Le Sueur-Henderson Community Ed. Winter/Spring 2023

Phone 507-665-4620
706 Turril Street, Le Sueur, MN 56058

To Register online visit:
isd2397.org (Under the Community Ed tab)

WELCOME TO LE SUEUR-HENDERSON COMMUNITY EDUCATION

Dear Readers,

Happy New Year! This is an exciting time of year as we prepare for some of my favorite events, which include the Daddy-Daughter Dance. Dad's of young children - as a father who dropped off my daughter at college last fall, make sure to be enjoy these years of having a preschool or elementary daughter because it doesn't last long. I encourage you to make fun memories with her by registering for the dance and showing her your best moves!

Here at community education we have plenty of opportunities for young and old to try something new or something that interests you. We have Mystery Craft Kits, a Painting like Bob Ross Class, and 10 skills every Home Cook should know and much more. Page through the catalog, find something that interests you and sign up for a class or activity today! You'll be glad you did.

Have a great winter and spring!

Nathan Warden, LSH Community Ed. Director.

OFFICE HOURS:

MONDAY-THURSDAY: 8:00-4:00 P.M.

FRIDAY: 8:00-12:00 NOON

OFFICE PHONE: (507) 665-4620

Le Sueur-Henderson Community Education
Ziebarth Learning Center
706 Turril Street, Le Sueur MN 56058

4 Easy Ways to Register

- **24 hour On-Line Registration – Register on-line at your Visa, Mastercard or Discover card.**
- **Register Online at www. isd2397 website and select the Com. Ed. tab)**
- **In Person – Visit our office at 706 Turril Street, Le Sueur.**
- **By Mail – Call in to register and mail in check.**
  Checks are made payable: ISD 2397.
  Mail to Community Education at 706 Turril, Street, Le Sueur MN 56058.
- **By Phone – (507) 665-4620**

Refund Policy – Community Education only. Refunds will be made only under the following conditions:
1. If your class is filled to capacity before your registration is received.
2. If your class is cancelled.
3. If you cancel your registration before the registration deadline – However, you will be assessed a $5 processing fee in this instance.

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LSH Community Ed. Advisory Council Members

Nathan Warden, Brigid Tuck, Amy Hardel, Mary Frazier, Jackie Fahey, Susan Larson, Kelsie Kluender and Shawn Kirby.

LSH Community Education is looking for an additional advisory council members. Advisory Council members give feedback on what is happening in the community and shape the direction of the community education department.

Meetings are held monthly on the 4th Tuesday of each month from 6:30 -7:30 p.m. but the council does not meet over the summer months, or in December. Interested individuals should contact Nathan Warden at (507) 665-4626, nwarden@isd2397.org

Thursday Night, ECFE collides with Open Gym

Who would have thought that two extraordinary things would happen in one night! With winter keeping us inside, we decided to add some fun.
Please come and enjoy a family meal while exploring our ECFE classroom, singing songs, learning new finger plays and doing crafts. We always have something fun and exciting going on in the classroom.

Please note food allergies when registering for class.
Dinner will be provided for the class each week.

Thursdays, February 2 - May 4
5:00 - 6:00 p.m. ECFE Class
6:00 - 7:00 p.m. OPEN GYM
(No Class Feb. 23, March 23 & April 6)
(Stay for the open gym if you would like.)
$60 per/child or $80 a family
Register by Jan. 27

Open Gym

Join our Thursday night Open Gym for some fun in the gym. Come check out all our new gym items, run around and burn off that winter energy. We will also have a mat with things for our youngest ECFE kiddos for even more added fun.

Thursdays, February 2 - May 4
(No Class Feb. 23, March 23 & April 6)
6:00 - 7:00 p.m.
Park Elementary Small Gym

FREE

Wednesday Night Preschool

This is a separating class for children who have turned 3 years old by the start of the class. Children must be potty trained. This class will give children the opportunity to see what preschool is all about!

Wednesdays, February 8 - May 3
5:30 - 7:00 p.m.
Park Elementary Room 107
$80
(No class March 22 & April 5)
Min., 5 Max., 10 Register by Feb. 2

Le Sueur-Henderson ECFE
Early Childhood Family Education

Winter Wonderland

Want to have some fun as a family? Come to our Winter Wonderland and enjoy winter games, activities and explore the fun side of winter. We will have our face painting and our famous ECFE light meal. Hope to see you there.

