

Howard Lake - Waverly - Winsted COMMUNITY EDUCATION

District 2687



FALL | 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

ECFE FALL KICK-OFF PARTY

All families with children age birth to five.

Attention all families! If you are curious about what ECFE is about, would like to come see the classroom and meet your teacher and staff, OR if you are a veteran ECFE family and want to come celebrate the start of another exciting new year, THIS IS FOR YOU!

Come join Ms. Ellen and ECFE staff to play with friends you haven't seen in a while, sing songs, do an artistic activity and have a yummy treat!

We can't wait to see you again and meet new friends! What an amazing year we have ahead of us!

**Wednesday 10:00 am - 12:00 pm, open house style
September 24**

**HLWW ECFE room E013, lower level east side entrance
Free**



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. Begin anytime!

**Wednesdays 9-10 am
October 1, ongoing thru May**

**HLWW ECFE room E013, lower level east side entrance
Free**



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
October 6, 13, 20, 27, November 10, 17**

**Wednesday Mornings 10:45 am- noon
October 8, 15, 22, 29, November 5, 12**

**Thursday Mornings 9:00-10:15 am
October 9, 23, 30, November 6, 13, 20**

**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**

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
October 7-March 18 (No open gym 12/23, 12/30)

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)

October 24
November 14
December 12

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
October 7-March 18 (No open gym 12/23, 12/30, 3/24)

Howard Lake Public Library, 817 8th Avenue
free



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.



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



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.



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



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, 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:

We have scheduled and are hosting screening events on

- September 26
- October 24
- November 7
- December 12

September-April dates will be in the HLWW ECCE Classroom E013 (use lower level east side entrance of Middle School).

Dates updated at hlww.ce.eleyo.com as they become available for January-April. Search Early Childhood Screening for additional dates.



LITTLE LAKER LEARNERS PRESCHOOL

2025-26 SCHOOL YEAR



Classes for 3, 4 and 5 year olds

online enrollment
hlww.ce.eleyo.com

Preschool Registration: online at hlww.ce.eleyo.com

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.

LITTLE LAKER LEARNERS PRESCHOOL

HLWW.CE.ELEYO.COM

320-543-4670

LITTLELAKERLEARNERS@HLWW.K12.MN.US

Little Laker Learners Preschool offers fun and educational hands-on learning activities for children ages 3, 4 and 5. Students who attend Little Laker Learners Preschool have the opportunity to grow emotionally, physically, academically and socially by focusing on the Minnesota Early Learning Standards.

Little Laker Learners Preschool uses Creative Curriculum, the GOLD Assessment System, OWL and Everyday Math curriculums to achieve positive outcomes. By evaluating and planning, staff implements each child's learning experience and helps students reach their full potential by challenging students.

ENROLLMENT

Please keep in mind that classes are first come, first serve so registering as soon as you can once registration opens will help make sure that you are able to enroll in the class that you prefer. Each registration we receive does not guarantee enrollment into your class, each registrant's application is pending approval of the Little Laker Learner staff and current number of students in class when enrollment was submitted.

Please note that it should take approximately 20-25 minutes to complete the registration process. When enrolling, please have the following information on hand before beginning the registration:

- Your preferred preschool class
- Emergency contacts
- Health and medication information, including primary physician, clinic and dentist clinic information.
- Electronic payment method (credit card or ACH)

All contract requests are pending approval by the Little Laker Learners Preschool office. Please allow up to 10 business days for processing.

Site Locations

Humphrey Elementary, Waverly

Winsted Elementary

2025-2026

PreK 3

For children 3-4 years by September 1 who will not attend kindergarten in the fall of 2026.

Mondays & Wednesdays 8:10-10:40 am Fee: \$125 per month

Tuesdays & Thursdays 8:10-10:40 am Fee: \$125 per month

PreK 4

For children 4-5 years by September 1 who will enter kindergarten the fall of 2026 or who have attended one of our 2024-25 preschool sessions.

Tuesdays & Thursdays 12:10-2:40 pm Fee: \$125 per month

Friday morning 8:10-10:40 am Fee: \$55/mo additional, must also be attending a 2 day PreK 4 class

Mondays, Wednesdays & Fridays 12:10-2:40 pm Fee: \$180 per month

Monday-Friday 12:10-2:40 pm Fee: \$240 per month



TRANSPORTATION

There will be transportation options available for Little Laker Learner Preschool students for the 2025- 2026 school year. Those that will be in need of middle of the day transport (after AM preschool, or before PM preschool), will be charged a monthly fee of \$45 that will be included in their monthly invoice. *Those being shuttled to and from Preschool and Laker Care, your monthly mid-day bus fee is covered by your Laker Care costs and will not be charged the \$45.*

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

Preschool Registration: **Registration is open online at hlww.ce.eleyo.com**

Registration fee: \$35 per child



HLWW LAKER CARE

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.

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
ENROLL AT ANY TIME.**

**2025-2026 SCHOOL YEAR
ENROLLMENT OPEN.**



Follow Laker Care on facebook to see what students do during their time at Laker Care.

Registration Fee

There is a non-refundable registration fee which must be submitted at the time of enrollment and renewed seasonally. Registration fees help cover the cost of processing registration and program supplies.

School Year 2025-2026 – \$45 per child, \$100 family max

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



PRE LAKER CARE (33 MONTHS-5 YEARS NOT IN KINDERGARTEN)

Full Day Rate participation anytime between 6 am-5:45 pm

| Per Child Rates | 5 days a week | 4 days a week | 3 days a week | 2 days a week | Drop In Flat Rate Daily |
|--------------------|----------------------------|----------------------------|----------------------------|------------------------|-------------------------|
| June 2025-May 2026 | \$195 weekly (\$39/day) | \$164 weekly (\$41/day) | \$129 weekly (\$43/day) | \$92 weekly (\$46/day) | \$48/day |

*Laker Care/Preschool Discount – If your child attends Little Laker Learners Preschool and Laker Care in the same day they will receive a \$4.00 credit per day they attend both.

School Age 2025-2026 fee structure based on number of days a week student is scheduled

| Per Child Rates | 5 days a week | 4 days a week | 3 days a week | 2 days a week | Drop In Flat Rate |
|-------------------------------|---------------------------|---------------------------|---------------------------|---------------------------|-------------------|
| Before School | \$50 weekly (\$10/day) | \$48 weekly (\$12/day) | \$42 weekly (\$14/day) | \$44 weekly (\$17/day) | \$18 daily |
| After School | \$70 weekly (\$14/day) | \$64 weekly (\$16/day) | \$54 weekly (\$18/day) | \$38 weekly (\$19/day) | \$23 daily |
| Non-School day | | | | | \$38 per day |
| Scheduled two hour late start | | | | | \$18 per day |

FABULOUS FALL FOODS FUN GRADES 1-4

Kids will have fun making delicious fall harvest foods featuring apples and other fall ingredients. 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
October 28

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

PARTY CRASHERS- RC RACING 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 - 7:10 pm
October 30

Gym Humphrey Elementary, Waverly
1 session / \$25

RC CAR OPEN TRACK TIME GR 6- ADULT

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



Instructor: Party Crashers RC Racing

Thursday 7:15 - 8:30 pm
October 30

Gym Humphrey Elementary, Waverly
1 session / \$25

PAINTING WITH GOLD LEAF CLASS GR K-8

Participants will shine while exploring the delicate and shiny world of gold leaf. Participants will learn how to handle the delicate gold leaf, apply adhesive and seal it. In this class the participant will also paint on a canvas and learn how to add gold leaf to the painting to make a one-of-a-kind golden masterpiece to take home.

Instructor: Amanda Alguire

Saturday 10:00 am-noon
October 25

HS Art Room A 133
1 session / \$28 includes materials

MANDALA PAINTING CLASS - OPEN TO ALL AGES YOUTH & ADULTS

Participants will explore the beautiful patterns, vivid colors and calming techniques of mandala pattern painting. Participants will receive instructions and templates to paint one design on a rock and one design on a canvas. Special mandala tools and paint will be used to create your work of art. All supplies provided, you provide the creativity.



Instructor: Amanda Alguire

Saturday 10:00 am -noon
November 15

HS Art Room A 133
1 session / \$28 includes materials

HOLIDAY GNOME CANDY JAR CLASS GR K-8

Participants will have fun creating a gnome with a fluffy beard, fabric and fleece hat around a plastic jar to create a fun Gnome Candy Jar. Gnome on the outside, hidden candy compartment on the inside! Also, to add to the fun you will also be making, holiday (no-sew) pillow just in time to surprise and share with your family and friends during the holidays. A variety of sweet treats will be provided to fill up your gnome candy jar to take home and share.

Instructor: Amanda Alguire

Saturday 10:00 am - 11:30 am
November 22

HS Art Room A 133
1 session / \$28 includes materials

MOUSE TRAP CATAPULTS GR K-4

The MouseTrap Catapult is a fun and simple machine that uses a mousetrap to launch small objects like a toy or ball! It's like a mini catapult you can build with just a mousetrap, some other items. The mouse trap's spring helps the catapult launch things really fast when you set it off, just like a slingshot!



This class shows you how to build and play with your very own catapult using the same idea behind a mousetrap. You can change how far or high the objects go by adjusting the mousetrap and how you set it up.

Instructor Rachel Bender

Thursday November 6 3:10-4:15 pm

**HLWW Middle School Media Center
1 session/\$12**

FALL CHEER CAMP

Open to youth in grades 1-4.

