

Howard Lake - Waverly - Winsted

COMMUNITY EDUCATION

District 2687



WINTER-SPRING | 2025-2026

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 and Laker Care 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



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

December 9, 16, January 7, 14, 21, 28, February 4, 11, 18, 25, March 4, 11, 18, April 1, 8, 15, 22, 29, May 6, 13, 20
(no baby and me 12/24, 12/31, 3/25)

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

Section A1: January 26, February 2, 9, 16, 23, March 2

Section A2: March 16, 30, April 6, 13, 20, 27 (no class 3/23)

Wednesday Mornings 10:45 am- noon

Section B1: January 28, February 4, 11, 18, 25, March 4

Section B2: March 18, April 1, 8, 15, 22, 29 (no class 3/25)

Thursday Mornings 9:00-10:15 am

Section C1: January 29, February 5, 12, 19, 26, March 5

Section C2: March 19, April 2, 9, 16, 30, May 7 (no class 3/26, 4/23)

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

December 9-March 17 (No open gym 12/23, 12/30)

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





ECFE FAMILY NIGHT

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

Come play together in our ECFE classroom for family night! 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 a movie plays in the background. Popcorn and puffcorn will be provided to add to the movie watching experience. Please reach out to Ellen Uter if you have any questions! Please watch our social media pages for reminders and updates!

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

December 12
January 30
February 27
April 17

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
December 9-April 28 (No storytime 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.

KINDERGARTEN REGISTRATION

Students entering kindergarten in the fall of 2026 watch for a mailing in January from Howard Lake-Waverly-Winsted schools with information on enrollment.

If you do not receive your child's letter by mid-February contact Julie Stifter 320-543-4690 or Terry Knuth 320-543-4680.

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



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



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

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



Help Me Grow

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

If you would like more information about Help Me Grow, 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

- January 23
- February 20
- March 13

September-April dates will be in the HLWW ECFE 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

2026-2027 SCHOOL YEAR



Learners

Classes for 3, 4 and 5 year olds

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

Preschool Registration: online at hlww.ce.eleyo.com beginning January 7 at noon for Fall 2026

Limited spots available for current school year. Call for availability.

Locations: Humphrey Elementary, Waverly
 Winsted Elementary

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.

OPEN HOUSE INFORMATION

Parents and enrolling students welcome.

Humphrey Elementary, Waverly

Tuesday, April 21 • 5:30-7 pm
 Preschool rooms 168 and 163 Humphrey Elementary
 Meet the teachers, Jenny Poppler and Calli Carlson

Winsted Elementary

Tuesday, April 28 • 5:30-7 pm
 Preschool room 142 Winsted Elementary
 Meet the teacher, Teresa Diers



*WELCOME TO LAKER CARE
GROWING LAKERS, TOGETHER*

**Pre-Laker Care 33 Months-5 Years
School Age Laker Care K- 6th Grade**

6 am-5:45 pm

- **Current year: Limited openings - Enrollment is currently open**
- **Summer 2026: Enrollment opens on January 7th at noon.**
- **Fall 2026: Enrollment opens on January 7th at noon.**

Locations at Waverly, Howard Lake and Winsted

Laker Care nurtures the developmental, social and academic growth of every child - from our youngest learners to our school-aged students - by partnering with the HLWW school district and fostering a supportive, small-town community environment.

We encourage curiosity, creativity and foundational skills tailored to each developmental stage. We provide reliable, high-quality care that supports our communities. Laker Care acts as a supportive extension of the home and the classroom - growing Lakers, together!

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.

Summer 2026 - \$45 per child, \$100 family max
School Year 2026-2027 - \$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**



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

FABULOUS FOODS FUN



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

indicate use of this option on registration.

Instructor: Michelle Johnson

Tuesday **3:10 - 4:30 pm**
March 3

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

COOKIE MONSTERS FOR KIDS (AND ADULTS)

Kids, their favorite adult and cookies... what a terrific combination! Designed for kids age 6 and up, create and take home 6 kinds of cookies. Rolled Sugar Thins will be ready for kids to paint and original designs using food coloring and paint brushes. Kids and adult helper will mix, shape and bake the famous Peanut Butter Balls. Already mixed and ready for shaping will be Chocolate Mint, Pepper nuts, Sugar Drops to be dipped in assorted sprinkles and finally multi-colored Spritz cookies. Bring containers to transport your cookies home to enjoy immediately or freeze them.



Instructor: Laurel Severson

Saturday **9:00 am - noon**
February 21

HLWW High School Foods Room
\$38 per youth & adult pair includes supply cost

BABYSITTING 101 AGES 10-13

This course is best suited for 10 to 13-year-olds interested in learning the current practices of caring for young children and how to manage their babysitting business. Students will learn safety and injury prevention, first aid basics, feeding and caring for infants and how to handle behavior problems. Students receive a reference book, handouts, babysitting bag and first aid kit.

Instructor: Emergency Outfitters

Tuesday **8:30 am - 4:00 pm**
March 24

HLWW Middle School Media Center
1 session / \$65

F.A.S.T. KIDS –STAYING SAFE WHILE HOME ALONE AGES 7-10

First Aid and Safety Trained Kids is a 4-hour course for 7-10-year-olds. This course helps prepare children for staying safe at and away from home. Lessons cover basic first aid, water safety, vehicle safety, home emergencies, injury prevention, stranger and internet safety. Students will receive a book, handouts and a home first aid kit as part of the class.



Instructor: Emergency Outfitters

Wednesday **8:30 am - 12:30 pm**
March 25

HLWW Middle School Media Center
1 session / \$54

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

Monday **6:00 - 7:00 pm**
March 9

Winsted Elementary Gym (enter through playground side entrance door F)
1 session / \$25

RC CAR OPEN TRACK TIME K-12

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

Instructor: Party Crashers RC Racing

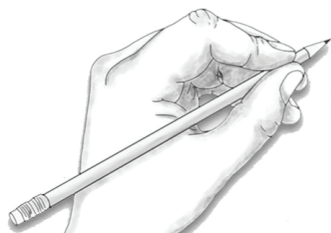
Monday **7:10 - 8:10 pm**
March 9

Winsted Elementary Gym (enter through playground side entrance door F)
1 session / \$25



EXPLORE DRAWING CLASS GR K-8

Come and learn drawing skills! Participants will work with graphite drawing pencils, colored pencils, pastels, charcoal and more. Learn basic sketching and shading techniques while creating your one-of-a-kind masterpiece. Participant will choose if they would like to create a Still Life, Abstract or freestyle drawing. Participants will also receive a sketch book to continue drawing inspiration at home. All materials will be provided, you supply the creativity.



Instructor: Amanda Alguire

Saturday January 11 10:00 am - noon

**HLWW High School Art Room
\$28/ per person**

POP ART CUPCAKE PAINTING CLASS GR K-8

In this class we will be inspired by American artist Wayne Thiebaud and his well-loved dessert inspired paintings. We will paint a cupcake on a canvas with bright acrylic paints while learning about form, shape and color. We will also see a few examples of Mr. Thiebaud's famous dessert paintings. Each participant will wrap up the pop art cupcake painting class by eating a very real and delicious frosted cupcake! All materials provided; you supply the creativity.



Instructor: Amanda Alguire

Saturday April 18 10:00 am - noon

**HLWW High School Art Room
\$28/per person**

FRESH FLOWER POWER PAINTING CLASS GR K-8

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



Instructor: Amanda Alguire

Saturday March 14 10:00 am - noon

**HLWW High School Art Room
\$28/ per person**

CRAFT CLASSES GRADES 1-6

Come out and create! Each date will have different materials to work with. No matter what, it will be fun and hands on!

Instructor: Rachel Bender

SAND ART

**Monday 3:10- 4:15 pm
January 12**

**HLWW Middle School Staff Workroom
1 session/ \$13**



YARN ART

**Thursday 3:10 - 4:15 pm
January 22**

**HLWW Middle School Staff Workroom
1 session/ \$13**



FELT ART

**Tuesday 3:10 - 4:15 pm
February 3**

**HLWW Middle School Staff Workroom
1 session/ \$13**



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.

