

# WE HAVE A CLASS FOR THAT:

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



## Community Education ITASCA AREA SCHOOLS COLLABORATIVE

JANUARY 2025 - JUNE 2025



### LOOK INSIDE:

**Basket Weaving** PG 11

**Sourdough Sandwich Bread  
Starter** PG 17

**Pickleball 101** PG 19

**Hooked on Fishing** PG 34



#### NEW GRAND RAPIDS LOCATION

ISD 318 Community Education Center  
601 SW 7th Street, Grand Rapids

[getlearning.org](http://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



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 218-327-5725



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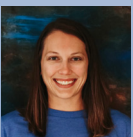
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Give the gift of knowledge, hands-on learning, and social interaction.



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



Register by PHONE  
 218-327-5730



Register IN PERSON at your  
 local Community Ed Office

# AREA ADULT OPPORTUNITIES



ARROWHEAD ECONOMIC OPPORTUNITY AGENCY

## Study from Anywhere with Adult Education

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

### Sessions & Services Offered:

#### Earn Your GED & Math Skills Sessions

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

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

#### Reading & English Sessions

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

#### Start Your Career Sessions

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



### Featured Classes:

#### February-May: 12 Week Sessions

-Spring GED, College Readiness

#### March-April: 8 Week Sessions

-Google Docs and Sheets for Beginners

## In-Person and Online!

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

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

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

## The Alzheimer's Journey



Location: ISD 318 Community Education Center

Instructor: Jenna Pogorels

Fee: No Cost

Register online or call 218-327-5730.

### Alzheimer's & Dementia-10 Warning Signs

Alzheimer's and other dementia cause memory, thinking, and behavior problems that interfere with daily living. Learn how to recognize common dementia warning signs; how to approach someone about memory concerns, the importance of early detection and benefits of a diagnosis, possible tests and assessments for the diagnostic process and Alzheimer's Association resources.

#### Monday, 3/24/25

Choose from the following times:

10:00am-11:30am

5:00pm-6:30pm

### Healthy Living for your Brain & Body

For centuries, we've known that the health of the brain and the body are connected. But now, science can provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us in learning about research in diet and nutrition, exercise, cognitive activity, and social engagement. Use hands-on tools to help incorporate these recommendations into a plan for healthy aging.

#### Monday, 5/19/25

Choose from the following times:

10:00am-11:30am

5:00pm-6:30pm

### Building Foundations of Caregiving

As a caregiver, you can gain confidence while reducing stress. You will take away helpful ways to approach the responsibilities of caring for someone living with dementia using a person-centered approach. This class explores the role of the caregiver and changes they may experience, how to build a support team and ways to manage caregiver stress.

Thursday, 4/24/25 | 5:00pm-6:30pm

### Understanding Alzheimer's and Dementia

Alzheimer's disease is not a normal part of aging. Join us to learn about the impact of Alzheimer's, the difference between Alzheimer's and dementia, stages and risk factors, current research and treatments available for some symptoms, and Alzheimer's Association resources.

Thursday, 4/24/25 | 10:00am-11:30am

# AREA ADULT OPPORTUNITIES



## AARP Defensive Driving

Save 10% on your auto insurance by completing an AARP Driver Safety course! If you're 55 or older, Minnesota law mandates a 10% discount for three years after taking an approved class. Learn current road rules, defensive driving, and adjust for age-related changes in vision, hearing, and reaction time.

Arrive 10-15 minutes early to fill out paperwork.

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

\*8-hour course no longer required!

### Cohasset - Bass Brook Community Center

Register at 218-328-6225 ext. 25.

**Thursday, 2/6/25** | 1:00pm-5:00pm

**Thursday, 3/6/25** | 1:00pm-5:00pm

**Thursday, 4/3/25** | 1:00pm-5:00pm

**Thursday, 5/1/25** | 1:00pm-5:00pm

**Thursday, 6/5/25** | 1:00pm-5:00pm

### Deer River Community Center - King Elementary

Register at 218-246-8241 ext. 60227.

**Monday, 4/14/25** | 4:00pm-8:00pm

**Monday, 5/12/25** | 4:00pm-8:00pm

### Grand Rapids ISD 318 Community Education Center

Register at 218-327-5730.

**Thursday, 2/20/25** | 9:00am-1:00pm

**Thursday, 3/20/25** | 9:00am-1:00pm

**Thursday, 4/24/25** | 12:00pm-4:00pm

**Thursday, 6/19/25** | 9:00am-1:00pm

### Grand Rapids Itasca County Family YMCA

Register at 218-327-5730.

**Tuesday, 2/11/25** | 1:00pm-5:00pm

**Tuesday, 3/11/25** | 1:00pm-5:00pm

**Tuesday, 4/8/25** | 1:00pm-5:00pm

**Thursday, 5/15/25** | 1:00pm-5:00pm

**Tuesday, 6/10/25** | 1:00pm-5:00pm

## Are you Listening to Others?



We all hear what people are saying but are we actually listening? We all can be better listeners. Effective listening is important in the workplace, as well as at home, but is often overlooked or taken for granted. Learn the difference between passive listening versus active listening and tips to become a better listener.

**Thursday, 2/27/25** | 1:00pm-3:00pm

Instructor: Conrad Feldt

Location: ISD 318 Community Education Center

Fee: \$40

Register online or call 218-327-5730.



## Bring Your Family History to Life!

As a lifelong researcher, with over 30 years of experience, Sandra will help bring your family history to life in this two-part class. In Session I, you will explore various resources for expanding your genealogy research by choosing an ancestor(s) and using resources to discover more about their personal and social history. In Session II, you will take a field trip to the Iron Range Research Center, where you will learn how to find your female ancestors using one of the largest collections of genealogical and local history research materials in the Upper Midwest. Bring a computer, if you have one, and your investigator hat!

**Saturday, 3/29/25** | Marcell Family Center

**Saturday, 4/5/25** | Iron Range Resource Center, Chisholm

10:00am-12:00pm

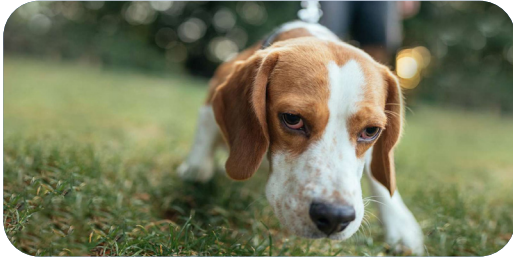
Instructor: Sandra Knee

Fee: \$40

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



# AREA ADULT OPPORTUNITIES



## Canine Scentwork

Learn what the dog's nose knows! Discover your dog's ability to use its nose to hunt and find things, even specific scents. Scentwork provides an opportunity and an outlet for your dog's natural scenting abilities. Learn to observe and read their body language and behavior for better communication. Must bring a kennel to class.

**Thursdays, 4/3/25-4/17/25** | 5:30pm-7:30pm

Instructor: Karlyn Berg

Location: ISD 318 Community Education Center

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

Register online or call 218-327-5730.

## Changes to Medicare in 2025



Medicare is complicated, and it seems to change from year to year. Discover what is new in Medicare for 2025 to choose the best plan for your needs.

**Tuesday, 2/25/25** | 10:30am-11:30am

Instructor: Senior LinkAge Line Staff

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## Coffee and Coloring

No rules or skills required! Just stop in, relax and have fun! Coffee and supplies provided.

**Every Thursday** | 1:30pm-3:30pm

Location: Calumet Public Library

Fee: No Cost

For information call the library at 218-247-3108.

## Coffee Talk

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

**Tuesdays, 1/28/25, 2/25/25, & 3/25/25**

1:30pm-3:00pm

Location: Calumet Public Library

Fee: No Cost

For information call the library at 218-247-3108.

## College Savings Planning

Learn about your options to help pay for education expenses. Starting an education savings plan, and becoming acquainted with the many options available, can help you get a step ahead on saving for higher education. This presentation will cover Section 529 plans, Coverdell accounts, U.S. savings bonds, UGMA and UTMA accounts. Also learn about tax credits for education expenses, federal and state student aid programs, and student loan debt and repayment options.

**Wednesday, 3/12/25** | 6:00pm-7:30pm

Instructor: Jenny Larson

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.



## Dog Obedience

Instructor: Karlyn Berg

Location: Greenway High School

Register online or call 218-245-6232.

## Dogs over 1 Year Old

Designed for dogs over 1 year old, day one will focus on fundamental dog obedience skills and day two will increase skills learned from the first class. We will have fun doing classic training "doodles" with Rally-O that teaches your dog while building the lines of communication.

**Saturday, 3/15/25 & 3/22/25**

9:30am-2:00pm

Fee: \$100 One Dog | \$140 Two Dogs

## Puppies to 1 Year Old

An introduction to fundamental dog obedience skills designed for puppies to 1 year old dogs with all skill levels. PLUS! We will have fun doing classic training "doodles" with Rally-O that teaches your dog while building the lines of communication.

**Saturday, 3/8/25** | 9:30am-2:00pm

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

# AREA ADULT OPPORTUNITIES



## Cribbage at the Library

Come play cribbage on Mondays. Coffee and treats will be served.

**Mondays** | 1:00pm-3:30pm

(no cribbage on holidays, 1/20, 2/17, 4/21, 5/26)

Location: Calumet Public Library

Fee: No Cost

For information call the library at 218-247-3108.

## Estate Planning for Parents



Are you overwhelmed by the thought of estate planning? In this workshop, we will demystify estate planning and turn this complex process into a manageable task. You will walk away feeling empowered to organize your assets and protect your family's future.

**Wednesday, 4/9/25**

Choose from the following times:

1:00pm-2:00pm

7:00pm-8:00pm

Instructor: Gina Godeen

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.



## Financial Fitness – Power of Budgeting

Explore the importance of creating and maintaining a budget, examine the difference between wants and needs, and set goals for personal spending, savings and debt repayment.

**Tuesday, 4/15/25** | 6:00pm-7:00pm

Instructor: Laurie Clausen

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## Get Out on the Trail with Your Dog Tracking!

