

CALEDONIA AREA COMMUNITY EDUCATION

**TO RECEIVE ALL
FUTURE CATALOGS:**

CONTACT

**COMMUNITY_ED@CPS.K12.MN.US
TO GET ON OUR MAILING
LIST!**

**FALL 2026 CATALOG
SEPTEMBER-DECEMBER**

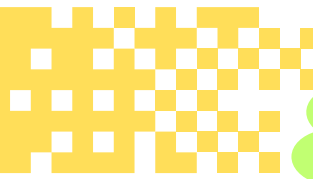
**GRETCHEN JUAN - COMMUNITY ED
DIRECTOR
SARA TESSMER - COMMUNITY ED
ASSISTANT**

**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**

DANCE CLASS



NEW

Dates:

Tuesdays

Sept 22, 29

Oct 6, 13, 20, 27

Times:

4th, 5th grade = 3:15pm-4pm

K, 1st grade = 4:10pm-4:55pm

2nd, 3rd grade = 5pm-5:45pm

Maximum 20 students per session

Cost: \$30/student

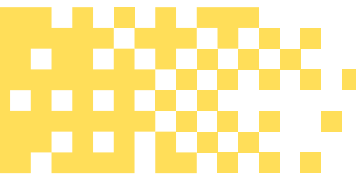
Location: Caledonia Elementary Cafeteria

Instructor: Addie Schroeder

Payment and registration due by Friday, September 18th



ROBOTICS



Junior Robotics

- **Dates:** Sept 12-Dec/Jan
- **Grades:** 7-12 (geared toward 7-8)
- **Cost:** \$50
- **Location:** Robotics Room

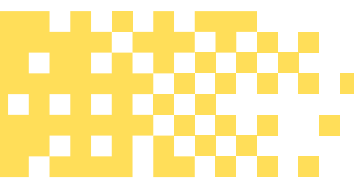
Description: Students will design, build, and program a small robot for the FIRST Technical Challenge (FTC). Students will learn robot construction, programming, project management, and community outreach while competing in autonomous and driver-controlled challenges. No experience is necessary. Students will have access to 3D printers, CNC routers, and other equipment for customization. Adult mentors also needed.

High School Robotics

Open to 7-12 Grade, the FIRST Robotics Challenge (FRC) Team will design and build a robot for this year's challenge. The FRC season officially runs from January to April, but the FTC team will meet periodically before the season start for training on CAD design, building techniques, programming, etc. Students will learn the fundamentals of robot construction, programming, project management, CNC manufacturing and more.

Questions? Please email jeff_babinski@cps.k12.mn.us

SEPTEMBER



Beginners Spanish for Adult Learners

Focus on pronunciation, useful phrases and basic conversation to be able to understand, speak, read and write at a beginner level.

- **Dates:** September 17, 24, October 01, 22, 29, November 05, 12, 19, December 03, 10, 17
- **Time:** 5pm-6:30pm
- **Age:** 18+
- **Location:** MS/HS Spanish Room A110
- **Cost:** \$60

*Fee includes the learning materials - or cost is \$40 if learners have the materials already purchased

Instructor: Tessa Larson

Registration and fees due by September 4th at 3:30pm

Taxes and the Widow's Penalty

- **Date:** Sept 19
- **Time:** 10 AM
- **Cost:** \$5
- **Location:** Caledonia High School Media Center

Description: Learn what happens financially and from a tax perspective after a spouse passes away, including practical solutions and ways to plan ahead for potential tax implications.

Medicare 101

- **Date:** Sept 21
- **Time:** 5 PM
- **Cost:** \$5/person
- **Location:** Caledonia High School Media Center

Description: This easy-to-understand explanation of Medicare will provide the information you need to manage your health care costs in retirement with less stress.

Powerful Tools for Caregivers

- **Dates:** 6 Thursdays: Aug 3, 13, 20, 27, Sept 3, 10
- **Time:** 1-3 PM
- **Cost:** Free
- **Location:** Houston County Justice Center

Description: A group workshop designed to help caregivers develop self-care tools and strategies to better manage the unique challenges of caregiving.

Yoga

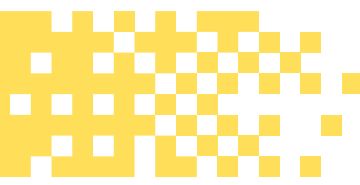
- **Dates:** Every Mon/Wed starting Sept 21
 - Sept 21, 23, 28, 30
 - Oct 5, 7, 12, 14, 19, 21, 26, 28
 - Nov 2, 4, 9, 11, 16, 18, 23, 30
 - Dec 2, 7, 9, 14, 16
- **Time:** 5-6 PM
- **Cost:** \$90
- **Location:** Caledonia Elementary School Cafeteria
- **Ages:** All

Description: A low-impact movement class focusing on improved muscle tone and flexibility, strength of mind, and stress relief. Suitable for all fitness levels. Bring a yoga/fitness mat.

