

# WE HAVE A CLASS FOR THAT:

ARTS & CRAFTS, FAMILY EVENTS, FITNESS & RECREATION,  
HEALTH & WELLNESS, CULINARY, MUSIC,  
POOL ACTIVITIES, AND MORE!



## Community Education ITASCA AREA SCHOOLS COLLABORATIVE

JANUARY 2024 - JUNE 2024



### LOOK INSIDE:

**Dog Obedience** PG 5

**Wild Mushrooms 101** PG 8

**Fashion Design & Sewing** PG 12

**Junior Naturalists** PG 34



**NEW GRAND RAPIDS LOCATION**  
601 SW 7th Street, Grand Rapids

**getlearning.org**



Community Education  
ITASCA AREA SCHOOLS COLLABORATIVE

## GET LEARNING with Itasca Area Community Education!

Are you interested in **LEARNING** a new skill, connecting with a friend, or meeting others with the same passion? Whatever your passion is, Itasca Area Community Education has a class for you! Browse this catalog full of opportunities to engage every learner from early childhood through adulthood. Find opportunities that are affordable, convenient, and fun! Visit us online at **getlearning.org** to register and learn more.

## THINGS TO KNOW.....

### Registration

Pre-registration is required for all classes. Registration is complete when payment for the class is received in the Community Ed office.

### Register Early

Decisions to cancel a class due to low enrollment are made before the class date, so registering early can prevent your class from being canceled.

### Wait List

If the class you wish to register for is full, sign up on the wait list. There is no fee. Our office will contact you if space becomes available.

### Refund Policy

Full refunds will be given for classes canceled due to low enrollment or inclement weather. To receive a full refund when dropping a class, participants must request a refund three (3) working days before the class begins.

### Update Your Contact Information

Update your contact information when you register for a class. Make sure you have a current email and phone number listed.

### Teach a Class

Do you have a special skill, interest, knowledge or hobby you would like to share with your neighbors? Professional certification is not required; passion & enthusiasm are a must!

### Accessibility

Contact Community Education if you need accommodations to access a class.

### Connect with US!

Follow Itasca Area Community Education on Facebook and Instagram!

# GET LEARNING WITH US!

# GETLEARNING.ORG



## 3 Easy WAYS TO REGISTER



# Meet the Community Education Team



## Melanie DeBay

*Community Education Director*

mdebay@isd318.org | 218-327-5725



## Holly Henriksen

*Community Education Secretary*

hhenriksen@isd318.org | 218-327-5730



## Sue Johnson

*Nashwauk-Keewatin Community Education*

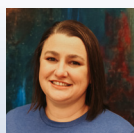
sujohnson@isd319.org | 218-885-1280 x. 51171



## Kayleen Monacelli

*Deer River Community Education*

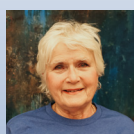
kmonacelli@isd317.org | 218-246-8241 x. 60227



## Brooke Staskivige

*Grand Rapids Community Education*

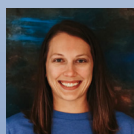
bstaskivige@isd318.org | 218-327-5799



## Karlyn Berg

*Bigfork Community Education*

kberg@isd318.org | 218-743-3444



## Kayla Fesenmaier

*Greenway Community Education*

kfesemaier@isd316.org | 218-245-6232

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Register ONLINE at:  
[www.getlearning.org](http://www.getlearning.org)



Register by PHONE  
218-327-5730



Register IN PERSON at your  
local Community Ed Office

# AREA ADULT OPPORTUNITIES



ARROWHEAD ECONOMIC OPPORTUNITY AGENCY

## Study from Anywhere with Adult Education

Sessions are offered online, in-person, through mail, and over telephone to meet your needs. Certificates are issued upon completion of each session.

### Sessions & Services Offered:

#### Earn Your GED & Math Skills Sessions

- Brush up on academic skills & earn your GED
- Score well on placement testing

*How many sessions it takes to get your GED all depends on your skill level and education. Working with AEOA can help you feel more prepared for the exam.*

#### Reading & English Sessions

- Learn to speak & read English
- Develop writing skills for college and work

#### Start Your Career Sessions

- Work to earn certificates & practice computer skills
- Develop strong job interview skills

### Featured Classes for the Grand Rapids Area:

**February:** Google Suites

**March:** Excel & Google Sheets for Beginners

*\*All sessions are 6 weeks and at no cost.*

### In-Person and Online!

#### Instructors open doors to help you reach your goals:

Denise Rodgers: Aitkin County, 218-910-8986, [denise.rodgers@aeoa.org](mailto:denise.rodgers@aeoa.org)

Emily Sundeen: Itasca County, 218-259-0285, [emily.sundeen@aeoa.org](mailto:emily.sundeen@aeoa.org)

## Are You Listening to Others?

We all hear what people are saying but are we actually listening? Do you know the difference between passive listening and active listening? Effective listening is important in the workplace as well as home, but is often overlooked or taken for granted in our daily communication. Learn tips to become a better listener.

**Thursday, 3/7/24**

7:00pm-8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Educational Services Center

Fee: \$40

Register online or call 218-327-5730.



## Basic Astronomy

Learn about the fascinating universe, stars, planets and space in this 3-day class. Dale from the Range Astronomy Club will discuss astronomy equipment, stars and deep space, and planets. An opportunity to use telescopes to view the skies on a clear night is also planned.

**Monday, Wednesday, & Friday,  
4/22/24, 4/24/24, & 4/26/24**

7:00pm-8:00pm

Instructor: Dale Kentoph

Location: Nashwauk High School

Fee: \$15

Register online or call 218-885-1280 ext. 51171.



# AREA ADULT OPPORTUNITIES

## AARP Defensive Driving

The AARP Driver Safety Course will provide a review of driving skills and techniques, as well as strategies and tips to help you adjust to normal age-related physical changes that may affect your driving ability. Auto insurance discounts of 10% available for MN drivers age 50 and older. Consult your insurance agent. Arrive 10-15 minutes early to fill out the "New Smart Driver" forms.

Fee: \$20 AARP Members | \$25 Non-Members

### Cohasset - Bass Brook Community Center

Register at 218-328-6225 ext. 25.

4 Hour Refresher Class

**Thursday, 2/1/24, 1:00pm-5:00pm**

**Thursday, 3/7/24, 1:00pm-5:00pm**

**Thursday, 4/4/24, 1:00pm-5:00pm**

**Thursday, 5/2/24, 1:00pm-5:00pm**

**Thursday, 6/6/24, 1:00pm-5:00pm**

**Thursday, 7/11/24, 1:00pm-5:00pm**

### Deer River - Community Center, King Elementary

Register online or call 218-246-8241 ext. 60227.

4 Hour Refresher Class

**Monday, 3/18/24, 4:00pm-8:00pm**

**Monday 4/8/24, 4:00pm-8:00pm**

8 Hour Class

**Monday & Tuesday, 4/22/24 & 4/23/24**

4:00pm-8:00pm

Instructor: Mike Nynas

### Goodland Community Center

Register at 218-327-5730.

4 Hour Refresher Class

**Tuesday, 5/7/24, 1:00pm-5:00pm**

### Grand Rapids ISD 318 Educational Services Center

Register at 218-327-5730.

4 Hour Refresher Class

**Thursday, 2/15/24, 5:00pm-9:00pm**

**Thursday, 4/11/24, 5:00pm-9:00pm**

**Thursday, 5/9/24, 5:00pm-9:00pm**

**Thursday, 7/11/24, 5:00pm-9:00pm**

8 Hour Class

**Wednesday & Thursday, 3/13/24 & 3/14/24,**

5:00pm-9:00pm

**Wednesday & Thursday, 6/12/24 & 6/13/24,**

5:00pm-9:00pm

### Grand Rapids YMCA

Register at 218-327-5730.

4 Hour Refresher Class

**Tuesday, 2/20/24, 1:00pm-5:00pm**

**Tuesday, 3/19/24, 1:00pm-5:00pm**

**Tuesday, 4/16/24, 1:00pm-5:00pm**

**Thursday, 5/16/24, 1:00pm-5:00pm**

**Thursday, 6/20/24, 1:00pm-5:00pm**

**Thursday, 7/18/24, 1:00pm-5:00pm**

## Bring Your Family History to Life!

As a lifelong genealogist with over 30 years of experience, Sandra has dedicated her life to uncovering family secrets. During class, she will guide you in using various resources for expanding your genealogy research to break down brick walls. During the first session you will choose an ancestor and use your resources to discover more about their personal and social history. In the second session, you will work to build a basic family history binder. Bring a computer (if you have one) and your investigator hat.

**Saturday, 4/6/24 & 5/4/24**

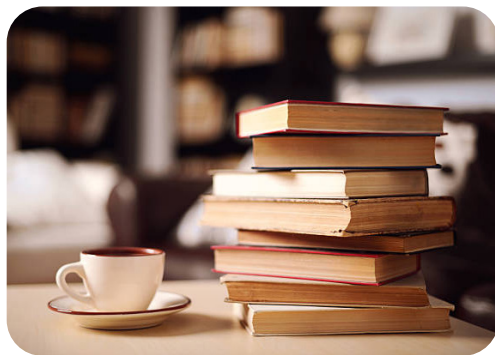
10:00am-1:00pm

Instructor: Sandra Knee

Location: Marcell Family Center

Fee: \$50

Register online or call 218-743-3444 ext. 42503.



## Calumet Library - Coffee Talk

Stop at the Calumet Library to hear an informational speaker once a month and enjoy a cup of coffee with us. New topic each month.

**Tuesdays, 1/23/24, 2/27/24, 3/26/24, & 4/30/24**

1:30pm-3:00pm

Instructor: Melanie Lefebvre

Location: Calumet Public Library

Fee: No Cost

For more information call 218-247-3108.

## Coffee and Coloring in Calumet

No rules and no skills required! Just stop in, relax, and have fun! Coffee and coloring supplies will be provided at no cost!

**Every Thursday**

1:30pm-3:30pm

Location: Calumet Public Library

Fee: No Cost

For more information call 218-247-3108.

# AREA ADULT OPPORTUNITIES

## Coffee Chat: Artists & Art Lovers Gathering Again!

We had so much fun last time we are doing it again! Join us for a friendly gathering where you can share your love of the arts. Artists are invited to bring a piece of artwork and share their methods and goals. Art lovers can bring a favorite art piece to share. This is a great way to meet others interested in the arts and expand art opportunities in our community. Pre-registration is required 5 days prior to the event.

**Saturday, 3/2/24**

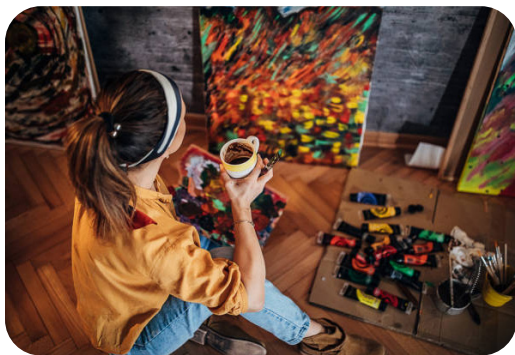
10:00am-12:00pm

Instructor: Karlyn Berg

Location: Marcell Family Center

Fee: No Cost

Register online or call 218-743-3444 ext. 42503.



## Coffee, Words, Writing

"Every story is about people", to quote author Philip Gerard. Come together in this fun class to talk about and share writing. Whether you are a beginner or have a book in the works, this class will offer new ideas and prompts to help you. You will learn about various types of writing while highlighting several authors. Please bring a photo or keepsake to class you may want to write about or discuss. Absolutely no writing experience necessary. Coffee provided.

**Wednesday, 2/7/24 & 2/14/24**

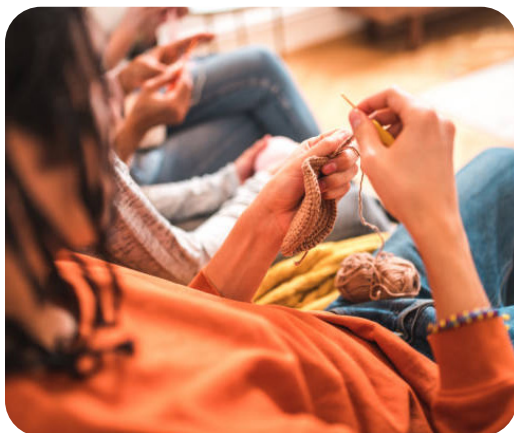
10:00am-12:00pm

Instructor: Judy Nelson

Location: MacRostie Art Center

Fee: \$35 Member | \$40 Non-Member

Register online or call 218-326-2697.



## Come Knit With Us!

Join Necia and friends at the Nashwauk Library. You are welcome to knit, embroider, do some card making, or just drink coffee and socialize! No need to register, just come!

**Every Wednesday through April**

2:00pm-4:00pm

Instructor: Necia Nunn

Location: Nashwauk Library

Fee: No Cost

Register online or call 218-885-1280 ext. 51178.



## Cribbage at the Calumet Library

Come to the Calumet Library to play cribbage. Coffee and treats will be served.

**Mondays** (No cribbage on 1/15/24, 2/19/24, 4/1/24, 5/27/24)

1:00pm-3:30pm

Location: Calumet Public Library

Fee: No Cost

For more information call 218-247-3108.

## OUR CLASSES MAKE GREAT GIFTS!

Give the gift of knowledge, hands-on learning, and social interaction. Visit [GetLearning.org](https://GetLearning.org) to purchase a gift certificate.





# AREA ADULT OPPORTUNITIES



## Dog Obedience

This beginner class is an introduction to dog obedience and is designed for all dog ages and skill levels.

**Saturday, 3/23/24**

9:30am-2:00pm

Instructor: Karlyn Berg

Location: Greenway High School

Fee: \$45 One Dog | \$65 Two Dogs

Register online or call 218-245-6232.

## From Food to Freedom on Your Lunch Hour!

Bring lunch and share what you know and believe about the food in your lunch bag. Receive the latest research based information on food and how it affects health and happiness, as well as local resources to obtain healthy food. View demonstrations and resources to support the completion of a "Personalized Food Health and Happiness Plan". You will be given an invitation to start Food Health and Happiness sharing groups. Scholarships available to those who want to participate in the class and willing to discuss with Dr. Bauer the opportunity to participate in a longitudinal research study. Call/text Dr. Bauer at 612-730-6107 with questions.

**Tuesdays, 3/5/24 - 3/26/24**

12:00pm-1:30pm

Instructor: Dr. Linda Bauer

Location: ISD 318 Educational Services Center

Fee: \$150

Register online or call 218-327-5730.