Thursday, January 26
5:30 - 7:00 p.m.
Park Elem. Small Gym
$5 per child (ages 1-8) A light supper is included.
Adults and older siblings ages 9+ are free.
Pre-register by Jan. 20

Day Care Visits

Do you have your own daycare? Would you like one of our Early Childhood teachers to come and do activities with your group? We would love to share resources with you to help support you better. We provide everything needed.
FREE, Call 507-665-4631 for an appointment.

LITTLE GIANTS PRESCHOOL

Little Giant's Preschool

For 3 & 4 year olds by Sept. 1, 2023

Option 1: M, W, F Le Sueur
8:15-3:15 ($260/month)
4-5 year olds

Option 2: M-TH Le Sueur
12:15-3:15 ($150/month)
4-5 year olds

Option 3: T & TH Le Sueur
9:00-11:30 ($80/month)
3-4 year olds

Scholarships for preschool are available upon request.
Preschool location is at Park Elementary school in Le Sueur.

SAVE the DATE

Little Giant's Preschool Open House & Kindergarten Roundup.

Wednesday, March 22
5 - 7 p.m.
Park Elementary School

This is your chance to meet the teachers, visit the classrooms and find out more about Kindergarten or preschool at Park Elementary School.

We'll also provide a free meal and entertainment.

Early Childhood Screening (Ages 3-5)

Screening is a quick, no-cost, check to identify possible health or developmental concerns in infants and 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. Screening must take place between age 3 and kindergarten, or within the first 30 days of kindergarten or first grade. Screening between the ages of 3 and 4 provides the best opportunity for any health or developmental concerns to be found early.

Early Childhood Screening Dates:

Tuesday, January 17

Thursday, January 26 (Make-up day)

Thursday, March 23

Friday, March 24

Time

8:00 a.m. - 3:00 p.m.

Location

Park Elementary School, Le Sueur

Call 507-665-4620 to make an appointment or sign up online at www.isd2397.org under the Community Ed tab then Screening tab.

Daddy Daughter Dance

Red hearts, pink balloons and girls in curls set the tone for our annual Daddy-Daughter Dance. Girls ranging in age from 18 months to 18 years can enjoy a wonderful evening of dancing and dinner with their fathers or father figure. Come and dance and make memories to keep forever. Fathers, be the knight in shining armor for your daughters this night.

Friday, February 24
6:00 - 8:00 p.m.
Dinner served at 6:00 p.m.
Le Sueur-Henderson HS/MS commons.

Early bird rate:
$30/couple, $5 more for each additional daughter if paid by Feb. 1
$35/couple after Feb. 1 and $5 more for each additional daughter.
*There will be an opportunity for pictures to be taken so bring money with.

Mother-Son Bowling & Pizza

(For those of bowling ages)

Here is an opportunity for all mothers to bond with their sons and show off their athletic prowess!

Saturday, February 18
11:00 a.m.

$25 per pair
$10 for each additional person.
Includes 2 games per person, shoes, pizza and pop.

The 300 Club, 504 North Main Street, Le Sueur

Limited to 40 people.

Unicorn Tea Party (Parent & Child)

Celebrate the magic of unicorns with a tea party. Complete with sprinkles, glitter, magic and all sweet sugary treats that attract the kids and the kid in us. Bring your mom, dad or grandparent and let's make all those sprinkle filled treats and colorful rainbow foods that you and the unicorns like. Then we will sit down and nibble on them or save them and share with your family and friends later.
**Bring a container or two for the treats you don't eat!

Friday, March 24
6:15 - 8:15 p.m.
LSH HS/MS Room 101
$58 for parent/child
Min. 5 kids
Max. 12 kids + 12 parents
Instructor: Heather Novack

Archery (Ages 8-15)

Participants will get a firsthand understanding on how to safely use and shoot archery. If you have archery equipment, please feel free to bring it, otherwise it will be supplied.

Monday, March 13
Session 1 6:00 - 7:00 p.m. *(10 students)*
Session 2 7:15 - 8:15 p.m. *(10 students)*

$15 per person, per session.

