

CALEDONIA AREA COMMUNITY EDUCATION

**To receive all
future catalogs:**

Contact

**community_ed@cps.k12.mn.us
to get on our mailing list!**

**Winter/Spring 2025 Catalog
January-May**

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

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



**Payments for all classes can be mailed to or
dropped off in the Community Ed office at the
Middle School/High School
825 N Warrior Ave
Caledonia, MN 55921**

January

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: CHS Room B134

Instructor: Sheri Allen

Dates: Jan 7, 14, 21, 28

Feb 4, 11, 18, 25

Basic Life Support CPR

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: January 6th

Time: 6pm

Cost: \$90

Location: Caledonia Ambulance Station

Elementary Chess Club

Participants will start by learning the basics of how pieces move, how to set up the board, the basic rules, etc.

Advanced participants will learn openings for black and white, middle game strategy, and end game checkmating patterns.

Grades: 4th and 5th grade only

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

Start Date: January 6th

Dates: Mondays when school is in session

Time: 3pm-4pm

Cost: \$15/student

Max. 14 participants

Cyber Attacks

Come learn about why hackers hack. What do they want from you? Why do they choose certain targets? Learn about the valuable assets you have that make you vulnerable.

Date: Wednesday, January 22nd

Time: 4-5pm

Cost: \$8

Location: MS/HS Media Center

Instructor: Joe Ruskey, Dependable Solutions

Register by Monday, January 20th

January

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 22, 27, 29

Feb 3, 5, 10, 12, 19, 24, 26

March 3, 5, 10, 12, 24, 26, 31

April 2, 7, 9, 14, 16, 23, 28, 30

May 5, 7

Zumba!

When: Tuesdays and Thursdays

Jan 21st-Feb 27th (for 6 weeks)

Time: 4:15pm-5:00pm

Where: Caledonia Elementary School Cafeteria

Cost: \$40 per person

Instructor: Sarah Holdmeyer

Minimum 6 to hold class

Must be registered and payment received by Jan 17th

Come to class in athletic wear and good shoes,

bring a water bottle and be ready for a good time!

Love and Logic- Register by Jan 6th!

The Love and Logic Institute is dedicated to making parenting and teaching fun and rewarding, instead of stressful and chaotic by providing practical tools and techniques that help adults achieve respectful, healthy relationships with their children. Children learn the best lessons when they're given a task and allowed to make their own choices (and fail) when the cost of failure is still small. Children's failures must be coupled with love and empathy from their parents and teachers. This practical, research-based philosophy is backed with 47 years of experience. Parents can apply it immediately to a wide range of situations instead of struggling with difficult counseling procedures.

Presenters: Jody Schwartzhoff and Deb Bebout; Hiawatha Valley Education District Early Intervention Teachers and Love and Logic Trainers

When: Tuesdays on February 4, 11, 18, 25, and March 4

Time: 6:30pm-7:30pm

Location: Zoom

Materials: A Love and Logic book can be borrowed from HVED or purchased on your own.

* This course will be cancelled if there is not a minimum number of participants (5). Maximum participants will be capped at 20.

February

Heartsaver CPR and First Aid

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 15th

Time: 9am

Cost: \$90

Location: Caledonia Ambulance Station

College Education Funding Workshop

We will cover:

How do we pay for College?

What is Financial Aid?

Fitting College Saving in to your budget

The Cost of College Now and the Future

College Savings Options

Instructors: Eric Guth and John Becker

Date: Monday, February 24th

Time: 5:00pm

Location: MS/HS Media Center

Cost: \$10/family

Registration deadline: Friday, February 21st

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. 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. Children who are at least 3 years and 3 months old are eligible for screening.

Caledonia Area Public Schools next screening dates are **March 6th and 7th**. To make an appointment, please call Wendy at 507-725-5205.

5 Keys to Retiring Fearlessly

Are you going to be ready to retire? Do you have confidence in your plan? Do you have a plan? Learn what goes into creating a retirement plan that can give you confidence and peace of mind.

Date: Thursday, Feb 27th

Time: 5:00-6:00pm

Location: MS/HS Media Center

Cost: \$8

Instructor: Teri McNally

Registration and payment deadline:

Monday, February 24th

Watch for spring
Driver's Ed Classroom
info on Schoology!

March

Powerful Tools for Caregivers- Register by March 1st!

Description: Often, taking care of a child with a disability requires extra demands. Powerful Tools for Caregivers classes help caregivers take better care of themselves while caring for their child. Through this 6-week series of courses, caregivers will learn tools and strategies to take care of themselves, so they can take care of their child.

Presenter: Dr. Debra Marcotte; Hiawatha Valley Education District Executive Director

When: Tuesdays on April 1, 8, 15, 22, 29, and May 6

Time: 6:30pm-7:45pm

Location: Zoom

Materials: Participants will receive a workbook to use during the course, which may be purchased or returned after the course.

* This course will be cancelled if there is not a minimum number of participants (8).

Maximum participants will be capped at 20.

Preventing Taxes for your Loved Ones after You're Gone

Do you know the tax implications for your loved ones? Does this concern you? Does finding ways to help interest you? Come to a workshop designed to learn about inheritance and taxes.

