA or Hastings Area Swim Team to participate. Pre-registration is required through Hastings Community Education. Min. 4/Max. 12

#595173B	Sun Jan 14-Feb 25	6:30-7:10 pm	YMCA, Pool	\$55-7 ses
#595173C	Tue Feb 27-Apr 10	6:30-7:10 pm	YMCA, Pool	\$55-7 ses
#595173D	Sun Mar 4-Apr 15	6:30-7:10 pm	YMCA, Pool	\$55-7 ses
#595173E	Tue Apr 17-May 29	6:30-7:10 pm	YMCA, Pool	\$55-7 ses

Intro to Cheerleading Ages 4-15

An exciting cheerleading, dance opportunity for children ages 4-15 years. Learn popular cheers, chants, choreographed dance and pom-pom routines, parade marching techniques, and other performance skills. Promotes physical fitness, improved self-esteem, teamwork, improved coordination, and respect for authority. **A recital will be the last day of class where all students receive certificates and medals for participation.**



If both sections have less than 10 registrants, they will be combined to run from 7-7:45 pm. Registrants would then be notified.

REGISTRATION DAY: THU FEB 1 • 6:30-7:30 pm • One-time \$5 registration fee + \$7/session attended

CLASS DATES: Thu Feb 8-May 10 (*Skip 3/1 & 3/15*) Hastings Middle School, Cafeteria

LEVELS & SCHEDULE: Ages 4-7 Years 6:30-7:15 pm
Ages 8 & Older 7:30-8:15 pm

* For further information or financial assistance, please call Jeff at All American Youth Programs of Minnesota @ 952-997-7732 for both **YOUNG AMERICANS & CHEER AMERICA.**

Recreation: Learn to Skate



Amanda Truax grew up in Hastings and had her very first lesson at the Hastings Civic Arena. She's won numerous competitions around the US in Figure Skating & Dance. She was a member of the **NHL's Minnesota North Stars Dance Team**, skated with **Disney on Ice** (toured for 8 years) developing herself as a well-known Figure Skating Choreographer within **Disney on Ice**. She is also the areas **premier hockey power skating coach**. Get the edge on your skating skills!

Curriculum by the Ice Skating Institute

Hastings Civic Arena, located off Hwy 316 and Hwy 61, Hastings.

See the www.HastingsCommunityEd.com "Youth" section for further information.

LEARN TO SKATE (ages 3-7 years)



Learn to Skate 1 - Beginner skaters ages 3-7; who have never skated before. Skaters will play games and sing songs as they develop skills needed to balance and move across the ice. Beginner skaters who have minimal skating experience. Skaters will learn the proper way to fall and get up, hopping and how to make A's and V's. **Sec. #595176AA**

Learn to Skate 2 - Beginner skaters ages 3-7 or skaters who have passed level 1. Skaters will learn forward swizzles, two foot glides, backward wiggle and stops. **Sec. #595176BB**

Learn to Skate 3 - Skaters must have completed Level 2 ages 3-7. Skaters will learn backward swizzles, hockey turns, forward slalom and a semi-spiral. **Sec. #595176CC**

Learn to Skate 4 - Skaters must have completed Level 3. Skaters will learn backward slalom, one foot glides, 3 step crossovers, backward glides (two feet) and pump circles. **Sec. #595176DD**



MINI-MITES LEARN TO SKATE (ages 4+)

Mini Mites 1 - Mini Mites 1 is designed to break down the basic skating skills crucial to the success of your Hockey player. Basic skills and technical positions are presented which create a solid foundation for your skater. Balance and edge control is an important skill that River Blades develops for long term efficiency speed and power. **Sec. #595176EE**

LEARN TO SKATE (ages 8+)

Pre-Alpha - Beginning class for skaters 8 and up. Emphasis is on skills from Learn To Skate levels 1-4. **#595176FF**

* REQUIRED INFO *

- 1) Birth Date
- 2) Phone Number
- 3) Email Address
- 4) Skill Level

A **CONFIRMATION EMAIL** will be sent to the email address you provided with registration one week before class begins. ***Be sure to visit the River Blades website for information on what type of skates to purchase, clothing to wear, etc.

www.RiverBladesSkating.com

* SCHEDULE *

Students will be placed in 30-minute lesson groups and 30-minute practice times within the stated time frames.

