

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

AUGUST 2024 - JANUARY 2025



LOOK INSIDE:

Etched Glass - MN Themed PG 13

**Pasta and Tomato Sauce
from Scratch** PG 19

Yoga PG 21

National Parks Explorers PG 35



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.

Daytime Classes

Community Education has a new location and are able to offer more daytime classes. Look for the  image to find our new daytime classes.

Teach a Class

Do you have a special skill, interest, knowledge or hobby you would like to share with your community? 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
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Holly Henriksen
Community Education Secretary
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Sue Johnson
Nashwauk-Keewatin Community Education
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Karlyn Berg
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kberg@isd318.org | 218-743-3444



Kayla Fesenmaier
Greenway Community Education
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INSIDE THIS EDITION

- Area Adult Opportunities 2
- Community Engagement 10
- Creative Arts & Crafts 11
- Culinary Arts 19
- Early Childhood Family Education 28
- Family Events 40
- Fitness & Recreation 20
- Health & Wellness 22
- Music 25
- Pool Activities 26
- Resource List 41
- Technology 27
- Youth Activities 31
 - Arts & Crafts 31
 - Enrichment 33
 - Fitness & Recreation 37

Community Education
ITASCA AREA SCHOOLS COLLABORATIVE

GIFT CARD

Get Learning
GetLearning.org
218-327-5730

Give the gift of knowledge, hands-on learning, and social interaction.



Register ONLINE at:
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:

September - Fall GED

October - TEAS Exam Prep, Pre CNA, Food Handler/ Manager

November - Grammar, Usage, and Essay Writing

In-Person and Online!

Instructors open doors to help you reach your goals:

Denise Rodgers: Deer River, 218-910-8986, denise.rodgers@aeoa.org

Emily Sundeen: MN North-Itasca, 218-259-0285, emily.sundeen@aeoa.org

Adult Open Woodshop

Create a project in the Deer River High School's well-equipped wood shop. Shop supervisors will be available to help you find the tools you need. Bring your own project and materials.

Wednesdays, 1/15/25 - 3/19/25

4:00pm - 7:00pm

Location: Deer River High School Shop Class

Fee: \$60

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



American Sign Language - Level 1

Join Kim Nagler for this 6-week beginner sign language class. All ages welcome. Children must be accompanied by an adult. For questions email: kimnagler4@gmail.com.

Mondays 9/16/24 - 10/21/24

6:00pm - 7:30pm

Instructor: Kim Nagler

Location: Nashwauk City Hall, Legion Room

Fee: \$100

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

Amtrak - The Better Way to Travel

All aboard for a journey of discovery! Have you ever wanted to learn the ins and outs of traveling by Amtrak train? Gather information needed to navigate Amtrak's extensive network with confidence. Learn about the fun and, sometimes not so fun, experiences of traveling by train.

Tuesday, 9/24/24

5:00pm - 7:00pm

Instructor: Randy Carlson

Location: ISD 318 Educational Services Center

Fee: \$10

Register online or call 218-327-5730.

Are You Listening to Others?

We hear people talking but are we actually listening? Effective listening is important both in the workplace and at home, but is often overlooked or taken for granted as an important part of our everyday communication. Discover tips in this class to become a better listener.

Thursday, 10/3/24

7:00pm - 8:30pm

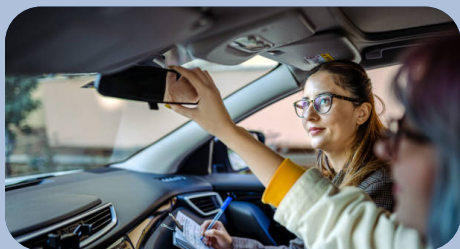
Instructor: Conrad Feldt

Location: ISD 318 Educational Services Center

Fee: \$40

Register online or call 218-327-5730.

AREA ADULT OPPORTUNITIES



AARP Defensive Driving

Did you know that you can save ten percent on your auto insurance by taking an AARP Driver Safety course? If you are 55 years or older, and take an approved Driver Safety class, Minnesota law requires insurance companies to offer you a 10% reduction for three years. This course will review current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's increasingly challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. Arrive 10-15 minutes early to fill out the "New Smart Driver" forms.

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

*8-hour course no longer required! Effective July 1, 2024, first-time participants will take a 4-hour program as their initial training – the 8-hour program will no longer be a requirement.

Cohasset - Bass Brook Community Center

Register at 218-328-6225 ext. 25.

Thursday, 9/5/24, 1:00pm - 5:00pm

Thursday, 10/3/24, 1:00pm - 5:00pm

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

Thursday, 12/5/24, 1:00pm - 5:00pm

Deer River Community Center - King Elementary

Register at 218-246-8241 ext. 60227.

Monday, 9/16/24, 4:00pm - 8:00pm

Monday 10/21/24, 4:00pm - 8:00pm

Grand Rapids ISD 318 Educational Services Center

Register at 218-327-5730.

Thursday, 10/17/24, 1:00pm - 5:00pm

Thursday, 11/21/24, 12:00pm - 4:00pm

Thursday, 12/19/24, 12:00pm - 4:00pm

Grand Rapids Itasca County Family YMCA

Register at 218-327-5730.

Tuesday, 9/17/24, 1:00pm - 5:00pm

Tuesday, 10/15/24, 1:00pm - 5:00pm

Friday, 11/15/24, 1:00pm - 5:00pm

Tuesday, 12/3/24, 1:00pm - 5:00pm

Astronomy Night - The Skies Above Us

Look to the stars, when the Range Astronomy Club shares an out of this world night. Members of the club will bring telescopes for viewing and share information about stars and space. Come see star clusters, galaxies and nebulae. Families are welcome. Optional bring lawn chairs and blankets.

Friday, 10/11/24

7:00pm Talk, 8:00pm Viewing

Instructor: Range Astronomy Club - Dale Kentoph

Location: Bovey Sports Complex

Fee: No Cost

Questions call 218-245-6232.



Bring Your Family History to Life!

As a lifelong researcher, with over 30 years of experience, Sandra looks forward to guiding you in expanding your genealogy research and breaking down brick walls. For this class, you will choose an ancestor and use resources to discover more about your personal and social history. During the second session, we will discuss building timelines and charts to expand your family tree. Bring a computer (if you have one) and your investigator hat. We have family mysteries to solve!

Saturdays, 10/19/24 & 11/2/24

10:00am - 12:00pm

Instructor: Sandra Knee

Location: Marcell Family Center

Fee: \$40

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.

Wednesdays, 10/23/24, 11/20/24, & 12/18/24

1:30pm - 3:00pm

Location: Calumet Public Library

Fee: No Cost

For information call 218-247-3108.

AREA ADULT OPPORTUNITIES

Canine Scentwork

Scentwork provides an opportunity and an outlet for your dog's natural hunting and scenting abilities. Owners will learn how to observe and read their dog's body language and behavior and how to introduce their dog to specific odors. Dogs will learn how to locate odors and how to alert you to the find.

Thursdays, 9/26/24 - 10/10/24

5:30pm - 7:30pm

Instructor: Karlyn Berg

Location: ISD 318 Educational Services Center

Fee: \$60 One Dog | \$75 Two Dogs

Register online or call 218-327-5730.

Coffee and Coloring in Calumet

No rules or 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 information call 218-247-3108.

Coffee Time at Marble Library

Enjoy social time with friends - old and new-around coffee (or tea)!

Every other Thursday, starting 9/5/24

1:30pm - 3:00pm

Location: Marble Public Library

Fee: No Cost

For information call 218-247-7676.



Mexico Getaway Cancun - Riviera Maya

3/4/25 - 3/11/25

Barcelo Maya Riviera Resort - Adults Only

Enjoy the beautiful white sand beaches, Caribbean blue water and swaying palms.

Relax with amazing ocean views and access to restaurants, swim up bars and nightly entertainment. Rates include flights from Minneapolis, an all inclusive package.

\$2100 per person based on double occupancy.

Contact Travel Master -

Diane Skelly at 218-326-3600

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!

Wednesdays, 9/11/24 - 4/30/25

2:00pm - 4:00pm

Location: Nashwauk Library

Fee: No Cost

For information call 218-885-1280 ext. 51178.



Cribbage at the Calumet Library

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

Mondays, (no cribbage on holidays)

1:00pm - 3:30pm

Location: Calumet Public Library

Fee: No Cost

For information call 218-247-3108.



DIY Book Publishing Made Easy



Do you dream of publishing a book one day? You CAN get your book out into the world and this class can help get you there! Did you know that you can self-publish an eBook, paperback, hardcover, or audiobook for FREE on Amazon? Turn your idea for a cookbook, poetry, novel or children's book into a published work. This class will explore step-by-step how to publish a paperback book. No manuscript necessary for class. Participants receive a take-home reference manual as a guide for when you're ready to publish on your own.

Choose from the following dates/times:

Tuesday, 1/14/25 | 5:00pm - 6:30pm

Thursday, 1/23/25 | 10:00am - 11:30am

Instructor: Gina Drellack

Location: ISD 318 Educational Services Center

Fee: \$40

Register online or call 218-327-5730.

AREA ADULT OPPORTUNITIES

Dog Obedience for Everyday Life

Designed for all dog ages and skill levels, this class introduces fundamental dog obedience skills. Classic training “doodles” with Rally-O will be incorporated, which will help your dog learn new skills while building the lines of communication between dog and owner.

Saturday, 10/26/24

9:30am - 2:00pm

Instructor: Karlyn Berg

Location: Greenway High School

Fee: \$50 One Dog | \$70 Two Dogs

Register online or call 218-245-6232.



Eat Your Way to Good Health & Happiness

Explore 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, 10/7/24 - 10/10/24

1:00pm - 3:00pm

Instructor: Linda Bauer

Location: ISD 318 Educational Services Center

Fee: \$125

Register online or call 218-327-5730.



Get Out on the Trail with Your Dog Tracking!

Get out on the trail with your canine buddy. Discover your dog’s ability to use its nose to field track, hunt, and find things. Learn how to observe and read your dog’s body language and behavior for better communication, teamwork, and a strengthening of the bond between dog and owner. Class fee is based on working dog team.

Saturday, 9/28/24

9:30am - 3:00pm

Instructor: Karlyn Berg

Location: Bigfork School - Parking Lot

Fee: \$35

Register online or call 218-743-3444.



Gunflint Falling: Blowdown in the Boundary Waters

Meet Cary Griffith, author of Gunflint Falling: Blowdown in the Boundary Waters. On July 4, 1999, in the Boundary Waters Canoe Area Wilderness (BWCAW), a bizarre confluence of meteorological events resulted in the most damaging blowdown in the region’s history. Gunflint Falling tells the story of this devastating storm from the perspectives of those who were on the ground before, during, and after the catastrophic event - from first-time visitors to the Northwoods to returning paddlers to Forest Service Rangers. For ages 10 & up.

Wednesday, 12/11/24

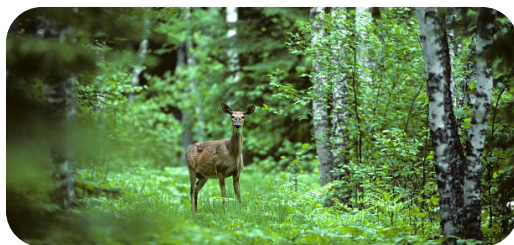
5:00pm - 6:00pm

Instructor: Cary Griffith

Location: Marble Public Library

Fee: No Cost

For information call 218-247-7676.



Having a Healthy Forest

The Minnesota Forestry Association works to inform residents about healthy forests; how and where to find opportunities and incentive 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, 10/21/24

Monday, 11/18/24

Monday, 12/16/24

7:00pm - 8:30pm

Instructor: Dave Roerick

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.

AREA ADULT OPPORTUNITIES

How Health Can Affect Your Wealth in Retirement

Discover truths and falsehoods about health care and retirement. Topics will include the rising costs of healthcare in retirement, how much you may need based on your age and other criteria, five factors that can affect overall costs, primary resources available, including Medicare and Medicaid, steps to help manage your out-of-pocket costs and how to take advantage of health savings accounts.