At the camp participants will learn Laker cheers, leading cheers and practice crowd cheering from Laker Cheerleaders and their coach, Angie Eull. All participants will cheer on the sidelines of the football game for the first half on September 19.



At the September 19 game cheer camp participants get in free to the game. All others will need to pay admission fees.

At the camp and the game, participants need to wear comfortable clothing and tennis shoes to camp. Participants will receive a t-shirt. Please register by September 14. Shirt sizes will be as accurate as we can but not guaranteed

**Tuesday- Thursday 3:15-4:45 pm
September 16, 17, 18
Pick up & Drop off at the HLWW Middle School Commons**

**Friday September 19th 6:45 -8:30 pm
HLWW High School Laker Stadium**

4 sessions / \$35 includes camp, shirt, youth admission to football game on September 19

Watch hlww.ce.eleyo.com for additional information for on upcoming youth activities. For updates and Community Education news follow on facebook Howard Lake-Waverly-Winsted Community Education.

YOUTH GRADES 1-6 LAKER FALL VOLLEYBALL CAMP

Learn basic volleyball skills such as passing, setting, serving and hitting, play in game-like situations and meet the high school volleyball players! All players are also invited to attend our youth night game on October 2nd to get signed posters by our varsity players after the game. Questions, contact Hailey Krueger at hkrueger@hlww.k12.mn.us



**Mondays
September 15, 22, 29**

5:15-6:15 pm

**HLWW High School Gym
\$30, includes 3 camp dates, tshirt and youth admission for October 2nd high school volleyball match.**

5TH & 6TH GRADE TRAVELING VOLLEYBALL

League games begin Saturdays in September continuing through October. Season will culminate with a tournament in October. Practices will be held starting in late August through October, after school or evenings depending on volunteer coaches schedule.

If interested in coaching Girl's Traveling Volleyball 2025-26 Please check yes, when registering your participant.

5th Grade \$75 per person

6th Grade \$75 per person

CROSS COUNTRY PROGRAM FOR 5TH & 6TH GRADE

Training- will be **Mondays Starting September 8 from 3:15 - 4:45 pm at the HLWW Middle School.** Training will end with race day approximately mid-October.

Participants meet at the lower level parking lot by the baseball fields for practice

Race TBD. Date will be confirmed at a later time along with additional Information for the race.

Instructor: Madi Shea, For questions and additional information contact Madi Shea at mshea@hlww.k12.mn.us

\$23 per participant





DUNGEONS & DRAGONS 101 GR 3-7

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 character, and embarking on an amazing roleplaying game.

Instructor: Tech Academy

Wednesdays
September 17 & 24
Virtual
2 sessions / \$53

6:00 - 7:30 pm

INTRO TO GAME CODING GR 1-3

Don't just play games, create them! Learn to modify and build our arcade-style games using Scratch. Scratch is a programming language developed by MIT. Basic computer skills are required.

Instructor: Tech Academy

Wednesday
October 1
Virtual
1 session / \$31

6:00 - 7:30 pm

VIDEO GAME DESIGN GR 4-8

Learn how to develop your own game! Students will create their maze using Construct 3, a visual coding platform that teaches students the basics and structure of programming. Basic computer skills are required.



Instructor: Tech Academy

Thursdays
October 2 & 9
Virtual
2 sessions / \$66

6:00 - 8:00 pm

VIDEO GAME DESIGN:PLATFORMER GR 3-7

Develop engaging gameplay, experiment with different power-ups, enemies, and boss battles to make your game more exciting and fun! In this class students will learn to create their own platform game, using Construct 3, a visual coding platform that teaches students the basics and structure of programming.



Instructor: Tech Academy

Tuesdays
October 21 & 28
Virtual
2 sessions / \$66

6:00 - 8:00 pm

VIRTUAL REALITY CODING GR 2-5

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.



Instructor: Tech Academy

Tuesday
November 4
Virtual
1 session / \$51

6:00 - 8:00 pm

YOUTUBE VIDEO PRODUCTION GR 3-7

Learn how to create content for YouTube! Students will practice tricks that filmmakers use for better shots, lighting, and sounds. They will receive hands-on experience editing videos, adding transitions, and inserting a soundtrack. The finished product can be shared with family and friends!



Instructor: Tech Academy

Tuesdays
November 6 & 13
Virtual
2 sessions / \$66

6:00 - 8:00 pm

INTRO TO PYTHON GR 4-8

Learn computer science concepts using one of the fundamental programming languages of professional developers: Python! Python's syntax allows programmers to express concepts in fewer lines of code, making it the perfect coding language for beginners. It is a text-based language, so students should have good keyboarding and basic computer skills.



Instructor: Tech Academy

Tuesday 6:00 - 8:00 pm
November 11 & 18
Virtual
2 sessions / \$66

YOUTUBE PRODUCTION: TOP LISTS CREATOR GR 3-7

Learn how to create YouTube content! YouTube is the top destination for online videos. Learn tricks pro filmmakers use to create a "top 10" or "favorite list" video. Edit your video, add transitions, and insert a soundtrack. Then, share your finished video with friends and family!



Instructor: Tech Academy

Friday 9:00 - 11:00 am
December 26
Virtual
1 session / \$35

MULTIPLAYER MINECRAFT: CITY BUILDER GR 1-5



Collaborate with fellow students to construct a city! Students will be sent their completed world files after class. Beginners and experienced Minecrafters alike will love this action-packed camp. We will be using Minecraft Java edition. Minecraft is a trademark of Mojang Studios. This class is not affiliated with them.

Instructor: Tech Academy

Wednesday 9:00 am - noon
December 31
Virtual
1 session / \$51

HLWW 5TH & 6TH GRADE TACKLE
FOOTBALL

AUGUST 14TH - MID OCTOBER

PRACTICES WILL BE WEEKDAY EVENINGS STARTING AUGUST 18TH 6:00-7:30PM

GAMES WILL BE SATURDAY MORNINGS AROUND THE AREA

MANDATORY PARENT MEETING (ADULT MUST ATTEND) THURSDAY, AUGUST 14TH AT 6:00 PM

EQUIPMENT HANDOUT ON SAME NIGHT STARTING AT 5:30PM

ACTIVITY CENTER COMMONS

\$105 PER PLAYER

Register at hlww.ce.eleyo.com

YOUTH FLAG FOOTBALL GRADES 1-2 AND GRADES 3-4

Watch for details online at hlww.ce.eleyo.com or **HLWW Community Education on instagram** or **Howard Lake-Waverly-Winsted Community Education on facebook**.

BASKETBALL VOLLEYBALL

OPEN GYM

HLWW ACTIVITIES CENTER

SUNDAYS

SEPTEMBER 7 - DECEMBER 14
EXCEPT OCT 19 & NOV 30, DEC 7
5-8 PM

WATCH ONLINE & SOCIAL MEDIA FOR ADDITIONAL WEEKDAY DATES & TIMES

\$1 PER STUDENT/\$2 ADULT/
MAX \$6 PER FAMILY

LAKER KINDERGARTEN BASKETBALL CLUB

Open to all Boys & Girls in Kindergarten



Sessions will include work on individual and team skills. Participants will be recognize once during the starting lineup announcements before a varsity basketball game. Participants must wear gym shoes. Participants will receive a t-shirt. Wear the t-shirt to regular season varsity games to receive free admission. Sessions cancelled due to weather conditions will not be made up. Anyone who registers after December 10th will not be guaranteed a t-shirt.

Sundays 1:00 - 2:15 pm
January 11, 18, 25, February 1

HLWW Activity Center, MS
4 sessions/ \$30 prior to December 10th
4 sessions \$35

YOUTH TRAVEL BASKETBALL OPEN TO YOUTH GRADES 3-8

Youth Travel Basketball Open to Youth Grades 3-8

What: 3rd-8th Grade Boys & Girls Youth Traveling Basketball

Registration Site: HLWW Laker Basketball (<https://hlwwlakers.sportngin.com>)

Registration Opens on Monday, August 18th and registration deadline is Wednesday, September 17th



The Howard Lake-Waverly-Winsted (HLWW) Youth Basketball program is a non-profit organization with the primary purpose of promoting Laker boy and girl basketball for grades 3-8. The HLWW Youth Basketball Program is dedicated to promoting youth basketball within Independent School District #2687 boundaries. The primary goal is to provide fair competition and a learning environment that enhances individual player development and team experience.

The season will begin in early November and be completed in late February or early March. Teams will practice 1-2 times per week throughout the season. Games are held on Saturday or Sunday depending on the tournament schedule that the team is signed up for.

Questions can be sent to hlwwbasketball@gmail.com

JUNIOR LAKERS BASKETBALL LEAGUE GRADES 1-3

Open to all Boys & Girls in grades 1-3

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 & Humphrey Elementary. 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 sign up while registering your youth or reach out jcarr@hlww.k12.mn.us.