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Open to Age 13 +

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes.



Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration.

Instructor: Chords Are Key, Craig Coffman

Monday 6:30-9:30 pm
January 19

Virtual
\$60 per person

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Open to Anyone AGE 13 +

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

Topics include:

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

Instructor: Chords Are Key, Craig Coffman

Tuesday 6:30-9:00 pm
January 20

Virtual
\$64 per person



HOME TECHNICAL REQUIREMENTS FOR ALL VIRTUAL TECH ACADEMY CLASSES-

Home Technical Requirements:

- *Computer: PC (Windows 10 or later) or Mac (OSX) with at least a 2GHz processor and 4GB of RAM. Chromebooks, Tablets, and phones DO NOT Work.,*
- *Internet: Broadband internet*
- *Webcam, Microphone and Speakers*
- *Zoom Installed on Computer, zoom link will be sent before class.*
- *Students should be comfortable using a PC, mouse, and keyboard.*

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

MULTIPLAYER MINECRAFT: CITY BUILDER GR 1-6

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. Additional Technical Requirement: Minecraft Java Edition (\$30; more information will be provided before class)

Instructor: Tech Academy

Saturday 9:00 am - noon
January 17

Virtual
1 session / \$54

DUNGEONS & DRAGONS ONE SHOT GR 3-6

Join us on an epic adventure for all ages and experience levels. D&D is a timeless role-playing game that helps kids develop math, storytelling, and collaboration skills. Work in small groups of 4-7 students to complete this one-shot campaign!



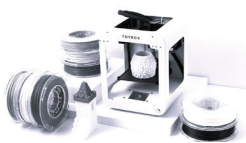
Instructor: Tech Academy

Tuesdays 6:00-8:00 pm
January 20 & 27

Virtual
2 sessions / \$67

INTRO TO 3D PRINTING GR 2-5

This 3D printing camp takes students through the 3D printing process from start to finish. Students will design their own keychains! No 3D printing experience is necessary, but familiarity with common tasks like using a computer and keyboarding is required. One design will be printed offline and mailed home. Additional Technical Requirement: TinkerCAD Website (login information is provided during class)



Instructor: Tech Academy

Saturdays 9:00 am - noon
January 24 & 31

Virtual
2 sessions / \$83

CLOUD GAME DEVELOPMENT GR 1-3

Online Virtual Class: Learn about the exciting process of cloud and mobile app development with this hands-on class. We will create our own Flappy Bird game. Students will use Constructs 3, a visual coding platform that teaches students the basics and structure of programming and game design. Computer skills are needed (this includes good keyboard and mouse skills). Additional Technical Requirements: Constructs Website- Constructs Account (sign up information will be provided before class)

Instructor: Tech Academy

Wednesdays 6:00-8:00 pm
February 4 & 11

Virtual
2 sessions / \$67

VIDEO GAME DESIGN GR 4-8

Online Virtual Class: 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. Additional Technical Requirements: Constructs Website- Constructs Account (sign up information will be provided before class)



Instructor: Tech Academy

Saturday 9:00 am - noon
February 7

Virtual
1 session / \$52

VIDEO PRODUCTION FOR YOUTUBE: PODCASTING & VLOGGING GR 2-6

Online Virtual Class: Learn how to produce a YouTube video - Learn the ins and outs of producing your own podcast. Explore ideas, make a script map, and more. We will also go over refining your audio using Audacity. Edit your video, add transitions, insert a soundtrack. Then share your finished video with the world. Additional Technical Requirement: Cell phone, video camera or external webcam, Wondershare Filmora (download instructions and sign-up information is provided before class)



Instructor: Tech Academy

Tuesdays 6:00 - 7:30 pm
February 17 & 21

Virtual
2 sessions / \$53

INTRO TO AI CODING GR 3-6

Online Virtual Class: We will introduce kids to the



fundamentals of coding and artificial intelligence through Scratch; a visual programming language designed for young learners. Campers engage in hands-on projects and

collaborative activities that build foundational coding skills while exploring how AI works in fun and creative ways.

Instructor: Tech Academy

Saturday 9:00 - 11:00 am
February 28

Virtual
1 session / \$38

YOUTUBE VIDEO PRODUCTION GR 3-7

Online Virtual Class: Learn how to create content for YouTube! Students will practice tricks that pro 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! Additional Technical Requirements: Cell phone, video camera or external webcam, Wondershare Filmora (download instructions and sign-up information is provided before class)



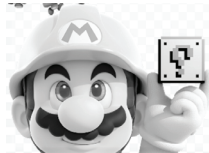
Instructor: Tech Academy

Saturdays 9:00 - 11:00 am
March 7 & 14

Virtual
2 sessions / \$67

SUPER MARIO THEMED GAME CODING GR 2-5

Online Virtual Class: In this class, we introduce students to programming concepts using Scratch. Scratch is a drag-and-drop creative coding platform developed by



MIT. Students will be instructed to make a Mario Kart-style game. Then, select custom characters and tracks to personalize their games. Additional Technical Requirement: Scratch Website-Scratch Account (sign-up information

will be provided before class)

Instructor: Tech Academy

Saturday 9:00 - 11:00 am
March 28

Virtual
1 session / \$36

MULTIPLAYER MINECRAFT: POKE-MODS GR 1-6

Online Virtual Class: Join us for an unforgettable Minecraft adventure where you'll explore the world of Pokémon like never before.

In this multiplayer camp, you'll learn how to build your own Pokémon world. Create stunning landscapes, iconic locations, and even your own custom Pokémon using the Pixlmon mod.



Create and use Pokémon themed mods, to create Gym battles. Discover hidden secrets, rare Pokémon, and exciting challenges throughout the Minecraft world. Bring a USB drive to save your games on the last day. Minecraft is a Mojang Studios trademark. This camp is not affiliated with them. Additional Technical Requirement: MCreator (download instructions and setup information will be provided before class), Minecraft Java Edition (\$30, not required for the class, but is needed to use the mods later)

Instructor: Tech Academy

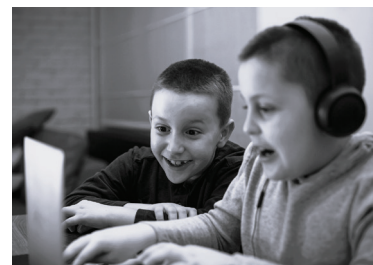
Thursdays 6:00 - 8:00 pm
March 19 & 26

Virtual
2 sessions / \$48

MULTIPLAYER MINECRAFT: BLOCK HUNTER & MINI GAMES GR 1-5

Online Virtual Class: Join us in this new multiplayer

Minecraft class as we play this hide-and-seek game. Hunters will work together to find the hidden blocks and animals on our new adventure map. Get ideas to create your own mini-games. Additional Technical Requirement: Minecraft Java Edition (\$30, more information will be provided before class)



Instructor: Tech Academy

Saturdays 9:00 - 11:00 am
April 11 & 18

Virtual
2 sessions / \$67

ONLINE REGISTRATION
hlwww.ce.eleyo.com



ACT Test Preparation

Reach your potential

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.

Sundays 1:00 -4:00 pm
January 11, 18, 25, February 8
Virtual
4 sessions / \$180

Sundays 1:00 -4:00 pm
March 1, 8, 22, 29
Virtual
4 sessions / \$180

Sundays 1:00 -4:00 pm
May 3, 10, 17, 31
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

HLWW SPRING DANCE CLASSES & SHOW



Join Coach Mel this Fall/Winter as we learn fun dances to perform at a Spring Dance Show: "DANCING THROUGH THE DECADES" May 9 at 1 pm in the HLWW 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.

February 23rd - May 7th with the Dance Show 1 pm on Saturday, May 9th!
 ***No Classes on March 23, 24, & 26 and April 20, 21 & 23

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

Mondays 5:45 - 6:45 pm
**dancers will learn 2 dances in this class*
 \$115, includes 9 - 60 min classes plus Dance Show T-Shirt!

