

COMMUNITY EDUCATION

ACTIVITIES FOR YOUTH TO ADULT

Fall
2019



Look inside for these NEW classes!

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Scarecrow
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Kid's
Basic Acrylics
(parents too!)
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Women &
Finance
Page 34

763.682.8770
BHMSCHOOLS.CE.ELEYO.COM



Community Education

BUFFALO HANOVER MONTROSE SCHOOLS


The place to
dream, believe
and achieve.


Welcome to Community Education


Register Online Today!


bhmschools.ce.eleyo.com

Easy Ways to Register!

 **Online** bhmschools.ce.eleyo.com

 **Phone** 763.682.8770

 **Fax** 763.682.8795

 **Mail or In-Person**
301 2nd Ave NE
Buffalo, MN 55313



Community Education

BUFFALO HANOVER MONTROSE SCHOOLS

Office Location:

Discovery Center, 301 2nd Ave NE, Buffalo
(East side, door #1)

Office Hours: 8 am - 4 pm, Monday-Friday

Office Closed: September 2, November 28, 29

Office Telephone:

763.682.8770

Office Fax:

763.682.8795

Web Sites:

Online Registration bhmschools.ce.eleyo.com

School District bhmschools.org/community-ed

Registration

- Registration and payment is required to attend classes. Once registered, you will receive an electronic class confirmation if an email is provided
- Please register at least one week prior to the class start date. Decisions about class cancellations are made one-week prior to the class start date

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BUFFALO HANOVER
MONTROSE SCHOOLS

KidKare Child Care Program



KidKare extends your child's learning day while providing high quality care in a safe and fun environment offering before and after school care, full day non school day care and summer care. **KinderKids** is a full day care program for 3-5 year olds not yet in school. We offer ½ day care, full day care, and wrap-around care for those enrolled in the district ECFE program. **For more information visit bhmschools.org (click Community Ed tab) or call Lori Trogstad, KidKare Coordinator, at 763.682.8787.**

KidKare Offers:

- ◆ Flexible Scheduling
- ◆ Full-day **KinderKids** pre-school program at Hanover, Northwinds, Parkside and Tatanka
- ◆ Indoor and outdoor activities
- ◆ Quality staff
- ◆ Homework help
- ◆ Non-school day care year round

For more information:

1. Visit bhmschools.org (click community ed tab)
2. Visit any KidKare site
3. Call Lori 763.682.8787

Site Locations

Parkside Elementary:

Site phone: 763.682.8746

Northwinds Elementary:

Site phone: 763.682.8830

Tatanka Elementary:

Site phone: 763.682.8631

Hanover Elementary:

Site phone: 763.682.0870

Montrose Elementary:

Site phone: 763.682.8360



High School Drivers Education Classroom and Behind-the-Wheel

Registration for Fall 2019 Drivers Education is open! Register online bhmschools.ce.eleyo.com

Classroom Instruction: Our program includes 30 hours of classroom instruction, as required by law, in ten 3-hour sessions with a licensed teacher.

Behind-the-Wheel Instruction: Our program includes 6-hours of Behind-the-Wheel instruction with a Certified Safety Instructor. Driving lessons are scheduled at least 30 days apart, allowing for practice driving time with parents in-between lessons.

Parent Involvement: The **Parent and Student Safety Meeting** assists students and parents with understanding Minnesota Laws and responsibilities for student drivers and their parent/guardian. Attending reduces the parent supervised driving time by 10 hours.

FDE19A (Fall Session A)

Tuesdays & Thursdays,
September 10-October 10
3:35-6:35 pm
10 sessions - \$360 Mr. Holtz
Buffalo High School Room D106
Parent/Student Meeting: Sept. 19

FDE19B (Fall Session B)

Mondays & Wednesdays,
November 6-December 11
3:35-6:35 pm (No class Nov. 27)
10 sessions - \$360 Mr. Gunderson
Buffalo High School Room F101
Parent/Student Meeting: Nov. 14



Visit bhmschools.org/drivers-education for registration forms or bhmschools.ce.eleyo.com to register online!

Welcome to ECFE



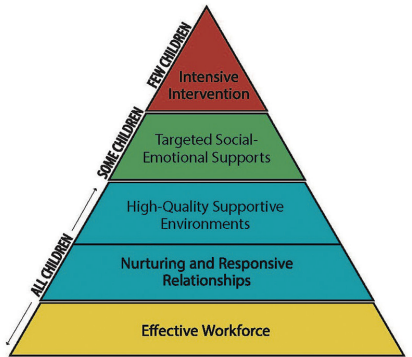
Barbara Eckberg

From the Coordinator.....

Research has shown the skills your child needs to be successful in the future are social and emotional skills. The more socially skilled children are, the more likely they are to succeed in school. Because this is so important, we are implementing the **Pyramid Model** in our Ready Set Grow, Kid Kare and Early Childhood Special Education programs.

What is the Pyramid Model?

The goal of the Pyramid Model is to create an environment of success by designing classrooms that promote engagement in learning and by building positive relationships among children, families, and staff. In our use of the Pyramid Model, our classroom staff will work together to ensure that all children understand behavior expectations, receive instruction in social skills, and those children who demonstrate a need for additional support, receive individual supports, from the teaching team.



What Happens in a Parent and Child Class...



Class begins with activities for parents and children together.



Parents separate from children for discussion facilitated by a Parent Educator.



Children remain with an Early Childhood Educator for age-appropriate education.

ECFE Sliding Fee Scale
Find your class fee based on your family's income.

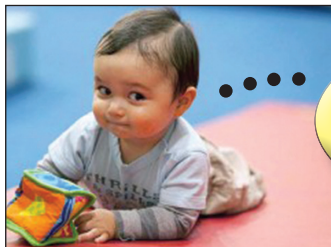
# of sessions	12 sessions		13 sessions		14 sessions		15 sessions	
	1 child	2+ child	1 child	2+ child	1 child	2+ child	1 child	2+ child
0-19,999	\$12	\$15	\$13	\$16	\$14	\$17	\$15	\$18
20,000-39,999	\$36	\$40	\$39	\$43	\$42	\$46	\$45	\$49
40,000-59,999	\$60	\$65	\$65	\$70	\$70	\$75	\$75	\$80
60,000-79,999	\$84	\$90	\$91	\$97	\$98	\$104	\$105	\$111
80,000-99,999	\$108	\$115	\$117	\$124	\$126	\$132	\$135	\$142
100,000+	\$120	\$128	\$130	\$138	\$140	\$148	\$150	\$158

If you have questions, please call ECFE at 763.682.8780.

Infant Class

(0-6 month old and their parents)

Enjoy exploring the “firsts” during the first few months with your new baby. Gather with other parents of infants to learn about the development of your 0-6 month old, facilitated by licensed parent educator, Diane Mastel.



Hey, registration for ECFE classes opens at 8 am August 20

F4000A

Fridays, October 25-November 22

11 am-12 pm

5 sessions - FREE

Discovery Center

Diane Mastel

Room EC1

ECFE is an Early Childhood Family Education and School Readiness program. We provide parent education, together with early childhood education, for parents and their children aged birth to kindergarten enrollment. This also includes expectant parents. We are part of Community Education and are funded by a local tax levy, state aid and fees. Classes are taught by licensed early childhood or parent educators. We believe that “home is the child’s first learning environment and parents are the child’s first and most important teachers.” **To learn more call 763.682.8780.**



Sliding fee scale on page 4

Mixed Ages

Separating parent group classes for children birth to 5 years by September 1, 2019

Parents and children have playtime together, then parents separate for a discussion led by a Parent Educator. For children, playtime continues with a Children Educator. Activities for children 6 months to Kindergarten entrance include stories, snack time and active play. Topics for parent discussion are based on parent needs. Children under 6 months are invited to stay with parents. (Limit 12)

F4005A (Buffalo)

Mondays, September 9 - December 16

8:30-10:15 am

(No class Nov. 4, 25)

Discovery Center Room EC1 & EC4

Patty Lammers/Andrea Jonasson

Fee: 13 week session - Sliding fee scale



F4005B (Buffalo)

Mondays, September 9 - December 16

10:30 am-12:15 pm

(No class Nov. 4, 25)

Discovery Center Room EC1 & EC4

Patty Lammers/Andrea Jonasson

Fee: 13 week session - Sliding fee scale

F4005C (Buffalo)

Wednesdays, 8:30-10:15 am

September 11 - December 18

(No class Oct. 16, Nov. 27)

Discovery Center Room EC1 & EC4

Patty Lammers/Diane Mastel

Fee: 13 week session - Sliding fee scale

F4005E (Hanover)

Tuesdays, September 10 - December 17

8:30-10:15 am

(No class Nov. 26)

Hanover Elementary ECFE Rooms

Jen Dismang/Andrea Jonasson

Fee: 14 week session - Sliding fee scale

F4005G (Montrose)

Wednesdays, 8:30-10:15 am

September 11 - December 18

(No class Nov. 27)

Montrose Early Ed Center ECFE Rooms

Jen Dismang/Andrea Jonasson

Fee: 13 week session - Sliding fee scale

F4005D (Buffalo)

Wednesdays, 10:30 am-12:15 pm

September 11 - December 18

(No class Oct. 16, Nov. 27)

Discovery Center Room EC1 & EC4

Patty Lammers/Diane Mastel

Fee: 13 week session - Sliding fee scale

F4005F (Hanover)

Thursdays, September 12 - December 19

8:30-10:15 am

(No class Oct. 17, Nov. 28)

Hanover Elementary ECFE Rooms

Jen Dismang/Andrea Jonasson

Fee: 13 week session - Sliding fee scale

F4005H (Montrose)

Fridays, September 13 - December 20

8:30-10:15 am

(No class Oct. 4, 18, Nov. 29)

Montrose Early Ed Center ECFE Rooms

Jen Dismang/Andrea Jonasson

Fee: 12 week session - Sliding fee scale

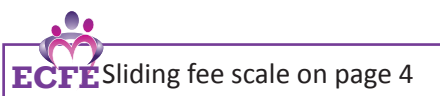
Parent Child Classes

Marvelous Mondays in Buffalo

Monday nights are MARVELOUS, for parents and children birth to 5 years, to explore parent/child activities designed just for them. This gently-separating class will focus on parents and children who want time together with a grandparent or other important adult in the life of a young child. We will create a great environment of activities, offer a circle time, get "messy" with paint, sand, and sensory table activities. (Limit 12)

F4005J

Mondays, September 9 - December 16 5:30 - 7 pm
(No class Nov. 4, 25)
 Discovery Center Room EC1 & EC4
 Annette Rabusch/Andrea Jonasson
 Fee: 13 week session - Sliding Fee



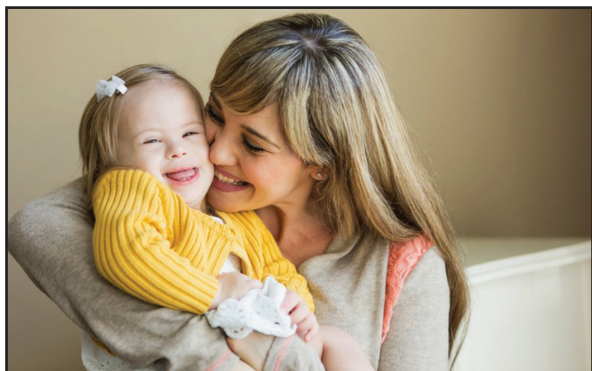
Journeys

For Families who may, or are currently, accessing Early Intervention Services

Parents and children birth to 5 years, explore parent/child activities designed just for them. Parents and children separate, with children remaining with the early childhood teacher to continue the fun. Children participate in story time, snack time and active play. Parents work with a parent educator, connecting to their parenting community and discuss the joys and challenges of parenting a child with special needs. This is a class with a focus on families who may or are accessing early intervention services.

F4008

Fridays, September 13 - December 20 9 - 10:45 am
(No class Oct. 18, Nov. 29)
 Discovery Center Room EC1 & EC4
 Diane Mastel/Patty Lammers
 Fee: 12 week session - Free!



**Registration for ECFE
 classes opens at 8 am
 August 20**



Drop By, Stay and Play Time in Hanover and Montrose

Children Birth-5 years and their parent

Stop by to have fun in our early childhood classroom. Parents/caregivers and children stay together to participate in fun activities, meet other families with young children and find support in shared community resources. There will be new toys and activities each week, songs, fingerplays and new friends for everyone. **Registration is necessary with a one-time fee.**

F4054A

Mondays, October 21-December 9 9-10:30 am
(No class Nov. 4, 25)
 6 sessions - \$20 per family Annette Rabusch
 Hanover Elementary ECFE Room

F4054B

Mondays, October 21-December 9 9-10:30 am
(No class Nov. 4, 25)
 6 sessions - \$20 per family ECFE Staff
 Montrose Early Education Center ECFE Room

Family Learning

Who is the Family Learning Class for?

Parents with young children who want to:

- ♦ work on a GED diploma
- ♦ prepare to go back to college or into the job market
- ♦ work on individual education needs
- ♦ be better prepared to help their child with learning
- ♦ have time to discuss the challenges of parenting

Interested? Give us a call at 763.682.8780 to inquire about registration. Limited transportation available. School lunch provided.

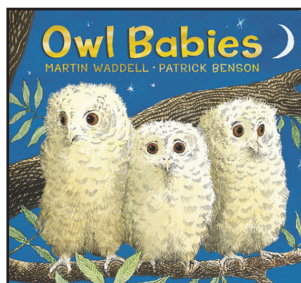
F4029

Tuesdays & Thursdays, September 17 - December 19
 10 am - 2 pm **(No class Oct. 17, Nov. 28)**
 Discovery Center Rooms EC1 & EC4
 No Fee
 Diane Mastel, Patty Lammers, Terrisa Fisher

Registration is easy online at bhmschools.ce.eleyo.com

Owl Babies

Three baby owls wake up one night in their hole in a tree to find their mother is gone and they wonder where she is. So they sit on a branch and wait. Parents and children will enjoy this story about the parent child relationship. **Each family receives a copy of this touching story. Limit 12.**



F4007A

Thursday, September 26
1 session - \$5 per family
Discovery Center

5:30-6:30 pm
ECFE staff
Room EC1

F4007B

Thursday, November 7
1 session - \$5 per family
Montrose Early Education Center

5:30-6:30 pm
ECFE staff
ECFE Room

F4007C

Thursday, December 12
1 session - \$5 per family
Hanover Elementary

6-7 pm
ECFE staff
ECFE Room

Power Up with Math

(ages 3-5 years)

Enjoy an evening with hands-on activities and games designed just for you and your preschool child. You'll feel the "power" of mathematics, building a foundation for the formal school experience. Explore attributes, number sense, special sense, estimation and problem solving.