Date: Thursday, March 27th

Time: 5:00-6:00pm

Location: MS/HS Media Center

Cost: \$8

Instructor: Teri McNally

Registration and payment deadline: Monday, March 24th

Heartsaver CPR and First Aid

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: March 12th

Time: 5pm

Cost: \$90

Location: Caledonia Ambulance Station

Youth Firearm Safety

Class Dates: March 18th, 20th, 25th, and 27th

Field Day: March 29th

More information to come!



April



Men and Women's Self-Defense In Partnership with Bluff Country Family Resources

This Self-Defense Seminar will help participants acquire the strategies and skill sets necessary to successfully protect themselves from attack situations.

Date: Saturday, April 12th

Time: 10am-1pm

Location: MS/HS Multi-Purpose Room

Instructor: Jeff Wood

Cost: \$30 (payment due by Monday, April 7th)

Scholarships/Fee Waivers available if needed

Ages 13 and older

Min. Participants- 20

Max. Participants- 50

Taxes and the Widow's Penalty

What happens after a spouse passes? Unfortunately, there are some unexpected surprises for the widow(er). Learn what to be prepared for, some practical solutions, and ways to mitigate the tax implications.

Date: Thursday, April 24th

Time: 5:00-6:00pm

Location: MS/HS Media Center

Cost: \$8

Instructor: Teri McNally

Registration and payment deadline:

Monday, March 21st

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.

Persons age 55 and older who complete the 4 hour course qualify for a 10% discount on their auto insurance premiums for three years, according to Minnesota law. The 4 hour class is required every three years to maintain the 10% discount.

4 Hour Course

For driver's over 55 years of age

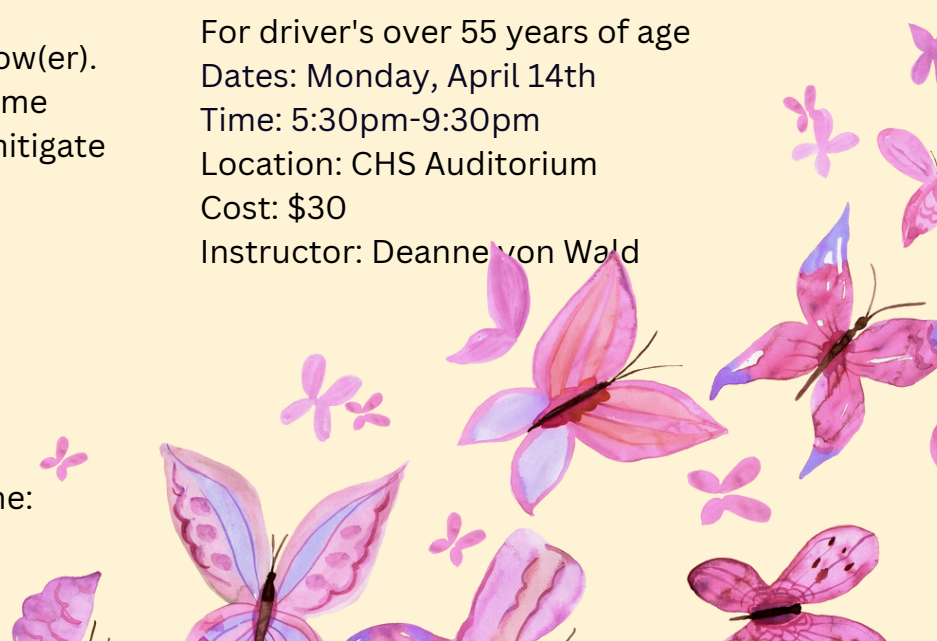
Dates: Monday, April 14th

Time: 5:30pm-9:30pm

Location: CHS Auditorium

Cost: \$30

Instructor: Deanne von Wald



Ongoing Classes

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*

Ladies Pickleball

Ages: 16+
Dates: Sundays - Jan. 5 - Mar. 30
Time: 2:00 - 4:00 p.m
Location: Caledonia City Auditorium - East door
-Paddles available to use
-Bring indoor athletic shoes to change into from street shoes
Cost: is \$3.00 per person per day to pay for lights and use of the auditorium

Women's pickleball is not sponsored by Community Education, but is a curtesy posting. Neither Community Education nor organizers are responsible for any injuries. Play at your own risk.

New players please email organizers for additional information.

Play will be cancelled due to inclement weather.

Barb Rollins rollinsbarb@yahoo.com
Marcia Bauer smbauer@acegroup.cc

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. 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. 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
Full Course- 10:00am-4:00pm
Refresher- 12:00pm-4:00pm

Dates (pick one):

Jan 5, 11

Feb 2, 8

March 2, 8

April 6, 12

May 4, 10

June 8, 14

SAIL

Stay active and independent for living is an exercise class that emphasizes strength, balance, and overall fitness for adults 55 and older.

Instructor: Gail McCormick, Carol Nelson, and Eunice Slama

Dates: Tuesdays and Thursdays

Time: 9am-10am

Location: Caledonia City Auditorium

Cost: FREE