Thursday, 9/26/24

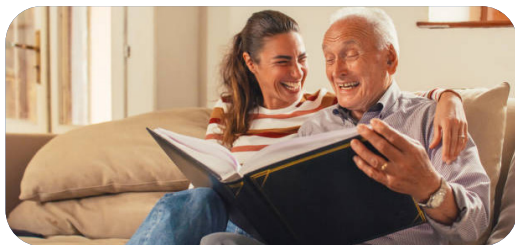
6:00pm - 7:30pm

Instructor: Simon Jackson

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.



Improving Your Memory

Memory can be a powerful gift. It can be used to remember a name, license plate number or a phone number. In this interactive workshop, learn ways to help improve your memory and pick up a few tips to remember that name or phone number.

Thursday, 10/24/24

7:00pm - 8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Educational Services Center

Fee: \$40

Register online or call 218-327-5730.

Intro to Heating with Wood

Are you interested in heating your home with wood but aren't sure where to begin? Learn the pros, cons and considerations for heating your home with firewood. We will discuss stove types, stove safety and maintenance, firewood sourcing and storage, and fire tending tips. Bring your questions about wood stoves and firewood.

Wednesday, 1/22/25

6:00pm - 8:00pm

Instructor: Casey Dabrowski

Location: ISD 318 Educational Services Center

Fee: \$20

Register online or call 218-327-5730.

Leave it, Move it, Roll it, Take it

An educational program designed to guide you in handling your 401(k), pension or other employer-sponsored retirement plan when you leave a job. You will 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 decisions.

Tuesday, 10/22/24

6:00pm - 7:00pm

Instructor: Laurie Clausen

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.

Local Ojibwe Maps

How did Grand Rapids get its name and where are the "Rapids" located? What was in the area before railroads, loggers, and homesteaders? These were all questions that sparked the attention of Biologist, Karen Noyce. Being a lover of maps and the stories that they tell, she compiles her findings and brings to life the history of the local indigenous people of the area; a history that is unknown to many residents and visitors alike.

Tuesday, 10/15/24

5:00pm - 6:30pm

Instructor: Karen Noyce

Location: Deer River High School Media Center

Fee: No Cost

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



Medicare 101

Medicare can be complicated, but the Senior LinkAge Line is here to help. Whether you have been on Medicare for a few years and just need a refresher, or you're brand new to Medicare, this class will help you understand the basics so you can manage your health care options.



Monday, 9/30/24

10:00am - 11:30am

Instructor: Jess Langer

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.

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. You will both leave the class feeling empowered and self-aware. You should wear clothing that is comfortable and easy to move in.

Mondays, 9/9/24 - 10/7/24

7:30pm - 9:00pm

Instructor: Master Mike Gau

Location: Northland Taekwondo,
25209 Commercial Drive, Grand Rapids

Fee: \$45 Mother/Teen | \$35 Single

Register online or call 218-327-5730.



Preventing Fraud & Scams



Fraud and scams are on the rise, with some scammers specifically targeting older adults. There are ways you can protect yourself and your personal information. You will get information about fraud protection and how you can detect and report fraud and scams, so you can keep yourself and your personal information safe.

Wednesday, 10/16/24

10:00am - 11:30am

Instructor: Jess Langer

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.

Paranormal Investigating 101

You've seen it on TV and now you can learn the real how-to's of paranormal investigations. You'll see evidence from actual investigations, discover what equipment works best, learn investigation ethics and proper investigation techniques. What does it take to run an investigation? We'll cover what you need to know from start to finish. You'll even have a chance to get hands-on experience with equipment and techniques during a mini investigation at the end of class.

Friday, 9/20/24

6:00pm - 8:30pm

Instructor: Heidi Steffens

Location: Nashwauk High School

Fee: \$49

Register online or call 218-327-5730.



Retirement: Making Your Money Last

Learn how to prepare to live the retirement you have always envisioned. You will learn how to build a strategy to last throughout one's retirement years and 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, 10/29/24

6:00pm - 7:00pm

Instructor: Laurie Clausen

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.

Paranormal Investigating 102

You've learned the basics in Paranormal Investigating 101, now let's put your skills to the test with a full investigation! We'll split into groups to investigate and come together at the end to compare notes. Bring any equipment you may have to use during class. We will have a few pieces of equipment to borrow as well.

Prerequisite: Paranormal Investigating 101

Saturday, 9/21/24

6:00pm - 8:30pm

Instructor: Heidi Steffens

Location: Keewatin Elementary School

Fee: \$49

Register online or call 218-327-5730.

BE SURE TO SUPPLY ACTIVE EMAIL.



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

AREA ADULT OPPORTUNITIES

Sunday Funday Workshops

Short workshops and discussions with a fun focus! Fun, free, and all are welcome!

Instructor: Annabella's Vendors

Location: Annabella's Antiques, Bovey

Fee: No Cost

Questions call 218-245-2055.

Fall Bulbs for Spring Color

Discuss flower bulbs to plant in the Fall for Spring color and beauty. Varieties, planting techniques, and uses in the landscape.

Sunday, 8/25/24

1:00pm - 3:00pm

PYREX - Patterns, History, and Other Kitchen Collectibles

Enjoy a discussion about the amazing vintage PYREX patterns and its history. Workshop will touch on other fun kitchen collectibles.

Sunday, 10/13/24

1:00pm - 3:00pm

Paint it Beautiful!

Talk about the use of paint to makeover your favorite furniture piece. Techniques, paint types, and more will be discussed.

Sunday, 11/17/24

1:00pm - 3:00pm

Surviving Market Swings



Investment strategies for uncertain markets. We've certainly had our share of market volatility. But the fact remains that economic uncertainty — in the United States and abroad — can spur volatility in the financial markets. And often it's a case of when and not if it happens. It's only natural to be concerned when the market drops. And yet, even during turbulent times, you can more comfortably ride out a financial storm if you're prepared and have sound financial strategies in place.

Tuesday, 9/17/24

Choose from the following times:

1:00pm - 2:30pm

6:00pm - 7:30pm

Instructor: Simon Jackson & Benjamin Weerts

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.



Timber Connections: The Joyce Lumber Family and Joyce Estate Story

The Joyce Lumber Baron Family opened up the Big Fork Valley to settlement and built a hunting lodge retreat on Trout Lake, called Nopeming, later renamed the Joyce Estate. The raucous and entertaining employee and settler stories and the equally earnest and outrageous tales of the Joyce family members are also part of this presentation followed by Q&A.

Tuesday, 9/17/24

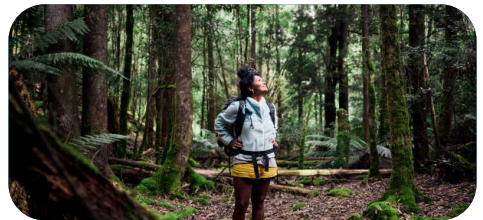
6:00pm - 7:30pm

Instructor: Susan Hawkinson

Location: MacRostie Art Center

Fee: \$10

Register online or call 218-326-2697.



Hike Into the Joyce Estate

A half-day hike into the Joyce Estate on Trout Lake during the fall color season to visit the Joyce hunting lodge retreat and cabins. Instructor will talk about the Estate in its heyday. The round-trip hike is 4 miles on hilly dirt trails with uneven walking conditions. There are not places to rest along the way. Participants need to wear good footwear and dress for the weather. Please bring water and a snack. We will depart from the Wabana Town Hall at 9 a.m. and caravan to the starting point for the hike.

Saturday, 9/21/24

9:00am - 12:00pm

Instructor: Susan Hawkinson

Location: Wabana Town Hall

Fee: \$10

Register online or call 218-326-2697.

AREA ADULT OPPORTUNITIES

Tax Planning and Your Retirement



Have you prepared your savings from the impact of rising taxes in the future? Whether you will pay more or less in income taxes depends on a variety of factors unique to your situation, so the more you know about current tax-law provisions, the better prepared you will be — now and in retirement.

Wednesday, 10/2/24

Choose from the following times:

1:00pm - 2:30pm

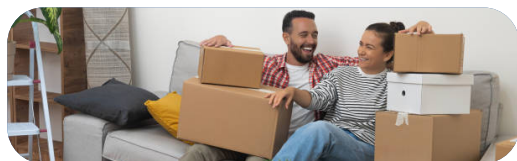
6:00pm - 7:30pm

Instructor: Simon Jackson & Benjamin Weerts

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.



The Upside to Downsizing Your Home



Discover how downsizing can offer a more manageable lifestyle with reduced maintenance and increased accessibility, while creating new opportunities for enjoying life fully. Understand when it might be time to downsize by asking yourself key questions about affordability, maintenance, family dynamics, lifestyle desires, and travel plans. Whether you're actively planning to downsize or still exploring your options, this class provides essential guidance.

Wednesday, 11/6/24

10:00am - 11:30am

Instructor: Molly Tulek

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.

To Trust or Not to Trust - Understanding Revocable Living Trusts



Take an in-depth look at revocable trusts. Learn what goes into creating, funding and managing a revocable living trust, as well as examining health care directives and power of attorney documents. Leave class with a better understanding of comprehensive trust-based estate plans. Worksheets will be provided.

Thursday, 10/17/24

Please choose from the following times:

10:00am - 12:30pm

6:00pm - 8:30pm

Instructor: Ray McCoy-Estate Planning Advisor

Location: ISD 318 Educational Services Center

Fee: No Cost

Register online or call 218-327-5730.

Wild Mushrooms 101

Join a mushroom identification expert to learn about foraging and identifying wild mushrooms. We will discuss basic information about mushrooms, steps for foraging mushrooms, common edible mushrooms, common toxic mushrooms, recommended resources and more! You will also get to handle samples of some of the mushrooms we will be talking about to get some hands-on experience while in the classroom. It is recommended you bring paper and a pen to take notes.

Choose from the following dates:

Wednesday, 9/11/24

Wednesday, 9/25/24

Wednesday, 10/9/24

Wednesday, 11/13/24

5:00pm - 7:45pm

Instructor: Ariel Bonkoski

Location: ISD 318 Educational Services Center

Fee: \$35

Register online or call 218-327-5730.

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 your edge in the marketplace. Check out our most popular online certificates and courses.

- Bookkeeping Certificate
- Certificate in Basic Game Design
- Coding Certificate
- Digital Marketing Certificate
- Graphic Design Software Essentials
- Mastering Video Marketing Certificate

More courses available at our online instruction center
www.yougotclass.org/index.cfm/ISD318 | 218-327-5730
Visit our website for start dates.

AREA ADULT OPPORTUNITIES



Working with Wool

Learn about sheep, shearing and fleeces and discover the process used to get that dirty fleece transformed into a beautiful usable product. You will make a beautiful felted item to take home using dyed colors gathered from the Chippewa National Forest. Bring a lunch and beverage.

Saturday, 10/12/24

10:00am - 3:00pm

Instructor: Peg Boggs

Location: Marcell Family Center

Fee: \$40

Register online or call 218-743-3444.

Writing for the Fun of It



Treat yourself to art for art's sake! No writing experience necessary. Each session explores different writing prompt games, and is its own standalone class offering. Come for creative play and joy! Register for one, some, or all sessions. There will be no critiquing. Sharing is encouraged but never forced and the entertainment factor is high! Bring a notebook and something to write with.

Choose from the following dates:

Wednesday, 10/9/24

Wednesday, 11/13/24

Wednesday, 12/11/24

Wednesday, 1/29/25

11:00am - 12:00pm

Instructor: Gina Drellack

Location: ISD 318 Educational Services Center

Fee: \$15

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.

Edge of the Wilderness Discovery Center

Providing a variety of environmental education programs and events throughout the year. The EOWDC, located in Marcell, MN, has indoor interpretive displays, an interpretive trail, fishing pier, picnic area, and CCC buildings listed on the National Register of Historic Places

Call 218-832-3161 for more information.



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. Fees apply for some of the programs and services.

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.

CREATIVE ARTS & CRAFTS

Art Chat

A fun and friendly gathering where everyone can share their love of the arts. Artists are invited to bring a piece of their artwork and share their methods and goals. Art lovers are encouraged to bring their favorite art piece to discuss with the group. NEW to this art chat: An artist will demonstrate how they work, what materials they use, and discuss the challenges they face.

