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Your Community Ed & Rec Staff Welcome You!



Amy Miller

alm@oregonsd.org 835-4017
Community Ed & Rec Director

Cynthia DiCamelli

cad@oregonsd.org 835-4052
Community Ed & Rec Assoc. Director

Dave Jameson

dtjameson@oregonsd.org 835-4097
Community Ed & Rec Program Coordinator

Deb Bossingham

dab@oregonsd.org 835-4086
Aquatics Director

Nancy Bogucki

nmb@oregonsd.org 835-4040
Aquatics & Summer School Secretary

EXPLORE THE ARTS!

Drawing is Fun!

Grades K-4

Does your child love to draw? In this class we will work on six different, fun drawing projects using pencils, charcoal, crayons, markers and colored pencils as we explore drawing techniques and skills. Each child will also get a sketchbook to work on their drawing skills. Art encourages children to think, developing skills and confidence as they create! Taught by Sara Lenz.

DAY	DATES	TIME	LOCATION	FEE
Wed	Jan 9- Feb 13	3:00- 4:00PM	NKE	\$60
Wed	Apr 3- May 8	3:00- 4:00PM	NKE	\$60

Junior Van Goghs ♦RCI♦

Grades K-8

Come join the fun after school art class where you'll learn to create amazing pictures step by step using markers, colored pencils and more! We'll create a new drawing every time, so returning students welcome! All supplies included. Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Wed	Jan 16- 30	3:30 - 4:30PM	RCI	\$32
Wed	Feb 6-27	3:30 - 4:30PM	RCI	\$42
Wed	Mar 6- 20	3:30 - 4:30PM	RCI	\$32
Wed	Apr 3- 24	3:30 - 4:30PM	RCI	\$42

Wonderful Wizardly Wands

Grades 1-8 ♦RCI♦

Calling all Harry Potter and wizard fans! Join the fun and make your very own wand! We'll use a variety of materials and techniques. Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Thu & Fri	Jan 24 & 25	3:30- 4:30PM	RCI	\$22
Thu & Fri	April 4 & 5	3:30- 4:30PM	RCI	\$22

**MORE classes with Tina
on page 6!**

Kaleidoscope Art ♦RCI♦

Ages 6 and up

Create beautiful patterns like the ones you see through a kaleidoscope! Discover how drawing may help you feel calm and centered while you create beautiful pieces of art! This class is for all ages and fun for the whole family! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Thu	Feb 7	3:30- 4:45PM	RCI	\$15

Valentine Stamping! ♦RCI♦

Grades K-8

Love to create and have fun? We'll use a variety of stamps and embellishments to create Valentines, bookmarks and other fun projects! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Mon	Feb 11	3:30- 5:00PM	RCI	\$15

Perler Bead Fun! ♦RCI♦

Grades K-8

The sky is the limit when you're creating with perler beads! Choose from templates or freestyle your own creation. Try a 3D project! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Mon	Jan 28	3:30- 5:00PM	RCI	\$15
Mon	Mar 18	3:30- 5:00PM	RCI	\$15

Beading for Fun ♦NEW♦

Grade 1-8 ♦RCI♦

Join in on the fun as we make necklaces and jewelry from paper beads we'll make in class! Add fun embellishments to make your creation unique! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Thu	Apr 11	3:30- 5:00PM	RCI	\$22

No School Fun Day!
Monday, January 21
Monday, February 18
Monday, April 22
See Page 29 for Details

World Music and Drumming

Grades 5-7 ♦RCI♦

Explore the music of different cultures by playing drums, ukuleles, xylophones and more! We'll explore with instruments, singing and dancing. An optional performance (highly recommended!) will be held during our last meeting. No previous experience necessary, and returning students welcome! Taught by Megan Wiemann.

DAY	DATES	TIME	LOCATION	FEE
Thu	Jan 3- Apr 11	3:30- 4:30PM	RCI	\$25

BE DRAMATIC!

Junior Weekend Drama:

Treasure Island for Kids

Grades 1-5

When it's cold and dark outside it's the perfect time to do a play about pirates! Join the cast as we act out the original evil pirate tale and learn acting skills, team work, and problem solving skills. Taught by Frank Mozer.

DAY	DATES	TIME	LOCATION	FEE
Sat	Jan 26- Mar 9	10:30AM -Noon	PVE	\$40

Performance for family and friends March 9

Weekend Shakespearean Drama

Club: Midsummer Night's Dream

Grades 4-8

Fairies, magic, mixed up couples and a play whose star has turned into a donkey! Shakespeare's prose and poetry will come to life as we hone our improv and acting skills. Taught by Frank Mozer.

DAY	DATES	TIME	LOCATION	FEE
Sat	Apr 6- May 18	10:00AM -Noon	PVE	\$45

No Class April 20. Performance for family and friends May 18.

Villains of Stage and Screen

Grades 2-8

Explore dramatic evil characters from stage and screen as we prepare a scene to perform. Choose from scenes that include vocal music, choreography and costuming. Taught by Eliza Tyksinski.

DAY	DATES	TIME	LOCATION	FEE
Fri	Feb 22- Mar 15	6:30- 8:30PM	PVE	\$55

Mar 15 class begins 5pm, show at 7pm

Spring Musical

Grades 1-6

Kids will work together to put on a show of musical favorites! Routines will include song and dance elements for solos and small groups. Learn vocal warm-ups, dance elements and more! Taught by Eliza Tyksinski.

DAY	DATES	TIME	LOCATION	FEE
Fri	Apr 5- May 17	6:30- 8:00PM	PVE	\$88

No Class April 19. May 17 class begins at 5pm with performance for family and friends at 7:00pm.

Learn A New Skill!

Mindful Tweens ♦RCI♦

Grades 5-6

Specially designed for 'tweens' ages 10-13, this program teaches the basics of mindfulness through a fun, engaging format that fosters community building and an overall sense of wellbeing. Students will practice techniques meaningfully relevant to this age group, paving the way for greater balance, resiliency, and emotional intelligence. Practice CD and resource guide included. Taught by Kelly Petrie.

DAY	DATES	TIME	LOCATION	FEE
Fri	Jan 11- Feb 8	3:30- 5:00PM	RCI	\$92

Compassionate Kids ♦NEW♦

Grades 2-4

Nurture the innate compassionate qualities of children through mindfulness-based activities and practices that explore self-awareness, interdependence, empathy, appreciation and generosity. Interactive games, stories and creative expression are all a part of this class. Taught by Kelly Petrie.

DAY	DATES	TIME	LOCATION	FEE
Fri	Feb 22- Mar 22	4:15- 5:30PM	PVE	\$75

We will walk children between NKE and PVE but we do NOT provide transportation between other buildings. Please contact our Transportation Director to find out about bus routes and availability by calling 835-4032. Questions? Please call 835-4097 or email dtjameson@oregonsd.net

Mindful Games ♦NEW♦

Grades 4K- 1 (ages 4-7 years)

Young children will explore focused attention skills, self-regulation, kindness and other qualities of mindfulness through games, movement, and activities in a caring, supportive atmosphere. Taught by Kelly Petrie.

DAY	DATES	TIME	LOCATION	FEE
Fri	Feb 22- Mar 22	3:15- 4:00PM	PVE	\$50

Overcoming Anxiety for Kids

Grades 3-6 ♦RCI♦

This class is will to teach children self-insight, self-awareness and self-empowerment to help them reduce anxiety and stress. Meditation and other stress-reducing techniques will be taught. Repeat students welcome! Taught by Tina Mancusi.

DAY	DATES	TIME	LOCATION	FEE
Tue	Feb 5- Mar 12	3:30- 4:45PM	RCI	\$75

More Classes with Tina on page 6

You Matter. The World Needs You!

Ages 14 and up

Teens will identify strengths using a Science of the Mind assessment and explore career paths that match their capabilities and passions. Participants will receive a personal Cognofile report and learn tools to improve communication and improve learning. Taught by Linda McIsaac and Gerry Klodt of Xyte, Inc.

DAY	DATES	TIME	LOCATION	FEE
Thu	Jan 24 & 31	6:00- 8:00PM	OHS	\$35
Mon	Feb 25 & Mar 4	6:00- 8:00PM	OHS	\$35
Tue	Apr 2 & 9	6:00- 8:00PM	OHS	\$35

Cooking with Farm to School

Grades K-4 ♦NEW♦

Cook and eat delicious, kid-friendly winter recipes while we learn about the journey food takes from the earth to our bellies. We'll use locally sourced ingredients as we explore culture, nutrition, and local food systems through cooking! Offered by Oregon's AmeriCorps Farm to School.

DAY	DATES	TIME	LOCATION	FEE
Wed	Feb 6- 27	3:00- 4:30PM	NKE	\$25

Local Spanish, Global Experience!

Grades K-4

Join us for an all new exciting Spanish adventure! Join amigos as they explore life in the bustling city of Madrid and learn practical conversation skills and vocabulary! These classes are hands-on and dynamic with songs, games and activities to help young learners fall in love with language! Taught by Futura Adventures staff.

DAY	DATES	TIME	LOCATION	FEE
Mon	Feb 11- Apr 15	3:00 - 4:00PM	NKE	\$115

No Class February 18 and March 25. Continuing students do NOT need to re-register

Red Cross Baby Sitter Training

Ages 10½+ and up

Gather the skills, knowledge and confidence to care for young children. Learn how to respond to emergencies and illness, basic first aid, how to make decisions under pressure and how to recognize safety and hygiene issues. Students will receive an American Red Cross Certificate, flashlight, first aid kit and carry bag upon completion of the course. Taught by Frank Mozer.

DAY	DATES	TIME	LOCATION	FEE
Sat	Jan 12	9:00AM - 4:00PM	NKE	\$67
Sat	Mar 16	9:00AM - 4:00PM	NKE	\$67

Classes offered throughout the year every other month

Rescue Kids

Grades 4-5

Students will learn basic first aid information, how and when to call 911 and how to be safe if there is a fire. They will also learn how to pack a supply bag to use in emergencies if they may need to move to a sheltered area or public shelter with their family. **Please choose ONE date.** Taught by Dale Schulz.

DAY	DATES	TIME	LOCATION	FEE
Sat	Jan 12 Jan 26 Feb 9 OR Feb 23	9:00AM - Noon	Brooklyn Fire Dept	\$20

Introduction to Chess ♦RCI♦**Grades 3-8**

Learn how chess pieces move and capture including castling, pawn capture in passing, pawn promotion, check, checkmate and stalemate. We'll also cover principles of opening development, introduce tactics and explore basic checkmate techniques. Experienced chess players welcome! Taught by members of the Wisconsin Chess Academy.

DAY	DATES	TIME	LOCATION	FEE
Wed	Jan 9- Feb 13	3:30- 4:30PM	RCI	\$70

STEM AND MORE!**Kids Night Out****Grades 1-6**

Our Kids Night Out is a high-energy, creative and fun evening full of projects, games and more! The evening includes dinner and a movie, and a special theme each month, including board games, Minecraft and more! Led by Community Ed & Rec Staff.

DAY	DATES	TIME	LOCATION	FEE
Fri	Jan 18	5:30- 8:30PM	RCI	\$25
Fri	Feb 22	5:30- 8:30PM	RCI	\$25
Fri	Mar 15	5:30- 8:30PM	RCI	\$25
Fri	Apr 12	5:30- 8:30PM	RCI	\$25

Code Like A Girl Party**Grades 1-6**

Come and join us for some girl coding fun! We'll have guest speakers, fun activities, coding challenges and more! Pizza dinner included in this year's party! All coding experience levels welcome! All participants will get an Oregon Code Like A Girl T-shirt! [#BeTheChange](#). Led by Velvet Holmes.

DAY	DATES	TIME	LOCATION	FEE
Fri	Feb 22	4:00 - 7:00PM	RCI	\$40

**STEM Club:
Inventors Workshop****Grades K-4**

A new hands-on STEM lesson every week! Students will explore engineering disciplines as they develop critical thinking, peer collaboration and more! Taught by Engineering for Kids Staff.

DAY	DATES	TIME	LOCATION	FEE
Tue	Jan 8- Feb 12	3:00- 4:15PM	NKE	\$120
Wed	Jan 9- Feb 13	3:00- 4:15PM	BKE	\$120

**STEM Club: Aerospace
Engineering: Master Machines
Grades 5-6 ♦RCI♦**

Experience a new hands-on STEM lesson every week as we explore aerospace engineering! We'll create, test and refine flying machines, shock absorbing systems and more! Engineering helps to develop problem solving, critical thinking and collaboration skills that are used by engineers every day! Taught by Engineering for Kids Staff.

DAY	DATES	TIME	LOCATION	FEE
Tue	Jan 8- Feb 12	3:25- 4:55PM	RCI	\$125

**STEM Club: Tinker Universe
Grades K-4**

A new hands-on project every week as we explore mechanical, aerospace and marine engineering and more! Engineering helps to develop collaboration, critical thinking and problem solving skills! Taught by Engineering for Kids Staff.

DAY	DATES	TIME	LOCATION	FEE
Wed	Feb 27- Apr 10	3:00- 4:15PM	BKE	\$120

**Apprentice STEM Club:
Inventors Workshop
Grades K-4**

Explore mechanical, aerospace and marine engineering with a new hands-on project every week! Engineering develops valuable life skills like problem solving, critical thinking and peer collaboration. Taught by Engineering for Kids Staff.