We will be offering 4 locations for practices

Tuesdays- Winsted Elementary
 Thursdays- Winsted Elementary
 Thursdays- HLWW Activity Center
 Thursdays- Humphrey Elementary in Waverly
 ** Locations are subject to change/merge to even out teams

All Sunday games will be held at the HLWW Activity Center 2:30 - 3:45 pm January 11, 18, 25, February 1

Practices will be

Tuesdays 6:30 - 7:45 pm
 December 9, 16, January 6, 13, 20, 27

Or

Thursdays 6:30 - 7:45 pm
 December 11, 18, January 8, 15, 22, 29

\$65 per participant prior to December 2nd
 \$70 per participant after December 3rd (may not be guaranteed a t-shirt)



HIGH FLYERS GYMNASTICS AGES 3 & 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 the MAWSECO Education Center, 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

***Registration deadline is noon the Monday prior to start.**

September session **Tuesdays**
September 9, 16, 23, 30 **(4 lessons)**

| | | |
|-----------------|---------------------|-------------|
| Rollers | 4:30-5:30 pm | \$40 |
| Flippers | 5:30-7 pm | \$60 |

October session **Tuesdays**
October 7, 14, 21, 28 **(4 lessons)**

| | | |
|-----------------|---------------------|-------------|
| Rollers | 4:30-5:30 pm | \$40 |
| Flippers | 5:30-7 pm | \$60 |

September session **Wednesdays**
September 10, 17, 24, October 1 (4 lessons)

| | | |
|----------------------|---------------------|-------------|
| Mini Tumblers | 4:45-5:30 pm | \$37 |
| Twisters | 5:30-7:30 pm | \$82 |

October session **Wednesdays**
October 8, 15, 22, 29 **(4 lessons)**

| | | |
|----------------------|---------------------|-------------|
| Mini Tumblers | 4:45-5:30 pm | \$37 |
| Twisters | 5:30-7:30 pm | \$82 |

September Session **Thursdays**
September 11, 18, 25, October 2 (4 lessons)

| | | |
|-----------------|---------------------|-------------|
| Rollers | 4:30-5:30 pm | \$40 |
| Flippers | 5:30-7 pm | \$60 |

October Session **Thursdays**
October 9, 23, 30, November 6 (4 lessons)

| | | |
|-----------------|---------------------|-------------|
| Rollers | 4:30-5:30 pm | \$40 |
| Flippers | 5:30-7 pm | \$60 |

PRIVATE GYMNASTICS LESSONS

Use this time to improve your skills one-on-one with a coach. This opportunity is open to all levels including MAGA team members.

Wednesdays, September 10, 17, 24, October 1, 8, 15, 22, 29

Sign up for 1 hour time slots Must register by noon the Monday prior to lesson.

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

6:30-7:30 pm \$65 per hour

7:30-8:30 pm \$65 per hour

MAGA LAUNCHERS FALL PRE-SEASON SESSIONS

These practices are geared towards the youth who tried out in June 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 competitive MAGA Season. MAGA team members are expected to bring grips to practice. Ask Coach Tammi for what types and where to purchase.

Information for the competition season including costs will be provided in mid-October.

September MAGA session

Mondays 5:30-7:30 pm

September 8, 15, 22, 29

8 lessons / \$180

Thursdays 6:30-8:30 pm

September 11, 18, 25, October 2

October MAGA session

Mondays 5:30-7:30 pm

October 6, 13, 20, 27

8 lessons / \$180

Thursdays 6:30-8:30 pm

October 9, 23, 30, November 6



***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.*

HIGH FLYERS & MAGA LAUNCHERS GYMNASTICS

Winter season schedules will be posted mid-October. Watch for details online at hlww.ce.eleyo.com or **HLWW Community Education on instagram** or **Howard Lake-Waverly-Winsted Community Education on facebook**.



SNOWMOBILE SAFETY TRAINING

This class is open to youth 12 years of age and older and adults. A parent or guardian must register the youth. Proof of age is required by providing either a birth certificate, Current MN Driver's License or MN Identification Card.

Any resident born after 1976, is required to have taken a snowmobile safety training course to operate a snowmobile in Minnesota. Class is sponsored by the Ridgerunners Snowmobile Club.



Instructor: Robin Hillmyer, Volunteer Instructor certified by the MN DNR Division of Enforcement

Saturday December 6

8:00 am - 4:00 pm

Stockholm Community Center, County Road 30 SW, Cokato

1 session / \$10 Must pre-register with Robin Hillmyer by calling 320-286-2404

HLWW WINTER DANCE CLASSES & SHOW



Join Coach Mel this Fall/Winter as we learn fun dances to perform at a Winter Dance Show on December 13th in the High School Gym!

All Classes will be held on Mondays, Tuesdays or Thursdays at Winsted Elementary in the gym or cafeteria use east playground entrance door F. September 29th through December 11th with the Dance Show on Saturday, December 13th, 2025!

***No Classes on October 13, 14, 16 & November 24, 25, 27.

New this session: 60 min Combo Classes where each class will learn 2 dances; one Winter/Holiday themed and the other non-Winter/Holiday themed. Plus, **NEW** Pom Special Session- see more below!

Preschool Ballet & Jazz

Mondays 5:45 - 6:30 pm

Kindergarten Ballet & Jazz

Tuesdays 5:30 - 6:15 pm

1st-5th Grade Jr. Tap

Thursdays 5:30 - 6:00 pm

3rd-5th Grade Jazz/Hip Hop Combo Class

Mondays 6:30 - 7:30 pm

**dancers will learn 2 dances in this class*

1st-2nd Grade Jazz/Hip Hop Combo Class

Tuesdays 6:15 - 7:15 pm

**dancers will learn 2 dances in this class*

Special Session: 1st-12th Grade POM Dance

Thursdays 6:00 - 7:00 pm

Open to all 1st-12th Graders, this class will be a production for our opening dance show song. Dancers will receive a pair of gold pom-poms to perform and keep from this class. They will also receive a themed T-Shirt to wear for the performance and keep.

9th-12th Grade Lyrical/Hip Hop Combo Class

Mondays 7:30 - 8:30 pm

**dancers will learn 2 dances in this class*

6th-8th Grade Lyrical/Hip Hop Combo Class

Tuesdays 7:15 - 8:15 pm

**dancers will learn 2 dances in this class*

6th-12th Grade Sr. Tap

Thursdays 7:00 - 7:30 pm

Price per dancer includes Dance Show T-Shirt, 9 total classes and Winter Dance Show admission for dancer, friends & family!

***see note if in Tap class.

45 Minute Pre-K and Kindergarten Classes: \$95.00 per Dancer

Preschool Ballet & Jazz, Kindergarten Ballet & Jazz **tuition includes Dance Show T-Shirt!*

60 Minute Combo Classes: \$115.00 per Dancer

1st-2nd Jazz/Hip Hop Combo, 3rd-5th Jazz/Hip Hop Combo, 6th-8th Lyrical/Hip Hop Combo, 9th-12th Lyrical/Hip Hop Combo **tuition includes Dance Show T-Shirt!*

Tap Classes: \$65.00 per Dancer = Tuition includes 30 min classes plus \$10 tap board rental fee to use in classes and at dance show. **dancers will need Tap Shoes for this class! *Tap Class tuition does not include Dance Show T-Shirt; if needed Coach Mel will assist in ordering separately if the dancer isn't in any other classes that the T-Shirt is included with.**

Special Session: 1st-12th Grade POM Dance \$125.00 Per Dancer = Tuition includes 9 - 60 min classes plus gold poms and themed t-shirt to perform with at dance show and keep afterwards.

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

The Dance Show: will begin at **2 pm on December 13th**. Doors will open at 1:00 pm and dancers should be ready in the back hall by 1:30 pm. Dancers should wear their Winter Dance T-Shirt (included in tuition) along with black bottoms: black tights with black skirt or shorts, black leggings, or other athletic pants, etc. Dance shoes or tennis shoes are recommended. Hair will be discussed at class later.

Register online at HLWW Community Education hlww.ce.eleyo.com or call 320-543-4670.

Please reach out to Coach Mel via email with any questions: coachmelwebster@gmail.com



CLASSROOM DRIVER 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 2025-2026
HLWW Middle School Media Center
see todaysdrivingschool.com for package prices

September 10-11, 15-18, 22-25 5:30-8:30 pm
Monday- Thursday

March 2-5, 9-12, 16-17 5:30-8:30 pm
Monday-Thursday

June 15-18 22-25 & 29 & 30 9 am-noon
Monday-Thursday

Teleconference Class Teen Driver 30 classroom hours:

Live remote learning classroom instruction led by one of our licensed instructors using Zoom. All students in Minnesota are eligible to attend.

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. You may work on the course up to 3 hours per day, any time day or night. You have a full 90 days to complete the course, but you can complete the course in as little as 10 days. Work at your own pace.

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

To help students prepare for The ACT test, Advantage Educational Programs, in cooperation with Howard Lake-Waverly-Winsted Community Education, will offer their ACT prep courses to students. Are you uneasy about your test-taking skills or unsatisfied with previous ACT results?

This may be the course for you. Two different course formats allow students to choose the one that best suits their learning styles and personal circumstances. Students are also able to make up any classes they miss, and all courses may be repeated online at no additional charge. To register for a course at a different location or for 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 am - noon
September 20, 27, October 4, 11
Virtual
4 sessions / \$180

Saturdays 9:00 am - noon
November 8, 15, 22, December 6
Virtual
4 sessions / \$180



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

FREE ADULT BASIC EDUCATION (ABE), ENGLISH LANGUAGE (EL/ESL) & GED CLASSES

Let us support your educational journey toward achieving your life goals. Whether you want to improve your basic literacy skills (English-ESL, reading, and math), enhance digital skills (computer skills), earn your GED, or prepare for college and career success, we're here to help! Start anytime, classes are ongoing.

WEST ABE, part of the MN Community Education, has been the local educational provider for adult learners in Wright County and beyond since 1996.