Saturday, 11/9/24

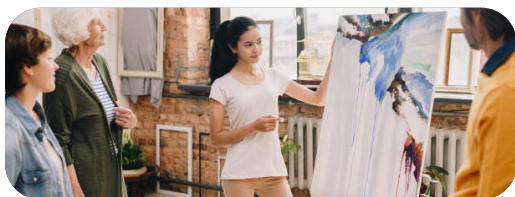
10:00am - 12:00pm

Facilitator: Karlyn Berg

Location: The Marcell Family Center

Fee: No Cost

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



Basket Weaving Workshop

The Farmer's Market Basket was designed by instructor Shannon Lucas Westrum, exclusively for this workshop series. Students will have the opportunity to learn the making of a filled woven base, weaving with flat and round reed, twining, wrapping handles, and making their own accent cordage from locally harvested grasses and leaves. Ages 16 and up.

Friday, 09/20/24, 6:00pm - 9:00pm &

Saturday, 09/21/24, 10:00am - 4:00pm

Instructor: Shannon Lucas Westrum

Location: MacRostie Art Center

Fee: \$60

Register online or call 218-326-2697.



Book Page Wreath

Assemble and use book pages to create a decorative wreath! All materials will be provided. Children must be accompanied by an adult.

Wednesday, 10/23/24

3:30pm - 5:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-6232.

Basket Weaving

Instructor: Lori Kangas-Olson

Location: ISD 318 Educational Services Center

Fee: \$30 per class plus materials

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 woady type. The basket will be made with nylon straps, however there is an option to PRE-ORDER leather straps for your basket- this would be \$40 material fee, in addition to the \$50 materials fee. To pre-order the leather straps contact Lori at lorikangasolson@gmail.com by 10/4/24. Materials fee of \$50 (or \$90) due to the instructor the night of class.

Mondays, 10/7/24 & 10/14/24

5:00pm - 8:00pm

Twill Tray Basket

Create a striking pattern in the base of this tray and learn how to lay out a twill base using a selection of patterns. This 10 x 10 x 4" tray will be the perfect centerpiece for your table. Material fee of \$35 due to instructor the night of class. If you choose leather handles for your basket there will be an additional \$10 materials fee

Monday, 11/11/24

5:00pm - 9:00pm

Bowls, Beer and Bites

Enjoy a relaxing evening glazing pottery, drinking micro brew and tasting appetizers. You'll be walked 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, 10/4/24

Friday, 12/6/24

Friday, 1/3/25

6:00pm - 8:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$50

Register online or call 218-326-2697.

CREATIVE ARTS & CRAFTS

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, 10/15/24

6:00pm - 8:00pm

Instructor: Amie Hanson

Location: Deer River Community Center - King Elementary School

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, 12/5/24

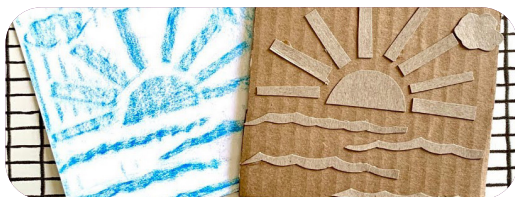
5:30pm - 6:30pm

Instructor: Amie Hanson

Location: Deer River Community Center - King Elementary School

Fee: \$30 1 Adult & 1 Child | \$10 each additional child

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



Collagraph Printing Workshop

In this beginner-friendly workshop you will learn the basics of collagraph - a super accessible printmaking technique that you can do at home with only a few basic supplies! You will learn how to print by hand at home with some standard kitchen utensils. Bring an idea for a simple sketch to play and print with! No printmaking experience is necessary.

Saturday, 11/16/24

10:30am - 3:30pm

Instructor: Karlyn Berg

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



Discover Your Abstract Side

For beginner through advanced painters, this abstract painting class will look at things in a different way by making use of fundamental design principles. Acrylic paint will be the basis for our work (you may use watercolor if you are familiar), along with stencils, stamps, pen and ink, collage and other mixed media processes.

Tuesdays, 10/8/24 - 11/5/24

1:00pm - 3:30pm

Instructor: Jan Stenson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



Drawing from the Paper Up I

Anyone can learn to draw, regardless of "natural ability." The components of drawing are both teachable and learnable. This is a true beginning class! You will learn the differences in and uses of the various pencils, papers, erasers, pencil strokes, and shading techniques. All source materials will be provided by the instructor. By the end of the class, you will be able to create a realistic drawing from start to finish.

Wednesdays, 9/11/24 - 9/25/24

1:00pm - 3:30pm

Instructor: Julie Erickson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

CREATIVE ARTS & CRAFTS

Drawing from the Paper Up II

Build and expand upon what you learned in Part I in this next-level, more flexible class. Learn how to use measuring tools, erasers for effect, about negative space, composition, perspective, enlarging, etc. By the end of this class, you will have new knowledge and skills to make a good drawing even better!

Wednesdays, 10/23/24 - 11/6/24

1:00pm - 3:30pm

Instructor: Julie Erickson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



Etched Glasses - MN Themed

Enjoy beverages in style with Minnesota themed drinking glasses that YOU create. Learn the technique behind glass etching. These 16 oz pint glasses are the perfect way to liven up your home or to give as a gift. This class is beginner-friendly, no experience necessary! All supplies are included with the class fee including a set (2) glasses. Additional glasses are available to purchase at the class for \$10 each.

Thursday, 11/21/24

6:00pm - 7:30pm

Instructor: Amie Hanson

Location: Deer River Community Center - King Elementary School

Fee: \$25

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



Explore Color

Create a painting and learn how colors work together to be more vibrant or subtle, bold or harmonious. Learn how to fully utilize hues, tints, gradients, color, value and how to balance colors. Learn about warm and cool colors; primary, secondary and tertiary colors; and the differences between reds, blues, yellows, browns, blacks and whites. There will be color mixing, experimentation and discovering with projects to take home. Students will bring their own paints and a lunch. A list of materials will be provided upon registration.

Saturday, 12/7/24

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.

Tuesdays, 9/3/24 - 10/1/24

1:00pm - 3:30pm

Instructor: Jan Stenson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

CREATIVE ARTS & CRAFTS

Expressive Acrylic Painting

Instructor will lead participants through drawing and painting an apple on an 8 x 10 stretched canvas. Learn to use color and texture to make an expressive painting. No experience necessary. All supplies included. Ages 15 to adult.

Thursday, 9/12/24

10:30am - 12:00pm

Instructor: 321 Art Studio

Location: Calumet Public Library

Fee: \$38

Register online or call 218-245-6232.



Expressive Landscape

Learn to use expressive brushstrokes and color to liven up your landscape. The instructor will walk participants through drawing and painting a simple landscape on an 11 x 14 stretched canvas using acrylic paint. No experience necessary. All supplies included. Ages 15 to adult.

Monday, 9/30/24

5:00pm - 6:30pm

Instructor: 321 Art Studio

Location: Calumet Public Library

Fee: \$38

Register online or call 218-245-6232.



Farmhouse Tray

Make this adorable 12"x18" serving tray! There will be a variety of paints, stencils, and handles to choose from.

Tuesday, 9/24/24

6:00pm - 8:00pm

Instructor: Lily Hadrava

Location: Deer River Community Center - King Elementary School

Fee: \$40

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

From Fleece to Fabric

Explore the steps in transforming a sheep fleece into woven fabric. You will learn the basics of spinning yarn and weaving with a spinning wheel to see in use and weaving looms to trial. You will receive your own drop spindle, practice spinning yarn and weave a small sampler to bring home. Materials fee of \$25 due to instructor day of class.

Sunday, 12/1/24

2:00pm - 5:00pm

Instructor: Shara Dabrowski

Location: Feeley Township Hall

Fee: \$35

Register online or call 218-327-5730.



Gouche Painting

Learn to paint with gouache. Start the new year off with a day of creativity, exploration and connection. Pronounced 'gwash', this versatile medium is similar to watercolor but is more opaque and is great for travel, plein air painting, color studies, nature journaling, and a wide variety of artistic styles. We will practice color mixing, layering, refining edges, making details, and how it works with watercolor paper and illustration board. All materials will be provided, and includes a break for lunch.

Saturday, 1/18/25

10:00am - 2:00pm

Instructor: Nelia Harper

Fee: \$48 Member | \$58 Non-Member

Register online or call 218-326-2697.

Intro to Paper Quilling

This class is a beginner's introduction to paper quilling- the art of manipulating and arranging strips of paper into dimensionally detailed and decorative designs and images. Participants in this class will learn how to create the basic shapes, textures and techniques necessary to create the featured image. The skills learned in this project are versatile and common techniques in the understanding of this craft, establishing a good foundation of information in moving forward with future crafts that may inspire. Ages 17 and up.

Saturday, 9/28/24

1:00pm - 4:00pm

Instructor: Nikki Besser

Location: MacRostie Art Center

Fee: \$35 Member | \$45 Non-Member

Register online or call 218-326-2697.

CREATIVE ARTS & CRAFTS

Knit an Emotional Support Chicken

Life is hard. We could all use a chicken to make it better! Create your own magical comfort chicken that doesn't need a permit to always be with you! It's lovable and huggable and you never have to feed it! Participants need to be versed in K, P, KFB, W&T, CO (in the middle of the project). Supplies needed: 200 yards of worsted weight yarn for main color 100 yards of contrast color 250g of polyfill US 7 straight or US 7-16"-22" circular needle.

Mondays, 9/16/24 - 9/30/24

5:00pm - 8:00pm

Instructor: Lori Kangas-Olson

Location: ISD 318 Educational Services Center

Fee: \$60

Register online or call 218-327-5730.



Memory to Memoir

A memoir is simply a collection of memories. As we celebrate the holidays you may want to write about special times with family, or maybe you are writing your holiday letter and would like to add something about your family history. Perhaps you have a photo album that needs a few stories to accent the pictures. Join this class to learn about organizing and structuring your memories to preserve them. No writing experience needed. Bring any keepsake or photo you might want to write about. Coffee provided.

Wednesdays, 11/6/24 - 11/13/24

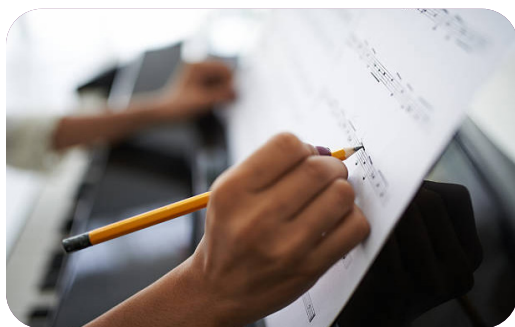
10:00am - 12:00pm

Instructor: Judy Nelson

Location: MacRostie Art Center

Fee: \$35 Member | \$45 Non-Member

Register online or call 218-326-2697.



Music Lyrics as Story

How do songwriters tell a whole story in three or four minutes? Like Bob Dylan said, when asked what his songs were about, he replied, "Oh about four minutes." In this class we will study lyrics and learn about brevity, pacing, repetition and how to incorporate these elements into our own writing. Whether you are a writer, a songwriter, music lover or a poet, come join us for fun, music, and practice with words. Coffee provided.

Wednesdays, 10/2/24 - 10/9/24

10:00am - 12:00pm

Instructor: Judy Nelson

Location: MacRostie Art Center

Fee: \$35 Member | \$45 Non-Member

Register online or call 218-326-2697.



Norwegian Rosemaling - Christmas Ornaments

This class is for beginning painters. Norwegian Rosemaling is a folk art with painting that has fanciful flowers, scrolls and line work from the Norwegian valley of Rogaland valley. Colors are bright, bold and quite whimsical. Upon completion of the class, you will have 2-3 wooden Christmas ornaments painted in Norwegian Rosemaling style.

Saturday, 11/2/24

10:30am - 3:30pm

Instructor: Michelle Carlson

Location: MacRostie Art Center

Fee: \$55 Member | \$65 Non-Member

Register online or call 218-326-2697.

CREATIVE ARTS & CRAFTS

Painting Barn Quilts

This is a popular, lively 4-hour class with guided instruction, walking you through the process of barn quilt painting from beginning to completion. You will choose a barn quilt pattern from the 8 patterns offered, gain knowledge in measuring, layout, taping and painting as related to barn quilt painting, and leave with your own 2' x 2' masterpiece, ready for hanging. \$65 materials fee due to the instructor on the night of class.