DAY	DATES	TIME	LOCATION	FEE
Tue	Feb 26- Apr 9	3:00- 4:15PM	NKE	\$120

**STEM Club: Robotics Challenge!
Grades 5-6 ♦RCI♦**

Use LEGO Mindstorms to dive into the exciting world of robotics! We'll be programming, building, troubleshooting and operating working robots with motors and sensors. Engineering helps to develop collaboration, critical thinking and problem solving skills! Taught by Engineering for Kids Staff.

DAY	DATES	TIME	LOCATION	FEE
Tue	Feb 26- Apr 9	3:25- 4:55PM	RCI	\$120

ACTIVE YOUTH FUN!**Game Time!****Grades 1-4**

Playground games galore! Games will change each week depending on the interest of the group. Kickball, soccer, floor hockey and more. Learn something new or have fun playing familiar games. Taught by Jim Hanson.

DAY	DATES	TIME	LOCATION	FEE
Mon & Tue	Jan 28- Mar 5	3:00 - 4:00PM	PVE	\$35

**Ninja Warriors ♦NEW♦
Grades 1-4**

Obstacle courses that develop "ninja" skills with climbing, jumping, spinning and more! Young "warriors" develop strength, coordination and confidence! Taught by Luke Palmer at Infinity Martial Arts, 787 N Main St, Oregon,

DAY	DATES	TIME	LOCATION	FEE
Tue	Feb 5- Feb 26	6:15- 7:15PM	See Description	\$35

**Brooklyn Fun and Games
Grades 1-4**

Indoor game time in Brooklyn! Games will change each week, including kickball, soccer and more! Taught by Nate McConnell.

DAY	DATES	TIME	LOCATION	FEE
Tue	Jan 15- Feb 19	3:00 - 3:50PM	BKE	\$30

Beginning Volleyball Skills Grades 2-6

Learn how to pass, receive and serve, basic rules and more! For beginning volleyball players. Taught by Tyler Steinmetz.

DAY	DATES	TIME	LOCATION	FEE
Mon	Jan 28- Mar 11	3:20- 4:20PM	NKE	\$25

No Class February 18

Beginning Equestrian Skills Grades 1-9

Learn to care for and ride horses at the Lindinhof Academy in Oregon. Course will include horse nutrition and care, how to groom, saddle and care for horses and much more! Classes will be held at Lindenhof Academy's indoor, heated riding facility, 4246 Schneider Dr, Oregon. Taught by Megan McIsaac, Lindinhof Academy.

DAY	DATES	TIME	LOCATION	FEE
Mon	Mar 4-18	6:00- 7:30PM	See Description	\$75
Mon	Apr 8,15,29	6:00- 7:30PM	See Description	\$75

Zumba Kids Grades K-4

Be active and have fun to your favorite music! Zumba® Kids features kid-friendly routines based on original Zumba choreography. Learn the steps while we add games and activities. Returning participants welcome! Taught by April Girga.

DAY	DATES	TIME	LOCATION	FEE
Mon	Jan 28- Mar 4	3:15- 4:00PM	PVE	\$33
Mon	Apr 1- May 6	3:15- 4:00PM	PVE	\$33

No Class February 18 and April 22

Family Kickball Fun ♦NEW♦ Ages 5 and up and adult

Kickball is a great indoor game! Shake off the winter blahs and bring the whole family for a fun afternoon. Led by Katie Monk.

DAY	DATES	TIME	LOCATION	FEE
Sun	Feb 17	2:00 - 3:00PM	RCI	\$5/ family

CHILDREN'S DANCE

Pre Ballet Ages 3-4

A great introduction to ballet and class structure! We'll combine basic techniques and terminology with coordination, rhythm, stretching and creativity. Parents will be invited to a mini-performance on the last day! Thursday classes taught by Dianna Johnson, Saturday classes taught by Katie Monk.

DAY	DATES	TIME	LOCATION	FEE
Thu	Jan 17- Feb 14	5:30- 6:00PM	NKE	\$25
Thu	Jan 17- Feb 14	6:05- 6:35PM	NKE	\$25
Sat	Feb 16- Mar 23	9:00- 9:30AM	NKE	\$25
Sat	Feb 16- Mar 23	9:35- 10:05AM	NKE	\$25
Thu	Mar 7- Apr 11	5:30- 6:00PM	NKE	\$25

Beginning Ballet Ages 5-7

Come join us for some fun in ballet! We'll combine basic technique and terminology with learning balance, flexibility and coordination. The last class will include a short performance. Taught by Dianna Johnson.

DAY	DATES	TIME	LOCATION	FEE
Thu	Jan 17- Feb 14	6:40- 7:10PM	NKE	\$25
Thu	Mar 7- Apr 11	6:05- 6:35PM	NKE	\$25

Tap Workshop ♦NEW♦ Ages 7-12

This 40 minute workshop is for dancers who have taken tap classes and want to expand tap technique and skills. Previous tap experience required. Learn new steps, isolations, progressions and traveling tap steps. Taught by Dianna Johnson.

DAY	DATES	TIME	LOCATION	FEE
Thu	Jan 17- Feb 14	7:15- 7:55PM	NKE	\$48

Dance Class Attire

For Ballet and Pre Ballet:

Tights, leggings or a leotard
Ballet slippers or non-slip socks.

For Tap:

Tap shoes must be worn.

To avoid distractions, we ask parents to wait outside the dance classroom during classes.

Thank you!

Tap I

Ages 7-9

Learn basic steps, tap sounds and combinations while working in groups or individually to create your own combinations. For those with little or no tap dance experience. The last class will include a short performance. Taught by Dianna Johnson.

DAY	DATES	TIME	LOCATION	FEE
Thu	Mar 7- Apr 11	6:40- 7:10PM	NKE	\$25

Tap II

Ages 10 and up

For students who have completed the basic beginning tap class. Work on basic tap sounds through isolations, learn progressions and traveling tap steps, explore basic choreography. We will perform a short dance at the end of the session. Taught by Dianna Johnson.

DAY	DATES	TIME	LOCATION	FEE
Thu	Mar 7- Apr 11	7:15- 7:45PM	NKE	\$25

Daddy and Me Dance Ages 3-5 and Dad

A fun afternoon just for Dads and their 'littles'! We'll have 'tea', decorate cookies and learn some dances together! Dress as fancy or casual as you like (but make sure your footwear will let you bust a move!). Taught by Katie Monk

DAY	DATES	TIME	LOCATION	FEE
Sat	April 6	1:30- 3:00pm	NKE	\$20/ pair

No School? No Classes!

When school is cancelled because of weather, Community Ed & Rec classes will not meet.

ADD SOME TOOLS TO YOUR PARENTING TOOLBOX!

Strengthening Families

Parents AND Children in Grades 5-8

Youth will prepare for the teen years, learn how to handle frustration and develop peer resistance skills. Parents will learn how to establish family rules and expectations that work, set limits while showing love and support and encourage positive behaviors! Childcare available for younger siblings. Family dinner included every week! Taught by OSD Staff. **No charge but registration is required.**

DAY	DATES	TIME	LOCATION	FEE
Wed	Jan 23- Feb 27	5:30 - 8:00PM	OMS	Free

Parenting the Love and Logic Way

Parents of children 0-12

Parenting with Love and Logic has been offering solutions and resources to parents of kids of all ages since 1977. Learn how to improve parenting skills and relationships, increase the odds of having more responsible kids and change the kind of responses you get from your children. This is a parent-only class. Childcare and fee waivers available. Taught by Joyce Gilmour.

DAY	DATES	TIME	LOCATION	FEE
Mon	Feb 11- Mar 18	6:00 - 7:30PM	NKE	\$20/ family

Love and Logic Early Childhood

Parents of Children ages 0-6

Love and Logic strategies just for young children! Handle misbehavior, offer choices, set limits and more! Love and Logic has been offering solutions and resources to parents of kids of all ages since 1977. Childcare available. Taught by Joyce Gilmour.

DAY	DATES	TIME	LOCATION	FEE
Wed	Feb 13- Mar 13	8:30- 10:00AM	NKE	\$20/ family

Are you an English Language Learner? Ask us about our class that combines language skills with parenting! Email cad@oregonsd.org or call 608-835-4052

Overcoming Anxiety for Families

Parents AND children ages 6+

Stress and anxiety reduction techniques for the whole family! This 4 week group is designed to help parents and children use meditation, breath work and the power of thought can help to create better balance and harmony. Taught by Tina Mancusi, MSSW at Insight for Health and Healing, 898 Foxrun Ct, Oregon.

DAY	DATES	TIME	LOCATION	FEE
Thu	Jan 10- 31	6:45 - 8:00PM	See Description	\$95/ family

More classes with Tina on pages 2 and 3!

Programs for Young Learners

Play and Learn

Ages birth-4 with adult caregiver

Join us for free play, circle time, craft projects and more! Play and Learn sessions provide a fun, relaxed environment where children learn early math, literacy and social skills through play and caregivers learn about child development, the importance of play and parenting skills. Facilitated by Community Ed staff. Registration required. Please register for only ONE section per session!

Session I

DAY	DATES	TIME	LOCATION	FEE
Mon	Jan 14- Mar 11	8:30- 10:30AM	NKE	\$15

Fri	Jan 25- Mar 15	8:30- 10:30AM	NKE	\$15
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No Class Jan 21, Feb 15 and 18

Session II

DAY	DATES	TIME	LOCATION	FEE
Mon	Apr 1- May 20	8:30- 10:30AM	NKE	\$15

Fri	Apr 5- May 24	8:30- 10:30AM	NKE	\$15
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No Class April 19 and 22

Check out
Mindful Games **NEW**
Grades 4K- 1 (ages 4-7)
Page 3

On Our Way to Kindergarten

Kindergarten Orientation for Parents Monday, April 29 6-8 PM OHS PAC

Play Crew

Ages 3-5

In this preschool playgroup, children will learn through social play, books, movement and sensory activities. Please register for one section per session! Taught by Community Ed & Rec Staff.

Session I

DAY	DATES	TIME	LOCATION	FEE
Tue & Thu	Jan 15- Mar 7	8:30- 10:00AM	NKE	\$25

Tue & Thu	Jan 15- Mar 7	12:00- 1:30PM	NKE	\$25
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Session II

DAY	DATES	TIME	LOCATION	FEE
Tue & Thu	Mar 12- May 9	8:30- 10:30AM	NKE	\$25

Tue & Thu	Mar 12- May 9	12:00- 1:30PM	NKE	\$25
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No Class Mar 26 and 28

Movement and Mindfulness for Preschoolers **NEW**

Ages 3-5

This class will help children become more self-aware and accepting through mindfulness and movement activities. Activities will promote positive self expression and physical movement. This is a child only class. Taught by Sara Golden.

DAY	DATES	TIME	LOCATION	FEE
Mon	Jan 14- Feb 4	1:30- 2:30PM	NKE	\$25

Storytime Artists **NEW**

Ages 3-5

Young learners will discover the world around them by playing, exploring and creating! We'll begin with a story then do an art project related to the story. Children will build confidence, improve fine motor skills and make new friends! This is a child only class. Taught by Sara Golden.

DAY	DATES	TIME	LOCATION	FEE
Fri	Feb 22 - Mar 15	11:00AM -Noon	NKE	\$25

Imagination Station

Netherwood Knoll Elementary
Ages 0-5 with adult caregiver

Mondays & Wednesdays

11:00AM- 3:00PM

Tuesdays, Thursdays & Fridays

2:00PM- 3:00PM

A FREE drop-in playroom for parents and caregivers with children ages 0-5. Come meet others and explore fun (and educational) toys including a kitchen play area, train table, dramatic play/dress-up clothes and much more! **This program is not staffed.**

Open Gym

Netherwood Knoll Large Gym

November - March

Monday - Friday

11:20AM - Noon

Bikes, balls and other toys are available for large motor activity and fun! Closed when there is no school or elementary students have indoor recess due to rainy or very cold weather. If the weather is questionable, please call 835-4097 to make sure we're open! **This program is not staffed.**

For Imagination Station and Open Gym, Please enter through the District Office - DOOR #8, 123 E Grove St. You will need to check in with a driver's license at the front desk of the District Office.

Preschool Open Gym Evenings

Netherwood Knoll Big Gym

Ages 0-5 with adult caregiver

Fridays 6:00-7:00PM

January 18

February 15

March 15

Join us once a month for a FREE open gym for the younger set! We'll have lots of fun activities set up and a walk-around story with Kelly Allen, Oregon Public Library Children's Librarian. No registration needed.

Please enter through Door 8 (District Office) or Door 10 (Main St Parking Lot). Children **MUST** be accompanied by an adult.

LIFELONG LEARNING FOR ADULTS STARTS HERE!

Fused Glass Suncatchers

Adults and Older Teens

Add some sparkle and color to gray winter days with a lovely suncatcher in your window! We'll use fused glass techniques and learn how to use glass frit, stringers and more. Taught by local artist Ann Kleckner at her studio Art Glass Delights, 5545 County Road A, Oregon.

DAY	DATES	TIME	LOCATION	FEE
Tue	Jan 22	6:30-8:30PM	See Description	\$30

Fused Glass

Dragonflies or Butterflies ♦NEW♦

Adults and Older Teens

Create a fanciful fused glass creature that's 4 inches long. Perfect to hang in a window, on a tree or give as a gift! Learn basic glass properties and techniques, too! Taught by local artist Ann Kleckner at her studio Art Glass Delights, 5545 County Road A, Oregon.