No lesson on March 10th.

\$150 - After 1/5, add \$10 for Winter

Sat Jan 13-Mar 24..... 10-11:30 am

**Pre-register by January 5th
with Community Education**

Recreation: T-Ball & Horses



Little Kids T-Ball

For Ages 3 thru those not yet finished Kindergarten

Introduce your little one to t-ball! Choose between the 9 am and 9:45 am class time. You are responsible for providing a glove for your child. Coaches needed! (Coaches kids participate free, as a thank you. Interested? Email Penny at ppeters2@prescott.k12.wi.us). In case of a

cancellation due to inclement weather, our raindate will be June 16th. Any add'l rainouts will not be rescheduled/refunded.

This program is offered in partnership with Prescott Community Education. **Location: Borner Street Fields, off Borner & St. Croix Street, near Prescott Intermediate School (WI). (Skip date 5/26) Min. 1/Max. 8*

#595157A	Sat May 12-Jun 9	9 am start	30-40 minute lessons	\$10-4 ses
#595157B	Sat May 12-Jun 9	9:45 am start	30-40 minute lessons	\$10-4 ses



This program will fill quickly. Don't wait to register, sign up today and secure your spot! To register, please call (651) 480-7670 or ... go online at www.HastingsCommunityEd.com for 24-hour registration.

Woman Strong Cowgirl Series Ages 16+

NEW Courage, Grit and Determination...If you have never ridden a horse or are an excellent rider, this is for you! Develop your skills and challenge yourself, through horse training, riding, roping, reining or show jumping. Enjoy our show horses or feel free to bring your own. Please bring a helmet. Min. 2/Max. 12

#59556A	Wed Apr 4	6-9 pm	\$75
#59556B	Wed Apr 11	6-9 pm	\$75



Ladies Day at the Barn Adults **NEW**

Step into the Equestrian world enjoying the sportsmanship and camaraderie with a variety of outstanding horses. Ride horses together, every week in our HEATED complex! Discover a true partnership between rider and horse. All riding abilities welcome. All horses, all the time! Please bring a helmet. Min. 2/Max. 12

#59557A	Thu Feb 1-Mar 8	1:30-2:30 pm	\$240-6 ses
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Silver Spurs Riding Club Adults **NEW**

Connect with horses and experience youth all over again! Our horses would love to partner with you and are grateful for time spent grooming and riding. These magnificent creatures will bring out the kid in you again! Please bring a helmet. Min. 2/Max. 12

#59558A	Tue Feb 6-Mar 13	2-3 pm	\$240-6 ses
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Please plan to arrive about 10 minutes early to allow time to complete liability waiver form for Cornerstone on the Vermillion.

Recreation: Horses for All

Cornerstone on the Vermillion Horse Complex

www.cornerstonehorse.com

4650 200th St E, Hastings, MN 55033 (just a couple blocks West of Highway 52)

Michelle Michaud, Owner/CEO, has loved horses her entire life and began riding and barrel racing since she was young girl. She transitioned her love for speed and performance riding to cowhorse, competing both regionally and nationally and winning many titles. Inspiring riders of all ages and riding disciplines is Michelle's favorite way to spend her time at *Cornerstone on the Vermillion*.

Please plan to arrive about 10 minutes early to class to allow time to complete liability waiver.



