

Andersen, Dowling, Edison, Hale, Henry, Jefferson, Lind, Lucy Laney,
Northeast, Pratt, Roosevelt, South & Waite Park | **SPRING 2015**

Minneapolis Community Education

Enrichment Programs

for Adults, Youth & Families



LOOK FOR: Clases en Español ■ Flamenco Dance ■ South Housing Fair Classes ■ Spring Birding



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

Dear Neighbors,

Spring is in the air! A season of rebirth and renewal, spring is an excellent time to get out and explore opportunities for growth. Let us help you make the most of your spring this year with these new Community Education activities and classes:



- Capture the fresh flavors of spring with **Discover Moroccan, Eat Local Minnesota Series, or Sunshine Foods from the Mediterranean** cooking classes.
- Expand your creativity with **Bookmaking, Painting: Fun with Color, Paper Making, or our Jewelry Making** series with local artisan Irene Sherman.
- Explore the city with **Spring Birding, History Tour of North Minneapolis, or the Minneapolis Pioneers & Soldiers Cemetary Walking Tour.**
- New this Spring! **Clases en Español**—offering Adult Enrichment for native and fluent Spanish speakers.

Our best wishes for a delightful spring,

**THE SOUTHSIDE-NORTH/NORTHEAST/SOUTHEAST
COMMUNITY EDUCATION TEAM**

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Locations

Andersen
2727 10th Ave. S.
612.668.4215

Dowling
3900 W. River Pkwy.
612.668.4444

Edison
700 22nd Ave. N.E.
612.668.1306

Hale
1220 E. 54th St.
612.668.3767

Henry
4320 Newton Ave. N.
612.668.1922

Jefferson
1200 W. 26th St.
612.668.2740

Lind
5025 Bryant Ave. N.
612.668.3854

Lucy Laney
3333 Penn Ave. N.
612.668.1922

Northeast
2955 Hayes St. N.E.
612.668.1515

Pratt
66 Malcolm Ave. S.E.
612.668.1100

Roosevelt
4029 28th Ave. S.
612.668.4828

South
3131 19th Ave. S.
612.668.4326

Waite Park
1800 34th Ave. N.E.
612.668.1590



Expand Your Horizons

African American Pioneers: Unveiling the Myths 2

We will examine the real lives and contributions of African Americans to the building of the United States. We will explore the social forces that ignited the greatest mass movement of people within America in its history. Our historical journey through the 20th and 21st Centuries will cover the rise of African-American political, educational, social and economic progress toward full participation as citizens of the United States. This is a class that celebrates the tenacity, ingenuity and triumph of the human spirit in pursuit of the American Dream.

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

There are no classes on Monday, May 25.

Want to Teach?

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

www.mplscommunityed.com

Art History: The Black Art Movement in the 1960s

If you want to know what African American Art is, this class will answer the question. We will examine one of the most exciting periods in American Art; the art created during the turbulent 1960s. We will survey the work of revolutionary artists trying to create a new black aesthetic. These artists abandoned classical artistic tenants and the mainstream as they sought to find a new way to incorporate their feelings as black people into their artistic expression.

Henry 1 Monday
May 4 7:00-9:00 pm
\$18

Minnesota History! Read Local!

Learn about the colorful history of Minneapolis during the 1900s in an old-time logging camp and why your personal history is amazing with Minneapolis teacher and author Michael Stoesz. View his website at waltermeeismack.com. Pre-registration is required.

Edison 1 Wednesday
Apr 29 6:30-8:00 pm
Free

The Art of Public Speaking

Learn how to overcome humanity's biggest fear: speaking in front of a group of people. This skill will enhance your career opportunities, provide self-confidence in holding conversations with any size group from one to 1,000, and allow you to have fun in a safe environment.

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

Writing Whirl

Get help getting your ideas from your head to paper as you find your creativity. Exercise and stretch your thinking while trying various exercises. Find out what to do when you get a mental block while writing. Our instructor is a published author who will give tips and resources about how and where you can publish your book. We will spend a little time writing to get you started on an outline or first page to your book.

Lucy Laney 4 Thursdays
Apr 23–May 21 6:30-8:30 pm
No class May 7 \$34

Writing: Art of Memoir

Memoir: The art of telling the unique story that is yours to tell. We'll generate material in class, discuss the craft of writing and highlight the moments that changed your life. We'll explore the differences and similarities between fiction and memoir and how to stay vulnerable on the page through material that is hard to write.

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





Writing: Creative Writing

Explore creative writing in a playful, supportive environment. For both beginners and those with a little more experience, writing is a practice. Like exercise, we must do it regularly if we want to improve, yet sometimes as writers, we feel stuck. Each week, you will produce new writing from a variety of writing prompts, look at different writing techniques and receive encouragement and feedback to help you grow as a writer. Bring paper and pen or a laptop to class.

Northeast 6 Tuesdays
Apr 21–May 26 6:30-8:30 pm
\$46

Writing: Journaling Unbound

There is no wrong way to journal, but the right ways are infinite. Whether you’ve journaled for years or have only wondered about it, this course is designed to expand your approach to personal writing. We will experiment with topics of inspiration, formatting, points of view, motivation and media. Bring your personal “happy” paper to class, whether that’s a beautiful hardcover book or a random wedge of Post-It notes.

Henry 4 Wednesdays
Apr 29–May 20 6:45-8:15 pm
\$28

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

Writing: Memoir & Narrative Writing

Writing about your own life can be rewarding—and there are so many forms your material can take: personal essay, memoir, short stories, online blog, even performance monologues. This all-levels class uses writing time and discussion to cover finding the heart of a personal story, deciding what needs to be told, compressing time, honoring your specific voice, and adding humor to the stories that are hard to write. Bring a notebook and pen, or laptop. Taught by local writer, actor, and storyteller Amy Salloway.

Jefferson 6 Wednesdays
Apr 15–May 20 6:30-8:30 pm
\$40

Writing: Voice & Tense Workshop

How does an author decide whether to write a novel in a first-person voice, or third? Why do I keep accidentally changing my story from past tense to present tense? Why does this “voice” and “tense” stuff matter, anyway? If you’re a writer (at any level!) who enjoys playing with story craft, this is a chance to dig into two important elements of narrative style through reading, writing exercises and discussion. Bring a notebook or laptop.

Jefferson 1 Tuesday
Apr 28 6:00-9:00 pm
\$21

Writing Workshop: Story Structure

Explore ways to use plot structure in creative and narrative writing and storytelling. This hands-on workshop teaches the essential structural elements of a story; the benefits of veering from “beginning, middle, end”; and provides time to write and share some experiments with the order in which things are told. Taught by local writer, actor, and storyteller Amy Salloway.

Jefferson 1 Thursday
May 14 6:00-9:00 pm
\$21





Languages

Arabic 1

Learn to read, write and speak the Arabic language. Class focuses on practical skills, rather than formality, by introducing dialects from around the Middle East. You will study common vocabulary words and phrases, present tense verbs and conjugations. Information about life in the Middle East is also included.

Jefferson 7 Tuesdays
Apr 14–May 26 6:30-8:30 pm
\$59

Chinese 1: Mandarin

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

Edison 6 Wednesdays
Apr 15–May 20 6:30-8:30 pm
\$52

Jefferson 6 Thursdays
Apr 16–May 21 6:00-8:00 pm
\$52

Chinese 2: Mandarin

Continue building your skills and increase your knowledge of the Chinese language. Pre-requisite: Chinese 1: Mandarin or elementary knowledge of Chinese.

Jefferson 7 Wednesdays
Apr 15–May 27 6:00-8:00 pm
\$59

Edison 6 Thursdays
Apr 16–May 21 6:30-8:30 pm
\$52

Farsi (Persian) 1

Enjoy an introduction to the poetic language of Farsi, the official language of Iran and Afghanistan. Learn about basic, everyday spoken Farsi including days of the week, greetings, and practical conversation. We'll also learn about Persian culture.

Pratt 6 Tuesdays
Apr 14–May 19 6:30-8:00 pm
\$42

French 1

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

Northeast 7 Tuesdays
Apr 14–May 26 6:00-7:20 pm
\$47

Jefferson 7 Wednesdays
Apr 15–May 27 6:30-8:00 pm
\$47

French 1.5: Refresher

This course is designed as a grammar refresher for people who have previously studied French. It will cover the concepts of French 1 and 2 at an accelerated pace. Grammatical concepts covered will be present tense regular and irregular verbs, the two major past tenses in French, and additional basics of French sentence structure. Emphasis will also be placed on improving pronunciation.

Roosevelt 6 Tuesdays
Apr 14–May 19 5:45-7:15 pm
\$42

French 2

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

Northeast 7 Tuesdays
Apr 14–May 26 7:30-8:50 pm
\$47

French 2.5

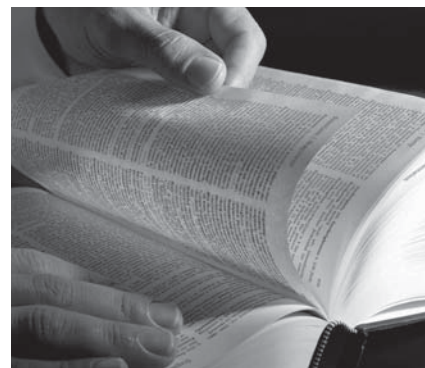
French 2.5 is for students who have studied French in the past and have covered most verb tenses, but are not ready to move on to French 3 and full immersion in the language. We will review grammar and speak lots of French to build your confidence. The goal is to end the session with all class instruction in French and have you understand it completely!

Roosevelt 6 Tuesdays
Apr 14–May 19 7:15-8:45 pm
\$42

German 1

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

Jefferson 7 Tuesdays
Apr 14–May 26 6:30-8:00 pm
\$47





Polish 1 & Beyond

Immerse yourself in the basic of the Polish language, culture, traditions and grammar. This class is for those who are just beginning or have some knowledge and want to brush up on their skills.

Waite Park 8 Wednesdays
Apr 8–May 27 5:45-7:15 pm
\$58

Polish 3: Conversational

For students who have already taken Polish 1 or have an elementary knowledge of the language. Also suitable for those who already speak Polish and want the opportunity to practice their skills.

Northeast 6 Thursdays
Apr 16–May 21 5:45-7:15 pm
\$41

Which Class Level Should I Take?

Community Education classes are organized by levels, 1 through 5. If you are new to a subject or it has been a number of years since you last studied, start with a class followed by "1." If you've taken a Community Education class recently, proceed to the next level. Classes do not follow a standard curriculum, so a Level 2 class at one site may differ from Level 2 at another. If you have questions, please call the class site directly (See page 53 for list of sites).

Sign Language 1: ASL

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

Jefferson 7 Thursdays
Apr 16–May 28 6:00-7:30 pm
\$47

Sign Language 2: ASL

This is a continuation of Sign Language 1, building on the skills you have already acquired. Class will focus on vocabulary and ASL structure. Deepen your knowledge of Deaf culture and history. Dialogue and socialize with the Deaf community.

Jefferson 7 Tuesdays
Apr 14–May 26 6:00-7:30 pm
\$47

Somali Language & Culture

This class will offer students an introduction to conversational Somali and a look at Somali culture.

Pratt 4 Saturdays
Apr 11–May 2 9:30-11:00 am
\$31

Discounts

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



Spanish 1

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

Edison 6 Mondays
Apr 13–May 18 6:30-8:30 pm
\$52

Roosevelt 6 Tuesdays
Apr 14–May 19 5:45-7:15 pm
\$42

Edison 6 Wednesdays
Apr 15–May 20 6:30-8:30 pm
\$52

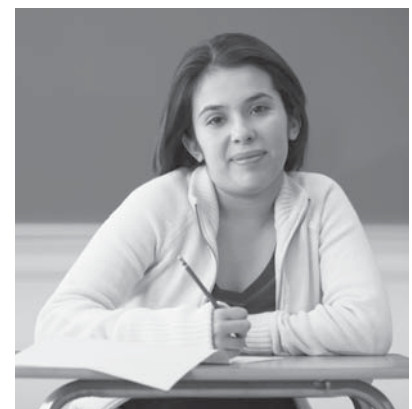
South 7 Thursdays
Apr 16–May 28 7:00-9:00 pm
\$59

Jefferson 7 Thursdays
Apr 16–May 28 6:30-8:30 pm
\$59

Spanish 1.5: Refresher

An accelerated Spanish 1 class for students who already have a basic understanding of Spanish grammar and basic vocabulary. This course will include detailed coverage of Spanish 1 grammatical concepts with a focus on learning and use of vocabulary, speaking and pronunciation practice.

Roosevelt 6 Tuesdays
Apr 14–May 19 7:15-8:45 pm
\$42



Spanish 2

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

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

Roosevelt 6 Wednesdays
Apr 15–May 20 5:45-7:15 pm
\$42

Edison 6 Thursdays
Apr 16–May 21 6:30-8:30 pm
\$52

Spanish 3: Conversation

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

Jefferson 6 Mondays
Apr 13–May 18 6:30-8:30 pm
\$52

Jefferson 7 Tuesdays
Apr 14–May 26 6:30-8:30 pm
\$59

Roosevelt 6 Wednesdays
Apr 15–May 20 7:15-8:45 pm
\$42

There are no classes on Monday, May 25.



Adults 55+

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

Acting: Improvisation 1 & 2

Explore the core concepts of improv acting in a creatively safe environment with instruction from an improv professional. You don't have to be "funny." You will be valued just for being you. Try it and see why so many participants keep coming back. Suitable for new and more experienced students. Register online or call Jefferson CE at 612.668.2740. Returning students: Please note the location change. *Class held at the Brave New Workshop Theater, 824 Hennepin Ave.*

BNWT 7 Tuesdays
Apr 14–May 26 10 am-12 pm
\$50

Armistice Day, 1918

The armistice which ended World War I on the 11th hour of the 11th day of the 11th month was perceived as a great victory by the allies. The Germans, however, saw it merely as a halt to the fighting and certainly not a surrender. Hugh Tyndall will examine why this cruel and pointless war ended as it did, and how it sowed the all too fertile seeds of an even deadlier conflict 20 years later. To register, call 612.668.4828. *Class held at Nokomis Library, 5100 34th Ave. S.*

Nokomis Library 2 Wednesdays
Apr 29–May 6 10:00-11:30 am
Free

Acting: Improvisation 3

Continue to improve your spontaneity and improv skills through games and scene work in this advanced class taught by an improv acting professional. Register online or call Jefferson CE at 612.668.2740. Returning students: Please note the location change. *Class held at the Brave New Workshop Theater, 824 Hennepin Ave.*

BNWT 7 Mondays
Apr 13–May 25 10 am-12 pm
\$50

Bingo Social

Meet your friends and neighbors and play a few fun rounds of Bingo. Light refreshments will be served and then the game of Bingo will commence. There will be fun prizes, but no cash will be awarded. Spring dates are April 30 and May 28. To register, call 612.668.3767. *Held at McRae Park, 906 E. 47th St.*

McRae Park 2 Thursdays
Apr 30–May 28 11 am-12:30 pm
\$2 at door



UCare For Seniors members:

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

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

Defensive Driving 55+

Some classes are offered in collaboration with AARP. Members receive a \$5 discount. AARP card must be brought to class. Indicate AARP membership on registration form or call the site offering the class to register with discount. The AARP discount is not available for classes at Pratt and Roosevelt.

Defensive Driving: 8-Hour Initial Class

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

Waite Park	1 Wed & Thu
Apr 22–Apr 23	10 am–2:30 pm
	\$24
Roosevelt	2 Wednesdays
May 6–May 13	4:10–8:10 pm
	\$24
Edison	1 Wed & Thu
May 13–May 14	5:00–9:00 pm
	\$24
Henry	1 Mon & Wed
May 18–May 20	4:30–8:30 pm
	\$24

Defensive Driving: 4-Hour Refresher Class

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

Roosevelt	1 Monday
May 4	4:10–8:10 pm
	\$20
Northeast	1 Saturday
May 9	10 am–2 pm
	\$20
Edison	1 Monday
May 11	5:00–9:00 pm
	\$20
Roosevelt	1 Wednesday
May 13	4:10–8:10 pm
	\$20
Henry	1 Wednesday
May 13	4:30–8:30 pm
	\$20
Pratt	1 Saturday
May 16	9 am–1 pm
	\$20

Foreign Policy Issues Discussion

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

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

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

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

Health Care for Seniors

Are you or a loved one turning 65? Already there? How do the government programs work? What are parts A, B, C and D? What is covered and what isn’t, when to sign up and what does it mean to you? Long term care, nursing homes, the government spend down, Partnership Act and the Affordable Health Care for America Act will also be discussed. Get the information you need to help you make your decisions. Pre-registration required.

Lucy Laney 1 Thursday
 Apr 30 6:00–7:30 pm
 Free

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

Joy in Learning

Join us once a month for a luncheon and discussion or presentation on various topics of interest. This is a great chance to meet others in the community. Co-sponsored by Pratt Community Education and Southeast Seniors, a Living at Home Block Nurse Program. Call 612.668.1100 for more information. Meets at Prospect Park United Methodist Church, 22 Malcolm Ave. S.E.

PPUMC 2 Wednesdays
 Apr 8–May 13 12:00-1:30 pm
 Free

Lunch & Classic Movie Special

Join friends at Pepito’s Parkway Theater for lunch at 11 am followed by a screening of classic films at noon on the third Thursday of each month. See *All About Eve* on April 16 and *The Truman Show* on May 21. Cost does not include tip or beverage. You may bring along a guest for free! Hosted by poet and actor, John Flynn. Transportation is on your own. Register for one or more sessions. Call 612.668.3767 to pre-register and pay for your lunch at Pepito’s. Meet at *Pepito’s Parkway Theater, 4814 Chicago Ave. S.*

Pepito’s 2 Thursdays
 Apr 16–May 21 11 am-1:30 pm
 \$12.95 Each

Minneapolis Southside Singers

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

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



North Mississippi Regional Park Programs

**North Mississippi Regional Park,
 4900 Mississippi Court (49th Ave. N. & I-94).**

Pre-registration is required. Register online or call 612.668.4828.

Heron Homecoming & Shuttle Ride

It’s spring, and the great blue herons are back! Join us for their homecoming, learn about their lives, and view a photo journal of their travels. Ride the shuttle to the heron rookery to view these amazing long-legged birds as they rebuild their nests and settle in for the summer. **Morning and afternoon tours offered. Please specify your preference with registration.**

NMRP 1 Wednesday
 Apr 15 9:30-11:30 am
 \$5

NMRP 1 Wednesday
 Apr 15 12:30-2:30 pm
 \$5

Bug Bite Relief with Essential Oils

Learn about the basics of essential oils with RN and Clinical Aromatherapist, Denise Joswiak. Create your own unique recipe of bug bite relief to use all spring and summer long on those nasty mosquito bites. Supplies are included in the class fee.

NMRP 1 Wednesday
 Apr 29 10 am-12 pm
 \$20

Warbler Walk

Wake up with coffee, a treat, and a guided walk along the Mississippi flyway with a naturalist. Learn calls, unique behaviors, and habitat preference of tricky common warblers. With young leaves just beginning, we might also peek at woodpeckers, thrushes, and other colorful migrants. Bring your own binoculars or borrow a pair from us.

NMRP 1 Thursday
 May 7 7:30-9:00 am
 \$5

Native Bees

Mason bees, sweat bees, and other native bees are more than twice as efficient at pollinating crops like apples, tomatoes, and squash. Discover the diversity and importance of native bees, why they are in decline, and how to attract them to your backyard garden or flowerbed. Take home a nesting block to provide a winter home for your bees.