DAY	DATES	TIME	LOCATION	FEE
Wed	Feb 6	6:30-8:30PM	See Description	\$30

Fused Glass Jewelry with Decals

Adults and Older Teens ♦NEW♦

Use glass decals to create two unique and beautiful jewelry pendants! Decals allow you to add images like trees, butterflies and more to your work. All materials included! Taught by local artist Ann Kleckner at her studio Art Glass Delights, 5545 County Road A, Oregon.

DAY	DATES	TIME	LOCATION	FEE
Sun	Feb 10	1:30-3:30PM	See Description	\$30

All Fused Glass projects are fired after class. Completed projects will be available for pick up one to two weeks after class.

Beginning Seed Bead Weaving and Jewelry Basics

Adults and Older Teens

Create two projects using the Peyote stitch: a bracelet or anklet and a ring or earrings. Learn the basics of seed bead jewelry making using different weaving stitches. Taught by local artist Shirley Duerst.

DAY	DATES	TIME	LOCATION	FEE
Tue	Jan 29	6:00-9:00PM	NKE	\$30

Pour Painting Canvas ♦NEW♦

Adults and Older Teens

Create a large, unique piece of abstract art for your walls using this popular easy technique! Taught by local artist Shirley Duerst.

DAY	DATES	TIME	LOCATION	FEE
Tue	Feb 5	6:00-9:00PM	OHS	\$25

Portrait Drawing

Adults and Older Teens

Learn how to sketch portraits using charcoal sticks and pencils! Charcoal is an easy medium to work with and produces beautiful results! This class is great for beginning or experienced artists. Drawing materials included in course fee. Taught by Leon Barrett.

DAY	DATES	TIME	LOCATION	FEE
Wed	Jan 23- Feb 27	6:30 - 8:30PM	NKE	\$55

Still Life and Landscape Painting

Adults and Older Teens

Learn how to paint objects and scenery from life using a variety of painting techniques. Bring home several unique works of art! New and experienced painters welcome! Class supply list (about \$30) provided when you register. Taught by Leon Barrett.

DAY	DATES	TIME	LOCATION	FEE
Wed	Mar 6- Apr 17	6:30-8:30PM	NKE	\$50

No class March 27

CLASS LOCATIONS MAY CHANGE!

A CONFIRMATION EMAIL IS SENT ABOUT 1 WEEK PRIOR TO CLASS WITH THE LOCATION INFORMATION.

Wool Felted Soaps ♦NEW♦**Adults and Older Teens**

Learn basic wet felting tips and techniques as you create wool felted soap bars. Felted bars are great exfoliators make great gifts! All supplies included! Taught by Faye Antolec, owner, Wyld and Wooly.

DAY	DATES	TIME	LOCATION	FEE
Wed	Mar 13	6:30 - 8:30PM	Senior Center	\$25

Beginning Crochet ♦NEW♦**Adults and Older Teens**

Learn to crochet as you make a scrubbie or dishcloth. We'll cover hook sizes, yarn types, basic stitches and how to read a crochet pattern. Taught by Shirley Duerst.

DAY	DATES	TIME	LOCATION	FEE
Tue	Feb 26	6:00 - 8:00PM	NKE	\$20

Knitting a Classic Sweater**Adults and Older Teens** ♦NEW♦

Take your knitting to the next level and make a sweater! We'll cover pattern reading, gauge, increasing and decreasing, sleeves, shaping and more! *Students should know knitting basics.* Supply list provided when you register. Taught by Rae Vogeler.

DAY	DATES	TIME	LOCATION	FEE
Thu	Jan 10-31	6:30 - 8:30PM	Senior Center	\$59

Knitting Fingerless Gloves**Adults and Older Teens** ♦NEW♦

Master knitting in the round using double pointed or circular needles with this fun project! Learn how to increase, decrease and pick up stitches and make a thumb gusset. *Students should know knitting basics.* Supply list provided when you register. Taught by Rae Vogeler.

DAY	DATES	TIME	LOCATION	FEE
Wed	Feb 6-20	6:30 - 8:30PM	Senior Center	\$49

Introduction to Brioche Knitting**Adults and Older Teens** ♦NEW♦

Brioche knitting creates a lush, warm, ribbed fabric. Learn how to create the brioche row set and knit the pattern as you start a beautiful scarf. *Students should know knitting basics.* Supply list provided when you register. Taught by Rae Vogeler.

DAY	DATES	TIME	LOCATION	FEE
Thu	Mar 7	6:30 - 8:30PM	Senior Center	\$20

Fixing Knitting Mistakes**Big and Small** ♦NEW♦**Adults and Older Teens**

Learn how to fix dropped stitches, unknit stitches, add lifelines and many more correction techniques! A must for every knitter. *Students should know knitting basics.* Supply list provided when you register. Taught by Rae Vogeler.

DAY	DATES	TIME	LOCATION	FEE
Wed	Mar 13	6:30 - 8:30PM	Senior Center	\$20

A New Healthy You in 2019!**Adults and Older Teens** ♦NEW♦

Learn how to use essential oils to support your health and wellbeing in the new year and beyond! Take home an energy blend, winter blues blend and an immune boost bath salt. All materials included. Taught by Abby Parks and Diana Albrecht.

DAY	DATES	TIME	LOCATION	FEE
Mon	Jan 14	6:00 - 7:30PM	Senior Center	\$25

Pamper Me! ♦NEW♦**Adults and Older Teens**

Just in time for Valentine's Day, come and learn about essential oils and how to use them to make spa-style pampering possible at home, for you, for a loved one, or both! Taught by Abby Parks and Diana Albrecht.

DAY	DATES	TIME	LOCATION	FEE
Mon	Feb 11	6:00 - 7:30PM	Senior Center	\$25

Get Ready for Summer With Essential Oils ♦NEW♦**Adults and Older Teens**

Make sure you're ready for warm weather and fun in the sun while you learn about using essential oils. Make deodorant, shaving cream and a rollerball to soothe the occasional cut or scrape. Taught by Abby Parks and Diana Albrecht.

DAY	DATES	TIME	LOCATION	FEE
Mon	April 8	6:00 - 7:30PM	Senior Center	\$25

JUST FOR PET OWNERS!**Essential Oils For Pets** ♦NEW♦**Adults and Older Teens**

We use essential oils, so can our pets! Learn how to use essential oils safely and correctly around dogs and cats while you make pet safe bug repellent, calming blend and more. Taught by Abby Parks and Diana Albrecht.

DAY	DATES	TIME	LOCATION	FEE
Mon	Mar 11	6:00 - 7:30PM	Senior Center	\$25

Help for Anxious, Stressed and Fearful Pets**Adults and Older Teens**

Is your dog being destructive? Barking or crying a lot? Does your pet have separation anxiety? Come and learn ways you can help calm your pet! This class is for humans only, so please leave your pet at home! Taught by Daniel Antolec, Happy Buddha Dog Training.

DAY	DATES	TIME	LOCATION	FEE
Thu	Feb 21	6:30-7:30PM	RCI	\$10

ABCs of Animal Training**Adults and Older Teens**

Learn how to train all kinds of animals using science-based methods and tools. This class is for humans only, so please leave your pet at home! Taught by Daniel Antolec, Happy Buddha Dog Training.

DAY	DATES	TIME	LOCATION	FEE
Thu	Mar 14	6:30 - 7:30PM	RCI	\$10

CLASS LOCATIONS MAY CHANGE!
A CONFIRMATION EMAIL IS SENT ABOUT 1 WEEK PRIOR TO CLASS
WITH THE LOCATION INFORMATION.

Beginning Banjo Skills

Adults and Older Teens

Come and learn the FUNdamentals of banjo playing! We'll cover chords, rolls, banjo styles, jamming skills and more! Bring your 5 string banjo. Banjo rentals are available at local music stores. Taught by Stephen Grams.

DAY	DATES	TIME	LOCATION	FEE
Tue	Feb 5-26	6:30 - 8:00PM	NKE	\$40

CRASE: Civilian Response to Active Shooter Events

Adults (18+)

Learn what to do if you are in a dangerous situation in a crowded place. Recognize your natural reactions to a crisis, learn about civilian response options and what to do when law enforcement arrives. Taught by Gregory Kosharek, Wisconsin Department of Justice Training Officer.

DAY	DATES	TIME	LOCATION	FEE
Sat	Jan 26	9:00AM - Noon	OHS	Free!

Independence Basics

Adults (18+)

Adults with developmental or cognitive disabilities are invited to join us twice a month for a lively evening of discussions, crafts, cooking and more. Led by Elisa Ried.

DAY	DATES	TIME	LOCATION	FEE
Thu	1/17 1/31 2/14 2/28 3/14 4/11	6:00-8:00PM	OHS	\$15

Class fee waivers available. Please contact Cynthia at cad@oregonsd.net.

Class location addresses	
NKE Netherwood Knoll Elementary 276 Soden Dr	PVE Prairie View Elementary 300 Soden Dr
BKE Brooklyn Elementary 204 Division St	RCI Rome Corners Intermediate 1111 S. Perry Pkwy
OFD Oregon Fire & EMS 131 Spring Street	OMS Oregon Middle School 601 Pleasant Oak Dr
Senior Center Oregon Area Senior Center 219 Park Street	

WE MAKE ADULT WELLNESS FUN!

Fit Fun Bootcamp Morning

Adults and Older Teens ONGOING

Bootcamp is open to all levels and abilities! Resistance training, burst training, and ab tightening exercises. Bring dumbbells and mat. Join anytime, fees prorated. Taught by Dustin Maher Fitness staff.

DAY	DATES	TIME	LOCATION	FEE
Mon Wed Fri	Ongoing, join anytime!	5:30-6:15AM	NKE	\$99/mo

MetCon 360 Fitness NEW

Adults and Older Teens

This conditioning class trains all body muscle groups while giving you both a strength and cardio workout! Modifications adapt the workout to all levels. Meet your personal fitness goals and reach new ones! 8 classes in each 4 week session. Taught by Kristen DuPuis.

DAY	DATES	TIME	LOCATION	FEE
Mon & Wed	Jan 14- Feb 6	6:30 - 7:30PM	OHS	\$50
Mon & Wed	Feb 11- Mar 5	6:30 - 7:30PM	OHS	\$50
Mon & Wed	Mar 11- Apr 10	6:30 - 7:30PM	OHS	\$50

No Class March 25 and 27

30 Minute Power Flow Yoga

Adults and Older Teens NEW

This fast-paced practice will get your heart pumping and build some internal heat during the cold winter months! Taught by Jamie Frisch.

DAY	DATES	TIME	LOCATION	FEE
Sat	Jan 19- Feb 9	8:00-8:30AM	PVE	\$25
Sat	Feb 23- Mar 16	8:00-8:30AM	PVE	\$25

More Adult Recreation Opportunities on Page 21!

Mindfulness Fundamentals

Adults and Older Teens

Explore various forms of meditation, gentle movement and other contemplative practices to bring awareness, compassion and gratitude to your everyday experiences. For anyone new to mindfulness or as a refresher. Taught by Kelly Petrie.

DAY	DATES	TIME	LOCATION	FEE
Thu	Jan 17- Feb 28	6:30-8:30PM	PVE	\$125

No Class Feb 14

Mindful Yoga All Levels

Adults and Older Teens

Blends the wisdom of Alignment Yoga with qualities of mindful awareness to discover a renewed connection and gentle release of tension patterns. Students develop strength, flexibility and balance in body and mind through this timeless practice. All levels welcome. Please bring your own mat and a folded blanket. Taught by Kelly Petrie.

DAY	DATES	TIME	LOCATION	FEE
Mon	Jan 7- Feb 4	4:45-6:00PM	PVE	\$42
Mon	Feb 11- Mar 11	4:45-6:00PM	PVE	\$42
Mon	Apr 1- Apr 22	4:45-6:00PM	PVE	\$35

Intermediate Mindful Yoga

Adults and Older Teens NEW

Build on your previous mindful yoga experience while you discover renewed connection and gentle release of tension patterns through an expanded repertoire of yoga postures, deep breathing exercises and subtle body awareness. For experienced yoga students or beginners with significant experience in the movement arts (sports, dance, martial arts). Taught by Kelly Petrie.

DAY	DATES	TIME	LOCATION	FEE
Mon	Jan 7- Feb 4	6:30-7:45PM	PVE	\$42
Mon	Feb 11- Mar 11	6:30-7:45PM	PVE	\$42
Mon	Apr 1- Apr 22	6:30-7:45PM	PVE	\$35

Pi-Yo ♦ONGOING♦**Adults and Older Teens**

Strengthen your core with a great workout that combines the mind/body practices of Pilates and Yoga, as well as principles of sports stretch, strength training, conditioning, and dynamic movement. Modifications challenge all skill levels. Bring a mat. Taught by Deborah Giltzter. Each session is 6 class meetings.

DAY	DATES	TIME	LOCATION	FEE
Tue	Dec 11, 18 & Jan 8-29	4:15-5:05PM	NKE	\$56
Tue	Feb 5-Mar 12	4:15-5:05PM	NKE	\$56
Tue	Apr 2-May 7	4:15-5:05PM	PVE	\$56

Join Tai Chi (Tai Ji)!
All Ages Welcome!
Information on Page 21

Zumba ♦ONGOING♦**Adults and Older Teens**

Dance and fitness, energy and fun for all levels! Zumba is a mixture of body sculpting movements with fun steps, high energy and motivating music. Dance away your worries with a "feel happy" workout that burns calories! Tuesday classes taught by Deborah Giltzter; Wednesday classes taught by April Girga. Each session is 6 class meetings.