F4007D

Thursday, October 10
1 session - FREE
Discovery Center

5:30-7:00 pm
ECFE staff
EC1 and EC2

F4007E

Thursday, October 10
1 session - FREE
Hanover Elementary

5:30-7:00 pm
ECFE staff
ECFE Room

Parent Classes ■■■

Circle of Parents

Looking for a friendly, supportive place to discuss the joys and challenges of raising children? Circle of Parents is a mutual, parent led support group. Parent and staff facilitators are trained in the Circle of Parent model. A light dinner and childcare are provided. Preschool and school aged children are welcome in the childcare setting. *Provided by ECFE and Crisis Nursery. Registration required* - Contact Crisis Nursery/Kindred Family Services at **763.271.1680**.

Tuesdays, September 10 - December 17
(No class Oct. 15, Nov. 5)
Montrose Early Education Center
Diane Mastel/Patty Lammers
Fee: 15 sessions - FREE!

5:15 - 7:15 pm
ECFE Room

Parenting 8-7-7 Closed Facebook Group



How can a parent know which websites offer research based parenting strategies and tips? Join licensed Parent Educator, Andrea Jonasson, through a closed facebook format to investigate, navigate and celebrate parenting children birth through 8 years old.

Just Coffee

Designed to be a casual conversation about parenting, transition to the formal school experience and connecting to other parents in the community. Just Coffee is a FREE coffee group, with a child care component, led by a licensed parent educator. Join us for coffee when your schedule allows. You **MUST** register for childcare.

F4411A

Fridays, October 25 - November 22
Montrose Early Education Center
Andrea Jonasson
Fee: 5 week sessions - \$10/child

10:30 - 11:30 am
ECFE Room

Parent Coaching

An ECFE Parent Educator will visit with you and your birth to 5 year old children at your home or at ECFE. Visits can include:

- ◆ **Playtime** with your child
- ◆ **Time to talk** and problem solve ways to meet your family's needs
- ◆ **Resources** and ideas on parenting, child development and community services
- ◆ **Free!** Call ECFE at 763.682.8780 for information

Preschool **4 Star Rated!** & Early Childhood Screening

Spring Into Preschool

Age 2.5 by September 1, 2019

A preschool class for our youngest learners. For the parent, on designated dates, participation in a parent group led by a Parent Educator. Sibling care available.

4034B

September 19 - Family Day! Meet the teacher and return completed paperwork mailed out in August

Thursdays, September 19 - May 7 8 - 9:30 am
(No class Oct 17, Nov 28, Dec 26, Jan 2, Jan 9, Apr 2)
 Discovery Center Room EC1, EC4
 Sibling Care Room EC6
 Patty Lammers/Diane Mastel

Spring Into Preschool Payment Info.

8 monthly payments August 15, 2019 - March 15, 2020

Each payment \$42/month
 Sibling Care: One-time payment \$25/family



**Call ECFE at
763.682.8780
for preschool
availability.**

Ready Set Grow Preschool

3 years old by September 1, 2019

Nurture and explore friendships, routines and building of social skills. Activities include storytelling, fingerplay, music, art, large muscle play and free choice. Teachers plan activities based on the Creative Curriculum and observe children using the Teaching Strategies Gold Assessment.

2 DAY - Buffalo 4205A
 Mon, Wed 8 - 10 am
 September 9 - May 13
 Discovery Center
 Room EC2 Staff

2 DAY - Hanover 4205E
 Wed, Fri 8:15 - 10:15 am
 September 11 - May 13
 Hanover Elementary
 ECFE Room Annette Rabusch

Ready Set Grow (3-4 years) Payment Info.

9 monthly payments August 15, 2019 - April 15, 2020

Each payment \$90/month

Ready Set Grow Preschool

4 years old by September 1, 2019

That special year before Kindergarten will focus on friendships, skill building and age appropriate academic experiences. Teachers use Creative Curriculum, Second Step, Handwriting Without Tears and TS Gold to prepare for growth and development.

4 DAY - Buffalo 4206A
 Mon, Tue, Wed, Thur
 12 - 3 pm
 September 9 - May 14
 Discovery Center Room EC2
 Jen Robeck

4 DAY - Buffalo 4206D
 Mon, Tue, Wed, Thur
 12 - 3 pm
 September 9 - May 14
 Discovery Center Room M4
 Miranda Krause

4 DAY - Buffalo 4206F
 Mon, Tue, Wed, Thur
 12 - 3 pm
 September 9 - May 14
 Discovery Center Room M5
 Staff

3 or 4 DAY - Hanover 4206G
 Mon, Tue, Wed, Thur
 11:15 am - 2:15 pm
 September 9 - May 14
 Hanover Elementary
 ECFE Room Annette Rabusch

Ready Set Grow (4-5 years) Payment Info.

9 monthly payments August 15, 2019 - April 15, 2020

\$180/payment - 3 sessions/week
\$224/payment - 4 sessions/week



What does this mean? MN's one to four star rating system measures best practices identified by research that help children succeed. **Scholarships**

may be awarded to qualifying families whose children attend MN Parent Aware star-rated programs. To apply for a preschool voucher, contact the ECFE office or Milestones, at 800.288.8549.

Early Childhood Screening (ages 3-5 years)

Screening will check your child's overall development. The state of Minnesota recommends all children be screened before their 4th birthday in order to start kindergarten in any Minnesota public school. **Screening is required within 90 days of beginning ECFE preschool.** Call **763.682.8408** or **763.682.8780** to schedule.

Screening Dates

Buffalo	Hanover	Montrose
September 4, 5, 20	September 6	September 13
October 25	November 25	October 11
November 1, 8, 15, 22, 23		November 26
December 6, 13		



Every Family Counts!

Are you on the school census?

Being on the census ensures that you will receive ECFE mailings, notified of Early Childhood Screening and receive kindergarten information when your child becomes eligible to attend. Call 763.682.8737 if you:

- ◆ Recently had a baby or adopted a child
- ◆ Moved to this district and/or changed your address
- ◆ Did not receive this catalog in the mail



Childcare Providers and children they care for!

ECFE Child Care Connection

Provider Education

This unique class is held in your childcare home. Early Childhood Family Education staff come into your childcare setting for 4 weeks 1 hour each week. ECFE Staff will develop information specific to your needs and spend an hour with you and the children in your care.

Topics for discussion could include: **child development, challenging behavior, social emotional development, healthy nutrition, etc.**

Dates and times will be scheduled when you call. Call 763.682.8780 today!

F4142
Fee: FREE!

Buffalo Public Library

1,000 Books Before Kindergarten

The 1000 Books Foundation is a non-profit whose objective is to promote reading to newborns, infants, and toddlers. Visit 1000books-beforekindergarten.org or call the Buffalo Library at 763.682.2753 for information.

Monday:	10 am - 8 pm	Location: 18 NW Lake Blvd Buffalo MN 55313
Tuesday:	10 am - 8 pm	
Wednesday:	10 am - 8 pm	
Thursday:	12 pm - 8 pm	
Friday:	11 am - 5 pm	
Saturday:	10 am - 2 pm	
Sunday:	Closed	



Thank you summer ECFE partners...

- ◆ City of Buffalo Parks and Buffalo Days Committee for ECFE Summer Park events
- ◆ Buffalo Public Library and MN Legacy funds for ECFE in the Park
- ◆ City of Buffalo Water Treatment Plant supporting Little Sprouts Garden Club

ECFE Partners

Registration information on pages 2 and 47

Parent Child Special Event

Boo Bash 2019

SATURDAY, OCTOBER 26

Family Friendly Events - Costumes Welcome!

These events are brought to you by Great River Regional Library, Buffalo Chamber of Commerce, City of Buffalo, Early Childhood Family Education and the Opening Doors Program (adults with disabilities age 16+)

When	What	Where	Fee and Description
11 am-1 pm	ECFE in the park	Sturges Park	FREE seasonal activities for families
1-1:15 pm	Walking the Pumpkin Path	Buffalo Lake to the Library	FREE event
1:15 pm	Story time	Buffalo Library	FREE event
2-4 pm	Buffalo Chamber of Commerce Trick or Treating	Downtown Buffalo Participating Merchants	FREE event
4:10-4:30 pm	Costume Parade	Discovery Center Gym	FREE event Children's costume parade
4:30-6:30 pm	ECFE and Opening Doors Halloween Dance Please register by October 18	Discovery Center Gym	\$7 per person DJ spins the tunes Costumes are encouraged Sand-WITCH, chips and water included Register online bhmschools.ce.eleyo.com or call 763.682.8770 F302 - Opening Doors participants F302EC - ECFE participants



These classes are held at Artistic Me - 205 5th Street NE, Buffalo, **except October 11 & 25 classes are held at "What's the Scoop" in downtown Buffalo.** Students may meet at Community Education at Discovery Center and walk over to "Artistic Me" or "What's the Scoop" with a chaperone, or parents may bring their student to the location. **Parents will pick up their student at "Artistic Me" or "What's the Scoop" after class.**

Artistic Me: Campfire Buddies (Grades 1-5)

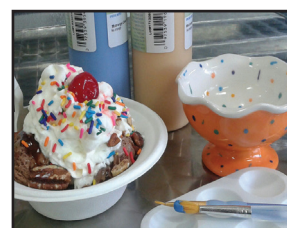
Fall is a great time to enjoy campfires and making s'mores! We have the design already fired onto the plate making it easy for all ages to color to create their masterpiece. Items will be fired and need to be picked up at a later date.



F695
Thursday, September 26 2:30 - 3:30 pm 1 session - \$23 Artistic Me

Artistic Me: Enjoy a Sundae! (Grades 1-5)

Join "Artistic Me" for a painting event at "What's the Scoop"! Participants will paint a special sundae dish. Once painting is finished, students will enjoy an ice cream sundae. Items will be fired and need to be picked up at a later date.



F696A
Friday, October 11 2:30 - 3:30 pm 1 session - \$23 What's the Scoop

F696B
Friday, October 25 2:30 - 3:30 pm 1 session - \$23 What's the Scoop

Artistic Me: Fused Glass Plate (Grades K-5)

Create a 6 x 6 decorative plate used for holding your treasures or wrapped snacks using colorful glass chips, bits, stringers and noodles. Students must be able to use tweezers and follow safety guidelines. Items will be fired and need to be picked up at a later date.



F697
Thursday, November 14 2:30 - 3:30 pm 1 session - \$29 Artistic Me

Artistic Me; Rudolph and Friends (Ages 6 - 12)
Fused Glass Ornaments

Create this fun series of characters from the movie including Rudolph, Hermey, Bumble and of course Santa. Students must be able to use a tweezers and follow safety guidelines. Items will be fired and need to be picked up at a later date.



F698
Tuesday, December 3 2:30 - 4 pm 1 session - \$35 Artistic Me

Artistic Me: The 4 Snowmen (Grades 1-5)

Create a fun and colorful fused glass votive holder for gift giving or adding to your home decor. Learn how to safely cut, shape and assemble on flat glass using bits and pieces of colorful glass, stingers, noodles, chips and dots. Items will be fired and need to be picked up at a later date.



F699
Tuesday, December 10 2:30 - 3:30 pm 1 session - \$27 Artistic Me

Enrichment



Canvas Fun: Scarecrow (Grades K-5)

Join us for a special one day painting workshop. Everyone will create their own painting of a scarecrow with acrylic paint on an 11" x 14" stretched canvas.

F690A

Tuesday, October 1
1 session - \$19
Hanover Elementary

2:30 - 3:30
KidzArt Staff
Art Room

F690B

Thursday, October 10
1 session - \$19
Northwinds Elementary

2:30 - 3:30
KidzArt Staff
Room 139

Art Explorers: Clay, Fabric, Paint and More! (Grades K-5)

You and your friends will have a blast as we unleash our imaginations and explore different styles of art and some unique mediums. We'll explore everything from painting on canvas to drawing on fabric and sculpting with clay. We'll use a variety of media to create fun works of art including fluorescent paints and Sculpey clay.

F691

Tuesdays, October 22 - November 26
6 sessions - \$84
Hanover Elementary

2:30 - 3:30 pm
KidzArt Staff
Art Room

The Color of Winter (Grades K-5)

When it's cold outside warm up with KidzArt's projects to celebrate the winter season. You will learn how to draw an anime snowboarder, then create a 3-D mug of hot cocoa, and design winter mittens on scratch paper.

F692

Tuesdays, December 3, 10, 17
3 sessions - \$34
Hanover Elementary

2:30 - 3:30 pm
KidzArt Staff
Art Room



Register at least one-week prior to start date. Classes with low enrollment at that time will be canceled.

Kids Basic Acrylics Class Grades 3-5 and parents too!

See page 31 for class details.





