

CALEDONIA AREA COMMUNITY EDUCATION

**Winter/Spring 2024 Catalog
January-May**

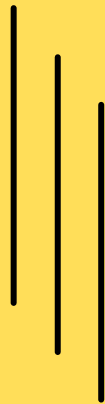
**Caledonia
Eitzen
Brownsville
Freeburg**

**Gretchen Juan-Community Ed Director
Sara Tessmer- Community Ed Assistant**

**To register for classes, contact:
507-725-5139
community_ed@cps.k12.mn.us**



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EARLY CHILDHOOD

EARLY CHILDHOOD FAMILY EDUCATION

ECFE's goal is to strengthen families through education and support of all parents through providing the best possible environment for the healthy growth and development of their children. ECFE provides education in child development and parent/child relationships, which sets the stage for children's school success. Open to children ages birth-5 years old and their parents.

Time: 10am-11:30am

Location: SAC Room at Caledonia Elementary School

Cost: \$5 per child

Instructor: Erin Hammell

Wednesday, March 6th

Wednesday, March 13th

Wednesday, March 20th

Wednesday, March 27th

Wednesday, April 10th

Wednesday, April 17th

Wednesday, April 24th

Wednesday, May 1st

Wednesday, May 8th

Wednesday, May 15th

EARLY CHILDHOOD SCREENING

Screening is a quick, no-cost, check to identify possible health or developmental concerns in young children who may need a health assessment, mental health assessment or educational evaluation. Screening in early childhood supports children's learning and promotes health and development. Early childhood screening is required for entrance into MN public schools. During screening, we check your child's: Vision and Hearing, Health Review, Thinking and Communication Skills, Large and Small Motor Skills

Caledonia Area Public Schools offers screening twice per year, two days in the Fall and two days in the Winter/Spring. Our next screening dates are January 11th and 12th. Children who are at least 3 years and 3 months old are eligible for screening. To make an appointment, please call Monica at 507-725-5205.

ELEMENTARY STUDENT PROGRAMS

Jr. FIRST® LEGO® League

Jr. FIRST® LEGO® League introduces science, technology, engineering, and math (STEM) to children through fun, exciting hands-on learning. Participants gain real-world problem solving experience through a guided, global robotics program, helping today's students and teachers build a better future together.

Grades: K-3rd

Cost: \$25 per student

Time: 4pm-5pm

Location: MS/HS Media Center

Instructor: Sheri Allen

Dates:

Jan 8, 22, 29

Feb 5, 12, 26

March 4, 11

Elementary Chess Club

In Chess club we will focus on learning the fundamentals of the game such as: piece movement, piece importance, rules, and opening strategies.

Grades: 4th and 5th grade only

Location: Mr. Hebeisen's Room (Elem 203)

Time: 3pm-4pm

Cost: \$10/student

Max. 14 participants

Jan 8, 22, 29

Feb 5, 12, 26

March 4, 11, 18, 25

April 8, 15, 22, 29

May 6, 13, 20

Spring Planting Class

Plant a blooming plant in a pot you will be decorating for a gift or keep it for yourself.

Cost: \$30/person

All materials provided

Location: MS/HS Home Ec Room (A163)

Instructor: Aimee Welscher from Mary Ann's Floral

Max. 10 students per class

Date: Saturday, April 27th

Grades: K-2nd grade

Time: 9:30am-10:15am

Date: Saturday, April 27th

Grades: 3rd and up

Time: 10:30am-11:15am

**Just for Kix Dance
Classes for preK-12th grade
Coming to Caledonia in 2024
Registration Now Open!
www.justforkix.com**



**HAVE FUN
& MAKE NEW FRIENDS**

sign up for
DANCE!

Register anytime:
justforkix.com/danceclasses

JUST FOR KIX

MS/HS STUDENT PROGRAMS

Math ACT Prep

Math ACT Prep is to prepare students for the math portion of the ACT (American College Test). Topics will include pre-algebra, algebra, coordinate geometry, plane geometry, trigonometry, and other math topics that are on the test.