NMRP 1 Tuesday
 Jun 2 10 am-12 pm
 \$5

Minnesota Geography & Geomorphology

How would you describe Minnesota? Plains? Grasslands? Forests? Wetlands? The state contains some rocks that are 3.6 billion years old! Our climate is a mix of extreme temperatures and every form of moisture known to weather forecasting. Join geographer Karen Murdock to learn about this amazing space we call home and look at our "Land of 10,000 Lakes" with new eyes. To register, call Hale CE at 612.668.3767. *Class held at Lake Nokomis Community Center, 2401 E. Minnehaha Pkwy.*

Nokomis CC	1 Tuesday
May 19	1:00-2:00 pm
	\$1 at door

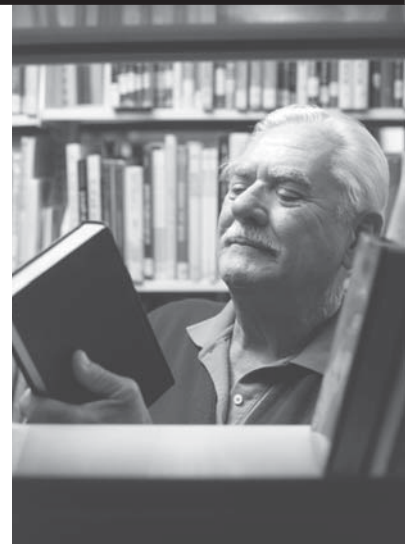
Neighborhood Landmarks

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

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

Discounts

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



Poetry: Exploring Poetry

Take a little time out of your busy life and join this interactive class to (re)discover the joy of poetry! Bring your favorite poems to share. Kate Donahue will provide background for poems presented and discussed, and will introduce poems and poets through audio and visual means.

Pratt	6 Tuesdays
Apr 14–May 19	10:00-11:00 am
	\$25

Stories from Students

Abroad: Student Project for Amity Among Nations

The Student Project for Amity Among Nations (SPAN) is a program open to students from all Minnesota colleges and universities. The program enables students to do independent research on topics of their own choosing while they live and work in another country. Come hear the stories from students who studied last summer in Russia or in Cuba/Puerto Rico, including their insights on the culture they visited. Call Pratt CE at 612.668.1100 to register. *Class held at Van Cleve Park, 901 15th Ave. S.E.*

Van Cleve Park	1 Thursday
May 7	10:00-11:00 am
	Free

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

Welcome Spring!

3RD ANNUAL ICE CREAM SOCIAL

Join us in welcoming the arrival of spring. Meet new friends, enjoy treats and live entertainment not to be missed!

Entertainment by Lynn Brownell

Performing tunes from the '30s-'70s as well as Show Tunes and Sing-a-Long favorites.

Thursday, May 7, 2015

1:30-2:30 pm

River Village, 2919 Randolph St. N.E.

Cost: \$5

Call 612.668.4828 to reserve your spot.

Space is limited—register early!



Elder Enrichment

Catholic Eldercare Main St. Lodge, 909 Main St. N.E.

To register, call 612.362.2450.

Poetry: Light Verse

Light verse is written to amuse. Prominent types include limericks, epigrams, and nonsense verse. This presentation with English Professor Lawrence Moe is illustrated by examples with opportunity for discussion and laughter.

Cath. Eldercare	1 Monday
Apr 13	1:30-3:00 pm
	Free

Mexico: Rich History, Culture, Music & Cuisine

A former Spanish colony, our neighbor south of the border is an ancient civilization with unique pyramids and sculptures, fabulous cathedrals, strong Roman Catholic traditions, beautiful beaches and rich natural resources. Irene Khin Khin Jensen visited Mexico and met educators, bishops, professors and ordinary Mexicans, rich and poor. Come to this session to learn what they shared with her.

Cath. Eldercare	1 Monday
May 4	1:30-3:00 pm
	Free

Take Me Out to the Ballgame

Kristin Anderson, Associate Professor of Art, will give a slide presentation showing the historic baseball parks of the Twin Cities from the late 19th century to the era of Met Stadium and Midway Stadium.

Cath. Eldercare	Monday
Jun 1	1:30-3:00 pm
	Free

Register Today!

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

Arm Chair Travel

NORTHEAST MINNEAPOLIS

Gustavus Adolphus Lutheran Church, 1509 27th Ave. N.E., Upstairs Meeting Room.

Please pre-register by calling 612.668.1590. Suggested donation of \$2 at the door.



Brazil

Explore the Pantanal area of Brazil, specifically viewing birds and mammals from that region through photos and video. See photos of jaguar and ocelot the presenter is excited to share with you!

Gustavus	1 Tuesday
Apr 28	1:00-2:30 pm



Ottawa & Quebec

In her recent travels from Minneapolis to Maine, Ruth Aaskov took the northern route via Sault Ste. Marie, winding along the shores of Lake Huron to the Thousand Islands through Ontario to Quebec. We missed the arrival of Queen Elizabeth at the Parliament in Ottawa, but saw the preparations for her visit, continuing for a two day stay in French in Quebec City before returning to the states at the Maine border.

Gustavus	1 Tuesday
May 19	1:00-2:30 pm

SOUTH MINNEAPOLIS

Hosmer Community Library, 36th St. & 4th Ave. S.

Please pre-register by calling 612.668.2740. Suggested donation of \$2 at the door.

Antarctica

Journey to the Falkland Islands and South Georgia Island before reaching the Antarctic continent. Along the way, see birds, including seven kinds of penguins, seals, ice, snow, icebergs and human habitation. The scenery is incredible.

Hosmer Library	1 Tuesday
Apr 21	1:00-2:30 pm

Red Rocks of Sedona

Come travel with us to Sedona, Arizona and—more specifically—the Red Rocks. The formations appear to glow in brilliant orange and red when illuminated by the rising or setting sun. The Red Rocks form a popular backdrop for many activities, ranging from spiritual pursuits to hiking and mountain biking trails.

Hosmer Library	1 Tuesday
May 19	1:00-2:30 pm

SOUTHEAST MINNEAPOLIS

Van Cleve Park, 901 15th Ave. SE
Free parking available at park.

Program is free. Please pre-register by calling 612.668.1100.

Tulip Time in Pella, Iowa

Enjoy the heritage of this authentic Dutch town and, without leaving your chair, tiptoe through the tulips during the annual festival in southeast Iowa. View the three days of celebration featuring food, family and fun. Co-Sponsored by Van Cleve Park Seniors.

Van Cleve Park	1 Thursday
Apr 9	10:00-11:00 am



55+ Fitness

Enhance Fitness

Improve your stability, bone density, endurance, coordination and mental sharpness. Focused exercises work on stretching, flexibility, balance, low impact aerobics and strength training. A certified fitness instructor offers personal attention while you work to improve your overall health and well-being. Class sponsored by SilverSneakers. No charge for SilverSneakers Fitness Program members OR for SCC/KC residents. Call 612.668.3854 to register. *Class held at Shingle Creek Commons, 4600 Humboldt Ave. N.*

Shingle Creek	8 Tue/Thu
Apr 7–May 28	1:00-2:00 pm
	\$16

Fit Forever

Active older adults will learn strengthening, cardiovascular, balance and flexibility components to create a safe, effective workout to keep your body and mind agile and strong throughout the years. Exercises can be done sitting or standing. All adults and fitness levels are welcome! Taught by Certified Fitness Instructor Jan Campbell. Pre-register by April 6 by calling 612.668.3854. *Class held at Bremer Way, 3232 Fremont Ave. N.*

Bremer Way	7 Mondays
Apr 13–Jun 1	10:30-11:30 am
No class May 25	\$21

Lifelong Fitness

This course includes easy chair aerobics, standing and low-impact exercises to help improve your posture, bone density, balance and joint mobility.

Pratt	6 Tuesdays
Apr 14–May 19	8:30-9:30 am
	\$26

Pratt	6 Thursdays
Apr 16–May 21	8:30-9:30 am
	\$26

Meditation & Self-Healing

Meditation improves your mind, body, and spirit. Practice meditation techniques including breathing, chanting, and more. Open to all.

Hale	5 Wednesdays
Apr 15–May 13	4:00-4:45 pm
	\$22

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

Stretch & Balance

Gain flexibility, strength and better balance through low-impact conditioning and stretches. This is a mixed level class. Individual attention is provided, but it is not for those needing private lessons or one-on-one therapy. Students must demonstrate an ability to follow directions, while working at their personal level within the structure of the class. Movements are done standing and on the floor. Please bring a floor/yoga mat. Students should get doctor's approval before starting all physical activity and have medical knowledge of what they can and cannot do. Taught by licensed instructor: Ann-Marie L.

Waite Park	7 Wednesdays
Apr 15–May 27	1:00-2:00 pm
	\$31.50

Tai Chi & Qi Gong

Improve flexibility and balance using Sun style Tai Chi and Qi Gong exercises. Originally developed for people with arthritis, this program can be used by young people and older adults. Learn a 12-movement form to gain better control of your health and improve your quality of life. We'll explore advanced moves and other Tai Chi forms if time permits. *Van Cleve Park is located at 901 15th Ave. S.E.*

Van Cleve Park	6 Fridays
Apr 10–May 15	10:00-11:30 am
	\$37

Waite Park	6 Tuesdays
Apr 14–May 19	1:00-2:30 pm
	\$37



Tai Chi for Health

Tai Chi is a holistic approach to harmonizing body, mind and spirit frequently described as “meditation in movement.” Class is designed for beginners and first timers. The benefits of Tai Chi on your mind and body are numerous. Come find out what all the talk is about. *Class is held at the Kenwood Apartments, 825 Summit Ave.*

Kenwood Apts. 6 Sundays
 Apr 19–May 24 2:00-3:00 pm
 \$18

Tai Chi 2

This Chinese-style Yoga can be done seated or standing. Five gentle movements are used along with breath work, self-applied massage and mindful visualization. Many positive health benefits can be felt immediately. It is safe and tolerable, even for those with arthritis or other chronic conditions. Taught by Jean Jentz, a physical therapist. Register online or call 612.668.3767. *Class held at Our Lady of Peace, 5426 12th Ave. S.*

Our Lady of Peace 6 Mondays
 Apr 13–May 18 9:45-10:45 am
 \$24

Yoga: Gentle 1

Focus on slow movements through seated, standing, and restorative poses that include proper alignment, breathing and relaxation techniques. Experience the benefits of yoga through calmness of the mind, improved balance, strength, circulation, and mobility. Register online or call Hale Community Education at 612.668.3450. *Lake Nokomis Community Center is located at 2401 E. Minnehaha Pkwy.*

Nokomis CC 6 Tuesdays
 Apr 14–May 19 3:30-4:30 pm
 \$24

Hale 5 Wednesdays
 Apr 15–May 13 3:00-3:45 pm
 \$22

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

www.mplscommunityed.com



North Community Health Chats

Bremer Way Condominiums, 3232 Fremont Ave. N.

Blood pressure screenings available Mondays from 1-1:30 pm before each session.

To register, call 612.668.3854.

Sponsored by Minneapolis Community Education & Bremer Way.

Store to Door

Store To Door delivers peace of mind for seniors and their caregivers. This volunteer-based shopping and delivery service gives seniors personal, reliable access to their choice of food and household essentials, so they can continue to live in their own homes. Learn more about this service for yourself or for your loved ones. Stay after the presentation for a few minutes to help clip coupons for the coupon fundraiser program.

Bremer Way 1 Monday
 Apr 13 1:30-2:30 pm
 \$1 at door



Bingo & More

Gather with others to enjoy an afternoon of entertainment, Bingo playing and an opportunity to make new friends. Prizes for Bingo will be offered, but there will be no cash prizes. Light refreshments will be served. Come for the Bingo...stay for the fun! Event co-hosted by Senior Community Services.

Bremer Way 1 Wednesday
 May 6 1:00-3:00 pm
 \$2 at door

Gemstones: Jewels of the Earth

Enjoy viewing pictures of these geological wonders! Lyall Schwaartzkopf will share fascinating information and slides of gemstones, some of which you may never have heard of or seen before. Learn about garnets, sapphires, and emeralds and what to look for when selecting gems of any type.

Bremer Way 1 Monday
 May 11 1:30-2:30 pm
 \$1 at door



Pratt Social & Health Talks

To register, call 612.668.1100
Sessions are Free.

Co-sponsored with Southeast Seniors, a Living at Home Block Nurse Program.

How to Ride the Metro Transit

Take a trip on the new Green Line Light Rail! Join Metro Transit Customer Advocate Joanna Hubbard, who will address every step of riding the light rail, including how to read a schedule, purchasing a ticket, directional signage, and more! The group will then take a train downtown, transfer, and return—approximately 30 minutes round trip. Each participant will receive a Free Ride coupon and informational materials.

Pratt	1 Tuesday
Apr 28	6:30-7:30 pm

Personal Safety & Self Defense

How do most real-life attacks start? Learn to recognize a possible attack in the making, and what role distance awareness, eye contact, body language, tone of voice, etc. can play. Simple “last-ditch” physical self-defense techniques that are practical for people of all ages and abilities will also be presented. Co-sponsored by the Mpls. Police Department Crime Prevention.

Pratt	1 Monday
Apr 20	6:30-8:30 pm

Sabathani Coffee Talks

Sabathani Community Center
310 E. 38th St., Room. 106

Sponsored by Minneapolis Public Schools Community Education and Sabathani Senior Center.

To register, call 612.821.2306.
Sessions are free.

COPD

Chronic Obstructive Pulmonary Disease (or COPD), is a progressive disease that makes it hard to breathe. Learn more about the causes of COPD and learn techniques that can help you breathe easier and live a more active life. Instructor is from the American Lung Association of Minnesota and the Minnesota COPD Coalition.

Sabathani	1 Thursday
Apr 9	10:30-11:30 am

Smart Disposal of Medication

The Minnesota SMARxT DISPOSAL campaign targets medication consumers to provide guidance on how to properly dispose of unused and/or expired prescriptions and over-the-counter medications. SMARxT DISPOSAL also raises awareness about the potential environmental impacts from improperly disposed medications. A few small steps can make an important difference in safeguarding lives and protecting the environment.

Sabathani	1 Thursday
May 14	10:30-11:30 am

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

Senior Social & Health Talks

Holy Trinity Lutheran Church,
2730 E. 31st St.

2nd floor Community Room

To register, call 612.668.3767.

Sponsored by Longfellow/Seward Healthy Seniors, Minneapolis Community Education and Holy Trinity Lutheran Church.

Spring Forest Qi Gong for Health

Qi Gong (pronounced chee-gong) is an ancient practice which promotes healing and vitality. Easy, gentle movements help balance personal energy to relieve pain, improve mental focus, strength, balance and well-being. SFQ Certified Instructor, Rhonda Battisto, will discuss the basics of Qi Gong and lead a demonstration of some of the movements.

Holy Trinity	1 Tuesday
Apr 21	10:30-11:30 am
	\$1 at door

Financial Smarts for Seniors

This presentation will cover common scams targeted at seniors and how to avoid being a victim. Learn about the “too good to be true” concepts along with other information and tips. The presenter is Debra Budinger, Senior Fraud Investigator with U.S. Bank Corporate Security

Holy Trinity	1 Tuesday
May 19	10:30-11:30 am
	\$1 at door

Healthy Bladders = Happy People

How does a healthy bladder work and what steps you can take to keep it healthy? Mary Dierich, PhD, RN, CNP, Associate Clinical Professor, U of M, School of Nursing will cover some simple treatments for common problems and explain how to talk to your provider about bladder issues.

Holy Trinity	1 Tuesday
Jun 16	10:30-11:30 am
	\$1 at door

Gustavus Senior Social & Health Talks

Gustavus Adolphus Lutheran Church, 1509 27th Ave. N.E.,
Upstairs Meeting Room.

To register, call 612.668.1590.

Please do not arrive more than 20 minutes before programs.

Store to Door

Store To Door delivers peace of mind for seniors and their caregivers. This volunteer-based shopping and delivery service gives seniors personal, reliable access to their choice of food and household essentials, so they can continue to live in their own homes. Learn more about this service for yourself or for your loved ones. Stay after the presentation for a few minutes to help clip coupons for the coupon fundraiser program.

Gustavus	1 Tuesday
Apr 21	1:00-2:00 pm
	\$2 at door

Putting Your Best Feet First!

This presentation is targeted to all adults with a focus on keeping feet healthy to help avoid infections and prevent falls. Your feet are like tires on your car; they require the appropriate fitting shoes and care of your feet with the right tools and supplies. Participants will leave with foot care instructions and resources. Come with your questions. Bring a friend!

Gustavus	1 Tuesday
May 19	1:00-2:00 pm
	\$2 at door



Shingle Creek Commons Programs

Shingle Creek Commons, 4600 Humboldt Ave. N.

Please pre-register by calling 612.668.3854.

Sponsored by Minneapolis Community Education & Shingle Creek Commons.



Wild About Walking

Would you like to have someone to walk with? Are you looking for a new way to get moving to stay healthy and make new friends? Join our planning meeting to start the Northside Walking Club! Bring your ideas about where to walk and what type of motivators you will use to keep you committed to your good health.

Shingle Creek	1 Wednesday
Apr 22	1:00-3:00 pm
	Free

What's so Funny About Aging?

They say laughter is the best medicine, so join The Pretty Good Players for a healthy dose of original skits about aging—inspired by personal experiences, news items, stories shared by audience members, and a variety of other sources. Share your ideas afterwards, and you may inspire a new skit!

Shingle Creek	1 Thursday
Apr 16	10:30-11:30 am
	\$1 at door

Making the Most of Your Doctor's Appointment

Your doctor is an expert on medical care, but you are the expert on yourself. Do you know how to communicate clearly to receive the answers you need from your doctor's visit? Join us to discuss some steps you can take to help insure that your doctor visit is both informative and empowering for you.

Shingle Creek	1 Thursday
May 14	10:30-11:30 am
	\$1 at door





55+ Trips & Tours

To register, call 612.668.4828. No senior discounts.

Annie at the Orpheum Theatre

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

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

Jersey Boys at the Orpheum Theatre

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

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

Take Me Out to the Ballgame

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

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

Juno & the Paycock at the Guthrie Theatre

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

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

Pick-up points for Adults 55+ Trips:

Dowling School
3900 W. River Pkwy.

Hawthorne Transit Station
31 N. 9th St.

Northeast Middle School
2955 Hayes Street N.E.

Olson Middle School
1607 51st Ave. N.

Parker Skyview Highrise
1815 Central Ave. N.E.

Windom School
5821 Wentworth Ave. S.

Red Wing River Cruise

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

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





Arts

Bookmaking & Bookbinding

This class is for beginners, as well as students with some book making experience. Learn several binding styles and basic skills, as well as important fundamentals of materials and techniques. Book types will range from soft to hard cover, large to small and some may take on their own sculptural form! All supplies are covered by class fee and will be provided. Participants are welcome to bring any of their own supplies if they wish.

Pratt 6 Mondays
Apr 13–May 18 6:00-8:00 pm
\$56

Calligraphy 1

Learn the art of beautiful lettering! We will study informal Italic for creating cards, invitations and gifts. The instructor collects a \$20 supply fee the first night of class.

South 6 Thursdays
Apr 16–May 21 6:45-8:45 pm
\$46

Register Today!