**Star Wars Jedi Movie Making
(Grades 1-5)**

From a galaxy far, far away, Star Wars comes to life! Work on a stop-motion animated LEGO Star Wars movie. Star Wars action figures, LEGOs, and backdrops will be available for filming in class. Handle all the technical details including using a digital movie camera, filming scenes, doing stop-motion animation, digital editing, and adding finishing touches, special effects, and transitions to the movie. **Final projects will be emailed to parents or students can bring a USB drive to class. Please bring a nut free snack and drink to class.**

F640

Saturday, October 5
1 session - \$45
Discovery Center

9 am - 12 pm
Tech Academy Staff
Room TBD

**Minecraft Game Designer: Dungeons
(Grades 1-6)**

Don't just play Minecraft! Turn Minecraft into a visual learning tool! This class will reinforce problem-solving skills and spatial cognition through learning to create in-game dungeons and treasure maps. This class has a strong emphasis on creativity, exploration, and cooperative learning experiences. Have fun while learning about concepts in programming and game design. **Please bring a nut free snack and drink to class.**

F641

Monday, November 4
1 session - \$45
Discovery Center

9 am - 12 pm
Tech Academy Staff
Room TBD



**Robotic Builders: Gamer-Bots
(Grades 1-5)**

Let the games begin! Designed by the experts at M.I.T., LEGO WeDo Robotics' unique system teaches students about simple machines, engineering, programming and so much more. Students will be taught foundational building and be introduced to programming concepts with learning about the Sensors, Motos, and Special Technics components. Working in teams, students will build and program smart robots, based on popular games such as Angry Birds, Hockey, Just Dance, Duck Hunt and more. **Please bring a nut free snack and drink to class.**

F642

Saturday, November 16
1 session - \$45
Discovery Center

9 am - 12 pm
Tech Academy Staff
Room TBD

**Holiday-Themed Slime Time
(Ages 4-9)**

Come explore the messier side of art in this fun-filled holiday-themed class. We will roll up our sleeves, and make a mess as we mix up a batch of peppermint scented slime and a gift box to store it in. Making a mess is the best, especially when you leave the mess here! **Please bring a nut free snack and drink to class.**

F693

Wednesday, November 27
1 session - \$34
Discovery Center

9 am - 12 pm
KidCreate Staff
Room TBD



Enrichment



The Frozen Princesses (Ages 4-9)

We will have a blast in this class as we are inspired by the popular Disney® movies Frozen and Frozen 2. Create a sparkly, wintery castle scene featuring your favorite princess! **Please bring a nut free snack and drink to class.**

F694

Wednesday, November 27
1 session - \$35
Discovery Center

1 - 4 pm
KidCreate Staff
Room TBD

Crochet Club (Grades 2-8)

Want to learn to crochet? Come learn the basics with crochet teacher and designer Abbey Swanson. Two choices will be available: a beginner-friendly beanie and a beanie for those wishing to grow their crochet skills. We will finish off the hat with a faux fur pom. Both hats are made with bulky yarn and a big hook - you'll be surprised how quickly your project works up. Come have fun and leave with a hat on your head!

F660

Saturday, November 16
1 session - \$32
Discovery Center

9:30 am - 12 pm
Abbey Swanson
Room TBD



Grandmasters of Chess with Youth Enrichment League (YEL) (Grades K-5)

New and returning students invited! Each YEL chess class follows four basic components: •Teach It!...Each class students are taught different chess concepts and coached to implement those concepts into their chess games. •Practice It!...Students practice positions set by the coach to improve their understanding of the concept. •Puzzle It!... Students are given chess puzzles (constructed by WIM Serafima Sokolovskaya) and work with coach guidance to solve them. •Play It!... Each class ends with students playing 20-30 minutes of chess. Coaches often feature in-class tournaments during the session. Class fee includes ChessKid.com membership for the session (a \$49 annual value). Sign up today to THINK, LEARN and PLAY WELL with YEL!

F689A

Wednesdays, September 18 - October 30
(No class October 16)
6 sessions - \$89
Hanover Elementary

2:30 - 3:30 pm
Media Center

F689B

Wednesdays, November 6 - December 18
(No class November 27)
6 sessions - \$89
Discovery Center

2:30 - 3:30 pm
Commons B



High School Drivers Education Classroom and Behind-the-Wheel

Two fall sessions are scheduled:

- ◆ Tues & Thurs, September 10-October 10
- ◆ Mon & Wed, November 6-December 11
- ◆ See page 3 for more details or visit bhmschools.org/drivers-education



Cat's Kids Yoga
(Grades K-5)

Children will discover their mind, body, and heart connection to learn how to cope with the ups and downs in life. Developing these skills at a young age helps children become more balanced, centered, and aligned with their true self. Classes are structured to help children learn how to take healthy deep breaths, explore how their body can move, learn about their strengths and challenges, and gain respect for individuality and togetherness. Breathing exercises, yoga poses/flows, fun games, stories with life lessons, music, and more mindful activities make up these classes. Cat's Kids Yoga provides everything!

F670
Tuesdays, October 22 - December 17 2:30 - 3:15 pm
9 sessions - \$122
Hanover Elementary Gym

Karate Basics (Grades K-5)

Karate is a great tool for learning self-discipline, respect for self and others, keeping fit, building confidence and character development. Trained professional instructors specialize in helping kids develop a healthy body and mind. Instructors have more than 15 years of martial arts experience. Sign up for one or both sessions - new skills each week. **Classes include a free uniform!**

F673A
Tuesdays, October 1 – 22 2:30 – 3:15 pm
4 sessions - \$42
Montrose Elementary Gym

F673B
Tuesdays, November 5-26 2:30 – 3:15 pm
4 sessions - \$42
Montrose Elementary Gym

F674A
Thursdays, October 3 - 31
(No class October 17)
4 sessions - \$42
Hanover Elementary Gym

F674B
Thursdays, November 7 - December 5
(No class November 28)
4 sessions - \$42
Hanover Elementary Gym



Fencing (Ages 6 – 100)

Fencing is a fun activity for the entire family! Fencing is a vigorous sport that develops stamina, quick reactions, accuracy of movement and excellent coordination. Fencing utilizes natural body movement to create simple and effective self-protection techniques. **Sword Play provides everything needed to fence.** Dress comfortably for freedom of movement including long pants and running shoes. Limited scholarships available through Sword Play. Inquire at mnswordplay@gmail.com

F679
Saturdays, October 26 - December 7 8 - 9 am
(No class November 30)
6 sessions - \$79
Parkside Elementary Cafeteria

Self-Defense/Safety Aware Ages 4-14

Teaches children, ages 4 to 14, physical fitness, self-confidence, personal empowerment, and respect for others. Questions, call 952.997.7732.

- ♦ **Registration Thursday, September 19, 6:30-7:30 pm at Discovery Center Cafeteria**
- ♦ Registration fee is \$5 and the weekly class fee is \$7
- ♦ Class is Thursdays, September 26 - December 19
- ♦ **(No class October 17, 31, November 28)**
- ♦ Beginner: 6:30-7:15 pm, Intermediate: 7:30-8:15 pm

Cheer America Ages 4-14

Learn cheers and chants, dance and pom pom routines, parade marching techniques, and other performance skills. Gain self-confidence, improved physical fitness, and coordination. Questions, call 952.997.7732.

- ♦ **Registration Tuesday, September 17, 6:30-7:30 pm at Discovery Center Cafeteria**
- ♦ Registration fee is \$5 and the weekly class fee is \$7
- ♦ Class is Tuesdays, September 24 - December 17
- ♦ Ages 4-8: 6:30 - 7:15 pm, Ages 9+: 7:30 - 8:15 pm

■ ■ ■ Enrichment

Babysitting Class (Ages 10 and up)

Come learn how to be professional and responsible as a care giver. Topics include how to respond to an emergency, characteristics of different age groups, age-appropriate play activities, and basic child care skills. Students who meet the course criteria will be awarded a Red Cross Babysitting certificate. **Please bring a beverage and lunch as well as a baby doll to practice your skills on.**



F611

Saturday, December 7
1 session - \$69
Discovery Center

9 am – 3 pm
Amy Van Beusekom
Room 204

ZAP the ACT Test

Students who take college admissions test “cold” are increasingly at a disadvantage. Practice tests help focus subject review and can improve scores 2-6 points. Score improvement depends on effort. Students will find out what is on the ACT test and become familiar with test style. Students will receive 24 practice tests, “Zapping the ACT” study guide and specific strategies for each type of question.



F1200

Wednesday & Thursday, October 2 & 3
2 sessions - \$95
Buffalo High School

3:30-6 pm
Jay Meier
Room C219

PrepStar Blast - ACT Prep

New and Improved!

The ACT test is more important than ever before for college admissions and financial aid. An ACT expert covers test format, essential strategies and content review. The final step will be having students take a fully proctored practice ACT test. Students score

their test in the online scoring system for immediate results and receive a detailed score report.

F1201

Thursdays, October 3 & 10
Saturday, October 12
3 sessions - \$139
Buffalo High School

4-7 pm
9 am-1 pm
Molly, Nancy & Mike
Room C-122

Attention Screener (Grades 2-12)

How do you know if your child is simply “acting their age” or may be dealing with an underlying learning deficit? This brief online assessment provides an objective indication of the student’s attention and working memory skills, two key areas of executive functions. Results provided within days of the assessment. **Register by calling Community Education at 763.682.8770.** You will be contacted by Molly Perry with further instructions. **Cost: \$25**

Mindprint Learning Assessment (Grades 2-12)

Mindprint is an affordable evidence-based online solution that identifies each student’s learning strengths and challenges to gain an understanding of each student’s non-academic strengths and needs in areas like executive functions, memory, processing, and reasoning. Based on the results, each student is provided an individualized learning plan for study skills and subject-specific achievement. **Register by calling Community Education at 763.682.8770.** You will be contacted by Molly Perry with further instructions. **Cost: \$199**

Encore Private Piano Lessons

Each session is a 30-minute private piano lesson. For ages 6 years to adult.
 Our instructors are friendly, caring and trained professionals you can trust.
 Register online bhmschools.ce.eleyo.com or call 763.682.8770.

Private Piano Lessons with Kathy Ebert in Buffalo (For students age 6 to adult)

Mondays, September 16-November 25

(No lessons November 4)
 10 Private Lessons - \$350
 Northwinds Elementary

Stage Area

- F1701A 3:00 pm
- F1701B 3:30 pm
- F1701C 4:00 pm
- F1701D 4:30 pm
- F1701E 5:00 pm
- F1701F 5:30 pm
- F1701G 6:00 pm
- F1701H 6:30 pm
- F1701I 7:00 pm
- F1701J 7:30 pm



Private Piano Lessons with Kathy Ebert in Buffalo (For students age 6 to adult)

Thursdays, September 19-November 21

(No lessons October 17, 31)
 8 Private Lessons - \$280
 Discovery Center

Music Room

- F1703A 3:00 pm
- F1703B 3:30 pm
- F1703C 4:00 pm
- F1703D 4:30 pm
- F1703E 5:00 pm
- F1703F 5:30 pm
- F1703G 6:00 pm
- F1703H 6:30 pm
- F1703I 7:00 pm
- F1703J 7:30 pm



Tuesdays, September 17-November 26

(No lessons November 5)
 10 Private Lessons - \$350
 Northwinds Elementary

Stage Area

- F1702A 3:00 pm
- F1702B 3:30 pm
- F1702C 4:00 pm
- F1702D 4:30 pm
- F1702E 5:00 pm
- F1702F 5:30 pm
- F1702G 6:00 pm
- F1702H 6:30 pm
- F1702I 7:00 pm
- F1702J 7:30 pm



Private Piano Lessons with Diana Fuller in Hanover (For students age 8 to adult)

Thursdays, September 26-December 5

(No lessons October 10, 17, 31, November 28)
 7 Private Lessons - \$245
 Hanover Elementary

Music Room

- F1704A 3:00 pm
- F1704B 3:30 pm
- F1704C 4:00 pm
- F1704D 4:30 pm
- F1704E 5:00 pm
- F1704F 5:30 pm
- F1704G 6:00 pm
- F1704H 6:30 pm



Music is what feelings sound like.

■ ■ ■ Youth Recreation

Buffalo High School
Gymnastics Gym

Jr. Bison Gymnastics Noncompetitive Program



Parent/Child - (Boys & Girls, 18 mo-3 yr)

Working together with your child practice different activities. **Fee: \$108**

F687A
Mondays, September 9 - November 4 6-6:45 pm

F687B
Saturdays, September 14 - November 9 10-10:45 am

Pre-School Class - (Boys & Girls, age 3-5)

Practice different activities such as beam, foam pit, bar, trampoline and mats. **Fee: \$108**

F680A
Mondays, September 9 - November 4 7-7:45 pm

F680B
Wednesdays, September 11 - November 6 4-4:45 pm

F680C
Saturdays, September 14 - November 9 11-11:45 am

Beginner 1 - (Girls, age 5-7)

Basic positions and core skills for all 4 events. **Fee: \$112**

F681A
Wednesdays, September 11 - November 6 5-6 pm

F681B
Saturdays, September 14 - November 9 12:30-1:30 pm

Beginner 2 - (Girls, age 7+)

Continue practicing basic positions and core skills for all 4 events. **Fee: \$112**

F681C
Tuesdays, September 10 - October 29 7-8 pm

F681D
Fridays, September 13 - November 8 5:30-6:30 pm

Boys Gymnastics - (age 5+)

Basic core skills for all 4 events including obstacle course, trampolines and foam pit. Focus on building strength, technique and coordination. **Fee: \$112**

F684A
Wednesdays, September 11 - November 6 7:15-8:15 pm

F684B
Fridays, September 13 - November 8 6:30-7:30 pm



Intermediate - (age 7 +, Some Experience)

Skill requirement: strong bridge and cartwheel. Continue work on more complex skills in all 4 events.

Fee: \$135

F682A
Tuesdays, September 10 - October 29 7-8:15 pm

F682B
Wednesdays, September 11 - November 6 6:15-7:30 pm

F682C
Fridays, September 13 - November 8 4-5:15 pm

Advanced - (age 8 +, experience & evaluation)

Skill requirement: back walkover, roundoff on floor, pullover, back hip circle on bars, handstand on high beam. **Fee: \$162**

F683A
Mondays, September 9 - November 4 4-5:30 pm

F683B
Thursdays, September 12 - November 7 6:30-8 pm

Tumbling - (age 7 +, cheerleaders/dancers)

Fee: \$108

F685
Thursdays, September 12 - November 7 7:30-8:30 pm

Varsity Practice - (High School Level)

Fee: \$162

F686A
Tuesdays, September 10 - October 29 4-6:30 pm

F686B
Thursdays, September 12 - November 7 4-6:30 pm

Gymnastics Open Gym

Saturdays, September 14 - November 9, 2-3 pm

Fee: \$10 at the door



**Jr. Bison Volleyball
(Girls grades 3-6)**

This seven week season will include practice time and matches with other teams who are coached by volunteers on Saturday mornings at the Bison Activity Center. Games/practices will be scheduled for 75 minutes each Saturday. If you can help coach, call Todd Lunning, Recreation Coordinator, at 763.682.8176.

Saturdays, September 28 - November 9
7 sessions -\$84
Bison Activity Center

F745A - Grades 5-6
8:45-10 am

F745B - Grades 3-4
10-11:15 am

Open Gym/Open Swim



Bison Activity Center (Gym)
Monday - Thursday, 6 - 9 pm
Beginning September 3
(Closed Nov. 28, Dec. 24, 25, 31)
\$5/person or \$10/family

**Buffalo Middle School
(Gym & Pool)**
Sundays, 2 - 4 pm
September 8 - December 15
\$5/person or \$10/family



Jr Bison Basketball (Boys and Girls, Grades K-6)

In-Person Registration at the Bison Activity Center

Saturday, November 9, 9 - 10:30 am

Tuesday, November 12, 5:30 - 7 pm

Online registration is not available for this program. Players practice Saturdays before their scheduled games. Grades 4-6 players have one evening practice during the week. The focus of the program is on instruction of proper techniques and FUN! **We can't have teams without coaches!** Contact Todd at tlunning@bhmschools.org or 763.682.8176 to help out.