Get on the trail with your canine buddy. Tracking is a fun sport for both you and your dog. Any age or breed of dog can track. Learn about your dog's ability to use its nose to field track, hunt, and find things. Also learn how to observe and read your dog's body language and behavior for better communication, teamwork, and a strengthening of the bond between you and your dog. Students who have previously taken a tracking class with Karlyn will learn how to lay a track and expand on tracking skills.

**Saturday, 5/3/25** | 9:00am-3:00pm

Instructor: Karlyn Berg

Location: Bigfork School Forest

Fee: \$35

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



## 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. Ages 10 & up.

**Tuesday, 2/11/25** | 3:30pm Coleraine Library

**Wednesday, 2/12/25** | 1:00pm Calumet Library

**Wednesday, 2/12/25** | 6:00pm Marble Library

Fee: No Cost

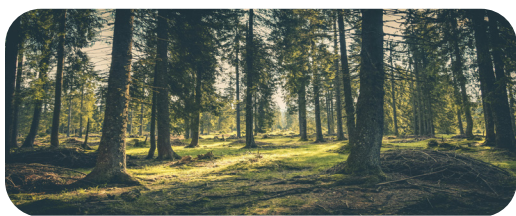
For questions, contact the corresponding library.

## REGISTER EARLY

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



# AREA ADULT OPPORTUNITIES



## Having a Healthy Forest

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

Choose from the following dates:

**Monday, 3/17/25**

**Monday, 5/19/25**

7:00pm-8:30pm

Instructor: Dave Roerick

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## How Health Can Affect Your Wealth in Retirement

Discovery of truths and falsehoods about health care and retirement. Important topics covered: 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; How to take advantage of health savings accounts.

**Tuesday, 4/22/25** | 6:00pm-7:30pm

Instructor: Simon Jackson

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## Improving Your Memory



Memory can be a powerful gift. It might be used to remember a name, license plate number or a phone number. However, we all can struggle with remembering things. In this interactive workshop, learn ways to help improve your memory.

**Thursday, 2/27/25** | 3:00pm-5:00pm

Instructor: Conrad Feldt

Location: ISD 318 Community Education Center

Fee: \$40

Register online or call 218-327-5730.

## Intro to 3D Printing: Design, Create, and Print

Discover the exciting world of 3D printing in this hands-on class. Spread out over three engaging sessions, you'll learn the fundamentals of 3D printing technology, explore different types of 3D printers, and get step-by-step guidance on designing and printing your own projects. This beginner-friendly course covers essential skills, including how to use slicing software, basic 3D design techniques, and troubleshooting common printing issues. No prior experience is required—bring your curiosity and creativity! Perfect for hobbyists, DIY enthusiasts, or anyone looking to learn cutting-edge technology.

**Saturdays 3/1/25-3/15/25** | 1:00pm-3:00pm

Instructor: Robert Jacobson

Location: 3D PrintRJ, 801 NW 4th Street

Grand Rapids

Fee: \$75

Register online or call 218-327-5730.

## 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 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.

**Tuesday, 3/11/25** | 10:30am-12:00pm

Instructor: Senior LinkAge Line Staff

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.



## 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 leave the class feeling empowered and self-aware. Wear clothing that is comfortable and easy to move in.

**Mondays, 3/3/25-3/31/25** | 7:30pm-9:00pm

Instructor: Master Mike Gau

Location: Northland Taekwondo,  
25209 Commercial Dr Grand Rapids

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

Register online or call 218-327-5730.



# AREA ADULT OPPORTUNITIES

## Music Production Technology

Discover the essentials of modern music creation in this hands-on course! Learn to navigate Pro Tools, the industry's leading digital audio workstation, while exploring instrument plugins and the process of crafting a song from concept to final mix. With engaging class discussions and interactive lab sessions on separate days, you'll gain practical skills to turn your musical ideas into polished tracks. Whether you're new to music production or ready to refine your craft, this course is your first step into the exciting world of professional sound. Let's create something unforgettable!

**Tuesdays & Thursdays, 2/4/25-2/13/25**

5:00pm-9:00pm

Instructor: Rick Copeland

Location: Grand Rapids Tech Hub - 601 SW 7th Ave

Fee: \$200

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 receive information about fraud protection and how you can detect and report fraud and scams in order to keep your personal information and yourself safe.

**Tuesday, 4/8/25 | 10:30am-12:00pm**

Instructor: Senior LinkAge Line Staff

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## Retirement: Making Your Money Last

Explore how to budget for retirement expenses, examine potential sources of retirement income, discuss strategies to provide for your goals and address potential risks to your retirement income such as LTC and health care costs.

**Tuesday, 4/8/25 | 6:00pm-7:00pm**

Instructor: Laurie Clausen

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## Stop-the-Bleed and Basic First Aid

The Stop the Bleed course equips you with the essential skills (such as use of a tourniquet, direct pressure and life-threatening bleeding control) to save a life when every moment matters. Basic First Aid will show you the basics on what you can do to help save a life.

Choose from the following locations:

**Grand Rapids ISD 318 Community Education Center**

**Thursday, 2/27/25**

**Greenway Fire Hall - Calumet**

**Thursday, 3/13/25**

6:00pm-9:00pm

Instructor: MN North College

Fee: No Cost

Register online or call 218-327-5730.



## Pokegama and Gaa-ginwaajiwanaag: Retrieving a Neglected History of Place

This program explores the history of the Pokegama Band of Mississippi Anishinaabeg. In Grand Rapids and surrounding towns, narratives of local history barely mention the Anishinaabe (Ojibwe) people who called this area home for over a hundred and fifty years. This project aims to retrieve that history and bring it to life through an annotated map evoking the cultural landscape of the Pokegama area prior to the arrival of Euro-American loggers and settlers. If you have never heard of Kichiwaymitigosh, Kokabikance, the Pokegama Indian Reservation, or the Sandy Lake Tragedy, come and learn this story of tradition and change, integrity and deceit, displacement, loss and resilience.

**Tuesday, 5/6/25 | 7:00pm-8:30pm**

Instructor: Karen Noyce

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

# AREA ADULT OPPORTUNITIES



## Sunday Funday Workshops

Short workshops and discussions with a fun focus! Bring your questions, and one or two items to be evaluated by our staff. Stay for a discussion on a fun vintage related topic and learn something new!

Instructor: Annabella's Vendors

Location: Annabella's Antiques, Bovey

Fee: No Cost

Questions call 218-245-2055.

**Join us on the following Sundays at 1:00pm.**

**Sunday, February 2** - Cast Iron Items

**Sunday, March 2** - Kitchen Collectibles

**Sunday, April 6** - Intro to rocks/crystals

**Sunday, May 4** - Antique and collectible books

## Straight Talk About Women & Investing

This class is designed to empower women with the knowledge they need to make confident, informed investment decisions. Drawing from historical data, life and investment circumstances, longevity, and educational trends, we explore the unique risks women face when it comes to investing. In this class, you will gain insights into critical areas such as: investment principles, asset allocation, investor behavior and financial product understanding.

**Monday, 3/31/25** | 6:00pm-7:30pm

Instructor: Jenny Larson

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.



## Tax Planning and Your Retirement



Have you protected your savings from the impact of rising taxes in the future? Tax rates implemented by the Tax Cuts and Jobs Act are historically low now, but they're scheduled to expire at the end of 2025. With federal debt levels rising, relatively high levels of inflation, and increasing interest rates, it's entirely possible that we'll see additional changes in the coming years. Whether you will pay more or less in income taxes depends on a variety of factors unique to your situation. The more you know about current tax-law provisions, the better prepared you will be — now and in retirement.

Choose from the following dates & times:

**Tuesday, 2/25/25** | 1:00pm-2:30pm

**Tuesday, 3/25/25** | 6:00pm-7:30pm

Instructor: Simon Jackson

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.



## Wild Mushrooms 101

Interested in learning how to identify wild mushrooms? Join mushroom identification expert Ariel Bonkoski, to learn about foraging and identifying wild mushrooms. 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.. It is recommended you bring paper and a pen to take notes.

Choose from the following dates:

**Wednesday, 4/16/25**

**Wednesday, 5/14/25**

**Wednesday, 5/28/25**

5:00pm-7:45pm

Instructor: Ariel Bonkoski

Location: ISD 318 Community Education Center

Fee: \$35

Register online or call 218-327-5730.

# AREA ADULT OPPORTUNITIES

## Wool Adventures: Spin, Dye, and Felt

Instructor: Peggy Boggs & Mary Salo

Location: Marcell Family Center

Fee: \$40 each class

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

## Advanced Sheep Fleece Processing

Experience processing raw fleece into a finished, naturally dyed product. Learn how to skirt, wash, pick and card. This is a hands-on class so it is recommended to avoid wearing your best clothes.

Raw fleece will be available for purchase. Bring a lunch.

**Saturday, 3/29/25** | 10:00am-3:00pm

## Wool Felted Gnomes

Make an adorable, felted gnome to take home. Materials fee of \$15 to be paid to instructor on the day of class which covers a kit and all the core wool you need to bring your gnome to life.

**Saturday, 3/8/25** | 2:00pm-4:00pm

## Working with Wool

Learn about sheep, shearing, fleeces and different types of sheep yarns. Discover the process used to transform that dirty fleece into a beautiful and usable final product with colors extracted from natural resources in the Chippewa National Forest. Bring a lunch and beverage.

**Saturday, 3/22/25** | 10:00am-3:00pm



## 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:

**Tuesday, 2/18/25**

**Tuesday, 3/18/25**

**Tuesday, 4/15/25**

**Tuesday, 5/13/25**

10:00am-11:00am

Instructor: Gina Drellack

Location: ISD 318 Community Education Center

Fee: \$15

Register online or call 218-327-5730.

# Community Education Gift Card



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

# 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, open to the public year-around, with a gymnasium, library, archery-range, computer room, 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 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.