1st-5th Grade Jr. Tap

Mondays 6:45 - 7:15 pm
 \$65, includes 9 - 30 min classes plus \$10 tap board rental fee to use in class and at dance show. ***dancers will need Tap Shoes for this class!*
****Tap Class tuition does not include Dance Show T-Shirt; if a dancer would like a t-shirt, Coach Mel will assist in ordering.*

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

Mondays 7:15 - 8:15 pm
**dancers will learn 2 dances in this class*
 \$115, includes 9 - 60 min classes plus Dance Show T-Shirt!

Preschool Jazz

Tuesdays 5:45 - 6:30 pm
 \$95, includes 9 - 45 min classes plus Dance Show TShirt!

Kindergarten Jazz

Tuesdays 6:30 - 7:15 pm
 \$95, includes 9 - 45 min classes plus Dance Show TShirt!

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

Tuesdays 7:15 - 8:15 pm
**dancers will learn 2 dances in this class*
 \$115, includes 9 - 60 min classes plus Dance Show T-Shirt!



Special Session: 1st-12th Grade POM Dance

Thursdays 5:45 - 6:45 pm
Open to all 1st-12th Graders, this class will be a production for our closing dance show song. Dancers will receive a pair of pom-poms to perform and keep from this class. They will also receive a themed T-Shirt to wear for the performance and keep.

\$125, includes 9 - 60 min classes plus poms and themed top to perform with at dance show and keep afterwards.

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

Thursdays 6:45 - 7:45 pm
**dancers will learn 2 dances in this class*
 \$115, includes 9 - 60 min classes plus Dance Show T-Shirt!

6th-12th Grade Sr. Tap

Thursdays 7:45 - 8:15 pm
 \$65, includes 9 - 30 min classes plus \$10 tap board rental fee to use in class and at dance show. ***dancers will need Tap Shoes for this class!*
****Tap Class tuition does not include Dance Show T-Shirt; if a dancer would like a t-shirt, Coach Mel will assist in ordering.*

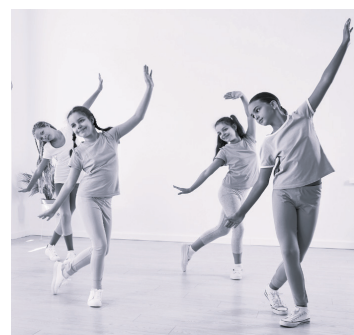
For classes: dancers should wear comfortable clothes that are easy to move in. Preferred dance shoes like ballet or jazz are encouraged, but tennis shoes work great as well. **Hip Hop classes should wear tennis shoes! **Tap classes will need to wear tap shoes!*

The Dance Show: 1 pm on Saturday, May 9. More information to be shared during the start of dance session. Dancers should wear their Dance Show 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.

Price per dancer also includes Dance Show admission for dancer, friends & family!

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



LAKER KINDERGARTEN BASKETBALL CLUB

Open to all Boys & Girls in Kindergarten



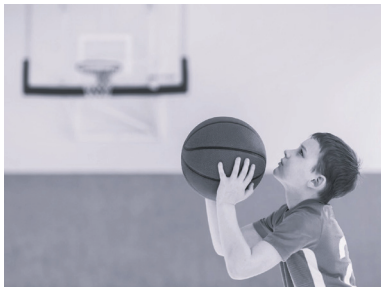
Sessions will include work on individual and team skills. Participants will be recognize once during the starting lineup announcements before a varsity basketball game. Participants must wear gym shoes. Participants will receive a t-shirt. Wear the t-shirt to regular season varsity games to receive free 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

BASKETBALL SHOOTING CLINICS GR 1-3 & GR 4-7

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



Instructors Coaches James Carr, Drew Waldbillig & Others

Saturdays
April 11, 18, 25

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

HLWW Activities Center
3 sessions / \$28

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

\$70 per participant (may not be guaranteed a t-shirt)



ONLINE REGISTRATION
hlww.ce.eleyo.com

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)**

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.

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.**

January session **January 6, 20, 27**

Tuesdays
(3 lessons)

Rollers	6:30-7:30 pm	\$30
Flippers	7:15-8:45 pm	\$45

January session **January 7, 14, 21, 28**

Wednesdays
(4 lessons)

Mini Tumblers	6:30-7:15 pm	\$37
Twisters	7-9 pm	\$82

February Session **February 3, 10, 17, 24**

Tuesdays
(4 lessons)

Rollers	6:30-7:30 pm	\$40
Flippers	7:15-8:45 pm	\$60

February session **February 4, 11, 18, 25**

Wednesdays
(4 lessons)

Mini Tumblers	6:30-7:15 pm	\$37
Twisters	7-9 pm	\$82

March Session **March 3, 10, 17**

Tuesdays
(3 lessons)

Rollers	6:30-7:30 pm	\$30
Flippers	7:15-8:45 pm	\$45

March session **March 4, 11, 18**

Wednesdays
(3 lessons)

Mini Tumblers	4:45-5:30 pm	\$28
Twisters	5:30-7:30 pm	\$62

April Session

March 31, April 7, 14, 21, 28

Tuesdays
(5 lessons)

Rollers	4:30-5:30 pm	\$50
Flippers	5:30-7 pm	\$75

April session **April 1, 8, 15, 22, 29**

Wednesdays
(5 lessons)

Mini Tumblers	4:45-5:30 pm	\$47
Twisters	5:30-7:30 pm	\$103

MAGA LAUNCHERS SPRING POST-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.

April MAGA post-season session

Thursdays 6:15-8:30 pm

April 2, 9, 16, 23, 30

5 lessons / \$113

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.

GYMNASTICS BUDDIES

Open to youth of all ages. Come meet and practice with the HLWW High School Gymnastics teams. Each night participants will get to work out with the gymnasts. Space is limited to the first 12 participants each night.

Instructor: HLWW Gymnasts and Coaches



Friday 5:00-6:00 pm

January 16

Humphrey Hall Gymnastics Gym at MAWSECO

Free Opportunity

Friday 5:00-6:00 pm

February 6

Humphrey Hall Gymnastics Gym at MAWSECO

Free Opportunity

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**

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 a Today's Driving School licensed instructor 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.



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 Minnesota 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.

SCAN ME

GED testing in Monticello

Appointments required. All students must set up an account on ged.com to schedule the Official GED tests. Tests are available in English and Spanish.

9:00 am-3:00 pm on Tuesdays/Thursdays and several 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. Send us a message at <https://westabe.monticello.k12.mn.us/contact> or 763-272-2040 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 4-6:30 pm
Ongoing, start anytime
Instructor: Vicki Larson

ABE/GED PREP

none at this site at this time.

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.

pick one of four date options

Monday, December 15

Monday, March 23

Monday, April 27

Monday, June 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

AN INTRODUCTION TO VOICEOVERS

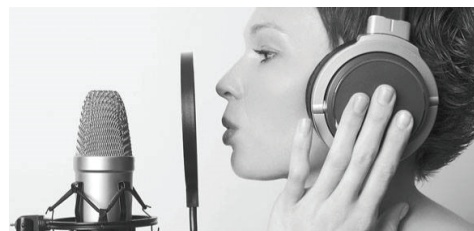
Getting Started In Voice Acting

Receive a comprehensive introduction into the voice over industry from a working voice actor. Read a script and receive coaching while your instructor creates a professional voiceover evaluation.

Learn

more: www.voicesforall.com

for 18 and over. Upon registration you will be contacted by VFA to schedule your class for a time of your convenience. Requirements: Students must have Internet Access and Video Chatting capabilities using a method such as: Zoom, or iChat/FaceTime (Mac/iOS).



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

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@hlww.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

ADULT VOLLEYBALL LEAGUE

Open to Co-ed teams of all abilities with individuals 18 and up. Depending on the number of teams who register, we may divide between an A level or B level, when registering, please choose where you think your team would fit. Spring league schedule will be sent out closer to the start. We aim to have most nights where each team would play 2 matches. There may be weeks with byes, depending on the number of teams registered.



Mondays 6:30- 8:30 pm
March 30, April 6, 13, 20, 27
HLWW Activity Center
\$90 per team

OPEN GYMS

\$1/Student, \$2/adult \$6/family max
 Students grades 6 and under must be accompanied by an adult.

