

# WE HAVE A CLASS FOR THAT:

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



## Community Education ITASCA AREA SCHOOLS COLLABORATIVE

AUGUST 2025 - JANUARY 2026

### LOOK INSIDE:

**Amtrak-Better Way to Travel** PG 2

**Fall Bouquet Design Class** PG 14

**Decorating Cakes with Flair** PG 20

**Singing Bowl Sound Bath** PG 26

[getlearning.org](https://getlearning.org)



Community Education  
ITASCA AREA SCHOOLS COLLABORATIVE

## GET LEARNING with Itasca Area Community Education!

Proudly serving the school communities of **Grand Rapids, Bigfork, Deer River, Greenway, Nashwauk-Keewatin, Hill City, and Floodwood.**

Are you ready to **connect** with others, **create** something new, and **explore** fresh interests? Whether you're looking to pick up a new skill, spend quality time with a friend, or dive into a lifelong passion, **Itasca Area Community Education has a class for you!**

Inside this catalog, you'll find a wide variety of fun, affordable, and accessible opportunities for learners of all ages—from early childhood through adulthood.

**Let's Connect. Create. Explore!**

Visit [getlearning.org](https://getlearning.org) to register and learn more!

## THINGS TO KNOW.....

### Registration

Pre-registration is required for all classes. Registration is complete once payment is received by the Community Education office.

### Register Early

Help us keep classes running! Decisions to cancel due to low enrollment are made in advance—register early to secure your spot and keep your favorite classes on the schedule.

### Wait List

If a class is full, sign up for the wait list—there's no charge, and we'll contact you if a spot opens up.

### Refund Policy

Full refunds are given if a class is canceled due to low enrollment or weather. To receive a full refund when withdrawing, requests must be made at least 3 business days before the class begins.

### Daytime Classes

We are now offering more daytime options! Look for the ☀️ symbol to find our daytime classes.

### Teach a Class

Have a skill, hobby, or interest you'd love to share? You don't need a teaching license—just passion and enthusiasm! Reach out to see how you can become a Community Ed instructor.

### Accessibility

If you need accommodations to participate in a class, contact us—we're here to help.

### Connect with US!

Follow Itasca Area Community Education on Facebook and Instagram!

**GET LEARNING WITH US!**  
**GETLEARNING.ORG**



**3 Easy WAYS  
TO REGISTER**

# Meet the Community Education Team



## Melanie DeBay

Community Education Director  
mdebay@isd318.org | 218-327-5725



## Holly Henriksen

Community Education Secretary  
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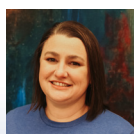
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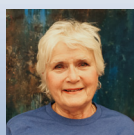
## Kayleen Monacelli

Deer River Community Education  
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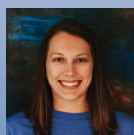
## Brooke Staskivige

Grand Rapids Community Education  
bstaskivige@isd318.org | 218-327-5799



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## Kayla Fesenmaier

Greenway Community Education  
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## Floodwood Community Education

218-476-2285



## Hill City Community Education

218-697-2394 x. 10172

## INSIDE THIS EDITION

- Area Adult Opportunities..... 2
- Creative Arts & Crafts ..... 11
- Culinary Arts .....20
- Early Childhood Family Education ..... 29
- Family Events.....40
- Fitness & Recreation ..... 21
- Health & Wellness.....25
- Pool Activities .....28
- Resource List ..... 41
- Youth Activities.....32
  - Arts & Crafts ..... 32
  - Enrichment ..... 34
  - Fitness & Recreation ..... 37



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



## Study from Anywhere with Adult Education

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

- Earn Your GED
- Start Your Career Sessions
- Math Skills Sessions
- Reading & English Sessions



### 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)

## Adult Crafts & Creativity

Unplug, unwind, and get creative with adult crafting! A variety of craft projects will be covered each month.

**2nd Wednesday of month starting 9/10/25**

5:00pm

Location: Marble Public Library

Fee: No Cost

Questions call the library at 218-247-7676.



## Amtrak-The Better Way to Travel

All Aboard!! Have you ever wanted to learn all the ins and outs of traveling by Amtrak train? Gather all the info you need to know about how to use Amtrak, where you can take it and learn about the fun times and the sometimes not so fun times aboard.

**Tuesday, 10/7/25 | 5:00pm-7:00pm**

Instructor: Randy Carlson

Location: ISD 318 Community Education Center

Fee: \$10

Register online or call 218-327-5730.

## Articulating the Heart: An Introduction to Poetry

A welcoming, beginner-friendly poetry class for anyone curious about writing and reading poems. We'll explore why poetry matters, read powerful works, and create our own through guided exercises in a no-pressure space. Whether new to poetry or looking to deepen your practice, this course invites reflection, connection, and the courage to express what lives in the heart. Four sessions—join one, some, or all!

Choose from the following dates:

**Mondays, 9/8/25 | 9/15/25 | 9/22/25 | 9/29/25**

6:30pm-7:30pm

Instructor: Marija Rauzi

Location: ISD 318 Community Education Center

Fee: \$25

Register online or call 218-327-5730.



## Adult Open Woodshop

This is an opportunity for woodworkers to create a project in the Deer River High School's well-equipped wood shop. This is not a teaching class, but shop supervisors will be available to help you find the tools you need. Bring your own project and materials.

**Wednesdays, 1/14/26-3/18/26**

4:00pm-7:00pm

Location: Deer River High School Woodshop

Fee: \$60

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



## UCare Discount

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



# 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

### Cohasset - Bass Brook Community Center

Register at 218-328-6225 ext 25.

**Thursday, 9/4/25** | 1:00pm-5:00pm

**Thursday, 10/2/25** | 1:00pm-5:00pm

**Thursday, 11/6/25** | 1:00pm-5:00pm

**Thursday, 12/4/25** | 1:00pm-5:00pm

**Thursday, 1/8/26** | 1:00pm-5:00pm

### Deer River- Community Center, King Elementary

Register at 218-246-8241 ext. 60227.

**Tuesday, 9/9/25** | 3:45pm-7:45pm

### ISD 318 Community Education Center

Register at 218-327-5730.

**Tuesday, 9/9/25** | 9:00am-1:00pm

**Thursday, 10/16/25** | 9:00am-1:00pm

**Thursday, 11/13/25** | 9:00am-1:00pm

**Thursday, 12/18/25** | 9:00am-1:00pm

**Thursday, 1/15/26** | 9:00am-1:00pm

### Grand Rapids Itasca County Family YMCA

Register at 218-327-5730.

**Tuesday, 9/16/25** | 1:00pm-5:00pm

**Tuesday, 10/14/25** | 1:00pm-5:00pm

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

**Tuesday, 12/9/25** | 1:00pm-5:00pm

**Tuesday, 1/13/26** | 1:00pm-5:00pm

### Hill City Community Education Room

Register at 218-697-2394 Ext 10172.

**Tuesday, 10/28/25** | 5:00pm-9:00pm



## Astronomy Night ~ The Skies Above Us

Look to the stars, when the The Range Astronomy Club shares an out-of-this world night. You will have the opportunity to learn about astronomy, and use telescopes to see star clusters, galaxies and nebulae. Families are welcome. Optional bring lawn chairs and blankets. No cost.

Instructor: Dale Kentoph

Choose your location:

**Nashwauk Community Gardens, Larue Pit Rd**

**Friday, 9/5/25** | 8:00pm-9:30pm

(backup date 9/12/25)

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

**Bovey Sports Complex**

**Friday, 9/19/25** | 7:00pm-9:00pm

(backup date 9/26/25)

Register online or call 218-245-6232.

**Marcell Town Hall**

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

Register online or call 218-743-3444.



## Changes to Medicare



Medicare is complicated, and it changes from year to year. Come learn about what's new in Medicare for 2026, so you can choose the best plan for your needs.

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

Instructor: Jess Langer

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

# AREA ADULT OPPORTUNITIES

## 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. Topics include how children experience breakups, the impact of conflict, supporting children's needs, and communication strategies for co-parents and extended family during times of transition.

**Thursday, 10/23/25** | 5:30pm-7:30pm

Instructor: Rachel Hughes, BSW | Beth Prewett, PsyD MS LPCC | Korey Wahwassuck J.D. (Ret.)

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! Supplies provided at no cost!

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

Location: Calumet Public Library

Fee: No Cost

For information call 218-247-3108.

## Coffee Talk in Calumet

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

**Tuesdays, 9/23/25, 10/14/25, & 11/25/25**

1:30pm-3:00pm

Location: Calumet Public Library

Fee: No Cost

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

## Coffee Time in Marble

Enjoy a social time with friends-old and new-around coffee!

**Every Thursday starting 9/4/25**

1:30pm-3:00pm

Location: Marble Public Library

Fee: No Cost

For information call 218-247-7676.

## 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

**Tuesdays & Thursdays** | 4:30pm-6:00pm

Location: Kiesler Wellness Center

For more information visit Community Cafe Inc. on Facebook.

## Community Conversations with Grand Rapids Area Schools

Check out these informative sessions connecting families with school topics like testing, finance, and student motivation. Come curious, leave informed! For a full topic description and session locations, visit [GetLearning.org](http://GetLearning.org). For questions, contact the Teaching & Learning Department at 218-327-5706.

Choose from the following times:

10:00am-11:30am or 6:00pm-7:30pm

**Wednesday, 9/17/25** | Topic: State of the District

**Wednesday, 9/24/25** | Topic: Attendance Matters!

**Wednesday, 10/22/25** | Topic: High Stakes Assessments (MCA, STAR, Fastbridge)

**Wednesday, 11/19/25** | Topic: Literacy and the Science of Reading

**Wednesday, 12/10/25** | Topic: Partnering for Success: Your Questions, Our Support

Register online or call 218-327-5730.

## Creative Writing Playground

Treat yourself to Art for Art's Sake! No writing experience necessary. This session is guided with a variety of writing prompt games. Come for creative play with a supportive community and shared laughter! There will be no critiquing, sharing is optional, and entertainment is irresistible! Bring a notebook and something to write with.

**Wednesday, 12/17/25** | 5:30pm-7:00pm

Instructor: Gina Drellack

Location: ISD 318 Community Education Center

Fee: \$20

Register online or call 218-327-5730.

# AREA ADULT OPPORTUNITIES

## Cribbage at the Library

Come play cribbage with friends. Coffee and treats will be served.

**Mondays**, (no cribbage on holidays)

1:00pm-3:30pm

Location: Calumet Public Library

Fee: No Cost

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



## DIY Book Publishing Made Easy

Do you dream of publishing a book one day? Did you know that you can self-publish FOR FREE on Amazon? All genres, all formats, all DIY on the Internet at no cost to you. Turn your idea for a cookbook, poetry, novel, children's book, self-help, family history, and more into an eBook, paperback, hardcover, or audio book. Learn an overview of how to pursue all of these options, and explore step-by-step how to publish a paperback book. Participants receive a take-home reference manual for when you're ready to publish. Yes, you CAN get your book out into the world, let's get you there!

**Thursday, 1/22/26** | 5:30pm-7:30pm

Instructor: Gina Drellack

Location: ISD 318 Community Education Center

Fee: \$40

Register online or call 218-327-5730.



## Dog Obedience for Everyday Life

An introduction to fundamental dog obedience skills, designed for all dog ages and 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, 10/11/25** | 9:30am-2:00pm

Instructor: Karlyn Berg

Location: Greenway High School

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

Register online or call 218-245-6232.

## 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.

## Estate Planning Essentials

Learn the basics of estate planning, the difference between probate and non-probate assets, the most common documents every person needs in a plan, and how to set up your loved ones for success when administering your estate in the event of your unexpected incapacity or death.

Choose from the following dates:

**Wednesday, 10/15/25** | 10:00am-11:30am

**Tuesday, 1/13/26** | 10:00am-11:30am

Instructor: Heather Gilbert, Esq.

Location: ISD 318 Community Education Center

Fee: \$30

Register online or call 218-327-5730.



## Exploring Your Family Tree Workshop

Take a deep look into your ancestors' lives. Explore the exciting information hidden in marriage records, newspapers, criminal records, medical records, and more. You will pick an ancestor(s) and use your resources to discover more about your family's personal and social history. In the second class workshop session, we will tackle your family tree hands-on. Be sure to bring your computer! There are family mysteries to explore.

**Saturdays, 11/8/25 & 11/15/25**

10:00am-12:00pm

Instructor: Sandra Knee

Location: Marcell Family Center

Fee: \$40

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

## Financial Wellness: Fraud Alert-Educate, Prevent, Protect

Join a vital presentation aimed at empowering you with the knowledge and tools to safeguard your finances. In this session, we will explore the latest fraud trends, uncover common tactics used by fraudsters, and discuss effective prevention strategies. Through engaging discussion and real-life examples, attendees will learn how to recognize warning signs and take proactive steps to protect their assets. Don't miss out on the opportunity to enhance your financial security!

**Wednesday, 10/22/25** | 6:00pm-7:00pm

Instructor: Tina Jones-Blaze Financial

Location: Nashwauk School

Fee: No Cost

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



# AREA ADULT OPPORTUNITIES



## Empowered Caregiver Series



These classes are designed to increase caregiver confidence while reducing stress. They offer helpful ways to approach the responsibilities of caring for someone living with dementia using a person-centered approach.