Tuesday, 11/12/24

5:00pm - 9:00pm

Instructor: Cynthia Buchholz

Location: ISD 318 Educational Services Center

Fee: \$35

Register online or call 218-327-5730.



Paper Flowers

Learn the technique and artistry behind creating paper flowers! Have fun creating our own design. Open to all ages. Children must be accompanied by an adult.

Wednesday, 9/18/24

3:30pm - 5:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No cost

Register online or call 218-245-6232.



Portrait Drawing

In this four-week class, we will work with a live model and develop our skills of observation to understand the form and structure of the human head, proportions and how faces are influenced by bones, muscle, and individual characteristics. Nelia will share pencil and charcoal handling techniques while providing demos, one-on-one instruction and a time-tested, proven method for drawing portraits from life.

Fridays, 10/25/24 - 11/15/24

10:00am - 1:00pm

Instructor: Nelia Harper

Location: MacRostie Art Center

Fee: \$195 Member | \$205 Non-Member

Introduction to Relief Printmaking

Learn the basic process of relief printmaking! Create original designs to transfer onto linoleum blocks. Carving tools will be used to cut away portions of the block, and printing ink will be applied. Paper placed atop and hand-rubbed will yield prints from the raised surface of the linoleum. Materials fee of \$25 due at class. Ages 16+.

Thursday, 10/10/24 & Tuesday, 10/15/24

5:30pm - 8:00pm

Instructor: Glenna Olson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

Relief Printmaking

Pre-requisite: Introduction to Relief Printmaking

Learn the multi-block relief printing method layering two or more contrasting colors of ink to make a printed image! The last class meeting will culminate in a print exchange, followed by a demonstration of the reduction block printing method! Materials fee of \$35 due at class. Ages 16+.

Thursdays, 10/17/24 & 10/24/24

Tuesdays, 10/22/24 & 10/29/24

5:30pm - 8:00pm

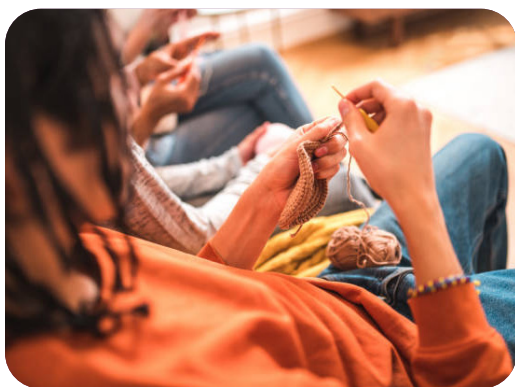
Instructor: Glenna Olson

Location: MacRostie Art Center

Fee: \$180 Member | \$190 Non-Member

Register online or call 218-326-2697.

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. This is an open knitting forum where you can join friends, meet new friends, bring knitting projects you may be challenged with or are looking for an excuse to sit and knit.

Thursdays, 9/26/24 - 12/12/24

5:00pm - 7:30pm

Instructor: Lori Kangas-Olson

Location: ISD 318 Educational Services Center

Fee: \$25

Register online or call 218-327-5730.



Telemark Rosemaling

For those who have done a little bit of rosemaling before. We will remind ourselves of the basic strokes of rosemaling, add patterns to a breadboard, and complete most of the pattern during class. Instructor will provide plate prior to class.

Saturday, 10/5/24

10:30am - 3:30pm

Instructor: Michelle Carlson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

Throwing and Assembling Altered Forms

During this 3-hour course you will learn tricks to make your work unique to you. Nathan will demonstrate the throwing and handbuilding of an altered watering can, oval planter, and different funky footed mugs. He will also discuss how he uses color with clay as well as how to use texture or smooth surfaces to enhance glazing. This is not a hands-on workshop.

Saturday, 10/12/24

10:00am - 1:00pm

Instructor: Nathan Bray

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

Tomato Cage Christmas Gnome

Create festive Christmas gnomes for your front porch using tomato cages and pine boughs. Supplies are provided and included in class fee.



Choose from the following date:

Tuesday, 11/26/24

Tuesday, 12/03/24

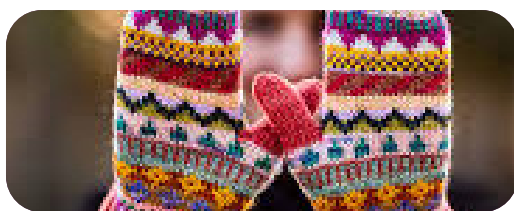
6:30pm - 8:00pm

Instructor: Heidi Erickson

Location: Deer River Community Center - King Elementary School

Fee: \$35

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



Up-Cycled Wool Sweater Mittens

Do you have an old wool sweater you don't know what to do with? Try up-cycling it into a beautiful pair of mittens! Leave this class with a custom pair of unique mittens and the knowledge and skill to make many more pairs. Choose from our large selection of wool sweaters. If you have a wool sweater of your own, pre-shrink it and bring it along!

Tuesday, 10/22/24

6:00pm - 9:00pm

Instructor: Lori Potter

Location: Greenway High School

Fee: \$30

Register online or call 218-245-6232.

CREATIVE ARTS & CRAFTS



Water-Soluble Oil Pastel Painting

Try your hand with a new medium. These pastels are fun to draw with and turn into a colorful painting after adding water. Instructor will walk you through creating a simple holiday design. No experience necessary. All supplies included. Ages 15 to adult.

Monday, 11/25/24

5:00pm - 6:30pm

Instructor: 321 Art Studio

Location: Calumet Public Library

Fee: \$25

Register online or call 218-245-6232.

Wheel Throwing

Location: MacRostie Art Center

Register online or call 218-326-2697.

Advanced Wheel Throwing

This class will cover aspects of wheel throwing and working with clay beyond the basics. Learn how to enhance your pottery with an abundance of techniques and tricks. All materials provided.

Thursdays, 9/12/24 - 10/17/24

6:00pm - 8:30pm

Instructor: Nathan Bray

Fee: \$250 Member | \$260 Non-Member

Beginning/Intermediate Wheel Throwing

This workshop focuses on the fundamentals of throwing on the potter's wheel, beginning with how to center clay, and moving on to opening and pulling pots. Those with wheel experience may also choose to use this workshop as an opportunity for continued practice at the potter's wheel with guided instruction from an experienced potter and educator.

Choose from the following sessions:

Session 1: Wednesdays, 09/18/24 - 10/16/24

Session 2: Wednesdays, 10/23/24 - 11/20/24

6:00pm - 8:30pm

Instructor: Bruce Bartos

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

Whimsical Watercolor

Learn basic watercolor techniques and make 3 fun bookmarks and 2 greeting cards. Beginner level.

Tuesday, 10/08/24

6:00pm - 8:00pm

Instructor: Lily Hadrava

Location: Deer River Community Center - King Elementary School

Fee: \$30

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



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 and there will be plenty of breaks to socialize! Absolutely no art experience is required, learn in a fun and supportive environment surrounded by your friends. Ages 21+.

Choose from the following dates:

Friday, 9/6/24

Friday, 11/1/24

6:00pm - 9:00pm

Instructor: Victoria Kragthorpe

Location: MacRostie Art Center

Fee: \$45

Register online or call 218-326-2697.

Writing for Beginners

If you have ever wanted to write, you are already a writer at heart! Welcome to all you beginning writers (and those who are beginning again). In this friendly class we will work on basic story structure, how to include dialogue and humor, and how to write an interesting introduction. Learn which stories may be easiest to write as you get started. There is no editing involved and no criticism allowed. Join in the fun, bring your ideas and a photo that prompts a story.

Wednesdays, 9/11/24 - 9/18/24

10:00am - 12:00pm

Instructor: Judy Nelson

Location: MacRostie Art Center

Fee: \$35 Member | \$45 Non-Member

Register online or call 218-326-2697.



Bizzy Bizzuits

Unleash your culinary creativity and satisfy your carb cravings with an easy and versatile biscuit recipe. Make and sample four recipes using baking powder biscuits. Whether you're craving savory bites or sweet indulgences, this class will cover all the bases. Your family is sure to thank you after they taste these new and fun creations!

Thursday, 11/7/24

6:30pm - 8:00pm

Instructor: Stephanie Kessler

Location: Bass Brook Community Center
(Cohasset Elementary Building)

Fee: \$18

Register online or call 218-327-5730.



Christmas Cookie Exchange

Hate the mess and stress of baking goodies for the holidays? Cut your baking in half by cooking up your favorite recipe with a small group to exchange. Bring enough ingredients to make at least 6 dozen cookies or bars. Everyone will leave with 6 dozen different types of goodies and a nice clean kitchen at home!

Thursday, 12/12/24

5:30pm - 7:30pm

Location: Deer River High School - Room 101

Fee: \$5

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

Lefse Making

Learn more about this tasty Norwegian tradition, from preparing the dough, to rolling it out and cooking it! All materials provided. All ages can join in on the fun of making Lefse. Children must be accompanied by an adult.

Wednesday, 12/18/24

3:30pm - 5:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-6232.

Pasta and Tomato Sauce from Scratch

Have fun in this hands-on class while making and eating a simple pasta dish. Not only will you get to mix and hand roll a whole wheat/egg pasta dough recipe, but the class will also work together to make a fresh tomato sauce to top it off. You will get to enjoy your masterpiece fresh from the pot! Be sure to come hungry! Materials fee of \$15 due to instructor the night of class

Wednesday, 9/25/24

5:00pm - 7:30pm

Instructor: Shara Dabrowski

Location: ISD 318 Educational Services Center

Fee: \$35

Register online or call 218-327-5730.



Plant Powered Cuisine

Are you curious about plant-powered cooking? Join us for some demonstrations and delicious samples of simple, nutritious and environmentally friendly recipes.

Choose from the following locations:

Blackberry Seventh-Day Adventist Church

Sunday, 10/13/24

2:00pm - 4:00pm

ISD 318 Educational Services Center

Monday, 11/18/24

6:00pm - 8:00pm

Instructor: Merry Moody

Fee: \$20

Register online or call 218-327-5730.

Soups & Stews in Your Instant Pot

Nothing is better than a warm bowl of soup on a cold winter evening. Discover ways to use your Instant Pot to transform simple ingredients into delicious and simple meals. We will be making a variety of soups, stews, chilies and warm corn bread, all in the Instant Pot. Materials and ingredients provided; just bring your appetite!

Thursday, 12/5/24

5:00pm - 7:30pm

Instructor: Angela Boyd

Location: ISD 318 Educational Services Center

Fee: \$35

Register online or call 218-327-5730.

FITNESS & RECREATION

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.

Fee: \$10

Greenway High School

Thursdays, 9/5/24 - 5/29/25 (No volleyball on 10/17, 11/14, 11/28, 12/26, & 3/27)

7:30pm - 9:00pm

Register online or call 218-245-6232.

Deer River High School

Sundays, 11/3/24 - 4/13/25

6:30pm - 9:00pm

Register online or call 218-245-6232.



Fitness Center - Bigfork

Purchase a fitness center membership and start your workout today! Membership 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: \$25 Individual | \$45 Family

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



Fitness Center - Deer River

Open **Monday - Friday** 6:00am - 8:00am and 3:30pm - 8:00pm (school days only). Free for everyone to use!

Location: Deer River High School

For questions call 218-246-8241 ext. 60227.



Fitness Walking

Walk inside in the following locations (walking pass required):

9/3/24 - 5/29/25

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

4:00pm - 7:00pm

Fee: \$2

Pick up your pass at 601 SW 7th St., 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

Line Dancing

Grab some friends and boot scoot down to Bovey City Hall for a fun night of learning how to line dance. You don't need a partner for this class, only a pair of clean, comfy shoes!

Tuesday, 10/29/24

8:15pm - 9:15pm

Instructor: Pamela and Jeff Johnson

Location: Bovey City Hall, Grand Ballroom

Fee: \$10

Register online or call 218-327-5730.



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 clothes that are easy to move in and walking/gym shoes. LeeAnn is a certified ACE (American Council on Exercise) Group Fitness Instructor, ACE Senior Fitness Specialist, and Parkinson's Movement Instructor.

Tuesdays & Thursdays, 10/1/24 - 11/7/24

11:00am - 11:50am

Instructor: LeeAnn Ryan

Location: ISD 318 Educational Services Center

Fee: \$120

Register online or call 218-327-5730.



