



Community Education

BUFFALO HANOVER MONTROSE SCHOOLS

Fall
2024

Get Ready for Fall Adventures!

Let's Celebrate Art!

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Welcome to Community Education

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Office Telephone: 763.682.8770
Office Location: 301 2nd Ave NE, Buffalo (door 1)
Office Hours: 8 am - 4 pm, Monday-Friday
Office Closed: September 2, November 28, 29

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

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.

*Find fall adventures
with
Community Ed!*

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Think Outside the Box!

Having a tough time thinking of a special gift to give someone? Give a Community Education Gift Certificate to your loved one or friend.



Call Community Education and we will mail the certificate to you.
Now that's easy shopping!

Early Childhood Family Education



Mixed Ages

(Ages birth to 5 years) Separating

Parents and children learn together through age-appropriate activities, teacher-led circle time, and separate parent discussion time with a parent educator. During parent discussion time, children remain with the licensed ECFE teacher where the learning and fun continue.

F4005A (Buffalo)

Mondays, 8:30-10 am
September 9 - December 16
(No class Nov 4, 25)
13 sessions - sliding fee scale
Discovery Center Room EC1
TBD Teacher/Kim Freiberg

F4005B (Buffalo)

Mondays, 10:30 am-12 pm
September 9 - December 16
(No class Nov 4, 25)
13 sessions - sliding fee scale
Discovery Center Room EC1
TBD Teacher/Kim Frieberg

F4005C (Hanover)

Tuesdays, 8:30-10 am
September 10 - December 17
(No class Nov 26)
14 sessions - sliding fee scale
Hanover Elementary Room 200
TBD Teacher/Kim Freiberg

F4005D (Montrose)

Wednesdays, 8:30-10 am
September 11 - December 18
(No class Oct 16, Nov 27)
13 sessions - sliding fee scale
Montrose Early Ed Center ECFE Room
Stephanie Adelman/Kim Freiberg

F4005E (Buffalo)

Wednesdays, 8:30-10 am
September 11 -December 18
(No class Oct 16, Nov 27)
13 sessions - sliding fee scale
Discovery Center Room EC1
Patty Lammers/Danielle Stein

F4005F (Buffalo)

Wednesdays, 12:30-2 pm
September 11 - December 18
(No class Oct 16, Nov 27)
13 sessions - sliding fee scale
Discovery Center Room EC1
Patty Lammers/Danielle Stein

F4005G (Hanover)

Thursdays, 8:30-10 am
September 12 - December 19
(No class Oct 17, Nov 28)
13 sessions - sliding fee scale
Hanover Elementary Room 200
Nicole Tuchscherer/Kim Freiberg

STEAM Lab

(Ages 1 to 5 years)

Non-Separating

Join Miss Nicole in the exploration of Science, Technology, Engineering, Art, and Math. Limit 12

F4006

Mondays, September 9 -December 16
11 am-12 pm
(No class Nov 4, 25)
13 sessions - FREE! Nicole Tuchscherer
Hanover Elementary Room 200

Discover Nature

(Ages 1 to 5 years)

Non-Separating

Come explore our outdoor classrooms through hands-on learning experiences and nature-based activities to support your child's creativity, problem solving skills, resilience, and sense of well-being. *In the event of inclement weather, class will be held indoors. Limit 12

F4042A (Montrose)

Mondays, September 9- December 16
10-11 am
(No class Nov 4, 25)
13 sessions - Sliding fee scale
Stephanie Adelman
Montrose Early Education Center
Outdoor Classroom/ECFE Room

F4042B (Hanover)

Tuesdays, September 10- December 17
10:30-11:30 am
(No class Nov 26)
14 sessions - Sliding fee scale
Kim Freiberg
Hanover Elementary
Outdoor Classroom/Room 200

F4042C (Hanover)

Thursdays, September 12- December 19
10:30-11:30 am
(No class Oct 17, Nov 28)
13 sessions - Sliding fee scale
Nicole Tuchscherer
Hanover Elementary
Outdoor Classroom/Room 200

ECFE Sliding Fee Scale

Find your class fee based on your family's income.

# of sessions	9	13	14	2nd Child
0-19,999	\$12	\$16	\$17	\$5
20,000-39,999	\$30	\$42	\$45	\$6
40,000-59,999	\$61	\$73	\$76	\$7
60,000-79,999	\$92	\$104	\$107	\$8
80,000-99,999	\$123	\$135	\$138	\$9
100,000+	\$154	\$166	\$169	\$10

Early Childhood Family Education

Terrific Tuesdays

(Ages 2 years to Grade 2)

Separating

Join ECFE staff for a family style pizza dinner 5:30-6 pm. After, parents participate in a discussion group to learn, share experiences, and support one another in the journey of parenting. Children remain with a licensed ECFE teacher for age appropriate activities. Limit 12

F4100

Tuesdays, September 10- December 17
(No class Nov 26)

5:30-7 pm

14 sessions - sliding fee scale page 4

Montrose Early Ed Center

ECFE Room

Danielle Stein & Patty Lammers

Infants and Toddlers

(Ages birth to 2 years)

Non-Separating

Activities will include sensory experiences, music, movement, and exploring social and emotional development topics with a parent educator.

F4009

Wednesdays,
September 11-December 18
(No class Oct 16, Nov 27)

10:30-11:30 am

13 sessions - FREE!

Danielle Stein

Discovery Center

Room EC1



Books & Me

(Ages 1 to 5 years)

Non-Separating

Stay and play for a bit. Following playtime, learn how to create connections, conversations, and explore emotions, friendships, and dreams with your child through popular children's picture books. Limit 12

F4007

Fridays, September 13 -December 20
(No class Oct 4, 18, Nov 1, 15, 29, Dec 6)

10:45-11:45 am

9 sessions - sliding fee scale page 3

Kim Freiberg

Discovery Center

Room EC1

Art Adventures

(Age birth to 5 years)

Non-Separating

Stay and play for a bit. After playtime, celebrate the role of art in your child's development and seek to nurture their creative potential through supportive and enriching art experiences. Limit 12

F4054A

Fridays, September 13-December 20

10-11 am

(No class Oct 4, 18, Nov 1, 15, 29, Dec 6)

9 sessions - \$15 per family

Nicole Tuchscherer

Hanover Elementary

Room 200

F4054B

Fridays, September 13 -December 20

9-10 am

(No class Oct 4, 18, Nov 1, 15, 29, Dec 6)

9 sessions - \$15 per family

Danielle Stein

Montrose Early Ed Center

ECFE Room

Journeys

(Ages birth to 6 years)

Separating

For families who may, or are currently accessing Early Intervention Services.

Parents will join a parent educator for discussion about the joys and challenges of parenting, while the children remain with a licensed teacher and enjoy activities designed just for them. Limit 12

F4008A

Fridays, Sept 13-Dec 20

9-10:15 am

(No class Oct 4, 18, Nov 1, 15, 29, Dec 6)

9 sessions - FREE!

Kim Freiberg

Discovery Center, Buffalo

Room EC1 and EC 4

F4008B

Wednesdays, Sept 11-Dec 18

10:30-11:45 am

(No class Oct 16, Nov 27)

13 sessions - FREE!

Kim Freiberg

Montrose Early Education Center

ECFE Room

Marvelous Mondays

(Ages birth to 5 years)

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

Mondays, September 16-December 16

4-5 pm

(No class Oct 14, Nov 11)

FREE!

Buffalo Public Library, 763.682.2753

Early Childhood Family Education

Family Learning

ECFE partners with WEST Adult Basic Education to provide a family class. Parents have learning time with their children, study English, and participate in parenting education discussions.