Instructor: Jenna Pogorels

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## Understanding Alzheimer's & Dementia

Learn about Alzheimer's disease, how it differs from dementia, its stages, risks, current treatments, and resources available through the Alzheimer's Association.

**Friday, 9/26/25** | 10:00am-11:30am

## Supporting Independence

Learn how to support a person with dementia in daily tasks by balancing safety, independence, and expectations with the right level of assistance.

**Thursday, 10/2/25** | 10:00am-11:30am

## Communicating Effectively

Learn how dementia affects communication, including tips for communicating well with family, friends and health care professionals.

**Thursday, 11/6/25** | 10:00am-11:30am

## Responding to Dementia-Related Behaviors

Learn how dementia affects behavior and communication, explore causes, and discover medical and non-medical strategies to respond—plus when to seek additional help.

**Thursday, 12/4/25** | 10:00am-11:30am

## Healthy Living for Your Brain and Body

Explore the latest research on brain-body health. Learn how diet, exercise, mental activity, and social connection support healthy aging—plus get hands-on tools to create your own wellness plan.

**Thursday, 1/8/26** | 10:00am-11:30am

## Forging for Beginners

Learn the basics about forging steel into creative and useful creations. Participants will forge two different style wall hooks, and a one-of-a-kind BBQ fork.

**Tuesday & Thursday, 9/30/25 & 10/2/25**

5:00pm-7:00pm

Instructor: Mark Gravelle

Location: Hill City School Shop

Fee: \$50

Register online or call 218-697-2394 ext. 10172.

## Fundamentals of Dog Scentwork

Learn how your dog uses its nose to detect and find specific scents in this two-day class. Scentwork provides an opportunity and an outlet for your dog's natural scenting abilities. Learn how to observe and read your dog's body language and behavior for better communication.

**Saturdays, 11/1/25 & 11/8/25**

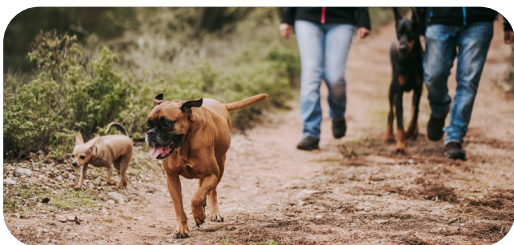
9:30am-2:00pm

Instructor: Karlyn Berg

Location: Greenway High School

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

Register online or call 218-245-6232.



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

Hit the trail with your dog and explore the fun sport of tracking! Learn how dogs use their noses to find scents, read canine body language, and build better teamwork. Instructor, Karlyn Berg, has been tracking for 18 years, earning a title with her German Shepherds and says, "It's my favorite dog sport!" Open to all breeds and ages. Returning students will build on previous skills. Full details sent via email.

**Saturday, 10/4/25** | 1:00pm-3:00pm

Instructor: Karlyn Berg

Location: Bigfork School-Parking Lot

Fee: \$35

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

# AREA ADULT OPPORTUNITIES

## Harry Potter Escape Room

Calling all Harry Potter fans! Travel through the world of Harry Potter as you solve clues to make your escape! Open to all ages.

**Wednesday, 10/29/25** | 3:00pm-4:00pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No cost

For information the library at 218-245-2315.

## Having a Healthy Forest

Learn how to create a healthy forest on your property with help from the Minnesota Forestry Association. Discover incentives, including tax breaks, and get a free no-strings-attached visit from a consulting forester.

Choose from the following dates:

**Monday, 10/20/25** | **Monday, 11/24/25**

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

Uncover truths and myths about healthcare in retirement. Learn about rising costs, key cost factors, Medicare/Medicaid, managing out-of-pocket expenses, and using health savings accounts to plan ahead.

Instructor: Simon Jackson

Fee: No Cost

Choose from the following locations:

**ISD 318 Community Education Center**

**Tuesday, 11/18/25** | 6:00pm-7:30pm

Register online or call 218-327-5730.

**Deer River High School Media Center**

**Tuesday, 12/16/25** | 6:00pm-7:30pm

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

## How To Play Piano By Ear

Unlock the mystery of playing music by ear! Learn practical music theory, chord patterns, transposing, and more—no sheet music needed. Prior chord experience recommended. Includes book, class recording, and follow-ups.

**Saturday, 11/22/25** | 10:00am-12:30pm

Instructor: Craig Coffman

Location: Online

Fee: \$59

Register online or call 218-245-6232.



## Instant Guitar for Hopelessly Busy People

Learn guitar basics in just a few hours! Play chords and favorite songs right away—no private lessons needed. Includes online book, video lessons, and Q&A session. Ages 13+.

**Tuesday, 10/7/25** | 6:30pm-9:00pm

Instructor: Craig Coffman

Location: Online

Fee: \$59

Register online or call 218-245-6232.

## Instant Piano for Hopelessly Busy People

Learn to play piano using chords—the fun, easy way pros do it! In just hours, gain skills for lifelong enjoyment. Includes online book, video lessons, and Q&A. Ages 13+.

**Monday, 10/6/25** | 6:30pm-9:30pm

Instructor: Craig Coffman

Location: Online

Fee: \$59

Register online or call 218-245-6232.

## Itasca Friendship Club

An inclusive social club for people of all abilities! Individuals ages 17+ are welcome to join us for our 1x month parties and intermittent learning activities throughout the year! Families with children under 17 with Intellectual & Developmental Disabilities are always welcome as guests! Events are FREE unless otherwise noted. More info can be found at [www.ItascaFriends.org](http://www.ItascaFriends.org) or by contacting Roy 612-581-4124.

## 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.



# AREA ADULT OPPORTUNITIES

## Make a Longbow

Learn the ancient craft of longbow making in this hands-on class. Shape and finish your own wooden longbow using a combination of traditional and modern tools and techniques. No experience necessary—just curiosity and creativity!

**Tues, Wed, Thurs, 10/7/25-10/9/25**

5:00pm-7:00pm

Instructor: Sam Miranda

Location: Hill City School

Fee: \$30

Register online or call 218-697-2394 ext. 10172.

## Make Your Own Horseradish

Harvest and prepare fresh horseradish root, then take home your own container to enjoy. This is an outdoor activity, so dress for the weather. If possible, wear rubber boots for the root-washing portion of the event.

**Saturday, 10/25/25** | 1:00pm-3:00pm

Instructor: Peggy Boggs

Location: Goose Lake Farm, 48791 Cty Rd 4, Spring Lake

Fee: \$20

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

## Marcell Family Center

Offering a variety of community, youth, education, recreation, special interest programs and events throughout the year, this facility is open to the public year-around and houses a gymnasium, library, archery-range, computer room with high-speed internet, WiFi, food preparation/meeting room, fitness center, and a large multipurpose room. Parents must accompany children under the age of 16. Fees apply for some of the programs and services. Call 218-832-3444 for more information.

## Medicare 101

Medicare can be confusing—Senior LinkAge Line can help! Whether you're new to Medicare or need a refresher, this class covers the basics to help navigate healthcare options.

**Wednesday, 11/19/25** | 10:30am-11:30pm

Instructor: Jess Langer

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## Money Saving Programs and Services



Learn how the Senior LinkAge Line helps older Minnesotans and caregivers navigate Medicare, lower costs, access support services, and find local resources—including free screenings, vaccines, and wellness visits.

**Tuesday, 10/21/25** | 10:30am-11:30am

Instructor: Jess Langer

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

## Permit to Carry-Minnesota Training for Certification

Obtain your Minnesota permit to carry and gain the option to carry in up to 33 states. Learn essential skills for protection.

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

Instructor: Kenny Porter

Location: Over 50 Club, Bigfork

Fee: \$75 | \$50 for veterans

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



## Reimagining Being Single...After losing your partner

Lost your life partner? Join supportive conversations for women ready to move beyond grief, find purpose, and embrace a new chapter of independence. Bring a journal to reflect and grow.

**Wednesdays, 10/1/25-10/29/25**

4:00pm-5:30pm

Instructor: Bonnie Henriksen

Location: ISD 318 Community Education Center

Fee: \$89

Register online or call 218-327-5730.

### BE SURE TO SUPPLY ACTIVE EMAIL.



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



# AREA ADULT OPPORTUNITIES

## Stonegrove Saunas at Coleraine Library!

Curious about the current sauna craze? Already a fan? Join us for a community event in collaboration with Stonegrove Saunas and Coleraine Library. Check out the sauna-related book display and changing rooms available at the library. Saunas will be set up in Longyear Park.

**Saturday, 10/25/25** | 10:00am-4:00pm

Instructor: Stonegrove Saunas

Location: Coleraine Library/Longyear Park

Fee: Free Will Donation

Register online at [stonegrove.as.me/library2025](https://stonegrove.as.me/library2025) to reserve a time or call 218-301-3848.

## Surviving Market Swings

Explore investment strategies to manage market volatility during uncertain economic times. Learn how to prepare and stay confident, so you can better weather financial storms when market fluctuations inevitably occur.

Instructor: Simon Jackson

Fee: No Cost

Choose from the following locations:

**Deer River High School Media Center**

**Tuesday, 11/11/25** | 6:00pm-7:30pm

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

**ISD 318 Community Education Center**

**Tuesday, 12/9/25** | 6:00pm-7:30pm

Register online or call 218-327-5730.

## Taiwanese Tea Ceremony

Taiwanese Tea ceremony offers you a relaxing and tasty opportunity to try 6 different high quality oolong teas which are served in special sipper and sniffer cups, made exclusively for the enjoyment of oolong teas. The ceremony provides a comforting space for conversation, as well as a time to quietly reflect on the subtle scents and flavors of the teas. Learn how the teas are grown & processed, the history of tea ceremony, and the many health benefits.

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

Instructor: Lynnette Mackey

Location: Nashwauk City Hall

Fee: \$25

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

## Tarot for Beginners

Unlock the wisdom of the Tarot in this welcoming, beginner-friendly workshop—no experience needed! Learn card meanings, try simple spreads, and explore how Tarot can guide reflection, insight, and action. Whether you're curious about the art of divination or seeking a fresh way to journal and reflect, this class will leave you confident to continue your Tarot journey on your own—feel free to bring your own deck if you have one!

**Thursday, 10/16/25** | 5:30pm-7:30pm

Instructor: Gina Drellack

Location: ISD 318 Community Education Center

Fee: \$30

Register online or call 218-327-5730.

## Tell Your Story, Share Your Holiday Greetings, and More with StoryMap

Turn your photos, memories, and stories into stunning digital presentations using StoryMapJS—a free and easy-to-use online tool! In this hands-on class, you'll learn how to create engaging, map-based visual narratives that can be used for holiday greetings, vacation photo sharing, family yearbooks, student projects, ancestry storytelling, and more. No experience needed—just bring your laptop, or lurk 'n learn without one! You'll leave with a resource guide so that you can revisit the process.

**Wednesday, 11/12/25** | 5:30pm-7:30pm

Instructor: Gina Drellack

Location: ISD 318 Community Education Center

Fee: \$30

Register online or call 218-327-5730.



## The Twelve Owls of Minnesota

While there are 234 species of owls throughout the world, there are twelve species in Minnesota. Explore the world of owls with a focus on Minnesota's 12 species. Learn about their behavior, calls, and conservation, and view mounted owls from NE Minnesota. Share your own owl experiences too!

**Tuesday, 10/28/25** | 7:00pm-8:30pm

Instructor: Eben Spencer

Location: ISD 318 Community Education Center

Fee: No Cost

Register online or call 218-327-5730.

# AREA ADULT OPPORTUNITIES

## Wild Mushrooms 101

Join mushroom expert Ariel to learn the basics of wild mushroom identification and foraging. Explore edible and toxic types, key resources, and handle real samples. Bring paper and pen! Choose from the following dates:

**Tuesday, 10/14/25**

**Wednesday, 11/5/25**

5:00pm-7:45pm

Instructor: Ariel Bonkoski

Location: ISD 318 Community Education Center

Fee: \$35

Register online or call 218-327-5730.

## Write and Illustrate Your Own Hardcover Book

Write, illustrate, and create your own 40-page hardcover book—perfect for yourself or a child! In Class 1, plan your story, characters, and illustrations. In Class 2, complete your artwork and assemble your book. Open to youth, adults, or teams. All supplies included, or bring your own.

**Thursdays, 11/13/25 & 11/20/25**

4:30pm-7:00pm

Instructor: Karlyn Berg

Location: Bigfork School Art Room

Fee: \$45

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



## Get Away to Jamaica! Visit Negril

3/2/26 - 3/9/26

### Riu Negril Resort

Enjoy the beautiful white sand beaches, Caribbean blue water and swaying palms. Relax in the newly Renovated, Riu Negril Resort. With amazing ocean views and access to restaurants, swim up bars and nightly entertainment. Rates include flights from Minneapolis, non-stop on Delta, private transfers and an all inclusive package.

**\$2300 per person based on double occupancy.**

Contact Travel Master -  
Diane Skelly at 218-326-3600



## Technology Classes

Instructor: Jill Radunz

Location: Greenway High School

Register online or call 218-245-6232.

### Microsoft Excel for Beginner Users

Students will learn practical business uses of Microsoft Excel. Including basic mathematical formulas, arrange, filter, format and sort lists of data. Select, copy, and paste data in a workbook. Enter and convert numerical and text data, dates, and times.