Youth Horse Camp Ages 4-17 **NEW**

Spend all your time with horses experiencing both Western and English riding, ground work and horsemanship. We welcome all riding abilities and those who have never rode before to join us for a fun filled, action packed youth camp with horses. Please bring a helmet. Min. 2/Max. 12

#59552A	Mon-Tue Mar 12-13	9 am-4 pm	\$225-2 ses
#59552B	Wed-Thu Mar 14-15	9 am-4 pm	\$225-2 ses
#59552C	Mon Mar 19	9 am-4 pm	\$100-1 ses

Youth Equestrian Club Grades K-12 **NEW**

Step into the Equestrian world enjoying the sportsmanship and camaraderie with a variety of outstanding horses. Youth riding horses together, every week in our HEATED complex! Discover a true partnership between rider and horse. All riding abilities welcome. All horses, all the time! Please bring a helmet. Min. 2/Max. 12

#59553A	Fri Feb 2-Mar 9	6:30-7:30 pm	\$240-6 ses
#59553B	Fri Mar 16-Apr 27	6:30-7:30 pm	\$240-6 ses

Horse Building Strong Families Youth with Adult **NEW**

Bring the family! Experience "*Heartland Style*" horse training in real time, riding English and Western, roping, reining and more! Old or young, experience or none, what a great activity to do as a family. Apprenticeships for those who are dreaming of an equestrian future! Please bring a helmet. Min. 2/Max. 12

#59554A	Sat Feb 3	10 am-12 pm	\$100 family of 2, + \$35 ea. add'l; max. \$200
#59554B	Sat Feb 24	10 am-12 pm	\$100 family of 2, + \$35 ea. add'l; max. \$200

Horseback Riding Group Lessons **NEW**

Ride with Confidence! All Ages

World Show and Grand Prix Expertise Instruction in Western Performance and English Hunter Jumper riding. No matter your skill level or if you've never rode a horse before, our show horses partner with the rider and will advance your abilities each time you ride Please bring a helmet. Min. 2/Max. 12

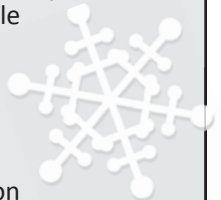
#59555A	Sat Feb 3-24	1-2 pm	\$180-4 ses
#59555B	Mon Mar 5-26	7-8 pm	\$180-4 ses
#59555C	Mon Apr 2-23	7-8 pm	\$180-4 ses



Registration Information

Register online 24/7 at www.HastingsCommunityEd.com

1. **Fees** must accompany all registrations in order to hold your spot in class.
2. **Partial fee assistance** is available for qualified individuals.
3. **Register NOW!** Registration begins when you receive your catalog and remains open until each class is filled or cancelled. Registrations are accepted on a first-come, first-served basis via in-person, US mail, fax, phone, drop-box, and online. Help ensure that your class has enough students by registering at least 10 days ahead of the start date.
4. **Confirmation of registration is made when an email address** is provided or one is specifically requested. If you've followed the registration procedure, assume you are in the class. You will only be notified if your class is cancelled, changed or full.
5. **What happens if Community Ed cancels a class?** All fees are refunded if a course is cancelled due to insufficient enrollment or filled before we receive your registration. Classes are cancelled 3-4 days prior to start date if there is insufficient enrollment. Avoid the disappointment of class cancellations by registering early and inviting a friend to register with you.
6. **What if I want a refund?** Call 651-480-7670 as soon as possible.
 - If it is prior to 9 am one business day before class, you will receive a refund minus a \$5 processing fee. **Or** registrant may select a different class in the same catalog. **Or** registrant may choose to send someone else to attend in their place.
 - If it is after 9 am one business day before, **no refunds or credits** are given as we must cover instructor and/supply costs which have been committed at this point.
 - **Once a class has begun, no refund or credit will be given.**We attempt to reach all registrants first by email and then by phone (cell phone number first) and will be responsible to communicate cancellation only to those who provide all contact numbers and email addresses.
7. Members of the **Hastings Area Senior Program** may enroll in one class per catalog season at a discounted rate (amount varies). To receive discount, please contact Zena Stefani at 651-480-7674 or zstefani@hastings.k12.mn.us. Registrants must pay all supply fees.
8. **UCare Members** may be eligible for up to a \$15 discount. Include your member ID number when registering. Must be a UCare member at the start of the class to receive discount. Inquire with UCare for details.
9. **Excel Card** -
 - Gold Card students receive a 15% discount on all Youth classes.
 - Blue Card students receive a 10% discount on same.Driver's Education offers a \$15 discount for Gold and \$10 discount for Blue card students. **Many adult classes are open to youth.** Students must pay any supply costs either built in to the class fee or payable to the instructor. Discounts are calculated after supply fee is deducted from class fee. *Must show Excel card.
10. **Photographs/video images** taken at a Community Education activity may be submitted to the local media, used on the district's website or appear in other media. Written requests NOT to publish images received by Community Ed. of specific students will be honored.
11. **Adult Programs** - are open to everyone age 15 and older, unless otherwise noted.
12. **Inclement Weather** - When school is released early due to inclement weather, after school and evening classes are cancelled. If school is closed for the day, classes are cancelled. We will make every attempt to re-schedule or provide a refund. See our website and Facebook page for updates or listen to your local radio station KDWA-1460 AM.