Eligibility: Must be 17 and older, not enrolled in high school, and in need of basic educational skills such as English: speaking, reading, and math, career preparation, GED prep, and computer skills. GED students who are 17 or 18 years of age will need an age waiver to take the GED test. (*This can be found on ged.com*)



Scan to fill out an interest form. Call 763-272-2040 with questions. Visit our website at westabe.monticello.k12.mn.us for more class listings and locations.



GED testing in Monticello

Appointments required. All students must set up an account on ged.com to schedule the Official GED test. Tests are available in English and Spanish. Tuesdays and Thursdays 8:30 am-2 pm and occasionally 1-2 Saturdays per month.

Eastview Education Center 9375 Fenning Ave. NE, Monticello. (763) 272-2808



FREE CLASSES
English Language Classes
General Education Diploma

ADULT BASIC EDUCATION

INTERESTED IN TAKING FREE ADULT EDUCATION CLASSES?

Let us support your educational journey toward achieving your life goals. Whether you want to improve your basic literacy skills (English-ESL, reading, and math), enhance digital skills (computer skills), earn your GED, or prepare for college and career success, we're here to help! Start anytime, classes are ongoing. WEST ABE, part of the MN Community Education, has been the local educational provider for adult learners in Wright County and beyond since 1996. Must be 17 and older, not enrolled in high school, and in need of basic educational skills.

Scan the code, fill out the form and we will reach out to you as soon as possible. See you soon!



SCAN ME

More Information

763-272-2040

westabe.monticello.k12.mn.us

julia.oneil@monticello.k12.mn.us



Make a Difference- Become a Volunteer for WEST ABE

ABE Support: Assist with basic reading, writing, math, and digital skills—EL/ESL Support: Help English learners improve their language skills through speaking, reading and writing

No experience necessary! Free training and ongoing support. Time Commitment: 1-6 hours per week. Must be 18 years or older. contact Elizabeth Muellerleile at elizabethmueller2000@gmail.com or 763-682-8507 for more information.

LOCAL CLASS OFFERINGS:

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

ENGLISH LANGUAGE (ESL)

Mondays 5-7:30 pm
Beginning in September and ongoing, start anytime
Instructor: Vicki Larson

ABE/GED PREP

Wednesdays 5:30-8 pm
Beginning in September and ongoing, start anytime
Instructor: Shirley Janu

55+ DRIVER DISCOUNT PROGRAM 4 HOUR CLASS



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 Precision Driving Center of Minnesota 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.

Thursday, September 25 **1:00 - 5:00 pm**
Winsted City Hall-Vollmer Room, 201 1st Street North, Winsted
1 session / \$24 per person

OR

Monday, December 15 **1:00 - 5:00 pm**
Winsted City Hall-Vollmer Room, 201 1st Street North, Winsted
1 session / \$24 per person



To register for this 55+ driver class or other 55+ driver classes in the area call 1-888-234-1294 or you may also register online at www.driverdiscountprogram.com

PAINTING A BARN QUILT DESIGN CLASS

Participants will have fun sketching and painting their barn quilt design on a 2' x 2' wooden board. Participants will be provided basic direction of steps to complete a colorful and beautiful barn quilt to display indoors or outdoors. Participants will work with tape, brushes, paint and more. All supplies provided, you provide the creativity.

Instructor: Amanda Alguire

Friday **5-8 pm**
September 26

HS Art Room A 133
1 session / \$91 includes materials

WINTER GREENERY WITH FROSTED PINE CONE WREATH MAKING CLASS OR TABLETOP GREENERY CENTERPIECE MAKING CLASS ALL AGES FRIDAY NIGHT FUN!

This class is open to Adults & Youth. Welcome family and friends to your home this holiday season with a festive wreath or beautiful tabletop centerpiece made from a mix of artificial



and real items! This class is a great opportunity for family members or friends can come on out and create, sign up as an individual or a group to create a wreath or tabletop centerpiece or both! All ages welcome. Youth under the age of 12 should come with an adult.

Basic instructions on layering techniques will be shared but ultimately it's your inspiration that guides the design. Participants will find fun inspiration with a variety of artificial greenery, frosted pine cones, berries, dried fruit (for fragrance), ribbons, beads, bendable wire and more! All supplies provided, you provide the creativity. Cider and cookies will be served at the end of class. Hope to see you there!

When registering please select if you would be interested in making a wreath or a centerpiece. This will be used for supply planning purposes.

Instructor: Amanda Alguire

Saturday **5-7 pm**
December 6

HS Art Room A 133
\$30 per wreath/centerpiece, can register for multiple projects

5X5 UNOFFICIATED 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@hlwww.k12.mn.us All teams must register with Community Education.

Games played at 6:30, 7:30 & 8:30 pm each night
HLWW Activity Center
Wednesdays January 7, 14, 21, 28, February 4, 11, 18
\$220 per team

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 \$450 per person

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 at www.voicesforall.com for 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

DIM SUM STUFFED STEAMED BUNS! CHAR SIUBB!

Chicken & Asian Vegetable Fillings

Dim Sum is more than just a meal—it's a beloved Chinese and Cantonese tradition of sharing bite-sized delights with friends and family, often over hours of laughter and conversation. At the heart of many dim sum feasts are pillowy, cloud-soft steamed buns filled with savory goodness.

Join Tess for one of her most popular community education cook-along classes as she takes you step-by-step through the art of making your own stuffed steamed buns from scratch. You'll learn to craft tender, homemade dough and fill it with not one, but two mouthwatering fillings: a sweet and savory Chinese BBQ chicken known as Char Siu, and a rich, flavor-packed Asian vegetarian option.



Whether you're new to dim sum or already a fan, this hands-on class will elevate your kitchen skills and bring the joy of this delicious tradition into your home.

Equipment: A bamboo steamer is a "nice to have", but not necessary.

Instructor: Tess Georgakopoulos

**Saturday
September 20**

4:00 - 6:30 pm

**Virtual
1 session/ \$40**

ONLINE REGISTRATION
hlwww.ce.eleyo.com

RAMEN REVIVAL

Transforming a Pantry Staple into a Gourmet Feast!

Ramen noodles may be humble, but with a little creativity and flair, they can be taken to a whole new level being transformed into a restaurant-worthy meal. Join Tess for this fun filled cook-along adventure and learn to turn this humble noodle into a truly special meal using high-quality proteins, fresh vibrant vegetables, and Asian pantry staples. Learn to elevate texture and taste, marinate the protein, and prepare the vegetables and how to build bold, balanced flavors by crafting a rich full-flavorful sauce. Then discover a few simple cooking techniques for layering the ingredients and the flavors to create depth, texture, and visual appeal in every serving. Whether you are a busy home cook or a curious foodie, you will walk away with serious ramen inspiration and the skills to continue to turn a simple pack of Ramen noodles into a healthy, nutritious gourmet experience!



Instructor: Tess Georgakopoulos

Friday **5:00 - 7:30 pm**
September 26

Virtual
1 session/ \$40

AUTUMN BAKING BLISS

Pumpkin Spice Cinnamon Rolls & Panera®—Style Cinnamon Crunch Bagels!

Indulge in the comforting aromas and flavors of fall where you will experience the crafting of two seasonal favorites from scratch, perfect for cozy mornings or elegant gatherings around the holidays. Join Chef Tess in one of her newest cook-along classes as she guides you in the step-by-step creation of the softest most delicious gooey Pumpkin Spice Cinnamon Rolls enriched with real pumpkin puree and pumpkin spice both in the pillowy dough and mouthwatering filling. They will be baked to golden perfection and topped with a pumpkin spice cream cheese frosting. You will also be guided in the creation of Panera®-style Cinnamon Crunch Bagels that feature a tender, chewy interior studded with cinnamon chips and a signature crackly-sweet cinnamon topping; the perfect balance of softness and crunch, and a textural dream. Whether you're a seasoned baker or simply a lover of fall flavors, this fun yet refined class promises to fill your kitchen with warmth, spice, and something truly special

Instructor: Tess Georgakopoulos

Saturday **4:00 - 6:30 pm**
September 27

Virtual
1 session/ \$45

AIR FRYER HYPE

Copycat KFC®, Doughnuts, and Crave-Worthy Creations!

The POPULAR Air Fryer Hype Copycat KFC® class is being taken to the next level! Are you curious about the Air Fryer craze or looking to expand your recipe repertoire beyond fries and frozen foods? Whether you're a seasoned air fryer user or considering your first purchase, this class is for you! Join Chef Tess for an elevated Air Fryer experience and explore new family-favorite crave-worthy creations, including her mouthwatering Copycat KFC®, and her from-scratch air fryer doughnuts, pizza, burgers, and egg rolls! Enjoy a fun and interactive virtual cook-along class with Air Fryer and tips that take the 'Air Fryer Hype' to new heights!"

On the Menu: the instructors own Copycat KFC® Chicken, from scratch Air Fryer Doughnuts, Pizza, burgers, and egg rolls! Participants will be invited to join in the fun and create the Copycat KFC®, & air fryer yeasted glazed Doughnuts. The instructor will also demonstrate how to make her amazing air fryer pizza, burgers, and egg rolls!

Tips for freezing the pizza, and egg rolls to stock your freezer will also be shared! All healthy, delicious recipes that will have your family coming back for more! Leftovers may just become a thing of the past!

