

EAST GRAND FORKS COMMUNITY Education

2017 WINTER GUIDE TO ACTIVITIES

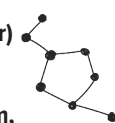
SOCIAL MEDIA BOOT CAMP

Hate missing out on what is happening with family and friends? Does "Tweeting" simply mean the beautiful sound of a songbird to you? If you want to enter the 21st Century, try entering the world of social media. This complex world can be fun and useful but it also has its dangers. We can help you get through the pitfalls of social media etiquette to use Facebook and Twitter as effective communication tools. We will also explore Instagram and Snapchat to give you a picture of what your kids or grandkids are engaged in.

Instructor: Jessica Bina/Melody Olstad
Date: Monday, Feb. 27, Tuesday, Feb. 28
Monday, March 6, Tuesday, March 7
Time: 6:00-7:30 pm
Place: Sr. High 122
Cost: \$30/person • 4 Sessions

ASTRONOMY 101

Ever wanted to learn about the stars and planets above, but never wanted to worry about class grades? Community Astronomy 101 is for you then. You will spend 12 weeks understanding the fundamentals of the science of astronomy, from learning about constellations to understanding what happens when you get sucked into a black hole. Community Astronomy 101 is taught by a NASA JPL rocket scientist, but it will not be all mathematics and theory, you will actually get your hands dirty using telescopes, cameras, and binoculars. If you ever thought about what kind of telescope to buy, or how to use a telescope that was given to you, this too is the class for you. Members of the Northern Sky Astronomical Society will train you on how to use different telescopes, how to find objects in the sky, and how to take pictures of the night skies beauty. By the completion of this course, you will have successfully accomplished the same exact materials which are taught in college introductory astronomy classes, without the stresses of tests or grades. Each class will consist of two parts, a lecture discussion lasting one hour and an observation demonstration lasting the last hour, this will be where you will actually do astronomy. This course will be fun, astronomy is something everyone can do if they just look up into the sky.

Instructor: Chris R. Milly Milford (NASA-Jet Propulsion Laboratory Solar System Ambassador) 
Date: Tuesday, January 31
Time: 7:00-9:00 pm
Place: Amundson Hall Classroom, EGF Heritage Village
Cost: \$35/person (Fee goes towards construction of public observatory. No Sr. Discount)
Sessions: 12

WHAT IS MEDICARE

Come and learn all about Medicare, it's supplements, and when you need or can apply for benefits.

Instructor: Tom Senger
Date: Monday, January 30
Time: 7:00-8:30 pm
Place: Sr. High 113
Cost: \$5/person • 1 Session (No Sr. Discount)


NURSING HOME CONCERNS

If you or your spouse are entering a nursing home, there are usually a number of questions. What property can you keep? How much income can you have? What kind of transfers can be made? Are there differences between Minnesota and North Dakota laws? What is the application process. These questions and more will be answered.

Instructor: Russ Melland/Shannon Rodgers
Date: Tuesday, February 7
Time: 7:00-9:00 pm
Place: Sr. High 113
Cost: \$20/person, \$15/Seniors • 1 Session

"AVERAGE JO" ESTATE PLANNING

The law is becoming more and more helpful to average individuals allowing them to avoid probate. During this course you will find out what exactly probate is, what wills can and can't do, and various practical ways to avoid probate. After two short hours, you will know more about avoiding probate than the average law school grad.

Instructor: John Jeffrey, Attorney 
Date: Thursday, January 26
Time: 7:00-9:00 pm
Place: Sr. High 108
Cost: \$20/person • \$15/seniors • 1 Session

CPR AND AED

This course is intended for the general audience that includes laborers, office personnel, management and others that do not participate in a medical or emergency setting on a daily basis.


In this course you will be given general information necessary for an individual or organization to react in the event of a cardiac emergency. This course includes emergency preparation, current procedures for cardiopulmonary resuscitation (CPR) and information on the automatic external defibrillator (AED).

You will receive a certificate of completion and a card from the Emergency Care and Safety Institute.