**Thursday, 11/6/25 | 6:00pm - 8:00pm**

Fee: \$45

### Microsoft Excel for Advanced Users

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

**Thursday, 11/20/25 | 6:00pm - 8:00pm**

Fee: \$45

### QuickBooks for Beginners

Learn the basics of Quickbooks Desktop. Setup your company file and chart of accounts. Create invoices, enter and pay bills. Work with sales tax, receiving items, inventory and paying bills. Reconcile your bank accounts. Run basic accounting reports. Bring to class a computer with Quickbooks preloaded.

**Tuesday, 11/18/25 | 6:00pm - 8:00pm**

Fee: \$50

# CREATIVE ARTS & CRAFTS

## Basket Weaving Crossbody Tote

Create a sturdy, stylish tote while learning traditional basket weaving with natural materials. Perfect for beginners or experienced weavers—leave with a functional, beautiful bag you'll be proud to use!

**Saturday, 10/18/25** | 10:00am-4:00pm

Instructor: Shannon Lucas-Westrum

Location: MacRostie Art Center

Fee: \$130 Member | \$140 Non-Member

Register online or call 218-326-2697.



## Beginning Rigid Heddle Weaving



In this 2-day beginner class, learn the basics of weaving on a rigid heddle loom—no experience needed! You'll discover how to warp the loom, weave a simple pattern, and safely remove the scarf from the loom. Pack a lunch and enjoy the day at EPT Studio. Directions emailed. \$65 materials fee due at class.

Choose from the following dates/times:

**Saturday & Sunday, 9/20/25 & 9/21/25**

10:00am-3:00pm

**Tuesday & Wednesday, 10/7/25 & 10/8/25**

10:00am-3:00pm

Instructor: Eleanor Tillmans

Location: EPT Studio, Bigfork

Fee: \$75

Register online or call 218-327-5730.

## Beginning/Intermediate Wheel Throwing

Learn the basics of wheel throwing—centering, opening, and pulling clay. Beginners and experienced potters alike can enjoy guided instruction and hands-on practice in this pottery workshop.

Choose from the following sessions:

**Wednesdays, 9/10/25-10/8/25**

**Wednesdays, 10/15/25-11/12/25**

6:00pm-8:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$185 Member | \$195 Non-Member

Register online or call 218-326-2697.

## Basket Weaving

Discover the joy of creativity and relaxation with basket weaving classes! Weaving offers a hands-on way to create beautiful, functional art while connecting with a timeless tradition.

Instructor: Lori Kangas-Olson

Location: ISD 318 Community Education Center

Fee: \$30

Register online or call 218-327-5730.

## Tall Laundry Basket

Material fee of \$65 due to instructor the night of class.

**Monday, 10/27/25**

5:00pm-9:00pm



## 2 Wine Bottle Basket

Material fee of \$45 due to instructor the night of class.

**Monday, 11/17/25**

5:00pm-9:00pm



## Birch Bark Star Weaving

Learn to weave a birch bark star using locally harvested materials. Perfect for holiday décor or year-round display. All materials included. Ages 16+.

**Saturday, 11/15/25** | 10:30am-2:30pm

Instructor: Pam Burns

Location: MacRostie Art Center

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

Register online or call 218-326-2697.





# CREATIVE ARTS & CRAFTS

## Birch Bark Stars



Learn the art of creating a Birch Bark Star using local harvested birch bark. Participants should bring a pair of scissors to use. Materials fee of \$10 due to instructor the night of class.

**Friday, 10/17/25** | 9:00am-12:00pm

Instructor: Pam Burns

Location: ISD 318 Community Education Center

Fee: \$30

Register online or call 218-327-5730.



## Ceramic Slab Mug

Roll up your sleeves and get muddy in this hands-on class where you'll learn to make a mug using slab-building techniques. Learn how to roll the clay, make and attach a handle, and add your personal touches. No pottery wheels are used in this class. Mug pick-up Nov 11. Address emailed. Materials fee of \$25 the day of class.

**Tuesday, 10/28/25** | 5:00pm-8:00pm

Instructor: Eleanor Tillmans

Location: EPT Studio, Bigfork

Fee: \$20

Register online or call 218-327-5730.

## Bowls, Beer and Bites

Glaze pottery, sip craft beer, and enjoy appetizers in a fun, relaxed evening. Choose two pieces to glaze—no experience needed! Includes two drinks. Ages 21+.

Choose from the following dates:

**Friday, 9/5/25** | **Friday, 11/7/25** | **Friday, 1/2/26**

6:00pm-8:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$50

Register online or call 218-326-2697.

## Canvas With Amie

Join local artist Amie for a fun, step-by-step painting class. No experience needed—all supplies provided. Create your own masterpiece and enjoy a relaxed, creative atmosphere!

**Tuesday, 11/18/25** | 6:00pm-8:00pm

Instructor: Amie Hanson

Location: King Elementary Community Center

Fee: \$30

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



## Canvas With My Kids

Create a masterpiece together in this step-by-step art class designed for kids and their grown-ups. Each participant will take home their own canvas. Register each child attending.

**Thursday, 12/4/25** | 5:30pm-6:30pm

Instructor: Amie Hanson

Location: King Elementary Community Center

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

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

## Christmas Ornaments

Get into the holiday spirit with this fun and festive ornament-making class! Participants will create and take home four unique Christmas ornaments—perfect for decorating your tree or gifting to loved ones. All materials provided. No experience needed—just bring your creativity!

**Tuesday, 12/9/25** | 6:00pm-7:30pm

Instructor: Amie Hanson

Location: King Elementary Community Center

Fee: \$25

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

### MACROSTIE SCHOLARSHIPS AVAILABLE

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



# CREATIVE ARTS & CRAFTS

## Cookie Cutter Felting

Make ornaments, bookmarks, coasters...let your imagination be your guide. Use cookie cutters as your template to make that one of a kind gift or that special something for yourself. Make as many items as you like. Bring along your felting kit or purchase for \$15 but not necessary for the class. Bring Lunch.

**Saturday, 12/6/25** | 10:00am-2:00pm

Instructor: Peggy Boggs

Location: Marcell Family Center

Fee: \$30

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

## Danish Woven Christmas Hearts & Stars

Create traditional woven Danish Christmas decorations! Materials provided. Fun for all ages—kids must attend with an adult.

**Wednesday, 12/10/25** | 3:30pm-5:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-6232.

## Discover the Joy of Watercolor

In this 5-week class, explore watercolor techniques, color, composition, and transparency in a relaxed, fun setting. Great for all levels—from cards to full paintings. Supply list sent after registration.

**Tuesdays, 10/7/25-11/4/25** | 1:00pm-3:30pm

Instructor: Jan Stenson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



## DIY Porch Signs

Add a personal touch to your front porch with a custom sign that shows off your style! In this fun, hands-on class, you'll choose from 40+ stencil designs and use acrylic paints to create a 4-foot tall wooden sign that's uniquely yours. With step-by-step instruction and all materials provided, this class is perfect for any skill level. Come ready to paint, stencil, and leave with a statement piece!

**Thursday, 9/25/25** | 5:30pm-8:30pm

Instructor: Lily Hadrava

Location: King Elementary Community Center

Fee: \$45

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

## Drawing the Right Way to Artistic Success

Drawing is the foundation for many artistic projects. Perfect for beginners, this class will teach you space, values, texture, lines, mark marking, and more. Supply list sent after registration.

**Tuesdays, 9/9/25-9/30/25**

1:00pm-3:30pm

Instructor: Jan Stenson

Location: MacRostie Art Center

Fee: \$130 Member | \$140 Non-Member

Register online or call 218-326-2697.



## Create Your Own Sewing Design

Through these sewing design classes you will gain expertise in body measurement techniques and learn to create custom patterns for any design you wish to produce. Questions call Myrna at 218-360-2522.

Instructor: Myrna Chouinard

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

Fee: \$130 each

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

### Sew a Corset Top

Master the process of designing your own Corset Top. Materials listed online.

**Tuesdays, 9/9/25-10/7/25**

3:30pm-5:00pm

### Sew a Mermaid Skirt

Master the process of designing your own skirt! Materials listed online.

**Mondays, 9/8/25-10/6/25**

3:30pm-5:00pm

# CREATIVE ARTS & CRAFTS

## Dream Catchers

Ojibwe people believe that the dreamcatcher, when hung above the bed, catches dreams in its web. Good dreams pass through and slide down the feathers to comfort the dreamer below. Bad dreams are caught up in its web and are destroyed. During this class, complete a dreamcatcher while learning the meanings of each material and their purpose. Materials provided.

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

Instructor: Patti Rychart

Location: Greenway High School

Fee: \$20

Register online or call 218-245-6232.

## Element, Essentials and Errors in Painting

Enhance your paintings and explore new tips, techniques, and ideas in this hands-on class. Share your work, exchange insights, and create small experimental pieces.

**Saturday, 11/22/25** | 10:00am-3:00pm

Instructor: Karlyn Berg

Location: MacRostie Art Center

Fee: \$50 Member | \$60 Non-Member

Register online or call 218-326-2697.



## Etched Glasses-MN Themed

Create your own Minnesota-themed etched pint glasses in this fun, beginner-friendly class. Includes all supplies and two 16 oz glasses. Extra glasses available for \$10 each. No experience needed!

**Thursday, 11/20/25** | 6:00pm-7:30pm

Instructor: Amie Hanson

Location: King Elementary Community Center

Fee: \$25

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



## Fall Bouquet Design Class

Design your own Fall centerpiece. This class will inspire you to create a floral arrangement you can proudly display! Materials provided. Bring pruning shears and an optional small/mid size vase or personal items to customize your arrangement.

**Wednesday, 10/22/25** | 5:00pm-6:30pm

Instructor: Kacie Kaufhold, Bumble and Blooms Floral

Location: Greenway High School Art Room

Fee: \$50

Register online or call 218-245-6232.

## Fall Mosaics

Make a fun fall mosaic using recycled glass, ceramic pieces and other recycled materials. Learn basic mosaic techniques and grouting.

**Tuesday, 10/21/25** | 5:00pm-8:00pm

Instructor: Shari Nelson

Location: Greenway High School Art Room

Fee: \$30

Register online or call 218-245-6232.

## Gouache Painting 1

Kick off the new year with a creative day learning to paint with gouache—a versatile, opaque medium great for all styles. Explore color mixing, layering, and detail work. Bring your own materials or pay a \$15 materials fee.

**Saturday, 1/17/26** | 10:00am-3:00pm

Instructor: Nelia Harper

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



# CREATIVE ARTS & CRAFTS

## Gouache Painting 2

For students who have taken Class 1 or have experience gouache painting. Expand upon what you've learned in this class by painting your own landscape using gouache paints and techniques learned in the first class. Bring your own materials or pay a \$15 materials fee.

**Saturday, 1/31/26** | 10:00am-1:00pm

Instructor: Nelia Harper

Location: MacRostie Art Center

Fee: \$65 Member | \$74 Non-Member

Register online or call 218-326-2697.

## Highland Cow Paint Along

Join us for a moo-velous time at our Wooden Highland Cow Paint-Along Class! Whether you're a seasoned painter or a complete beginner, this fun and relaxed session is perfect for anyone looking to tap into their creative side. In this guided workshop, you'll bring your cow to life with color and personality. Expect laughs, a splash of paint, and a room full of creativity as you explore painting techniques and create a rustic, charming Highland cow that's uniquely yours.

**Tuesday, 9/30/25** | 6:00pm-8:00pm

Instructor: Ally Erickson

Location: ISD 318 Community Education Center

Fee: \$38

Register online or call 218-327-5730.



## Holiday Centerpiece Design

Bring holiday cheer into your home by designing your own seasonal centerpiece! Kacie will guide you through the steps to design the arrangement. Materials provided. Bring pruning shears and an optional small/mid size vase or personal items to customize your arrangement.

**Thursday, 12/4/25** | 5:00pm-6:30pm

Instructor: Kacie Kaufhold, Bumble and Blooms Floral

Location: Greenway High School Art Room

Fee: \$50

Register online or call 218-245-6232.

## Impression Oil Painting

Join Darcy to explore impressionistic painting with water-based oils. Learn tonal values, background color toning, and paint a landscape on an 8x10 birch panel. Bring lunch. Supply list sent after registration.

**Saturday, 9/20/25** | 10:00am-4:00pm

Instructor: Darcy Brambrink

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

## Introduction to Wood Burning

Come learn the basics of woodburning with focus on basic techniques. Participants will select from a variety of images or can design their own. No experience needed.

**Tuesday, 11/18/25** | 5:00pm-8:00pm

Instructor: Shari Nelson

Location: Greenway High School Wood Shop

Fee: \$30

Register online or call 218-245-6232.



## Journal Binding

Learn bookbinding basics and create a unique journal or sketchbook using everyday materials. Directions emailed before class. \$20 materials fee due day of class.

**Tuesday, 10/14/25** | 1:00pm-4:00pm

Instructor: Eleanor Tillmans

Location: EPT Studio, Bigfork

Fee: \$25

Register online or call 218-327-5730.



# CREATIVE ARTS & CRAFTS

## Knit Along-Petite Knit Sophie Scarf

Make the beginner-friendly PetiteKnit Sophie Scarf. Bring 3.5 mm (US4) needle, either a 16" or longer circular needle or a pair of straight needles. Bring 25g yarn (22 sts = 4") or buy from instructor (\$5-\$25). Call 218-245-2315 to borrow needles.