## Eat Your Way to Good Health & Happiness

Learn how to use good food to improve your life. Learn to prepare delicious food and create a "Good Health and Happiness Improvement Plan". Cooking demonstrations and recipes included.

**Monday - Thursday, 5/20/24 - 5/23/24**

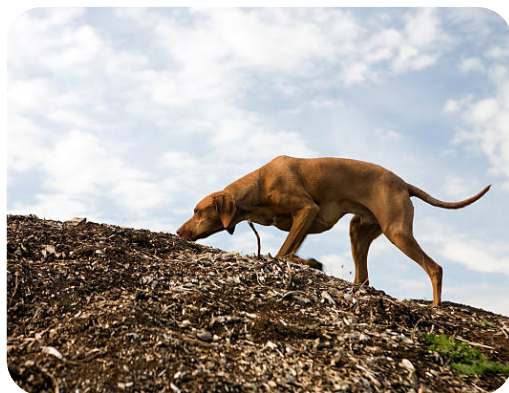
1:00pm-3:00pm

Instructor: Dr. Linda Bauer

Location: ISD 318 Educational Services Center

Fee: \$125

Register online or call 218-327-5730.



## Get Out on the Trail with Dog Tracking!

Tracking is a fun sport for you and your dog. Any age or breed of dog can track. Learn about your dog's ability to use its nose to field track, hunt, and locate items. Also discover how to observe and read your dog's body language and behavior for better communication, teamwork, and a strengthening of the bond between you and your dog. Class fee based on working dog team.

**Saturday, 5/25/24**

10:00am-3:00pm

Instructor: Karlyn Berg

Location: Bigfork School Parking Lot

Fee: \$35

Register online or call 218-743-3444 ext. 42503.



# AREA ADULT OPPORTUNITIES



## Having a Healthy Forest

The Minnesota Forestry Association is working to inform residents about healthy forests, how and where to find opportunities and incentives to create a healthy forest on your property. Opportunities include tax incentives from the Department of Revenue. Course includes a free visit to your property from a consulting forester with no strings attached.

**Choose from the following dates:**

**Monday, 2/26/24**

**Monday, 4/22/24**

7:00pm-8:30pm

Instructor: Dave Roerick

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.



## Improving Your Memory

Would you like to get better at remembering a name, license plate number or a phone number? Memory can be a powerful gift. In this interactive workshop, learn ways to help improve your memory. Discover a few tips to remember that name and learn other techniques to help improve your memory skills.

**Thursday, 4/4/24**

7:00pm-8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Educational Services Center

Fee: \$40

Register online or call 218-327-5730.

## Making Memories with Your Smartphone

Capture memories or tell stories that are important to you using your smartphone. Learn how to plan, set up and edit a video using cell phone tools and apps. Class is appropriate for both iPhone & Android users. Registration deadline is March 7.

**Thursday, 3/21/24 & 3/28/24**

3:30pm-5:30pm

Instructor: ICTV Staff

Location: ICTV Studio, 819 NE 4th St, Grand Rapids

Fee: \$65

Register online or call 218-327-5730.



## FINANCIAL CLASSES

6:00pm-7:00pm

Instructor: Laurie Clausen

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.

### Leave it, Move it, Roll it, Take it

Designed to help you learn how to handle your 401(k), pension or other employer-sponsored retirement plan when you leave a job. Learn the most common distribution options, how to avoid having the IRS withhold 20% of your retirement distribution and how taxes, penalties, and investment options factor into your decision.

**Tuesday, 2/27/24**

### Retirement: Making Your Money Last

Learn how to prepare to live the retirement you have always envisioned. You will learn investment strategies to help build a strategy to last throughout your retirement years. Also explore concerns such as inflation, health care expenses and market volatility, as well as ways to prepare in advance for things that may not go as expected.

**Tuesday, 3/5/24**

# AREA ADULT OPPORTUNITIES



## Mother & Teen Self Defense

Mothers with teens, this is your chance to bond with your teenager while learning basic self-defense skills. Working with certified instructors during this 5-week course, you and your teen will gain self-confidence, as well as how to be more aware of your surroundings. Leave the class feeling empowered and self-aware. Wear clothing that is comfortable and easy to move in. Individuals are also welcome.

**Mondays, 2/12/24 - 3/11/24**

7:00pm-8:30pm

Instructor: Master Mike Gau

Location: Northland Taekwondo, 25209

Commercial Dr. Grand Rapids

Fee: \$45 Mother/Teen pair | \$35 Individual

Register online or call 218-327-5730.



## Northern Lakes Coin & Currency Club

Learn about collecting coins and currency through hands on activities as well as seminars on various coin collecting topics. Learn to grade coins. Adults and kids welcome. Free coins and other items. No collecting experience required.

**3rd Monday of each Month**

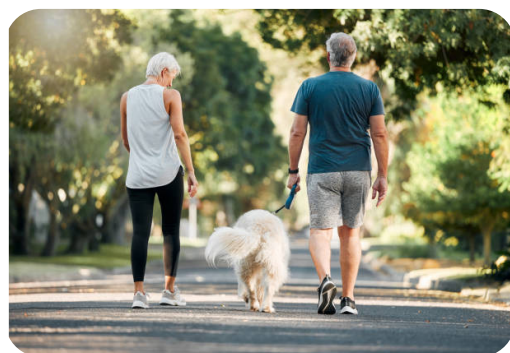
6:00pm-8:00pm

Instructor: Ken Olson

Location: YMCA - Active Living Center

Fee: No Cost

For more information contact Ken Olson at 218-244-9299 or kolson57@paulbunyan.net.



## No More Pulling! Teach your Dog to Walk with Manners!

Does your dog pull you down the street, run around in circles and trip you? Walk your dog without becoming his tug toy. Learn the fundamental skills a dog needs to be safe and have good leash manners. We will explore dog walking "doodles" and use a Rally-O course to teach your dog obedience moves while building the lines of communication. Puppies and dogs must have current shots for rabies and vaccines: bring certificate. This class builds on work done in the previous dog obedience class but is open to new dogs as well.

**Saturday, 3/16/24**

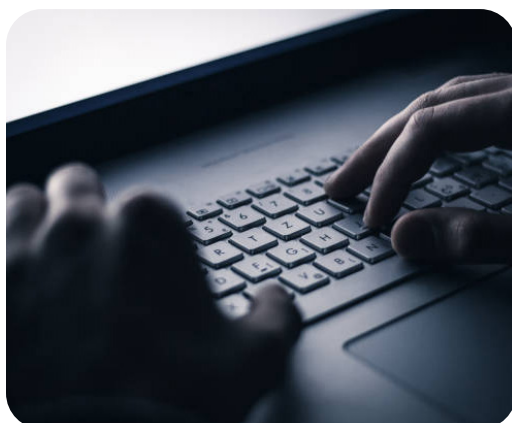
9:30am-2:30pm

Instructor: Karlyn Berg

Location: Marcell Family Center

Fee: \$35

Register online or call 218-743-3444 ext. 42503.



## Protecting Yourself from Computer, Online & Internet Scams

Do you browse the internet, use social media sites or email? Do you know what to watch for, what and who can you trust, and what should you avoid? There has been an increase in online scams and fraud, not to mention phone scams willing to fix your PC. Protect yourself and your computer from these problems and threats with knowledge from this class.

**Thursday, 4/18/24**

6:30pm-8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Educational Services Center

Fee: \$20

Register online or call 218-327-5730.

# AREA ADULT OPPORTUNITIES

## Writing and Illustrating The Adventures of Annie McCallum

Join MAC for an evening with author Susan Hawkinson and illustrator Whitney Leming-Salisbury as they introduce their newest project. Sharing excerpts from the story, the people and places that inspired the novel, and behind-the-scenes looks at making the characters come to life on paper, this event is enjoyable for readers of all ages. Coloring pages and materials will be provided. All are welcome!

**Thursday, 2/15/24**

6:00pm-7:00pm

Instructor: Susan Hawkinson and Whitney Leming Salisbury

Location: MacRostie Art Center

Fee: \$10

Register online or call 218-326-2697.



## The Writer's Inner Critic

Often the pesky inner critic can cause a writer to stop writing. In this lively class we will learn techniques that will help silence the critic's loud voice. Examples of how various authors deal with the critic will be shared. A fun writing assignment (optional) for week two will help shoo that critic away. Coffee provided. No writing experience necessary.

**Wednesday, 3/6/24 & 3/13/24**

10:00am-12:00pm

Instructor: Judy Nelson

Location: MacRostie Art Center

Fee: \$35 Member | \$40 Non-Member

Register online or call 218-326-2697.

## Why Do I Keep Doing That & Why Do I Keep Eating That? Advanced Enneagram

Review the most current Enneagram information and create an improvement plan to stop "Doing & Eating That"! Manual included. All students are welcome regardless of their experience level with the Enneagram.

**Monday-Thursday, 5/13/24 - 5/16/24**

1:00pm-3:00pm

Instructor: Dr. Linda Bauer

Location: ISD 318 Educational Services Center

Fee: \$125

Register online or call 218-327-5730



## Wild Mushrooms 101

Interested in learning how to identify wild mushrooms? Join mushroom identification expert Ariel Bonkoski, for a class on how to come to an identification on your wild mushroom finds, learn about some common edible mushrooms in our area as well as toxic species you should know.

**Choose from the following dates:**

**Wednesday, 4/17/24**

**Wednesday, 5/8/24**

**Wednesday, 5/29/24**

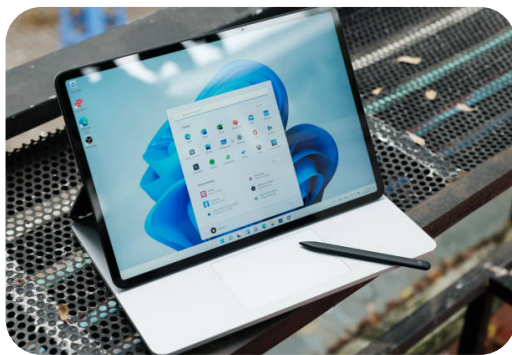
5:00pm-7:45pm

Instructor: Ariel Bonkoski

Location: ISD 318 Educational Services Center

Fee: \$35

Register online or call 218-327-5730.



## Windows 11 Tips & Techniques

Windows 11 for PC has been available for two years. Your new PC may have been shipped with it, you may have upgraded, or you are considering purchasing. Maybe you are waiting to get the new PC because you are nervous about what Windows 11 is like. This class will provide an overview of Windows 11, some of the differences from Windows 10, things to watch for, tips on using it and more. Your questions and concerns will be addressed.

**Thursday, 3/21/24**

6:30pm-8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Educational Services Center

Fee: \$40

Register online or call 218-327-5730.



# COMMUNITY ENGAGEMENT

## Community Cafe

Dedicated to reducing hunger and building a stronger community. Community Cafe is available to anyone in need. No financial requirements. Enjoy a free hot meal and a chance to connect with others.

### Deer River

#### Mondays - Thursdays

4:00pm - 5:30pm

Location: King Elementary School Cafeteria - Door #9 back of the building.

Questions call 218-246-8241 ext.60236

### Grand Rapids

#### Monday, Tuesday, & Thursday

4:30pm - 6:00pm

Location: Kiesler Wellness Center

For more information visit Community Cafe Inc. on Facebook.

## Marcell Family Center

Offering a variety of community, youth, education, recreation, special interest programs and events throughout the year, this facility is open to the public year-around and houses a gymnasium, library, archery range, computer room with high-speed internet, WiFi, food preparation/meeting room, fitness center, and a large multipurpose room. Parents must accompany children under the age of 16.

Call 218-832-3444 for more information.



### UCare Discount

Eligible UCare members may get up to a \$15 discount on many of our Community Education classes. Members must have UCare insurance throughout the duration of the class. Limits and restrictions may apply.

CONTACT HOLLY AT 218-327-5730.

## EARN EXTRA INCOME

### BECOME A COMMUNITY EDUCATION INSTRUCTOR!

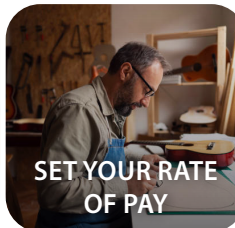
We are looking for people who have a skill, talent, or expertise they would like to share with others. We seek instructors who are passionate about their field and who have the ability to communicate clearly to community members of all ages.



TEACH IN-PERSON  
OR VIRTUALLY



SET YOUR OWN  
SCHEDULE



SET YOUR RATE  
OF PAY



MAKE A  
DIFFERENCE

FOR MORE INFORMATION CONTACT YOUR LOCAL COMMUNITY EDUCATION OFFICE  
OR VISIT [WWW.GETLEARNING.ORG](http://WWW.GETLEARNING.ORG).

# CREATIVE ARTS & CRAFTS

## Acrylic Painting

Create your canvas painting following instructions by teaching artist, Amy Lucas, using acrylic paints and an 11x14 stretched canvas. All skill levels welcome! Ages 15 to adults.

Instructor: 321 Art Studio

Fee: \$38

## Paint a Robin

**Monday, 3/18/24**

5:00pm-6:30pm

Location: Greenway High School

Register online or call 218-245-6232.

## Paint a Lighthouse

**Monday, 4/29/24**

5:00pm-6:30pm

Location: Keewatin Elementary School

Register online or call 218-885-1280 ext. 51171.

## All About Basswood

Learn all about basswood! This class will cover how the tree grows, how bark is harvested and some of the simpler uses—making twine, small mats, and more. Participants will get hands-on experience on what they can make from the inner bark and will get to try their hand at making their own project out of basswood. Materials provided.

**Saturday, 3/9/24**

10:30am-3:30pm

Instructor: John Zasada

Location: MacRostie Art Center

Fee: \$35 Member | \$40 Non-Member

Register online or call 218-326-2697.



## Basket Weaving

5:00pm-9:00pm

Instructor: Lori Kangas-Olson

Location: ISD 318 Educational Services Center

Fee: \$30

Register online or call 218-327-5730.



## Adirondack Pack Basket

The pack basket is one of the oldest Adirondack traditions. This basket has a unique design with a flat bottom, bowed belly, a handle for hanging or carrying, and straps for carrying on your back. Great for the woody type. Materials fee \$50 due at class.

**Monday, 3/18/24**



## Bread Basket

Think you aren't crafty enough for a large basket. Join us and weave a bread basket that you can proudly display at any meal. Materials fee \$25 due at class.