## 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
- Certificate in Mastering Excel
- Certificate in Web Design
- Coding Certificate
- Digital Marketing Certificate
- Entrepreneurship Certificate
- Graphic Design Software Essentials
- Management Certificate
- Mastering Video Marketing Certificate

More courses available at our online instruction center  
[www.yougotclass.org/index.cfm/ISD318](http://www.yougotclass.org/index.cfm/ISD318) | 218-327-5730

Visit our website for start dates.



# CREATIVE ARTS & CRAFTS

## Basket Weaving

Instructor: Lori Kangas-Olson

Location: ISD 318 Community Education Center

Fee: \$30

Register online or call 218-327-5730.



## Colorful Tote Basket

This sturdy basket is 12" x 8" at the base with a leather handle. It is great for the market, knitting on the go, the uses are endless. This is an advanced basket pattern, using smaller widths of reed. Material fee of \$65 due to instructor at class.

**Monday, 5/12/25** | 5:00pm-9:00pm



## Mantel Basket

The perfect basket for display on a mantel or as a centerpiece on a festive table. This basket measures approximately 31" L x 6" w x 4" H. You will have an option to design it with an oak handle in the middle or leave it as shown. Material fee of \$35 due to instructor at class.

**Monday, 3/10/25** | 5:00pm-8:00pm



## Suku Mokki Market Basket

A basket for shopping at the market. Designed for all levels of weavers, its base is 7" x 11" and 12" tall. Make it with long leather straps to carry on your shoulder or choose the shorter "handle" option. Material fee of \$65 due to instructor the night of class.

**Monday, 4/14/25** | 5:00pm-9:00pm

## Basket Weaving: Mushroom

Step into the whimsical world of nature with our Woven Mushroom Art class! This unique, hands-on workshop invites you to explore the intersection of fiber art and natural beauty by creating your very own woven mushroom sculptures. Whether you're a seasoned crafter or a beginner, this class is designed to inspire creativity and guide you through the process of transforming yarns and fibers into charming mushroom forms. All materials provided.

**Saturday, 2/22/25** | 12:00pm-4:00pm

Instructor: Shannon Lucas-Westrum

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

## Basket Weaving: Tote Bag

Craft a sturdy, stylish tote bag that's perfect for everyday use while learning the traditional art of basket weaving using natural materials like reed or willow. Whether you're new to basket weaving or have some experience, this class is designed to guide you through each step of the process. Whether for carrying groceries, books, or beach essentials, your woven tote will be a functional work of art you'll be proud to show off! 30 minute lunch break on your own.

**Saturday, 4/5/25** | 9:30am-4:30pm

Instructor: Shannon Lucas-Westrum

Location: MacRostie Art Center

Fee: \$130

Register online or call 218-326-2697.

## 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.

**Wednesday, 2/19/25-3/26/25**

5:30pm-8:00pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$220 Member | \$230 Non-Member

Register online or call 218-326-2697.



# CREATIVE ARTS & CRAFTS



## Book Art

Join Liv in creating a fascinating art object, using book pages as inspiration. All materials provided. Children must be accompanied by an adult.

**Wednesday, 4/23/25** | 3:30pm-5:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-6232.

## Bowls, Beer and Bites

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

Choose from the following dates:

**Friday, 3/7/25**

**Friday, 5/2/25**

6:00pm-8:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$50

Register online or call 218-326-2697.



## Come Knit With Us!

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

**Wednesdays, 1/15/25 - 4/30/25**

2:00pm-4:00pm

Location: Nashwauk Library

Fee: No Cost

Questions call 218-885-1280 ext. 51178.

## Create a Mosaic - Learn the Basics



Learn the basics of mosaic including which tools to use, types of adhesives available and the many base materials you can choose from for creating mosaics! Choose from a variety of designs and get creative. You will leave class with a finished mosaic!

Choose from the following dates:

**Thursday, 3/20/25** | 5:00pm-8:00pm

**Wednesday, 3/26/25** | 11:00am-2:00pm

**Tuesday, 4/29/25** | 11:00am-2:00pm

Instructor: Deb Buxengard

Location: Balsam Creek Studio, Central Square Mall

Fee: \$65

Register online or call 218-327-5730.



## Collagraph Printing

Join artist Karlyn Berg for a beginner-friendly collagraphy workshop, where you'll learn a simple printmaking technique using basic supplies. No experience needed—just bring a simple sketch idea! Most materials will be provided, and a supply list will be sent to participants.

**Saturday, 2/22/25** | 1:00pm-4:00pm

Instructor: Karlyn Berg

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

## Discovering Abstract Art



Join this 5-week class to explore abstract art, master techniques, and loosen your painting style. Use acrylics, inks, and unique tools like twigs and knives. Discover intuitive approaches, create exciting shapes, and enjoy a fun, creative experience. Supply list provided upon registration.

**Tuesday, 5/20/25-6/17/25** | 1:00pm-3:30pm

Instructor: Jan Stenson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

# CREATIVE ARTS & CRAFTS

## Drawing Adventures

Inspire your creativity! Create a sketchbook and explore assorted and unusual drawing materials. Whether you are a beginner or a professional artist, this workshop is designed for fun. Fee includes a sketchbook to fill with your drawings and bring home. Materials fee of \$8 due to the instructor the night of class.

**Wednesday, 4/23/25** | 4:40PM -7:40PM

Instructor: Karlyn Berg

Location: Bigfork School - Art Room

Fee: \$25

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

## Exploring Watercolor: A Fun and Exciting Way to Create

In this 5-week class we will look at the many ways to make use of watercolor using composition, color properties, and about the unique transparent effects of this media. Watercolor painting is a lifelong skill to enjoy from making cards to larger paintings and more. The class has a relaxed approach with time for all questions.

**Tuesday, 4/15/25-5/13/25** | 1:00pm-3:30pm

Instructor: Jan Stenson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



## How to Start an Abstract Painting

There are many courses of action you can take to create an abstract painting. Explore different techniques to find the one that best expresses your unique style. Experiment with different materials and study the fundamental elements of painting to help you build a strong composition. Try out different methods to enhance your artwork and develop your own distinctive abstract style.

**Saturday, 4/26/25** | 1:00pm-4:00pm

Instructor: Karlyn Berg

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



## Rosemaling

Instructor: Michelle Carlson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

## From Petals to Patterns: Learn Rogaland Rosemaling

Norwegian Rosemaling is a folk art with painting that has fanciful flowers, scrolls and line work from the Norwegian valley of Rogaland. Colors are bright, bold and quite whimsical. This short beginner class will give you a chance to taste Norwegian Rosemaling. Upon completion of the class, you will have a 8" rosemaled plate to bring home.

**Saturday, 3/29/25** | 10:30am-3:30pm

## Intermediate Telemark Rosemaling

Take your rosemaling to the next level! Building on the foundational techniques learned in beginner courses, this class will dive deeper into the intricacies of the Telemark style, known for its bold, flowing lines, soft curves, and vibrant floral motifs. If you're ready to refine your skills and add more complexity, this is the perfect next step.

**Sunday, 2/23/25** | 10:30am-3:30pm

## MACROSTIE SCHOLARSHIPS AVAILABLE

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



# CREATIVE ARTS & CRAFTS



## Sew a Formal Dress

Make a formal dress for any special occasion. Dress will be completed just in time for prom! Advanced sewing skills needed. You will learn body-measurements, pattern making, cutting and sewing techniques. Bring your own fabrics; 3.5 yards each outer layer and under layer, 9" invisible zipper, 1 yard of boning, 2 yards of decorative applique trim. Questions, call Myrna at 218-360-2522.

**Monday, 2/10/25-3/31/25** | 4:00pm-5:30pm

Instructor: Myrna Chouinard

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

Fee: \$135

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

## Intro to Needle Felting

Learn how wool can be transformed into amazing shapes. You will use various colors of dyed roving wool and a barbed needle to create a variety of basic shapes. From there, you will have materials to create a landscape, sculpture or something similar. Easy to learn, but hard to put down! No experience needed. Participants will leave with felting needles, roving and supplies to continue creating at home.

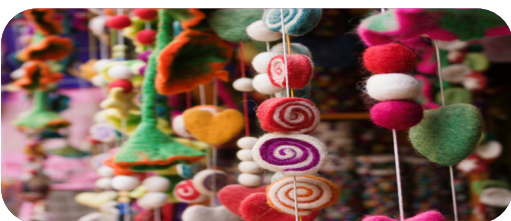
**Monday, 1/27/25** | 5:00pm-8:00pm

Instructor: Shari Nelson

Location: Greenway High School - Art Room

Fee: \$30

Register online or call 218-245-6232.



## Paint a Chocolate Bunny

Get into the Easter spirit by creating your very own Easter decoration. Instruction to paint your own chocolate bunny on an 11 x 14 stretched canvas with acrylic paint. No experience necessary. All supplies included. Age 15-Adult.

**Wednesday, 4/2/25** | 5:30pm-7:00pm

Instructor: 321 Art Studio

Location: Nashwauk High School - Art Room

Fee: \$38

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



## Paper Flowers

Learn the techniques and artistry behind creating paper flowers! Have fun creating your own design. Materials provided. All ages welcome. Children must be accompanied by an adult.

**Wednesday, 4/16/25** | 3:30pm-5:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-6232.



## Pottery for the Garden: Create Unique Garden Art

Create unique, durable pottery for your garden! Learn hand-building, sculpting, and glazing techniques to craft beautiful, outdoor-friendly pieces. Explore textures, patterns, and glazes to enhance your garden's charm. Price includes materials, firing, and fun.

**Wednesday, 4/2/25-5/14/25** | 6:30pm-8:30pm

Instructor: Mike Jasper

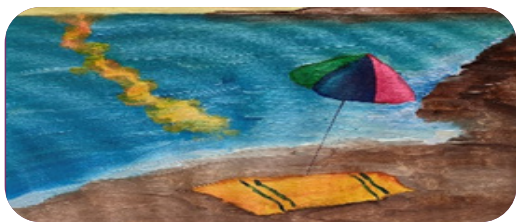
Location: MacRostie Art Center

Fee: \$160 Member | \$170 Non-Member

Register online or call 218-326-2697.