Salsa Dance

This class is for anyone who wants to learn Salsa. We will start with the basic step and add on until you know a variety of fun Salsa steps you can take out on any floor. Please carry in a clean pair of shoes to dance in. Contact instructors with questions at 218-256-1873.

Tuesdays, 10/15/24 - 11/5/24

7:00pm - 8:00pm

Instructor: Pamela and Jeff Johnson

Location: Bovey City Hall, Grand Ballroom

Fee: \$40 per dancer

Register online or call 218-327-5730.



Yoga

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

Instructor: Lynnette Mackey

Fee: \$72

Coleraine - Nyberg Center

Tuesdays, 11/12/24-12/17/24

5:00pm - 6:15pm

Register online or call 218-245-6232.

Nashwauk City Hall

Mondays, 10/7/24-11/11/24

5:00pm-6:15pm

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

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,
Facebook @itascaymca or call
218-327-1161.

HEALTH & WELLNESS



Aging with Gusto

Having a positive view of aging and living our lives “with gusto” makes it much easier to have healthier, happier years ahead. Let’s talk about which values and key contributors we want to draw on to lead the most meaningful, satisfying lives we can. Trained facilitators will guide the discussion, offering thought-provoking ideas and questions to stimulate personal discoveries and small-group conversations. Register online at <https://bit.ly/3Vw5i9l>.

Wednesdays, 10/16/24 - 10/30/24

10:00am - 11:30am

Instructor: Ashley Craiglow

Location: Coleraine Public Library

Fee: No Cost

Register online or contact Ashley at 218-529-7513 or acraiglow@ardc.org.



Caregiver Support Groups

A safe place for caregivers, family, and friends to develop a support system, exchange practical information on care-giving challenges, talk through ways of coping, share feelings, needs, and concerns, and learn about community resources.

Choose from the following locations:

**Majestic Pines Senior Living,
1614 Golf Course Rd, Grand Rapids**

Second Thursday of each month

1:00pm - 2:00pm

The Pillars, 2060 SW 8th St, Grand Rapids

Third Monday of each month

10:30am - 11:30am

Fee: No Cost

To register call 218-999-9233 ext. 282.

Childbirth & Infant Care

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

Choose from the following dates and times:

Saturday, 10/5/24

Saturday, 12/7/24

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.



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 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 more information visit www.hypnosisclinic.net.

5:30pm: Check-in

5:45pm - 6:30pm: Introduction (required for all)

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

7:30pm - 8:30pm: Stop Smoking, Chewing, Vaping hypnosis session

Tuesday, 10/22/24

5:30pm - 8:30pm

Instructor: Dr. Mary Fischer

Location: ISD 318 Educational Services Center

Fee: \$0 Lifetime Member | \$60 Non-Member

Register online or call 218-327-5730.

OUR CLASSES MAKE GREAT GIFTS!

Give the gift of knowledge, hands-on learning, and social interaction. Visit GetLearning.org to purchase a gift certificate.



Himalayan Singing Bowl Sound Bath

Experience 50 minutes of the vibrational sound of handmade large bronze bowls by a highly trained practitioner to reduce stress through a deepened sense of peace, wellbeing and pain relief. Bring comfort items such as blanket, pillow, water bottle and perhaps a reclining lawn chair.

Wednesday, 10/30/24

5:30pm - 6:30pm

Instructor: Cindy Horbach

Location: ISD 318 Educational Services Center

Fee: \$25

Register online or call 218-327-5730.



How to Empower Yourself as a Parent and a Person Through Thought, Action, and What You Consume

Does life as a parent or caregiver feel draining? Take part in an interactive discussion on how the body works, especially the automatic body responses, and why knowing this will help you and your family find the time and energy to get things done. Learn ways to overcome lack of time and resources in what can often feel like a chaotic life for busy families. Suitable for all adults. Barb has over 25 years of education experience in the biology field and continues to advocate for parents and families.

Wednesday 9/25/24

7:00pm - 8:15pm

Instructor: Barb Fritz

Location: Nashwauk High School

Fee: \$10

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

Living Well with Chronic Pain

Each class includes a new topic on how to manage chronic pain. This class is a combination of presentations, discussions, and activities with others who share similar experiences.

Wednesdays, 11/6/24 - 12/11/24

10:00am - 12:30pm

Instructors: Danielle Hawkinson & Kelly Campbell

Location: Majestic Pines Senior Living

Fee: No Cost

To register call 218-999-9233 ext. 282.

Living Well with Diabetes

Each class includes a new topic on how to help participants with pre-diabetes manage their health. This class is a combination of presentations, discussions, and activities with others who share similar experiences.

Choose from the following locations:

Central Square Mall - Room 124

Thursdays, 10/17/24 - 11/21/24

10:00am - 12:30pm

Instructors: Danielle Hawkinson & Kelly Campbell

Online via Zoom

Fridays, 10/4/24 - 11/8/24

10:00am - 12:30pm

Instructors: Danielle Hawkinson & Lauren Pipkin

Fee: No Cost

To register call 218-999-9233 ext. 282.

Powerful Tools for Caregivers

This class helps family and friends caring for older adults with long-term health conditions develop the skills and confidence to better care for themselves while caring for others.

Thursdays, 9/5/24 - 10/3/24

10:00am - 11:30am

Instructors: Danielle Hawkinson & Dee Moris

Location: Virtual

Fee: No Cost

To register call 218-999-9233 ext. 282.



Psychological First Aid

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.

Thursday, 9/26/24

12:00pm-2:00pm

Instructor: Kelly Campbell,

Location: Virtual

Fee: No cost

For questions and to register, email Kathryn Taylor at kathryn.taylor@fairview.org.

Reiki Informational Class

What the heck is Reiki, anyway? How do I even pronounce it? Maybe you've heard of Reiki (RAY-kee), but want to know more about this form of energy healing before signing on for a certification level class. Let's talk about what Reiki is, what it isn't, and how your life specifically can be enhanced with this self-practice. Bring your curiosity, and leave with a greater understanding of Reiki - including a mini self-care skill takeaway!

Thursday, 10/10/24

5:00pm - 6:00pm

Instructor: Gina Drellack

Location: ISD 318 Educational Services Center

Fee: \$15

Register online or call 218-327-5730.



Reiki Level 1

Connect to Reiki energy! Learn what it is, how it heals, and techniques for being an effective channel. You will be equipped with the tools to use it on yourself and others. Learn how Reiki can be used in everyday life.

Saturday, 10/19/24

9:00am - 4:00pm

Instructor: Gina Drellack

Location: Itasca County Family YMCA

Fee: \$150

Register online or call 218-327-5730.

Reiki Level 2

Deepen your understanding of Reiki through learning the sacred symbols, equipping you to increase healing and, if desired, begin your own business practice. Prerequisite - Reiki Level 1 with Gina.

Saturday, 11/9/24

9:00am - 4:00pm

Instructor: Gina Drellack

Location: Itasca County Family YMCA

Fee: \$200

Register online or call 218-327-5730.

Restorative Reiki Yoga, Sound Bath, and Guided Meditation



This relaxing, stress-reducing class will consist of Restorative Yoga, 5 minutes of Reiki, followed by a long savasana sound bath and guided meditation. Restorative yoga consists of poses using props to support the pose. The class is enhanced with assistive stretching, hot rocks, and essential oils. Restorative yoga taps into the body's natural resources to establish self-regulation, homeostasis, and stimulate the parasympathetic system. It achieves deep relaxation to restore and rejuvenate the body, mind, and spirit. Receive a free book, "The Beauty of You" written by the instructor.

Tuesday, 9/24/24

Choose from the following times:

10:00am - 12:00pm

5:00pm - 7:00pm

Instructor: Lisa Carsrud

Location: ISD 318 Educational Services Center

Fee: \$80

Register online or call 218-327-5730.

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 locations:

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

Grand Rapids, Central Square Mall, Suite 124

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

Hill City, Hill City Fire Hall

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

Jacobson Community Center

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

Wabana Town Hall

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

Online classes - Zoom:

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

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

Fee: No Cost

To register call 218-999-9233 ext. 278 or email Lori Whitted at lori@eldercircle.org.

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!

Saturday, 11/23/24

10:00am - 12:30pm

Instructor: Craig Coffman

Location: Virtual

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 the guitar to give yourself years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Class includes an online book, online follow-up lessons, a recording of the class video lessons and optional online question and answer session. For ages 13+.

Wednesday, 10/9/24

6:30pm - 9:00pm

Instructor: Craig Coffman

Location: Virtual

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. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic questions and answer session. Ages 13+.

Monday, 10/7/24

6:30pm - 9:30pm

Instructor: Craig Coffman

Location: Virtual

Fee: \$59

Register online or call 218-245-6232.



**ITASCA ORCHESTRA
STRINGS PROGRAM**

Discover the musical heartbeat of northern Minnesota with IOSP.

Youth Orchestra Program

Designed for young musicians aged 8 and up, our Youth Orchestra Program offers individual and group lessons, orchestra rehearsals, performances, special events, and workshops. We provide string instrument lessons in school in four different school districts, Grand Rapids & Bigfork, Greenway, Deer River, Remer and at the Reif Center.

Early Music Education (Musik Garten)

Our Musik Garten program provides a nurturing environment for children under 8 years old, laying the foundation for lifelong musical skills through engaging, year-round classes. Classes meet weekly for up to 60 min.

Join us in celebrating the power of music and community.

To register and for more information on our programs and upcoming events visit itascaorchestra.org or contact us at info@itascaorchestra.org or at 218-327-5781.



Private Banjo Lessons

Learn how to play the banjo at whatever level you are starting from. Contact instructor at blindula@isd318.org to set up dates and times, prior to registering.

Instructor: Brian Lindula

Fee: One person, 2 hours - \$40 | Two people, 2 hours - \$30

Register online or call 218-327-5730.

POOL ACTIVITIES

Basic Lifeguard - Blended Learning at the YMCA

The purpose of the American Red Cross Lifeguard course is to provide 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 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, pass a swim test, and complete the online portion of the course.

Go to <https://ymcaitasca.org/safety-trainings> or more information about course dates and swim test requirements.

Class fee: \$200 | Incentives may be available for prospective employees of the Itasca County Family YMCA.

Online Pre-Course: 7 hours self-paced must be completed prior to in-person learning.

Register by emailing kbolin@ymcaitasca.org or call 218-327-1161.



Open Swim - Session 1

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

Wednesdays

Session I: 10/2/24 - 1/29/25

Session II: 2/5/25 - 5/21/25

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

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, need to rehabilitate an injury or are looking for a higher level of intensity, water aerobics classes can provide encouragement and instruction.

Choose from the following sessions:

Fall Session: Mondays & Wednesdays, 11/6/24 - 1/8/25

(No class 12/23, 12/25, 12/30, & 1/1)

Winter Session: Mondays & Wednesdays, 1/22/25 - 3/19/25 (No class 2/17 & 3/5)

5:00pm - 6:00pm

Instructor: Patti Rychart

Location: ISD 316 Greenway High School - Pool

Fee: \$45

Register online or call 218-245-6232.



Youth Group Swim Lessons at the YMCA

Swimming is a life skill, and lessons support in gaining the knowledge, ability, and stamina to become strong and confident swimmers. 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 typically 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 online at ymcaitasca.org, at the Y Membership Desk or call 218-327-1161.

Microsoft Excel for Beginner Users

Students will learn practical business uses of Microsoft Excel, including basic mathematical formulas and functions. Learn to arrange, filter, format and sort lists of data and enter and convert numerical and text data, dates, and times. Bring to class a computer with Excel.

Thursday, 10/10/24

6:00pm - 8:00pm

Instructor: Jill Radunz

Location: Greenway High School - Room 105

Fee: \$45

Register online or call 218-245-6232.



Microsoft Excel for Intermediate Users

Students will go beyond the basics of Excel to design more effective spreadsheets. Create lookups, pivot tables, sorting and filters, create rules, and advanced formulas. This class is designed for those with beginner-level knowledge of Excel and looking to take advantage of the application's more advanced features. Bring to class a computer with Excel.

Thursday, 11/7/24

6:00pm - 8:00pm

Instructor: Jill Radunz

Location: Greenway High School - Room 105

Fee: \$45

Register online or call 218-245-6232.