Pickleball

Wednesdays 6-8:30 pm
December-April
 No pickleball open gym Dec 24, 31, Mar 25

Basketball/Volleyball

Sundays 5-8 pm
January 4-May 17
 No Open Gym Feb 15, Mar 22, Apr 5

EASY PARTNER DANCING

Looking for a fun way to move, connect, and try something new? This easygoing class is perfect for couples who want to enjoy dancing together —whether it's for an upcoming event or simply for a unique date. You'll learn simple patterns and turns based on classic ballroom moves, all set to your favorite music—from old-school tunes to today's top hits. No pressure, no stress—just a relaxed, supportive environment where everyone can have a great time. Think you have two left feet? You're in the right place! This class is beginner-friendly and designed to make dancing fun and easy for everyone. Couples stay partnered. Wear something comfortable and come ready for a fun time with your special person! For more information, visit www.ConstantineDance.com. This class is offered in partnership with Watertown Mayer Community Education.

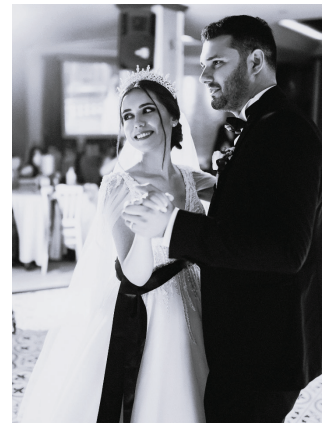


Winter Dates: Thursday, Jan. 15, 22, 29
Time: 6:30-7:45pm

Location: WM Community Learning Center
Price: \$110 per couple

WEDDING DANCE RESCUE

Your wedding day is nearing, and you don't know how to dance. Not to worry! This fun two-hour lesson will teach you and your partner everything you need to know to make your first dance much more interesting than shifting awkwardly from side to side. Learn an easy entrance, classic steps, simple sways, fancy twirls, and a romantic dip! Then, capture it on your camera to continue practicing up until the wedding day. Class is open to wedding couples and any other special pairings included on your wedding day. To reach the instructor in advance, visit www.ConstantineDance.com. See song ideas there, too! This class is offered in partnership with Watertown Mayer Community Education.



Spring Date: Monday, April 6th
Time: 6:30-8:30pm

Location: WM Community Learning Center
Price: \$80 per couple

TRADITIONAL SOUTHERN COOKING - A DINNER

Beginning in the 1690's, food in the U.S. deep south was heavily influenced by early settlers from France, Germany and Spain. Slaves from Senegal, Africa, then Cuban refugees and Cajuns from Nova Scotia, Canada also contributed to the medley of flavors using the wealth of local seafood, vegetables, poultry, livestock and of course pecans.



Join us in creating a memorable meal to included: Crab Dip, traditional Cheese Straws, Gumbo, Jambalaya, Red Beans and Rice, buttermilk Biscuits, Cheese Grits, Pecan Praline candy and traditional Bread Pudding with Bourbon Sauce. We may add a few more recipes!

Instructor: Laurel Severson

**Monday 6:00 - 9:00 pm
April 13**

**HLWW Foods Room
\$39 Per Person Includes Supply Cost**

COOKIE MONSTERS FOR KIDS (AND ADULTS)

Kids, their favorite adult and cookies... what a terrific combination! Designed for kids age 6 and up, you will create and take home 6 kinds of cookies. Rolled Sugar Thins will be ready for kids to paint and original designs using food coloring and paint brushes. Kids and adult helper will mix, shape and bake the famous Peanut Butter Balls. Already mixed and ready for shaping will be Chocolate Mint, Pepper nuts, Sugar Drops to be dipped in assorted sprinkles and finally multi-colored Spritz cookies. Bring containers to transport your cookies home to enjoy immediately or freeze them.



Instructor: Laurel Severson

**Saturday 9:00 am - noon
February 21**

**HLWW High School Foods Room
\$38 per youth & adult pair includes supply cost**

FESTIVE SPRING SALADS

Head into spring with a Wild Rice and Breast of Chicken Salad or Wild Rice with Fresh Mushrooms and Cashews. We will also feature a vegetarian main dish using multi-colored peppers and the unique grain, Quinoa. What could be more refreshing than a fruit and salad combination of cantaloupe and strawberries with orange sauce? Equally as pretty is Raspberry-Spinach Salad with Glazed Pecans. Then round out the evening with 3 easy dressings for your favorite combination of assorted garden greens - Feta Cheese, Creamy Blue Cheese and Orange Dressing. You will be ready for family and friends and spring.



Instructor: Laurel Severson

**Tuesday 6:00 - 9:00 pm
April 28**

**HLWW High School Foods Room
\$39 Per Person Includes Supply Cost**

CLASSIC TRUFFLES- CHOCOLATE OF COURSE!

Truffles are delicious and easy to create for you or for giving. We will dip truffles in chocolate or roll them in chopped nuts, cocoa, flaked coconut or chocolate sprinkles. Truffle centers may be a plain rich chocolate or they may be flavored with espresso or liqueurs. You can decide to place a surprise pecan half, whole almond or a candied cherry in the center too! Assorted round chocolate truffles are a delight for your taste buds and a pleasure for your eyes in their decorative candy cups. Expect to take home an assortment of 25 exquisite truffles!



Instructor: Laurel Severson

**Monday 6:00 - 9:00 pm
March 23**

**HLWW High School Foods Room
\$37 Per Person Includes Supply Cost**

FUELING FOR SUCCESS: WEIGHT MANAGEMENT SERIES

All classes 6:30 - 7:30 pm

Class is offered virtually

\$39 per participant for the three-part 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

- Wednesday, January 14th

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

- Wednesday, January 21st

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

- Wednesday, January 28th

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.

PLANT-POWERED NUTRITION

Discover the benefits of a plant-forward diet with practical and delicious ways to include variety into your routine.

Instructor: Taylor Cain, MS, RDN

Wednesday 6:00-7:00 pm
February 25

Virtual
1 session/ \$15



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!

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.



Dish it up Good

DISHING MADE SIMPLE

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.

SOUP ROTATION EXPANSION! SOUP & BREAD BOWLS: CREAMY CHICKEN & WILD RICE, LOADED POTATO & ITALIAN BREAD BOWLS! (Instant Pot® or Stove Top)

Warm, comforting soups are always a welcome treat—and what could be better than serving them in fresh, homemade Italian Bread Bowls? During this fun cook-along class, you'll make two delicious soups using the instructor's personal recipes: Creamy Chicken & Wild Rice



and Loaded Potato—plus amazing bread bowls baked from scratch. Choose one soup to cook along with (and watch the other demonstrated), or make both! Recipes are taught step-by-step for either the Instant Pot® or stovetop, so you can cook with whatever tools you have. These no-fail original recipes will quickly become family favorites!

Equipment Needs: Electric Multi-Cooker such as an Instant Pot® (optional), heavy bottom soup pot, a stand-mixer and dough hook are also recommended for the making of the bread bowls. If stand mixer is not available, dough can be made by hand. More info will be provided in the ingredient list packet.

Instructor: Tess Georgakopoulos

Saturday 4:00 - 6:30 pm
January 24

Virtual
1 session/ \$40

PIZZA PERFECTION MAMA'S FOCACCIA PAN-STYLE & PRETZEL CRUST PIZZAS

Pizza night at home will never be the same! Turn your kitchen into your very own pizzeria in this during this cookalong experience with Tess. Together, you will craft two completely different gourmet pizzas from start to finish—each with its own unique dough, sauce, style and flavor.

First up: Tess' Greek-inspired "Mama's Focaccia Pan-Style Pizza"—a party-sized, soft-crust favorite enjoyed by Greek families worldwide. Then, take pizza night in a whole new direction with Tess' Signature Pretzel Crust Pizza, featuring that iconic chewy, salty bite everyone loves.

Along the way, you'll master two types of pizza dough, two scratch-made sauces (one for each style of pizza) and insider tips that will elevate your homemade pizza game to rival any pizzeria. This one-of-a-kind cook-along is about discovering the joy of pizza nights done right, creating pizzas that are fun, flavorful, and endlessly satisfying and memory filled!