Instructor: Tom Bender & Kenny Bird Jr.
Henderson, Community Building, 600 Main Street, Henderson.

Babysitting Training

(Boys & Girls Ages 11 & up)

Learn the basics of what you need to know and what every parent wants in a responsible babysitter. We will cover appropriate games and activities, telephone common sense, basic first aid, good decision making skills and much more. Students will receive a certificate upon completion of class.

NOTE: Each child will need to bring a bag lunch, pencil and a doll or stuffed animal to class.

Saturday, May 6
9:30 a.m. - 1:00 p.m.
LSH High School, Room 101
$55 (includes materials)
Instructor: Kirsten Dean

Home Alone Class

(Ages 8 & up)

Mentioning being home alone to your child can be a scary topic. Help them be more prepared by learning the basics of staying home alone and coming and going home safely. Topics include, appliance safety, responsibilities, house rules, first aid and more. You will feel confident and educated to stay home after attending this class.

Saturday, May 6
1:30 - 3:00 p.m.
LSH High School, Room 101
$25 (includes materials)
Instructor: Kirsten Dean

Take Home Kits - Art with Kid Create

These art kits are so much fun; it's like having your very own private art teacher! Each kit is good for one art project and contains an easy to follow lesson plan, a link to a correlating online instructional video taught by a Kidcreate Studio art teacher, the art materials needed to create a fridge-worthy masterpiece and additional suggestions for online learning opportunities for your child that relate to the art lesson.

Kit Fees (3 kits fit in one shipping box)
1 Kit $25, 2 Kits $39,
3 Kits $54, 4 Kits $60
**Call Com. Ed if you want more that one kit.
507-665-4620

Order Anytime January - April!

Hatchimals

Doesn't designing your very own Hatchimal sound like a dream come true? We'll sculpt and splatter our Hatchimal eggs until they look just like the real thing, we'll even create a tiny fuzzy Hatchimal to go inside. Your artist will love using their imaginations to hatch up the cutest Hatchimal. **Kit price $25**

Materials included in kit: Air dry clay, Paper plate, Large pompoms, Google eyes, Pipe cleaner, Feathers, Bio paint, Q-tips, Craft glue, Apron (if available).

Slime Time

Can't get enough slime? Well, we can't either! This kit will teach you how to make up a batch of the stretchy, silly stuff and giving you a few ideas for ways to take this slime-tastic time to the next level!
Kit price $25

Art materials included in the kit: Liquid starch, School glue, white or clear, Straw (1/2), Tempera paint, Multicolored glitter, 2 Mix-in Options. Included (beads, shells, sequins, sand, or sprinkles). Selection may vary based on availability. Apron (if available).

Bunny Sunset

Kids, have you ever wished you were better at drawing? During this guided drawing class, we'll teach you a simple drawing technique that will help you create an adorable drawing of a trio of bunnies, cottony tails and all.

Kit price $25

Materials (included):
- 12x15 colored construction paper (any color but yellow)
- 9x12 yellow construction paper
- Cotton balls (4)
- Red liquid watercolor- 2 oz diluted
- Mini crayon set
- Apron

Materials from home:
- Cleaning supplies
- Pencil
- Scratch paper
- Glue stick
- School glue
- Plastic container for water

Clay Fairy House

Vincent Van Gogh's sunny sunflower painting is sure to brighten anyone's day!
We will learn about and be inspired by this famous artist as we paint our own sunflowers on a real canvas board! If you believe in fairies, clap your hands and get creative with this whimsical, colorful art kit! The kids will construct a magical place for their fairy friends to live out of Model Magic® clay.

Kit price $25

Materials included in the kit: Dark air dry clay, baseball-sized piece, Small paper plate, Model Magic-red, blue, yellow, white, Toothpick, Craft stick, Disposable Apron (if available).

Driver Ed Classroom and Behind the Wheel

Monday–Friday, February 27, 28, March 1, 2, 3, 6, 7, 8, 9, 10. (2 weeks, 10 days, 3 hr. classes)

Time: 3:15 - 6:15 p.m.

Age Limit: Age 15

NOTE: Ages 15 will get first priority.