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 and what to avoid? There has been an increase in online scams and fraud, not to mention phone scams willing to fix your PC. Do you know what spyware, ad-ware, email phishing, internet scams and ransom-ware are? Protect yourself and your computer from these threats with knowledge from this class.

Monday, 10/28/24

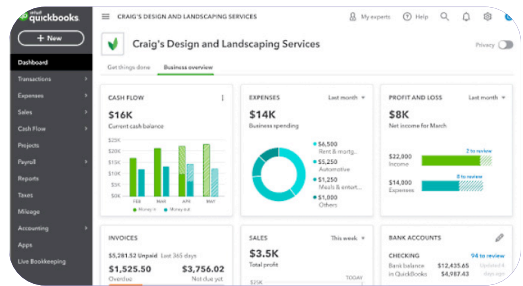
6:30pm - 8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Educational Services Center

Fee: \$20

Register online or call 218-327-5730.



Quickbooks for Beginners

Learn the basics of Quickbooks Desktop. Learn how to set up your company file and chart of accounts, create invoices, enter and pay bills. This class will cover working with sales tax, receiving items, managing inventory and paying bills. Bring to class a computer with Quickbooks.

Choose from the following dates:

Thursday, 10/24/24

Thursday, 12/12/24

6:00pm - 8:00pm

Instructor: Jill Radunz

Location: Greenway High School - Room 105

Fee: \$50

Register online or call 218-245-6232.



Windows 11 Tips and Techniques

Windows 11 for PCs has been available for the last three years. Your new PC may have been shipped with it, you may have upgraded, or you are considering it. Maybe you are waiting to get the new PC, but nervous about what Windows 11 is like. Come see it for the first time. If you already have it, come and learn a few tips. This class will provide an overview of Windows 11 and the differences between Windows 10 and 11. Your questions and concerns will be addressed.

Tuesday, 10/15/24

6:30pm - 8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Educational Services Center

Fee: \$40

Register online or call 218-327-5730.

EARLY CHILDHOOD FAMILY EDUCATION

Welcome to the 24-25 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. Special events will be added throughout the year, so visit the website often for details.

Regional ECFE Contact Information

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

Darla Rahne, Director | drahne@isd6070.org

Kim Tillman, ECFE Coordinator | ktillman@isd6070.org

New Grand Rapids Location GRECH

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

Reminders

- Classes start the week of September 9, 2024.
- 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! All classes are non-separating unless noted.
- 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 or 218-327-5850.



Baby & Me (Ages Birth - 11 Months)

Join other parents with babies from birth to 13 months for connection, support, and to learn more about the important role you play in building your baby's brain! Enjoy activities with your infant in the areas of music, movement, and literacy. Licensed parent and early childhood educators will be available to facilitate discussion, answer questions about your baby and provide support, information, and resources on your new journey of parenting. A public health nurse will also join us monthly, giving you the opportunity to have your baby weighed.

Free sibling care is available. Join at any time throughout the school year!

Tuesdays

Fall Session: 9/10/24 - 11/19/24

Winter Session: 11/26/24 - 2/25/25

10:00am - 11:00am

Instructor: Lisa Fox & 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.

Tuesdays, 9/10/24 - 5/13/25

1:00pm - 2:00pm

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Grand Rapids Area Library

Fee: No Cost

*Registration is not required.



Drop-In & Play

Join children ages birth to 5 years along with their mom, dad, grandparent, nanny or caregiver for social and play time! ECFE teachers will provide stories, songs, fingerplays, art and sensory experiences, along with an entire classroom specially designed for babies, toddlers, and preschoolers to explore. If you've never been to an ECFE class before, this is a great way to try us out! Come once or as many times as you would like.

Mondays, 9/9/24 - 5/12/25

8:30am - 9:30am

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Grand Rapids Early Childhood Hub

Fee: \$30

EARLY CHILDHOOD FAMILY EDUCATION



Growing Together (Ages Birth - 5 Years)

Classes are divided into two parts: parent/child interaction and parent time. During parent/child interaction, parents spend time playing with their children. We offer exciting activities in a child-friendly environment, designed with young children in mind. During parent time, parents have the opportunity to spend time in a discussion group guided by a licensed parent educator, while the children continue to play together with the early childhood teacher and ESP. The support and encouragement that parents receive from each other makes this time so popular. *Separating class.

Fee: \$100

Register online or call 218-327-5850.

Choose from the following locations:

Bigfork School

Fridays, 9/13/24 - 5/16/25, 8:30am - 10:00am

Deer River - King Elementary School

Fridays, 9/13/24 - 5/16/25, 9:00am - 10:30am

Grand Rapids Early Childhood Hub

GT #1 Wednesdays, 9/11/24 - 5/14/25, 8:30am - 10:00am

GT #2 Wednesdays, 9/11/24 - 5/14/25, 10:30am - 12:00pm

GT #3 Thursdays, 9/12/24 - 5/15/25, 8:30am - 10:00am

GT #4 Thursdays, 9/12/24 - 5/15/25, 10:30am - 12:00pm

GT #5 Tuesdays, 9/10/24 - 5/13/25, 5:30pm - 7:00pm

Marble School

GT #1 Fridays, 9/13/24 - 5/16/25, 8:30am - 10:00am

GT #2 Fridays, 9/13/24 - 5/16/25, 10:30am - 12:00pm

GT #3 Mondays, 9/9/24 - 5/12/25, 4:00pm - 5:00pm

Keewatin Elementary School

Keewatin Supper Club

Thursdays, 9/12/24 - 5/15/25, 4:30pm - 6:30pm

*Light supper will be served

Gym Time (Ages Birth - 5 Years)

Join us for a moving and shaking good time! Our open gym allows for unstructured motor time for you to play with your child while they burn energy. Spend time running, jumping, throwing, balancing, climbing and riding – gross motor skills that will help your child gain strength and confidence in their body.

Choose from the following locations:

Marble School

Thursdays

Fall Session: 9/12/24 - 11/21/24

Winter Session: 12/5/24 - 2/27/25

4:00pm - 5:00pm

Instructor: Chris Stroming & Alison Lyons

Fee: \$30 per session

Grand Rapids Early Childhood Hub

Fridays

Fall Session: 9/13/24 - 11/22/24

Winter Session: 12/6/24 - 2/28/25

8:30am - 10:00am

Instructor: Shannon Sweeney

Fee: \$30 per session



Little Artists (Ages 2 - 5 Years)

Explore the wonder of messy art! This art and music class introduces young artists to an exciting variety of sensory experiences. Each week brings different art experiences, with stations where children can play, experiment and discover color, texture and mediums.

Mondays, 9/9/24 - 11/18/24

1:00pm - 2:00pm

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Grand Rapids Early Childhood Hub

Fee: \$30



EARLY CHILDHOOD FAMILY EDUCATION

Love and Logic: Early Childhood Parenting

Love and Logic provides parents easy-to-learn skills that foster healthy relationships with kids while setting firm, loving limits. This course helps parents learn how to stay calm while setting enforceable limits and discover techniques and tips that can be used immediately. This curriculum is most appropriate for parenting ages Birth to 6 years old. No childcare will be available. Fee includes a parent workbook.

Mondays, 9/30/24 - 10/28/24

6:00pm - 8:00pm

Instructor: Lisa Fox

Location: ISD 318 Educational Services Center

Fee: \$10



Nature Explorers (Ages 2 - 5 Years)

Outdoor play is essential to a child's development and exploring nature opens up a world of wonder! Join us for hands-on learning, investigating, and experiencing nature. Come ready to spend the hour outside. Younger siblings are welcome to tag along.

Thursdays

Fall Session: 9/12/24 - 11/21/24

Winter Session: 12/5/24 - 2/27/25

1:00pm - 2:00pm

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Grand Rapids Early Childhood Hub

Fee: \$30 per session



Play & Read

Engage your child in exciting play activities that foster growth and development and then come together as a group for circle time where we'll dive into quality literature and sing along to lively tunes. Create cherished memories and nurture your child's love for reading.

Wednesdays, 9/11/24 - 5/14/25

9:00am - 10:00am

Instructor: Erin Wirtz & Melanie Lefebvre

Location: Calumet Library

Fee: No Cost

Seniors & Sprouts

Join residents at Oak Hill Assisted Living for stories, finger plays, movement activities, and songs. The fun continues with activities designed to create connections across generations which allow children and "grand-friends" to develop meaningful, cross-generational relationships.

Mondays, 9/9/24 - 5/12/25

10:15am - 11:15am

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Oak Hill Assisted Living, 1971 NE 1st Ave, Grand Rapids

Fee: No Cost



STEM – Science, Technology, Engineering, & Math (Ages 2 - 5 Years)

Children love to experiment, combine new substances, build, knock down, collect and sort all while learning. Discover developmentally appropriate experiments and activities that will enhance a child's natural curiosity surrounding science, technology, engineering, and math. The possibilities are endless!

Mondays, 11/25/24 - 2/24/25

1:00pm - 2:00pm

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Grand Rapids Early Childhood Hub

Fee: \$30

Toddler Time (Ages 1 - 2 Years)

This class provides a safe, inviting place with a relaxed atmosphere where you can meet other parents, build relationships, and find answers to your parenting questions. Your little ones can play in the same room and make new friends while you gain valuable support from other parents and ECFE staff. Free sibling care is available.

Tuesdays

Fall Session: 9/10/24 - 11/19/24

Winter Session: 11/26/24 - 2/25/25

8:30am - 9:30am

Instructor: Lisa Fox & Shannon Sweeney

Location: Grand Rapids Early Childhood Hub

Fee: \$30 per session

YOUTH ACTIVITIES

YOUTH ARTS & CRAFTS

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, 12/05/24

5:30pm - 6:30pm

Instructor: Amie Hanson

Location: Deer River Community Center - King Elementary School

Fee: \$30 1 Adult & 1 Child | \$10 each additional child

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



Intro to Painting

Learn the basics of painting. This series will focus on color, color theory, technique, composition, and a bit of art history. Students will explore these topics by using both acrylic and watercolor paints. Ages 8-14. All materials provided.

Thursdays, 9/26/24 - 10/31/24

3:30pm - 5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$90 Member | \$100 Non-Member

Register online or call 218-326-2697.

Expressive Landscape

Ages 15 & up! Join 321 Art Studio in a guided instruction through drawing and painting a simple landscape on an 11 x 14 stretched canvas using acrylic paint. Learn to use expressive brushstrokes and color to liven up your landscape. No experience necessary.

Monday, 9/30/24

5:00pm - 6:30pm

Instructor: 321 Art Studio

Location: Calumet Public Library

Fee: \$38

Register online or call 218-245-6232.



Introduction to Paper Quilling

This class is an introduction to paper quilling - the art of manipulating and arranging strips of paper into dimensionally detailed and decorative designs and images. Participants in this class will learn how to create the basic shapes, textures and techniques necessary to create the featured image. Ages 12-16.

Saturday, 10/19/24

1:00pm - 4:00pm

Instructor: Nikki Besser

Location: MacRostie Art Center

Fee: \$35 Member | \$45 Non-Member

Register online or call 218-326-2697.



Geometric Art

Join us in creating geometric art. We will learn how to use templates, compasses, straight edges and protractors to create stunning art pieces. Grades 4-6.

Tuesdays, 11/12/24 & 11/19/24

3:30pm - 5:00pm

Instructor: Nancy Mike-Johnson

Location: Grand Rapids RJE Middle School

Fee: \$35

Register online or call 218-327-5730.

Making Prints and Paintings 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! Grades 4 & up.

Thursday, 1/16/25

3:30pm - 5:00pm

Instructor: Karlyn Berg

Location: Bigfork School

Fee: \$15

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

YOUTH ACTIVITIES

Pumpkin Painting

Calling all little artists in grades K-6! During this fun class, you will paint your own pumpkin to bring home. To reserve a pumpkin, register by October 17.

