

Mahnomen Community Education and Early Childhood Family Education

Mahnomen Public School District
#432

Fall/Winter Schedule 2019-20

Community Education

P.O. Box 319

209 1st Street SW

Mahnomen, MN 56557

218-935-2211

Superintendent of Schools

Jeff Bisek

Board of Education

Kim Anderson	Jim DeVries
Jill Kettner	Kyle Larson
Nicole Ose	David VanDenEinde

Community Education Staff

Kim Kochmann, Director

Lisa Larson & Cassy Buchanan,
Early Childhood Family Education

Community Ed. Classes

The Community Ed program is the part of the school district designed to link the school and the community. Because the school buildings belong to you - the public- we like to give you every opportunity to get into the classrooms and do some learning yourself.

We are always looking for individuals who would like to share their hobbies, talents, and skills by teaching a Community Education Class. Most instructors are not professional teachers. They are community people like you who enjoy being with people and sharing their talents. Instructors are paid. If you have any interest in teaching a class or suggestions for instructors, please call Kim Kochmann at 218-935-2211 ext. 210.

The Mahnomen Community Education Classes are scheduled twice a year. We offer a wide variety of classes for people of all ages!

Please take a few minutes and browse through the classes to see what interests you!

Cooking



Homemade Canned Apple Pie Filling

Do you love pie, but never take the time to prepare it? By canning apple pie filling, you will have a dessert already half prepared. I'll bet if you start canning it, and have it all ready and waiting on your pantry shelf, you will have it more than just during the holidays. This filling can also be used as is. Simply pour it into a casserole dish, heat and serve with ice cream for a quick and easy treat.

Instructor: Deb Neisen

When: Monday, November 4

Time: 5:00-7:00 pm

Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)

Sessions: 1 session

Fee: \$8.00 includes class and filling supplies - Just bring your own quart jar to take your pie filling home!!!

Registration: Preregistration is required



Christmas Cookie Exchange

Tired of baking alone? Do you want to share recipes and have fun with a group? Well, schedule an evening of baking fun at the Mahnomen Family & Consumer Science Room.

The room will be available for you to bake and share all of your favorite cookie and candy recipes. A small fee of \$5.00 per person is needed to rent the room. If your group is interested, please call the school at 218-935-2211 ext. 210.

Green Juice - How To? And Benefits?

Take your first steps toward a lifetime journey of successful juicing. Learn how to juice, what to juice, and when to juice. You may ask what is juicing - it is the process of extracting juice from fruit, vegetables or tubers. Join Renee and make a green juice from a variety of fruits and vegetables including celery, zucchini, cabbage, spinach, ginger, lemons, and green apples. Renee will share her experiences with juicing and the health related benefits of incorporating more plant-based foods in your diet. Each participant will take home/try a 16-ounce juice.

Instructor: Renee Godke

When: Thursday, November 21

Time: 4:00-6:00 pm

Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)

Sessions: 1 session

Fee: \$4.00 plus food supplies

Registration: Preregistration is required



Instant Pot (Multi-Cooker) 101

Is your new Instant Pot multi-cooker still in the box? Or maybe you're trying to decide if you should add one of these popular gadgets to your Christmas wish list? Join us to learn all about the new multifunctional electric pressure cookers and how they work, as well as get some tips and tricks and a few favorite recipes to get started using your today!

Instructor: Deb Neisen

When: Monday, December 2

Time: 5:00-7:00 pm

Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)

Sessions: 1 session

Fee: \$4.00 plus food supplies

Registration: Preregistration is required

Krumkaka Night



Learn how to make this Scandinavian holiday treat. Kate will go through the basics in making krumkaka. You will then be able to make some to take home. They are easy to make and inexpensive, too. Your holiday guests will think you worked for hours!!!

Instructor: Kate Bucholz

When: Thursday, December 5

Time: 4:30-6:30 pm

Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)

Session: 1 session

Fee: \$10.00

Registration: Preregistration is required



Rosette Night

Learn how to make this Scandinavian holiday treat. Kate will get you started and then you will be on your own. You will be able to make some to take home. This treat is easy to make and inexpensive, too. Your family and friends will think you worked for days.

