



Community Education

BUFFALO HANOVER MONTROSE SCHOOLS

Spring 2025

Be Active
with Community Ed!



bhmschools.ce.eleyo.com | 763.682.8770

Welcome to Community Education

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Check Out
These Spring
Highlights

Office Telephone: 763.682.8770
Office Location: 301 2nd Ave NE, Buffalo (door 1)
Office Hours: 8 am - 4 pm, Monday-Friday
Office Closed: February 17, April 4, May 26

Easy Ways to Register

- ◆ Online at bhmschools.ce.eleyo.com
- ◆ Phone at 763.682.8770
- ◆ In-Person or Mail at 301 2nd Ave NE, Buffalo, 55313

Registration

- ◆ Register at least one-week prior to start date. Classes with low enrollment may be canceled at that time.
- ◆ Once registered, you will receive an email class confirmation if an email address is provided.
- ◆ **Cancellations** within 3 business days of the class is assessed a \$5 service fee. Other restrictions may apply. If we cancel a class, you will be notified and your payment refunded.

Weather Cancellations

- ◆ Community Education and ECFE classes do not meet when school is closed during the day due to weather.
- ◆ 2-Hour Late Start: No morning ECFE classes.
- ◆ KidKare sites remain open.

Senior 62+ Gold Card

Residents of the Buffalo-Hanover-Montrose School District, age 62 and older, are eligible for a Senior 62+ Gold Card and the following benefits:

- ◆ Attendance at most school events (band, theater, musicals, and athletic events) free of charge unless designated otherwise (i.e. MSHSL Section or State events, fundraisers, etc.)
- ◆ Discount on some Community Education classes and activities. Percentage and availability differ based on activity.

How do I get a Senior 62+ Gold Card?

- ◆ Come to the Community Education office, 301 2nd Ave NE, Buffalo with your ID. Our office is located inside Discovery Elementary School building.
- ◆ We will verify your address is within school district boundaries. Once verified you are a resident of BHM School district, you will be issued a Card.

UCare/Healthy Benefits+

Eligible UCare members may receive an allowance to spend toward community education classes. Members must have UCare insurance at the time of registration. Members can pay for classes at time of sign-up using their Healthy Benefits+ Visa card. Limits and restrictions may apply. Members can call Healthy Benefits+ at 1.833.862.8276 for more information.

KidKare



Join Us for a Summer Filled with Fun,
Learning, and Exploration!



REGISTRATION DATES

Current Families: February 25

New Families: March 10

FIELD TRIPS

GAMES

ARTS & CRAFTS

bhmschools.ce.eleyo.com

Early Childhood Family Education



Join our
Bison
Family!

Registration for Preschool 2025-26
opens February 24 at 8 am

You're invited to join one of our
many preschool options.

Little Bison Preschool is for children ages 2.5-3.5 years.
Bison Preschool is for children ages 3-5 years.

Check out our Preschool Registration catalog online at
bhmschools.org/catalogs or contact ECFE for a copy.



The place to
dream, believe
and achieve.

Marvelous Mondays (Ages birth to 5 years)

Join ECFE and your friends at the Buffalo Public Library for a story time and activity. Free and open to the public. Contact GRRL-Buffalo at griver.org/events or ECFE at 763.682.8780 for more information. **No pre-registration required.**

Mondays, 4-5 pm, through May 19
(No class Feb 17, 24, Mar 31)
FREE! Buffalo Public Library,
763.682.2753



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. **Scan QR code below or visit bhmschools.org/early-childhood-screening to schedule.**



Early Childhood Family Education



Open House and Tours

Come meet Early Childhood staff, play in our classrooms, and learn what ECFE is all about.

Please register all family members that will be attending this free event.

We are excited to see you!

Montrose

SP4044C

Friday, May 23 10:30-11:30 am
Montrose Early Education Center
ECFE Room

Hanover

SP4044B

Tuesday, May 27 10:30-11:30 am
Hanover Elementary Room 200

Buffalo

SP4044A

Wednesday, May 28 10:30-11:30 am
Discovery Center Room EC1



ECFE Family Fair

Saturday, April 26 10 am-12:30 pm

Discovery Elementary Gym

301 2nd Avenue NE, Buffalo

Gather your loved ones and come experience the fun of this delightful event designed for the whole family!



Family & Child Activities



Book Giveaway



Entertainment



Silent Auction Baskets



Meet BHM Board of Education Members



Community Partnerships



Early Childhood Family Education
BHM SCHOOLS

Meet ECFE Advisory Council Members

Youth Programs



Futura – Where Spanish comes alive!
“Vamos con los Animales” (Grades K-5)
 The best way to spark enthusiasm for a language is with a topic that students love - ¡Vamos con los animales! (Let’s go with the Animals) is just that! Students will blaze new trails “visiting” a pet store, a family farm, the zoo, the ocean, and even the rainforest while learning brand new Spanish vocabulary, conversation skills, useful phrases, and culture topics. Let your student explore where the wild things are in our interactive bilingual classroom. **Include email with registration.**

W6009
 Wednesday, February 19-April 9 4:15-5 pm
 8 sessions - \$150 Futura Language Professionals
 Online - Live Virtual

Middle School Prep: (Grades 6-8)
A Spanish Foundation Course
 Middle school students will learn essential fundamentals to build a strong base in the Spanish language. Months of the year, telling time, present tense verb conjugations, and sentence structure building are just a few of the topics covered! Lessons are dynamic with interactive activities and visuals, along with cultural lessons. Participants will get a jump start preparing for future middle school or traditional high-school Spanish classes. Build your student’s language foundation – enroll today! Online portal resources and practice tools included. **Include email with registration.**

W6008
 Monday, February 24 - April 14 4:45-5:30 pm
 8 sessions - \$150 Futura Language Professionals
 Online - Live Virtual



Karate Basics (Grade 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. Sign up for one or both sessions - new skills each week. **Classes include a free uniform!**

SP6010A
 Tuesdays, March 4-25 2:30-3:15 pm
 4 sessions -\$45 Buffalo Dojo
 Hanover Elementary Gym

SP6010B
 Tuesdays, April 8-29 2:30-3:15 pm
 4 sessions -\$45 Buffalo Dojo
 Hanover Elementary Gym

SP6010C
 Wednesday, March 5-26 2:30-3:15 pm
 4 sessions -\$45 Buffalo Dojo
 Discovery Elementary Cafeteria

SP6010D
 Wednesday, April 9-30 2:30-3:15 pm
 4 sessions -\$45 Buffalo Dojo
 Discovery Elementary Cafeteria

Spring
BREAK

March 31-April 4

Check it OUT Fun activities on **page 9** including field trips to **The Fun Lab** and **St. Michael Cinema**. Also, Babysitting 101 and F.A.S.T. Kids safety training!

Youth Programs

Wildlife Wonders

(Grades K-5)

This class is perfect for budding artists who love animals and want to learn how to capture their unique beauty and characteristics on paper. We will explore a variety of techniques, including drawing, painting, and mixed media, to create realistic and expressive depictions of different animals.