Thursday, 10/24/24

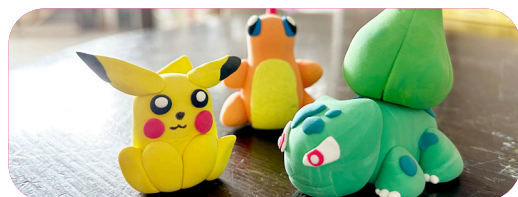
2:45pm - 3:30pm

Instructor: Britny Riipinen

Location: Keewatin Elementary School

Fee: \$15

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



Sculpt a Pokemon

Follow along with a local artist and Pokemon enthusiast as he demonstrates how to create your own clay Pokemon! This project is great for students to develop skills for how to sculpt with clay and create their own models. Sculpt one Pokemon model or catch them all! Ages 6 & up.

Choose from the following dates:

Thursday, 9/12/24 | 3:30pm - 4:30pm

Wednesday, 10/9/24 | 3:00pm - 4:00pm

Wednesday, 11/13/24 | 3:00pm - 4:00pm

Wednesday, 12/11/24 | 3:00pm - 4:00pm

Instructor: Samsoche Sampson

Location: MacRostie Art Center

Fee: \$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. A healthy snack will be provided at the beginning of class. The course fee includes the cost of materials. Ages 5-9.

Tuesdays, 11/12/24 - 12/3/24

3:30pm - 4:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



Water-Soluble Oil Pastel Painting

Try your hand with a new medium. These pastels are fun to draw with and turn into a colorful painting after adding water. Instructor will walk you through creating a simple holiday design. No experience necessary. Ages 15 & up.

Monday, 11/25/24

5:00pm - 6:30pm

Instructor: 321 Art Studio

Location: Calumet Public Library

Fee: \$25

Register online or call 218-245-6232.



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! Youth ages 10-16, beginner or advanced pottery students. Snack provided.

Tuesdays, 9/17/24 - 10/22/24

3:30pm - 5:00pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

Youth Holiday Ornaments

Just in time for the holidays! Make 3-5 handmade ornaments perfect for hanging on the tree or giving as gifts. All materials provided. Ages 6 and up.

Thursday, 11/14/24

3:30pm - 5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

YOUTH ACTIVITIES

YOUTH ENRICHMENT

Basic Babysitting

Be the best babysitter on the block! Master babysitting skills such as handling emergencies, entertaining children safely, basic child care and first aid and babysitting business practices. Bring a doll or stuffed animal to use during class. Grades 4-8.

Wednesday, 9/18/24

3:00pm - 6:00pm

Instructor: Donna Kirt

Location: Grand Rapids RJE Middle School

Fee: \$40

Register online or call 218-327-5730.

Boys & Girls Club

After school program designed to empower youth ages 6-18 to excel in school, become good citizens, lead healthy productive lives, and reach their full potential. Providing homework help, mentoring, STEM, art, physical fitness and more, as well as meals.



Choose from the following clubs:

Grand Rapids and Greenway Clubs

Open Monday - Friday | 3:00pm - 7:00pm

Grand Rapids Club meets at RJEMS;

Greenway Club meets at Greenway High School.

Fee: \$60/child per week.

Register online at www.bgcnorth.org or call 218-910-2255.

Deer River Club

Open Monday - Friday | 3:00pm - 5:30pm

Location: King Elementary School

Fee: \$20 for the school year

Questions call 218-246-3440 or email kmonacelli@isd317.org.

Celebrate Winter

Embrace the change of season! From snow to arctic animals, each week we'll learn about a different aspect of winter and complete hands-on projects. Grades K-3.

Tuesdays, 12/3/24 - 12/17/24

3:00pm - 4:30pm

Instructor: Kayla Fesenmaier

Location: Vandyke Elementary School

Fee: \$20

Register online or call 218-245-6232.

Coping Skills Intensive

Empower your child with effective coping skills! Join this specialized group for children ages 8-11 dealing with anxiety. Coping Skills Intensive provides a supportive environment where children can learn valuable techniques to navigate emotions and build resilience through engaging activities focused on relaxation, mindfulness, and stress reduction.

Instructor: Jillian Ristau, MS, LPCC (a Minnesota Board of Behavioral Health and Therapy Licensed therapist).

Fee: \$15

Greenway Vandyke Elementary School

Saturday, 9/28/24

9:00am - 12:00pm

Register online or call 218-245-6232.

Keewatin Elementary School

Saturday, 9/21/24

9:00am - 12:00pm

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

Driver's 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.

Instructor: DRIVING RIGHT WAY

Fee: \$100

Register online or call Larry at 218-327-4880.

Choose from the following locations:

Greenway High School

Mondays - Fridays, 10/10/24 - 10/25/24

(No class 10/17 & 10/18)

3:20pm - 6:20pm (M, Tu, Th F)

& 2:50pm - 5:50pm (W)

Deer River High School

Mondays - Fridays, 10/21/24 - 11/1/24

3:30pm - 6:30pm (M, Tu, Th, F)

& 2:50pm - 5:50pm (W)

Holiday Cookies & Hot Cocoa

Students in grades K-6 are invited to join Mrs. Riipinen in decorating holiday cookies and enjoying a cup of hot cocoa. They will also listen to a holiday story. Register by Dec. 5.

Tuesday, 12/10/24

2:45pm - 3:30pm

Instructor: Britny Riipinen

Location: Keewatin Elementary School

Fee: \$12

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

YOUTH ACTIVITIES

Holidays in the Science Lab

Jump into the holiday season in the science lab this year! Incorporate science into your holiday FUN! Using chemistry you will make "snow" for a snow globe, unlike the kinds you may have made before. You will be amazed when you build a motorized, dancing Christmas tree! Come see how Christmas and science can be combined for a couple weeks of holiday magic! Grades 3-7.

Tuesdays, 12/3/24 - 12/10/24

3:30pm - 5:00pm

Instructor: Kathryn Baham

Location: Grand Rapids RJE Middle School

Fee: \$50

Register online or call 218-327-5730.



Junior Naturalists

Join us as we explore the great outdoors. We will focus on being good stewards of our earth, learning to identify plants and animals and how they both survive. We will be spending the whole class outside hiking, making forts and more, so be sure to dress for the weather! Grades 5-7.

Tuesdays, 9/24/24 - 10/29/24

3:30pm - 5:00pm

Instructor: Nancy Mike-Johnson

Location: East Rapids Elementary School

Fee: \$50

Register online or call 218-327-5730.

Kids Cooking Adventures

Go on a flavor adventure with your friends and cook up some tasty, healthy dishes and snacks! Learn knife skills, kitchen safety, measuring/recipe reading, and basic cooking skills. Grades 3-4.

Wednesdays, 10/30/24 - 11/20/24

2:30pm - 4:30pm

Instructor: Kayla Fesenmaier & Jodi Nordlund

Location: Nyberg Center, Coleraine

Fee: No Cost

Register online or call 218-245-6232.



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.

Instructor: Colleen Bishop

Coleraine Library

Fridays, 9/20/24 - 12/13/24

(No Class 10/18, 11/15, 11/29)

4:00pm - 5:15pm

Fee: \$30

Register online or call 218-245-6232.

Keewatin Elementary School

Fall Session: Tuesdays 9/17/24 - 12/10/24

4:00pm - 5:15pm

Fee: \$30

Winter Session: Tuesdays 1/14/25 - 5/13/25

4:00pm - 5:15pm

Fee: \$45

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



Let's Make Some Music - Child & Me

Add musical play to your fall 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. Ages birth- 5 with an adult.

Wednesdays, 9/18/24 - 11/13/24

Choose between the following times:

9:45am - 10:30am or 4:15pm - 5:00pm

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.

YOUTH ACTIVITIES

National Parks Explorers

From the geysers of Yellowstone to the sandstone cliffs of Utah, come explore the wonders of National Parks! Each day youth will learn about a new National Park and complete hands-on activities. Featured topics include geysers, desert plants and adaptations, making trail snacks, and more! Weather permitting, some activities will be outdoors. Grades 1-4.

Monday - Thursday, 9/23/24 - 9/26/24

3:00pm - 4:30pm (M, Tu, Th)

& 2:30pm - 4:30pm (W)

Instructor: Kayla Fesenmaier

Location: Vandyke Elementary School

Fee: \$20

Register online or call 218-245-6232.



PAW-sitive Pet Sitting

Welcome to the exciting world of pet sitting! You will learn the essentials needed to care for and understand pets of all kinds. Whether you want to earn extra money pet sitting or you just love animals, this class is for you. Also learn about other opportunities in the area such as the 4H Dog Project. Ages 10 & up.

Monday, 10/7/24

3:30pm - 5:00pm

Instructor: Avery Mjolsness

Location: Grand Rapids RJE Middle School

Fee: \$20

Register online or call 218-327-5730.



Safe Kids - Home Alone 101

Kids, are you staying home alone after school? Prepare yourself by learning basic responsibilities when home alone; simple first aid, safety in unfamiliar scenarios, digital safety and more. Ages 9 and up.

Wednesday, 9/25/24

3:00pm - 6:00pm

Instructor: Donna Kirt

Location: Grand Rapids RJE Middle School

Fee: \$40

Register online or call 218-327-5730.

Reif Theater Arts Presents

Disney's Frozen Jr. for students in grades 1-12. Based on the 2018 Broadway musical, this show features memorable songs from the animated film, plus five new songs written for the Broadway production. A story of true love and acceptance between sisters, Frozen JR. expands upon the emotional relationship and journey between Princesses Anna and Elsa and is sure to thaw even the coldest heart!

Auditions: Sunday, 9/8/24

Everyone gets a part!

Rehearsals begin Monday, 9/9/24.

Performances: 11/22/24 & 11/23/24 at 7:00pm and 11/23/24 & 11/24/24 at 2:00pm

Fee: \$150 | \$165 after 8/16/24

Disney's Newsies Jr. for students in grades 3-12. Inspired by the rousing true story of newsboys in turn-of-the-century New York City. When powerful newspaper publishers raise prices at the newsboys' expense, the newsies learn that they are stronger together and unite to create a movement to fight for what's right.

Auditions: Saturday, 1/4/24

Everyone gets a part!

Rehearsals begin Monday, 1/6/24

Performances: 3/21/24 & 3/22/24 at 7:00pm and 3/22/24 & 3/23/24 at 2:00pm

Fee: \$150 | \$165 after 12/13/24

Instructor: Katie E. Smith

Location: The Reif Center

To register, visit www.thereif.org to download forms and audition information. For questions, email Katie at ksmith@reifcenter.org or call 218-327-5780.

Sink Your Teeth into Spooky Halloween

Encounter things that grow, glow and disappear! Bring home the secrets of Halloween each week. You will impress friends, family and teachers with your scientific explanation of such things as Disappearing Ghost Poop and Dracula's Goo that changes from one eerie color to another. Grades 3-7.

Tuesdays, 10/8/24 - 10/22/24

3:30pm - 5:00pm

Instructor: Kathryn Baham

Location: Grand Rapids RJE Middle School

Fee: \$60

Register online or call 218-327-5730.

YOUTH ACTIVITIES

Spartan After School Fun Club

For students in grades K-6. Daily activities include academics, enrichment, fun activities, and a daily snack. Monthly attendance calendar required. *Complete one online registration per family. For more information or to request paper forms, email dclusiau@isd319.org.

Mondays - Thursdays (school days only)

Semester 1: 9/9/24 - 1/16/25

Semester 2: 1/21/25 - 5/22/25

After school until 5pm

Location: Keewatin Elementary School

Fee per semester: \$100 Member | \$175 Two Members | \$250 Three or More Members

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



Tech Hub

The Tech Hub is a youth center for ages 12-20 to explore technology after school hours. Technology available onsite include a recording studio, virtual reality, drone piloting, 3D printers, Xbox, and computers. Tech can also be used in art, creative projects, and design at the Hub. Snacks and meals are provided daily.

Fee: No Cost

Choose from the following locations:

Deer River Goodall Resource Center

Open Monday - Friday, 3:00pm - 8:00pm

Questions call 218-246-2188 or email tristen@smarthnorth.org

Grand Rapids ISD 318 Educational Service Center

Open Monday, Wednesday, & Friday,

3:00pm-8:00pm

Questions call 218-327-5730 or email jnelson@smarthnorth.org.



Teen Science - Engineering

Join us for an engaging discussion about the career of engineering. This is designed for teenagers exploring a future in STEM (science technology engineering math). We'll discuss the college experience, job market, and have an open discussion about why engineering is such a great career path! Students will gain a clearer understanding of this profession and how diverse the field is. Students will complete a hands on engineering challenge. Snacks will be served. Grades 5-8.

