

Winter 2022 Activity Guide



THIEF RIVER FALLS
Community
EDUCATION



NORTHLAND
COMMUNITY & TECHNICAL COLLEGE



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Facebook

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Facebook Marketplace 101

Doing a little cleaning? Don't just toss it, sell it on Facebook! This class is for the beginner Facebook Marketplace user. We will cover the steps needed to list your item for sale beginning with how to access the Marketplace on your device, photographing items, deciding on a price, and finally how to list it for the Facebook community to view. This class is offered via Zoom or in-person at The District Service Center.

WT116

Wed., Jan. 26, 1-2 pm

\$20

WT117

Tues., Feb. 8, 6-7 pm

\$20

Computer Help For The Almost Absolute Beginner

Your instructor will start off explaining basic terms that can be foreign to the beginner. We will navigate the desktop and look at some of the benefits of using a computer. Let's take the mystery out of 'www' and the Internet, compose an e-mail, and check out the current news. Other features may be discussed as time allows. (Not for Apple/Mac users.) This class is offered via Zoom or in-person at The District Service Center.

WT100

Tues., Jan. 18, 11 am-12 pm

\$20

WT101

Mon., March 21, 3-4 pm

\$20

Enjoy Navigating Your Windows 10 Computer

Need help with your recently purchased computer? Your instructor will define and demonstrate the Windows 10 operating system and related features. See how to navigate the desktop, use the taskbar, and work with icons. Learn about apps and how they are organized in Windows 10 and use the start menu to explore even more features. (Not for Apple/Mac users.) This class is offered via Zoom or in-person at The District Service Center.

WT103

Tues., Jan. 25, 11 am-12 pm

\$20

How Do I Take A Live Zoom Class As A Participant?

Most instructors use Zoom for live/virtual classes such as cooking, painting, exercising, computers, music, etc.. Join this class in-person at The District Service Center or via Zoom (enter your instructor-led classroom with 3 simple clicks from your email).

WT102

Fri., Jan. 21, 11 am-12 pm

\$20

Microsoft Word: The Very Basics

Your instructor will break down the unknown Microsoft Word stuff and present them to you in a clear, sensible, and enjoyable way! We will briefly look at the free and paid version of word processors. Then the instructor will open and show basic functions in Microsoft Word. We will go on to explore saving, alignments, bullets, numbering, and indents (not for Apple/Mac users). This class is offered via Zoom or in-person at The District Service Center.

WT104

Fri., Jan. 28, 11 am-12 pm

\$20

WT105

Tues., May 3, 7-8 pm

\$20

Getting More Out of Microsoft Word

Let's make your tasks in Microsoft Word a lot easier! You will save time and frustration and see how to properly use tabs. We will go on to explore dictation, easy paragraph functions, the sort feature, and using macros to eliminate laborious repetition. See the beauty of working with soft and hard returns and how to easily create and use tables. Get tips and tricks, as well as use shortcuts to save time. Let's look at creating headers/footers and using the Format Painter to easily format existing text (not for Apple/Mac users). This class is offered via Zoom or in-person at The District Service Center.

WT106

Mon., Jan. 31, 11 am-12 pm

\$20

WT107

Wed., May 4, 7-8 pm

\$20

Think Outside the Box!

"Back on Course"
Computer Classes

\$20.

(LEARN FROM HOME!)

"3 Clicks & You're in the Classroom!"
Live • Instructor-led • Top rated

Let's Learn All About Emailing

Learn how to e-mail, forward, reply, and send attachments. You will see how e-mails are organized and deleted. Work with other features, such as starred, drafts and sent. Become acquainted with the writing tools, e-mail folders, and creating links to direct others to your area of interest and websites you have visited. In addition, we will look at contacts and how to use them. This class is offered via Zoom or in-person at The District Service Center.

WT112

Fri., Feb. 18, 11 am-12 pm

\$20

Computer Scams, And What Not To Click On!

Don't let your computer control you! Find out what you should and should NOT click on. Instructor will discuss scams to know about; frustrating and suspicious popups; advertisements; your haywire computer, e-mail ads, and links (not for Apple/Mac users, or tablets). This class is offered via Zoom or in-person at The District Service Center.