Instructor: Terry Wynn
Date: Tuesday, February 21
Time: 6:00-9:00 pm
Place: Sr. High 121
Cost: \$40/person • 1 Session

HEALTHY LIVING 101

Healthy Living 101 is a lifestyle course designed to introduce students to four basic pillars of health. Class topics include body awareness, nutrition, mindfulness, and lifestyle changes to help you feel more alive and energized! Learn how to apply these four pillars throughout your busy day while at work or at home. Learn simple ways to improve the quality of your life, manage stress and transform your body, mind & soul. Each class includes a tasting of delicious, healthy foods. Bring a notepad and pen. Every 'body' welcome!

Instructor: Jessica Pribula, RYT-500 Certified
Date: Saturday, Feb. 11, 18, 25, March 4
Time: 10:30 am -Noon
Place: Sr. High 205
Cost: \$80/person • 4 Sessions
Includes cost of course materials: food, handouts, recipes, etc. 


4 CORNERSTONES OF FINANCIAL LITERACY

1. Budgeting to create savings: Track spending, recognize spending leaks, creating sticking to a budget.
2. Debt reduction and asset building: Prioritizing debt, creating a debt reduction plan and emergency fund, planning for the future through savings & investments.
3. Building a good credit rating: Understanding credit reports, fixing errors on credit reports, improving credit scores.
4. Consumer protection & financial institutions: Working with financial institutions, reading & keeping an accurate and balanced checkbook, identifying credit scams & avoiding predatory financial programs.

Instructor: Maureen Hams & Nancy Ramon
Date: Monday, March 7, 14, 21, 28
Time: 5:30-7:30 pm
Place: Polk County Human Services Building
1424 Central Ave NE
Cost: FREE

WRITE AND PUBLISH A BOOK

If you have ever thought about writing a book, but think that you don't have the knowledge, skill or time - think again! Whether you want to write a book for a million people to read or maybe a book just for your family, this class is for you. At the end of this course, you will have learned all of the necessary tools to get you on your way to both writing and publishing your book online with Amazon's Kindle program, as well as publishing a physical copy of your book. During these sessions, I will teach you and give you the knowledge of over a years worth of my own efforts, so that you don't have to struggle like I did. Just bring a notebook and pen and be ready to learn a wealth of information about writing, editing and publishing your book(s).

Instructor: Jayne Flaagan 
Date: Tuesday, Feb. 7, 14, 21, 28
Time: 6:00-8:00 pm
Place: Sr. High 123
Cost: \$60/person • Limit 8 • 4 Sessions

WWW.EGF.K12.MN.US
218.773.3494

PERSONAL SAFETY SKILLS FOR WOMEN

Participants learn effective physical, verbal, and psychological techniques to fend off an attack. Classes are taught in a safe, supportive, non-competitive environment and are taught and attended exclusively for women. The course is appropriate for women and girls age 13 and older, regardless of strength or physical ability.

Instructor: Denise Piker-Gordon
Date: Monday, Jan. 23, 30, Feb. 6, 13
Time: 6:00-7:30 pm
Place: New Heights Elementary Room 505
Cost: \$20/person • 4 Sessions

EXCEL

This course is designed for those individuals who are familiar with computer usage but would like to learn about using Microsoft Excel. This will be a basic class that introduces formatting of spreadsheets, simple formulas, and basic statistic and financial functions. Operating system is PC based.

Instructor: Don Fischer
Date: Tuesday, Feb. 14, 21, 28
Time: 6:30-8:30 pm
Place: Sr. High 111
Cost: \$45/person • 3 Sessions

WORD

This course is designed for those individuals who are familiar with computer usage but would like to learn about using Microsoft Word. Topics covered will include: 1) the new screen layout, 2) formatting text, paragraphs, and documents, 3) printing envelopes and labels, 4) using mail merge, and 5) other topics as time permits. Operating system is PC based.

Instructor: Don Fischer
Date: Tuesdays, Jan. 24, 31, Feb. 7
Time: 6:30-8:30 pm
Place: Sr. High 111
Cost: \$45/person • 3 Sessions

HOW TO SAFELY BUY AND SELL ONLINE

This course offers a quick look into the workings of Ebay. Learn the basics of buying and selling (for profit) on Ebay. Learn how to easily and quickly earn a few extra dollars.