Location: HS/MS Room 234

Fee: $385

NOTE: For behind-the-wheel, please call Community Education at 507-665-4620
or email Rick Bruns at rbruns@isd2397.org

ACT Prep through ZAPS

Receive the Nation's Best Test Strategy Prep

You will Learn how: To improve your ACT prep scores in all subject areas, strategies to help eliminate wrong choices, take short practice tests that mirror the real test experience, reduce test anxiety and gain confidence. You will receive extensive materials for home practice.

Monday & Tuesday, February 20 & 21

Le Sueur-Henderson High School, Room 101

6:30 - 9:00 p.m.

$95

Register deadline is Feb. 13

Tutoring Sessions

(Grades K-5)

Tutoring sessions are available to provide the academic boost your student needs in an individual or small group setting for students kindergarten through grade 5 specializing in reading support. Each tutoring session will include instructional strategies, skills practice, or homework support. Sessions can be scheduled weekly with the option of more frequent sessions.

**Please complete the tutoring interest form (found on the website, www.isd2397.org under the Community Ed tab) to receive additional information and tutoring options.

Scheduling

Sessions will be held on Mondays & Wednesdays from 3:30 - 4:30 and 4:30 - 5:30 p.m.

Sessions can be scheduled weekly, with the option of more frequent sessions.

Session times will be scheduled by the tutoring coordinator based on the availability of the student and tutor.

Instructor: Contact Colleen Winters at cwinters@isd2397.org to schedule sessions.

Dates: January through the end of May.

NOTE: No tutoring on Non-School days.

Location: Park Elementary School

Individual Session: $35 per hour, per student.

4 sessions $140

6 sessions $210

8 sessions $280

Group Sessions: Fees depend on the number of students. If there are 3 or more students that have the same skill session, a lower group rate of $25 per hour, per studcnt will be offered.

YOUTH

Henderson Hilltop Open Gym (All Ages)

Come and play in the gym on Saturday mornings during the winter months of January, February and March.
Bring your basketball if you want. Some equipment will be provided such as scooters, soccer balls, floor hockey, infant mat climber and basketballs.

Saturdays, January, February & March

10:00 a.m. - Noon

Hilltop Gym, Henderson

FREE

Rubik's Cube Challenge (Grades 5-8)

Come and unlock the secrets of speed cubing. All participants are provided with a cube and beginner, intermediate, or advanced materials/instruction to learn the methods of various twisty puzzles. Participants will have the opportunity to play cubing games, build/design their own DIY cubes, make mosaics, try out Bluetooth cubes, and have access to official competitions and equipment. The course is hosted by a real World Cube Association speedcuber/Rubik's ambassador who's attended over 40 competitions, including nationals.
Bring a snack and water bottle.

Friday, February 3

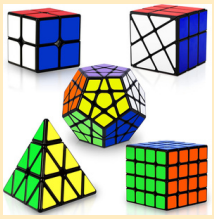
3:15 - 6:15 p.m.

LSH HS/MS Room 101

$49/student

Instructor: Kristin Wiley

Minimum: 4, Maximum 20



Ney Nature Center Programs

Knee-High Naturalists - *All Classes listed below.*

Ney Nature Center, 28238 Ney Nature Lane, Henderson MN

$7 for one child and one adult.

Preschoolers (2-6yrs) and an adult.

Min. 2, Max. 5

Fun on the Frozen Pond

Saturday, Januray 14 *10:00 - 11:00 a.m.*

Winter on the pond can be chilly, but it can also be fun! We will spend an hour at the pond where you can choose to try kicksledding, skiing, snowshoeing, or sledding with your family.

Be My Chilly Valentine

Saturday, February 4 *10:00 - 11:00 a.m.*

February is the perfect time to warm up with some loving handmade valentines for friends and family! Join us to make Valentine's Day crafts from snow, ice, and more, while cozying up with some hot cocoa.

Bird Bonanza

Saturday, March 11 *10:00 - 11:00 a.m.*

Tweet tweet! Let's learn more about our feathered friends, from what they eat and how big they are, we will cover it all with crafts and stories, plus more hands-on fun!