Instructor: Kate Bucholz
When: Thursday, December 12
Time: 4:30-6:30 pm
Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)
Session: 1 session
Fee: \$10.00
Registration: Preregistration is required

Arts & Crafts

Bandana Cowl

The bandana cowl is a sassy, casual touch that suggests the wearer possesses an innate stylishness. It's the perfect accessory for those cool mornings when you've hit snooze a few too many times and need to turn "thrown-together-in-a-rush" into "casually glamorous"! This is a beginner project for someone looking for a great project that is easy to complete.

Instructor: Julie LaVoy
When: Saturday, December 7
Time: 10:00 am - 2:00 pm
Place: Pinehurst Resort
Session: 1 session
Fee: \$6.00 plus supplies - 150 yards of worsted weight yarn and US size 10, 16-inch circular knitting needle
Registration: Preregistration is required



Beginner Quilting Class

Amazed by the quilts made by your friends and wishing you could create your own??? Sandy will help you to learn the basic skills needed to make a quilt project of your own. You will learn how to pick fabrics, use a rotary cutter, piece blocks together, add borders, and finish a quilt. A small project will be completed during the class.

Instructor: Sandy Kaster
When: Wednesdays, November 13, 20, & December 4
Time: 6:00-8:00 pm
Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)
Session: 3 sessions
Fee: \$12.00 - Supplies are included in the fee
Registration: Preregistration is required



Faded Scarf

This relaxing stitch scarf can be created with endless color possibilities! It would be gorgeous done in one color, but you can just as easily use more! The scarf is lightweight and perfect to use year round. It can be made by either crocheting or knitting - depending on experience, as some experience is needed.

Instructor: Deb Neisen
When: Mondays, November 18 & 25
Time: 5:00-7:00 pm
Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)
Session: 2 sessions
Fee: \$8.00 plus Supplies -
Yarn - super bulky weight 130 yards depending on size
Crochet Hook - N - 15
Knitting Needles - Size 15 straight needles



Hoodie Shawl

Wear this shawl like you would any other, when it gets extra chilly, pull it up over your head for an instant hood. The size of the shawl can be altered to fit individuals from child to adult size. This project can be made by either knitting or crocheting - depending on your experience, as some experience is needed.

Instructor: Deb Neisen

When: Mondays, December 9 & 16

Time: 5:00-7:00 pm

Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)

Session: 2 sessions

Fee: \$8.00 plus Supplies -

Yarn wt. 100 grams or 155 m- depending on size

- Child - 400 Yards, Adult - 580 yards

Crochet Hook US 11 (8.00mm)

Knitting Needles - Size 11 - 32 inch circular needle or straight needles

Registration: Preregistration is required

French Rose "Quilt-as-u-Go" Topper

Good for beginners and advanced quilters alike. Purchase all new fabric, use up scraps, or combine the two. The results are stunning, and you are sure to get awesome feedback from friends and family on just how talented you are! During the class, you will make 4 flowers that can be sewn together for a table topper. The technique can be used to make a larger quilt.

Instructor: Kate Bucholz

When: Tuesdays, October 29 & November 5

Time: 6:00-8:00 pm

Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)

Session: 2 sessions

Fee: \$8.00 plus 1 yard of white material - a variety of materials will be available for your flowers and leaves

Registration: Preregistration is required



Native American Loom Bracelet

Learn the art of beading on a loom while you create a handcrafted bracelet. Wendy will show you how to wrap a loom, bead your bracelet, and how to remove your beadwork from the loom and attach a clasp. This class is for adults and youth (ages 10 and under should have an adult to help). Your fee includes all the materials and the use of a loom. The looms can be purchased after the class for an additional fee if desired.