Instructor: Don Fischer
Date: Tuesday, March 7
Time: 6:30-9:30 pm
Place: Sr. High Library
Cost: \$10/person • 1 Session

PREDATOR CALLING

Learn the exciting sport of predator calling. It is a great way to extend your hunting season and a proven method of getting predators close enough for outdoor photography. The class will focus on methods, location and equipment for calling fox and coyote in the upper midwest. No experience. No materials needed.

Instructor: Leo Marchel
Date: Tuesday, February 7
Time: 7:00-8:30 pm
Place: Sr. High 120
Cost: \$5/person • 1 Session

BEGINNING BLUES HARMONICA

Learn simple blues songs, country riffs, bending notes, wails and warbles. Required 10 hole harmonica in the key of D.

Instructor: Al Gunderson
Date: Monday, January 30
Time: 6:30-7:30 pm
Place: Sr. High 108
Cost: \$20/person • 4 Sessions

**STUDIO PAINTING - ALL LEVELS WELCOME!**

Tap into your creative genius! Students will learn how to use acrylic paints to produce original artworks. Topics include color mixing, composition, and finishing touches. Receive individual feedback throughout the course. Jessica is an Award Winning Artist with a Master of Fine Arts from Central Washington University. She specializes in painting, composition and multiple mediums including acrylic, watercolor and pastel. Students provide all materials.

Instructor: Jessica Pribula
Date: Monday, Feb. 13, 27, Mar. 6, 13, 20, 27
Time: 6:30-8:00 pm
Place: EGF Sr. High Art Classroom
Cost: \$85/person • Limit 15 • 6 Sessions

PAINTING FOR BEGINNERS

If you would like to go more in depth than the popular art and wine parties, come to this class. You need no experience. In this class we will start slow and over the 4 weeks we will build on what you learn to create 2 paintings. We will take a step by step approach to painting your first picture, and then we will explore using a pallet knife, on your second. I will supply easels, paint and aprons. You will need 2 canvas boards 12x16 or 11x14 (they usually come in 2 packs), a plastic pallet knife package (asst sizes) and a multi paint brush pack with 1 big brush along with other assorted sizes.

Instructor: Terri Berg
Date: Thursday, Jan. 26, Feb. 2, 9, 16
Time: 6:30-8:30 pm
Place: Sr. High 125
Cost: \$40/person • 4 Sessions

**BEGINNING CROCHET**

Participants will be learning the various methods of crocheting while discussing types of yarn, equipment, abbreviations, and projects to do. You will need to bring to first class a hook of either G, H, or I size. Also bring some worsted weight yard practice-preferably a light color.

Instructor: Barb Fahey
Date: Thursday, Jan. 26, Feb. 2, 9, 16
Time: 6:30-8:30 pm
Place: Sr. High 101
Cost: \$30/person • 4 Sessions

BEGINNING KNITTING

This class is for those who have never knit before and want to learn the basic stitches. The class will cover casting on, knit, purl, binding off and arm knitting.

Materials: Size 7 up to 10 knitting needles (plastic or bamboo work best), a small amount of yarn for practice, a ball of cotton yarn (such as sugar or cream) for making a dish cloth, a skein of yarn #5 or heavier for making a scarf.

Instructor: Barb Fahey
Date: Tuesday, January 31
Time: 6:30-8:30 pm
Place: Sr. High 101
Cost: \$30/person • 4 Sessions

COUPLES MASSAGE - A NIGHT ON THE HANDS & FEET

A relaxed and fun evening intended to provide pairs with easy-to-learn techniques for helping each other relieve stress, tired hands, and sore feet. Techniques will focus on the feet, lower legs, hands, arms and the benefits of massage. Please bring a partner, clean feet, and wear comfortable clothing. Other than bare feet you will be fully clothed during the class. Instructors are licensed massage therapists.

Instructors: Quiet Waters Massage Staff
Date: Thursday, February 2
Time: 7:00-8:30 pm
Place: Senior High 106
Cost: \$20/Couple • 1 Session
Limit: 10 Couples

COUPLES MASSAGE - BACK & NECK

A relaxed and fun evening intended to provide pairs with easy-to-learn techniques for helping each other relieve stress. Techniques will be modified to address the participant's specific needs, such as frequent headaches, low back pain, etc. and all within the comfort levels of practitioner and client. Focus will be on the neck, shoulders, back and the benefits of massage. Please bring a partner, one pillow per person, and wear comfortable clothing. You will be fully clothed during the class. Instructor is a licensed massage therapists.