On the menu: Tess' Mama's Focaccia Pan-Style Pizza (Focaccia's Greek Cousin!), Tess' Signature Pretzel Crust Pizza, and two unique pizza sauces (one for each style of pizza).

Equipment Needs: A stand-mixer with dough hook attachment is recommended if making both types of pizza dough. Mama's style pizza requires a sheet-pan, Pretzel Crust pizza requires pizza pan or sheet pan. More info will be provided in the ingredient list packet.

Instructor: Tess Georgakopoulos

Saturday 4:00 - 6:30 pm
January 17

Virtual
1 session/ \$50

CLASSIC EUROPEAN SWEETHEART DELIGHTS: TIRAMISU & STOOPWAFLES

Celebrate this Valentine's Day with a sweet culinary adventure across Europe! You will learn to create two beloved classic desserts: a dreamy, velvety Italian Tiramisu (using Tess' unique signature no-raw-egg-method), and authentic Dutch Stroopwafles prepared completely by hand during this NEW real-time cook-along experience. Together we will mix the dough, make the gooey stroop filling, cook them in a special waffle iron and assemble them with an optional heart shaped twist.



Cook-along with one dessert or both—it's totally up to you! Perfect for families, friends, couples, or solo bakers of any skill level, this class is all about learning to create classic irresistible treats to enjoy with loved ones on Valentine's Day or throughout the year.

Tiramisu Equipment Needs: Stand-mixer with whisk attachment.

Stoopwaffle Equipment Needs: Stand-mixer with paddle attachment, and inexpensive stroopwaffle iron (also know as a "Belgian Cookie Iron"), similar to those used for making Pizzelle. More info will be included in the ingredient list packet. A small investment that will last a lifetime, as will the memories it helps to create!

Instructor: Tess Georgakopoulos

Saturday 4:00- 6:30 pm
January 31

Virtual
1 session/ \$40

KICKOFF KITCHEN! HOME-BAKED SOFT SUBS & HAWAIIAN ROLL SLIDERS

Bring big flavor and fun to game night, or any night, while celebrating the art of scratch baking with soft, bakerystyle submarine rolls and pillowy Hawaiian rolls that outshine anything found in stores. Once the doughs are perfected, shaped and baked, the sub rolls will be transformed into irresistible submarine sandwiches layered with bold spreads, zesty vinaigrette, and fresh fixings, while the Hawaiian rolls are turned into golden sliders, filled with savory, melty goodness and brushed with buttery garlic glaze. You'll even learn how to adjust the sweetness of your Hawaiian rolls to match your personal taste. This will be an engaging, interactive cook-along experience that blends hands-on techniques with unforgettable flavor—ideal for game-day spreads or year-round crowd-pleasing family favorites.

Equipment Needs: A stand-mixer and dough hook attachment is highly recommended if making both types of dough. More information will be included in the ingredient list packet.

Instructor: Tess Georgakopoulos

Friday 5:30 - 8:00 pm
January 30

Virtual
1 session/ \$40



A TASTE OF TUSCANY: HANCRAFTED RICOTTA GNOCCHI MEAL

Step into the world of Italian-inspired elegance with this hands-on culinary experience. You'll learn to create ricotta gnocchi—delicate, cloud-like morsels of goodness prized for their refined melt-in-your-mouth texture and subtle flavor. Far from ordinary, these handcrafted bites capture the essence of rustic Italian cooking while bringing a touch of sophistication to your table. Once prepared, the gnocchi will be turned into a restaurantworthy meal, married with a velvety herb-kissed Tuscan cream sauce and paired with tender chicken. A beautiful soft, French-style loaf of bread will be baked to accompany this luxurious dish. This interactive cook-along is more than a class—it is an experience, an invitation to savor, to learn, and to bring the taste of Tuscany into your home.



Equipment Needs: A stand-mixer and dough hook attachment is recommended for the bread. A Gnocchi board is optional. More information will be included in the ingredient list packet.

Instructor: Tess Georgakopoulos

Friday 5:30 - 7:30 pm
February 20

Virtual
1 session/ \$35

FLAKY JAMAICAN MEAT PATTIES/ HAND PIES!

Bring the vibrant flavors of Jamaica into your kitchen and experience the warmth of the Caribbean! During this cook-along experience you will learn to make a classic Jamaican hand pie (known as a meat patty) from the golden flaky pastry to the savory spiced meat-filling full of Island-Inspired flavor! You will also learn how to customize the seasoning and heat level to your taste! Tess will guide you through the process step-by-step. The best tricks for freezing and reheating will also be shared so you can enjoy these hand pies anytime.



Equipment Needs: A food processor is recommended for the pastry, or a pastry cutter can be used. Rolling pin. More information will be provided in the ingredient list packet.

Instructor: Tess Georgakopoulos

Saturday 4:00 - 6:00 pm
February 28

Virtual
1 session/ \$35

BULGOGI KIMBAP: KOREAN SIGNATURE RICE ROLLS

Kimhap is Korea's answer to the perfect rice roll—similar in shape to sushi, yet uniquely its own with savory cooked fillings that create distinctive flavors and textures. Join Tess for this, fun filled cook-along adventure and explore the art of making Bulgogi Kimhap rolls from start to finish, rivaling any you wild find in a restaurant. From seasoning the rice, to marinating and cooking Bulgogi, preparing colorful vegetables (including a quick pickle), and crafting a delicate omelet you'll bringing everything together into beautiful hand-rolled Kimhap. Along the way, you will discover the key difference between sushi and Kimhap, practice rolling and shaping techniques and enjoy the bold, balanced flavors of your creation. Whether you are a busy home cook or a curious foodie, you will leave with new skills, fresh inspiration, and the confidence to turn simple ingredients into a variety of healthy, delicious, gourmet kimhap.

Instructor: Tess Georgakopoulos

Saturday 4:00 - 6:30 pm
March 7

Virtual
1 session/ \$40

FOCACCIA, STROMBOLI & CALZONES! OH MY!

What makes a Focaccia a Focaccia, a Stromboli a Stromboli, and a Calzone a Calzone? How are they different? How are they the same? Discover the delicious answers to these questions as we explore the world of unique rolled & stuffed pizzas, marvelous focaccia bread, and an out-of-this-world pizza



sauce made from the instructor's own personal recipes. Using two different types of homemade dough—one crafted for pizzas and the other for the focaccia, you'll learn how to create these Italian-inspired favorites step-by-step with confidence and ease. Participants are welcome to make them all or simply pick and choose their favorites to cook-along with, personalizing each creation with toppings and fillings of their choice. With rave reviews from past participants, this fun and flavorful experience just might make takeout pizza a thing of the past!

Equipment Needs: A 9x13 non-stick baking pan or a larger sheet pan will be needed for the focaccia bread. Additional sheet pans will be needed for the Stromboli and the Calzones. A stand mixer is highly recommended in order to be able to make the dough for both options during the class.

Instructor: Tess Georgakopoulos

Saturday 4:00 - 6:30 pm
April 25

Virtual 1 session/ \$40

MEDITERRANEAN CHICKEN GYRO MEAL!

Bring the flavors of the Mediterranean right into your own kitchen with this lively Cook-Along Experience! Under the guidance of an instructor with over 45 years of experience in Mediterranean cuisine—and a proud descendant of Spartans—you'll learn how to craft a full-flavored mouthwatering chicken gyro meal that will transport your taste buds straight to Greece. Together we'll create tender perfectly seasoned chicken gyro made indoors, along with cool and refreshing traditional tzatziki, golden oven-roasted Greek lemon potatoes, soft and pillowy homemade pita bread, and full flavored drizzle and salad dressings. With step-by-step instruction, you'll discover how to bring the vibrant, fresh, and unforgettable taste of Greece to your own table—no plane ticket required!



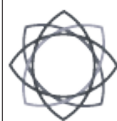
Instructor: Tess Georgakopoulos

Saturday 4:00 - 6:30 pm
May 9

Virtual
1 session/ \$40

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.



