

Howard Lake - Waverly - Winsted

COMMUNITY EDUCATION

District 2687



WINTER-SPRING | 2024-2025

ELEYO ONLINE REGISTRATION

HLWW Community Education has a convenient mobile-friendly online tool to register. You will be able to manage your account from any device, including your smartphone or tablet. Eleyo allows for online payments, autopay and online preschool registration. You will also be able to receive email and text reminders and announcements regarding class and activity program changes by checking those options when creating your family account.

Be ready to register- create your account now!

• Go to hlww.ce.eleyo.com

- Create your profile by selecting Sign In (top, right corner)
- To create a new profile log in with Facebook or Google or select Create One Now.
- When creating an account within the system, you will be required to enter your basic contact information including an email address (used for logging in) and a password. If your email address is recognized use, the "Send Forgot Password Email" to receive a password reset email.
- Select Manage All Relationships to add family members and emergency contacts.
- An email will be sent from Eleyo with a link to verify your account. Use the "Verify Your Email Address" button on that email to verify your account.



Registration Open NOW! If you need assistance call 320-543-4670.

HLWW COMMUNITY EDUCATION STAFF

- **Rachel Bender: Community Education Director**
rbender@hlww.k12.mn.us /ext 2
- **Ellen Uter: Early Childhood Coordinator**
euter@hlww.k12.mn.us /ext 4
- **Jennifer Sawatzke: Laker Care Child Care Coordinator**
jsawatzke@hlww.k12.mn.us /ext 3
- **Stacy Horsch: Secretary**
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- **Laker Care Staff, Supervisors and Assistants**
- **Little Laker Learners Teachers and Assistants**

OFFICE NUMBER: 320-543-4670

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COMMUNITY EDUCATION FOR YOU

Community Education is based on the idea that schools belong to everyone and should serve all people through lifelong learning opportunities.

Information about Community Education activities can be found in current brochures, flyers handout at school, online and local newsletters, social media outlets including facebook and instagram and local newspaper.

ADVISORY COUNCIL

The Community Education Advisory Council represents the citizens of the school district. The council helps identify, coordinate and evaluate the educational, social and cultural opportunities for district residents of all ages. All meetings are open to the public. If you have ideas or feelings you'd like to share or if you would like to become a member, call Rachel Bender at 320-543-4670.

WEATHER RELATED POLICY

When school is canceled or dismissed early, Community Education activities are also cancelled and maybe rescheduled. Cancellations will be announced on HLWW Community Education facebook page and participants will be notified to the best of our ability via emails, text messages and phone calls.

EMAIL & TEXT NOTIFICATIONS

Fill out your email and cell phone on your online account to receive confirmation, instructor or weather related messages.

COMMUNITY LOCATIONS



HLWW HIGH SCHOOL

8700 County Road 6 SW, Howard Lake, MN 55349
 320-543-4600
 Main level parking lot



HLWW MIDDLE SCHOOL AND DISTRICT OFFICE

8700 County Road 6 SW, Howard Lake, MN 55349
 320-543-4660 Middle School
 320-543-4646 District office
 Main level parking lot



HLWW COMMUNITY EDUCATION OFFICE AND ACTIVITY CENTER

8700 County Road 6 SW, Howard Lake, MN 55349
 320-543-4670 Community Education office
 lower level east side parking lot



HUMPHREY ELEMENTARY SCHOOL

803 Elm Avenue, Waverly, MN 55390
 320-543-4680



WINSTED ELEMENTARY SCHOOL


431 4th Street north, Winsted, MN 55395
 320-543-4690




MAWSECO EDUCATION CENTER


720 9th Avenue, Howard Lake, MN 55349
 Humphrey Hall gym use west entrance
Home of Laker Gymnastics

Follow us for the most up-to-date information on class offerings and events.

 Facebook: Howard Lake-Waverly-Winsted Community Education

 Instagram: hlww_community_education

Follow us for the most up-to-date information on class offerings and events.

 Facebook: HLWW Early Childhood Family Education & Preschool

 Instagram: hlww_littlelakerlearners

LITTLE LAKERS ECFE

Families with children age birth – five

Children of all ages come with all sorts of surprises, joys and challenges. Join us to celebrate and talk about all aspects of this. We will have crafts, creative playtime, discussions on child development, songs, games and lots of fun!

These classes will be non-separating, but there will be a licensed parent educator present at classes to support any questions that might arise. There will also be a parent education and a child-development aspect to each class that will support learning, attachment and the parent-child relationship.

Monday Evenings 5:45 – 7:00 pm
Section A1: January 20, 27, February 3, 10, 17, 24
Section A2: March 10, 17, 31, April 7, 14, 21

Wednesday Mornings 10:45 am- noon
Section B1: January 22, 29, February 5, 12, 19, 26
Section B2: March 12, 19, April 2, 9, 16, 23

Thursday Mornings 9:00-10:15 am
Section C1: January 23, 30, February 6, 13, 20, 27
Section C2: March 13, 20, April 3, 17, 24, May 1

HLWW ECFE room E013, lower level east side entrance
6 sessions / \$36 per child or \$50 per family max – fees may be reduced or waived upon request



BABY AND ME

Families with children age birth to 18 months

Join other families, babies and our licensed Parent Educator in a baby-focused environment for lots of fun and learning for both you and your baby! Enjoy activities, songs, take-home keepsakes and movement games together with your baby. Our focus will be on bonding with your baby, discussing infant development, the adjustment to parenthood and new-parenthood concerns.

Wednesdays 9-10 am
thru April 30 (no class 12/25, 1/1, 3/26)

HLWW ECFE room E013, lower level east side entrance
Free



ECFE GROSS MOTOR NIGHT: OPEN GYM FOR LITTLES

Families with children birth to five.

Come and play with other families in our district in an open gym/free play setting! Gross motor movement is extremely important for child development and can be so difficult to achieve during the cold winter months in Minnesota. Move your body and play hard with us every Tuesday evening through the end of March!

Gym toys will be provided, but feel free to bring your own, as well. At the end of our time each week, we will have a disco light dance party! Join at anytime.

Tuesdays 5:30 - 6:30 pm
thru March 18 (No open gym 12/24, 12/31)

Gymnasium, Humphrey Elementary School, Waverly
\$10 per family for an unlimited attendance pass

WATCH & PLAY: ECFE MOVIE NIGHT

Families with children age 12 months – five. Siblings Welcome.

Come watch a movie in our ECFE classroom! Wear your pajamas, bring a blanket, favorite stuffed animal, toy or even your pillow! Toys will be out to play with if your child chooses to play while they watch. Popcorn & puffcorn will be provided to add to the movie watching experience. Movies being played are TBD but will be chosen from the Disney+ App and will be young child and family friendly films. Movie titles will be announced on social media prior to the date. Please reach out to Ellen Uter if you have any questions or concerns.



Fridays 6:00 - 7:30 pm
(register for each evening separately)

December 13
January 31
February 28
March 14

HLWW ECFE room E013, lower level east side entrance
1 session / Free

LIBRARY STORYTIME WITH ECFE

Families with children of all ages

Watch the ECFE Facebook page for updates

Tuesdays 10:30 - 11:15 am
thru April 29 (No storytime 12/24, 12/31, 3/25)

Howard Lake Public Library , 817 8th Avenue
free



1:1 PARENTING COACHING

Do you have a parenting question or child development concern that you would like to discuss more in-depth with a professional? Do you want and crave a supportive environment to troubleshoot parenting topics with someone you trust? Please reach out to us with any questions and concerns you may have.

We will schedule a one-on-one meeting to discuss your concerns! This can be done via phone, Google Meet, or in person at your home or within our classroom. We look forward to meeting you and learning alongside you and your family!

Call Ellen Uter, ECFE Coordinator and licensed Parent Educator at 320-543-4670, ext. 4 or reach out via email at euter@hlww.k12.mn.us



HOME VISITS

Are you interested in a home visit with a licensed parent educator? Are you a new parent? Do you have a parenting concern you'd like to discuss? Are you a local daycare provider?

Our visits include:

- Activities for your children and you to do together that support your child's development
- Support and information on parenting
- Information on child development, early childhood screening and other available community resources

Call our licensed Parent Educator, Ellen Uter at 320-543-4670, ext. 4 or reach out via email euter@hlww.k12.mn.us. This service is free and available when you need it! These can be done in your home, at our classroom, or virtually.



Have you recently moved into the District or had a baby?

If you are new to the community or have changes to your household information, including a birth, please follow this QR code and fill out our google form. This census helps Independent School District 2687 create and maintain programs that better serve the residents of our communities.



Help Me Grow

As you watch your child grow, you may become concerned about your child's development. While all young children grow and change at their own rate, sometimes you may have concerns that your child is developing differently than other children the same age as your child. This helps families take the lead in seeking additional support or referring their child for a comprehensive, confidential screening or evaluation at no cost.

If you would like more information about Help Me Grow, scan the QR code or email mde.helpmegrow@state.mn.us or call 1-866-693-GROW (4769).

EARLY CHILDHOOD SCREENING

The State of Minnesota requires all children attending kindergarten to be screened. HLWW schedules screening for families with young children throughout the school year. Screening at age three is preferred. Screening is most valuable when completed before your child turns four years old.

What is Early Childhood Screening:

Early Childhood Screening is a free and simple check of how your child is growing, developing and learning. At a screening appointment a trained professional will check: vision, hearing, height, weight, immunizations, large/ small muscles, thinking, language, communication skills, social and emotional development.

Why Early Childhood Screening Important:

Screening helps identify children who may benefit from early childhood services before they enter school and connects them with appropriate resources and programs. If your child has already been screened, he/she does not need to be screened again.



How Do I Make an Appointment:

Contact the HLWW Screening Coordinator at 320-543-4670 ext 4 or email euter@hlww.k12.mn.us or go online to hlww.ce.eleyo.com

Early Childhood Screening Dates and Location:

Early Childhood Screening will be offered monthly.

We have scheduled and are hosting screening events on

Friday mornings

- January 24
- February 21
- March 7

HLWW ECFE Classroom E013 (use lower level east side entrance of Middle School).



LITTLE LAKER LEARNERS PRESCHOOL

2025-26 SCHOOL YEAR



Classes for 3, 4 and 5 year olds

Watch for details on class offerings
hlww.ce.eleyo.com

Preschool Registration: online at hlww.ce.eleyo.com beginning January 30 at noon.

Scholarships: Scholarships for preschool fees are available for families who qualify.

Transportation options available

Works with **Laker Care** to provide wrap around child care options.



Little Laker Learners Preschool has earned the highest possible rating in the state's Parent Aware Quality Rating System, rating high quality school readiness preschool and child care programs.

Scan the QR code below to be added to the email list that will receive the 2025-2026 Little Laker Learners Preschool information when it is finalized.



OPEN HOUSE INFORMATION

Parents and enrolling students welcome.

Humphrey Elementary, Waverly

Tuesday, April 22 • 5:30-7 pm
 Preschool room 168 Humphrey Elementary
 Meet the teacher, Pam Henry-Neaton

Winsted Elementary

Thursday, April 24 • 5:30-7 pm
 Preschool room 142 Winsted Elementary
 Meet the teacher, Teresa Diers

WELCOME TO LAKER CARE



Pre-Laker Care 33 Months-5 Years

School Age Laker Care K- 6th Grade

6 am-5:45 pm

**Before School, After School
and All Day options available.**

Laker Care provides professional, quality care to meet each child's physical, emotional, social and developmental needs while in our program. We do this by allowing the child space to grow by themselves, and to enjoy their time with other children and staff.

We strive to keep parents actively involved in the care of their own children while pursuing their own goals. We promote respect and understanding for individual differences by maintaining a caring and challenging environment that allows freedom of choice and exposure to new experiences.

**CHECK OUT ADDITIONAL INFORMATION
ON LAKER CARE INCLUDING
REGISTRATION INFORMATION AT
HLWW.CE.ELEYO.COM OR CONTACT
JENN AT 320-543-4670 EXT. 3
OR 651-304-4268**

- **CURRENT YEAR: ENROLL AT ANY TIME.**
 - **SUMMER AND FALL 2025:
ENROLLMENT INFORMATION WILL BE
POSTED JANUARY 30 AT NOON.**



Scan the QR code below to be added to the email list that will receive the summer 2025 and 2025-2026 school year Laker Care information when it is finalized.