**Thursdays, 10/16/25 & 10/23/25**

3:30pm-4:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-6232.

## Line & Wash Watercolor Sunflower

Celebrate fall with a fun, beginner-friendly art class! Learn the line and wash technique by combining loose watercolor with ink to create an 8" x 10" sunflower in warm autumn tones. No experience needed—just come ready to create!

**Wednesday, 10/8/25** | 5:30pm-8:00pm

Instructor: Lily Hadrava

Location: Hill City School

Fee: \$32

Register online or call 218-697-2394 ext.10172.



## Needle Felted Landscape



Learn to "paint" with fiber. Choose from 2 landscape options and create a one-of-a-kind work of art. Exact address emailed. Materials fee of \$30 due at class.

**Tuesday, 10/21/25** | 1:00pm-4:00pm

Instructor: Eleanor Tillmans

Location: EPT Studio, Bigfork

Fee: \$25

Register online or call 218-327-5730.

## Mosaic Classes

Instructor: Deb Buxengard

Location: Balsam Creek Studio, Central Square Mall

Register online or call 218-327-5730.



## Mosaic Fall Leaf



Create an 11" leaf using tile, glass, and more! In class one, gather materials and start your design; in class two, finish your piece. Grouting may be done at home or during open studio. All materials included.

Choose from the following dates:

**Tuesday & Thursday, 10/7/25 & 10/9/25**

11:00am-2:00pm

**Tuesday & Thursday, 10/14/25 & 10/16/25**

5:00pm-8:00pm

Fee: \$90



## Mosaic Flower/Vase



Create flowers in a vase on a 6" substrate using different adhesives and lots of variety of materials which include glass, tile, plates, beads and more. Learn how to finish your piece (grout) at home or come back into the studio to grout after the piece has dried for 24 hours. All materials included

Choose from the following dates:

**Wednesday, 10/22/25** | 5:00pm-8:00pm

**Tuesday, 10/28/25** | 11:00am-2:00pm

Fee: \$70

## Mosaic Holiday Ornament



Come create up to 2 holiday ornaments—gnomes, bells, trees, and more! All materials included.

Choose from the following dates:

**Wednesday, 11/5/25** | 5:00pm-8:00pm

**Wednesday, 11/12/25** | 11:00am-2:00pm

Fee: \$70

# CREATIVE ARTS & CRAFTS

## Painting Barn Quilts

In this popular 4-hour class, paint your own 2'x2' barn quilt from 12 pattern options. Learn measuring, layout, taping, and painting techniques. \$65 materials fee due at class includes all supplies.

**Thursday, 10/9/25** | 5:00pm-9:00pm

Instructor: Cynthia Buchholz

Location: ISD 318 Community Education Center

Fee: \$35

Register online or call 218-327-5730.

## Paint Your Own Landscape

Bring your own image or photograph of a landscape to paint using the medium of your choice. Instructor will guide students through their own individual paintings with 1-on-1 interactions and guidance. Students will learn strategies to go from image to painting and should leave the class with a mostly finished piece. Bring your own supplies.

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

Instructor: Nelia Harper

Location: MacRostie Art Center

Fee: \$125 Member | \$135 Non-Member

Register online or call 218-326-2697.

## Paper Quilling

Paper quilling is a beautiful craft that involves rolling, shaping, and gluing strips of paper to create intricate designs and decorative art. This class will guide you through the basics of quilling tools, techniques, and patterns so you can assemble individual pieces into a fun and beautiful piece of art! Materials fee of \$15 due to instructor on the night of class.

**Monday, 11/10/25** | 6:00pm-8:00pm

Instructor: Melissa Koski

Location: ISD 318 Community Education Center

Fee: \$25

Register online or call 218-327-5730.

## Porch Signs

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

**Monday, 9/29/25** | 5:30pm-8:30pm

Instructor: Lily Hadrava

Location: Hill City Community Education Room

Fee: \$45

Register online or call 218-697-2394 ext. 10172.

## Ribbon Weave Scarf



In this intermediate weaving course, you will weave a ribbon scarf on a rigid heddle loom. Just in time for the holidays the flowy design will add a touch of elegance to any outfit! Pack a lunch and enjoy the day. Address emailed prior to class. Materials fee of \$65 due at class.

**Tuesday & Wednesday, 11/4/25 & 11/5/25**

10:00am-3:00pm

Instructor: Eleanor Tillmans

Location: EPT Studio, Bigfork

Fee: \$75

Register online or call 218-327-5730.

## Sit & Knit (or Craft)

Bring your current knitting project (or any sort of handcraft project) and join us for a cozy hour of crafting!

**Mondays, 11/3/25, 11/17/25, 12/1/25, 12/15/25, 12/29/25, 1/12/26, 1/26/26, 2/9/26**

3:00pm-4:00pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Questions call the library at 218-245-2315.



## Tabletop Fire Pot

Join us for a fun and creative workshop where you'll make your own tabletop fire pot! Choose your pot, then we'll guide you through building the interior touches. Finish it off with your choice of vibrant fire glass or sleek polished stones for a natural look. You can even add citronella or essential oils to help keep bugs away—perfect for enjoying your new patio centerpiece all evening long.

**Monday, 10/6/25** | 6:00pm-8:00pm

Instructor: Ally Erickson

Location: ISD 318 Community Education Center

Fee: \$50

Register online or call 218-327-5730.



# CREATIVE ARTS & CRAFTS

## The Beauty of Nature: Fall Foliage Writing



Create a fall-themed poem or story focusing on the five senses. Share memories and foliage, with a possible field trip for the second class. No writing experience needed—coffee and laughter included!

**Wednesdays, 10/8/25 & 10/15/25**

10:00am-12:00pm

Instructor: Judy Nelson

Location: MacRostie Art Center

Fee: \$55 Member | \$60 Non-Member

Register online or call 218-326-2697.



## Tomato Cage Christmas Gnome

Create these popular festive gnomes using tomato cages and boughs for your front porch Christmas decor. All supplies provided.

**Tuesday, 11/25/25 or 12/2/25**

6:30pm-8:00pm

Instructor: Heidi Erickson

Location: King Elementary Community Center

Fee: \$35

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

## Turkish Mosaic Lantern

Welcome the honoring of an abundance of light with this Turkish mosaic lantern build. You will design your own tile mosaic on the glass cylinder provided with either your own design or one of the many sample designs provided. Each kit provides all the tools for a unique lantern made by you! Colors may vary at each class. Materials fee of \$40 at class.

**Monday, 10/13/25 | 6:00pm-8:00pm**

Instructor: Ally Erickson

Location: ISD 318 Community Education Center

Fee: \$40

Register online or call 218-327-5730.

## Up-Cycled Wool Sweater Mittens



Up-cycle an old sweater it into a beautiful pair of mittens! Leave this class with a custom pair of unique mittens. Choose from our large selection of wool sweaters that the instructor will provide for you, or if you have a wool sweater, pre-shrink it and bring it along! Basic sewing knowledge needed.

**Tuesday, 10/28/25 | 6:00pm-9:00pm**

Instructor: Lori Potter

Location: Greenway High School

Fee: \$35

Register online or call 218-245-6232.

## Valentine's Heart Mosaic Class



Create a Valentine's heart mosaic in this fun, beginner-friendly workshop. Perfect for gifting or keeping! All supplies included.

**Tuesday, 1/13/26 | 10:00am-4:00pm and**

**Thursday, 1/15/26 | 10:00am-1:00pm**

Instructor: Deb Buxengard

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

## Watercolor Exploration

Explore watercolors as you paint a unique masterpiece utilizing a variety of watercolor techniques and textures.

**Tuesday, 11/4/25 | 5:00pm-7:00pm**

Instructor: Mackenzie Lampton

Location: Nashwauk-Keewatin School

Fee: \$25

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

## Sunday Fundays at Annabella's Antiques

Join us at Annabella's Antiques in Bovey for educational fun! Bring an item or two for our Roadshow. Staff will inform you what they know about the items, and give a history of use, today's desirability, and evaluate for value in today's marketplace. Check our social media for the featured topic of the month.

First Sunday of each month | 1:00pm-3:00pm

**Sundays, 9/7/25, 10/5/25, 11/2/25, 12/7/25, 1/4/26**

Location: Annabella's Antiques

Fee: No Cost

Questions call 218-245-2055.

# CREATIVE ARTS & CRAFTS



## Wave Serving Board

Make a splash in this hands-on resin wave serving board class! Create a stunning ocean-inspired design using resin and pigments. All materials provided. \$30 materials fee due at class.

**Wednesday, 10/15/25** | 6:00pm-8:00pm

Instructor: Ally Erickson

Location: ISD 318 Community Education Center

Fee: \$25

Register online or call 218-327-5730.

## Weaving Autumn Wall Art

Create a fun and funky piece of seasonal décor using a rigid heddle loom to weave your own wall art! Looms will be ready to weave with a variety of yarns, fabrics, and natural materials. All supplies provided, but participants can bring their own yarns or fabrics to add to their art if they wish. Materials fee of \$20 due at class.

**Wednesday, 9/17/25** | 4:00pm-6:00pm

Instructor: Shara Dabrowski

Location: ISD 318 Community Education Center

Fee: \$40

Register online or call 218-327-5730.

## Wine, Paint, Canvas!

Join an experienced art educator as they guide you through the creation of a new painting. Absolutely no art experience needed. Come learn in a fun and supportive environment surrounded by your friends. Includes all materials and two drinks. Ages 21+.

Choose from the following dates:

**Friday, 10/3/25**

**Friday, 12/5/25**

6:00pm-9:00pm

Instructor: Victoria Kragthorpe

Location: MacRostie Art Center

Fee: \$45

Register online or call 218-326-2697.

## Wool Needle Felted Bowl Class

Turn those wool rovings into a beautiful decorative bowl you can put your own design on. Bring along your felting kit or purchase a kit for \$15 but neither is necessary for class.

**Saturday, 11/8/25** | 10:00am-2:00pm

Instructor: Peggy Boggs

Location: Marcell Family Center

Fee: \$30

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

## Yarn Spinning for Beginners



Learn the ancient craft of spinning wool with a drop spindle! Explore fiber handling, spinning, and plying. Tools provided; spindles available for purchase. \$10 materials fee due at class.

**Wednesday, 10/8/25** | 2:00pm-4:00pm

Instructor: Shara Dabrowski

Location: ISD 318 Community Education Center

Fee: \$25

Register online or call 218-327-5730.



## Your Best Travel Story: Time to Write it Down



Rick Steves, the famous travel guru, has written a new book "On the Hippie Trail," about his travels as a carefree, bold young guy. Isabella Bird published her first travel book in 1856 and is best known for riding eight-hundred miles across Colorado in winter, solo on a horse. What story do you want to write? Maybe the night you were stranded in a sketchy bar in Montana? Or the time you survived an earthquake? Remember the disaster of that family reunion on a cruise trip? How about the all-night paddle in the Boundary Waters? Join this fun class to write and laugh together at our travel adventures. Coffee provided, no writing experience necessary.

**Wednesdays, 11/5/25 & 11/12/25**

10:00am-12:00pm

Instructor: Judy Nelson

Location: MacRostie Art Center

Fee: \$55 Member | \$60 Non-Member

Register online or call 218-326-2697.

# CULINARY ARTS

## Charcuterie Tea Cups

Make an adorable, individualized charcuterie tea cup! Bring your own tea cup or use one from the instructor. Learn the history behind charcuterie, choose your fillings, design your tea cup, and take it home or eat it in class! Super fun, easy and creative! Bring your own tea cup or use disposable cups provided by the instructor. Register for up to 3 teacups.

Choose from the following dates:

**Wednesday, 11/5/25**

**Monday, 11/17/25**

7:00pm-8:00pm

Instructor: Stephanie Kessler

Location: Bass Brook Community Center,  
Cohasset Elementary

Fee: 1 cup-\$15 | 2 cups-\$20 | 3 cups-\$25

Register online or call 218-327-5730.

## Christmas Cake Decorating

Get into the holiday spirit with a festive Christmas-themed cake decorating class! In this hands-on workshop, you'll decorate your own 6-inch cake using seasonal colors and designs. Think snowflakes, ornaments, Christmas trees, and candy canes.

**Saturday, 12/20/25** | 2:00pm-4:00pm

Instructor: Gabrielle Griffin

Location: MacRostie Art Center

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

Register online or call 218-326-2697.



## Christmas Cookie Exchange

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

**Thursday, 12/11/25** | 5:30pm -7:30pm

Location: Deer River High School

Fee: \$5

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



## Decorating Cakes with Flair

Get into the holiday spirit with a festive Thanksgiving-themed cake decorating class! In this hands-on workshop, you'll learn how to decorate a beautiful seasonal cake from start to finish using professional techniques that are perfect for beginners and hobby bakers alike. We'll cover basic piping, working with buttercream, and creative fall-inspired designs like pumpkins, leaves, and more. All materials provided—including your own 6-inch cake to decorate and take home just in time for the holiday! Materials fee of \$45 due at class.

**Thursday, 11/20/25** | 4:00pm-6:00pm

Instructor: Gabrielle Griffin

Location: ISD 318 Community Education Center

Fee: \$35

Register online or call 218-327-5730.

