

EAST GRAND FORKS COMMUNITY EDUCATION

WINTER BROCHURE 2021

To register for classes click on the hyperlinks for each class or
Mail in registration page to P.O. Box 151, EGF, MN 56721
Call 218-773-3494 with any questions

All classes are offered via Zoom.

Participants will receive instructions on how to access the class and a list of supplies to purchase (if applicable) prior to class. Check out our website if you need instructions on how to access or set up a Zoom account.

Instant Pot 101

Is your Instant Pot still in the box? Are you overwhelmed with all the buttons that you see? Are you worried about the safety of pressure cooking? In this course, we will show you, in a fun and visual way, how to use every function and program, making you a master of this fine cooking instrument.

You will learn everything about your gadget from start to finish. By the end of this class, you will leave feeling confident about using your Instant Pot daily after having hands on experience. Join a community of millions of enthusiastic Instant Pot owners and start sharing your love with them. There will be plenty of time to get all your Instant Pot questions answered. *Registration deadline: January 13*

W100

Saturday, January 16, 10-11:30 am

\$20

<https://www.schoolpay.com/link/InstantPot101>

Get Started with Hiking / Snowshoeing / Skishoeing

This program would include topics such as:

*What you need to get into it - e.g. hiking boots, snowshoes, skishoes, clothing.

*How can you try it out - Snowshoeing / skishoeing demos, guided hikes, etc., buying equipment

*Where to hike/snowshoe/skishoe in the lakes area/region.

Registration deadline: January 25

W104

Wednesday, January 27, 7-8 pm

\$5

<https://www.schoolpay.com/link/snowshoeing>

Fundamentals of Photography, From Auto to Creative

Purchasing a prosumer-level camera can be an intimidating and frustrating experience. They are expensive. They are complicated. They can be frightening. If you are going to make the financial investment in a quality camera, then you should make the investment of time to learn how to use it. Cameras today are a very smart tool, but that is all they are: tools. True creativity comes from the human mind, and to accelerate your creativity it helps to fully understand how to use the tools at your fingertips. This class will teach you the basic skills that you can apply to all of your favorite subjects. While already owning a prosumer-level camera--one which will allow you to adjust the settings of ISO, shutter speed, and aperture (something along the lines of a Canon Rebel or Nikon D3000)--will help you get the most out of the course, it is possible to gain quite a lot of useful information even without a fancy camera. Some cell phone cameras, for example, allow for similar adjustment options. *Registration deadline: Feb. 4*

W107

Tuesdays, Feb 9 - March 2, 6-7:30 pm

\$50

<https://www.schoolpay.com/link/w107>

Young Rembrandt's Web Based Art Lessons

Monthly Art Classes

W101-January: Winter Birds, Groovy Giraffes, Caudette Colvin, Stylish Dogs

<https://www.schoolpay.com/link/Rembrantsart>

W102-February: Scorpion, Funny Food, Sister Rosetta, Wild Monkeys

<https://www.schoolpay.com/link/Rembrantsartfebruary>

W103-March: Ice Cream Sundae, Pop Art Frog, Wilma Rudolph, Funny Bunnies

<https://www.schoolpay.com/link/Rembrantsartmarch>

NOTE: Unique links will be sent to the email address used to register. The video can be viewed up to five times. You can register anytime. We will send you lesson links for all classes that have already been released no matter when you register. Supplies needed are 8.5"x11" paper, pencil, Crayola broad tip markers, eraser, black Sharpie marker.

\$29 each session

Beginning Yoga For a Healthy Body and Mind

Purna yoga is a gentle style of yoga focusing on alignment and a perfect way to unwind stiffness caused by sitting all day hunched over a computer.

