Winter-2018-2019 SCC Community Education Classes
December, January and February
http://www.scc.k12.wi.us/comm/sccce.cfm or Paulette at 612-229-6014 or lupine.anderson@gmail.com

Unicycle Ages 8 and up
This course will teach anyone the basics of riding a unicycle. Unicycling is an awesome individual or family sport. It’s fun, challenging, and unique! Unicycles will be provided for each participant.
Instructor: Paulette Anderson
Every Thursday starting September 14th unless school is closed or gym is in use.
5:00-8:30 PM, Classes and open gym for unicycle practice
Fee: $10 per person for eight sessions; $25 per family for eight sessions
Location: SCC Elem Large gym in Roberts, WI

Get Fit Bootcamp Teens and Adults
If you are a beginner, an avid fitness enthusiast or just tired of the same routine come try this whole new approach to exercise...fun! Get Fit Bootcamp is a unique Bootcamp style class that combines cardio, strength training and core work all in an exciting 60 minute workout. This 10 session fitness program offers fitness instruction, nutritional counseling and motivational training - jam packed with fun and energizing activities designed to help you reach your fitness goals.
Please bring an exercise mat (if you have one), water & a great attitude!
Fee: $10 for 1 time class / $70 for 10 class punch card / $40 for a 5 class punch card
Class Schedule: Sept.10th and every Monday unless school is closed or gym in use
Time: 6:00 - 7:00 pm Location: SCC Elementary Secondary Gym (enter through rear doors) in Roberts, WI
Instructor: Tera Busker (for more info please visit www.fitnesstogo.net/bootcamp)
Contact Tera To Register

www.Blackhawk.Soccer
November 1, 2018 Registration Opens—www.Blackhawk.Soccer
February 23, 2019, Open House, Greenfield North Gym, 10am—Noon
March 15, 2019, U10-U19 Registration Closes (Early Bird closes March 1, 2019)
April 12, 2019, U6 - U8 Registration Closes (Early Bird closes April 1, 2019)
April 2, 2019 U10 - U19 Practices begin
April 30, 2019 U8 Practices begin
May 7, 2019 U6 Practices begin
June 15, 2019 (est.) Baldwin Blast Home Tournament

As www.Blackhawk.Soccer continues to grow, we NEED VOLUNTEERS!
We NEED Coaches—contact development@blackhawk.soccer.
We need a Baldwin Blast Organizer—contact blast@blackhawksoccer.
Other questions to Ed Paulsen - info@blackhawk.soccer or 612.867.2921
Central Wellness

Please check our website www.gilhousenchiro.com or phone 715-796-2122 for class updates.

Health and wellness start with awareness. Our goal is to provide attendees with a higher understanding of all factors at play when making decisions. Central Wellness is the community outreach initiative created and presented by Drs. Mike Gilhousen and Kyle Cress. We invite you to join us for one or all classes. This Winter we are offering an educational series on the ‘Big 3’ in health and wellness: DIET, EXERCISE and REST. Each class will last about an hour with time for questions at the end. Fee: $10/class. Please register but pay instructor the night of class.

PART ONE: Understanding Gut Health (1st Wednesday each month)

We will provide you a look at how the standard American diet is a dominating negative factor for many people as well as ways to make smarter decisions for yourself.

Location/time: SCC Middle School in Hammond, FCE room. 6-7PM

Dec. 5th: Prepare for the New Year’s Success
- Gut and the immune system
- Best diets and why
- What is purification?

Jan. 2nd: We are what we eat
- Connection of the gut and brain
- Foods that must be avoided
- Shopping & meal planning

Feb. 6th: Gut restoration
- Eat like your life depends on it
- How can I get better?
- Maintaining health

PART TWO: Mobility Class (Wednesday Jan. 16th)

Location/time: SCC Middle School in Hammond, FCE room & small gym. 6-7PM

Daily movement is a crucial component of not only physical health and wellbeing but mental and emotional as well. Several aspects of mobility will be covered to get you jump-started on different daily routines that suit you and your current daily habits. Wear comfortable clothes you can move and stretch in.

PART THREE: Achieving Proper Rest (Wednesday Feb. 13th)

Location/time: SCC Middle School in Hammond, FCE room. 6-7PM

Not sleeping soundly? Not waking up feeling restored? Feeling fatigued by mid afternoon? Here we will take a look at circadian rhythm, stages of sleep, hormonal factors at play, anatomy and physiology, lifestyle interferences and a comprehensive sleep hygiene tip list to take home.

