

Robbinsdale Area Schools Community Education Winter 2019



Over 48

NEW

classes!



NEW! AFRICAN DANCE

...a full body workout that improves your health and wellness through African Dance.

See page 21

Brooklyn Center, Brooklyn Park, Crystal, Golden Valley, New Hope, Plymouth, Robbinsdale

ced.rdale.org



Greetings from the Community Education Department at Robbinsdale Area Schools

First and foremost I want to wholeheartedly thank you for your support of the referendum. We, in the Community Education Department, feel so lucky to be a part of this amazing community!

I look forward to your participation in the various classes and opportunities for engagement offered in this catalog. Please note some of our first-time classes, such as Talking with Angels (p. 25), African Dance (p. 21) and Great Minnesota Hot Dishes (p. 14). With over 130 classes to choose from, I'm hoping you will find one perfect for you!

In gratitude for your continued support and participation for lifelong learning at Robbinsdale Area Schools,

Kristine Wehrkamp
Executive Director of Community Education

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Seven Dreams Education Foundation

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If there is something you don't see here or if you have any questions, contact us at RobbinsdaleAreaCommunityEd@rdale.org or call 763-504-6990.

Class Locations

PL	Pilgrim Lane	NHLC	New Hope Learning Center	PMS	Plymouth Middle School
CCC	Crystal Community Ctr	RMS	Robbinsdale Middle School	CLC	Crystal Learning Center
SMS	Sandburg Middle School				

For building locations see page 41

adults

Adult

29 Adult Academic

Help to get a GED or learn to speak English.

27 Classes for Stroke and Brain Injury Survivors

27 Windows of Opportunity

Programming for adults with disabilities.

Adult Enrichment

5 Adult Academy

Look here for educational seminars, language classes, Armchair Adventures and more.

9 Create

Wheelthrowing, glassblowing, painting, working with wood.

24 Defensive Driving

Save money on your auto insurance.

25 Feel Great

Classes to help rejuvenate your mind, body and soul.

17 Home & Hobbies

Hobby Groups, home skills and winter fun are just some of what you'll find.

20 Move & Dance

Try all these options to get fit including dance, Oula, Zumba, yoga and more.

23 Plan Your Future

Elder Law series, buying your home, retirement planning.

13 Taste

New classes and new recipes to share.

15 Technology

Google and excel classes as well as online options.



17 Basic Home Repair

community

8 Empty Bowls

A community event in support of local food shelves.

32 Legislative Action Coalition

One voice advocating for all students.

19 Relay for Life

Supporting American Cancer Society.

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Volunteer to help students through VIP.

district news & information

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Map of building locations.

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Supporting Robbinsdale Area Schools.



9 Painting



13 Cooking with Jeff Sandino

youth

33 Adventure Club School Age Care

39 Early Adventures

36 Early Childhood Family Education (ECFE)

For both parents and children.

38 Early Childhood Screening

Recommended for three year olds, required for kindergarten entry.

30 High School Students

ACT Prep, SABE and Driver's Education.

38 Preschool Options

31 Swimming Lessons

33 The Source

After school program for middle school.

34 Youth Enrichment

Dance, Kid Fu, Basketball, Soccer Babysitting and more.

registration

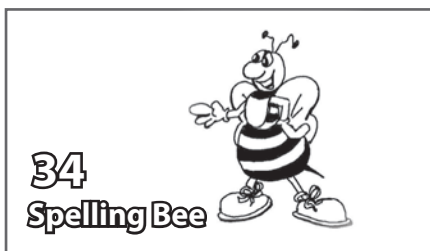
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15 Google



25 Talking with Angels



34 Spelling Bee

African Dance - One Time Class

African Hip-Hop Dance Workout is a full body workout that improves your health and wellness through African dance. This is a high energy dance workout that is all about having fun, getting your heart rate up, and enjoying the beats of African music. You will leave full of energy, and joy and wanting more.

AW-RM122A Sa Feb 23 9:15-10:15 am
Bellanger SMS Gym A \$9

NEW! Balloon Animals

Learning to make balloon animals can be fun for people of all ages! Learn the foundations and the most basic designs of balloon sculpture. Hands-on instruction will allow you to practice as you learn the proper way to twist these magical creatures.

AW-HL501 Sa Feb 23 10-11 am
Fragale SMS 6 \$19

Comedy Improv

Imagine taking your listening and collaborative skills to the next level and having a blast doing it. Come laugh until your sides hurt in this very fun and unique introductory class that teaches comedy and acting without a script. Learn to deliver on-the-spot sketches using a variety of improv techniques.

AW-HL635 Sa Feb 23 11:15 am-12:15 pm
Frigerio SMS 4 \$19

Juggling: The Ups and Downs

Have you ever tried, and failed, to juggle? Juggling doesn't have to be difficult. It can be extremely easy and straightforward if you understand the secrets behind it. Learn simple juggling skills and find out how the meditative repetition of juggling can help you de-stress.

AW-HL505 Sa Feb 23 10-11 am
Frigerio SMS 4 \$19

"Our instructor was fun and very knowledgeable. I enjoyed the class immensely and the extra items he brought along as well." - Participant, Winter 2018

AW-AL094 Sa Feb 23 9 am-12 pm
Howard SMS 226 \$39



Take a ME day

you deserve it!

Saturday, Feb 23 at Sandburg Middle School

When was the last time you took some time just for yourself? Time to enroll in that course you always wanted? Time to explore a new skill or hobby? For many of us, the answer is - I don't remember. And yet, research shows how important quality "me" time is for your well-being.

Because you deserve to be celebrated, we invite you to take part in Robbinsdale Area Schools Community Education's "Take a Me Day" to indulge, nourish and develop your personal passions and skills. We'll even include a continental breakfast!

For more information and to register, go to rdale.eleyo.com or call 763-504-6990.

NEW! Magic for Adults

Learn the art of illusion. Entertain friends and family at the drop of a hat! A little magic can go a long way toward smoothing relations or soothing folks in distress. Professional magician Annette Fragale will show you how to perform tricks with ordinary objects like cards, coins, rope and paper. Plus, you'll learn about misdirection and basic sleight-of-hand.

AW-HL673 Sa Feb 23 11:15 am-12:15 pm
Fragale SMS 6 \$19

Soap By Design

Fats + lye = soap. Add a little fragrance, add a little color, and you've made a thing of beauty. Along the way you'll learn about lye safety, 'trace', where to buy supplies and more.

AW-AL094 Sa Feb 23 9 am-12 pm
Howard SMS 226 \$39

"Loved the class! The instructor did a fantastic job!" - Participant, Fall 2018

NEW! One-Stroke Flower Painting

Learn the art of creating beautiful flower paintings in acrylic paint using only one stroke for each petal or leaf. In this class you will learn the proper technique for loading your brush with paint to create contrast and movement in each leaf and flower. You will also learn which brushes are best for each stroke.

AW-AL098 Sa Feb 23 9-11 am
Merry SMS 10 \$29

NEW! Self Care for Caregivers

Caring for a loved one strains even the most resilient people. Join other caregivers to explore different self-care topics and apply them to your life. Complete a confidential self assessment and create a Self Care Plan based on you and your family's needs. Bring a yoga mat.

AW-MB519 Sa Feb 23 10 am-12 pm
Nyholm SMS 2 \$29



Adult Academy

Meet LeeAnn Landstrom & Siah St. Clair

Lee Ann Landstrom is the retired director of Eastman Nature Center, Three Rivers Park District. She's the co-author of the children's book series Nature's Yucky! She travels the world in search of wildlife. Siah St. Clair is the retired director of Springbrook Nature Center. He's a licensed bird bander. He took all the photographs for the recent book A Field Guide to the Natural World of the Twin Cities.

NEW! Common Winter Birds of Central Minnesota

Just because it's winter, doesn't mean that all the birds have left the state. The cold Minnesota days are ideal times to see many birds including juncos, tree sparrows, woodpeckers and various finches. Did you know that winter is the most popular time to keep the backyard bird feeders filled, and you'll watch birds attracted to the food? Learn how to identify some common resident and migratory birds in the metro area. Find out what to look for, what to listen for, and what to compare: winter versus summer, male versus female, and field marks to look for.

AW-HL484 Tu Feb 12 1:30-3:30 pm
Landstrom PL PFC \$9

NEW! Preparing for Natural and Other Disasters

It seems that we see a new disaster somewhere in the world on a weekly basis. In order to prepare, we will discuss storage of food and other items, "shelter in place" versus "evacuation", information available on government and other websites, skills that are important during disaster situations, medical/ first aid items, priority items, preparation items to keep in the car, 72 hour kits and sources for prepared, long-term foods, tools and related items. From an avalanche to zombies, after this class you will be prepared for anything.

AW-HG608 Th Mar 21 6:30-8:30 pm
Howard PL 218 \$19

Current Constitutional Law Issues

The Constitution affects our daily lives more with each passing year. Learn the fascinating history and make-up of the Constitution, the Bill of Rights, and the Amendments to the Constitution. Then we will discuss the way the Supreme Court analyzes a case under consideration and the important doctrines that provide a basis for their decisions. Finally, we will review several current issues that are in the news and before the court today.

AW-LA656 Th Jan 24 6:30-8:30 pm
Howard PL 205 \$19

Meet Cheryl Lewis

Cheryl Lewis is a Spanish teacher with over 40 years experience. She has lived abroad in Spain and conducted many tours throughout the Spanish-speaking world. She now does bilingual translations.

"Cheryl Lewis is an extraordinary teacher. She teaches in a sequential manner and has participants actively involved. The other Spanish teacher I had was good, however, the way Cheryl builds her curriculum helped me learn without being overwhelmed. I would recommend her to anyone seeking Spanish instruction." - Participant - Fall 2018

Beginning Conversational Spanish: Going Out and About

Never get lost in a Spanish speaking country again! This course focuses on typical places and events of interest. You will learn how to find destinations, view schedules, buy tickets, and get transportation. Instructions in following directions and telling time will be presented. Basic grammar appropriate to the topic will be included where necessary.

AW-LA198A W Jan 23-Feb 27 7-8:30 pm
Lewis 6x PL 205 \$69

Beginning Conversational Spanish: Let's Go Shopping

Want to learn how to shop like a native in a Spanish speaking market? Want to ensure you always get the best price when shopping in Spanish? Then this is the class for you! This course introduces typical products you might like to buy and where and how to buy them. You will learn to ask about product particulars such as size, color, and quality. Interactions include bargaining for prices and exchanging money. Specific vocabulary and simple grammar instruction appropriate to the topic will accompany each lesson.

AW-LA198B W Mar 13-Apr 17 7-8:30 pm
Lewis 6x PL 205 \$69



Meet Teresa Thielen

Teresa is a Graduate Gemologist, GIA, who has worked in the industry for over 25 years as an appraiser, diamond grader, all around diamond lover, from luxury sales to picker for Goodwill online - it's all jewelry.

NEW! Diamonds Unearthed

Go beyond the four C's (Cut, Color, Clarity and Carat) to learn about diamonds in terms that everyone can understand. You will learn valuable insights about diamonds, what they are, and why they are important as well as common myths and selling techniques to look out for and avoid. In addition, you will learn how to use a loupe. Class is taught by a Graduate Gemologist, GIA, who has worked in the industry for over 25 years.

Bring a piece of your own jewelry so that you can look at it under the loupe.

AW-LA632 Tu Jan 29 6:30-9 pm
Thielen PL 205 \$29

Appraise Your Coin Collection

Learn the basics of researching and appraising your U.S. and foreign coins & currency. Examine 200 year old U.S. and foreign coins. Gain knowledge about the ins and outs of where to buy and sell coins, coin authentication and much more. Students will be asked to do internet and book research on their coins and share what they have learned in the second class. This class is not intended for experienced coin buffs, but all are welcome.

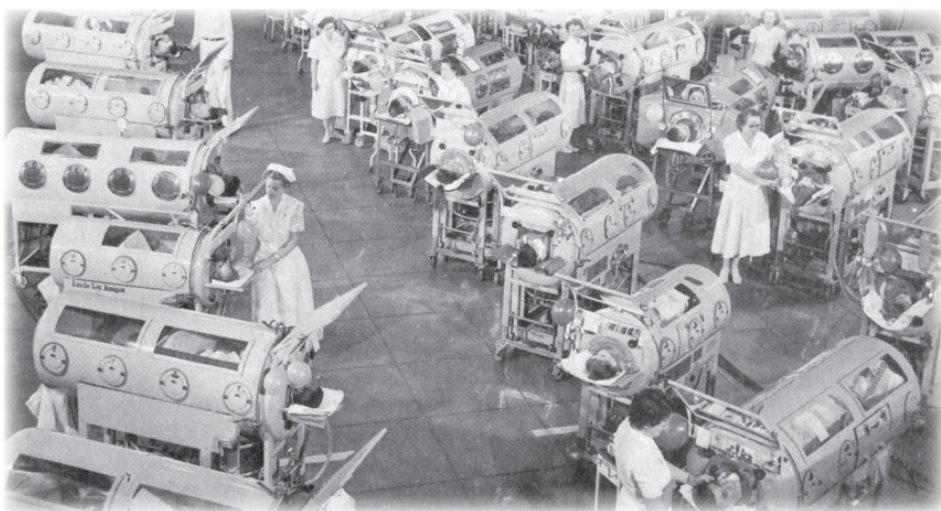
Bring a magnifying glass to class.

AW-HL678 W Feb 6-13 6-8:30 pm
Schlueter 2x PL 218 \$39

NEW! Intro to Public Speaking

You can become an effective public speaker! In this fun and hands-on course, you'll find out how to talk confidently and persuasively to both large audiences and small groups. You'll learn how to plan and deliver your presentations skillfully and how to manage one of the most common public speaking barriers-fear. No class Feb 18.

AW-LA184 M Feb 4-25 7-8:30 pm
Frigerio 3x PL 222 \$39



Seminars by Dan Hartman

Dan Hartman is a military historian who has taught many seminars throughout the Minneapolis/St. Paul Twin Cities Metropolitan Area for Senior Centers, Community Education programs and Assisted Living and senior housing developments. He holds a Master Degree from Mankato State University in Political Science and courses in Government from Hamline University. He has taught college level classes throughout Minnesota and Wisconsin.

"Dan's classes are always fun and informative. Also, he encourages interaction with/from the class attendees. We all learn together." - Participant, Spring 2018

NEW! Black Death in Europe (The Plague)

The Black Death was one of the most devastating pandemics in human history, resulting in the deaths of an estimated 75 to 200 million people and peaking in Europe in the years 1346-1353. Although there were several competing theories as to the etiology of the Black Death, analysis of DNA from victims in northern and southern Europe indicates that the pathogen responsible was the "yersinia pestis" bacterium. Join us to learn about the series of religious, social, and economic upheavals the plague left in its wake which had profound effects on the course of European history.

AW-LA099A Th Jan 24 1-3 pm
Hartman PL 218 \$15

NEW! 1918 Spanish Flu Pandemic

The 1918 flu pandemic (January 1918 - December 1920) was an unusually deadly influenza pandemic. It infected 500 million people across the world and resulted in the deaths of 50 to 100 million (three to five percent of the world's population), making it one of the deadliest natural disasters in human history. Join us to learn about the social, cultural, and economic impacts of this world wide event.

AW-LA099B Th Feb 21 1-3 pm
Hartman PL 218 \$15

NEW! Understanding Polio

Poliomyelitis, often called polio or infantile paralysis, is an infectious disease caused by the poliovirus. It has existed for thousands of years, with depictions of the disease in ancient art. Major outbreaks started to occur in the late 19th century in Europe and the United States. The first polio vaccine was developed in the 1950s by Jonas Salk. Today, doctors are looking at a new disease, acute flaccid myelitis (AFM) that acts a lot like polio. Learn about the history of this disease, where it is still impacting people today, and about AFM which has more than six confirmed cases in Minnesota.

AW-LA099C Th Mar 21 1-3 pm
Hartman PL 218 \$15



Photo Credit: Doug Ohman

Armchair Adventure

Mondays, 11 am-12:30 pm

NEW THIS YEAR! These popular virtual travel, topical and cultural programs are held at **FAIR Pilgrim Lane, 3725 Pilgrim Lane, Plymouth**. Coffee and treats are provided. You may register and pay the \$5 fee online at rdale.eleyo.com or call 763-504-6990.



State Parks of Minnesota

Feb 4

Go on a Minnesota vacation without leaving your chair! Photographer Doug Ohman has visited all 67 state parks and has photos, stories, history, and personal adventures to share. Learn about the history of the oldest state parks, and the incredible recreational opportunities just waiting to be explored. His photography is featured in the book *Prairie, Lake, Forest-Minnesota's State Parks*.

World War II on Alaska Soil

Mar 4

They boarded planes in California for the Pacific battlefields. On the way they were told that their Pacific destination meant the Aleutian Islands where the Japanese came to wage war on the steep, volcanic, foggy "Birthplace of the Winds". Attend a role-play briefing of U.S. troop arrival as if it's August 1943 and learn of the weather, logistical challenges and terrain that would be their biggest enemy. Skip ahead 50 years to learn how these "footprints" impacted the soldiers, the ancient villages, the wildlife, and the wild land. From first-hand accounts shared by Melonie Shipman, former Education Coordinator for the Wildlife Refuge that manages these WWII battlefields.