# CREATIVE ARTS & CRAFTS



## Simple Painting

Teaching Artist Amy Lucas will guide you through drawing and painting on an 11x14 stretched canvas with acrylic paint. Materials provided. All skill levels welcome. For ages 15 and up.

Instructor: 321 Art Studio

Location: Calumet Library

Fee: \$38 per class

Choose your scene:

### Swan Painting

**Monday, 2/3/25** | 5:00pm-6:30pm

### Beach Scene

**Monday, 4/28/25** | 5:00pm-6:30pm

Register online or call 218-245-6232.



## Sit & Knit for a Bit

Join this open knitting forum to tackle unfinished projects, get advice, and share laughs with fellow knitters. Bring your FROGS, WIPs, and long-forgotten pieces. Class occasionally meets in fun Grand Rapids locations for a relaxed, creative evening.

**Thursdays, 2/6/25-5/15/25** | 5:00pm-7:30pm

Instructor: Lori Kangas-Olson

Location: ISD 318 Community Education Center

Fee: \$25

Register online or call 218-327-5730.

## Spring Floral Watercolor

Learn essential watercolor techniques while creating a beautiful spring floral painting. Through step-by-step guidance, you'll explore the fundamentals of watercolor painting and bring vibrant flowers to life on paper.

**Tuesday, 4/29/25** | 5:30pm-7:30pm

Instructor: Lily Hadrava

Location: King Elementary School Senior Center

Fee: \$30

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

## Spring Mosaic Art

This spring, create your own mosaic art! Craft a bird, heart, or feather using vibrant tiles and materials. Perfect for all skill levels, you'll leave with a stunning, handcrafted piece to display or gift.

Choose from the following dates:

**Wednesday, 3/5/25**

**Saturday, 5/17/25**

1:00pm-5:00pm

Instructor: Deb Buxengard

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



## Spring Porch Signs

Get ready for spring with a new porch sign! Make a 4 foot porch sign using acrylic paint and pre-cut stencils. Choose your own colors. Several designs to choose from. No experience necessary!

**Tuesday, 5/6/25** | 5:30pm -8:00pm

Instructor: Lily Hadrava

Location: King Elementary School Senior Center

Fee: \$40

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



### BE SURE TO SUPPLY ACTIVE EMAIL.

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

# CREATIVE ARTS & CRAFTS

## “Stencil Art” on Live Edge Wood

Students will paint/stencil on a 24” long live edge board. Choose your own colors and stencils to create a unique design. No experience necessary.

**Tuesday, 3/18/25** | 5:30pm -8:00pm

Instructor: Lily Hadrava

Location: King Elementary School Senior Center

Fee: \$30

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



## Ukrainian Easter Eggs (Pysanky)

Have you marveled at the beauty, intricacy and delicacy of Ukrainian Easter Eggs? These eggs are not painted, but made with a series of dyes. You will learn the history of the art form, the symbology and techniques to make these beautiful, one-of-a-kind works of art. Materials fee of \$40 due to instructor at class. View materials list online.

**Tuesday & Wednesday, 4/1/25 & 4/2/25**

6:00pm-9:00pm

Instructor: John Nelson

Location: ISD 318 Community Education Center

Fee: \$20

Register online or call 218-327-5730.

## Watercolor Scapes

Create a watercolor painting using landscape, cityscape, and seascape as our inspiration. We will also utilize a variety of watercolor techniques to create unique textures.

Ages 15-adult.

**Thursday, 3/13/25** | 5:00pm-7:00pm

Instructor: Mackenzie Lampton

Location: Nashwauk High School Art Room

Fee: \$20

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



## Weave a Springtime Table Runner



Add a custom, cheery accent to your dining table centerpiece! Learn 1-on-1 with the instructor while using a pre-warped countermarch floor loom to weave your own unique table runner in a “rag rug” style with cotton fabrics. There will be a colorful variety of yarns and fabrics to choose from, but you can also bring your own 100% cotton yarn or scrap fabrics to use if you wish. Deadline to register is March 5. Materials fee of \$20 due to instructor on the day of class.

**Wednesday, 3/19/25**

Choose from the following times:

9:00am-11:00am

11:30am-1:30pm

2:00pm-4:00pm

4:30pm-6:30pm

Instructor: Shara Dabrowski

Location: ISD 318 Community Education Center

Fee: \$40

Register online or call 218-327-5730

## Wine, Paint, Canvas!

Unwind with painting, wine, and fun! In this relaxed class, our expert instructor will guide you step-by-step to create your own masterpiece. Perfect for all skill levels, enjoy socializing, snacks, and a variety of wines. All materials provided—just bring your creativity! 21+

Choose from the following dates:

**Friday, 2/7/25**

**Friday, 4/4/25**

6:00pm-9:00pm

Instructor: Victoria Kragthorpe

Location: MacRostie Art Center

Fee: \$45

Register online or call 218-326-2697.



# CULINARY ARTS



## Deliciously Homemade Pie Crust

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

**Thursday, 2/13/25** | 5:30pm-7:30pm

Instructor: Vicky Harrington

Location: Keewatin Community Center

Fee: \$25

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

## Soulful Soup

Discover the secrets to creating delicious and comforting chicken veggie soup from scratch! We'll work together to chop, dice, and stir ingredients to make a large batch of soup. Each participant will bring home a portion of the soup, which works great as a meal for the week or bring it home as a freezer meal for later!

**Monday, 2/10/25** | 5:30pm-7:30pm

Instructor: Sueann Nichols

Location: Nyberg Center, Coleraine

Fee: \$35

Register online or call 218-245-6232.

## Sourdough Sandwich Bread Starter



Learn the process of making whole wheat sourdough sandwich bread, with tips for sourdough starter care. Knead your own loaf in class to bake at home the next day and leave with a "baby" starter of your own! Bring to class a large mixing bowl and sturdy spoon. Materials fee of \$10 due to instructor at class.

Choose from the following dates:

**Friday, 4/4/25** | 5:00pm-8:00pm

**Wednesday, 4/9/25** | 2:00pm-5:00pm

Instructor: Shara Dabrowski

Location: ISD 318 Community Education Center

Fee: \$30

Register online or call 218-327-5730.



Are you passionate about cooking and would enjoy teaching others?

*Teach a Community Education Class!*

Showcase your recipes, tips and tricks to inspire others.

GETLEARNING.ORG

# FITNESS & RECREATION



## Adult Open Volleyball

Ready to bump, set and spike your way into a great week? This is your chance to jump into fast-paced, friendly games with fellow volleyball enthusiasts of all skill levels. No drills, just pure play and lots of action! It's a perfect way to stay active, improve your game and meet new friends in a fun, laid-back setting. Bring a friend or come solo. Open to ages 18 and up.

### Deer River High School

**Sunday, 11/3/24-4/13/25**

6:30pm-9:00pm

Fee: \$10

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

### Greenway High School Multi Purpose Room Gym

Join Greenway Area Adult Volleyball Facebook page for up to date volleyball happenings!

**Thursdays, 1/2/25-5/29/25**

(No volleyball 3/27)

7:30pm-9:00pm

Fee: \$10

Register online or call 218-245-6232.

## Bigfork Open Basketball

Improve your game, stay fit, and enjoy fun, friendly competition in a supportive, energetic environment. All skill levels welcome!

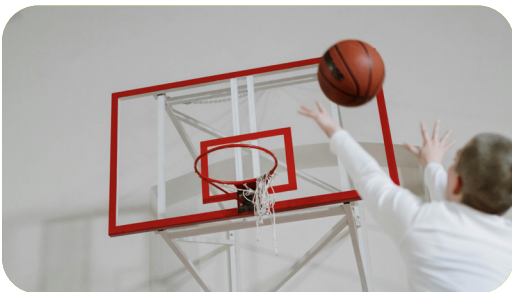
**Wednesdays, 1/22/25-4/30/25**

7:00pm-8:30pm

Location: Bigfork School

Fee: \$10

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



## Fitness Walking

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

**September 3, 2024-May 29, 2025**

School days only

### Deer River High School

**Monday - Friday**

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



## Dance Class for Everyone

If you are just starting or a returning dancer this class is for you! During this session we'll start with the basics and introduce you to some popular dance moves you can take out on any dance floor. Register both you and your partner as you will be dancing together the entire class. Bring a clean pair of shoes to dance in. Questions, contact the instructors at [rapidballroom@gmail.com](mailto:rapidballroom@gmail.com) or 218-256-1873.

**Tuesdays, 4/8/25-4/29/25 | 7:00pm-8:00pm**

Instructor: Pamela and Jeff Johnson

Location: Bovey City Hall. Ballroom

Fee: \$40

Register online or call 218-327-5730.



## 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 to all individuals ages 13+, students must be supervised by an adult.

**Monday-Friday (school days only)**

6:00am-8:00am & 3:30pm-8:00pm

Location: Deer River High School

Fee: No Cost

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

## Line Dancing

Grab a few 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! Questions, contact the instructors at [rapidballroom@gmail.com](mailto:rapidballroom@gmail.com) or 218-256-1873.

**Tuesdays, 4/8/25-4/29/25 | 8:15pm-9:15pm**

Instructor: Pamela and Jeff Johnson

Location: Bovey City Hall - Ballroom

Fee: \$40

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. Must be diagnosed with Parkinson's Disease. Instructor is a certified ACE Group Fitness Instructor, ACE Senior Fitness Specialist, Parkinson's Movement Instructor as well as holding certifications which cover basic exercises for Parkinson's Patients, two advanced movement certifications for Parkinson's Movement and Parkinson's cycling certification.

**Tuesdays & Thursdays, 4/15/25-5/22/25**

(no class 4/29)

11:00am-12:00pm

Instructor: LeeAnn Ryan

Location: ISD 318 Community Education Center

Fee: \$120

Register online or call 218-327-5730.

## Pickleball 101: Learn to Play

Curious about Pickleball? This beginner-friendly class is the perfect way to learn the fastest-growing sport in the country! In Pickleball 101, you'll get hands-on instruction in the basics of serving, volleys, scoring, and position while enjoying a fun, social atmosphere. Whether you've never picked up a paddle or want to brush up on your skills, this class is designed to help you feel confident on the court. Paddles are available to use.