## Lefse Making

Learn more about this tasty Norwegian tradition, from preparing the dough, to rolling it out and cooking it! All materials provided. All ages can enjoy making Lefse! Children must attend with an adult.

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

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-6232.

## Love Yourself with Chocolate Party

Learn to make your own chocolate and more about superfood rich chocolates! Experience the power of organic raw cacao, plant-based ingredients and superfoods that provide essential nutrients. These chocolates are guaranteed to be delicious! Make and take some home.

**Tuesday, 10/21/25** | 5:00pm-6:30pm

Instructor: Lynnette Mackey

Location: Nyberg Center, Coleraine

Fee: \$25

Register online or call 218-245-6232.



# FITNESS & RECREATION



## Adult Open Volleyball

Get ready to bump, set, and spike your way into better fitness! Join a fun, competitive co-ed volleyball league! No need to organize a team, just come! For ages 18 and up. Players must be registered.

Choose your location:

### Deer River High School

Enter through door #6 behind the school.

**Sundays, 11/2/25-4/12/26**

6:30pm-9:00pm

Instructor: Coach Kari Schultz

Fee: \$10

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

### Greenway High School

Stay up to date on happenings by following the Greenway Adult Volleyball Facebook page.

**Wednesdays, 10/22/25-12/17/25**

7:30pm-9:00pm

Instructor: Hallie Shevich

Fee: \$20

Register online or call 218-245-6232.

### Hill City High School

**Wednesdays, 9/10/25 – 12/31/25**

7:00pm-9:00pm

Fee: \$15

Register online or call 218-697-2394 ext. 10172.



## Body Groove

The ultimate web-based dance workout. Easy to do, gentle movement. Perfect for all fitness levels. Workouts range from 4 to 45 minutes.

**Sundays, 9/21/25 – 12/14/25 | 5:30pm – 6:30pm**

Location: Hill City Community Education Room

Fee: No Cost

Register online or call 218-697-2394 ext. 10172.



## Fitness Walking

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

**9/2/25-5/28/26**

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.

Pick up your pass at the Greenway Administration Office.

### Nashwauk-Keewatin School Walking Track

Dates & Times TBD.

Call 218-885-1280 x.51171 for details.

# FITNESS & RECREATION



## Circuit Training-Small Group

Join us for station to station format alternating cardiovascular movements with resistance exercise. All exercise will be demonstrated with Low and High impact options.

Classes lead by ACSM Certified Personal Trainer, NBHWC Certified Health Coach.

**Mondays & Wednesdays, 9/8/25-10/15/25**

4:00pm-4:45pm

Instructor: Tami Sauer

Location: Hill City School Fitness Center

Fee: \$50 (membership not required)

Register online or call 218-697-2394 ext. 10172.

## Community Boot Camp

Workout with a fun group with a variety of fitness exercises.

**Sundays & Wednesdays | 6:00pm-7:00pm**

Location: Floodwood School

Fee: \$3/day or \$20/month

For more information or to sign up contact Teresa at [teegirl13@msn.com](mailto:teegirl13@msn.com) or 218-348-9666.



## 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 dance together the entire class. Carry in a clean pair of shoes to dance in. Questions contact [rapidballroom@gmail.com](mailto:rapidballroom@gmail.com) or 218-256-1873.

**Tuesdays, 10/7/25-10/28/25**

7:00pm-8:00pm

Instructor: Pamela and Jeff Johnson

Location: Bovey City Hall

Fee: \$40 per dancer

Register online or call 218-327-5730.

## Early Morning Workout

Join us for working out to a variety of different workout videos or activities.

**Tuesdays, Wednesdays & Thursdays**

5:30am-6:00am

Location: Floodwood School

Fee: Free to all Fitness Center Members

For more information or to sign up contact Cory Suonvieri at 218-391-2318.



## Fitness Centers

### Deer River School

**Open Monday-Friday** 6:00am-8:00am and 3:30pm-8:00pm (school days only). Free for everyone, must be at least 13+ with adult supervision.

Questions call 218-246-8241 ext. 60227.

### Floodwood School

Get healthy and fit at the School Fitness Center! Walking Memberships are also available.

**Hours: Open EVERYDAY!**

Non School Days: 5:00am to 9:00pm

School Days: 5:00am-7:45am and

4:00pm-9:00pm

Membership:

Individual: \$20/month or \$50/3 months

Couples: \$30/month or \$80/3 months

For additional information or membership paperwork visit the district office or [www.isd698.org/page/fitness-center](http://www.isd698.org/page/fitness-center)

### Hill City School

The facility features a separate secured entrance open to the public with membership 24/7, 365 days a year. Built in 2018, it has a variety of machines for all levels of fitness and experience.

Fee: \$100 annual membership fee

For more information and to register, call Hill City School at 218-697-2394.

## Intro to Pickleball

Whether you're new to the game, sharpening your skills, or just playing for fun, everyone is welcome—no experience needed! All skill levels encouraged to join for a great way to meet new friends or reconnect with old ones.

**Mondays, 11/3/25-12/15/25**

6:30pm-7:30pm

Instructor: Dawn Fairchild

Location: Hill City School Gym

Fee: \$10

Register online or call 218-697-2394 ext. 10172.

# FITNESS & RECREATION

## Line Dancing

Grab a few friends and boot scoot down to Bovey City hall for some fun nights of learning how to line dance. You don't need a partner for this class, only a pair of clean, comfy shoes! Questions contact instructors at rapidballroom@gmail.com

**Tuesdays, 10/7/25-10/28/25**

8:15pm-9:15pm

Instructor: Pamela and Jeff Johnson

Location: Bovey City Hall

Fee: \$40

Register online or call 218-327-5730.

## Men's League Basketball

Adult Basketball League offers fun recreational basketball weekly. 18 years of age or older.

**Sundays | 2:00pm-4:00pm**

Fee: No Cost

Location: Floodwood School

For more information or to sign up contact Ross at 218-348-7995.



## Open Basketball

Join other basketball enthusiasts in a casual setting. Improve your basketball skills, socialize, and stay fit with old and new friends. Open to Grades 9 and up.

**Sundays, 9/7/25 – 12/28/25**

7:00pm-9:00pm

Location: Hill City High School

Fee: \$15

Register online or call 218-697-2394 ext. 10172.



## Open Pickleball- Deer River

Whether you're a seasoned pro or you're just getting started, our Open Pickleball is the perfect way to get in the game! Bring your friends, meet new players, and enjoy some fun, friendly competition on the court. Some experience is necessary—just show up ready to play and have a blast! A limited number of paddles are available.

**Sundays, 6:00pm-7:30pm**

**Session 1: 9/14/25-12/14/25**

**Session 2: 1/18/26-4/19/26**

Instructor: Krystine Jurvelin

Location: King Elementary School Gym

Fee: \$30

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

## Open Pickleball- Grand Rapids

Open play Pickleball- grab your own Pickleball group, or meet some new people for 2 hours of open play Pickleball fun! All levels are welcome. Each time slot is limited to 6 players. Check the schedule to see exact dates (there will be some days the court is not available). Bring your own paddles and balls. Please carry in clean/dry gym shoes.

**Session 1: 10/6/25-1/29/26**

Choose from the following times:

**Mondays, 9:00am-11:00am**

**Tuesdays, 9:00am-11:00am | 4:30pm-6:30pm  
6:30pm-8:30pm**

**Wednesdays, 9:00am-11:00am | 6:30pm-8:30pm**

**Thursdays, 9:00am-11:00am | 4:30pm-6:30pm  
6:30pm-8:30pm**

Location: ISD 318 Community Education Center

Fee: \$25

Register online or call 218-327-5730.

## 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.





# FITNESS & RECREATION



## 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! Get hands-on instruction in the basics—serving, volleys, scoring, and positioning—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.

**Fridays, 6:00pm-7:30pm**

**Session 1: 10/3/25-10/31/25**

**Session 2: 2/6/26-3/6/26**

Instructor: Krystine Jurvelin

Location: King Elementary School Gym

Fee: \$30

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

## Recreational Pickleball

Come play recreational Pickleball at Floodwood School. Court time available to reserve for your group. Never played before and want to learn? Instructional times are available as well. All equipment is supplied.

**Saturdays**-Must call to reserve time or set up instructional time.

Location: Floodwood School

Fee: No Cost

For more information or to reserve court time contact Jeff or Peg at 218-900-7862 or 218-310-7402.

## OUR CLASSES MAKE GREAT GIFTS!

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



## Yoga

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

Instructor: Lynnette Mackey

Fee: \$72

**Coleraine-Nyberg Center**

**Tuesdays, 11/11/25-12/16/25**

5:00pm-6:15pm

Register online or call 218-245-6232.

**Nashwauk-City Hall**

**Mondays, 10/13/25-11/17/25**

5:00pm-6:15pm

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



## Itasca County Family YMCA

- Active Living Center
- Licensed Childcare
- Kidzone (childcare while you workout)
- Camp Wannago
- End Zone
- Group Fitness Classes
- 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](https://www.ymcaitasca.org),  
Facebook @itascaymca or call  
218-327-1161.

# HEALTH & WELLNESS



## Grand Itasca Childbirth & Infant Care

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

Choose from the following dates:

**Saturday, 10/4/25 | Saturday, 12/6/25**

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.

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

Make lasting behavior changes with hypnosis—relaxing, safe, and always in your control. Quit smoking, vaping, or chewing tobacco with no withdrawal or weight gain. Curb cravings, eat healthier, and boost motivation to exercise. Includes a free reinforcement CD and lifetime membership. Bring a pillow or mat for comfort. Learn more at [www.hypnosisclinic.net](http://www.hypnosisclinic.net).

**Monday, 10/27/25 | 5:30pm-8:30pm**

Instructor: Dr. Mary Fischer

Location: ISD 318 Community Education Center

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

Register online or call 218-327-5730.

## Living Well with Diabetes



A 6-week evidence-based program offering techniques to deal with the symptoms of diabetes, such as fatigue, pain, hyper- or hypoglycemia, stress, and emotional problems such as depression, anger, fear, and frustration with an emphasis on nutrition.

**Thursdays, 10/2/25-11/6/25**

10:00am-12:30pm

Instructors: Danielle Hawkinson & Lauren Pipkin

Location: Virtual

Fee: No Cost

Register online at [www.eldercircle.org](http://www.eldercircle.org) or call 218-999-9233 ext. 282.

## Living Well with Chronic Pain



A 6-week evidence-based program offering techniques to deal with symptoms of chronic pain conditions, such as fatigue, sleeplessness, stress, and emotional problems such as depression, anger, fear, and frustration, with emphasis on nutrition and cognitive behavioral therapy techniques for managing pain.

**Tuesdays, 11/4/25-12/9/25**

10:00am-12:30pm

Instructors: Danielle Hawkinson & Kelly Campbell

Location: The Pillars of Grand Rapids

Fee: No Cost

Register online at [www.eldercircle.org](http://www.eldercircle.org) or call 218-999-9233 ext 282.



## Community Support Groups

Location: Kiesler Wellness Center, 3130 SE 2nd Ave, Grand Rapids (behind Walmart)

Fee: No Cost

For more information call 218-326-5114.

### Suicide and the Impact Left Behind

Intended to support those who have lost a loved one to suicide.

**Wednesdays, 5:30pm-7:00pm**

### Life After Suicide Attempt

Intended to support those who live with suicidal ideation or after an attempt.

**Wednesdays, 4:00pm-5:00pm**

### Grief Group

Intended to support those who have suffered a loss in their life.

**Thursdays, 12:30pm-2:00pm**

### Veteran's Support Group

Intended to support those who served in any branch of the US military for any amount of time.

**Wednesdays, 1800-2000**

# HEALTH & WELLNESS

## Living Well as You Age: Webinars



Instructors from Arrowhead Area Agency on Aging

Location: Virtual

Fee: No Cost

Register online with the webinar link or call 218-529-7513.

### Accessing Food Resources

Join experts from Public Assistance, Second Harvest, and AEOA for a webinar on food security resources for older adults, families, and caregivers. Learn about benefits, fresh food access, transportation help, and community programs to improve nutrition and food security in Minnesota's Arrowhead Region. Register at <https://bit.ly/3D8ktPP>.

**Wednesday, 8/20/25** | 10:00am-11:00am

### Staying Connected: Combating Social Isolation as We Age

Perfect for those living alone, with limited mobility, or seeking new connections. Register at <https://bit.ly/3SVQ4s5>.

**Wednesday, 12/17/25** | 10:00am-11:00am

### Supportive Decision-Making

Join Ryan Boosinger of Lutheran Social to explore ways to support older adults while preserving their independence. Learn dignified alternatives to guardianship—ideal for caregivers, professionals, and older adults. Register at <https://bit.ly/4kso2Ab>.

**Wednesday, 9/17/25** | 10:00am-11:00am

### Wills and Estate Planning

Join Kristin Parendo of Justice North to learn about key legal documents, powers of attorney, healthcare decisions, and probate. Gain tools to protect your assets and support your loved ones. Register at <https://bit.ly/4jkhkjl>.

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

### Your Ride to Independence: Navigating Transit

Learn how local transit can support independence and how to navigate various transit options in the community. Register at <https://bit.ly/43ofbZC>

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

## Psychological First Aid



Offered by M Health Fairview, this free 2-hour virtual Psychological First Aid (PFA) training teaches community members and professionals how to support recovery after trauma, crisis, or disaster. No experience needed—learn to reduce distress and promote resilience. For questions email Kathryn Taylor at [kathryn.taylor@fairview.org](mailto:kathryn.taylor@fairview.org).