DAY	DATES	TIME	LOCATION	FEE
Tue	Dec 11, 18 & Jan 8-29	5:15-6:15PM	NKE	\$56
Wed	Jan 9-30 (4 classes)	6:30-7:30PM	NKE	\$38
Tue	Feb 5-Mar 12	5:15-6:15PM	NKE	\$56
Wed	Feb 6-Mar 13	6:30-7:30PM	NKE	\$56
Tue	Apr 2-May 7	5:15-6:15PM	PVE	\$56
Wed	Apr 3-May 8	6:30-7:30PM	PVE	\$38

Beginning Line Dancing**Adults and Older Teens**

This class will teach you the Electric Slide, and many other fun line dances so you can show off your moves! Join us for exercise and great music while you have fun with new friends! Remember there are no mistakes, just new variations of the steps. Sign up with a friend and save! Just \$75 for two. Taught by LaVon Ace.

DAY	DATES	TIME	LOCATION	FEE
Thu	Jan 17-Feb 28	6:30 - 7:30PM	NKE	\$40

Ballroom for Everyone**Adults and Older Teens**

Learn to dance to almost any music! This class includes something for everyone: Hustle, Swing, Waltz, Foxtrot and Rumba! You'll be ready to dance to any music! Singles welcome - only \$31! Taught by Deborah Giltzter.

DAY	DATES	TIME	LOCATION	FEE
Tue	Feb 5-Mar 12	6:35-7:35PM	NKE	\$62/couple

55+ Fitness Classes at the Senior Center

Call 835-5801 for more information and to register for these classes!

Zumba Gold

Modified for the active older participant! Fun, friendly and invigorating! Taught by Anne Stone. Try your first class FREE!

DAY	DATES	TIME	LOCATION	FEE
Tue & Thu	On-going	9:45-10:30 AM	Senior Center	\$3/class

Zumba Gold Advanced

Take the moves you learn in Zumba Gold to the next level. For this class, the steps are a little faster and more complex, but even more fun! Taught by Anne Stone.

DAY	DATES	TIME	LOCATION	FEE
Tue & Thu	On-going	8:30-9:30 AM	Senior Center	\$3/class

Get Fit

Improve strength, flexibility and balance. For beginners or those with limited mobility. Taught by Gudie Huston. Try your first class FREE!

DAY	DATES	TIME	LOCATION	FEE
M, W, F	On-going	1:00-1:45 PM	Senior Center	\$3/class

Parkinson's Exercise

Specifically designed for anyone diagnosed with Parkinson's Disease. Targets Parkinsons-specific movement deficits, improving function, mobility, mood and quality of life while reducing falls, all in a fun atmosphere! PLEASE ENROLL THROUGH STOUGHTON HOSPITAL BY CALLING 835-5373. Taught by Rachel Peerenboom.

DAY	DATES	TIME	LOCATION	FEE
Tue	On-going	10:30-11:30 AM	Senior Center	\$5/class

Strong Women

Increase your flexibility and balance while you strengthen your muscles and bones! This ongoing program was created for mid-life and older women. Get moving and improve your health! Taught by Vickie Carroll.

DAY	DATES	TIME	LOCATION	FEE
Mon & Thu	On-going	10:30-11:30 AM	Senior Center	\$3/class
Tue & Thu	On-going	5:30-6:30 PM	Senior Center	\$3/class

Gentle Yoga

Designed for older adults or those who wish to explore yoga at a slower pace. Yoga postures and pre-yoga exercises help develop strength and balance. Taught by Kelly Petrie.

DAY	DATES	TIME	LOCATION	FEE
Fri	On-going	9:00-10:00 AM	Senior Center	\$6/class

IMPROVE YOUR SKILLS FOR WORK AND HOME!

Computers and Technology with Milly

ALL AGES WELCOME!

Computer Help & Learn: One on One with Milly

1 hour appointments for help navigating your PC, specialized software, and peripherals. \$25. For \$5 more, Milly will come to your home! Call Anne at 835-5801 to schedule an appointment.

Appointments available on the first Wednesday of the month:

January 2, February 6, March 6,
April 3, May 1
4pm-5pm and 5pm-6pm

Classes with Milly at Oregon Senior Center 219 Park St, Oregon

All Classes are \$20 per class
Classes taught by Milly McCartney

All classes are 4pm-6pm

LibreOffice and Apache OpenOffice

Why pay for Microsoft Office Suite when you can have it all for free. Explore the open source programs of LibreOffice and Apache OpenOffice. Text document, spreadsheet, and presentation programs similar to Word, Excel, and Power Point at the perfect price!
January 16

Exploring your iPad and iPhone

Learn how to download apps, organize your home page, explore settings and privacy options, personalize your wallpaper and sounds, search the internet, check your email, manage pictures and videos, and use your calendar so you never forget an appointment or birthday again. Remember your power cord
January 30

Google Apps

Explore some of the many apps Google has to offer. Google Docs and Sheets work like Word and Excel and can be shared on any personal computer- Windows or Macbooks. Be introduced to Google+, Books, Map, and Drive. You can video chat, send personal group text messages, edit and store photos with Picasa. Yes, even Picasa is now a Google app. The options are endless!
February 20

Exploring Windows 10

So you have upgraded to Windows 10. You are comfortable with using the desktop and getting on the Internet. Now let's explore Cortana, Microsoft Edge, the Hub, organizing your Start Page, and taking advantage of all those Apps.
March 20

Protecting you & your PC

Is your computer protected from hacks, viruses and worms? Learn how to remove cookies, add-ons, and temporary files. Leave knowing how to tell if you are using a secure site, make strong passwords, keep your software up-to-date, and remove unwanted/out-dated programs. Bring your laptop or tablet. Remember your charger and tell us what type of device you will be bringing.
April 17

Online Selling

Learn simple techniques and keywords to selling your stuff online. Learn how to upload pictures, write a good description of your item and be safe exchanging goods and taking payments. Find social media sites, free classifieds, and business sites to sell your goods.
May 15

Become A Licensed Substitute Teacher!

Are you looking for a part-time job that makes a difference in the lives of children? Be a substitute teacher! Topics include educational best practices, following lesson plans, classroom management, taking attendance and how to handle difficult situations. We'll even help you apply for your license after the class! Participants must have an Associate degree or higher.

The Oregon School District pays substitute teachers \$16 per hour for daily assignments and \$200 per day for assignments 10 days or longer. With our online substitute teacher system, you decide where and how often you would like to work.

Tuesday, January 15, 2019

8:15 a.m. - 2:30 p.m. Substitute Teacher Training (Lunch Provided)

2:30 p.m. - 3:30 p.m. Applying For Your License (Optional)

District Meeting Room, Netherwood Knoll Elementary

Class Fee \$10

Find classes and events, health and wellness resources
and more at stoughtonhospital.com

Stoughton Hospital Support Groups

Crohn's, Collitis & IBD Support

Meets 3rd Wednesday of the month at 5:30pm in Hospital Board Room.

Dementia Caregiver Support

Meets 2nd Thursday from 2:00 to 3:30pm at the Stoughton Area Senior Center

Diabetes Support Group

Meets 2nd Monday of month at 6:00pm in Hospital Board Room and 4th Thursday at 1:30pm at the Oregon Area Senior Center.

Grief Support Group

Meets 3rd Wednesday at 2:00pm at the Stoughton Area Senior Center. Facilitation provided by Heartland Hospice.

Low Vision Support Group

Meets 3rd Thursday from 1:00 - 2:30pm Stoughton Area Senior Center.

Multiple Sclerosis Support Group

Meets 2nd Tuesday from 10:00-11:30am Stoughton Area Senior Center.

Parkinson Support Group

Meets 4th Wednesday from 1:30-3:00pm at the Stoughton Area Senior Center.



The Stoughton Hospital Foundation raises funds to benefit the hospital, its services and projects. Since 1974 it has contributed over \$7.5 million to help purchase medical equipment, provide scholarships and much more.

Learn more at <http://stoughtonhospital.com/stoughton-hospital-foundation/>



SAFE at Home is a falls prevention program created by Home Health United and United Way of Dane County. The program provides an in-home safety assessment during which a list of all medications are compiled, home safety aids like a pill box and night light are offered, and recommendations are made to improve safety. The assessments are done by a trained volunteer and are available to Dane County residents age 60 or older. To learn more or to schedule and assessment, call 1-800-924-2273

OREGON AREA SENIOR CENTER

219 Park Street / 835-5801

oregonareaseniorcenterwisconsin.com
Mon - Fri, 8:00AM - 4:00PM



Support Groups:

Weight Loss Support

Mondays. 4:00PM Weigh-in at 3:30

Veterans Group

4th Tuesday. 9:00AM

Memory Cafe

2nd Thursday, 9:30 Am

State Bank of Cross Plains Oregon

Lower Level Meeting Room

Weekly Game Groups:

Dominoes Mon 10:30AM

Bridge: Mon. 1:30PM

Sheepshead: Tue. 12:30PM

Cribbage: Thur. 1:00PM

Euchre: Wed. 1:00PM

Wellness Activities:

Regular Drop-In Exercise

Reflexology with Beth Hilgendorf,
2nd & 4th Mon. morning
\$25 / 30 min. or \$45 / 60 min.

Chair Massage with
Gary Kuzynski, 2nd & 4th Thur
\$10/15 min. or \$20/30 min.

Foot Care for Diabetics
1st Mon. morning \$30 Provided by
Home Health United.

Foot Care 1st & 4th Wed. \$20
Provided by Stoughton Hospital.

Blood Pressure Screening
Fri. 9:30 - 10:30AM FREE

Health Talks by UW-Madison Phar-
macy Students FREE! Check website
for upcoming dates and topics.

Recreation:

Bingo: 4th Tue. 9:30AM

Pool Players: Thur. 9 AM

Rubber stamps: 3rd Thur. 9AM

Sing Along: 4th Wed. 10:30AM

Silver Threads Senior Club Card
Parties, Movies, Events monthly!

Senior Services:

Adult Day Program: Mon/Wed/Fri
9AM-1PM

Home delivered meals weekdays
11am-noon; Congregate meals
M/T/W/F 11:45 at Senior Center and
Thursdays at Ziggy's. All meals sug-
gested donation \$4, if possible.

Transportation: Call 835-5801 to
reserve a ride. Donation of \$1 - \$3

Outreach/Case Management

Legal Help By appointment

Volunteer Opportunities

Request the Monthly Newsletter: Call 835-5801 or email oasc1980@gmail.com

www.city.fitchburg.wi.us
Monday - Friday, 8:00AM - 4:00PM

FITCHBURG SENIOR CENTER
5510 E. Lacy Road / 270-4290

Classes offered include

Driver Safety, Spanish, Computers/Technology, Oil Pastels, Acrylic Art, Nutrition Education, Tai Chi, Yoga, Fit Ball, Pickle Ball, Aerobics, Zumba, Knitting, Computers, Art, Line Dancing, Writing

Recreation Opportunities

Card Games: Bridge, Euchre, "500", Mahjong, Sheepshead

Day trips and extended trips (call for information!), Social Groups

Health and Wellness Activities

Blood Pressure Screening, Foot care, Acupuncture, Massage Therapy, Caregiver Support Group

Blood Pressure Screening: 2nd Thur. 10:30a.m. No appts necessary.

Foot Care: Regular and diabetic foot care offered

Massage & Reflexology: Please call for information

Senior Services

Congregate Meals: Mon.-Fri. 12:00. Please call 270-4290
by 1:00 pm the day before to reserve meal.

Home Delivered Meals: Mon.-Fri. on request to
homebound or those unable to prepare meals

Transportation: Available daily to meal site. Also for shopping.

RSVP Driver Escort: Rides to doctor/dental appts. Call 5 days ahead.

Outreach/Case Management: Connection to services and caregivers



Monthly Newsletter: Call 270-4290 to be added to mailing list. Fee \$10/year



OREGON PUBLIC LIBRARY

256 Brook Street, Oregon / 835-3656

oregonlibrary.org

Mon.-Thur. 9:00am-8:00pm

Fri. 9:00am-6:00pm

Sat. 9:00am-3:00pm

Events for all Ages!

Please check the library events calendar for details of these and many more events! www.oregonpubliclibrary.org/calendar/

Storytimes for baby to preschool age children

(mornings, evenings and Saturdays)

STEAM programs for elementary age children

Teen Advisory Board - Teens have a voice at the library!

Sewing and craft clubs for teens and adults

Book Clubs

Tech Classes

Reading programs

Friends Of the Library Used Book Sale October 19 and 20

Collections & Services

Eureka! Collections: seeds, cake pans, nature explorer backpacks, maker kits, and early learning backpacks

Free Wi-Fi and Internet.

Computers available by reservation

Wi-Fi printing

Scanning, printing, and copying

One-on-one tech help

Proctoring

Fitchburg Public Library

5530 Lacy Road, Fitchburg

729-1760

Mon- Thurs 9am-9pm

Fri & Sat 10am-6pm Sun 1-5pm

The Fitchburg Library offers programs for children, teens and adults! Check the on-line calendar each month for exciting classes, fun story-time activities and special opportunities just for teens!