**Fridays, 1/24/25-2/21/25**

6:00pm-7:30pm

Instructor: Krystine Jurvelin

Location: ISD 317 King Elementary - Gym

Fee: \$25

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

# HEALTH & WELLNESS

## Brief History of Yoga

Dive into an overview of the history and philosophy of yoga in this engaging and informative class. Class will conclude with a short yoga flow.

**Wednesday, 2/12/25** | 6:00pm-8:00pm

**Wednesday, 4/16/25** | 6:00pm-8:00pm

Instructor: Lea Friesen


Location: MacRostie Art Center

Fee: \$35

Register online at [macrostieartcenter.org](http://macrostieartcenter.org).



## Gentle Yoga Flow

Slower paced flow practice, emphasis on stretching and breathing. Good for mobility and flexibility. 

**Thursdays, 1/16/25-5/29/25** | 8:30am-9:30am

Instructor: Lea Friesen

Location: MacRostie Art Center

Fee per day: \$15 Member | \$17 Non-Member

Register online at [macrostieartcenter.org](http://macrostieartcenter.org).

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

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

5:30: Check-In

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

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

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

**Tuesday, 3/4/25** | 5:30pm-8:30pm

Instructor: Dr. Mary Fischer

Location: ISD 318 Community Education Center

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

Register online or call 218-327-5730.



## Himalayan Singing Bowl Sound Bath

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

**Wednesday, 3/12/25** | 5:30pm-6:30pm


Instructor: Cindy Horbach

Location: ISD 318 Community Education Center

Fee: \$25

Register online or call 218-327-5730.

## Living Well with Chronic Conditions

Are you or someone you know living with an ongoing health condition? Take this workshop to learn skills for managing any long-term health problems including arthritis, cancer, chronic pain, depression, anxiety, diabetes, heart disease, and high blood pressure. Take control of your health with this six-week interactive workshop. 

**Thursdays, 2/6/25-3/13/25** | 10:00am-12:30pm

Instructors: Kelly Campbell (Grand Itasca Clinic & Hospital), Lauren Pipkin (Fairview Range Hibbing)

Location: Virtual

Fee: No Cost

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



## Living well with Chronic Pain

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

**Wednesdays, 4/30/25-6/4/25**

10:00am-12:30am

Instructors: Danielle Hawkinson (ElderCircle) & Lauren Pipkin (Fairview Range Hibbing)

Location: Virtual

Fee: No Cost

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



## Psychological First Aid

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

**Tuesday, 1/28/25 | 10:00am-12:00pm**

Instructor: Kelly Campbell, Grand Itasca Clinic & Hospital

Location: Virtual

Fee: No Cost

For questions and to register, email Kathryn Taylor at [kathryn.taylor@fairview.org](mailto:kathryn.taylor@fairview.org).



## Reiki Level 3

In Reiki Level III, you are committing yourself to a higher level of personal responsibility and dedication to the Reiki Principles within your daily life. Learn the Master symbol, how to create a crystal grid, integrate healing stones and crystals, discover the Tibetan and Chinese healing Antahkarana symbol, learn Reiki drumming, rattling, and other sound healing techniques. A class manual is included, and upon successful completion the Level III Master attunement is received and a Level III Master Practitioner certificate is earned. The Shamanic Reiki aspects included here are not usually addressed in most Reiki classes. \*Prerequisites: Shamanic Reiki I and II at any time prior with this same instructor.

**Saturday, 4/26/25 | 9:00am-4:00pm**

Instructor: Gina Drellack

Location: Itasca County Family YMCA

Fee: \$325

Register online or call 218-327-5730.

## Restorative Yoga with Guided Meditation

Gentle slow paced yoga practice followed by a 20 minute guided meditation. Good for stress reduction and deep relaxation.

**Tuesdays, 1/13/25-5/27/25**

Time: 8:30am-9:30am

Instructor: Lea Friesen

Location: MacRostie Art Center

Fee per day: \$15 Member | \$17 Non-Member

Register online at [macrostieartcenter.org](http://macrostieartcenter.org).

## Vinyasa Yoga

Lively, high energy class with breath and movement synchronization. Good for stress relief and energizing.

**Fridays, 1/13/25-5/30/25 | 7:30am-8:30am**

Instructor: Lea Friesen

Location: MacRostie Art Center

Fee per day: \$15 Member | \$17 Non-Member

Register online at [macrostieartcenter.org](http://macrostieartcenter.org).

### OUR CLASSES MAKE GREAT GIFTS!

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



# HEALTH & WELLNESS



## Walk with Ease



This class combines self-paced walks with discussions or information about health-related topics. You'll learn to motivate yourself to get in great shape, walk safely and comfortably, improve your flexibility, strength and stamina, and reduce pain and feel great.

**Mon, Wed, & Fri, 4/7/25 - 5/16/25**

10:30am-11:30am

Instructor: Kelly Campbell, Grand Itasca Clinic & Hospital

Location: Central Square Mall, Grand Rapids

Fee: No Cost

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



## Yoga

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

**Monday, 3/10/25-4/14/25 | 5:00pm-6:15pm**

Instructor: Lynnette Mackey

Location: Nashwauk City Hall

Fee: \$72

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

## 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

**Tue & Thurs | 9:00am-10:30am**

### Bowstring Town Hall

**Tue & Thurs | 10:00am-11:30am**

### Deer River, Bethany Lutheran Church

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

### Hill City, Hill City Fire Hall

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

### Jacobson Community Center

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

### Wabana Town Hall

**Tue & Fri | 10:00am-11:30am**

### Online classes-Zoom:

**Tue & Thurs | 9:00am-10:30am**

Fee: No Cost

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

## Itasca County Family YMCA

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



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





## Living Well as You Age: Webinars



Instructors from Arrowhead Area Agency on Aging

Location: Online Webinars

Fee: No Cost

### Long-Term Care Options/ Transitions

Join Marjori Bottila, Program Manager, as we discuss how Long-Term Care Consultation (LTCC) services can support you in making decisions about long-term care that align with your needs and preferences. Our resource specialists will provide information and connect you to housing options, services, and programs. Resource coordinators will help you create a community support plan to stay in your home or return home from a nursing facility, with free follow-up for up to five years. Register at: [bit.ly/4e4TeSG](https://bit.ly/4e4TeSG)

**Wednesday, 2/19/25** | 10:00am-11:00am

### Home Modifications

Join our webinar on home modifications for older adults, offering strategies to enhance safety, accessibility, and comfort. Perfect for caregivers and professionals, this session covers practical solutions and funding options to create secure living spaces. Gain expert insights to improve quality of life for older adults. Register at: [bit.ly/3NLIxxy](https://bit.ly/3NLIxxy)

**Wednesday, 3/19/25** | 10:00am-11:00am

### Power of Attorney

Join Kristen Parendo, Elder Law Lead Attorney at Justice North, for an informative webinar focused on the power of attorney and advanced planning. Co-hosted with the Arrowhead Area Agency on Aging, this session will guide you in designating a power of attorney, ensuring your wishes are respected, and protecting your interests.

Register at: [bit.ly/3C4PLGo](https://bit.ly/3C4PLGo)

**Monday, 4/14/25** | 10:00am-11:00am

### End of Life Planning

Join us for a compassionate webinar on end-of-life planning, hosted by Arrowhead Area Agency on Aging, hospice professionals, and death doulas. Gain insights into care options, communicating wishes, and creating a thoughtful plan for peace of mind. Empower yourself by understanding how to approach these important decisions with clarity and confidence. Register at [bit.ly/4hligjb](https://bit.ly/4hligjb)

**Tuesday, 4/15/25** | 10:00am-11:00am

### Having the Conversation

Join our webinar instructed by Sare McCumber on navigating advanced care planning conversations. Gain practical tips to share your wishes openly, reduce stress for loved ones, and ensure your preferences are honored. Learn to foster supportive, open discussions about future care needs for greater clarity and peace of mind.

Register at: [bit.ly/4e4iIF9](https://bit.ly/4e4iIF9)

**Wednesday, 4/16/25** | 10:00am-11:00am

### Health Care Directives

Join Kristen Parendo, Elder Law Lead Attorney at Justice North, for a webinar on healthcare directives. Co-hosted by Arrowhead Area Agency on Aging, learn how to ensure your medical preferences are honored. Plan ahead, safeguard your health, and gain peace of mind through proactive healthcare decisions.

Register at: [bit.ly/4e8zihQ](https://bit.ly/4e8zihQ)

**Thursday, 4/17/25** | 10:00am-11:00am

# MUSIC

## How to Play Piano by Ear

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

**Saturday, 2/15/25** | 10:00am-12:30pm

Instructor: Craig Coffman

Location: Online

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+.

**Tuesday, 2/4/25** | 6:30pm-9:00pm

Instructor: Craig Coffman

Location: Online

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, 2/3/25** | 6:30pm-9:30pm

Instructor: Craig Coffman

Location: Online

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 ages 8 and up, this program offers both individual and group lessons, orchestra rehearsals, performances, special events, and workshops. We provide string instrument lessons in four different school districts: Grand Rapids & Bigfork, Greenway, Deer River, Remer and at the Reif Center.

## Early Music Education

### (Musik Garten)

When music and movement are a natural, joyous part of childhood, children benefit greatly in many areas of life. Language development, self-expression, memory skills, concentration, social interaction, fine motor skills, listening, problem solving, teamwork, goal setting, and coordination are all impacted by early music and movement education.

**Tuesdays, 1/7/25-4/1/25**

Choose from the following programs:

11:00am | Music for Babies | Ages 0-2

4:00pm | Around the World | Ages 4-7

5:00pm | Music at Home | Ages 4-7

To register and learn more about our programs, pricing and upcoming events, visit [itascaorchestra.org](http://itascaorchestra.org), email [info@itascaorchestra.org](mailto:info@itascaorchestra.org), or call 218-327-5781.



## Basic Lifeguard - Blended Learning at the YMCA

The purpose of the 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. Course schedule will be determined at the time of registration. For class dates and more information go to [ymcaitasca.org/safety-trainings](http://ymcaitasca.org/safety-trainings). Lifeguard review/recertification classes also available.