Falls Prevention

- **Date:** Sept 24
- **Time:** 2-3 PM
- **Cost:** Free
- **Location:** Houston County Justice Center
- **Ages:** 65+
- **To Register, Contact:** 507-725-5810 ext. 2216

Description: Learn how to assess your risk for falls, what research shows can help prevent falls, and practical steps you can take to reduce your risk.



55+ Resource Fair with Flu Vaccines

Date: Oct 8

Time: 9 AM-2 PM

Cost: Free

Location: Houston County Justice Center

Ages: 55+

Description: Meet representatives from community organizations and learn about resources available in Houston County. Flu vaccines will also be available.

Your Land is Your Legacy

Date: Oct 12

Time: 5 PM

Cost: \$5

Location: Caledonia High School Media Center

Description: Farming and family are intertwined.

Developing an effective transition plan can help you prepare for the future and ensure your agribusiness operation is handled the way you want. This class will explore the challenges of dividing farm assets such as land, livestock, and equipment, as well as considerations for retirement, taxes, and expenses. With a plan in place, you can gain confidence that the needs of your business, your family, and your future will be met.

5 Keys to Retiring Fearlessly

Date: Oct 10

Time: 10 AM

Cost: \$5

Location: Caledonia High School Media Center

Description: Learn what goes into creating a retirement plan that provides confidence and peace of mind.

Chess Club

Dates: Mondays Oct 19-May 17

Time: 3-4 PM

Cost: \$20

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

Grades: 4-5

Max Participants: 14

Description: Participants will learn chess fundamentals, including piece movement, board setup, rules, openings, middle-game strategy, and end-game checkmating patterns. Meetings include chess puzzles/concept learning followed by games.

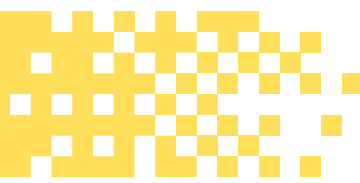
55+ Driver Improvement

- **Date:** Oct 19
- **Time:** 5:30-9:30 PM
- **Cost:** \$30
- **Location:** Caledonia High School Auditorium
- **Ages:** 55+

Description: A state-approved accident prevention and insurance discount course covering current driver and traffic safety information, new laws, and vehicle technology. Completion of the 4-hour course qualifies eligible drivers for a 10% auto insurance discount for three years.



OCTOBER



NEW

Creative Writing 101: A Beginner's Guide

- **Date:** Oct 20
- **Time:** 4pm-6pm
- **Cost:** \$30
- **Location:** Online via Zoom
- **Ages:** All ages

Description: You don't need a degree in creative writing to be an exceptional writer and get paid for it! Anyone with a passion for writing can learn and develop their fiction and non-fiction writing skills. Whether you're writing from your own life experience, creating new worlds, or informing readers about important information, this class will teach you about the different forms of creative writing, the top 10 creative writing tips for beginners, as well as how to brainstorm for new creative writing ideas, bring your words to life with engaging descriptions, develop your own writing style, and how to get paid for your creative writing.

Start Your Own Online Business: A Beginner's Guide

- **Date:** Oct 24
- **Time:** 1pm-3pm
- **Cost:** \$30
- **Location:** Online viz Zoom
- **Ages:** All ages

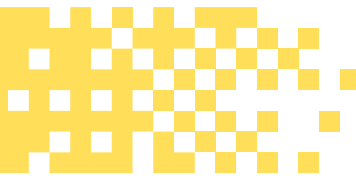
Description: Looking for ways to make money online? Turn your ideas or homemade products into income by starting an online business. You will learn how to: find a gap in a niche market and fill it; build your own website, and market your business effectively (including SEO) so potential customers will find you; take care of business forms and taxes; create multiple sources of income (including Affiliate commissions). You'll also get info about the 25 most popular online businesses to start. Informative handouts for future use are included in class fee.

TEENS: 50 Money Making Side Hustles for Teens

- **Date:** Oct 25
- **Time:** 1pm-2pm
- **Cost:** \$20/person
- **Location:** Online via Zoom
- **Ages:** 13 years and older

Description: What is the fastest way to make money as a teenager? The answer is a side hustle. Fortunately, you don't have to wait till you're over a certain age to earn money with side hustles that can easily fit into your teen life — between all the classes, chill sessions, and extracurricular activities. And, most of these side hustles don't require you to study more, won't interfere with your social life, and can help you hit any financial goal — maybe even get that car! You'll leave class loaded with information about how to fill out any legal forms to get the business started, and details about 50 profitable side hustle ideas to get you going fast. Informative handouts for future use are included in class fee.