Registration Information

Register online 24/7 at www.HastingsCommunityEd.com

OFFICE HOURS:

School year M-F 7:30 am-5 pm
Summer M-F 8 am-4 pm

OFFICE LOCATION:

Tilden Community Center, 310 River Street, Hastings

OFFICE NUMBERS:

Direct 651-480-7670
Fax 651-480-7680

See our website listed above for complete registration information and policies.

About this catalog:

The Community Education program catalog is published three times a year and is mailed to all homes and businesses in the Hastings School District area. Copies are available for pick up at numerous locations around Hastings. If interested in offering a class, or inserting a paid advertisement, please call:

Zena Stefani, Adult Enrichment,
Recreation and Marketing Coordinator
Tilden Community Center
310 River St, Hastings, MN 55033
Direct: 651-480-7674
Email: zstefani@hastings.k12.mn.us

ONLINE: www.HastingsCommunityEd.com

651-480-7670 M-F, 8 am-5 pm

Hastings Community Education - Registration Form

Return to: Tilden Community Center, 310 River St, Hastings, MN 55033

Name (F-M-L) _____

Address _____

City/State/Zip _____

Phone (H) _____ (W) _____

(C) _____ (Emergency #) _____

Email Address Required: _____

Age: 6-18 yrs 19-54 yrs 55+ yrs Male Female

Registrant's Date of Birth (if under 21 yrs) _____

If registrant is under 18, parent's name _____

Does the registrant have any special needs where we might assist?

Yes No If yes, please explain on an additional sheet of paper.

UCare Member ID Number _____

(Must be on **UCare** at the time of the class to receive discount. One discount per calendar year for **UCare for Seniors** program.)

1. Class Name/Trip _____

Sec. _____ Date(s) _____ Fee \$ _____

2. Class Name/Trip _____

Sec. _____ Date(s) _____ Fee \$ _____

Make check payable to: **Hastings Community Education** Check #: _____

Visa **Mastercard** _____

Exp. Date __ __ / __ __ 3-Digit Security # on back __ __ __

Name, as it appears on the card _____

General Information

Hastings Community Education strives to maximize the use of all available community resources to meet the emerging social, educational, recreational and other human service needs of people ranging from birth through senior citizens. The Community Education program operates under a Joint Powers Agreement with the City of Hastings and the District #200 Board of Education. Through this formal agreement the financial, human and facility resources of both governmental units are maximized in an effort to provide a variety of programs and services to all district residents.