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.*

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

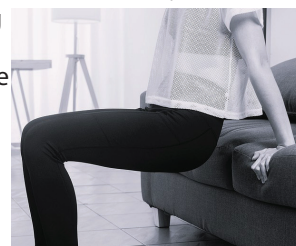
Ever caught your own reflection to see that your head hangs too far forward, or your shoulders are too rounded, or you slump too much? You will learn how to correct common posture problems and learn an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy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

Instructor Janice Novak, of Improve Your Posture

Monday 6:00 – 7:30 pm
January 12
Virtual 1 session/ \$25

HIPS, THIGHS & OTHERWISE

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
January 13
Virtual 1 session/ \$25

Monday 6:00 – 7:30 pm
May 4
Virtual 1 session/ \$25

SEVEN STEPS TO REVERSE OR PREVENT DIABESITY

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



Instructor Janice Novak, of Improve Your Posture

Wednesday 6:00 – 7:30 pm
January 14
Virtual
1 session/ \$25

Tuesday 6:00 – 7:30 pm
May 5
Virtual
1 session/ \$25

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

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

Tuesday 6:00 – 7:30 pm
May 12
Virtual
1 session/ \$25

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

Tuesday 6:00 – 7:30 pm
January 20
Virtual
1 session/ \$25

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

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

Monday 6:00 – 7:30 pm
January 26
Virtual
1 session/ \$25

Monday 6:00 – 7:30 pm
May 18
Virtual
1 session/ \$25

Additional classes by Janice Novak listed on the Community Education registration site.
hlww.ce.eleyo.com

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

Tuesday
January 27
Virtual
1 session/ \$25

6:00 – 7:30 pm

HEART HEALTH FOR WOMEN

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

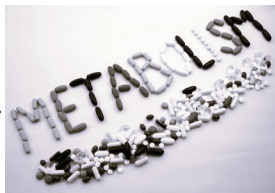
Instructor Janice Novak, of Improve Your Posture

Monday
February 2
Virtual
1 session/ \$25

6:00 - 7:30 pm

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

Tuesday
February 3
Virtual
1 session/ \$25

6:00 – 7:30 pm

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.



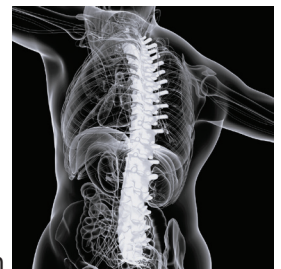
Instructor Janice Novak, of Improve Your Posture

Monday
February 9
Virtual
1 session/ \$25

6:00 – 7:30 pm

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

Tuesday
February 10
Virtual
1 session/ \$25

6:00 – 7:30 pm

Tuesday
May 19
Virtual
1 session/ \$25

6:00 – 7:30 pm

ACUPRESSURE TO RELIEVE STRESS, ANXIETY & INSOMNIA

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

Instructor Janice Novak, of Improve Your Posture

Monday 6:00 - 7:30 pm
February 23
Virtual 1 session/ \$25

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

Tuesday 6:00 - 7:30 pm
February 17
Virtual 1 session/ \$25

WOMEN, WEIGHT & HORMONES

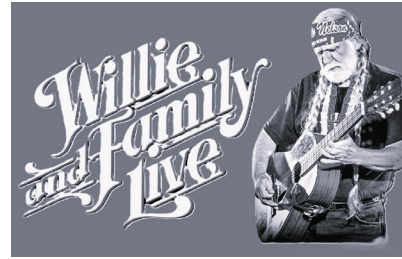
Are you finding no matter how well you watch what you eat or how much you exercise weight is not budging? Your inability to lose weight probably has more to do with hormone levels than anything else. Until imbalances are corrected, trying to lose weight will be like shoveling sand against the tide. We'll 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

Tuesday 6:00 - 7:30 pm
February 24
Virtual 1 session/ \$25

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 shows 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

HOW DEEP IS YOUR LOVE

At the Ives Auditorium in Bloomington we'll begin with an included lunch of meatloaf, cheesy potatoes, green bean almonidine, winter salad (apple-pear salad), 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 How Deep Is Your Love. In celebration of Valentine's Day, Sidekick Theatre presents a new concert from Brian Pierce which is a journey through three decades of timeless love songs featuring hits from Elvis Presley, the Righteous Brothers, the Temptations, the Bee Gees, the Carpenters, the

Eagles, Billy Joel and more. Showcasing your favorite Sidekick musicians and vocalists performing such songs as "Unchained Melody," "My Girl," "Best of My Love," "How Sweet It Is (To Be Loved By You)," "Every Breath You Take" and of course "How Deep Is Your Love". *Co-sponsored with Community Club Tours.*

Friday, February 13

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 / \$103 pp

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

THE GRASS ROOTS

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for The Grass Roots. In 1965, Rob Grill and three others teamed up with hit producer Steve Barri (The Mamas & The Papas, Tommy Roe, Four Tops, Dusty Springfield) to form The Grass Roots, who went on to chart 29 singles—13 gold—along with two gold albums and one platinum album. Ranking among only nine bands in rock history, including The Beatles, with more Billboard Hot 100 hits, The Grass Roots have remained a staple on Classic Rock radio for nearly 50 years. Top 40 hits include: Let's Live for Today, Midnight Confessions, Sooner or Later, & Temptation Eyes. *Co-sponsored with Community Club Tours*

Thursday, March 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 / \$105 pp

BEETHOVEN SYMPHONY NO. 9

Highway 12 Adult Day Trip: Orchestra Hall - Minneapolis

Pachamama is the word for Mother Earth in the Inca-Quechua language. The ode that Pachamama meets is from Beethoven's Ninth Symphony. Along with it is a connection to the Industrial Revolution of Beethoven's time. Composer Gabriela Lena Frank's message is that "Gifts from the past—especially odes—must be looked at with new and searching eyes."

Program: Frank Pachamama Meets an Ode, Beethoven Ah! Perfido, Beethoven Symphony No. 9, Choral

Artists:

Conductor - Eun Sun Kim
Mezzo - Taylor Raven
Baritone - Jarrett Ott

Minnesota Orchestra
Soprano - Mei Gui Zhang
Tenor - Jack Swanson



Thursday, March 19

9:05 am Depart Howard Lake MAWSECO Education Center, 720 9th Avenue, south parking lot

11:00 am - Beethoven Symphony No. 9 Performance (2 hours with intermission)

1:30-3:00 pm Lunch

4:00pm return to Howard Lake

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

1 session / \$90 pp, includes motor coach transportation, a ticket to the show & the lunch buffet. Lunch includes Creamy Chicken Breast with Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Desserts, Coffee, Decaffeinated Coffee and Hot Tea. Registration deadline: Feb 6. *Co-sponsored with Highway 12 Trippers.*

BIRTHDAY CANDLES

At the Ives Auditorium in Bloomington 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 head to the theatre for Birthday Candles! The ingredients for the cake are simple: eggs, butter, sugar, salt. Look closer, though, and you'll see the essence of life itself. Every year, Ernestine bakes a cake and celebrates with her family on her birthday — a delicious ritual that unfolds onstage across 90 years of birthdays. Meet Ernestine and the people who sweeten her life every year on this day as she grows from 17 to 107 years old. Through glimpses of Ernestine's life as the years go by, Birthday Candles tenderly explores motherhood, family, love, loss and finding your place in the universe. *Co-sponsored with Community Club Tours.*



Thursday, April 23

Pick up 9:15 am and drop off 5:30 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

GUYS AND DOLLS

Highway 12 Adult Day Trip: Chanhassen Dinner Theatre

For the first time in over 35 years Chanhassen Dinner Theatres brings you a thrilling and electric staging of Guys and Dolls! From the gritty streets of New York to the colorful cafes of Havana, Guys and Dolls is a grand spectacle of



music and comedy to delight audiences of all ages. This fresh production is set in Damon Runyon's mythical New York City in a perfect balance of story, dance, music and

romance! *Co-sponsored with Highway 12 Trippers.*

Wednesday, April 22

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

11:00am-1:00pm - Lunch (Dine-in service) menu at chanhassendt.com/menus-dining/

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

4:45pm Return to Howard Lake

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

1 session / \$125 pp, includes motorcoach 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 March 11.