Instructor: Quiet Waters Massage Staff
Date: Thursday, February 9
Time: 7:00-8:30 pm
Place: Sr. High Library
Cost: \$20/couple • 1 Session

PURNA YOGA 101 : EVENING CLASSES

Purna Yoga 101 is a gentle style of yoga focusing on alignment, perfect for stiff beginners and for relaxing after a busy workday. Learn body awareness as you increase your flexibility and strength. Deepen your commitment to your physical and mental well-being. Jessica is a 500 Hour Certified Purna Yoga Teacher. Jessica's focus as a yoga instructor is to create a safe, supportive environment for all so that more people may experience the wonderful benefits of yoga on the mat and in daily life. All sessions begin with meditation. Every 'body' is welcome!

Instructor: Jessica Pribula
Session A
Tuesday & Thursday Evenings
6:30-7:30 pm

Date: Feb. 7, 9, 14, 16, 21, 23, 28, Mar. 2
Place: EGF Campbell Library
Cost: \$60/person • 8 Sessions
Walk in Fee: \$10/per class (payable to instructor)
Sessions: 2 classes per week, 4 weeks, 8 classes total

Session B
Tuesday & Thursday Evenings
6:30-7:30 pm

Date: March 7, 9, 14, 16, 21, 23, 28, 30
Place: EGF Campbell Library
Cost: \$60/person • 8 Sessions
Walk in Fee: \$10/per class (payable to instructor)
Sessions: 2 classes per week, 4 weeks, 8 classes total

PURNA YOGA 101 : MORNING CLASSES

Purna Yoga 101 is a gentle style of yoga focusing on alignment, perfect for stiff beginners and for relaxing after a busy workday. Learn body awareness as you increase your flexibility and strength. Deepen your commitment to your physical and mental well-being. Jessica is a 500 Hour Certified Purna Yoga Teacher. Jessica's focus as a yoga instructor is to create a safe, supportive environment for all so that more people may experience the wonderful benefits of yoga on the mat and in daily life. All sessions begin with meditation. Every 'body' is welcome!

Instructor: Jessica Pribula
Session A
Tuesday & Thursday Mornings
6:30-7:30 am

Date: Feb. 7, 9, 14, 16, 21, 23, 28, Mar. 2
Place: Sr. High Library
Cost: \$60/person • 8 Sessions
Walk in Fee: \$10/per class (payable to instructor)
Sessions: 2 classes per week, 4 weeks, 8 classes total

Session B
Tuesday & Thursday Mornings
6:30-7:30 am

Date: March 7, 9, 14, 16, 21, 23, 28, 30
Place: Sr. High Library
Cost: \$60/person • 8 Sessions
Walk in Fee: \$10/per class (payable to instructor)
Sessions: 2 classes per week, 4 weeks, 8 classes total

GROUP HYPNOSIS - WEIGHT LOSS

Hypnosis can help you to control your eating habits. You will learn to desire the right foods for a conscientious weight control program. Hypnosis is relaxing and everyone will be fully aware at all times and at no time will you be unconscious. Bring a pillow, blanket or sleeping bag or bean bag for added comfort. You will also receive a reinforcement tape and a card which allows participants to attend future seminars free, if reinforcement is desired. Check-in time 9:00-9:30 am. Please be prompt! You need to get orientation materials and tape from instructor. No refunds.

Instructor: Dr. Mary Fischer
Date: Saturday, February 25
Time: 9:30-10:30 am and 10:30-11:15 am
Place: Sr. High Library
Cost: \$49/person • 1 Session

GROUP HYPNOSIS - QUIT SMOKING OR CHEWING

Don't let tobacco control your life. Hypnosis can be a way for you to stop immediately without withdrawal, cravings or gaining weight. Hypnosis is very relaxing and everyone will be fully aware at all times and at no time will you be unconscious. Bring a pillow, blanket, sleeping bag, or bean bag for added comfort. You will also receive a reinforcement tape and a card which allow participants to attend future seminars free if reinforcement is desired. Check-in time 9:00-9:30 am. Please be prompt! You need to get orientation materials and tape from instructor. No refunds.