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

Drawing 1: Observation, Portraits & Figures

Express yourself through drawing! Learn the fundamentals of drawing, explore line qualities, compositional arrangement, shading and highlighting. You'll render drawings from observation and imagination, using various tools. Please bring a number 2 pencil or a few pencils of varying hardnesses—a 2H, HB and a 4B—a few sticks of vine and compressed charcoal, a kneadable eraser and paper, about 18" x 24" with a bit of texture is best.

South 4 Tuesdays
Apr 14–May 12 6:00-9:00 pm
No class Apr 21 \$46

Drawing 2

Hone your drawing skills in charcoal, pencils, colored pencils, soft pastels, or conte crayon! Bring your implement of choice, be met at your skill level, and grow with group and individualized help. Bring drawing implements of your choice, several sheets of paper, gummy eraser, white Factic eraser, blending stump or torchon, chamois, and a photograph of your choice from which to draw.

South 2 Tuesdays
May 19–May 26 6:00-9:00 pm
\$28

There are no classes on Monday, May 25.

Drawing on the Right Side of the Brain

Improve your drawing skills using techniques from the book *Drawing on the Right Side of the Brain* by Betty Edwards. Use charcoal, pencil, and conté crayon. Expect challenges, fun and new ideas. For beginning or intermediate drawers. Instructor will contact students regarding purchase of materials.

Edison 6 Thursdays
Apr 16–May 21 6:30-8:30 pm
\$46

Painting: Fun with Color

Ever wonder why some colors work so well together? Colors affect our moods, how tasty we think food appears and can affect our appearance positively or negatively depending on what we wear. Come explore all the aspects of color from color schemes to the spectrum's other influences in our world. Media that are slightly more fun to work with in color include watercolors, oil paints, acrylic paints, oil pastels and soft pastels. Depending upon which medium you choose, you will need the appropriate supplies for that medium, i.e. brushes for painting or eraser for pastels plus paper to practice/create a finished piece or board/canvas and pencil.

South 4 Thursdays
Apr 30–May 28 6:00-9:00 pm
No class May 7 \$46

Painting: Watercolor 1 & 2

This is a fun and relaxed class where watercolor painters come together to paint. You will learn about color, basic visual elements and composition while critiques and discussion will provide added insight for improving your art. Beginning and experienced students welcome. Bring a photograph or art clipping to work from, a student watercolor set, watercolor pad, brush and a plastic container for water.

Edison 6 Mondays
Apr 13–May 18 7:00-9:00 pm
\$46

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



Pottery 1

Get an introduction to methods of hand building, throwing pots on the wheel, glazing and firing. Limited wheel time. No open studio time. Bring an old hand towel. Price includes a supply fee and three basic glazes. No discounts.

Waite Park 7 Mondays
Apr 6–May 18 6:30-8:30 pm
\$75

Waite Park 6 Tuesdays
Apr 7–May 12 12:30-2:30 pm
\$75

Pottery Studio

This is an open studio for adults wishing to explore the possibilities of clay. No instruction provided. There are wheels and lots of table space for those wishing to create in the ancient ways. Price includes 12.5 lbs. of clay, glazes and firing. No work taller than 12 inches. We will email or call students with the dates to pick up their finished pieces—pick up will be 1-2 weeks after the last class. Wear old clothes and bring a towel or apron. No discounts.

South 6 Thursdays
Apr 16–May 28 7:00-9:00 pm
No class May 21 \$70

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

Pottery: Handbuilding 1

In this class, you will learn to make a pinch pot, coil build, and slab build. These basic skills will assist in your creativity whether you create a functional pot, mug, butter box, vase or sculpture. You will also learn how to glaze your artwork and experience the thrill of it coming out of the kiln. Wheel throwing will be demonstrated for all those interested. Clay provided (low fire red earthenware). No discounts.

Waite Park 6 Tuesdays
Apr 14–May 19 6:30-8:30 pm
\$75

Pottery: Wheel Throwing 1

Learn how to throw stoneware pottery on a potter's wheel, and glazing techniques. There will be individual and group instruction. Wheels are electric or kick. We will email or call students with the dates to pick up their finished pieces—pick up will be 1-2 weeks after the last class. Wear old clothes and bring a towel or apron. No discounts.

South 6 Tuesdays
Apr 14–May 26 7:00-9:00 pm
No class May 19 \$70

Printmaking: Relief (Linoleum Block)

Relief printing may be done with a minimal collection of tools and supplies, and the results are simple yet elegant. Here's an opportunity to design and print your own work of art on greeting cards, create a rubber stamp, and repurpose throwaway items. Please come to the first class with some ideas on what you want to print. Price includes a \$5 material fee.

South 2 Thursdays
Apr 16–Apr 23 7:00-9:00 pm
\$26

Discounts

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



Stained Glass Mosaics

Up-cycle a glass table top, bowling ball or make a stained glass window using an old wood-framed window. You will learn the direct mosaic technique by applying the glass and grout to your project simply and easily—no glass cutting skills needed. You will need something to mosaic, a glass cutter (carbide wheel preferable), mosaic cutter, scrap glass, glue, grout and sealer. Come in before the day of the class to discuss your design and purchase glass and tools if you need them. Call Glass Endeavors at 612.721.9553 for more information. Held at Glass Endeavors, 2716 31st St. S.

Glass Endeavors 4 Saturdays
May 2–May 23 10:30 am-12:30 pm
\$34

Stained Glass Panels

Make a panel using a design from the choice of patterns available at the studio. Panels are constructed using the copper foil technique. Tools needed: glass cutter, grozing pliers, running pliers, safety glasses, soldering iron, plus iron holder. Additional supplies are needed each week (est. cost: \$80). Please purchase tool kit and glass prior to first night of class. Tool kit available for \$125. Call 612.721.9553 for more information. Meets at Glass Endeavors, 2716 E. 31st St.

Glass Endeavors 4 Tuesdays
Apr 28–May 19 6:00-8:30 pm
\$40

Stained Glass: Introduction

Learn the basic techniques of making stained glass projects. The first night, we will discuss tools and select a pattern for class projects. Leave the class with a completed project. Bring notebook and pen to the first class.

Northeast 5 Mondays
Apr 13–May 11 6:30-8:30 pm
\$40





Photography

Composition in the Field

Get hands on experience shooting outdoors at stunning locations around Minneapolis. Class includes opportunities to share photographs and receive useful feedback.

Jefferson 3 Tuesdays
 May 12–May 26 7:00-9:00 pm
 \$31

Digital Point-&-Shoot

Improve the quality of your digital photos! Learn how and when to use different point-and-shoot digital camera settings, understand terms like ASA/ISO and color temperature, and get great photography tips from an expert. Please bring your camera and manual to class.

Jefferson 2 Tuesdays
 Apr 14–Apr 21 7:00-9:00 pm
 \$26

Digital SLR 1 with Projects

Improve the composition and quality of your photographs in this introductory class. We will cover the fundamentals of digital SLR photography including: ASA/ISO, f-stops, speed settings, accessories and how to achieve fantastic photographs. Class includes additional time to work on assignments. Bring your digital SLR camera and manual to class.

Henry 5 Mondays
 Apr 20–May 18 6:30-8:30 pm
 \$45

Digital SLR 1

Improve the composition and quality of your photographs in this introductory class. We will cover the fundamentals of DSLR photography including: ASA/ISO, f-stops, speed settings, accessories and how to achieve fantastic photographs. Bring your digital SLR camera and manual to class. Classes are designed for students who have cameras with interchangeable lenses. West Photo classes: register online or call Jefferson CE at 612.668.2470. *West Photo is located at 21 University Ave. N.E.*

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

Edison 3 Mondays
 Apr 13–Apr 27 6:30-8:30 pm
 \$34

West Photo 3 Thursdays
 Apr 16–Apr 30 1-3 pm
 \$34

West Photo 1 Saturday
 Apr 18 10 am-3 pm
 \$30

West Photo 1 Saturday
 May 9 10 am-3 pm
 \$30

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

Digital SLR 2

If you know the basics of SLR photography but want to learn more, this class is for you! Learn how to use the advanced features of your digital SLR camera to create stunning photographs. Topics include shutter speed, ASA/ISO settings, aperture control and more. Bring your digital SLR camera and manual to class. Pre-requisite: Photography: Digital SLR 1.

Edison 3 Mondays
 May 4–May 18 6:30-8:30 pm
 \$34

eBay & Product Photography

Whether you want photos for selling items online, or are considering commercial work in this field, you will learn how to utilize your digital SLR camera to yield impressive product photography. Gain hands on experience using low budget and professional set-ups, digital editing, and media management.

Jefferson 1 Wednesday
 May 27 7:00-9:00 pm
 \$18

Fashion Photography

Learn the lighting, techniques and styles of the world of fashion photography. We will cover the basics of portraiture, the different kinds of lighting and how they are used, as well as legal issues and what your creativity can bring to the process.

Jefferson 3 Tuesdays
 May 12–May 26 6:30-8:30 pm
 \$31





Flash Workshop

Learn how to use flash technology in this hands-on class. Try out advanced flash equipment on and off your camera, courtesy of West Photo. Ideal for students that want to expand their flash photography knowledge and skills. Please bring your digital SLR camera and manual to class.

Jefferson 3 Wednesdays
Apr 15–Apr 29 7:00-9:00 pm
\$50

Jefferson 3 Wednesdays
May 13–May 27 7:00-9:00 pm
\$50

Register Today!

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

Which Class Level Should I Take?

Community Education classes are organized by levels, 1 through 5. If you are new to a subject or it has been a number of years since you last studied, start with a class followed by "1." If you've taken a Community Education class recently, proceed to the next level. Classes do not follow a standard curriculum, so a Level 2 class at one site may differ from Level 2 at another. If you have questions, please call the class site directly (See page 53 for list of sites).

Graffiti Photography

This class will cover shooting graffiti in Minneapolis. We have selected several locations with interesting graffiti to shoot. This is a must class for the urban outdoor photography enthusiast.

Jefferson 3 Tuesdays
May 12–May 26 7:00-9:00 pm
\$34

How to Set up a Home Studio

Do you want to create the professional studio look for your product or portrait photography but lack the funds for expensive studio lighting? In this class we'll explore the ways to create fantastic indoor shots without breaking the bank and learn how to create your own home studio for spectacular portraits for under \$250.

Jefferson 2 Thursdays
Apr 16–Apr 23 7:00-9:00 pm
\$26

Location & Techniques: Street Photography

This class will cover issues related to street photography. Week one will cover equipment and issues related to street photography including the law. The following weeks we will shoot and capture the pulse of Minneapolis and the people who live and work in Minneapolis.

Jefferson 4 Thursdays
May 7–May 28 7:00-9:00 pm
\$42

Macro Photography

Discover new ways of finding and capturing intriguing photos by moving closer and focusing on the detail. You will learn how to achieve these effects as we explore different equipment: macro lenses, extension tubes, and close-up filters. Bring your Digital SLR camera to class.

Jefferson 3 Wednesdays
Apr 15–Apr 29 7:00-9:00 pm
\$34

Night Photography

Learn how to take stunning night photographs of buildings, skylines and flowing traffic. You will have the chance to apply your new knowledge on a class outing.

Jefferson 3 Tuesdays
Apr 14–Apr 28 7:00-9:00 pm
\$34

Outdoor Portraiture

Take your outdoor portraiture to the next level. Learn how to use reflectors, electronic flash and filters to enhance your outdoor portraits. We will also focus on selecting backgrounds, use of lenses for the desired depth of field, slow sync photography, and posing your subject. West Photo class: Register online or call Jefferson CE at 612.668.2470 to register. West Photo is located at 21 University Ave. N.E.

West Photo 1 Saturday
May 2 10 am-3 pm
\$30

Roosevelt 2 Mondays
May 11–May 18 6:30-8:30 pm
\$26



Portraiture & Photoshop Techniques

First, you'll learn the fundamentals of posing individuals and groups for portrait and product photography. Then, you'll get hands on instruction in Photoshop techniques that will improve the quality of your photos. Learn to correct blemishes, remove red eye, blur backgrounds and more! Taught on Mac computers.

Jefferson 2 Wednesdays
 May 13–May 20 7:00-9:00 pm
 \$26

Ring Light Photography

Ring lights have become popular for both product and glamour photography. Learn about and use the different types of ring lights and see the effect they will have on your photos. We will explore the pros and cons of ring light photography and shoot with several different types of ring lights as part of the class.

Jefferson 2 Thursdays
 May 14–May 21 7:00-9:00 pm
 \$26

Shooting at the Best Locations in Town

Discover the 10 best locations around town to shoot amazing photographs. Learn tips and tricks for each site and get hands-on experience outdoors on location in Minneapolis. West Photo classes: Register online or call Jefferson CE at 612.668.2470 to register. *West Photo is located at 21 University Ave. N.E.*

Edison 3 Wednesdays
 May 6–May 20 7:00-9:00 pm
 \$34

West Photo 4 Thursdays
 May 7–May 28 1:00-3:00 pm
 \$42

Roosevelt 4 Tuesdays
 May 12–Jun 2 6:30-8:30 pm
 \$42

West Photo 2 Saturdays
 May 23–May 30 10 am-3 pm
 \$50



Shooting the Minneapolis Skyline

In our first night, we will discuss architectural photography and how to achieve stunning photos. The following classes will be hands-on shooting of the Minneapolis skyline from different locations within the city. We will cover both day and night photography of the Minneapolis skyline along with the best places to shoot.

Jefferson 4 Wednesdays
 May 6–May 27 7:00-9:00 pm
 \$42

Single Flash Photography

This class is designed for those who have no flash and wish to become creative with their off-camera flash. We will cover types of flashes, radio and optical triggers to fire your flash and creative lighting techniques for the one flash photographer.

Jefferson 2 Thursdays
 Apr 30–May 7 7:00-9:00 pm
 \$26

Register Today!

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

Studio Lighting 1

Lighting is the key to all photography. Learn the basics of studio lighting and how to achieve a professional look in your portraits and group photographs. Ideal for those who want to move beyond basic flash photography. West Photo classes: Register online or call Jefferson CE at 612.668.2470 to register. *West Photo is located at 21 University Ave. N.E.*

Roosevelt 4 Tuesdays
 Apr 14–May 5 6:30-8:30 pm
 \$42

West Photo 1 Saturday
 Apr 25 10 am-3 pm
 \$30

West Photo 1 Saturday
 May 16 10 am-3 pm
 \$30

Travel Photography

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

Jefferson 2 Tuesdays
 Apr 21–Apr 28 7:00-9:00 pm
 \$26



Crafts

Crochet 1 & 2

Make your own crochet creation in a comfortable environment. Beginners: bring some cotton yarn and a size H, I or J hook. We'll start on a dishcloth project day one. Experienced crocheters: bring yarn, hooks and an idea for a project you want to try. Let's have some fun while developing some skills!

Roosevelt	4 Mondays
Apr 13–May 4	6:00-8:00 pm
	\$34

Knitting 1: Scarves

Enjoy the satisfaction and relaxation of knitting in this class for beginners and those who want a refresher on the basics. You will knit a fashionable large gauge scarf and receive instruction on knitting these and other simple items at home. Bring a set of needles (size 6 or 7) and a skein of worsted weight yarn.

Roosevelt	3 Wednesdays
Apr 15–Apr 29	6:00-8:00 pm
	\$28

Knitting 2: Spring Shawl

For those who have taken Knitting 1 class or who already know the basics of knit and purl. Make an open work shawl that you can wear proudly. Leave with instructions to continue your projects at home. Bring a ball of DK-weight yarn and size 4 or 5 needles (prefer wood or bamboo). Instructor: Deb Cutts.

Roosevelt	3 Wednesdays
May 6–May 20	6:00-8:00 pm
	\$28

Mosaics

Create a decorative bird bath, mirror frame, tabletop, serving tray, flower pot or other item of your choosing. The teacher will share examples, get you started on a project during the first class, and provide a list of supplies for you to purchase. Supply costs depend on your project. Some supplies are available for purchase from the instructor. The price includes a \$6 supply fee for a sample project.

South	4 Thursdays
May 7–May 28	7:00-9:00 pm
	\$40

Painting: Floor Cloth Rug

Imagine a rug that fits in perfectly with your own home décor. During the great depression, floor cloths came into vogue as an economic alternative to a Persian rug. You may choose to create your own design with the instructor's guidance or use a design that is provided. Students will bring home a small, completed floor cloth at the end of class. The first class will include designing and project clarification. Some paint supplies will need to be purchased, but the majority of supplies will be provided. Instructor collects a \$25 supply fee the first night of class.

South	3 Thursdays
May 7–May 21	6:00-8:30 pm
	\$33

Register Today!

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

Paper Making & Matting

The first evening will be devoted to making paper. Students will take home paper that will need to dry (you will get samples of the finished product.) The final class, students will cut mats for finished artwork. Four mat blanks will be provided, with more available for purchase. There is a \$5 materials fee. Instructor: Deb Monaghan.

Roosevelt	2 Mondays
Apr 13–Apr 20	7:00-9:00 pm
	\$26

Sewing 1: Patterns, Notions & the Sewing Machine

Conquer your fear of the sewing machine in this two-night class. On the first night, you will explore patterns, notions and the basics of the sewing machine along with selecting your project fabric. On the second night, you will sew a simple project to take home. Project sewing will include using the machine along with some hand sewing. Class fee includes a \$5 supply fee. Please do not bring your sewing machine to class, we will provide one for you.

South	2 Tuesdays
Apr 14–Apr 21	6:30-8:30 pm
	\$26

Sewing: Machine Embroidery

Beautiful embroidery can be so much fun to create on a sewing machine. Transform your clothes or accessories from casual to chic with machine-embroidered embellishments. The instructor will show how to set up your machine and the basics of machine embroidery using the attachments that often come with a sewing machine. Bring a 10" embroidery hoop and ½ yard of muslin (any color) to class. Students will be required to purchase embroidery thread for the second evening of class. Machines are provided. Do not bring your sewing machine to class. Pre-requisite: Basic sewing machine skills.

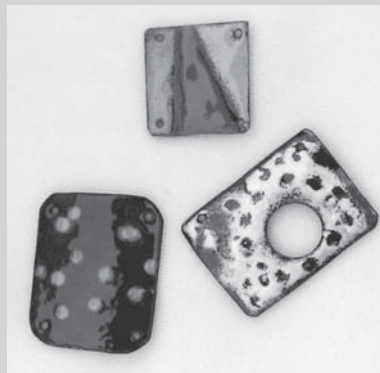
South	2 Thursdays
Apr 23–Apr 30	6:30-8:30 pm
	\$21

Jewelry Making with Irene Sherman



Expand your skills and techniques with these artisan-led jewelry making classes. Instructor, Irene Sherman, is the sole proprietor of Warm Glass Transitions, a glass-fusing and jewelry design studio she operates from her home. Irene's art speaks of her attraction to vivid, contrasting colors and experimentation and the childlike enthusiasm she brings to each piece of glass work. Irene also conducts art workshops across the metro and exhibits her work at art fairs.

Learn more about Irene and her work online at Warmglasstransitions.com.



Enameling 1

Enameling is the art of fusing powdered glass to copper, gold, or silver. The enamel piece is inserted into a kiln at around 1450 degrees F and removed several minutes later. In this class, you will learn the fundamentals of enameling: how to clean, set up and fire copper for enameling. You will complete three pendants. Instructor collects a \$30 supply fee. Please dress in layers—it will get warm. No discounts.