Minnesota from the Road: Heartland Lakes Tour

Apr 1

Travel through the heart of Minnesota west to the South Dakota border and up into the Red River Valley, finishing through the state's Central Lake District, with Doug Ohman. Have you ever wondered about Paul Bunyan's sweetheart? She can be found in Hackensack, MN. Let Doug regale you with photos and tales of the many roadside attractions Minnesota has to offer.

Exploring Minnesota American Indian Nations

May 6

May is Minnesota American Indian Month! Join Tasheena LaChapelle and Dr. Ben Burgess from Robbinsdale Area Schools to gain insight into the Ojibwe and Dakota nations. The name Minnesota comes from the Dakota words *mnisota* meaning "sky-tinted waters". This name is just one way that American Indian culture has profoundly influenced our current life. Understand the background as well as contemporary issues, and view authentic items in the Cultural Trunk that is used to teach school children about the American Indian culture.

Robbinsdale Area Schools Enrollment Center

The Enrollment Center provides services for families wishing to enroll their students in grades K-12. We offer a one-stop-shop for resident, magnet and non-resident enrollment. We invite you to explore what makes Robbinsdale Area Schools excellent... for ALL!

Services include:

- ◆ Information about district and community programs
- ◆ English learner registration assistance
- ◆ Find neighborhood school
- ◆ Connections with other resources (example: immunizations)
- ◆ Spanish-speaking staff members (other languages available by request)

Walk-ins welcome. For more information contact enrollment@rdale.org or call **763-504-8080**.

We are located in the district office.

Enrollment Center

4148 Winnetka Ave N
New Hope, MN



Donut Make You Wonder?

Wednesdays, 10-11:30 am

Join us at Crystal Community Center, 4800 Douglas Drive N, Crystal, for coffee, discussion and, you guessed it, donuts. A \$2 fee is payable at the door, but you must sign up in advance by calling 763-504-6990. This series is a cooperative effort of the cities of Brooklyn Center, Crystal, New Hope, Robbinsdale and Robbinsdale Area Schools Community Education.

Hearing for the Health of It

W Jan 16

Ever feel like you are missing out because you are only hearing part of what is going on? Mary Bauer, from the Minnesota Department of Human Services, will be addressing the consequences of untreated hearing loss in older adults. Learn how to get an accurate diagnosis of hearing loss, explore no & low cost apps and devices, discover helpful communication strategies, and much more. Register by January 11.

"Shadows of Time...Minnesota's Surviving Depots"

W Feb 20

It was rail transportation that expanded and accelerated the growth of Minnesota's population and economy in the late 1800s. Join us as author Bill Schrankler brings to life Minnesota's 168 remaining depots, including six in the Twin Cities metro, as described in his book, "Shadows of Time... Minnesota's Surviving Depots." Bill will share entertaining, fact filled information gathered along with hundreds of photographs, maps and other images. His narrative provides a look at Minnesota railroad history through brief studies of the aging structures that range from opulent buildings to small wooden structures.

Register by February 15.

Senior Scams

W Mar 20

America's elderly are losing \$37 billion a year to fraud (bloomberg.com). You don't have to become another crime statistic. Join Robbinsdale Police Officer, Casey Landherr, to discuss current fraud and scam trends and how to protect yourself. Whether it is in person, via telephone or online, there are many types of scams targeted toward seniors. Leave this session better prepared and educated to protect yourself.

Register by March 15.

9th Annual Empty Bowls Fundraiser



Volunteers Needed

We are looking for volunteers to help with the planning of the annual fundraiser and year-round events. Funds raised will be divided between PRISM and NEAR food shelves, both of which serve the Robbinsdale Area Schools Community.

We are looking for volunteers for the following committees:

- ◆ Event Planning
- ◆ Sponsorships & Grants
- ◆ In-Kind Donations
- ◆ PR & Marketing
- ◆ Volunteers for the Events

emptybowlsrobbinsdale.org
facebook.com/EmptyBowlsRAS

Tuesday, March 5, 2019
4-7 pm

Robbinsdale Cooper High School

8230 47th Avenue North
New Hope, MN

Donate to Empty Bowls:

- ◆ Financial Sponsorships
- ◆ Bowl Donations
- ◆ Music and other Talents

Other year-round events in support of Empty Bowls include:

- ◆ Community Bowl Making Events
- ◆ And More

Want to help?

Call 763-504-6990 or email
mindy_potvin@rdale.org

Thank you
Seven Dreams Education Foundation
for sponsoring
Community Bowl Making

FREE

Community Bowl Making

Adults and children age 5+ are invited to make and donate clay bowls. Stop in for a short time or spend the entire time perfecting your bowl. Meet with new friends and serve your community at the same time!

Join us for one or both Saturday mornings at Robbinsdale Middle School, or Wednesday evenings at Plymouth Middle School or Tuesday evenings at Sandburg Middle School. For more information call

763-504-6990 or visit
emptybowlsrobbinsdale.org.

Plymouth Middle School

5-7:30 pm
Wed Feb 6 Bowl Making
Wed Feb 20 Bowl Glazing

Robbinsdale Middle School

9am-12 pm
Sa Jan 26 Bowl Making
Sa Feb 9 Bowl Glazing

Sandburg Middle School

5-7:30 pm
Tu Jan 29 Bowl Making
Tu Feb 12 Bowl Glazing



Create

Meet Vanessa Merry

Vanessa Merry moved to Florence, Italy, at the age of eighteen to study the methods of the great masters in painting, drawing, and printmaking at Palazzo Spinelli and then in the French countryside. She moved back to the United States where she attended and graduated from the University of Minnesota in Visual Arts and Art History. Vanessa currently enjoys creating works of art in many different styles, but finds herself happiest when she is in the classroom teaching others all the skills that she has acquired in her studies.

Watercolor Landscape Painting - Beginner

Let loose your inner watercolor artist! Learn, step by step, how to paint quick and easy landscapes with watercolors. You will be surprised how you can really capture the atmosphere of a scene. Leave this class knowing the supplies and techniques needed for painting skies, backgrounds, foregrounds and trees.

AW-AL132 Tu Jan 15-Feb 5 6:30-8:30 pm
Merry 4x PL 218 \$59

Intermediate Watercolor Landscape Painting

Already know how to paint with watercolors and want to focus on more advanced techniques? Want to focus on the development of new styles of painting with watercolors? Then this is the class for you. The use of colors and quick styles are part of the techniques covered in this course. Students paint still-life subjects, landscapes, flora and fauna. This class is designed for students who have a foundation in watercolor basics or have taken the Beginning Landscape Watercolor course.

AW-AL394 Tu Feb 26-Mar 19 6:30 -8:30 pm
Merry 4x PL 204 \$59

NEW! Acrylic Pour Painting

Looking for a new way to use a familiar medium? Pour painting is an innovative way to use acrylic paint to create a piece of art. In this class you will learn the process of mixing acrylic paints with other materials to give it a more fluid consistency so that it can be poured directly onto a canvas.

AW-AL316 F Feb 8 6-8:30 pm
Merry SMS 10 \$29

Beginning Acrylic Painting

Don't put off your creative adventures anymore! Learn the art of painting with acrylic. This beginners course is designed for those who have never picked up a brush before as well as those who have dabbled in acrylics but want to learn more. You will learn by following practical demonstrations that will help build confidence while introducing the concepts, tools and techniques required to create your own works of art.

AW-AL262 Th Jan 17-Feb 7 7-9 pm
Merry 4x SMS 10 \$59

Parent/Child Painting

This class is a fun "Date Night" for you and your child to paint together. No experience is needed. This class is about spending quality time with your child and having fun. Each person is provided a 16 x 20 canvas, acrylic paints, and all the supplies needed to create their own masterpiece that can stand alone or be hung side-by-side for a combined work of art. The instructor will lead you step-by-step.

AW-AL119 Sa Feb 9 10 am-12 pm
Merry SMS 10 \$59 per parent/
child pair

Adult Date Night Painting

Spend time with the one you love (or want to get to know) and create a beautiful work of art. No experience is needed. This class is about spending quality time together and having fun. Each person is provided a 16 x 20 canvas, acrylic paints, and all the supplies needed to create their own masterpiece that can stand alone or be hung side-by-side for a combined work of art. The instructor will lead you step-by-step through the painting.

AW-AL185 Su Feb 10 4-7 pm
Merry Nonna Rosa \$89 per couple

NEW! One-Stroke Flower Painting

Learn the art of creating beautiful flower paintings in acrylic paint using only one stroke for each petal or leaf. In this class you will learn the proper technique for loading your brush with paint to create contrast and movement in each leaf and flower. You will also learn which brushes are best for each stroke.

AW-AL098 Sa Feb 23 9-11 am
Merry SMS 10 \$29

AS-AL098 W Apr 24 6:30-8:30 pm
Merry PL 218 \$29



Meet Kris Holtmeyer

Kris is a multimedia artist and the founder/owner of Artistic Moments. She has extensive experience working with students of all ages, as well as specialties in accelerated and special education.

NEW! Pyrography - Wood Burning with Watercolors

Did you know that the word pyrography means “fire writing”? Wood burning has been around for many centuries, although, today we use special burning tools to create a variety of patterns on wood. Design your own picture, or use one of the instructor’s outlines. You will enjoy experimenting with a pyrography tool to create one or more beautiful works of art that you can proudly display! Applying colorful watercolor paint to your wood burning will add a colorful final touch.

AW-AL630 Sa Jan 26 10 am-1 pm
Holtmeyer SMS 10 \$39

NEW! Chalk Pastels and Charcoal Composition for Beginners

Do you have a special photograph that you would like to see come to life? Learn how to apply and blend vibrant chalk pastels! You will enjoy experimenting with a variety of techniques. Also learn how to use both black and white charcoal and a blending stub to generate contrast and make your composition look realistic. Once your compositions are completed, a white mat will frame your colorful works of art!

AW-AL670 M Feb 4 6:30-8:30 pm
Holtmeyer SMS 10 \$39

NEW! Art and Relaxation with Canvas Painting

Do you lead a busy life? Are you looking for some ‘me time’ to regroup? Join us for this creative and therapeutic class! You will have an opportunity to practice Japanese relaxation techniques that will promote healthy mindfulness. Listen to relaxing, meditative music, while exploring your creative side. You will enjoy learning how to compose a beautiful work of art that you will be proud to display! The instructor will nurture your artistic side and give you relaxation exercises to help with the daily challenges of life.

AW-AL287 Tu Mar 19 6-9 pm
Holtmeyer SMS 10 \$39



Joy of Painting the Bob Ross Way

All you need is the desire to make beautiful things happen on canvas. With the Bob Ross Wet-on-Wet Technique® and a little dedicated practice, masterpieces that you never dreamed possible will flow from your brush. In 3 hours you will take home a beautiful scene ready to frame. Classes are specially suited for beginners; you need no previous experience to attend and all materials are provided. Taught by certified instructor, Kittie Swanson.

AW-AL147 Sa Mar 2 12-3 pm
Swanson SMS 10 \$79

Meet Janet Pool

Janet has been working with fiber arts for the last five years including twined rag rug weaving, heddle weaving, loom knitting and quilting. Outside of her fiber arts experience, she is a management consultant with over 15 years of teaching adults.

Twined Rag Rug

Reuse and repurpose worn out clothing, worn out linens and/or leftover fabrics into beautiful, creative rag rugs by learning the techniques of Twined Rag Rugs. At the completion of the two-evening class, you will leave with a loom, completed 20”x 32” rug, and the skill to create more lasting pieces for your home. It takes only 12-15 hours to complete these works of art.

AW-AL012 Tu Jan 22-29 6:30-9 pm
Pool 2x SMS 221 \$89



Robbinsdale Area Schools Community Education is excited to collaborate with The Perpich Center for Arts Education to offer premier arts classes. It is the state agency established by the Minnesota legislature to provide all Minnesota students the opportunity to develop and integrate their artistic and academic abilities to their highest potential.

Class will be held at The Perpich Center for Arts Education, 6125 Olson Memorial Hwy, Golden Valley. Classes are open to all students age 14+.

Wheelthrowing: Beginning to Advanced Pottery

Take this opportunity to learn wheel thrown pottery! This class is for those looking to learn the wheel or grow their current skill-set. Beginners will receive an introduction to basic throwing techniques. Glazing and surface treatment will also be covered. For those who are comfortable throwing basic cylinder and bowl shapes, class will focus on constructing more complex forms. You may also work on mastering the more advanced decorative techniques.

AW-AL166A W Jan 16-Feb 20 6-8:30 pm
Sonenblum 6x Perpich 242 \$149

AW-AL166B W Mar 6-Apr 10 6-8:30 pm
Sonenblum 6x Perpich 242 \$149



Skylab Glass Arts

Robbinsdale Area Schools Community Education is excited to partner with SkyLab Glass Arts, a glassblowing studio located at 8838 7th Ave N in Golden Valley. The studio is kept on the chillier side, so please dress in layers, keep your hair pulled back, with no loose fitting clothes, or open toe shoes.

“This class was fun, informative, just the right length per night. The instructors were knowledgeable not only in glass but in the history behind it. They engaged each individual and were helpful.” - Participant, Fall 2018

Beginner Glassblowing

New to glassblowing? Then this is the class for you. Lampworking is a method of glassblowing using a fixed mounted torch to melt and manipulate glass into a desired form. This class will go over safety on the torch and around the glass, working on solid shaped objects and marbles, eventually transitioning into multiple variations of pendants depending on your comfort level and what you desire to create. Participants will keep their creations made in class.

AW-AL699A Tu Jan 15-Feb 5 6:30-8:30 pm
4x Skylab \$169

AW-AL699B Sa Mar 16-Apr 6 2-4 pm
4x Skylab \$169

NEW! Glassblowing: Heart Pendant

Make something unique for yourself or someone you love! Our instructors will help you through the process of melting and gathering colored glass into a beautiful pendant. You will only need your own cording or chain to wear it with pride.

AW-HL604 Sa Feb 2 6-8 pm
Skylab \$49

Glassblowing: Wine Stopper and Drinking Straws

Make your own beautiful wine stopper that will make a perfect seal for preserving wine in a bottle! Our instructors will help you through the process of melting and gathering colored glass into virtually any solid shape. You will put the finishing touches on your creation which will then be welded together with our new v-shaped stopper to become your own one-of-a-kind conversation starter!

You can also decorate your own vibrant drinking straws. They're a great way to differentiate drinks by having a unique decoration for everyone!

AW-AL062 Sa Jan 19 6-8 pm
Skylab \$49

NEW! Glassblowing: Garden Bling

Make your own decorative glass ornaments to bring some bling to your garden! We will pull tubing into “points”, which are orb shaped pieces of glass on blow tubes. You will be able to decorate your piece with color, fume or by simply sculpting it, and you can then blow it out to your desired shape. We will do everything we can to help you get a wonderful decoration for the outdoors.

AW-AL115 Sa Mar 16 6-8 pm
Skylab \$49

Meet Allen Taylor

Allen Taylor is the owner of Perspectives Photography LLC in Robbinsdale, MN, and has been an avid photographer for nearly 40 years. He specializes in Nature, Landscape, and Sports photography, but is skilled in most other forms. He can turn technical jargon into easy-to-understand plain English and has a strong background in adult education.

Photography 101: Understanding Light and Your Digital Camera

I have a real camera! ... now what do I do? Does this sound familiar? Is your advanced camera set permanently on the green “automatic” button? If your camera intimidates you, it’s time to take control! This course will help you understand how light works inside your camera. Further, it will teach you how to adjust camera settings to get the results you want. The end result – make the images in your camera match the images you have in mind! This course combines interactive lecture and handouts with hands-on practice and easy “homework” assignments, and you will learn how to harness the power of your point-and-shoot or DSLR by understanding how your camera uses light.

AW-AL088 M Jan 28-Feb 11 6:30-8:30 pm
Taylor 3x PL 205 \$59

NEW! Photography 201: Composition: Building a Better Picture

Knowing the technical aspects of your camera is the science half of creating great images; understanding the art of image composition is the other half. Compelling photography requires an understanding of technical elements and other elements that are more “artistic”. This course will add physical tools (such as filters and tripods) and composition tools to the amateur photographer’s toolbox – framing, perspective, story, contrast and balance. It will also provide helpful research tools that will allow the photographer to plan photography far into the future. You should already be familiar with how to operate your camera in “manual” mode (if not, please consider the “Photography 101” course.)

AW-AL049 M Mar 4-18 6:30-8:30 pm
Taylor 3x PL 205 \$59

Meet Tom Howard

Tom has 35 years of experience working with hand tools and woodworking. He has had a woodworking business and has traveled locally and nationally demonstrating 18th century woodworking.