Instructor: Wendy Roy

When: Wednesdays, December 4, 11, an 18

Time: 6:00-8:30 pm



Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)

Session: 3 sessions

Fee: \$30.00

Registration: Preregistration is required



Pumpkin Fresh Flower Arrangement

Working with fresh flowers can be challenging when considering what flowers to use and how to place them to create an eye appealing arrangement. In this class, you will create a fall arrangement using a pumpkin vase. All the supplies will be included along with tips to help you create your own arrangements.

Instructor: Jenna Cardinal

When: Thursday, November 21

Time: 6:00-8:00 pm

Place: Ag Rm (Entrance Door #8 on the north side of the school)

Session: 1 session

Fee: \$40.00 - includes class and supplies

Registration: Preregistration is required by November 7



Winter Permanent Arrangement

Create a winter arrangement that can be used for one than one season! This

arrangement will be a great addition to your holiday table or a great accent piece for any room. Jenna will help you create this permanent piece and provide tips that can help you make your own arrangements in the future.

Instructor: Jenna Cardinal

When: Thursday, December 12

Time: 6:00-8:00 pm

Place: Ag Rm (Entrance Door #8 on the north side of the school)

Session: 1 session

Fee: \$40.00 - includes class and supplies

Registration: Preregistration is required by November 27



Early Childhood

ECFE Classes

The acronym ECFE stands for Early Childhood Family Education. This program provides classes, programs, and services for families with young children from birth to kindergarten age.

ECFE Classes are open to all families with preschool children. Classes are held from 4:30-5:30 pm on Monday nights in Mahanomen. The ECFE classes are held in the Mahanomen Elementary Room Number 142.

It is the mission of Early Childhood Family Education to strengthen families and support the ability of all parents to provide the best possible environment for the healthy growth and development of their children.

ECFE also gives children an opportunity to play with their peers and work cooperatively with others.



Early Childhood Family Education Schedule

Mondays, 4:30-5:30 pm

October 28

November 4

November 18

November 25

December 2

December 9

December 16

--Entrance Door #1 on the north side of the school.

To preregister for classes, call Lisa Larson at 218-935-2211 ext. 142



School Readiness

School Readiness classes offer age appropriate activities, curriculum and assessment for preschool children.

Through the school readiness program, students will develop skills needed for success as they enter kindergarten----

- Language and Literacy
- Mathematical experiences
- Movement activities
- Social skills

Children will learn through---

- Creative Arts
- Discovery activities
- Hands-on-experiences

School Readiness will operate on days when school is in session and will follow the Mahnomens School District Calendar.

School Readiness for the 4's

All children who are 4 years of age by September 1, 2019 are eligible to participate in the voluntary pre-kindergarten program.

Instructor: Lisa Larson & Cassy Buchanan

When: Monday through Friday, September 3, 2019 - May 28, 2020

Time: 8:30 am - 3:15 pm

School lunch is available at a rate of \$2.45 per meal or based on eligibility for free and reduced rates.

Place: Mahnomens Elementary

Registration: Preregistration is required

General Interest

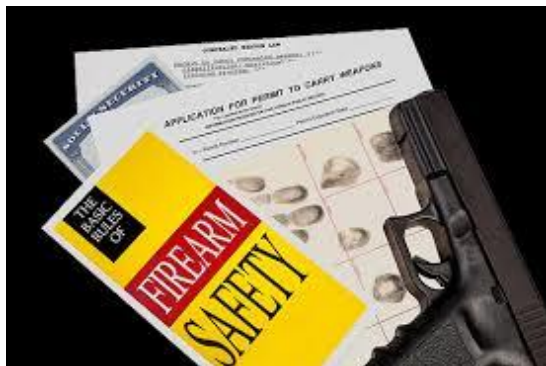
Defensive Driving for Those 55+

Cars have changed and so have the traffic rules, driving conditions, and the roads you travel every day. Some drivers age 55-plus have never looked back since they got their first driver's license, but even the most experienced benefit from brushing up on their driving skills. You can expect to learn current rules of the road, defensive driving techniques, and how to operate your vehicle more safely in today's challenging driving environment. You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. This course meets the requirements for a discount from your insurance company. Once you have completed the full eight-hour course, a four-hour refresher is needed every three years. This class is meets the refresher requirement.