Saturday mornings (specific time for each team will be determined)
January through February at the Bison Activity Center
8 sessions - \$90 (grades K-1) \$90 (grades 2-3) \$110 (grades 4-6)

■ ■ ■ Youth Recreation

4 Easy Ways to Register for Ski and Snowboard Program

- ◆ **In-person** Tuesday, November 12, 5:30-7 pm, at the Bison Activity Center Lobby
- ◆ **Online** bhmschools.ce.eleyo.com
- ◆ **By mail** BHM Community Education Ski, 301 2nd Ave NE, Buffalo, MN 55313
- ◆ **By phone** 763.682.8770

To guarantee a spot on the bus and get the special rates available to ski club members, students must be registered by **November 26, 2019**. Questions, call Community Ed 763.682.8770.

Elementary Grades 3-5

Mondays, December 9, 16
January 6, 13, 27 (No ski Jan. 20)
February 3

Students may store equipment in their classrooms.

F6301S - Fee: \$260
6 Lifts, Ski equipment, and Transportation

F6301B - Fee: \$260
6 Lifts, Snowboard equipment, and Transportation

F6301LT - Fee: \$200
6 Lifts and Transportation

F6301T - Fee: \$100
Transportation only

F6301H - Fee: \$25 **Optional Add-On's**
Helmet Rental

F6301LS - Fee: \$25
3 - 30 minute lessons

Depart from:

- ◆ Hanover Elementary cafeteria, 2:40 pm
- ◆ Discovery Center, door 6, 3 pm

Return to:

- ◆ Discovery Center, 8 pm
- ◆ Hanover Elementary, 8:15 pm

Middle School Grades 6-8

Mondays, December 9, 16
January 6, 13, 27 (No ski Jan. 20)
February 3

Students may store equipment in the mezzanine area. Meet at the concession stand after school.

F6302S - Fee: \$260
6 Lifts, Ski equipment, and Transportation

F6302B - Fee: \$260
6 Lifts, Snowboard equipment, and Transportation

F6302LT - Fee: \$200
6 Lifts and Transportation

F6302T - Fee: \$100
Transportation only

F6302H - Fee: \$25 **Optional Add-On's**
Helmet Rental

F6302LS - Fee: \$25
3 - 30 minute lessons

Depart from:

- ◆ Buffalo Middle School, door 3, 3:45 pm

Return to:

- ◆ Buffalo Middle School, 9 pm
- ◆ Hanover Elementary, 9:30 pm

High School Grades 9-12

Mondays, December 9, 16
January 6, 13, 27 (No ski Jan. 20)
February 3

Students may store equipment in the commons. Meet in the cafeteria after school.

F6303S - Fee: \$260
6 Lifts, Ski equipment, and Transportation

F6303B - Fee: \$260
6 Lifts, Snowboard equipment, and Transportation

F6303LT - Fee: \$200
6 Lifts and Transportation

F6303T - Fee: \$100
Transportation only

F6303H - Fee: \$25 **Optional Add-On's**
Helmet Rental

F6303LS - Fee: \$25
3 - 30 minute lessons

Depart from:

- ◆ Buffalo High School, cafeteria, 3:45 pm

Return to:

- ◆ Buffalo High School, 9 pm
- ◆ Hanover Elementary, 9:30 pm



Helmet rental strongly encouraged.

*Ski or Snowboard at Powder Ridge!
We can get you there!*



Open Swim, Adult Aquatics, Pool Info ■■■

Buffalo Community Middle School Pool Open Swim, Lap Swim & Open Gym

Sundays, 2 - 4 pm
September 8 - December 15

- ◆ Enter door #3, lower west side
- ◆ A lap lane is designated
- ◆ Fee for Open Swim and/or Open Gym is \$5/person or \$10/family

About Our Pool

- ◆ The pool is located at the Buffalo Community Middle School. Enter door #3 (facing Wal-Mart)
- ◆ Pool participants are responsible for their own valuables. We recommend bringing a lock. These locks must be removed after each swim visit
- ◆ Appropriate swimwear is required
- ◆ Pool depth ranges from 3 feet 6 inches to 12 feet
- ◆ An adult must accompany children if under 48 inches in height
- ◆ The use of approved life jackets/vests and other floatations are allowed when **accompanied by an adult in the water**
- ◆ Non-swimmers wishing to watch can sit in the bleacher area
- ◆ To use the deep end of the pool, swimmers must be able to swim the width of the pool using the American Red Cross Level 3 front crawl. Swimming ability will be at the lifeguard's discretion
- ◆ Children are not allowed to jump off the diving boards into the arms of an adult in the water
- ◆ Open swim passes available at the Community Education office or the pool. **10 individual for \$40 or 10 family for \$90**

Wright County WAVE Swim Club

If your son or daughter is interested in joining, come to tryouts! For more information, visit waveswimclub.com.

Water Workout

Water Workout consists of aquatic exercise that will emphasize gentle, stationary stretching and toning exercise. Participants choose the pace of their workout.

F5501

Mondays, September 9 - December 16 8:15 - 9 pm
Buffalo Community Middle School Pool

- ◆ \$5 per class or
- ◆ \$39 for 10 times bargain punch card
- ◆ \$59 for 20 times bargain punch card
- ◆ Punch cards can be purchased at the pool or Community Education office

Adult Swimming Learning the Basics

It's never too late to teach an older fish a new stroke! Class is designed to teach adults the basic fundamentals of propelling themselves through the water. The use of a personal floatation device (life jacket) will assist in water relaxation and floating.

F5121

Mondays, October 14, 21, 28 8:15 - 9 pm
3 Sessions - \$39
Buffalo Community Middle School Pool

Lap Swimming

- ◆ **Sundays**, 2 - 4 pm during open swim
- ◆ **Mondays**, 8:15 - 9 pm during the Water Workout
- ◆ Cost is \$5 per visit - Pay at the pool

Pool Rental

The Buffalo Community Middle School pool is available for private use any time the pool is not scheduled. Pool rental may include birthday parties, lock-ins, gym/swim activities or aquatic conditioning for sports teams. Rental rates are \$60 per hour for In District Groups or \$70 per hour for Out of District Groups. Fee includes 2 lifeguards. For more information call Sheila Johnson 763.682.8752.

Clip & Save Coupon

\$5 off any Saturday pool rental

Valid until 11/16/19

■ ■ ■ Lifeguard Training, Swim Descriptions



Lifeguarding Course r.17

The primary purpose of the American Red Cross Lifeguarding course is to provide entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries and sudden illnesses until emergency medical services (EMS) personnel take over. This program offers a choice of Lifeguarding/First Aid/CPR/AED courses to meet the various training needs of a diverse audience. **Candidates must be at least 15 years old on or before the final scheduled session and complete a swim skills test on the first day of class.** Those who do not pass the skills test will be given a full refund.

F5600

Saturdays & Sundays, 9 am - 2 pm
 September 7, 8, 14, 15, 21, 22
 Buffalo Community Middle School Pool and classroom TBD
 6 Sessions - \$199 (Bring a bag lunch)



Register at least one-week prior to start date. Many classes fill quickly. Those with low enrollment will be canceled.

Parent & Child Aquatics (6 months to 3 years) Fee: \$59

Parent and child learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and introduce water safety.

Parent Child 1

- ◆ Change body position in the water
- ◆ Learn how to play safely
- ◆ Experience wearing a life jacket

Parent Child 2

- ◆ Expectation for adult supervision
- ◆ Enter and exit the water safely
- ◆ Submerge in a rhythmic pattern



Preschool Aquatics (4-5 years old) Fee: \$59

Children are taught basic aquatic safety, survival and swimming skills, while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.



Learn to Swim Levels 1-5 (age 6+) Fee: \$64

Level 1: Intro to Water Skills

Orient participants to the aquatic environment and help gain basic aquatic skills. Begin to develop positive attitudes and safe practices around water.

Level 2: Fundamental Aquatic Skills

Build on basic aquatic skills, water safety and concepts learned in level 1.

Level 3: Stroke Development

Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment. Head first entry, survival floating and treading water will be covered.

Level 4: Stroke Improvement

Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Skills include swimming front crawl 25 yards, breaststroke, back crawl and butterfly 15 yards.

Level 5: Stroke Refinement

Participants refine their performance of all six swimming strokes (front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).

Swimming Lessons ■■■

American Red Cross **Learn to Swim** program offers comprehensive levels to teach students how to swim skillfully and safely. The pre-requisite for each level is the successful demonstration of skills from the preceding level. **Note: The shallow end of our pool is 42" deep. Therefore, children must be 48" in height and at least 6 years old to participate in levels 1-5.** Children under 48" in height should enroll in the Preschool program. Each level of **Learn to Swim** includes basic water safety and helping a swimmer in distress. **See class descriptions on page 22.**

Parent and Child Aquatics
Preschool Aquatics
 25 minute each session
 Fee: 7-sessions, \$59

Learn to Swim:
Levels 1-5
 45 minutes each session
 Fee: 7-sessions, \$64

The pool is located at the Buffalo Community Middle School. Enter door 3, lower west side



Fun with a splash of confidence!

Monday Lessons

September 23, 30, October 7, 14, 21, 28,
 November 4

(Weather Makeup: November 11)

6:30 pm	Pre-School F5201M	Level 1 F5311M	Level 2 F5321M
7 pm	Pre-School F5202M		
7:30 pm	Level 3 F5331M	Level 4 F5341M	Level 5 F5351M



**Our instructors
 make the difference!**

Wednesday Lessons

September 18, 25, October 2, 9, 16, 23, 30

(Weather Makeup: November 6)

6:30 pm	Pre-School F5201W	Parent/Child 1 F5001W
7 pm	Pre-School F5202W	Parent/Child 2 F5101W
7:30 pm	Level 1 F5311W	Level 2 F5321W

Saturday Lessons

September 28, October 5, 12, 19, 26
 November 9, 16 (No class November 2)

(Weather Makeup: November 23)

8:30 am	Pre-School F5201S	Parent/Child 1 F5001S	Level 3 F5331S
9 am	Pre-School F5202S	Parent/Child 2 F5101S	
9:30 am	Pre-School F5203S	Level 1 F5311S	Level 2 F5321S
10 am	Pre-School F5204S		
10:30 am	Level 2 F5322S	Level 4 F5341S	Level 5 F5351S
11:30 am	Level 1 F5312S	Level 2 F5323S	Level 3 F5332S

Mondays & Wednesdays

November 18, 20, 25, December 2, 4, 9, 11

(Weather Makeup: December 16)

6:30 pm	Pre-School F5201MW	Level 1 F5311MW	Level 2 F5321MW
7 pm	Pre-School F5202MW		

Recreation & Fitness



Spinning

(Ages 16 -Adult)

Experience the power of the mind-body connection in this ultimate indoor cycling adventure. Personalized for all fitness levels. You will use specially designed Lemond Spinner Bikes which enables you to select your own level of intensity. Imagine yourself cruising through a rainforest, climbing a snow-peaked mountain or racing in the Tour de France—all done to stimulating music.

F803

Tuesdays, September 10 - November 26
(No class November 5)
11 sessions - \$66
Buffalo Community Middle School

Babs Hetzler
Weight Room
enter door #3



Fitness Yoga

This class combines traditional yoga with modern fitness moves. It is a flowing, heat building workout that will make you sweat. An excellent workout designed to lengthen and strengthen your muscles. **Wear comfortable work-out clothing.**

F804A

Tuesdays, September 10 - November 26
(No class October 8, November 5)
10 sessions - \$60
Hanover Elementary

6:30-7:30 pm
Edith Engnell
New Gym

F804B

Thursdays, September 12 - November 21
11 sessions - \$66
Hanover Elementary

6:30-7:30 pm
Edith Engnell
New Gym

T'ai Chi

T'ai Chi is an ancient Chinese system of movements for health and self-defense. By doing T'ai Chi you will enhance your well-being by providing your cells with more oxygen giving you more stamina and vitality. T'ai Chi is great for relaxation, stress reduction, quieting the mind, enhancing energy, relieving aches and pains, and it helps promote better balance and control of your body. **Wear loose fitting, comfortable clothes. Instructor is Ed O'Donnell of Buffalo Karate Association.**

F802

Tuesdays, Septmber 10 - November 26
(No class November 5)
Beginner (First time): 6:15-7:30 pm
Intermediate/Advanced: 7:30-8:45 pm
11 sessions- \$66/first person and \$20 each add'l family member
Tatanka Elementary Cafeteria





Group Fitness Potpourri

This class involves doing a different class format each week to give the participants a variety and expose them to variety of formats such as body weight strength training, yoga, kickboxing, boot camp, cardio circuits, etc. Come feel the excitement!

F805

Mondays, September 9 - November 25
 12 sessions - \$72
 Hanover Elementary

6:30-7:30 pm
 Susie Super
 New Gym



Community Education offers a variety of classes to fill your wellness wheel!

- ◆ Water Workout, page 21
- ◆ Calm and Gentle Yoga, page 26
- ◆ Ballroom Dance, page 27
- ◆ Works of Wellness, page 27
- ◆ Starwatch Party (great family activity), page 29
- ◆ Crochet and Art classes, page 30-33
- ◆ Financial classes, pages 34-35
- ◆ Trips & Tours, pages 36-37

Open Gym/Open Swim

Buffalo Middle School (Gym & Pool)

Sundays, 2 - 4 pm
 September 8 - December 15
 \$5/person or \$10/family

Bison Activity Center (Gym)

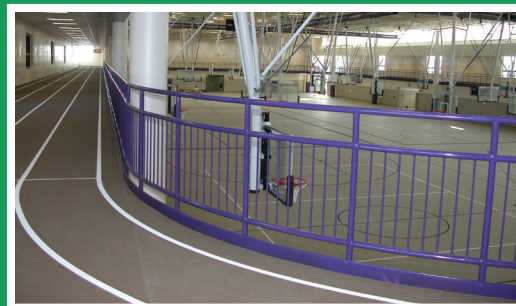
Monday - Thursday, 6 - 9 pm
 Beginning September 3
 (Closed Nov. 28, Dec. 24, 25, 31)
 \$5/person or \$10/family



Indoor Walking

Bison Activity Center

- Mon-Thurs, 6 - 9 pm, beginning September 3
- Saturdays, 8 -11 am, beginning October 19
- (Closed November 28, Dec. 24, 25, 31)
- \$2/person/day or season walking pass (onsite).