"I came from no idea of what I was doing to being able to sharpen the chisels and how to buy a plane." - Participant

Basic Hand Tool Woodworking

Would you like to learn how to use that hand plane, chisel or saw that you inherited? Would you like to do great woodworking without the noise, dust, danger or expense of power tools? Come and learn how to select, sharpen and set-up your hand tools, and learn the skills to use them. First, we will learn about hand saws, hand planes, chisels and layout tools. Then, you will use the tools and your new skills to build a saw bench, or bench appliances, that you can then use in your shop. Please bring your own tools if you have them.

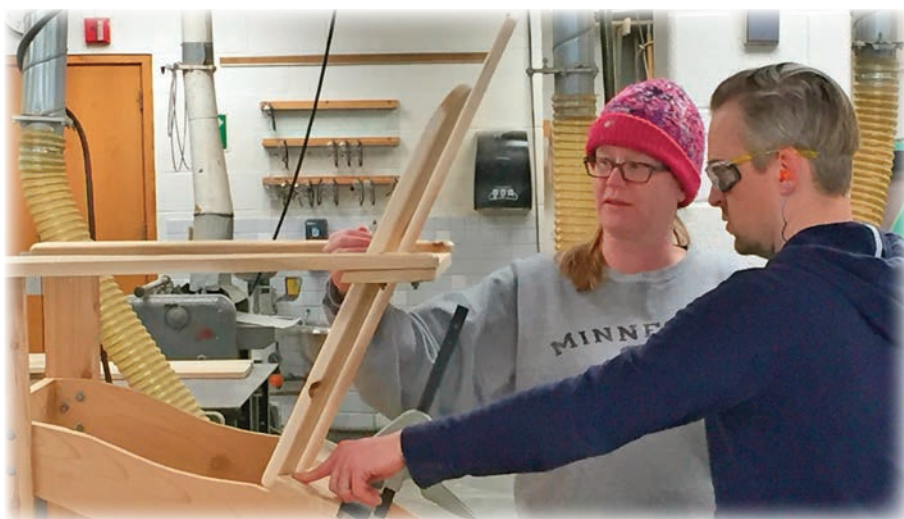
AW-HL091 W Jan 16-Feb 20 6-9 pm
Howard 6x SMS 14 \$79

Build an English Cupboard with Hand Tools

Build on the hand tool skills learned in the Basic Hand Tools class and create a handsome and handy English cupboard. We will learn new joinery techniques including dado, rabbet and dovetail joints, all cut by hand. The construction of the cupboard will add to your basic hand tool skills while you create a traditional piece of woodwork. Traditional design, planning and layout techniques will be used to lay out the parts, and hand tools will be used to cut out, prepare and fit the parts of the cupboard. Finishing techniques, including the traditional milk paint finish, will be discussed. Basic hand tools are required - the instructor will email information what tools are needed and where to get them, prior to the first class.

The Basic Hand Tools course is a prerequisite for this class, or similar experience.

AW-HL092 W Feb 27-Mar 20 6-9 pm
Howard 4x SMS 14 \$79



Working with Wood

Power Tools for Women I

Explore the world of power tools and woodworking in this introductory, hands-on class. Learn to safely use drills, sanders, routers and saws. Week one, everyone will use all tools and learn the proper way to use them and important safety considerations. Week two, complete a small bench woodworking project to take home.

Note: Long hair must be tied back and no loose clothing, for safety reasons. Bring safety goggles, a tape measure and pencil to class.

AW-HL659 Th Jan 24-31 6-8:30 pm
Kaas 2x PMS 493 \$69

"I loved the class and want to take all of the classes by him!" - Participant, Fall 2018

Power Tools for Women II

You want to grow your skills - and we've got the class for you to do it! Continue the learning and woodworking fun in this sequel to Power Tools I. We will be making an end table with bookshelf underneath. Prerequisite: Power Tools I or permission of instructor. Students must transport project home the first night and back the second evening.

Note: Long hair must be tied back and no loose clothing for safety reasons. Bring safety goggles, a tape measure and pencil to class.

AW-HL683 Th Feb 28-Mar 7 6-8:30 pm
Kaas 2x PMS 493 \$69

Meet Brad DeKanick

Brad has been teaching woods classes for 30 years to middle school and high school students. He also works in a cabinet shop and as an instructor at Hennepin Technical College for summer sessions.

Woodworking

Discover the wonderful world of woodworking! Learn shop and tool safety as well as operation of the table saw, band saw, jointer, planer, power sanders, drill press and routers. Construct an Adirondack chair, Free Little Library, or project of your choice upon approval by instructor. Plans for the chair or library included in fee. Additional fees are \$40-100 depending on your specific project. Returning woodworkers welcome! No class Jan 22, Feb 19, 21.

AW-HL094A Tu Jan 15-Mar 19 6-9 pm
DeKanick 8x SMS 14 \$89

AW-HL094B Th Jan 24-Mar 21 6-9 pm
DeKanick 8x SMS 14 \$89



Taste

Meet Nancy Burgeson

"I enjoy what I do and like to share what I have learned in my 45 plus years with everyone. You will be surprised at what you can do with a little bit of icing and a decorating bag or two. You know what they say, 'try it, you'll like it!'"

Nancy has received many awards as a former Wilton Enterprises instructor and regional coordinator and was inducted into the Wilton Hall of Fame. She was also awarded outstanding Achievement as an instructor with the company.

NEW! Spring Treats

All of those spring festivities will be here before you know it. Let us assist you in getting ready for a little of this and a little of that. From cookie and bread ideas to simple cakes, you'll be up and running in no time. This class will be both demonstration and hands-on. Each student will take home a small box of their goodies.

AW-CK426 Th Mar 21 6-9 pm
Burgeson SMS 226 \$49

Meet Jane Niu

With a Masters Degree in Food Science from the University of Wisconsin and many years of experience in product research & development in the food industry, Jane has an enthusiasm for cooking as a hobby. She likes to share her interest with others. She is currently teaching with several community education programs and is loving it!

Chinese Egg Rolls

Come and join in a hands-on experience where you will prepare and taste Chinese traditional style egg rolls. Make room in your freezer, as everyone will have plenty of egg rolls to take home! We will cover the types of wrappers used, a plethora of filling ideas, rolling techniques, ways to cook and how to serve. After taking this class, you'll have a greater appreciation of the variety of egg rolls there are, as well as how to make them at home!

AW-CK132 Th Mar 28 6:30-8:30 pm
Niu SMS 226 \$49

Meet Jeff Sandino

Founder of "Flavors from the Home", Jeff's love of food began at the Lincoln Del. He sought formal training at L'Hotel Sofitel in Bloomington, MN and Houston, TX. His 40+ year professional career has brought him to such spots as Buca Di Beppo, Figlio, Sunsets on the Bay, My Pie Pizza and the Sunshine Factory to name just a few. He's appeared on several cooking shows demonstrating his culinary wizardry but his passion is teaching and demystifying the process of gourmet cooking. Jeff has recently returned to Minnesota, and we are glad to welcome him back to community education.

NEW! Asian Favorites

Take your taste buds on a trip to the Far East! This class begins with the preparation of delicious egg rolls stuffed with pork, shrimp and vegetables served with both hot mustard and sweet and sour sauce for dipping. You'll then learn to make fried rice using vegetables, eggs, sprouts and chicken and shrimp.

AW-CK701 Th Jan 24 6:30-8 pm
Sandino SMS 226 \$29

NEW! Pizza & More

Legend has it that pizza was invented in 1889. Since then it has become an enduring favorite. In this class you'll learn to prepare authentic Italian pizza dough and sauce which you'll transform into your own creation. Next you'll prepare Vermicelli Napoletana with fresh basil, plum tomatoes, garlic and parmesan cheese. A true treat for all the senses.

AW-CK377 Tu Feb 5 6:30-8 pm
Sandino SMS 226 \$29

NEW! Tex-Mex Cuisine

Tex-Mex is a fusion of Mexican and American cuisines and is a unique culinary style of its own. Learn to prepare authentic Mexican rice, prepared with onions, garlic, tomatoes and fresh coriander leaves. Make fajitas made with tender grilled chicken breasts, fresh sautéed bell pepper and onion, wrapped in a warm tortilla shell. Condiments will include guacamole, salsa fresca and sour cream. Your family will say "gracias" when you bring home these delicious dishes.

AW-CK522 Tu Mar 12 6:30-8 pm
Sandino SMS 226 \$29

Buona Salute!

In Italy, when you plan a meal for family or friends you start with the freshest ingredients and combine them with so much affection you can taste it in every bite. Join us at La Cucina Di Nonna Rosa's, where our hosts Tina and Chef Francesco Suglia will take you on a special tour of Italian cuisine and wine tasting at their beautiful restaurant located at 4168 West Broadway Ave, Robbinsdale.

"The venue was sensational, the instructors were well credited and the learning was very hands on. I would recommend this to anyone at whatever their level of Italian cooking is." - Participant, Fall 2018

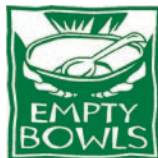


Elegant Sauces of Italy

Create wonderful Italian sauces which will compliment any pasta, seafood, chicken or pork creation. You will make chicken piccata, pork marsala and penne carbonara. Chef Francesco will demonstrate the procedures and share his advice on finding the right ingredients that will help you unlock your personal chef talents. Samples and recipes will be provided.

AW-CK155 Sa Jan 26 1-3 pm
Suglia Nonna Rosa \$39

Wine Tasting and Dinner at Nonna Rosa's, an Empty Bowls Event



As a special event to support Empty Bowls, spend a special evening with Chef Francesco and Tina as they take you on a food and wine adventure. Come away with an enhanced understanding of food and wine pairing as you enjoy an elegant Italian dinner perfectly paired with fine wines. Wines for the dinner will be available for purchase at a discount from Robbinsdale Wine and Spirits. \$15 of the fee is a tax deductible donation to Empty Bowls.

AW-CK646 Th Feb 7 6:30-9 pm
Suglia Nonna Rosa \$55



Meet Carol Schaub

Carol loves good bread and has been making bread off and on for more than 50 years. She says, "The sharply rising price of good artisan bread gave me good reason to explore ways of duplicating it at home." Participants in the bread classes enjoyed sampling the breads with Carol's homemade preserves and suggested she also teach a class on jam/jelly making – what fun that has turned out to be! One thing led to another and now Carol is also offering a class learning to make yogurt and mozzarella cheese – easy to do and a very economical and healthy alternative to grocery brands! Join Carol for hands-on experiences in the kitchen that will wow your family and friends!

Yogurt and Mozzarella Cheese

Easy, inexpensive, nutritious and gluten free. Learn to make mozzarella cheese and yogurt at home. They taste better and are healthier for you because they don't contain the additives in commercial products. Learn how to make Greek yogurt and discuss how to make multiple types of cheese - your kitchen already has most of the equipment needed to create these delicious products. You will make mozzarella in class and watch a detailed demonstration in yogurt making.

AW-CK402 Th Mar 14 6:30-8:15 pm
Schaub SMS 226 \$49

Meet Laurel Severson

Laurel Severson is a home economist with over 15 years of experience in commercial food service, recipe testing and editing. She lived in England for several years and is an avid cookbook collector. Laurel has been teaching cooking classes in the Twin Cities for many years.

Appetizers: Quick, Easy and Enticing

We'll create over 20 appetizers that require less than 20 minutes, from start to finish! You can serve these appetizers as a first course or a snack for family and friends. You could even create a complete buffet. Our selections will include recipes for spreads, hearty appetizers, dips, dippers, nibblers, hot appetizers and more! Enjoy the selections during class or take your samples home.

AW-CK570 M Jan 14 6-9 pm
Severson SMS 226 \$39

NEW! Great Minnesota Hot Dishes

The Minnesota hot dish (elsewhere called a casserole) is a one-dish supper baked in your oven using a single piece of cookware. We will use fresh ingredients (no canned soups) and do easy preparation for a family meal, or make impressive elegant company fare for friends, or crowd-pleasing recipes for potluck. Join us to create up to 15 sensational dishes. Our recipes are enhanced by a blend of diverse ethnic influences to create sensational food, easy to prepare, a pleasure to serve and a delight to eat. Many of these hot dishes can be made ahead, chilled then baked and there is minimal dishwashing! You betcha!

AW-CK415 Tu Feb 26 6-9 pm
Severson SMS 226 \$39



Technology

Get Going with Google Services

Do you have a Gmail account? This four week series will focus on the full capabilities that a Gmail account offers. You can create a virtual assistant and move your work to the cloud to store files safely and securely.

Sign up for all 4 sessions and SAVE - cost is only \$25/session.

Session 1: Get Going with Google

What is the "Cloud" and how do you store digital content on it? There are more than 40 free tools available. Using these tools properly will allow you to store and access your files online from anywhere using a smartphone, tablet or computer. Join us and learn just how powerful your Google account can be.

AW-CM200A M Mar 11 6:30-8:30 pm
Daniel PL 222 \$29 / \$25

Session 2: Gmail and Calendar

Gmail and Google Calendar are powerful productivity tools free from Google. This session will focus on these two tools and how you might set them up to maximize your productivity without having to answer unwanted email and never missing another important appointment again.

AW-CM200B M Mar 18 6:30-8:30 pm
Daniel PL 222 \$29 / \$25

Session 3: Google Docs, Sheets and Forms

Be more productive by collaborating with Google Drive. We will focus on the ability to collaborate and create shared files in Google Docs and Sheets, learn about some of the powerful add-ons available and find out how you can create easy-to-use forms to collect and organize information.

AS-CM200C M Apr 8 6:30-8:30 pm
Daniel PL 222 \$29 / \$25

Session 4: Google Photos and Keep

Google Photos and Google Keep are two of the most innovative and useful tools built into your Google account. Google Photos allows you to backup photos from your computer and phone with great free options and fun editing and creation tools. Google Keep is the notepad for the modern age. We will explore how to set up Google Keep to make it a great way to keep track of lists, ideas and much more.

AS-CM200D M Apr 15 6:30-8:30 pm
Daniel PL 222 \$29 / \$25

Meet Douglas Carlson

Douglas Carlson has been a computer expert for over 15 years. He has taken them apart, rebuilt them, and programmed them from small jobs to the large jobs. He holds a Mechanical Engineering degree from the University of Minnesota, and an MBA from the Carlson School of Management.

NEW! iPhone Basics

Do you have an iPhone but feel you are not fully understanding how to use it? This is the course for you. We will go over each topic slowly, together and in detail. On the first day we will cover the basics including, but not limited to, general operation of phone, on/off, charging, "low power mode", buttons (what do they do?), change background and change sounds the phone makes. On the second day we will look at how to call family, "text" family, favorites, check the weather, check the news and how to take pictures. Come with your phone fully charged and a notepad to take notes.

AW-CM201 Tu/Th Jan 22-24 6-7:30 pm
Carlson 2x PL 205 \$49

Meet Ron Timm

Ron has been an artist, and professional photographer for 20 years. He has taught at the college and community education level for many years.

How to Cut the Cord

Cable (or satellite) television is the single most expensive utility for many households. This class will show you many viewing options that are free or much lower cost than cable. We'll discuss the pros and cons of cable, how to get internet without cable, how to get tv from your computer to your television, and much, much more. Find out why and how thousands of tv watchers are ditching cable forever!

AW-CM500 Th Mar 14 7-8:30 pm
Timm PL 222 \$29



Seven Dreams Education Foundation

Seven Dreams Education Foundation is a charitable foundation that supports Robbinsdale Area Schools. We are a 501(c)3 non-profit agency committed to funding innovative, hands-on initiatives for all learners.

Here are ways to get involved:

Bird Bash 2019

Saturday, February 9, 2019

Get your tickets now for the biggest event of the year. Tickets for this event have sold out in the past, don't delay in purchasing your tickets.

Instruments 4 Kids Campaign

Through generosity and fundraising, this campaign puts musical instruments in the hands of students with limited resources allowing them to participate in orchestra and band. We've received over 250 instruments and more than \$40,000 to support our district musicians.

Hands-on Learning Grants 2019-2020

Hands-on Learning Grant Applications are available for the school year. We encourage all Robbinsdale Area Schools staff to apply. Check our website for more information.

To learn more about our foundation, visit sevendreamsfoundation.org or call us at 763-504-4088.



NEW! Absolutely Terrified of Computers?

Brand new to computers? Does starting up a computer make you want to shut down? This class takes everything slow and easy. No pressure, no bother, no hassle. Learn to use the keyboard and mouse, understand basic Windows features, use common Windows programs and learn computer jargon.

AW-CM711	Th Jan 31	6:30-8:30 pm
Zimmerman	PL 222	\$29

NEW! Internet and Email Introduction

Internet and email skills are critical to communication. The internet is filled with useful information for those who can make sense of the maze and email has become the typical method for business communication. Learn the ins and outs of browsing the Internet on a Windows computer as well as writing and sending an email.

AW-CM052	Tu Feb 19	6:30-8:30 pm
Zimmerman	PL 222	\$29

Excel Level I

Learn the parts of the screen, how to create and save a spreadsheet, select cells, enter data, insert rows and columns, basic formulas and much more.