Instructor: Dr. Mary Fischer
Date: Saturday, February 25
Time: 9:30-10:30 am and 11:15-Noon
Place: Sr. High Library
Cost: \$49/person • 1 Session

GOLF LESSONS

For the beginner to the intermediate golfer. Emphasis will be on grip, stance, and swing. Get signed up and have your game ready for spring!

Instructor: Jeff Kamedula
Date: Monday, Feb. 27, Mar. 6, 20, 27
Time: 6:00-7:00 pm
Place: New Heights Elementary
Cost: \$40/person • 4 Sessions

A TIME TO DANCE SERIES

Ballroom Waltz: Using the basic box step, you can get started dancing the waltz very quickly. The three-quarter time signature of waltz has a distinctive 1-2-3; 1-2-3 feel and rhythm pattern. This romantic dance is done in the triple time with graceful rise and fall. Many view it as the mother of all present day dances.

Instructor: TJ Krug
Date: Tuesday, February 7, 14
Time: 7:00-8:30 pm
Place: Altru Y Family Center
Cost: \$40/Couple - Single Class
Sessions: 2

Ballroom Foxtrot: Foxtrot is the classic social Ballroom dance. Learn the very first basic step and build your skills toward advanced figures in the foxtrot class. The Foxtrot is done to four/four timed music with the slow, slow, quick, quick rhythm pattern. This dance is loved for its versatility on the dance floor and can be danced to jazz, big band, pop, rock, country and in fact is fun and not too difficult to go back and forth between Swing and Foxtrot in the same dance.

Instructor: TJ Krug
Date: Tuesday, February 21, 28
Time: 7:00-8:30 pm
Place: Altru Y Family Center
Cost: \$40/Couple - Single Class
Sessions: 2

Country Two-Step: Very similar to the Foxtrot, Country Two-Step is done to four/four timed music beginning with quick, quick, slow, slow rhythm pattern and, can also be danced with Swing dance moves! You will be moving around the dance floor quickly in the Country Two-Step dance class!

Instructor: TJ Krug
Date: Tuesday, March 7, 14
Time: 7:00-8:30 pm
Place: Altru Y Family Center
Cost: \$40/Couple - Single Class
Sessions: 2

Swing: Single and Triple Step Swing

The term Swing Dancing encompasses a wide variety of swing dances. "Lindy Hop, Swag, East Coast & West Coast Swing" are a few of the variations. You will be learning Basic Single Step and Triple Step Swing with a variety of special moves to wow your friends on the dance floor. Swing dancing is done to four/four timed music and is very versatile!

Instructor: TJ Krug
Date: Tuesday, March 21, 28
Time: 7:00-8:30 pm
Place: Altru Y Family Center
Cost: \$40/Couple - Single Class
Sessions: 2

A TIME TO "LINE" DANCE

Line dancing is great exercise and a wonderful way to mix and mingle with really nice folks! Come learn the latest and most popular dances in the Grand Forks area and from around the country. You will learn several different genre line dances, danced to a variety of music. We start with beginner dances and work toward intermediate level reviewing every week. Imagine yourself joining in the fun at parties and social events when the line dancers take the floor. After taking this class you will be able to do just that! Slow and thorough instructions will make line dancing easy and fun to learn. The class will be held Thursdays for 9 consecutive weeks beginning September 24.

Instructor: TJ Krug
Date: Thursday, February 2
Time: 7:00-8:30 pm
Place: Altru Y Family Center
Cost: \$55/person • 8 Sessions

REGISTER NOW

Call (218) 773-3494 Between 8:00 a.m. - 4:30 p.m.

Fax (218) 773-7408

Stop in the Superintendent's Office

203 14th Street NE, East Grand Forks, MN 56721

Mail to Community Education

PO Box 151, East Grand Forks, MN 56721

E-mail to gleigh@egf.k12.mn.us

INFORMATION:

- Fees are to be paid before the first session of class.
- We will cancel a class if registration is insufficient. All registered individuals will be notified.
- Refunds will be made if a class is canceled.
- No confirmation - assume the class will be held, unless you are notified otherwise.
- In the event of a winter storm warning, listen to your radio for possible class cancellations.
- Persons over 62 years of age may enroll in the class at 1/2 price unless otherwise stated.