Please visit the library web site for dates and times of programs and activities at <http://fitchburgwi.gov/822/Library>



Village of Brooklyn Recreation

recreation@brooklynwi.gov

brooklynrecreation.org

Get Fit Classes

Country Heat Mondays 6:00pm

Yoga Slow Flow Wednesdays, 6:00pm

10 punches for \$45; 6 punches for \$30;

Drop in for \$7

Watch for

Dine A Dip Dinner
in May



Pre-Ballet and Ballet classes

Check the web site for the next classes!

Family Movie Night

First Saturday of the month

Doors open at 6pm,

Movie begins at 6:30pm

Free!

Find us on Facebook: [BrooklynRecWi](https://www.facebook.com/BrooklynRecWi)

Fitchburg Parks & Recreation

608-270-4285 <http://www.fitchburgwi.gov/recreation>

Fitchburg Parks and Recreation offers classes, sports and more for learners of all ages! Non-residents are welcome!

Programs include Soccer, Spanish for Pre-Schoolers, Piano, Dance, Flag Football, Painting and many more.

Visit <http://www.fitchburgwi.gov/Recreation> to see current class offerings, schedules and registration information.

Oregon School District Community Pool

249 Brook Street/www.oregonsd.org/pool

835-4095 or 835-8617

25-Meter, 6-Lane Pool • 12' Deep Diving Well • Hot Tub
Daily, Monthly, Semester and Yearly Passes • Group Lessons
Lap, Open and Family Swim • Scuba Diving Classes
Deep and Shallow Water Exercise • Private Lessons

Red Cross Certified Program GENERAL PROGRAMS

Deep Water Exercise & Shallow Water Exercise:

Older teens and adults, non-swimmers and swimmers. Includes warm-up, stretching and toning, aerobics, and cool-down.

Lap Swim:

Open to all ages. You may swim at your own pace but you must swim laps for recreation and/or conditioning.

Private Lessons:

Private lessons are for adults and children ages 5 and up that would like a one-on-one learning environment.

Family Swim:

Open to all ages. Responsible teen or adult must be in water with a child who cannot touch bottom at the 3 foot end.

Preschool Swim:

For children not yet in kindergarten. Responsible teen or adult must be in water at all times.

Open Swim:

Open to all ages. Responsible teen or adult must be in water with a child who cannot touch bottom at the 3 foot end.

Pool Rental available on a limited basis.
See our website for details or call 835-8617

Special Olympics Swim Team

Open to anyone age 8 and up who has a developmental disability and is able to swim.

The Special Olympics Swim Season
runs from February to May,
ending with the State Meet at the beginning of June.

For more information, contact
Amy at 608-692-1458

or look for Oregon Area Special Olympics on Facebook
Special Olympics has sports for all seasons including
basketball, track, bocce and more!



MEMBERSHIP FEES

Pool passes may be used for open, lap, preschool and family swims and for the use of the whirlpool. Classes for children and adults have additional fees. The cost for Oregon School District Residents fee is listed first, followed by the non-resident fee. Seniors (65+) qualify for discounts on some passes. There is no charge for children under 2. Published fees are subject to change by the Board of Education. Sorry, No Refunds on Pool Passes!

Daily Fee

For recreational swimming and/or use of the whirlpool

Youth	\$1.50
Adult	\$3.00
Youth 20 Punch Card	\$26; \$30
Adult 20 Punch Card	\$52.50; \$60
Family Swim (per family)	\$3; \$6

Water Exercise

Teens/Adults	\$2.00 per class
Teen/Adult 20 Punch Card	\$32; \$40
Senior (65+)	\$1.35 per class
Senior 20 Punch Card	\$20; \$27

Yearly Pass

Single	\$75; \$150
Family	\$115; \$230
Senior (65+)	10% discount

School Year Pass (Sept 4, 2018- June 8, 2019)

Single	\$60; \$120
Family	\$90; \$180
Senior (65+)	10% discount

Semester Pass (Jan 1- June 15, 2019)

Single	\$40; \$80
Family	\$55; \$110
Senior (65+)	10% discount

Winter Pass (October 22, 2018-March 15, 2019)

Single	\$40; \$80
Family	\$55; \$110
Senior (65+)	10% discount

Summer Pass (June 16- September 1, 2019)

Single	\$35; \$70
Family	\$45; \$90
Senior (65+)	10% discount

Monthly Pass

Single	\$18; \$36
Family	\$25; \$50

Families who qualify for free or reduced school meals are eligible for a free or reduced fee pool family membership and group swim lesson fees. Sorry, no scholarships are available for private lessons, or Scuba or Lifeguard classes. Apply at the Pool Front Desk. Please bring your OSD Eligibility letter.

Oregon Pool
Winter/Spring Schedule
1/1/19 – 6/15/19

Time	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
5:45am-7:45am	Lap 5:30-7:45am	OCSC 6:00-7:30am	Lap 5:30-7:45am	OCSC 6:00-7:30am	Lap 5:30-7:45am	OHS/OCSC 6:00-8:00am	
8-8:30am	Oregon School District Physical Education Swimming Lessons						Lessons 2/2- 3/9 And 4/6 – 5/18
8:30-9:00am							
9:00-9:30am							
9:30-10:00am							
10:00-10:30am							
10:30-11:00am	Oregon School District Physical Education Swimming Lessons						Lap 12:00-1:00pm
11:00-11:30am							
11:30-12:00pm							
12:00-12:30pm							
12:30-1:00pm							
1:00-1:30pm	(Special Open Swims from 1-3pm are 1/21, 2/15, 2/18, and 4/22) THE POOL WILL BE SHUT DOWN FOR MAINTENANCE March 16 - 31						Open 1:00-4:00pm
1:30-2:00pm							
2:00-2:30pm							
2:30-3:00pm							
3:00-3:30pm							
3:30-4:00pm	OCSC 3:00-4:00pm		OHS/OCSC 3:30-6pm		OCSC 3:00-4:00pm		Available for Rental The pool will be Closed on 1/19, 4/21, and 5/27
4:00-4:30pm	OHS/OCSC 4:00-5:00pm		OCSC 3:00-4:00pm OHS/OCSC 4:00-6:00pm		OHS 4-6pm		
4:30-5:00pm	Lessons 2/4 – 3/11 And 4/8 – 5/13		Lap 6-7pm Open 7-8pm Water Ex		Lap 6-7pm Open 7-8pm Lap 8-9pm		
5:00-5:30pm							
5:30-6:00pm							
6:00-6:30pm	Lap 6-7pm		Lap 6-7pm		OCSC 6-9pm		Family 4:00- 5:30pm
6:30-7:00pm	Open 7-8pm		Open 7-8pm		OCSC 6-8pm		
7:00-7:30pm	Lap 8-9pm		Water Ex				
7:30-8:00pm							
8:00-8:30pm							
8:30-9:00pm							
9:00-9:30pm	Cleaning SCHEDULE SUBJECT TO CHANGE, CHECK OUT OUR WEBSITE FOR ACCURATE INFORMATION						
9:30-10:30pm							

THE POOL WILL BE CLOSED STARTING AT 4:30PM
 FOR THE OHS BOY'S SWIM MEETS ON JAN 8th, 15th and 22nd

Please Note: The pool will close 15 minutes after the last activity is over. Please be sure to complete your swimming in time to be out of the locker room by closing time. Parents need to pick up children within this 15 minute period. Please notify the pool if you are going to be delayed.

OCSC – Oregon Community Swim Club
 OHS – Oregon High School Swim Team
 Information for the Community Swim Club is located in the lobby of the Oregon Pool. Please ask for information if you are interested.

YOU CAN LEARN TO SCUBA DIVE AT THE OREGON POOL!

For Classes taught by Breezeway Bubbles Scuba LLC

For questions or more information, please call 835-4095 or 835-4086

Bubblemaker for Kids

Ages 8 and Up

\$65

Sunday (1 day class)

Dates offered:

January 27

February 24

March 3

April 14

1:00 - 3:00PM

No pre-training is required for this course! Swimmers should be comfortable in the water.

Discover Scuba

Ages 10 and Up

\$40

Sunday (1 day class)

Dates offered:

January 27

February 24

March 31 (Tentative)

April 14

1:00 - 3:00PM

No pre-training required! Swimmers should be comfortable in the water.

Scuba (Open Water) Certification Class

Ages 10 and up

\$325

Saturday AND Sunday (2 day class)

Dates Offered:

January 26 and 27

February 23 and 24

March 2 and 3

April 13 and 14

Sat: 8:30AM - 4:30PM and

Sun. 1:00 - 5:00PM

Students should be able to swim and tread water. Complete this course and get a life-time PADI Open Water card! Fee includes use of all gear. Preregistration and pre-class homework required. Saturday class takes place at the pool (one day fee \$225). Sunday class take place at an area lake.

Scuba Review

Certified divers only

\$85

Saturday (1 day class)

January 26

February 23

March 2

April 13

11:00AM - 4:00PM

Before you head off on your next dive trip, practice your dive skills! Fee includes use of gear if needed. Divers should be certified Open Water or higher.

MORE GREAT WAYS TO LEARN - AND EARN - AT THE POOL!

Water Safety Instructor (WSI) Trainings: Want to become a swimming instructor? This 40-hour class teaches the instructional background of the American Red Cross "Learn to Swim" Program. Once you have completed this course you will be certified to teach the American Red Cross "Learn to Swim" program in any American Red Cross Pool.

Lifeguard Certification: Want to be a lifeguard? This course is open to ages 15 - adult. Instruction includes advanced lifesaving techniques needed to be a Lifeguard at a pool. This 35 hour program will also certify you in CPR for the Professional Rescuer, AED, First Aid as well as Lifeguarding.

Lifeguard Review Class: American Red Cross Lifeguard Certification review and recertification. Includes CPR, AED and First Aid certification. Pre-test of swimming skills required.

For upcoming classes check the pool website at OregonSD.org/pool or call 835-8617 for more information!

REGISTRATION INFORMATION

There are no make-up classes. If the school district closes due to bad weather, the pool will also close.

If payment is not made by the due dates, your child will be removed from the class list. You must cancel 1 week prior to start date to qualify for a refund.

For pool questions and swim levels, call 835-8617

PARENT/CHILD AQUATICS PROGRAM - Course Descriptions

Parent/Child lessons familiarize young children to the water and prepare them to learn to swim. It is not designed to teach children to become good swimmers or to survive in the water on their own, but gives parents safety information and teaches techniques to help orient their children in the water.

Parent/Child 1 (Ages 6 months - 2 years)

Holding and support techniques
Water adjustment
Safe water entry and exit
Exploring the pool
Buoyancy on front and back
Swim on front and back
Water Safety skills

Parent/Child 2 (Ages 2 and 3)

Holding and support techniques
Water adjustment
Safe water entry and exit
Breath control
Buoyancy on front and back
Swim on front and back
Water Safety skills

PRESCHOOL PROGRAM - Course Descriptions

For children 4-5 years without an adult. All preschool classes will be based in water safety activities. This is an age appropriate class with some skill grouping within the class. Children remain in these classes until they are 6 years old.

Preschool Level 1 - Beginner

Safe water entry/exit
Blowing bubbles
Submerge mouth, nose & eyes
Front and back glide with support
Change directions in water
Swimming on front and back (assisted)
Water Safety skills

Preschool Level 2 - Intermediate

Safe water entry/exit
Open eyes underwater/retrieve object
Front/back glides and floats
Swim on front (assistance)
Swim on back (assistance)
Treading water
Water Safety skills

Preschool Level 3 - Advanced

Fully submerge, hold breath-5 sec
Front/back glides/floats (independent)
Change directions in water
Swim on front (independently)
Swim on back (independently)
Treading water
Water Safety skills

LEARN TO SWIM PROGRAM - Course Descriptions

For children ages 6 years and up. Throughout this program, participants build on their skills to learn various propulsive movements on the front, back and side. As the levels increase, participants learn to refine the different strokes and build endurance.

Learn to Swim Level 1

Entry/exit
Open eyes/retrieve object
Front/Back glides and floats
Swim on front
Swim on back
Change directions in water
Water Safety skills

Learn to Swim Level 2

Hold breath-10 sec
Front glide and Jellyfish float
Back glide and Back float, 15 sec
Change directions in water
Swim on front/back
Rotary breathing and Tread water - 15 sec
Water Safety skills

Learn to Swim Level 3A Safe water

Headfirst water entry, sitting/kneeling
Streamlined flutter kick
Survival float-30 sec
Back float-1 min (deep water)
Tread water- 1 min (deep water)
Front crawl - 15 yds
Water Safety skills

Learn to Swim Level 3B

Breaststroke kick
Tread water 1 min, deep water
Elementary backstroke-15 yds
Scissor kick-15 yds
Front crawl-15 yds
Rotary breathing 15 times
Water Safety skills

Learn to Swim Level 4A

Headfirst entry from side -stride position
Swim underwater 3-5 bodylength
Survival float 1 min. in deep water
Backstroke, 25 yds/Back crawl, 15 yds
Tread water, 2 kicks, 2 minutes
Front crawl-25 yds
Water Safety skills

Learn to Swim Level 4B

Backstroke open turn
Breaststroke-15 yds
Sidestroke-15 yds
Front crawl, 25 yds
Butterfly-15 yds
Elem. Backstroke-25 yds
Water Safety skills

Learn to Swim Level 5

Shallow-angle diving
Tread water, 5 min.
Open front flip turn
Front crawl-50 yds
Elem. Backstroke-50 yds
Breaststroke-25 yds
Water Safety skills

Learn to Swim Level 6

Front crawl/Elem. Backstroke-100 yds
Sidestroke/Breaststroke-50 yds
Butterfly/Back Crawl-50 yds
Backstroke flip turn
Swim 500 continuously
Review skills and dives
Water Safety skills

Teen/Adult

For all ability levels
Individualized instruction
Learn to swim
Learn a new swim skill
Train for triathlon
Improve strokes
Improve endurance

OREGON POOL 2019 WINTER AND SPRING SWIM LESSON SCHEDULE

Welcome to the Oregon Community Pool! With lessons for babies, adults and everyone in between, we offer the swim instruction and water safety you have been looking for.