South	1 Tuesday
May 14	6:30-9:00 pm
	\$32



Tree of Life Pendant

The "tree of life" is a tree in the Garden of Eden whose fruit imparts eternal life. Create your own tree of life pendant using wire, crystal chips or beads by weaving wire. Supplies provided. The instructor collects a \$10 supply fee for a project kit. Students may purchase additional kits and make as many pendants as class time will allow. No discounts.

South	1 Tuesday
April 28	6:30-8:30 pm
	\$25



Embossing on Metal

Expand your jewelry repertoire using a home version of the rolling mill machine. These handy machines make it easy to make intricate embossed designs on your blanks. The instructor will have at least 10 decorative patterns for you to choose, with many placement options on each die. You will be amazed at the imaginative images of your pieces. The instructor will provide jewelry blanks for purchase in class. Choose from Aluminum Earrings (pair) or an Aluminum Pendant at \$2 each or Copper Earrings or Pendant at \$5 each. Students can make as many pieces as class time will allow. No discounts.

South	1 Tuesday
April 7	6:30-8:30 pm
	\$25

Easy Batik

Batik is an ancient art in which melted wax is applied in intricate designs on fabric which is then dyed and the wax is removed leaving the design area the color of the fabric. Explore the beauty of fabric batik without the danger of hot wax or dyes. Students should bring: washable gel glue (Elmer's Glue), wax paper, 12"-18" square of fabric (cotton muslin recommended; no synthetics), acrylic paint, paint brushes, water container, paper towels, a hair dryer (optional), pencil, and a large plastic trash bag to protect work surface. No discounts.

South	1 Thursday
May 7	6:30-8:30 pm
	\$25

Homemade Body Products

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



Bar Soap

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

Pratt 1 Mon & Wed
Apr 20–Apr 22 6:00-9:00 pm
\$24

Essentials for Babies & Kids

We will explore the natural side of products made specifically for babies, children, and pregnant parents. Treat your baby's body and yours to healthy, natural products without the harmful chemicals. Includes soaps, shampoos, and bath-time fun products. You will complete a project in class to take home along with lots of fun, easy and all natural recipes. \$6 supply fee paid to instructor in class.

Pratt 1 Monday
Apr 27 6:30-9:00 pm
\$21

Laundry Soap

Homemade laundry soap is as good as the top-of-the-line commercial laundry soaps. Made with store-brought products, this soap brightens, removes greasy stains, and resists fading for only pennies per load. It is mild enough for those with allergies.

Edison 1 Thursday
May 7 6:30-8:00 pm
\$18

Men's Personal Care Products

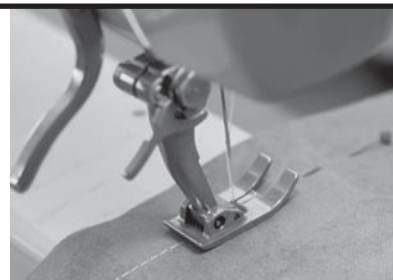
Create your own men's-scented lotions, shaving recipes, and melt and pour glycerin soaps. Course will include a small take-home project and handouts for more men's-specific recipes. Instructor collects a \$6 supply fee.

Pratt 1 Wednesday
May 6 6:30-9:00 pm
\$21

Shampoo

We've been hearing lately about the harmful chemicals in our bath and body products. In this class you'll learn a better way to treat your hair the all-natural, chemical-free way! You will make a take-home shampoo project in class and we will discuss hair conditioners as well. A great gift for yourself as well as someone you love.

Edison 1 Thursday
Apr 23 6:30-9:00 pm
\$21



Sewing: Toddler Clothes

Learn to sew simple, cute clothes for the toddlers in your life. Sewing machines, a selection of patterns and supplies are provided. Bring any apparel fabric you would like to use. Instructor will discuss what supplies you will need based on your projects. Elastic and zippers will be available for purchase from the instructor or you can bring your own. Pre-requisite: Basic sewing machine skills.

South 4 Tuesdays
Apr 28–May 19 6:30-8:30 pm
\$34

Try It! Spin on a Spindle

Are you interested in spinning, but don't own or have room for a spinning wheel? In this introductory, one-day course, students will prepare fibers for spinning and learn to use a drop spindle, which is an inexpensive and portable way to spin. All equipment and materials provided; supply fee of \$25 payable to the instructor in class. Co-sponsored by the Weavers Guild of Minnesota.

Pratt 1 Saturday
Apr 25 8:30 am-1:30 pm
\$42

Wood Carving

The craft of wood carving has been around since ancient times. It can be used to create beautiful objects or to make something for everyday use. The class will cover designing your pattern, choosing wood, sharpening tools, carving simple figures and many finishing techniques that will include paints/washes and sealers. The instructor collects a \$4 supply fee.

South 5 Tuesdays
Apr 21–May 19 6:30-8:30 pm
\$40



Computers & Technology

Google Docs, Sheets & Slides

Learn how to use the free web-based word processor, spreadsheet, and presentation program, offered by Google within its Google Drive service. It allows users to create and edit documents online while collaborating with other users live. The three apps are available as web applications, as Chrome apps that work offline, and as mobile apps for Android and iOS. The apps are compatible with Microsoft Office file formats. All files created with the apps are by default saved to Google Drive.

South	1 Thursday
May 7	6:00-9:00 pm
	\$24

Smart Phones

Smartphones are a hot item. Millions have recently acquired or will be purchasing a new Apple iPhone, Samsung Galaxy Nexus, Motorola Droid Razr, or other device, and will be trying to figure them out. Today's smartphones are like carrying an entire computer and entertainment system in your pocket, but in order to take advantage of all the features and capabilities you have to know how they work. Please bring your iPhone, Android or Windows phone to class.

South	1 Thursday
May 21	6:00-9:00 pm
	\$24

Mac Classes

Photoshop Elements 1 (Version 12)

Even great digital photos need processing to look their best and marginal photos can often be rescued thanks to the magic of Photoshop! Areas of focus include: color correction, cropping, teeth whitening, sharpening and blurring. We'll also cover file management issues. Bring a Flash drive to save your work.

Jefferson	4 Tuesdays
Apr 14–May 5	7:00-9:00 pm
	\$42

Photoshop Elements: Special Effects

Learn how to give your photos that "special look" through special effects using Photoshop elements.

Jefferson	2 Wednesdays
Apr 29–May 6	7:00-9:00 pm
	\$26

Photoshop Elements 2: Vacation Photos

Learn how to improve your vacation photos by enhancing the colors and removing unwanted items or people using Photoshop Elements. Pre-requisite: Photoshop Elements 1.

Jefferson	2 Wednesdays
Apr 15–Apr 22	7:00-9:00 pm
	\$26

PC/Windows Classes

Computer Basics 1

Learn all the necessary skills to help you feel comfortable using the the very basics of a computer, what the Desktop is, and the overall layout of the computer. Learn how to copy, save, and move files on the computer, and how to get on the Internet. This class will help you better navigate and use a computer at a basic level.

South	1 Thursday
Apr 16	6:00-9:00 pm
	\$24

Computer Basics 2

Become even more computer and internet savvy! Continue developing your skills in the overall layout of your computer and internet use. This class will build upon the basic navigation and computer skills learned in Computer Basics 1. Students must have taken Computer Basics 1 or are comfortable using basic computer functions.

South	1 Thursday
Apr 23	6:00-9:00 pm
	\$24

Computer Basics 3: File Management & Backup

Do you need help in knowing where to save a picture, document or file, or how and when to create a folder? Feel like you never really understood how to keep your computer organized in the first place? Gain an understanding of basic file management so you never again have to wonder where you saved the file, document or photos. Learn how to create folders; move, delete, sort and find files; and create shortcuts. There will also be a discussion about file naming, and backing-up files.

South	1 Thursday
May 14	6:00-9:00 pm
	\$24

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



Excel 1: Formatting & Basic Use

Excel is a data entry (spreadsheet) program that you can use to track and store information. Excel is like graphing paper with cells where you can easily organize your information. You can create budgets, to do lists, inventory and much more. Learn the basics of creating a spreadsheet, formatting, navigating and keyboard shortcuts. Learn about the fill handle, basic math formulas and other tricks. This class will help you create a basic budget spreadsheet.

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

Excel 2: Sorting, Filtering & Formulas

Learn about Sheets, printing titles/headings, sorting, filtering and adding pictures. Learn more about the SUM function, copying formulas, how to link data to other cells, as well as other tasks for the home user. This class will help you create math calculations and make your spreadsheet printer friendly.

South	1 Tuesday
May 5	6:00-9:00 pm
	\$24

Excel 3: Charts, PivotTables & Formulas

Learn how to create headers and footers, conditional formatting, working with multiple spreadsheets and IF statements (logical formulas). Learn how to create charts in under 15 seconds and PivotTables in about 30 seconds. This class will help you make your data more presentable with Charts and PivotTables.

South	1 Tuesday
May 12	6:00-9:00 pm
	\$24

Excel 4: Templates, Validating Data & Advanced Formulas

Learn to create Drop Down menus and other data validation. Find and remove duplicate values, use SmartArt and how to protect a spreadsheet to prevent unwanted changes. Create templates, audit formulas and learn the VLOOKUP formula. This class will help you create a spreadsheet that others can fill out with almost no errors and is locked/protected.

South	1 Tuesday
May 19	6:00-9:00 pm
	\$24

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

WordPress 1: Blog or Website

This WordPress course is for individuals, organizations, or small business owners who want to learn how to design and manage their own web site or blog. In this six-hour hands-on workshop, we will cover all the basics of editing and maintaining your WordPress website or blog, and discuss some of the differences between WordPress .com and .org installations. You will gain the skills to edit the important parts of your website quickly and easily on your own. The teacher uses a PC for instruction. Bring your laptop to class.

South	2 Thursdays
Apr 16–Apr 23	6:00-9:00 pm
	\$34

WordPress 2: Customizing with HTML & CSS

Learn how to further develop your website from WordPress 1. We will cover using themes, widgets and menus in-depth, as well as customizing your site or theme using CSS, utilizing anti-spam techniques such as Askimet and learning how to leverage Jetpack. The teacher uses a PC laptop for instruction. Bring your laptop to class.

South	2 Thursdays
May 7–May 14	6:00-9:00 pm
	\$34

Structured Query Language (SQL) Server 1

Mike Reis with the Nerd School will show you how Structured Query Language works, how to set it up and how to use the standard features. You'll learn to create and modify Tables, Views and Procedures. Find out how to group, order by, criteria and use calculations with your data. Pre-requisites: Knowledge of Access or relational databases. Bring your laptop to class with Microsoft SQL Server Management Studio 2008 software installed (free download at <http://bit.ly/QEolrt>).

South	1 Thursday
May 28	6:00-9:00 pm
	\$24

Watch TV Online/Cloud

Find out about different ways to watch TV online with Apple TV and Chromecast, as well as the companies that offer streaming services such as Hulu, Netflix, and Amazon. Learn how to use the Cloud for movies and what you can and cannot do with online TV. The teacher uses a PC for instruction. Bring your laptop to class.

South 1 Tuesday
 May 26 6:00-9:00 pm
 \$24



Web Site Development: Make it Google Friendly

So you own or manage a web site, but nothing's happening. How can you improve your results in the major search engines, increase your page rank, and drive traffic to your web site that results in more business? In this class you will learn about online strategies you can do yourself for free that will create the significant inbound hyperlinks that Google looks for. Find great keywords and learn how to use them to drive traffic to your site. You will learn how to use affordable online advertising campaigns through Google Adwords, and how to set up Google Analytics so you can know how many visitors you are getting, how long they are staying, and what pages are capturing their eyeballs.

South 1 Thursday
 Apr 23 6:00-9:00 pm
 \$24



Consumer & Business

Are You Ready to Start a Small Business?

This is a comprehensive overview of starting a small business and the use of a business plan. Explore resources for getting started in the Twin Cities. Offered in cooperation with the Small Business Administration and SCORE.

Roosevelt 1 Monday
 Apr 20 6:45-8:45 pm
 \$18

Finance: Your Money & Your Honey

Wanda Walker knows that when love is in the air, people sometimes forget about everyday finances. Whether you are newly married, have been married for many years, or are in a newer relationship, this informative workshop will give you seven sure fire tips to help you and your sweetheart address the financial aspects of your relationship. Learn new strategies to assist with financial goal setting, uncover your personal money style and learn what communication strategies will help you talk about money with your significant other. Identify communication gaps and strategies to work effectively together to build a financially secure future.

Roosevelt 1 Monday
 Apr 13 6:45-8:00 pm
 \$18

Health Care Directives

Most people don't consider the possibility of being too sick to participate in decisions regarding their health care, but planning ahead for that possibility is a wise choice. This presentation offers information on why it is important to plan ahead, issues to consider and how to complete a Health Care Directive. Forms are provided and participants can complete and execute a Health Care Directive during the class. Class is free but you must register. Instructor: Social Worker Linda Walker.

Roosevelt 1 Monday
 Apr 20 6:30-8:00 pm
 Free

Pratt 1 Tuesday
 May 12 6:30-8:00 pm
 Free

Medicare ABCs & D

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

Roosevelt 1 Monday
 Apr 13 6:30-8:30 pm
 Free

There are no classes on Monday, May 25.

Real Estate

An Essential Guide to Buying Your First Home

Want to get the best deal on your home? Not sure what direction to go first? Do you know there are zero-and-low down loans available in today's market? Learn how to access government grants and obtain first time buyer programs. Learn how to avoid the three mistakes most people make when buying a home and how to avoid the lemons to save thousands. The instructor will walk you through a step-by-step process for maximizing your money and achieving the lifestyle you want. Whether you are a first-time home buyer, have had a foreclosure, short sale, or have bad credit, this class will show you how to get the home of your dreams now.

Waite Park
Apr 15
1 Wednesday
6:30-8:00 pm
\$18

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

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

Jefferson
May 12
1 Tuesday
6:30-9:00 pm
\$21

Henry
May 18
1 Monday
6:30-9:00 pm
\$21



Community Land Trust: An Affordable Home Ownership Option

Learn about the City of Lakes Community Land Trust (CLCLT) and permanently affordable home ownership options and opportunities in Minneapolis. The land trust provides access to land and housing for people who are otherwise priced out of the housing market. The CLCLT will provide a variety of training opportunities and other services to first-time homeowners, and can provide crucial support if homeowners face unexpected home repairs or financial problems.

Lucy Laney
May 28
1 Thursday
7:00-8:00 pm
Free

Home Buying Smarts: Secrets You Need to Know

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

Roosevelt
May 18
1 Monday
7:00-9:00 pm
\$21

Selling a Home for More Money

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

Roosevelt
Apr 15
1 Wednesday
7:00-9:00 pm
\$21



Photography as a Business

Learn what you need to know about the business end of photography before you leave your day job. This class will cover how to present a business plan, acquire a tax ID number, license and permit, sales tax issues and how to set pricing for your work. Guest lecturers will include a lawyer, a certified public accountant (CPA) and an insurance expert.

Jefferson
Apr 16-Apr 30
3 Thursdays
7:00-9:00 pm
\$34

Social Media 1: Why Social Media?

Understand the opportunities and strategies available to position your brand using Social Media. See how small and major brands are using Facebook, Pinterest Twitter, Youtube, LinkedIn and Google+ to reach their targeted audiences. Instructor recommends bringing a Wi-Fi enabled laptop, notebook, folder and Smartphone.

Roosevelt
Apr 15
1 Wednesday
6:00-8:00 pm
\$18

Social Media 2: Finding Your Target Market

Get a hands-on introduction to identifying your target market. Create a strategic digital marketing plan that works. Learn how to market on key social media sites and how to use mobile marketing. Get an overview of popular curation sites, micro blogs and blogs as well as key performance indicators to drive your campaign. Students should bring a WiFi-enabled laptop, smart devices, paper and pen.

Roosevelt
Apr 29
1 Wednesday
6:00-8:30 pm
\$21

Social Media 3: Building Your Community

Learn how to create a buyer's persona to build your community and how to leverage content to build a brand strategy. Get an overview of Social Media Adwords and Pay-Per-Click Tactics. Bring a WiFi-enabled laptop, smart devices, paper and pen.

Roosevelt	1 Wednesday
May 6	6:00-8:30 pm
	\$21

Social Security: Understanding It

Will Social Security be there for me? How much can I expect to receive? When should I apply for Social Security? Learn about: FRA (Full Retirement Age), File and Suspend, Spousal Benefits, gain insight as to when might be the best time for you to take your benefit, and more. This class is free, but you must register.

Lucy Laney	1 Thursday
May 14	6:00-7:30 pm
	Free

Wills: Prepare Your Own

Course provides all forms, instructions, witnesses and notaries necessary to allow anyone, no matter how rich or poor, to prepare and walk away with his/her own simple will. Each spouse needs to complete a separate will. To complete your will, you need: knowledge of who you want to receive your belongings, who you want to serve as personal representative (executor), and who you want to be guardian of your children if you have minor children, and a blue pen. Attorney costs of \$18 are included in fee. No discounts.

Roosevelt	1 Wednesday
Apr 29	6:00-8:30 pm
	\$39



Cooking

BBQ

Get ready for summer. BBQ season is just around the corner. The first night is all about rubs, sauces, marinades and sides. We will make several types of BBQ sauces (Cherry-Chipotle, Hoisin-Glazed, North Carolina and Kansas-City inspired, as well as baked beans, coleslaw, potato salad, etc. The second night we will bake chicken, fish and pork and sit down with the sides from Day 1 and have a Minneapolis style BBQ. Instructor collects a \$15 supply fee the first night of class.

Edison	1 Wed/Thu
May 13-May 14	6:00-8:30 pm
	\$24

Cajun & Creole Classics

Heat things up with some Cajun and Creole dishes from down in the Bayou. Break open the Cayenne pepper and get cooking. Gumbo, catfish po-boys, tamarind-glazed pork with bourbon-molasses sweet potatoes and decadent Bananas Foster served over banana biscuits are among the tasty dishes we prepare. The menu will vary from quarter to quarter so please check the website or call the site hosting the class for further information. A materials fee of \$15 is included in the price of tuition.

Roosevelt	1 Wednesday
Apr 15	6:00-8:30 pm
	\$36

Northeast	1 Thursday
Apr 30	6:00-8:30 pm
	\$36

Caribbean Classics

Bring the Caribbean up north and explore exotic dishes such as red beans and rice, voodoo vegetable stew, jerk and curry chicken and finish things off with pineapple-pecan upside-down cake. The menu changes from quarter to quarter so check the web site or call the location hosting the class for further information. A materials fee of \$15 is included in the price of tuition.

Roosevelt	1 Wednesday
Apr 22	6:00-8:30 pm
	\$36

Northeast	1 Thursday
May 7	6:00-8:30 pm
	\$36

Cupping: Exploring the World of Coffee

Learn the art of "cupping" and how to taste the incredible flavors within each coffee bean. You will also learn about roast styles, the effects that different roasts have on flavor and other key elements that are incorporated within specialty coffee. Participants will leave with a half-pound of freshly roasted coffee. Register online or call 612.668.1100. *Class held at Dunn Brothers, 2650 University Ave. W. in St. Paul.*

Dunn Bros	1 Saturday
Apr 25	10 am-12 pm
	\$20

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



Eat Local Minnesota Series

We are pleased to present the Spring 2015 installment of our Eat Local Minnesota Series. Cooking instructor Andrea Bolger will introduce you to a variety of dishes that transform harvest produce into gourmet fare. **Register for all 4 classes in the series and receive a \$10 discount off the total class fee. Call 612.668.4828 to register with the discount.**

Crisps & Cobblers

A bed of fruit baked under a sweet pastry topping; use frozen fruits to get a head start on the fresh bounty to come. Blueberry Lemon-Cardamom Cobbler; Almond Apple Raspberry Crisp; Navajo Peach Crumble (with cornmeal topping); Strawberry Mango Cobbler. Price includes a \$15 supply fee.