**Thursday, 9/18/25** | 12:00pm-2:00pm

Instructor: Kelly Campbell, Grand Itasca Clinic & Hospital

Location: Virtual

Fee: No Cost

Register online at <https://mhfv.care/RCE>.



## Relaxation Singing Bowl Sound Bath

Experience a 50–60 minute Sound Bath featuring Ancient Himalayan Singing Bowls and other percussion instruments. The soothing vibrations promote stress relief, peace, well-being, and pain reduction. Bring comfort items like a blanket, pillow, water bottle, or a reclining lawn chair.

Choose from the following dates:

**Wednesday, 9/24/25** | **Wednesday, 11/19/25**

6:00pm-7:00pm

Instructor: Cindy Horbach

Location: ISD 318 Community Education Center

Fee: \$25

Register online or call 218-327-5730.

## Walk with Ease



An evidence-based program that has been proven to help people with arthritis or other related conditions reduce pain. Led by certified Arthritis Foundation instructors.

**Mon, Wed, Fri, 9/22/25-10/31/25**

10:30am-11:30am

Instructor: Danielle Hawkinson

Location: Central Square Mall, Grand Rapids

Fee: No Cost

Register online at [www.eldercircle.org](http://www.eldercircle.org) or call 218-999-9233 ext. 282.



# HEALTH & WELLNESS



## Reiki Informational Class

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

**Thursday, 9/18/25** | 5:30pm-6:30pm

Instructor: Gina Drellack

Location: ISD 318 Community Education Center

Fee: \$15

Register online or call 218-327-5730.

## Reiki Level 1

Connect to Reiki energy! Learn what it is, how it heals, and techniques for being an effective channel of this healing energy. You will be equipped with the tools to use it on yourself and others. A class manual is included, and upon successful completion receive a Reiki Level 1 Practitioner certificate.

**Saturday, 9/27/25** | 9:00am-3:00pm

Instructor: Gina Drellack

Location: Itasca County Family YMCA

Fee: \$150

Register online or call 218-327-5730.

## Reiki Level 2

Deepen your understanding of Reiki, and increase healing for yourself and others. Explore specific sacred symbols that are added to your energy field to enhance sessions. Prerequisite- Reiki Level 1 with Gina. A class manual is included, and upon successful completion receive a Reiki Level 2 Practitioner certificate.

**Saturday, 10/18/25** | 9:00am-3:00pm

Instructor: Gina Drellack

Location: Itasca County Family YMCA

Fee: \$200

Register online or call 218-327-5730.

## Stay Active & Independent for Life (SAIL)



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

Choose from the following times and locations:

### Bigfork Old Scenic Church

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

### Bowstring Town Hall

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

### Deer River Bethany Lutheran Church

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

### Grand Rapids Central Square Mall

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

### Hill City Fire Hall

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

### Jacobson Community Church

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

### Wabana Town Hall

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

### Online classes via Zoom

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

Fee: No Cost

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



## BE SURE TO SUPPLY ACTIVE EMAIL.



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

# POOL ACTIVITIES

## Basic Lifeguard-Blended Learning at the YMCA

The American Red Cross Lifeguard course trains participants (15+) in lifeguarding, CPR/AED, and first aid. Blended learning includes online modules and in-person sessions. Completion earns a 2-year certification. Attendance, pre-registration, and full participation are required. Go to [ymcaitasca.org/safety-trainings](https://ymcaitasca.org/safety-trainings) or more information about course and swim testing prior to course.

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

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

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



## Water Aerobics with Patti

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

Choose from the following sessions:

**Fall Session: Mondays & Wednesdays,**

**11/5/25-1/5/26**

(No class 12/24/25-12/31/25)

**Winter Session: Mondays & Wednesdays,**

**1/21/26-3/18/26**

(No class 2/16/26 & 2/18/26)

5:00pm-6:00pm

Instructor: Patti Rychart

Location: Greenway High School Pool

Fee: \$45

Register online or call 218-245-6232.



## YMCA Youth Competitive Swim Team

Sea Turtles Swim Team is open to swimmers, age 7-18 years, with the ability to comfortably swim front crawl, with rhythmic breathing, and back crawl 25 yards. This program focuses on skill development and stroke technique, with opportunities to compete in swim meets. Season runs October–February. Must be an Itasca County Family YMCA member to participate. Financial assistance available. For more information visit <https://ymcaitasca.org/sea-turtles-swim-team>. For questions call 218-327-1161 or email [seaturtles@ymcaitasca.org](mailto:seaturtles@ymcaitasca.org).

## Youth Group Swim Lessons at the YMCA

Swimming is a life skill as well as great exercise and a challenging sport. The YMCA offers youth swim lessons (from babies, toddlers, and school-age), family swim, youth competitive swim teams, so we can all safely enjoy the pleasures of an aquatic environment. Youth swim lessons at the YMCA include water acclimation through stroke mechanics. Lessons meet once a week for seven weeks. For session dates, price, information on the different levels, and what level to register your child go to [ymcaitasca.org/youth-swimming-lessons](https://ymcaitasca.org/youth-swimming-lessons). Register for lessons by going to our website at [ymcaitasca.org](https://ymcaitasca.org), stopping at the Y Membership

Desk or by calling 218-327-1161.



## REGISTER EARLY

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



# EARLY CHILDHOOD FAMILY EDUCATION



## Baby & Me (ages birth-12 months)

Connect with other families and enjoy music, movement, and stories with your baby (birth–12 months) led by licensed educators. Get support, ask questions, and access resources. A public health nurse offers monthly baby weigh-ins. Free sibling care. Non-separating class—join anytime during the school year!

**Tuesdays** | 10:30am–11:30am

**Fall Session: 9/9/25–11/18/25**

**Winter Session: 11/25/25–2/24/26**

Instructor: Lisa Fox & Shannon Sweeney

Location: Grand Rapids Early Childhood Hub

Fee: No Cost

Register online or call 218-327-5850.

## 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, connect, and visit. \*\*Pre-registration is NOT required.

**Tuesdays 9/9/25–5/12/26** | 1:00pm–2:00pm

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Grand Rapids Area Library

Fee: No Cost

For questions call 218-327-5850.

## ECFE Parenting Book Club

Join other parents and caregivers to explore *Raising Kids with Big Baffling Behaviors* by Robyn Gobbel. This easy-to-read book breaks down the latest parenting science. Led by a licensed Parent Educator. Open to all—childcare available for ages birth–5.

**Fridays, 9/12/25–11/7/25** (no class 10/17)

9:00am–10:00am

Instructor: Lisa Fox

Location: Grand Rapids Early Childhood Hub

Fee: \$15

Register online or call 218-327-5850.

## Floodwood ECFE

Come together with your child to explore, play, and interact with engaging materials in a welcoming environment to support you as a parent/caregiver and to strengthen and empower families. See current schedule at [www.isd698.org/page/ecfe](http://www.isd698.org/page/ecfe) or contact ECFE Teacher Shannon Meyer at [smeyer@isd698.org](mailto:smeyer@isd698.org).

## Greenway ECFE

ECFE classes coming to Greenway this fall. Stay tuned for information via Greenway social media or ParentSquare. Questions call

218-245-6232.



## Growing Together (ages birth-5 years)

Enjoy a perfect mix of play and connection! Spend time with your child, then join a supportive parent discussion while children play with early childhood teachers. Led by a licensed parent educator. Separating class. Pre-registration required.

**9/9/25–5/15/26**

Fee: \$100

Choose from the following locations:

**Deer River King Elementary School**

**Fridays** | 8:30am–10:00am

**Nashwauk/Keewatin School**

**Thursdays** | 4:30pm–6:30pm

(light supper served)

**Fridays** | 8:30am–10:00am

**Grand Rapids Early Childhood Hub**

**GT #1 Tuesdays** | 8:30am–10:00am

**GT #2 Wednesdays** | 8:30am–10:00am

**GT #3 Wednesdays** | 10:30am–12:00pm

**GT #4 Wednesdays** | 5:30pm–7:00pm

**GT #5 Thursdays** | 8:30am–10:00am

**GT #6 Thursdays** | 10:30am–12:00pm

Register online or call 218-327-5850.



# EARLY CHILDHOOD FAMILY EDUCATION

## Gym Time (ages 1 – 5 years)

Join us for active fun in our open gym! Enjoy unstructured playtime with your child to build strength, balance, and confidence. Run, jump, climb, and more! Non-separating class. Pre-registration required.

**Fridays, 12/5/25-2/27/26**

(no class 12/26, 1/2, 1/16)

8:30am–10:00am

Instructor: Shannon Sweeney

Location: ISD 318 Community Education Center

Fee: \$30

Register online or call 218-327-5850.

## Hill City ECFE (birth to 5 years)

Enjoy the perfect mix of play, learning, and connection! Come together with your child to explore, play, and interact with engaging materials in a welcoming environment led by licensed early childhood educator. After shared playtime, parents join a supportive discussion group while children continue learning and having fun with the teacher. Ask questions, gain valuable insights, and connect with others on the parenting journey. Led by parent educator. Separating class. Pre-registration required.

**Fridays, 9/12/25-5/22/26**

9:30am–11:00am

Instructor: Jaime Hilton & Grace Roy

Location: Hill City School

Register by emailing [jhilton@isd002.org](mailto:jhilton@isd002.org).



## Nature Explorers (ages 2-5 years)

Explore the wonders of nature through hands-on outdoor play and learning! Activities follow family interests and take place at local parks and trails. For ages 2–5 with a caregiver; younger siblings welcome. Cold days move indoors. Non-separating class. Pre-registration required.

**Thursdays | 1:00pm–2:00pm**

**Fall Session: 9/11/25–11/20/25**

**Winter Session: 12/4/25–2/26/26**

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Varies

Fee: \$30 per session

Register online or call 218-327-5850.

## Parenting the Love and Logic Way

Love and Logic teaches simple, effective parenting skills to build strong relationships and set loving limits. Learn to stay calm and set enforceable boundaries. For parents of kids of all ages. Fee includes workbook.

**Mondays, 10/6/25–11/17/25** (no class 11/3)

6:00pm–8:00pm

Instructor: Lisa Fox

Location: ISD 318 Community Education Center

Fee: \$10

Register online or call 218-327-5850.



## Play & Read (ages birth-5 years)

Join children birth–5 and their caregiver for play, stories, songs, art, and more in a classroom made for young explorers. Led by ECFE teachers. Non-separating class. Pre-registration required.

**9/10/25-5/14/26**

Fee: \$90

Choose from the following locations:

**Nashwauk/Keewatin School**

**Thursdays | 8:30am–9:30am**

**Bigfork School**

**Thursdays | 8:30am–9:30am**

**Grand Rapids Early Childhood Hub**

**Wednesdays | 4:00pm–5:00pm**

Register online or call 218-327-5850.

## Play & Read Calumet Library

Come to enjoy social and play time with other babies, toddlers, preschoolers, and parents! We will end the hour with stories, fingerplays and songs. Non-Separating class. No need to register.

**Wednesdays, 9/24/25–12/17/25**

9:00am–10:00am

Instructor: Megan Hansen

Location: Calumet Library

Fee: No Cost

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

# EARLY CHILDHOOD FAMILY EDUCATION

## Seniors & Sprouts (ages birth – 5 years)

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. Pre-registration is required.

**Mondays, 9/8/25-5/11/26**

10:15am–11:15am

Instructor: Shannon Sweeney & Courtney Gaddie

Location: Oak Hill Assisted Living

Fee: No Cost

Register online or call 218-327-5850.

## Toddler Time (ages 1 -2 years)

As your child grows, connect with other parents in a relaxed setting to share support, tips, and questions. Kids play nearby while you learn from peers and ECCE teachers. Non-separating class. Pre-registration required.

**Mondays | 8:30am–9:30am**

**Fall Session: 9/8/25–11/17/25**

**Winter Session: 11/24/25–2/23/26**

Instructor: Lisa Fox & Shannon Sweeney

Location: Grand Rapids Early Childhood Hub

Fee: \$30 per session

Register online or call 218-327-5850.

# EARLY CHILDHOOD SCREENING

**AGES  
3, 4 & 5**

Best age is 3½

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

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

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

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



## Schedule an Early Childhood Screening Appointment Today:

ISD 318 GRAND RAPIDS/BIGFORK: 218-327-5730

ISD 316 GREENWAY: 218-245-6232

ISD 698 FLOODWOOD: 218-476-2285

ITASCA AREA SCHOOLS: 218-327-5710

• ISD 2 HILL CITY

• ISD 118 NORTHLAND

• ISD 317 DEER RIVER

• ISD 319 NASHWAUK/KEEWATIN

Early Childhood Screening connects children and families with available community resources, including programs such as Head Start, Invest Early, Early Childhood Family Education and other community preschool programs.

# YOUTH ACTIVITIES

## YOUTH ARTS & CRAFTS

### Art Club- Middle School

Art Club is open to 5-8 graders who are interested in exploring different art techniques. Join us for a different fun fall theme activity each week.

**Tuesdays, 10/7/25-10/28/25**

3:30pm-4:30pm

Instructor: Shari Nelson

Location: Greenway HS Art Room

Fee: \$5

Register online or call 218-245-6232.