ECFE se asocia con WEST ABE (Educación básica para adultos) para brindar una clase familiar. Los padres tienen tiempo de aprendizaje con sus hijos, estudian inglés y participan en debates sobre educación para padres.

F4030

Tuesdays & Thursdays, September 10 - December 19
10 am - 2 pm

(No class Oct 17, Nov 26, 28)

27 sessions - FREE!

Danielle Stein, Patty Lammers, & Terrisa Fisher
Discovery Center Room EC1 & M4

Early Childhood Screening

Do you have a child between the ages of 3-5 years old? Early Childhood Screening is a **free** and simple check of how your child is growing, developing, and learning. Screening is tailored for your child's age... no pass or fail! **Schedule online or call 763.682.8408.**

This free screening includes:

- ◆ Cognitive development
- ◆ Large and small muscle development
- ◆ Language and communication skills
- ◆ Social and emotional development
- ◆ Vision and hearing
- ◆ Height and weight
- ◆ Health history
- ◆ Immunization review



Scan Screening QR

Positive Solutions for Families

(Ages birth to 2 years)

Learn new strategies that will help you gain cooperation and connect with your child. Join us for this online class that will give you the opportunity to reflect, create a plan, and practice new strategies in a safe environment. Positive Solutions for Families is an evidence-based workshop developed by the National Center for Pyramid Model Innovations and facilitated by a parent educator. **A link will be sent prior to class start.**

F4001

Mondays, September 16-November 18 12:30-2 pm

(No class Nov 4)

9 sessions - \$10 per family

Danielle Stein

Virtual Online

Fall Subscription Box

(Ages 1 to 5 years)

Enjoy the ECFE classroom at home with a seasonal subscription box. The box offers a fun, convenient, and enriching way to engage in hands-on learning and exploration. **Pick up at the ECFE Fall Festival on Saturday, October 5 or the alternative pick-up date October 7.**

F4029A

1 subscription box- \$30

Alternative pick-up location at Discovery Center

F4029B

1 subscription box- \$30

Alternative pick-up location at Hanover Elementary

F4029C

1 subscription box - \$30

Alternative pick-up location at Montrose Early Ed Center

Family-Friendly Activities

Touch-A-Truck

Friday, September 20, 10 am-1 pm
Great River Regional Library

Stop in at the Buffalo Great River Regional Library and take your picture in one of the big trucks! **FREE and open to the public.** Co-sponsored by GRRL Buffalo, the City of Buffalo, Buffalo Community Center, and BHM Early Childhood Family Education.



ECFE Fall Festival

Saturday, October 5
10 am-12 pm

Sturges Park, Buffalo

Celebrate the autumn season with ECFE at this FREE event. A variety of fall-themed activities and games for families to enjoy. Meet the ECFE team! Questions? Call ECFE at 763.682.8780.

Youth Programs



Welcome to Art Class with Tammy!



Balloon Painting on Canvas – Acrylic (Grades 3-5)

Explore the art of using a balloon instead of a brush to paint a finished piece on a canvas. **Please bring a paint shirt to class.**

F6067

Thursday, September 12
1 session - \$30
Hanover Elementary

2:30-3:30 pm
Just Tammy Art
Art Room

Fall Golf Ball Art – Acrylic (Grades K-2)

Explore the art of using a golf ball instead of a brush to paint a finished piece on a canvas. **Please bring a paint shirt to class.**

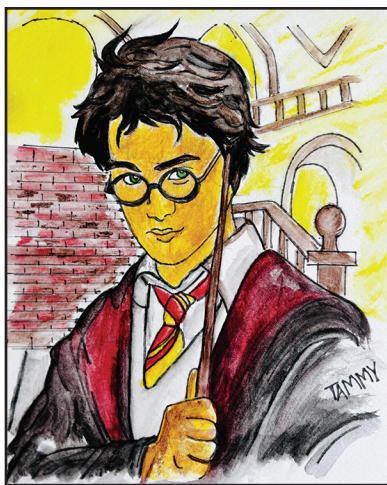
F6068

Thursday, September 19
1 session - \$30
Hanover Elementary

2:30-3:30 pm
Just Tammy Art
Art Room

Harry Potter Art

Learn the art of working with watercolor pencils by blending, shading and more. No prior experience is necessary. You will go home with a finished art project all your own.



(Grades 6-8)

F6069

Tuesday, September 24
5-6 pm
1 session - \$30
Just Tammy Art
Discovery Center
Room 202

Ghost and Pumpkin Air Dry Clay Fall Art (Grades 3-5)

We will take it up a notch by exploring the art of using air dry clay, thread, beads and soft pastels (for color) to create fun fall décor including ghosts, pumpkins and more!



F6070

Thursday, October 3
2:30-3:30 pm
1 session - \$30
Just Tammy Art
Hanover Elementary
Art Room

Ghost and Pumpkin – for little hands (Grades K-2)

Explore the art of using air dry clay, thread, beads and soft pastels (for color) to create fun fall décor perfect for those little hands.

F6071

Thursday, October 10
1 session - \$30
Hanover Elementary

2:30-3:30 pm
Just Tammy Art
Art Room





Holiday Painted Snack Pot (Grades 6-8)

Explore using acrylic paint on a terra-cotta pot. This would make an excellent party favor.



F6072

Tuesday, November 5
5-6 pm
1 session - \$30
Just Tammy Art
Discovery Center
Room 202

Winter Watercolor (Grades 6-8)

Learn how to blend and create gradients with watercolors on a mini lampshade.



F6076

Tuesday, November 19 5-6 pm
1 session - \$30 Just Tammy Art
Discovery Center Room 202

Squeeze Art (Grades 3-5)

Explore how to paint an abstract painting using a squeegee instead of a brush using acrylic paints on canvas. **Paint shirt optional.**

F6073

Thursday, November 7 2:30-3:30 pm
1 session - \$30 Just Tammy Art
Hanover Elementary Art Room

Painted Snowman (Grades 3-5)

Use a log ornament to paint a snowman with acrylic paints, liquid snow and glitter. **Paint shirt optional.**

F6075

Thursday, November 21 2:30-3:30 pm
1 session - \$30 Just Tammy Art
Hanover Elementary Art Room

Painted Snowman (Grades K-2)

Use a log ornament to paint a snowman with acrylic paints. **Paint shirt optional.**

F6074

Thursday, November 14 2:30-3:30 pm
1 session - \$30 Just Tammy Art
Hanover Elementary Art Room

Large Round Snowman Face (Grades 6-8)

Acrylic painting step by step and how to side load brush for shading and use a toothbrush to create speckling.

F6077

Tuesday, December 10 5-6 pm
1 session - \$30 Just Tammy Art
Discovery Center Room 202



Youth Programs

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 #13071**

- ◆ Class meets Thursdays, September 12-December 19
- ◆ (No class Sept 26, Oct 10, 17, Oct 31, Nov 28)
- ◆ 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 \$10 and \$9 per class (this can be paid weekly)
- ◆ Classes held at Parkside Elementary Cafeteria



Children's Self-Defense & Safety Awareness

(Ages 4-14)

Young Americans School of Self-Defense

Students are instructed in self-defense, emergency notifications, physical techniques and abduction safety. This program promotes self-confidence, physical fitness, personal empowerment, and respect for others. New students will earn the yellow belt and ranking students will earn advanced belts. Instructors are certified black belts trained in run, yell, tell and stranger danger curricula.