WT113

Mon., Feb. 21, 11 am-12 pm

\$20

WT114

Wed., March 9, 5-6 pm

\$20

Save Time and Money With An Easy Computer Tune-Up

Save money and fix your computer yourself! No great skills needed. Use three proven free online software to fix most software related issues like malware and viruses with a few clicks of a button! Speed up your computer in no time (not for Apple/Mac users). This class is offered via Zoom or in-person at The District Service Center.

WT115

Wed., Feb. 9, 7-8 pm

\$20

All About Pictures-Finding, Organizing, Editing, and Saving On Your Computer

During this class you will learn how to manage pictures on your computer. Also, find out how to name, rename, and move pictures into folders to get organized. We will take a look at using the Photo Gallery and minor editing of pictures, such as cropping and making enhancements. We will use pictures for desktop backgrounds and insert a picture into Microsoft Word to manipulate for flyers, invitations, and other printed materials (not for Apple/Mac users.) This class is offered via Zoom or in-person at The District Service Center.

WT108

Fri., Feb. 4, 11 am-12 pm

\$20

Working With and Organizing Your Documents On A Windows 10 Computer

The instructor will show you how to save files with Microsoft Word and your free installed Windows 10 word processor. We will also cover how to create a PDF file and why we would use them. You will see how to view, organize, and find your documents, as well as place them on flash drives, external drives, and the cloud. We'll explore features to preview documents without opening them and attach documents to your e-mail for sending (not for Apple/Mac users.) This class is offered via Zoom or in-person at The District Service Center.

WT109

Mon., Feb. 7, 11 am-12 pm

\$20

Search For Practically Anything Through Google

Understand how to use and get the best out of a search engine such as Google for looking up information and doing research. Find out how to search for practically anything online and limit your searching for more accuracy. Great class to open the power of Google search! This class is offered via Zoom or in-person at The District Service Center.

WT110

Fri., Feb. 11, 11 am-12 pm

\$20

WT111

Thurs., March 3, 2-3 pm

\$20

SAVE THE DATE

Children's Stuff Garage Sale

Saturday, April 30, 2022 – 9 a.m.-12 p.m.

Challenger Elementary School

Rental of tables will begin on February 26

This is a Fundraiser for the ECFE Program sponsored by the Advisory Board members.

FMS Weight Training Program

The strength and conditioning program at Franklin Middle School is provided to students who want to maximize their athletics potential. Through proper technique and demonstration, the athletes will be able to excel in a safe, supervised environment. We believe that each athlete needs a foundation in muscular endurance before 'jumping in' to heavy weights and compromising correct form. By using periodization training, teaching proper technique and overseeing the athlete, The FMS Weight Training Program gives our students an advantage in developing their potential. Limit 25.

WYT100

Session One-9 sessions
Mon., Tues., Thurs.; Jan. 4, 6, 10, 11, 13, 18, 20, 25, 27
\$36

WYT101

Session Two-11 sessions
Mon., Tues., Thurs.; Feb. 1, 3, 7, 8, 10, 14, 15, 17, 22, 24, 28
\$44

WYT102

Session Three-14 sessions
Mon., Tues., Thurs.; March 1, 3, 7, 8, 10, 14, 15, 17, 21, 22, 24, 28, 30, 31
\$56

WYT103

Session Four-10 sessions
Mon., Tues., Thurs.; April 4, 5, 7, 11, 12, 19, 21, 25, 26, 28
\$40
7:00 - 7:45 am

WYT104

Session Five- 13 sessions
Mon., Tues., Thurs.; May 2, 3, 5, 9, 10, 12, 16, 17, 19, 23, 24, 26, 31
\$52

7:00-7:45 am

FMS Weight Room
Corey Poole/Hannah Lund

Kids Yoga

Ages 6-9

This class is a modern form of yoga designed for children. It includes poses to increase strength, flexibility and coordination. Classes are intended to be a fun way to breathe, move and relax with age-appropriate music and games. If possible, please bring a yoga mat. We will have some available as well. Limit 15.