### Intro To Sewing

Learn to use a sewing machine and the basics of sewing. We'll make a fun project each class like scrunchies and a tote bag. Fee includes all materials. Grades 3-6.

**Thursdays, 1/22/26 & 1/29/26**

3:00pm-5:00pm

Instructor: Colleen Bishop

Location: Coleraine Library

Fee: \$15

Register online or call 218-245-6232.



### Learning to Weave

Have fun weaving on a rigid heddle loom! Learn how you can use a loom to turn yarn into everyday items and practice weaving your own piece of cloth. Looms will be ready to weave with a variety of yarns and other materials. Snack provided.

Please choose from the following dates:

**Ages 13-17, Wednesday, 12/3/25**

3:00pm-5:00pm

**Ages 8-12, Wednesday, 1/21/26**

3:00pm-5:00pm

Instructor: Shara Dabrowski

Location: ISD 318 Community Education Center

Fee: \$50

Register online or call 218-327-5730.

### MAC Youth Art Club/Open Studio

Welcome to MAC's Youth Art Club—a creative space for young artists to explore, create, and learn together! Bring your own projects or use MAC supplies. Meet the 1st Wednesday of every month in a supportive, inclusive environment.

**Wednesdays, 9/3/25, 10/1/25, 11/5/25, 12/3/25, 1/7/26**

3:00pm-4:30pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$5

Register online or call 218-326-2697.



### PreK STEM Inventors



Students will build confidence through activities that apply their imagination! This STEM class focuses on hands-on learning through creative problem solving, building, and STEM. Students ages 4-5, will explore themes of ocean exploration, outer space, mixing colors, making slime, and design & building structures.

**Fridays, 1/23/26-2/6/26**

9:30am-11:30am

Instructor: Colleen Bishop

Location: Coleraine Library

Fee: \$20

Register online or call 218-245-6232.

### Pumpkin Painting

Calling all little artists in grades K-4! During this fun class, you will paint your own pumpkin to bring home. To reserve a pumpkin, register by October 14.

**Monday, 10/20/25 | 2:55pm-3:45pm**

Instructor: Britny Riipinen

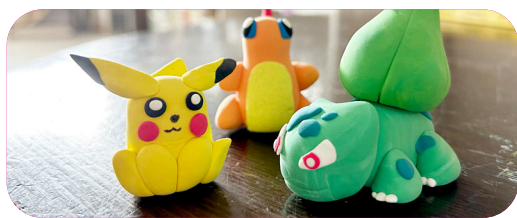
Location: Nashwauk-Keewatin School

Fee: \$15

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



# YOUTH ACTIVITIES



## Sculpt a Pokemon

Follow along with local artist and Pokemon enthusiast as he shows you how to create your own clay Pokemon! Great for students to develop skills to sculpt with clay and create their own models. All materials provided. Ages 6 and up.

Choose from the following dates:

**Wednesday, 9/10/25**

**Wednesday, 10/8/25**

**Wednesday, 11/12/25**

**Wednesday, 12/10/25**

3:00pm-4:00pm

Instructor: Samsoche Sampson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

## 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. Includes all materials. Ages 5-9.

**Tuesdays, 9/9/25-9/30/25**

3:30pm-4:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

## Sparkle & Shine: Crafting Holiday Ornaments

Join our youth ornament-making classes and spark creativity by crafting unique ornaments using clay, wood, beads, and more. Perfect for holidays or year-round displays, these classes inspire artistic skills and imagination. Ages 9-14. All supplies included.

**Mondays, 11/10/25-11/24/25**

3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

## String Art

Students will pick a simple picture and learn how to hammer nails into a wood plank and then weave string onto the nails to make a picture. This is a fun and engaging craft that kids love! Grades 3-6.

**Friday, 1/23/26 | 3:00pm-5:00pm**

Instructor: Colleen Bishop

Location: Coleraine Library

Fee: \$10

Register online or call 218-245-6232.

## Wheel Thrown and Sculptural Pottery

This fun and inspirational class is open to students with beginning to intermediate levels of ability. Students will learn wheel throwing pottery and sculptural techniques. Projects will be selected based on the student's level of experience. Includes all materials. Ages 10-16.

**Tuesdays, 10/7/25-11/4/25**

3:30pm-5:00pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

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

Register online or call 218-326-2697.

## Yarn Spinning for Beginners

Learn the basics of an ancient craft: spinning wool! Discover how to use a drop spindle to make your own fun yarn. Tools, materials, and snack provided. Ages 13-17

**Wednesday, 11/5/25 | 3:00pm-4:30pm**

Instructor: Shara Dabrowski

Location: ISD 318 Community Education Center

Fee: \$25

Register online or call 218-327-5730.

## Youth Painting Basics

This class lets students ages 9-14 explore creativity and build confidence through painting. Experiment with acrylics and watercolors on themed projects like landscapes, still life, and abstract art. All supplies included.

**Mondays, 9/8/25-10/6/25**

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

### Amazing Science-Un-BOO-lievable Fun!

If it grows and grows and glows, it must be science. Find out where the ghost left the disappearing poop, plus more science fun Grades 3-6.

**Mondays, 10/6/25-10/13/25**

3:30pm-5:00pm

Instructor: Kathryn Baham

Location: ISD 318 Community Education Center

Fee: \$50

Register online or call 218-327-5730.

### Amazing Science: Ho Ho Ho & Away We Go

This holiday season students will build amazing snowmen that will race to the finish line (sort of!). They will learn about relocating weight, drag, speed and forces. It will be an amazing science experience. Grades 3-6.

**Tuesdays, 12/2/25-12/9/25**

3:30pm-5:00pm

Instructor: Kathryn Baham

Location: ISD 318 Community Education Center

Fee: \$50

Register online or call 218-327-5730.



### Boys & Girls Club

Offering after-school activities that support academic success, good character, citizenship and healthy lifestyles. Healthy snacks and meals served daily. Open for all youth 6-18. A fun and safe place for youth people to learn, grow, and thrive!

Choose from the following clubs:

#### Deer River Club

**Monday-Friday, 9/2/25-6/3/26**

3:00pm-5:30pm

Location: King Elementary School

Fee: \$20

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

#### Grand Rapids and Greenway Clubs

**Monday-Friday, 9/2/25-6/3/26**

3:15pm-7:00pm

Grand Rapids Club meets at RJEMS; bus provided for Greenway students.

Fee: \$60/child per week plus \$20 annual registration fee. Sliding fee scale available.

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



### 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. Registration packets available in the high school office.

Instructor: Right Way Driving

Fee: \$100

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

Choose from the following locations:

#### Greenway High School

**Mondays-Fridays, 10/9/25-10/24/25**

(no class 10/16 & 10/17)

3:20pm-6:20pm

#### Deer River High School

**Monday- Friday, 10/27/25-11/10/25**

(no class 11/3)

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

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

### Floodwood Drivers Education

Drivers Education Class and Behind the Wheel opportunities through Northern Lights Drivers Education LLC. Classes offering in-person and online. For current class offerings please visit: <https://www.isd698.org/page/classes> or [www.NorthernLightsDE.com](http://www.NorthernLightsDE.com).

# YOUTH ACTIVITIES

## Firearm Safety Field Day

Students take the online firearms safety course at [www.dnr.state.mn.us](http://www.dnr.state.mn.us) and then join us for the Hybrid Field Day portion. This day consists of a one hour classroom mandatory refresher. The students will then complete their field day to finish up the requirements to get their Firearms Safety Certification. Must complete the online portion prior to Field Day and bring your waiver or certificate of completion of online MN DNR firearms/hunter safety. Open to students ages 11-18.

**Monday, 9/8/25** | 4:00pm-8:00pm

Registration starts 3:30pm

Instructors: William Saw & Clayton Lindner

Location: Grand Rapids Gun Club

Fee: No Cost

Register online or call 218-327-5730.

## Games, Games, Games

This class will teach you timeless games like marbles, cats cradle, nine pin, checkers, tic tac toe, and more! You will learn the rules, strategies and more all while having fun with these games. Snack provided. Ages 7-12.

**Monday & Tuesday, 1/26/26 & 1/27/26**

3:00pm-4:30pm

Instructor: Colleen Bishop

Location: Vandyke School Portable

Fee: \$10

Register online or call 218-245-6232.



## Holiday Cookies & Cocoa

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

**Monday 12/8/25** | 2:55pm-3:45pm

Instructor: Britny Riipinen

Location: Nashwauk-Keewatin School

Fee: \$12

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

## LEGO Building Club

Come build with LEGO! Individual challenges, team building and free build. You will learn while exploring and having fun with LEGO.

Instructor: Colleen Bishop

Choose your location:

**Coleraine Library (Grades K-6)**

**Fridays, 9/26/25-12/19/25**

(No class 10/17, 11/14, 11/28)

3:00pm-4:30pm

Fee: \$30

Register online or call 218-245-6232.

**Nashwauk-Keewatin School (Grades K-7)**

**Session 1: Tuesdays 9/9/25-10/28/25**

**Session 2: Tuesdays 11/4/25-12/16/25**

4:00pm-5:00pm

Fee: \$20

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



## Tech Hub

A free after-school space for youth ages 12–20 to explore technology, get creative, and connect with friends. Hands-on activities include a recording studio, virtual reality, drone piloting, 3D printers, Xbox, PlayStation 5, computers, and more. Youth can work on independent projects, join group activities, or just hang out. Snacks and meals provided daily.

Visit [www.smartnorth.org](http://www.smartnorth.org)

Choose from the following locations:

**Deer River-Goodall Resource Center**

**Monday–Thursday, 9/2/25–6/4/26**

3:00pm–6:30pm

Call 320-552-3851 with questions.

**Grand Rapids Tech Hub**

**Monday, Wednesday, Friday, 9/3/25-6/5/26**

3:00pm–8:00pm

601 SW 7th St, Grand Rapids

Call 320-552-3851 with questions.



# YOUTH ACTIVITIES



## Reif Theater Arts

Theater arts builds confidence, teamwork, and character. This program teaches acting skills while helping kids and teens grow in all areas of life. We invite you to come be a part of our upcoming productions.

### Disney's The Lion King Jr.

Help bring the African savanna to life on the Reif stage. Follow Simba's epic journey from cub to king in a vibrant, musical adventure filled with unforgettable characters, beloved songs, and a powerful story. Grades 3-12.

**Auditions: Saturday, 9/6/25**

**Performances: 11/21/25-11/23/25**

Fee: \$150 | \$180 after August 22

### The Wizard of Oz Youth Edition

Join Dorothy and friends on a magical journey through Oz to find home, courage, heart, and wisdom in this timeless tale of friendship, adventure, and self-discovery. Grades 1-12.

**Auditions: Sunday, 1/4/26**

**Performances: 3/27/26-3/29/26**

Fee: \$150 | \$180 after December 19

Instructor: Katie E. Smith

Location: The Reif, Grand Rapids

Register online at [TheReif.org](http://TheReif.org) and download audition information. Space is limited, everyone gets a part!

Questions? Email Katie at

[ksmith@reifcenter.org](mailto:ksmith@reifcenter.org) or call 218-327-5780.

## Teen Science Creepy Crawlies: The Science of Invertebrates

Get hands-on with the tiny creatures that keep our ecosystems running! Explore the fascinating world of invertebrates! Observe live specimens, learn about their unique adaptations, and discover why these often-overlooked creatures play a crucial role in nature. We'll also take a look at some careers in this field and how studying these small but mighty organisms can lead to exciting opportunities. Grades 5-8.

**Tuesday, 10/14/25 | 3:10pm-4:30pm**

Instructor: Jennifer Behm, Bell Museum

Location: Coleraine Library

Fee: No cost

Register online or call 218-245-6232.

## Whimsical Wednesdays

Join Alicia to create some fun artwork and listen to a story. All school ages are welcome. Preschoolers welcome with an adult.

**Every first and third Wednesday of the month starts 9/17/25**

3:15pm-4:15pm

Instructor: Alicia Wikstrom

Location: Marble Library

Fee: No Cost

Questions call the library at 218-247-7676.



## Write and Illustrate Your Own Hardback Book

Write, illustrate, and create your own 40-page hardcover book—perfect for yourself or a child! In Class 1, plan your story, characters, and illustrations. In Class 2, complete your artwork and assemble your book. Open to youth, adults, or teams. All supplies included, or bring your own.

**Thursdays, 11/13/25 & 11/20/25**

4:30pm-7:00pm

Instructor: Karlyn Berg

Location: Bigfork School Art Room

Fee: \$45

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

## 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.



# YOUTH ACTIVITIES

## YOUTH FITNESS & RECREATION

### Archery in the Schools

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



#### Greenway Raiders Archery

Designed for ISD 316 students in grades 4-12.

Coaches: Cliff, Michelle & Hannah Nelson

Location: Vandyke Elementary School Gym

Facebook: Greenway Archery

Register online or call/text Hannah at

218-298-7551 or Michelle at 218-244-9719.

#### Parent Info & Registration Night

**Tuesday, 10/7/25** | 5:00pm-6:30pm

Location: Greenway High School

#### Archery Clinic For Beginners

This intro class is designed for students in grades 4-12 who are interested in exploring the sport of archery. All equipment provided.