Bring a flash drive to class.

AW-CM055	Tu/Th Mar 5/7	6:30-8:30 pm
Zimmerman 2x	PL 205	\$49

Intro to Online Selling

Do you have items around your house you no longer use? Are you interested in selling them online to make some extra money? Take this class to learn how to list, ship and get paid. Bring an item you wish to sell.

AW-CM012A	Th Feb 7	6:30-8:30 pm
Zimmerman	PL 205	\$29

AW-CM012B	Tu Mar 19	6:30-8:30 pm
Zimmerman	PL 218	\$29

Next Steps in Online Selling

Dig deeper into setting up preferences, types of selling and getting the most for your item. By the end of this class you will have posted your item on ebay/Craigslist. Bring a unique item you wish to sell, a cell phone, tablet or camera to take pictures of your item, and your EBay and Craigslist usernames and passwords with you to class. Those who take this class should have taken Intro to Online Selling or have some experience selling on EBay/Craigslist.

AW-CM552	Tu Feb 12	6:30-8:30 pm
Zimmerman	PL 222	\$29



Home & Hobbies

"Patrick was wonderful. I learned so much in such a small amount of time and I'll be able to share that knowledge with friends and family. Amazing class!" - Participant, Fall 2018

Laundry Camp with Patric Richardson

Everyone is talking! Patric Richardson is being called Minnesota's 'Laundry Evangelist' and becoming a household name! Come relax, and have fun learning with Patric Richardson, laundry guru from Mona Williams. He has had national TV appearances with the Nightly News and "Inside Edition". There have been articles about him in the Wall Street Journal and Star Tribune plus a local spot on Kare11. Enjoy his vivid storytelling and Southern drawl as you learn things you thought you always knew but really didn't. You'll be shocked at what you will learn about laundry in 90-minutes. Patric will reveal his secrets in stages and then give out tips of the trade. Sort, wash and care for your clothes with confidence. Wash the unwashable and care for textiles and clothes at home plus more and all the while having fun. Learn how to save money and toss those chemicals. You will never look at laundry the same way again!

AW-HG687 T Mar 12 6:30-8 pm
Richardson \$25
Wayzata Central Middle School A406

Kitchen Knife Sharpening and Knife Skills

Do you have dull and hard-to-use knives in your kitchen? Learn what makes a knife dull, proper edge geometry, proper sharpening tools and cutting boards, knife selection and care, and how to sharpen and maintain the edges of your knives. The instructor will also teach good knife technique and cutting skills to make your food preparation quicker, safer and more fun.

Bring your dull knives, a cutting board, your current sharpening tools and a few vegetables to practice on.

AW-HL233 Th Feb 28 6:30-8:30 pm
Howard SMS 226 \$19

Basic Home Electrical Repair

Take charge of your own home repairs. Attend this "hands-on" class for the electrical beginner. Learn how to wire single pole, 3-way switches, outlets, and a light fixture, then test the circuit. We will discuss the home electrical system and review procedures to rewire a lamp.

AW-HG192 M Feb 25 6-8:30 pm
Novinska SMS 14 \$39

Basic Home Plumbing Repair

Tired of paying exorbitant fees for plumbers? Learn to repair minor plumbing problems or replace fixtures yourself. You will take apart different types of faucets, replace a pop-up drain assembly, and discuss the internal working parts of a toilet. You will be able to cut and glue plastic pipe and solder copper pipe and fittings.

AW-HG194 M Mar 4 6-8:30 pm
Novinska SMS 14 \$39

Discover Some Favorite Minnesota Winter Activities

Ice Fishing

Take a shot at one of Minnesota's favorite winter pastimes. Learn what equipment is needed, and the basics of ice and cold weather safety, before trying your luck at ice fishing! Program includes necessary license, all equipment and instruction.

AW-HG052 Sa Feb 16 9-11 am
French Regional Park
\$25

NEW! Snowshoeing

Celebrate winter! Enjoy this Minnesota sport with a scenic guided hike at French Park. Discover the origin of snowshoeing, gain tips for success and search the park for animal signs and tracks. All equipment provided.

AW-EX448 Sa Feb 2 10 am-12 pm
French Regional Park
\$15

Curling

The Men's USA Curling Team won Gold in the 2018 Winter Olympics. Come find out what this sport is all about and be a part of the fastest growing winter sport! Learn the basics of stone slide delivery, sweeping, scoring, strategy and history. End the session with playing an actual game.

Class located at Four Seasons Curling Club at Fogerty Arena, 9250 Lincoln St. NE, Blaine.

AW-EX651 Sa Feb 23 11 am-2 pm
White \$35



Meet Mary Tessman

Mary is a Hennepin County Master Gardener with a love of growing and promoting a healthy environment.

NEW! Winter Pruning and Spring Yard Chores

Winter is a great time to pinpoint yard and garden areas that need attention. In this class we will review and demonstrate pruning techniques; consider soil needs and how to improve soils in gardens, yards and containers; discuss preparing a new garden space; and how to handle weed issues. Finally we will consider use of a compost bin or structure to recycle yard and garden waste.

AW-HG113 Sa Mar 2 10 am-12 pm
Tessman SMS 2 \$19

NEW! New Vegetable Growing Techniques and Varieties

New varieties and techniques give gardeners an opportunity to grow tomatoes, peppers, cukes and herbs with limited light and space. We will focus on varieties that do best in containers and small garden beds to bring the freshest and tastiest to the kitchen table. We will review soils and techniques that work to maximize production for your efforts.

AW-HG444 Sa Mar 16 10 am-12 pm
Tessman SMS 2 \$19



Meet Kathy Povolny

Kathy Povolny has been teaching classes on photo organization and album making for over 25 years. She has interests in photography and genealogy.

Photo Organization - Print & Digital

Imagine..... all your photos, all in one place and a system that allows you to access any photo & movie in literally seconds! In this class we will talk about scanners for copies & repair of older prints and slides; cloud storage services; and owning vs renting. We will cover everything you need to know to complete this project... & quickly! Never worry about losing another photo again!

AW-AL387 Th Feb 21 7-9 pm
Povolny PL 222 \$19

Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar.

Fee includes the online book and online videos.

AW-HL529 Th Jan 31 7-9 pm
Wilson PL 218 \$59

Instant Piano for Hopelessly Busy People

Learn enough secrets of the trade to give you years of musical enjoyment in just a few hours! How do we do it? While regular piano teachers teach note reading, piano professionals use chords. You can learn all the chords you'll need to play any song in this one session at a simple level.

Fee includes an online book and online video instruction.

AW-RM131 M Jan 28 6:30-9:30 pm
Anderson PL 218 \$59

Foot Care Clinic

Take care of your feet! A Community Footworks nurse will give you complete health care, including a health assessment, nail trimming, callous removal and foot massage!

\$35 per visit for a 30-minute session.

An appointment is required.

Fridays

Jan 11 Feb 8 Mar 8 Apr 12 May 10

FAIR-Pilgrim Lane, Room 222

3725 Pilgrim Lane N, Plymouth, MN.

Call 763-504-6990 for an appointment.





Hobby Groups

Meet with others who share your passion.

All abilities welcome. All groups are self-directed. Bring your own supplies. There is no class fee to participate, but there is a \$7 annual fee per person for most groups. Stop by the Adult Enrichment office at Pilgrim Lane in Plymouth to get a Hobby Group membership card.

Harmonica

If you are yearning to play harmonica, come share your talent and general harmonica knowledge, or learn new skills from your peers.

Wednesdays 12:30-2 pm PL 218

Needle Arts

If you love needlework of any kind, you'll love this group. We share patterns, supplier ideas, general knowledge and mutual support.

Fridays 9-11 am PL 218

Showtime Chorus

Do you love to sing? Our Showtime Chorus has more than 25 singers but is looking for both men and women to join their talented bunch.

Thursdays 9:15-11:15 am PL218

Square Dance

Square Dancing/Round Dancing offers music, friendships, mild exercise and lots of fun. We dance at the Mainstream level on the second Friday of each month during the school year and welcome all current Square and Round dancers.

Mainstream level on Fridays:
Jan 11 Feb 8 Mar 8, 29

Plymouth Middle School Cafeteria
6-10 pm

Story Theater



For over 25 years we have been showing children that reading is fun! Explore dramatic reading and learn techniques of reading with expression. Attend two meetings per month to rehearse stories to perform for children in our elementary schools and other community locations. No Fee.

Meets the 2nd and 4th Monday of each month, noon-2:30 pm, in the Performance Center at FAIR-Pilgrim Lane.

Sumi-e Japanese Brush Painting Club

Meet with others who share your passion. Explore the ancient practice of Sumi-e, a unique style of black-ink brush painting. Join other Sumi-e painting enthusiasts and practitioners for a morning of painting and calligraphy, sharing techniques and learning from one another.

Wednesdays 9:30 am-12 pm PL 218
Fridays 10 am-12 pm PL 218

Wood Carvers

Calling all interested men and women! Bring your carving tools and projects and join this fun group of woodcarvers. As we work on projects, we share patterns, techniques, suppliers and general knowledge. Basic carving skills are required.

Thursdays 8-11 am PL 222



Relay For Life Robbinsdale Area Schools at Cooper High School Track Begins at 6pm on May 10th, 2019

Students from Armstrong and Cooper High Schools are working together to plan this year's Relay For Life event. Relay For Life honors cancer survivors, remembers loved ones lost, and fights back against a disease that has already taken too much from too many. The funds raised truly make a difference in the fight against cancer by funding life-saving research, providing free rides and lodging for patients going through treatment, and more.

Last year, there were 550 registered participants split between 37 teams with over 20 survivors in attendance, along with many more people present during community hours for the ceremonies and silent auction. With the support of students and our community, the event was able to raise over \$68,000!

We encourage everyone in the community to join Relay teams with families, friends, students, or an organization. All are welcome!

For more information or to sign up, visit www.relayforlife.org/rdalehsmn.



Meet Solveig Corbin

Solveig Corbin began studying Svaroopa® Yoga in 2005. "I found that Svaroopa® Yoga opened me up and gave me profound relief from my chronic back pain, muscle stiffness and chronic anxiety. I had never experienced anything like it." She has over 1,000 hours of teacher training and Yoga Therapy training.

Restorative (Svaroopa) Yoga

Svaroopa® Yoga is known for its compassionate approach to the body and specializes in releasing the layers of tension that run along your spine. This inner opening supports a wide variety of physical benefits that include stress reduction, relief from chronic or acute pain and increased flexibility. Svaroopa® Yoga works with your body in a radically different way than other styles, providing support so your body can find a deep internal release. Using Hatha Yoga poses with precise alignments, props and gentle hands on adjustments, each class is designed to lead you gently into a new relationship with your body and your mind.

The inward-focused, meditative approach creates and supports healing and personal transformation. Classes are 90 minutes to allow for a long relaxation (Shavasana) at the beginning and end of each class.

AW-EX315A	Th Jan 10-Feb 14	5-6:30 pm
Corbin 6x	PL 204	\$79
AW-EX315B	Th Jan 10-Feb 14	7-8:30 pm
Corbin 6x	PL 204	\$79
AW-EX315C	Th Feb 28-Apr 18	5-6:30 pm
Corbin 8x	PL 204	\$99
AW-EX315D	Th Feb 28-Apr 18	7-8:30 pm
Corbin 8x	PL 204	\$99

Kung Fu

This is more than a kicking, punching and self-defense class. Kung Fu is used to improve fitness and awareness, as well as self-defense. Learn proper techniques and traditional styles of Shaolin Kung Fu while you improve your strength, coordination, flexibility, discipline, health and confidence in a fun, fast-paced, relaxed atmosphere.

Certification through Black Belt available.

No class Feb 18, 20, Mar 25, 27.

AW-EX078	M/W	7:30-8:30 pm
	Feb 4-Apr 10	
Mehus 16x	PL Gym	\$89



Move & Dance

"Love this class so much - really fun and a great workout!" - Participant, Fall 2018

OULA

OULA is a high energy, easy to learn, calorie burning, crazy fun dance workout to Top 40s hits. Classes are one epic hour of sweat, joy and total inspiration. Classes will offer song and move breakdowns to ease you into the world of OULA. No class Feb 18.

AW-EX666	M Jan 28-Mar 25	6:30-7:30 pm
Wolvart 8x	PL PFC	\$65

OULA Power Express

Power Express is a 30 minute all-mat conditioning class. Warm up, strengthen your lower body, upper body, core and then cool down. No class Feb 18.

AW-EX074	M Jan 28-Mar 25	7:35-8:05 pm
Wolvart 8x	PL PFC	\$39

NEW! Yoga Barre

Not a ballerina or, quite frankly, a dancer of any kind? Me either! Yoga Barre is an incredible ballet-inspired workout mixed with yoga, but without using an actual barre. We'll both strengthen and stretch our muscles during class. While there is no actual dancing, you are guaranteed to work hard, sweat and have a great time! No class Feb 23 or Mar 2.

AW-EX707	Sa Jan 26-Mar 16	9-10 am
Morrison 6x	SMS Gym A	\$49

Pilates/Yoga Fusion

Join us for this exciting class that takes the therapeutic exercises from mat Pilates and integrates them with yoga stretches for a refreshing and engaging workout. Benefits include core strengthening, increased flexibility, stress reduction and body awareness. A joyful experience for all. Bring a mat, towel, and water. This is a great way to spend your lunch hour.

AW-EX640A	W Jan 16-Feb 20	11:30 am-12:15 pm
Stoen 6x	PL 222	\$49
AW-EX640B	W Mar 6-Apr 10	11:30 am-12:15 pm
Stoen 6x	PL 222	\$49

"I am an exercise snob. I run 3 miles, do kickboxing strength training 6 days/week & yet this class recovers my foot from the ravages of arthritis, relieves my sinuses, totally relaxes me, flexes my spine for improved movement, and guides me to better-breathing posture." - Participant, Fall 2018

Tap Dance Beginners and Beyond

This class is perfect for beginners as well as those with some tap dance experience. Students will learn cool tap dance steps and dance choreography. Have fun while you learn techniques and styles of classic routines. Tap shoes preferred, but hard-soled leather shoes will also work.

AW-RM032	F Jan 18-Apr 12	12:30-1:30 pm
Stockton 13x	PL PFC Stage	\$129



Meet Ranita Bellanger

My name is Ranita Bellanger and African style dancing is my passion. I attended Zenon Dance Company in Minneapolis and have choreographed and taught dance for ages 4-18 for 4 years. I've performed at different community events, U of M Duluth Heritage showcase and Brooklyn Park community center Black History Day.

NEW! African Dance

African Hip-Hop Dance Workout is a full body workout that improves your health and wellness through African dance. This is a high energy dance workout that is all about having fun, getting your heart rate up, and enjoying the beats of African music. You will leave full of energy, joy and wanting more.

No class Feb 16.

AW-RM122 Sa Jan 26-Mar 9
10:30-11:30 am
Bellanger 6x SMS Gym A \$49

Meet Leah Burch

Leah has been a certified Zumba instructor for 3 years and loves the variety that Zumba Fitness has to offer.

Zumba

Let Latin and world rhythms move you as you move to the music and have fun, regardless of your fitness level. This high energy, interval designed dance workout is perfect for getting your heart rate up and boosting cardio endurance. Ditch the workout and join the party with Zumba Fitness!

No class Mar 27.

AW-EX414 W Feb 20-Apr 3 6:30-7:30 pm
Burch 6x SMS Cafeteria \$49

Meet Annette Fragale

Annette Fragale shares her passion for fitness by teaching yoga, Pilates, Chinese Wand and hula hoop, and she hosts a TV show, "Yoga on the Go!" Oh, and in the summer, she works as a magician.

Fitness Yoga

Why choose just one type of yoga? Combine elements of Hatha Yoga with traditional stretching and strengthening routines in this great class. Contemporary music aids a demystified, non-purist course for mainstream adults of all ages and fitness levels. Some Qigong included.

AW-EX075 Tu Jan 15-Mar 5 6-7 pm
Fragale 8x PL PFC \$59

Line Dancing

Start your morning off with a smile. Discover why line dancing is so much fun and such a great workout! Line dancing is recommended as moderate intensity aerobic exercise to improve balance and to strengthen heart and bones. Learn the steps that will make you feel confident joining any dance line whether Country, Latin or American!

No class Jan 21, Feb 18.

AW-EX440 M Jan 14-Mar 18 10-11 am
Fragale 8x PL 222 \$59

Dance Unlimited Studio

We are proud to partner with Dance Unlimited, 6900 Oxford Street, St. Louis Park, to offer quality dance instruction for all ages and abilities. The owner, Gretchen Novak believes that dance is a life-long treasure to be enjoyed at any age! Experience the joy of dance with classes for both adult and youth.

NEW! Barre-Yoga Fusion

Barre Fitness blended with yoga postures and weight training, a total body workout! All fitness levels will be challenged in this class and no barre or yoga experience is needed. Extended class time allows for a longer cool down with deep stretches.