Earth Explorers

Saturday, April 8 *10:00 - 11:00 a.m.*

April is the month of Earth Day! Let's appreciate all Earth provides us with fun sensory activities for your preschooler.

Family Programs at Ney Center

Let it Snow S'more

Saturday, January 21 *10:00 -11:00 a.m.*

$7 per participant

Min. 2, Max. 10

The best way to learn about snow? With a s'more in hand of course! We will play a game, learn about snowflakes, and enjoy a s'more (or three) by the warm fire. All ages welcome.

Maple Syrup: Tree to Bottle

Saturday, March 25 *10:00 - 11:00 a.m.*

$7 per participant

Min. 3, Max. 10

From tree to bottle, learn about how Ney Nature Center makes our own maple syrup every spring. Walking through every step of the process we will explain the ins and outs of the sweet hobby and, of course, end with a taste test!

Kid's Club Child Care Program

Kids' Club is a childcare program for children ags 3-11, during the school year.

- **We provide all day care and before and after school care.**
- **We provide care on non-school days, if there is enough interest.**

Kids' Club is held at Park Elementary School from 6:30 a.m. - 5:30 p.m.

- **We provide a safe and enjoyable environment.**
- **We provide structured activities as well as time for open play and recreation.**

To register for kids club, please fill out a registration packet found on the ISD2397.org website under the Com. Ed. Tab.

Coordinator: Cheri Youngren, cyoungren@isd2397.org or 612-756-2136

Kids Club Rates /School Year

Registraton Fee $35 per family

Kids Club Rates (Kindergarten – Grade 5)

Non-School Day Rate: $30 per day, per child

Morning Rate: $8 per day, per child

Afternoon Rate: $8 per day, per child

Weather related late starts: $8 per day, per child

Scheduled Early outs: $15 per day, per child

Preschooler Rates, (For children ages 3-5 and care for before and after preschool.)

Day Rate: $30 per day, per child (5 or more hours per day)

Half-Day Rate: $17.50 per day, per child (5 or less hours per day)

Morning Rate: $8 per day, per child (for before preschool class)

Afternoon Rate: $8 per day, per child (for after preschool class)

Weather Related Late Starts: $8 per day, per child

Scheduled Early Outs: $15 per day, per child

Drop-in Rates – All drop-in families must register and pay the $35 one time, per season, registration fee for drop-in.

Morning drop-in rate: $10 per day, per child

Afternoon drop-in rate: $10 per day, per child

Non-School day drop-in rate: $35 per day, per child

We also offer **SUMMER** Kids' Club with a registration fee of $35 and different daily rates.

ADULT

Adult Open Basketball

Sundays (January & February)

6:30 - 8:30 p.m.

Hilltop Gym, Henderson School

$2 per night, paid at the door.

*** Bring your own basketball.****

DYI Mystery Craft Kits for Adults

Create a modern and fresh craft project that will enhance your home! The art project for each month will have a seasonal or home décor theme. All materials are provided along with step-by-step instructions!

Feel creative on your own schedule and be surprised at the quality and fun that arrives at your door!!

NOTE: *Photo is an example of kit possibility only.*

Order any month, January - April

$43 per kit

Registration Deadline is the 1st of each month (Jan. 1, Feb. 1, Mar. 1, Apr. 1).

Your kits will be created and shipped to the address you provided by the 25th of the month.

Instructor: Gwen Schroeder

Bio: It has always been a dream of mine to have a place to create, share ideas, and spend time with family and friends in a relaxing environment. Just over a year ago, I opened my own DIY Workshop called The Design Station where I enjoy teaching classes and providing a wonderfully social atmosphere. It just seemed the most natural next step to my 30 some years of creating and crafting.

Paint Like Bob Ross/Palm Tree Beach

Create and take home a gorgeous 20" x 16" oil painting in this step by step class. Our instructor, Mike Tischendorf, is certified in the Bob Ross Method. The session provides a gorgeous landscape that may include mountains, sunsets, lakes and rivers. The relaxed approach will have you walking away with your own masterpiece to hang on your wall or give as a gift. All levels of painters, including beginners, are welcome. All supplies are included except for an apron or smock, which you can bring if you wish. Optional frames and hardware will be available for purchase for $25 each.

Wednesday, April 12

6:00 - 9:00 p.m.