FABULOUS FOODS FUN GRADES 1-4

Kids will have fun making delicious foods. Youth will practice basic cooking skills and taste what we create! Please indicate any food allergies when registering. Youth may ride a bus from the elementary schools to the high school, please indicate use of this option on registration.



Instructor: Michelle Johnson

Tuesday 3:10 - 4:30 pm
March 4

HLWW High School Foods Room A134
1 session / \$17

MYSTERY CRAFT CLASS GRADES 1-6

Come and participate in a mystery craft class. You won't know until you get there what we will be creating! The whole class may be working on the same thing or, each individual may be able to do their own thing! You will have to join us to find out! No matter what, it will be fun and hands on!



Instructor: Rachel Bender

Tuesday 3:10- 4:15 pm
January 14
HLWW Middle School Staff Workroom

Thursday 3:10 - 4:15 pm
February 6
HLWW Middle School Staff Workroom

Monday 3:10 - 4:15 pm
April 14
HLWW Middle School Staff Workroom

1 session/ \$14

SAND ART GRADES 1-6

Design a container and art pieces using assorted colors of sand. Learn to color your own "sand". The layering technique will create a bright effect.



Instructor: Rachel Bender

Monday 3:10 - 4:15 pm
March 3

HLWW Middle School Staff Workroom
1 session/ \$14

FRESH FLOWER POWER PAINTING CLASS GR K-8

In this class the participant will create a fresh flower arrangement in a vase. There will be a huge variety of colorful daisies, carnations, greenery etc. to choose from. Once the participant has designed their flower arrangement they will paint an abstract image of it on canvas. The participant will receive basic abstract painting techniques to guide the process. Participants will take home both masterpieces, the beautiful fresh flower arrangement and the one-of-a-kind abstract still life painting.



Instructor: Amanda Alguire

Saturday 10:00 am -noon
March 15

HS Art Room A133
1 session / \$30 includes materials

GAME DAY ART CLASS GR K-8

In this class the participant will create a sculpture or image out of random jigsaw puzzle pieces and upcycled board game pieces. There will be a variety of options to choose from, the possibilities are endless. The participant will create their design piece on a wooden base or panel board, or both. Participants will have a variety of adhesive options to secure their artwork. Participants will enjoy a popcorn snack while having fun at game day art class.

Instructor: Amanda Alguire

Saturday 10:00 am -noon
April 5

HS Art Room A133
1 session / \$28 includes materials

ONLINE REGISTRATION
hlww.ce.eleyo.com

FRY BREAD MAKING CLASS AGE 8 & UP



(Anyone under 15 needs an adult present; great parent-child activity).

Come make Fry bread and learn about its Native American origin. A short history lesson will be share behind fry bread will be enjoyed before making the recipe. Bring a container to take extras home with you.

Thursday 6-7pm
January 16

HLWW High School Foods Room A134
\$15/ participant or youth/adult pair

WILD RICE RECIPES AGE 8 & UP

(Anyone under 15 needs an adult present; great parent-child activity).

Come enjoy making a Wild Rice recipe and learn about the process of how wild rice is harvested. A short history of the Native American tribes from MN will also be shared. Bring a container to take extras home with you.



Thursday 6-7pm
January 23

HLWW High School Foods Room A134
\$15 / participant or youth/adult pair

NATIVE AMERICAN CRAFT NIGHT AGE 8 +



Open to all individuals who want to learn and create. Come make a nice Dream catcher and find out about the meaning and history behind it. Supplies will be provided.

Thursday 6-7pm
February 6

HLWW High Art Room A133
\$19/ participant

INTRO TO RC CAR RACING GR K-8

Interested in RC Cars? Want to try racing them on a track? Then come join us as we explore what makes them work and get to try them out. Participants will leave with a better understanding and get some time 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.



Instructor: Party Crashers RC Racing

Thursday 6:00 - 7:00 pm
May 1

Winsted Elementary Gym (Enter Through Playground Parking Lot Door F)
1 session / \$26

RC CAR RACING GR 5-12

Want to drive RC Cars on a track? Then come join us and you can test your driving skills on a few different types of RC Cars. Participants can use RC Cars provided or use their own on approval.

Instructor: Party Crashers RC Racing

Thursday 7:15 - 8:15 pm
May 1

Winsted Elementary Gym (Enter Through Playground Parking Lot Door F)
1 session / \$26

OPEN GYM - ALL SPORTS

Students and Adults

Bring your own equipment: basketball, volleyball, bat, softie balls, gloves, pickleball equipment. Youth grade 6 and under must be accompanied by an adult.

Starting January 19 adding 8-9 pm access to the batting cages.

Weekdays to be added. Watch Howard Lake-Waverly-Winsted Community Education Facebook page and/or hlww.ce.eleyo.com for updates.

Sundays 6-8 pm
January 5-May 18 (no open gym Feb 16, Mar 23, 30, Apr 20)

HLWW Activity Center, lower level eastside entrance
Fee per time: \$1/student, \$2/adult, family max \$6

ONLINE REGISTRATION
hlww.ce.eleyo.com

KINDERGARTEN BASKETBALL CLUB BOYS & GIRLS

Sessions will include work on individual basketball and team skills held at the HLWW Activity Center. Participants must wear gym shoes. Participants will be recognized once during the starting lineup announcements before a varsity basketball game. Participants will receive a t-shirt, which they can wear to regular season varsity games to receive free admission. Sessions canceled due to weather conditions will not be made up. Anyone who registers after December 10th will not be guaranteed a t-shirt. The instructors will be High School Basketball coaches and players.



Sundays 1:00 - 2:15 pm
January 5, 12, 19, 26

Activity Center HLWW Middle School
(use lower level east side entrance)
4 sessions / \$34

BASKETBALL SHOOTING CLINICS GR 1-4 & GR 5-8



This basketball clinic for boys and girls will focus on the fundamentals and techniques needed to become a great shooter. During each hour-long session, coaches will go over drills, games, and habits that every basketball player needs to improve their shooting skills. Along with the in session training, each player will be given an at home curriculum to continue their shooting success throughout the year.

Coaches: James Carr, Drew Waldbillig & Others

Saturdays, April 12, 26, May 3

GR 1-4 9:00 - 10:00 am
GR 5-8 10:15 - 11:15 am

April 12: HLWW High School gym, upper level entrance
April 26 & May 3: HLWW Activity Center, lower level eastside entry
3 sessions / \$28

JUNIOR LAKERS BASKETBALL LEAGUE GR 1-3

Boys & Girls

This league is an awesome opportunity to learn the fundamentals of the game of basketball, the benefits of team work and the importance of sportsmanship. Players in the league will be organized into teams. Each team will have practices either on Tuesday nights in Winsted Elementary or Thursday nights at the Activities Center. Participants must wear gym shoes.

In addition, each player will be announced before starting line ups and get to play at halftime of one of the varsity games. Players will receive a tshirt and free admission to all home regular season varsity games. If you have any questions please email jcarr@hlww.k12.mn.us



We will need parents to volunteer to coach teams, the number of teams will be dependent on the number of volunteers. If you are interested in coaching please reach out jcarr@hlww.k12.mn.us.

We will be offering 3 locations for practices

Tuesdays- Winsted Elementary

December 10, 17, January 7, 14, 21, 28, February 4
6:30-7:45 pm

Winsted Elementary Gym, enter door F, east side

OR

Thursdays- HLWW Activity Center

December 12, 19, January 2, 9, 16, 23, 30, February 6
6:30-7:45 pm

HLWW Activity Center, Middle School lower level

OR

Thursdays- Humphrey Elementary, Waverly

December 12, 19, January 2, 9, 16, 23, 30, February 6
6:30-7:45 pm

Humphrey Elementary gym

**** Practice locations are subject to change/merge to even out teams**

Sunday games will be held at the HLWW Activity Center with teams from all three locations playing each other.

Sundays, January 5, 12, 19, 26
2:30-3:45 pm

HLWW Activity Center, Middle School lower level

FEE: \$60

FOR TEENS 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 \$\$ 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! You'll leave class loaded with information about how to fill out any legal forms to get the business started, and details about 50 profitable side hustle ideas to get you going fast. Informative handouts for future use are included in class fee. The instructors include a guest teen entrepreneur, and a longtime instructor LeeAnne Krusemark who is a Chamber of Commerce Past President, current author/editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

Instructor LeeAnne Krusemark

Monday 5:00 - 6:00 pm
March 3
\$20/Session
Virtual

CODE CHAMPIONSHIP TOURNAMENT SERIES- VIRTUAL COMPUTER CODING COMPETITION GR 3-9

Build a computer bot to compete against other coders! Whether you're new or experienced, this is the perfect way to explore competitive coding. No previous coding experience is necessary. The Code Championship Series is four online tournaments hosted on Google Meet. If you have a modern browser, no download is required. Players must be able to navigate the internet. The Google Meet link will be emailed two days before the tournament.



Saturdays 9:00 - 11:00 am
April 19, 26, May 3, 10
4 sessions / \$70
Virtual

EXTREME CODING: ARTIFICIAL INTELLIGENCE GR 3-6

Dive into more advanced computer science topics, including augmented reality, artificial intelligence, and machine learning. Computers are getting smarter every day due to advances in machine learning algorithms. Coders



can teach computers to recognize faces, play games, and find patterns. In our class, we will create a chatbot, Rock Paper Scissors game, and more. Additional Technical Requirement: Scratch and scratch account- Instructions will be emailed, PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

Instructor: Tech Academy

Wednesday 6:00 - 8:00 pm
December 18
1 session / \$43
Virtual

INTRO TO MINECRAFT MODDING GR 1-5

Learn to make Java mods for Minecraft Java Edition Minecraft using MCreator. Customize your gaming experience! MCreator is a great tool to learn Minecraft modding and to learn concepts of software programming. Students should be comfortable with keyboarding, and, of course, playing Minecraft! At the end of the class, take home your Mods to share with family and friends. Additional Technical Requirement: MCreator- Instructions will be emailed, PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones



Instructor: Tech Academy

Thursday 10:00 am - noon
December 26
1 session / \$43
Virtual

ONLINE REGISTRATION
[hlwww.ce.eleyo.com](http://www.ce.eleyo.com)

3D PRINTING: STAR WARS GR 3-7

Students will design 3D objects using TinkerCAD (an online web app) and use the 3D slicing program Cura to bring their creations to life. We will be design a droid. 3D Model 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.

Instructor: Tech Academy

Monday 1:00 - 3:00 pm
December 30
1 session / \$56
Virtual

ENGINEERING IN MINECRAFT GR 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. Additional



Technical Requirement: Minecraft Java Edition PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

Instructor: Tech Academy

Saturdays 10:00 - noon
January 11 & 18
2 sessions / \$70
Virtual

MINECRAFT MOD DEVELOPMENT: CUSTOM SWORD GR 2-6

For Minecraft enthusiasts that want to learn how to create their own custom sword.

Learn how to make mods! Students will need to have Minecraft and mod creation software (free download) installed prior to class. Video instructions will be sent prior to class. Additional Technical Requirement: MCreator-Instructions will be emailed PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones



Instructor: Tech Academy

Saturday 10:00 - 11:30 am
January 4
1 session / \$34
Virtual

INTRO TO JAVA CODING GR 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



Instructor: Tech Academy

Tuesdays 6:00 - 7:30 pm
January 21 & 28
2 sessions / \$55
Virtual

VIDEO PRODUCTION: SPECIAL EFFECTS GR 3-6

Learn film editing basics and how to use Hollywood-style special effects techniques. We will be teaching students how to create magical special effects. Additional Technical Requirement: Wed 1/8 & 1/15 6 pm-7:30 pm \$45 3rd-6th Cell Phone video camera or external webcam Wondershare Filmora (free download) PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones

Instructor: Tech Academy

Wednesdays 6:00 - 7:30 pm
January 7 & 14
2 sessions / \$55
Virtual

MULTIPLAYER MINECRAFT: SURVIVAL CHALLENGE GR 2-6

Survival Challenge in Minecraft: Team up & Survive in our multiplayer world. Explore the unknown and join other Survival sat 2/1 8 am-9:30 am \$25 2nd-6th enthusiasts to overcome challenges, complete quests on our server. Additional Technical Requirement: Minecraft Java Edition PC (Windows or MacBook), will not work on Chromebook, tablets, or phones

Instructor: Tech Academy

Saturday 8:00 - 9:30 am
February 1
1 session / \$35
Virtual

VIDEO PRODUCTION: YOU TUBE SHORTS, IG REELS & TIKTOK GR 2-6

Learn the art of production video shorts for TikTok, YouTube Shorts, and Instagram Reels. Edit the video, add motion graphics, and special effects to your own video short, while practicing storytelling and film production techniques. Additional Technical Requirement: Cell Phone video camera or external webcam Wondershare Filmora (free download) PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.