W6089A

Tuesday,
March 11-April 22
2:30 - 3:30 pm

(No class April 1)

6 sessions - \$105

KidzArt

Hanover Elementary
Room 309



W6089B

Wednesday, March 5-April 16
2:30-3:30 pm

(No class April 2)

6 sessions - \$105

Discovery Elementary

KidzArt
Room 202

Champion Force Cheer **(Ages 4-17)**

This fun course will teach students popular cheers, chants, choreographed pom/dance routines, jumps, splits, parade marching techniques, and other skills that are required for school cheerleading tryouts. Improve self-confidence, physical fitness and overall coordination. **Register online at erp.championforce.com/online/registration and use class #13875**

- ♦ Class meets Thursdays, February 20-June 5
- ♦ **(No class April 3)**
- ♦ Division 1 (ages 4-6): 6 pm
- ♦ Division 2 (ages 7-9): 6:45 pm
- ♦ Division 3 (ages 10 & up): 7:30 pm
- ♦ **One-time registration fee is \$10 and \$10 per class (this can be paid weekly)**
- ♦ Classes held at Parkside Elementary Cafeteria, 207 3rd St NE



Art is Fun!

These classes are held at Artistic Me - 205 5th Street NE, Buffalo. Parents may drop off their child at Artistic Me or choose to have your child meet at the Community Education office at Discovery Elementary to walk with a chaperone to Artistic Me. Contact Bridget blindeman@bhmschools.org or call **763.682.8733** to make arrangements. Pick up your child at Artistic Me after class.

Sun Catchers

(Grades K+)

Choose from a butterfly or dragonfly and embellish these pre-cut shapes to create a fun sun catcher. You will use bits and pieces of colorful glass, stringers, and beads. Hooks and a chain will be added to the completed project. Items will be fired in the kiln and ready for pick up at a later date.



SP6060

Thursday, March 6
1 session - \$45

2:45-3:45 pm
Artistic Me

Garden Fun

(Grades K-5)

Choose from a selection of gnomes, mushrooms and other garden décor and paint with fun colors. Items will be fired in the kiln and ready for pick up at a later date.



SP6061A (Grades K-2)

Thursday, April 10
1 session - \$45

2:45-3:45 pm
Artistic Me

SP6061B (Grades 3-5)

Thursday, April 10
1 session - \$45

2:45-4:45 pm
Artistic Me

Youth Programs

3D Printing: Harry Potter (Grades 2-5)

Learn 3D design and modeling skills using Tinkercad while creating a Deathly Hallows model and your own magical pendant. Students will be able to pick one design to be printed and mailed home. **Technical Requirement: Tinkercad (login information provided during class), PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones. Include email with registration.**



W6084

Saturday, March 8
1 session - \$50
Online Class from Home

9-11 am
Tech Academy

Virtual Reality Coding (Grades 1-5)

Design, develop, and create 3D Virtual Reality (VR) environments and characters to make your own 3D games and other virtual reality projects with CoSpaces. CoSpaces is an incredibly fun and stimulating way to learn STEM! VR programs can be viewed on most mobile phones, and VR Systems like oculus or google cardboard. You only need a laptop/computer to get started. **Additional Technical Requirement: CoSpaces Edu (login information provided during class), PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones. To view VR, you must have phone-compatible VR glasses, but worlds can be viewed on normal PC/Phones/Tablets in 3D.**

SP6082

Wednesdays, March 19 & 26
2 sessions - \$55
Online Class from Home

6-7:30 pm
Tech Academy

50 \$Money\$ Making Side Hustles for Teens

See page 26 for class details!

Video Production: "Top" List Creator (Grades 1-5)

Learn how to create YouTube content! YouTube is the top destination for online videos. Learn tricks that pro filmmakers use to create top 10 or favorite list videos. Edit your video, add transitions, insert a soundtrack. Then share your finished video with the world. **Additional Technical Requirement: Cell Phone video camera or external webcam, Wondershare Filmora (free version), PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.**

SP6083

Saturdays, March 22 & 29
2 sessions - \$55
Online Class from Home

8-9:30 am
Tech Academy

Intro to Java Coding (Grades 4-8)

Students will be introduced to object-oriented programming and elements of the Java language while learning to code their text-based RPG (Roleplaying Game). No programming experience is necessary, but familiarity with common tasks using a computer operating system (text-editing and understanding directory structures) and good keyboarding skills is required. **Additional Technical Requirement: Visual Studio Code. PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.**

SP6084

Thursdays, April 3 & 10
2 sessions - \$55
Online Class from Home

6-7:30 pm
Tech Academy



SPRING BREAK

Friday, March 28: The Fun Lab!

SP6000
Grades 1-6
9:15am - 2:30pm
\$45
Transportation Provided

- Laser Tag
- Ballocity (need socks)
- Bumper Cars
- Laser Maze
- Unlimited Arcade games
- Pizza lunch



Tuesday, April 1: St. Michael Cinema



SP6001
Grades 1-6
8:30-11:30am
\$20
Transportation Provided

- Movie, Popcorn and Soda

Wednesday, April 2: Babysitting 101

SP6002
Ages 10-13
8:30am-4pm
\$75

- Manage your babysitting business
- Safety and Injury Prevention
- CPR, First Aid
- Feeding & caring for infants



Thursday, April 3: F.A.S.T. Kids



SP6003
Ages 7-10
8:30am-12:30pm
\$59

- First Aid and Safety Training
- Water Safety
- Stranger and Internet Safety
- Home Emergencies

Youth Programs



Intro to RC Car Racing

(Grades K-8)

Interested in RC Cars? Want to try racing them on a track? Then come join us as we explore what makes RC Cars work and also try your hand at driving them. Participants will leave class with a better understanding of what RC Car Racing is in addition to testing out their driving skills on a few different types of RC Cars. **Participants can use RC Cars provided or use their own on approval.**

SP6080

Monday, April 14 6-7 pm
1 session - \$25
Discovery Center East Gym

RC Car Racing

(Grades 5+)

This class is for the RC Car Racing enthusiast to maneuver remote controlled (RC) cars and trucks through tracks and obstacles to provide the ultimate interactive experience! Join us to test your driving skills using a few different types of RC Cars and various tracks. **Participants can use RC Cars provided or use their own on approval.**

SP6081

Monday, April 14 7:15-8:15 pm
1 session - \$25
Discovery Center East Gym



Driver Education with Community Education

Register online or call us!

Spring B 2025: T & Th, April 8-May 8, 3:40-6:40 pm, BHS

\$415 fee included 30 hours of classroom instruction, 6 hours of behind-the-wheel instruction with a licensed teacher and all classroom materials.

Summer 2025: Multiple classes are offered throughout the summer including morning and afternoon options!

Registration will open online for summer classes on/about April 1.

Pokémon Game Coding

(Grades 2-6)

In this class, we introduce students to programming concepts using **Scratch**. Learn to create an interactive 2D video game using your favorite Pokémon characters. **Scratch** is a drag-and-drop creative coding platform developed by MIT. **Additional Technical Requirement: Scratch and scratch account- Instructions will be emailed, PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.**

SP6085

Saturday, April 12 8-9:30 am
1 session - \$35 Tech Academy
Online Class from Home



Pokémon 3D Printing

(Grades 2-5)

Design your own 3D pocket monster using **TinkerCad**. This course will give students an introduction to using **TinkerCad** modeling and design software. **Student designed Pokémon will be printed and mailed home.**


Additional Technical Requirement: TinkerCAD (login information provided during class), PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

SP6086

Saturday, April 19 8-10 am
1 session - \$55 Tech Academy
Online Class from Home

Stay tuned

Youth Enrichment Summer Programs are getting an upgrade!