Instructor: Tami Bennett
Location: CHS Room A124
Cost: \$10
Open to all students

Dates: March 5, 6, 12, & 13
Time: 3:15pm - 4:45pm

Dates: March 19, 20, 26, & 27
Time: 6:00pm - 7:30pm

Science ACT Prep

Science ACT Prep is to prepare students for the science portion of the ACT (American College Test). Topics will include interpretation of data, scientific investigations, and the evaluation of models, inferences, and experimental results. Science content will be reviewed if needed for the topics to be understood to interpret data, investigate, or evaluate.

Instructor: Tami Bennett
Location: CHS Room A124
Cost: \$10
Open to all students

Dates: March 7 & 14
Time: 3:15 pm - 4:45 pm

Dates: March 21 & 28
Time: 6:00 pm - 7:30 pm

Spring Planting Class

Plant a blooming plant in a pot you will be decorating for a gift or keep it for yourself.

Cost: \$30/person
All materials provided
Location: MS/HS Home Ec Room (A163)
Instructor: Aimee Welscher from Mary Ann's Floral
Max. 10 students per class

Date: Saturday, April 27th
Grades: 3rd and up
Time: 10:30am-11:15am

Warrior Care Closet



Please visit the Warrior Care Closet on Fridays during lunch!

Who: All Students
What: Hygiene products and Clothes
When: Friday's During Lunch
Where: Food Lab Room #A163
How: Supplies are free to those in need

March/April Driver's
Education Classroom Details
Coming Soon!

HEALTH & SAFETY

Heartsaver CPR

Learn to recognize and care for life-threatening respiratory or cardiac emergencies in infants, children, or adults. Comfortable clothes and shoes are advised. CPR certificate good for 2 years.

Date: February 10th

Time: 9am

Cost: \$65

Location: Caledonia Ambulance Station

Basic Life Support CPR for Healthcare Providers

Learn to save a life. The Basic Life Support course is designed to provide the student the ability to recognize several life-threatening emergencies, provide CPR using up-to-date science from the American Heart Association, use an Automatic External Defibrillator (AED), and relieve choking in a safe, timely, and effective manner. This course is intended for healthcare professionals.

Date: March 13th

Time: 6pm

Cost: \$65

Location: Caledonia Ambulance Station

Pediatric CPR/First Aid

Learn to save a life. The pediatric CPR/First Aid course is designed to provide the student the ability to recognize several life-threatening emergencies, provide CPR using up-to-date science from the American Heart Association, use an Automatic External Defibrillator (AED), and relieve choking in a safe, timely, and effective manner. This course is intended for child care providers.

Date: April 9th

Time: 6pm

Cost: \$95

Location: Caledonia Ambulance Station

MN Highway Safety and Research Center's 55+ Driver Improvement Program

The Driver Improvement course is a state approved accident prevention/insurance discount course that is open to the public; pre-registration is required. A MN Highway Safety & Research Center certified instructor teaches this class. By utilizing the most up-to-date research in the field, participants will be provided the latest information in regards to driver and traffic safety, new laws, and vehicle technology. This class has something for everyone!

Persons age 55 and older who complete the course qualify for a 10% discount on their auto insurance premiums for three years, according to Minnesota law. First time participants must complete the initial eight hours of training and a four hour refresher class every three years to maintain the 10% discount

4 Hour Refresher Course

For driver's over 55 years of age

Dates: Monday, April 15th

Time: 5:30pm-9:30pm

Location: CHS Auditorium

Cost: \$30

Instructor: Deanne von Wald



Share your skills with your community!
We are looking for instructors!
If you are interested in teaching a class, please contact
community_ed@cps.k12.mn.us

Women's Self-Defense

Over 50 percent of attackers will leave/run from their victim when the victim fights back. This Women's Self-Defense Seminar will help participants acquire the strategies and skill sets necessary to successfully protect themselves from attack situations which are common and unique to females. A strong emphasis will be placed on empowering the mind as the predominant tool in the arsenal of defensive techniques necessary to overpower an assailant and ultimately, prevail in an attack.