AW-EX708 Su Jan 27-Mar 17
8x 11:30 am-12:45 pm
Dance Unlimited \$99

NEW! Barre Fitness

Barre Fitness is a total body conditioning program that blends classical ballet exercises with Pilates, yoga and strength movements. Burn fat and increase lean muscle mass with this low-impact form of exercise. We will use the ballet barre as well as center work to perform a variety of exercises to target multiple muscles with each movement. This class will provide results quickly, improving muscular strength and stability, endurance, flexibility and balance.

AW-EX076 W Jan 16-Mar 13
9x 6:20-7:10 pm
Dance Unlimited \$108

NEW! Adult Ballet

A classical ballet class designed for all levels. Improve posture and create long lean muscles with ballet training. Experience the beauty of ballet! Learn proper technique with barre work, stretching and combinations. Wear fitted clothing and ballet shoes to class.

AW-RM129 Sa Jan 26-Mar 16
8x 1-2 pm
Dance Unlimited \$85

Meet Deanna Constantine

Deanna Constantine carries on the 60 year family tradition of bringing ballroom dancing to communities throughout the Twin Cities.

Ballroom Dancing for Beginners

Confidently enter the dance floor at your next event knowing some “real” steps to do, together with your partner. Learn the most popular partner dances to have you dancing at weddings, parties and all social events! We’ll waltz, foxtrot, swing, hustle and polka to music commonly played at social gatherings. Come with or without a partner. Couples dance with their partner only, and singles rotate with one another. Teens and adults of all ages welcome! Free make-up and repeat classes at other locations. Fee is per person.

Offered in partnership with Golden Valley Park and Recreation and held at the Brookview Community Center, 316 Brookview Pkwy in Golden Valley.

AW-RM130	Su Feb 10-Mar 3	4-5:30 pm
4x	Brookview	\$59



Meet Louise Indritz

Louise Indritz is a life-long student of Belly Dance, starting at the Cassandra School of Belly Dance. She continues her education with a variety of belly dancers and adds performing, then shares it with her students.

Belly Dance for Everyone

Join this exciting and fun class as you learn the exotic movements of Belly Dance. Belly Dance is both low impact aerobic exercise and an ancient dance form, thought to have originated in Lebanon between the 11th and 5th centuries BCE. The best part is that Belly Dance is appropriate for all ages and sizes! This class is for all levels.

AW-RM412A	Th Jan 17-Feb 28	6:30-8 pm
Indritz 7x	PL PFC	\$79
AW-RM412B	Th Mar 14-Apr 18	6:30-8 pm
Indritz 6x	PL PFC	\$69



Meet Monica Mohn

Monica Mohn is a 3-time “USA Dance” National Ballroom Dance Champion. Teaching for over 10 years, she has coached competitive dance teams, taught flash mobs for Fortune 500 companies and choreographed dance routines for local MN bands. Her passion and enthusiasm for dance make her classes fun and dances easy to learn!

NEW! Line Dance: Tribute to Aretha Franklin’s “Think”

Join us for a night of moving and grooving to Aretha’s Classic song “Think”. In no time at all, you will be dancing to this energetic song with a catchy tune and great moves! Be prepared for a fabulous night! No partner required.

AW-RM517	Th Jan 24	6-7 pm
Mohn	PL Cafeteria	\$10

NEW! “Romance for Two” - Social Dance Workshop

Valentine’s Day is just around the corner so why not start the romance early? This workshop takes your old “Swing and Sway” and spices it up with simple, easy romantic moves. You’ll be spinning, turning and twirling together before you know it and you’ll feel comfortable in any setting! By the end of the evening you won’t want to let go! Couples only please.

AW-RM631	Th Jan 24	7-9 pm
Mohn	PL Cafeteria	\$39 per couple

Line Dance: Retro ‘70s

Soul Train... American Bandstand... Dance Fever... if those were your favorite shows, then this class is for you. Here’s your chance to shake it up dancing the Hustle, Bus Stop and more. No partner needed.

AW-RM515	Tu Feb 19	6-7 pm
Mohn	PL Cafeteria	\$10

Swing Dance Workshop

One dance. One day. A lifetime of fun! Now is a perfect time to try swing dancing! Monica Mohn uses her competitive dance experience to make the swing easy, with patterns you can use for years to come. Couples only please.

AW-RM514	Tu Feb 19	7-9 pm
Mohn	PL Cafeteria	\$39 per couple

Line Dance: “Country Classics”

Enjoy an hour of dancing that is fun, easy to learn and doesn’t require a partner. Slappin’ Leather, Honky Stomp and Tush Push are 3 classics that will have you dancing the night away!

AW-RM590	M Mar 18	6-7 pm
Mohn	PL Cafeteria	\$10

“2-Left Feet” Social Dance Workshop

Convinced that you have 2-left feet and that dancing is not meant for you? Or, someone you know? But still... it would be helpful to know a few steps. Just in case... This workshop is easy and only 1 session! Geared to beginners, you’ll have fun patterns plus a couple of turns by the end of the night! More than enough to provide a full night of dancing! Couples only please.

AW-RM243	M Mar 18	7-9 pm
Mohn	PL Cafeteria	\$39 per couple



Plan Your Future

Meet John Comer

John is a Certified Financial Planner™ practitioner and has been in the banking and financial services industry for more than 20 years. Financial Planning, as John practices, takes a broad look at your financial situation to assess how your work in one financial area impacts each of the other areas of your finances.

Maximizing Your Social Security Benefits

Deciding when to collect Social Security benefits will be one of the most important financial decisions you make, with lifetime consequences. It is essential to understand all your options and make a prudent decision. Because Social Security is a complex program, many individuals miss out on thousands of dollars in benefits. Do not rely on the Social Security Administration to give you personalized guidance on your situation. Each person's situation is unique. Let us help you start your journey.

AW-FL516	Th Jan 31	6:30-8 pm
Comer	PL 205	\$19

NEW! Maintaining Quality of Life

Concerned about health care for your parents, and yourself, as you age? We'll help you learn how to create a support system to help get around town, socialize and stay safe in your home as long as possible. We will also talk about ways to adapt when that is no longer possible.

AW-FL482	Th Feb 28	6:30-8 pm
Comer	PL 205	\$19

NEW! Suddenly Responsible: What Happens to our Money when we Divorce?

Did your spouse handle the finances but now it is up to you? When you take responsibility for more than you planned, you feel uncertain. In a divorce, stress complicates the situation. In this session, an attorney and a financial planner will teach you some ways to deal with these sudden new responsibilities.

AW-FL667	Th Mar 14	6:30-8 pm
Comer/Michaelis	PL 218	\$19

Meet Dave Herbeck

I specialize in providing education and financial services to individuals age 50 or older who have a goal of preparing for, transitioning to or are already retired. I am a Member of the Financial Planning Association (FPA), American Institute of Certified Public Accountants and Northwest Suburban Optimist Club.

Retirement Planning Today

Blend financial education with life planning to build wealth, align your money with your values and achieve your retirement goals. Learn to manage investment risk, use tax laws to your advantage, make informed decisions about your company retirement plan and estate planning.

Couples may attend together for a single fee.

AW-FL155A	Th Feb 21-28	6:30-9:30 pm
Herbeck 2x	PL 218	\$49

AW-FL155B	Tu Feb 26-Mar 5	6:30-9 pm
Herbeck 2x	PL 222	\$49

Elder Law Series

Meet Elizabeth Michaelis

Elizabeth Michaelis, J.D. M.B.A., an attorney and founder of Guardian Counsel Law Office, practices in the areas of elder law, estate planning and business succession planning. Ms. Michaelis earned her J.D. at the University of St. Thomas School of Law and an M.B.A. from the University of Minnesota. Ms. Michaelis is a member of the Probate & Trust, Elder Law, and Business Sections of Minnesota State Bar.

Don't Trust Your Will

Many people believe that once their will is created, their planning is complete. This very common misconception can cost hundreds or thousands of dollars and months of delay after death. Elizabeth Michaelis, an Estate Planning and Elder Law Attorney, will explain why you should not trust your will. Learn the steps to take to ensure your assets are properly managed if you are incapacitated, and are efficiently distributed upon your death.

AW-FL390	Tu Jan 29	6:30-8 pm
Michaelis	PL 222	\$19

Probate:

Understand it! Avoid It!

Many people die without preparing important estate planning documents. By not planning, you risk the need to probate your estate, with its costs, delay, public filings and possible loss of control of the disposition of assets you spent a lifetime acquiring. Estate Planning & Elder Law attorney Elizabeth Michaelis will discuss the importance of planning to avoid probate, the different ways property is transferred when someone dies, and the reason having a will does not avoid probate.

AW-FL443	Tu Feb 5	6:30-8 pm
Michaelis	PL 222	\$19

Revocable Trusts

A Revocable Living Trust may not be for everyone, but for many people, taking the time to secure a Trust now can save time, money, and frustration for their loved ones in the future. Estate Planning and Elder Law Attorney Elizabeth Michaelis will explain what a Revocable Living Trust is, how it can help you avoid probate and secure your estate, and how to assess if a Revocable Trust makes sense for you.

AW-FL079	Tu Feb 26	6:30-8 pm
Michaelis	PL 218	\$19

DEFENSIVE DRIVING

Defensive Driving Basic Course

This Defensive Driving class is an eight-hour classroom course in accident avoidance techniques. Licensed drivers age 55 and over who complete this course can reduce their insurance premium by 10% for three years. Class does not involve driving or testing. Sponsored by Minnesota Safety Council.

AW-DE022	Sa Jan 26-Feb 2		
	9 am-1 pm		
2x	SMS 12	\$25	
AS-DE022	M/W Apr 8-10		
	5:30-9:30 pm		
2x	PL 218	\$25	

Defensive Driving Refresher Course

If you have already taken the Basic Defensive Driving course, you can renew your three-year, 10% car insurance discount by taking this refresher course. Class does not involve driving or testing. Sponsored by Minnesota Safety Council.

AW-DE023A	Tu Feb 5		
	9 am-1 pm		
	PL 218	\$23	
AW-DE023B	Sa Mar 16		
	9 am-1 pm		
	SMS 12	\$23	
AS-DE023	W Apr 17		
	5:30-9:30 pm		
	PL 218	\$23	



Meet John Mazzara

John Mazzara is a licensed Real Estate broker through RE/MAX Results helping families and investors buy and sell properties in addition to owning and managing his own rentals since 1986. John has also been a licensed professional in the mortgage industry and former mortgage brokerage owner since 1995.

Downsizing in the Current Housing Market

Have you been thinking that now might be the time to downsize but aren't sure where to start, how to do it, or what your options are? Join us to learn the tips and tricks of downsizing. Bonus: all attendees receive the Downsizing Made Easy Guide.

AW-FL352	Th Jan 24	7-9 pm
Mazzara	PL 222	\$19

How to Win with Investment Properties

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

AW-FL025	Tu Mar 5	7-9 pm
Mazzara	PL 218	\$19

Meet Chris Gemlo

Chris is a full-time licensed real estate broker. He has been teaching community education classes to home buyers and sellers since 1998.

Essential Guide to Buying Your House

Want to negotiate the best deal on your home? Let us help you! Learn how to access government grants, obtain first-time buyer programs, avoid the lemons and save thousands. Instructor will walk you through, step by step, the best process for going about maximizing your money and having the lifestyle you want.

AW-FL038	Tu Feb 5	6:30-9 pm
Gemlo	PL 205	\$19

Meet Sean and Blanca Schellsmidt

Sean and Blanca are a husband and wife real estate team in the Western Suburbs. With Blanca's law background and Sean's technology & marketing skills, they offer a fun, coaching approach to all of your real estate needs.

Update and Transform Your Home On a Budget

Renovating or selling your home? Attend this fun and informative workshop. Learn the top trends and money-saving techniques that will transform your home on a budget. We'll also cover what improvements will bring the most return on investment and what to avoid! Learn how home sellers have made an additional \$20-\$50K when they follow these strategies. We'll have time for Q&A.

AW-FL434A	Sa Feb 2	10-11:30 am
Schellsmidt	SMS 2	\$19
AW-FL434B	Tu Mar 12	6:30-8 pm
Schellsmidt	PL 218	\$19



Feel Great

Meet Victoria Juster

Victoria Juster has over twenty years of experience working as a medium; she has communicated with Spirits since childhood and has lived through three near death experiences. As a medium, she uses her gift to help people deal with the grief of losing a loved one.

Developing Intuition

Everyone is born with the natural ability to access intuition. This class will help you reconnect with your inner voice. You will learn to tell the difference between intuition and wishful thinking, and to read your bodies intuitive signals. You will learn easy, practical steps that can be used in making everyday decisions.

AW-MB334 Sa Jan 12 10 am-12 pm
Juster SMS Media Ctr \$39

Introduction to Meditation

Meditation can naturally lead to letting go of suffering and help you become aware of your own inherent wisdom. It can also aid in stress reduction, learning ability and memory retention. This class will introduce you to 4 types of meditation: Mindfulness, Walking, Chakra and The Tree, and help you find the type that works best for you.

AW-MB558 Sa Feb 9 10 am-12 pm
Juster SMS Media Ctr \$39

A Conversation on Death & Dying

What happens when we die? Are our loved ones at peace? What do they want to say to us? Bring your questions, or experiences you would like to share, and we'll talk!

AW-MB550 Sa Mar 9 10 am-12 pm
Juster SMS Media Ctr \$39

NEW! Talking with Angels

Have you ever heard words that enter your mind like a subtle, fleeting thought, a message so subtle that you were not able to distinguish it from your conscious thoughts? Perhaps you heard a message while simultaneously seeing an image in your mind? Some people receive a feeling similar to a flash of insight, a gut feeling, or a hunch. Those were messages from angels. In this class you will learn about the angelic realm and how humans perceive angels. You will also learn how to connect with your guardian angels and ways in which you can learn to communicate with them clearly.

AW-MB709 W Mar 13 6:30-8 pm
Forrest PL 218 \$19

Meet Janice Novak

Janice Novak has a Master's Degree in Health Education. She is an internationally acclaimed author; speaker and wellness consultant who teaches workshops and seminars for hospitals, corporations, and professional organizations. She presents up-to-date information on pertinent health/wellness topics that can improve health, decrease sick days, and improve productivity, alertness, energy, and motivation.

Acupressure Face Lift & Skin Savvy

Acupressure is an ancient healing method that works with the energy that flows through your body. Stimulating facial points can bring a healthy glow to skin, increase muscle tone, decrease eye puffiness, reduce lines, prevent new lines from forming, relieve eye strain, soothe nerves and increase relaxation. Learn how to make your skin as healthy as possible from the inside out.

AW-MB235 Th Feb 7 6-7:30 pm
Novak PL 218 \$39

Thyroid Things You Need to Know

Currently take thyroid medication but still have a variety of symptoms including weight gain? We'll discuss what needs to be measured, but usually isn't; why the #1 thyroid replacement may not be helping you; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers; and info you need to discuss with your doctor.

AW-MB505 M Feb 25 6-7:30 pm
Novak PL 218 \$39

NEW! Is Your Waistband Too Tight Today?

Ever found that in the a.m. your pants fit fine but by mid-afternoon, the waistband squeezes you like a tourniquet? Or that no matter how many crunches you do, your stomach still hangs out? Learn 6 strategies for getting rid of belly fat, belly bloat & water retention. We'll do a few exercises to strengthen the deepest layer of abdominal muscle - without getting on the floor.

AW-MB176 Tu Mar 19 6-7:30 pm
Novak PL 222 \$39

SCHOOL BASED MENTAL HEALTH



Working Together for Student and Family Success

It is estimated that 10-20% of children in the United States at any time have a significant emotional or behavioral disturbance. It is further estimated that only one in five children receive services to address these concerns. The Robbinsdale Area Schools school based mental health services provide direct clinical supports to students and ancillary support to schools through a grant provided by MN Department of Human Services to People Incorporated and St. David's Center for Child and Family Development. School based mental health services within the school or early childhood setting help eliminate barriers to accessing mental health services. By embedding school based mental health services within the multi-tiered systems of support, they not only help the student, but the entire school.

For more information, please contact Melodie Hanson at 763-504-4981 or to refer your child, contact your school social worker.



Meet Dana Nyholm

Dana Nyholm is the owner of Relaxation Advantage Massage and has been a massage therapist for over 20 years. Dana has privately coached clients in how to incorporate these elements into their daily lives. Dana is also a special needs parent and has also been a caretaker. She has incorporated these techniques into her own life and is looking forward to sharing them with you.

NEW! Self Care for Special Needs Parents

Caring for a child with special needs can become a full-time job, and an overwhelming one at that, if you don't have adequate support. It is both incredibly rewarding, and quite challenging, especially if you don't take time to care for yourself. Join other parents to explore different self-care topics and apply them to your life with a special needs child (or adult). Complete a confidential self assessment and create a Self Care Plan based on you and your family's needs.