Instructor: Tech Academy

Wednesday **6:00 - 7:30 PM**
February 5 & 12
2 sessions / \$54 **Virtual**

MINECRAFT GAME CODING WITH SCRATCH GR 2-4

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

Instructor: Tech Academy

Saturday **8:00 - 9:30 am**
February 8 & 15
2 sessions / \$54 **Virtual**

DUNGEONS & DRAGONS 101 WITH CHARACTER CREATION GR 3-6

What's it like to play Dungeons and Dragon? Dungeons and Dragons, a timeless game of fantastical elements such as magic, mythical creatures, and fairies, offers great opportunities to develop problem-solving skills, team-building abilities, and creative thinking that cannot be replicated elsewhere. Start by learning its basics, creating your own character, and embarking on an amazing roleplaying game. Additional Technical Requirement: PC needed (Windows or MacBook), will not work on Chromebook, tablets, or phones

Instructor: Tech Academy

Saturday **10:30 - 12:30 pm**
February 8 & 15
2 sessions / \$74 **Virtual**

VIRTUAL REALITY CODING GR 3-7

Design, develop, and create 3D Virtual Reality 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.

Instructor: Tech Academy

Wednesday **6:00 - 8:00 pm**
February 19 & 26
2 sessions / \$72 **Virtual**

GAME CODING GR 1-4

Don't Just PLAY games. CREATE them! All new games and characters! Create and learn to modify our arcade-style games using Scratch. Scratch is a programming language, developed by MIT. Basic computer skills needed (basic keyboarding and using a mouse). Additional Technical Requirement: Scratch and scratch account- Instructions will be emailed. PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.



Instructor: Tech Academy

Wednesday **6:00 - 7:30 pm**
March 5
1 session / \$33 **Virtual**

GAME CODING: MARIO KART GR 3-6

In this class, we introduce students' programming concepts using Scratch. Scratch is a drag-and-drop creative coding platform developed by MIT. Students will be instructed to make a Mario Kart - style game. Then pick custom characters, track to customize their games. Additional Technical Requirement: Scratch and scratch account- Instructions will be emailed, PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

Instructor: Tech Academy

Tuesday **6:00 - 8:00 pm**
March 11
1 session / \$40 **Virtual**

VIRTUAL REALITY CODING GR 1-5

Design, develop, and create 3D Virtual Reality 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.**

Instructor: Tech Academy

Wednesday 6:00 - 7:30 pm
March 19 & 26
2 sessions / \$54 Virtual

ENGINEERING IN MINECRAFT GR 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. Additional Technical Requirement: Minecraft Java Edition, PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.

Instructor: Tech Academy

Thursday 6:00 - 8:00 pm
March 20
1 sessions / \$39 Virtual

DUNGEONS & DRAGONS 101: ONE SHOT MINECRAFT ADVENTURE GR 2-5

Learn the basics of Dungeon and Dragons. Pick and develop your character and join us for a Minecraft one shot campaign. Additional Technical Requirement: PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.



Instructor: Tech Academy

Tuesday 6:00 - 7:30 pm
April 8 & 15
2 sessions / \$55 Virtual

DUNGEONS & DRAGONS 101: ONE SHOT MINECRAFT ADVENTURE GR 2-5

Learn the basics of Dungeon and Dragons. Pick and develop your character and join us for a Minecraft one shot campaign. Additional Technical Requirement: PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.



Instructor: Tech Academy

Tuesday 6:00 - 7:30 pm
April 8 & 15
2 sessions / \$55 Virtual

POKEMON GAME CODING GR 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.

Instructor: Tech Academy

Saturday 8:00 - 9:30 pm
April 12
1 session / \$32 Virtual

INTRO TO VIDEO GAME DESIGN WITH NINTENDO CHARACTERS GR 1-4

Create YOUR OWN VIDEO GAME! Love video games? Choose your storyline with popular Nintendo characters as your stars. Add challenges and difficulty levels. Additional Technical Requirement: Scratch and scratch account- Instructions will be emailed, PC Needed (Windows or MacBook), will not work on Chromebook, tablets, or phones.



Instructor: Tech Academy

Thursday 6:00 - 7:30 pm
April 17
1 session / \$32 Virtual

MINI LAKER TUMBLERS FOR 3 & 4 YEAR OLDS & HIGH FLYERS GYMNASTICS AGE 4 & ABOVE



High Flyer Gymnastics focuses on fun while learning gymnastics moves. New Students are welcome at any time. Gymnastics is offered at the Humphrey Hall Gym located in Howard Lake, home of the Lakers gymnastics program.

To be ready for gymnastics youth should have their hair tied back, leotard or tight biker shorts for both boys and girls. No skirts, tutus, or loose fitting clothing for safety reasons. Limited spotting of stunts

**HLWW Humphrey Hall Gym, MAWSECO Education Center
720 9th Avenue, Howard Lake (use west entrance)**

Mini Tumblers

This class is open to youth ages 3-4 years old to work on motor coordination and learning basic gymnastics. Each week at these fun classes, youth will work on skills including forward rolls, handstands, walking on balance beams and much more! Parents are welcome to help their youth, if they need a little bit of support to participate in the activities.

Rollers

This class teaches beginning tumbling with an emphasis on floor; introduction to vault, bar and beam. This level is for students with little or no previous experience. Gymnasts will move to Flippers when the skills are mastered.

Flippers

This level continues your gymnast's development of the basic skills on the floor, beam, bars, and vault. This level will be focusing on getting stronger in the skills, working on balance and coordination. Gymnasts will advance to Twisters once the skills are mastered.

Twisters

This level will be working on more difficult skills and increasing advanced skills. Adding to this level is where we start to introduce conditioning sets for building strength and more confident gymnasts. These skills at this level will be preparing your gymnast for team gymnastics.

High Flyer Placement

The coach may recommend youth to move to a higher or lower level based on the ability of the child at that point in time. Student will move at the start of the next session.

Instructors: Tammi Thiemann and assistants

Session 1F

**Tuesdays: January 7, 14, 21, 28, February 4, 11, 18, 25
(8 lessons)**

**Mini Tumblers 6:30-7:15 pm \$74
Rollers 7:15-8:15 pm \$80**

Session 1H

**Thursdays: January 9, 16, 30, February 13, 20, 27
(6 lessons)**

**Flippers 6:30-8:00 pm \$88
Twisters 6:30-8:30 pm \$94**

Session 1G

**Wednesdays: January 8, 15, 22, 29, February 5, 12, 19,
26 (8 lessons)**

**Flippers 6:30-8:00 pm \$118
Twisters 6:30-8:30 pm \$126**



Participants can sign up for one or more nights a week based on availability.

MINI LAKER TUMBLERS FOR 3 & 4 YEAR OLDS & HIGH FLYERS GYMNASTICS AGE 4 & ABOVE continued

Session 2I

Tuesdays: March 4, 11, 18, April 1, 8, 15 (6 lessons)

Mini Tumblers	5-5:45 pm	\$55
Rollers	5:45-6:45pm	\$60
Flippers	7-8:30 pm	\$88

Session 2J

Thursdays: March 6, 13, 20, April 3, 10, 17 (6 lessons)

Rollers	5-6 pm	\$60
Flippers	6-7:30 pm	\$88
Twisters	6-8 pm	\$94



PRIVATE & SEMI PRIVATE GYMNASTICS LESSONS

Use this time to improve your skills 1:1 with a coach or in a small group setting. This opportunity is open to all levels including MAGA team members. Semi Private Lessons is open to up to 4 individuals.

Wednesdays, March 5, 12, 19, April 2, 9, 16

Sign up for 1 hour time slots

4:30- 5:30 pm Semi Private Lessons \$32 per hour

5:30 - 6:30 pm Private Lessons \$65 per hour

**MAGA -
SPRING POST-SEASON INVITE ONLY**

These practices are geared towards the youth who were invited to participate on the HLWW Competitive MAGA Gymnastics team. This fall pre-season will be an opportunity to develop their skills to prepare for the winter MAGA Season.

Information for the Winter Season including costs will be provided prior to August 20th to those who have pre registered for MAGA tryouts.

Team Members Expectations: Good attitude, Focused, Hard working. Kind to others, Respectful, Good sportsmanship, etc!

Members are expected to bring grips to practice. Ask Coach Tammi for what types and where to purchase

Tuesdays & Thursdays 5:45 - 7:45 pm
March 4, 11, 18, April 1, 8, 15

6 sessions / \$135



Coach Tammi Thiemann: former gymnast, past experience coaching and assisting high school gymnastics teams. Tammi oversees and helps instruct all HLWW Community Ed Gymnastics activities. She believes that gymnastics builds character, coordination, strength, flexibility and courage while making it a fun experience for the participants.



HLWW SPRING DANCE CLASSES & SHOW

Who: Dancers PreK-12th Grade

What: Spring Dance Show with Coach Mel

Where: Winsted Elementary School Gym or Cafeteria

When: Mondays or Tuesdays starting January 27th through April 8th.

***No Classes on February 17th & 18th and March 24th & 25th

Why: Practice fun dances to put on a Broadway Dance Show April 12th at HLWW High School Gym!

The Dance Show will begin at 2pm on April 12th; more information will be passed out at first practice on show details including what the dancer will wear for the show, etc.

1st-2nd Grade Jazz/Lyrical

Mondays 4:30 - 5:15 pm

1st-2nd Grade Hip Hop

Mondays 5:15 - 5:45 pm

1st-5th Grade Tap

Mondays 5:45 - 6:15 pm

3rd-5th Grade Jazz/Lyrical

Mondays 6:15 - 7:00 pm

3rd-5th Grade Hip Hop

Mondays 7:00 - 7:30 pm

8th-12th Grade Jazz/Lyrical

Mondays 7:30 - 8:15 pm

Preschool Ballet/Jazz

Tuesdays 4:30 - 5:15 pm

Kindergarten Ballet/Jazz

Tuesdays 5:15 - 6:00 pm

6th-12th Grade Jazz/Lyrical

Tuesdays 6:15 - 7:00 pm

6th-12th Grade Hip Hop

Tuesdays 7:00 - 7:30 pm

6th-12th Grade Tap

Tuesdays 7:30 - 8:00 pm



\$75.00 per Dancer/session: Includes 9- 45 minutes practices

Preschool Ballet/Jazz, Kindergarten Ballet/Jazz, 1st-2nd Jazz/Lyrical, 3rd-5th Jazz/Lyrical, 6th-12th Jazz/Lyrical and 8th-12th Jazz/Lyrical ****Also includes Dance Show admission for dancer & their friends and family!**

\$55.00 per Dancer/session: Includes 9- 30 minute practices

1st-2nd Hip Hop, 3rd-5th Hip Hop & 6th-12th Hip Hop ****Also includes Dance Show admission for dancer & their friends and family!**

\$65.00 per Dancer/session: Includes 9- 30 minute practices plus \$10 tap board rental fee (to use in classes and at dance show)

1st-5th Tap & 6th-12th Tap ****Also includes Dance Show admission for dancer & their friends and family!**

*Tap dancers will need Tap Shoes for this class! Email Coach Mel for links to options if needed.

Dancers should wear comfortable clothes that are easy to move in for practice. Preferred dance shoes like ballet or jazz are encouraged, but tennis shoes work as well. *Hip Hop classes should wear tennis shoes! **Tap classes will need to wear tap shoes!



Who's Coach Mel?

Dance Coach Melanie Webster has been instructing dance since she was 16 years old when she started her first program: Preparation for Dance Team at her hometown dance studio in Rosemount, MN. Along with assisting her teachers and choreographing dances, she was sought after for her talent in creating routines for competitions, recitals and pageants. She has a background in tap, jazz, lyrical, contemporary, hip hop, kick, production (Broadway/Character), modern and ballet dance styles. She went on to Head Instruct for Just For Kix in Farmington for 4 years, winning lots of awards at competitions and with the JFK program. After moving to North Carolina with her husband who was in the military, she was a Lead Dance Teacher at a dance studio in Hampstead, NC for 2 years then moved back to Minnesota after her husband finished his Active Duty service. She has also Head Coached Randolph and Irondale High School dance teams, continued to choreograph and assist creatively with former employers and dancers, and been asked to start multiple dance programs around the state. After moving to Waverly in 2019, she decided to begin a dance program locally and the HLWW Dance program was born! She hopes to continue it's growth, allowing all dancers to learn, grow and believe in themselves as they take part in the program and plans to expand to working with the district to develop a High School Dance Team at HLWW for competition as a Varsity Sport. **Please reach out to Coach Mel via email with any questions: coachmelwebster@gmail.com**

DRIVER EDUCATION

CHANGES TO THE PROGRAM

HLWW is transitioning its Driver's Education program to a partnership agreement with Today's Driving School.