NOBODY'S PERFECT

Bill Kenzie is back at a new venue, the Minneapolis Scottish Rite Temple! Bill always serves a great lunch and really fun shows! Begin with an included buffet lunch of sliced smoked turkey with gravy, sliced country ham with bourbon sauce, roasted red baby potatoes with rosemary garlic, tuscan vegetable medley, raspberry vinaigrette salad with blueberries, strawberries and mandarin oranges, homemade dinner rolls with butter, assorted dessert bars, coffee, tea and water. Then it's time for Simon Williams' Nobody's Perfect. The women's publishing house called Love Is All Around is inviting new writers to submit a manuscript into a competition. Leonard is thrilled when he hears his manuscript has won the top prize, but equally disappointed to hear it can only be awarded in person to a female. To avoid forfeiting the prize, Leonard's alter ego Lulubelle Latifa is born - and the real craziness begins! Think "Some Like It Hot", "Tootsie", and "Mrs. Doubtfire" - a classic romantic comedy with a twist that has belly laughs galore. *Co-sponsored with Community Club Tours.*

Wednesday, June 10 or Thursday, June 25

Pick up 9:45 am and drop off 5:15 pm at Howard Lake City Parking Lot OR Pick up 10:00 am and drop off 5 pm at Security Bank and Trust, Winsted

1 session / \$101 pp

BIRTHDAY CANDLES

**Highway 12 Adult Day Trip: Sidekick Theatre
Performing at the Minnesota Heritage Center
(Bloomington, MN)**

The ingredients for the cake are simple: eggs, butter, sugar, salt. Look closer, though, and you'll see the essence of life



itself. Every year, Ernestine bakes a cake and celebrates with her family on her birthday — a delicious ritual that unfolds onstage across 90 years of birthdays. Meet Ernestine and the people who sweeten her life every year on this day as she grows from 17 to 107 years old. Through glimpses of Ernestine's life as the years go by, Birthday Candles tenderly explores motherhood, family, love, loss and

finding your place in the universe. This charming new play, recently on Broadway, will warm the soul. *Co-sponsored with Highway 12 Trippers.*

Thursday, May 14

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

11:30am - Lunch Buffet

1:00-3:00pm- Matinee performance (includes intermission)

4:35pm return to Howard Lake

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

1 session / \$90 pp, includes motorcoach transportation, a ticket to the show & the lunch buffet. Lunch includes Creamy Chicken Breast with Roasted Red Potatoes, Glazed Carrots, Coleslaw, Dinner Rolls, Assorted Desserts, Coffee, Decaffeinated Coffee and Hot Tea.

Registration deadline: April 23

JAY & THE AMERICANS

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for Jay & The Americans. Started by four teenage boys in 1961, Jay & The Americans is one of the lasting success stories in Rock 'N Roll history. Few bands have reached their musical heights. With a staggering 19 charted hits and nine Top 40 records from the early 1960s all the way into the 1970s, they remain one of the few artists to consistently remain at the top the charts, creating a multi-generational fanbase. Hit songs include: "Come a Little Bit Closer", "This Magic Moment", "Cara Mia", "Some Enchanted Evening", "Let's Lock the Door (and Throw Away the Key)", and "Walkin' in the Rain". *Co-sponsored with Community Club Tours.*

Thursday, July 9

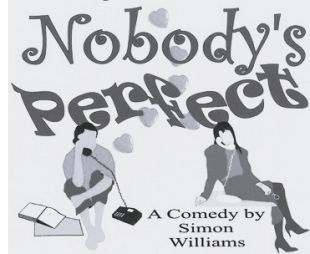
Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot OR Pick up 10:00 am and drop off 4:45 pm at Security Bank and Trust, Winsted

1 session / \$114 pp

NOBODY'S PERFECT BY SIMON WILLIAMS

Highway 12 Adult Day Trip: The Conn Theatre (Mpls, MN)

The women's publishing house called Love is all Around is inviting new writers to submit a manuscript into a



competition. Leonard is thrilled when he hears his manuscript has won the top prize, but equally disappointed to hear it can only be awarded in person to a female. To avoid forfeiting the prize, Leonard's alter ego, Lulabelle Latifa is born - and the real craziness

begins! Think some like it hot, Tootsie, and Mrs. Doubtfire - a classic romantic comedy with a twist, that has belly laughs galore. *Co-sponsored with Highway 12 Trippers.*

Wednesday, June 24

10:45 am Depart Howard Lake MAWSECO Education Center, 720 9th Avenue, south parking lot

12:15 pm - Lunch Buffet

1:15-3:15 pm - Matinee performance

4:45 pm return to Howard Lake

**All times are approximate and subject to change*

1 session / \$85 pp, includes motorcoach transportation, a ticket to the show and the lunch buffet, Lunch includes sliced smoked turkey with gravy, sliced country ham with bourbon sauce, roasted red baby potatoes with rosemary garlic, tuscan vegetable medley, raspberry vinaigrette salad with blueberries, strawberries and mandarin oranges, homemade dinner rolls with butter, assorted dessert bars, coffee, tea and water. No refunds can be issued after the registration deadline of May 20.

BUDDY HOLLY: OH BOY!

At the Coyote Moon Grille begin with an included buffet lunch then head for the St. Cloud Paramount Theatre



for Buddy Holly: OH BOY! A reminiscing of Buddy Holly's 1959 WINTER DANCE PARTY Tour. A Stellar Tribute to the music of American rock and roll icon Buddy Holly, including music of Buddy's co-stars, Frankie Sardo, Dion & the Belmonts, The Big Bopper and Ritchie Valens. Endorsed by Sonny Curtis and Jerry Allison

of The Crickets! Music direction by Gary Rue. *Co-sponsored with Community Club Tours.*

Tuesday, August 11

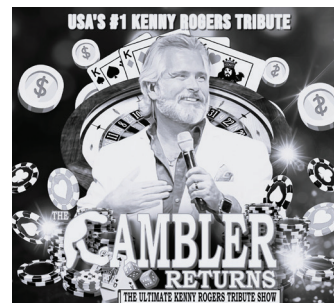
Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot OR Pick up 10:00 am and drop off 4:45 pm at Security Bank and Trust, Winsted

1 session / \$101 pp

THE GAMBLER RETURNS: THE ULTIMATE KENNY ROGERS TRIBUTE

Begin with an included buffet lunch at the Coyote Moon Grille and then head for the St. Cloud Paramount Theatre for The Gambler Returns:

The Ultimate Kenny Rogers Tribute. Join us as award winning country recording artist Alan Turner recreates the magic of a night with Kenny in the Ultimate Kenny Rogers Tribute Show, The Gambler Returns. This full band top production show will take you on a musical journey through



the career of an American Icon and Legend that sold over 120 million albums worldwide and racked up some 24 No.1 hits including "The Gambler," "Lady," "Islands In The Stream," "Lucille," "She Believes In Me" and so many more. *Co-sponsored with Community Club Tours.*

Thursday, August 27

Pick up 10:15 am and drop off 4:30 pm at Howard Lake City Parking Lot OR Pick up 10:00 am and drop off 4:45 pm at Security Bank and Trust, Winsted

1 session / \$104 pp

★ 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@hlwww.k12.mn.us
to propose a class.

★

★

★

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Community Education Instructors



Opening Doors Adults with Disabilities

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

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

BINGO

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



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

W300HL: Friday, January 9; 6-7:30 pm, 1 session/\$10, HLWW Middle School-Room E106

F303HL: Friday, February 13; 6-7:30 pm, 1 session/\$10, HLWW Middle School-Room E106

F303HL: Friday, March 13; 6-7:30 pm, 1 session/\$10, HLWW Middle School-Room E106

F303HL: Friday, May 8; 6-7:30 pm, 1 session/\$10, HLWW Middle School-Room E106

SLOPPY JOE PARTY!

Join us for a tasty adventure as we cook up one of the messiest (and most delicious!) sandwiches ever—the Sloppy Joe! Together we'll brown the beef, stir in the yummy sauce, and pile it high on a soft bun. This class is all about cooking simple, delicious food while having fun with friends.