Instructor: Dawn Bly

When: Thursday, November 14
Time: 5:00-9:00 pm
Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)
Session: 1 session
Fee: \$23.00
Registration: Preregistration is required



Hand Gun Permit to Carry Class

This class covers the basic fundamentals of handgun use and possession, as well as gun regulations as they apply in Minnesota and other states. Upon successful completion of the course, you will receive an endorsed certificate, allowing you to apply for your permit with your local sheriff. Participants must be at least 21 years of age in order to apply for the permit. Please bring your own hand gun (one will be available to use), 20 rounds of ammunition, eye and ear protection, and clothing appropriate for the weather. Your fee includes one-on-one coaching, a certificate of completion, and a target. Limit 20.

Instructor: Josh Guenther, J.D. Gun Smithing & Firearms Training, LLC

When: Saturday, October 26

Time: 10:00 am-2:00 pm

Place: Mahnomen HS Rm #206 (Entrance Door #8 on the north side of the school)

Session: 1 session

Fee: \$85.00 for new attendees and \$70.00 for renewals

Registration: Preregistration is required --email josh.guenther.914@gmail.com

Health and Fitness



Adult Basketball

Get your heart rate up, burn some calories, and enjoy full court basketball. Participants are reminded that this activity is for adults only and children are not allowed in the school because of liability reasons.

Supervisor: Deb Neisen

When: Wednesday evenings -December 4 through April 29

Time: 7:00-9:00 pm

Place: Mahnomen High School Gym

Fee: \$25.00 for the season or \$2.00 per evening

Adult Volleyball

Enjoy bumping, setting, and spiking. Please wear appropriate gym shoes. Participants are reminded that this activity is for adults only and children are not allowed in the school because of liability reasons.

Supervisor: Deb Neisen

When: Wednesday evenings -December 4 through April 29

Time: 7:00-9:00 pm

Place: Mahnomen High School Gym

Fee: \$25.00 for the season or \$2.00 per evening



Aquatics

Adult Swimming Lessons

Are you afraid of the water? Did you not learn how to swim as a kid? Here's your chance to finally learn how to swim. Everyone in the class is "in the same boat" and you won't be embarrassed. Living in the land of 10,000 lakes, it's important to know how to manage in the water. We'll have fun getting you acclimated to the water. This class will be scheduled as individuals sign up.

Private Lessons

Call the pool for more information.

Tiny Tots

This is for infants up to 5 years of age. It is for children who are taking their first swimming class. The purpose is to become comfortable in the water through a play approach. Children must have an adult in the water with them. The class will be scheduled as individuals sign up.

Pool Schedule

Phone Number: 218-935-2688

Fees: \$3.00 per person 13 yrs. and older

\$2.00 per person 12 yrs. and under

Pass Cards - 10 swims for \$25.00

Pool Rental - \$60.00 per hour

Call for Private Lessons and

Tiny Tot Lessons

***Children under age 9 must be accompanied by a swimming adult (age 16 or older) during open swim.

Weekdays

3:30-5:00 pm Open Swim (Tues., Thurs., & Fri.)

5:00-6:00 pm Aerobics (Tues. & Thurs.)

6:00-8:00 pm Open Swim (Tues. & Thurs.)

Weekends

2:00-4:30 pm Open Swim (Sat. & Sun.)

6:00-8:00 pm Open Swim (Sat.)

The pool is closed Sunday evening

Parties

If you'd like to bring in a group for a birthday party, family celebration, or other activity, please call the pool to let us know how many will be coming. We will be able to tell you if the pool is open that day. It also gives us the

opportunity to add more staff if needed. (No food allowed in the pool area.)