Roosevelt	1 Tuesday
Apr 28	5:30-8:30 pm
	\$36

Fresh Greens

Farfalle Pasta with Arugula Gremolata (greens, garlic and lemon), Gorgonzola, Golden Raisins and Walnuts; White Bean Dip swirled with Cilantro-Walnut Pesto; Garlicky Sautéed Greens on Creamy Polenta; Spinach Basmati Soup with Greek Yogurt. Price includes a \$15 supply fee.

Roosevelt	1 Tuesday
May 19	5:30-8:30 pm
	\$36

Eggs

Nature's most nearly perfect food! We'll highlight them in savory and sweet dishes: Smoked Salmon Soufflé Roulade, Ricotta and Prosciutto Frittata, Persian Vegetable Omelette with greens and pistachios, and a sweet jelly-filled Sponge Cake Roll. Price includes a \$15 supply fee.

Roosevelt	1 Tuesday
May 5	5:30-8:30 pm
	\$36

The Vegetables of Spring

Roasted Baby New Potatoes with Fresh Herbs, Tarragon-Pecan Asparagus, Zucchini-Mint Croquettes served with Roasted Red Pepper Pesto, and Potato Leek Soup accented with cucumber and chives. Price includes a \$15 supply fee.

Roosevelt	1 Tuesday
May 12	5:30-8:30 pm
	\$36

Discover Moroccan

On the menu: *Bestilla*, a classic Moroccan filo-crust pie filled with savory chicken and warm spices; Summer Couscous with Herbs and Preserved Lemon (including a technique for "quick" preserved lemons); Moroccan Orange and Date Salad; Pistachio-Orange Cookies (flavored with orange flower water); and authentic Mint Tea. Price includes a \$15 supply fee. Instructor: Andrea Bolger.

Roosevelt	1 Tuesday
Apr 14	5:30-8:30 pm
	\$36

Fermentation Revolution 101

Learn how DIY fermentation will revolutionize your health and our food system. What do chocolate, yogurt, sauerkraut and cheese have in common? They're all fermented! This class will take you into the fascinating world of fermented foods and equip you with the resources and confidence to make your own fermented foods. Topics covered include: how to make your own ferments at home, health benefits of fermented foods, fermentation's ancient multicultural history, and the current fermentation revolution. You will also receive your very own DIY countertop fermentation kit that you can use to make a variety of delicious ferments right on your kitchen counter. Price includes a \$15 supply fee.

Roosevelt	4 Wednesdays
Apr 29-May 20	7:00-8:00 pm
	\$37

Sunshine Foods from the Mediterranean

The foods and spices of this region will warm up your spring! Quinoa-Stuffed Peppers topped with Goat Cheese, Roasted Asparagus with Pomegranate Molasses Glaze; Mediterranean Orange and Olive Salad; Rosemary Lemon Polenta Cake. Instructor: Andrea Bolger. Price includes a \$15 supply fee.

Roosevelt	1 Tuesday
Apr 21	5:30-8:30 pm
	\$36



Family

These classes are for Adults and Children. Adults are expected to stay and participate in the class.

Family "Gardening Fun" Workshop (Grades K-2)

It's time to get our hands dirty, plant some seeds, and get ready for spring time gardening fun! We will make some egg crate starter plant trays of flower and vegetable seeds. Then we'll create a garden fairy to place in your garden! Workshop fee includes all supplies for one parent and one child. All children must be accompanied by an adult.

Pratt	1 Saturday
May 2	10:00-11:00 am
	\$5

Family Pottery (Ages 6+)

Registration is for one adult and one child. Introduction to methods of hand building, throwing pots on the wheel, glazing and firing. Limited wheel time. No open studio time. Bring an old hand towel. Price includes a \$16 supply fee. No Discounts.

Waite Park	5 Saturdays
Apr 11-May 9	9:30 am-12 pm
	\$75

Henry Twins Game Outing (All Ages)

Join Henry CE as we head to Target Field to see the Twins take on the Chicago White Sox. Transportation to the ballpark is on your own. A free hot dog and soft drink are included with your ticket. Game time is 1:10 pm. Don't wait too long—once our tickets are gone, they're gone. No discounts. After paying for your tickets, please email Kevin.Czmowski@mpls.k12.mn.us and indicate whether you want to pick up your tickets at Henry or have them mailed to you.

Henry	1 Sunday
May 3	12:00-5:00 pm
	\$32

Personal Safety Workshop for Adults & Families

Learn how to decrease your chances of being a victim of crime along with personal safety techniques at this workshop. Representatives of the Minneapolis Police Department will be on hand with helpful information. Our black belt instructor Mary Brandl, is a self-defense and personal safety expert. This free program is done in cooperation with the Minneapolis Police Safe Unit.

Northeast	1 Saturday
May 16	10:30 a-12:30 p
	Free

Pottery with the Family (Ages 6+)

In this class, you will learn to make a pinch pot, coil build, and slab build. These basic skills will assist in your creativity whether you create a functional pot, mug, butter box, vase or sculpture. You will also learn how to glaze your artwork and experience the thrill of it coming out of the kiln. Bring one hand towel per individual and wear clothes you can get dirty. Class includes supply fee. No discounts.

Waite Park	6 Saturdays
Apr 18-May 23	9:30 am-12 pm
	\$75

Shape up Together!

Enhance your family's health and realize fitness goals together. This unique program will help keep your family fit. Tuesday evening Fitness activities and Thursday Family Zumba along with health tips and other information will keep your family on a healthy track. This program is offered in cooperation with Neighborhood Health Source. These classes are free, but you must register.

Shape up Together: Family Fitness

Northeast	6 Tuesdays
Apr 14-May 19	6:00-7:00 pm
	Free

Shape up Together: Family Zumba

Northeast	6 Thursdays
Apr 16-May 21	7:00-8:00 pm
	Free

Tight Knit: Family Art (Ages 5+)

Designed for a child and an adult. No experience needed. Learn to knit or crochet necklaces, bracelets, and tiny treasure bags adorned with alphabet beads—names, sentiments or just pretty. Supplies: Bring medium weight yarn (#4), crochet hooks and/or knitting needles a size or 2 larger than shown on the yarn label, and medium- to large-sized beads.

Roosevelt	2 Mondays
May 11-May 18	6:00-7:30 pm
	\$30

Teen

Driver's Education Classroom Training

Classroom instruction is open to any student 14 years and older—14 year olds cannot get their permit until they turn 15. Students will be issued a yellow 30-hour classroom completion card. We offer classroom training only. The six hours behind-the-wheel training is arranged with your choice of providers. The instructor will provide more details on obtaining the blue card required for the permit test and options for Behind the Wheel training. Fees for the permit test and the six hours of behind-the-wheel training are paid separately to the provider of your choice. No discounts.

Roosevelt	3 Mon-Thu
Apr 13–Apr 30	3:15-5:45 pm
	\$125

South	3 Mon-Thu
Apr 20–May 5	3:15-6:15 pm
	\$125

Red Cross Babysitting Training (Ages 11+)

Is your child interested in earning money and ready to take the steps into job responsibility? How about babysitting? During the American Red Cross babysitter training course, these sitters-in-training will learn leadership, safety, basic child development, safe play, rescue breathing and first aid. Students receive a certificate of completion, textbook and CD. Students must attend for the full class time to receive certificate.

Hale	4 Thursdays
Apr 16–May 7	6:00-7:30 pm
	\$65

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

Parenting

Helping Your Child Do Better in School

When children struggle at school, parents want to be helpful, but often don't know how to be effective with the time they have. Come learn many simple and easy "try this at home" strategies to try this summer to help your child do better in school now and this fall. Parents often turn to tutors, at great expense, to do something they could do with just a little training. You will leave at the end of the fourth session confident that you will help your child do better in school! Class is free, but you must register. Bring your child if you like—we will provide fun activities for them while you learn.

Lucy Laney	4 Thursdays
Apr 30–May 21	7:00-8:30 pm
	Free

Positive Co-Parenting through Divorce

Research shows that it is not the divorce itself that is so damaging to children, rather, the on-going conflict and interruption in parenting is what creates distress. The ability of parents living apart to work together in a cooperative manner has direct impact on how well and how quickly children adjust to their new circumstance and return to normal levels of functioning. In this class you will learn to establish strategies for keeping your children out of "the middle" and how to improve your communication skills within your new family dynamic. Instructor: Wanda Walker.

Roosevelt	1 Tuesday
Apr 21	6:00-7:30 pm
	\$18



2015 Summer Programs

Monday, June 15 through Friday, July 24
(Some programs run through Thursday, August 6)

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

Registration opens Monday, April 6.

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



Exercise & Fitness

Aerobics: Low Impact

This user-friendly class with easy-to-follow choreography will raise your metabolism and is great for fat burning. We will also work on abdomen and glutes with strength training for upper body and back support. Bring a mat and hand weights. Avoid the hassle of big clubs, lockers, people you don't know. Join the Waite Park neighborhood class where folks are friendly, the atmosphere is calm and workouts are beneficial. Classes will meet over the Memorial Day weekend. Instructor: Diane Penn.

Waite Park 8 Mondays
Apr 6–May 25 5:30-6:30 pm
\$42/\$31.50 Srs.

Waite Park 8 Wednesdays
Apr 8–May 27 5:30-6:30 pm
\$42/\$31.50 Srs.

Waite Park 8 Saturdays
Apr 11–May 30 8:30-9:30 am
\$42/\$31.50 Srs.

Ballet Fusion

Join a class that offers a fun, challenging total body workout. Using techniques from ballet, yoga and Pilates in a circuit, students will get a great cardio workout that tones the whole body and strengthens the core. Bring a yoga mat, sweat towel and water bottle.

Roosevelt 6 Tuesdays
Apr 14–May 19 6:00-7:00 pm
\$31

Ballet Fusion Core

We will bring techniques from Ballet Fusion to the floor for an added core challenge. This workout will define and tone your muscles while challenging your core. Add a challenge to your workout by bringing light hand weights along with you! Exercises can be modified for most fitness levels. Wear comfortable workout clothes and bring your yoga mat and a water bottle. Optional: light hand weights. Instructor: Michele Kidwell.

Roosevelt 6 Tuesdays
Apr 14–May 19 7:15-8:15 pm
\$31

Barre Tone

Come join us as we combine the grace of ballet with the efficiency of working out at the gym. Borrowing and adapting specific exercises from the dance studio, we will concentrate on alignment, placement, posture, flexibility and coordination, as we strengthen and lengthen our muscles, instead of building bulk. No previous dance experience is required.

Edison 7 Wednesdays
Apr 15–May 27 6:00-7:00 pm
\$35

Discounts

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



Bodyshaping/Bodybuilding

Bodyshaping/Bodybuilding is a system of strength training and flexibility exercises that combine the best elements from free weights and yoga. Enjoy a high-energy workout with fun, lively music! Bring indoor athletic shoes and a water bottle. Weights provided or bring your own.

Pratt 6 Saturdays
Apr 11–May 16 8:45-10:00 am
\$36

Pratt 6 Mondays
Apr 13–May 18 8:00-9:15 am
\$36

Pratt 6 Mondays
Apr 13–May 18 6:15-7:30 pm
\$36

Pratt 6 Wednesdays
Apr 15–May 20 8:00-9:15 am
\$36

Pratt 6 Wednesdays
Apr 15–May 20 6:30-7:45 pm
\$36

Pratt 6 Fridays
Apr 17–May 22 8:00-9:15 am
\$36

Dance Party Fitness

Have a great time working out in this unique class. Use moves from Zumba, World Beat and others. Get a fun aerobic/cardio workout during this high energy hour. No dance experience is required. Please bring a towel and water bottle.

Northeast 6 Wednesdays
Apr 15–May 20 6:00-7:00 pm
\$38





Fitness Center

Use cardiovascular and weight machines (circuit training) in a fitness center setting. After orientation, participants can work out at any time during the hours listed.

Andersen 8 Mondays
Apr 6–Jun 1 5:30-7:00 pm
No class May 25 \$12

Andersen 9 Wednesdays
Apr 8–Jun 3 5:30-7:00 pm
\$14

Andersen 6 Saturdays
Apr 11–May 16 9:00-10:30 am
\$9

**Gutbusters:
Stretch & Balance**

Improve strength, balance and flexibility through intensive body-comprehensive exercises, balance and stretch work. Adaptable for beginning through advanced levels. Bring a yoga mat and wear comfortable clothes that you can move in.

Northeast 7 Wednesdays
Apr 15–May 27 7:00-8:15 pm
\$41

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

Hula Hoop Fitness

Remember the hula hoop? You can do so much more with it than you think! This beginning/intermediate class will cover the basic “tricks” of hoop dance and work on opening up the potential of each student to let go, flow, and freestyle in their own way. This is a great way to work out and tighten that core while having a blast doing it.

Jefferson 7 Thursdays
Apr 16–May 28 7:15-8:45 pm
\$42

Pilates 1

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

Pratt 6 Tuesdays
Apr 14–May 19 6:00-7:15 pm
\$36

Kickboxing Fusion

This high-energy class utilizes kickboxing fundamentals for a total body endurance workout. Combinations of punches and kicks turn up the intensity during the first part of the workout followed by a lower-intensity toning session. Come improve your strength, aerobic endurance, speed, flexibility, coordination and balance. Kick, jab, cross, hook and uppercut your way to a fitter you! Participants should bring a yoga mat, towel, water and light handweights.

Roosevelt 6 Mondays
Apr 13–May 18 7:30-8:30 pm
\$31

**There are no classes on
Monday, May 25.**

Strength & Conditioning

Want to improve your cardiovascular and respiratory endurance as well as expand your knowledge of health and wellness? If so, then join Coach U’u for a personalized strength and conditioning program. The program includes five segments that are performed through high-intensity intervals: Warm-up/Stretch, Mobility/Flexibility, Strength/Cardio, Core, Cool down.

Lucy Laney 7 Thursdays
Apr 16–May 28 6:00-7:00 pm
\$35

**Strength Training
for Fitness**

This class is unstructured, suitable for people of all ages, sizes, and abilities who want to individualize their workout. If you are looking for a group-centered workout, this is not it. Regular strength training helps to reduce body fat, increase lean muscle, burn calories more efficiently, build bone density, and boost stamina and energy. For best results, sign up for two classes per week. Cost includes \$5 fee for machine maintenance in the Henry Fitness Center.

Henry 6 Mondays
Apr 13–May 18 6:00-7:00 pm
\$36

Henry 7 Wednesdays
Apr 15–May 27 6:00-7:00 pm
\$40

Walking for Fitness

Walking is an easy exercise that not only helps in weight loss but can reduce the risk of heart disease, improve heart function and muscle tone and lower blood pressure, cholesterol, risk of stroke and risk of injury. Pre-registration required.

Henry 2 Mon & Wed
Apr 13–May 27 5:30-8:30 pm
No class May 25 Free

Roosevelt 6 Mon-Wed
Apr 13–May 20 6:00-8:00 pm
Free

Northeast 6 Mon/Wed/Fri
Apr 13–May 18 5:45-6:45 pm
Free



Sports & Recreation

Floorball: Adult Co-ed

Join the Northeast Floorball, group for ages 18 and up. A type of floor hockey, floorball is a fun, fast, and safe indoor team sport, requiring only shorts, t-shirt and indoor court shoes. The group plays pickup games, so bring a light and dark shirt. Sticks are available to borrow and we have nets. All levels of players are welcome. A nightly \$3 donation is taken at the door. For further information, contact Minneapolis Floorball on Facebook. No online registration.

Northeast 7 Thursdays
Apr 9–May 21 7:00-9:00 pm
\$3 at door

Northeast 6 Mondays
Apr 13–May 18 7:00-9:00 pm
\$3 at door

Golf 1 & 2

Participate in a great class for beginner and intermediate golfers who want to improve their skills. Includes golf history, types of clubs, rules and etiquette. Practice putting, chipping, pitching and full-length shots. Please bring #3, #5, #7 and #9 irons and a putter.

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

Northeast 6 Wednesdays
Apr 15–May 20 7:00-8:00 pm
\$34

Nordic Walking

Join us for a walk. Kay Okey, certified Nordic Walking instructor, will demonstrate the proper use of Nordic poles. Nordic Walking uses 90% of your muscles, burns calories and distributes your weight so your knees don't have to do all the work. Demo poles are provided for use during class. Trekking/hiking poles are not the same. The class is geared to those who can walk 30-45 minutes. Wear comfortable shoes and bring water if desired. Poles will be available for purchase after class.

Dowling 1 Monday
Jun 8 6:00-7:15 pm
\$12

Rock Climbing

Learn the basics of indoor rock climbing, which offers the benefits of a full-body workout. At the end of the class, you will have the skills to belay and climb safely. Wear comfortable athletic clothing and tennis shoes. All climbing gear provided. Additional waivers required and will be provided after registration. No discounts. *Class is held at Vertical Endeavors Minneapolis, 2540 Nicollet Ave. S. in Mpls. Register online or call Roosevelt at 612.668.4828 for assistance.*

Vertical Endeavors 3 Wednesdays
May 6–May 20 7:00-9:00 pm
\$65

Volleyball: Co-ed Adult Recreational

Join others for an enjoyable, exhilarating night of full-court volleyball. All levels welcome, but some previous knowledge is expected. No instruction provided. Register anticipate on a “drop-in” basis for \$3 at the door. Call Roosevelt CE at 612.668.4828 with questions or to register. *Class meets at Wenonah School, 5625 23rd Ave. S.*

Wenonah 7 Thursdays
Apr 16–May 28 6:30-8:30 pm
\$25

Volleyball: Power

For players with CC/B Co-Rec (intermediate) skill levels who enjoy competitive games. Participants set up the net themselves. Instructions/lockers not provided. Not suitable for beginners and no team registration.

Jefferson 7 Thursdays
Apr 16–May 28 7:00-9:00 pm
\$26

Volleyball: Power Plus

For players with BB/A Co-Rec (advanced) skill levels who enjoy competitive games. Participants signing up for the first time will be invited to attend an open gym to demonstrate their skill level. Participants set up the net themselves, no lockers provided. Instruction provided, if desired. No team registration.

Jefferson 7 Tuesdays
Apr 14–May 26 7:00-9:00 pm
\$26





Weight Training

Get in shape and stay in shape! You will learn weight training techniques and develop a weight training program.

Northeast 2 Tue & Thu
Apr 14–May 28 7:00-8:20 pm
\$36

**Weight Training:
Open Session**

Get in shape and stay in shape! Weight room open session provides extra workout time for your personal weight training program.