- ◆ **Registration Night is September 19**
- ◆ 6:30 - 7:30 pm
- ◆ Registration fee is \$5 per student
- ◆ Discovery Center Cafeteria
- ◆ Class meets Thursdays, September 26-December 19
- ◆ (No class Oct 3, 17, 31, Nov 28, Dec 12)
- ◆ Beginners: 6:30 - 7:15 pm
- ◆ Intermediate/Advanced: 7:30 - 8:15 pm
- ◆ Weekly class fee is \$8
- ◆ Discovery Center Cafeteria

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!**

F6010A

Tuesdays, September 17-October 8
2:30-3:15 pm
4 sessions -\$45 Dojo
Hanover Elementary Gym

F6010B

Tuesdays, October 22-November 12
2:30-3:15 pm
4 sessions -\$45 Dojo
Hanover Elementary Gym

F6010C

Tuesdays, November 19-December 10
2:30-3:15 pm
4 sessions -\$45 Dojo
Hanover Elementary Gym

Fall Fantasy: A Multi-Media Art Adventure!

(Grades K-5)

This autumn art class is a whirlwind of creativity, where we'll explore different artistic techniques to capture the magic of fall! We'll embark on a journey into the world of chalk pastels, learning how to blend and layer colors to create a stunning portrait of a sly fox. Immerse yourself in the vibrant hues of fall foliage with a watercolor landscape painting. Use fall-themed stamps on Sculpey clay to create a festive garland.

F6064

Tuesdays, September 24, October 1, 8
2:30-3:30 pm
3 sessions - \$55 Kidzart
Hanover Elementary Art Room



Youth Programs



RC Car Racing (Grades K-8)

Join us for some fun as we explore what makes these racers work. Participants will leave with a better understanding of the hobby and have time to test their driving skills on different types of RC Cars and Trucks. **Participants can bring their own RC Cars on approval from Party Crashers RC Racing.**

F6200

Monday, October 21
1 session - \$22
Discovery Center

6-7:10 pm
Party Crashers RC Racing
Cafeteria

RC Open Track Time (Ages 12+)

This course is for intermediate level drivers, teens, and adults that want time on the track to drive RC Cars. **Bringing your own RC Cars is encouraged but not necessary. There will be RC Cars available for use.**

F6201

Thursday, October 21
1 session - \$22
Discovery Center

7:15-8:30 pm
Party Crashers RC Racing
Cafeteria

Masterpiece Makers: (Grades K-5)

After School Art Club

Do you dream of creating amazing artwork and letting your imagination run wild? This class is all about letting loose, experimenting with different materials, and creating one-of-a-kind masterpieces. Sharpen your skills and learn new techniques to create stunning drawings of animals, landscapes, and even fantastical creatures. From collages and mixed-media masterpieces to wearable art projects, you'll unleash your creativity using a variety of exciting materials.

F6065

Tuesdays, October 22-November 26
6 sessions - \$105
Hanover Elementary

2:30-3:30 pm
Kidzart
Art Room



Zip Zap Circus: MOYA at Children's Theatre Company (Grades 2-8) Wednesday, October 16

Soar into the visual spectacle of this pulsating acrobatic performance that explores the spirit and vitality of township life, backed by energetic beat of South African pop music! **Sensory Advisories:** Music can be loud and audience cheering is often encouraged. Lighting moves quickly from dark to bright and lights are flashed. Strobe lights are used. **Potentially Anxious Moments:** Professional performers perform death-defying stunts. While it might be nerve-racking, they are trained professionals. **Interested chaperones contact Bridget at blindeman@bhmschools.org.**

F6000

- ◆ Bus departs Discovery Center, door 1, at 8:45 am
- ◆ Bus returns to Buffalo approximately 1 pm
- ◆ \$20 fee includes bus transportation, show ticket and chaperone
- ◆ Feel free to bring a snack or bag lunch for the ride home
- ◆ **Registration deadline is October 7**



Youth Programs



welcome
FALL

Classes are held at Artistic Me, 205 5th Street NE, Buffalo. Parents may drop off their child at Artistic Me, or you can choose to have your child meet at the Community Education office in the Discovery Center to walk with a chaperone to Artistic Me. Please call 763.682.8733 to make arrangements. Pick up at Artistic Me after class.

S'more Fun (Grades 1+)

Fall is a great time to sit around a campfire and make smores! Make this activity extra fun with a custom painted smore plate. In this class you will learn how to transfer a pattern onto bisque with tissue paper. Help will be available for those that need extra help.

F6060

Thursday, September 19 2:45-3:45 pm
1 session - \$32

Create a Monster (Grades K+)

Choose a monster of our selection and paint it in fun colors! These open-mouthed monsters are fun to stuff with favorite treasures or maybe Halloween treats!

F6061

Thursday, October 10 2:45-3:45 pm
1 session - \$32

Gingerbread Scene (Grades 1+)

Create a gingerbread house for the holidays. Create a fun scene using bits of glass, stingers, beads and frit. A base will be provided so the scene is self-standing. Note: younger artist will be done within an hour but older participants should plan on longer.

F6062

Thursday, November 14 2:45-3:45 pm
1 session - \$52

Ornaments (Grades K+)

You will create four ornaments. Using clear glass shapes, you will that decorate using colorful glass pieces, noodles, stringers and dots. Note: younger artist will be done within an hour but older participants may take longer.

F6063

Thursday, December 5 2:45-3:45 pm
1 session - \$50



DNR Certified Youth Snowmobile Safety Class (Age 11+)

- ◆ **Check-In:** 8:45 am. Parents or legal guardians must be present for check-in and are encouraged to attend at least the first hour of class.
- ◆ **Class Time:** 9 am. Once students have completed their road course and finalized paperwork they will be ready to be picked-up. We expect pick-up will be between 1-3 pm.
- ◆ **Requirements:** Must be 11 years of age before class start date and have completed the online course in order to be eligible to take this class. The DNR online course can be taken at dnr.state.mn.us/safety/vehicle/snowmobile/index.html.
- ◆ Visit the DNR website for a list of things each attendee **MUST** bring to the class at dnr.state.mn.us/safety/vehicle/snowmobile/index.html
- ◆ Participants must pre-register to attend.

F6202

Saturday, December 14

1 session - \$5

Buffalo Snowriders Snowmobile Club
Discovery Center

8:45 am-3 pm

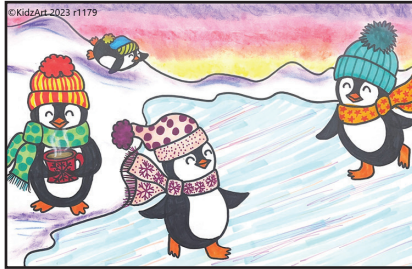
Auditorium

Youth Programs

A Winter Art Extravaganza

(Grades K-5)

We'll explore different artistic techniques to create a magical winter wonderland filled with adorable animals and cozy scenes. Draw a penguin parade on ice, transform ordinary materials into an enchanting winter lantern that will illuminate your home, and we'll use textures to create a charming cabin nestled amidst a snowy landscape.



F6066

Tuesdays, December 3, 10, 17
3 sessions - \$55
Hanover Elementary

2:30-3:30 pm
Kidzart
Art Room

Sidekick Theatre Field Trip

Hansel & Gretel's Magical Adventure

Friday, December 27

An age-old tale of two siblings and their grand, fun-filled adventure with lots of laughs, audience participation and lovable characters along the way! **Age 5 and younger must be accompanied by an adult.**



F6001

- ◆ Bus leaves Discovery Center, door 1, at 8:45 am
- ◆ Bus returns approximately 12 pm
- ◆ \$20 fee includes bus transportation, show ticket and chaperone
- ◆ **Deadline to register is December 16**

Learn and Explore online from home

Full class descriptions at bhmschools.ce.eleyo.com. PC needed (Windows or MacBook)

Dungeons & Dragons 101 with

Character Creation (Grades 3-6)

Develop problem-solving skills, team-building abilities, and creative thinking.