Session 1: W130- Registration deadline: December 30

Jan. 4, 7, 11, 14, 18, 21, 25, 28

<https://www.schoolpay.com/link/yogasession1>

Session 2: W131- Registration deadline: January 29

Feb. 1, 4, 8, 11, 15, 18, 22, 25

<https://www.schoolpay.com/link/yogasession2>

Session 3: W132- Registration deadline: February 26

March 1, 4, 8, 11, 15, 18, 22, 25

<https://www.schoolpay.com/link/yogasession3>

6:30-7:30 pm

\$70 (per session)

Instant Pot Pastas

Cook along with us in this class as 2 pasta dishes are made, *Tuscan Chicken and Beef Stroganoff*. Choose one to make in class and watch while the other is made or if you have 2 Instant Pots, feel free to make both! Feel free to make this a family event and cook together. There will be plenty of time to get all your Instant Pot questions answered! *Registration deadline: February 3*

W106

Saturday, February 6, 1-3 pm

\$25

<https://www.schoolpay.com/link/W106>

Instant Pot Belly Warming Soups

There is nothing better than warm soup this time of the year. Cook along with us in this class as 2 soups are made, *Chicken Wild Rice and Loaded Potato*. Choose one to make in class and watch while the other is made or if you have 2 Instant Pots, feel free to make both! Feel free to make this a family event and cook together. There will be plenty of time to get all your Instant Pot questions answered! *Registration deadline: January 18*

W105

Thursday, January 21, 6-8 pm

\$25

<https://www.schoolpay.com/link/W105>

Mandala Art Workshop

Find calm and joy in this event that requires no artistic talent or experience but results in a beautiful showcase of a unique personalized masterpiece! This meditative practice is for everyone! The ancient art of mandala making brings mindfulness and calm to groups and individuals of all ages, as shapes and symbols are repetitively drawn around a mandala circle. Bringing in imagery, color, and shape significance, as well as a chance to breath and unwind, Kirsten guides and supports groups of all sizes through this process.
Supplies you will need for the class: 1 Compass, 1 ruler, 1 protractor, a pencil and eraser, 1+ Mandala pens, fine tip drawing pens, nice art paper. *Registration deadline: January 15*

W108
Saturday, January 23, 10-11:30 am
\$20
<https://www.schoolpay.com/link/W108>

Zentangle Drawing Class

Learn how to create your own zentangle designs that will help you stay more focused, relaxed, and expand your imagination. Zentangles are a drawing style made of dots, lines, simple curves, s-curves and orbs. Because of their organic nature, this style is more about creating inner awareness and building self-confidence. During this course you will be guided through basic patterns and learn to create some of your own using basic drawing materials you have at home. Supplies needed: white drawing paper, a pencil and eraser, a black ink pen, and a blending stump (optional). *Registration deadline: January 27*

W109 -Ages 6-11
Saturday, January 30, 10-12pm
<https://www.schoolpay.com/link/W109>
W110 -Adults
Saturday, January 30, 1-3 pm
<https://www.schoolpay.com/link/W110>
\$20 (each session)

Medicare Education

The federal Medicare program is a valuable health insurance benefit provided to most people 65 or older. And over the years, the benefits, and how those benefits are delivered to us, have changed. This community course is designed as an educational event for all ages, and will provide answers to these questions: What are the four different "Parts" of Medicare? How can I get my Medicare coverage, including the prescription drug benefit? What should I consider when choosing or changing my coverage? Using education study materials published by the Medicare program, we will examine these issues, with no obligations. We just want you to understand how this program works, so you can be a smart shopper! *Registration deadline: February 10*

W120
Wednesday, February 17, 6:30-7:30 pm
\$10
<https://www.schoolpay.com/link/W120>

Seed Starting Basics: The Why, The When and The How

Starting your own seeds can be a fun way to start a garden, and you don't have to wait until spring! You can start your own plants from seed, which can save money and can also allow you to grow unusual or special plants you can't find in a store. This class will cover the basics, give you some tips for success, and provide additional resources for you to get growing. Instructor is a Master Gardener.