Northeast 2 Mon & Wed
Apr 13–May 18 6:30-7:40 pm
\$35

Roosevelt 6 Mondays
Apr 13–May 18 7:30-8:30 pm
\$40

**Whole Body Workout:
Dumbbells, Exercise Bands
& Stability Balls**

This workout is designed to strengthen, develop and tone all the major muscle groups. Equipment will be provided. Students will learn a routine that includes a cardio warm-up, strength training, core exercises, and stretching. Class is for beginners to intermediate fitness levels. Bring a sweat towel and water in an enclosed container. **Take both Whole Body Workout classes at South for \$60. Call 612.668.4326 to register with the discount.**

South 7 Tuesdays
Apr 14–May 26 6:15-7:15 pm
\$35

South 7 Thursdays
Apr 16–May 28 6:15-7:15 pm
\$35

Zumba Gold

Zumba Gold is a low impact, easy-to-follow, Latin-inspired dance fitness-party that keeps you in the groove of life. It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant or those just starting their journey to a fit and healthy lifestyle. This invigorating, Latin-inspired dance-fitness program includes moves adapted from Merengue, Salsa, Cumbia, Belly Dance, Flamenco and Tango.

Roosevelt 6 Mondays
Apr 13–May 18 6:00-6:45 pm
\$28

Roosevelt 6 Tuesdays
Apr 14–May 19 7:00-7:45 pm
\$28

**Roosevelt Zumba
Class Punch Passes**

Don't want to commit to a 6-week class? Need some flexibility in your schedule? Drop in during any of our scheduled Zumba and/or Zumba Gold classes between April 13 and May 20 and receive a punch card the first day you arrive. Passes expire at the end of the session. **5 Class Punch Pass: \$28, 10 Class Punch Pass: \$56.**

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

**Zumba: Exercise
to Latin Music**

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

Andersen 6 Saturdays
Apr 11–May 16 10:00-11:00 am
\$34

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

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

Roosevelt 6 Mondays
Apr 13–May 18 7:00-8:00 pm
\$34

Jefferson 6 Tuesdays
Apr 14–May 19 8:00-9:00 pm
\$34

Roosevelt 6 Wednesdays
Apr 15–May 20 7:00-8:00 pm
\$34

Jefferson 6 Thursdays
Apr 16–May 21 6:00-7:00 pm
\$34

Andersen 6 Thursdays
Apr 23–May 28 6:00-7:00 pm
\$34





Swimming at Dowling

The Dowling pool is a warm, therapeutic pool. A cleansing shower is required. Shower shoes are recommended. Times listed are “in water times.” Locker room door will open 10 minutes before class. Park in back lot and enter at door #21. Call 612.668.4828 for more information.

Adult Water Exercise

Exercise and stretch for 45 minutes in a warm therapeutic pool with Paul, an experienced instructor. No senior discount.

Dowling 6 Mondays
Apr 13–May 18 4:25-5:15 pm
\$32

Dowling 6 Mondays
Apr 13–May 18 5:20-6:10 pm
\$32

Dowling 6 Wednesdays
Apr 15–May 20 4:25-5:15 pm
\$32

Dowling 6 Wednesdays
Apr 15–May 20 5:20-6:10 pm
\$32

Family Swim

Families can enjoy the warm Dowling pool during this unstructured, open swim time. Class is designed for infants and children up to 9 years old and their caregivers. Price is per person; payment must be made for both adult and child.

Dowling 6 Mondays
Apr 13–May 18 6:30-7:15 pm
\$16

Dowling 6 Wednesdays
Apr 15–May 20 6:30-7:15 pm
\$16

Swimming at Northeast

Participants with shoulder length hair must wear a swim cap. A cleansing shower is required before entering the pool. Shower shoes are recommended. Times listed are “in water” times. Please arrive 10 minutes early to change. Swim passes are available for purchase. Individual and Family swims are \$3 at the door. Call 612.668.1515 for more information.



Swimming Basics (Ages 4½–6)

For children who are new to the water and swimming. Learn the basics of water safety and swimming.

Northeast 6 Mondays
Apr 13–May 18 7:00-7:30 pm
\$30

Swimming 1

Youth will learn swimming basics and work on improving their skills in a small group setting. There will be no more than a 7-to-1 student ratio. Students will progress according to their abilities.

Ages 5–7

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

Ages 8–15

Northeast 6 Mondays
Apr 13–May 18 8:00-8:30 pm
\$30

Adult Lap Swim

A one-hour lap swimming period for adults. Purchase a Swim Pass for all swims or pay \$3 at the door.

Northeast 7 Thursdays
Apr 16–May 28 7:45-8:45 pm
\$18

Northeast 7 Fridays
Apr 17–May 29 7:30-8:30 pm
\$18

Aqua Zumba

The reason is simple: Every class feels like a party! You don’t even have to know how to dance—just move your body and follow the instructor’s lead. It’s easy! We guarantee you will have a blast!

Northeast 7 Thursdays
Apr 16–May 28 6:00-6:45 pm
\$38

Family Open Swim

A free open swim period for families. An adult must be in the pool area with their children at all times. Class is free; pre-registration is required.

Northeast 7 Fridays
Apr 17–May 29 6:15-7:15 pm
Free

Swimnastics

Exercise in the pool to increase and maintain your range of motion, flexibility, and strength while toning and slimming. Beneficial for those with aching muscles and backs. Swimming skills not required. Shower shoes are recommended.

Northeast 7 Tuesdays
Apr 14–May 26 6:30-7:15 pm
\$38

Northeast 7 Tuesdays
Apr 14–May 26 7:15-8:00 pm
\$38

Northeast 7 Thursdays
Apr 16–May 28 6:45-7:30 pm
\$38

Health & Wellness

CPR: Adult, Infant & Child with AED Training

This class is American Heart Association certified. Learn simple, appropriate ways to intervene in breathing and cardiac emergencies for adults, children and infants. Ample practice in CPR and choking management will be provided. Training in the use of an AED (Automated External Defibrillator) will be included. Please come early, certificates of completion cannot be issued unless you are present for the entire class. Instructor collects a \$5 supply fee. Only multi-class discount is available. No other discounts applicable. **Register for both CPR and First Aid classes at Sibley Park for a reduced price. Call Roosevelt CE at 612.668.4828 to register with the discount. Sibley Park is located at 1900 E. 40th St.**

Sibley Park 1 Saturday
Apr 25 11 am-1:30 pm
\$50

Edison 1 Monday
May 4 6:00-8:30 pm
\$50

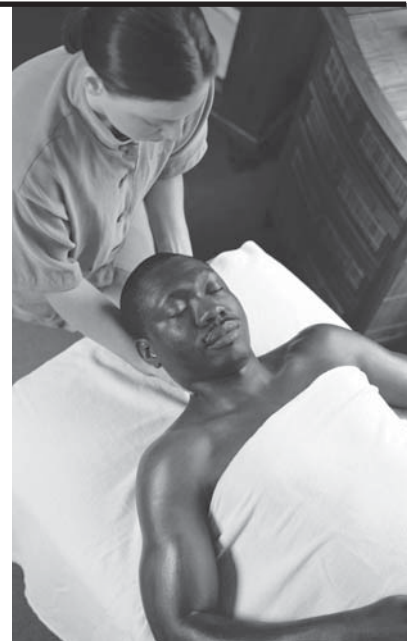
First Aid

This class teaches students critical skills for responding to and managing an emergency in the first few minutes until emergency medical services (EMS) arrives. Learn how to treat bleeding, sprains, broken bones, shock, diabetic emergencies, seizures, stroke and other first aid emergencies. Bring current CPR card to class. Optional: students may purchase an instructional book directly from instructor for \$15. You must arrive on time and attend the entire class to receive certificate. No discounts available for individual class. *Sibley Park is located at 1900 E. 40th St.*

Sibley Park 1 Saturday
Apr 25 1:30-4:00 pm
\$40

Edison 1 Monday
May 11 6:00-8:30 pm
\$40

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



Massage: Self Massage for Stress Reduction

Everyone experiences tension, that nagging pain that just shows up. You will learn how to skillfully relieve the pain and tension in your shoulders and arms. By the end of the class you will be smiling with new skills and relaxation.

Lucy Laney 1 Thursday
Apr 30 6:30-8:30 pm
\$18

Massage: Shoulder Massage for Couples

Touch has the power to comfort, rebalance and release stress on all levels: physical, emotional and spiritual. Learn simple massage techniques which encourage relaxation, calm the mind and accelerate healing. Wear comfortable clothing. One person should register but both should attend; \$30 fee covers the couple.

Lucy Laney 2 Thursdays
May 14-May 21 6:30-8:30 pm
\$30

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Yoga & Mind/Body

Meditation in Everyday Life: An Introduction to Meditation

Awareness is the essence of meditation, as taught by Yongey Mingyur Rinpoche. The practice of meditation helps us to explore the heart and mind. However, meditation is not meant to eliminate the things we don't like about ourselves, or even to become "better" people. Instead, meditation is a practical tool that helps us to see that we are already whole and complete. In this four-class introductory course, simple methods will be taught to begin the process of recognizing our true nature. If you wish, you may bring a cushion and blanket to sit on the floor or you may sit in a chair. Please dress warmly and comfortably.

Roosevelt	4 Mondays
April 20	6:00-7:30 pm
	\$28

Tai Chi Chuan 1

One of the great benefits of Tai Chi Chuan is its efficiency. Learn how to relax into health in just 10 minutes a day and have fun doing it. Instructor Jed Bonniwell has practiced for over 15 years.

Northeast	6 Tuesdays
Apr 14-May 19	6:30-7:30 pm
	\$28

Tai Chi Chuan 2

Learn the next series of movements of the Yang Short Cheng Man Ching Form. This class is for students who have already taken the level 1 class or have practiced the Cheng Man Ching form.

Northeast	6 Tuesdays
Apr 14-May 19	7:45-8:45 pm
	\$28

Tai Chi: Wu Form 1

Known as the "moving meditation," Wu Tai Chi is a series of slow controlled movements that develop strength, balance, posture and calm. Wu Tai Chi promotes health by circulating and balancing the Vital Energy within. It is especially good for healing joint and back pain, and releasing stress.

Jefferson	7 Wednesdays
Apr 15-May 27	6:00-7:30 pm
	\$42



Tai Chi: Wu Style Tai Chi Chuan for Health & Self Defense

Tai Chi Chuan is practiced by millions for its health benefits that can improve circulation, strength, flexibility, relaxation, vitality, and the ability of your body to heal itself. In addition, it is a potent martial art. In this class, we will learn the first section of the Wu form, Qi Gong, and basic push hands as taught by the International Wu Style Federation. Basic applications will also be demonstrated. Appropriate for all ages, levels and abilities.

Roosevelt	6 Mondays
Apr 13-May 18	6:00-7:15 pm
	\$34

Yoga: Fitness

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

Northeast	7 Tuesdays
Apr 14-May 26	6:15-7:15 pm
	\$38

South	7 Thursdays
Apr 16-May 28	7:30-8:30 pm
	\$38

Yoga: Gentle 1

A gentle form of yoga that combines poses, stretching, breath awareness and deep relaxation. Learn basic poses that safely build strength, flexibility and balance. This is a great way to relax and wind down at the end of the day. Wear comfortable loose clothing, bring a yoga mat and refrain from eating 1 hour before class.

Dowling	6 Mondays
Apr 13-May 18	6:00-6:55 pm
	\$32

Jefferson	7 Tuesdays
Apr 14-May 26	5:45-6:45 pm
	\$31

South	7 Tuesdays
Apr 14-May 26	7:30-8:30 pm
	\$38



Yoga: Gentle 2

Continue to develop your Yoga practice. Students need to have taken a Gentle Yoga 1 class or have experience practicing poses. Please bring a yoga mat.

Dowling 6 Mondays
Apr 13–May 18 7:05-8:00 pm
\$35

Yoga: Hatha — Gentle

Enjoy a great experience for people just beginning yoga or who have some physical limitations. It is also a good class for people who want to continue yoga practice without the push toward advanced poses. Emphasis is placed on use of props and alternate poses to accommodate all bodies. Includes form, breath work and relaxation. Students should wear comfortable clothing and bring a yoga mat.

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

Yoga: Hatha — Mixed-level

Find deeper connection for body, mind and spirit by using breath to guide the body. Class focuses on alignment, flexibility and strength. All ability levels welcome. Bring a yoga mat and a blanket.

Jefferson 7 Wednesdays
Apr 15–May 27 5:45-7:00 pm
\$41

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

Yoga: Hatha 1

We will explore yoga by breaking down each pose. You will become familiar with alignment and safe modifications for classic poses. Wear comfortable clothes and bring a yoga mat. Do not eat 2 hours before class.

Dowling 6 Mondays
Apr 13–May 18 6:00-7:15 pm
\$38

Henry 7 Wednesdays
Apr 15–May 27 6:15-7:15 pm
\$38

Yoga: Kundalini

Kundalini yoga includes movements and postures for strengthening, opening and healing the mind and body. You'll also learn breathing techniques to relax, restore and energize. For all fitness levels. Bring your own mat or blanket.

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

Pratt 6 Saturdays
Apr 11–May 16 10:30-11:45 am
\$40

Pratt 6 Tuesdays
Apr 14–May 19 7:00-8:15 pm
\$40

Register Today!

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

Yoga: Prenatal

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

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

Hale 7 Thursdays
Apr 16–May 28 6:00-7:15 pm
\$50

Yoga: Restorative

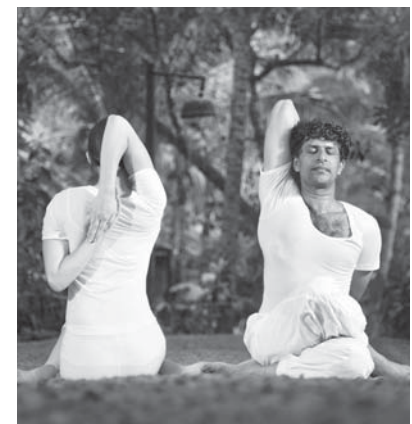
Restorative yoga is a proactive form of strengthening, stretching deeper than just your muscles and into your ligaments. It is calming and relaxing, releasing as much tension in your body as possible.

Henry 7 Wednesdays
Apr 15–May 27 7:30-8:30 pm
\$38

Yoga: Restorative Vinyasa

We will begin and end with restorative postures, breathing practices, and meditation techniques that relax and soothe the nervous system. In between, we will move in a more fluid Vinyasa style with sequencing and breath-work specifically designed to deepen the restorative effects. This class will leave you feeling balanced, energized, and calm. Please bring your own mat.

Lucy Laney 7 Thursdays
Apr 16–May 28 7:15-8:15 pm
\$38



Hobby & Leisure



Astrology: Bringing Your Chart to Life

Your astrology chart lives and breathes. Your birth chart symbolizes life themes for you. The Sun, Moon and planets keep moving, pointing to current conditions. We will study the essence of this language in this class.

South 4 Tuesdays
Apr 21–May 12 7:00-9:00 pm
\$34

Chess

Learn the basic strategies of openings and endgames, including the Torie and Sicilian openings. We will also introduce several different endgames that will allow you to end your opponent quickly and efficiently. Don't worry if you have never played before—we'll begin with a refresher on the different moves of the pieces. This hands-on course will have plenty of play during class and end with a tournament where you will use the skills you have learned to match wits with your classmates.

Henry 6 Wednesdays
Apr 22–May 27 6:30-8:00 pm
\$37

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

Dog Obedience 1 (6 months +)

Learn to understand your dog while helping your dog learn basic obedience and social rules: sitting, heeling and obeying other commands. Learn to modify inconvenient behavior like chewing, house breaking and other problems. Teach your dog to be a well-mannered family pet. No dogs on the first night. No children under 10 years old, please.

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

Dog Obedience 2

Advance to more complex obedience work with your dog. No children under 10 years old, please.

Northeast 6 Wednesdays
Apr 22–May 27 8:00-9:00 pm
\$31

Dog Obedience: Puppy to 6 Months

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

Northeast 6 Wednesdays
Apr 22–May 27 6:30-7:00 pm
\$21

Fly Tying: Introduction

Learn how to tie your own flies! We will cover the basic techniques but you will also be introduced to the 'recipes' for tying particular flies. You will get a chance to use the instructor's hand-made tools such as a vise and bobbin. This is an introductory class, not geared for those experienced in tying flies. A supply fee of \$7 will be collected by the instructor the first night of class. Instructor: Joel Orvik.

Waite Park 3 Saturdays
Apr 11–Apr 25 10 am-12 pm
\$42

Genealogy: Climbing Your Family Tree

Explore your roots! Find out some of the fun and new ways to track down your ancestors. Genealogy can range from a part-time hobby to a full-time profession. We'll examine various techniques and where to find information and family data.

Waite Park 6 Mondays
Apr 13–May 18 6:30-8:00 pm
\$37

Reupholstery Workshop

This self-paced workshop is for amateur craftspeople interested in reupholstering furniture. Learn to repair and/or replace cushions, springs and/or upholstery. Bring your chair, a tack hammer, scissors, tape measure and pliers on the first night of class. No couches or recliners, please.

Edison 8 Wednesdays
Apr 8–May 27 6:00-9:00 pm
\$106

Edison 8 Thursdays
Apr 9–Jun 4 6:00-9:00 pm
No class May 14 \$106

Small Engine Repair & Maintenance

Have fun and save up to \$100 a year by doing your own spring tune-ups on your gas-powered equipment. In this hands-on class, you will learn to change the oil, spark plugs and filter, sharpen mower blades, and lubricate and adjust your wheels and handles. Walk out of class with fully-tuned, functioning small engine equipment. New supplies, if needed, must be paid for separately. Students can bring their own gas-powered equipment to class. Specific directions will be sent out to registered participants. Instructor: Curtis Franks. Enter through Roosevelt High School "garage" on the north side of the school.

Roosevelt 6 Mondays
Apr 13–May 18 6:00-7:30 pm
\$37

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facebook.com/MplsCommEd

Home & Garden



Adding Herbs to Your Gardening & Cooking

In this presentation, we will take a new look at the age-old process of growing, preserving, and using culinary herbs in a healthful and taste-full diet. We will review the basics of growing herbs, both outdoors and indoors and take a look at ways to preserve those you have grown. We will look at the most commonly grown and used herbs.

Jefferson 1 Tuesday
Apr 28 6:30-8:30 pm
\$18

Composting & Building Healthy Soil

Healthy soil gives plants food, water and oxygen for growth and yields. Good soil is dark and crumbly and holds moisture yet drains well. Compost is a made from dead organic materials. Adding compost to existing soil will help drain clay soil and help sandy soil hold water. Good compost is the key to soils rich in earthworms and microorganisms essential for roots and plants grow strong and productive. Learn the process of using yard and kitchen waste to produce compost you to amend and rejuvenate your garden soil just as gardeners have done for centuries. Instructor: Mary Tessman.

Roosevelt 1 Wednesday
May 13 6:00-8:00 pm
\$18

Free Compost for Your Thriving Garden

What are you going to do with all those leaves in your yard? Working with nature, you can turn ordinary household waste into nourishment for your beautiful plants. We will cover the several methods of composting, reusing water, mulching, and creative approaches to have a healthy thriving garden. On-site childcare available — call 612.668.2223 for details.

Lucy Laney 1 Thursday
Apr 23 6:30-8:30 pm
\$18

Vertical Gardening

Growing up (vertically) is good for you, your plants and your landscape. Hide that cyclone fence or boring garage wall, give flowers and vegetables more light and air for stronger production with fewer diseases and reduce the back breaking work of tending and harvesting produce lying on the ground. Vines and climbers growing on simple trellises makes the best use of small spaces and containers and create growing opportunities to take best advantage of sunlight. Come with list of experiences and questions. Instructor: Mary Tessman.