- Morning & Afternoon Enrichment Programs
- ***Bison Academy*** 
 - Reading & Math
- Supervised Lunch Option
- More Field Trips
- Starts the week of June 16

Summer 2025
Full catalog coming in April

Youth Recreation

Jr Bison Gymnastics

Classes held in the Buffalo High School Gymnastics Room

No classes
Spring Break
March 31-April 5



Parent/Child - Boys & Girls (Ages 18 months through 2 years)

Parent/guardian will assist your child on the equipment learning basic shapes and movements to improve balance, strength and coordination. Obstacle courses will be set up to walk the beams, hang on the bars, and roll, climb and jump on mats, trampoline and foam pit.

SP687A

Mondays, March 10-May 19 4:15 - 5 pm
10 sessions - \$150 (No class March 31)

SP687B

Saturdays, March 15-May 24 12:15-1 pm
10 sessions - \$150 (No class April 5)

Preschool - Boys and Girls (Ages 3 - 5 years)

Focus is on having fun while introducing basic gymnastics skills while improving balance, strength and coordination. Obstacle courses will include walking the beams, hanging on the bars, rolling on mats and jumping on the trampoline and into foam pit.

SP680A

Mondays, March 10-May 19 5-5:45 pm
10 sessions - \$150 (No class March 31)

SP680B

Wednesdays, March 12-May 21 4:15-5 pm
10 sessions - \$150 (No class April 2)

SP680C

Saturdays, March 15-May 24 12:15-1 pm
10 sessions - \$150 (No class April 5)

Boys Beginners (Ages 5+ years)

Basics of core gymnastics skills on floor, vault and bars. Focus on building strength and coordination. Included obstacle courses, utilizing the tumble track, trampoline and foam pit.

SP685

Mondays, March 10-May 19 6-7 pm
10 sessions - \$200 (No class March 31)

Girls Beginners (Ages 5+ years old)

Learn basic gymnastics shapes and skills on all four events. Focus on improving balance, strength, flexibility and coordination. To move up to next level students need: strong bridge, handstand and cartwheel on floor, pommel horse on bars with spot and correctly hit a springboard.

SP681A

Tuesdays, March 11-May 20 6:15-7:15 pm
10 sessions - \$200 (No class April 1)

SP681B

Wednesdays, March 12-May 21 5-6 pm
10 sessions - \$200 (No class April 2)

SP681C

Saturdays, March 15-May 24 10:30-11:30 am
10 sessions - \$200 (No class April 5)

Youth Recreation

Jr Bison Gymnastics

Classes held in the Buffalo High School Gymnastics Room

No classes
Spring Break
March 31-April 5



Girls Intermediate

(Ages 5+ years old)

Continue working on more complex gymnastics skills on all four events while building strength and improving technique.

Vault: Forward roll and handstand flatback

Bars: Pullovers, casts, back hip circles, glides

Beam: Basics on low and high beams

Floor: Various cartwheels, roundoffs, back bends and kickovers.

To move up to next level students must have strong roundoff, back walkover and pullover/back hip circle on bars.

SP682A

Mondays, March 10-May 19

6:45-8 pm

10 sessions - \$250

(No class March 31)

SP682B

Wednesdays, March 12-May 21

6:15-7:30 pm

10 sessions - \$250

(No class April 2)

Girls Advanced

(Ages 8+ years old)

Continue advanced skills on all four events. Skills required are: bridge kickover and round off on floor, pullover and back hip circle on bars, handstand on beam.

Vault: Handstand flatback and handsprings

Bars: Skills from intermediate level and introduce one-leg circles, tap swings, front hip circles, kips, squat ons and more.

Beam: Continue basics on low and high beams such as jumps, turns, handstands, cartwheels, mounts and dismounts.

Floor: Continue improving various cartwheels, roundoffs, back bends and kickovers.

SP683A

Tuesdays, March 11-May 20

7-8:30 pm

10 sessions - \$250

(No class April 1)

SP683B

Thursdays, March 13-May 22

6-7:30 pm

10 sessions - \$250

(No class April 3)

Open Gymnastics Gym

Open gymnastics gym is where students enrolled in the Jr Bison Gymnastics program can explore and get used to equipment, practice gymnastics skills and have lots of FUN! All ages welcome.

Saturdays, March 15-May 24

1-2 pm

(Closed April 5, May 3)

\$10/student/visit (cash or check at the door)

Girls High School

(Grades 7-12)

Work on skills for Minnesota State High School League requirements.

SP684A

Tuesdays, March 11-May 20

4-6 pm

10 sessions - \$250

(No class April 1)

SP684B

Thursdays, March 13-May 22

4-6 pm

10 sessions - \$250

(No class April 3)



Jr. Bison Baseball Program

Registration Open Now!

Online bhmschools.ce.eleyo.com
or call Community Education
at 763.682.8770.

* Registration deadline is April 1 *

**T-Ball and
Coach Pitch
coming soon!**

****Child's age as of June 1, 2025***
*Please register for the appropriate age group
or students will be moved into their age group.*

For Players Ages 5 to 13

- ◆ This program is offered through Buffalo Hanover Montrose Community Education.
- ◆ **This program relies on volunteer coaches. We can't have teams without volunteer coaches.** Contact Todd Lunning, Recreation Coordinator, at tlunning@bhmschools.org or 763.682.8176 to inquire and for more details.
- ◆ The Jr Bison Baseball season begins May 5 and concludes end of June (**No meet May 26, June 19**).
- ◆ Evening practices and games will be played in Buffalo and Montrose beginning at 6:15 pm.
- ◆ The focus of this program is on instruction of proper baseball techniques and FUN .
- ◆ Questions, contact Community Education 763.682.8770 or Todd Lunning, Recreation Coordinator, 763.682.8176.

Baseball

- ◆ **National League (Age 9-10)** \$110
Class SP6452 (T/Th evenings)
- ◆ **American League (Age 11-13)** \$110
Class SP6453 (M/W evenings)



**Youth Baseball
is FUN!**

Youth Recreation



Co-Ed Spring Basketball Clinic

(Grades K-2)

This is an awesome opportunity to continue the skills developed during the winter basketball season. Students in this four-day clinic will work on fundamental basketball skills, with the emphasis on FUN!

SP6430

Monday-Thursday, April 7-10

4 sessions- \$50

Bison Activity Center

6-7 pm

Coach Ortmann

Amazing Athletes (Ages 3 to under 6)

Develop your child's motor skills, hand-eye coordination, cardiovascular fitness and more. Each class encompasses two different developmental sport lessons, muscle identification and fruit or vegetable introduction, using fun activities so they can build their skills, at their own pace, in a non-competitive atmosphere. **Classes are held at Discovery Elementary Cafeteria.**

SP791A (4:30-5:15 pm) OR SP791B (5:20-6:05 pm)

Thursdays, February 27-March 27

Each 5 week session - \$90



Jr. Bison Track Meet

(Boys and Girls, Grades K-6)

Bison Varsity Track Coach Scott Palmer, along with assistant coaches and track members, run this one day event with the emphasis on FUN! Students participate in up to 4 events in their age group. **Bison Youth Track Team T-shirt included.**

SP6440

Saturday, May 17

Check-in at 9 am. Meet begins 9:20 am

1 session- \$20

Bison Activity Center at Buffalo High School

Be
Healthy

Be
ACTIVE

Be
Happy

Open Gym Opportunities

Bison Activity Center

(Gym & Walking Track)

Monday - Thursday, 6 - 9 pm

(Closed Feb. 17, May 26)

Gym: \$5/person or \$10/family

Walking: \$2/person/day or walking pass

Buffalo Middle School

(Gym & Pool)

Sundays, 2 - 4 pm

(*Will close at 2:15 if no attendees)

February 9-May 18

(Closed Feb 16, Mar 30, Apr 6, 20)

\$5/person or \$10/family

Montrose Elementary

(Gym)

Wednesdays, 6 - 7 pm

(Closed on non-school days)

Free!