Free Hall Walking

- ◆ Monday-Thursday, 4-8 pm, beginning Oct. 21
- ◆ Buffalo Middle School (door #3), Discovery Center, Hanover and Montrose Elementary
- ◆ No walking on non-school days

Health & Wellness



Calm and Gentle Yoga

This flowing yoga class links poses to create strength, flexibility and balance. Breath awareness and breathing exercises are incorporated to help remove tension and lessen stress. A well-rounded class for a wide variety of participants and ability levels – all poses can be modified to fit the individual’s flexibility level, and options are given. Please bring a yoga mat or large towel.

F1262A

Wednesdays, September 4-25
4 sessions - \$25
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria

F1262B

Wednesdays, October 2-30
(No class Oct. 16)
4 sessions - \$25
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria

F1262C

Wednesdays, November 6, 13, 20
3 sessions - \$18
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria

F1262D

Wednesdays, December 4, 11, 18
3 sessions - \$18
Parkside Elementary

6:30-7:30 pm
Elizabeth Muellerleile
Cafeteria

Qigong

Qigong (chee-gong) is an ancient practice that promotes holistic healing through balancing and clearing your energy fields. It is a simple yet effective method to help you reduce stress and help you heal physically, emotionally, and spiritually. In the basic introductory class will learn about Qigong and how it can enhance the quality of your life and the lives of those around you. Greg Hegi is a certified Spring Forest Qigong Level 4 Healing and instructor.

F1264

Thursdays, September 12-October 31
8 session - \$69
Discovery Center

4-5 pm
Greg Hegi
Board Room



Qigong Saturday Sampler

Come sample the benefits of Qigong. Qigong will enhance the quality of your life and the lives around you. Join us on Saturdays to experience the activity and further enhance your Qigong work. This practice is open for those just interested to all levels. Instructor Greg Hegi is a level 4 Healer and Instructor.

Saturday, 10 am-12 pm
Discovery Center

\$5 per session
Board Room

F1265A - September 14

F1265B - October 12

F1265C - December 7



Register at least one-week prior to start date. Many classes fill quickly. Those with low enrollment will be canceled.



See pages 24-25 for more health-recreation classes.

Ballroom Dancing for Beginners

Learn easy steps and turns in popular ballroom dances including waltz, foxtrot, swing, salsa and more. Dance in sync, gain confidence and have fun on the floor in surprising little time! Practice your moves to uplifting songs played at most social gatherings and weddings. Spice up your relationship with four fun-filled date nights and create a lifelong hobby to enjoy together! The perfect course for anyone getting married or preparing for an upcoming event. Couples stay together and singles rotate with other singles. **This class is open to teens and adults of all ages and prior students encouraged to return for practice!** Free make up lessons. For more information, call Deanna Constantine at 612.240.8329.



F1268

Thursdays, September 26-October 24 7-8:30 pm
(No class October 17)
 4 sessions - \$59 Parkside Elementary Cafeteria

Works of Wellness

Coach Tiffany will empower and guide you to make positive lifestyle choices that will enhance your overall well-being. Together you will be able to pinpoint any challenges or concerns you have been facing and come up with a personalized action plan for the future. Each session is designed to help you conquer your wellness obstacle.

- ◆ How to kick that sugar addiction
- ◆ Exploring what to eat for your individual body type.
- ◆ Improve sleep
- ◆ Simple ways to reduce stress and anxiety or transform related disorders naturally
- ◆ Easy techniques for releasing excess weight without torturing yourself
- ◆ Balance your digestion so things flow smoothly again, with no digestive discomfort

F1266A - Take Charge of Your Health & Habit Change

Tuesdays, September 24, October 1, 8 6-7:30 pm
 3 sessions - \$59 Tiffany Klenken
 Discovery Center Room 204

F1266B - Nutrition & Whole Foods

Tuesdays, October 15, 22, 29 6-7:30 pm
 3 sessions - \$59 Tiffany Klenken
 Discovery Center Room 204

F1266C - Self Care & Mindful Eating

Tuesdays, November 12, 19, 26 6-7:30 pm
 3 sessions - \$59 Tiffany Klenken
 Discovery Center Room 204



Hypnosis: Weight Loss, Stop Smoking and Chewing Tobacco

Hypnosis can help you control your eating habits and cravings. You will stop over eating and snacking in between meals and in the evening. Learn to eat healthy and get motivated to walk and exercise.

If tobacco is controlling your life, health and money, hypnosis can help you stop smoking and/or chewing without withdrawal, cravings or weight gain. Smokers will have a cigarette break off the school grounds. **Bring a pillow, blanket, sleeping bag for added comfort.**

- ◆ **Monday, November 4**
- ◆ **Check-in 5:45 pm, 6 pm Introductions for all**
- ◆ **\$55 each session or \$119 for both sessions**
- ◆ Includes reinforcement CD and free reinforcement
- ◆ Lifetime members – No charge
- ◆ Discovery Center Board Room

F1235A 6:45-7:45 pm - Weight Loss Hypnosis
F1235B 6:45-8:45 pm - Both Weight Loss and Smoking
F1235C 7:45-8:45 pm - Smoking and tobacco Hypnosis

Your Path to Homeownership

Calling all first time Home Buyers! Are you tired of paying rent? Join us for an informative class that will walk you through the home buying & loan process. You may be closer to owning a home than you think with as little as \$0 down. FREE credit consultation available.

F1233

Tuesday, September 24 6:30-8 pm
 1 session - \$9 Melanie Benjamin, Loan Officer
 and Tina Anderson, REALTOR
 Discovery Center Room EC4



NEW! Home Staging - Getting Ready to Sell

People often think about selling their house for years before ever actually selling it. Yet, given how much time and thought people tend to give it, many people don't do enough to prepare their house for sale. This often leads to people not selling their house for as much, as quickly, or as smoothly as it could have. Or at all. On the other hand, there are people who do too much and spend way more time and money than they should. You don't want to do too little or too much...This class will help you prepare for the sale of your house,.. just the right amount. Local, professional home stagers and a Realtor will share information to help you prepare your home for a future sale.

F1234

Tuesday, September 24 6-8 pm
 1 session - \$9 Erica Carlson
 Discovery Center Board Room

Register for classes at least one-week prior to the start date. Classes with low enrollment will be canceled at that time.

Travel Disney: Planning, Preparation and Pixie Dust!

Planning a Disney vacation can be overwhelming. Join us to discuss timing, resorts, dining, transportation and cost. From personal experience, we also can advise on traveling with special needs, food allergies, and large groups. This teacher couple have been traveling the Walt Disney parks since the 1970's and recently completed the College of Disney knowledge Program.

F1210

Thursday, October 3 6-8 pm
 1 session - \$9
 Discovery Center Room 204

Photo Organization—Print and Digit

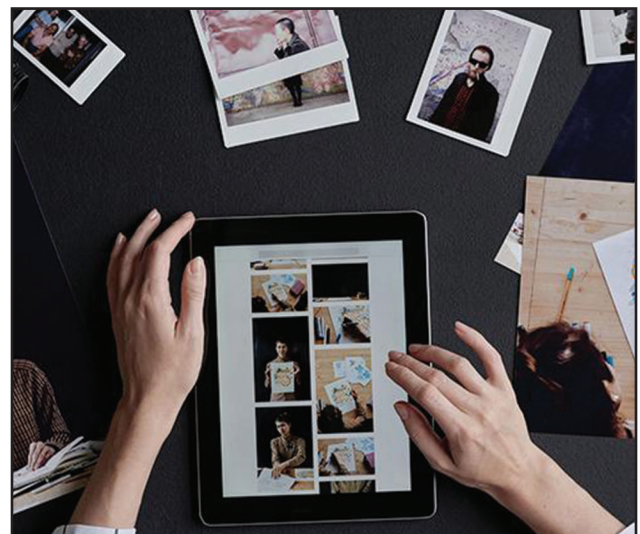
Are your photographs in a box, drawer, suitcase, phone, camera chip, external hard drive or all of the above? Are they securely backed up? Understand why photo organization/scrapbooking is more difficult today versus years ago. **The number one goal is to SAVE - ORGANIZE - SHARE your photos.** Discover alternatives to get every printed/digital photo, video and memorabilia in one location. Leave with options to access every photo you own and share with family and friends.

F1006A

Thursday, October 24 7-8:30 pm
 1 session - \$19 Susan DeJute
 Discovery Center Room 204

F1006B

Thursday, December 12 7-8:30 pm
 1 session - \$19 Susan DeJute
 Discovery Center Room 204



Intro to Amateur Astronomy

Learn about star constellations by season, types of celestial objects that can be observed, equipment and technology used. After this presentation, you will have a new appreciation for the night sky. Join us to enhance your star gazing experience.

F1243A

Thursday, September 26
1 session- \$10
Discovery Center

7:30-9 pm
Patrick Drigans
Board Room

F1243B

Tuesday, October 22
1 session- \$10
Discovery Center

6:30-8 pm
Patrick Drigans
Board Room



Starwatch Party with Mike Lynch

Get to know the constellations like The Big Bear, Cygnus the Swan, Pegasus the Winged Horse and the great stories behind them. We will use large reflecting telescopes, including two giant reflector telescopes that are among the biggest mobile scopes in Minnesota for close up views of Saturn, Jupiter, star clusters, galaxies and other magic in our early autumn skies. Mike will also bring a telescope-astrophotography system to see distant targets such as galaxies millions of light years away. Even if it is cloudy, you will learn a lot, have a great time and get a Mike Lynch "Cloud Check" for a future Minnesota Starwatch class. **Mike Lynch is a meteorologist at WCCO Radio and has been hosting star watch parties and teaching astronomy classes for over 48 years.**

F1242

Wednesday, October 16
1 session - \$19 per person or \$29 per family
Buffalo High School

7-9 pm
Choir Room



Buffalo Model Railroad Club

Come join the club! This hobby helps you learn basic construction, electrical and mechanical principles. We welcome artistic ideas and encourage creativity. The club will help members understand the importance of transportation history and industry trends for the future. **Age 8 years old and older are welcome.** Club leader is an experienced model railroader.

F1232

Fridays, September 20, 27, October 11, 25, November 8, 22, December 6, 13
6-8 pm
8 sessions - \$40 or \$5 per session (Fall Membership)
Discovery Center Board Room & Room 204
Enter door #2

Into to Model Railroading - Part 1

This class is for you if you are new to model railroading or even if you are returning to it after 60 years. We cover the basics of eras, scales, track alternatives, engines, rolling stock, accessories, scenery, costs of the hobby and the hot topics of DC vs. DCC and Now Sound. Learn the step-by-step process of building a model railroad. Model railroading has changed a lot in the last few years and this course will help bring you up to date. **Adults, especially those young at heart and families welcome!**

F1232A

Thursday, September 19
1 session - \$10 per person or \$15 per family
Discovery Center

6:30-8 pm
Jim Aulick
Board Room

F1232B

Thursday, November 7
1 session - \$10 per person or \$15 per family
Discovery Center

6:30-8 pm
Jim Aulick
Board Room

Into to Model Railroading - Part 2

Continue the journey! This class is a continuation of Part 1 and will go into more detail on DCC, converting to DDC and consisting.

F1232C

Thursday, December 5
1 session - \$10 per person or \$15 per family
Discovery Center

6:30-8 pm
Jim Aulick
Board Room



Advanced Beginner Crochet - Crochet a Baby Afghan!

If you work on the pattern with us, you will learn to make a simple chevron style afghan, solidifying your skills with the single crochet and pattern reading. Please bring 2 skeins of 1 color Bernat Blanket Yarn, and 1 Alternate color of the same yarn, plus a size L/8mm crochet hook. This is an easy pattern that only requires knowledge of the chain and single crochet stitches. You will need some basic experience with single crochet though!

F1270
 Monday, October 21 6:30-9 pm
 1 session- \$39 Pam Whitecomb
 Discovery Center Room 204

Knit a Chunky Pillow Topper

Learn the super easy method of hand knitting on a table to create a chunky knit pillow! (This is even easier than arm knitting) You can finish this in an evening and have the skills to make one of those chunky blankets everyone is talking about! We will learn starting, stitching and binding off. We will also talk about sources, types, and care of blanket materials if there is interest. Please bring at least 26 yards of roving yarn. Pam uses Mainstays Acrylic Roving Yarn, but most craft stores offer some type of this yarn.

F1271
 Monday, November 4 6:30-9 pm
 1 session- \$39 Pam Whitecomb
 Discovery Center Room 204

Adult Beginner Crochet Class

Do you want to learn how to crochet? Come learn the basics with crochet teacher and designer Abbey Swanson of The Firefly Hook. Two choices will be available: a beginner-friendly beanie and a beanie for those wishing to grow their crochet skills. We will finish off the hat of your choice with a faux fur pom. Both hats are made with bulky yarn and a big hook – you will be surprised how quickly your project works up. Come have fun and leave with a hat on your head! No experience necessary. All supplies included. (One faux fur pom per person; additional poms will be available for purchase for \$5 each.)

F1260
 Thursday, November 7 6-8:30 pm
 1 session- \$39 Abbey Swanson
 Discovery Center Room 204

Adult Acrylics

Painting with acrylics is fun and also a challenging journey, so come join Minnesota artist Linda Pachel to learn the basics of how to paint with acrylics. Work on two different canvases; one to learn various stroke techniques and the second to create your own painting. You will learn about different materials you can use and various painting techniques. **All supplies are included in the class fee.** (Linda will provide various photos for you to work from, but if you have one of your own you want to work from please bring it.)

F1011
 Tuesday, October 8 6-9 pm
 1 session - \$49 Linda Pachel
 Discovery Center Room 204



Register for classes at least one-week prior to the start date. Classes with low enrollment will be canceled at that time.



Kid's Basic Acrylics (grades 3-5, and parents welcome too!)