Online registration for in-district families begins at 6:00pm on Monday, January 7th.

Online registration for out-of-district families begins at 6:00pm on Wednesday, January 9th.

Go to www.oregonsd.org/pool and click on the link to register.

****SPRING SESSION** There will be a break in the lessons with NO CLASSES on Sat 4/20 and Sun 4/21**

*****NEW PARTICIPANTS:** How to determine your swim level

1* Testing is not needed if enrolling in Parent/Child Aquatics

2* Children may be tested, free of charge, at the Oregon Pool during any open swim times.

Parent/Child through Pre 3
\$30 (res) and \$42 (non-res)

Level 1 through Level 3B
\$36 (res) and \$48 (non-res)

Level 4A through Teen/Adult
\$42 (res) and \$54 (non-res)

Private Lessons
\$120 (res) and \$150 (non-res)

Winter Session 6 weeks	Parent/Child 1	Parent/Child 2	Preschool 1	Preschool 2	Preschool 3	Level 1	Level 2	Level 3A	Level 3B	Level 4A	Level 4B	Level 5	Level 6	Teen/Adult
Sat. Feb 2 - Mar 9														
8:00-8:40am							X	X						
8:40-9:10am			X	X										
9:10-9:40am	X				X									
9:50-10:20am		X	X											
10:20-11:00am						X			X					
11:00-11:40am							X							
11:00-11:50am										X				
Sun. Feb 3 - Mar 10														
4:00-4:30pm		X	X											
4:30-5:00pm				X	X									
5:00-5:40pm						X	X							
5:40-6:20pm								X	X					
6:20-7:10pm										X	X			
Mon. Feb 4 - Mar 11														
6:00-6:30pm	X				X									
6:00-6:40pm						X								
6:30-7:00pm			X											
6:40-7:10pm				X										
7:00-7:40pm					X	X								
7:10-7:50pm							X							
7:40-8:30pm									X	X				
7:50-8:30pm									X					
Wed. Feb 6 - Mar 13														
6:00-6:30pm		X	X											
6:00-6:40pm					X									
6:30-7:00pm				X										
6:40-7:10pm					X									
7:00-7:40pm						X								
7:10-7:50pm							X							
7:40-8:30pm									X					
7:50-8:30pm									X					
Spring Session 6 weeks	Parent/Child 1	Parent/Child 2	Preschool 1	Preschool 2	Preschool 3	Level 1	Level 2	Level 3A	Level 3B	Level 4A	Level 4B	Level 5	Level 6	Teen/Adult
**Sat. Apr 6 - May 18														
8:00-8:40am														
8:40-9:10am			X	X										
9:10-9:40am	X				X									
9:50-10:20am		X	X											
10:20-11:00am						X			X					
11:00-11:40am							X							
11:00-11:50am											X			
**Sun. Apr 7 - May 19														
4:00-4:30pm		X	X											
4:30-5:00pm				X	X									
5:00-5:40pm						X	X							
5:40-6:20pm								X	X					
6:20-7:10pm										X	X			
Mon. Apr 8 - May 13														
6:00-6:30pm		X			X									
6:00-6:40pm						X								
6:30-7:00pm			X	X										
6:40-7:10pm				X										
7:00-7:40pm						X	X							
7:10-7:50pm								X						
7:40-8:30pm										X	X			
7:50-8:30pm										X				
Wed. Apr 10 - May 15														
6:00-6:30pm	X	X												
6:00-6:40pm					X									
6:30-7:00pm			X	X										
6:40-7:10pm					X									
7:00-7:40pm						X								
7:10-7:50pm							X							
7:40-8:30pm									X					X
7:50-8:30pm									X					

Private - Monday 2/4-3/11 OR 4/8-5/13
6:00-6:30pm
6:30-7:00pm
7:00-7:30pm
7:30-8:00pm
8:00-8:30pm

Private - Wednesday 2/6-3/13 OR 4/10-5/15
6:00-6:30pm
6:30-7:00pm
7:00-7:30pm
7:30-8:00pm
8:00-8:30pm

Private - Saturday 2/2-3/9 OR 4/6-5/18
8:00-8:30am
8:30-9:00am
9:00-9:30am
9:30-10:00am
10:10-10:40am
10:40-11:10am
11:10-11:40am

Private - Sundays 2/3-3/10 OR 4/7-5/19
4:00-4:30pm
4:30-5:00pm
5:00-5:30pm
5:40-6:10pm
6:10-6:40pm
6:40-7:10pm

Oregon Area Youth Sports

Groups are independently run by volunteers.

Scholarships are available for some sports. Check activity website or contact Cynthia Di Camelli, Family Resource Coordinator, at cad@oregonsd.net

OREGON YOUTH BASEBALL

Website: oregonyouthbaseball.org
Grades: 4K - 8
Registration: Feb. - March 1;
Fees: \$50 to \$150

OREGON YOUTH BASKETBALL

Website: oregonbasketball.org
Grades 1-8
Registration: Opens July, ends in Sept. or early Oct. Fees: \$50-\$200

YOUTH CHEER CLINICS

Grades K-8
Contact: klpierce@oregonsd.net

OREGON YOUTH FOOTBALL

Website: oregonyouthfootball.com
Grades: K-8 (flag) 5-8 (tackle)
Registration: March 1 - late August
Fees: \$35 - \$150

OREGON YOUTH HOCKEY

Website: oregon.pucksystems2.com
Ages: 4-18 yrs old
Registration: Early Sept.-Oct. for Learn to Play; Dec. for Rec. League.
Fees vary by age.

GIRLS ON THE RUN

Website: girlsontherunscwi.org
Grades: Girls in grades 3-5
Registration: Feb for Spring and July for Fall events Fees: \$160 sliding scale. Contact GOTR for financial aid.

OREGON LACROSSE CLUB

Website: www.oregonlacrosseclub.org
Grades: 3-5, 6-8, High School
Registration: Winter for spring play.
Fees Vary.

OREGON RUGBY CLUB

Website: rugbymadison.org/clubs/oregon-hs-rugby-club
Grades: 5- 6 (Flag) 7-8 and 9-12
Registration: February for March-April Season
Fees: Approx. \$125

OREGON SPECIAL OLYMPICS

Contact: averheyden@sacofoods.com
Website: <http://bit.do/OregonSO>
Grades: Ages 8 to adult
Registration: Ongoing; please call or email for details.

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MADISON SPEED SKATING CLUB

Website: madcityspeedskate.com
Grades: Elementary and up
Registration: Fall and winter sessions;
Fees: approx. \$115

OREGON YOUTH SOCCER

Website: oregonsc.com
Grades: Kindergarten - 12
Registration: Varies by age and competition level; most programs open in late May for the following season. Under-7/8 open through July. Pre-K and Kindergarten open through August.
Fees: vary by age and level.

OREGON-BROOKLYN YOUTH SOFTBALL

Website: oregonyouthsoftball.com
Grades: Kindergarten - 11
Competitive leagues April - Aug.;
Tournament teams Jan. - Aug.
Registration: Jan. - March 1
Fees: \$50-150

OREGON COMMUNITY SWIM CLUB

Website: oregonswimclub.com
Grades: K-12(passed 4/5 lessons)
Registration: Nov., April, June & Sept.;
Fees: Vary by Age

OREGON KIDS TRIATHLON

Website: oregonkidstri.com
Grades: 5 - 17 years
Registration: Feb. - Aug. 1, Event is the 2nd Saturday in August.
Fees: \$35

OREGON YOUTH TRACK

Website: oregonwitrack.com
Grades: Ages 7-18
Registration Feb-May, season May-July
Fees: \$60- \$100

OREGON YOUTH WRESTLING

Website: <https://bit.ly/2yCIJVO>
Grades: Gr. 1-8
Registration: Oct.; Season Nov.-March;
Fees: \$150

ACERS VOLLEYBALL CLUB

Contact: acersvbc@gmail.com
Website: Acersvbc.com
Grades: 5-10
Classes and try outs Sept-Oct,
Season Dec- March.
See web page for details.
Fees Vary.

TOPSoccer of Wisconsin

TOPSoccer is a training and team placement program for athletes ages 5 and up with disabilities.

For more information email topsoccer.madison@gmail.com or look for MadisonTOPSoccer on Facebook!



Oregon Booster Club

This parent-volunteer organization supports Oregon athletes both on and off the field.

Boosters raise money through memberships, concessions, sponsorships and special events to provide our students what they need to succeed!

You can become a booster today! Membership information and forms are available on the OABC web page:

oregonboosters.com



Adult Sports and Recreation in the Oregon School District Community

Adult Open Basketball

Oregon Middle School Gym
601 Pleasant Oak Dr, Oregon
Sundays 5:00-7:00pm
Wednesdays 5:30-7:30pm
Free
More information:
dtjameson@oregonsd.net

Adult Hockey Open Ice

Oregon Ice Arena
100 N Perry Parkway, Oregon
Check calendar for dates and times.
\$6 per night ice fee, does not include equipment rental.
More information at :
oncepromotions.com/oregonicearena

Pickleball Open Play

Indoor Play: Late Fall- Spring
Sundays Through March
10 am - Noon
Oregon High School
456 N Perry Parkway, Oregon
Enter through Main Entrance. \$2
More information: alm@oregonsd.net

Outdoor Play: Late Spring- Fall
Mon, Tue, Thur 8am Ladies Only
Tuesdays & Thursdays 6:00pm Open Play
Oak St Tennis Courts in Oregon
Free

Oregon Area Softball Association

Summer Season: May - Aug
Fall Season: September - October
7pm-10pm
Monday Night - Women
Tuesday Night - Men
Wednesday Night - Men over 35
Thursday Night - Men
Contact: Robert Klein 608-217-9186
Website: oregonadultsoftball.com
Email: oregonsoftball@yahoo.com

Oregon Soccer Coed Adults Recreation (OSCAR)

Pickup Games for Adults
Indoor Play: Fall- Spring
Wednesdays 7:30-9:00pm
Netherwood Knoll Small Gym (enter through Door #5)

Outdoor Play: Late Spring- Fall
Wednesdays 6pm - 8pm
Oregon Jaycee Park Field 13,
200 Block N Perry Parkway, Oregon.
More information: cjjohnston@uwalumni.com

Summer Tennis League

Play at tennis courts throughout the community during June, July and August.
Website: <http://bit.do/Madison-Tennis>
Contact Kim Rufenact at krufenacht@gmail.com

Tai Chi (Tai Ji)

Meets Wednesdays 8am-9am
State Bank of Cross Plains Community Room (enter through rear lower level)
744 N Main St, Oregon.
Drop in for no charge
More information: Terry@tratechnology.com

Oregon Tuggers Tug of War Club

Season: January- September
Contact- Shelby Richardson at shelbytow@msn.com
Information and updates posted on team Facebook page:
<https://www.facebook.com/groups/122001661829>

Adult Lap Swim and Water Exercise at Oregon Pool.

See Page 16

Sunday Adult Power Coed Volleyball League

OHS Field House
456 N Perry Pkwy, Oregon
Sundays 6:30-9:30pm
Season: Sep- Dec and Feb- May
Contact: Sean Kirwan kirwansj@gmail.com or 608-293-3522

Headquarters Volleyball League

Season - June - Aug
Contact: (608) 291-0750
Website: <http://oregonhq.com/volleyball-leagues/>
Email: info@oregonhq.com

Random Acts of Kindness
Encouraged
All Year Long!

Join us on Facebook
and Share Your Story
[PayItForwardOregon53575](https://www.facebook.com/PayItForwardOregon53575)



Sunday, April 28, 2019
International
Pay It Forward Day

Want your group included on this page?

Send information to Cynthia at cad@oregonsd.org

Open Skate for Teens,
Adults and Families

Hockey Camps and Clinics
Skating School

Learn to Skate!

6 week sessions
for all ages

Check the website for current dates and times

COMMUNITY ORGANIZATIONS

14 South Artists

14southartists.com

14 South Artists is a group of artists of diverse media from diverse backgrounds. They promote the visual arts in the communities and rural areas of South Central Wisconsin by providing opportunities for exhibitions and events, artist-to-artist interactions and educational programs.

Anderson Park Friends

andersonparkfriends.org

APF works with the Dane County Parks Department to develop, protect, preserve and enhance Anderson Farm County Park. Meetings are posted on Facebook or call Roe at 835-3580.