WYT105

Session One-3 sessions
Mons., Feb. 7, 14, 28
\$29

WYT106

Session Two-4 sessions
Mons., March 7, 14, 21, 28
\$39

WYT107

Session Three-3 sessions
Mons., April 4, 11, 25
\$29

WYT108

Session Four-4 sessions
Mon., May 2, 9, 16, 23
\$39

3-3:45 pm

CES Preschool D107
Arnie Reilly
MS, CPT, RYT 200

Alzheimer's Series

Online

Session 1: Understanding & Responding to Dementia-Related Behavior

Behavior is a powerful form of communication and is one of the primary ways for people with dementia to communicate their needs and feelings as the ability to use language is lost. However, some behaviors can present real challenges for caregivers to manage. Join us to learn to decode behavioral messages, identify common behavior triggers, and learn strategies to help intervene with some of the most common behavioral challenges of Alzheimer's disease.

WHF102

Wed., Feb. 9, 6-7 pm
\$10

Online via Zoom

Session 2: Healthy Living for Your Brain and Body: Tips from the Latest Research

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to make lifestyle choices that may help you keep your brain and body healthy as you age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement, and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging.

WHF103

Mon., March 14, 6-7 pm
\$10

Online via Zoom

Session 3: Driving, Doctor Visits, Legal and Financial Planning

When someone is showing signs of dementia, it's time to talk. Often, conversations with family about changing behaviors can be challenging and uncomfortable. This program provides tips for breaking the ice with your family so you can address some of the most common issues that are difficult to discuss: going to the doctor for a diagnosis or medical treatment, deciding when to stop driving, and making legal and financial plans for future care.

WHF104

Mon., April 11, 6-7 pm
\$10

Online via Zoom

Stress Management (For the 50+ Crowd)

Somewhere down life's road, you figured that the older you got, the less stress you would have. Funny how things don't always turn out that way! What are your stressors now? Are you handling them as

well as you could? Managing our stress is critical for the healthy life we all want to lead. This class will encourage you to not just identify the stress factors in your life, but also discover effective ways of dealing with them.

WHF105

Wed., April 13, 1-2:30 pm
\$10

Online via Zoom

Zumba

Get moving and grooving in this fun Zumba class! In this one-hour class we move our bodies to the rhythm of many different types of music. The simple moves are easy for anyone to follow and help develop cardiovascular strength, balance and overall wellness. Athletic clothing and shoes recommended as well as a water bottle. This class will be offered as an in-person class or as a Zoom class. Select the appropriate class when registering.

Session 1 - 4 sessions

WHF106

Mons., Jan. 10-31
\$40

Session 2 - 4 sessions

WHF107

Mons., Feb. 7-28
\$40

Session 3 - 4 sessions

WHF108

Mons., March 7-28
\$40

Session 4 - 3 sessions

WHF109

Mons., April 4, 11, 25
\$30

Session 5 - 4 sessions

WHF110

Mons., May 2-23
\$40

6-7 pm

DSC Gym (Door #1)

Tami Dowers-Edwards

Certified Zumba Instructor

Gentle Yoga Online

Take some time for yourself while you practice yoga with your friends and neighbors. It's a great opportunity to improve your flexibility, strength, balance and range of motion as you practice. Class may also include yoga breathing and short meditations to help reduce stress and calm your mind. This class uses Google Meet for the online portion.

WHF100

Mons., Jan. 3, 10, 24, 31, Feb. 7, 14;
6-7 pm
\$69

WHF101

Mons., March 7, 14, 21, 28, April 4, 18; 6-7 pm
\$69

Early Childhood & Family Education

Classes and Activities for You and Your Child

Our ECFE classes have parents and children learning together through a mix of activities guaranteed to be fun and educational for children birth to five years of age. Parents also are provided with information and support to help you be the best FIRST teacher of your child. All classes include time where parents and children work together on educational activities designed for early learning success.

Classes include a story, rhymes, music, and parent & child hands-on learning activities followed by a time when parents can share and learn about a variety of topics such as child development, parenting styles and techniques, parenting dilemmas and more. During the parent discussion time, your child's teacher will continue to encourage learning through music, stories, games, and social experiences.

New Resource for Families with 0-8-year-old Children

A place online to connect pregnant and parenting families with services in their local communities. CHECK IT OUT!