Spring Break Open Gym

Monday-Thursday

March 31-April 3, 5-8 pm

\$5/person or \$10/family

During Open Gym, children under age 12 must be accompanied by a parent.

See page 19 for Open Pickleball opportunities.

Aquatics

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

Sundays, 2 - 4 pm
February 9 - May 18

(Closed Feb 16, March 30, April 6, 20)

- ◆ To help with staffing, please arrive at 2 pm. We will close at 2:15 pm if no attendees.
- ◆ Enter door #3, lower west side.
- ◆ A lap lane is designated.
- ◆ Fee for Open Swim and/or Open Gym/Pickleball is \$5/person or \$10/family. Please bring exact amount as we may not be able to make change.

*Please check our website for pool/gym updates at bhmschools.org/open-swim-information



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 \$75 per hour for In-District groups or \$90 per hour for Out-of-District groups. Fee includes 2 lifeguards. For more information, contact Sheila at 763.682.8752 or sjohnso@bhmschools.org.

Clip & Save Coupon

\$5 off a Sunday pool rental

Valid until 5/18/25

About Our Pool

- ◆ The pool is located at the Buffalo Community Middle School on Hwy 25. Enter door 3 (facing the football fields).
- ◆ Participants are responsible for their valuables.
- ◆ 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 lifeguard 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 pool or the Community Education office. **10 individual for \$40 or 10 family for \$90.**



Lap Swimming

- ◆ **Sundays, 2 - 4 pm** during open swim
- ◆ Cost is **\$5 per visit** - Pay at the pool

*Please check our website for pool updates at bhmschools.org/open-swim-information

Wright County WAVE Swim Club

For more information, visit waveswimclub.com

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.



Registration for spring lessons opens March 3 at 8 am

Register online bhmschools.ce.eleyo.com

**Parent and Child Aquatics
Preschool Aquatics**
25 minute each session
Fee: 7-sessions, \$64

**Learn to Swim:
Levels 1-5**
45 minutes each session
Fee: 7-sessions, \$69

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

Monday Lessons April 7, 14, 21, 28, May 5, 12, 19			
6 pm	Pre-School SP5201M	Parent Child SP5101M	Level 1 SP5311M
6:30 pm	Pre-School SP5202M	Parent Child SP5102M	
7 pm	Level 2 SP5321M	Level 3 SP5331M	Level 4/5 SP5341M

Learn to Swim Levels 1-5

(Age 6+)

Fee: \$69

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.

Level 2: Fundamental Aquatic Skills

Build 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 achieve basic water competency in a pool environment. Head first entry, survival floating and treading water will be covered.

Level 4: Stroke Improvement

Improve proficiency in performing swimming strokes 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).

Parent & Child Aquatics (6 months to 3 years) Fee: \$64

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.

- ◆ Change body position in the water
- ◆ Learn how to play safely
- ◆ Experience wearing a life jacket
- ◆ Expectation for adult supervision
- ◆ Enter and exit the water safely
- ◆ Submerge in a rhythmic pattern

Preschool Aquatics (4-5 years old) Fee: \$64

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.



Adult Enrichment

On The Wright Track Model Railroad Club Spring 2025 - All Aboard!

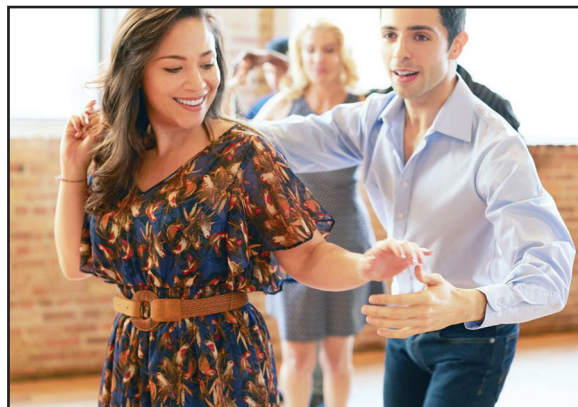
Come join the club! If you like trains or things that go, this class is for you. This hobby will teach you the basic construction, electrical and mechanical principles. This is also a great application of artistic ideas and encourages creativity. The activity will help members understand the importance of transportation history and industry trends for the future. Recommended age is eight and up but all ages are welcome. Club leader is an experienced model railroader.



W1232

Fridays, 6:30-8:30 pm
 February 21, March 14, April 11, May 2, 23
 5 sessions - \$28
 Discovery Center

Tim Pancel
 Board Room



Easy Partner Dancing

No matter the occasion, you'll be prepared to dance! Be one of the best dancers at your event, or just have some fun dancing together at home! Try something new to add laughter and romance into your relationship. Taking steps from classic ballroom dances, learn easy to remember mini-routines, danceable to all your favorite songs including pop, blues, rock, country and more! If you think you have no rhythm and two left feet, this is the perfect course for you! Couples stay dancing together and singles rotate with other singles. Casual dress.

SP1111

Mondays, March 3-24
 4 Sessions - \$69/person
 Discovery Center

7-8:30 pm
 Deanna Constantine
 East Gym



Adult Conversational Spanish: Beginner Part 1

The focus of class is building conversational tools in Spanish through interactive practice and exercises. Vocabulary topics will include common greetings and introductions, pronunciation, numbers, food, clothing, likes and dislikes. Grammar topics will include subject pronouns, the verb *estar* conjugation, gender of nouns, and plurality. Participants will learn how to carry on small conversations in Spanish and each class will include interesting cultural anecdotes including Spanish word origin, dialect differences, and names in Spanish. **Ability to access zoom and basic working computer knowledge essential. Include email with registration.**

W1259

Mondays, February 24-April 7 6-7 pm
 (No class March 31)
 6 sessions - \$129 Futura Language Professionals
 Online - Live Virtual

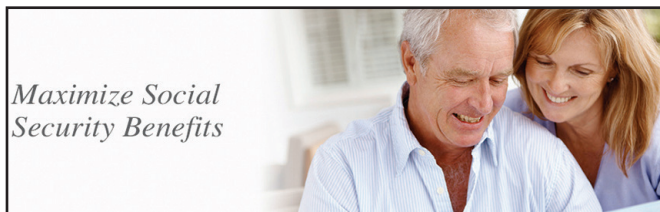
Savvy Social Security

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

SP1021

Tuesday, March 4
 1 session - \$15
 Discovery Center

6:30-7:30 pm
 Justin Bettinger
 District Conference Room



Adult Enrichment

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 to class.**

SP1010A

Wednesdays, March 5-26 6:30 – 7:30 pm
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary Cafeteria

SP1010B

Wednesdays, April 9-30 6:30 – 7:30 pm
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary Cafeteria

SP1010C

Wednesdays, May 7-28 6:30 – 7:30 pm
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary 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 reduce stress and help you heal physically, emotionally, and spiritually. In this introductory class, learn about Qigong and how it can enhance the quality of your life and the lives of those around you.

Saturdays, 10 am-12 pm, \$15 per session
Discovery Center, Board Room, Ameer Pribyl

SP1257A - Saturday, March 8

SP1257B - Saturday, April 12

Crystal Bowl Sound Meditation

Enjoy the relaxing sounds of crystal singing bowls for a 60-minute sound meditation session. **Bring a yoga mat and blankets to class** so you can sit or lie down



on the floor and allow yourself to immerse in the soothing vibrations. This is a great end of the day class that can reduce anxiety and stress and help facilitate a restful night sleep.