Fee: \$200

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

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

## Swim Lessons with Thunderhawk Swim Team

Learn to swim with the Thunderhawk swim team! All levels are taught water safety and self rescue skills. The program is designed for ages 5-15. Read over the 4 level descriptions online and select the level you feel your child is currently at on the E-Form attached to registration.

### Tuesdays & Thursdays, 3/18/25-4/10/25

Choose from the following times:

3:45pm-4:15pm

4:15pm-4:45pm

4:45pm-5:15pm

5:15pm-5:45pm

Instructor: Thunderhawk Swimmers

Location: Grand Rapids RJE Middle School - Pool

Fee: \$70

Register online or call 218-327-5730.



## Technique for Swimmers

Take time to focus on stroke technique in each of the competitive strokes along with starts. This session is for current swim team members who can swim the length of the pool unassisted and are familiar with all 4 strokes. Class will be taught/supervised by current members of the Thunderhawk Swim Team. Class is open to swimmers ages 8-18.

### Tuesdays & Thursdays, 3/18/25-4/10/25

5:45pm-6:45pm

Instructor: Thunderhawk Swimmers

Location: Grand Rapids RJE Middle School - Pool

Fee: \$70

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 looking for a higher level of intensity, water aerobics can provide encouragement and instruction.

### Spring Session:

#### Mondays & Wednesdays, 4/2/25-5/28/25

(No class 4/21 & 5/26)

5:00pm-6:00pm

Instructor: Patti Rychart

Location: 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 them 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](http://ymcaitasca.org), at the Y Membership Desk or call 218-327-1161.

# TECHNOLOGY

## Buying a New PC?

Have questions about RAM, SSDs, or choosing the right hard drive size? Wondering if 8GB of memory is enough, or whether to choose a PC, laptop, or an All-in-One? Curious if your device will come with Office and whether warranty coverage is worth it? This class will answer all these questions and more. We'll also discuss the upcoming end of life for Windows 10. Please note, this session is purely informational and not a sales pitch for computers.

**Monday, 2/24/25** | 5:00pm-6:30pm

Instructor: Conrad Feldt

Location: ISD 318 Community Education Center

Fee: \$40

Register online or call 218-327-5730.

## Protecting yourself from Computer, Online & Internet Scams

Do you use the internet, social media, or email? Are you aware of the risks you might encounter online? With the rise in online scams, fraud, and phone scams promising to fix your PC, it's important to know what to trust and what to avoid. This class will teach you about common threats such as spyware, adware, email phishing, internet scams, and ransomware. Learn how to protect yourself and your computer from these dangers by gaining essential knowledge and skills.

**Thursday, 2/20/25** | 3:00pm-5:00pm

Instructor: Conrad Feldt

Location: ISD 318 Community Education Center

Fee: \$20

Register online or call 218-327-5730.

## Windows 11 Tips and Techniques

Windows 11 has been available for PCs for the past three years. Whether your new PC came with it, you've already upgraded, or you're considering the switch, you might be curious or uncertain about what Windows 11 is really like. If you're new to it, come explore it for the first time. If you're already using it, join us to learn some helpful tips. This class will cover an overview of Windows 11, highlight key differences from Windows 10, offer useful tips, and share things to watch out for.

**Thursday, 2/20/25** | 1:00pm-3:00pm

Instructor: Conrad Feldt

Location: ISD 318 Community Education Center

Fee: \$40

Register online or call 218-327-5730.



## Microsoft Classes

Participants are encouraged to bring a laptop with the Microsoft programs preloaded but are welcome to attend the class without a laptop.

Instructor: Jill Radunz

Location: Greenway High School

Register online or call 218-245-6232.

## Excel for Beginner Users

In this course, students will learn how to use Microsoft Excel for practical business tasks. Topics include working with basic mathematical formulas, organizing and filtering data, formatting and sorting lists, and managing data within a workbook. Students will also practice entering and converting numerical, text, date, and time data efficiently.

Choose from the following dates:

**Thursday, 2/6/25**

**Thursday, 3/6/25**

**6:00pm-8:00pm**

Fee: \$45

## Teams for Beginners

In this course, students will explore the practical business applications of Microsoft Teams, a chat-based workspace within Office 365. You'll learn how to navigate the platform, create and share files, collaborate on content, and communicate effectively using this powerful new tool.

**Thursday, 2/13/25** | 6:00pm-8:00pm

Fee: \$40

## Word, Outlook, and PowerPoint for Beginners

Students will learn practical business uses of Microsoft Word, Outlook and PowerPoint, three fundamental programs used in most businesses today. Learn basic formatting, working with tables, creating Power Points, and exploring advanced Outlook features.

Choose from the following dates:

**Wednesday, 2/5/25**

**Wednesday, 3/5/25**

**6:00pm-8:30pm**

Fee: \$50



## Child-Centered Co-Parenting: Helping Children Adjust to Having Two Homes

Navigating child custody and parenting time is one of the most challenging parts of any divorce or separation, often pitting parents against each other to gain control over their children's lives. But it doesn't have to be that way. Child-centered co-parenting focuses on the best interests of the child rather than parental conflicts, creating a positive and stable environment where children can thrive. Join our panel of experts who will answer questions and share their personal and professional experience with child-centered co-parenting. Topics include the differences between how parents and children experience the breakup; the effects of children being caught in the middle; specific ways parents and other family members (including new significant others) can understand and respond to children's needs during stressful times; and communication skills parents living apart can use to co-parent more effectively.

Choose from the following dates:

**Monday, 2/3/25**

**Thursday, 2/20/25**

**Tuesday, 3/11/25**

**Thursday, 3/27/25**

**Monday, 4/14/25**

**Tuesday, 4/29/25**

5:30pm-7:30pm

Instructors: Korey Wahwassuck J.D. (Ret.), Rachel Hughes-BSW, & Beth Prewett-PsyD MS LPCC

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## CPR for Parents and Caregivers

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

Choose from the following dates:

**Tuesday, 3/11/25**

**Tuesday, 3/18/25**

6:00pm-8:00pm

Instructor: Gayle Anderson, RN, PHN

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## Childbirth & Infant Care Grand Itasca

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

Choose from the following dates:

**Saturday, 2/1/25**

**Saturday, 4/5/25**

**Saturday, 6/7/25**

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.



## REGISTER EARLY

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



# EARLY CHILDHOOD FAMILY EDUCATION

## Welcome to the 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 EARLY EDge | 218-327-5850

Darla Rahne, Director | drahne@isd6070.org

Kim Tillman, ECFE Coordinator | ktillman@isd6070.org



### Reminders

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

**Pre-registration is required for ALL classes unless noted. Register online at [www.getlearning.org](http://www.getlearning.org), in person at the ECFE office or call 218-327-5850.**

### New Grand Rapids Location: GRECH

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



### Baby & Me (Ages Birth – 13 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 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 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! Non - separating class.

**Tuesdays, 3/4/25 – 5/13/25 | 10:00am-11:00am**

Location: Grand Rapids Early Childhood Hub

Instructor: Lisa Fox & Shannon Sweeney

Fee: No Cost

### Book Time

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

**Tuesdays through 5/13/25 | 1:00pm–2:00pm**

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Grand Rapids Area Library

Fee: No Cost

### 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 it out! You are welcome to come once or as many times as you would like. Non-separating class.

Fee: \$30 per session

Choose from the following locations:

**Deer River King School ECFE room**

**Fridays, 3/7/25 - 5/16/25 | 9:00am–10:00am**

Instructor: Kim Tillman

**Grand Rapids Early Childhood Hub**

**Mondays, 3/3/25 – 5/12/25 | 8:30am–9:30am**

Instructor: Shannon Sweeney & Courtney Gaddie

**Marble School**

**Mondays, 3/3/25 - 5/12/25 | 4:00pm-5:00pm**

# EARLY CHILDHOOD FAMILY EDUCATION



## Growing Together (Age 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:**

### Grand Rapids Early Childhood Hub - Fish Room

**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

### Keewatin Elementary School Supper Club

**Thursdays, 9/12/24 - 5/15/25**

4:30pm-6:30pm

## 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. Non-separating class.

Fee: \$30 per session

Choose from the following locations:

### Marble School Gym

**Thursdays, 3/6/25 - 5/15/25 | 4:00pm-5:00pm**

Instructor: Chris Stroming & Alison Lyons

### Grand Rapids Early Childhood Hub Gym

**Fridays, 3/7/25 - 5/16/25 | 8:30am-10:00am**

Instructor: Shannon Sweeney



## 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, 1/27/25, 2/3/25, 2/10/25, 2/24/25, 3/3/25.**

6:00pm-8:00pm

Instructor: Lisa Fox

Location: ISD 318 Community Education Center

Fee: \$10



# EARLY CHILDHOOD FAMILY EDUCATION

## 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. Engage in themes and activities based on the interests of the families. Come ready to spend the hour outside. Our coldest winter days will be spent exploring nature from within our classroom. Some sessions will meet at local parks & trails. Children ages 2 – 5 yrs along with their caregiver, younger siblings can tag along. Non-separating class.

**Thursdays, 3/6/25 – 5/15/25**

1:00pm-2:00pm

Location: Grand Rapids Early Childhood Hub

Instructor: Shannon Sweeney & Courtney Gaddie

Fee: \$30 per session



## Out & About in Our Community (Ages 2 – 5 Years)

Join us exploring and learning about our community! Each week we will visit a different place that serves an important role in our community. Before the field trip you will receive an email explaining how to prepare your child for the special trip, a digital story that relates to your destination, and some conversation starters to have with your child before the visit. On the day of the field trip, you and your child will meet our ECFE teachers at the location for a fun adventure! Children ages 2 – 5 yrs along with their caregiver, younger siblings can tag along. Non-separating class.

**Mondays, 3/3/25 – 5/12/25**

1:00pm-2:00pm

Location: Varies

Instructor: Shannon Sweeney & Courtney Gaddie

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. Non-separating class.