**Monday, 4/15/24**



## Laundry Basket/Carryall Basket

This traditional laundry basket is approximately 24"x12"x10" high with sturdy leather handles. This pattern is great for beginners-advanced weavers. Materials fee \$40 due at class.

**Monday, 4/29/24**

# CREATIVE ARTS & CRAFTS



## Bowls, Beer, and Bites

Enjoy a relaxing evening glazing pottery, drinking micro brew and tasting appetizers. Our resident potter will walk you through the process of glazing two pottery pieces of your choice, from mugs to bowls to plates. There will be plenty of breaks for socializing and enjoying beer and appetizers. Absolutely no art experience is required. Come learn in a fun and supportive environment surrounded by your friends. Two beverages are included in the class fee. Ages 21+.

**Choose from the following dates:**

**Friday, 3/1/24**

**Friday, 5/3/24**

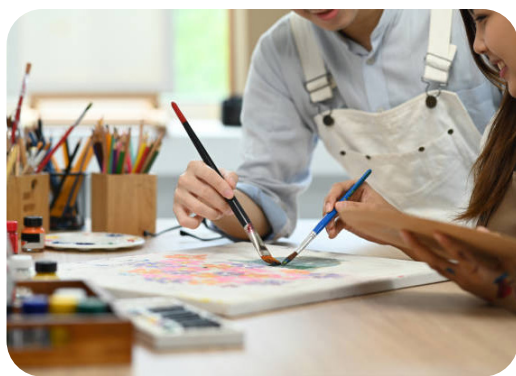
6:00pm-8:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$45

Register online or call 218-326-2697.



## Canvas With Amie

Need fresh new artwork in your home or office? Create your very own masterpiece in this group step-by-step painting class. No prior painting experience required!

**Tuesday, 3/26/24**

Time: 6:00pm-7:30pm

Instructor: Amie Hanson

Location: Deer River High School Art Room

Fee: \$30

Register online or call 218-246-8241 ext. 60227.

## Canvas With My Kids

Create a masterpiece with your kids that you can all be proud of in this step-by-step instruction art class. Each participant will go home with their own canvas. Please select the number of children attending.

**Thursday, 4/11/24**

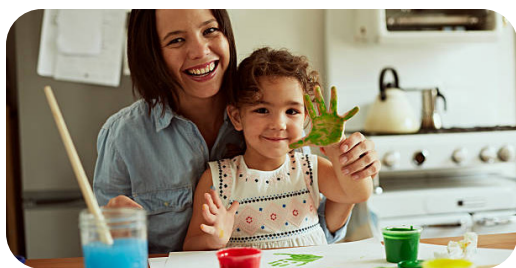
5:00pm-6:00pm

Instructor: Amie Hanson

Location: Deer River High School Art Room

Fee: 1 Adult & 1 Child - \$30 | 1 Adult & 2 Children - \$40 | 1 Adult & 3 Children - \$50

Register online or call 218-246-8241 ext. 60227.



## Discover Your Abstract Side

For all levels, from beginner through advanced painters, we will be looking at things in a different way in this class. Making use of the fundamental principles of design such as line, shape, space, texture, repetition, value, color, and emphasis are used in constructing a new creation. The class will focus on taking a realistic painting and changing it into an abstract rendering. Think about simplification, geometric shapes, exaggeration, asymmetrical forms and mark making that transforms realism to abstraction. Acrylic paint will be the basis for our work along with stencils, stamps, pen and ink, collage and other mixed media processes. Supply list will be emailed.

**Tuesdays, 5/21/24 - 6/11/24**

1:00pm-3:30pm

Instructor: Jan Stenson

Location: MacRostie Art Center

Fee: \$135 Member | \$145 Non-Member

Register online or call 218-326-2697.





# CREATIVE ARTS & CRAFTS

## MACROSTIE SCHOLARSHIPS AVAILABLE

For more information visit:  
[macrostieartcenter.org/scholarships](http://macrostieartcenter.org/scholarships)



### Drawing from the Paper Up

This is a true beginning class- no experience, training or natural ability needed. It is wonderful prep for painting classes. You will learn the differences in and uses of the various pencils, paper and erasers as well as shading techniques. All source materials will be provided by the instructor. The atmosphere will be fun, light and supportive! Supply list will be emailed upon registration.

**Wednesdays, 4/10/24 - 4/24/24**

1:00pm-3:00pm

Instructor: Julie Erickson

Location: MacRostie Art Center

Fee: \$75 Member | \$85 Non-Member

Register online or call 218-326-2697.



### Explore the Art of Paperclay and Paper Casting

Experiment with different paper materials to create paper casts and clay tiles for 2-dimensional projects and paper sculpture to make 3-dimensional and relief creations with paperclay. Workshop will cover tips on rolling the clay out, imprinting and using molds and surface textures. Materials provided.

**Saturday, 4/20/24**

10:30am-3:30pm

Instructor: Karlyn Berg

Location: MacRostie Art Center

Fee: \$95 Member | \$105 Non-Member

Register online or call 218-326-2697.

### Exploring Watercolor: A New Beginning

This class is for all levels of painters from beginners to those who need a refresher in this technique. We will connect design principles, color theory, and the nature of watercolor in this learning experience. Reviewing some drawing principles, looking at line, shape, light and composition comprise most of the theory. Learning how to make use of watercolor's special effects of transparency and softness will help you to create and have fun in the process. Come for fun and learn a life-long skill to enjoy. Supply list will be emailed.

**Tuesdays, 4/16/24 - 5/14/24**

1:00pm-3:30pm

Instructor: Jan Stenson

Location: MacRostie Art Center

Fee: \$145 Member | \$155 Non-Member

Register online or call 218-326-2697.



### Fashion Design & Sewing Class

Take sewing lessons with a professional seamstress! Myrna will teach you the proper way to use a sewing machine and give you tips to sew safely and efficiently. Start simple and then design and sew your own piece of clothing! Some additional fabric/supplies may be required. Ages 14-adult.

**Session 1: Wednesdays 2/21/24-3/27/24**

**Session 2: Wednesdays 4/3/24-5/8/24**

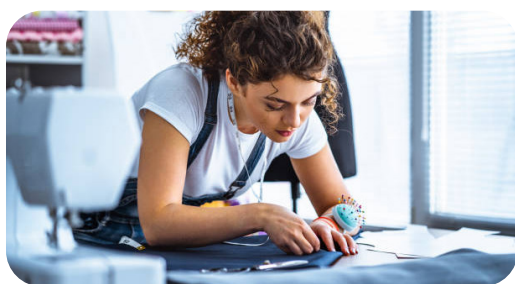
4:00pm-5:00pm

Instructor: Myrna Chouinard

Location: Myrna's Custom Bridal Wear, 204 Central Ave, Nashwauk

Fee: \$90/session

Register online or call 218-885-1280 ext. 51171.



# CREATIVE ARTS & CRAFTS

## Hand Embroidering for Beginners

Learn to embroider 22 basic stitches with a guided hooped template. These basic stitches will then be transformed into a variety of flowers using your favorite stitches you just mastered! Take this template home for reference to continue your newest hobby obsession with your perfected stitches.

**Tuesday, 3/12/24**

6:00pm-8:00pm

Instructor: Ally Erickson

Location: ISD 318 Educational Services Center

Fee: \$25

Register online or call 218-327-5730.



## Introduction to Knitting

Learn the basics of knitting. Students will learn to cast on, knit stitch, purl stitch, and bind off. Materials list will be emailed.

**Monday, 3/4/24 & 3/11/24**

5:00pm-8:00pm

Instructor: Eleanor Tillmans

Location: ISD 318 Educational Services Center

Fee: \$30

Register online or call 218-327-5730.



## Intuitive Knitting - No Pattern Socks

Learn how to make simple socks using special techniques and sock "recipes" to create and design your own custom fit socks. Participants should know knitting basics- knit, purl, cast on & cast off. All other stitches will be taught in class. Bring size 7 or 8 circular needles and your choice of worsted weight yarn.

**Mondays, 3/25/24 & 4/8/24**

5:00pm-9:00pm

Instructor: Eleanor Tillmans

Location: ISD 318 Educational Services Center

Fee: \$55

Register online or call 218-327-5730.

## Knit a 4 - Spoke Hat

Named for the four tracks that radiate from the top of the hat, our Four Spokes Hat is an ideal beginner project for the design-minded. You knit it flat and seam up the back, so no circular or double pointed needles, and the simple pattern offers a tackle-able challenge, working garter stitch that jogs a row at regular intervals. Fun and easy! Prerequisite- basic knitting skills - knit, purl, increase & decrease.

Bring #3 DP needles or #3 circular, sport weight yarn or yarn w/gauge 23 stitches and 47 rows = 4" in garter stitch.

**Wednesday, 3/20/24 & 3/27/24**

5:30pm-8:00pm

Instructor: Lori Kangas-Olson

Location: ISD 318 Educational Services Center

Fee: \$30

Register online or call 218-327-5730.



## Learn How to Oil Paint

Uncover the beauty of oil paint in this introductory course. In this three-week class, the instructor will guide you through working in oil through direct painting in grisaille (grey scale), as well as mixing color with a limited color palette. We will work from life and create several small painting studies to help you develop confidence in wielding the brush! Supply list will be emailed.

**Tuesdays, 2/6/24 - 2/20/24**

6:00pm-8:30pm

Instructor: Nelia Harper

Location: MacRostie Art Center

Fee: \$150 Member | \$160 Non-Member

Register online or call 218-326-2697.





# CREATIVE ARTS & CRAFTS

## Let's Paint Outside! Introduction to Plein Air Painting

Grab your painting gear and love of the outdoors as we step into the world of outdoor painting. Here is your opportunity to learn the ins and outs of plein air (in the open air) painting for your chosen medium. Landscape artist and plein air painter, Nelia Harper, will teach you about the tools, materials, along with a variety of tips and tricks for making the transition to plein air painting in your chosen medium (oil, acrylic, pastel, watercolor, gouache, or drawing). We will devote a portion of our time to materials as well as hands-on painting outdoors.

**Saturday, 5/11/24**

9:00am-12:00pm

Instructor: Nelia Harper

Location: MacRostie Art Center

Fee: \$45 Member | \$55 Non-Member

Register online or call 218-326-2697.



## Mini Lake Signs

Decorate your counter with these adorable lake signs prior to your Memorial Weekend festivities. There will be 5 designs to paint, assemble and take home to use as decor. A perfect way to jazz up a decorative tiered tray on your counter! Materials fee of \$15 due at class.

**Tuesday, 5/7/24**

6:00pm-8:00pm

Instructor: Ally Erickson

Location: ISD 318 Educational Services Center

Fee: \$30

Register online or call 218-327-5730.



## Norwegian Rosemaling - Rogaland Style

Norwegian Rosemaling is a folk art with painting that has fanciful flowers, scrolls and line work from the Norwegian valley of Rogaland.

Colors are bright, bold and quite whimsical.

This class is designed for beginning painters.

Upon completion of the class, you will have an 8" rosemaled plate to bring home. Materials provided.

**Saturday, 2/10/24**

10:30am-3:30pm

Instructor: Michelle Carlson

Location: MacRostie Art Center

Fee: \$85 Member | \$95 Non-Member

Register online or call 218-326-2697.



## Potter's Perk: Mug Making Madness

Are you ready to embark on a creative journey into the world of pottery and craft your very own unique mugs? Join us for an exciting and hands-on class led by an experienced mug maker. This is not just a class, but an interactive and social experience! As a testament to your hard work and newfound skills, you'll be able to take home the mugs you create during the class. This class is suitable for all skill levels. With all materials provided, all you need is enthusiasm and a willingness to get your hands dirty!

**Wednesdays & Fridays, 3/6/24 - 3/20/24**

5:00pm-7:00pm

Instructor: Cydney Gibeau

Location: MacRostie Art Center

Fee: \$140 Member | \$150 Non-Member

Register online or call 218-326-2697.



# CREATIVE ARTS & CRAFTS

## Round Mosaic Build

Design your own 8.5" round mosaic with your friends! During this guided class, there will be many colors to choose from for your creation. You will leave with an amazing piece to show off. Materials fee \$20 due at class.

**Tuesday, 2/13/24**

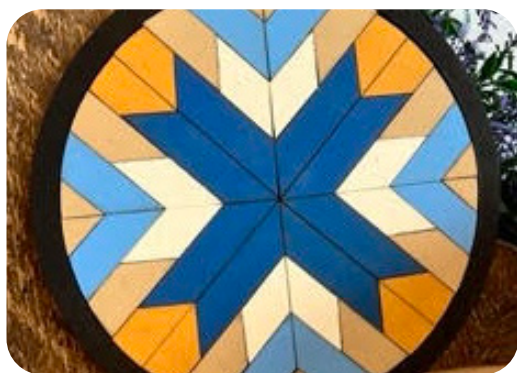
6:00pm-8:00pm

Instructor: Ally Erickson

Location: ISD 318 Educational Services Center

Fee: \$45

Register online or call 218-327-5730.



## Sew a Quilted Zipper Pouch

Learn the basics of quilting and how to sew a zipper to create a beautiful and functional boxed pouch. There will be a wide variety of fabrics to choose from. This is a project for all skill levels, but you should have basic knowledge of how to use a sewing machine. Bring white thread. Sewing machine provided or bring your own.

**Tuesday, 2/20/24**

6:00pm-8:00pm

Instructor: Ally Erickson

Location: ISD 318 Educational Services Center

Fee: \$20

Register online or call 218-327-5730.



## Selbu Votter

The Selbu Votter is a knitted woolen mitten, based on a pattern from Selbu, Norway. Knit the classic star pattern in a traditional 2-color stranded fashion. This intricate pattern is intermediate/advanced level. Bring to class-size 2 & 3 DP needle sets, finger weight yarn (contact instructor for suggestions).

**Wednesdays, 2/21/24 - 3/13/24**

5:00pm-8:00pm

Instructor: Lori Kangas-Olson

Location: ISD 318 Educational Services Center

Fee: \$50

Register online or call 218-327-5730.



## Sew a Wristlet Keychain

Learn the basics of sewing a wristlet keychain. By the end of class you will make 2 keychains to bring home with a wide variety of fabrics to choose from. This is a project for all skill levels, but you should have basic knowledge of how to use a sewing machine. Bring white thread and an iron. Sewing machines provided or bring your own.

**Tuesday, 4/9/24**

6:00pm-8:00pm

Instructor: Ally Erickson

Location: ISD 318 Educational Services Center

Fee: \$20

Register online or call 218-327-5730.