Le Sueur-Henderson HS/MS Art Room 126

$59 for 1 person, $109 if registering for 2 people.

Min. 4 / Max. 9

Instructor: Mike Tischendorf

Adult 55 Driving Alive Classes

8 Hour Defensive Class

This is a first time class needed to be taken before the 4 hour refresher class.

Call us at 507-665-4620 and we will find a date and time for you to do it online from home or in our office.

$20 per person
Ziebarth Learning Center, 706 Turril St. Le Sueur
****Must pre-register****

4 Hour Refresher Class

This 4 hour course is for people who have already had the 8 hour defensive class and only need to renew their certificates. Bring driver's license and a pen.

Monday, March 13

1-5 p.m.
Ziebarth Learning Center
706 Turril St. Le Sueur
$20 per person
Instructor: Heidi Baker

****Must pre-register****

Senior Citizen Dinner

The dinner is prepared by the Le Sueur Knights of Columbus Council 2895 and coordinated by Le Sueur-Henderson Community Education.

The event is funded in part by the Le Sueur Area United Fund.
The dinner is open to senior citizens age 62 and older who live in the Le Sueur-Henderson school district and is limited to the first 220 people who register.

Sunday, February 19
Doors open 11:00 a.m.
Lunch served at Noon
St. Anne's School, Le Sueur
FREE

Register by calling 507-665-4620 or online at isd.2397.org under the Com. Ed Tab.

Registration deadline Feb. 15

** Transportation within Le Sueur area is available upon request.

Cooking for One

Preparing nutritious and flavorful meals for one person can be a challenge, whether you are a college student or a newly single person. Sometimes it is easier for peanut butter toast, popcorn or cereal for every meal. This class will offer helpful suggestions to make it easier to cook and freeze for one or two people.

Tuesday, January 24

6:30 - 7:30 p.m.

LSH HS/MS Room 101

$26

Instructor: Heather Novack

Min. 5, Max. 20

Knitting Class

Join Faith Sohns and learn her fun hobby of knitting.
This is for beginners and intermediate knitters.
We will put our skills to the test and knit a dish cloth.

PLEASE bring a set of size 7 knitting needles and one skein of cotton yarn such as *Peaches & Cream*, *Sugar & Cream* or *Lion* brands. Do **not** bring Red Heart.

Mondays, February 6, 13, 27
5:30 - 7:00 p.m.
LSH HS/MS Room 101
$35
Instructor: Faith Sohns
Min. 2, Max. 5

10 Skills every Home Cook should know!

Are you struggling with the basics of cooking? Do you have fun in the kitchen or it is just hard? Is cutting an onion or cleaning veggies difficult? Do you know how to make gravy? This one evening class will introduce 10 kitchen skills that ever home cook should master to make at home cooking smoother and more enjoyable.

**Please bring a chopping knife, a paring knife and a 4-6 cup covered container to class with you.

Monday, February 27

6:30 - 8:30 p.m.

LSH HS/MS Room 101

$40

Instructor: Heather Novack

Min. 5, Max.16

New Resident Welcome

New residents that have moved to Le Sueur in the last two or three years are invited to a casual and fun gathering. We will introduce and connect you with people that can help you navigate the best places to eat, play, shop, or who to call if you need a helping hand. We'll serve coffee, juice, water, donuts, and fruit for you and have lots of great freebies from local businesses.

We'll also provide information on businesses in town, service organizations and a short welcome talk from the mayor.

Saturday, March 18

10:00 - 11:00 a.m.

Le Sueur Public Library

Free - no registration required

Reverse for Retirement

Learn the ABC's of reverse mortgages. Daily living expenses have increased, but so have home values. Many homeowners just like you are sitting on equity that could be converted to cash; that cash could make all the difference in your retirement years. Learn from a local Reverse Mortgage Specialist the basics of how a federally insured reverse mortgage works!