“The preservation of health is easier than the cure of the disease.” -B.J. Palmer
**Zumba® Fitness**

Everybody and EVERY body! Each Zumba® class is designed to bring people together, to let loose, and have a BLAST. Join me the first Saturday of the month for a Zumba® Fitness Party! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective?

Instructor: Licensed Zumba® Instructor Michelle Calcagno (ZIN since July 2009)

Classes are the 1st & 3rd Saturdays of the month @ 10:30am (90 min Class)

SCC Elementary School Secondary Gym in Roberts, WI, please follow the gymnasium sign to the parking area.

FEE: $5 per class. REGISTER: At class anytime

**Winter Spring 2019 session:**

January 5 & January 15
February 2 & February 16
March 2 & March 16
April 6
May 4 & May 18

PAYMENT: Make checks payable to the instructor of your class.

Contact Instructor Michelle Calcagno email minnesotamimi@hotmail.com with questions.

Michelle Calcagno   michellecalcagno.zumba.com
Licensed Zumba Fitness Instructor Cell: 715-760-0244

**Winter Spring 2019 session:**

January 5 & January 15, February 2 & February 16
March 2 & March 16, April 6, May 4 & May 18

PAYMENT: Make checks payable to the instructor of your class.

Contact Instructor Michelle Calcagno email minnesotamimi@hotmail.com with questions.

Michelle Calcagno   michellecalcagno.zumba.com Licensed Zumba Fitness Instructor Cell: 715-760-0244
SCC Community Education Registration Form

Name/s___________________________________________________

Address___________________________________________________

Phone (H)_______________________(O)________________________

Name of Class______________________________________________

Date/s______________________________Time___________________

Amount Enclos________________________ E-mail____________________________

☐ Permission to videotape or photograph for the use of promoting the SCC community education programs in advertising via web-page or newspaper or other promotional material. _________________________________

(Signature)

Please use a separate form for each class. Please make check payable to SCC.
Mail to SCC_Box 202, Hammond, WI 54015. Questions? 612-229-6014 or lupine.anderson@gmail.com THANK YOU FOR YOUR SUPPORT!!

Hammond Community Library
850 Davis Street
Hammond, WI 54015
715-796-2281
www.hammondpubliclibrary.org
mjohnson@hammondpubliclibrary.org

Hours: Monday-Thursday 9 AM - 8 PM, Friday 9 AM - 6 PM, Saturday 9 AM - 1 PM.

A Fine Free Library! Free Library Cards! Free WiFi!
A great selection of free materials that you and your family can enjoy!
Welcome to the heart of the community where you can meet up with your neighbors and friends!
Come on in and hang out!

FREE SPECIAL PRORAMS!

NOVEMBER 27 at 6:00 PM: HOLIDAY TREE LIGHTING IN THE VETERAN’S PARK. Enjoy the kick-off of the holiday season with this special community tradition. Afterwards, go inside the library to warm up with a cup of hot chocolate or hot apple cider. Plus check out all of the activities that are coming up at the library as well as all of the wonderful reading treasures that await you and your family year round!
December

Do not miss our 12 days of Christmas book check out. Each year we wrap books and bundle 12 books together for you and your family to enjoy opening a book a night for 12 nights.

Monday, December 3 at 6:30 PM: Bath Salt Ornament--make your very own bath salt ornament. All materials provided. These make a perfect gift or something that you can treat yourself with at the end of a long day.

Monday, December 10 at 6:30 PM: Paint and Sip Night: Charlie Brown Christmas Tree--enjoy a cup of hot chocolate, tea, or coffee as you paint your own canvas painting of the famous Charlie Brown Tree.

Monday, December 17 at 6:30 PM: Holiday Butters--learn to make 4-6 different holiday butter spreads that will impress your guests this holiday season. These also make wonderful host and hostess gifts. Come and learn to whip up these easy holiday butters, enjoy sampling, and leave with the recipes.

January

Monday, January 7 at 6:30 PM: Snowman Craft--make a snowman craft tonight that will be sure to brighten your home this winter. Cute and adorable and fun to make.

Saturday, January 12 at 11:00 AM: Artful Saturday—all ages welcome for this first Art Filled Saturday. Come in and be creative with scissors, glue, coloring pages, perler beads, and more!

Wednesday, January 16 from 1:00-3:00 PM: Coffee Tasting—have you always wanted to try a new and different coffee? Or wanted to try a new creamer flavor? Here is your opportunity to enjoy sampling various coffees today as well as homemade coffee creamers. Coffee creamer recipes will be available. Not only will you enjoy the coffee you will be able enjoy delectable treats as well. These treats are sure to complement your coffee.