F6082

Tuesdays, October 1 & 8
2 sessions-\$70

6-8 pm
Tech Academy

Extreme Coding and Chat GPT

(Grades 4-8)

Dive into more advanced computer science topics, including artificial intelligence, and machine learning.

F6083

Wednesdays, October 23 & 30
2 sessions-\$55

6-8 pm
Tech Academy

Video Production: Podcasting

(Grades 3-8)

Explore ideas, make a script map, refine your audio using Audacity, edit your video and add transitions.

F6084

Thursday, November 7
1 sessions-\$40

6-8 pm
Tech Academy

Game Coding: Mario Kart (Grades 3-6)

Students will make a Mario Kart style game using Scratch. Then pick custom characters, track to customize their games. **Scratch and Scratch account- instructions will be emailed.**

F6085

Saturday, November 9
1 sessions-\$55

9 am-12 pm
Tech Academy

Engineering in Minecraft (Grades 3-7)

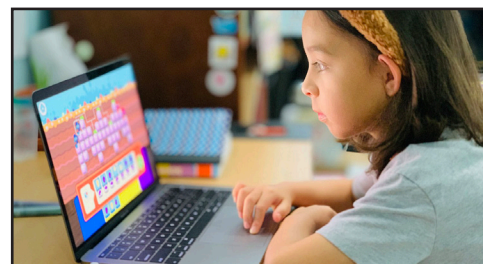
This course introduces students to Minecraft circuit-building and engineering concepts using Redstone. We will build 2-3 electrical contraptions in this course.

Technical Requirement: Minecraft Java Edition

F6086

Thursday, November 14
1 sessions-\$40

6-8 pm
Tech Academy





BUFFALO • HANOVER • MONTROSE
COMMUNITY EDUCATION

**Providing quality
child care with
flexible scheduling.**

SCHOOL YEAR 2024-25

FULL

Join our team!

**We are seeking dependable staff with
patience, flexibility and a love for
children.**

**full and part time position available
Apply here: [bhmschools.org/job-
opportunities](https://bhmschools.org/job-opportunities)**



*** Non-school day \$39.50/day
Early release day \$27.50/day**

*** Before school care \$7.75/day
After school care \$14.50/day**

*** Full day care
Ages 3-5 \$39.50/day**

Contact:

Tiffany Lund, Coordinator

763.682.8787

tlund@bhmschools.org

**More information:
bhmschools.org/kidkare**

Drivers Education, Basketball & Open Gym

High School Driver Education

- ◆ Register online at bhmschools.ce.eleyo.com, visit bhmschools.org/drivers-education to download the registration form or call **763.682.8770**.
- ◆ Classroom is held after school, two-days a week, at Buffalo High School.
- ◆ \$415 fee includes 30-hours of classroom instruction, 6-hours behind-the-wheel instruction with a licensed teacher, and all classroom supplies.

Fall A: M & W, September 9-October 9

Fall B: M & W, October 21-November 20

Winter 2025: January-February, Dates TBD

Spring A 2025: February-March, Dates TBD

Spring B 2025: April-May, Dates TBD

Summer 2025: Multiple classes are offered throughout the summer including morning, afternoon and evening options! Registration will open for summer classes by April 2025.

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



- ◆ Register online or call Community Education at **763.682.8770** by **Friday, November 22**.
- ◆ 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 (Time for each team TBD)
January 11-March 1 Bison Activity Center
8 sessions - \$110 (All grades)

Register by Friday, November 22



Open Gym

Children under age 12 must be accompanied by a parent.

Opportunities

Bison Activity Center
(Gym & Walking Track)
Monday - Thursday, 6 - 9 pm
Beginning September 3
(Closed Nov 27, 28, Dec 24, 25, 26, 30, 31)
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)
September 15 - December 22
(Closed Oct 20, Dec 1)
\$5/person or \$10/family

Montrose Elementary (Gym)
Wednesdays, 6 - 7:30 pm
Beginning October 23
(Closed on non-school days)
Free!

Youth Recreation

Fall Basketball Opportunities (Boys & Girls, Grades K-2 & 3-5)

Wednesday Workouts (Grade 3-5)

These workouts will be geared towards individual skill development along with short sided competitive games built within each workout.

F710A

Wednesdays, September 11-October 9 6-7:15 pm
5 sessions - \$60 Coach Ortmann
Buffalo High School Main Gym & Gym 2

CO-Ed Basketball Clinic (Grade K-2)

This 2-day clinic is for our youngest players to experience the game of basketball. We will work on basketball skills with the main emphasis being on FUN!

F710B

Wednesday, October 16 & 23 6-7 pm
2 sessions - \$25 Coach Ortmann
Bison Activity Center

Jr. Bison Fall Volleyball (Girls, Grades 3-6)



The 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, please contact Todd Lunning, Recreation Coordinator, at tlunning@bhmschools.org or 763.682.8176.**

F745A (Grades 5-6)

Saturdays, September 28-November 9 8:45-10 am
7 sessions - \$85
Bison Activity Center

F745B (Grades 3-4)

Saturdays, September 28- November 9 10-11:15 am
7 sessions - \$85
Bison Activity Center

Amazing Athletes

(Ages 2.5 years - 5 years)

Develop your child's motor skills, hand-eye coordination, cardiovascular fitness and more. Each 45-minute 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.

F791A (5-5:45 pm) OR F791B (5:45-6:30 pm)

Thursdays, October 17-Nov 21

(No class Oct 31)

Each 5 week session - \$90
Discovery Elementary Cafeteria

Bison Girl's Soccer Indoor Futsal 5 v 5 (Grades 5-12)

Open play is led by the Girl's Varsity Soccer Captains.

F722A (Grades 5-8)

Sundays, November 10, 17, 24, December 8, 22

6-7 pm

5 sessions - \$50

Bison Activity Center

F722B (Grades 9-12)

Sundays, November 10, 17, 24, December 8, 22

7-8 pm

5 sessions - \$50

Bison Activity Center

BOO-ffalo Fun Run... We are Back! Saturday, October 26

The course starts and finishes at Buffalo High School. There are Fun Runs for children and a 5K for runners 12 and older. All participants receive a T-Shirt and are eligible for door prize drawings and costume awards. **This is a fundraiser for Buffalo High School track and cross country teams.**

Race day check-in/registration begins at 10 am. Awards and prize drawings at 12:45 pm.

KIDS FUN RUNS

- ◆ F760 Age 6 and younger .25 mile run at 11 am
- ◆ F770 Age 7 - 11 1 mile run at 11:30 am
- ◆ \$20/participant (Add \$5 day of race)

F780 5K RUN

- ◆ Age 12 and older at 12 pm
- ◆ \$20 (Add \$5 day of race)

Register for Ski and Snowboard Program

- ◆ **Online** at bhmschools.ce.eleyo.com or **by phone** 763.682.8770.
- ◆ **Register by Tuesday, November 19** to get special rates and guarantee a spot on the bus.
- ◆ **NOTE: Package price DOES NOT include transportation.** Register for transportation separately.
- ◆ **Questions**, contact Community Education at 763.682.8770.



Take the bus or choose to drive to Powder Ridge.

- *Reminder - Transportation "Add-On" to the package price.
- *Montrose Elementary students can ride the Activity Bus to Discovery Elementary. However, a parent needs to contact Vision Transportation to make these arrangements at 763.682.3232.

Elementary Grades 4-5

**Mondays, December 9, 16
January 6, 13, 27, February 3
(No ski Dec 23, 30, Jan 20)**

Students may store equipment in their classrooms.