**11/5, 11/6, 11/10, 11/12, 11/17, 11/18, 11/20**

4:30pm-5:30pm

Fee: \$20

#### Greenway Archery Team

**Practices begin 11/5/25**

Grades 5-8: 5:30pm-6:30pm

Grades 9-12: 6:30pm-7:30pm

Fee: \$30

Register online or call 218-245-6232.

#### Nashwauk-Keewatin Archery

Designed for ISD 319 students in grades 4-12.

For more information email

nkarchery319@gmail.com.

Practice days and times TBD

Coach: Amber Goss

Location: Nashwauk-Keewatin School

Fee: \$30

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

#### Parent Info & Registration Night

**Tuesday, 10/28/25** | 5:30pm-6:00pm

Location: Nashwauk-Keewatin School  
Community Room

#### Grand Rapids Thunderhawks Archery

Designed for ISD 318 students in grades 6-12. More information can be found on the team's Facebook page: Thunderhawks Archery. Scholarships are available.

**Practices begin 11/11/25** | Times TBD

Head Coach: Henry Chung

Location: Robert J Elkington Middle School

Fee: \$200 Bullseye only | \$290 Bullseye & 3D

Register online or call 218-327-5730.

#### Parent Info & Registration Night

**Tuesday & Thursday, 10/21/25 & 10/23/25**

Location: Robert J Elkington Middle School



### Cheer Camp

We've got Spirit, Yes we do, We've got Spirit, How 'bout you?! Learn cheers, jumps and tricks with the Thunderhawk cheerleaders. Grades K-5.

**Friday, 11/14/25** | 9:00am-11:00am

Instructor: Jessica Mackley

Location: Grand Rapids RJE Middle School

Fee: \$29

Register online or call 218-327-5730.

# YOUTH ACTIVITIES



## Cheerleading Day Camp

Future Raider, Spartan or Titan Cheerleaders (Grade K-5), come and learn the fun and positive spirit of cheerleading! Your very own GNK Titan Football Cheerleaders, along with their head coach will teach basic skills for cheerleading. You will learn jumps, kick and cheers. After this fun day camp you will have the opportunity to join your GNK Football Cheerleaders during halftime on Friday, 9/5/25 at Dixon Barle Field, Coleraine.

**Saturday, 8/23/25** | 9:00am-12:00pm

Instructor: Angela Thoennes

Location: Greenway High School Auditorium

Fee: \$25

Register online or call 218-245-6232.

## Competition Cheerleading

Have fun, build confidence, and learn the fundamentals of cheerleading with Champion Force Athletics! Ages 4–18. Learn routines, teamwork, and perform in optional competitions. Register at [championforce.com](http://championforce.com).

**Mondays, 9/8/25-12/8/25**

Instructor: Champion Force Athletics

Location: ISD 318 Community Education Center

Fee: \$10/week

**D1 Ages 4-6** | 6:00pm-6:45pm

**D2 Ages 7-8** | 6:45pm-7:30pm

**D3 Ages 9** | 7:30pm-8:15pm

Register at [championforce.com](http://championforce.com)

## Floodwood Youth Sports

Youth sports aid in building skills, confidence and teamwork. Check out these opportunities in the Floodwood area.

- Elementary Flag Football
- Elementary Boys & Girls Basketball
- Elementary Co-Ed Volleyball

For up-to-date elementary sports information, visit [www.isd698.org/page/elementary-sports](http://www.isd698.org/page/elementary-sports).

## 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, 9/24/25-12/17/25**

**Age 4-Grade 2** | 3:15pm-4:00pm

**Grades 3-6** | 4:00pm-5:30pm

Fee: \$30

Register online or call 218-245-6232.

### Nashwauk-Keewatin Gym

**Session 1: Mondays 9/8/25-10/27/25**

**Session 2: Mondays 11/3/25-12/15/25**

(No practice on 11/10)

**Grades K-2** | 3:45pm-4:30pm

**Grades 3-7** | 4:30pm-5:30pm

Fee: \$20

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



## Learn to Cross Country Ski

Minnesota Youth Ski League (MYSL) offers cross-country skiing for ages 4–14 and parents on weekends in January and February (weather permitting). Skiers are grouped by skill level. Equipment rental available in December. Contact Catherine McLynn at 218-326-1313 or [cat@mclynn.net](mailto:cat@mclynn.net).

**Sundays, 1/4/26-3/1/26** | 1:30pm-3:30pm

Location: Mt. Itasca, Coleraine

Fee: \$40 plus \$25 equipment rental

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

## Learn to Ski Jump



Itasca Ski Jump coaches offer a fun, safe intro to ski jumping for ages 3+. Use free equipment, start on a small hill, and work up to 3m or 8m jumps. Kids can join the team after the free lesson!

**Monday, 12/29/25**

Choose from the following times:

**Session 1:** 12:00pm-2:00pm

**Session 2:** 2:00pm-4:00pm

Instructor: Itasca Jump Club Coaches

Location: Mt. Itasca, Coleraine

Fee: No Cost

To register, call Ashley Christiansen at 218-259-9378.



# YOUTH ACTIVITIES

## Learn to Ski/Snowboard

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

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

4:00pm-6:00pm

Instructor: Ski Patrol and Volunteer Coaches

Location: Mt. Itasca, Coleraine

Fee: \$79

To register visit [www.mtitasca.com](http://www.mtitasca.com) or call 218-812-9820.

## NKG Titans Youth Wrestling

Attend the mandatory parent meeting and 1st practice for grades K-8. Singlets handed out and \$55 uniform fee collected. For information follow wrestling on Facebook: [www.facebook.com/groups/1816602088570016](http://www.facebook.com/groups/1816602088570016) or email coach Brandon at [b\\_yuhala@hotmail.com](mailto:b_yuhala@hotmail.com).

**Monday, 1/5/26 | 6:00pm-7:00pm**

Location: Nashwauk-Keewatin School

Fee: \$25

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

## Volleyball Camp-4th & 5th Grade

Bump, set, spike! This fun and active camp is designed to introduce 4th and 5th graders to the fundamentals of volleyball. Players will learn basic skills, teamwork, and game rules through drills, scrimmages, and group activities. This camp is a great way to build confidence and have fun on the court. All skill levels welcome!

**Monday, Tuesday, Thursday, Friday**

**10/20/25-10/31/25**

3:30pm-5:00pm

Instructor: Karissa Schultz

Location: Deer River High School Gym

Fee: \$30

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

## Volleyball-Deer River 6th Grade

An intramural model program for athletes in grade 6 with a primary focus on basic skill development. Competitive games within the squads will be scheduled as the season progresses.

**Monday-Friday | 9/8/25-10/15/25**

3:30pm-5:00pm

Instructor: Karissa Schultz

Location: Deer River High School Gym

Fee: \$50

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

## Volleyball- NK 3rd-6th Grade

Registration forms will be given out at NK Open House. Practices will start at the beginning of September and go until November 1st. Practice times are TBD. No online registration available. Questions contact Jessica Noonan at

[jnoonan@isd319.org](mailto:jnoonan@isd319.org).

Instructor: Jessica Noonan

Location: Nashwauk-Keewatin School



## Reif Dance

Check out our fall schedule online at [TheReif.org](http://TheReif.org)

Location: Reif Dance Studios

Instructors: Reif Dance Staff

Scholarship opportunities available.

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

Questions, email Raeanne at

[rgraupmann@reifcenter.org](mailto:rgraupmann@reifcenter.org)

or call 218-327-5780.

## Reif Dance Fundamentals

Dance Fundamentals introduces young dancers (ages 3-7) to movement, creativity, and basic ballet technique. Classes also teach classroom skills like taking turns and build confidence and coordination in a fun, supportive setting. Preschool-1st Grade.

Fee: \$40/month

## Reif Dance Technique Classes

Our professional teachers guide students through fun and nurturing classes of Ballet, Jazz, Modern, and Tap while providing quality technique. Our 6 levels of classes encourage proper technical skills as well as the artistry needed for storytelling with movement. Students are placed in levels according to their strengths and technical ability. Grade 2 through adult. Ballet students have the opportunity to perform in The Nutcracker in December and all students perform in the end of the year Spring Show in June.

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

# 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.

**Saturdays, 9/13/25, 10/11/25, 11/8/25,  
12/13/25, 1/10/26 | 1:00pm-3:00pm**

**MacRostie Art Center, Grand Rapids**

### **Family Create Second Saturdays!**

Join us every Second Saturday for FREE family orientated art activities with a new theme each month! For ages 4+. Projects won't take the entire 2 hours so staggered attendance is better to ensure space. Sponsored by Grand Itasca – Fairview. Registration not required.

For questions call 218-326-2697.

**Thursday, 8/28/25**

**Vandyke Elementary | 8:00am-3:00pm**

**Greenway MS & HS | 8:00am-3:30pm**

### **Back to School Open House**

Whether you're a new or prospective family, we welcome you to experience our school community firsthand. Come and see what makes our school special!

For questions call 218-245-2510.

**Thursday, 8/28/25**

**ISD 318 Grand Rapids Area Schools**

**Bigfork School & RJEMS 3:00pm-5:00pm**

**Cohasset, East & West 3:30pm-5:30pm**

### **Back to School Open Houses**

Welcome back open houses at the following schools: Bigfork Schools, Cohasset Elementary, East Rapids Elementary, West Rapids Elementary and RJE Middle School.

For questions call the corresponding school.

**Wednesday, 9/3/25 | 8:00am-3:00pm**

**Nashwauk-Keewatin School, Nashwauk**

### **Back to School Open House**

Meet our dedicated staff, explore classrooms, and ask questions about the upcoming school year.

For questions call 218-885-1280 ext. 51151.

**Wednesday, 10/22/25 | 5:00pm-7:00pm**

**Mt. Itasca, Coleraine**

### **Greenway Fall Festival**

You won't want to miss this year's Fall Festival! There will be pumpkin painting, cookie decorating and a cake walk. A small meal will be provided.

For questions call Mindy at 218-256-1654.

**Wednesday, 10/22/25 | 6:00pm-7:30pm**

**Hill City Community Ed Room**

### **Pumpkin Decorating & Carving**

Join us in decorating and carving pumpkins. This is a family event for all ages.

Registration is required.

Register online or call 218-697-2394 ext. 10172.

**Thursday, 10/23/25 | 5:00pm-7:00pm**

**King Elementary School, Deer River**

### **Pumpkin Carving**

Let's carve pumpkins together! Register each child for a free pumpkin to carve or decorate! Carving and decorating supplies provided. Come on out and enjoy this festive family event. Once pumpkins are gone, they are gone.

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

**Friday, 10/31/25 | 4:30pm-7:00pm**

**Marcell Family Center, Marcell**

### **Halloween Bash**

Join us for a frightfully good time at the Marcell Family Center's annual Halloween bash!

Games, food, candy, bingo, and more!

For questions call 218-832-3161.

**Wednesday, 11/12/25 | 6:00pm-7:30pm**

**Hill City Community Ed Room**

### **Thanksgiving Craft**

Join us in Thanksgiving arts & crafts. This is a family event for Pre-K - 4.

Register online or call 218-697-2394 ext. 10172.

**Friday, 11/21/25 | 4:30pm-6:30pm**

**Nashwauk-Keewatin School, Nashwauk**

### **Smudge Candles**

This workshop includes cultural introduction and all the supplies (jars, wax, wicks, essential oils and sacred medicines).

For questions email [sgoodrich@isd319.org](mailto:sgoodrich@isd319.org).



# FAMILY EVENTS

**Wednesday, 12/10/25 | 6:00pm-7:30pm**

**Hill City Community Ed Room**

### **Holiday Make & Take**

Join us in making holiday arts & crafts to give out as presents or to keep. Grades Pre-K - 4.

Register online or call 218-697-2394 ext. 10172.

**Saturday, 12/13/25 | 5:00pm-7:30pm**

**Goodland Community Center, Goodland**

### **Goodland Christmas Festival & Tree Lighting**

Join Goodland's 10th Annual Christmas Festival with crafts, cocoa and cookies at 5:00pm.

Community tree lighting magic begins at 6:00pm.

For more information call Sarah at 218-244-9346.



## WALK/BIKE/ROLL TO SCHOOL DAY

**October 8, 2025**

## COMMUNITY EDUCATORS RESOURCE LIST

### **AEOA Adult Education**

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

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

### **Floodwood Community Education**

**218-476-2285**

115 W 4th Ave, Floodwood, MN 55736

### **Grand Itasca Clinic & Hospital**

**218-326-3401**

1601 Golf Course Rd, Grand Rapids MN 55744

### **Grand Rapids Community Education**

**218-327-5730**

601 SW 7th Street, Grand Rapids, MN 55744

### **Greenway Community Education**

**218-245-6232**

PO Box 227, Coleraine, MN 55722

### **Hill City Community Education**

**218-697-2394 ext. 10172**

500 W lone Ave, Hill City, MN 55748

### **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**

100 Spartan Way, Nashwauk, MN 55769

### **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





REGISTER  
EARLY &  
RECEIVE A **5%**  
**DISCOUNT**  
ON ALL COMMUNITY  
EDUCATION CLASSES!

ENTER PROMO CODE: **EARLYS**  
AT REGISTRATION.

OFFER EXPIRES SEPT. 4, 2025.

*\*Must be a Community Ed class to qualify.*

Itasca Area Community Education  
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## SUGGEST A CLASS!

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

## TEACH A CLASS

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



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