# CREATIVE ARTS & CRAFTS



## Sit & Knit for a Bit

An open knitting forum to bring your FROGS & WIPS & "I'VE HAD THIS SO LONG I FORGOT WHAT TO DO..." No project is too challenging to ask for advice and instruction in this group. Join friends, meet new friends, bring knitting projects you may be challenged with or are looking for an excuse to sit and knit. There are some nights this group will meet at other areas in Grand Rapids.

**Thursdays, 2/8/24 - 5/9/24**

5:00pm-7:30pm

Instructor: Lori Kangas-Olson

Location: ISD 318 Educational Services Center

Fee: \$25

Register online or call 218-327-5730.



## Spring Porch Signs

Spring is in the air...the perfect time to make a new stenciled sign for your porch or house. No experience necessary with step-by-step instructions. Many designs to choose from. Acrylic painting/stenciling on wood with pre-cut stencils. Choose your own colors. Porch signs are 4 feet tall.

**Tuesday, 4/16/24**

6:00pm-8:00pm

Instructor: Lily Hadrava

Location: Deer River High School Art Room

Fee: \$40

Register online or call 218-246-8241 ext. 60227.

## Stackable Garden Art

Build your own garden art piece and have it ready for the spring bloom. Using handbuilding techniques with clay, master potter Mike Jasper will help you make some amazing sculptural garden art. Includes instruction, clay, glazes, firing and humor.

**Wednesdays, 4/3/24 - 5/15/24**

6:30pm-9:00pm

Instructor: Mike Jasper

Location: MacRostie Art Center

Fee: \$170 Member | \$180 Non-Member

Register online or call 218-326-2697.

## Studio Painting Intensive

This is your opportunity to carve out time for your creative practice and deepen your artistic skills. In this six-week course, the instructor will guide you through the process of bringing a painting from concept to completion using your photo reference and preferred painting medium. With one-on-one coaching and guidance to help you design a compelling composition, assist with color harmony, and various painting techniques you will bring your painting to life! Prior drawing and painting experience is helpful but not required.

**Tuesdays, 3/12/24 - 4/16/24**

6:00pm-8:30pm

Instructor: Nelia Harper

Location: MacRostie Art Center

Fee: \$225 Member | \$235 Non-Member

Register online or call 218-326-2697.



## Ukrainian Easter Eggs (Pysanky)

Have you marveled at the beauty, intricacy and delicacy of Ukrainian Easter Eggs? These eggs are not painted, but made with a series of dyes. You will learn the history of the art form, the symbology and techniques to make these beautiful, one-of-a-kind works of art. Materials fee \$35 due at class. Bring dinner candle (approx 4-6 in.), low height candle holder, lighter, a metal jar lid, 2 store-bought eggs for practice (either raw or hard boiled), 1 roll of toilet paper (plain without scents or lotions), optional- pair of surgical-style gloves.

**Tuesday & Wednesday, 2/27/24 & 2/28/24**

6:00pm-9:00pm

Instructor: John Nelson

Location: ISD 318 Educational Services Center

Fee: \$20

Register online or call 218-327-5730.



# CREATIVE ARTS & CRAFTS



## Weave a Ribbon Scarf

Weave a ribbon scarf on a rigid heddle loom. Learn how to make a simple ribbon scarf perfect for spring weather. No experience necessary. Materials fee \$30 due at class.

**Monday & Tuesday, 2/5/24 & 2/6/24**

10:00am-3:00pm

Instructor: Eleanor Tillmans

Location: ISD 318 Educational Services Center

Fee: \$150

Register online or call 218-327-5730.



## Welcome Door Hanger

This simple door hanger will dress up any front door greeting. During class we will paint and assemble the pieces so you have a beautifully finished product to take home. Many color options will be provided. Materials fee \$15 due at class.

**Tuesday, 4/23/24**

6:00pm-8:00pm

Instructor: Ally Erickson

Location: ISD 318 Educational Services Center

Fee: \$30

Register online or call 218-327-5730.

## Wine, Paint, Canvas!

Join an experienced art educator as they guide you from start to finish through the creation of a new painting at each event. Two free beverages are included with plenty of breaks to socialize! No art experience needed and all materials are covered. Come learn in a fun and supportive environment surrounded by your friends. Ages 21+.

**Choose from the following dates:**

**Friday, 2/2/24**

**Friday, 4/5/24**

6:00pm-9:00pm

Instructor: Victoria Kragthorpe

Location: MacRostie Art Center

Fee: \$40

Register online or call 218-326-2697.



## Wooden Easter Egg Coloring with Kids

Sign your kids up for a fun evening of coloring wooden Easter eggs. Each kit includes 6 eggs with stands. All ages welcome. Adults can register to receive their own kit to color.

**Tuesday, 3/19/24**

5:30pm-7:00pm

Instructor: Ally Erickson

Location: ISD 318 Educational Services Center

Fee: \$15

Register online or call 218-327-5730.





# CULINARY ARTS

## Deliciously Homemade Pie Crust

Indulge in the art of making pie crust. You'll learn the secrets to crafting the perfect flaky crust. Whether you're a novice baker or an experienced pastry enthusiast, this class is designed to inspire and elevate your baking skills. Choose between strawberry or cherry pie.

**Tuesday, 2/13/24**

5:30pm-7:30pm

Instructor: Vicky Harrington

Location: Keewatin Community Center

Fee: \$25

Register online or call 218-885-1280 ext. 51171.



## Taste of Lebanon

Are you ready to add a little spice to your dinner routine? Impress your friends and family by learning how to cook authentic Lebanese dishes made with fresh ingredients and bursting with flavor. During this demonstration class Melissa will show you how to prepare several dishes including Baked Kibbee, Chicken Shawarma, Tabbouleh and Lebanese Garlic Sauce to top it all off! At the end of class everyone gets to sample all the delicious dishes- you won't go home hungry. Materials fee of \$15 due at class.

**Thursday, 5/2/24**

5:30pm-8:00pm

Instructor: Melissa Rauzi

Location: ISD 318 Educational Services Center

Fee: \$45

Register online or call 218-327-5730.



## Sourdough Sandwich Bread Starter

Learn the process of making whole wheat sourdough sandwich bread, with tips for sourdough starter care. Knead your own loaf in class to bake at home the next day and leave with a "baby" starter of your own! Bring a large mixing bowl and wooden spoon. Brought to you by Free Range Food Co-Op.

**Saturday, 4/13/24**

6:00pm-8:00pm

Instructor: Shara Dabrowski

Location: Feeley Township Hall, 19516 County Rd 10, Warba

Fee: \$15

Register online or call 218-327-5730.



## Treats for Your Sweets

Desserts and whole food, plant-based cooking can be a match made in heaven. Treat yourself and your sweetheart to guilt free, healthy delights that please the palate. You will want to eat dessert first! Brought to you by Free Range Food Co-Op.

**Monday, 3/25/24**

6:00pm-8:00pm

Instructor: Merry Moody

Location: Second Harvest Food Bank Demonstration Kitchen

Fee: \$20

Register online or call 218-327-5730.

# FITNESS & RECREATION

## Adult Open Basketball

Adults, ages 18 and older, come together to enjoy the sport of basketball.

**Wednesdays through 3/27/24**

7:00pm-9:00pm

Instructor: Stuart Ostendorf

Location: Bigfork School Gym

Fee: \$10

Register online or call 218-743-3444 ext. 42503.



## Adult Open Volleyball

Stay active year-round! Join a fun, competitive co-ed volleyball league! No need to organize a team, just come!! Open to ages 18 and up.

**Deer River High School**

**Sundays, 2/4/24-4/7/24**

6:30pm-9:00pm

Instructor: Coach Kari Schultz

Fee: \$10

Register online or call 218-246-8241 ext. 60227.

**Greenway High School**

**Thursdays, 1/4/24-5/30/24**

(No volleyball 3/28)

7:30pm-9:00pm

Instructor: Doug Aitken

Fee: \$10

Register online or call 218-245-6232.



## Bigfork Fitness Center

Purchase your fitness center membership and start your individual workout today. Membership pass includes access to the Bigfork School fitness center. Ages 13+. Students must be supervised by an adult.

**Monday - Friday (School Days)**

7:00am-10:00pm

Monthly Fee: Individual Pass \$25 | Family Pass \$45

Register online or call 218-743-3444 Ext.42503



## Dance Class for Everyone

Looking for a fun night out? How about giving dance class a try? Dancers will leave class with fun moves they can take out on any dance floor! We do not switch partners. Bring a clean pair of shoes. Contact instructors with questions - rapidballroom@gmail.com or 218-256-1873.

**Tuesdays, 4/16/24 - 5/14/24**

7:00pm-8:00pm

Instructor: Pamela and Jeff Johnson

Location: Bovey City Hall, Grand Ballroom

Fee: \$50 per dancer

Register online or call 218-327-5730.



## Fitness Walking

Walk inside at the following locations. Walking pass required. School days only.

**Deer River High School**

**Mondays - Fridays**

3:30pm-7:00pm

Fee: \$2

Register at the DRHS Office or call 218-246-8241 ext. 60227.

**Grand Rapids RJE Middle School**

**Monday - Thursday**

Fee: \$2

Pick up your pass at 820 NW 1st Ave. Grand Rapids.

**Greenway High School**

**Monday - Friday**

3:30pm-7:00pm

Walk Floors 2 & 3

Fee: \$2

Register online or call 218-245-6232.

**Marcell Family Center**

**Mon & Fri: 11:00am-1:00pm**

**Tues & Thurs: 11:00am-1:00pm & 4:00pm-7:00pm**

**Saturday: 9:00am -2:00pm**

Fee: No Cost

For information call 218-832-3444.



# FITNESS & RECREATION

## Parkinson's Movement for Life

Regular exercise has been shown to significantly slow the progression of Parkinson's disease. Classes will focus on exercises to improve range of motion, balance, dexterity, strength, reciprocal patterns of movement and flexibility. Participants must be diagnosed with Parkinson's disease. Wear walking/gym shoes and clothes that are easy to move in. Instructor is a certified ACE (American Council on Exercise) Group Fitness Instructor, ACE Senior Fitness Specialist, Parkinson's Movement Instructor as well as holding certifications which cover basic exercises for Parkinson's Patients, two advanced movement certifications for Parkinson's Movement and Parkinson's cycling certification.

**Tuesdays & Thursdays, 3/26/24 - 5/2/24**

11:00am-11:55am

Instructor: LeeAnn Ryan

Location: Cohasset City Hall Gymnasium - Side door

Fee: \$120

Register online or call 218-327-5730.



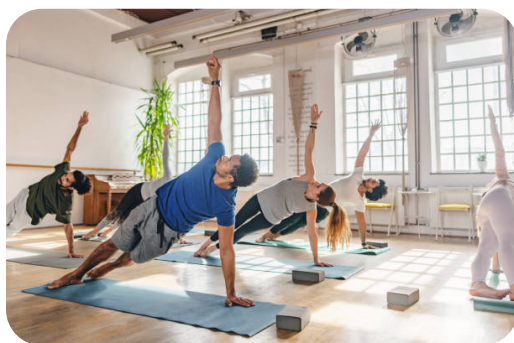
## Private Mountain Bike Skill Lessons

Personalized coaching, tailored to YOUR needs and goals. Sheri Schrock, PMBI certified instructor, will work on skills YOU are interested in or struggling with. New skills are introduced and taught on flat ground and reinforced in the Beginner or Intermediate Skills Park and trails at Tioga Recreation Area. Learn to ride faster with more control on a variety of trails. Schedule private lessons or organize your own small group. Contact instructor, Sheri Schrock, prior to registering to set up lesson schedule/duration at [sheri.schrock@gmail.com](mailto:sheri.schrock@gmail.com).

Location: Tioga Recreation Trails

Fee: 1 Rider - \$80 | 2 Riders - \$50 each | 3 Riders - \$40 each | 4+ Riders - \$35 each (All receive 2-hour lesson)

Register online or call 218-327-5730.



## Yoga - Nashwauk

Kundalini yoga can be both energizing and relaxing. The focus will be on breath work, deep stretching, poses, as well as grounding our bodies. Each class will provide a meditation and a relaxing savasana. Lynnette has been practicing Kundalini yoga for 20 years and enjoys bringing this deeply rewarding practice to others.

**Mondays, 2/5/24-3/11/24**

5:00pm-6:15pm

Instructor: Lynnette Mackey

Location: Nashwauk City Hall

Fee: \$72

Register online or call 218-885-1280 ext. 51171.

**Special  
Olympics  
Minnesota**



## Special Olympics Upcoming Sports:

**Basketball:** Come be a traditional athlete, or be a unified partner!

**Tuesdays: Starting 2/27/24 from 5:30-6:30 @ East Elementary**

**Swimming: Thursdays: Starting 2/29/24 from 6:30-7:30 @ RJE Middle School**

**Track and Field: Tuesdays: Starting 4/2/24 from 6-7:30 @ Grand Rapids High School**

**Young Athletes:** Special Olympics Young Athletes is an early childhood play program for children with and without intellectual disabilities, ages 2 to 7 years old. Young Athletes introduces basic sport skills, like running, kicking and throwing. Young Athletes offers families, teachers, caregivers, and people from the community the chance to share the joy of sports with all children.

**Tuesdays: 3/5/24 - 4/23/24 from 4:30-5:30 @ West Elementary**

**Summer sports will include: Softball, Bocce Ball, Tennis, and Golf**

Follow us on Facebook – New Itasca Ironsides or email [ironsidesitasca@gmail.com](mailto:ironsidesitasca@gmail.com) for more information.



# HEALTH & WELLNESS

## Essential Oil Safety for All Ages

Essential oils can be a powerful source for wellness, but they do come with some safety limitations. Essential oils have been proven safe and effective in hundreds of studies. Learn how to appropriately use them with all members of your family. Participants should bring a notebook and pen to take notes.

**Tuesday, 2/20/24**

7:00pm-8:30pm

Instructor: Joyce Peraaho

Location: ISD 318 Educational Services Center

Fee: \$20

Register online or call 218-327-5730.



## Group Hypnosis to Lose Weight & Stop Smoking, Chewing Tobacco and Vaping

Long-lasting behavior changes occur at an unconscious level to be lasting. With hypnosis, you can make that change. The experience is also relaxing and allows you to be in control at all times. Stop smoking/chewing tobacco or vaping with no withdrawal or weight gain. Stop cravings for unhealthy foods and pop, eat healthy, get motivated to walk/exercise. The fee includes a free reinforcement CD and lifetime membership card. For comfort bring a pillow, sleeping bag, floor mat, etc. For more information visit [www.hypnosisclinic.net](http://www.hypnosisclinic.net).