Monday, January 21 from 2:00-8:00 PM: Puzzle Day—take a time challenged or a restful and relaxing puzzle building day. All sizes and shapes of puzzles will be available. If you want to race the clock, we will put a timer on and you can see if you can get your puzzle done before the time runs out. Or if you just want to sit and do a puzzle in a relaxed manner you can do that also. Refreshments will be provided.

Thursday, January 24 at 6:30 PM: Valerie Cady is back with Organizing Your Legacy: Making memories that last with your memorabilia and photos—Do you wonder what will happen to your beloved family artifacts after you pass away. Are you wanting to get your photos organized but it feels overwhelming? Have your kids already told you that they don’t want your stuff and you are afraid it will all go to strangers or worse, be thrown out? You have a choice. This presentation focuses on moving your past into the present so that your family can cherish the lifetime of memories that you have collected, in a way that is meaningful for all of you.
February

Love your library! Throughout the month of February, we will be showing our love to community by having drawings for books and other prizes. We will have available “Love Bundles” for you; these are specially bundled books for all ages for your reading pleasure.

Thursday, February 7 at 6:00 PM: Chocolate Fest—Chocolate everything for you sample and enjoy from baked goods to unique candies.

Saturday, February 9 at 11:00 AM: STEM Saturday—a Saturday filled with STEM activities such as coding, chain-reaction, inventors and inventions, all hands on activities for children ages 4 and up.

Monday, February 11 at 6:00 PM: Valentine String Art—bringing back a classic art technique, we will be creating a no-pounding string art valentine project that will be the highlight of your holiday decorating or a gift for your special Valentine.

Thursday, February 21 from 1:00-3:00 PM: Tea Sampling—enjoy a wide selection of teas to sample and enjoy this afternoon. As you are sampling your tea, try a biscuit or two to accompany your tea.

WEEKLY PROGRAMS

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<thead>
<tr>
<th>Days</th>
<th>Program</th>
<th>Time</th>
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<tbody>
<tr>
<td>Mondays</td>
<td>Open Craft Evening</td>
<td>4:00-</td>
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<td>8:00 PM</td>
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<tr>
<td>Tuesdays AM</td>
<td>Rhythm and Music</td>
<td>10:30</td>
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<td>Tuesdays PM</td>
<td>After School Art</td>
<td>4:00</td>
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<td>Wednesdays 2:30 PM</td>
<td>Fika (coffee and conversation)</td>
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<td>Wednesdays 6:00 PM</td>
<td>Cribbage</td>
<td>3:00-</td>
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<tr>
<td>Wednesdays 7:00 PM</td>
<td>Yoga (location: Village Offices 455 Davis Street)</td>
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<td>Mondays and Fridays</td>
<td>Homeschool Programs</td>
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<td>9:00-2:00 PM</td>
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MONTHLY PROGRAMS

<table>
<thead>
<tr>
<th>Program</th>
<th>Time</th>
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<tbody>
<tr>
<td>Coloring and Dot-to-Dot</td>
<td>2nd Thursday of each month 4:00-</td>
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<td>8:00 PM</td>
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<td>Cozy Mystery Book Club</td>
<td>3rd Thursday of each month 7:00 PM</td>
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<tr>
<td>Community and Breakfast</td>
<td>4th Wednesday of each month 8:00-10:00 AM</td>
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Weekly Programs:
Story Time: Mondays and Wednesdays from 10:30-11:15AM, recommended ages 4 and under
Play and Learn: Tuesdays 10-11:30AM, registration required
Strong Seniors: Tuesday and Thursdays at 1PM
Stitching Group: Wednesdays 12:30-3PM
Crochet and Knitting Group: Thursdays 2:15-5PM
Senior Coffee and Cookies: Fridays at 10AM
Reserved Teen Study Area: Every Monday from 4-6PM the Archive Room is reserved for teen use only

Monthly Programs:
Tech Night: Second Thursday of each month from 5:30-7:45PM, sign up required
Tween Book Club: Grades 4-7, one Saturday a month from 10-11AM, book available for pickup at the front desk
Teen Book Club: Grades 8-12, one Thursday a month during 9th hour at SCC High School, book available for pickup at the front desk
Teen Advisory Board: First Tuesday of each month, from 5:30-6:30, advise and help organize teen events at the library, as well as other volunteer opportunities, sign up required
STEM Nights: Once a month from 4:30-5:30PM, Grades 4-7, sign up at the front desk
Lego Club: Ages 5 and up, one Saturday a month from 10:30-11:30AM, we will supply all the Legos, all you need to bring is your imagination
Job Center: Third Wednesday a month from 10AM-12PM
A Novel Idea Book Club: On the last Monday of every month at 5:30 at Bobtown Brewhouse. Discussions begin at 6 pm.