To ride the bus, you must register for transportation separately.

F6301S - Fee: \$175
6 Lifts & Ski equipment

F6301B - Fee: \$175
6 Lifts & Snowboard equipment

F6301LT - Fee: \$125
6 Lifts only (No equipment)

F6301T - Fee: \$125
Transportation

F6301H - Fee: \$25
Helmet Rental

**Optional
Add-On's**

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, February 3
(No ski Dec 23, 30, Jan 20)**

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

To ride the bus, you must register for transportation separately.

F6302S - Fee: \$175
6 Lifts & Ski equipment

F6302B - Fee: \$175
6 Lifts & Snowboard equipment

F6302LT - Fee: \$125
6 Lifts only (No equipment)

F6302T - Fee: \$125
Transportation

F6302H - Fee: \$25
Helmet Rental

**Optional
Add-On's**

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, 9:15 pm

High School Grades 9-12

**Mondays, December 9, 16
January 6, 13, 27, February 3
(No ski Dec 23, 30, Jan 20)**

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

To ride the bus, you must register for transportation separately.

F6303S - Fee: \$175
6 Lifts & Ski equipment

F6303B - Fee: \$175
6 Lifts & Snowboard equipment

F6303LT - Fee: \$125
6 Lifts only (No equipment)

F6303T - Fee: \$125
Transportation

F6303H - Fee: \$25
Helmet Rental

**Optional
Add-On's**

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, 9:15 pm

Youth Recreation

Jr Bison Gymnastics

No classes
Oct 16-19, 31

Classes held in the Buffalo High School Gymnastics Room



Parent/Child - Boys & Girls (Ages 18 months - 3 years)

Focus on having fun as they get introduced to the basics of gymnastics. Bring a parent/guardian to help guide kids and make them feel comfortable as they go through obstacle courses in the gym.

F687A

Mondays, September 9-November 4 4:15 - 5 pm
9 sessions - \$135

F687B

Saturdays, September 14-November 9 12:15-1 pm
(No class Oct 19)
8 sessions - \$120

Boys Beginners (Ages 5+ years)

Basics of core gymnastics skills on floor, vault and bars. Focus on building strength and coordination. Obstacle courses, trampoline and foam pit will be set up.

F685

Mondays, September 9-November 4 6-7 pm
9 sessions - \$135

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

Will learn basic gymnastics shapes and skills on the floor, bars and beam. Focus is on having fun while doing obstacle courses, jumping on the trampoline and playing in the foam pit.

F680A

Mondays, September 9-November 4 5-5:45 pm
9 sessions - \$135

F680B

Wednesdays, September 11-October 30 4:15-5 pm
(No class Oct 16)
7 sessions - \$105

F680C

Saturdays, September 14-November 9 12:15-1 pm
(No class Oct 19)
8 sessions - \$120

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, pullover on bars with spot and correctly hit a springboard.

F681A

Tuesdays, September 10-October 29 6:15-7:15 pm
8 sessions - \$160

F681B

Wednesdays, September 11-November 6 5-6 pm
(No class Oct 16)
8 sessions - \$160

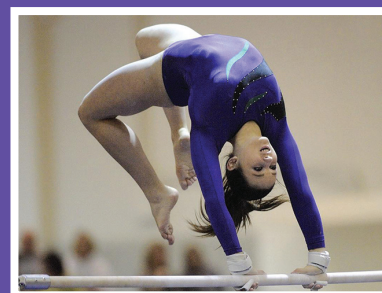
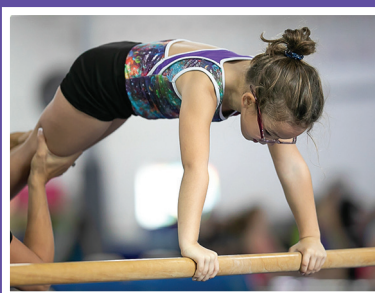
F681C

Saturdays, September 14-November 9 10:30-11:30 am
(No class Oct 19)
8 sessions - \$160

Jr Bison Gymnastics

No classes
Oct 16-19, 31

Classes held in the Buffalo High School Gymnastics Room



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 bridge kickover and roundoff on floor and pullover/back hip circle on bars to move up to Advanced class.

F682A

Mondays, September 9-November 4 6:45-8 pm
9 sessions - \$225

F682B

Wednesdays, September 11-November 6
6:15-7:30 pm (No class Oct 16)
8 sessions - \$200

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.

F683A

Tuesdays, September 10-October 29 7-8:30 pm
8 sessions - \$200

F683B

Thursdays, September 12-November 7 6-7:30 pm
(No class Oct 17, 31)
7 sessions - \$175

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!

Saturdays, September 14-November 19 1-2 pm
\$10/student/visit (cash or check at the door)

Girls High School Practice

(Grades 7-12)

Work on skills for Minnesota State High School League requirements.

F638VP

Tuesdays & Thursdays, September 10-November 7
4-6 pm (No class Oct 17)
17 sessions - \$425

Aquatics

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

Sundays, 2 - 4 pm
September 15-December 22
(Closed Oct 20, Dec 1)

- ◆ 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 is \$5 per person or \$10 per family. Please bring the 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

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.**

Wright County WAVE Swim Club

For more information, visit waveswimclub.com



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 12/15/24



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

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 lessons opens online September 2 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 Sept 23, 30, Oct 7, 14, 21, 28, Nov 4			
6 pm	Pre-School F5201M	Parent Child F5101M	Level 1 F5311M
6:30 pm	Pre-School F5202M	Parent Child F5102M	
7 pm	Level 2 F5321M	Level 3 F5331M	Level 4/5 F5341M

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

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.

F1010A

Wednesdays, September 4-25 6:30 – 7:30pm
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary Cafeteria

F1010B

Wednesdays, October 2-23 6:30 – 7:30pm
(No class Oct 16)
3 sessions - \$21 Elizabeth Muellerleile
Parkside Elementary Cafeteria

F1010C

Wednesdays, October 30-Nov 20 6:30 – 7:30pm
4 sessions - \$28 Elizabeth Muellerleile
Parkside Elementary Cafeteria

*Breath
Relax
Calm*

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 where 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.

F1012A

Friday, October 18 6:30-7:30 pm
1 session - \$25 Ameer Pribyl
Discovery Center Board Room

F1012B

Friday, December 13 6:30-7:30 pm
1 session - \$25 Ameer Pribyl
Discovery Center Board Room

On The Wright Track Model Railroad Club Fall 2024 - 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.

F1232

Fridays, September 13, October 4, 25, November 15,
December 6 6:30-8:30 pm
5 sessions - \$28 Tim Pacel
Discovery Center Boardroom





Art with Tammy

Putty Knife Painting on Canvas

Unwind from your stresses using acrylic paint with a putty knife instead of brushes to make a beautiful finished piece. No artistic abilities necessary.

F1100

Tuesday, September 17
1 session - \$40
Discovery Center

6:30-8 pm
Just Tammy Art
Room 202

Plastic Indoor/Outdoor Pumpkin

Paint your choice of a whimsical face on a prepped large plastic pumpkin for indoor or outdoor decoration. Acrylic painting, no previous experience necessary.

F1101

Tuesday, October 1
1 session - \$45
Discovery Center

6:30-8 pm
Just Tammy Art
Room 202

Fall Theme Outdoor Bristled Doormat

Paint your own fall doormat. Step by step process. Come to relax, no previous experience necessary.

F1102

Tuesday, October 15
1 session - \$49
Discovery Center

6:30-8 pm
Just Tammy Art
Room 202



Scarecrow Painted Tote

Acrylic Painting including how to paint highlights and shadows on an image.