Instructor: Tess Georgakopoulos

Friday **5:30 - 8:00 pm**
October 3

Virtual
1 session/ \$45

HAND CRAFTED RAVIOLI WORKSHOP

Discover the joy of making fresh, handcrafted ravioli from start to finish! Join Chef Tess in one of her newest cook-along classes where you will learn how to make delicate pasta dough from scratch, roll it and fill it with two mouthwatering fillings—spinach and three cheese for vegetarian lovers, and a savory spinach-cheese blend with Italian sausage for those who prefer a little added kick and protein. Chef Tess will guide you through the process of stuffing and shaping the ravioli step-by-step then cooking them with your favorite sauces for an authentic experience. Regardless of your culinary background, this class will empower you with the artistry and assurance to create exquisite, homemade ravioli that delight every time.



Instructor: Tess Georgakopoulos

Friday **5:30 - 8:00 pm**
October 10

Virtual
1 session/ \$45

MARDI GRAS MEET HALLOWEEN!

Muffuletta, King Cake & Beignets!

Take a culinary trip to New Orleans this Halloween with a festive, cook-along class with Chef Tess, that brings the flavors of Mardi Gras to life! Participants will be guided



through the step-by-step process of making fresh Muffuletta bread, making a vibrant olive and veggie giardiniera-style condiment, before assembling this iconic, flavor-packed colossal sandwich. In addition, you will be absorbed in the process of how to make a full flavored, colorful King Cake, complete with festive

flair & filling, and a surprise inside, and the making of warm, powdered sugar—dusted beignets as the instructor demonstrates the making of these two beloved New Orleans sweets. Perfect for families and food lovers alike, this cook-along class is all about celebration, bold flavors, and letting the good times roll... NOLA style!

Cook Along: Muffuletta Bread, vibrant olive and veggie giardiniera-style condiment, and assembling the colossal sandwich with classic deli meats and cheeses.

Demonstration: New Orleans King Cake & Beignets! Given limited time, the King Cake will need to be demonstrated during the class. Both require the creation of different yeasted dough, that require proofing time beyond what the class allows for. Participants however will receive all the recipes.

Instructor: Tess Georgakopoulos

Saturday 4:00 -6:30 pm
October 25

Virtual
1 session/ \$45

CLASSIC HOMEMADE PIEROGI & SWEET BERRY PIEROGI

Have some fun participating in this cook-along experience as you learn how to make your own homemade Classic Pierogi, and wonderful Sweet Berry Pierogi with 2 types of homemade dough and filling that will make your taste buds dance for joy! We will also be learning how to cook, and freeze these little dumplings that you can make ahead and store for a rainy day. No fancy equipment needed. This class has been so popular; it has even been featured in the American Polish Journal!

Instructor: Tess Georgakopoulos

Saturday 4:00 -6:00 pm
November 1

Virtual
1 session/ \$40

CRAFTING STEAM BAO, KOREAN BULGOGI BBQ CHICKEN & ASIAN PICKLED VEGGIES!

Fusion Cuisine

The word "Bao" is derived from the word "Baozi" which means, "to wrap" in Mandarin. Bao buns are often described as "steamed pillows" of deliciousness that are becoming increasingly popular in North America. They are created by freshly steaming yeasted velvety dough, and are then filled with a variety of fillings.

During this fun-filled class participants will learn to create delicious Steamed Bao that will be used "to wrap" almost



like a little "jacket", the fantastic filling of Korean Bulgogi BBQ Chicken, and a wonderful variety of Asian inspired quick pickled vegetables! What fun! Everything from the Bao, the Korean Bulgogi BBQ chicken and the pickled veggies will be made from scratch in a

guided step-by-step fashion, making for a fun, exciting and memorable experience.

Instructor: Tess Georgakopoulos

Friday 5:30 - 8:00 pm
November 7

Virtual
1 session/ \$45

All of Chef Tess's classes

While cooking-along is loads of fun, and highly recommended, it is optional. The classes will take place on Zoom, free online software. Participants will receive instructions on how to access the class prior to it starting.

A list of ingredients and class details will be received in advance of the class with enough time for shopping and preparation. The

Instructor's Personal Recipe from this class will be included in a professionally made PDF packet to be received by participants after the class.

NOTE: As an added bonus, the instructor has created a private group and a public group on Facebook for participants of her cooking classes. Everyone will receive an invite to the groups although joining is optional. Come join the fun!

Class prices are per family living in the same household.



BAKLAVA & SPANOKOPITA!

Sweet & Savory Mouthwatering Greek Phyllo Pastries

Participants may find themselves involuntarily dancing The ZORBA during this one-of-a-kind cook-along experience with Chef Tess. Dive into the world of creating two



scrumptious traditional Greek Phyllo pastries, Baklava and Spanakopita that have been known to awaken taste buds and the "inner Greek". Baklava is a Traditional Greek layered dessert pastry made with phyllo, chopped nuts and other

secret ingredients. They are baked to golden perfection and bathed in dreamy honey-kissed syrup. Spanakopita, on the other hand, is a Greek savory pastry, consisting of a savory filling made of spinach, cheese, herbs and other secret ingredients that is enrobed in delicate sheets of phyllo pastry. Talk about mouthwatering goodness!

Tess grew up in a Greek home where Baklava and Spanakopita were made and enjoyed throughout the year, but especially for holidays. She too joined in the tradition of creating these delicate pastries ever since she was roughly 6 years old. Tess now combines her decades of knowledge, secret ingredients and techniques full of tradition, sharing them with participants of this virtual cook-along class only.

Join Tess as she guides you through the process of creating one of her versions of Baklava she calls 'Baklava Rolls' and through the process of creating her spanakopita triangles. Regardless of level of skill working with phyllo, participants will leave with two show-stopping recipes and the confidence to serve them at any gathering.

Instructor: Tess Georgakopoulos

**Tuesday
November 11**

5:30 - 8:00 pm

**Virtual
1 session/ \$40**

BETTER THAN TAKE-OUT CHINESE DINNER FAVORITES! MASTER CLASS

Get your chopsticks ready! Really good Chinese Take-Out is often very difficult to find. Register for this Master Class and learn how to create, from scratch, a wonderful Chinese "Better-than-take-out" meal in your own kitchen! You will learn about the various ingredients and step-by-step processes that turn these ingredients into fabulous Chinese take-out favorites, and gain the confidence to create your own "better-than-take-out" meals time and time again. After this class your search for Chinese take-out will be a search through your freezer and pantry. Although most Chinese take-out items are fried, this class will also provide healthier options for cooking. The class will include a cook-along option for 4 recipes and one additional recipe will be demonstrated. There will be a discussion / presentation about ingredients and their use, in addition to basic equipment that is wonderful to have and why. Only those who REGISTER for the class will receive an all-inclusive professionally made PDF packet with ALL recipes and information shared during the class.

On Cook-Along Menu options: Fried rice, Orange Chicken, General Tso's Chicken, & Veggie or Chicken Egg Rolls. Additional Demonstration Only Recipe: Chicken or Pork Lo Mein

Prep for the class will be required by all who register ahead of the class as it will be a very busy one but A LOT OF FUN and VERY INFORMATIVE! Participants will receive a list of ingredients in advance of the class with enough time for shopping and prep.

Instructor: Tess Georgakopoulos

**Saturday
November 15**

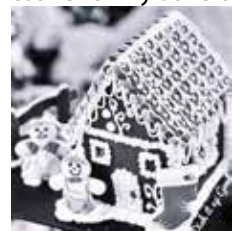
4:00 - 7:00 pm

**Virtual
1 session/ \$79**



GINGERBREAD HOUSE BAKE & BUILD

Gather the whole family and join in the fun Baking and Building your very own show-stop from scratch during this festive Family Bake-along experience. Together, combine



the wonderful flavors of gingerbread and use the dough to create the pieces that will be used to "build" breathtaking houses. Also whip up the perfect batch of stiff Royal Icing—the edible "glue" that holds everything together and is used to decorate the houses with candies and delicious

treats. Participants will receive a professionally made PDF ingredient list and prep packet a week in advance of the class to allow time for shopping and preparation. The packet will also include the Instructor's "Gingerbread House Specific" Recipe that she has tested time and time again to ensure the cookie pieces are delicious but strong enough

to hold the weight of the icing and decorations. A template that will need to be printed and cut out before class to be used as a "pattern" will also be included. Whether you are starting a new family tradition, or continuing a beloved one, this cozy, joy-filled experience will leave everyone smiling, and maybe sneaking a few gumdrops. By the end, participants will have built not just a stunning work of art, but sweet memories to last a lifetime!

Equipment needs: Large sheet pan, parchment paper / non-stick baking mat, rolling pin, and mixer will be needed. Other items & Ingredients will be listed in the handout that will be received roughly a week before class.

Instructor: Tess Georgakopoulos

**Friday
December 19**

5:30 - 7:30 pm

**Virtual
1 session/ \$35**

BUILDING A FESTIVE MEDITERRANEAN MEZZE/CHARCUTERIE BOARD

The word "Mezze" refers to what we all know as finger foods and dips. Many Mediterranean meals consist of a variety of "mezze" items that come together creating the most



wonderful flavors, tastes and textures. Learn how to bring warmth, color, and the flavors of the Mediterranean to your fall and winter gatherings with this festive Mediterranean mezze cook-along class where Chef Tess (a descendant of Spartans) will guide you through creating a stunning mezze-style charcuterie board, perfect for sharing or seasonal entertaining any time of year. The

mezze-style charcuterie board will include four delicious scratch-made dips, warm-spiced, bright Greek meatballs, and handmade pita bread. Mezze boards / platters will be rounded out with an array of fresh and pickled vegetables, olives, fruit and nuts for a vibrant crowd—pleasing spread! The board, platter, or table becomes the canvas upon which we create an edible work of art!