If you are currently enrolled with HLWW Community Ed for Behind -The-Wheel, you will continue your lessons with our staff members Mr. Thompson and/or Mr. Daniels. For anyone new registering for classroom and/or behind the wheel you will need to register directly with Today's Driving School. Below are our opportunities for the 24-25 school year.

CLASSROOM DRIVER EDUCATION AND TRAFFIC SAFETY EDUCATION

Today's Driving School offers in-person, online and teleconference classes



Register online at todaysdrivingschool.com click on Teen Driver Ed then choose Howard Lake-Waverly-Winsted

They offer both classroom and behind-the-wheel instruction for teens and adults in the Howard Lake-Waverly-Winsted area. Flexible scheduling allows you to easily make up any missed days of class.

All prices listed on their website are cash-discounted prices. Course descriptions and package options are also listed.

IN-PERSON TEEN DRIVER 30 CLASSROOM HOURS

Monday-Thursday, 5:30 to 8:30pm
March 3-6, 10-13, 17 & 18
HLWW Middle School Media Center
 see todaysdrivingschool.com for package prices

Summer dates TBD



TELECONFERENCE CLASS TEEN DRIVER 30 CLASSROOM HOURS

Remote Learning, All students in Minnesota are eligible to attend. See todaysdrivingschool.com for package prices.

ONLINE CLASS TEEN DRIVER 30 CLASSROOM HOURS

Today's Driving School is pleased to offer self-paced online instruction for adult and teen-age students. Completing three lessons per day means you can complete the online course in as little as 10 days. See todaysdrivingschool.com for prices.

BEHIND-THE-WHEEL PACKAGES

Today's Driving School's behind-the-wheel instruction is taught one-on-one, home pick-up and drop-off makes scheduling drives hassle free. See todaysdrivingschool.com for package prices.



ACT PREPARATORY COURSES

On Tuesday, March 11th, Howard Lake-Waverly-Winsted High School will administer the ACT College Entrance Exam open to all 11th grade students, and later to all the 10th grade class during their junior year. Advantage Educational Programs, in cooperation with Howard Lake-Waverly-Winsted Community Education will offer their ACT prep courses to juniors

and sophomores from Howard Lake-Waverly-Winsted High School to help them prepare for this exam. If you are uneasy about your test-taking skills or unsatisfied with previous ACT results, then this may be the course for you.

Two different course formats allow students to choose the one that best suits their learning style and personal circumstances. Students can make up any class they miss, and all courses may be repeated online at no additional charge. To register for a course at a different location or more information, go to www.AdvantagePrep.net or call 612-222-5108.

VIRTUAL ACT PREP COURSE

Virtual classroom meets for three hours, one day each week, for four weeks and is taught live, via zoom, by an Advantage instructor who provides instruction and interaction with the students. Internet connection and access to a computer or laptop is required. Class recordings are available for students who need to make up any missed classes.

Saturdays 9:00 - noon
January 25, February 1, 8, 22
 4 sessions / \$180
 Virtual

Saturdays 9:00 - noon
March 8, 15, 22, 29
 4 sessions / \$180
 Virtual

Saturdays 9:00 - noon
April 26, May 3, 10, 17
 4 sessions / \$180
 Virtual



SELF-PACED ONLINE ACT PREP COURSE

Online students prep for the ACT at their own pace and around their busy schedules. Instruction is pre-recorded and provided online via videos and slides. Students may access this course at any time and as often as needed. Upon request, students who are registered for the In-School ACT Prep Course or the Virtual ACT Prep Course can also access this online course at NO ADDITIONAL CHARGE.

Materials are accessible anytime
Online
unlimited access/ \$80

ABE/GED/ BASIC SKILLS

FREE

Adult Basic Education is a free program to help adults age 17 years or older (who is not enrolled in high school and does not have a high school diploma or GED). Strength important basic skills in math, reading, communication and technology. The GED is a recognized credential for job seekers and for admission to technical school or college.

- Begin class anytime
- Skills assessments
- Small group preparation in all five GED test areas
- Complete work using reference books and computers
- Resume writing and job applications support (if requested)



**Wednesdays
ongoing through May**

5:30-8 pm

Instructor: Shirley Janu

**Room E201, 2nd floor, HLWW Middle School
Use Community Ed entrance, located on the
lower level east side of the parking lot, take
elevator to the 2nd floor**

**Call Community Education 320-543-4670 to
register.**

www.westabe.org

Class site schedules for Annandale, Becker, Big Lake, Buffalo, Delano, Foley, Lester Prairie, Maple Lake, Monticello, Rockford, St. Michael-Albertville, Watertown-Mayer and Westonka.

WEST ABE GED TESTING CENTER

West ABE offers GED testing at Eastview Family Center in Monticello. Go to GED.com to view the complete schedule and register for a testing session.

ENGLISH (ESL) CLASSES FOR ADULTS

FREE

English as a Second Language classes are geared to meet the needs of refugees, immigrants and migrant workers whose native language is other than English. All nationalities are welcome. Classes include reading, writing, and conversation.

- Begin classes anytime
- All levels and capabilities welcome

schedule and instructor TBD

**Room E201, 2nd floor, HLWW Middle School
Use Community Ed entrance, located on the
lower level east side of the parking lot, take
elevator to the 2nd floor**

**Call Community Education 320-543-4670 to
register.**



55+ DRIVER DISCOUNT PROGRAM 4 HOUR REFRESHER

The Driver Discount Program is a state approved accident prevention/insurance discount program. Open to the public, pre-registration is required. Class is taught by a MN Highway Safety & Research Center certified instructor. Participants will be provided the latest information in regards to driver and traffic safety, new vehicle technology and updates with traffic laws. To attend the four hour refresher session, you must have already participated in an eight hour full course. Persons age 55 and older who complete the course qualify for a 10% discount on their auto insurance premium for three years. First time participants must complete.

You may bring a beverage or snack with you to class.



**Friday, February 28
1:00 - 5:00 pm**

The City of Winsted has recently opened a senior center in the Vollmer Room at Winsted City Hall, 201 1st Street North, Winsted

\$24/ per person

To register for the 55+ driver class you must go to www.driverdiscountprogram.com or call 1-888-234-1294

BUILD YOUR OWN HANDCRAFTED KNIFE

In this 2-day class, dive into the art of crafting a knife from raw materials with Charlie Remer. Forge the blade, craft a wood handle and sharpen the knife. You will be using a propane forge, a hammer, some power tools and your two hands. It's a hands-on journey into the timeless craft of knife-making, allowing you to create a functional and unique tool with your own hands.

This opportunity is open to Individuals aged 12 and above, capable of safely using power tools with proper instruction, are welcome. Liability waivers are mandatory. Each class accommodates a maximum of 2 students. If a parent wishes to assist their child in building a single knife, it will be considered as a single student.

To see examples of knife designs available go to www.instagram.com/vargrknives/

Class dates and times will be discussed and determined with the instructor to work together based on participant's schedules.

Opportunity is \$405 per person

PAINT YOUR PET NIGHT!

Ages 8-Adult (8-14 Year Old must register with an adult)

No experience or talent necessary!



- First- Send a picture of your photo to the instructor emvictorystudio@gmail.com
- Next-the instructor will sketch out your image in preparation for class.
- Finally-gather your

friends and come paint!

A print-out of your photo, all the materials needed to paint and some light refreshments will be provided. This class is open to ages 8 – adults. Youth ages 8-14 must register with a paid adult. *This class is offered in partnership with WM Community Education.*

Instructor: Emily Victory

**Thursday 6:00-8:30 pm
February 20**

**\$30 adult / \$25 child 8-14
WM High School Art Room, Door #8**

BARN QUILTS

By Bittersweet Barn Quilt Company

Painting barn quilts is a popular, lively, and rewarding experience. Guided instruction will take you through the process as you select a design, draw, tape and

choose colors to create a barn quilt painting that looks professional. You'll leave with your own 2ft x 2ft masterpiece ready for hanging outdoors.

High quality materials will ensure this conversation piece will last outdoors for many years and bring

unequivocal admiration. A supply fee of \$60.00 is payable to the instructor at class. Cash or Check is accepted. (Supply fee includes; premium grade material sign, 75+ Behr Marquee paint colors, 3M tape, aprons, hair dryers and a dance off for odd by awesome prizes. 16 patterns to choose from.) *This class is offered in partnership with WM Community Education.*



Bittersweet Barn Quilts

**Tuesday 5:30-9:30 pm
April 15**

**\$45 + 60 Supply payable to instructor (Cash or Check)
WM High School Art Room**

ADULT WOODWORKING CLASS

Open to everyone Age 16+

All woodworking levels are welcome to take this class as we will be designing and creating a project specifically for you. Come with two or three project ideas and we will explore the opportunities presented by using new state of the art woodworking machines and tools.



This class is offered in partnership with WM Community Education.

Instructor: Tim Jaszak, WMHS Industrial Tech Teacher

Saturdays 8:00 - 11:00 am
January 25, February 1, 8, 15

4 Sessions/ \$125 + Materials
WM High School, Park in Greenhouse/Delivery Entrance
and enter classroom back door

ADULT WELDING CLASS

Age 16+

Learn the basics of Welding using Stick and MIG welding processes. This class caters to the person that has little or no welding experience. We will also learn how to use the CNC Plasma cutter to cut various letters and images of your choice. Great opportunity to learn a new craft! *This class is offered in partnership with WM Community Education.*



Tim Jaszak, WMHS Industrial Tech Teacher

Wednesdays 6:00-9:00 pm
January 22, 29, February 5 & 12

4 Sessions/ \$125 + Materials
WM High School, Park in Greenhouse/Delivery Entrance
and enter classroom back door

Instructor Bio: *Tim Jaszak has been working at the Watertown Mayer High School as an Industrial Tech teacher for the last 9 years and previously worked in the construction industry for 25 plus years. Tim is an avid fisherman and is enjoying being an empty nester with his wife.*

WEDDING DANCE RESCUE!

Your wedding day is nearing and you don't know how to dance. Not to worry! In this single 2 hour lesson you and your fiancé will be taught everything you need to know to make your first dance much more interesting than shifting awkwardly from side to side. Learn an entrance onto the dance floor, easy steps and turns that fit with most songs, and an impressive dip to end your dance! Class is open to bride/groom, father/daughter, mother/son, parents of the bride/groom, and any other special pairings you plan to include on your wedding day. To reach the instructor in advance of your lesson to share your song or discuss your needs, visit www.ConstantineDance.com. Link provided there for song ideas, too! Private lessons available. Casual dress. *This class is offered in partnership with WM Community Education.*



Deanna Constantine

Monday 6:30-8:30 pm
May 6

\$40 per person
WM Community Learning Ctr. Door #1

GREAT MINNESOTA HOT DISHES

The Minnesota hot dish (elsewhere called a casserole) is a one-dish supper or side dish, baked in your oven using a single piece of cookware. Use fresh ingredients (no canned soups) and do easy preparation for a family meal, make impressive elegant company fare for friends, or crowd-pleasing recipes for a potluck. Many can be made ahead, chilled then baked. There is minimal dish-washing! You betcha! Join us to create up to 15 sensational dishes: Beef, Pork & Sauerkraut; Pork Loin with Dried Apricots & Cherries; Beef & Spinach (or Broccoli); Eggplant & Cheese; Chicken Cobbler with Carrots, Mushrooms & Peas; Lentils & Vegetables; and Baked Penne Pasta with Chicken, Broccoli & Mushrooms. Our recipes are enhanced by a blend of diverse ethnic influences to create a sensational food that's easy to prepare, a pleasure to serve and a delight to eat. *This class is offered in partnership with WM Community Education.*

NOTES: Registration deadline 2 weeks prior to start date . Additional \$16 food fee to be paid to the instructor, cash only.