F1103

Tuesday, October 22
6:30-8 pm
1 session - \$40
Just Tammy Art
Discovery Center
Room 202



Candy Cane Bags and Tags

Learn how to paint beautiful candy cane and peppermint Christmas gift bags and tags.

F1104

Tuesday, November 12
1 session - \$40
Discovery Center

6:30-8 pm
Just Tammy Art
Room 202

Sculpey Clay Nativity Miniature

Create a miniature Nativity through step-by-step instructions. You take it home and bake it.

F1105

Tuesday, December 3
1 session - \$45
Discovery Center

6:30-8 pm
Just Tammy Art
Room 202

Watercolor Mini Lampshade

How to paint a step-by-step gingerbread holiday mini lampshade for a champagne glass with a tealight.

F1106

Tuesday, December 17
6:30-8 pm
1 session - \$40
Just Tammy Art
Discovery Center
Room 202



Adult Enrichment

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



Photo Mess...imagine ALL your photos organized and in one place...permanently, safely and find any photo quickly...including old slides, movies and memorabilia. We'll discuss scanners, digitizing old media, cloud storage, organization, and photo restoration. Leave class knowing how to access/share your memories!

F1110A

Thursday, September 19
1 session - \$29
Discovery Center

5:30-7 pm
Susan DeJute
Room 204

F1110A

Thursday, December 5
1 session - \$29
Discovery Center

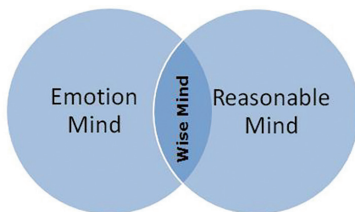
10:30 am-12 pm
Susan DeJute
Room 204

Exploring Relational Wisdom

In modern terms, relational wisdom may be defined as your ability to discern emotions, interests and abilities in yourself and others.

Course goal is to develop a personal growth plan. Class topics include:

1. Life is all about relationships
2. Relationships are fueled by emotions
3. Relational wisdom goes beyond emotional intelligence
4. Values can transform our relationships
5. Practice the SOV plan
6. Follow a trustworthy GPS
7. Read yourself accurately
8. Serve every person you meet



F1114

Tuesdays & Thursdays, October 22-November 14

(No class Nov 5)
7 sessions - \$159
Discovery Center

7-8:30 pm
Robert Farquhar
Room 204



Savvy Tax Strategies

This workshop helps attendees learn how an efficient retirement tax strategy can help avoid mistakes — and help keep more of their hard-earned money.

F1020

Tuesday, October 1
1 session - \$15
Discovery Center

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

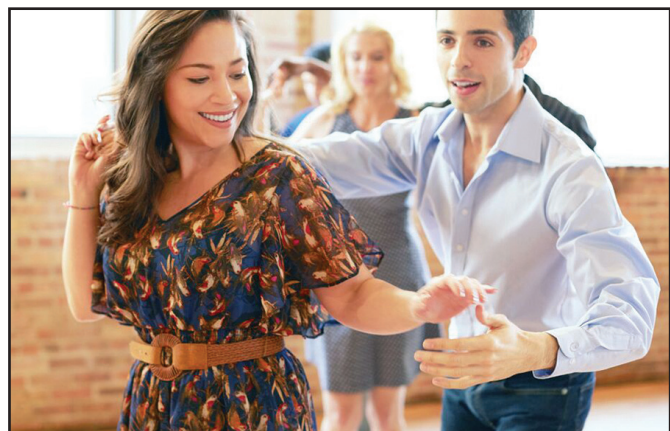
Easy Partner Dancing

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 & romance into your relationship! Taking steps from classic ballroom dances, you'll 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 2 left feet, this is the perfect course for you! Couples stay dancing together & singles rotate with other singles. Casual dress.

F1111

Fridays, November 1 - 22
4 Sessions - \$69
Discovery Center

7-8:30 pm
Deanna Constantine
Cafeteria



Cooking with Tess

Join Us Online!

Full class descriptions at bhmschools.ce.eleyo.com

Gourmet Detroit Style Pizza, Pretzel Crust Pizza & Pizza Sauce!

Tess will guide you through the process of creating TWO marvelous gourmet pizza creations

F1300

Saturday, September 28, 4-6:30 pm, \$40

Bao Buns, Korean BBQ Bulgogi Chicken with Pickled Veggies

Create delicious Steamed Bao Buns that will be used "to wrap" almost like a little "jacket", the fantastic filling of Korean Bulgogi BBQ Chicken, and a wonderful variety of quick pickled vegetables!

F1301

Friday, October 11, 5-7:30 pm, \$45

Churros & Handmade Corn

Tortillas Taco Fiesta

A RESTAURANT QUALITY, homemade fiesta PACKED with PROTIEN, and NATURALLY GLUTEN FREE (CORN tortillas, are made with CORN)!

F1302

Tuesday, October 15, 5-7:30 pm, \$50

Fright Night Delight!

Join Tess for an evening of fun as she guides you step-by-step in the creating a fun unique fall family feast called "Fright Night Delight"!

F1303

Friday, October 25, 5-7:30 pm, \$40

Better Than Takeout Chinese Dinner

Favorites: Master Class

Register for this Master Class and learn how to create, from scratch, a wonderful Chinese "Better-than-take-out" meal in your own kitchen!

F1304

Saturday, October 26, 4-6:30 pm, \$79



Blast from the Past Diner Dinner

Gourmet level hot hamburger steak with homemade "Umami Bomb" gravy served over homemade bread to sop up the deliciousness, followed by Apple Strudel.

F1305

Saturday, November 2, 4-6:30 pm, \$45

Classic Pierogi & Sweet Berry Pierogi

Learn to make both types of Pierogi with 2 types of dough. No fancy equipment needed.

F1306

Tuesday, November 19, 5-7 pm, \$40

Holiday Cookie Magic, Royal Icing & Stuffed Cookies Workshop

Join Tess for this holiday cookie baking and decorating class for beginners.

F1307

Friday, December 6, 5-7 pm, \$35

Greek Pastitsio & Galaktoboureka

Escape to the Mediterranean with the flavors of Greece and get your "OPPA" on!

F1308

Saturday, December 7, 4-6:30 pm, \$50

Swedish Meatballs & Hand-Pulled Noodles

Tess will guide you through the process of making the most delicious Swedish meatballs bathed in a savory-velvety cream sauce served over hand-pulled noodles.

F1309

Friday, December 13, 5-7 pm, \$40

Adult Enrichment

Learn and Explore with these online classes

Each class is taught live online. If you are unable to attend the live online training time, still register and watch the recording of the training at your convenience.

Full class descriptions at bhmschools.ce.eleyo.com



Cell Phones & Parenting

Understand recommended safety settings on popular social media apps, parental apps for your child's Smartphone, and more!

F1200

Thursday, September 19 12-1 pm
1 session - \$35 Social Club Simple

Google Sheets - Beginners

Learn comprehensive skills which will turn you from a Sheets novice into a Sheets expert.

F1201

Thursday, September 26 12-1 pm
1 session - \$35 Social Club Simple

How To Use Venmo Safely

Understanding of how to set up Venmo safely, fees to avoid, and real-world scenarios you may use with this mobile payment option.

F1202

Thursday, October 3 12-1 pm
1 session - \$35 Social Club Simple

Canva for Beginners

Learn how to use the easiest design website available all for free. From online documents, business cards, email signatures and more, you'll leave this class with a practical guide to use Canva with confidence!

F1203

Thursday, October 10 12-1 pm
1 session - \$35 Social Club Simple

Writing for Online Blogs, Magazines & Websites

Learn how to find ideas, sources, and more than 1,000 opportunities that pay good money.