Most enrichment classes are conducted on a self-supporting basis and most are accessible to all. All registrations are first-come, first-served, except ECFE which has a random draw lottery system. Register early to ensure your spot in class. For additional information about the Community Education programs, please call:

Community Education Staff:

Community Education Office/MAIN REGISTRAR.....	651-480-7670
Kari Gorr, Director.....	651-480-7672
Linda Gunter, Secretary	651-480-7381
Susan Hernlem, School Age Care Coordinator	651-480-7676
Laurie Knutson, Receptionist/Registration Secretary.....	651-480-7670
Sara Lawrence, Youth Enrichment/Development Coordinator	651-480-7673
Angie McGinnis, Early Childhood Family Education and School Readiness Coordinator	651-480-7678
Gaby Postiglione, Adult Basic Education and GED Coordinator.....	651-480-7677
Zena Stefani, Adult Enrichment, Recreation and Marketing Coordinator	651-480-7674
Teri Thompson, School Age Care Secretary/Bookkeeper	651-480-7671
Laurie Thrush, Senior Program, Adult Mini Tours and Disabilities Coordinator.....	651-480-7689

Community Education Advisory Council Members:

The CEAC assists the staff in needs assessment, resource identification, program evaluation, improve communication efforts with various organizations, and assistance in coordination of efforts with various groups and organizations, to minimize program duplication.

2017-18 Advisory Council Members include:

Russ Rohloff, Chair	Jaci Hansey	Bill Spinelli
Kristy Barse	Evangelina Arellano Laredo	Paul Stein
Pastor James Bzoskie	Bryan Schafer	Elaine Zuzek
Chris Jenkins	Mary Scheide	

Hastings ISD #200 School Facilities:

Tilden Community Center: Community Education/ Senior Center/Early Childhood Family Education/ Adult Basic Education Center.....	310 River St
Hastings High School.....	200 General Sieben Dr
Christa McAuliffe Elementary School.....	1601 West 12th St
Hastings ISD 200 Administrative Offices	1000 West 11th St
Hastings Middle School.....	1000 West 11th St
Pinecrest Elementary School	975 West 12th St
John F. Kennedy Elementary School.....	1175 Tyler St
Hastings Alternative Learning Center.....	213 Ramsey St

Community Use of School Facilities

“Permit Application”

Apply to use district facilities. All requests must be made at least seven (7) days in advance. Complete an “Application for Use of School Facilities.” Call 651-480-7670 for info or see:
www.HastingsCommunityEd.com



Disabilities Program

Opportunities for Adults & Teens with Disabilities

Fun, Friends & Fitness 2018

Sponsored by and for participants of Hastings Sharks, Community Education Club Happenings and YAC (Young Adults Club), their family members and support staff.

Everyone participating will receive a **Fun, Friends & Fitness 2018 T-shirt**.

WALKING CLUB, KICK-OFF NIGHT Mon Jan 8, 2018, 7 pm @ the High School Commons

Walk with friends or on your own. In order to walk at the High School indoor track, **EVERYONE** must purchase a **Walking Pass** from Community Education for a discounted rate of \$7.50. Passes can be purchased at the Kick-Off.

Goal: 2.5 hours of walking each week - 10 weeks, (20 total hours). Accountability teams will be formed for a little extra encouragement. Accountability team captains are needed to meet with their teams once a week. Captains can be parents/athlete combinations, parents or support staff. Please complete the registration form if you are willing to be a captain. Join a team at the Kick-Off meeting on January 8th. Open to ages 14-99.

Prizes awarded for completion of goals at our **Celebration Night** on March 19th.

POUND! Thu Jan 11-Feb 8 (#51088A) and Thu Feb 15-Mar 15 (#51088B)

@ Tilden Com Ctr, 6:30-7:15 pm

Cost: \$10/person/section. Find your inner rock star with this heart-pounding, cardio jam session! Using lightly-weighted drumsticks, the class is guided by upbeat music. Ages 14-99. Meet in Gym. Yoga mats and drums sticks provided for use in class.