Fee: For private pool parties: \$60.00 per hour



Basic First Aid

Individuals will learn basic first aid skills such as how to stop bleeding, minor splinting, and what to do in case of an emergency. Upon passing the class, individuals will receive a Standard First Aid Certificate. The certification will be from the American Red Cross.

Instructor: Marie Olson

When: The class will be scheduled when enough people have registered

Place: Mahnomen High School

Fee: \$10.00 plus \$35.00 for certification

Registration: Preregistration is required



Community CPR

As a person trained in CPR, you will join thousands of other people who are trained each year to save lives. Your family, friends, and fellow workers will also feel safer when they know you have been trained in CPR. Infant, child, and adult CPR will be included in this class. Infant training covers newborns to 1 year. Child training covers 1 to 8 years of age. Adult

training covers anyone over the age of 8. The certification will be from the American Red Cross. The class will be limited to 10 individuals.

Instructor: Marie Olson

When: The class will be scheduled when enough people have registered

Place: Mahanomen High School - Use Pool Entrance

Session: 2 sessions

Fee: \$16.00 plus \$35.00 for certification

Registration: Preregistration is required

Technology



Cutting the Cable Cord

Tired of having to pay mega dollars for cable TV? Find out what other options are out there while still being able to watch the shows and entertainment that you love. We will discuss free and paid options as well as what devices you need to cut the cable. It may be simpler than you think!

Instructor: Cassie Lefstad

When: Tuesday, December 10

Time: 6:00-7:00 pm

Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)

Session: 1 session

Fee: \$3.00

Registration: Preregistration is required

Thunderbird Laser Engraving

The Mahanomen/Waubun Thunderbird Logo is seen all around the community. Derek will help you create your own part of the tradition. Bring in an insulated tumbler, glasses, wood, mirror, or any material that you would like

to have the Thunderbird Logo engraved on. Class size 6.

Instructor: Derek Aus

When: Tuesday, November 19

Time: 6:00-8:00 pm

Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)

Session: 1 session

Fee: \$5.00

Registration: Preregistration is required



Intermediate Photography

Develop a better understanding of your camera settings and learn the secrets to taking awesome photographs. Cassie will help you develop techniques on how to edit photos and advanced techniques to help you create wonderful photos. Bring your point-and-shoot or a more advanced DSLR to class and get a better grasp of the important features of your camera and the skills to make successful images.

Instructor: Cassie Lefstad

When: Tuesdays, November 26 & December 3

Time: 6:00-8:00 pm

Place: Family & Consumer Science Rm (Entrance Door #6 on the north side of the school)

Session:

Fee: \$8.00 - Bring your own camera or one will be available for you to use

Registration: Preregistration is required



Youth

Drivers Education

The Drivers Education Program is open to Mahnomen Students in the 9th grade or older. The class involves 30 hours of classroom instruction followed by 6 hours of behind the wheel. Students will receive behind the wheel during the summer months - June and July. The cost of the course is \$275.00, which includes both in class instruction and behind the wheel. The cost is broken down in the following manner: \$120.00 is due at the start of the classroom session; \$5.00 is due when the Blue Card is distributed; and \$150.00 is due when behind the wheel is scheduled.

When: Tuesday, October 29

The remaining dates will be set on the 29th

Time: 6:00-9:00 pm

Place: Mahnomen Alternative Learning Center

Registration: Sign up and receive a permission slip from the Mahnomen High School Office or Kim Kochmann



Minnesota Parent Awareness Class

Beginning the driving process is one of the most exciting, but also most hazardous times for children. Join us for some great information about getting your student driver out to a great start! This class is for parents and student drivers who are currently going through the driver's education process.

Attending this class will reduce required practice driving hours from 50 to 40.

When: The class will be scheduled during the driver's education session in the fall.

Financial Aid Night

The Mahnomen High School will be offering a Financial Aid/FAFSA Night. The in-service is open to all Mahnomen Seniors and their parents. Those attending will be able to fill out the Free Application for Federal

Student Aid (FAFSA). School officials and college financial aid personnel will be available answer questions about grants, loans, and scholarships.