Cook-Along mezze items: Silky whipped feta & tzatziki dips, Greek Meatballs, homemade pita bread

Mezze items to be demonstrated: Muhamarra (a smoky red pepper dip), Greek hummus and time permitting, some crispy, Greek sesame bread sticks. The demonstration will also include how to build the board balancing the colors, textures and flavors, and how to build interest and visual appeal with using height and practical items found in every kitchen. This experience is all about bold delicious flavors, beautiful presentations, and the joy of gathering around food—Mediterranean style.

Instructor: Tess Georgakopoulos

Saturday November 22 4:00 - 6:30 pm

Virtual 1 session/ \$50

COPYCAT CINNABON ROLLS & VIRAL DUBAI CHOCOLATE

Homemade sweets and treats are always wonderful around the holidays and throughout the year as well. Add two wonderful treats to your holiday celebration as you learn to create freshly baked homemade Copycat Cinnabon® Cinnamon Rolls, and NEXT LEVEL, VIRAL Dubai Chocolate bars with made from scratch Kadaifi (shredded phyllo)! Make them for your family a memorable holiday breakfast or wrap them up with bows and gift them to those you hold dear.

After keeping her Copycat Cinnabon® (Cinnamon Roll) recipe a secret for MANY years, Tess has decided to share it EXCLUSIVELY to those that register for this class! She has often been told that her rolls are considered BETTER than actual Cinnabon® rolls. You will love these billowy, warm, luscious, gooey, rolls topped with cream cheese frosting that is out-of-this-World-delicious. In addition, NEW to her Holiday Dessert class offerings, her version of the Viral Dubai Chocolate Bar! Tess takes the experience to the next level teaching participants how to create their own Kadaifi (shredded phyllo) from SCRATCH costing PENNIES, and her from-scratch version of pistachio cream filling for the chocolate bars!



Equipment needs: A 1" deep silicone Dubai Chocolate Bar mold is needed to create the chocolate bar. The bars can be made with simple melted chocolate. However if a longer lasting shiny finish is preferred, tempering the chocolate is beneficial. If participants wish to temper the chocolate, an instant read kitchen thermometer is needed.

Instructor: Tess Georgakopoulos

Saturday December 6 4:00 - 6:30 pm

Virtual 1 session/ \$45

GOURMET COOKING WITH CHEF TESS GEORGAKOPOULOS

Tess Georgakopoulos, also known as "Chef Tess—Culinary Artist", has been cooking and baking for well over 45 years since she was roughly 6 years old. Born into a Greek family, the art of cooking traditional meals using ones own hands and creativity was and continues to be an expression of love in her home. Her father was also a trained chef who brought the magic of food to life in another form on the weekends as they cooked elaborate family meals together. As an accomplished cook and baker and always working towards expanding her culinary repertoire, Tess enjoys experimenting in her test kitchen daily creating new recipes, creative culinary techniques and building "Gold Standard" culinary experiences for communities across Minnesota and beyond. Tess is proficient and experienced in creating cook-along experiences and curriculum for conventional cooking, baking, pressure-cooking, air frying, pizza making, Mediterranean Cooking, and meal preparation as well. More recently, she has expanded her creativity and experience in the creation of Cooking Master Classes! A Culinary Artist indeed! She has been teaching both in-person and on-line cooking classes through community education for a number of years, and is currently working with almost 60 public school districts in and around the Twin Cities, in many corners of Minnesota, in addition to school districts in Wisconsin, Missouri, New York, and Oklahoma, having worked with just over 5000 participants over the years. Through her teaching, Tess has helped people of all skill levels increase their confidence and expand their skills in the kitchen reaching heights of their own personal creativity that they never new existed, all while having fun and creating memories to last a lifetime. Her motto, eloquently put, is to make "dishing" delicious, and simple. Tess has recently started writing her first cookbook, and her food blog is also in the works! Some of her creations can be seen on her Facebook page, "Dish it up Good", <https://www.facebook.com/dishitupgood/> or on her Instagram Feed.

FUELING FOR SUCCESS: WEIGHT MANAGEMENT SERIES

All classes 6 - 7 pm

Class is offered virtually

\$39 per participant for the series

Join Taylor Cain, MS, RDN for a three-part series focused on building sustainable, balanced eating habits that will support your wellness goals. Whether you are looking to manage your weight, improve energy levels, or be more mindful of meal planning, these interactive virtual sessions are for you!



Class 1: Build a Better Breakfast - September 10

Celebrate National Breakfast Month by starting the day strong! Learn how to create a satisfying and nourishing breakfast that supports metabolism, keeps you energized, and curbs cravings throughout the day.

Class 2: Midday Meals that Work for You - September 17

Keep your energy steady and your goals on track with midday meals. Whether you are at work, on-the-go, or juggling a busy day at home, building balanced lunches and smart snacks are key to feeling your best!

Class 3: Dinner Done Right - September 24

In celebration of Family Meals Month, explore convenient dinner options that work for you and the entire family. This class will review tips for meal prepping, meal planning, and creating positive mealtime habits.

Instructor: Taylor Cain

Wednesdays 6:00 - 7:00 pm
September 10, 17, 24

Virtual
3 Sessions / \$39

Instructor Bio

Taylor, as a Registered Dietitian Nutritionist, is dedicated to empowering people to build a personalized relationship with food through group education. She is so excited that you are interested in joining in on this health and wellness journey!

NATIONAL DIABETES MONTH: THE ART OF CARBOHYDRATE COUNTING

Take the guesswork out of managing your carbohydrates with Registered Dietitian, Taylor Cain, MS, RDN! Whether you are diagnosed with diabetes or looking to eat more mindfully, this session will help build your confidence around counting carbs. Leave knowing why carbs matter, how to decipher nutrition labels, appropriate portion sizes, and tools that make counting easier.



Instructor: Taylor Cain

Tuesday 6:00 - 7:00 pm
November 18

Virtual
1 Session/ \$20

CREATE YOUR FUTURE: GOAL SETTING AND VISION BOARD WORKSHOP

Ready to make your goals stick and your dreams a reality? Join Registered Dietitian, Taylor Cain, MS, RDN for a transformative workshop to gear up for 2026. In this guided session, you will learn effective strategies for setting purpose-driven goals, reflect on your values and visions, craft a personalized vision board to keep you on track, and leave with renewed motivation. No experience needed - just bring a notebook, colored pens or markers, and your imagination!



Instructor: Taylor Cain

Tuesday 6:00 - 7:30 pm
December 2

Virtual
1 Session/ \$25



Improve Your Posture

SIMPLE STEPS: POWERFUL RESULTS!

Janice Novak, M.S. is considered this country's premier posture expert. She is an international acclaimed author, speaker and wellness consultant. Janice developed her unique posture program over twenty years of teaching workshops. She holds a master's degree in health & physical education and has been featured in national publications and on national television.

JUST BREATH! 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
September 15
 1 session/ \$25 **Virtually**

FEET, KNEES AND ANKLES

Have you taken a good look at your feet, ankles or knees lately? They support the weight of your entire body.

Take off your shoes and socks, roll up your pants and look in a mirror. Do your ankles roll in? Are your arches flat? Do you have bunions or calluses? Are your toes straight or do they bend in? Does your big toe pull in towards the other toes? Do your knees lock



back? Do your kneecaps turn in or pull outward? In this workshop, you will learn simple things to help correct these common problems.

Instructor Janice Novak, of Improve Your Posture

Tuesday 6:00 – 7:30 pm
September 16
 1 session/ \$25 **Virtually**

ACUPRESSURE AND 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, and more.

Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30 pm
September 22
 1 session/ \$25 **Virtually**

HIPS, THIGHS & OTHERWISE (ON-LINE)

If you've noticed hip/thigh/butt spread, you are not alone. 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; acupressure 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

Tuesday 6:00 – 7:30 pm
September 23
 1 session/ \$25 **Virtually**

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

Wednesday 6:00 – 7:30 pm
September 24
 1 session/ \$25 **Virtually**

EMPOWERED AGING: TAKE CONTROL OF YOUR HEALTH & PEEL YEARS OFF YOUR BIOAGE

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

Monday
September 29
1 session/ \$25

6:00 – 7:30 pm

Virtually

STRONG IS THE NEW SKINNY! TOTAL BODY STRENGTHENERS YOU CAN 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 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

Tuesday
September 30
1 session/ \$25

6:00 – 7:30 pm

Virtually

OVERCOME YOUR CARBOHYDRATE CRAVINGS

Ever had a day where you can't stop eating? Do you crave starches, snack foods, and sweets and find the more you eat, the more you want to eat? Is your snacking out of control? In this workshop, we will discuss a two-week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but a matter of biology. Learn how you can stop the vicious cycle of food craving and weight gain. No hype – just the facts.

Instructor Janice Novak, of Improve Your Posture

Monday
October 6
1 session/ \$25

6:00 – 7:30 pm

Virtually

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
October 7
1 session/ \$25

6:00 – 7:30 pm

Virtually

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

Monday
October 13
1 session/ \$25

6:00 – 7:30 pm

Virtually

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.