Date: Saturday, April 6th

Time: 10am-1pm

Location: Caledonia MS/HS Multi-Purpose Room

Instructor: Jeff Wood

Cost: \$29 (payment due by Monday, April 1st)

Scholarships/Fee Waivers available if needed

Ages 13 and older

Min. Participants- 20

Max. Participants- 50

Concealed Carry/Permit to Carry a Handgun

Completion of this course fulfills the training requirements for a Minnesota Permit to Carry a Handgun, valid in twenty-seven states. Also fulfills the training requirement for Wisconsin and Iowa Permits, and for a Florida Permit which adds an additional seven states. This is a basic course for men or women with little or no experience with firearms, as well as for more experienced shooters. Handguns and ammunition are provided. An enclosed, heated shelter is provided for shooting in inclement weather. Instructor: Fred Petersen, a retired Law Enforcement Officer, Police Firearms instructor, and Master Class shooting competitor.

Cost: \$80 (Teachers and Active Military \$20)

Location: Winona Sportsman's Club Time: Full Course- 10:00am-4:00pm Refresher- 12:00pm-4:00pm

Dates (pick one):

January 21st, 27th

February 11th, 17th

March 10th, 16th

April 21st, 27th

May 5th, 18th

June 9th, 15th

July 14th, 20th

August 18th, 24th

College Education Funding Workshop

Our presentation on College Planning, we'll look at how much college costs today, projected costs for the future, and the building blocks that go into funding a college education. We'll look at different tax-advantaged ways to save for college, and we'll also examine the role of financial aid.

Instructors: Eric Guth and John Becker

Date: Monday, April 8th

Time: 6:00pm

Location: MS/HS Media Center

Cost: FREE

Estate Planning and Wealth Transfer

Learn about what a person needs to consider when planning for the inevitable, including things a person may not think of. Also, we will talk about tax efficient strategies when it comes to wealth transfer to beneficiaries.

Date: Thursday, March 21st

Time: 5:00-6:00pm

Location: MS/HS Media Center

Cost: \$5

Instructor: Teri McNally

Planning for Retirement

Learn all the things you need to know as you approach retirement or even after you retire. You will learn what you need to plan for and consider when transitioning from guaranteed work income to creating your own income streams. We will also go through what can derail your retirement plans and how to prepare for those pitfalls.

Date: Thursday, April 18th

Time: 5:00pm-6:00pm

Location: MS/HS Media Center

Cost: \$5

Instructor: Teri McNally

Women, Wealth and Wisdom

As women, we are the center of our families, but sometimes forget to consider ourselves and planning for our own future. Much of the time we are so busy that we just think to ourselves that we will take care of "it" later, whatever that "it" may be. Learn about basics you should know about personal finances, planning for your own retirement, and those things we put off for later that we should think about now.

Date: Thursday, May 16th

Time: 5:00pm-6:00pm

Location: MS/HS Media Center

Cost: \$5

Instructor: Teri McNally

HEALTH & WELLNESS

YOGA

Enjoy the combined benefits of improved muscle tone and flexibility, strength of mind, and stress relief through this low-impact movement class, beneficial for all ages and fitness levels. Please wear comfortable clothing and bring a yoga/fitness mat.

Instructor: Angela Stigeler

Time: 5:00pm-6:00pm

Location: CES Cafeteria

Cost: \$95 for all classes

Jan 8, 10, 22, 24, 29, 31

Feb 5, 7, 12, 14, 21, 26, 28

March 4, 6, 11, 13, 18, 20, 25, 27

April 8, 10, 15, 17, 22, 24, 29

May 1, 6, 8

Ladies Pickleball

Indoor ladies pickleball for new and established players ages 16 and older. Paddles and balls provided or bring your own. Bring indoor athletic shoes

January 7th- April 28th

*excluding March 31st

Sundays from 3:00pm-5:00pm

Location: Caledonia City Auditorium

*Enter through East door

Cost: \$3.00/play date

For more info, contact:

Barb Rollins - rollinsbarb@yahoo.com

Marcia Bauer - smbauer@acegroup.com

Hall Walking

The Caledonia Area Elementary and Middle/High School building are open for you to walk indoors at the following times:

Elementary 6:00am-7:30am & 3:30pm-7:00pm

**Elem doors lock at 6:30pm*

High School 6:30am-7:30am & 3:30pm-9:00pm

**No Friday PM walking in either building*

SAIL

Stay active and independent for living is an exercise class that emphasizes strength, balance, and overall fitness for adults 55 and older. Regular exercise is a great way to relieve stress, sleep better, get more energy, and grow stronger.