5:30: Check-In

5:45-6:30: Introduction (Required for both weight loss and stop smoking clients.)

6:30-7:30: Weight Loss hypnosis session

7:30-8:30: Stop Smoking hypnosis session.

**Choose from the following dates:**

**Tuesday, 2/13/24**

**Tuesday, 4/16/24**

5:30pm-8:30pm

Instructor: Dr. Mary Fischer

Location: ISD 318 Educational Services Center

Fee: Lifetime Member - No Cost | Non-Member - \$60

Register online or call 218-327-5730.



## Himalayan Singing Bowl Sound Bath

Experience 50 minutes of vibrational sound to reduce stress, deepened sense of peace, well-being and pain relief. Bring comfort items such as a blanket, pillow, water bottle and perhaps a reclining lawn chair.

**Wednesday, 4/10/24**

5:30pm-6:30pm

Instructor: Cindy Horbach

Location: ISD 318 Educational Services Center

Fee: \$25

Register online or call 218-327-5730.



## Living Well with Chronic Conditions

If you have high blood pressure, heart disease, COPD, arthritis or other chronic conditions, this class is for you. You'll develop strategies for feeling your best and connect with others who will support your journey. You will learn about dealing with frustration, fatigue, pain, and isolation, exercises for improving strength, flexibility, and endurance, use of medications and communicating effectively with family, friends, and health professionals.

**Wednesdays, 2/21/24 - 3/27/24**

10:00am-12:30pm

Instructors: Danielle Hawkinson & Lauren Pipkin  
Fairview Range

Location: Online

Fee: No cost - Donations welcome

Register with Danielle at 218-999-9233 ext. 282.

# HEALTH & WELLNESS

## Living Well with Chronic Pain

Each class includes a new topic on how to manage chronic pain. This class is a combination of presentations, discussion, and activities with others who have similar experiences to you. You will learn techniques to deal with frustration, fatigue, isolation, and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, and communicating effectively with family, friends, and health professionals.

### Choose from the following workshops:

#### Fridays, 5/3/24 - 6/7/24

10:00am-12:30pm

Instructor: Danielle Hawkinson & Dee Moris

#### Wednesdays, 5/22/24 - 6/26/24

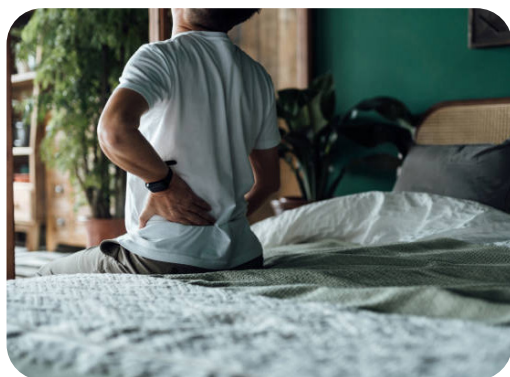
10:00am-12:30pm

Instructors: Danielle Hawkinson & Lauren Pipkin, Fairview Range

Location: Online

Fee: No Cost - Donations welcome

Register with ElderCircle at 218-999-9233 ext 282.



## Living Well with Diabetes

This six-week class includes a new topic each week on how to help participants with pre-diabetes manage their health. This class is a combination of presentations, discussion, and activities with others who have similar experiences to you. You will learn: appropriate exercise for maintaining and improving strength and endurance, healthy eating, use of medication, how to better work with healthcare providers and more.

#### Fridays, 3/8/24 - 4/12/24

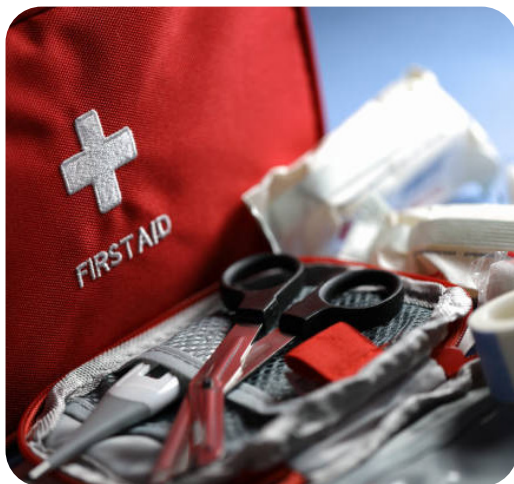
10:00am-12:30pm

Instructors: Danielle Hawkinson & Kelly Campbell Fairview Grand Itasca

Location: Active Living Center Classroom - YMCA

Fee: No cost - Donations welcome

Register with ElderCircle at 218-999-9233 ext. 282.



## Psychological First Aid

Presented by M Health Fairview Community Health & Innovation, Psychological First Aid (PFA) is an evidence-informed 2-hour virtual training for community members and professionals. No prior experience needed. Participants will learn how to support healthy recovery in individuals following a traumatic event, public health emergency, natural disaster, or personal crisis. The goal of PFA is to teach participants how to reduce distress and negative health behaviors by providing practical help and promoting resilience. For questions contact Kathryn Taylor at [kathryn.taylor@fairview.org](mailto:kathryn.taylor@fairview.org).

#### Wednesday, 5/15/24

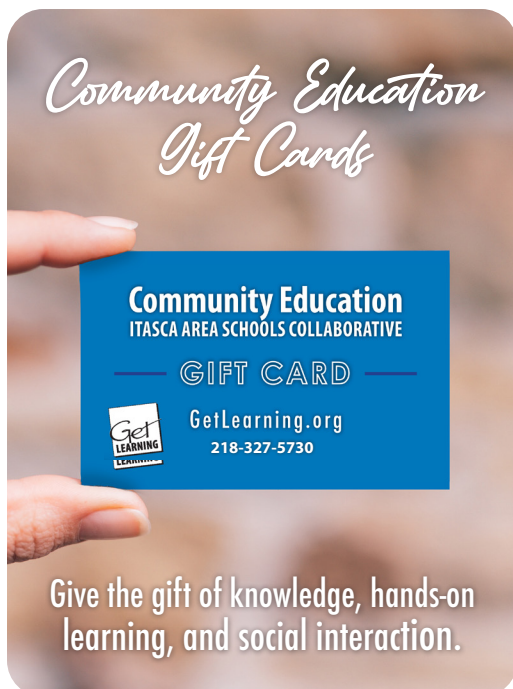
11:00am-1:00pm

Register at <https://PFAMay15.eventbrite.com>

Instructor: Kelly Campbell, Grand Itasca Clinic & Hospital

Location: Online/Virtual

Fee: No cost



# HEALTH & WELLNESS

## Stay Active & Independent for Life (SAIL)

A low-impact fitness program designed specifically for older adults to build muscle strength, improve balance and increase flexibility to maintain or regain an active lifestyle. Sessions are 90 minutes, held twice a week and led by trained volunteers.

**Choose from the following times and locations:**

**In-person classes:**

**Bigfork Old Scenic Church**

**Tues & Thurs, 9:00am-10:30am**

**Bowstring Town Hall**

**Tues & Thurs, 10:00am-11:30am**

**Deer River, Bethany Lutheran Church**

**Mon & Thurs, 10:30am-12:00pm**

**Hill City Fire Hall**

**Mon & Wed, 9:00am-10:30am**

**Jacobson Community Center**

**Mon, Wed, & Fri, 10:30am-12:00pm**

**Wabana Town Hall**

**Tues & Fri, 10:00am-11:30am**

**Online classes via Zoom:**

**Tues & Thurs, 9:00am-10:30am**

**Mon & Wed, 10:30am-12:00pm**

Fee: No Cost

To register call 218-999-9233 ext. 278 or email Lori Whitted at [lori@eldercircle.org](mailto:lori@eldercircle.org).



## Walk with Ease

A walking program to encourage people to start walking and stay active, Walk with Ease is designed to be a safe, relaxing and enjoyable way for people to develop and sustain a personal plan to make walking part of their everyday life. Benefits include increased balance, strength, and walking pace, building confidence to be physically active and improve overall health, and reduce pain and discomfort from arthritis.

**Mon, Wed, & Fri 1/22/24 - 3/1/24**

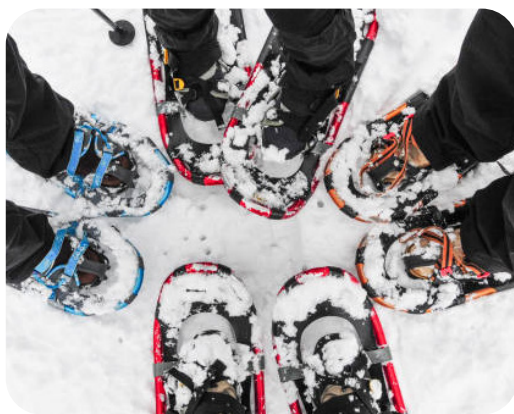
10:30am-11:30am

Instructor: Danielle Hawkinson & Kelly Campbell

Location: Central Square Mall, Grand Rapids

Fee: No Cost

Register online, email [danielle@eldercircle.org](mailto:danielle@eldercircle.org), or call 218-999-9233 ext. 282.



## Women's Snowshoeing and Self-Reflection Group

This one-time snowshoeing and coaching class offers participants a unique opportunity to explore the winter wonderland while engaging in self-discovery and personal growth activities. Combining physical activity with introspective coaching, you'll learn how to connect with your authentic self in a serene snowy environment. Participants will need to bring their own pair of snowshoes and dress for the weather.

**Saturday, 3/2/24**

1:00pm-4:00pm

Instructor: Emily Johnson

Location: Itasca County Fairgrounds-Trailhead Building

Fee: \$70

Register online or call 218-327-5730.

## Itasca County Family YMCA

- Active Living Center
- Licensed Childcare
- Kidzone (childcare while you workout)
- Camp Wannago
- End Zone
- Group Fitness Classes (In-Person & Virtual)
- Personal, Semi-Private & Team Training
- Judo
- Pickleball, Racquetball, Basketball
- Water Fitness Classes
- Lap Swim
- Youth Group Swim Lessons
- Sea Turtles Swim Team
- Diabetes Prevention Program



Visit us at [www.ymcaitasca.org](http://www.ymcaitasca.org),  
Facebook @itascaymca or call  
218-327-1161.



# MUSIC

## How to Play Piano by Ear

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book and online follow-up lessons.

**Saturday, 3/2/24**

1:00pm-3:30pm

Instructor: Craig Coffman

Location: Online using Zoom

Fee: \$59

Register online or call 218-245-6232.



## Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing guitar to give yourself years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Class includes an online book and follow-up video lessons to continue your practice and study on your own. For ages 13+.

**Tuesday, 2/6/24**

6:30pm-9:00pm

Instructor: Craig Coffman

Location: Online using Zoom

Fee: \$59

Register online or call 218-245-6232.



## Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. For ages 13+.

**Monday, 2/5/24**

6:30pm-9:30pm

Instructor: Craig Coffman

Location: Online using Zoom

Fee: \$59

Register online or call 218-245-6232.



**ITASCA ORCHESTRA  
STRINGS PROGRAM**

## Itasca Orchestra and Strings Program

Providing opportunities to hear, learn and perform orchestral music in Itasca County.

### Youth Orchestra Program

- Individual lessons
- Group lessons
- Orchestra rehearsals
- Performance opportunities
- Special events and workshops

### Adult Orchestra Program

- Private lessons
- Itasca Symphony Orchestra

\*Scholarships are available.

Visit us at [www.itascaorchestra.org](http://www.itascaorchestra.org) or call 218-327-5781 for pricing and for more information about our programs.

## Private Banjo Lessons

Learn how to play the banjo at whatever level you are starting from. Contact instructor Brian Lindula at [blindula@isd318.org](mailto:blindula@isd318.org) to set up dates and times, prior to registering.

Fee: 1 Person - \$40 | 2 People - \$30 (All receive 2-hour lesson)

Register online or call 218-327-5730.

# FAMILY SUPPORT

## CPR for Parents and Caregivers

In this non-certificate course you will gain the skills you need to respond to an emergency, learn to administer CPR and how to care for a choking person. You will have the opportunity to practice the skills you learn on CPR manikins. Registration is required.

**Choose from the following dates:**

**Tuesday, 3/19/24**

**Tuesday, 4/9/24**

6:00pm-8:00pm

Instructor: Gayle Anderson, RN, PHN

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.



## Grand Itasca Childbirth & Infant Care

This prenatal class is designed to help prepare parents for childbirth, breastfeeding and infant care.

**Choose from the following dates:**

**Saturday, 2/3/24**

**Saturday, 4/6/24**

9:00am-12:00pm or 1:00pm-4:00pm

Location: Grand Itasca Clinic & Hospital

Fee: No Cost

To register call Lisa Vekich, Lactation Consultant at 218-999-1335.

# ONLINE CERTIFICATES

## Online Certificates

Itasca Area Community Education Skills for the 21st Century

Online certificates and courses offer a convenient way to further your education and maintain an edge in the marketplace. Check out our most popular online certificates and courses.

- Bookkeeping Certificate
- Social Media For Business
- Certificate in Mastering Excel
- Graphic Design Software Essentials Certificate
  - Certificate in Non Profit Administration
  - Certificate in Web Design
  - Certificate in Online Teaching

Visit our website for start dates. More courses available at our online instruction center.

[www.yougotclass.org/index.cfm/ISD318](http://www.yougotclass.org/index.cfm/ISD318)

For questions call 218-327-5730.



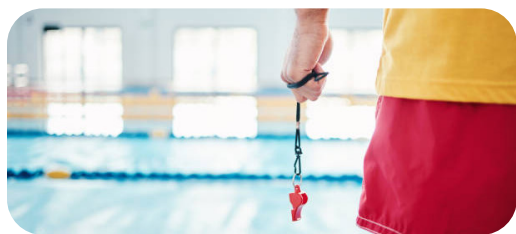
# POOL ACTIVITIES

## Basic Lifeguard - Blended Learning at the YMCA

The American Red Cross Lifeguard course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency (EMS) personnel take over. Successful completion of the course results in a 2-year certification in Lifeguard skills, CPR/AED for Lifeguards, and First Aid for Lifeguards. Must be at least 15 years of age. Participants will receive a link to the e-learning modules upon successful completion of the pre-course session. These modules must be completed before the remainder of the in-person sessions. Visit [www.ymcaitasca.org.org](http://www.ymcaitasca.org.org) for upcoming in-person training sessions.

Fee: \$200.

Register by emailing [bmattson@ymcaitasca.org](mailto:bmattson@ymcaitasca.org) or call 218-327-1161.