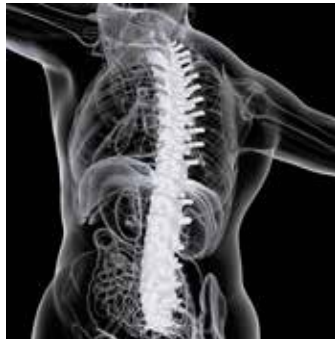
Instructor Janice Novak, of Improve Your Posture

Wednesday
October 15
1 session/ \$25

6:00 – 7:30 pm
Virtually

POSTURE & OSTEOPOROSIS WORKSHOP: BUILDING BETTER BONES

Have you ever caught sight of your reflection in a window or mirror to see that your head leads the way? Or noticed that your shoulders and upper back are too rounded forward? You'll learn simple techniques to improve posture and stand straighter. We'll do exercises to help flatten the upper back, un-round shoulders and flatten your midsection. Learn how to reduce the risk of osteoporosis and how to re-gain bone mass. We'll discuss the latest research findings on nutrition, minerals and trace minerals needed for bone health; foods that help and/or harm your bones and more. Wear loose, comfortable clothing. You will need a resistance band or tube for some of the exercises.



Instructor Janice Novak, of Improve Your Posture

Monday
October 20
1 session/ \$25

6:00 – 7:30 pm
Virtually

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
October 21
1 session/ \$25

6:00 – 7:30 pm
Virtually

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

Monday
October 27
1 session/ \$25

6:00 – 7:30 pm
Virtually

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
November 3
1 session/ \$25**

**6:00 – 7:30 pm
Virtually**

WOMEN, WEIGHT & HORMONES

Are you finding no matter how well you watch what you eat or how much you exercise weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything else. Until imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll discuss which hormones are involved and what can be done to correct imbalances; concrete solutions for controlling appetite and cravings; major sources of hormone mimicking chemicals and how to get rid of them; what HRT or birth control pills have to do with weight gain; how to have your hormone levels checked reliably; what steps need to be taken to safely break the vicious cycle of hormone related weight gain.



Instructor Janice Novak, of Improve Your Posture

**Monday
November 10
1 session/ \$25**

**6:00 – 7:30 pm
Virtually**

POSTURE, GET IT STRAIGHT! LOOK 10 YEARS YOUNGER AND 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
November 18
1 session/ \$25**

**6:00 – 7:30 pm
Virtually**

ACUPRESSURE TO ASSIST WEIGHT LOSS

Acupressure is an Eastern healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

Instructor Janice Novak, of Improve Your Posture

**Monday
December 1
1 session/ \$25**

**6:00 – 7:30 pm
Virtually**

FACE YOGA

There are over 30 individual muscles on each side of your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing 'puppet mouth' lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face. You will need a regular teaspoon for a few of the exercises and a little of your favorite facial moisturizer.

Instructor Janice Novak, of Improve Your Posture

**Tuesday
December 2
1 session/ \$25**

**6:00 – 7:30 pm
Virtually**

GREASE AT THE CHANHASSEN DINNER THEATRE

Greased-back hair and leather jackets, ponytails and poodle skirts, fast cars and rock'n'roll, Grease is back at Chanhassen Dinner Theatres! Experience the nostalgia of high school in the '50s – peer pressure, love, and teenage life set against the campy backdrop of Rydell High! Discover the drama, comedy, and pop-culture satire that has made Grease one of the most popular productions of all time! Don't forget the music, with songs like "Summer Nights," "We Go Together," "Greased Lightnin'," "Beauty School Dropout" and so many others, including the hits you love from the movie. Have fun as you groove and bop along! *Co-sponsored with Highway 12 Trippers.*



Wednesday, September 17

10:15 am Depart Howard Lake: MAWSECO Education Center, 720 9th Avenue, south parking lot

11:00 am-1:00 pm - Lunch

1:00-4:00 pm - Matinee performance (includes a 20-minute intermission)

5:10 pm Return to Howard Lake

**All times are approximate and subject to change.*

1 session / \$125 includes motor coach transportation, a ticket to the show, and lunch (drinks included are water, coffee, & milk). Gratuity is included for the meal. Gratuity is not included for any additional purchases. No refunds can be issued after the registration deadline has passed. Registration deadline: Monday, August 11.

STILLWATER FALL COLORS BOAT CRUISE

Hope is eternal, and we'll hope for beautiful fall colors! It is so relaxing and also a reminder that our seasons are changing. With the included deli buffet lunch you can build



your own sandwich with all sorts of ingredients and add warm entree' selections and dessert. *Co-sponsored with Community Club Tours.*

Wednesday, October 8

Pick up 8:00 am and drop off 4:45 pm at

Howard Lake City Parking Lot OR Pick up 8:15 am and drop off 4:30 pm at Security Bank and Trust, Winsted

1 session / \$95 pp

FIREFLIES

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 Fireflies! Retired schoolteacher Eleanor Bannister lives a quiet life alone in tiny Groverdel, Texas, set in her routines and secure in her position as the town's most respected woman - until a hole in her roof draws the attention of Able Brown, a smooth-talking drifter intent on renovating Eleanor's house, and possibly her life. Can the unexpected sparks of late-life romance be trusted, or is there truth in the gossip that Able isn't all that he seems to be? Either way, the whole town is talking. *Co-sponsored with Community Club Tours.*



Wednesday, October 22

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 pp

GREAT THEATRE PRESENTS 9 TO 5

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for Great Theatre Presents 9 to 5. In the corporate world of the late 1970s, Violet, Judy, and Doralee are fed up with their arrogant, misogynistic boss. When a wild turn of events gives them the chance to take matters into their own hands, they set out to change the office - and their lives - for the better. With music and lyrics by Dolly Parton, 9 to 5 is a laugh-out-loud story of empowerment and unlikely friendship. Full of catchy songs, hilarious antics, and a message about challenging the status quo, this high-energy show celebrates perseverance, camaraderie and standing up for what's right. *Co-sponsored with Community Club Tours.*



Thursday, October 30

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

1 session / \$106 pp

PHANTOM OF THE OPERA

Join us for a thrilling day trip to the historic Orpheum Theatre in Minneapolis to experience Andrew Lloyd Webber's Phantom of the Opera—one of the most beloved musicals of all time! Board our comfortable motorcoach in the morning for a relaxing ride to downtown Minneapolis. Before the show, we'll stop at Buca di Beppo Italian Restaurant for a family style lunch. Lunch includes a mixed green & Caesar salad served with fresh baked house bread, chicken parmigiana with spaghetti marinara & fettucine alfredo, and unlimited soft drinks, coffee or tea. Then, we'll make our way to the Orpheum Theatre, where the iconic chandelier, haunting organ, and breathtaking performances will transport you to the Paris Opera House. With its unforgettable music, elaborate costumes, and dramatic storytelling, Phantom of the Opera promises an experience you won't forget! *Co-sponsored with Highway 12 Trippers.*



Thursday, December 4

10 am Depart Howard Lake: MAWSECO Education Center, 720 9th Avenue, south parking lot

11:00 am-12:15 pm - Lunch

1:00-3:30 pm - Matinee performance

4:45 pm Return to Howard Lake

***All times are approximate and subject to change.**

1 session / \$130, includes: Motorcoach transportation, lunch and admission. No refunds on trips after the registration deadline of September 26.

WILLIE & FAMILY LIVE

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for Willie & Family Live: a heartfelt homage to the legendary outlaw of country music - Willie Nelson. Michael Moore, born and raised in McKinney, Texas, brings the soulful twang of Willie Nelson to life through his exceptional talent. From the upbeat rhythm of "Whiskey River" to the classic tales of "Good Hearted Woman" and "Mamas Don't Let Your Babies Grow Up to Be Cowboys," this show captures the essence of Willie's timeless contributions to the genre. *Co-sponsored with Community Club Tours.*

Thursday, February 12

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

1 session / \$109 pp

SAUSAGE, SCHELL'S, PIZZA BUFFET & LIGHTS TOUR

This tour has it all... one of the best meat markets in the state, the historic Schell's Brewery, a Pizza Ranch buffet, and a very popular light display... all in one tour... and just in time as we prepare for holiday celebrations! Begin with casual shopping at Schmidt's Meat Market in Nicollet. (It is suggested that you bring coolers or insulated bags with your name clearly marked on them.) After you've had time to buy those holiday treats, we'll head to Schell's Brewery in New Ulm for a tour and tasting of their fine products. In the Bier Halle we'll relax, shop and visit before we head to the Pizza Ranch for an included late afternoon pizza buffet. We'll end our day with the beautiful Kiwanis Holiday Lights in Mankato. *Co-sponsored with Community Club Tours.*

Thursday, December 4

Pick up 11 am and drop off 9:15 pm at Howard Lake City Parking Lot OR Pick up 11:15 am and drop off 9 pm at Security Bank and Trust, Winsted

1 session / \$79 pp

IRVING BERLIN'S WHITE CHRISTMAS

Irving Berlin's White Christmas is the must-see holiday event of the season on the Chanhassen Dinner Theatres' Main Stage! This newer musical work written in 2000, land on Broadway in 2008, and is a delightful adaptation of the beloved 1954 film classic, with added Irving Berlin hit songs including "Blue Skies," "I Love a Piano" and "Let Me Sing and I'm Happy." This production is a remount of the 2024 show, honoring the original direction of Michael Brindisi. *Co-sponsored with Highway 12 Trippers.*



Wednesday, December 17

10:15 am Depart Howard Lake: MAWSECO Education Center, 720 9th Avenue, south parking lot

11:00 am-1:00 pm - Lunch (Dine-in service)

1:00-3:30pm - Matinee performance (includes a 20-minute intermission)

4:45 pm Return to Howard Lake

***All times are approximate and subject to change.**

1 session / \$125, includes motor coach transportation, a ticket to the show, and lunch (drinks included are water, coffee, & milk). Gratuity is included for the meal. Gratuity is not included for any additional purchases. No refunds can be issued after the registration deadline of November 14.