Fridays, 6:30-7:30 pm, \$25 per session
Discovery Center, Board Room, Ameer Pribyl

SP1012A - Friday, March 7

SP1012B - Friday, April 11

Open Pickleball Play

Open play provides times each week for players to rotate in and out of games and play with different partners. Everyone gets a chance to play, and it's a great way to get to know other pickleball players.

Sundays, February 2 - March 23 2-4 pm
(No play Feb 16) Buffalo Middle School
\$5/person/day. Pay at the door

Wednesdays, February 5 - March 26 6:30-8 pm
(Might extend into April depending on weather)
Bison Activity Center
\$5/person/night. Pay at the door

Indoor Walking

Bison Activity Center (Walking Track)

Monday - Thursday, 6 - 9 pm

(Closed Feb 17, May 26)

Walking: \$2/person/day or purchase a walking pass

*Open Gym Opportunities on page 15

Discovery Elementary (Hall Walking)

Monday-Thursday, 6:30-8 pm

(Closed on non-school days)

Free!

Cooking with Tess

Join Us for Cooking Online!

Full class descriptions at bhmschools.ce.eleyo.com

Classes are lead by chef Tess Georgakopoulos



Copycat Domino's Pizza & Chicken Carbonara

Pizza-shop mastery creations that almost guarantee that take-out pizza and sides will be a thing of the past! Experience the rave reviews from previous participants of Tess' pizza classes yourself as you learn how to make your own pizzas with step-by-step instruction and guidance. Pizzas can be personalized with toppings of choice.



W1303

Friday, February 28

5-7:30 pm

1 session - \$45

Online via Zoom

Sheppard's or Cottage Pie, Twice-Baked Stuffed Potatoes & Chocolate Stout Cake

Are you looking for something unique and memorable to serve this St. Patrick's Day or a simple heart-warming meal that will hit all the notes of comfort and deliciousness especially during the cold days of winter? Do you enjoy the decadence of chocolate for dessert? Whatever the case, you will enjoy a wonderful new spin on these classic meal ideas.



SP1300

Saturday, March 8

4-6:30 pm

1 session - \$45

Online via Zoom

Marry Me Gnocchi with Chicken & Homemade Breadsticks!

Spring is in the air and nothing says, "I love you" more than a handcrafted from-SCRATCH meal like Chef Tess' Marry Me Gnocchi with Chicken and Breadsticks. Learn to create this lavishly delicious memorable meal for your family then sit back and enjoy the compliments. Or, if you are single and serve this to your significant other, you won't be single for long. It's THAT GOOD!



SP1301

Friday, March 28

5-7:30 pm

1 session - \$45

Online via Zoom

Cooking with Tess

Join Us for Cooking Online!

Full class descriptions at bhmschools.ce.eleyo.com

Classes are lead by chef Tess Georgakopoulos



Focaccia, Stromboli, & Calzones OH MY!

Learn how to make your own homemade Focaccia Bread, a wonderful rolled pizza called a Stromboli, and stuffed Pizzas, known as Calzones with homemade pizza dough! Experience the rave reviews from previous participants of the instructor's pizza classes yourself as you learn how to make your own pizzas with her step-by-step instruction. Take out Pizza may just become a thing of the past!

SP1302

Saturday, April 12
1 session - \$35

4-6:30 pm
Online via Zoom



Dim Sum: Shu Mai Drum Dumplings & Wontons

Dim Sum, loosely translated to "touch the heart", refers to a Chinese or Cantonese meal consisting of numerous small appetizers or finger foods. A dim sum meal therefore is considered a shared dining, social experience that can last for hours. Dim Sum meals often include some sort of dumpling, and two of the most popular dumpling options are open faced drum dumplings called "Shu Mai" and other dumplings called "Wontons".

SP1303

Saturday, April 26
1 session - \$45

4-6:30 pm
Online via Zoom



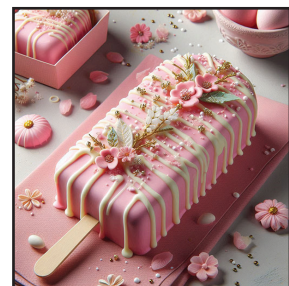
Spring & Summer Sweet Table Treats: French Fruit Tart, Greek Phyllo Tart & CAKECYCLES!

The hallmark of any spring or summer celebration is, undoubtedly, the dessert. Join Chef Tess for one of her newest classes as she guides you through the process of creating three exceptional confectionary creations: a Classic French Fruit Tart, a version of a Greek Phyllo Pastry Tart called "Bougatsa", and...CAKESICLES, a sweet treat that is the latest craze of a cake-on-a-stick. Popular desserts any time of year!

SP1304

Saturday, May 3
1 session - \$45

4-6:30 pm
Online via Zoom



Adult Enrichment



Instant Piano for Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. **An optional periodic online question and answer session is also included. A recording of the class is included as well.** The course is partly lecture/demonstration and partly hands-on instruction.

Topics include:

- ◆ How chords work in a song
- ◆ How to get more out of sheet music by reading less of it
- ◆ How to form the three main types of chords
- ◆ How to handle different keys and time signatures
- ◆ How to avoid “counting”
- ◆ How to simplify over 12,000 complex chords

SP1112

Monday, March 10
1 session - \$69
Online via Zoom

6:30-9:30 pm
Craig Coffman



Instant Guitar for Busy People

(Ages 13+)

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. **An optional periodic online question and answer session and a recording of the class is also included.**

Topics include:

- ◆ How chords work in a song
- ◆ How to form the three main types of chords
- ◆ How to tune your guitar
- ◆ Basic strumming patterns
- ◆ How to buy a good guitar (things to avoid)
- ◆ How to play along with simple tunes

SP1113

Tuesday, March 11
1 session - \$69
Online via Zoom

6:30-9:30 pm
Craig Coffman

Medicare 101: The Basics

This is an informational class for anyone who is or will become Medicare eligible. Questions include: Working after age 65? How is my spouse affected? What is Original Medicare? What is the difference between a Medicare Supplement Plan and a Medicare Advantage Plan, and how do they work with Original Medicare? What about prescriptions? When should I enroll? What if I don't enroll? How might my HSA impact my Medicare decision-making? If you require accommodations for special needs, call 763.878.5994 (TTY 711).

Classes held Tuesdays, 5:30-6:30 pm, \$15 per person
Discovery Center, Board Room, Chris McClory

W1213B - February 25

SP1213B - April 15

SP1213A - March 18

SP1213C - May 20



Adult Enrichment



Barn Quilts

Painting barn quilts is a popular, lively, and rewarding four-hour class of guided instruction which will take you through the process of barn quilt painting from beginning to completion. You will learn how to create a barn quilt that looks professional and leave with your own masterpiece, ready for hanging and unequivocal admiration. **\$65 materials fee needed to complete an amazing barn quilt is due to instructor at class.**

SP1002

Thursday, March 20
1 session - \$40
Discovery Center

5:30-9:30 pm
Cynthia Buchholz
Board Room

Photo Chaos to Simplicity: Mastering Photo Organization and Preserving in the Digital Age

Do you have a photo mess? Imagine ALL your photos organized and in one place permanently and safely and being able to find any photo quickly including old slides, movies and memorabilia. We' will discuss scanners, digitizing old media, cloud storage, organization, and photo restoration. Leave with options to access/share all your memories!