Learning to paint with acrylics is a really fun experience! So come join Minnesota's local artist Linda Pancel to learn the basics of painting with acrylics including various stroke techniques. This is a great family activity! **All supplies are included and each participant will work on their own 8x10 canvas.**

F1010

Wednesday, November 6
1 session- \$39
Discovery Center

2:45-4:35 pm
Linda Pancel
Room EC1

Holiday Gelli Printing

Gelli Printing is a form of Mono Printing done using acrylics and various textures on a re-usable "gelatin" like plate. This form of mono printing is press free and a fun technique any level of ability. This creative process is a wonderful way to create a unique holiday card or design for gift bags. Come print and play with color and texture and be dressed for a mess. **All supplies included.**

F1012

Tuesday, November 19
1 session - \$59
Discovery Center

9 am-12 pm
Linda Pancel
Room 204

Puppy Training

This six-week class is for all breeds of puppies, age 8 weeks to 4 months old. Each class begins with 15 minutes of puppy play and socialization. Throughout the six-weeks, we work on basic obedience including leash walking, sit, down and stay. We address issues as needed such as biting, house breaking, crate training, etc. Classes are held indoors in a heated/AC facility with matted floors. Puppies should have their first set of shots including first Parvo/distemper and Bordatella (optional). Young handlers are welcome accompanied by a parent. **Students should bring a regular buckle collar, 6-foot leash and plenty of soft dog treats to class. Register to begin any Monday night.**



F1241

Mondays, ongoing beginning September 9
6-6:45 pm first night, 6:30-7:30 pm remaining nights
6 sessions - \$100
Dan Rhode
Water's Edge Dog Center

Dog Obedience

This eight-week class is for all breeds of dogs 5 months and older. We work on heeling on leash, sit, down, stay, stand for groom and vet exam. We also work on good manners around people and other dogs. Classes are held indoors in a heated/AC facility with matted floors. Dogs need to be up to date on vaccinations including distemper, rabies, parvo, and bordatella (optional). Young handlers are welcome accompanied by a parent. **Students should bring a regular buckle collar, 6-foot leash (no flexi-leads) and plenty of soft dog treats to class. Classes held at Water's Edge Dog Center.**

F1240A

Tuesdays, October 1 - November 19
8 sessions - \$130
Dan Rhode

F1240B

Tuesdays, October 29 - December 17
8 sessions - \$130
Dan Rhode

F1240C

Tuesdays, November 26 - January 28
(No class December 24, 31)
8 sessions - \$130
Dan Rhode

■ ■ ■ Home & Hobby

Butterfly Chime

This butterfly sun catcher chime is sure to shimmer in the light. Assemble the pieces to create the butterfly and chime then decorate using pieces of colored glass. An 8 inch chain will be supplied for hanging your finished project. Supplies are available to string your chime when picking it up or take it home to finish.



6-8 pm
Mary Randell

F1002

Friday, September 20
1 session - \$53
Artistic Me, 205 5th St NE, Buffalo

Fused Glass Suncatcher

Create a multi branched tree using clear glass that allows the sun to catch the edges for maximum sparkle. Add color using pieces of colored glass and frit. You will pick up your item at a later date.



6-8 pm
Mary Randell

F1005

Wednesday, September 25
1 session - \$38
Artistic Me, 205 5th St NE, Buffalo

Christmas Word Platter

This 14 x 12 inch two handled platter is a perfect addition for the holidays. Since it is food safe it will provide a fun tray for endless uses. We will provide the cut stencil and instructions, you provide the color choices and your imagination. The plates will be clear glazed and fired in the kiln requiring pickup at a later date.



F1004A

Sunday, October 20
1 session - \$55
Artistic Me, 205 5th St NE, Buffalo

1-3 pm
Mary Randell

F1004B

Thursday, November 7
1 session - \$55
Artistic Me, 205 5th St NE, Buffalo

6-8 pm
Mary Randell

Fused Glass Votive

Learn how to safely cut, shape and assemble on flat glass using bits and pieces of colorful glass, stringers, noodles, chips and dots. You will pick up your items at a later date.



F1000A

Tuesday, October 22
1 session- \$27
Artistic Me, 205 5th St NE, Buffalo

6-8 pm
Mary Randell

F1000B

Wednesday, November 6
1 session- \$27
Artistic Me, 205 5th St NE, Buffalo

6-8 pm
Mary Randell

Evergreen Branch

This sun catcher works great as a tabletop display or as a tray for votive candles. Learn how to safely cut and assemble the design on a flat 6 x 12 inch glass which is kiln fired to give it the shape. You will pick up your item at a later date.



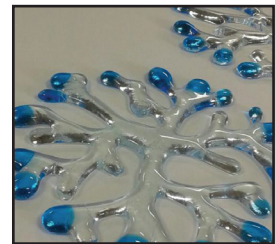
F1003

Tuesday, November 12
1 session - \$48
Artistic Me, 205 5th St NE, Buffalo

6-8:30 pm
Mary Randell

Snowflake Ornaments

Create three unique snowflakes to hang on your tree or hang in a window. Each snowflake measure about 5 inches in diameter and will be created with clear glass to catch the light. You will pick up your items at a later date.



F1001A

Friday, November 22
1 session- \$32
Artistic Me, 205 5th St NE, Buffalo

6-8 pm
Mary Randell

F1001B

Wednesday, December 4
1 session - \$32
Artistic Me, 205 5th St NE, Buffalo

6-8 pm
Mary Randell



Intro to Voiceover (18 and over)

Explore the fun, rewarding possibilities of the voiceover industry! Discover current trends and how they make it easy and affordable for just about anyone to get involved. You'll learn about different types of voiceovers and tools you'll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. Learn more at voicesforall.com/ooo

Requirements: Students must have either Internet Access and Video Chatting capabilities using a method such as: Zoom (for PC/Mac users) or iChat/FaceTime (for Mac Users) or we can offer this class via telephone if webcam is not available. **Contact Community Education at 763.682.8752 to register. Fee is \$49.**

ACT Prep Classes

See page 16 in the Youth Enrichment section.



Encore Piano Lessons (Age 5 to adult)

30-minute private piano lessons offered in Buffalo and Hanover. Instructors are friendly, caring and trained professionals you can trust. See page 17 for dates and times or register online at bhmschools.ce.eleyo.com



Your Child's Hidden Talents

Every child is born with unique talents. Sometimes these strengths become obvious, but many times they do not. Learn how to recognize and discover your child's unique talents so you can provide the best opportunities for them to thrive and succeed. **This class is for parents only (do not bring children)** and is taught by a Certified MBTI instructor. It is not about athletic abilities, but explains diverse and healthy human behavior and unique identifiable personality strengths. Learn practical useful facts as well as inspire you with exciting future possibilities for your kids.

F1211

Saturday, November 23
1 session- \$69
Discovery Center

10:30 am-12 pm
Steve Moeller
Board Room

8-Hour Defensive Driving

If you are 55 or older, save money on your car insurance premiums and become a better driver! The course is two sessions of classroom - no driving or test required. You will receive a certificate of completion to provide to your insurance company. If you register less than a week prior to class, the Safety Council will mail your certificate to you. **Attendance at both sessions is required to receive credit.**

F1237

Tuesday & Thursday, September 17 & 19
2 sessions -\$29
Discovery Center

5:15-9:15 pm
MN Safety Council
Board Room

4-Hour Refresher Defensive Driving

If you have taken a state approved 8-hour Defensive Driving Course (55+) in the past, you can renew your car insurance discount by taking this state-approved, 4-hour refresher course. There's no driving and no test. You will receive a certificate of completion to provide to your insurance company. If you register less than a week prior to class, the Safety Council will mail your certificate to you.

F1236A

Thursday, October 17
1 session -\$25
Discovery Center

8:30 am -12:30 pm
MN Safety Council
Board Room

F1236B

Monday, November 4
1 session -\$25
Discovery Center

8:30 pm -12:30 pm
MN Safety Council
Board Room

General Enrichment

Don't Worry, Retire Happy

Is Saturday the day you set aside to play golf, spend time with your grandkids or enjoy your hobby? In retirement, every day can be like Saturday. Learn from financial expert Tom Hegna's book, Don't Worry, Retire Happy: Seven Steps to a Secure Retirement.

F1203

Tuesday, September 10 6:30-7:30 pm
 1 session - \$15 Justin Bettinger & Lynne Lien
 Discovery Center District Office Conference Room



Women & Finance

This class is a guided discussion that examines why women's financial issues are often different than men's. The topics help participants determine if their retirement strategy is on track. By engaging with other women, participants gain insight, ideas and strategies.

F1204

Tuesday, September 24 6:30-7:30 pm
 1 session - \$15 Lynne Lien
 Discovery Center District Office Conference Room

Savvy Social Security

This workshop covers strategies for maximizing your Social Security benefits, including five factors to consider when deciding to apply for benefits, how to minimize taxes on benefits and how to coordinate Social Security with your other sources of retirement income.

F1205

Tuesday, October 8 6:30-7:30 pm
 1 session - \$15 Justin Bettinger & Lynne Lien
 Discovery Center District Office Conference Room



5 Keys to Retire

Pre-retirees will learn essential steps to ensure stable income in retirement.

F1207

Thursday, November 7 6:30-7:30 pm
 1 session - \$15 Justin Bettinger & Lynne Lien
 Discovery Center District Office Conference Room

Heart to Heart

Review the considerations to make in planning for changes that arise as we age, explains long-term care and provides tips for starting healthy conversations with family members that lead to positive outcomes.

F1206

Monday, October 21 10:30-11:30 am
 1 session - \$15 Justin Bettinger & Lynne Lien
 Discovery Center District Office Conference Room



Tax Management Strategies

Understanding tax strategies and managing your tax bill are an integral part of a sound financial approach. Some taxes can be deferred and others can be managed through tax-efficient investing. With a careful and consistent preparation, you can potentially reduce the impact of taxes on your overall investment returns.

F1213

Tuesday, October 22 6:30-7:30 pm
 1 session- \$9 Beau Zumbusch
 Discovery Center District Office Conference Room



Managing your Lifestyle

Managing your lifestyle is all about making smart choices. Each lifestyle decision you make, from your choice of a home, to what you drive, to how you spend your leisure time, has an impact on your overall financial situation. We'll take a look at how smart strategies can enhance your lifestyle while at the same time potentially freeing up assets to invest for the long term.

F1214

Tuesday, November 12 6:30-7:30 pm
1 session - \$9 Beau Zumbusch
Discovery Center District Office Conference room

Inheriting in Harmony

Large assets like cabins, farms and small businesses are a part of the fabric of your family's culture. Transferring them to the next generation can be tricky. Managing the emotional connections is just as important as navigating the financial and legal processes and requires more than deeds and keys. The Inheriting in Harmony workshop can help to start—and shape—the inheritance process.

F1208

Wednesday, December 4 6:30-7:30 pm
1 session - \$15 Justin Bettinger & Lynne Lien
Discovery Center District Office Conference Room

Estate Planning

What is estate planning and why it is vital for you to plan? Learn the difference between a Will and a Trust. Walk away with a good understanding of how your estate is taxed and ways to avoid or reduce these taxes.

F1215

Monday, September 23 6:30-7:30 pm
1 session - \$9 Sharyl Schultz
Discovery Center District Office Conference Room

Social Security Planning

Learn how planning for your Social Security can affect your benefits, your spouse's income now and when you pass away and how Social Security benefits affect your federal and state taxes paid. Determine if you should collect your benefits at age 62, 66 or 70.

F1216

Monday, October 28 6:30-7:30 pm
1 session - \$9 Sharyl Schultz
Discovery Center District Office Conference Room

Financial Planning - Uncertain Times

Learn how to budget for change and how to plan now so you don't have to change your retirement horizon if things you cannot control do change. Discuss how your current exit strategy for your 401(k) or IRA may be affected by changes you haven't planned for.

F1217

Monday, November 18 6:30-7:30 pm
1 session - \$9 Sharyl Schultz
Discovery Center District Office Conference Room

IRA, TSP, & 401(k) Rollovers

These accounts are treated different than other accounts. How you take distributions can impact your income, your taxes and even your heir's inheritance.

F1218

Monday, December 9 6:30-7:30 pm
1 session - \$9 Sharyl Schultz
Discovery Center District Office Conference room



**Free events
for teens and adults**

*Sponsored by MN Arts and Cultural
Heritage Fund, GRRR, ISD 877 and
Friends of the Buffalo Library.*

Lorna Landvik Author Visit

Join Minnesota bestselling author Lorna Landvik for a reading/Q & A about her twelfth novel, "Chronicles of a Radical Hag (with Recipes)".

**Tuesday, October 22, 7 pm
Buffalo High School
Performing Arts Center**

Author Chad Lewis talks about Supernatural Lake Superior

Bizarre tales of UFOs, phantom ships disappearing, haunted businesses, deadly sea serpents, mysterious creatures and sinister men in black!

**Tuesday, November 19, 7 pm
Discovery Center Auditorium, Buffalo**

Trips & Tours

Stillwater Day Trip Saturday, October 5



Experience the beauty of Minnesota's fall colors in historic Stillwater, a quaint small-town nestled on the riverbank. Take in the beautiful fall colors. Shop, browse the fall art festival, check out the jazz festival or cruise down the St. Croix! Leave the driving to us and wear comfortable shoes!

Option 1 **F2019A** **\$39**
Fall Colors, Rivertown Fall Art & Music Festival (Lunch on Your Own)

Enjoy the last outdoor art festival at the peak of the fall season along the banks of the beautiful St. Croix River. Artisan's works feature photography, jewelry, pottery, painting, metal and much more! Regional musicians will provide entertainment on both ends of the Lowell Park. Delicious food items are available in the park or walk up town to the various shops and eating establishments.

Option 2 **F2019B** **\$69**
St Croix Cruise and Lunch. Fall Colors, Rivertown Fall Art & Music Festival and Shopping

Cruise the St. Croix and enjoy a tasty lunch buffet. Check out the jazz festival and browse local shops. Sample deli meats, cheese, assorted breads, salad choices, fresh fruit and a warm entry that varies daily, cookies and coffee. Cash bar on board riverboat.

- ♦ Coach bus departs the Discovery Center north parking lot by door 2 at 8:40 am
- ♦ Bus returns to Buffalo approximately 5:40 pm
- ♦ **Registration deadline is September 20**

Old Log Theatre Wednesday, October 30



A Gentleman's Guide to Love and Murder

is the knock-'em-dead, uproarious hit and the most-nominated show of the 2014 Broadway season. With 10 Tony nominations and 4 wins, including Best Musical, Book, Direction and Costumes, this Tony-Award Winning Musical makes its Minnesota Premiere at the Old Log. Set in London in 1907, A Gentleman's Guide to Love and Murder centers on Monty Navarro, a penniless clerk who is informed after the death of his mother that he is ninth in line to inherit the earldom of Highhurst, controlled by the wealthy D'Ysquith banking family. After the imperious ruling Lord dismisses Monty's claim of being a relative, the eight D'Ysquiths ahead of young Mr. Navarro begin dying in natural and unnatural ways. (A single actor plays all the not-so-nice D'Ysquiths, adding to the merriment.)