F1204

Thursday, October 10 4-6 pm
1 session - \$35 LeeAnne Krusemark

How to Make Extra Cash

Pet Sitting

Learn about feeding, watering, and exercising pets, how to make a good impression and questions to ask when interviewing.

F1205

Friday, October 11 6-8 pm
1 session - \$35 LeeAnne Krusemark

Screenwriting for Television or Movies

Learn how to plot a story, develop characters, and execute your work in the proper screenwriting format.

F1206

Saturday, October 12 1-3 pm
1 session - \$35 LeeAnne Krusemark

Comedy Writing: How to Be Funny on Paper and Stage

This fast-paced session will show you how to apply humor to all aspects of your life.

F1207

Wednesday, October 16 4-6 pm
1 session - \$35 LeeAnne Krusemark

Using Amazon's Kindle Direct to Self-Publish your Book for FREE

Step-by-step how to create an Amazon KDP account, format your manuscript and upload it to the platform.

F1208

Thursday, October 17 4-5 pm
1 session - \$25 LeeAnne Krusemark

How to Outline and Write an Irresistible Romance

Sharpen your skills with practical step-by-step advice.

F1209

Friday, October 18 4-6 pm
1 session - \$35 LeeAnne Krusemark

Write a Riveting Mystery, Suspense, or Crime Story

Become a mystery writer for fun or profit!

F1210

Friday, October 18 6-8 pm
1 session - \$35 LeeAnne Krusemark

Get Your Manuscript Critiqued

Email one page of your in-progress manuscript for an in-class critique of one page of your poetry, article, short story, screenplay, novel, non-fiction book, or children's book.

F1212

Saturday, October 19 4-5:30 pm
1 session - \$30 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.**

F1219

1 session - \$49
Online

Voices For All



Instant Piano for Busy People

In just a few hours, you will learn enough secrets to give you years of musical enjoyment. Learn to play piano using chords. This course includes an online book and on-line follow up video lessons to continue your practice 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.

F1112

Monday, November 18
1 session - \$69
Online via Zoom

6:30-9:30 pm
Craig Coffman



Instant Guitar for Busy People (Ages 13 and Up)

In just a few hours, you will learn enough about playing the guitar to give you years of musical enjoyment. This course will teach you basic chords and includes an on-line book and follow-up video lessons to continue your practice and study on your own. An optional periodic online question and answer session is also included as well as a recording of the class.

F1113

Wednesday, November 20
1 session - \$69
Online via Zoom

6:30-9:30 pm
Craig Coffman

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 class consists of lecture, films and discussions. There is no behind-the-wheel driving.

New! Effective July 1, 2024, first-time participant can take a 4-hour Defensive Driving course as their initial training – the 8-hour course is no longer a requirement.

F1115A

Wednesday, October 23
1 session - \$35
Discovery Center

1-5 pm
Minnesota Safety Council
DO Conference Room

F1115B

Wednesday, December 11
1 session - \$35
Discovery Center

1-5 pm
Minnesota Safety Council
DO Conference Room

Medicare 101: The Basics

This informational class is suitable for anyone who is or will become Medicare eligible. Questions include: What if I'm going to continue working after I turn 65? How is my spouse affected by my enrollment? 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 my prescriptions? How do I enroll in Medicare, and when should I do it? 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).**

F1213A

Tuesday, September 24
1 session - \$15
Discovery Center

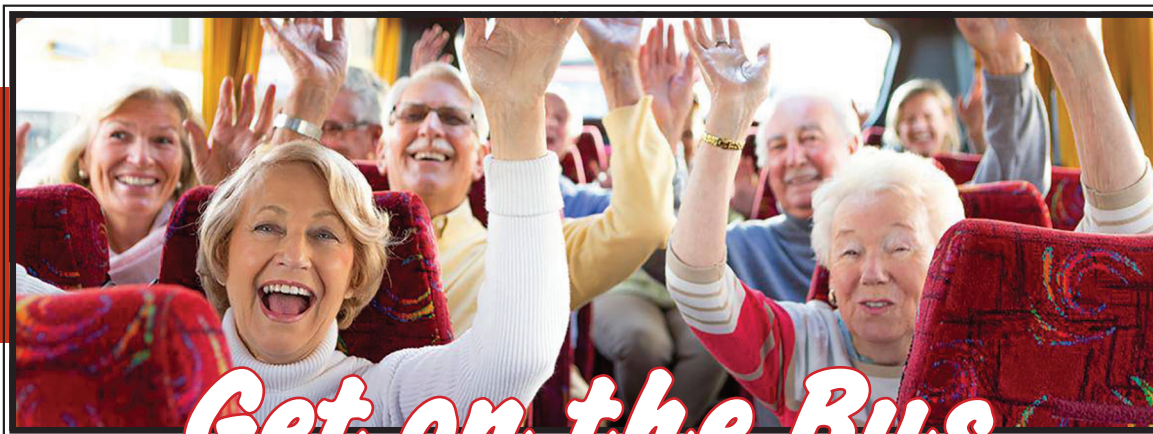
5:30-6:30 pm
Chris McClory
Board Room

F1213B

Tuesday, November 12
1 session - \$15
Discovery Center

5:30-6:30 pm
Chris McClory
Board Room

Adult Enrichment



Get on the Bus



Stillwater Day Trip Saturday, October 5

Spend the day in Stillwater with us! Walking is required with both options. Wear comfortable shoes.

Option 1: F1000A - \$55

Art Festival, Fall Colors and Shop (NO cruise, Lunch on your own)

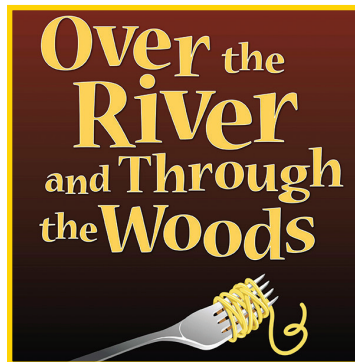
Food items are available in the park or walk uptown to various shops and eating establishments.

Option 2: F1000B - \$99

St. Croix Cruise and Lunch, Fall Colors, Art Festival, and Shopping

Trip Details:

- ◆ Bus departs Discovery Center, door 1, at 8:30 am
- ◆ Bus returns approx 5:45 pm
- ◆ The fee also includes motorcoach transportation and chaperone
- ◆ **Deadline to register is Sept 23**



at Sidekick Theatre Wednesday, October 23

Every Sunday, Nick crosses the river to New Jersey and has dinner with both sets of his Italian-American grandparents. But Nick has dreams, and when he receives the perfect job offer from the west coast, he is determined to take it. His grandparents are just as determined that he stay put. Thus begins a series of shameless schemes and hilarious shenanigans. **Lunch includes: creamy chicken breast with roasted red potatoes, glazed carrots, coleslaw, dinner rolls, assorted dessert, coffee and hot tea.**

F1001

- ◆ Bus departs Discovery Center, door 1, at 10:15 am
- ◆ Bus returns approx 4 pm
- ◆ \$109 fee includes motorcoach transportation, show ticket, lunch and chaperone
- ◆ **Deadline to register is Oct 14**



at CHS Field in St. Paul Thursday, December 12

Stroll through over a million lights, selfie Plaza, Enchanted Forest, Bright Bikes, Tremendous Tree, and so much more! GLOW is a walk-through event. You are welcome to bring your own wheelchair or scooter as needed. Dress cozy, so you can enjoy the festival in comfort. The majority of activities take place outside. There are warming areas available for those who need to shake the frost off!