W306HL: Wednesday, January 21; 6-7pm, 1 Session/\$9, HLWW High School, Foods room A134

CARAMEL APPLE BITES

These easy Caramel Apple Bites are the perfect sweet & salty treat. We will make them using a few ingredients, they come together in minutes and are a crowd favorite. Great for your Super Bowl party or for a healthy afternoon snack.



W327HL: Tuesday, January 27; 6-7pm, 1 Session/\$9, HLWW High School, Foods room A134

GROUNDHOG COOKIES

Groundhog Day is a traditional holiday celebrated on February 2. According to folklore, if it is cloudy when a groundhog emerges from its burrow on this day, then the spring season will arrive early. If it is sunny, the groundhog will supposedly see its shadow and retreat back into its den, and winter weather will persist for six more weeks. Come celebrate Ground Hog Day with a creative cookie recipe that we will enjoy in class!

W308HL: Monday, February 2; 6-7pm, 1 Session/\$9, HLWW Middle School-Room E106

YARN SNOWMAN CRAFT

Get ready for some cozy winter fun! In this class, we'll use soft yarn and simple cardboard forms to create a cheerful little snowman. Step by step, you'll wrap, shape, and decorate your snowman with your own creative touches. Each snowman will have its own personality—whether it's silly, cute, or festive! This easy, hands-on craft is a wonderful way to enjoy the season and make a decoration you'll be proud to take home.



W309HL: Wednesday, February 18; 6-7pm, 1 Session/\$9, HLWW Middle School-Room E106

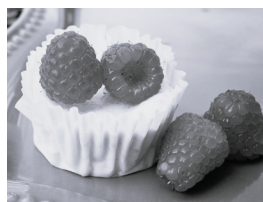
MILK JUG WINDSOCKS

Turn an ordinary gallon milk jug into a colorful windsock! We'll cut, decorate, and add streamers to create a windsock that dances in the breeze. Each windsock can be bright, cheerful, and full of personality—just like the artist who makes it. This is a fun way to recycle, get creative, and make a decoration you can hang outdoors for everyone to enjoy.

W311HL: Tuesday March 3; 6-7pm, 1 Session/\$9, HLWW Middle School-Room E106

MINI NO-BAKE CHEESECAKE CUPS

Get ready for a delicious and fun treat! In this class, you will learn how to make your very own mini no-bake cheesecake cups. Each participant will get to mix, scoop, and decorate their personal cheesecake using simple ingredients and easy steps. A sweet dessert to enjoy and share!



W313HL: Tuesday, March 31; 6-7pm, 1 Session/\$9, HLWW Middle School-Room E106

FRIED CHEESECAKE STRAWBERRY SANDWICHES

Celebrate Memorial Day weekend with a sweet and sunny treat! In this class, we'll layer creamy cheesecake filling and fresh strawberries between slices of bread, then fry them to golden perfection. It's crispy on the outside, soft and delicious on the inside—just right for a festive spring day. We'll enjoy our creations together and celebrate the start of summer fun!

W329HL: Tuesday, May 26; 6-7pm, 1 Session/\$9, HLWW High School, Room A134

EASTER EGG FUN & EGG SALAD SANDWICHES

Celebrate spring with a colorful and tasty class! Participants will first get creative by coloring and decorating Easter eggs in bright and festive designs. Then, we'll turn some of our hard-boiled eggs into delicious egg salad sandwiches. This class is a fun mix of art, cooking, and sharing food together—perfect for the Easter season!

W314HL: Wednesday, April 1; 6-7pm, 1 Session/\$9, HLWW Middle School-Room E106

SPRING FLOWER POT PAINTING & PLANTING

Welcome spring! We will paint and decorate a small flower pot using bright paints and fun designs. After the pots are finished, everyone will plant a cheerful springtime flower—such as a marigold, pansy, or petunia—to take home and watch grow.



W318HL: Wednesday, May 13; 6-7pm, 1 Session/\$9, HLWW Middle School-Room E106

FRUITY PEBBLE PARFAIT AND A FLOWER

Spring is just about ready to bloom and we have a treat and a colorful project! We will make a fruity yogurt parfait treat to eat and create a colorful flower using a variety of materials and textures. It's time to get you Bloom on!



W315HL: Tuesday, April 14; 6-7pm, 1 Session/\$9, HLWW Middle School-Room E106

CELEBRATIONS AROUND THE CONSORTIUM

BUFFALO COMMUNITY THEATER PRESENTS: "THE MUSICAL ADVENTURES OF FLAT STANLEY JR."

Join us for The Musical Adventures of Flat Stanley JR. Find out if Stanley is able to become a three-dimensional boy ever again. Based on the beloved children's book series written by Jeff Brown. Directed by Miranda Plaisted.

W319B: Thursday, February 5; 7-9 pm, 1 session/\$5, Buffalo Discovery Auditorium, Door# 2

SPRINGTIME DECORATIVE PLATTER FUN!

Get crafty and celebrate spring! We'll use Mod Podge, bright napkins, and a plate to make a one-of-a-kind springtime platter. Have fun cutting, gluing, and designing your own colorful creation—it's easy and relaxing! When we're done, you'll have a cheerful plate that's perfect for showing off or giving as a gift.

W328HL: Tuesday, April 21; 6-7pm, 1 Session/\$9, HLWW High School, Art room A133

DISABILITY RESOURCE FAIR - FREE EVENT

The purpose of this event is to provide individuals with disabilities, their families and the advocates an opportunity to connect with transition based support resources. This seminar is open to anyone in the public who is interested. We are here for you to explore, ask questions and prepare.

Tuesday, April 21; 4:30-8pm, free, Discovery Center Gym, 301 2nd Avenue, Buffalo

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

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.

PICKLEBALL

OPEN GYM

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

WEDNESDAY NIGHTS
6:00 - 8:30 PM

HLW/W ACTIVITY CENTER
DECEMBER-APRIL

NO PICKLEBALL DEC 24, 31,
MAR 25

BASKETBALL VOLLEYBALL



OPEN GYM

HLW/W ACTIVITIES
CENTER

SUNDAYS

JANUARY 4-MAY 17

EXCEPT FEB 15, MAR 22, APR 5

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

HOWARD LAKE SENIORS 50+

Activities: cooking, puzzles, chair
yoga/exercise, movies, pickleball,
Community Ed road trips, card games,
book club, presentations/speakers,
gardening and MORE.

2026 SCHEDULE

All activities will begin at 1 pm
1st & 3rd Tuesdays beginning 1/6/2026

Community Room, 817 8th Avenue

Howard Lake Public Library

Information related to Senior Group will be
on the City Facebook page as well as the
community page and other flyers.

CONTACT: TANYA 320-543-3670

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



WINSTED ARTS COUNCIL

Email winstedartscouncil@gmail.com

or message us on facebook. www.winstedartscouncil.org

HOWARD LAKE-WAVERLY-WINSTED YOUTH COMMUNITY GROUPS



4-H

Wright County Extension

763-682-7394

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

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

Head of Household 1 _____ Work Phone _____ Cell Phone _____
 Head of Household 2 _____ Work Phone _____ Cell Phone _____
 Mailing Address _____
 City _____ Home Phone _____
 E-mail address _____

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

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

Parent's Signature _____ Date _____

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

Credit Card Information: Charge my ☒ VISA ☐ MasterCard

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

Card Holder's Signature _____ UCare ID No. _____

Check Recovery Service

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

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

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

Canceled Activities

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

Refunds

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

Members of UCARE

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



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

Local
Postal Customer

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

ECRWSS

LITTLE LAKER LEARNERS PRESCHOOL REGISTRATION INFORMATION

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



Register for the 2026-27 preschool classes online at
hlww.ce.eleyo.com beginning **January 7 at noon.**

- 2 day classes for 3 year olds
- 2 & 3 day classes for 4 & 5 year olds
- Humphrey Elementary, Waverly or Winsted Elementary options
- Limited financial assistance currently available

LAKER CARE

33 Months - 6th Grade

Locations: HLWW Middle School
Humphrey Elementary, Waverly
and Winsted Elementary

Register for the summer and fall 2026
PreK (age 33 months-5 years) and School Age
(grades K-6) Laker Care Child Care online at
hlww.ce.eleyo.com beginning **January 7 at noon.**



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

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