Meal Choices:

- Choice A** - Braised Boneless Short Rib with potatoes and seasonal vegetable
- Choice B** - Dill Roasted Tilapia with potatoes and seasonal vegetable with Lemon
- Choice C** - Vegetarian Option- Angel Hair Pasta with Garden Marinara
- Choice D** - Seared Pork Chop, potatoes, seasonal vegetables, bacon port demi glaze

F2019D

- ♦ Coach bus departs Discovery Center north parking lot by door 2 at 10:30 am
- ♦ Lunch before the show, Show time 1:30 pm
- ♦ Bus returns to Buffalo approximately 4:30 pm
- ♦ \$69 fee includes show ticket, lunch, coach bus and chaperone
- ♦ **Deadline to register is October 1**

Daytrippers Dinner Theatre
Thursday, November 7



This Broadway success concerns the adventures of a Jewish widow and an Irish widow whose respective daughters move them into a shared retirement condominium in Las Vegas. They think life has passed them by, until on an excursion, they are saved from a mugger by a charming if not quite sober gambler who is short on cash. They allow him to curl up on the living room and they both manage to fall for the charming swindler!

Lunch Entree:

- Champagne chicken
- Hand carved roast loin of pork
- Country sausage with sauerkraut
- Sides of red potatoes, green beans and rolls
- Salad bar
- Gourmet Brownie
- Coffee or tea

F2019C

- ◆ Coach bus departs the east side of Discovery Center, door 1, at 11 am
- ◆ Lunch at 12:15 pm, Show time 1:15-3:30 pm
- ◆ Bus returns to Buffalo approxanetly 4:30 pm
- ◆ \$79 fee includes show ticket, lunch, coach bus and chaperone
- ◆ **Registration deadline is October 25**

Ames Center - Ole & Lena,
Home for the Holidayze
Thursday, December 19



Ole finds himself on the horns of a dilemma! All the members at the lodge are counting on him to plan a spectacular holiday party. Lena is in a tizzy, busily preparing to have the whole family down for the annual Gustafson family holiday celebration. On top of that, they are preparing to bless them with their first great grandchild. When the time comes, Lena drops everything and rushes off to help, leaving Ole with the planning and preparation for both the lodge and farm, until she gets back home. Will Lena make it home in time to save Ole from dual holiday disasters or will Ole just stumble around in a holidayze hoping for the best? See for yourself in this wonderfully funny musical comedy for the entire family. **Comedy takes place on the spacious Masquerade Theater main stage.**

Holiday Show Menu:

- Brown sugar glazed boneless ham
- Hash brown casserole and glazed herbed carrots
- Variety of dinner rolls with chef's butter
- Soup and salad bar
- Dessert options (will vary): Homemade french silk pie, Cheesecake fluff, Swiss cake roll, Chocolate mousse and Bread pudding.

F2019E

- ◆ Coach bus departs east side of Discovery Center, door 1, at 10:45 am
- ◆ Lunch at 12 pm, Show time 2 pm
- ◆ Bus returns to Buffalo approximately 4:30 pm
- ◆ \$79 fee includes show ticket, lunch coach bus and chaperone
- ◆ **Registration deadline is December 2**

■ ■ ■ *Adults with Disabilities (age 16+)*

What is Opening Doors?

Opening Doors is a program for Adults with Disabilities (ages 16+). This program offers classes/activities in the school districts of Buffalo-Hanover-Montrose, Big Lake, Becker, Howard Lake-Waverly-Winsted and Monticello. Specialized activities offer educational, social, life skill and recreation learning opportunities for adults with a disability. **Only activities in the Buffalo area are listed in this catalog.** For activities in the other school districts, visit bhmschools.ce.eleyo.com, or request the current Opening Doors catalog by calling 763.682.8770.



Looking beyond disabilities... Focusing on abilities!

Special Events

Deer Lake Apple Orchard

Back by popular demand!

We will tour the orchard, enjoy a wagon ride, sample apples and spend time exploring animals at the petting zoo. Meet at the Big Red Barn at 6 pm. **Please select only one date to attend so we can offer this opportunity to everyone interested in going.**



F301A

Tuesday, September 24
1 session - \$9
Buffalo-Deer Lake Apple Orchard

6-7:30 pm

F301B

Wednesday, September 25
1 session - \$9
Buffalo-Deer Lake Apple Orchard

6-7:30 pm

Halloween Dance Boo Bash

It is that time of the year to search for your Halloween costume and get ready to move and groove with spooky friends at the annual Halloween Dance and Monster Mash. Music provided by Roger from The Scene. Festive tricks, treats and a sub sandwich meal included.

F302

Saturday, October 26
1 session - \$7
Buffalo-Discovery Center

4:30-6:30 pm

Gym



Festival of Trees

The Wright County Historical Society welcomes you to enjoy their winter wonderland. There are more than fifty individually themed trees to add to your holiday enjoyment. Please note, for people with seizure disorder some of the displays will use strobe lights. The Wright County Heritage Center is located at 2001 Hwy 25 North of Buffalo. A light snack provided.

F306

Tuesday, December 3
1 session - \$3
Wright County Heritage Center

5:45-7 pm

Room



Holiday Dinner & Party

Join us for a seasonal tradition at the Buffalo American Legion. Food and hospitality provided by the Buffalo Lions. Joe Carlson from KRWC will emcee the grand event. **No need to register, this is a free event. However, each person must pick up their tickets between November 1-26 at the BHM Community Education office.** Due to space restrictions, tickets will be limited to 4 tickets per Opening Doors participant. We need your dietary restriction at the time of ticket pick up. Everyone will need a ticket to enter the door at the American Legion. We look forward to a fun night!

Monday, December 9

Doors open at 5pm, dinner at 5:30 pm, Dance 6-8 pm
1 session - Free with a ticket
Buffalo American Legion

Registration is easy online at bhmschools.ce.eleyo.com

Kit Creation Series



First Aid Kit

Be prepared to help when the need occurs. This kit will include Band-Aids, gauze pads, tape and other supplies. Come put together your very own first aid kit. We will also discuss how and when to call for emergency assistance.



F310BF

Saturday, September 21 10:30-11:30 am
1 session - \$9
Buffalo-Discovery Center Board Room

Snack Attack Pack

Who hasn't needed a quick snack when you are out and about? In this kit creation class, we will assemble a jar with healthy options to hold off your hunger cravings. We will add a few not so health treats too!

F311BF

Wednesday, September 11 6:30-7:30 pm
1 session - \$9
Buffalo-Discovery Center Room 204



Socialization



Friday Night Bingo

G50, I29, B1... Bingo is back for another season of fun! Amazing prizes served with a slice of pizza and other special treats will add to the excitement of the evening. Mark your calendar for a night of BINGO!

F324BF

Friday, October 4 6-8 pm
1 session - \$10 client/\$6 Caregiver Pizza
Buffalo-Discovery Center Board Room- door #2

F328BF

Friday, November 8 6-8 pm
1 session - \$10 client/\$6 Caregiver Pizza
Buffalo-Discovery Center Board Room- door #2

F330BF

Friday, December 27 6-8 pm
1 session - \$10 client/\$6 Caregiver Pizza
Buffalo-Discovery Center Board Room- door #2

League Bowling for Fall

Time to knock down pins and get some exercise all while having fun with your bowling friends. Remember, the more you bowl the better bowler you will become. We hope to see you at both fall sessions!

F342A

Saturdays, September 21, October 5, 19, November 2
2-4 pm
4 sessions - \$50 Staff
Buffalo- Huikko's Bowling Center

F342B

Saturdays, November 16, 23, December 14, 21 2-4 pm
4 sessions - \$50 Staff
Buffalo-Huikko's Bowling Center

■ ■ ■ *Adults with Disabilities (age 16+)*

Seasonal Crafts

Autumn Wreath

The third season of the year is a special time to be thankful for the harvest and appreciate nature's beauty. Join us in making a Wooden Sunflower Wreath you can enjoy throughout all the seasons.



F317BF

Wednesday, October 2
1 session - \$7
Buffalo-Discovery Center

6:30-7:30 pm
Room 204

Pumpkin Patch Dirt Cups

Come make a pumpkin patch where the entire patch including the dirt is edible. We will use pudding, chocolate and candy to create this tasty treat.



F321BF

Saturday, October 12
10-11 am
1 session - \$7
Buffalo-Discovery Center
Room 204

Spectacular Snowflake

This unique snowflake is made with puzzle pieces and dazzling glitter. Its beauty can be enjoyed throughout the season.



F335BF

Tuesday, November 12
6:30-7:30 pm
1 session - \$7
Buffalo-Discovery Center
Room 204

Holiday Canister



We will convert an everyday chip container into a useful decorative canister for your holiday treats or trinkets. We have a few holiday treats on hand to add to the festivities.

F336BF

Tuesday, November 19
6:30-7:30 pm
1 session - \$7
Buffalo-Discovery Center
Room 204

Halloween Hanger

There is nothing like repurposing a household item into a work of art. We will make a cute jack o' lantern door hanger from a ceiling fan blade. This project will be a Halloween hit.

F322BF

Wednesday, October 16
1 session - \$7
Buffalo-Discovery Center

6:30-7:30 pm
Room 204



Recreation



Morning Basketball

Rise and shine, join your friends for a game of hoops while getting in your Saturday morning workout.

F343A

Saturdays, September 14, 21, 28 9:30-10:30 am
3 sessions - \$15
Buffalo-Discovery Center Cafeteria

F343B

Saturdays, October 5, 12, 26 9:30-10:30 am
(No basketball Oct. 19)
3 sessions - \$15
Buffalo-Discovery Center Cafeteria

Fall Hiking

Enjoy a stroll outdoors along the trails and paths as you take in the sounds and sights of the autumn season. Join us for a refreshing walk and fall snack at some of Wright counties beautiful surroundings

F320B

Sunday, September 29 1-2:30 pm
1 session - \$5
Sturges Park –Lower Picnic Shelter



Chair Yoga

Get some exercise without knowing you are exercising... Arm movements and leg lifts will tone muscles while relaxing the other muscles. Come join your friends for this new relaxing form of exercise.

F346

Saturdays, October 12, 26, November 9 9:30-10:30 am
3 sessions - \$15
Buffalo-Discovery Center Room 204

Floor Hockey-Saturday Mornings!

Join the team for a friendly game of floor hockey. Floor hockey is a fun, recreational sport with the added benefit of a healthy workout. Your Instructor will lead skill building and sportsmanship to this exciting sport.

F345A

Saturdays, November 2, 9, 16 9:30-10:30 am
3 sessions - \$15
Buffalo-Discovery Center Cafeteria

F345B

Saturdays, December 7, 14, 21 9:30-10:30 am
3 sessions - \$15
Buffalo-Discovery Center Cafeteria



Open Swim & Gym
Buffalo Community Middle School Pool
Sundays, September 8-December 15
2-4 pm
\$5 per visit - Pay at the door

■■■ ABE Classes

WEST Adult Basic Education (ABE)

WEST Adult Basic Education program serving, and supported by, regional community education departments including Buffalo Community Education. Programs are to help adults age 17 years or older (who are not enrolled in high school) develop basic skills. Visit westabe.org for more information. [See below for WEST ABE services.](#)



ABE Academic Open Labs

ABE helps adult learners who want to acquire or improve their math, reading, or writing skills. Some learners might need to brush up on their skills before taking the GED tests or college entrance exam, for example. Others are learning information for the first time. Day and evening classes are available.

- ◆ Phoenix Learning Center, 800 8th St. NE, Buffalo
- ◆ Beginning September 3
- ◆ Mondays & Wednesdays 11 am-1:30 pm
- ◆ Tuesdays & Thursdays 6-8:30 pm
- ◆ Open every month except August
- ◆ Closed same days as BHM Schools
- ◆ Call 763.682.8688 or drop in

GED Preparation – see ABE Academic Open Lab

English Language (ELL/ESL) Class

Learners improve their speaking, listening, reading, and writing skills in English. This friendly, multi-level group meets two nights a week.

- ◆ Phoenix Learning Center, 800 8th St. NE, Buffalo
- ◆ Beginning September 3
- ◆ Tuesdays & Thursdays 6-8:30 pm
- ◆ Open every month except August
- ◆ Closed same days as BHM Schools
- ◆ Call 763.682.8687 or drop in

Distance Learning – Online Programs

Actively enrolled learners can study anytime, anywhere by using an online program such as PLATO, Moby Max or Rosetta Stone for example. To enroll, call 763.682.8688.



Reading Classes

There are two reading classes available: one for adults who struggle to “get the word off the page” and another for adults who can read but do not understand everything they read. Pre-registration and reading assessments are required for these classes. Call Terrisa at 763.682.8688 for more information.

Family Learning Classes

WEST Adult Basic Education (ABE) partners with Early Childhood Family Education (ECFE) to offer this family literacy class. Parents study English or prepare for the GED, participate in parenting education and have learning time with their children. Children must be pre-school age. Call Diane at 763.682.8733 for more information and to register. Space is limited.

- ◆ Held at Discovery Center in Buffalo
- ◆ September 17- December 19 10 am – 2 pm
- ◆ **(No class October 17, November 28)**
- ◆ Lunch and rest time scheduled



GED Testing & Tutoring Opportunities

What's the 2014 GED® test like?

The GED® test has been updated to make sure it measures what graduating high school seniors know and what colleges and employers will expect of you.

There are four (4) parts:

- ♦ Science (90 minutes)
- ♦ Social Studies (70 minutes)
- ♦ Reasoning Through Language Arts (150 minutes, 10-minute break)
- ♦ Mathematical Reasoning (115 minutes)
(Offered on computer only. English or Spanish)

Free GED Tests for Minnesotans (while funding lasts)

GED testers in Minnesota can now get the first test in each of four subjects free by entering Promo Code MNGED30 when scheduling and paying for testing while funding lasts. This promotional code can be used from now to December 31, 2019. If a student does not pass or does not show up for testing, they will have to pay the standard retake price. Once the subsidy expires or runs out, testers will have to pay the full testing fee (\$30 each subject or \$120 per complete battery). We cannot predict exactly when this subsidy will run out; when it does, the subsidy will automatically shut off. If you have questions, or wish to study before you test, call Terrisa at 763.682.8688.