NOVEMBER



Growing Together Baby Shower



- **Date:** Nov 7
- **Time:** 9-11 AM
- **Cost:** Free
- **Location:** 231 E Main St, Caledonia
- **Ages:** Prenatal-age 2

Description: A community baby shower hosted by Houston County Public Health featuring door prizes, family resources, and light refreshments.

Your Core Retirement Decisions



Date: Nov 16

Time: 5 PM

Cost: \$5

Location: Caledonia High School Media Center

Description: Navigating retirement requires a solid foundation. This workshop provides a comprehensive overview of the key pillars for a secure and fulfilling future, including retirement income strategies, long-term care planning, healthcare in retirement, and estate planning essentials. Participants will build a stronger retirement plan and gain confidence and peace of mind for the future.

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 **November 5th and 6th** To make an appointment, please call Monica at 507-725-5205.

**TO REGISTER FOR CLASSES, CONTACT
COMMUNITY_ED@CPS.K12.MN.US
507-725-5139**

ONGOING CLASSES

SAIL

- **Dates:** Tuesdays/Thursdays
- **Time:** 9-10 AM
- **Cost:** Free
- **Location:** City Auditorium
- **Ages:** 55+

Description: An exercise class emphasizing strength, balance, and overall fitness to help adults remain active and independent.

Concealed Carry

Dates:

- Sept 6 or 12
- Oct 11 or 17
- Nov 8 or 14
- Dec 6 or 12
- **Time:** Full Course 10 AM-4 PM, Refresher 12-4 PM
- **Cost:** \$80 (teachers/military \$20)
- **Location:** Winona High School Community Annex

Description: Basic firearms course that fulfills Minnesota Permit to Carry training requirements. Covers basic handgun skills and is appropriate for beginners or experienced shooters. Handguns and ammunition are provided.

Hall Walking

Hours: High School 6:30-7:30 AM & 3:30-9 PM

Note: No Friday evenings

Location: CHS

Description: Indoor walking opportunity using the Caledonia Middle/High School building.

Memory Cafe

When: 2nd Wednesday monthly

Time: 10-11:15 AM

Cost: Free

Location: 611 Vista Drive Suite 1

Registration: No registration required

Description: A safe, welcoming space for people living with mild to moderate dementia and their caregivers. Activities focus on education, community resources, dementia awareness, and connecting families, friends, and neighbors.

Basic Life Support CPR

Dates:

Oct 22 (5:30 PM)

Jan 16 (9 AM)

Apr 13 (5:30 PM)

- **Cost:** \$95
- **Location:** Caledonia Ambulance Station
- **Description:** Basic Life Support certification course.

CPR & First Aid

- **Dates:** Sept 17, Nov 4, Dec 21, Feb 10, Mar 13 (all at 9 AM)
- May 10 (5:30 PM unless noted)
- **Cost:** \$95
- **Location:** Caledonia Ambulance Station
- **Description:** CPR and First Aid certification course. Pediatric certification also available.

Make a difference

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

teachers
ON CALL

A Kelly Services Company

CHILD CARE/PRESCHOOL

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.

Little Learners

Preschool Readiness

Caledonia's Little Learners program is for children 33 month and older who may not be ready for 3K preschool yet.

Little Learners follows the school district calendar and daily schedule in terms of holidays/days off/early releases/etc.

Hours:

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

Wednesdays- 8am-2:30pm

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

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- \$12/day

PM- \$15/day

BOTH AM & PM- \$20/day

Non-school days- \$40/day

Hand in Hand Preschool

Caledonia's Hand in Hand Preschool program is open to any child who is 3 or 4 by September 1st, 2026. 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 Full Days:

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

Wednesdays- 8am-2:30pm

4K Full Days:

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

Wednesdays- 8am-2:30pm



CHILD CARE OFFICE HOURS:

MONDAY-FRIDAY 7:30AM - 3:30PM



WE ARE LOOKING FOR



COMMUNITY ED INSTRUCTORS

CLASSES WE ARE HOPING TO
OFFER FOR ADULTS AND/OR
KIDS:

- ART
- CODING
- COMPUTER/PHONE/EMAIL
HELP FOR SENIORS
- COOKING CLASSES
- DANCE CLASSES
- KNITTING/SEWING
- INSTRUMENT LESSONS
- OPEN TO ALL OTHER
SUGGESTIONS

ANYONE 16+

CREATE
YOUR OWN
SCHEDULE

CONTACT

COMMUNITY_ED@CPS.K12.MN.US

507-725-5139

JOIN US