## Intro to Springboard Diving

If you have ever thought about joining the Thunderhawk Dive team, this is a great starting point! Learn the basics to springboard diving. This class will teach you the basic approach along with techniques to the basic front dive, back fall in, back dive, and inward dive. Other dives will be taught based on the students ability. Prerequisite - must be able to swim to the side of the pool, float on back and feel comfortable in the deep end of the pool. Open to Grades 6 & up.

**Tuesdays & Thursdays, 4/9/24 - 5/2/24**

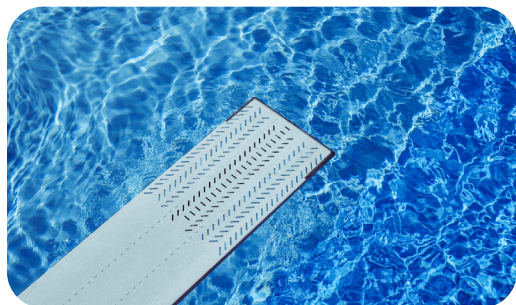
5:45pm-7:00pm

Instructor: Michelle Nelson

Location: Grand Rapids RJE Middle School - Pool

Fee: \$80

Register online or call 218-327-5730.



## Swim Lessons with the Swim Team

Learn to swim with the Thunderhawk swim team! Lessons are provided by the Grand Rapids/Greenway Swim Association in cooperation with the Grand Rapids High School Boys' & Girls' Swim Teams. Participants must be registered according to swim level. All levels are taught water safety and self-rescue skills. The program is designed for ages 5-15.

Location: Grand Rapids RJE Middle School - Pool

Fee: \$70

Register online or call 218-327-5730.

**Level 1** - Participants must be ready to try things even if they're a little nervous. Level 1 swimmers will be working on learning to float on front and back, put their face in the water, blow out their nose, glide on front and back, kick more efficiently, roll from front to back, and retrieve an object off the bottom.

**Level 2** - Prerequisites - Swimmers should be able to float on front and back unaided. Roll over from front to back and back to front, kick with a noodle or kickboard and push off the wall into a float. Level 2 swimmers will be working on learning to float for 30 seconds on their back, front crawl, backstroke, rhythmic breathing, how to level off in deep water after jumping in, and how to do sitting, kneeling, and standing dives.

**Level 3** - Prerequisites - Swimmers can do front crawl and backstroke, breathe rhythmically, level off after jumping into deep water and dive into deep water. Level 3 swimmers will be working on developing their strokes and learning breaststroke. They will spend more time in the deep end with skills like diving, treading water, and dolphin kick. The end goal is to swim one length of the pool in crawl, backstroke, and breaststroke.

**Level 4** - Swimmers should already know front crawl, backstroke, and breaststroke and be able to swim 25 yards of the pool. They should be comfortable in deep water, with treading water, and with rhythmic breathing in crawl. This level will work to develop all 4 competitive strokes. This is a great precursor to joining a swim team, but that doesn't have to be your goal.

**Tuesdays & Thursdays, 3/12/24 - 4/9/24**  
(No class 3/28/24)

**Choose from the following times:**

**Level 1:** 3:45pm-4:15pm, 4:15pm-4:45pm, 4:45pm-5:15pm

**Level 2 & 3:** 3:45pm-4:15pm, 4:15pm-4:45pm, 4:45pm-5:15pm, 5:15pm-5:45pm

**Level 4:** 4:45pm-5:15pm, 5:15pm-5:45pm



# POOL ACTIVITIES

## Open Swim

Open swim is available to adults and students interested in swimming for fitness and recreation. Closed on no school days.

**Mondays & Wednesdays, 2/5/24 - 5/22/24**

6:00pm-8:00pm

Location: Grand Rapids RJE Middle School - Pool

Fee: \$25 per session or \$3 per time

Register online or call 218-327-5730.



## Water Aerobics with Patti - Spring Session

Water aerobics, also called aqua aerobics, uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. Water exercise helps increase your energy, stamina and strength. Classes vary in intensity and participants' level of ability. Whether you suffer from arthritis, you need to rehabilitate an injury or you're looking for a higher level of intensity, water aerobics classes can provide encouragement and instruction.

**Mondays & Wednesdays, 4/10/24 - 5/29/24  
(No Class 5/27)**

5:00pm-6:00pm

Instructor: Patti Rychart

Location: ISD 316 Greenway High School - Pool

Fee: \$37

Register online or call 218-245-6232.

## Youth Group Swim Lessons at the YMCA

Swimming is a life skill as well as great exercise and a challenging sport. The YMCA offers youth swim lessons (from babies, toddlers, and school-age), family swim, youth competitive swim teams, so we can all safely enjoy the pleasures of an aquatic environment. Youth swim lessons at the YMCA include water acclimation through stroke mechanics. Lessons meet once a week for seven weeks.

For session dates, price, information on the different levels, and what level to register your child go to <https://ymcaitasca.org/youth-swimming-lessons>.

Register for lessons online at [ymcaitasca.org](https://ymcaitasca.org), in person at the Y Membership Desk, or call 218-327-1161.

### REGISTER EARLY

Please Note! Instructors need to know how many students will be attending to help them plan materials. Some classes fill quickly and have size limits. Late registration may cause a class to be canceled due to low enrollments, so please sign up as soon as possible.



# EARLY CHILDHOOD FAMILY EDUCATION

## Welcome to the '23-'24 Early Childhood Family Education School Year!

ECFE provides opportunities to spend some quality time with your child. These classes provide a connection with other families and allow both you and your child time to learn and grow!

Listed below you will find ECFE classes in your district.

### Regional ECFE Contact Information

ECFE, School Readiness, or Invest Early | 218-327-5850

Darla Beaver, Director | [dbeaver@isd317.org](mailto:dbeaver@isd317.org)

Kim Tillman, ECFE Coordinator | [ktillman@isd317.org](mailto:ktillman@isd317.org)

### New Grand Rapids Location:

#### GRECH

Grand Rapids Early Childhood Hub  
822 NE 5th Ave, Grand Rapids

### Reminders:

Classes run all school year and a calendar of actual dates will be provided at class. Families can join at any time throughout the year!

Sliding Fee scale available

Pre-registration is required for ALL classes unless \*noted! Please register on-line or at the ECFE office: [www.getlearning.org](http://www.getlearning.org) or 218-327-5850.

## Baby & Me (newborn - 13 months)

Join us to celebrate your child's first year. This class is designed to help parents enjoy activities with their infants in the areas of music, movement, sensory experiences, and literacy activities. The parent education portion of this class gives parents an opportunity to discuss current parenting issues, gain information on specific topics, and receive support from other parents. Parents and infants do not separate.

**Tuesdays through 5/14/24**

10:00am-11:00am

Instructor: Lisa Fox

Location: Grand Rapids Early Childhood Hub

Fee: \$90/year or \$45 twice/year



## Giggles with Grandkids! (GRANDS)

Spending time with your grandkids and looking for a fun activity? Come join Early Childhood Family Education (ECFE) staff for stories, songs and activities with your little ones ages birth to 5 years! Licensed early childhood teachers will provide age appropriate activities and language experiences for grandparents to share with their grandchildren. Come and share some giggles!

**Mondays through 4/29/24**

8:30am-9:30am

Instructor: Shannon Sweeney

Location: Grand Rapids Early Childhood Hub

Fee: No Cost

## Book Time

Join us as we gather in the story circle at the library for story times that consist of books, finger plays, rhymes, and songs. The fun continues with a craft, and time to play and visit. All ages are welcome. \*Pre-registration is not required.

**Tuesdays through 4/30/24**

1:00pm-2:00pm

Instructors: Shannon Sweeney and Courtney Gaddie

Location: Grand Rapids Public Library

Fee: No Cost

 &  PRESENT

# Online Storytime!



Log on to the Grand Rapids Area Library Facebook page and search for On-line Storytime. New stories every week for the entire calendar year! Join Miss Tracy and Teacher Missy for books, songs, and fun.



# EARLY CHILDHOOD FAMILY EDUCATION



## Growing Together

Open to families with children ages birth to Kindergarten entrance. Classes are divided into 2 parts: Parent/Child Interaction and Parent Time. During parent/child interaction, parents spend time playing with their children. We offer exciting activities designed with young children in mind at a child friendly setting. During Parent Time, parents have the opportunity to spend time in a discussion group guided by a licensed facilitator, while the children play in a supervised classroom. The support and encouragement that parents receive from each other makes this time so popular.

Fee: \$100/year or \$50 twice/year

\*\*We still have spots available in some of the Growing Together classes! Register to be added to a waiting list.

### Bigfork School Preschool Room

**Fridays through 5/3/24**

8:30am-9:30am

### Deer River - King Elementary School

**Fridays through 5/3/24**

9:00am-10:30am

### Grand Rapids #1 - GRECH

**Wednesdays through 5/1/24**

8:30am-10:00am

### Grand Rapids #2 - GRECH

**Wednesdays through 5/1/24**

10:30am-12:00pm

### Grand Rapids #3 - GRECH

**Thursdays through 5/2/24**

8:30am-10:00am

### Grand Rapids #4 - GRECH

**Thursdays through 5/2/24**

10:30am-12:00pm

### Grand Rapids #5 - GRECH

**Tuesdays through 4/30/24**

5:30pm-7:00pm

### Greenway #1 - Marble School

**Fridays through 5/3/24**

8:30am-10:00am

### Greenway #2 - Marble School

**Fridays through 5/3/24**

10:30am-12:00pm

### Nashwauk/Keewatin Elementary School

**Thursdays through 5/2/24**

4:00pm- 5:15pm

## Nature Explorers

Outdoor play is essential to a child's development, and exploring nature opens up a world of wonder! Join us for hands-on learning, investigations, and experiencing nature inside and outside of our classroom. We will engage in themes and activities based on the interests of the families. Come ready to spend some or all of the class outside. Our coldest winter days will be spent exploring nature from within our classroom. Some sessions will meet at local parks & trails. This class is geared toward children ages 2-5 years along with their caregivers, but younger siblings are welcome to join us. Non-Separating Class. Pre-registration is required.

**Mondays through 5/13/24**

1:00pm - 2:15pm

Instructor: Shannon Sweeney

Location: Grand Rapids Early Childhood Hub

Fee: \$90/year or \$45 twice/year

## Newborn Baby Talk

Join other parents with newborns from birth to 12 weeks for connection and support. A public health nurse and early childhood educator will be available to answer questions about your newborn and provide support and information on your new journey of parenting. Facilitated discussions will cover feeding, attachment, sleep, development, family changes, returning to work, and more. Parents will also have the opportunity to have their baby weighed weekly. Non-Separating class.

**Thursdays through 5/16/24**

1:00pm-2:00pm

Instructors: Shannon Sweeney & Public Health Nurse

Location: Grand Rapids Early Childhood Hub

Fee: No Cost

## Stories with Seniors

This class offers a multi-generational experience for all ages! We will join seniors at River Grand Senior Living for stories, finger plays, movement activities, and songs led by a licensed early childhood teacher. The fun continues with a craft, playdough, puzzles, and other table activities as we embrace connections across generations. Children ages birth to 5 yrs and their caregiver are welcome. Non-Separating class.

**Mondays through 5/13/24**

10:15am-11:15am

Instructors: Shannon Sweeney & Courtney Gaddie

Location: River Grand Senior Living Center

Fee: No Cost

# YOUTH ACTIVITIES

## YOUTH ARTS & CRAFTS

### 4-H Arts & Crafts - Art Around the World

Create your next masterpiece with 4-H Arts and Crafts! Each week we will highlight and practice a style of art from a different country. For Grades K-4. Countries include Africa, Mexico, Sweden, and Australia.

**Mondays, 4/8/24 - 4/29/24**

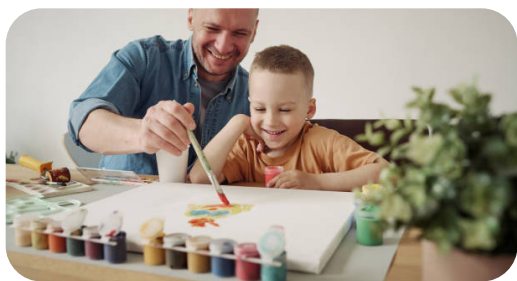
3:00pm-4:30pm

Instructor: Allison Hansen

Location: Vandyke Elementary School

Fee: No Cost

Register online or call 218-245-6232.



### Canvas With My Kids

Create a masterpiece with your kids that you can all be proud of in this step-by-step instruction art class. Each participant will go home with their own canvas. Please select the number of children attending.

**Thursday, 4/11/24**

5:00pm-7:00pm

Instructor: Amie Hanson

Location: Deer River High School Art Room

Fee: 1 Adult & 1 Child - \$30 | 1 Adult & 2 Children - \$40 | 1 Adult & 3 Children - \$50

Register online or call 218-246-8241 ext. 60227.

### Crazy for Donuts!

Join us for a multimedia celebration of all things donuts! Over 4 class periods, we will glaze premade ceramic donuts, paint an Andy Warhol inspired donut piece, and create a unique still life using oil pastels. Join in the fun and enjoy spending time making art in a relaxed environment. All materials provided. Ages 9 and up.

**Mondays, 4/8/24 - 4/29/24**

3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$80 Member | \$90 Non-Member

Register online or call 218-326-2697.



### Fishing Lure Painting

Join us at the MAC for an afternoon of painting wooden, homemade fishing lures with acrylic paint and then waterproofing them. They will be great for landing that big catch out on the lake this summer! The lures are made locally by Grand Rapids artist, Dan Root! All materials provided. Ages 6 and up. Students will paint two fishing lures each.

**Choose from the following dates:**

**Wednesday, 5/1/24**

**Thursday, 5/9/24**

3:30pm-5:00pm

Instructor: Dan Root

Location: MacRostie Art Center

Fee: \$30 Member | \$35 Non-Member

Register online or call 218-326-2697.



### Geometric Art

We will learn how to use templates, compasses, straight edges and protractors to create stunning geometric art pieces. Class is open to grades 4 & 5.

**Tuesdays, 4/9/24 & 4/16/24**

3:30pm-5:30pm

Instructor: Nancy Mike-Johnson

Location: Grand Rapids RJE Middle School

Fee: \$30

Register online or call 218-327-5730.

**MACROSTIE SCHOLARSHIPS  
AVAILABLE**

For more information visit:  
[macrostieartcenter.org/scholarships](http://macrostieartcenter.org/scholarships)





# YOUTH ACTIVITIES

## Heart Eyes for Heart Art

Celebrate the month of love by using hearts as inspiration for your artwork. Students will explore different art styles and methods including OP art, zentangle, painting, and more! Have fun and create some heart art you'll be sure to love. All materials provided. Ages 9 and up.