What is the passing score?

To find out if you're likely to pass, take GED Ready™: The Official Practice Test. Sign into MyGED™ at GED.com

GED Testing in Monticello

Appointments required. Visit westabe.org or call for more details 763.272.2040.

Your Future Starts **HERE!** 



Register at GED.com to get information about local policies, how to request accommodations, take free sample tests, pay and take GED Ready™ (the Official Practice Test), and schedule your 2014 GED® test.

WEST ABE Programs Near You! Visit westabe.org

Annandale	320-274-3058
Big Lake.....	763-262-2523
Buffalo/Hanover/Montrose	763-682-8688
Delano	763-972-6210
Howard Lake/Waverly/Winsted ...	320-543-3600
Lester Prairie.....	320-395-3011
Maple Lake	320-963-5991
Monticello	763-272-2040
Orono	952-449-8350
Rockford	763-477-4563
Plymouth	763-745-6034
St. Michael/Albertville.....	763-477-4563
Watertown/Mayer.....	952-955-0280

If preparing for the GED seems overwhelming, come to your local Adult Basic Education class for help. **Questions? Contact Terrisa at 763.682.8688.**

Become a Tutor in 3 Easy Steps!

Volunteer to assist adults learning basic reading, writing, math or English language skills. **Call Pam at 612.978.6468 with questions or to register for pre-service tutor training for Buffalo area.**

Step One Tutor Orientation

Monticello:
Monday, October 28
6 - 8 pm
Eastview Elementary
9375 Fenning Ave NE

OR

Wayzata/Plymouth:
Monday, October 28
6 - 8 pm
Interfaith Outreach (IACP)
1605 County Road 101
Plymouth, MN

Step Two Core Training

Monticello:
Saturday, November 2
9 am - 4 pm
Eastview Elementary
9375 Fenning Ave NE

Step Three Final Session

Monticello:
Monday, November 4
6 - 8 pm
Eastview Elementary
9375 Fenning Ave NE

Health Promoting Classes



Community Health Programs at Buffalo Hospital

303 Catlin Street, Hwy. 25 N., Buffalo, MN 55313 763.684.7025

Buffalo Hospital invites you to register for a health-promoting class by going online allinahealth.org/classes or by calling **763.684.7025** or **1.866.904.9962**. Some classes are free and some have a cost associated with them. See details below.

Special Events

BOUNCE BACK PROJECT™ – THREE GOOD THINGS

Begins October 2019

The Bounce Back Program™, along with the faculty and students at Buffalo High School/Students Stepping Up (SSU), are extremely grateful for your participation. You've become one of our good things! Ready to go? C'mon! Take advantage of a program that is bound to make you a happier person. Just before going to bed, ask yourself, "What are three things that went well today, and what is my role in making them happen?" **HOW TO PARTICIPATE:** Text @bounce2017 to 81010 on your smart-phone. You will be invited to download the Remind App. Once you have done so, you will be able to respond with your "Three Good Things" each night of the initiative. *PLEASE NOTE: When given the 3 options of "Teacher", "Parent" or "Student", select the one that most represents who you are. Any of the options will allow you to respond. **FREE**

STREET PARTY OF HOPE

The Street Party of Hope, formerly the Pink Street Party, is celebrating its 11th year and will be bigger, better, and brighter than ever! Hosted by Buffalo Hospital Foundation, this event exists to honor those who have experienced cancer, elevate cancer awareness, and raise funds for the Community Cancer Care Fund to help those who find their cancer diagnosis to be a financial burden. Every dollar raised stays in our community. **Thursday, September 12, 4-9 pm. Downtown Buffalo. Visit us online at streetpartyofhope.org**



General Wellness



FREE WELLNESS COACHING

Are you ready to improve your health, enhance your life balance and make lasting changes? Common areas of focus include exercise, nutrition, sleep and stress. Individual coaching includes appointments in person, over the phone or both. In-person coaching is available at Buffalo Hospital. **Call 763.684.7025 to schedule your FREE appointment!**

HEALTHY EATING FOR BETTER HEALTH

This program is for people who want to learn more about how nutrition and lifestyle changes can promote better health. Class includes learning how to read nutrition labels, cooking skills, new information about latest changes in nutritional world and even a grocery store tour! **Mondays, November 4-25, 4:30-6:30 pm at Buffalo Hospital. FREE**

STEPPING ON FALLS PREVENTION

This 7 week program offers information and education on a variety of topics to help reduce your risk of falling. **Thursdays, September 12 - October 24, 9:30-11:30 am at Buffalo Hospital. FREE**

Find more information at allina.com/classes
or call 763.684.7025



Health Promoting Classes ■ ■ ■

Community Health Programs at Buffalo Hospital 303 Catlin Street, Hwy. 25 N., Buffalo, MN 55313 763.684.7025

Buffalo Hospital invites you to register for a health-promoting class by going online allinahealth.org/classes or by calling **763.684.7025** or **1.866.904.9962**. Some classes are free and some have a cost associated with them. See details below.

General Wellness

LIVING WELL WITH CHRONIC PAIN

This 6 week, 2.5 hour a week class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. **Mondays, September 16 – October 28, 4:30 - 7 pm** at Buffalo Hospital. **FREE**

BETTER BREATHERS CLUB (COPD SUPPORT GROUP)

Meets the second Wednesday of each month from 2-3:30 pm at the Buffalo Hospital Heart Center. **FREE**

CANCER SUPPORT GROUP

This support group provides a forum for those with cancer to share information and gain support from each other. Meetings are facilitated by a cancer care coordinator. Meetings are held the 2nd Monday of the month, 5 - 6:30 pm in the Willow Room (next to cafeteria) at Buffalo Hospital. **FREE**

STROKE SUPPORT PROGRAM

A free support group for people who have had a stroke and their families. **Meets the second Wednesday of every month, 1-2 pm. FREE**

Babysitting Class

YOUTH BABYSITTING

This class provides youth ages 11 and older the skills necessary for safe and responsible care for children in the absence of their parents or guardians. **October 12, 8:30 am-3 pm. \$45**

CPR, First Aid and Babysitting Classes

Courses can be customized to meet the individual needs of businesses.

PEDIATRIC HEARTSAVER CPR, AED AND FIRST AID

This American Heart Association class meets child daycare training and is recommended for anyone who works with or cares for children. Topics include first aid basics, medical emergencies, injury emergencies, child and infant CPR and AED. **October 5 or November 9, 8 am-3:30 pm. \$65**

HEARTSAVER CPR, AED AND FIRST AID

For those who have a duty to respond to cardiac or first aid emergencies. Teaches how to recognize and treat emergencies until help arrives. Also included CPR and AED. **November 2, 8 am-3:30 pm. \$65**

HEALTH CARE PROVIDERS BASIC LIFE SUPPORT

This American Heart Association course covers adult, infant and child CPR, (including two-rescuer scenarios and use of ventilation with a barrier device, a bag-value mask device and oxygen) and use of an AED. Recommended for all health care providers. **September 21, 8 am- 12:30 pm. \$60**

HEARTSAFE COMMUNITY PROGRAM

Automated External Defibrillators (AED) save lives when a sudden cardiac arrest occurs. Heartsafe Communities of Wright County will help increase the survival rates by providing education, grants to help with the cost of an AED, and loaner programs. For more information, please call **763.684.6604** or email buffaloheartsafe@allina.com

Pregnancy, Birth and Parenting Classes

Buffalo Hospital's Birth Center is a peaceful place to celebrate new beginnings in an environment designed for family-centered care. Allina Health partners with Amma Parenting Center to offer online and in person pregnancy, parenting and newborn care classes to help you prepare for childbirth and healthy childhood development. Call **952.926.2229** or ammaparentingcenter.com to schedule.

BIRTH CENTER TOUR

The first hour includes a tour of the Birth Center and Nursery followed by an hour for your questions along with beverages and light snacks. Parents who want a tour only can choose to leave after the tour. Visit Allinahealth.org/classes or call **763.684.7025** to register.

Wednesday Tours: October 2 or November 6, 4 - 6 pm or 6:15 - 8:15 pm

Saturday Tours: September 7, 8:30 - 10:30 am, 10:45 am - 12:45 pm or 1:30-3:30 pm

BABY CAFÉ

A family-friendly drop-in breastfeeding support group. Every Wednesday, 10 am - 12 pm at the Wright County Historical Society/Heritage Society. Call **763.684.7630** for more information. **FREE**



Community Activities



Buffalo Community Center
 206 Central Avenue; Buffalo, MN 55313
 Suzanne Kolbinger, Director **763.682.6036**
ci.buffalo.mn.us/communitycenter
 Daily meals Monday-Friday at noon
 \$4.25-\$8 donation suggested.

Monday

9 am Open Pool Tables
 9:30 am Mahjong
 11:30 am Legal Aid, (1st Monday of the month)
 (call for appointment)
 1 pm Exercise class (All ages)

Tuesday

9 am Toy Workshop (Sturges Park)
 9 am Open Pool Tables
 9:30 am 60+ and Healthy Clinic
 (1st Tuesday of every other month)
 1 pm 500 Cards

Wednesday

9 am Open Pool Tables
 9 am Fidget Quilt Group (2nd & 4th Wednesday)
 9:30 Creative Writing
 12:30 pm Mahjong
 1 pm Exercise Class (All ages)

Thursday

9 am Open Pool Tables
 9 am Toy Workshop (Sturges Park)
 9:30 am Goldenaires Choir
 12:30 pm Bingo
 1 pm Weaves of Love
 2 pm Coloring Group
 Popcorn Thursday all day long!

Friday

9 am Open Pool Tables
 9:30 am Hand & Foot



A toy shop volunteer appreciation was held at Huikko's in July. Pictured is toy shop lead Lee Kronenberg (right) accepting a donation from Les Huikko (left).

Foot Care Clinic - September 3 and November 5, 9:30-11:30 am. You will not be turned away if you cannot pay the \$15 fee. Wright County Public Health, 763.682.7456.

Senior Dance Schedule - September 19, October 17 and December 26, 1-4 pm, Buffalo American Legion, 3rd Thursday of the month.

The Buffalo Community Center Toy Shop needs you!!

Every Tuesday and Thursday morning a group of dedicated volunteers meets at the Community Center toy shop (located at Sturges Park) to cut, sand, paint and package wooden toys to be given away to lucky children everywhere! This year alone the toy shop will distribute over 5,000 toys to children across the globe.

Locally, toys are requested by various churches, civic organizations, and the police and fire departments for Night to Unite and open house. All of these requests keep our volunteers at the toy shop very busy so we are always looking for more volunteers!

The toy shop also accepts donations of equipment (in good working order), lumber, and various supplies as well as monetary donations; this is a great way to help out a good cause if you are unable to volunteer. Please contact the Buffalo Community Center at 763-682-6036 for more information...we hope to see you at the toy shop!

Registration Information & Form ■■■

Registration

- ◆ Online registration is safe, fast and easy at bhmschools.ce.eleyo.com
- ◆ **Registration and payment is required to attend classes.** Once registered, you will receive an electronic class confirmation if an email is provided
- ◆ **Please register at least one week prior to the class start date.** Decisions about class cancellations are made one-week prior to the class start date

Severe Weather Cancellations

- ◆ Closings will be announced on KRWC 1360 AM radio, the Community Education telephone line, 763.682.8770, and posted on the district website bhmschools.org and Facebook
- ◆ Community Education/ECFE classes do not meet when BHM schools are closed for the day
- ◆ **2-hour late start:** No morning ECFE classes when school has a two hour late start
- ◆ **KidKare sites will remain open**



Refunds

- ◆ If we cancel a class, you will be notified and your payment refunded
- ◆ If you need to cancel, notify us at least one-week prior to the start of class and we will refund your tuition in most situations
- ◆ **Cancellations received within 7-days prior to the start of class will be assessed a \$5 service fee**
- ◆ No refunds are given the day of the activity or after the class start date. Individual classes may have a more specific cancellation and refund policy

Senior Citizen Gold Card

Residents of BHM School District, age 62 and older, are eligible for a **Gold Card** which entitles them to 25% discount on many classes and entrance into some school activities.

Financial Assistance

Residents of BHM School District that meet income eligibility guidelines may qualify for a 25% fee reduction on certain classes. Some restrictions do apply. **Requests must be made at time of registration.**

UCare

Contact your UCare provider to see if you qualify for a \$15 discount on Community Education classes.



Community Education Registration Form

Mail to: Community Education Registration, 301 2nd Avenue NE, Buffalo, MN 55313

Participant Name _____ (Youth) DOB _____ Grade _____
(Last) (First)

Parent/Guardian (if applicable) _____

Address _____
(Street) (City) (Zip)

Primary Phone # _____ Daytime Phone # _____

*Email _____ Special Needs/Allergies _____
(Receive class confirmation and payment receipt)

Course Title	Course #	Fee
_____	_____	_____
_____	_____	_____
_____	_____	_____

Check # _____ TOTAL \$ _____

Card Type (Circle One) # _____ - _____ - _____ - _____ Exp. Date _____

UCare # (if applicable) _____

Fast and easy... Register online at bhmschools.ce.eleyo.com

Community Education
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**Stillwater
 Day Trip
 October 5**



**Daytrippers
 Dinner Theatre
 November 7**



**Gentleman's Guide to
 Love and Murder
 October 30**



**Ole & Lena
 Home for the Holiday
 October 30**

**Visit pages 36-37 for all the details
 on these fun-filled day trips!**

VOTE

Tuesday, November 5, 2019

District residents will vote on a levy referendum to maintain the high-quality programs and services BHM Schools offers. This levy would prevent the following reductions for the 2020-21 school year:

- Cut 22 teachers and 12 other staff
- Close Phoenix Learning Center
- Close Discovery Elementary
- Cut Quest (gifted program)
- Cut the wRight Choice program (alternative to out-of-school suspension)
- Cut 6 activities at Buffalo High School
- Cut ALL middle school activities
- Cut 3 regular bus routes (longer ride times and longer walking distances)

Watch for more information in the coming months in the district *Insider*, on the BHM Facebook page and on www.bhmschools.org.



The place to **dream, believe and achieve.**