AW-MB324 Th Feb 7 6-8 pm
Nyholm PL 222 \$29

NEW! Self Care for Caregivers

Caring for a loved one strains even the most resilient people. If you're a caregiver, make sure to take steps to preserve your own health and well-being. By learning self care, you will be able to meet challenges while caretaking. Join other caregivers to explore different self-care topics and apply them to your life. Complete a confidential self assessment and create a Self Care Plan based on you and your family's needs.

AW-MB519 Sa Feb 23 10 am-12 pm
Nyholm SMS 2 \$29

Meet Amber Stefan

Amber is a board-certified music therapist (MT-BC) with her Bachelor of Music in Music Therapy from University of Minnesota, Twin Cities. She is also a Neurologic Music Therapy Fellow and Red Cross Instructor. She is the owner of Vital Songs LLC, where she offers music therapy contracting and Red Cross Training. Most of Amber's career has been spent working with adults with disabilities, but when she was pregnant with her daughter, she also became very interested in the prenatal period. She spent a lot of time learning about her baby and is now trained on prenatal bonding.

NEW! Prenatal Music Bonding - Crash Course

Expecting? Start your bond with baby now! Use this special time of preparation to plant the seeds for a healthy relationship. We will be using music to explore and navigate these months of anticipation. We will cover the importance of managing stress during pregnancy and learn about ways and benefits of interacting with baby throughout pregnancy. No music experience necessary! (Please note that price is for mother and support person.)

AW-MB710 Tu Jan 29 6:30-8 pm
Stefan SMS Media Ctr \$39/pair



Adults with Disabilities

Windows of Opportunity, a program of Robbinsdale Area Schools Community Education, is committed to the inclusion of adults with disabilities in all adult community education programs and services. We offer many interesting, engaging and fun classes both through Windows of Opportunity and our adult program. We want to ensure these programs are accessible financially, and/or by providing reasonable accommodations to successfully participate. If you or someone you know receives government assistance because of a disability and would like to receive financial assistance for programs in this brochure please call 763-504-6990, or email mindy_potvin@rdale.org. If you require assistance such as an ASL interpreter, audio descriptors, or an aid to take notes or otherwise assist you in class, please let us know at least 2 weeks prior to the class so we can make arrangements.

The Windows of Opportunity brochure is produced three times each year. Windows of Opportunity provides recreation, education, and support activities for adults with physical, neurological and/or developmental disabilities, age 16 or older. The brochure will be sent in early December. Please call 763-504-6990 to be added to this mailing list.

Visit ced.rdale.org/adults and click on Windows of Opportunity for more fun activities!

The Secret Life of Pets

Wednesday, January 23 5-7 pm

Pizza, Pop and a Movie

Thursdays: Jan 17, Feb 2, Mar 21
6-8 pm

Bowling and Pizza

Sundays: Jan 20, Feb 17, Mar 17
5:30-7 pm

Monty Python's Spamalot

Friday, February 1 6:45-9 pm

Color Me Mine

Wednesday, Feb 6 6-7:30 pm

Line Dance

Th Jan 24, Tu Feb 19, Mon Mar 18
6-7 pm

Friday Night BINGO

Fridays: Jan 11, Feb 8, Mar 8
7-8:15 pm

Valentine Dance

Thursday, Feb 14 6:30-8:15 pm

Game Night

Wednesday, Mar 6 6:30-8 pm

Open Mic Night

Friday, Mar 1 6-8:30 pm

Clay Worry Stones and Snack

Monday, Mar 11 6:30-8 pm

Valentine Cards and Cookies

Monday, Feb 11 6:30-8 pm

St. Patty's Day Pancakes

Wednesday, Mar 13 5:30-7 pm

Taco Tuesday

Tuesday, Jan 15 5:30-7:30 pm

Cupcake Decorating

Monday, Mar 4 6:30-8 pm

Hair Styles and Care

Friday, Jan 18 6:30-8 pm

Simple Science

Wednesday, Feb 20 6:30-8 pm

Recovering from a Stroke or Brain Injury?

Free classes to help regain academic skills



- ◆ **RELEARN** academic skills like reading, writing, math, and digital literacy
- ◆ **IMPROVE** confidence to perform lost abilities
- ◆ **CONNECT** with others who are facing similar challenges
- ◆ Get the tools to **ACHIEVE** college, career, and life goals

Adult Academic Program

in the
Crystal Learning Center

305 Willow Bend
Crystal, Minnesota 55428
Open to metro-area adults
Call: 763-504-8300

Website: <http://tinyurl.com/stroke-braininjury>



Helping Us Grow



HUG...

because early learning lasts forever

EXPECTING? ADOPTING? NEWBORN OR INFANT UP TO AGE THREE?

Helping Us Grow (HUG) provides no-cost home visiting from a licensed early childhood parent educator to any family expecting, adopting or with a newborn child up to age two. HUG visits are offered in the comfort of your home or other convenient location. HUG offers:

- ◆ One-on-one time with a licensed Early Childhood Family Education (ECFE) specialist
- ◆ Current information on community resources, parenting and brain-based learning
- ◆ Opportunities to connect with other parents and families with newborns from your own community
- ◆ A "Welcome New Baby" gift ... and much more.

Did you know... 1 in 3 families with young children struggle to provide adequate diapers to their children. You can help by donating new or opened packages of diapers and wipes at the New Hope Learning Center diaper collection site: 8301 47th Avenue N., New Hope.

In need of diapers? Visit the HUG web site and submit a request on the "Contact Us" page.

To schedule a home visit or find out more information: 763-504-4983 or www.HelpingUsGrow.org.



Volunteers In Partnership (VIP)

"The heart of a volunteer is not measured in size, but by the depth of the commitment to make a difference in the lives of others."

Become a volunteer through VIP

Let's explore together the variety of opportunities best suited for a ***Personalized**, ***Rewarding**, and ***Successful** volunteer experience for you.

Volunteers provide a valuable resource by:

- ◆ Tutoring youth or adult students, especially in reading and math
- ◆ Assisting with classroom activities
- ◆ Using unique talents or skills to enrich the curriculum
- ◆ Providing vision screenings
- ◆ Helping with special events
- ◆ Doing activities with preschoolers
- ◆ Assisting with English literacy skill development and preparation for citizenship
- ◆ Providing clerical support

For more information...

Go to ced.rdale.org and click the **VOLUNTEERS** option at the top. Or, contact Jill Kaufman directly at: 763-504-6991 or jill_kaufman@rdale.org

"I love getting to know the students and observing first-hand their growth and learning process during my time as a VIP volunteer. I feel so welcomed, too."

-Elementary school volunteer



Call us today!
763-504-8300

Website: ced.rdale.org

Adult Academic Program

Crystal Learning Center
305 Willow Bend
Crystal, MN 55428

Take charge of your future! **Earn your GED or Diploma**

Don't wait...Get started today!

Now is the time to work towards your future. Adults who have a GED or diploma make more money, are better prepared for college and set a good example for their children. **FREE** GED preparation is available in class at the **Adult Academic Program**.

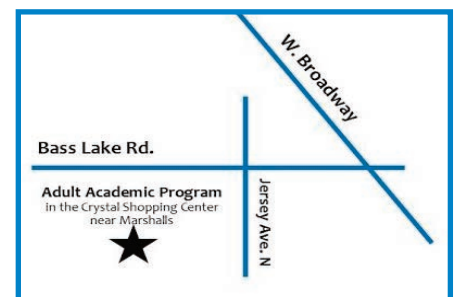
We can help you earn your GED or diploma!

- ◆ Day and evening classes with licensed, experienced teachers
- ◆ Online learning options---study on any computer at any time
- ◆ Test at the official GED testing center at our school

Other opportunities for you and your family:

- ◆ Family Literacy classes...pre-school children learn while parent(s) are in class
- ◆ English classes to improve language skills
- ◆ Improve reading, math, and computer skills
- ◆ Help in preparing for college entrance exams
- ◆ Academic recovery classes for stroke and brain injury survivors
- ◆ College Prep classes at Hennepin Technical College
- ◆ Specialized classes in partnership with Hennepin Technical College including healthcare career courses (some with free college credit!)

Call us today!



Preparing for College

Advantage Education Programs: ACT Preparatory Courses

Going to college? Planning on taking the ACT exam? Want to learn testing strategies and general test-taking methods? All classes are four weeks, three hours each week. Tuition is only \$140 per course. Course may be repeated free of charge. To register call 763-504-6990 or 612-222-5108 or register online at advantageprep.net or rdale.eleyo.com.

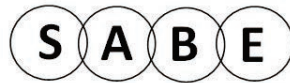
ACT Preparatory Classes

YW-ACT303	4 sessions Jan 23-Feb 13 5:45-8:45 pm Cooper HS Rm 247	Wed
YW-ACT313	4 sessions Jan 24-Feb 14 5:45-8:45 pm Armstrong HS Rm 232	Th
YW-ACT322	4 sessions Jan 26-Feb 16 9 am-12 pm Sandburg MS Rm 6	Sa
YW-ACT433	4 sessions Feb 24-Mar 17 1-4 pm Hopkins HS	Sun
YS-ACT522	4 sessions Apr 27-May 18 9 am-12 pm Sandburg MS Rm 6	Sa
YS-ACT503	4 sessions May 1-22 5:45-8:45 pm Armstrong HS Rm 232	Wed

Additional class dates available at other locations. Look online at advantageprep.net.



In High School?



STUDENT ADVISORY TO THE BOARD OF EDUCATION

What is SABE?

SABE advises the School Board on issues important to students, while influencing student experience in our schools and community. SABE also focuses on community service, discovering needs within the District and organizing projects to help meet those needs.

Who should participate?

Robbinsdale Area Schools students attending Armstrong, Cooper, Highview, FAIR, RMS, SMS and PMS in grades 8-12 are eligible to apply. We encourage students from diverse backgrounds and with a variety of perspectives to apply. It is important that we have a wide range of student viewpoints and experiences reflected in SABE.

How do I apply?

Apply online at ced.rdale.org

More info:

courtney_oase@rdale.org
763-504-4914

cameron_goude@rdale.org
763-504-4918

Drivers Education for Teens

Robbinsdale Community Education and A+



Driving School have partnered to offer convenient classes and behind the wheel instruction for teens. Classes are offered at Robbinsdale Armstrong High School and Robbinsdale Cooper High Schools.

- ◆ Package price for both classroom instruction and behind the wheel is \$395.
- ◆ Price for classroom instruction only is \$260.
- ◆ Price for behind the wheel only is \$165.
- ◆ Register: aplusdrivingschool.net or call 651-653-3959.

Jan 7-18 M-F
2:10-5:10 pm Armstrong HS Rm 233

Jan 28-Feb 8 M-F
2:10-5:10 pm Cooper HS Rm 247

Feb 11-27 M-F
2:10-5:10 pm Armstrong HS Rm 233
No class Feb 19, 22

Mar 4-15 M-F
2:10-5:10 pm Cooper HS Rm 247

Apr 1-15 M-F
2:10-5:10 pm Armstrong HS Rm 233
No class Apr 8

Apr 16-May 1 M-F
2:10-5:10 pm Cooper HS Rm 247



Swimming Lessons

Sandburg Middle School

Registration Options:

2400 Sandburg Lane
Golden Valley, MN

Contact:
SMS Pool 763-504-8216

Class Fee: \$65 (\$32)

Evening Lessons

Wednesdays: Jan 9-Feb 27

6-6:30 pm Aqua Tots
6-6:45 pm Levels 1-7
7-7:45 pm Levels 1-7

Register online at ced.rdale.org or by phone at 763-504-6990.

Please note: we will no longer be offering an in-person registration evening. You must register online or call 763-504-6990.

Prices in (\$xx) are for students who qualify for Free or Reduced Lunch through Robbinsdale Area Schools.

SWIMMING LEVELS

AQUA TOTS

(For children under the age of 4)
This parent-child class teaches basic skills for working with children in the pool. Emphasizes basic water safety and self-help skills in a relaxed and playful manner, using games and songs. Children under age 4 must have water diapers.

1 WATER EXPLORATION

Breath holding, rhythmic breathing, front and back float for 10 seconds, glide, flutter kick, arm crawl stroke, jump into water (chest deep).

2 PRIMARY SKILLS

Flutter kick (review), total crawl stroke (25 yards - including proper rhythmic breathing), backstroke (25 yards), jump into deep water, front dive from deck.

3 STROKE READINESS

Crawl stroke (front and back) and elementary backstroke (50 yards each), breath control, underwater swim, tread water, jump off diving board, rescue techniques (non-swimming).

4 STROKE DEVELOPMENT

Crawl stroke (front and back) and elementary back stroke (100 yards each), scissor kick, side stroke 50 yards, breast stroke kick, breast stroke 50 yards, float, tread water, standing front dive (off board), five-minute swim (with all strokes).

5 STROKE REFINEMENT

Crawl stroke, back stroke, side stroke, breast stroke (100 yards each), flutter kick front and back 50 yards, surface dive to recover brick, butterfly stroke 25 yards, long shallow dive, 10-minute swim (all strokes).

6 SKILL PROFICIENCY

Front crawl, 200 yard back crawl, side stroke, breast stroke 100 yards with turns, butterfly stroke 25 yards, 20-minute swim, open turns.

7 ADVANCED SKILLS

This is for the student who wants to continue swimming but is not ready for advanced classes. Basic rescue, competitive strokes and skin diving will be practiced.



HELP WANTED

We are looking for Swim Instructors and Lifeguards to work week day evenings during the school year (more hours available in summer). Staff must be at least 14 years old. We will train new Swim Instructors. Lifeguards must be certified.

Visit <https://goo.gl/AkX3Ch> for details and to apply.

Instructors wanted: Teach a class!

Share your passion, talent, craft, or hobby with others!

Robbinsdale Area Schools Community Education is interested in talking to you about teaching one or more of our adult or youth courses.

Learn more

If you are interested in teaching an Adult or Youth Enrichment class, please contact Diane Dickmeyer, Adult and Youth Enrichment Program Specialist to learn more.

Questions?

Contact Diane at 763-504-4907 or diane_dickmeyer@rdale.org.



Legislative Action Coalition

The Legislative Action Coalition (LAC) is a group of parents, students and community members who advocate for legislation to support Robbinsdale Area Schools.

Get Involved and Make a Difference for All Students

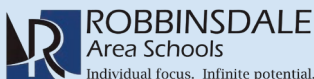
1. Go to lac.rdale.org to:

- Sign up for the LAC monthly newsletter
- Like LAC on Facebook
- Follow LAC on Twitter
- Sign up to receive information on trips to the Capitol
- Find out who your legislators are and use the links to contact them
- View the 2019 Legislative Platform

2. Do you enjoy discussing legislative issues and asking questions?

Join us for LAC meetings on the third Tuesday of the month from 7:30-8:45 am. No experience is necessary to advocate for students.

For more information or questions please contact Kristine Wehrkamp at 763-504-8028 or LAC@rdale.org.



The Basement

Middle School Non-School Days ACTIVITIES AND FIELD TRIPS

Join us at The Basement for fun-filled activities and field trips on certain non-school days at Sandburg Middle School, 2400 Sandburg Ln, Golden Valley.

DATES

Winter Break: Dec 26, 27, 28
Jan 2, 3 and 4

Registration deadline Dec 12

Spring Break: Mar 25, 26, 27, 28
and 29

Registration deadline Mar 11

HOW MUCH

\$36.50 per day, \$46.50 per day after registration deadline.

REGISTER

rdale.eleyo.com



Robbinsdale Area Schools Facilities Use

Community Use of Facilities

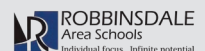


Robbinsdale Area Schools is dedicated to making our district buildings accessible for use to groups and individuals looking for space to hold their event. We believe that by inviting the community into our facilities for their educational, recreational, cultural and civic activities that inspire success, health and well-being throughout all age groups, it allows us to form relationships with the entire community.

Whether you're a small or large group looking for space to hold your next meeting, gathering, celebration, performance or sports practice, our selection of amenities are available for your use. We have experience hosting athletic practices to tournaments, large-scale productions to intimate gatherings. We've hosted craft fairs, fundraisers and baby showers. With our multi-functional spaces, the options are endless.

To inquire about our spaces available for use, please contact:

Jennifer Bridgeman at 763-504-4917 or jennifer_bridgeman@rdale.org.





Welcome to Adventure Club!

Adventure Club is the School Age Child Care Program of Robbinsdale Area Schools. Adventure Club is conveniently located in each elementary school for students in Kindergarten through fifth grade before school, beginning at 6:30 am and after school until 6:00 pm.

Adventure Club is staffed by trained professionals who have a combination of education and experience especially suited to working with school aged children. With curriculum designed to enhance learning, students are encouraged to make choices, practice decision making skills and build positive peer relationships.

Activities

Our program offers extracurricular activities which are especially designed to promote physical activity, build positive social relationships and foster teamwork. Daily activities include gym games, science experiments, cooking projects, social recreation and art.