Upcoming Programs:
Traveling Book Club: Each month a different St. Croix County library will host a book discussion at a local venue. All meetings will be the 3rd Thursday of the month with optional dinner beginning at 6 pm and book discussion at
6:30 pm. You can register and get a copy of the book at our library. January 17th is Bear Town by Fredrik Backman at the Phoenix Grill, February 21 is Delicious by Ruth Reichl at Bass Lake Cheese Factory, March 21 is Prairie Fires by Caroline Fraser at Post Mark Grill and April 18th is Before We Were Yours by Lisa Wingate at the Barn Board.

**Letters to Santa Writing Station:** December 1-21 during regular library hours. Come in to write your special letter to Santa—we provide everything except your list!

**Christmas on Main:** Saturday, December 8th join the main street businesses in Roberts to experience the holiday season. The library will have Lego Club 10:30-11:30 am and open Christmas crafts will be available 10:30-12:30 pm.

**Annual Holiday Event:** Tuesday, December 11, 5:30-7 pm. Join us for a festive evening including pictures with Santa, live music with Joyful Brass, crafts, cookies and ciders will also be available.

**Hot Dish Cook-off and Author Event Fundraiser:** Tuesday, January 22, 5:30 pm. Please register your hot dish selection by calling the library so we don’t have too many of the same type of recipes. Each hot dish entry will need to provide its own serving utensil. Community members are invited to join us to eat by giving a free will offering which will go for the payments on our parking lot. Our local book club—A Novel Idea members will be serving the meal. Author, Pat Dennis will be talking about her book, Hot Dish to Die For.

**Cookie and Cake Decorating Class:** Just in time for the Valentine holiday! Thursday, February 7th, 5:30 pm. Please register at the library or by calling 715-749-3849. Local talent, Missy Gruenes will be teaching this class.

Visit our webpage at [www.robertspubliclibrary.org](http://www.robertspubliclibrary.org) for more information about any of these programs, including specific dates for
monthly programs. More programs may be added to this schedule as we approach different month. Like us on Facebook at Hazel Mackin Community Library.

2018-19 Winter Fitness Class Schedule
Western Wisconsin Health Fitness Center

Please check our website at www.wwhealth.org or call 715.684.1642 for class updates. We strive to offer you the best possible variety of classes, so our schedule evolves on a regular basis.

**ALL CLASSES ARE FREE WITH MEMBERSHIP!**
**(NON-MEMBERS PAY $10 FOR GUEST PASS)**

After Work 'Shake Up'
Mondays and Wednesdays: 4:00 to 4:30pm (Ongoing)
Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class that will mix your cardio and strength training for an overall body workout! We’ll get your heart rate up and build your body at the same time! This class is suitable and modifiable for all fitness levels!

Instructor: Melissa

Ageless Grace
Thursdays: 10:00 to 11:00pm am (6-week session begins January 10, 2019)
People of all ages and abilities can perform these movements, including those with weight and joint issues, diabetes, use wheelchairs, or have other physical limitations. Come and move your body, even if you are a bit shaky on your legs – we do what we can!

Instructor: Kate

Body Blast
Thursdays: 5:30 to 6:00pm (Ongoing)
Blast your fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio and strength routines that will be tailored to the class’s needs from week to week. This is a great time to enjoy the music and feel the burn! All fitness levels welcome.

_Instructor:_ Alexis

**Cardio Circuit and Stretch**

*Wednesdays: 7:00 to 7:30pm (Ongoing)*

With both cardio and strength training in mind, this class will offer different stations at timed intervals that will emphasize a full-body workout. Each class ends with a 15 minute whole body stretch. This class is suitable and modifiable for all fitness levels!

_Instructor:_ Bonnie

**Fitness Stretch and Tone**

*Wednesdays: 7:00 to 7:30pm (Ongoing)*

FST blends the best of mind/body formats in an energizing and calming atmosphere.

All levels are welcome to experience the benefits of strength, balance, coordination, and flexibility.

_Instructor:_ Anna

**Forever Active**

*Mondays and Wednesdays: 9:00 to 9:30am (Ongoing)*

Forever Active is a combination of cardio and strength training for those individuals seeking an active lifestyle and a little socialization. This low-impact class is perfect for ages 60+ but any age is welcome!