SP1110

Monday, April 7
1 session - \$29
Discovery Center

6-7:30 pm
Susan DeJute
Room 204

First-Time Home Buyer: Confidently Navigate Your First Purchase

Ready to take the leap into homeownership? This engaging and informative class is designed to help first-time buyers feel confident and prepared in today's real estate market. You'll gain a complete understanding of the homebuying process, from start to finish, including key insights on mortgage options and how to secure the best rate. Learn strategies for successful home searches and tours, as well as insider tips on navigating inspections, disclosures, and negotiating smart offers. **Attendees will receive a FREE copy of The Smart Home Buyer Book to help them on their journey.**



SP1022

Thursday, April 10
1 session - \$15
Discovery Center

6:30-8 pm
Erica Carlson
DO Conference Room

Defensive Driving 4-Hour Course

Improve your driving skills, and if you're 55 or older, get a discount on your personal auto insurance! The Defensive Driving Course teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. It's taught by experienced, traffic safety instructors, including current and former law enforcement. The class consists of lecture, films and discussions. There is no behind-the-wheel driving. **First-time participant can now take a 4-hour class as their initial training. The 8-hour class is not required.**

SP1115

Thursday, April 17
1 session - \$35
Discovery Center

5-9 pm
Minnesota Safety Council
Board Room

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. That's a lot of time to fill and it's important to have a plan. Learn from financial expert Tom Hegna's book, *Don't Worry, Retire Happy: 7 Steps to a Secure Retirement*.

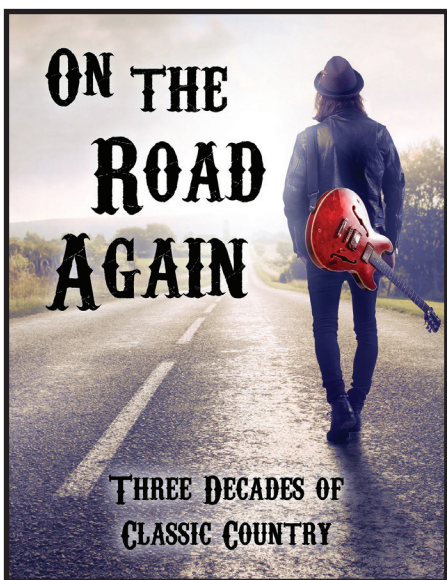
SP1021

Tuesday, April 29
1 session - \$15
Discovery Center

6:30-7:30 pm
Justin Bettinger
District Conference Room

Adult Enrichment

Day Trips with Community Education!



Sidekick Theatre, Bloomington Tuesday, March 18

A memorable concert filled with your favorite country music from decades past. Get ready for fantastic fiddling and even more lush harmonies. Featuring the music of Hank Williams, Patsy Cline, Johnny Cash, Willie Nelson and Waylon Jennings. **The lunch menu is:** BBQ Chicken Breast, Beer Cheese Mac, Southern Green Beans, Coleslaw, Biscuit w/ Honey Butter, Assorted Desserts, Coffee and Hot Tea (Special dietary meals available by request ahead of time.)

W1001

- ◆ Bus departs Discovery Center, door 1, 10:15 am
- ◆ Bus returns to Buffalo approximately 4 pm
- ◆ \$109 fee includes motorcoach transportation, show ticket, lunch and chaperone
- ◆ **Deadline to register is March 4**



Mill City Museum Tour and Lunch Tuesday, May 6

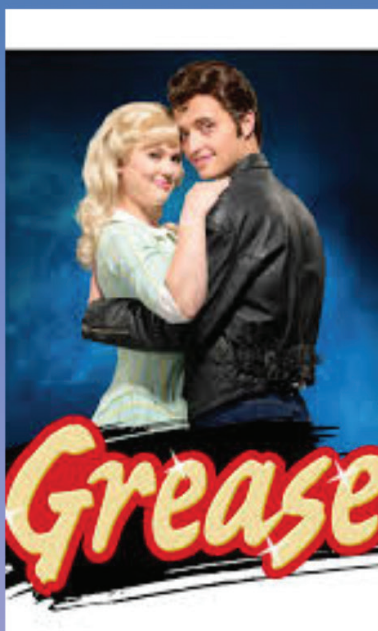
Mill City Museum in Minneapolis was built within the ruins of the Washburn A Mill, the flagship mill of the Washburn-Crosby Co. (later General Mills). It was the largest and most technologically advanced flour mill in the world when it was completed in 1880. See 19th-century flour milling machines, view vintage advertising, trace the journey of wheat from farm to market, and learn about how wheat milled in Minnesota affected what people eat around the world. **Lunch is on your own at Bushel & Peck, located in the museum.**

SP1001

- ◆ Bus departs Discovery Center, door 1, 10:15 am
- ◆ Bus returns to Buffalo approximately 4 pm
- ◆ \$65 fee includes motorcoach transportation, tour and chaperone
- ◆ **Deadline to register is April 25**

BHM Community Ed

SUMMER TRIPS FOR ADULTS



MN Twins Game - Magnolia Cruise - Paramount Theater
Munsinger Garden - MN State Fair - Chanhassen Dinner Theatre



- Coach Bus Transportation (Comfortable & air conditioned)
- Admission & Chaperone Included
- One - Two Trips per month
- Registration available mid April

Adult Enrichment

Explore the World as a Travel Writer

If you love to travel and love to write, this is for you! We will discuss how to use all your senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest, and whether or not you need to include photos with your work. You will also learn how to find and submit your finished product to print and online markets, the business side of travel writing (how to take travel tax deductions), and how to avoid worn-out travel writing clichés. **Informative handouts for future use are included in class fee. A link to the class recording can be emailed to participant if needed. Include email with registration.**

SP1200

Friday, May 2
1 session - \$35
Online Via Zoom

2-4 pm
LeeAnne Krusemark

50 \$Money\$ Making Side Hustles for Teens

Hey, Teen! What's the fastest way to make money as a teenager? The answer is a side hustle. Fortunately, you don't have to wait till you're over a certain age to earn money with side hustles that can easily fit into your teen life — between all the classes, chill sessions, and extracurricular activities. And, most of these side hustles don't require you to study more, won't interfere with your social life, and can help you hit any financial goal — maybe even get that car! **A link to the class recording can be emailed to participant if needed. Include email with registration.**

SP1201

Sunday, May 4
1 session - \$25
Online Via Zoom

12-1 pm
LeeAnne Krusemark

An Introduction to Voiceovers

Discover current trends, opportunities and tools to find success in this growing remote working industry. One-time, 90 minute, one-on-one, video-chat class! **Upon registration you will be contacted by Voices for All to schedule your class, day and time of your convenience.**

SP1219

1 session - \$49
Online Via Zoom

Voices For All

Save Money with Extreme Couponing

Learn how to save money every day with extreme couponing. Coupons are NOT just for groceries. The savings can add up to HUNDREDS or even THOUSANDS of dollars every year.

This comprehensive workshop will teach you:

- ♦ Where to find all different types of coupons, even for high ticket items
- ♦ How to find the best coupon apps and websites
- ♦ How to match coupons with sales for maximum savings

This workshop is taught by someone who has used many couponing secrets to save thousands. **Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class. A link to the class recording can be emailed to participant if needed. Include email with registration.**

SP1202

Friday, May 9
1 session - \$25
Online Via Zoom

3-4 pm
LeeAnne Krusemark

Creative Writing 101: A Beginner's Guide

You don't need a degree in creative writing to be an exceptional writer and get paid for it! Anyone with a passion for writing can learn and develop their fiction and non-fiction writing skills. Whether you're writing from your own life experience, creating new worlds, or informing readers about important information, this class will teach you about the different forms of creative writing, the top 10 creative writing tips for beginners, as well as how to brainstorm for new creative writing ideas. Bring your words to life with engaging descriptions, develop your own writing style, and how to get paid for your creative writing. **A link to the class recording can be emailed to participant if needed. Include email with registration.**

SP1203

Saturday, May 10
1 session - \$35
Online Via Zoom

12-2 pm
LeeAnne Krusemark

Opening Doors Program for Adults with Disabilities

ABOUT US

Opening Doors activities and classes are designed and adapted for adults with cognitive and physical disabilities.