**Tuesday, 2/13/24 & 2/27/24**

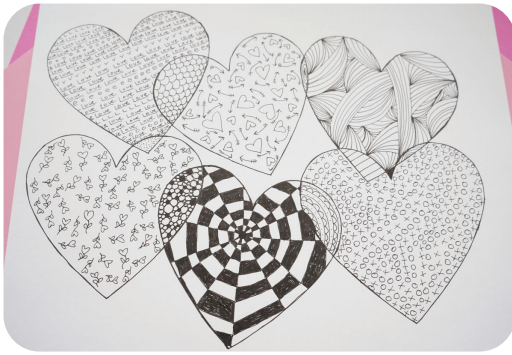
3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$60 Member | \$70 Non-Member

Register online or call 218-326-2697.



## Magic School Bus

Come and hear about the Magic School Bus Under Construction. Then build your own bridge using toothpicks and gumdrops. Snack included. Grades K-4.

**Monday, 2/26/24**

3:00pm-4:30pm

Instructor: 321 Art Studio

Location: Vandyke Elementary School

Fee: \$13

Register online or call 218-245-6232.



## Paint a Winter Landscape

Spend a cozy afternoon painting a winter landscape. Taking inspiration from the winter season, students will paint their own winter scene. All materials are provided. Ages 9 and up.

**Thursday, 2/29/24**

3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$20 Member | \$25 Non-Member

Register online or call 218-326-2697.



## Paint the Bigger Picture

Art comes in all shapes and sizes. With this class we are going BIG! Experience color, shape and design as we figure out how to go BIG and create a one of a kind masterpiece. We will take two days to play with technique, texture, color and application. Come join us in a fun, stress free class as we explore the BIG abstract world. All materials are provided. Ages 9 and up.

**Wednesday & Thursday, 3/20/24 & 3/21/24**

3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$40 Member | \$50 Non-Member

Register online or call 218-326-2697.



## Painting Party - Middle School

Explore the world of painting through a guided exploration of different painting techniques such as paint pouring and playing with different painting surfaces. Acrylic paints and aprons will be provided. Grades 5-8.

**Wednesdays, 2/7/24 - 2/28/24**

3:30pm-4:30pm

Instructor: Shari Nelson

Location: Greenway High School - Art Room

Fee: No Cost

Register online or call 218-245-6232.

## Printmaking with Junk

Create beautiful prints and one of a kind paintings with color ink on paper with rubber bands, household junk, cardboard, styrofoam, food, toys, plants and MORE! Class is open to grades 4 & up.

**Thursday, 2/22/24**

3:30pm-5:00pm

Instructor: Karlyn Berg

Location: Grand Rapids RJE Middle School

Fee: \$25

Register online or call 218-327-5730.

# YOUTH ACTIVITIES

## Recyclable Materials Sculpture

Stretch your creativity using recyclable materials to make an animal, creature, building or whatever you can imagine. Snack included. Grades 3-6.

Instructor: 321 Art Studio

Fee: \$15

### Choose Your Location:

**Greenway High School - Art Room**

**Monday, 3/18/24**

3:00pm-4:30pm

Register online or call 218-245-6232.

**Keewatin Elementary School**

**Monday, 4/29/24**

2:45pm-4:15pm

Register online or call 218-885-1280 ext. 51171.



## Sculpt a Pokémon!

Follow along with a local artist and Pokémon enthusiast as he shows you how to create your own clay Pokémon character! This project is great for students to develop skills for how to sculpt with clay and create their own models. Sculpt one Pokémon model of catch them all!! Materials provided. Ages 6 and up.

### Choose from the following dates:

**Thursday, 2/15/24** 3:30pm-4:30pm

**Wednesday, 3/13/24** 3:00pm-4:00pm

**Wednesday, 4/10/24** 3:00pm-4:00pm

**Wednesday, 5/8/24** 3:00pm-4:00pm

Instructor: Samsoshe Sampson

Location: MacRostie Art Center

Fee per date: \$20 Member | \$25 Non-Member

Register online or call 218-326-2697.



## Sculptural Pottery

This fun and inspirational class is open to students with beginning to intermediate levels of ability. Students will learn pottery and sculptural techniques. Projects will be selected based on the student's level of experience and age. Materials and snack included. Ages 5-9.

**Tuesdays, 4/23/24 - 5/14/24**

3:30pm-4:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$80 Member | \$90 Non-Member

Register online or call 218-326-2697.



## Toddler Tinker Time

Class catered to toddler ages 2 - 5. Toddlers are tactile and love interacting with the world using their hands. Once a month we will cater to our little ones and offer them various crafts and projects that they can do together with their family member. Projects are geared for both child and an adult guardian to work and create together to make something that can be remembered for years to come. Materials included.

### Choose from the following dates:

**Friday, 2/16/24**

**Friday, 3/15/24**

**Friday, 4/19/24**

**Friday, 5/17/24**

10:30am-11:30am

Instructor: MAC instructor

Location: MacRostie Art Center

Fee: \$15 Member | \$20 Non-Member

Register online or call 218-326-2697.

# YOUTH ACTIVITIES

## Untangled with Zentangles

This class is not about being perfect, but about creating designs using a relaxing repetitive drawing technique. Each student will receive a black micron tip pen and cards to create 16 beautiful drawings. \$3 materials fee due at class.

**Tuesday, 5/7/24**

3:45pm-5:00pm

Instructor: Donna Miller

Location: Bigfork School Art Room

Fee: \$20

Register online or call 218-743-3444 ext. 42503.

## Wheel Thrown and Sculptural Pottery

In this course students will use pottery and sculptural techniques, including work on the potter's wheel. Refine your wheel throwing techniques, learn how to make new ceramic forms or work on interesting sculptures! For beginner or advanced pottery students ages 10-16. Materials and snack included.

**Tuesdays, 3/5/24 - 4/2/24**

3:30pm-5:00pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$100 Member | \$110 Non-Member

Register online or call 218-326-2697.



## Youth Portrait Drawing

Learn to draw portraits. Over four weeks, we will study the anatomy of the human skull, learn how facial features fit within that anatomy, and develop skills to render those features with mass and form. The instructor will provide individual attention to help you overcome common mistakes and pitfalls of drawing portraits. She will also demonstrate tools and skills to help with composition, gesture, proportion, and measuring to help bring your portrait to life. Prior drawing experience is helpful but not required. Ages 14 and up.

**Wednesdays, 2/7/24 - 2/28/24**

3:00pm-5:00pm

Instructor: Nelia Harper

Location: MacRostie Art Center

Fee: \$120 Member | \$130 Non-Member

Register online or call 218-326-2697.

# YOUTH ENRICHMENT

## Coping Skills Boot Camp

Join Jillian Ristau, MS, LPCC (Minnesota Board of Behavioral Health and Therapy Licensed therapist) for a fun-filled learning experience using therapeutic interventions. Children ages 8-11 will learn skills to manage emotions through play, art, and movement. Weather permitting, we will be practicing temperature-based grounding techniques and other coping skills on the playground. Bring warm winter clothes!

Instructor: Jillian Ristau

Fee: \$15 per class

**Choose from the following locations:**

**Vandyke Elementary - Coleraine**

**Saturday, 2/24/24**

9:00am-12:00pm

Location: Vandyke Elementary School

Register online or call 218-245-6232.

**Keewatin Elementary**

**Saturday, 3/9/24**

9:00am-12:00pm

Location: Keewatin Elementary School

Register online or call 218-885-1280 ext. 51171.

## Deer River Boys & Girls Club

We offer caring mentors, a safe place after school, and unique programs designed to empower youth ages 6 through 12th grade to excel in school, become good citizens, lead healthy productive lives, and reach their full potential. Pick up a membership form from the King School office or the Boys and Girls Club front desk. Feel free to call the club with any questions at 218-246-3440.

**Monday - Friday**

3:00pm - 5:30pm

Location: King Elementary School

Fee: \$20



**BOYS & GIRLS CLUBS**  
*of the Leech Lake Area*



# YOUTH ACTIVITIES

## Driver's Education Training

This 30 hour class is required by law for students 15 years of age who want to get their driver's license. Permit test after class is completed.

### Choose Your Location:

#### Greenway High School

**Monday - Friday, 2/26/24 - 3/8/24**

3:20pm-6:20pm

**Wednesdays, 2:50pm-5:50pm**

Instructor: Right Way Driving School

Fee: \$100

Call Larry at 218-327-4880 with any questions. Registration packets will be available in the student services office at the high school.

#### Deer River High School

**Monday-Friday, 3/11/24- 3/25/24**

3:30pm-6:00pm

Instructor: Right Way Driving School

Fee: \$100

To register, sign up and pick up an information packet at the Deer River High School office.



## IOSP's Early Childhood Music Education (also called Musikgarten)

When music and movement are a natural, joyous part of childhood, children benefit greatly in many areas of life. Language development, self-expression, memory skills, concentration, social interaction, fine motor skills, listening, problem solving, teamwork, goal setting, and coordination are all impacted by early music and movement education. Ages 4-7 year olds. Materials fee of \$56 per child due at time of registration. For questions visit [itascaorchestra.org](http://itascaorchestra.org) or contact Lynnea Schmitz at 218-296-2017.

**Thursdays, 2/22/24 - 6/6/24**

4:00pm-5:00pm

Instructor: Lynnea Schmitz

Location: MacRostie Art Center

Fee: \$210 one child | \$195 each additional child

Register online or call 218-327-5781.

## Junior Naturalists

Join us as we explore the great outdoors. We will focus on being good stewards of our Earth; learn to identify plants and animals and how both survive. Be prepared to go outdoors each session, we will snowshoe, hike, make forts and more! We will be spending the whole class outside so be sure to dress for the weather! Class is open to grades 4 & 5.

**Tuesdays, 2/20/24 - 3/19/24**

(No class 2/27/24)

3:30pm-5:00pm

Instructor: Nancy Mike - Johnson

Location: West Rapids Elementary

Fee: \$20

Register online or call 218-327-5730.



## Kites in the Air!

Celebrate National Kite Month by creating your own kite! Color, assemble and launch your own flying machine using the power of April winds. Register early. Limited spots available.

**Saturday, 4/27/24**

10:00am-3:00pm

Instructor: Karlyn Berg

Location: Marcell Town Hall

Fee: \$5

Register online or call 218-743-3444 ext. 42503.



# YOUTH ACTIVITIES



## LEGO Building Club

Come build with LEGO! Individual challenges, team building, and free build. You will learn while exploring and having fun with LEGO. Grades K-6 welcome! Snacks provided.

Instructor: Colleen Bishop

**Choose Your Location:**

**Coleraine Public Library**

**Fridays, 2/2/24 - 5/3/24**

(No class 3/22/24 & 3/29/24)

4:00pm-5:15pm

Fee: \$35

Register online or call 218-245-6232.

**Keewatin Elementary School**

**Tuesdays 1/9/24-5/7/24**

Time: 4:00pm-5:15pm

Fee: \$40

Register online or call 218-885-1280 ext. 51171.



## Let's Make Some Music - Child and Me

Add musical play to your schedule. High energy exploration keeps active toddlers engaged as they sample hand-held instruments, experience contrasting sounds, motions and sensory items. Through repetition, rhythmic play and concrete themes, your child will build language skills, large motor and social-emotional skills. For children birth-age 5 with an adult.

**Wednesdays, 2/28/24-4/17/24**

**Choose between the following times:**

9:45am-10:30am or 5:00pm-5:45pm

Instructor: Emily Slaubaugh

Location: Reif Center, Grand Rapids

Fee: \$80 per child

To register, contact the Reif Box Office  
boxoffice@reifcenter.org or call (218) 327-5780.

## Story Time with Project READ

Free "Families Reading Every Day" events.

Fee: No Cost

No registration needed.

Questions, contact Project READ at  
chippy.project.read@gmail.com.

**St. Luke's Church, 1112 Golf Course Rd, GR**

Join us for morning story time with your child.  
We will sing, read, learn, and play!

**Thursdays, 4/11/24 - 5/9/24**

9:30am-9:45am **Choose a new free book**

9:45am-10:15am **Story & Song Time**

10:15am-11:30am **Fun Activities & Healthy Snack**

**Minnesota North- Itasca Campus,  
1851 US-169, Grand Rapids**

Join the MN State- Itasca Early Childhood students. Together we read books, sing, dance, create, and play.

**Wednesday, 5/1/24**

1:00pm-1:15pm **Choose a new free book**

1:15pm-1:30pm **Story and Song Time**

1:30pm-2:30pm **Fun Activities & Healthy Snack**



## Top Notch Tutors

Let us help lighten the load! One-on-one tutoring to provide a focused, productive, and enjoyable learning experience. Tutors are Minnesota licensed teachers. Instructor, dates, times, and location will be determined after registration.

Fee: \$34 per hour

Register online or call 218-327-5730.



# YOUTH ACTIVITIES

## Valentine Cookies & Crafts

Decorate Valentine heart shaped cookies and make a fun Valentine Craft! Kids in grades K-6 are welcome to join Mrs. Riipinen in this fun after school activity complete with a snack and story! Registration deadline is February 1.

**Tuesday, 2/6/24**

Time: 2:45pm-4:00pm

Instructor: Britny Riipinen

Location: Keewatin Elementary School

Fee: \$12

Register online or call 218-885-1280 ext. 51171.



### BE SURE TO SUPPLY ACTIVE EMAIL.

Friendly Reminder! Check your email and voicemail inbox for messages from Community Ed regarding program updates. Thank you.



## Zapping the ACT

This 5-hour seminar helps students get higher scores on the ACT. They closely examine each type of national test question and learn strategies on how to answer specific questions and general test-taking tips. The new essay section of the test will also be covered in this seminar. Experience indicates that students who take this ACT seminar achieve a 2-5 point score increase. The individual score increase, of course, depends on how much effort is put into the preparation and application of the take home materials students will receive at this seminar. Included in the seminar price is a comprehensive study guide and workbook divided by subject. Open to all high school seniors and juniors in the area.

Instructor: Zaps Learning Company

**Choose from the following locations:**

### Coleraine

**Thursday, 2/29/24**

8:30 am-2:00 pm

Location: Greenway High School Staff Development Room

Fee: \$65

Register online or call 218-245-6232.

### Grand Rapids

For scholarship opportunities call Community Education at 218-327-5730. Please bring a calculator and 2 pencils to the seminar.