Monday, January 16
6:00 - 7:00 p.m.
LSH HS/MS Room 101
$5

OR

Monday, March 13
6:00 - 7:00 p.m.
LSH HS/MS Room 101
$5

Instructor: Russ Blaschko, Reverse Mortgage Specialist NMLS#472746

Acupressure To Assist Weight Loss

Acupressure is an Eastern healing technique that involves pressing or massaging key points on the body to stimulate energy flow through pathways called meridians. When the points that regulate metabolism, digestion and thyroid function are blocked or out of balance, losing weight will seem like an impossible task. In this workshop, you will learn the main pressure points that help strengthen thyroid function, boost metabolism, control appetite, decrease food cravings, reduce stress eating and strengthen the entire digestive system.

Monday, February 27
6:00 - 7:30 p.m. (Online class)
$24
Instructor: Janice Novack
Must have an email address

Janice Novack has a Masters Degree in Health & Physical Education. She is an internationally acclaimed, best selling author, speaker and wellness consultant who teaches workshops and seminars for hospitals, corporations and professional organizations. She has been teaching health and wellness for over 20 years.

Metabolism Boosters & Busters

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving, and you just can't seem to lose weight. THE GOOD NEWS - You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 SIMPLE things you can do every day to boost your metabolism and burn as much as 30% more calories every day.

Thursday, March 2
6:00 - 7:30 p.m. (Online class)
$24
Instructor: Janice Novack
Must have an email address

Acupressure To Relieve Stress, Anxiety, Insomnia & More

Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

Thursday, March 9
6:00 - 7:30 p.m. (Online class)
$24
Instructor: Janice Novack
Must have an email address

De-Age Your Brain

Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We'll discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You will learn simple, easy to implement strategies to help your brain stay healthy and alert.

Tuesday, April 11
6:00 - 7:30 p.m. (Online class)
$24
Instructor: Janice Novack
Must have an email address

ADULT BASIC EDUCATION

AREA ADULT LEARNING COOPERATIVE

2022-2023 Schedule

Program Coordinator: Nate Warden
Phone: (507) 665-4626
E-Mail: nwarden@isd2397.org

Classes run September 12, 2022-June 2023

ST. PETER
St. Peter Community Center
600 South 5th St.
Room 210

ABE/GED/ESL/Diploma
Mon.-Fri. 9:00 a.m. – noon
Mon. and Wed. 3:30 p.m. -7:00 p.m.
Sat. 10:00 a.m. – 1:00 p.m.

Credit Recovery/Diploma
Tues. and Thurs. 3:30-7:00 p.m.

Bridge to Work Readiness Class
Mon and Wed 11:30-2:30

WASECA
Central Building
501 East Elm Ave.
Room 325

ABE/GED/ESL
Tuesdays and Thursdays
9:00-11:00 a.m. (online only)
6:00-8:00 p.m. (In-Person)
Call (507) 665-4626 to schedule

Online Classes - available to all

On-Ramp - Skills on Demand
8:30-11:30 a.m. Monday-Thursday
Leveled ESL Classes
6:00-8:00 p.m. Tues. Wed. Thurs.

Gaylord/Sibley East
Gaylord Public Library
428 Main Ave.

ABE/GED/ESL
Mondays 6:00-8:00 p.m.

LeCenter/Tri-City United
Le Center Primary Building
150 West Tyrone St.
Use door on East Side on Maple

ABE/GED/ESL
Tuesday and Thursday 11:30-2:00 p.m.

Winthrop/G.F.W.
GFW High School
1001 N. Cottonwood Street
Room 260/Second Floor

ABE/GED/ESL
Tuesdays 9:00 a.m. – Noon

Le Sueur-Henderson
Ziebarth Learning Center
706 Turril St. Le Sueur

ABE/Diploma/Credit Recovery
Tuesdays and Thursdays 3:30-7:00 p.m.

To be eligible for ABE services, an individual must be at least 17 years of age or older, not currently enrolled in secondary school, and functioning below the 12th grade level in any of the basic academic areas including reading, math or speaking English. Prior to enrollment in any ABE program, an assessment test is required to determine academic eligibility.

SNOW TUBING at Mount Kato

If you like to sled, you'll love snow tubing! Imagine the thrill of riding down a snowy long hill and then effortlessly riding your tube back up!
Tubes are provided and helmets can be rented that day for $2.
Please dress appropriately. ***MUST BE 42" tall.***
Children ages 10 and under need an adult or a teenager with them.