Instructor: Gail McCormick, Carol Nelson, and Eunice Slama

Dates: Tuesdays and Thursdays starting Aug. 22nd

Time: 9am-10am

Location: Caledonia City Auditorium

Cost: FREE

1ST ANNUAL CALEDONIA BOYS BASKETBALL ALUMNI TOURNAMENT

**OPEN TO ANYONE WHO GRADUATED FROM CALEDONIA
HIGH SCHOOL OR CURRENTLY LIVES IN CALEDONIA.**

SATURDAY, MARCH 30TH, 2024

CALEDONIA HIGH SCHOOL

3 GAME GUARANTEE \$200/TEAM

MAX. 8 MEN PER TEAM

REGISTER BY FEB 1ST

CONTACT LYNDA PRIVET WITH QUESTIONS

507-273-1807



**LIFESTYLE
FITNESS**

**CALEDONIA AREA COMMUNITY ED
NEW MEMBERSHIP SPECIAL**

30 Day Trial
Gym Tutorial
24/7 Access
Group Fitness Classes Available

Call 507-725-8883 for details
Sign up by January 31st, 2024
Must be 16 years of age or older

CHILD CARE/ PRESCHOOL

COMMUNITY EVENTS

School Age Care (SAC)

Caledonia's SAC program is open to children in grades preK-5th grade. We provide care for our students before school, after school, and on non-school days. Enrollment is not guaranteed, as there is a high demand for the program. Contact Meghan Von Arx, meghan_vonarx@cps.k12.mn.us about openings.

School Year Hours

Monday-Friday

Morning: 6:00 am – School Begins

Afternoon: After School – 6:00 pm

Non-school days: 6:00 am – 6:00 pm

Daily Rates (per child)

AM- \$7/day

PM- \$10/day

BOTH AM & PM- \$12/day

Non-school days- \$30/day

CAPS Care Child Care Center

Caledonia's CAPS Care daycare center is licensed to care for infants and toddlers, ages 6 weeks-33 months. We currently have openings in our toddler room, for any children ages 16-33 months.

Hours:

Monday-Friday

6:00am-6:00pm

CAPS Care is open year round, except for major holidays.

Please contact caps_care@cps.k12.mn.us to inquire about openings.

Hand in Hand Preschool

Registration for the 2024-2025 School Year Opens Monday, April 8th, 2024. Caledonia's Hand in Hand Preschool program is open to any child who is 3 or 4 by September 1st, 2024. Hand in Hand Preschool, is a 4 star Parent Aware rated preschool program, and follow the school district calendar. Students must be potty-trained to enroll.

3K (1 classroom):

Mon/Tues/Thurs/Fri- 8am-3pm

Wednesdays- 8am-2:30pm

4K Full Days (1 classroom):

Mon/Tues/Thurs/Fri- 8am-3pm

Wednesdays- 8am-2:30pm

4K Half Days (1 classroom):

Monday-Friday 8am-12pm

Houston County Master Gardeners

Spring Days Event

Guest speaker Meg Cowden

Author of Plant, Grow, Harvest, Repeat.

Saturday, April 6th

Houston High School, 306 West Elm Street,
Houston, MN 55943

All Minnesota Shop Hop

April 1st-May 31st

Shop Hop Inc. creates Great Sewing Adventures™ across the country. We bring together new and familiar faces, to new and familiar places. Our events help brick and mortar quilting and sewing stores thrive – ensuring passion for the sewing arts remains ignited for generations to come.

www.minnesotashophop.com

Houston County Master Gardeners Plant Sale

Saturday, June 1st, 2024

La Crescent Community Building

336 South 1st Street,

La Crescent, MN 55947

CALEDONIA BPA

Prom Dress
Consignment
Sale

Saturday's January 6 & 13 at
10a.m.- 2p.m.
Sunday's January 7 & 14 at
12p.m.-4p.m.

Caledonia High
School

Make a difference

Become a substitute at your child's school
in Caledonia Area Public Schools!

teachers
ON CALL

A Kelly Services Company