When: Tuesday, November 12

Time: 3:30-6:30 pm

Place: Mahnomen High School Computer Lab

Fee: Free



Prairie Fire Theatre

BACK BY POPULAR DEMAND!!! The students of the Mahnomen Public School District will have the opportunity to participate in a Prairie Fire Theatre Presentation. This year the production will be "Sleeping Beauty". The production will be for students between the ages of 7 and 18. Approximately 70 students will be able to participate in the production. Auditions will be held on Monday, January 20, 2020. Rehearsals will be held January 20-23. The performances will be held Friday, January 24 and Saturday, January 25.



Snowmobile Safety Class

Snowmobile Safety Certification is required by law for residents born after December 31, 1976. The online youth snowmobile safety training class is an introductory class designed primarily for the snowmobile rider with little or no experience in snowmobile operation. Participants must be 11 years of age before the class. Students obtain and study the safety information on the interactive online course at their own pace

under the guidance of a parent or guardian. Depending on the youth's age and experience, the online course should take approximately 2-4 hours to complete. Once they complete the online course, students print out a "voucher of completion" and attend a Snowmobile Safety Training Class. The one-day class includes a classroom review of priority safety information, a test, and a performance-driving course. Students will need to bring proper clothing and helmet for the driving portion of the test.



Instructors: Mahnomen SnoDrifters and Waubun Hardwood Trailblazers Snowmobile Clubs

Registration: Preregistration is required along with completion of the Minnesota Snowmobile Safety Course at

www.snowmobilecourse.com/usa/minnesota

When: Date to be determined

Place: Waubun Public School

Fee: Online course fee and \$5.00 to the DNR upon completion of the class

*****You will not be allowed to participate in the classroom review/performance test unless you have first completed the Youth Snowmobile Safety Online Course**



Photography Policy

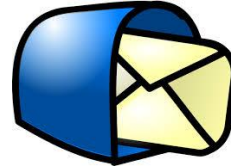
Community Education periodically takes photos of participants in our classes and during sponsored activities. These photos may be used in Community Educational promotional materials. If you do not wish to have your photo taken or published, please provide us with a written notice when registering.

Registration Information

3 Easy Ways to Register

1. Mail your registration form and payment to:

Community Education
P.O. Box 319
209 1st Street SW
Mahnomen, MN 56557



2. Call Paula at the high school office at 218-935-2211 Ext. 237.

Payment will be needed to assure a place in the class.



3. In Person - Bring the registration form and payment to Paula in the high school office during the hours of 8:00 am-3:30 pm.



Payment

If paying for classes by check, please include one check for each class you enroll in. Checks should be made payable to Mahnomen Community Education.



Questions

Call Kim Kochmann, the Community Education Director, at 218-935-2211 Ext. 210.

Register Early

Remember to register early so you won't be disappointed. Often classes reach the maximum enrollment early. Occasionally, we cancel a class because enrollment is low. If a class you have signed up for is changed, canceled, or full, you will be called.

Are you in?

Yes - unless you hear from us. No class confirmations are sent. Simply show up for the class and enjoy!



Weather Warnings

Inclement Weather

If school is canceled, Community Ed. Classes and ECFE Classes are canceled as well. Check the district's website for announcements or listen to a local radio station.

Cancellation Policy

If you have to cancel, a refund will be given if you notify us at 935-2211 at least 24 hours prior to the first class meeting. Refunds after a class has begun will be given only in extreme circumstances. In the unlikely event your class is canceled, we will give a full refund.



Community Ed. Registration Form

Name _____

Address _____

Day Phone _____

Evening Phone _____

Enroll me in the following class(es): Fee Pd.

1. _____

2. _____

3. _____

4. _____

Community Ed. Registration Form

Name _____

Address _____

Day Phone _____

Evening Phone _____

Enroll me in the following class(es): Fee Pd.

1. _____

2. _____

3. _____

4. _____