F1002

- ◆ Bus departs Discovery Center, door 1, at 5 pm
- ◆ Bus returns approx 9 pm
- ◆ \$89 fee includes motorcoach transportation, entrance to the event, chaperone and treats on the bus
- ◆ **Deadline to register is Dec 2**

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.

Fall Highlights

- ★ **Bingo & Pizza Nights**
Various dates & locations, 6-7:30 pm
- ★ **Halloween Dance, October 27**
Discovery Elementary Gym, Buffalo, 4-6 pm
- ★ **Holiday Dance, December 15**
Discovery Elementary Gym, Buffalo, 3-5 pm

- ★ The Winter/Spring Opening Doors catalog will be available the beginning of January. We would love to add you to the mailing list. Call Community Education at 763.682.8770 to receive our catalog.

To learn more about *Opening Doors* 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!



Halloween Dance



Holiday Dance



Festival of Trees

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. WEST ABE is a partnership between 17 area school districts, several correctional facilities, and the Monticello Career Force Center. 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 westabe.org or hotline.mnabe.org for more information.



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 from 1:30-4 pm
- ♦ Tuesdays & Thursdays, from 6-8:30 pm
- ♦ 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 2024-25!

You can do it! Earn your GED and celebrate! Create new opportunities for yourself.

To get started, call Terrisa in Buffalo at 763.682.8509 or Jill in Monticello at 763.272.2040 who can help you locate the program near you.

Volunteer Opportunities

Make a difference in your community. As a volunteer, you can help adult learners reach their goals. Work with adult students as they learn English, prepare for the GED, earn citizenship, learn computer skills, and more. No experience or diploma needed. We provide training and support. Time commitment: 1 to 6 hours per week. Must be 18 years old to volunteer. **For more information, contact Elizabeth at 763.682.8507.**

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 and Thursdays, 10 am-2 pm, September through 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 Terrisa at **763.682.8509** or Tiara at **763.682.8782**.

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 Terrisa at **763.682.8509** or drop in.

Buffalo Parks & Recreation

Facility Reservations

Looking for a park shelter, meeting room, a place to host a baby shower, bridal shower, graduation party, birthday party, family gathering, etc.?



Check out our rental options by scanning the QR code:



Guided Fishing Trips on Buffalo Lake



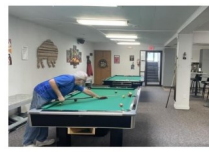
Catch walleye, bass or panfish with experienced local angler Everett Smithson.

September & October.
Pricing starts at \$230 for a three hour trip.

Register for a trip Today:



Amenities Available



- Pool Tables
- Nintendo Switch (8 controllers)
- PlayStation 4
- Puzzles
- Outdoor Chess Table
- Outdoor Ping Pong Table
- Indoor Ping Pong table (upon request)
- Board games for all ages

Take and play station with:

- Magna Tiles
 - Dino Bones
 - Blocks
 - Coloring
 - Games
- Plus many more opportunities for all ages available





with 

SEPT 14

Outdoor Concert



Doors Open 5:45 pm

Mitch Gordon Band 6:30 pm

FABULOUS ARMADILLOS 8:00 pm - 11:00 pm

Tickets & info:
<https://secure.reef.com/MN/buffalo-mn/catalog>

Purchase Tickets Here 



Natural Roots SALON

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Hulko's Bowling & Entertainment Center

Beverage Sponsor

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Buffalo Community Center

Monday-Friday
8 am - 4 pm

Upcoming events

- Lego challenges
- October Fest
- Family Fun Nights
- Movie nights
- Artist led painting class for kids

Scan to view current newsletter and all our upcoming events!



City of Buffalo Parks and Recreation

<https://ci.buffalo.mn.us/158/Parks-Recreation>

Check out the great offerings available throughout the parks.



Great Parks, Responsibly Managed

Scan for Parks and Rec Website:



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

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 codes.


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

BIRTH CENTER TOUR

Tour our labor and delivery rooms, postpartum rooms, and nursery before the arrival of your baby. Thursday tours meet 6:30-7:30 pm, August 21, September 19, October 17, November 14 and December 17. Scan to register.



BABY CAFÉ

A family-friendly drop-in breastfeeding support group. Every Wednesday, 10 am-12 pm at the Wright County Historical Society/Heritage Society, 763-684-7630.

THRIVING WITH CHRONIC PAIN WORKSHOP

This 6-week, 1-hour-a-week class is for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. Thursdays, September 5 -October 10, 2-3 pm, Conference Room D and via Microsoft Teams..

HEALTHY EATING FOR BETTER HEALTH

This 6-week program is for those who want to learn how nutrition and lifestyle changes can promote better health. Class includes how to read nutrition labels, learn cooking skills, learn about the latest changes in the nutritional world and take a grocery store tour! Thursdays, September 5-October 10, 12-1 pm, Buffalo Hospital Conference Room D and via Microsoft Teams.

WELLNESS COACHING

If you're ready to improve your health, enhance your life balance and make lasting changes, contact one of our Health and Wellness Coaches. They have the training and experience to help you succeed with exercising, nutrition, sleep, and stress. Individual coaching includes appointments in person, over the phone or both. In-person coaching is available at Buffalo Hospital.



BETTER BREATHERS CLUB

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, Heart Center at Buffalo Hospital. Call 763-684-3872 for more information.



STROKE SUPPORT GROUP

Provides encouragement and guidance for stroke, brain injury and head injury survivors and their loved ones. The group helps participants learn to cope with physical, lifestyle and relationship changes following stroke or injury. Second Tuesday of every month, 1-2 pm, Buffalo Hospital Conference Center.



SAY "HELLO" FOR HEALTH

Increasing social connections positively affects our health—reducing blood pressure, lowering levels of stress hormones and improving immune responses. Check out Hello4Health.org for more information.

CHANGE TO CHILL

The everyday hustle and bustle can be overwhelming. When your schedule is tight, making time for self-care can boost your mental and physical health. Visit our Change to Chill website for resources to help you create a self-care routine that works for you. Changetochill.org.

HEALTH POWERED KIDS

A free library of online resources designed to provide fun wellness activities for kids—through a series of Power Charger video teasers. Visit Healthpoweredkids.org for more information.

Information about Buffalo Hospital Education programs, call 763.684.7025



301 NE 2nd Ave, Buffalo, MN 55313
763.682.8770
bhmschools.org

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dream, believe
and **achieve.**

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

Dated Material, Please Deliver Promptly

Get on the Bus with Community Education!



Stillwater Day Trip
Saturday, October 5
(Adult Trip)
8:30 am-5:45 pm
Register by Sept 23
See p. 26 for details



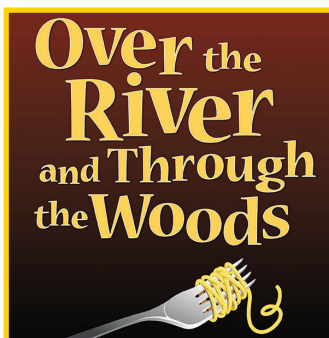
GLOW Holiday Festival
Thursday, December 12
(Adult Trip)
5-9 pm
Register by Dec 2
See p. 26 for details



Zip Zap Circus: MOYA
Wednesday, October 16
(Grades 2-8)
8:45 am-1 pm
Register by Oct 7
See p. 9 for details



Hansel & Gretel at Sidekick Theatre
Friday, December 27
(All ages)
8:45 am-12 pm
Register by Dec 16
See p. 11 for details



Over the River at Sidekick Theatre
Wednesday, October 23
(Adult Trip)
10:15 am-4 pm
Register by Oct 14
See p. 26 for details

Full trip descriptions and details inside
or online at bhmschools.ce.eleyo.com