Adventure Club rates for the 2018-19 School Year:

Full Schedule

- ◆ Before School 5 days/week: \$14 per day
- ◆ After School 5 days/week: \$12 per day
- ◆ Before School (same days each week) 2-4 days/week: \$14.55 per day
- ◆ After School (same days each week) 2-4 days/week: \$12.25 per day

Pick Your Days

- ◆ Before School: \$14.55 per day
- ◆ After School: \$12.25 per day
- ◆ School Release Days: \$36.50/day (After the registration deadline, rates increase to \$46.50/day)

Drop-In

- ◆ Drop in or Full Schedule Before School 1 day /week: \$17.50 per day
- ◆ Drop in or Full Schedule After School 1 day /week: \$14.65 per day

**Lakeview and FAIR School at Pilgrim Lane Adventure club pricing is the opposite of the pricing listed above for regular school days as their school day hours are different from the other elementary schools.

Contact Us

Website:

ced.rdale.org/K-12_youth/Adventure_Club

Phone: 763-504-5320

Email: Adventure_Club@rdale.org

Space is limited, so join us now. To register go to: rdale.eleyo.com

Just for Middle School

The Source

Looking for something cool after school? Check out The Source.

Students at Robbinsdale Middle School, Plymouth Middle School, Sandburg Middle School and FAIR have a cool place to hang out after school. The Source is a place for those who love sports, art, games, or gadgetry stuff like robots and computers. Maybe your thing is meeting new people and trying new things, we've got that. We'll have space for you to finish your homework and space for you to test out your imagination. And, we might have to try out this new game, they call it dodge ball, or something like that. We'll also find some creative ways to make a difference. You just never know who might need a hand. Join us at The Source - get plugged in.

Dates/Times:

- ◆ Mon-Fri 2:45-5:00
- ◆ Activity buses leave PMS at 4:15
- ◆ Activity buses leave RMS and SMS at 4:20

Locations:

- ◆ PMS, RMS, SMS (FAIR students will be bussed to RMS)

Cost: **FREE**

Registration: Online at

rdale.eleyo.com/

Registration is on a first come, first served basis with a completely flexible schedule. Select the days you plan to attend.

RMS and SMS Site Supervisor:

Courtney Oase: 763-504-4914 or courtney_oase@rdale.org

PMS Site Supervisor:

Cameron Goude: 763-504-4918 or cameron_goude@rdale.org



10th Annual Spelling Bee

Saturday, Mar 2
Robbinsdale Middle
School
Beginning at 9 am
Grades 2-5



Think you can S-P-E-L-L? Then come join the fun! Beginning promptly at 9:30 AM (check-in is at 9-9:20 AM), you will participate in a competition with students in your current grade level. There will be an awards ceremony, including prizes for top and runner-up spellers, immediately following the competition, and every participant takes home a certificate. Practice word lists will be mailed to all registrants on Friday, Feb 8. [Note: Judges will include words that are not on the practice list.]

Registration deadline: Monday, Feb 25

Cost: \$5 (\$0)

Parents are welcome.

Prizes are donated by Seven Dreams Education Foundation, supporting Robbinsdale Area Schools students by funding innovative hands-on learning opportunities.

NEW! Ballet, Tap & Jazz Dance

A combo class consisting of three styles of dance! Start with the foundation for all styles of dance, ballet training. Add in tap which will focus on following rhythm through quick foot movement. Finish with jazz, which includes a blend of isolations, funk-style movements and hip hop moves. New and returning students will be challenged and all new routines will be taught. Students will perform for family and friends for the last 10 minutes of the last class. Ballet and tap shoes are required, jazz shoes are optional. Class is located at Dance Unlimited Studio, 6900 Oxford St, St Louis Park. No class Feb 16.

Gr K-5
XW-0092 Sa Jan 26-Mar 16
7x 10:15-11:15 am \$89 (\$45)
Dance Unlimited

Prices in (\$xx) are for students who qualify for Free or Reduced Lunch through Robbinsdale Area Schools.



Programs for Youth

NEW! Glow Dance Party (Parent's Night Out)

Gr K-6

Grab your friends and join us for this exciting party! Learn super fun dance moves including hip hop and jazz, then put them together for a fun combination! Parents, enjoy a night out and then come watch our fun performance for the last 15 minutes. Boys and girls of all experience levels are welcome. In addition to dancing fun, we will also do crafts, eat pizza and play fun games! Be amazed at what you can learn in one evening! Please wear white or neon clothing. Dance shoes are encouraged but not required. Pizza dinner is included. Class is located at Dance Unlimited Studio, 6900 Oxford St, St Louis Park.

XW-0538 Sa Feb 2 5-8:30 pm
Dance Unlimited \$25 (\$13)

NEW! ASHI Child and Babysitting Safety

This three-hour class gives young teens (ages 11-15) everything they need to know for safe and successful babysitting: from getting started with their business, to dealing with parents and children, to key safety, caregiving and first aid tips. The learning is fun!

Learn the responsibilities of being a prepared, safe, responsible and professional babysitter. Topics include child development, behavior guidance, supervision, proper feeding and diapering techniques, personal safety, medical emergencies, basic first aid care and fire safety. Dolls, bottles and diaper supplies will be provided in class for hands-on participation. Bring a snack to class. The course is developed by the American Safety and Health Institute and approved by the American Pediatrics Association. Class participants receive a CABS book and ASHI certification card.

XW-6329 Sa Mar 16 9 am-12 pm
Timm SMS 6 \$59 (\$30)

NEW! Spring Break Camp - Basketball/Baseball

M Mar 25

Gr K-5

Join Rev Sports for a day, learning the skills of basketball and baseball. Kids ages 6-12 will be divided based on age and ability level and will work in small groups on developing individual skills in each sport. Campers should provide their own lunch and a couple snacks for the day. A water bottle is always a good plan too.

XW-0056M Basketball: 8:30-11:30 am
\$55 (\$28)

XW-0056A Baseball: 1-4 pm
\$55 (\$28)

XW-0056D Full Day \$99 (\$50)
(including supervised lunch activities)

NEW! Spring Break Camp - Lacrosse/Soccer

T Mar 26

Gr K-5

Join us for a day, learning the skills of lacrosse and soccer with Rev Sports. Kids ages 6-12 will be divided based on age and ability level and will work in small groups, developing individual skills in each sport. Bring your own lunch, a water bottle and a couple snacks for the day.

XW-0153M Lacrosse: 8:30-11:30 am
\$55 (\$28)

XW-0153A Soccer: 1-4 pm
\$55 (\$28)

XW-0153D Full Day \$99 (\$50)
(including supervised lunch activities)



Kid Fu

More than a self-defense class! Kid Fu improves balance, coordination, flexibility and endurance, while building strength. It also improves self-awareness and builds self-esteem and confidence while developing concentration and leadership skills. Class is taught in a fun, fast-paced, relaxed atmosphere allowing kids to progress at their own pace.

Kid Fu is a progressive program from Beginner through Black Belt. Promotional tests are offered the last day of each session for an additional charge which includes the sash and certification. Parents may register and take the class with their child. No class Feb 18, 20, Mar 25, 27, Apr 22, 24, May 27, 29.

Pilgrim Lane Gym - 8 sessions

\$59 (\$29) one day per week
\$89 (\$45) two days per week

Beginners (K-Gr 8)

All classes meet 5:30-6:30 pm

XW-0829A	M	Feb 4-Apr 8
XW-0829B	W	Feb 6-Apr 10
XS-0829A	M	Apr 15-Jun 17
XS-0829B	W	Apr 17-Jun 19

Yellow Sash III & Above (K-Gr 8)

All classes meet 6:30-7:30 pm

XW-0830A	M	Feb 4-Apr 8
XW-0830B	W	Feb 6-Apr 10
XS-0830A	M	Apr 15-Jun 17
XS-0830B	W	Apr 17-Jun 19

"This is the best instructor any parent could hope for - he is incredible with the kids and they adore him. It is a relaxed, fun environment and the students learn and have fun. He keeps them focused on what they are learning, but adds fun and gentle goofiness that helps them learn but isn't upsetting." (Kid Fu Parent-2017)

REVSports

A RevSports instructional sports class maximizes the time that a player spends developing individual skills. Topics include dribbling, passing, shooting, defending and more. Class starts with an active skill-based warm-up, transitions into a fun, more challenging game and ends with an age-appropriate small-sided scrimmage. All ability levels are welcome. Focus is on individual player development and helping each player become more confident with the skills of the game.

Soccer for All Ages

TotStars, PreStars and KinderStars Soccer are parent/child classes. No class Feb 16.

TotStars Soccer

	Ages 2-3
XW-T247	Sa Jan 26-Mar 9 1-1:30 pm
6x	SMS Gym B \$59 (\$29)

Pre-Stars Soccer

	Ages 3-5
XW-P247	Sa Jan 26-Mar 9 1:30-2:15 pm
6x	SMS Gym B \$59 (\$29)

KinderStars Soccer

	Ages 4-6
XW-K247	Sa Jan 26-Mar 9 1:30-2:15 pm
6x	SMS Gym B \$59 (\$29)

MightyStars Soccer

	Grades 1-2
XW-1247	Sa Jan 26-Mar 9 2:15-3 pm
6x	SMS Gym B \$59 (\$29)

SkillStars Soccer

	Grades 3-5
XW-3247	Sa Jan 26-Mar 9 2:15-3 pm
6x	SMS Gym B \$59 (\$29)

Basketball at Pilgrim Lane

No class Mar 28.

KinderStars Basketball

	Ages 4-6
XW-K345A	Th Jan 24-Feb 28 6-6:30 pm
6x	PL Gym \$59 (\$29)
XW-K345B	Th Mar 14-Apr 25 6-6:30 pm
6x	PL Gym \$59 (\$29)

MightyStars Basketball

	Grades 1-2
XW-1345A	Th Jan 24-Feb 28 6:30-7:15 pm
6x	PL Gym \$59 (\$29)
XW-1345B	Th Mar 14-Apr 25 6:30-7:15 pm
6x	PL Gym \$59 (\$29)

SkillStars Basketball

	Grades 3-5
XW-3345A	Th Jan 24-Feb 28 7:15-8 pm
6x	PL Gym \$59 (\$29)
XW-3345B	Th Mar 14-Apr 25 7:15-8 pm
6x	PL Gym \$59 (\$29)

Parenting Questions?

Parents with children - birth through third grade

Call to schedule a free, one-to-one visit with a licensed parent educator. The parent educator can respond to your parenting questions and share information on child development and community resources. Meet in your home or at New Hope Learning Center.

Discussion topics include:

- ◆ What to expect at different stages in your child's life
- ◆ How to strengthen the parent/child relationship
- ◆ Finding positive ways to guide and teach your child
- ◆ Parenting concerns
- ◆ Community resources and family support

To schedule an appointment:

Call 763-504-4170 or email, ecfe_281@rdale.org



Early Childhood Family Education (ECFE)

For Families with Children Birth through Pre-Kindergarten

Laying a healthy foundation for lifelong learning while getting children ready for kindergarten

Classes and Activities for You and Your Child

ECFE classes are designed to strengthen families and support children's healthy growth and development.

Licensed children's teachers help young children develop their cognitive, physical, language, and social skills. Licensed parent educators provide support regarding children's healthy development, understanding and guiding children's behavior, and strengthening the parent-child relationship. Curriculum is designed around Minnesota's Early Childhood Indicators of Progress and the Parent Education Core Curriculum Framework.

Most classes include:

- ◆ Activities where parents and children learn together
- ◆ Time for children to learn and interact with one another
- ◆ Parent education time with a licensed parent educator

Tuition for most classes is based on a sliding fee scale with payment plans and fee assistance available upon request. Most classes offer child care for siblings three months through five years of age who are not enrolled in class.

Registration is Ongoing

View our full registration brochure online at ced.rdale.org or call the ECFE office at 763-504-4170.



Family Gym Time

Tired of the same four walls? come spend time in the New Hope Learning Center gym. Parents can play with their children as they explore a variety of activities. Drop in anytime to this non-separating playtime.

There is a \$5 fee per family paid at the door. No need to pre-register. Scholarships are available upon request.

New Hope Learning Center
8301 47th Ave N, New Hope

Fridays, January 25-May 10
(will not meet 3/29 or 4/19)
9:00-11:00 am

Congratulations on the Birth of Your Baby!

Come with your baby to these classes & special activities

We Welcome You and Your New Baby

Parents and their infants - Birth-5 months

This relaxing, informative class is designed to be your time to slow down and enjoy your child. Children will experience a variety of sounds, textures and physical activities as they learn through movement and their senses.

You will learn about child development as you meet with our licensed parent educator and other parents.

Child care is available for siblings through 5 years of age/\$35 per child.

Winter/Spring semester classes for new babies

6-7 Week Session No fee New Hope LC

EW-D112 W Jan 23-Mar 6
Rm 23 6:15-7:30 pm

EW-D212 W Mar 13-Apr 24
Rm 23 6:15-7:15 pm

EW-D113 Th Jan 24-Mar 7
Rm 23 9-10:30 am

EW-D213 Th Mar 14-Apr 25
Rm 23 9-10:30 am

FREE! Birth-5 months classes are offered with no fee.

Baby Massage

Enhance baby's development, digestion, sleep and ability to relax through loving touch, sight, sound and movement. Massage also helps to improve communication and build your attachment to your baby. Bring a blanket for your baby.

Parents and their infants - 1 month to crawling

1 Session No fee New Hope LC

EW-F104 Th Feb 21
Rm 18 1-2 pm

EW-F105 Th Mar 21
Rm 18 1-2 pm

Making the First Months Matter

Learn more about the important role you play in building your baby's brain and leave with brain building activities you and your baby can enjoy together.

Parents and their infants - Birth to 12 months

1 Session No fee New Hope LC

EW-F107 W Jan 9
Rm 18 10:30-11:30 am

EW-F110 W Jan 9
Rm 18 6:15-7:15 pm

Sleep, Baby, Sleep

To relieve stress and help you and baby sleep, come learn a relaxing night time massage routine for baby and simple restorative stretches for you. Receive information on sleep, learn lullabies and end the evening with a sleepy-time treat for you! Bring a yoga mat for you and a blanket for baby.

Parents and their infants - 1 month to crawling

1 Session No fee New Hope LC

EW-F113 T Jan 29
Motor Rm 6:15-7:15 pm

EW-F114 T Apr 16
Motor Rm 6:15-7:15 pm

Sleep? Dream On!

This two-week class is designed to help you understand your baby's sleep behaviors and how to gently introduce age appropriate strategies to support healthy sleep.

Parents and their infants - 6-15 months

2 Sessions No fee New Hope LC

EF-F116 T Apr 9, 16
Rm 18 1-2 pm

Welcome to ECFE

We are pleased to offer you a variety of FREE baby classes! We invite you to get to know us and learn how ECFE can support you along your parenting journey.

- Baby Massage
- Baby Talk - Come and Play
- Birth-5 month classes
- HUG - home visits
- Making the First Months Matter
- Sleep, Baby, Sleep
- Sleep? Dream On!

Attend three or more FREE classes and receive \$10 off your 6-10 month class fee!

Child care for siblings is available at no cost on a limited basis for Baby Massage; Making the First Months Matter; and sleep support sessions.



Baby Talk Come and Play Parents and their children - 10-20 months

Come and explore our infant classroom as you enjoy one-on-one playtime, reading, music and movement fun with your child. This informational class is lead by a licensed early childhood teacher, who is on hand to answer your parenting and child development questions. There is no fee or registration needed for this class.

Th Jan 24-Apr 25
10:45 am-12:15 pm

Early Childhood Screening

Children 3-5 years

All 3 to 5 year old children in Minnesota are required to complete an Early Childhood Screening to determine if they need additional support or services to prepare them for kindergarten.

Early Childhood Screening is a free and simple check of your child's vision, hearing, height, weight and development as well as a review of immunizations.

We recommend that children be screened between their 3rd and 4th birthdays. This helps ensure that all young children are well equipped for learning and that families are aware of resources in the school and community.

The screening tools are designed to provide a snapshot of your child's motor, thinking, speech and language skills. This is not an IQ test, achievement test or comprehensive eye exam. The results are based on your child's age at the time of the screening.

Appointments are available Monday through Friday and take about an hour. Call 763-504-4180 for an appointment.

*Early Childhood Screening is a requirement for most of our early childhood programs.



Beyond ECFE

For parents with children beyond 5 years of age

New Brother/New Sister

Parents and their children up to 6 years of age

Is your child expecting a new baby sibling? This class will help your child prepare for the arrival of a new baby. You and your child will participate in activities that help children learn:

- what to expect when the new baby comes home
- about caring for a new baby
- how to communicate their feelings about the baby with other family members

No fee for this class. Sibling Care is not available.

EW-F121 T Jan 15 6:15-7:15 pm Rm 20

Parent Connections (Parent Only Classes)

Parents of children 4-8 years old

Join us once each month for support, community and information around relevant parenting issues. There is no fee for these classes. Child care is not available.