Brooklyn-Oregon

American Legion Post 160

PO Box 262, Brooklyn, WI 53521

A veterans support and community service organization open to veterans of all branches of the service. Meets monthly on the 2nd Wednesday of the month at 7pm. Contact James P. Brown, Commander at 608-516-5401 for more information.

Friends of Badfish Creek Watershed

rockrivercoalition.org/chapters/badfish/

FBCW works to identify and eradicate invasive riverbank plants, clean up the stream bed and sponsors an annual canoe tour. All events are open to the public. To get involved, contact Lynne Diebel at lsdiebel@gmail.com

Friends of the Orchestra

FOTO supports orchestra directors and students in grades 4-12 in the Oregon School District through fundraising, volunteering and more. Contact: Oregonorchfoto@gmail.com

Friends of the Oregon Library

PO Box 173, Oregon WI 53575

Community volunteers supporting the library and providing programs for children and library patrons. Donations of used books accepted for Used Book Sale throughout the year. Sale held annually in April and October. For more information call 835-3656.

Friends of the Oregon School District

friendsofosd.com

Provides resources so that all children have a healthy, positive environment in which to learn. Contact by email at FriendsofOregonSchoolDistrict@gmail.com

Joy of Living Meditation Group

State Bank of Cross Plains Community Room, 744 N Main St

contemplative.ed@gmail.com

Monthly meditation group that provides an opportunity to practice in a community setting. Group meets 2nd Thursday of every month, 6:30-8:00PM. All are welcome. No charge. Led by Kelly Petrie.

Knights of Columbus Council 13480

Holy Mother of Consolation Catholic Church

651 N. Main Street

Oregon, WI 53575

608-835-5763

The Knights of Columbus promotes and conducts programs in a variety of areas including youth, community church, school and council. Meetings 3rd Thursday of the Month at Holy Mother of Consolation. For more information contact Brian Peterson 225-7761

MOPS: Mothers Of Preschoolers

<http://www.mops.org/groupsearch/>

A Christian based support group for mothers of young children. Hillcrest MOPS meets at 752 E Netherwood St Oregon, WI 53575 on the 1st and 3rd Thursday of the month at 8:45 AM - 11:00 AM at St Ann Catholic Church, 323 N Van Buren St, Stoughton, WI 53589 (3rd Thursday 7:00-9:30pm).

Optimist Club of Oregon-Brooklyn

PO Box 143, Oregon, WI 53575

A service club that supports youth with school recognition programs and scholarships, encouraging optimism as a philosophy of life, respect for the law and interest in government and civic affairs through volunteerism. Meets 1st Thursday of the month, 6:30pm, Sate Bank of Cross Plains, 774 N Main

Oregon Area Historical Society

159 W Lincoln St Oregon WI 53575

oregonareahistoricalociety.org

Dedicated to preserving Oregon's unique history, OAHS operates a museum, provides clothing local events and houses archives and local family histories. Open every Tuesday and the first Saturday (Sept-May) 10am-4pm. Open every Saturday June- August.

Oregon Booster Club

www.oregonboosters.com

The Oregon Booster Club is a parent/volunteer run organization which provides support to student athletes both on and off the field. They raise money through our memberships, concessions, partnerships, sponsorships and special events to provide our students what they need to succeed.

Oregon Band Boosters

P.O. Box 283 Oregon, WI 53575

oregonbandboosters.org

The Oregon Band Boosters support student band programs including the Shadow Drum and Bugle Corps through volunteering and fundraising.

Oregon Choral Boosters

oregonchoirs.weebly.com/oregon-choral-boosters.html

Interested parents support the vocal music classrooms through volunteering their time, talents and financial support. Fundraisers help provide scholarships to seniors, scholarships for music camps and other opportunities, and financial support for field trip funding.

Oregon Community Gardens

103 N Alpine Parkway

Plots are 18' x 18'. Half plots and raised beds are also available. Plots going to new gardeners will be tilled. Returning gardeners can choose to have their plot tilled each Spring. Organic overall although Roundup occasionally used to control thistles. Contact: Barbara Feeney, bafeeney@gmail.com or 608.843.2272.

Would you like your organization included here? Send your information to cad@oregonsd.org or call 835-4052

Oregon Area Education Foundation
Oregon Community Bank
c/o Daniel Behrend
733 Main Street
Oregon, WI 53575

The Oregon Area Education Foundation (OAEF) support education initiatives in the Oregon School District. Many, but not all of the grants given help support school district-sponsored activities. The Foundation is the fiscal agent for the Friends of The Oregon School District (FOSD) and for "Sing Out Louise", an annual musical event honoring the late Louise Uphoff.

Oregon Area Food Pantry
107 N Alpine Pkwy, Oregon 53575
www.obfp.org

The pantry is available to anyone who lives in the Oregon School District who needs help with food. Distribution is on the second Tuesday and the last Thursday of the month. Please bring a large basket or box. New guests should bring a photo ID and a current utility bill. Donations are accepted on the second Saturday of each month from 10-11am, or can be dropped off at the Oregon Public Library, St John's Lutheran Church, Holy Mother of Consolation Church or at Bill's Foods.

Oregon Horse Association
5676 Alpine Rd, Brooklyn, WI 53521
oregonhorseassociation.org

Non-profit organization dedicated to promoting all breeds of horses and styles of riding, for all ages. Horse shows, parades and educational programs.

Oregon- Brooklyn Lions Club
PO Box 215 Oregon WI 53575
e-clubhouse.org/sites/oregonb

This service club sponsors Stuff the Bus, raises money for the Lions' Camp for the Disabled, Wisconsin Lions Eye-glass Bank and many community service projects.

Oregon Masonic Lodge and Order of the Eastern Star
201 Park St, Oregon, WI 53575
220-1924

Fraternal organization provides support for community projects, scouting events, AED donations and an annual scholarship. Masonic Lodge meets 2nd and 4th Thursdays, Eastern Star chapter meets 1st & 3rd Mondays except May, Aug and Dec. (1st Mon Only - May, Aug, 3rd Mon Only, Dec)

Oregon Straw Hat Players
201 Market St Oregon, WI 53575
oshponline.org

Amateur theater offering opportunities for volunteers to participate in all production areas. Striving for excellence while stressing enjoyment and entertainment in the Oregon area. Three productions each year including a children's production.

Rotary Club of Oregon
PO Box 145 Oregon WI 53575
oregonrotary.org

A service club dedicated to working both locally and globally through community projects. Supports prairie restoration at Lerner Park, awards college scholarships, facilitates bike safety rodeos and more. Visitors and new members welcome! Meets Tuesdays 6:45am at Headquarters Restaurant, 101 Concord Dr, Oregon.

Three Gaits, Inc
3741 Highway 138 West,
Stoughton, WI 53589
3gaits.org

Therapeutic horsemanship center that provides equine assisted activities and therapies that enhance the lives of people with physical, emotional or intellectual challenges. Volunteers welcome!

Oregon-Brooklyn VFW Post 10272
PO Box 206
Oregon, WI 53575
217-7198

The VFW honors the dead by serving the living through community service. Call 217-7198 for meeting dates and times.

**OREGON AREA
FOOD PANTRY**
107 N Alpine Parkway
Oregon WI 53575
www.obfp.org

Upcoming Pantry Dates

January 8
January 31
February 12
February 28
March 12
March 28
April 9
April 25

**9:00-11:00 AM AND
3:00 - 7:00 PM**

Please Bring Large Laundry Basket or Large Box. First Time Guests, please bring a photo ID or a utility bill showing an Oregon School District address.

Making a Donation?

The Oregon/Brooklyn Food Pantry is open for donations on the Second Saturday of every month from 10-11am!

Donation Drop Off

January 12
February 9
March 9
April 13

Donation boxes available at many locations in the community, too!





VILLAGE OF OREGON

INCORPORATED 1883

Wisconsin

Holiday Tree Collection begins January 7, 2019

Be kind to walkers! Please remove snow and ice from sidewalks promptly!

Alternate Side Parking Continues until April 1

If a Snow Emergency is declared, no parking on village streets or roads is permitted.

Visit the Village Web Page for information and announcements!

<http://www.vil.oregon.wi.us/>



A free, safe, supervised, drop-in program for youth in fifth through ninth grades.

School year hours Monday through Friday 3pm to 6pm

Open Noon- 5pm on no school days.

While the new facility is under construction

OYC will meet at Hillcrest Church, 752 E Netherwood St.

Information at oregonyouthcenter.org or call 886-9093

**NEED HELP
OR KNOW SOMEONE WHO DOES?**

DIAL 211

Dial 211 on any phone to call United Way's Help Line. You may be eligible for Food Share (food stamps) or for help with your health insurance premiums. More information: <https://www.unitedwaydanecounty.org/get-help/2-1-1/>

NINA FUND

The Neighbors in Need of Assistance (NINA) fund can help families avoid eviction or power/water cut offs as well as some other one-time needs. Contact Joe Sullivan, Community Social Worker at 835-4188 to apply or to make a donation.

Welcome



• New to Oregon?

• Work in Oregon, but live elsewhere?

• Live in Oregon, but shop elsewhere?

Contact **Cathy Grender**
to receive your free visit from me

welcomeneighbororegon@gmail.com
(608) 220-1468

<http://www.oregonwi.com/list/member/welcome-neighbor-oregon-ltc-29>

EVERYONE WINS WHEN YOU THINK LOCAL FIRST!

Explore Oregon!

Oregon Historic Districts Walking Tours & Oregon Bike Trails

Pick up a trail guide at the
Oregon Welcome Center
Oregon Chamber of Commerce
Oregon Area Historical Society
or download a copy:
<http://bit.do/OregonHistory>



HELPING KIDS EXPLORE THEIR INTERESTS AND DISCOVER NEW ONES

4-H Clubs

Grades 1 and up

Brooklyn Mighty Mites brooklynmightymites.org
Fitchburg Fireflies 332-4434
Oregon Headliners 669-0516

Girl Scouts

Grades K-12

gsbadgerland.org

Cub Scouts

Ages 6 to 11

Pack 3350 (Oregon) www.facebook.com/oregoncub-scoutpack350 or oregonpack350@hotmail.com
Pack 3352 (Brooklyn) twoharms@gmail.com

Boy Scouts

Ages 12-18

Troop 168 www.troopwebhost.org/Troop168Oregon
Troop 50 www.oregontroop50.org



Promote • Inform • Connect • Advocate

Check out our upcoming free community events!

Holiday Tree Lighting & Chili Dinner

December 7th @ 6:00pm

Join us as we sing christmas carols and watch Santa arrive on the Fire Truck to light the tree! Then walk over to the Fire Department and enjoy a free chili dinner! All donations will go towards Jaycee Park West Renovation Project.

Spring Business Expo

March 12th 6:00-8:00pm

This is a free event for everyone, all are welcome. Stop in and see the great businesses we have in Oregon, and meet new people. This is a great networking opportunity for your business.

For more information about these events visit www.oregonwi.com

Oregon Area Wellness Coalition Events

- December 31 **Community New Year's Eve Party** 5:30- 7:30pm
See our inside back cover for details!
- January 12 **Adults Get Fit Wellness Expo** 9:00am-Noon at OHS
- March 16 **Kids Get Fit** 9am - noon
- April (all month!) **Community Clean Up**
- April 15- 28 **Pay It Forward**

ALL EVENTS ARE FREE AND OPEN TO ALL AGES!

Preschool Open Gym Evenings

Netherwood Knoll Big Gym
Ages 0-5 with adult caregiver

Fridays 6:00-7:00PM

January 18

February 15

March 15

Details on Page 7

Upcoming Events Include

Walking Wednesdays resume in April

Elementary Bike Trains

Fitness in the Park events

Don't miss any of the fun!

Follow OAWC on Facebook:

<https://www.facebook.com/OAWCWI>



TAKE A WALK IN A PARK!

These local parks have walking paths

Village of Oregon Parks:

Alpine Park 460 W Netherwood

Jaycee Park 257 N Perry Pkwy

Lerner Park 400 W Netherwood

<http://www.vil.oregon.wi.us>

Town of Oregon Parks:

Bicentennial Park 845 Highway MM

Town Park 901 Glenway Rd

<http://www.town.oregon.wi.us/parks>

County Parks

Anderson Farm County Park 914 Union Rd

<https://parks-lwrd.countyofdane.com/park/AndersonFarm>

Community Walking at OHS

Monday- Friday, 6:00AM-7:00AM

Walkers of all ages are invited to enjoy a walk on the OHS Indoor Track!

Free! Registration required

Register at Oregon School District Office,
123 E Main St, M-F 8AM-4PM

Please bring a photo ID when you register!

Indoor Pickleball Open Play

Sundays, 10AM- Noon

OHS Gym

Raquets available or bring your own! \$2

Friendly instruction available for free!

PREVENT "GARAGING" WITH REFRIGERATOR LOCKS!

Garaging: taking alcoholic beverages from open garages by underage drinkers.

Protect yourself and the kids in your neighborhood with free, easy to install refrigerator door locks.

Locks are available from the Oregon Police Department

Monday- Friday

8 am to 5 pm

or call 835-3111

Refrigerator Locks Sponsored by OregonCARES

Gun locks are also available at the Oregon Police Department.



PREVENT PRESCRIPTION DRUG ABUSE

2000 kids between the ages of 12 and 17 abuse prescription drugs for the first time every day.