Roosevelt 1 Tuesday
May 5 6:00-8:00 pm
\$18

Window Repair

Are your windows sticky, drafty, cracked or broken? Learn how to “take it apart” and save money by doing it yourself. Topics of discussion include sash cord replacement, glazing, the five points of draftiness for windows and other related subjects.

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

Spring Birding Along the Mississippi

Learn how to identify birds along the Mississippi River flyway during spring migration in Minnesota. This class will focus on building your identification skills via observation and note-taking. The instructor will teach you how to identify groups of birds such as hawks, flycatchers, warblers, orioles, tanagers and sparrows (to name a few) and use our notes and drawings to differentiate these birds to species (e.g., “Is that a Tennessee or Nashville Warbler?”) This is an outdoor class; dress for the weather! Meet in the north parking lot at Dowling School, 3900 West River Pkwy.

Dowling 2 Saturdays
May 2–May 16 9:00-11:00 am
No class May 9 \$18

The Bicycle: Your Ticket to Fitness and Freedom

The bicycle offers you a range of options from recreational riding on a sunny summer day to carrying groceries home on most any day of the year. We will discuss ways to bicycle with the maximum comfort and safety, preparing for the elements, resiliently adapting to the weather and streets. Using your self-renewing power, free maps, and web-based resources you will experience a new level of freedom this summer. Be sure to bring your bicycle to class.

Lucy Laney 1 Thursday
May 7 6:30-8:30 pm
\$18

Woodworking 1

Learn the basics of woodworking and fabrication techniques. Cover the safe use of all shop equipment, hand and small power tools. Instructions and demonstrations will be provided each week on different tools and equipment. All project supplies and materials are provided.

Roosevelt 6 Tuesdays
Apr 14–May 19 6:00-8:30 pm
\$65

South Minneapolis Housing Fair Classes



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

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



Air Conditioning Options for Old Homes with Radiators

Discover options to replace clunky, heavy window air conditioning units with efficient A/C options that fit seamlessly into a home. This workshop will provide an overview of services and discuss different options that are available to provide cooling in old homes with hot water heating. *Presented by Upton Plumbing, Heating & Cooling.*

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

Backyard Compost Basics

This workshop is a great discussion of compost basics for people who are starting out using an outdoor compost setup. We'll discuss why to compost, the biology of compost, what kind of bin to use and where to locate it, what to put in it, how to maintain and troubleshoot your compost, composting in a Minnesota winter and what to do with the finished compost in the garden. *Presented by a Master Gardener.*

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

Additional workshops are offered at Lake Harriet and Washburn in Southwest Minneapolis.

Look for a full list of Housing Fair classes in the Spring issue of the Citywide Tabloid or online at www.mplscommunityed.com.

Container Gardening: A How-To Guide

Container gardening is the practice of growing plants in containers instead of in the ground. After this presentation, attendees will know how to design and care for a container garden, feel more confident in designing, starting and maintaining a container garden and be ready to plant. *Presented by a Master Gardener.*

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



Faucets: Installation & Repair

This introductory workshop is designed for those who want to learn how to fix or replace that old faucet themselves. Emphasis will be focused on kitchen sink faucets, bath/lavatory faucets, pop-up drain mechanisms and the common utility type faucet. Information will be presented on types of tools needed and their uses and causes for faucet failures. *Presented by Paul Schwartz, handyman for all seasons.*

Pratt ■ **Wednesday, April 22** ■ 6:30-8:30 pm

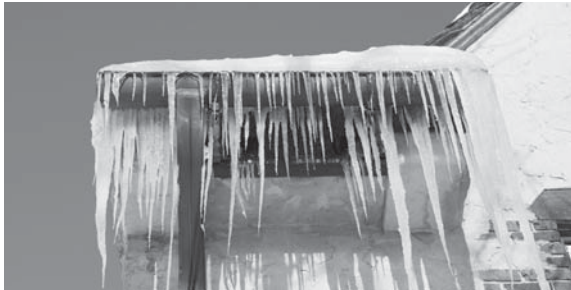
Gardening in Raised Beds & Containers

Many would like to have a vegetable, herb or flower garden, but have limited space. Almost anything that can grow in a garden can be grown in a Raised Bed or Container. Learn how to make the most of your limited yard or deck space, which plants do best in containers and strategies for successful gardening. Bring lots of questions and experiences to share! *Presented by Master Gardener, Mary Tessman.*

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



South Minneapolis Housing Fair Classes



How to Prevent Ice Dams

Why do ice dams form? How do you stop them in the future? Get a complete look at what a home owner can do to reduce or eliminate ice dams and save \$1,000 in damage claims and energy costs! Presented by David Marsh with M and J Services, LLC.

Henry ■ Monday, April 27 ■ 6:30-8:00 pm



Landscape Buzzwords

A landscape can be made up of many things and more and more we are hearing about all these “outdoor rooms” or other fancy terms for features or places in the landscape. We will explore what these words can mean and perhaps you can apply them to what is already in your yard adding instant value to your landscape just by the way you describe it!

Edison ■ Thursday, April 30 ■ 6:30-8:00 pm

Landscapes: Overgrown Landscape Syndrome

How do you know when your landscape is overgrown? Is it because the plants got too large and are hiding the house or is it because the wrong plants are hiding your house. We will go over common mistakes people make that cause landscapes to become overgrown. Presented by Diana Grunden, landscape designer and owner of Trio Landscaping.

Edison ■ Thursday, May 7 ■ 6:30-8:00 pm

MN Housing Fix-Up Loans

Minnesota housing offers second mortgages up to \$50,000 to fix-up your home. This loan recognizes the value of your work. It allows you to borrow up to 110% of the after rehab value of your home. Learn the basic qualifications and uses for this loan. Presented by Eric Otterness with Lake Area Mortgage.

Henry ■ Monday, April 20 ■ 6:30-8:00 pm



Sinks & Drains: Installing/Replacing

An introductory workshop designed for those who want to learn how to install or replace sinks and tubular drainpipes. We will look at how garbage disposals are installed and how to hook up a dishwasher. Information will be presented on types of tools needed and their uses. Instructor is Paul Schwartz, handyman for all seasons.

Pratt ■ Wednesday, April 29 ■ 6:30-8:30 pm

Sustainable Lawn Care

Create a health lawn using fewer inputs like water, fertilizer and time, while still having a positive impact on the environment. Presented by a Master Gardener.

Edison ■ Thursday, April 23 ■ 6:30-8:00 pm

The Evolving Garden

Join a Master Gardener to hear ideas and practices to allow you and your garden to age gracefully together.

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



South Minneapolis Housing Fair Classes



The Heart of Herbs

Take the mystery out of both growing and using/storing these easy plants for landscaping, food and drink use, pollination, decorating and more. Presented by a Master Gardener.

Edison ■ Thursday, May 14 ■ 6:30-8:00 pm



Toilets: Installing & Repair

Designed for those who want to learn how to do basic home toilet repairs themselves. Focus on toilet removal, installation and repairs. Learn about the different types of sewer pipes and how to assemble them. Information will be presented on type of tools needed and their uses. Instructor is Paul Schwartz, handyman for all seasons.

Pratt ■ Wednesday, May 6 ■ 6:30-8:30 pm

Vegetable Gardening: Beginning

You can grow the best and healthiest vegetables and herbs for your table. Choose a sunny corner in a yard, a raised bed, or containers placed on decks or any sunny spots. In this class, we will develop a plan for your garden, including: layout and preparation of soil, choosing or creating a sunny site, selecting varieties, understanding hybrids vs. heirlooms, and buying seeds and/or transplants. Learn about cool season and warm season plants, watering, fertilizing, mulching and pest control. Presented by Master Gardener, Mary Tessman.

Edison ■ Thursday, April 16 ■ 6:30-8:00 pm



Vegetable Gardening: Advanced

Grow beyond the basics with this interactive program. You will learn how to create a simple multi-year rotational plan to minimize diseases and insect damage; how to extend your season in the spring and fall; the no-till method for weed-free gardening; when and how to use different mulches and the benefits of each; best practices for organic gardening; when and how to use organic and chemical fertilizers; how to attract beneficial insects to your garden; how to amend your garden soil; saving seeds from your favorite veggies and how to make and use compost the easy way. Presented by a Master Gardener.

Henry ■ Wednesday, April 22 ■ 6:30-8:00 pm



Worm Compost Basics

A discussion of compost basics for people who are starting or using an indoor worm compost setup. We will discuss why to compost with worms, worm biology and habitat, what kind of bin to use, good places for worm bins, how to maintain and troubleshoot your worm bin, how to harvest vermicompost and what to do with the finished compost. Presented by a Master Gardener.

Henry ■ Wednesday, April 29 ■ 6:30-8:00 pm

To register, call the site offering the class or register online at www.mplscommunityed.com.



Dance

Appalachian Clogging 1

Traditional Appalachian clogging is a fun solo or group dance, as well as great exercise! You'll learn the basic steps, listening skills, how to improvise with foot percussion and more. Students should wear comfortable, smooth-soled shoes (leather is best) that will slide on a wooden floor. Please do not wear taps.

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

Appalachian Clogging 2

Traditional Appalachian clogging is a fun solo or group dance, as well as great exercise! This course is for students who have taken at least one previous clogging class. Students should wear comfortable, smooth-soled shoes (leather is best) that will slide on a wooden floor. Please do not wear taps.

Pratt	6 Mondays
Apr 13–May 18	7:45-8:45 pm \$34

Ballet 1

Perform warm ups and basic positions, then work on center combinations. Receive individual corrections for alignment and positioning. Class also covers ballet vocabulary and history. Beginners and experienced students welcome. Wear comfortable workout or dance clothes. Ballet or jazz shoes work fine but are not necessary.

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

Ballroom Dance 1

Learn a dance repertoire that makes it easy to get out on the dance floor. This class will cover the Fox Trot, Waltz, Swing, Rumba and more. Participants must register with a partner.

Pratt	6 Mondays
Apr 13–May 18	7:45-8:45 pm \$31/Person

Jefferson	7 Wednesdays
Apr 15–May 27	7:45-9:00 pm \$41/Person

Belly Dance 1

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

Pratt	6 Saturdays
Apr 11–May 16	11 am-12:15 pm \$36

Edison	7 Thursdays
Apr 16–May 28	7:45-9:00 pm \$41

Belly Dance 2

Students who have taken belly dance before can enjoy expanding their experience by developing new exotic moves. Dance barefoot or wear soft sandals or ballet slippers and bring a scarf to accent hip movements.

Pratt	6 Tuesdays
Apr 14–May 19	6:30-7:30 pm \$31

Edison	7 Thursdays
Apr 16–May 28	6:10-7:40 pm \$47

Belly Dance 3

Designed for the more advanced student, this class will combine technique conditioning with ethnic, fusion, and other styles of Middle Eastern dance. Finger cymbals required; we may also use other dance props.

Pratt	6 Tuesdays
Apr 14–May 19	7:45-8:45 pm \$31

Bollywood: Contemporary Indian Dance

Would you like to learn a little Bollywood or workout to some great Bhangra? Boost your energy and move to the beat while you burn fat and build cardiovascular endurance in a fun and exciting way.

Pratt	6 Wednesdays
Apr 15–May 20	7:30-9:00 pm \$42

Dances for Wedding Receptions

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

Northeast	6 Tuesdays
Apr 14–May 19	6:30-7:30 pm \$28/Person

Flamenco Dance, Compás & Singing: Bulerías Basics

Bulerías is an improvisational Flamenco music and dance often seen in community gatherings called *fiestas* or *juergas*. In this class, learn the basic steps and movements. You will also learn about musical rhythms called *compás*, accents (*soniquete*), hand-clapping (*palmas*) and a few variations of the songs which are important foundation for dancing *por Bulerías*. There will also be live guitar accompaniment!

Roosevelt	6 Tuesdays
Apr 14–May 19	7:30-8:45 pm \$37

Flamenco Dance: Sevillanas

Sevillanas is a folk dance, music and songs from Seville, Spain where they have *Feria de Abril* every Spring. *Feria* is a festival where they dance *Sevillanas* in pairs for seven days and nights continuously. Learn this very fun and traditional dance of Southern Spain and be ready when somebody asks you to dance!

Roosevelt	6 Tuesdays
Apr 14–May 19	6:30-7:20 pm \$32

Hula Dance

Hula evokes images of long ago Hawaii, with tropical breezes and warm sand. A Kuma Hula Dance Master will teach you the history and the art of dancing hula. You will have fun learning the hand and hip movements and practicing some Hawaiian words along the way, too.

Pratt 6 Wednesdays
Apr 15–May 20 8:00-9:00 pm
\$31



Irish Step Dance

Enjoy an energetic dance form with a long and rich history. Basic pieces of Irish Step Dance such as reels and jigs will be covered in class along with how to put those steps to modern music. Students should wear comfortable, close-fitting pants; comfortable, breathable tops and non-slip socks or soft ballet flats.

Pratt 6 Wednesdays
Apr 15–May 20 8:00-9:00 pm
\$31

Latin Dance: Salsa & Rumba

Discover the rhythm inside you! Join Erika Wannigman from Social Dance Studio for a sampling of sizzling Latin dance classics in a non-competitive atmosphere. She will provide basic steps for beginners and advanced moves for those with previous experience.

Roosevelt 6 Wednesdays
Apr 15–May 20 6:45-7:45 pm
\$31

Modern Dance 1

Dance gives us the amazing opportunity to achieve mind/body focus, relieve stress and leave us feeling more energized. Gain a better understanding of how to move with ease while learning the positions, terminology and movement associated with modern dance. After warming up our muscles and joints, we'll learn a short sequence. Class will include floor work, jumps and turns. Wear comfortable clothing that allows you to see the line of your body.

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

Soul Line Dance

Similar to Country line dance, but using Soul, Funk and R&B music, Soul line dance offers the fun of dancing with others without the need for a partner. You'll learn basic steps from several fun line dances like The Wobble and Cupid Shuffle that will get your body moving and heart rate going. These dances are so easy, people of all ages, shapes and sizes can bust a move! Line dancing is simple repetition, so come have fun and just fake it 'til you make it!

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

Swing Dance 1: East Coast Swing

Be a hit on the dance floor. Learn the steps to East Coast Swing. We'll focus on developing your skills in leading and following, introduce fun new moves, rhythmic variations and improvisation. Register by yourself or as a couple.

Northeast 6 Tuesdays
Apr 14–May 19 7:40-8:40 pm
\$28

Swing Dance 1: East Coast Swing

Join Erika Wannigman from Social Dance Studio for East Coast Swing, a fun, energetic dance. No experience necessary; the class will start with the basics while offering intermediate technique for more experienced dancers. Come independently or with a partner.

Roosevelt 6 Wednesdays
Apr 15–May 20 7:45-8:45 pm
\$31

Tap Dance 1

You will be introduced to basic steps and tap routines suitable for beginners and those with little experience. Join us for great exercise and the fun of tap! No previous experience required. Tap shoes preferred.

Pratt 6 Saturdays
Apr 11–May 16 10:15-11:15 am
\$34

Tap Dance 2

Add tap steps and combinations to improve your technique, articulation and rhythm. Beginning tap or other dance experience is recommended. Tap shoes preferred.

Pratt 6 Saturdays
Apr 11–May 16 11:30 am-12:30 pm
\$34

Zydeco FUNdamentals

Introducing Zydeco, the Southwest Louisiana dance that's heating up dance floors all across the country. Come join us to have fun, socialize and get your groove on by learning this high-energy partner dance. Class covers the basic to intermediate Zydeco moves that are sure to get your heart pumping and your feet moving to the infectious music from Louisiana. No partner is necessary; leather-soled shoes are recommended and don't forget your water bottle!

Pratt 3 Tuesdays
April 14 7:30-8:45 pm
\$25

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



Music & Performance

Acting: Improvisation 2

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

Henry 7 Wednesdays
Apr 15–May 27 7:00-8:30 pm
\$46

Banjo 1: 5-String

Iconic of bluegrass and old-time music, the 5-string banjo has earned itself an important place in American culture. The ringing tones and high-speed finger picking have wowed generations of folk music lovers. In this course, you will learn the basics of playing the three-finger picking or Scruggs Style bluegrass technique made famous in such movies as *Bonnie and Clyde*, *Deliverance* and *The Beverly Hillbillies*. Students should bring a 5-string banjo, two metal finger picks, one plastic thumb pick. Optional equipment: guitar tuner, banjo capo.

Roosevelt 6 Mondays
Apr 13–May 18 6:30-7:30 pm
\$28

Discounts

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



Comedy: Stand Up

Intrigued by the idea of trying your hand at stand-up comedy? Learn inside tips from a popular area comedian. After watching some examples of comedy routines, you will learn about writing material, microphone techniques and getting ready to perform at open stages.

South 2 Thursdays
May 7–May 14 7:00-9:00 pm
\$21

Community Band: Northeast

Community Band is an opportunity for the community to come together and speak a truly international language. We play all styles of music composed and arranged for wind band—string instruments are also welcome. All levels of talent are encouraged; there are no age requirements.

Edison 7 Thursdays
Apr 9–May 21 7:00-9:30 pm
Free

Community Choir: Camden

Treat yourself to a joyful hour a week singing pop, classical, gospel and a capella choral music with friends and neighbors. Good for your voice. Good for your soul. Note reading and some choral experience a plus, but not required. Performance opportunities, friendships and lots of laughter included. No discounts.

Henry 6 Mondays
Apr 13–May 18 7:30-8:30 pm
\$65

Guitar 1

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

Pratt 6 Mondays
Apr 13–May 18 6:00-7:00 pm
\$28

Roosevelt 6 Tuesdays
Apr 14–May 19 6:30-7:30 pm
\$28

Edison 6 Wednesdays
Apr 15–May 20 6:30-7:30 pm
\$28

Guitar 2

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

Pratt 6 Mondays
Apr 13–May 18 7:15-8:15 pm
\$28

Roosevelt 6 Tuesdays
Apr 14–May 19 7:30-8:30 pm
\$28

Edison 6 Wednesdays
Apr 15–May 20 7:30-8:30 pm
\$28

Piano: Private Lessons

Learn to play the piano or improve your skills in a fun non-threatening environment. Learn beginning to advanced music from a variety of styles. Private 30-minute lessons will be tailored to you or your child's interests and abilities and offer opportunities for performance. Lessons are taught one-on-one in 30-minute time slots during the dates and times listed. Call 612.668.2740 to schedule.

Jefferson 6 Mondays
Apr 13–May 18 6:00-8:00 pm
\$125

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

Theatre & Acting 1

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

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

Ukulele 1

Easy to carry, relatively inexpensive and not difficult to learn, the ukulele is really fun, and now enjoying great popularity. Twin Cities' entertainer Dean Johnson will show you how to tune the thing, play the Blues and how three simple chords can accompany hundreds of songs. Bring your ukulele to class.

South 3 Tuesdays
Apr 14–Apr 28 7:00-9:00 pm
\$28

South 3 Thursdays
Apr 16–Apr 30 7:00-9:00 pm
\$28

Ukulele 2

Twin Cities' entertainer Dean Johnson will take the Ukulele to the next level. You will learn songs that use more than three chords, songs that use minor chords, along with Iz's popular version of *Somewhere Over the Rainbow*. This class is for students who have taken the Ukulele 1 class. Bring your ukulele to class.