Instructor: Laurel Severson

Monday 6:00 -9:00 pm
January 27

\$30+ \$16 food fee to be paid to the instructor, cash only
WM High School FAC Room, Door # 6

ONLINE REGISTRATION
hlww.ce.eleyo.com

COOKIE MONSTERS (ADULT & CHILD CLASS)

Kids and their favorite adult and cookies... what a terrific combination! Designed for kids age 6 and up, you will create and take home 6 kinds of cookies. Rolled Sugar Thins will be ready for kids to paint and original designs using food coloring and paint brushes. Kids and adult helper will mix, shape and bake the famous Peanut Butter Balls. Already mixed and ready for shaping will be Chocolate Mint, Pepper nuts, Sugar Drops to be dipped in assorted sprinkles and finally multi-colored Spritz cookies. Bring containers to transport your cookies home to enjoy immediately or freeze them. One registration per adult/child, supply of \$16 cash per pair to be paid to the instructor. *This class is offered in partnership with WM Community Education.*

NOTES: Registration deadline 2 weeks prior to start date
Additional \$16 food fee per pair to be paid to the instructor, cash only.

Instructor: Laurel Severson

**Saturday 9:00 am- noon
March 1**

**\$30+ \$16 food fee to be paid to the instructor, cash only
WM High School FAC Room, Door # 6**

MAGNIFICENT MUFFINS & POPOVERS

Serve freshly baked bread in less than an hour. Whether for a memorable weekend breakfast, brunch, teatime, to accompany a salad/soup or for another occasion, hot-from-your-oven breads are wonderful. Muffins (and their larger-size quick breads) may be sweet or savory. Adjust the baking time (less than 30 minutes) for muffins and less than an hour for quick breads with a single recipe to yield both! We'll feature remarkable recipes to taste in class and take home. Plus tips, techniques, and equipment to ensure success every time. Recipes include: Blueberry, Cinnamon Crunch, Bran-corn, Dried Cherry, Fresh Ginger, Golden Raisin, Maple Sour Cream, Sliced Fresh Lemon, plus Flavored Butters and a variety of Glazed / Toppings. Supply of \$13 cash to be paid to instructor. *This class is offered in partnership with WM Community Education.*



NOTES: Registration deadline 2 weeks prior to start date
Additional \$16 food fee per pair to be paid to the instructor, cash only.

Instructor: Laurel Severson

**Wednesday 6:00 - 9:00 pm
March 19**

**\$30+ \$13 food fee to be paid to the instructor, cash only
WM High School FAC Room, Door # 6**

FESTIVE SPRING SALADS

Head into spring with a Wild Rice and Breast of Chicken Salad or Wild Rice with Fresh Mushrooms and Cashews.

We will also feature a vegetarian main dish using multi-colored peppers and the unique grain, Quinoa. What could be more refreshing than a fruit and salad combination of cantaloupe and strawberries with orange sauce? Equally as pretty in Raspberry-Spinach Salad with Glazed Pecans. Then round out the evening with 3 easy dressings for your favorite combination of assorted garden greens. You will be ready for family and friends and spring. Supply of \$15 cash to be paid to the instructor. *This class is offered in partnership with WM Community Education.*



NOTES: Registration deadline 2 weeks prior to start date
Additional \$15 food fee per pair to be paid to the instructor, cash only.

Instructor: Laurel Severson

**Wednesday 6:00 - 9:00 pm
May 14**

**\$30+ \$15 food fee to be paid to the instructor, cash only
WM High School FAC Room, Door # 6**

MEN'S LEAGUE BASKETBALL

5X5 Unofficial Basketball for Adults 18 + (HS players are not eligible)

Full court; no referees, call your own fouls. Time keeper supplied. Teams must supply their own ball. Teams will play one game per night. Email James Carr with questions. jcarr@hlww.k12.mn.us. All teams must register with Community Education.

**Wednesdays
December 11, 18, January 8, 15,
22, 29, February 5, 12**

6:30, 7:30, or 8:30 pm games

**Activity Center HLWW Middle
School (use lower level east side entrance)
\$220/ per team**





ADULT VOLLEYBALL LEAGUE

Open to Co-ed teams of all abilities with individuals 18 and up. Depending on the number of teams who register, we may divide between an A level or B level, when registering, please choose where you think your team would fit. Spring league schedule will be sent out closer to the start.

Mondays 6:30- 8:30 pm
March 31, April 7, 14, 21, 28

Activity Center HLWW Middle School (use lower level east side entrance)
\$90 per team



YOGA

Pick & Choose Classes that fit your schedule and mood. ALL CLASSES ARE SUITABLE FOR ALL LEVELS. Purchase a punchcard good at all three classes or drop in.

YIN / RESTORATIVE - MONDAYS 7-8:15 PM

This class will consist of passive, long held yoga poses done on the ground while utilizing props (pillows, blankets, blocks and/ or straps). With a focus on stillness, comfort and deep breathing. Poses may be held 3-5 minutes allowing time for the physical body to adapt and get the most benefit out of each asana. This class will leave you feeling rested, relaxed and rejuvenated. Students are encouraged to bring any props they may have from home.

Instructor: Courtney Jacks

Mondays 7-8:15 pm
January 6- April 28 (No Class Feb 17 & Mar 24)

HLWW Fitness Center, Community Ed lower level east side entrance of middle school

SLOW FLOW YOGA - TUESDAYS 10-11 AM

This is an intentionally slower paced flow class consisting of fewer poses and transitions than faster paced classes. We will focus on matching breath to movement while emphasizing deep stretching and moving mindfully with intention.

Instructor: Courtney Jacks

Tuesdays, January 7- April 29 No Class March 25
10-11 am

HLWW Fitness Center, Community Ed lower level east side entrance of middle school

PUNCH CARD Options

4 CLASSES \$68	8 CLASSES \$134
12 CLASSES \$200	16 CLASSES \$265
DROP IN PRICE \$23	

GENTLE YOGA - WEDNESDAYS 11:30 AM-12:30 PM

A ground based class offering postures that gently stretch and strengthen the muscles of the body. This class may included one to two standing postures to work on balance while the majority of the class will be done on the ground.

Instructor: Courtney Jacks

Wednesdays, January 8- April 30, No Class March 26
11:30 am-12:30 pm

HLWW Fitness Center, Community Ed lower level east side entrance of middle school



Courtney Jacks grew up on Lake Minnetonka and has lived in the Waverly area for the last 10 years. With a corporate background working in accounting and finance, she began her bodywork journey in 2018 and has not looked back. A certified group fitness instructor, 200ryt, certified massage therapist, reiki master and thai bodywork practitioner. Health and wellness are a passion she loves spreading to others. She enjoys many outdoor activities including biking, hiking, snowshoeing and camping. Hobbies include reading, traveling, music (live music especially) as well as learning anything and everything she can get her hands on regarding the ancient practice of yoga.

HLWW FITNESS CENTER & WALKING TRACK

Open Year Round at the HLWW Activity Center

Located in the lower level of the HLWW Middle School
 Access Space through lower level Community Ed Entrance at
 8700 County Road 6 SW Howard Lake

Year Round Hours:

Monday - Friday 5:30 - 7:30 am
 Monday - Friday 5:30 - 9:30 pm (Walking Track 3:15-9:30 pm)
 Saturday & Sunday - 7:00 am -7:00 pm
 Accessible by Membership Swipe Cards



Register at hlww.ce.eleyo.com, call 320-543-4670 or in person at the HLWW Community Education Office located in the Lower Level of the Middle School, east entrance.

VARIABLE MEMBERSHIPS TO MEET YOUR NEEDS!

Adult & Family Fitness Center Membership entitles member access to the fitness center & walking track.

Adult & Family Walking Membership entitles member access to the walking track

Junior Membership Individual- 7th - 12th Grade - Contact Community Education or Activities Director for Details for Information during your sports season



Monthly Payment Options - Sign up for a minimum of 3 months. A 30 day cancellation notice is required.

Fees will be directly withdrawn from your credit card on file.

If your student is open enrolled to attend HLWW you will be able to access residence membership rate

Junior Family Members

- Grade 6 & Under Youth can be part of a family pass and access the walking track with adult
- An adult must accompany youth Grades 6 & Under at all times
- Grades 7 and up do not require an adult chaperone. However, their access is limited
- Grades 6 & under are NOT permitted in the Weight Room (no exceptions).

Membership type	District Resident Annual	Non-Resident Annual	District Monthly * 3 months *	Non-Resident Monthly *3 months*
Adult Walking (single)	\$65	\$124	\$20	\$35
Adult Fitness (single)	\$240	\$380	\$80	\$110
Senior Walking Age 60+	Free	\$125	Free	\$35
Senior Fitness Age 60+	\$100	\$125	\$35	\$65
Family Walking	\$125	\$245	\$35	\$65
Family Fitness	\$330	\$545	\$155	\$200
Student 7-12th Grade Walking	\$65	\$125	\$20	\$35
Student 7-12th Grade Fitness	\$80	\$150	\$29	\$50


Members will be charged an initial \$15 registration fee for individuals and \$30 registration fee for family (except for senior residence)

\$15 for a replacement scan card fee will apply.

PICKLEBALL

OPEN GYM

\$1/STUDENT, \$2/ADULT
 \$6/FAMILY MAX
 TUESDAY NIGHTS
 6:00 - 8:30 PM
 HLWW ACTIVITY CENTER
 NO PICKLEBALL DEC 24, 31, &
 MARCH 25



ALL SPORTS

OPEN GYM

HLWW ACTIVITIES CENTER

DECEMBER 15 - MAY 18
 EXCEPT DEC 22, 29, FEB 16, MARCH 23, 30, APRIL 20
 6-8 PM

STARTING JANUARY 19 WILL BE ADDING 8-9PM ACCESS
 TO THE BATTING CAGES
 \$1 PER STUDENT/\$2 ADULT/
 MAX \$6 PER FAMILY

Weekdays to be Added-
 Watch the HLWW Community Ed Facebook Page &
 Registration Site For Updates



 **Stay Active & Independent for Life (SAIL)**

 **AmeriCorps Seniors**

Try Out Our FREE

SAIL EXERCISE CLASS



Mondays and Fridays
 8:45AM - 9:45AM
 or
 10:15AM - 11:15AM

Winsted City Hall

Call to JOIN: 320-221-1321

It's Safe | It's FUN | It Works

Sponsored in part with a grant from MN River Agency Area on Aging

WINSTED PUBLIC LIBRARY

180 Main Avenue West, Winsted 320-485-3909

Library Hours

Mondays: 2-7 pm
 Tuesdays: 10 am-1 pm
 Wednesdays: 2-7 pm
 Thursdays: 10 am-1 pm
 Fridays: 2-5 pm
 Saturdays: 10 am-12 pm

HOWARD LAKE PUBLIC LIBRARY

817 8th Avenue, Howard Lake 320-543-2020

Library Hours

Mondays: 1-8 pm
 Tuesdays: 10 am-1 pm
 Wednesdays: 1-8 pm
 Thursday: 1-6 pm
 Fridays: 10 am-1 pm, 2-5 pm
 Saturdays: 10 am-1 pm



VIRTUAL CLASSES

IF YOU ARE INTERESTED IN TAKING ANY CLASSES THAT ARE OFFERED VIRTUALLY AND YOU ARE CONCERNED ABOUT THE TECHNOLOGY, OR DO NOT HAVE ACCESS TO THE INTERNET AT HOME, CONTACT THE HLWW COMMUNITY EDUCATION OFFICE AND WE CAN HELP SET YOU UP WITH TECHNOLOGY AT OUR LOCATION.

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE AGE 13 +

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. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration.



Instructor Craig Coffman

Monday 6:30 - 9:30 pm
January 20
\$60/ Lesson package
Virtual

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE AGE 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. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+.



Instructor Craig Coffman

Tuesday 6:30 - 9:00 pm
January 21
\$60/ Lesson package
Virtual

AN INTRODUCTION TO VOICEOVERS

Getting Started In Voice Acting

Explore the craft of voiceovers! Discover current trends, opportunities and tools you need to find success in this growing remote working industry. Read a real script and receive coaching from your instructor, a professional voice actor, to improve your delivery. One-time, 90 minute, one-on-one, video-chat class! Learn more: <http://www.voicesforall.com/ooo> 18 and over.



Upon registration you will be contacted by VFA to schedule your class, day and time of your convenience. Requirements: Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, Skype (Win/Mac/Mobile) or iChat/FaceTime (Mac/iOS).

\$49 Per Lesson

Virtual Personalized Remote One-on-One Video Conference Class

Bio: LeeAnne is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than 200 colleges and other institutions from Maine to Hawaii, as well as an adjunct online professor of publishing through Ed2Go at more than 2,000 facilities worldwide, including Harvard.