W113
Thursday, February 18, 6-7 pm; Registration deadline: February 15
<https://www.schoolpay.com/link/W113>
W114
Saturday, February 27, 10-11 am; Registration deadline: February 24
<https://www.schoolpay.com/link/W114>
\$15 (each session)

Instant Pot Favorites

Cook along with us in this class as we make 2 of my go-to dishes, *Mongolian Beef and Chicken Alfredo*. Choose one to make in class and watch while the other is made or if you have 2 Instant Pots, feel free to make both! Feel free to make this a family event and cook together. There will be plenty of time to get all your Instant Pot questions answered! *Registration deadline: Feb. 22*

W115
Thursday, February 25, 6-8 pm
\$25
<https://www.schoolpay.com/link/W115>

Creating and Using Your Google Account

This class will show you how Google is much more than just email. Topics include creating a free account, utilizing Gmail (Google Mail), storing files in a shared folder, using additional Google tools, and learning how much is available through Google. A free Google account will allow you to store your files permanently "in the cloud", give you a new email address not connected to your service provider, and will provide a seamless way to share information with others in a secure way (including the types of files you may want to share with your children for later in life decisions). This is an online class and an invite will be sent prior to class. *Registration deadline: January 29*

W119
Tuesday, February 2, 10-11 am
\$20
<https://www.schoolpay.com/link/W119>

Retire On Your Terms

What you need to know before you retire. Attend five keys to retiring fearlessly to learn insights that can help you figure out what steps to take next. Will you have enough money to retire? Will my retirement income last? Are my assets protected? *Registration deadline: Feb. 1*

W121
Thursday, February 8, 6:30-7:30 pm
\$10
<https://www.schoolpay.com/link/W121>

Photo Manipulation

Discover simple tools you can use to improve your photos. Topics covered include, the theory of image editing, color correction, saturation adjustments, cropping images, putting text and borders on images, resizing images, saving edited images, using layers to make collages, superimposing two images together to create a composite, replacing backgrounds, and where and how to back up your photographs online. We will start by utilizing portions of Adobe Photoshop to catalogue, organize, and rate our images. Then we'll move on to simple photo retouching and editing. By the end of the course we'll be able to cut out the background from one photograph and replace it seamlessly with an entirely new background. *Registration deadline: February 8*

W112
Thursdays, February 11-March 18, 6-7:30 pm
\$70
<https://www.schoolpay.com/link/W112>

You Can Make Sushi Too!

Sushi doesn't have to be intimidating! This class offers step-by-step instruction on how to make a sushi roll, using only ingredients many of you can find right in your local grocery stores! *Registration deadline: February 15*

W111
Wednesday, February 17, 6-7 pm
\$15
<https://www.schoolpay.com/link/W111>

Making Potica

Learn how to make the traditional pastry from Slovenia – Potica (poh-TEET-sah). This sweet or savory pastry is made with a yeast-raised dough that is rolled or stretched out thinly and then spread with a filling. *Registration deadline: February 7*

W116
Thursday, February 11, 9-3:00 pm
\$19
<https://www.schoolpay.com/link/W116>



Making Kombucha at Home

Step by step from an instructor who has been making Kombucha in her home. Kombucha is an ancient fermented tea-based probiotic beverage. Kombucha has been revered as a healing tonic for at least 3,000 years. *Registration deadline: February 8*

W124
Wednesday, February 10, 6:30 pm
\$5
<https://www.schoolpay.com/link/W124>

Photography: From What in the World to Oh My Goodness

Now that you have a grasp of the controls and settings of that fancy camera of yours, it is time to discuss how to turn your so-so images into fabulous works of art. In the second half of this course we will dive deeper into some of the more advanced, individualized controls, but will focus more on the artistic qualities of an image: composition, qualities of light, and special photographic techniques for photographing stars, the moon, and the northern lights. Each session will introduce you to several concepts, show you how to set the controls on your camera, and give you an assignment using those concepts. The next class will begin by sharing and discussing your assignments which should illustrate the concepts from the previous class. We will discuss camera specifications for anyone still on the fence regarding what kind of camera to buy. Then we will transition into discussions about camera exposure properties: shutter speeds, aperture, and ISO. Have your camera, fresh batteries, memory card, camera manual, a notebook, and a pen or pencil! *Registration deadline: March 5*

W125
Tuesdays, March 9-30, 6-7:30 pm
\$50
<https://www.schoolpay.com/link/W125>

“Until Death Do Us Part”. . . Then What??