South 3 Tuesdays
May 12–May 26 7:00-9:00 pm
\$28



Personal Growth



Beauty on a Budget

Learn how to create an easy professional career look or a simple natural signature look for yourself while staying within your budget. Summer is coming up, so why not perfect your warm-weather look? Learn to build a great foundation, the basics of color placement. Products will be provided for you to practice on yourself or a friend.

Henry 2 Wednesdays
May 6–May 13 6:30-8:30 pm
\$21

Coping With Loss

Along with life's joys come unexpected loss: losing a job, receiving a diagnosis, ending a marriage, or grieving the loss of a friend or loved one. Regardless of the type of loss, it's common to struggle with the sudden change and all the emotions that come with it. It can be equally stressful for those friends and family that are close to the person affected by the change, wanting to help. This class is intended to help those directly affected by a sudden loss or those wishing to support someone else to cope. The cycle of change is explored so participants have a better understanding of the stages a person experiencing loss goes through. Instructor: Wanda Walker.

Roosevelt 1 Monday
Apr 27 6:00-7:30 pm
\$18

Foolish Love?

Headed toward marriage or commitment ceremony? Develop or deepen your vocabulary and guidelines for friendship and romance so you can keep both your heart and eyes open in relationship. Topics covered include: How to be a friend, what to expect from a friend, what makes romantic relationships work and how two sweethearts can serve as each other's healer. Presentations, interactive Q&A and (suggested) homework are included. Sources include world poetry, affect and archetypical psychology, recovery principles, relationship scholarship and culture studies.

Jefferson 2 Wednesdays
Apr 22–Apr 29 7:00-8:30 pm
\$21

Life Mapping

Life Mapping is a unique personal empowerment technique designed to help you identify your life purpose and be the most amazing you that you can be. You may be 20 and wondering what kind of career you'd like. You may be 30 and thinking about how you can be more successful, at work or in relationships. Or you may be in your 40s or older and looking for something more 'meaningful' in your life. This class will help you begin to create the future you want for yourself, using our patented Life Mapping process, which helps you 'uncover' your capabilities to live the life you desire. Tuition includes a \$10 materials fee. Instructor: Wanda Walker.

Roosevelt 2 Tuesdays
May 5–May 12 6:00-8:00 pm
\$31

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

Trips, Tours & Special Events



Henry Twins Game Outing

Join Henry CE as we head to Target Field to see the Twins take on the Chicago White Sox. Transportation to the ballpark is on your own. A free hot dog and soft drink are included with your ticket. Game time is 1:10 pm. Don't wait too long—once our tickets are gone, they're gone. No discounts. After paying for your tickets, please email Kevin.Czmowski@mpls.k12.mn.us and indicate whether you want to pick up your tickets at Henry or have them mailed to you.

Henry	1 Sunday
May 3	12:00-5:00 pm
	\$32

Historical Tour of North Minneapolis

Join Susan Curnow Breedlove, long-time resident and historian of North Minneapolis, as she leads us on a fact-filled tour of this vibrant community. The journey will take you from Glenwood Avenue to the edge of Brooklyn Center. A stop will be made where you will see exhibits of Ojibwe, Finish, Jewish, Hmong, and African American history. We will also visit the Eloise Butler Flower Garden and Bird Sanctuary, weather permitting. Find out how North Commons Park got its name, where a "pest hospital" confined patients with communicable diseases, why Emerson and Fremont are one-way streets, what well-known actress grew up on Washburn Avenue and who traveled down Broadway with ox carts piled with fur pelts from Lake Superior. And much more. Don't hesitate to register, this tour has sold out the past four years. No discounts. *Please arrive early and board the bus on the Newton side of Henry High School for 10 am departure.*

Henry	1 Saturday
May 9	10 am-2 pm
	\$25

Minneapolis Institute of Arts Tours

In this tour, *Focus on Photography*, see why "one photograph is worth a thousand words." Examine photographs from the museum's extensive permanent collection to see how photographers use subject matter and technique as vehicles of expression. Register online or call 612.668.1306. *Meet in the MIA lobby in front of the gift shop. The institute is located at 2400 3rd Ave. S.*

MIA	1 Thursday
May 14	6:30-7:30 pm
	\$5

Minneapolis Pioneers & Soldiers Cemetery Walking Tour

Minneapolis Pioneers & Soldiers (formerly Layman's), located at the intersection of Cedar Avenue and Lake Street, is the oldest existing cemetery in Minneapolis and the only cemetery in Minnesota that is listed on the National Register of Historic Sites. The tour leader will give an overview of the cemetery's history and tell stories about some of the fascinating people who are buried there. Wear comfy shoes and dress for the weather. Meets rain or shine. No discounts. Register online or call 612.668.4326. *Meet at the caretaker's cottage in the middle of the cemetery. Enter through the Cedar Ave. gates and park your car along the roadway inside the cemetery.*

MPSC	1 Saturday
May 16	10 am-12 pm
	\$18

Pratt Ice Cream Social

Come meet your neighbors and friends at this annual event. You'll enjoy music, food, ice cream and cake, games, and performances by Pratt dance classes.

Pratt	1 Friday
May 29	5:30-8:30 pm
	Free





Clases de Enriquecimiento Adultos en Español

¡Nuevo para la Primavera 2015! Estas clases interesantes de enriquecimiento para adultos estarán facilitadas en español. Si quiere información más detallada sobre las clases o para inscribirse, favor de visitar nuestra página web www.mplscommunityed.com o llame a Comunidad Educativa en Andersen al 612.668.4215. ¡Gracias!

Aprendamos 1: Introducción a las Computadoras

Internet básico, obtenga su propia cuenta de Correo Electrónico y desarrolla habilidades básicas en el uso del Teclado. Aprende a usar Microsoft Word I y Rosetta Stone (Curso de Inglés).

Andersen 8 martes
abr 7-mayo 26 10 am-12 pm
\$16

Aprendamos 2: Curso de Computación Intermedio

Aprende como usar y personalizar su computadora, Microsoft Word II y Excel Básico. Internet: Correo electrónico, enviar archivos adjuntos e imágenes, cajas de búsqueda y seguridad en el Internet.

Andersen 6 sábados
abr 11-mayo 16 10:00-11:30 am
\$12

Andersen 6 sábados
abr 11-mayo 16 11:30 am-1 pm
\$12

Centro Deportivo

Usa maquinas cardiovasculares y de pesas en un centro deportivo. Después de una orientación, los participantes pueden asistir y hacer ejercicio durante las horas designadas.

Andersen 8 lunes
abr 6-jun 1 5:30-7:00 pm
No hay clase 5/25 \$12

Andersen 9 miércoles
abr 8-jun 3 5:30-7:00 pm
\$14

Andersen 6 sábados
abr 11-mayo 16 9:00-10:30 am
\$9

Costura 1

El objetivo general del curso es desarrollar las destrezas básicas del estudiante a través de proyectos que resumen los fundamentos en la costura. Las clases incluyen identificación y cuidado de las herramientas, equipo y materiales. Se trabaja con el patrón comercial.

Andersen 5 lunes
abr 13-mayo 11 5:30-7:00 pm
\$33

Joyería 1

Crea, diseña y fabrica joyería de bisutería fina. Aprende las técnicas del oficio y los conocimientos básicos, para desarrollar una creatividad propia y trabajara con su proyecto en un ambiente dinámico y creativo. Este taller es para estudiantes de nivel básico a intermedio. No se requiere experiencia previa. Las clases y la capacitación se adaptan a las metas y necesidades del estudiante. Herramientas y materiales que estaremos utilizando cuentan con un costo aproximado de \$15.

Andersen 3 sábados
abr 18-mayo 2 10:00-11:30 am
\$24

Literatura Financiera

Aprende a ahorrar y a preparar para tu futuro financiero. Aprende como podrás tener hasta \$3,840 al ahorrar solamente \$40 por mes por dos años ya sea para la compra de una casa, la educación o un negocio. Esta clase es para jóvenes de 16-19 años que están ya trabajando.

Andersen 9 martes
abr 7-jun 2 6:00-8:00 pm
Gratis

Masaje

Aprende tres tipos de masaje: 1. Masaje Relajante/Sensitivo: Implica sesenta diferentes manipulaciones de piez a cabeza y cabeza a pies. 2. Trigger Point y Myofacial Release: Aprende maneras de aliviar el dolor bien rápido, enfoca en nudos que aparecen en varios partes del cuerpo 3. Masajes Reductivos y Anticelulitis. Puede venir con pareja o por su cuenta.

Andersen 3 sábados
abr 18-mayo 2 11:30 am-1 pm
\$24

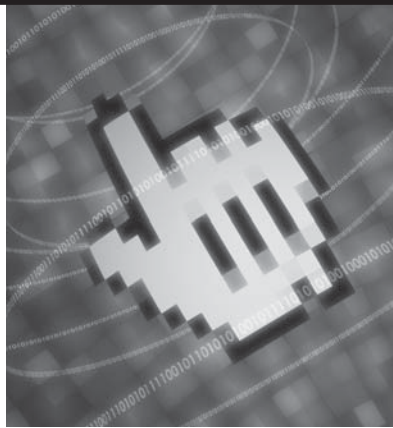


Photoshop 1

Si bien es cierto que hay varios programas de computadoras, para editar imágenes y fotografías, Photoshop se ha convertido en el “Standard” de la industria. Diseñadores gráficos, fotógrafos profesionales, así como fotógrafos aficionados hacen uso de la gran selección de “herramientas” para convertir buenas fotos en excelentes imágenes. Este curso básico abarcara los tópicos de corrección de colores, contraste, y composición fotográfica (“cropping”) entre otros.

Andersen 2 lunes
abr 13–abr 20 5:30-7:00 pm
\$21

Si quiere información sobre las clases, favor llame a Comunidad Educativa en Andersen al 612.668.4215.



Photoshop 2

Amplíe sus conocimientos de Photoshop a un nivel más profesional, utilizando técnicas más avanzadas como “Filtros” y “Layers” para manipular sus imágenes.

Andersen 2 lunes
abr 27–mayo 4 5:30-7:00 pm
\$21

Zumba

Quema calorías mientras te diviertes! Zumba es una forma divertida, efectiva, y fácil de aprender que usa las enseñadas de ejercicio/entrenamiento básico, intermedio, y resistencia para quemar calorías y tonificar tu cuerpo. Combina ejercicio y los pasos del baile Latino (salsa, cumbia, merengue, y reggaetón) con los ritmos latinos para crear una clase que te motive a ponerte en forma. ¡Únete a este movimiento que es bueno para tu mente y cuerpo! No se necesita experiencia de baile previa. Es buena para todos los niveles de condición.

Andersen 6 sábados
abr 11–mayo 16 10:00-11:00 am
\$34

Andersen 6 jueves
abr 23–mayo 28 6:00-7:00 pm
\$34

Minneapolis Community Education Advisory Councils

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

Advisory Council Members:

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

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

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

Northside & Northeast Advisory Councils

Brenda Eccleston
612.668.3950
brenda.eccleston@mpls.k12.mn.us

Southeast (Pratt) Council

Jan Thurn
612.668.1100
jan.thurn@mpls.k12.mn.us

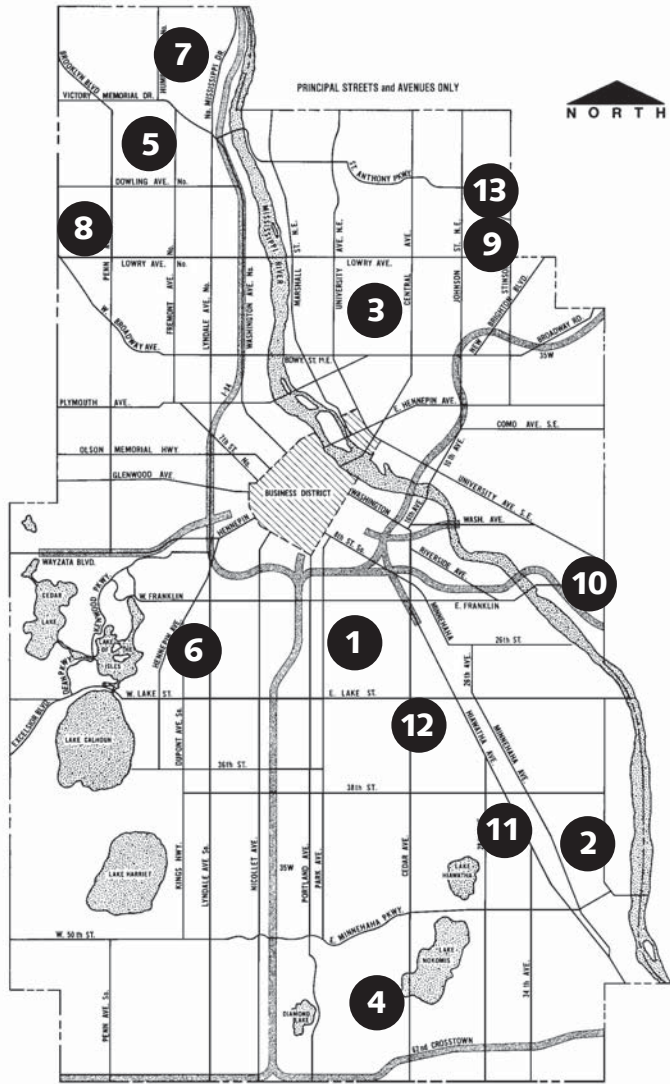
Southside & Adults 55+ Advisory Councils

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

Access Services (Programs for Adults with Developmental Disabilities)

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

Community Education Adult Enrichment Class Locations



1. Andersen Community Ed.
 2727 10th Ave. S.
 Minneapolis, MN 55407
 Coordinator: Marija Nicholson
 612.668.4215
 Marija.Nicholson@mpls.k12.mn.us

2. Dowling Community Ed.
 3900 W. River Pkwy.
 Minneapolis, MN 55406
Please call Roosevelt @ 612.668.4828 with questions or to register.

3. Edison Community Ed.
 700 22nd Ave. NE
 Minneapolis, MN 55418
 Coordinator: David Warnest
 612.668.1306
 David.Warnest@mpls.k12.mn.us

4. Hale Community Ed.
 1220 E. 54th St.
 Minneapolis, MN 55417
 Coordinator: Helene Gauthier
 612.668.3767
 Helene.Gauthier@mpls.k12.mn.us

5. Henry Community Ed.
 4320 Newton Ave. N
 Minneapolis, MN 55412
 Coordinator: Kevin Czmowski
 612.668.1922
 Kevin.Czmowski@mpls.k12.mn.us

6. Jefferson Community Ed.
 1200 W. 26th St.
 Minneapolis, MN 55405
 Coordinator: Matt McCabe
 612.668.2740
 Matthew.McCabe@mpls.k12.mn.us

7. Lind Community Ed.
 5025 Bryant Ave. N
 Minneapolis, MN 55430
 Adults 55+ Coordinator: Linda Snyder
 612.668.3854
 Linda.Snyder@mpls.k12.mn.us

8. Lucy Laney Community Ed.
 3333 Penn Ave. N
 Minneapolis, MN 55412
 Coordinator: Kevin Czmowski
 612.668.1922
 Kevin.Czmowski@mpls.k12.mn.us

9. Northeast Community Ed.
 2955 Hayes St. NE
 Minneapolis, MN 55418
 Coordinator: David Warnest
 612.668.1515
 David.Warnest@mpls.k12.mn.us

10. Pratt Community Ed.
 66 Malcolm Ave. SE
 Minneapolis, MN 55414
 Coordinator: Jan Thurn
 612.668.1100
 Jan.Thurn@mpls.k12.mn.us

11. Roosevelt Community Ed.
 4029 28th Ave. S.
 Minneapolis, MN 55406
 Adults 55+ Coordinator:
 Patty Hastreiter 612.668.4828
 Patty.Hastreiter@mpls.k12.mn.us

Adult Programs Coordinator:
 Maile Siemon 612.668.4828
 Maile.Siemon@mpls.k12.mn.us

12. South Community Ed.
 3131 19th Ave. S.
 Minneapolis, MN 55407
 Coordinator: Jean Dutcher
 612.668.4326
 Jean.Dutcher@mpls.k12.mn.us

13. Waite Park Community Ed.
 1800 34th Ave. NE
 Minneapolis, MN 55418
Enter #2 door facing 34th Ave. For disability access accommodations, please call site.
 Coordinator: Sandi McDonald
 612.668.1590
 Sandi.McDonald@mpls.k12.mn.us

Four Easy Ways to Register...



1. Online

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

2. By Phone

Visa and Mastercard payments accepted during business hours.

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

3. In Person

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

4. By Mail

Mail-in registration begins immediately. Mail your registration form, check or money order, payable to *Special School District #1* to the site offering the class; see page 53 for a list of sites.

Minneapolis Community Education Adult Enrichment Registration Form

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

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

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

Minneapolis Community Education Adult Enrichment Registration Form

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

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

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

Registration Information

First Come, First Served

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

Discounts

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

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



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

Refunds

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

Confirmations

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

Disability Access

612.668.4325
Call Community Education Access Services to request accommodations for successful participation in classes and programs.

Weather Hot Line

612.668.1129
Community Education may be closed due to inclement weather. If you have questions about closings, please call.

Lifelong Learning...

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



Minneapolis Kids

612.668.3890
Providing care for children (grades kindergarten through 6) before and after school, on release days and during the summer.

Youth Development/ Youth Services

612.668.3939
Programs for youth (grades K-12) that provide positive life experiences, build self-esteem, and increase citizenship, academic and career skills.

After School Programs for Youth

612.668.3939
Providing enrichment, recreation and academic programs for youth (grades kindergarten through 8).

Summer Programs for Youth

612.668.3939
Providing day and evening enrichment, recreation and academic programs for youth in kindergarten through Grade 12.

Adult Education

612.668.3800
Offering GED 2014 preparation and testing, College and Work Readiness programs, Math, Reading and Writing, English (ELL) and Citizenship classes.

Adult Enrichment

612.668.3939
Providing evening and daytime recreation, enrichment, and academic programs for adults of all ages and interests.

Lifelong Learning for Adults 55+

612.668.4828
Enriching the lives of adults 55+ through educational, social and intergenerational opportunities.

Disability Access Services

612.668.4325
Providing accommodations needed by adults and children with disabilities for effective participation in Community Education programs.

Minneapolis Community Education

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

NON-PROFIT ORG.

U.S. POSTAGE

PAID

Twin Cities, MN

Permit No. 93079

OR CURRENT RESIDENT

south minneapolis
housing fair



SATURDAY, APRIL 18 ■ 10 AM-3 PM

Minneapolis Sports Center
2121 E. Lake Street, Minneapolis, MN

As in past years, the fair will feature vendor displays, community resources and educational demonstrations.

Stop by the "Ask an Expert" area for advice on a variety of home and garden topics.

For more information about the fair,
call **612.338.4326** or visit **www.housingfair.org**

Look for our FREE home improvement & homeownership workshop series on pages 43-45 of this brochure!



MINNEAPOLIS
PUBLIC SCHOOLS

Urban Education. Global Citizens.

**Minneapolis
Board of Education**

Siad Ali
Jenny Arneson
Tracine Asberry
Carla Bates
Kim Ellison
Rebecca Gagnon
Nelson Inz
Josh Reimnitz
Don Samuels

Student Representative:
Noah Branch

**Interim Superintendent
of Schools**

Michael Goar

**Executive Director of
Community Education**

Jack Tamble

**Special School
District No. 1**

MINNEAPOLIS PUBLIC SCHOOLS
Minneapolis, Minnesota

An Equal Opportunity
School District
2015