HOW TO START ANY HOME BUSINESS 250+ HOME BUSINESS IDEAS!

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a Chamber of Commerce Past President and award winning business owner, this is probably the most comprehensive business start up workshop you will ever find. You will discover:

- * More than 250 legitimate home business ideas
 - * Mandatory legal documentation
 - * Many ways to market your product/service
 - * How to take tax deductions (this workshop included!)
- Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a Chamber of Commerce Past President, current author/editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.



Instructor LeeAnne Krusemark

Tuesday 6:00 - 8:00 pm
March 4
\$30/Session
Virtual

MAKE MONEY PET SITTING

Do you love animals...especially dogs? Learn how to make extra money after school or work by watching dogs or other pets, usually in the pet's home. You will learn about feeding, watering, and exercising pets, how to make a good impression as well as what questions to ask when interviewing for a pet sitting job, and what to do when a dog has behavioral issues. You will also discover other services you can offer to make more money, such as dog walking, grooming, puppy training, etc. Informative handouts for future use are included in class fee. This class is taught by a seasoned professional pet sitter and a longtime entrepreneur. The webinar login information will be emailed the day before class.



Instructor LeeAnne Krusemark

Friday 4:00 - 6:00 pm
February 28
\$30/Session
Virtual

EARN EXTRA MONEY MYSTERY SHOPPING

Have you seen ads telling you how to become a shopper, but only if you send them a lot of money?

You do not have to pay to begin your new career in this exciting field. (Participants must also attend "How to Start Any Home Business + 250 Home Business Ideas!"

For a clear understanding of this endeavor.) You will learn how to sign up with many legitimate mystery shopping companies WITHOUT FEES, avoid pitfalls and scams, create a required mystery shopping resume and profile, and how to file your mystery shopping reports for payment. Informative handouts for future use are included in class fee, including a list of 25 legitimate companies you can work for. The webinar login information will be emailed the day before class.



Instructor LeeAnne Krusemark

Tuesday 5:00 - 6:00 pm
March 4
\$20/Session
Virtual

\$MONETIZE\$ WEBSITES, BLOGS, AND SOCIAL MEDIA WITH AFFILIATED MARKETING

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click or lead. Learn where to find 1000+ free and low cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions. You'll also learn SEO secrets to increase your site's ranking and visibility on search engines like Google. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

Instructor LeeAnne Krusemark

Thursday 6:00 - 8:00 pm
February 27
\$30/Session
Virtual

BEGINNER'S GUIDE TO USING FREE CHATGPT (AI) FOR WRITERS

ChatGPT (AI) is here to stay and is the future for writers and content creators. Don't be left behind! No prior AI experience required. Do you want to learn how to incorporate the power of cutting-edge technology to gain ideas and inspiration, write web content, articles, and even novels or scripts? In this beginner-friendly course, you'll learn how to:

- Register for a FREE ChatGPT account
- Input effective writing prompts to avoid nonsense responses
- Build creative content, from stories to marketing copy
- Determine its capabilities and limitations
- Understand ethical/legal considerations using ChatGPT

There's no doubt ChatGPT and similar AI systems will force the job market to evolve. It's crucial for everyone to adapt, learn new skills, and be open to working in collaboration with AI, so start building your expertise in the world of ChatGPT now! The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. Informative handouts for future use are included in class fee. The webinar login information will be emailed the day before class.



Instructor LeeAnne Krusemark

Thursday 4:00 - 6:00 pm
February 27
\$30/Session
Virtual

ONLINE REGISTRATION
hlww.ce.eleyo.com

COMEDY WRITING: HOW TO BE FUNNY ON PAPER & STAGE



Whether you need to make a dull work presentation more lively, mix laughter with learning in the classroom, or ultimately want to write for print/production or perform your own stand up routine, this fast-paced session will show you how to apply humor to all aspects of your life. You will learn the anatomy of a joke, how to use your powers of observation to sharpen your wit, write different types of jokes, and use humor to entertain and influence people. Informative handouts for future use are included in class fee. The instructor LeeAnne Krusemark is a former stand-up comedian at places like The Laugh Factory in Hollywood, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

Instructor LeeAnne Krusemark

Saturday **1:00 - 3:00 pm**
March 8
\$30/Session
Virtual

MAKE MONEY AS A FREELANCE WRITER: A BEGINNER'S GUIDE

If you've got a way with words and love to write, freelance writing has emerged as a significant force in the gig economy, offering flexibility, independence and a way to make money online and offline, for supplemental income or a full-time career. You'll learn the top 10 areas of freelance writing, as well as how to create writing samples and pitches/queries, develop your freelance writing "brand," and find reliable job boards and avoid content mills. Informative handouts for



future use are included in class fee, and include links to more than 1,000 ways to get paid as a freelance writer. The instructor LeeAnne Krusemark is a former journalist, current author and editor, and a nationwide Professor of Publishing at higher learning institutions, including Harvard Adult Education. The webinar login information will be emailed the day before class.

Instructor LeeAnne Krusemark

Friday **6:00 - 8:00 pm**
March 7
\$30/Session
Virtual



Improve Your Posture
 SIMPLE STEPS: POWERFUL RESULTS

Janice's health, wellness and posture workshops will inform, inspire and motivate. Essential educational materials will be available in each workshop for attendees.

A complete listing with descriptions of Janice's classes will be available online at hlwww.ce.eleyo.com

STRONG IS THE NEW SKINNY! STRENGTHENING EXERCISES TO DO AT HOME

Not everyone can be skinny, but EVERYONE can be stronger - even if you don't get to the gym several times/week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt and thighs using resistance bands while watching your favorite TV or radio show. There are many benefits to having stronger muscles - they boost metabolism; maintain/increase bone density, make daily tasks easier and help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest of schedules. It is a wonderful thing to be strong, fit and functional. You'll learn lots of tips and techniques to improve overall health and wellness. You will need a resistance band for class.

Instructor Janice Novak, of Improve Your Posture

Monday **6:00 - 7:30 pm**
January 13
1 session/ \$25 **Virtual**

OR

Monday **6:00 - 7:30 pm**
April 21
1 session/ \$25 **Virtual**

ACUPRESSURE & OTHER TOOLS FOR WOMEN 35+

Acupressure is an ancient healing art that can offer great relief, with no side effects, from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance hormone levels naturally, including thyroid hormones. Acupressure is a wonderful self-help tool that will help you feel your best. We will discuss breathing techniques & nutritional musts.



Instructor Janice Novak, of Improve Your Posture

Tuesday **6:00 - 7:30 pm**
January 14
1 session/ \$25 **Virtual**

SEVEN STEPS TO REVERSE OR PREVENT DIABESITY

Diabetes is a condition in which too much belly fat leads a person to symptoms ranging from mild blood sugar imbalance to full blown diabetes. Whether you have a little extra weight around the middle, insulin resistance or type 2 diabetes, the root cause of ALL these conditions are the same - problems with our diet, lifestyle and exposure to environmental toxins. Most treatments focus on the downstream symptoms (elevated levels of glucose, cholesterol, blood pressure, triglycerides) and never get to WHY your levels are too high and how to change it. The good news is all of this can be reversed. Learn how to work with your doctor to help restore your body to health.



Instructor Janice Novak, of Improve Your Posture

Wednesday 6:00 – 7:30 pm
January 15
1 session/ \$25
Virtual

VITAMINS & HERBS: FACTS & FALLACIES

Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about:



antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, as well as Collagen, Glucosamine Chondroitin, Melatonin, Ginkgo, Ginseng & Echinacea.

Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30 pm
January 21
1 session/ \$25
Virtual

HIPS, THIGHS & OTHERWISE

We have become a nation of professional sitters, causing lower body muscles to weaken and sag. In this workshop, you will learn: my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupuncture points for lymph circulation and drainage. If you don't have time, money, or inclination to haul yourself to a gym, you will love these powerful and effective techniques. You will need a resistance band, tied in a loop for some of the exercises.

Instructor Janice Novak, of Improve Your Posture

Wednesday 6:00 – 7:30 pm
January 22
1 session/ \$25
Virtual



THE ART OF AGING WELL: PEEL YEARS OFF YOUR BIO AGE

Your chronological age is the number of years you have been alive. It is a fixed number and cannot be changed. Your biological or bio age, however, is measured by how well your organs and body systems work. And there are many things you can do to affect your biological age. You have more control over how your body ages than you may think. Research has shown us that you can peel years off your bio age. In this workshop, you will learn simple, scientifically proven things you can do right now to decrease your body age. Also, you will learn facial acupuncture points to help erase years from your face naturally.

Instructor Janice Novak, of Improve Your Posture

Thursday 6:00 – 7:30 pm
January 23
1 session/ \$25
Virtual

SOOTHE THOSE ACHY JOINTS

Do you have joints that ache – a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy.

Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30 pm
January 27
1 session/ \$25 **Virtual**

ONLINE REGISTRATION
hlww.ce.eleyo.com

ABDOMINAL STRENGTHENERS THAT WON'T STRESS YOUR BACK/NECK

Abdominal muscles weaken and lose shape due to past pregnancies, surgeries, sitting at a desk all day, being sedentary and poor posture. Learn a series of extremely effective exercises to quickly strengthen all four layers of abdominal, WITHOUT stressing back or neck joints and WITHOUT getting on the floor. Common abdominal exercises like crunches can place too much stress on back and neck joints.



Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30 pm
January 28
1 session/ \$25 Virtual

HEART HEALTH FOR WOMEN

Heart disease is the number one killer of women. Symptoms are different for women that for men so many symptoms are ignored or go unrecognized. You have the power to control, prevent, and in some cases, reverse heart disease. We'll discuss signs, symptoms, and risk factors of a heart attack, hormones and your heart, foods that can help prevent and reverse heart disease, helpful nutrients, exercises, and the four numbers you need to know that could save your life.



Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30 pm
February 3
1 session/ \$25 Virtual

METABOLISM BOOSTERS & BUSTERS

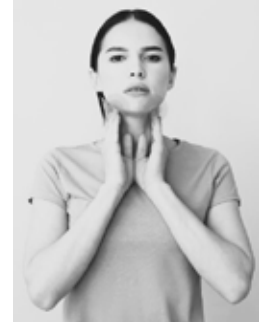
In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving, and you just can't seem to lose weight. THE GOOD NEWS - You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 SIMPLE things you can do every day to boost your metabolism.

Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30 pm
February 10
1 session/ \$25 Virtual

THYROID THINGS YOU NEED TO KNOW

If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there's more you need to know. Fatigue, weight gain, depression, anxiety, rising cholesterol levels, inability to focus, thinning hair, digestive problems, abnormal blood pressure, reduced sex drive, and heart palpitations are only some of the symptoms. We'll discuss the 5 things that need to be measured, but usually aren't; why the #1 thyroid replacement may not be helping you; foods that help or hinder; commonly misunderstood rules of how and when to take thyroid meds; environmental triggers and info you need to discuss with your doctor. This workshop is a source of information only and should by no means be considered a substitute for the advice of a qualified medical professional.



Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30 pm
February 4
1 session/ \$25 Virtual

IS YOUR WAISTBAND TOO TIGHT TODAY? HOW TO BEAT BELLY BLOAT

Have you ever found that in the a.m. your waistband fits fine but by mid-afternoon, it's squeezing you like a tourniquet? Or, no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing abdominal exercises. In this workshop, you will learn the main causes and 6 strategies for getting rid of belly bloat. We will do a few exercises designed to strengthen the deepest layer of abdominal muscle – the layer that is responsible for flattening your stomach, shaping your waistline, and supporting your lower back. And we will do this without getting on the floor.



Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30 pm
February 18
1 session/ \$25 Virtual

AVOID THE PITFALLS OF PERIMENOPAUSE/MENOPAUSE

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, migraines, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured - blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30 pm
March 3
1 session/ \$25 Virtual

ACUPRESSURE FOR SINUS RELIEF

Acupressure is an ancient, Eastern healing technique that involves pressing or kneading key points on the body to release energy blockages and simulate energy flow through pathways called meridians. Continual sinus problems have become epidemic in both children and adults. You can find relief by stimulating the many points that relieve sinus blockages, headaches and more.

Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30 pm
March 10
1 session/ \$25 Virtual



POSTURE, GET IT STRAIGHT! LOOK 10 YEARS YOUNGER, & FEEL BETTER

Ever caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? You will learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy to implement tips when at a computer, in a car or working out. There are many benefits to improving posture. And, the good news is no matter how long you may have had poor posture, it is NEVER TOO LATE to make improvements. Your clothes will fit better, too! You'll need a resistance band for some of the exercises.

Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30 pm
March 11
1 session/ \$25 Virtual

TECHNIQUES TO ACTIVATE YOUR BRAIN'S CREATIVITY CENTER

Learn the many things you can do to tap into your brain's creativity center. We'll discuss and do ancient breathing patterns to activate the right side of your brain where creativity lives. We'll do acupressure points that offer instant clarity and calm. You'll learn the Energy Medicine technique called 'Thumping' to activate creative centers as well as how colors play a role in brain function. You'll leave class with a bunch of new tools to help you be your best before endeavoring on any creative activity.

Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30 pm
March 18
1 session/ \$25 Virtual



JUST BREATHE! TECHNIQUES TO CALM, CENTER & BALANCE

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health, and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response and decrease depression and anxiety. Breathing exercises are powerful, free and literally right under your nose.

Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30 pm
March 24
1 session/ \$25 Virtual

ACUPRESSURE TO RELIEVE MIGRAINES, HEADACHES, NAUSEA & VERTIGO

Acupressure is a healing technique that works with how energy flows through your body. Just as you have blood that flows through vessels, you have energy that flows through pathways called meridians. Acupressure involves pressing or massaging key points on the body to stimulate energy flow which can offer great relief with no side effects. We will focus on the points that relieve and prevent migraines and headaches as well as nausea and vertigo.

Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30 pm
March 31
1 session/ \$25 Virtual

IMPROVE YOUR HEALTH AT ANY AGE

Every day, your body makes about 330 billion new cells which means 3.8 million cells are replaced every SECOND! This means every second is an opportunity to make every system in your body healthier. The quality of cell your body can produce this second is very dependent on what raw materials you have floating around your bloodstream. Studies show you can be 50 and have the physiology of a 30-year-old (and vice versa), depending on how well you take care of yourself. What you do now greatly affects your health and well-being now and in the future. Nothing beats good health! We'll discuss simple steps you can take now to help make every system in your body as healthy as possible.

Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30 pm
April 1
1 session/ \$25 Virtual

DE-AGE YOUR BRAIN

Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We'll discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You'll learn simple, easy strategies to help your brain stay healthy and alert.

Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30 pm
April 8
1 session/ \$25 Virtual

ACUPRESSURE & OTHER TOOLS FOR WOMEN 35+

Acupressure is an ancient healing art that can offer great relief, with no side effects, from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance hormone levels naturally, including thyroid hormones. Acupressure is a wonderful self-help tool to help you feel your best. We will discuss breathing techniques, nutritional musts, and more.

Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30 pm
April 22
1 session/ \$25 Virtual



Opening Doors Adults with Disabilities

Community Education Classes, Services and Opportunities for Adults with Disabilities (ages 16+).

This program offers classes/activities in the school districts of Buffalo-Hanover-Montrose, Big Lake, Becker, Howard Lake-Waverly-Winsted and Monticello. Specialized activities offer educational, social, life skills, and recreational activities. For a full list of activities please visit bhmschools.ce.eleyo.com or call 763-682-8770.

BINGO & PIZZA

Calling all Bingo players, mark these nights on your social calendar for fun games of Bingo with fabulous prizes and a slice of pizza.



W304HL: \$10, Thursday, January 16; 6-7:30pm, HLWW Middle School-Room E106

W305HL: \$10, Friday, February 14: 6-7:30pm, HLWW Middle School-Room E106

W307HL: \$10, Friday, April 11; 6-7:30 pm, HLWW Middle School-Room E106

CELEBRATE THE KING-A TRIBUTE TO ELVIS

Come and enjoy some of the greatest Rock Roll ever. We will honor Elvis Presley with fun facts about his life and enjoy one of his favorite foods-Peanut butter, banana & bacon sandwiches

W309HL: \$10, Wednesday, January 22; 6-7pm, HLWW Middle School-Room E106

CHILI NIGHT

Put on your Chef's hat and roll up your sleeves for an evening of chili making. Chili is a great food to warm you up on any winter night. We will make a Big Pot so bring a container from home for the leftovers!

W310HL: \$10, Tuesday, February 4; 6-7:30 pm, HLWW Middle School-Room E106

STORY & SNACK: "THE GRUMPY GROUNDHOG" BY MAUREEN WRIGHT

February 2nd is Groundhog's Day-Come celebrate this event with a heartwarming Story and a Grumpy Groundhog snack.

W313HL: \$9, Thursday, January 30; 6-7 pm, HLWW Middle School-Room E106

PAJAMA PARTY

You heard it-it's a party in your pajamas, wear your favorite pajamas and join us for a cozy and relaxing evening while we enjoy popcorn and a movie. Bring a favorite flick from home and we will decide as a group what to watch. We will also have a prize for the "Best Pjs" on site!



W311HL: \$10, Tuesday, February 18; 6-7:30 pm, HLWW Middle School-Room E106

GLOVE BOUQUET

This creative bouquet will use a glove and beautiful additive to create the perfect gift. Keep this handy gift around for the next time you want to send a friend or family member a special gift.

W321HL: \$9, Wednesday, March 5; 6-7 pm, HLWW Middle School-Room E106

LEPRECHAUN LOOKERS & TREAT

The Magic of St. Patrick's day has arrived, join us in making a pair of "Leprechaun Lookers" that will be the perfect accent to your St. Patty's outfit. We also make a lucky treat to eat in class. Come "see" what we have planned!



W320HL: \$9, Monday, March 10; 6-7 pm, HLWW Middle School-Room E106

DO DAIRY RIGHT-YOGURT AND FRUIT PARFAIT

Meal planning can be easy with this tasty Yogurt and Fruit Parfait from 2 important food groups-dairy and fruit. We will create this recipe in class and send you home with another great recipe for your collection. We also play a couple of UNO games if time permits.



W322HL: \$9, Tuesday, March 25; 6-7 pm, HLWW Middle School-Room E106

EASTER COOKIES

Colorful and Crispy, this cookie couldn't get any better. Shaped like an Easter egg but the sweet and gooey flavor of a cookie, roll up your sleeves and treat yourself to this opportunity.



W323HL: \$9, Tuesday, April 15; 6-7 pm, HLWW Middle School-Room E106

EASY CHEESE QUESADILLA

It's time to start gearing up for Cinco de Mayo, we will make Easy Cheese Quesadilla. Come wearing something festive if you would like. We have some fun facts about the History of Cinco de Mayo. We promise not to get too spicy!

W324HL: \$9, Wednesday, April 23; 6-7 pm, HLWW Middle School-Room E106

EXCITING EVENTS AROUND OUR CONSORTIUM

BUFFALO COMMUNITY THEATER PRESENTS DISNEY'S NEWSIES JR

When the powerful newspaper publishers raise prices at the newsboys' expense, Jack rallies newsies to strike against the unfair conditions. The newsies learn that together they are stronger. BCT puts on another powerful performance with the help of local talented youth-don't miss this show!

W302B: \$5, Thursday February 6; 7-9:30 pm, Buffalo Discovery Auditorium, Door# 2

CELEBRATE-ST. PATRICK'S DAY DINNER & DANCE

Wear your favorite green outfit and enjoy some Irish music & a jig or two. Dinner will be served starting @ 5:30pm. There will be prizes for the best green fashionable and Irish jokes that will make this evening one that will turn you green with gladness! This event is made possible with a generous donation from the Knights of Columbus and St. Francis Xavier Catholic Church.

W301B: \$5, Friday, March 28; 5:30-8pm, Location: St. Francis Xavier Catholic School, Fellowship Hall (1/2 mile West of Functional Industries in Buffalo)

SPRING FLING DINNER & DANCE

Celebrate spring, get moving and dance to the latest tunes. DJ Roger will be onsite to provide a variety of great music and funny jokes. Sub style sandwiches, chips and treats will be served along with water. Come fling into spring with us!



W303BL: \$5, Friday, April 25; 6-8pm, Big Lake-Independence Elem. Cafeteria

More classes via the Opening Doors catalog or visit bhmschools.ce.eleyo.com

JUST THE WAY YOU ARE

At the Ives Auditorium in Bloomington we'll begin with an included lunch of honey garlic chicken breast, cheesy potatoes, roasted broccoli & cauliflower, salad, dinner roll, assorted desserts, coffee and hot tea. (Special dietary meals available by request ahead of time.) Then we'll head to the theatre for Just the Way You Are, an array of classic romantic songs from the 60s, 70s, and 80s, featuring hits from Elvis Presley, the Righteous Brothers, the Bee Gees, Carole King, Billy Joel and more. Just the Way You Are showcases your favorite Sidekick



Theatre musicians with some of the Twin Cities best vocalists performing such songs as 'Can't Help Falling in Love,' 'Wonderful Tonight,' 'Can't Take My Eyes off You' and of course 'Just the Way You Are.' Enjoy an atmosphere of fun and romance at Sidekick Theatre! *Co-sponsored with Community Club Tours.*

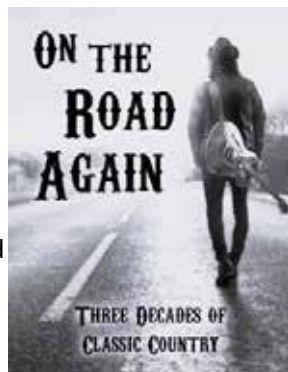
Friday, February 14

Pick up 9:15 am and drop off 5:15 pm at Howard Lake City Parking Lot OR Pick up 9:30 am and drop off 5 pm at Security Bank and Trust, Winsted

1 session / \$101

ON THE ROAD AGAIN

At the Ives Auditorium in Bloomington we'll begin with an included lunch of BBQ chicken breast, beer cheese mac, southern style green beans, homemade coleslaw, buttermilk biscuit w/honey butter, assorted desserts - coffee, decaffeinated coffee and hot tea. (Special dietary meals available by request ahead of time.) Then we'll head to the theatre for On the Road Again: Three Decades of Classic Country Music. On the Road Again returns to the Sidekick stage with another memorable concert filled with your favorite country music from decades past. Get ready for some fantastic fiddling and even more lush harmonies. Featuring the music of Hank Williams, Patsy Cline, Johnny Cash, Willie Nelson and Waylon Jennings, this is one Sidekick concert you won't want to miss! *Co-sponsored with Community Club Tours.*



Thursday, March 20

Pick up 9:15 am and drop off 5:15 pm at Howard Lake City Parking Lot OR Pick up 9:30 am and drop off 5 pm at Security Bank and Trust, Winsted

1 session / \$101

KILLER COUNTRY

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for Killer Country. The Vees grew up on the road and in



the business and have spent the better part of the last 40 years wowing audiences across the world! They have performed, recorded and/or toured with a virtual who's who of Rock And Roll.

In 2008 Jeff and Tommy joined forces with their cousin Matt Vee and his talented wife Julie Velline to form "The Killer Vees." Tommy's 17 year old son Bennett Vee will be joining the Killer Vees playing lead guitar. Bennett is the grandson of the late Bobby Vee and the third generation of the Vee family to take the stage! The Killer Country band is rounded out by Brian C. Peters from the Mary Jane Alm band on pedal steel and other assorted guitars along with Kale Reed of Johnny Holm Band fame on fiddle, mandolin and vocals and Alexandra Green sharing female lead vocal responsibilities. *Co-sponsored with Community Club Tours.*

Tuesday, April 1

Pick up 10 am and drop off 4:45 pm at Security Bank and Trust, Winsted; Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot

1 session / \$99

37 POSTCARDS TOUR

DayTrippers Dinner Theatre is at it again at the Plymouth Playhouse! Get ready to laugh! After an included quarter savory roast chicken, baked lasagna, tuscan vegetable medley, garden salad with assorted dressings, assorted rolls, mashed potatoes, specialty dessert and coffee or tea, we'll head for the theatre for 37 Postcards, written like a 1930's screwball comedy! Young Avery Sutton and his fiance return from an eight year stint in Europe only to find his already eccentric family has gone certifiably insane! Things have changed. The house is on a tilt, the dog is feral, his grandmother (presumed dead) is alive and kicking! Oh, the Suttons are just a quirky, funny, loving family. So Avery and his bride-to-be have to either accept their oddities or leave them behind. Well, the couple discovers that you can in fact go home again. You just never know what you'll find! *Co-sponsored with Community Club Tours.*



Thursday, April 24 or Wednesday, May 14

Pick up 9:45 am and drop off 5:15 pm at Howard Lake City Parking Lot OR Pick up 10 am and drop off 5 pm at Security Bank and Trust, Winsted

1 session / \$100

37 POSTCARDS

By: Michael McKeever

Written like a 1930's screwball comedy! In this play young Avery Sutton and his fiancé return from an eight year stint in Europe only to find his already eccentric family has gone certifiably insane! Things have changed. The house is on a tilt. the dog is feral, His grandmother (presumed dead) is alive and kicking! Oh, the

Suttons are just a quirky, funny, loving family. So Avery and his bride to be have to either accept their oddities or leave them behind. Well - the couple discover that you can in fact go home again. You just never know what you'll find! The lunch includes: Quarter savory roast chicken, baked lasagna, Tuscan vegetable medley, garden salad with assorted dressings, assorted rolls, mashed potatoes, specialty dessert, coffee & tea. There are no refunds after the registration deadline has passed. Registration deadline: 4/16. Co-sponsored with Highway 12 Trippers

Friday, April 25

Depart: 10:35 AM - at Howard Lake: MAWSECO Education Center, 720 -9th Avenue South parking lot. 11:30-11:40 - arrival Day Trippers Dinner Theatre: Plymouth Playhouse 12:15 - Lunch Buffet 1:15-3:20 PM - Performance Return: 4:20 pm to Howard Lake Times are approximate and subject to change.