The challenge of being the survivor can be daunting. We will discuss problems and solutions in a number of common areas that our experienced instructor team deals with routinely, including: solutions for my pets when I am gone, how to handle protecting the family home, what about surviving spouse social security and pensions, what should I consider in changing my will, what about my spouse’s guns, tools and collectibles. Personal protection for the survivor moving forward like guardianships, trusts, prenuptial and new relationship tools. This class will address these issues in a compassionate and comfortable environment so that the various points-of-view of everyone in attendance are addressed. *Registration deadline: March 3*

W133
Wednesday, March 10, 6:30 pm
\$15
<https://www.schoolpay.com/link/W133>

Organize Your Life with Google

Are you looking to get more organized with your personal or digital life? Did you know Google can assist you with organizing your family’s life in a variety of ways? We will talk about shared calendars, email event reminders, and even shared documents and photos. Bob will provide examples of how he uses Google professionally and personally to help him become more organized. Please come with your Gmail/Google account username and password. Please bring your computer/device with you to class. This class meets virtually so you can join from the comfort of your home, and have a chance to participate and ask the instructor questions. You’ll need a device with internet access and will receive a link to a Google Meet session. *Registration deadline: March 10*

W122
Saturday, March 13, 9-11 am
\$22
<https://www.schoolpay.com/link/W122>

Beauty Basics-Face

Individualized tips and tricks on how to find your skin type and undertones, etc. *Registration deadline: March 8*

W127
Wednesday, March 10, 5:30 pm
\$15
<https://www.schoolpay.com/link/W127>



Beauty Basics-Eyes

Individualized tips and tricks on how to properly apply makeup to your eyes. *Registration deadline: March 1*

W126
Friday, March 5, 5:30 pm
\$15
<https://www.schoolpay.com/link/W126>

Taste of The Wild

Known for its unique nutty taste, wild rice offers a touch of excitement to menus with its unusual flavor and texture. As a dish, it can easily stand alone, or be served in combination with a variety of other foods. Wild rice has been a significant food source for the people who have inhabited the Great Lakes region for centuries and who have harvested this annual grain generation after generation. Learn the history of wild rice while exploring the different types and textures along with the health benefits. You leave with delicious recipes that everyone will love. *Registration deadline: February 16*

W128
Thursday, February 18, 6:30-7:30 pm
\$15
<https://www.schoolpay.com/link/W128>

Pilates

I don’t know about you, but my body has been getting less and less movement over the last few months. It is screaming at me for some attention! If your body is also craving movement, join me, Andrea during the January Zoom Pilates Flow class. Pilates is a low impact workout that focuses on increasing strength, stability, balance and control within the body. Controlled mat exercises create strength, stability & suppleness in the spine while improving abdominal and back strength, posture & balance. Pilates provides stress reduction while enhancing injury prevention. No experience required. All bodies are welcome and encouraged. With each class, you get accountability and connections with some wonderful and supportive friends. *Registration deadline: January 4*

W129
Wednesdays, January 6, 13, 20, 27, 6:30-7:30 pm
\$40
<https://www.schoolpay.com/link/W129>

ASL – American Sign Language

Have fun learning the basics of this beautiful language! Signs will be taught in an easy, organized manner for best retention. Categories of signs will include: Family, Colors, Numbers, & Activities as well as basic conversation skills. Rhonda has been interpreting for over 20 years and wants Everyone to learn ASL. *Registration deadline: January 25*

W141
February 2, 4, 9, 11, 16, 18, 23, 25, March 2, 4; 6:30-7:30 pm
\$55
<https://www.schoolpay.com/link/W141>