Payment should be received within 3-5 days of phone, fax, e-mail registration or your name is removed from the list.

Make check payable to: Community Education

Mail to: Community Education

PO Box 151, East Grand Forks, MN 56721

School Locations:

Senior High School
 1420 4th Avenue NW
 East Grand Forks, MN

New Heights Elementary
 1427 6th Avenue North
 East Grand Forks, MN

Central Middle School
 1827 Bygland Road SE
 East Grand Forks, MN

South Point Elementary
 1900 13th Street SE
 East Grand Forks, MN

East Grand Forks Community Education

List Classes: _____

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-mail Address: _____

**East Grand Forks
School Dist. #595
Community Education
Early Childhood Family Education**
203 14th Street NE
East Grand Forks, MN 56721

*Register
Today!*

Superintendent
Mike Kolness

Director
Greg Leigh

Secretary
Bobbi Kovar

**Early Childhood Family
Education Director**
DyAnn Stordahl

COMMUNITY EDUCATION

WELCOME TO ECFE

Welcome to the Early Childhood Family Education (ECFE) program. It is for you and your children age birth to 5 years of age. The primary purpose of ECFE is to strengthen our most valuable resource ... the family. Parents have a great influence on their children as the first and most significant teachers in their lives. Because the role of parenting is so important, this program is designed to include children with their parents in activities which will reassure parenting skills, will encourage children in caring ways and will bring parents and children together for a variety of shared experiences.

Mixed Ages - Birth - Kindergarten

Parents with one or more children will find a wide variety of activities available during this session. Included are stories, songs, games, puzzles, creative projects and more. Parents will meet in a separate room during the second half of the class to discuss a wide variety of parenting issues and concerns. **Choose one of the following days to attend a mixed ages ECFE class.**

Monday, Wednesday, or Thursday 9:00-11:00 AM

Families can pay for Winter and/or Spring sessions together or separately

Winter Session

Classes begin January 9th
Session runs 10 weeks

Fee: Resident \$30.00 per family - per session
Non-resident fee: \$50.00

Spring Session

Classes begin March 27th
Session runs 7 weeks

Fee: Resident \$30.00 per family - per session
Non-resident fee: \$50.00

School Readiness Preschool

East Grand Forks Early Childhood Family Education is offering a preschool program for children at 3 and/or 4 years of age. A child must be 3 years of age prior to September 1, 2017 to enroll in the program.

School Readiness is a developmentally appropriate preschool program. Our curriculum has been developed using the Minnesota Early Childhood Indicators Of Progress created by the Department of Education. These indicators focus on progress in the following areas: personal & social development; approaches to learning; language development and communication; creativity and the arts; cognitive development and physical development.

This year children will have the option to attend two or three days a week for 2.5 hours each day. Fees vary according to the number of days you attend.

Contact DyAnn Stordahl at 773-1141 for further details.

REGISTER NOW! - 773-3494

CALL OUR OFFICE BETWEEN 8:00 am - 4:30 pm

Name: _____

Address: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Work Phone: _____

E-mail Address: _____

Child's Name: _____ Age: _____

Child's Name: _____ Age: _____

Child's Name: _____ Age: _____

Class attending: Circle one

Mon. 9:00-11:00 AM Wed. 9:00-11:00 AM
or Thurs. 9:00-11:00 AM

Mail to: East Grand Forks Public Schools District 595

COMMUNITY EDUCATION

P.O. Box 151 • East Grand Forks, MN 56721



**East Grand Forks
School Dist. #595
Community Education
Early Childhood Family Education**
203 14th Street NE
East Grand Forks, MN 56721

Non-Profit
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Minnesota 56721
Permit No. 2

*Register
Today!*

Superintendent
Mike Kolness

Director
Greg Leigh

Secretary
Bobbi Kovar

**Early Childhood Family
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Child's Name: _____ Age: _____

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Child's Name: _____ Age: _____

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Mon. 9:00-11:00 AM Wed. 9:00-11:00 AM
or Thurs. 9:00-11:00 AM

Mail to: East Grand Forks Public Schools District 595

COMMUNITY EDUCATION

P.O. Box 151 • East Grand Forks, MN 56721