ELVIS IN CONCERT



Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for Elvis in Concert. Step into the world of Rock 'n' Roll royalty as Anthony Shore's Elvis Tribute Show brings Elvis Presley's legendary performance to life. Accompanied by a talented 10-14 piece band that includes a string and horn section, this show promises a thrilling homage to the King of Rock 'n' Roll, offering an unforgettable afternoon of nostalgia while capturing the

essence of Elvis's legendary performances. *Co-sponsored with Community Club Tours.*

Thursday, February 19

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

1 session / \$104 pp



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.

FALL BINGO

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



F300HL: Friday, September 19; 6-7:30 pm, 1 session/\$10, Howard Lake Middle School-Room E106

F301HL: Friday, October 24; 6-7:30 pm, 1 session/\$10, Howard Lake Middle School-Room E106 F301HL

F302HL: Friday, November 21; 6-7:30 pm, 1 session/\$10, Howard Lake Middle School-Room E106

F303HL: Friday, December 19; 6-7:30 pm, 1 session/\$10, Howard Lake Middle School-Room E106

HALLOWEEN DANCE

It's that time of the year to search for your Halloween costume and get ready to move and groove with spooky friends at the annual Halloween Dance and Monster Mash. Music provided by Roger from the scene. Festive tricks, treats and fun included.

F305B: Sunday, October 26; 4-6 pm, 1 Session/\$9, Buffalo Discovery Center, Gym



HLWW COMMUNITY EDUCATION

CRAFT & FINE ARTS EXPO

November 22nd 9 am-2 pm

Enjoy the Family Friendly Event

HLWW MIDDLE SCHOOL ACTIVITY CENTER
8700 CTY RD 6 SW
HOWARD LAKE

New & Returning 80+ Vendors
Refreshments Available
No Admission Fee

HOLIDAY DINNER & DANCE

A Seasonal tradition, the Opening Doors dinner and dance held at the Discovery Gym. This is a free event but please call between November 1-30 at the BHM Community



Education office with names, updated address & phone numbers along with any dietary restrictions. You will need to check in at the door and have all your names on our roster. We

look forward to a night with friends, family and caregivers. Free, but call 763-682-8770 to reserve your spot.

F307B: Sunday, December 21, 3-5 pm, Free, call 763-682-8770 to reserve your spot, Buffalo Discovery Center, Gym

HOLIDAY CONCERT

The sound of the season surrounds us, join us at your favorite location to hear the holiday music. Our chaperone will gather all of us at the box office so we can sit together for an evening of uplifting music and camaraderie.

F315HL: Thursday, December 11; 7-9 pm, 1 Session/\$3, Howard Lake High School, Laker Theater, 8700 County Road 6 SW, Howard Lake, MN

SWEET & SAVORY SNACK BITES

Come join us for a tasty treat that's easy to make and fun to eat! In this class, we'll use soft, delicious King's Hawaiian rolls and mini cocktail sausages to make a simple snack that's perfect for fall football parties or anytime. No cooking experience needed—just bring your appetite!



F316HL: Monday September 22; 6-7 pm, 1 Session/\$9, Howard Lake Middle School-Room E106

OATMEAL PIE SCARECROW

Get ready for a fun and tasty fall-themed activity! We'll transform a delicious oatmeal cookie pie into a friendly scarecrow. Everyone will go home with their own unique (and yummy!) scarecrow treat. No baking skills needed—just bring your sweet tooth!



F310HL: Tuesday, September 30; 6-7 pm, 1 session/\$9, Howard Lake Middle School-Room E106

PUZZLE PIECE FALL TREE

Celebrate the beauty of autumn with a creative twist! In this fun and easy class, participants will design their own fall tree using recycled puzzle pieces and cardboard. We'll paint, glue, and arrange colorful "leaves" to build a beautiful tree full of fall colors. Everyone will leave with a unique seasonal decoration to proudly display!

F317HL: Tuesday, October 7; 6-7 pm, 1 session/\$9, Howard Lake Middle School-Room E106

CANNING LID PUMPKINS

Get ready to welcome fall with a crafty pumpkin project. In this creative class we will turn simple canning lids into charming pumpkins using orange paint with a touch of floral décor. Participants will take home a handmade pumpkin to celebrate the season.



F318HL: Monday, October 20; 6-7 pm, 1 session/\$9, Howard Lake Middle School-Room E106

NO BAKE PUMPKIN PIE

Our easy to make, no bake pumpkin pie is always a winner. Enjoy an evening with your friends as we prepare this delicious treat for the holidays. Everyone gets a whole pie to take home, plus a sample to eat in class.

F319HL: Monday, November 3; 6-7 pm, 1 session/\$9, Howard Lake Middle School-Room E106

TURKEY DOUGHNUT TREATS

Get ready to gobble up some fun! In this hands-on class, we'll turn mini doughnuts and colorful Fruit Loops into adorable turkey-themed treats. Perfect for the fall season, participants will use simple steps to decorate their own "turkey" using cereal for feathers and candy eyes for a playful twist. This activity is sweet, creative, and fun. No baking required—just smiles and snacks!



F320HL: Thursday, November 13; 6-7 pm, 1 session/\$9, Howard Lake Middle School-Room E106

EDIBLE CHRISTMAS TREE

Get into the holiday spirit with a hands-on, tasty activity! In this cheerful class, we'll use cookie cutters and soft pizza dough to shape our very own edible Christmas trees. Once our trees are baked to golden perfection, we'll decorate them with colorful sauces, cheese, and fun toppings—just like ornaments! No cooking experience needed—just bring your creativity and holiday cheer!

F321HL: Tuesday, December 2; 6-7 pm, 1 session/\$9, Howard Lake Middle School-Room E106

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


PICKLEBALL

OPEN GYM

\$1/STUDENT, \$2/ADULT
\$6/FAMILY MAX
WEDNESDAY NIGHTS
6:00 - 8:30 PM
HLWW ACTIVITY CENTER
SEPTEMBER-APRIL
NO PICKLEBALL OCT 15, NOV
26, DEC 24, 31, MAR 25



**BASKETBALL
VOLLEYBALL**




OPEN GYM

**HLWW ACTIVITIES
CENTER**

SUNDAYS

SEPTEMBER 7 - DECEMBER 14
EXCEPT OCT 19 & NOV 30, DEC 7
5-8 PM

WATCH ONLINE & SOCIAL MEDIA FOR
ADDITIONAL WEEKDAY DATES & TIMES
\$1 PER STUDENT/\$2 ADULT/
MAX \$6 PER FAMILY

 **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



WANTED

Teaching a
class is a great way to share
your knowledge and skills with
youth and/or adults in our community.

Community Education is looking for people
to share their passions, skills and knowledge
with the community by teaching a Community
Education class!

With class offerings for adults and youth, we
are looking for unique classes that will appeal
to a wide range of people.

email Rachel at
rbender@hlww.k12.mn.us
to propose a class.

Community Education Instructors

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 or 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.

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.

HLWW Laker Travel Basketball grades 3-8

facebook: HLWW Youth Traveling Basketball League

website: <https://hlwwlakers.sportngin.com/>

Laker JO Volleyball grades 5-11

lakerjovb.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



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

z.umn.edu/wright4h

McLeod County Extension

320-484-4305

Scout Pack 3399

beascout.org

612-205-4555

pack3399scouts@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 Fall 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
Howard Lake, MN 55349

Local
Postal Customer

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Howard Lake, MN
Permit No 3

ECRWSS



HLWW COMMUNITY EDUCATION

CRAFT & FINE ARTS EXPO

November 22nd 9 am-2 pm

Enjoy the Family Friendly Event

HLWW MIDDLE SCHOOL ACTIVITY CENTER
8700 CTY RD 6 SW
HOWARD LAKE

New & Returning 80+ Vendors
Refreshments Available
No Admission Fee

Creative Arts & Crafts Fair

Saturday, November 22

Enjoy a large display of handcrafted items, talk with artists and crafters from surrounding areas, observe them creating their fine art and take advantage of the opportunity to purchase their work. Art disciplines may include oil, watercolor, wildlife paintings, photography, pottery, wood carving, pen and ink, calligraphy, stained glass, hand-woven baskets, authors with their books and more. A sampling of crafted items may include needlework, holiday crafts, ceramics, knit, crochet, woodcraft, home sewn articles, wreaths, dolls, jewelry, lapidary, quilted items, decorative toys, lotions, soaps, clothing and more. Refreshments and items, rugs, dried florals, and lunch available. Join us for an enjoyable day for all ages.

No admission fee to browse and shop.

Exhibitor Information

Artists and Crafters who would like a space may call 320-543-4670 for information or download an application at www.hlww.k12.mn.us. Click on Community Education then in the drop down click Art Expo & Craft Fair. Online registrations also accepted at hlww.ce.eleyo.com.

Exhibitors will be allowed to sell personally crafted arts, crafts and food items. Products must follow all MN Dept of Ag Cottage Food Law Guidance. Items can not be consumable on site. Homemade items, no merchandise vendors.