Participants can:

Discover New Skills

Arts ~ Crafts ~ Cooking

Explore the Community

Outings ~ Theater ~ Sporting Events

Socialize and Meet People

BINGO ~ Games ~ Movie Nights

Become More Active

Bowling ~ Dances ~ Nature Walks

The Opening Doors Program offers activities and classes in the school districts of Buffalo-Hanover-Montrose, Becker, Big Lake, Howard Lake-Waverly-Winsted and Monticello.

Spring Highlights

★ **Bingo & Pizza Nights**
Various dates & locations, 6-7:30 pm

★ **St. Patrick's Day Dance, March 28**
St. Francis Xavier School, Buffalo, 5:30-8 pm

★ **Spring Fling Dance, April 25**
Big Lake Independence Elementary, 6-8 pm

★ The Summer Opening Doors catalog will be available at the end of May. We would love to add you to the mailing list. Call Community Education at 763.682.8770 or email commed@bhmschools.org to receive our catalog.

To learn more about the *Opening Doors program* or to register for classes and activities, visit us at bhmschools.ce.eleyo.com or call 763.682.8770.

To request the current Opening Doors catalog, call Community Education at 763.682.8770.

Sheila Johnson, Program Coordinator
sjohnso@bhmschools.org
763.682.8752

Looking beyond disabilities...
Focusing on abilities!



Cinco De Mayo Taco Night



Ready, Set, Shoot



Spring Floral Arrangement

Adult Basic Education & GED

We Are ABE

At WEST Adult Basic Education (ABE) sites in the west metro suburbs, caring teachers help adults with a variety of learning goals. Teachers at dozens of nearby sites serve adult learners throughout the majority of the year. WEST ABE welcomes adults, 17 or over, who are not currently enrolled in a regular school program. ABE teachers understand the unique challenges of adult learners. Materials are designed to help adult learners, and learning plans are individualized to help meet adult learners' needs. Learners study in the classroom and online. Let us help you meet your goals! Visit hotline.mnabe.org to find a class near you.



Academic Open Lab

ABE helps adult learners acquire or improve their math, reading or writing skills for the GED test, college entrance or employment.

- ◆ Mondays & Wednesdays, 1:30-4 pm
- ◆ Tuesdays & Thursdays, 6-8:30 pm
- ◆ Discovery Elementary, 301 2nd Ave NE, Buffalo, MN
- ◆ Closed the same days as BHM Schools
- ◆ For more information, call 763.682.8509 or drop in

Get Your GED

Each June, adult learners from several adult basic education sites around Wright County come together to be recognized for earning their General Education Development (GED) certificates. Be one of these graduates in 2025!

To get started, call Terrisa in Buffalo at 763.682.8509 or the WEST ABE manager at 763.272.2040 to locate a program near you.

English Language Class

In this welcoming environment, classes meet the needs of people whose native language is other than English, including recent immigrants, refugees, migrant workers, permanent residents and citizens. In-person classes provide opportunities for reading, writing, listening and speaking practice, at all skill levels. Classes are free!

- ◆ Tuesdays & Thursdays, from 6-8:30 pm.
- ◆ Discovery Elementary, 301 2nd AVE NE, Buffalo.
- ◆ Closed same days as BHM Schools.
- ◆ Questions, call Elizabeth at **763.682.8507** or drop in on days/times above.

Volunteer Opportunities

Make a difference in your community helping adult learners reach their goals. Contact Elizabeth at 763.682.8507 for more information.

Adult Basic Education & GED

We Are ABE

Buffalo Adult Basic Education classes meet at Discovery Elementary, 301 2nd Ave NE, Buffalo. All adult basic education classes are **FREE**. Study materials are also **FREE** – including textbooks, workbooks, online learning platforms, and GED practice tests. Some textbooks may be purchased in certain situations. Call **682.763.8509** or email **tfisher@bhmschools.org** for more information.



WHAT: Family Learning Program

- 1) parent & child time with childhood experts
- 2) parents with a parenting specialist
- 3) parents work on their own learning goals with a teacher of adults- study for GED or English language for example.

WHO: Any parent with a child or children, 6 months to kindergarten age, U.S. born or immigrants - all are welcome.

WHERE: Discovery Elementary/Early Childhood Family Education (ECFE) 301 2nd AVE NE, Buffalo.

WHEN: Tuesdays & Thursdays, 10 am-2 pm, September - May.

WHY: (As described by a parent participant)
Family Learning is an interesting, fun, and friendly place where parents gain information they want about the upbringing and development of children. In turn, children develop emotional, affective capacity, in addition to learning social skills and participating in different activities such as: playing, drawing, painting, music, dancing and making crafts which help to develop children's creativity, imagination, and school readiness.

HOW: Call ECFE at **763.682.8780**.

QUÉ: Programa de aprendizaje familiar

Tres partes: 1) tiempo para padres e hijos con expertos en infancia, 2) padres con un especialista en crianza 3) los padres trabajan en sus propios objetivos de aprendizaje con un maestro de adultos: estudio para GED o idioma inglés, por ejemplo.

Para QUIEN: Cualquier padre con un niño o niños desde 6 meses hasta la edad de jardín de infantes. Nacidos en Estados Unidos o inmigrantes: todos son bienvenidos.

DÓNDE: Discovery Elementary/Educación familiar para la primera infancia (ECFE) 301 2nd AVE NE, Buffalo

CUANDO: Martes y jueves, de 10 am a 2 pm., de septiembre a mayo.

POR QUÉ: según una mamá participante:
El programa Family Learning es un lugar interesante, divertido y amigable donde los padres obtienen información sobre la crianza y el desarrollo de los niños. A su vez, los niños podrán desarrollar capacidad emocional y afectiva, creatividad e imaginación, así como habilidades sociales mientras participan en diferentes actividades como: jugar, dibujar, pintar, cantar, bailar y realizar manualidades.

CÓMO: Llamar **763.682.8780** y mencione que le gustaría unirse al programa de aprendizaje familiar.

Buffalo Community Center Rental Options

Looking for a space for your next family gathering, graduation, baby/bridal shower, etc.?

The Community Center is available for rent after hours or on weekends.

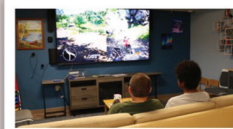
Scan the QR code for rental information



Buffalo Community Center

Monday-Friday
8 am - 4 pm
Upcoming events

- Games
- Classes
- Community Picnic - June 13
- Disc Golf Tournament - June 14



Scan to view current newsletter and all our upcoming events!



BUFFALO COMMUNITY CENTER MOVING to a NEW location



Check out the Community Center newsletter for more information

Project updates will be given regularly at public meetings to keep you informed.

<https://www.ci.buffalo.mn.us/182/Community-Center>

Check out the great offerings available throughout the parks.