**Wednesdays through 5/14/25**

9:00am-10:00am

Instructor: Erin Wirtz & Melanie Lefebvre

Location: Calumet Library

Fee: No Cost

## Seniors & Sprouts (Ages birth – 5 Years)

We will join residents at Oak Hill Assisted Living for stories, finger plays, movement activities, and songs. The fun continues with art, playdough, puzzles, and other table activities as we embrace connections across generations. This unique class allows children and "grand-friends" to develop meaningful, cross-generational relationships that provide social, mental, emotional, and even physical benefits for all. Non-separating class.

**Mondays through 5/12/25**

10:15am-11:15am

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Oak Hill Assisted Living

Fee: No Cost

## Toddler Time (Ages 1 -2 Years)

As your child transitions from infancy, the parenting issues that you face change. 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 and learn helpful tips about raising your young children. Non-separating class.

**Tuesdays, 3/4/25- 5/13/25 | 8:30am-9:30am**

Location: Grand Rapids Early Childhood Hub

Instructor: Lisa Fox & Shannon Sweeney

Fee: \$30 per session





# YOUTH ACTIVITIES

## YOUTH ARTS & CRAFTS

### Cave Art!

Students in grades K-3 will get to experience cave art and learn about what this meant and the history behind it.

**Thursday, 03/20/25** | 2:45pm-4:30pm

Instructor: Mackenzie Lampton

Location: Keewatin Elementary School

Fee: \$10

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



### 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. Snack provided. Ages 5-9.

**Tuesday, 4/8/25-4/29/25** | 3:30pm-4:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

### Drawing Adventures

Inspire your creativity! Create a sketchbook and explore assorted and unusual drawing materials. Whether you are a beginner or a professional artist, this workshop is designed for fun. Fee includes a sketchbook to fill with your drawings and bring home. Materials fee of \$8 due to the instructor the night of class.

**Wednesday, 4/23/2025** | 3:40PM -4:40PM

Instructor: Karlyn Berg

Location: Bigfork School - Art Room

Fee: \$25

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



### Sculpt a Pokemon!

Follow along with local artist and Pokemon enthusiast as he shows you 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! All materials provided. Ages 6 and up.

Choose from the following dates:

**Wednesday, 2/12/25** | 3:00pm-4:00pm

**Wednesday, 3/12/25** | 3:00pm-4:00pm

**Wednesday, 4/9/25** | 3:00pm-4:00pm

**Wednesday, 5/14/25** | 3:00pm-4:00pm

Instructor: Samsoche Sampson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

### Make a Fleece Tie Blanket

Make a warm, cozy, fleece blanket to use on a cold winter day. No sewing needed! You will tie a 4' X 5' throw size blanket. All materials included. Fleece will be selected when you arrive. For students in grades 2-6.

**Friday, 1/24/25** | 3:00pm-5:00pm

Instructor: Colleen Bishop

Location: Coleraine Library

Fee: \$25

Register online or call 218-245-6232.



### MACROSTIE SCHOLARSHIPS AVAILABLE

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



# YOUTH ACTIVITIES



## 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! This course is for beginners or advanced pottery students. Materials included. Ages 10-16.

**Tuesday, 2/18/25-3/18/25** | 3:30pm-5:00pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

## Youth Painting: Acrylic Adventures

Unleash your creativity in our Youth Acrylic Painting Class, where young artists, ages 9-14, can explore the vibrant world of acrylics! In this fun, interactive class, students will learn the basics of acrylic painting techniques, including blending, layering, and color mixing, while working on projects that reflect their own unique artistic style. Whether you're a beginner or have some painting experience, our supportive instructor will guide you step by step, helping you build confidence with each brushstroke.

**Thursday, 3/20/25-4/10/25** | 3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



## WALK/BIKE/ROLL TO SCHOOL DAY

Promoting health and safety by encouraging families to walk, bike or roll to school.

**FEBRUARY 5, 2025  
&  
MAY 7, 2025**



## Youth Painting: Watercolor Wonders

Dive into the world of watercolor in this exciting and creative class designed for young artists, ages 9-14! Whether you're a beginner or already have some painting experience, this class will help you explore the unique techniques of watercolor painting, from blending soft washes to creating detailed textures. Students will learn how to work with water, color, and brushes to create stunning landscapes, abstract designs, and more. With each project, young artists will build their confidence, develop their own artistic voice, and enjoy the calming flow of creating with watercolors.

**Thursday, 4/24/25-5/15/25** | 3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

# YOUTH ACTIVITIES

## YOUTH ENRICHMENT

### Bovey Reading Rebels Book Club

Join Book Club to read and discuss with friends.

Each week enjoy crafts & snacks.

3:30pm-4:00pm

Instructor: Bovey Library Staff

Location: Bovey Public Library

Fee: No Cost

Questions call 218-245-1633.

### Choose from the following books:

**Wednesday, 2/5/25 & 2/19/25**

Ages 15-18 *"The Absolutely True Diary of a Part-Time Indian"* by Sherman Alexie

**Wednesday, 3/5/25 & 3/19/25**

Grades 3-8 *"Beast Keeper"* by Lucy Coats

**Wednesday, 4/2/25 & 4/16/25**

Ages 15-18 *"Go the Distance"* by

Jen Calonita

**Wednesday, 5/7/25 & 5/21/25**

Grades 3-8 *"Escape from Mr. Lemoncello's Library"* by Chris Grabenstein



### Driver's Education

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

Registration packets available in the high school office.

**Mondays - Fridays, 2/26/25 - 3/11/25**

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

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

#### Deer River High School

Registration packets will be available in the high school office.

**Mondays- Fridays, 3/13/25-3/27/25**

(No class 3/21)

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

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



### 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 students bus to RJEMS for club.

Fee: \$60/child per week.

Register online at [www.bgcnorth.org](http://www.bgcnorth.org) or call 218-910-2255.

#### Deer River Club

**Monday-Friday, 9/2/2024-5/30/25**

2:30pm-6:00pm

Location: King Elementary School

Fee: \$20

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



# YOUTH ACTIVITIES



## Hooked on Fishing: School of Fish

Get hooked on the sport of fishing with the School of Fish fishing class! This 2.5 hour class is open to youth from grades 3 & up. Taught by Mike Frisch from the Fishing the Midwest TV show. You'll learn about lakes, how to find and catch fish in lakes, tie a fishing knot and rig and use a slip-bobber set up. Students will receive a rod and reel, tackle box and tackle, snacks, School of Fish full color workbook, and leave class with the knowledge, skills, and equipment to go fishing! Children must be accompanied by an adult. Sponsored by Darkhouse Anglers N Lakes Chapter.

**Saturday, 3/22/25** | 9:30am-12:00pm

Instructor: Mike Frisch

Location: Greenway High School

Fee: No Cost, must pre-register

Register online or call 218-245-6232.

## Firearms Safety Certification - MN DNR

This 12-hour classroom course is designed to equip youth with the knowledge and skills needed to hunt safely, responsibly, and ethically in Minnesota. Students must be at least 11 years old by the class start date to enroll.

Additional field day, held at the Grand Rapids Gun Club, is required for certification; date to be announced during the classroom portion.

All necessary materials are provided—personal firearms or ammunition are prohibited.

This certification is a step toward ensuring safe and ethical hunting practices for young enthusiasts in Minnesota.

**Mondays & Thursdays, 4/7/25-4/17/25**

5:00pm-8:00pm

Instructor(s): Clayton Lindner & William Saw

Location: Cohasset Fire Department

Fee: No cost

Questions email: [clindner@isd318.org](mailto:clindner@isd318.org) or

[wsaw@grandrapidsmn.gov](mailto:wsaw@grandrapidsmn.gov)

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, 2/5/25-2/26/25**

2:30pm-4:30pm

Instructor: Jodi Nordlund, Kayla Fesenmaier

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. Snack provided.

Instructor: Colleen Bishop

**Coleraine**

**Fridays, 2/7/25-5/2/25**

(No class 3/21, 3/28 & 4/18)

3:00pm-4:30pm

Location: Coleraine Library

Fee: \$30

Register online or call 218-245-6232.

**Keewatin**

**Tuesday, 2/4/25-5/13/25** | 4:00pm-5:15pm

Location: Keewatin Elementary School

Fee: \$45

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



# YOUTH ACTIVITIES

## LEGO Motion Science of Sports

Middle Schoolers, dive into the world of motion and forces in LEGO Motion Science of Sports! You'll design, build, and create solutions for improving movement with the LEGO building kits provided. Themes include the trajectory of a LEGO ski slope, free kick catapult soccer ball, and more. Grades 5-8.

**Tuesdays & Thursdays, 3/4/25-3/20/25**

3:00pm-4:30pm

Instructor: Aaron Morhart

Location: Greenway High School - Room 110

Fee: No Cost

Register online or call 218-245-6232.



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

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

**Thursdays, 3/13/25 - 5/1/25**

Choose from the following times:

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

Location: Reif Center, Grand Rapids

Fee: \$80 per child

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

## Mother's Day Flower Planting

During this fun class, you will use your creativity to decorate a flower pot and learn how to plant flowers! There will be a variety of flowers for you to choose from. Snacks provided. Grades 1-6. Register by May 2.

**Tuesday, 5/6/25 | 2:45pm-3:45pm**

Instructor: Britny Riipinen

Location: Keewatin Elementary School

Fee: \$15

218-885-1280 ext. 51171.

## Kindergarten Round Up

For incoming students who will attend Kindergarten in September 2025. Meet our kindergarten teachers and school staff. Visit Kindergarten classrooms.

### Grand Rapids Area Schools

**Thursday, 4/24/25 | 4:00pm-6:00pm**

Locations: West Rapids Elementary, Cohasset Elementary, and Bigfork School

Questions call 218-327-5870.

### Greenway Vandyke Elementary School

**Wednesday, 4/16/25 | 3:00pm-5:00pm**

Questions call 218-245-2510.

### Keewatin Elementary School

**Thursday, 4/24/25 | 3:00pm-5:00pm**

Questions call 218-885-1280 ext. 51151.