**Wednesday & Thursday, 2/28/24 & 2/29/24**

6:30pm-9:00pm

Location: ISD 318 Educational Services Center

Fee: \$99

Register online or call 218-327-5730.



## Itasca Area Youth Activities

Wondering what's available for your child to get involved in or can't find contact information?

**Simplify your search!**

Check out the Itasca Area Youth Opportunities page at [getlearning.org](https://getlearning.org) for a listing of resources across the Itasca Area in arts, enrichment, recreation, sports, libraries, parent support and education.

**GETLEARNING.ORG**



# YOUTH ACTIVITIES

## YOUTH FITNESS & RECREATION

### Cheer Camp

We've got spirit, Yes we do, we've got spirit, how 'bout you? Learn some cheers, jumps and tricks with the Thunderhawk cheerleaders.

**Friday, 3/22/24**

9:00am-12:00pm

Instructor: Jessica Mackley

Location: Grand Rapids RJE Middle School

Fee: \$25

Register online or call 218-327-5730.



### Cheerleading Clinic

Experience the thrill of cheerleading! Have fun learning cheers and technique with the N-K Spartan Cheerleaders and their advisors! Participants in grades K-6 will have the opportunity to perform at halftime during a varsity home basketball game the following week!

**Saturday, 2/24/24**

9:00am-12:00pm

Instructor: Sarah Hendricks & Kair Wilburn

Location: Nashwauk High School Small Gym

Fee: \$25

Register online or call 218-885-1280 ext. 51171.



### Elementary Volleyball

This volleyball program will introduce participants to the sport of volleyball in a positive, fun environment. Teams will be formed at East Rapids and West Rapids Elementary schools. Sign up for the location of your choice. Players will be coached by members of the Grand Rapids High School volleyball team.

**Grades 2-3**

This program is intended to introduce the skills of volleyball and will not include games at other schools.

**Mondays & Tuesdays, 4/15/24 - 5/7/24**

3:30pm-4:30pm

Location: East Rapids or West Rapids

Fee: \$60

Register online or call 218-327-5730.

**Grades 4-5**

This program is intended to increase skill level by playing games against other ISD 318 elementary teams. Games will be played on Thursdays. Games will take place at both home and away sites. Games start on Thursdays at 4:00pm.

**Mondays, Tuesdays, & Thursdays, 4/8/24 - 5/9/24** (No games or practice on 4/25/24)

**Mondays & Tuesdays** 4:30pm-5:30pm

**Thursdays** 4:00pm-5:30pm

Location: East Rapids or West Rapids

Fee: \$75

Register online or call 218-327-5730.

### Indoor Open Gym & PlayZone in Taconite

Open gym time/indoor playground for families at the Taconite School Gymnasium. Playzone: for families with children ages 0-7 to come and play together, toys provided. Open Gym: for families with children ages 8 and up - open gym/ basketball, limited balls provided. You can bring your own ball. All children 12 & under must be accompanied by an adult. Shoes required.

**Every other Saturday, 2/3/24, 2/17/24, 3/2/24, 3/16/24, 3/30/24, 4/13/24**

**Indoor PlayZone Ages 0-7** | 9:00am-11:30am

**Indoor Open Gym Ages 8 & up** | 12:00pm-2:00pm

Instructor: Danyell Schendel

Location: Taconite Gym, 28 Haynes St.

Fee: \$30 per family

Register online or call 218-245-6232.

# YOUTH ACTIVITIES

## Judo

Explore the Japanese martial art of judo. Build confidence as you learn to fall, throw, and pin with judo. Wear a long sleeve shirt and cotton pants. No zippers, snaps and buttons on clothes. Long hair pulled back.

Instructor: Colleen Bishop

### Choose Your Location:

#### Greenway Marble School - Gym

Grades 2-5

**Wednesdays, 2/7/24 - 4/24/24**

4:00pm-5:30pm

Fee: \$35

Register online or call 218-245-6232.

#### Keewatin Elementary School Gym

Grades K-6

**Mondays & Thursdays, 2/5/24-5/16/24**

(No class on 2/19, 3/28, 4/1)

4:15pm-5:30pm

Fee: \$40

Register online or call 218-885-1280 ext. 51171.



## Judo at the YMCA

Learn the Japanese self-defense sport of Judo. Beginner, intermediate and advanced are welcome to learn basic holds, throws, break falls, safe falls, injury prevention and balance. There may be tournament opportunities as a student progresses.

### Saturdays

8:30-10:15am | 16+ years and older

10:30-12:00pm | Advanced youth 6-15 years old

For session dates, price, and information on YMCA Judo program go to <https://ymcaitasca.org/youth-sports>.

Cost: Free YMCA Member | \$40 Non-Member  
Ages 6-15 | \$50 Non-Member Ages 16+

Register online at [ymcaitasca.org](https://ymcaitasca.org), stopping at the Y Membership Desk or by call 218-327-1161.



## Reif Dance

Location: Reif Dance Studios

Instructors: Reif Dance Staff

Fee: \$55/month for 1 class per week. Scholarship opportunities available.

### Reif Dance Fundamentals - PreK - 1st Grade

Join the enchanting and creative world of dance. In this unique program, students gain body awareness and self-esteem through movement-oriented games and music. Children are led by their natural desire to explore, experience, and discover their own creativity. As they develop focus and spatial awareness, and are gradually introduced to class etiquette, basic ballet movements, and vocabulary, they learn how to participate in a formal dance class. Dance Fundamentals not only equips children with the building blocks for the expressive language of dance but also instills the joy and love of the art form which is the heart of the Reif Dance Program.

### Reif Dance Technique Classes - 2nd grade to Adults

Ballet, Jazz, Modern, and Tap. Our professional teachers guide our students through fun and nurturing classes while providing quality technical and artistic instruction. We currently have 6 levels of technique classes. Students are placed in levels according to their strength and technical ability.

To register contact the Reif Box Office at [boxoffice@reifcenter.org](mailto:boxoffice@reifcenter.org) or call 218-327-5780.

Questions? Email Bev at [bwilson@reifcenter.org](mailto:bwilson@reifcenter.org) or call (218)327-5780.



## WALK/BIKE/ROLL TO SCHOOL



February 7th &  
May 8th, 2024





# Children First!

218-327-5730 | [www.getlearning.org](http://www.getlearning.org)

Children First! will mobilize communities to actively educate, nurture and care for all children in Itasca County.

**Invite your family & friends to Special Community Events**

## CELEBRATING CHILDREN - FREE FAMILY EVENTS



**Friday, 2/2/24 | 5:00pm-9:00pm | Itasca County Family YMCA**

### Try the Y!

Bring your kids to swim and use the basketball and racquetball courts. A light snack will be provided while supplies last. Questions call 218-327-1161.



**Saturday, 2/3/24 | 11:00am-12:30pm | Marcell Family Center**

### Marcell Family Center Winter Frolic

Celebrate winter with crafts, games, food, and beverages. Call 218-832-3444 for more info.



**Saturdays, 2/10, 3/9, 4/13, 5/11 | 1:00pm-3:00pm | MacRostie Art Center**

### Family Create Second Saturdays!

Join us every Second Saturday at the MAC for free family orientated art activities with a new theme each month! Ages 4 and up. Registration required online or call 218-326-2697.



**Thursday, 2/29/24 | 5:00pm-6:30pm | Keewatin Elementary School**

### Leap Year Party for Families

Choose hands-on activity stations with this fun Leap year event! Dinner will be served. Must sign up by Feb 26. Questions call 218-885-1280 ext. 51171.



**Tuesday, 3/5/24 | 5:00pm-7:00pm | Hodgins Berardo Arena, Coleraine**

### Skating with Dads - Fathers Read Every Day

Inviting all dads, grandpas, uncles, or buddies to this fun, free event for males and their children, PreK-Grade 4. Join us for ice-skating, stories, a free meal and FUN! NO hockey sticks. 5pm skating; 6pm meal and reading. Questions call Katie at 218-256-5388.



**Thursday, 3/21/24 | 5:00pm-7:00pm | King Elementary School**

### Bingo for Books

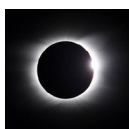
Do you love BINGO & Books? Bring the family out to play BINGO and pick out a brand new book as a prize. Everyone leaves with a book. Questions call 218-246-8241 ext. 60227.



**Saturday, 4/27/24 | 9:00am-1:00pm | IRA Civic Center**

### Children's Fair

Fun activities highlighting available services for families in Itasca County. Questions call 218-327-5730.



**Monday, 4/8/24 | 12:30pm-3:30pm | Coleraine Public Library**

### Solar Eclipse Viewing Party

Join us for activities and snack during the 2024 Solar Eclipse! Solar eclipse glasses available to safely view the progress of the eclipse! Questions call 218-245-2315.



**Friday, 5/3/24 | 8:00pm-11:00pm | Marcell Town Hall**

### Astronomy Night in Marcell

View the sky through giant telescopes as Range Astronomy Club members share information about stars and space. Bring lawn chairs and binoculars. Free snacks available. Backup date is May 10. Registration required online or call 218-743-3444 ext. 42503.



**Thursday, 5/23/24 | 3:00pm-4:15pm | Keewatin Elementary School Playground**

### Play at the Park

Join us at the Keewatin Elementary School playground for fun outdoor activities! Bounce houses will be back! Parents MUST pick their child up from school at 2:45pm and inform the classroom teacher of this. Questions call 218-885-1280 ext. 51171.

**All children 12 and under must be accompanied by an adult.**





## EARLY CHILDHOOD SCREENING

AGES

**3, 4 & 5**

Best age is 3½

Screening is required by the State of Minnesota, prior to kindergarten entrance.

Screening is free, fun, and a great opportunity for you to see your child's total growth.

**A screening includes:** height/weight, vision/hearing, general development, health history and immunization review.

This screening will show your child's strengths and determine what you child may need to work on to be successful in kindergarten. Also will connect you with resources in the school and community.

### Schedule an Early Childhood Screening Appointment Today:

ISD 316 Greenway: 218-245-6604 | ISD 317 Deer River: 218-246-8860 ext. 60400 | ISD 318 Grand Rapids/Bigfork: 218-327-5730  
ISD 319 Nashwauk/Keewatin: 218-885-1280 ext. 51154 | ISD 2 Hill City: 218-697-2394 ext. 10102  
ISD 118 Northland: 218-566-2351 | ISD 698 Floodwood: 218-476-2285 ext. 70108



## PROJECT READ

### Project READ Literacy Tips for Families

- Read a few books around a theme; Birds, Farms, Water, Bees, Trains, and Frogs are all fun to explore!
- Parents, dress up as a character from the book. Encourage your child to be one of the characters too. Be a bee or tadpole one day, and then a veterinarian and train conductor the next.
- Use brightly colored hats, scarfs, dresses, shoes, and purses as dress-up clothes to make pretending more fun. Costumes enhance dramatic play by allowing kids to look and act like the character or person they are pretending to be.
- Dress-up play helps them learn about socialization and vocabulary, while also teaching them about empathy and enhancing their emotional development.



**Denise Rodgers**

*Project Read Coordinator*

drodgers@isd318.org | 218-327-5709



**Sue Ann Nichols**

*Project Read Volunteer*

chippy.project.read@gmail.com | 218-327-5709

## AEOA Adult Education

**218-910-8986 | 218-259-0285**

**218-259-4524**

MN North College - Itasca

## Bigfork Community Education

**218-743-3444 ext. 42503**

100 Huskies Blvd, Bigfork, MN 56628

## Boys & Girls Club of Grand Rapids and Greenway

**218-327-5726**

1000 NE 8th Ave, Grand Rapids, MN 55744

**218-910-2255**

302 Roosevelt Ave. Suite 2, Coleraine, MN 55722

## Deer River Community Education

**218-246-8241 ext. 60227**

500 5th Street SE, Deer River, MN 56636

## Early Childhood Programs/Invest Early

**218-327-5850**

601 SW 7th Street, Grand Rapids, MN 55744

## ElderCircle

**218-999-9233**

400 River Road Suite #1, Grand Rapids, MN 55744

## Grand Itasca Clinic & Hospital

**218-326-3401**

1601 Golf Course Rd, Grand Rapids MN 55744

## Greenway Community Education

**218-245-6232**

PO Box 227, Coleraine, MN 55722

## ISD 318 Community Education

**218-327-5730**

601 SW 7th Street, Grand Rapids, MN 55744

## Itasca County Family YMCA

**218-327-1161**

400 River Road, Grand Rapids, MN 55744

## Itasca Orchestra & Strings Program

**218-327-5781**

PO Box 140, Grand Rapids, MN 55744

## MacRostie Art Center

**218-326-2697**

405 NW 1st Ave, Grand Rapids, MN 55744

## Marcell Family Center

**218-832-3444**

49023 St Hwy 38, Marcell, MN 56657

## Nashwauk-Keewatin Community Education

**218-885-1280 ext. 51171**

300 W 3rd Ave, Keewatin, MN 55753

## Project Read

**218-327-5709**

601 SW 7th Street, Grand Rapids, MN 55744

## Reif Performing Arts Center

**218-327-5780**

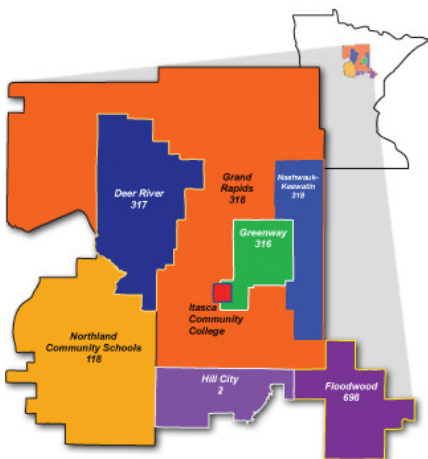
720 NW Conifer Drive, Grand Rapids, MN 55744

## Special Olympics – MN

**763-270-7168**

PO Box 125, Grand Rapids, MN 55744

## 7 School District | 1 Community College | Unlimited Opportunities ITASCA AREA SCHOOLS COLLABORATIVE (IASC)



## IASC MEMBERS:

- Deer River ISD 317
- Floodwood ISD 698
- Grand Rapids ISD 318
- Greenway ISD316
- Hill City ISD 2
- Nashwauk-Keewatin ISD 319
- Northland Community Schools ISD 118
- MN North College

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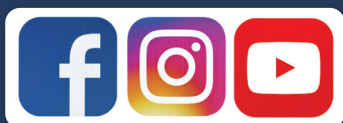
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