Tuesday, 11/5/24

3:00pm - 4:30pm

Instructor: Jennifer Behm

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-6232.



Theater Camp - From Basics to Bravo!

During this 4 week session, students in grades 2-6 will work on the basics of theater. At the end of the session, they will showcase their learning in the staged show. Performance will be *The Hundred Dresses* and held at the Keewatin Elementary School Gymnasium on Thursday, Nov. 21 at 5:30pm. All experience levels are welcome and encouraged!

Monday, Tuesday, & Thursday,

10/14/24 - 11/21/24

2:45pm - 4:00pm

Instructor: Chelsie Belkholm

Location: Keewatin Elementary School

Fee: \$30

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

YOUTH ACTIVITIES

YOUTH FITNESS & RECREATION

Archery in the Schools

Students in grades 4-12 will learn beginner to advanced archery form, techniques, range safety, and mental management from NASP (National Archery in Schools Program) certified coaches. Archers will gain knowledge and confidence to compete with the Archery Team in bullseye and/or 3-D tournaments. No equipment is needed. Additional fee for tournament participation.

Greenway Raiders Archery

Coaches: Cliff & Michelle & Hannah Nelson
Location: Vandyke Elementary School - Gym
Facebook: Greenway Archery
Register online or call/text Hannah at 218-398-7551 or Michelle at 218-244-9719.

Registration Night for Clinic & Team

Tuesday, October 15th

5:30pm - 6:30pm
Greenway High School - Room 105

Archery Clinic For Beginners

This intro class is designed for those interested in exploring the sport of archery. You will be taught archery basics including range safety, discipline, proper techniques and form. All equipment provided. Grades 4th - 12th.

11/6, 11/7, 11/11, 11/13, 11/19, 11/21, 11/26

4:30pm - 5:30pm
Fee: \$20

Greenway Archery Team

November practice schedule: 11/6, 11/7, 11/11, 11/13, 11/19, 11/21, 11/26

5:30pm - 6:30pm (Grades 5-8)
6:30pm - 7:30pm (Grades 9-12)

**December - March practices on Tu & Th
(When school is in session)**

Fee: \$30

Nashwauk-Keewatin Archery

Practice will be held at Keewatin Elementary School, days and times TBD. Registration and informational meeting Oct. 29 from 5:30pm - 6:00pm. For more information email nkarchery319@gmail.com.

Tuesday, 10/29/24

5:30pm-6:00pm
Location: Keewatin Elementary School
Instructor: Amber Goss
Fee: \$30
Register online or call 218-885-1280 ext. 51171.



Grand Rapids Thunderhawks Archery

Program is designed for ISD 318 students grades 6-12 to learn archery basics, range safety, and proper shooting techniques. Compete in Bullseye tournaments with an option of 3D. Attend an open archery session to learn more about the program.

Dates can be found on the team's Facebook: Thunderhawks Archery. Scholarships are available.

Head coach: Henry Chung
Location: Robert J Elkington Middle School
Fee: \$200 Bullseye only | \$290 Bullseye & 3D
Register online or call 218-327-5730.

***Registration and Information Night:
October 7, 2024**



Cheer Camp

We've got spirit, yes we do, we've got spirit, how 'bout you? Learn cheers, jumps and tricks with the Thunderhawk cheerleaders. Grades K-7.

Monday, 11/4/24

9:00am - 12:00pm
Instructor: Jessica Mackley
Location: Grand Rapids RJE Middle School
Fee: \$29
Register online or call 218-327-5730.

YOUTH ACTIVITIES

Cheerleading Day Camp

Future Raider, Spartan or Titan cheerleaders, grades K-5, come and learn the fun and positive sport of cheerleading! Your very own GNK Titan Football Cheerleaders, along with their head coach, will teach the basic skills of cheerleading. You will learn jumps, kicks, and cheers. After this fun day camp you will have the opportunity to join your GNK Football Cheerleaders at halftime on September 20 at Nashwauk Angelo Taddie Field in Nashwauk, during half time. You can help cheer our team to victory! You will also receive a take home item. We look forward to cheering with you!

Saturday, 9/14/24

9:00am - 12:00pm

Instructor: Angela Thoennes

Location: Greenway High School - Auditorium

Fee: \$25

Register online or call 218-245-6232.



Judo

Explore the Japanese martial art of Judo. Build confidence as you learn to fall, throw, and pin with Judo. A uniform will be provided. Grade PreK-6.

Instructor: Colleen Bishop

Marble School Gym

Wednesdays, 9/18/24 - 12/11/24

4:00pm - 5:15pm (Ages 4-6 end at 4:45pm)

Fee: \$30

Register online or call 218-245-6232.

Keewatin Elementary Gym

Fall Session: Mondays & Thursdays, 9/16/24 - 12/12/24 (No practice when no school)

4:00pm - 5:00pm

Fee: \$40

Keewatin Elementary Gym

Winter/Spring Session: Mondays & Thursdays, 1/13/25 - 5/15/25 (No practice when no school)

4:00pm - 5:00pm

Fee: \$60

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

Learn to Cross Country Ski

Minnesota Youth Ski League (MYSL) invites children 4 to 14 and their parents to learn cross-country skiing skills together every weekend in January and February, weather permitting. Equipment rental in early December for both youth and adults. Skiers are grouped into six levels. For more information contact Catherine McLynn 218-326-1313 or cat@mclynn.net.

Coleraine - Mt Itasca

Sundays, 1/5/25 - 2/23/25

1:30pm - 3:30pm

Deer River - Blueberry Hills

Saturdays, 1/4/25 - 2/22/25

1:30pm - 3:30pm

Fee: \$40 plus \$25 equipment rental

Register online at www.mysl.org.



Learn to Ski/Snowboard

Mount Itasca welcomes children grades 1-6 to ski or snowboard Tuesdays and Thursdays in February. Parents, too! Fee includes equipment rentals and lift tickets. Registration opens December 1.

Tuesdays & Thursdays, 2/4/25 - 2/27/25

4:00pm - 6:00pm

Instructor: Ski Patrol and Volunteer Coaches

Location: Mt. Itasca, Coleraine

Fee: \$79

To register visit www.mtitasca.com or call 218-812-9820.

NK 5th & 6th Grade Volleyball

Registration forms at Keewatin Elementary Open House. Practices start beginning of September through November 1st, times TBD. Games on Saturdays. Questions contact Jessica Noonan at jnoonan@isd319.org.

Instructor: Jessica Noonan

Location: Keewatin Elementary Gym

Fee: No Cost

YOUTH ACTIVITIES

NKG Titans Youth Wrestling

Mandatory parent meeting and 1st practice for grades K-8 will be held on 1/2/25. Start date for registration will be 12/2/24. \$55 uniform security deposit due then. For more information visit wrestling Facebook page: <https://www.facebook.com/groups/1816602088570016>.

Questions email Coach Brandon at: b_yuhala@hotmail.com.

Location: Nashwauk High School

Fee: \$25

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



Pong & Pop!

Have fun, eat popcorn & play ping-pong! Open to ages 5 & up.

Mondays, 9/16/24, 10/21/24, 11/18/24, & 12/16/24.

3:30pm - 4:30pm

Instructor: Victoria Kragthorpe

Location: Grand Rapids RJE Middle School

Fee: \$60

Register online or call 218-327-5730.



WALK/BIKE/ROLL TO SCHOOL

These events are not only fun for kids, but serve as important opportunities to encourage physical activity and promote safety in neighborhoods and near schools.

October 9, 2024



Reif Dance

Class schedule available at TheReif.org

Location: Reif Dance Studios

Instructors: Reif Dance Staff

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

Scholarship opportunities available.

All Reif Dance students perform in the Reif Dance Spring Show. 6/9/25 and 6/10/25 at 6:00pm and 6/11/25 at 2:00pm.



Reif Dance Fundamentals

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. PreK – 1st Grade.

Reif Dance Technique Classes

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. Technique classes are offered for students in 2nd grade through adults.

Additional performances: The Nutcracker (Including all Ballet students Level 1-6): 12/13/24, 12/14/24 at 7:00pm & 12/15/24 at 2:00pm

Reif Dance Company members perform in our Company Show.

To register contact the Reif Box Office at boxoffice@reifcenter.org or call 218-327-5780. Questions? Email Katie at ksmith@reifcenter.org or call 218-327-5780.

FAMILY EVENTS

FREE FAMILY EVENTS

218-327-5730 | www.getlearning.org

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

Wednesday, 8/21/24 | 3:00pm - 4:00pm
Marble Public Library

The Magic of Celtic Music: Willow Brae

The Willow Brae duo performs warm resonance of traditional music plus the joy and spark of Irish and Scottish dance tunes. Features a wide array of seldom-heard instruments, with fascinating historical and cultural information about the instruments and their music, all delivered with humor and skill. For ages 7 & up. Questions call 218-247-7676.

Wednesday, 8/28/24 | 3:00pm - 5:00pm
Nashwauk-Keewatin Schools

NK Back to School Open House

Keewatin Elementary School and Nashwauk High School. Hope to see you there!

Thursday, 8/29/24 | 8:00am - 3:30pm
Greenway Public Schools

Vandyke Welcome Back K-4

Greenway Middle School & High School Open House

Thursday, 8/29/24 | 3:00pm - 5:00pm
ISD 318 Grand Rapids Area Schools

ISD 318 School Open Houses

Welcome back open houses at the following schools: Bigfork Schools, Cohasset Elementary, East Rapids, West Rapids, & RJEMS

Wednesday, 10/23/24 | 5:00pm - 7:00pm
Hodgins Berardo Arena-Coleraine

Greenway Fall Festival

Expect pumpkin painting, cookie decorating, and a cake walk. A small meal will be provided. Sponsored by Greenway Area Community Fund. Questions call 218-256-1654.

Saturdays, 9/14/24, 10/12/24, 11/9/24, 12/14/24, 1/11/25 | 1:00pm - 3:00pm

MacRostie Art Center, Grand Rapids

Family Create Second Saturdays!

Join us every Second Saturday at the MAC! Free family orientated art activities with a new theme each month! Ages 4 and up. Walk-ins welcome. Event sponsored by Grand Itasca - Fairview. Questions call 218-326-2697.

Tuesday, 10/29/24 | 5:00pm - 7:00pm
King Elementary School, Deer River

Pumpkin Carving

Let's carve pumpkins together! Register each child for a free pumpkin to carve or decorate! Carving and decorating supplies will be provided. Register online or call 218-246-8241 ext. 60227.

Thursday, 10/31/24 | 4:30pm - 7:00pm
Marcell Family Center

Halloween Bash

Join us for a frightfully good time at the annual Halloween bash! Games, food, candy, bingo, and more! Questions call 218-832-3161.

Saturday, 12/7/24 | TBD | Deer River

WinterFest

Join us for a festival celebrating all that winter has to offer! Enjoy family activities, craft sales, and holiday fun to kick-off our winter season! Questions or to be involved, email the Deer River Chamber: drchamb@deerriver.org.

Saturday, 12/14/24 | 5:00pm - 7:00pm
Goodland Community Center

Christmas Festival & Tree Lighting Outdoor Event

Enjoy the 8th annual Christmas Festival & Tree Lighting Walk Through Outdoor Event with crafts, hot cocoa, cookies & a chance to meet Santa!! Starts at 5pm, tree lighting at 6pm. Questions call Sarah at 218-244-9346.

Thursday, 1/16/25 | 3:00pm - 4:30pm
Marble Public Library

Dennis Warner in Concert

Accompanying his vocals on six or twelve string guitar, Dennis' concert is a blend of serious, thought-provoking songs with lighter, up-tempo material. He's noted for being an entertainer, bringing the audience into the performance with laughter and maybe a couple sing-alongs. Family-Friendly for All Ages. Questions call 218-247-7676.

COMMUNITY EDUCATORS RESOURCE LIST

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



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 318 Grand Rapids/Bigfork: 218-327-5730

IASC Schools - Deer River, Floodwood, Greenway, Hill City, Nashwauk/Keewatin, Northland: 218-327-5710



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SUGGEST A CLASS!

Visit our website and fill out a short form to share your class idea with us.

TEACH A CLASS

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



Community Education
ITASCA AREA SCHOOLS COLLABORATIVE

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