Coaching Your Child on Friendship Skills

EW-F157 M Jan 14 9:45-11:15 am Rm 16
EW-F158 M Jan 14 6:15-7:45 pm Rm 16

"Mom, You Forgot My Boots!" - Helping Your Child Develop a Sense of Responsibility

EW-F159 M Feb 11 9:45-11:15 am Rm 16
EW-F160 M Feb 11 6:15-7:45 pm Rm 16

Promoting Positive Sibling Relationships

EW-F161 M Mar 11 9:45-11:15 am Rm 16
EW-F162 M Mar 11 6:15-7:45 pm Rm 16

Summer Learning Through Fun

EW-F163 M Apr 15 9:45-11:15 am Rm 16
EW-F164 M Apr 15 6:15-7:45 pm Rm 16

Preschool Programs through Robbinsdale Area Schools

PARENT AWARE 4 STAR RATED

Each of our preschool programs have received the highest possible rating by Minnesota's quality rating system for early education settings. Licensed teachers use a variety of research-based curriculum to thoughtfully engage children in activities which build essential school-readiness skills. These skills provide children a smooth and successful transition into kindergarten.

ECFE Preschool Preschool PLUS Parent Education

- ◆ For parents & children ages 3-5
- ◆ 2-3 days per week at New Hope Learning Center (includes 1 day each week of parent education)
- ◆ Call **763-504-4170** or visit ced.rdale.org for information

2 or 3-Day Preschool

- ◆ For children ages 3-5
- ◆ 2-3 days per week at New Hope Learning Center or Zachary Lane Elementary
- ◆ Call **763-504-5330** or visit ced.rdale.org for information.

We have many scholarship opportunities available. Please don't hesitate to call!

5-Day Preschool for 4-year-olds

- ◆ For children who turn 4 by September 1 of the current school year
- ◆ 5 mornings or afternoons per week
- ◆ Children must live, or attend daycare, in attendance area for Forest, Lakeview, Meadow Lake, Neill, Noble, Northport or Sonnesyn
- ◆ Transportation is available within individual school boundaries
- ◆ Some open enrollment spots are available
- ◆ No cost to families
- ◆ Call **763-504-5330** for information and availability

Family Literacy

Criteria Based Enrollment

- ◆ For parents and their children ages 33 months - 5 years
- ◆ 4 days per week (Mon-Thurs) at Crystal Learning Center
- ◆ Parents work on GED, basic skills, English as a Second Language (ESL) or High School diploma, in addition to attending parenting classes
- ◆ No cost to qualifying families
- ◆ Register by calling Adult Academic at **763-504-8300**

Early Adventures



Early Adventures is the full-day preschool option of Robbinsdale Area schools. By combining high quality childcare with the district's preschool curriculum, this program offers an opportunity for students to prepare for Kindergarten in a safe, nurturing setting with adults especially trained to work with preschool students.

Ages

Early Adventures is open to any student who turns 5 by September 1, 2019. All students must be toilet trained.

Location

Early Adventures is located at Neill Elementary and FAIR Pilgrim Lane, where students have access to many amenities including a playground, a gym and a computer lab.

Fees and Schedules

- ◆ Tu, Sep 4, 2018 - Wed, Jun 5, 2019.
- ◆ The program is open on all school days, as well as many non-school days.
- ◆ Early Adventures will open at 6:30 am and close at 6 pm each day.
- ◆ Students must be registered Monday-Friday. The cost is \$215/week.

Parent Aware 4 Star Rated

All Robbinsdale Area Schools preschool programs have received the highest possible rating by Minnesota's quality rating system for early education settings.

Questions?

Phone: 763-504-5320

Email: Adventure_Club@rdale.org

Website: <https://rdale.eleyo.com>

Student Academic Success

The accomplishments of our students continue to stoke school, district and community pride.

Armstrong High School senior Benyoshi Aoki-Sherwood has been named a National Merit Finalist; he also scored a perfect 36 on the ACT last school year. Armstrong High School senior Jack Fredrickson has been named a National Merit Commended Scholar. Maggie Wuollet, also a senior at Armstrong, earned the National Speech and Debate Association's Academic All American Award, which is given to fewer than 7% of students in the association. In addition, 10 juniors from Cooper High School were recognized for being Advanced Placement (AP) Scholars this fall, an accomplishment given for earning a score of three or higher on at least three AP tests.



Armstrong Band Earns 1st Place

The Armstrong Marching Band received the 1st place trophy in class AA for its performance at the Anoka Halloween Parade on Saturday, October 27, 2018. The Armstrong Marching Band has won 1st place at the Anoka Halloween Parade for 15 of the past 17 years. The judges also awarded the band the trophy for "Outstanding Winds" for best musical sound, and the drum majors leading the band won the trophy for "Best Drum Majors."

Cooper High School Athletes Featured in National Commercial

The Cooper Hawks Football team and Girls Basketball team were selected to be featured in a television commercial for Honda. Filming took place in October at Robbinsdale Cooper High School. This experience allowed students to show off their athletic abilities and acting prowess. The commercial will air nationally during NFL football games this season.



Robbinsdale Area Schools News Highlights

School of Engineering and Arts Named 2018 National Blue Ribbon School from U.S. Department of Education

The School of Engineering and Arts (SEA) elementary school was named a 2018 National Blue Ribbon School by the the U.S. Department of Education. Across the United States, 349 schools were recognized; SEA is one of only eight schools in MN to earn this distinction for 2018.

The coveted National Blue Ribbon Schools award affirms the hard work of educators, families and communities in creating safe and welcoming schools where students master challenging and engaging content. "When content, caring and kindness are aligned, children have limitless possibilities," said RAS Superintendent Carlton D. Jenkins, Ph.D.

All schools are honored in one of two performance categories, based on a school's overall academic performance or progress in closing achievement gaps among student subgroups. SEA has been designated as an "Exemplary High Performing School."

"Becoming a National Blue Ribbon School doesn't happen overnight; it takes years of hard work and dedication by teachers, staff, students, parents and community volunteers. We could not be more proud of this achievement," said SEA Principal, Heather Hanson.

5th Grade Teacher Wins 2018 Award for Elementary Science Teaching!

Carrie Ehn, 5th grade teacher at our School of Engineering and Arts (SEA), was awarded the Minnesota Science Teachers Association 2018 Award for Elementary Science Teaching. Each year, the Minnesota Science Teachers Association (MnSTA) recognizes an elementary teacher and a secondary teacher for excellence in science teaching.



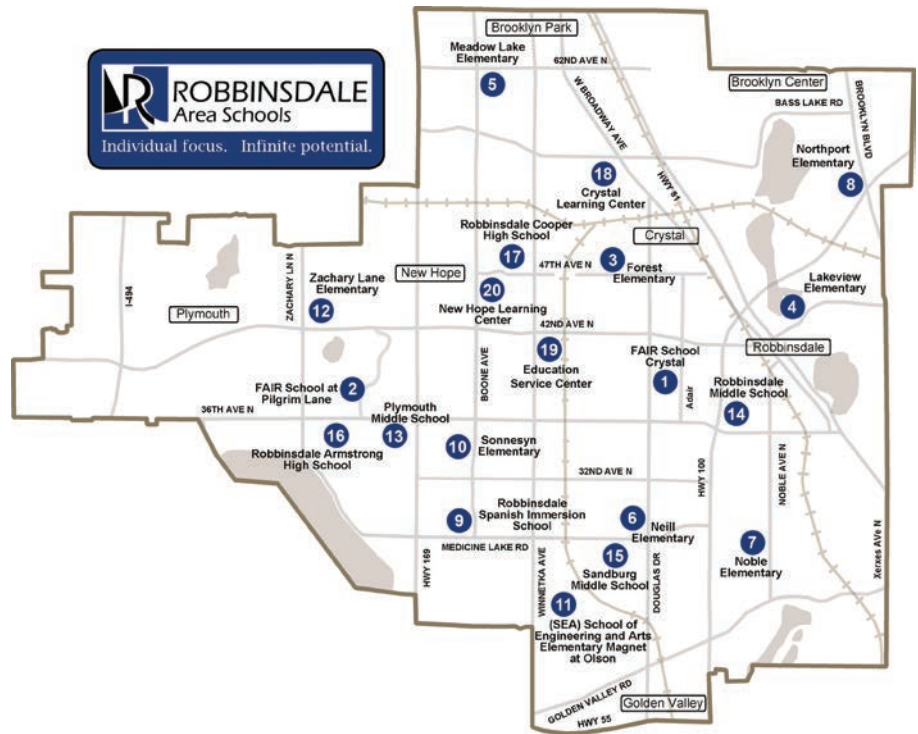
"I am greatly honored and thrilled to be named the MN Elementary Science Teacher for 2018," said Mrs. Ehn. Ms. Ehn is a proud 'hometown' teacher, having attended school at Zachary Lane, Plymouth Middle School and then graduating from Cooper High School. "There have been many wonderful educators, students and community members who have influenced my teaching over the years. I am also blessed to work with an amazing staff at SEA where I daily experience seeing the wonder and enthusiasm for learning in my students," she said.



Schools

1. FAIR School Crystal
3915 Adair Av N, Crystal
2. FAIR School at Pilgrim Lane (PL)
3725 Pilgrim Ln N, Plymouth
3. Forest Elementary
6800 47th Av N, Crystal
4. Lakeview Elementary
4110 Lake Dr N, Robbinsdale
5. Meadow Lake Elementary
8525 62nd Av N, New Hope
6. Neill Elementary
6600 Medicine Lake Rd, Crystal
7. Noble Elementary
2601 Noble Av N, Golden Valley
8. Northport Elementary
5421 Brooklyn Blvd, Brooklyn Center
9. Robbinsdale Spanish Immersion School (RSIS)
8808 Medicine Lake Rd, New Hope
10. Sonnesyn Elementary
3421 Boone Av N, New Hope
11. School of Engineering & Arts at Olson (SEA)
1751 Kelly Dr, Golden Valley
12. Zachary Lane Elementary
4350 Zachary Ln, Plymouth
13. Plymouth Middle School (PMS)
10011 36th Av N, Plymouth
14. Robbinsdale Middle School (RMS)
Robbinsdale Area Learning Campus
3730 Toledo Av N, Robbinsdale
15. Sandburg Middle School (SMS)
2400 Sandburg Ln, Golden Valley

District Facilities



Questions? Call 763-504-8000 or visit rdale.org.

16. Robbinsdale Armstrong High School (AHS)
10635 36th Av N, Plymouth
17. Robbinsdale Cooper High School (CHS)
8230 47th Av N, New Hope
- Highview Alternative Program & Alternative Study Center (TASC)
Located at Sandburg Middle School
2400 Sandburg Ln, Golden Valley

Learning & Service Centers

18. Crystal Learning Center (CLC)
305 Willow Bend, Crystal
19. Education Service Center/
Bus Garage
4148 Winnetka Av N, New Hope
763-504-8000 (Main Switchboard)
763-504-8107 (Transportation)
20. New Hope Learning Center (NHLC)
8301 47th Av N, New Hope

Register for On-site Classes

Online

24 hours a day at
rdale.eleyo.com.

By mail

Fill out the form and mail it with
your check or Visa, MasterCard
or Discover number to:

**Community Education at
Pilgrim Lane**
Enrichment Classes
3725 Pilgrim Lane North
Plymouth, MN 55441

In person

**Community Education at
Pilgrim Lane**
Monday through Friday
8 am-4 pm

Drop off

**Community Education at
Pilgrim Lane**
Monday through Thursday
8 am-9 pm
Friday 8 am-4 pm

By phone

763-504-6990
*Payment via Visa, MasterCard,
Discover.*
Monday through Friday
8 am-4 pm

Register for Online Classes

We offer online classes through
two providers:

U Got Class: [yougotclass.org/
catalog-complete.cfm/Robbinsdale](http://yougotclass.org/catalog-complete.cfm/Robbinsdale)

Register for Other Programs

Call the phone numbers listed
on page 2.



Registration & Policies

First Come, First Served

Registrations are processed in the order
received to the maximum number
determined by the instructor
for each class.

Please Note

Some of these classes might be
considered “alternative” approaches to
fitness, health, financial, special interests
and so on. The views expressed in the
classes do not necessarily reflect those
of the administration or the district.
We simply provide a means for the
community to learn about ideas and
services.

Refunds/Cancellations

If you cancel five business days prior
to the class start date, we will gladly
apply the entire fee to a future class or
refund the price of the class less a \$5
processing fee. Less than five business
days prior to the class start date, refunds
will be granted only in case of serious
illness or family emergency and will be
assessed a \$5 processing fee.

**If your class is full or cancelled you
will receive a full refund.**

Fee Assistance

There is fee assistance available for
Robbinsdale Area Schools residents with
financial need who qualify, and adults
with disabilities enrolled in specific
Medicaid programs. Call for more
information at 763-504-6990.

No News Is Good News!

Assume you are registered

Unless we contact you, assume that
you are enrolled and the course will
be held at the time and place indicated.

We do not send out confirmations,
but an automated email receipt will be
sent if you provide your email address
upon registration.

Weather Cancellations

If Robbinsdale Area Schools is
closed due to bad weather, or students
are dismissed early, the Community
Education classes and activities
are cancelled.

If the weather turns bad late in the
day, Community Education may cancel
classes. Stay tuned to WCCO 830 AM
radio or local TV stations.

UCare Discount

UCare members may take up to a \$15
discount on one class each calendar year
(most, but not all classes are eligible).
Call 763-504-6990 to find out if a class
qualifies. Members must be on UCare
at the time of registration and throughout
the duration of the class. Indicate ID
number on the registration form.


Our Office Will be Closed

Dec 24 & 25, Jan 1 & 21, and Feb
18. Limited hours the weeks of
Dec 24-Jan 4. During this time please
register on-line or mail your registration.


Adult Enrichment Registration


5 WAYS TO REGISTER!

 **ONLINE**
Visit rdale.eleyo.com

 **IN PERSON**
At Community Education at Pilgrim Lane
Monday through Friday
8:00am - 4:00pm

 **BY EMAIL**
RobbinsdaleAreaCommunityEd@rdale.org

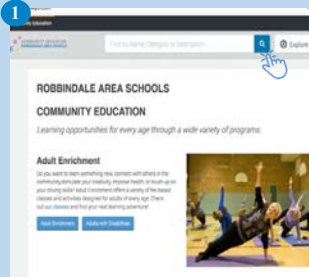
 **BY MAIL**
Fill out the form below and mail to
Community Education at Pilgrim Lane
3725 Pilgrim Lane North
Plymouth, MN 55441

 **BY FAX**
Fill out the form below and fax to
763-504-6989

QUESTIONS? Call 763-504-6990 or
email: RobbinsdaleAreaCommunityEd@rdale.org

Navigate our registration system more easily with these tips!

ON A DESKTOP COMPUTER: Go to the home page at rdale.eleyo.com



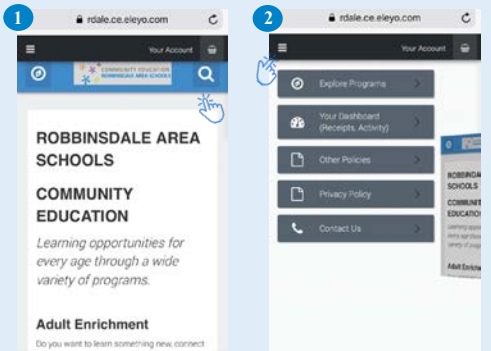
1 Click on the blue magnifying glass to search classes. Type in the class name or subject you are searching for.

ON YOUR MOBILE DEVICE:

Visit the home page at:
rdale.eleyo.com

1 Click on the white magnifying glass to search classes. Type in the class name or subject.

2 Click on the menu bar and then on "Explore Programs" for all class options.



ROBBINSDALE AREA SCHOOLS COMMUNITY EDUCATION CLASS REGISTRATION

Participant's Name _____
Address _____
City _____ Zip _____
Preferred Phone _____
Email _____

Date of Birth ___ / ___ / ___ Male Female
UCare # _____
For demographic purposes, what is your ethnicity (or race)

If student: Grade ___ School _____
Emergency Contact _____ Phone _____

COURSE#	COURSE TITLE	START DATE	TIME	TUITION

PAYMENT METHOD Cash Check (Payable to: District 281) Visa Mastercard Discover
Credit Card Information Card # _____ Expiration CC ___ / ___
Cardholder Name _____ Signature _____



Independent School District 281
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 New Hope, MN 55427
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Robbinsdale Area Schools

Superintendent
 Carlton D. Jenkins, Ph.D.

Executive Director of Community Education
 Kristine Wehrkamp

Board of Education
 Helen Bassett, David Boone, Patsy Green (outgoing),
 Michael Herring, Pam Lindberg, Sam Sant (incoming),
 Sherry Tyrrell, John Vento

	<p>PAGE 39</p> <p>Early Adventures</p> <p>There are still spots available in our Early Adventures program, a full-day preschool option of Robbinsdale Area schools. Locations are at Neill Elementary and FAIR Pilgrim Lane.</p>
	<p>PAGE 8</p> <p>9th Annual Empty Bowls Fundraiser</p> <p>Tuesday, March 5, 2019 4-7 pm</p>
	<p>PAGE 4</p> <p>Take a ME Day Saturday, February 23, 2019</p> <p>A day to indulge, nourish and develop personal passions and skills</p>