Commonly abused drugs include Oxycontin, Vicodin, Codeine, Xanax and Valium. Teens also misuse stimulants prescribed for ADHD (Ritalin, Dexedrine and similar drugs)

12 year olds are more likely to use prescription medications than marijuana.



YOU CAN HELP!

LOCK UP YOUR MEDS

DISPOSE OF EXPIRED AND UNUSED MEDICATIONS SAFELY

FREE Prescription Drug Disposal Drop Box

Oregon Police Department Lobby Monday-Friday 8am to 9pm

FREE Drug Storage Lock Boxes and Bags & Drug Disposal Bags

Available at the Oregon Area Senior Center, Oregon, Brooklyn Fire Station and Oregon Police Station

Lock Boxes, Lock Bags and Disposal Bags are provided by OregonCARES through a grant from the Wisconsin Department of Health Services State Targeted Response to the Opioid Crisis Prevention Services.

Be a Schools of Hope Tutor at Oregon Middle School!

Build meaningful relationships with students, help build essential academic skills like study skills, organization, time management and assignment completion.

Tutors meet one-on-one or with small groups

Can you commit to just one hour a week?

**Call the Schools of Hope Coordinator
at 835-4806 or**

email soh.tutoring@oregonsd.net



Oregon School District Performances

All student group performances are free except OHS Drama Club Play.
Times and Locations subject to change. Please check the OSD website calendar.

Date	Time	Concert / Event	Location
January 8	7:30pm	OHS Jazz and Percussion Ensemble	OHS PAC
January 22	6:00pm	RCI Grade 5 Band	OHS PAC
January 22	7:00pm	RCI Grade 6 Band	OHS PAC
January 29	6:00pm	RCI Grade 5 Orchestra	OHS PAC
January 29	7:00pm	RCI Grade 6 Orchestra	OHS PAC
February 12	6:00pm	OMS Grade 8 Orchestra	OMS
February 12	7:30pm	OMS Grade 7 Orchestra	OMS
February 19	6:00pm	PVE Orchestra	PVE
February 21	6:00pm	BKE Orchestra	BKE
February 22	7:00pm	OHS Drama Club Play	OHS PAC
February 21	7:00pm	OHS Drama Club Play	OHS PAC
February 22	2:00pm	OHS Drama Club Play	OHS PAC
March 4	6:30pm	NKE Orchestra	NKE
March 7	7:00pm	OMS Bands	OHS PAC
March 11	7:00pm	OHS Jazz and Percussion Ensemble	OHS PAC
March 12	7:30pm	OHS Choirs	OHS PAC
March 18	7:30pm	OHS Bands	OHS PAC
March 19	7:30pm	OHS Orchestras	OHS PAC
March 21	6:30pm	RCI Choirs	OHS PAC
March 21	7:30pm	OMS Choirs	OHS PAC
April 8-12		OHS Fine Arts Week	

Oregon Community Band

**Musicians of all ages and experience levels
are welcome!**

**Rehearsals fall and spring for concerts and
performances throughout the Oregon community.**

Find out more at oregoncommunityband.org



Oregon's Local Charter Cable Access Station

On-Demand videos of sports and community events

Live Streaming

**Web videos Copies of programs
ocamedia.com**

Oregon Area Historical Society Museum 159 W. Lincoln Street Oregon

Open Every Tuesday 10:00 AM - 4:00 PM

First Saturday of Every Month Noon to 4pm

OAHS provides displays and historically accurate clothing for community events and much more!

Learn more at oregonareahistoricalociety.org

OREGON'S AMATEUR THEATER COMPANY SINCE 1982!



**Spring Show: A Year with Frog and Toad
Visit oshponline.org
for upcoming auditions and performances**

SPEND NO SCHOOL DAY WITH US!

For Grades 1-5

All Programs 8 am - 4 pm

Monday, January 21

NBC Channel 15 Tour and Keva Sports Center

\$40 Includes Lunch!

Friday, February 18

Kalahari Water Park

\$42 Includes Lunch!

Monday, April 22

Milwaukee Children's Museum

and Miller Park Tour

\$48 (Lunch not included)

Fees include all admissions and transportation,
a light breakfast and snacks. Lunch not included on April 22.

Please send a lunch and water bottle with your child.

Register at oregonsd.org/community



FRIENDS OF
OREGON
SCHOOL DISTRICT

Get Involved with FOSD!

Adopt a Lunch Balance
Help Supply Healthy Snacks
Support the
Backpack Project

NEW! Champions Fund
helps give kids opportunities
to participate in experiential
events by assisting with
instrument rental, athletic
fees and similar needs.

Learn more at
friendsofosd.com

Kids learn best when
they are
fed, healthy and have a
positive environment in
which to learn.

NO SCHOOL DAY PROGRAM

Oregon is a Dementia Friendly Community!

We're working to make sure individuals with dementia

- are able to live good and comfortable lives
- live as independently as possible
- continue to be a functional part of our community
- are met with patience and understanding
- are given support where necessary

Learn more about
Dementia Friendly Communities
at daneadrc.org/dementia_friendly



The Neighbors in Need of Assistance (NINA) fund
provides funds to families with minor children to
help cover the necessities of life including rent and
utilities. Each year over \$20,000 is distributed in
our community. All NINA funds are donations from
churches, organizations and individuals!

Need help? Want to support the NINA Fund?
Have questions?

Please contact Joe Sullivan, Dane County
Community Social Worker at 835-4188 or
sullivan.a@countyofdane.com

COMMUNITY AND SCHOOLS WORKING TOGETHER

Work permits

Workers aged 14-15 years can apply for work permits at OHS Student Services office at 456 N. Perry Parkway during school hours or the District Office at 123 E. Grove Street between 7:30 and 4:30 Monday-Friday. Please bring: minor's birth certificate or other proof of age; minor's social security card; letter from the employer, on employer's letterhead, describing: job duties, hours of work; written parents consent; and \$10 check or cash for the permit fee. Children 16 and older are no longer are required to get a work permit. Check with your employer for their policy. Questions? 835-4091

Volunteer in the schools and share your time with children

Make an impact by working with children, supporting teachers, assisting in the library or tutoring a student. A background check is required. Please apply online at oregonsd.org/volunteer or visit any school office in the district. Questions? Call 835-4091.

Reserve indoor and outdoor facilities

Visit oregonsd.org/reservations to reserve district facilities and Village of Oregon parks and shelters. Questions about school reservations: Gyms contact Mike at macarr@oregonsd.org or 835-4335 Other school facilities contact Sherri at skt@oregonsd.org or 835-4016; Village Parks and shelters contact Deb at dab@oregonsd.org or 835-4086;

Display or distribute information in our buildings

To share information on bulletin boards or through fliers distributed to students, you must have approval from Community Ed & Rec. Please read the District Policy at <http://bit.do/OSDdisplay> before requesting approval. Drop off flyers at 123 E Grove St or email dtjameson@oregonsd.org. Please allow 5 school days for distribution. Please note we do not make copies of flyers for distribution.

**SPRING-SUMMER
COMMUNITY ED & REC
classes and programs
begin mid-April!
Watch your mailbox for
our new guide in
early April!**

THANK YOU OREGON HIGH SCHOOL!

Our district strives to focus on 21st Century Standards which incorporate real world opportunities into the classroom. The cover artwork for this publication is designed by the Advanced Desktop Publishing class at Oregon High School under the direction of Adam Wamsley.

**Cover Design by
James Klahn**



**Interested in working for Community Ed & Rec?
We Need**

- * Instructors
- *Child Care Staff
- *Summer Playground Staff
- *Gym Supervisors

Do you have a hobby, passion or profession you'd like to share?

We'll help you create a class to teach!

Call 835-4052 or email cad@oregonsd.org

It's Easy To Register!

Register Online! Visit us at oregonsd.org/community

Register online any time and pay with a credit or debit card.

View availability of classes in just a few clicks!

Don't have internet access? We have registration stations at

Oregon Pool 249 Brook St

District Office 123 E Grove St

Wi-Fi and Computers are also available at the Oregon Public Library and at the Oregon Senior Center.



Scholarships

We will waive or reduce fees for children meeting the criteria for free or reduced meals, or adults whose income requires support. Participants are encouraged to pay a portion of the program fee when possible. Most programs require a partial contribution from families; **some programs do not have scholarships available.** We may limit the total scholarship assistance given to a family. **Scholarships are only available to OSD residents.** Call the Community Ed & Rec office at 835-4052 prior to registration to request assistance.

Registration Confirmation

Class confirmation, including class location and supply lists will be **emailed** a few days before the scheduled start date.

Don't Wait!

Please don't wait until the last minute to register! Registering early allows us to plan for materials, facilities, etc. Unfortunately, programs may be cancelled if minimum enrollment is not met.

Our classes are held in many locations around our community! Here are the addresses for each.	
NKE Netherwood Knoll Elementary 276 Soden Drive	PVE Prairie View Elementary 300 Soden Drive
BKE Brooklyn Elementary 204 Division Street, Brooklyn	RCI Rome Corners Intermediate 1111 S. Perry Parkway
OHS Oregon High School 456 N Perry Parkway	OMS Oregon Middle School 601 Pleasant Oak Drive
Oregon Fire Oregon Fire & EMS 131 Spring Street	Senior Center Oregon Area Senior Center 219 Park Street
POOL Oregon Community Pool 249 Brook St	

INCLUSION The Oregon School District welcomes individuals of all abilities and will provide reasonable accommodations that allow for program participation without fundamentally altering the program. To access services for Community Ed & Rec programs, please provide us with information about your disability when you register or by calling 835-4097. Inclusion services at the Oregon Pool classes are also available. Please call 835-4086 to request assistance at the pool.

REFUNDS A request for credit/refund will be accepted up to one week prior to the start of a program. Credit will be refunded to the account used for payment (credit or debit). Credits/refunds requested less than a week prior to the start date of an activity will be handled on an individual basis.

CONTRACTED PARTNERS We contract with a variety of individuals and businesses to provide learning opportunities in our sites.

PHOTOGRAPHY On occasion video or photographs are taken of participants. If you do not wish to participate, please notify the photographer, instructor or our office.

SEVERE WEATHER When schools close or release early due to inclement weather, all Community Ed & Rec activities are cancelled. We will send an email and try to call individuals registered for classes. Please check radio and TV or oregonsd.org for the latest on warnings and emergencies. Please call 835-4097 or 835-4052 (M-F) to find out the status of a class. We will do our best to reschedule or add time to other classes to make up for cancelled classes.

NON-DISCRIMINATION Per state and federal law, the Oregon School District does not discriminate on the basis of sex, race, color, religion, national origin, ancestry, creed, pregnancy, marital or parental status, sexual orientation, or physical, mental, emotional or learning disability or handicap in its education programs or activities.

AFTER SCHOOL CLASSES AT RCI

Please see Pages 2-4 for complete descriptions!

Junior Van Goghs Grades K-6

DAY	DATES	TIME	LOCATION	FEE
Wed	Jan 16- 30	3:30 - 4:30PM	RCI	\$32
Wed	Feb 6-27	3:30 - 4:30PM	RCI	\$42
Thu	Mar 6- 20	3:30 - 4:30PM	RCI	\$32
Wed	Apr 3- 24	3:30 - 4:30PM	RCI	\$42

Wonderful Wizardly Wands Grades 1-6

DAY	DATES	TIME	LOCATION	FEE
Thu & Fri	Jan 24 & 25	3:30- 4:30PM	RCI	\$22
Thu & Fri	April 4 & 5	3:30- 4:30PM	RCI	\$22

Kaleidoscope Art Grades K-8

DAY	DATES	TIME	LOCATION	FEE
Thu	Feb 7	3:30- 4:45PM	RCI	\$15

Stampin' for Fun! Grades K-8

DAY	DATES	TIME	LOCATION	FEE
Mon	Feb 11	3:30- 5:00PM	RCI	\$15

Perler Bead Fun Grades K-6

DAY	DATES	TIME	LOCATION	FEE
Mon	Jan 28	3:30- 5:00PM	RCI	\$15
Mon	Mar 18	3:30- 5:00PM	RCI	\$15

Beading for Fun ♦NEW♦ Grade 1-8

DAY	DATES	TIME	LOCATION	FEE
Thu	Apr 11	3:30- 5:00PM	RCI	\$22

World Music and Drumming Grades 5-7

DAY	DATES	TIME	LOCATION	FEE
Thu	Jan 3- Apr 11	3:30- 4:30 PM	RCI	\$25

Mindful Tweens Grades 5-6

DAY	DATES	TIME	LOCATION	FEE
Fri	Jan 11- Feb 8	3:30- 5:00 PM	RCI	\$92

Overcoming Anxiety for Kids Grades 3-6

DAY	DATES	TIME	LOCATION	FEE
Tue	Feb 5- Mar 12	3:30- 4:45PM	RCI	\$75

Introduction to Chess Grades 3-8

DAY	DATES	TIME	LOCATION	FEE
Wed	Jan 9- Feb 13	3:30- 4:30PM	RCI	\$70

STEM Club: Aerospace Engineering: Master Machines Grades 5-6

DAY	DATES	TIME	LOCATION	FEE
Tue	Jan 8- Feb 12	3:25- 4:55PM	RCI	\$125

STEM Club: Robotics Challenge! Grades 5-6

DAY	DATES	TIME	LOCATION	FEE
Tue	Feb 26- Apr 9	3:25- 4:55PM	RCI	\$120