_Instructor:_ Kelly and Kerri

**Fundamental Yoga**

*Mondays: 5:45 to 6:45pm (Ongoing)*

Fundamental Yoga is the perfect opportunity to learn more about yoga and how to perform poses to the best of your ability! Modifications are available for all levels.

_Instructor:_ Angie

**Java Jumpstart**

*Mondays and Wednesdays: 5:45am to 6:15am (Ongoing)*

Start your day with some java! This class works out all areas of the body and focuses on arms, legs, glutes and core. This class is suitable and modifiable for all fitness levels.

_Instructor:_ Alexis and Kerri

**Lift Strong**

*(Check with Fitness Center staff for class availability)*

This is a progressive 6-week lifting program that will feel much like personal training in a motivating group fitness environment. Every week, you will learn a
new and challenging lifting workout and also be provided with homework to complete during the week.
*Instructor:* Anna

**More For the Core**  
**Thursdays: 4:45 to 5:15pm (Ongoing)**  
More for the Core is a 30 minute core class designed to work all aspects of your core. This class takes "hurts so good" and brings it to life!  
*Instructor:* Mary Lou

**Pilates**  
**Fridays: 9:15am to 10:00am (Ongoing)**  
Experience the benefits of training from the center of your body out! Pilates improves core strength, posture, coordination, muscle tone, strength, muscle endurance, coordination, and flexibility. This class is suitable and modifiable for all fitness levels! Please bring your own mat.  
*Instructor:* Anna

**Specialty Snapshot**  
**Saturdays: 8:30 to 9:00am (Ongoing)**  
We will explore different styles of specialty classes that we may want to offer in the future on Saturdays. Come with an enthusiasm for new challenges every weekend!  
*Instructor:* varies

**Spin AM**  
**Tuesdays: 5:45 to 6:30am (Ongoing)**  
This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!  
*Instructor:* Stephanie

**The Spin Cycle**  
**Thursdays: 6:15 to 6:50pm (Ongoing)**  
Ride from the shoreline to the hills on this journey that is designed to provide you with the optimum in fat burning and strength building. This ride will simulate varied terrain as you tackle rolling hills, sprints and other drills to give you a great interval workout. Come find the inspiration you've been looking for to help you achieve your personal goals! This class is for the beginners as well as seasoned cyclists!  
*Instructor:* Mary Lou

**Spin Revolution**  
**Fridays: 5:45 to 6:30am (Ongoing)**  
This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!  
*Instructor:* Scott
Stretch It Out
Fridays: 12:00 to 12:30pm (Ongoing)
Improve your range of motion and flexibility without breaking a sweat. This class will give you the tools to work on tight muscles while also enjoying a relaxing 30-minute class. **Instructor:** Kennedy

Sunrise Yoga
Tuesdays and Thursdays: 7:00 to 7:45am (Ongoing)
Wake up and be energized with Sunrise Yoga! This class will incorporate slow, controlled movement through a variety of fundamental yoga poses that will help with physical strength and stability, mental clarity, and stress relief. **Instructor:** Angie

Total Body Strength
Mondays: 7:15 to 7:45pm (Ongoing)
This class has a focus on strength building exercises, including lower body, upper body, and core, to give you a well-balanced workout! **Instructor:** Kennedy

Triple Threat Tuesday
Tuesdays: 6:00 to 6:30pm (Ongoing)
This class will give you a total body workout, incorporating cardio, strength, and core exercises with a variety of equipment. This fast-paced 30 minute class is sure to get your heart rate up, while incorporating muscle training at the same time. Triple Threat Tuesday is suitable and modifiable for all fitness levels! **Instructor:** Mary Lou

TRX Movement
Thursdays: 5:45 to 6:30am (Ongoing)
Designed to develop your core strength, this challenging full body workout will also help you build strength and stamina, and increase total body mobility and stability. The TRX suspension system challenges both your stabilizers and your major muscle groups. This class also may include cardio, strength, and balance elements. TRX Movement is a fun and invigorating workout that is appropriate for all levels. No prior experience is necessary. **Instructor:** Kerri

Wednesday Weights and Cardio
Wednesdays: 5:30 to 6:00pm (Ongoing)
This class gives you a total body workout using a variety of equipment. Each workout ends with a 15 minute stretch to help ease you into your evening! **Instructor:** Bonnie

Wild Card Workout
Tuesdays: 5:15 to 5:45pm (Ongoing)
No boring, same-old, same-old workout routine! Each class offers a unique workout that features different equipment, timing, reps, and routines to keep your mind alert and your muscles adapting. This class is for moderate to advanced fitness levels.
Instructor: Melissa