FUN, FRIENDS & FITNESS: Food Edition - Mon Jan 22-Feb 12 (#51090A)

@ the Middle School, #215, 6-7:30 pm

Cost: \$20/person (caregiver or family/guardian must also pay the fee to eat). Eat your vegetables with your friends! Each night we will work together to prepare a light meal that includes flavorful and crunchy salads. We'll try new and delicious ways we can keep calories in check and make healthy choices. Week one we'll pair soups and salads, week two we'll try salads and sandwiches, week three is salad and pasta and week four will be salad and pizza night. Enjoy! Open to ages 14-99.

ARTS ALOFT Snowman Painting Class - Tue Feb 6 (#51091A) @ The Onion Grill, 6-7:30 pm

Cost: \$15/person. Join local artist Dave Youngren as he brings out the creative side of each of us as we create this wonderful snowman picture. After our painting class we will enjoy a delicious dessert together. All participants must be accompanied by a painting adult. Open to ages 14-99.

FUN, FRIENDS & FITNESS Celebration Party! - Mon Mar 19 (#51092A) @ Tilden Com Ctr, 7-8:30 pm

Celebrate Walking Club successes, friendships and new skills learned. Light appetizers.

YAC Young Adults Club

"Formerly known as Teen Time"

Program for High School, STAARS students and young adults ages 18-21 with special needs. YAC provides a place for young adults to be with friends and socialize outside of school. **YAC is NOT an extension of the school day.** It is a Community Education program operating on Wednesdays from 2:30-5:15 pm at the Tilden Community Center.

LIVE UNITED



United Way of Hastings

Adult Basic Education



**English
Language
Classes**

**GED
Classes
and
Testing**

Official GED® Testing

Access to the GED® testing schedule and available time slots can be viewed and scheduled through MyGED.com. The cost for the GED® tests are \$25.00 per test, there are four tests. Check with the GED® program, 651-480-7670, for vouchers that can be used towards the official GED® tests and the official GED® practice tests.

#5201A

Testing by Appointment Only

Tilden Com Ctr

\$25 per test

Official GED® Testing Packet

A GED® testing packet that includes workbooks for each subject matter, the official GED® practice tests, and the official GED® tests can be purchased through the GED® program at Hastings Community Education. The cost for the packet is \$140 and there are some vouchers available that can be used towards the packet price. With a GED® credential there are more opportunities for your future. **Open doors to a college path, a career, a better job, and a possible promotion.** There are many program and career opportunities for those with a high school credential. Make your future full of possibilities by completing your GED®.

FREE!

English Language Classes

Free classes are offered for foreign-born adults who have intermediate English language skills and would like to become U.S. citizens. Classes include application and interview preparation and specific language instruction.

Mon-Thu

8:30-11 am

Tilden Com Ctr

Free Class



For additional information about the GED or English Language Learner programs, please contact Gaby Postiglione or Steve Parizek at 651-480-7677.

Adult Trips & Tours



**Where will your next trip
or tour take you?**

Trips & Tours Policies

- Leave from the Westview Parking Lot across from Wells Fargo bank near the Frontage Rd.
- No refund will be made if tickets have been purchased, unless a substitute can be found - less a \$5 processing fee. Call Laurie at 651-480-7689 as soon as you know to cancel.
- It is customary to tip the driver for a job well done - \$1/person suggested.

Mystery Tour & Gourmet Luncheon

Join us for a fun day of intrigue, laughter, great food and wonderful companionship. You will be entertained in an unusual way and you will be able to tell stores for a while afterwards! *You won't know until we all know!* *Inc: Everything!*

#59183A Wed Jan 24 9 am-2 pm
Register by: [Jan 2!](#) \$64.50

U of M 50th Annual Apparel Design Fashion Show

Enjoy an early soup and sandwich dinner at Fabulous Fern's in St. Paul. We will then watch an apparel design fashion show at the Minnesota College of Design. This is their 50th show and will be an exceptional experience. *Inc: Transportation, dinner, tax, tip and fashion show.*

#59185A Sat Feb 10 2:30-8:15 pm
Register by: [Jan 19!](#) \$78

Old Log Theatre

"Guys and Dolls"