Scan for Parks & Rec Website:



Questions, call 763.682.6036 or email CommunityCenter2@ci.buffalo.mn.us

THE GREAT OUTDOOR FAIR

Saturday June 28
9am to 2pm

FREE EVENT

STURGES PARK
505 2ND AVE SOUTH
BUFFALO MN

Event Highlights

Presentations & Guest Speaker

- *UMN Raptor Show
- *Angie Hong Author & Environmental Educator
- *Buffalo History

Activities

- Voyageur Canoes
- Archery Range
- Kid Zone
- Crafts
- Scavenger Hunt
- Lake Walk Tour
- Invasive Species & Boat Decon Demo
- Library Story Walk

Artisans

Area artisans who create special pieces using natural and repurposed materials.

Local Growers & Native Plant Sale

Meet local growers and learn the importance of Community Supported Agriculture.

Local Vendors

Connect with local businesses and environmental organizations.

Scan to Register as a Vendor or contact us at 763.682.5370 www.ci.buffalo.mn.us

About the Event

The Great Outdoor Fair is a FREE community event to celebrate the Great Outdoors, promote environmental stewardship and showcase the wonderful local organizations and businesses. Learn about opportunities at area Parks! Try a new sport! Explore a new hobby! There is something for everyone!!!

Fair Partners



PONTOON BOATS

E-BIKES

STAND-UP PADDLE BOARDS

KAYAKS

BOAT RENTALS

Whether you're seeking a relaxing day on the lake, a thrilling fishing expedition, or a romantic sunset cruise, we have the perfect boat for you

Available on both Buffalo Lake & Lake Pulaski

RESERVE YOUR BOAT RENTAL TODAY!

Contact Us 763-684-5421 Visit Our Website <https://secure.rec1.com/MN/buffalo-mn/catalog>

Allina Community Health Programs



Community Health Programs

Buffalo Hospital invites you to participate in one of our free classes, events and support groups by calling 763.684.7025 for more information or scan the QR code below.


Allina Health
BUFFALO HOSPITAL
303 Catlin Street, Highway 25 N.,
Buffalo, MN 55313

FREE WELLNESS COACHING

Are you ready to improve your health, enhance your life balance and make lasting changes? The Health and Wellness Coaches have the training and experience to help you succeed. 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.

FREE STROKE SUPPORT GROUP

The Stroke Support Group provides encouragement and guidance for stroke, brain injury and head injury survivors and their loved ones, helping them to cope with physical, lifestyle and relationship changes following their stroke or injury. **Second Tuesday of every month, 1 to 2 pm.** Buffalo Hospital Conference Center.

BETTER BREATHERS CLUB (COPD SUPPORT GROUP)

Helps patients suffering with chronic lung diseases, such as chronic bronchitis, emphysema, and asthma known as COPD (Chronic Obstructive Pulmonary Disease) get support from others through education, encouragement and fellowship. **First Monday of every month, 1:30- 3 pm,** Willow Room (enter through Heart Center) at Buffalo Hospital. Call 763.684.3872 for more information.

THRIVING WITH CHRONIC PAIN WORKSHOP

This class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms.
Thursday's, April 10-May 1, 12-1 pm
Conference Room D or Virtual via Microsoft Teams

HEALTHY EATING FOR BETTER HEALTH

Thursdays, April 10-May 1 2-3 pm

Conference Room D or Virtual using Microsoft Teams

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!

BABY CAFÉ

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

BIRTH CENTER TOUR

Tour labor and delivery rooms, postpartum rooms, and nursery before the arrival of your baby.

Thursday tours meet - 6:30 - 7:30 pm

March 6, April 3, May 1, June 5. FREE

BUFFALO HOSPITAL GIFT SHOP

Shop the Buffalo Hospital Gift Shop and give back to your community. Your purchases go toward scholarships for high school students pursuing a career in health care.



Scan QR code to access
Allinahealth.org/classes

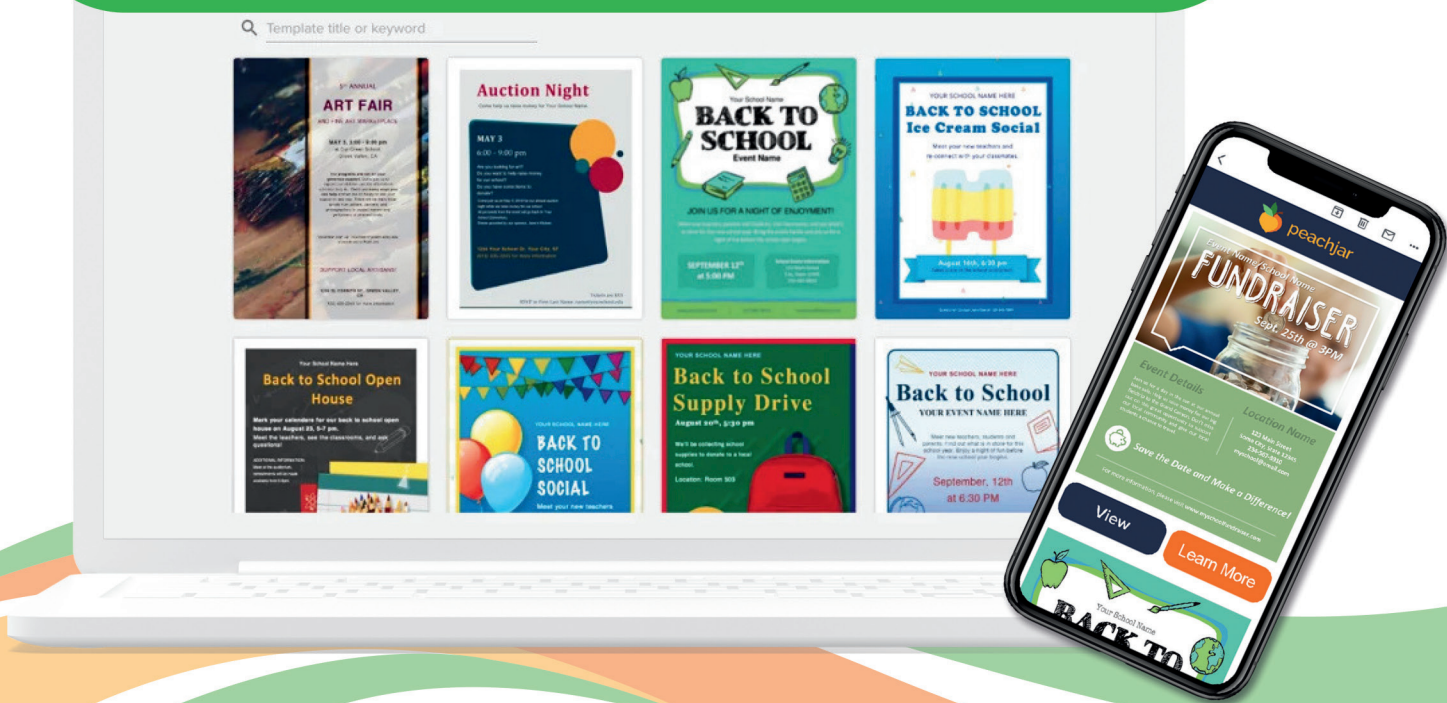
Questions about these offerings, call 763.684-7025


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

*****ECRWSS**
Resident, School District 877
Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

BHM Schools is Going Digital with



Buffalo Hanover Montrose Public Schools is excited to enhance communication with families by transitioning to  peachjar for digital flyers.

Coming this spring, parents will receive visually engaging flyers directly on their smartphones or computers, with easy access to school events, youth sports, enrichment programs, and community activities. Flyers will also be available on each school's website, making it simple to stay informed and get involved.

Click and register with ease—stay connected with BHM Community Education!