## Reading with a Buddy

Come adopt a stuffed buddy and join us in reading for 20 minutes every Tuesday. This is to help promote literacy in the preschool to middle school age groups.

**Tuesdays, 1/7/25 - 5/27/25**

3:20pm-3:40pm

Instructor: Bovey Library Staff

Location: Bovey Public Library

Fee: No Cost

For questions call 218-245-1633.



## Sew A Polar Animal

Hand stitch a polar animal in this beginner sewing class. Students will have a variety of animals to choose from including snowy owl, polar bear, penguin, and more! We'll also listen to a winter story. All materials and snack provided. Ages 7-10.

**Monday, 2/10/25 | 3:00pm-4:30pm**

Instructor: Kayla Fesenmaier

Location: Coleraine Library

Fee: \$8

Register online or call 218-245-6232.

# YOUTH ACTIVITIES

## Spartan After School Fun Club

Grades K-6. Daily activities include academics, enrichment, fun activities, and a daily snack. Monthly attendance calendar required.

**Mondays-Thursdays** (school days only)

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

2:45pm-5:00pm

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.



## Taylor Swift Night

Students in grades 1-6 are invited to join Miss Russell for a night of Taylor Swift themed fun! They will listen to a story, make friendship bracelets, design their own guitar, and sing karaoke.

**Thursday, 4/10/25** | 2:45pm-4:20pm

Instructor: Ariana Russell

Location: Keewatin Elementary School

Fee: \$10

218-885-1280 ext. 51171.



## Teen Science - Galaxy!

Youth Galaxy! After school, team up with the Bell Museum Educators for enjoyable astronomy activities and discover the beauty of our winter night skies. Explore how your individual passions can pave the way for a future in Science, Technology, Engineering, Arts, and Mathematics at the University of Minnesota. Grades 5-8. Snacks will be served.

**Tuesday, 2/11/25** | 3:10pm-4:30pm

Instructor: Jennifer Behm, Bell Museum

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-6232.



## 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 provided daily.

We're excited to announce Spring Bootcamps coming soon! Topics will include AI, GIS Mapping, Metaverse, and Drone Piloting.

For more information, visit our website at [smartnorth.org](http://smartnorth.org).

### Choose from the following locations:

#### Deer River Goodall Resource Center

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

Contact: 218-246-2188 or email

[tristen@smartnorth.org](mailto:tristen@smartnorth.org)

#### Grand Rapids - ISD 318 Community Education Center

Hours: Monday, Wednesday & Friday

3:00pm-8:00pm

Contact: 218-327-5730 or email

[josiah@smartnorth.org](mailto:josiah@smartnorth.org)

## Valentine Cookie Decorating

Decorate Valentine heart shaped cookies with Mrs. Riipinen! Grades K-6. Registration deadline February 3.

**Thursday, 2/6/25** | 2:45pm-3:30pm

Instructor: Britny Riipinen

Location: Keewatin Elementary School

Fee: \$12

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



# YOUTH ACTIVITIES

## YOUTH FITNESS & RECREATION

### All Kids Bike

All Kids Bike program is on a mission to teach every child in America how to ride a bike. Kids learn how to balance and stride on a Strider bike, and then add pedals. Biking helps students develop physically and mentally, gives them confidence and helps develop healthy habits. Class is open to kids in Kindergarten & 1st grade.

**Tuesday-Thursday, 3/25/25-3/27/25**

5:00pm-6:00pm

Instructor: Anne Campbell

Location: ISD 318 Community Education Center Gym

Fee: \$15

Register online or call 218-327-5730.



### Judo

Explore the Japanese martial art of Judo. Build confidence as you learn to fall, throw, and pin with Judo. Uniform will be provided.

Instructor: Colleen Bishop

### Marble School Gym

**Wednesdays, 2/5/25-4/30/25**

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

Fee: \$30

Register online or call 218-245-6232.

### Keewatin Elementary School

**Mondays & Thursdays, 2/3/25-5/15/25**

4:00pm-5:00pm

Fee: \$60

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



### Cheer Camp

We've got spirit, yes we do, we've got spirit, how 'bout you?! Learn some cheers, jumps and tricks with your school cheerleaders. Wear comfortable clothes, tennis shoes, and bring a water bottle.

### Thunderhawks Grand Rapids RJE Middle School

Grades K-5. Cheer with the Thunderhawk Cheerleaders!

**Friday, 3/21/25 | 9:00am-12:00pm**

Instructor: Jessica Mackley

Fee: \$29

Register online or call 218-327-5730.

### Deer River High School

Grades K-5. Cheer with the Warrior Cheerleaders! Participants will cheer at a game on Friday, 1/31/25.

**Tuesday & Thursday, 1/28/25-1/30/25**

3:30pm-5:00pm

Instructor: Kari Schultz

Fee: \$25

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

### Nashwauk High School Gym

Grades K-6. Cheer with the Spartan Cheerleaders! Participants will cheer on February 10th (tentative date) at halftime, during the home boys basketball game!

**Saturday, 2/8/25 | 9:00am-12:00pm**

Instructor: Sarah Hendricks

Fee: \$25

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



# YOUTH ACTIVITIES



## Elementary Volleyball

### Grade 3

This volleyball program will introduce youth to the sport of volleyball in a positive, fun environment. This program is intended to introduce the skills of volleyball and will not include games at other schools.

**Mondays & Tuesdays, 4/14/25-5/6/25**

(No practice 4/21/25)

3:30pm-4:30pm

Instructor: Thunderhawk HS Volleyball Team

Location: East Rapids Elementary Gym

Fee: \$60

Register online or call 218-327-5730.

### Grades 4-5

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

**Mon, Tues. & Thurs. 4/7/25-5/8/25**

(no practice or games on 4/21/25)

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

Thursdays 4:00pm-5:30pm

Instructor: Thunderhawk HS Volleyball Team

Location: East Rapids Elementary Gym

Fee: \$75

Register online or call 218-327-5730.



## Itasca Area Youth Activities

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

Simplify your search!

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

VISIT OUR SITE



**GETLEARNING.ORG**





## 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:

Grand Rapids Area Schools: 218-327-5730

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



## PROJECT READ

### Families, Read Every Day!

- Donate your gently used books to Project Read
- Read books around a theme to improve children's understanding and vocabulary; Birds, Trains, Frogs, etc.
- Find free new books at the Red Bookshelves, Little Free Libraries, and area libraries!
- Make characters from books come to life by playing make-believe with hats, scarves, and props!

Learn more: [getlearning.org/projectread](http://getlearning.org/projectread)



**Sue Ann Nichols**

*Project Read Volunteer*

[chippy.project.read@gmail.com](mailto:chippy.project.read@gmail.com)

218-327-5709



**color Chippy in!**

# FAMILY EVENTS

## FREE FAMILY EVENTS

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

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

### Astronomy Night

Look to the stars, when the Range Astronomy Club shares an out-of-this-world night. You will have the opportunity to learn and use telescopes to see star clusters, galaxies and nebulae. You may want to bring lawn chairs and binoculars.

Instructor: Dale Kentoph

**Choose your location:**

#### Marcell Town Hall

**Friday, 5/9/25** | 7:30pm-10:00pm

(backup date 5/10/25)

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

#### Nashauk Community Gardens, Larue Pit Rd

**Friday, 4/25/25** | 8:30pm-9:30pm

(backup date 5/2/25)

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

### Birdhouse Building with Gordie

This hands-on class invites you to come together and learn the art of crafting birdhouses that will attract our feathered friends. Guided by an experienced instructor, Gordie will guide you on assembling your pre-cut wood birdhouse. All materials provided.

**Saturday, 3/1/25** | 10:00am-11:15am

Instructor: Gordie Meyer

Location: Greenway High School - Art Room

Fee: No Cost, must register each person building a birdhouse

Register online or call 218-245-6232.

### Family Create Second Saturdays!

Join us every Second Saturday for family orientated art activities with a new theme each month! Ages 4 and up. Projects won't take the entire 2 hours so staggered attendance is best. Sponsored by Grand Itasca - Fairview.

**Saturdays, 2/15/25, 3/15/25, 4/12/25, 5/10/25, 6/14/25**

1:00pm-3:00pm

Location: MacRostie Art Center

Register online or call 218-326-2697.

### Math Night

Come explore activity stations set up to play a variety of fun math games that can easily be played at home! All ages are welcome, and family members are encouraged to participate. Try out dice games, card games, board games and more to earn prizes! Free dinner and an iPad giveaway! Must sign up by March 31.

**Thursday, 4/3/25** | 5:00pm-6:30pm

Location: Keewatin Elementary School - Gym

Questions call 218-885-1280 ext. 51171.

### Play at the Park

Join us at the Keewatin Elementary School Playground for fun outdoor activities! Bounce houses will be back! Parents must be with their child.

**Thursday, 5/15/25** | 2:45pm-4:00pm

Location: Keewatin Elementary School Playground

Questions call 218-885-1280 ext. 51171.

### Skating with Dads

Fathers Reading Every Day invites Dads, Grandpas, Uncles, or Buddies to attend this fun, free event for males and their children, families, or buddies. (ages: early childhood - 4th grade) Join us for ice skating, stories, free supper, and FUN!

Reminder: NO hockey sticks

5:00pm - 6:00pm Skating

6:00pm Meal and Reading

**Tuesday, 3/4/25** | 5:00pm-7:00pm

Location: Hodgins Berardo Arena-Coleraine

Questions call Katie at 218-256-5388.



# 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

## **Deer River Community Education**

**218-246-8241 ext. 60227**  
500 5th Street SE, Deer River, MN 56636

## **Early EDge**

**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

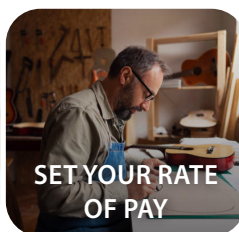
## **Reif Performing Arts Center**

**218-327-5780**  
720 NW Conifer Drive, Grand Rapids, MN 55744

# EARN EXTRA INCOME

BECOME A COMMUNITY EDUCATION INSTRUCTOR!

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



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



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