1 session / \$90 Includes lunch buffet, show ticket and charter bus fees.

PERFECT WEDDING

At the Ives Auditorium in Bloomington we'll begin with an included lunch of creamy chicken breast with roasted red potatoes, glazed carrots, coleslaw, dinner rolls, assorted desserts, coffee or hot tea. (Special dietary meals available by request ahead of time.) Then we'll head to the theatre for Perfect Wedding: A Riotous Comedy and Touching Love Story About The Big Day That Goes hilariously Wrong! A groom wakes up on the morning of his wedding day with a hangover and a strange woman in his bed. Mix in the bride, her mother, the best man, and a maid that knows too much, and you have a recipe for disaster. Wedding bells or running for the hills? Their big day will be far from a piece of cake! Co-sponsored with Community Club Tours.

Wednesday, May 7

Pick up 9:15 am and drop off 5:15 pm at Howard Lake City Parking Lot OR Pick up 9:30 am and drop off 5 pm at Security Bank and Trust, Winsted

1 session / \$101

ONLINE REGISTRATION
hlwww.ce.eleyo.com

THE EVERLY SET: EVERLY BROTHERS TRIBUTE

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for The Everly Set: Everly Brothers Tribute. Two acclaimed singer-songwriters with a mind-bending three-decade age difference combine millennial pluck with baby-boomer sass to present The Everly Set. Sean Altman and Jack Skuller celebrate The Everly Brothers, featuring Bye Bye Love, Wake Up Little Susie, Cathy's Clown, All I Have To Do Is Dream, When Will I Be Loved, Crying In The Rain, Love Hurts, Bird Dog, Claudette, Walk Right Back, and more hits and rarities in concert. Co-sponsored with Community Club Tours.



Tuesday, May 20

Pick up 10 am and drop off 4:45 pm at Security Bank and Trust, Winsted; Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot

1 session / \$99

THE LOVIN SPOONFUL

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for the 1960's hit band - The Loving Spoonful. The Lovin' Spoonful were America's answer to the Beatles! The band, led by John Sebastian,

Steve Boone, Joe Butler and Zal Yanovsky, exploded onto the charts sending their first seven singles soaring onto Billboard's top-10 charts virtually overnight. Their first single, "Do You Believe in Magic," flew to the top of the charts and was followed by an unprecedented string of hits including: "Daydream," "Younger Girl," "Summer in the City," "You Didn't Have to Be So Nice," "Darling Be Home Soon," "Jug band Music," "Did You Ever Have to Make Up Your Mind," "Lovin' You," "Didn't Want to Have to Do it," "Rain on the Roof," "Six O'clock," "Nashville Cats," "Coconut Grove," and "She's Still a Mystery (to Me)." Co-sponsored with Community Club Tours.



Tuesday, July 15

Pick up 10 am and drop off 4:45 pm at Security Bank and Trust, Winsted; Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot

1 session / \$109

HOWARD LAKE-WAVERLY-WINSTED YOUTH SPORTS ASSOCIATIONS

The following community-based youth sport associations serve the District 2687 area and are an integral part of serving the recreational and social needs of our families as well as developing skills of our youth for a lifetime. Below is a quick reference guide to connect you to them. Links can also be found at hlwwactivities.com under athletics choose the sport your are looking for.

HLWW Laker Travel Basketball grades 3-8

facebook: HLWW Youth Traveling Basketball League
 website: <https://hlwwlakers.sportngin.com/>

Laker JO Volleyball grades 5-11

lakerjobv.weebly.com

Travel Softball grades 3-12

email: Lakerysa@gmail.com



Travel Baseball boys ages 8-16

email: Lakeryba@gmail.com

Wrestling Booster grades K-6

facebook: HLWW Lakers Wrestling
 Contact Youth Wrestling Coach Luke Long @
 phone: 612.590.2363
 email: lukeclong@hotmail.com

WINSTED ARTS COUNCIL

141 Main Ave W, downtown Winsted



WINSTED ARTS COUNCIL

Email winstedartscouncil@gmail.com
 or message us on facebook. www.winstedartscouncil.org

HOWARD LAKE-WAVERLY-WINSTED YOUTH COMMUNITY GROUPS



4-H
 Wright County Extension
 763-682-7394
wright@umn.edu

McLeod County Extension
 320-484-4305

Scout Pack 3399

beascout.org
 612-205-4555
pack399scouts@gmail.com



Girl Scouts - Lakes and Prairies Service Unit

www.girlscoutsrv.org
 612-418-1929
lakesprairiesgirlscouts@gmail.com



HLWW PARTY PACKAGES

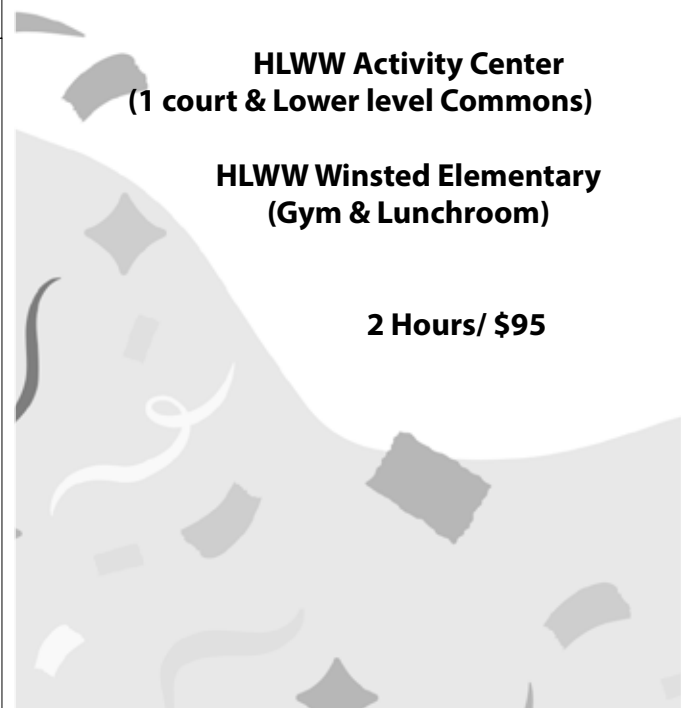
Come use the gym for a terrific party experience! Looking for a space to host a party or gathering? HLWW Community Education has party packages available. You can bring in food, including cake & ice cream and nonalcoholic beverages. We will provide the facility. Some games will also be available to use.

To sign up for a party package please contact HLWW Community Education at 320-543-4670 or rbender@hlww.k12.mn.us at least two-weeks in advance. Dates are available based on space and staff availability.

HLWW Activity Center
 (1 court & Lower level Commons)

HLWW Winsted Elementary
 (Gym & Lunchroom)

2 Hours/ \$95



COMMUNITY EDUCATION REGISTRATION INFORMATION

Community Education office 320-543-4670 online registration hlww.ce.eleyo.com

Online Registration using a Bank Account or Credit/Debit Card

Go to hlww.ce.eleyo.com follow this to your class choice. If you need assistance call 320-543-4670. Family account must be in good standing in all Community Education areas to enroll in classes.

Mail Registration Form

Community Education District 2687, P. O. Box 708, Howard Lake, MN 55349.

Register In Person

HLWW Community Education office located in the HLWW Middle School at 8700 County Road 6 SW, Howard Lake. Enter the east side lower level.

Payment

Registration is complete when fee is received. Registrations are confirmed by your payment of fees on a first-come, first-served basis. You will not receive confirmation of your class. Register early to ensure a place in the class.

Checks: Make checks payable to District 2687. Checks will be cashed upon receipt.

Debit/Credit Cards with VISA, Discover, American Express and MasterCard logos are accepted.

Pre-authorized Payments

Monthly fees/tuition can automatically be processed.

Community Education Registration Form Winter-Spring 2024- 2025

Duplicate as needed. Complete form and drop off at a public school office or mail with payment to: HLWW District 2687 Community Education, P.O. Box 708, Howard Lake, MN 55349

Head of Household 1 _____ Work Phone _____ Cell Phone _____

Head of Household 2 _____ Work Phone _____ Cell Phone _____

Mailing Address _____

City _____ Home Phone _____

E-mail address _____

Participant Name	Date of Birth	M/F	Age	Grade	Activity Name	Start Date	Fee
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____
_____	_____	_____	_____	_____	_____	_____	_____

Statement of release: I, the undersigned, agree to release District 2687 Public Schools, Community Education, its employees and volunteers of all liability related to illness, accidents or injuries which myself or a member of my family might incur while participating in the above activities. I give permission for my child's picture to be used for promotional materials. I have adequate insurance protection for my child and will assume all responsibility for injuries or illness incurred while practicing for or participating in the above activity. If you enroll your school-aged child in a public school activity, he or she must abide by the anti-bullying policy at all times while participating in that activity. Violations of this policy may result in your child's removal from the activity in question, and/or other consequences, as described in the policy. We ask that you review this policy in full with your child. The complete policy is available on the school website www.hlww.k12.mn.us.

Parent's Signature _____ Date _____

Make check payable to: HLWW District 2687 Community Education or use a VISA/MasterCard

Credit Card Information: Charge my VISA MasterCard

Card Number _____ - _____ - _____ - _____ Expiration date _____

Card Holder's Signature _____ UCare ID No. _____

Check Recovery Service

If your check is returned due to NSF or a closed bank account, your check may be collected electronically along with the state allowed fee.

School District 2687 has established the following policy for accepting checks. For a check to be an acceptable form of payment it must include your current, full and accurate name, address and telephone number.

When paying by check you authorize the recovery of unpaid checks.

Canceled Activities

If a class is canceled due to insufficient enrollment, we will notify you and a refund will be made. Unless you are notified, you should meet at the time and place listed.

Refunds

No refunds will be made after the first class session or after registration deadline unless a replacement can be found.

Members of UCARE

Eligible UCare members may receive an allowance to spend toward community education classes. Members must have UCare insurance at the time of registration. Limits and restrictions may apply.



HLWW Community Education
8700 County Rd 6 SW, P.O. Box 708
Howard Lake, MN 55349

Local
Postal Customer

Non Profit Org
US Postage Paid
Howard Lake, MN
Permit No. 3

ECRWSS

LITTLE LAKER LEARNERS PRESCHOOL REGISTRATION INFORMATION

A 4 Star Parent Aware Rated Preschool for ages 3, 4, & 5



Register for the 2025-26 preschool classes online at hlww.ce.eleyo.com beginning **January 16 at noon.**

- 2 day classes for 3 year olds
- 2 & 3 day classes for 4 & 5 year olds
- Limited financial assistance currently available

LAKER CARE

33 Months - 6th Grade
Located at HLWW Middle School lower level
Community Education area.

Register for the summer and fall 2025
PreK (age 33 months-5 years) and School Age
(grades K-6) Laker Care Child Care online at
hlww.ce.eleyo.com beginning **January 30 at noon.**



**Scan QR code or visit pages 8-9 for more
information on both programs.**

Visit the Community Education website
www.hlww.k12.mn.us
for class and activity information not included in this catalog.