Set in Damon Runyon's mythical New York City, Guys and Dolls is an oddball romantic comedy. Guys and Dolls takes us from the heart of Times Square to the cafes of Havana, Cuba, and even into the sewers of New York City, but eventually everyone ends up right where they belong. *Inc: Transportation, lunch, tax, tip and show.*

#59186A Wed Mar 14 10:15 am-5 pm
Register by: [Feb 9!](#) \$84

Sheldon Theatre

"Liverpool Legends"

Lunch at the St. James Hotel, then on the "Liverpool Legends", a complete Beatle experience. Liverpool Legends are four incredibly talented musicians and actors hand-picked by Louise Harrison, sister of the late George Harrison of The Beatles. *Inc: Transportation, show, lunch, tax and tip.*

#59187A Fri Apr 6 10:15 am-4 pm
Register by: [Feb 16!](#) \$87

Twin Cities Premium Outlet

Shopping with Friends - Eagan

This Premium Outlet Mall includes great deals on many name brand stores. We will travel together to Eagan and shop til we drop! You will have lunch on your own at the Food Court located at the mall. *Inc: Transportation.*

#59188A Wed May 16 9:10 am-3 pm
Register by: [May 4!](#) \$35

PREVIEW TRAVEL SHOW • Friday, January 19

10 am • Tilden Community Center



Community Education Department
Hastings School District #200
Tilden Community Center
310 River Street
Hastings, Minnesota 55033

Non-Profit Org.
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Hastings, MN
55033



DISTRICT 200 SCHOOL BOARD

Joe Becker
Peter Blissenbach
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Lisa Hedin
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Tim Collins, Superintendent
of Schools

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Paul Hicks, Mayor
Joe Balsanek
Lori L. Braucks

Tina Folch
Lisa Leifeld
Trevor Lund

Mark Vaughn
Melanie Mesko Lee,
City Administrator

Serving the cities of Hampton, Hastings, Miesville, New Trier and Vermillion.

Serving the townships of Denmark, Douglas, Hampton, Marshan, Nininger, Ravenna and Vermillion.



Monica Mohn, your dance instructor
...is a 3-time "USA Dance" National Ballroom Dance
Champion. She's coached competitive teams, taught flash
mobs for Fortune 500 companies and choreographed dance
routines for local MN bands. Her passion and enthusiasm
for dance make her classes fun and dance easy to learn!

Ballroom Dance Workshop – One Night of Fun!

Whether you've never danced before, or have a bit of experience, you can amaze your family, impress your friends and surprise yourself with how easily you can learn promenades, turns, spins and more in **Waltz, Foxtrot, Tango and Rumba**.
Min. 6/Max. 25 couples

#59542A Tue Feb 6 7-9 pm Sr High, 1st Floor, B Area \$39-cpl

2-Left Feet Social Dance Workshop

Convinced that you have 2-left feet and that dancing is not meant for you? Or, someone you know? But still ... it would be helpful to know a few steps. Just in case ... learn fun moves and simple tips from a pro to ease you over those times. This workshop takes your old "Swing and Sway" and spices it up with simple, easy moves. Spin, turn and twirl together and, before you know it, you'll feel comfortable in any setting! Couples only please. Min. 6/Max. 25 couples

#59541A Thu Mar 1 7-9 pm Middle School, Cafeteria \$39-cpl



Just \$15 each for the School Year
(\$7.50 member of the Hastings Area Senior Center!)

Walk for Your Heart !

Safe, climate-controlled facility...

- Hastings High School, Indoor Field House Upper Track
- Monday-Friday (6:30 am-10 pm)
- Saturdays from (8 am-3 pm)



Those intending to walk M-F, 6:30 am-2:30 pm will first need to bring a photo I.D. to the Community Education office for a security scan.
See page 7 of this catalog for program details.

• To register, visit: **Community Education** or **Cub of Hastings, Service Counter** •