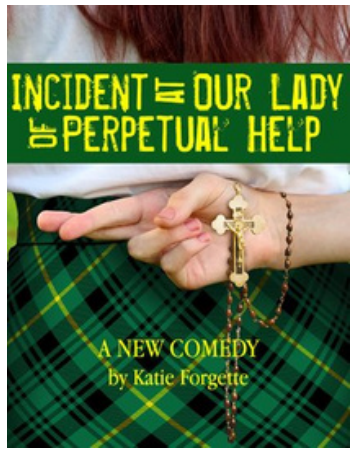
Monday, February 20 (No school for LSH)

Depart: 12:45 p.m. Pizza Ranch, Le Sueur
Return: 4:30 p.m.
$30 per person, snow tubing and bus.
**We need 20 people to go to make this trip happen.*
Registration will be cut off once the school bus is full.

Incident at Our Lady of Perpetual Help

at the SideKick Theatre in Bloomington

A New Comedy by Katie Forgette



Take a trip back to 1973 with the Irish Catholic O'Shea family in the uproarious INCIDENT AT OUR LADY OF PERPETUAL HELP. This boisterous and moving new memory play introduces us to young Linda, as she recalls a week she'll never forget. When Linda's mother instructs her to tell her sister about the birds and the bees, things quickly snowball into a potential crisis after the conversation is overheard by the parish priest. Secrets are unintentionally revealed, and a quick-witted group of women realize what really matters as they work to protect their family reputation and each other.

This wild and tender comedy explores the foolishness of first love and ultimately, the power of family.

Wednesday, April 26

Depart: 10:30 a.m. Le Sueur Pizza Ranch

Return: 4:30 p.m.

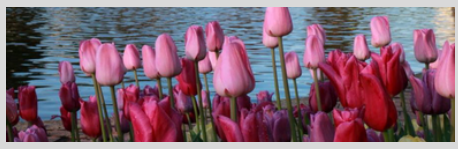
$95 (Includes coach bus, meal & ticket.)

Registration deadline April 10

Pella Tulip Festival & Amana Colonies in Iowa

May 4 - 6

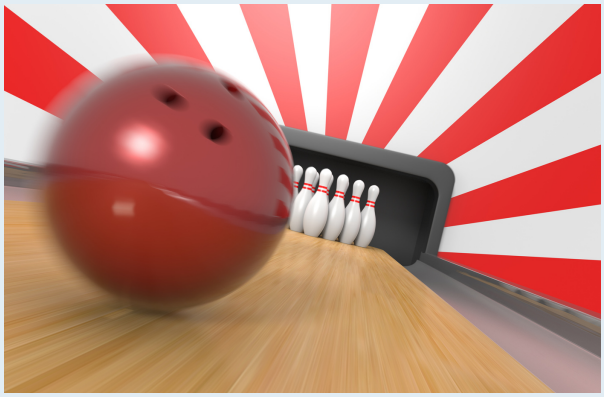
Come to Pella to see the famous Tulip Festival! Take part in all the fun including the Dutch Village, shopping and lots more! Stop in at Community Ed for more information.



BOXHOLDER

Bulk Rate
U.S. Post Paid
Permit No. 2
Non-Profit Organization
Le Sueur, MN 56058

Le Sueur-Henderson Community Education



Mother-Son Bowling & Pizza

Saturday, February 18

11:00 a.m.

See page 5 for more details!

Daddy Daughter Dance & Meal

You don't want to miss this special evening.

Friday, February 24

6:00 - 8:00 p.m.

See page 5 for more details!

Senior Citizen Dinner

Sunday, February19

12 Noon

See page 11 for more details!

RIDGEVIEW

YOUR PRIMARY CARE TEAM IN LE SUEUR

Jeffrey Alto, MD
Internal & Family Medicine

Tiffany Gordon, DNP
Family Medicine

RIDGEVIEW CLINICS IN LE SUEUR
625 S. Fourth St., Suite A
Mon.-Fri., 8 a.m. to 5 p.m.
For appointments, call 507.593.5920.

URGENT CARE
7 days a week, Noon to 8 p.m. and
24/7 EMERGENCY DEPARTMENT
available in Le Sueur

RidgeviewMedical.org