Sign your child up to receive updates and information regarding opportunities in the Thief River Falls School District



Thief River Falls ECFE

Learn more about ECFE online at trfcommunityed.com

NORTHLAND

Workforce Development Solutions

Workforce Development Solutions is the customized training, corporate learning, and continuing education outreach department of Northland Community & Technical College. For additional information about our course offerings, please visit our website northlandcollege.edu/wds or call 218-683-8649.

Microsoft and Excel Training

Participants will receive a link to a Zoom meeting via email. They will also receive the course exercise files and the handout. The instructor will teach the course in Office 365. Participants can open the exercise file and work along while the course is being presented or watch as the instructor presents the course material. There will be time at the end of the presentation for questions and answers.

Creating Effective PowerPoint Presentations (Virtual)

During this course we will explore how to create interesting PowerPoint presentations, how to animate text & objects, add, format and modify pictures, charts and tables. We will also add, insert, and delete slides, utilize the slide sorter and master slide, modify and format your entire presentation quickly and explore presentation tricks!

January 27, 2022
9:00AM-11:00AM
Fee: \$49

Excel Tips & Tricks (Virtual)

During this virtual course you will learn how to quickly navigate in Excel worksheets and tabs, create a chart with one keystroke, link charts to Word and PowerPoint files and use a feature called FlashFill that automatically fills your data when it senses a pattern. We will also talk about using an Excel feature called QuickAnalysis to create charts, tables, and totals automatically. Then, we will look at some common functions and work with Excel lists.

February 3, 2022
9:00AM-11:00AM
Fee: \$49

Excel Functions & Charting (Virtual)

This virtual course will focus on Excel Functions, including IF statements, IFS, VLOOKUPs, and date/time functions. We will also explore how to quickly summarize your data with the correct eye-catching chart and save commonly used chart types as templates.

February 10, 2022
9:00AM-11:00AM
Fee: \$49

Excel Tables & Pivot Tables (Virtual)

During this virtual session, you will learn the powerful (yet easy) tool of using the Table Feature to filter your data and then turn on a "total row" that will analyze your data automatically by providing built-in sum, average, and count functions. Then, learn about how Excel Pivot Tables quickly summarize, analyze, and chart your data.

February 17, 2022
9:00AM-11:00AM
Fee: \$49

Making the Most of Word (Virtual)

During this virtual session, learn the great features that Microsoft Word has to offer such as picture guidelines, SmartArt graphics, editing PDFs in Word, and creating a mail merge. Plus, learn tips and tricks to create professional documents quickly including letters and longer documents by inserting different headers and footers, using styles to create a table of contents, and create custom tab stops.

March 3, 2022
9:00AM-11:00AM
Fee: \$49

Outlook: Efficient Email Management (Virtual)

This virtual course will take a deeper look at Microsoft Outlook and how to use features that will make your email experience faster, more organized, and less stressful. Take full advantage of the Outlook calendar, task management, and endless organization features during this course. This course will take email to next level and help you increase your productivity!

March 24, 2022
9:00AM-11:00AM
Fee: \$49

Computer Aided Drafting (Virtual)

Computer Aided Drafting (CAD) is an online non-credit professional development course designed for the student who wishes to learn the basics of AutoCAD software. This course covers using the software to draw, modify, annotate, dimension, and print 2D drawings. The course is self-guided and uses a required textbook. The course also includes demonstration videos created by the instructor. Students may receive up to two hours of consultation with the instructor throughout the course. Students will complete exercises from the textbook using a student version of AutoCAD. At the successful completion of the course, students will earn a certificate of completion.

Students should have basic computer skills and should be able to open and save files to specific locations such as flash drives; send an email with an attachment; and download software and apps.

Fee: \$249

Project Management Professional Certification Prep Class (Online)

A Project Management Institute (PMI®) credential can give you an instant advantage in the marketplace. PMI credentials certify your understanding of, and competence in, the PMI Project Management Framework, and show that you know how to define business expectations, determine, and provide project status measurements and drive empowerment across multiple business units. This exam preparation course is designed to help you successfully gain this highly desired PMI credential.

This series presents information from the Project Management Body of Knowledge (PMBOK) in an understandable format, emphasizing terms, concepts, facts, and information that it is important for PMP exam takers to comprehend. The series includes Project Management common knowledge that has a high probability of being on the exam.

The series includes:

- On-demand web-based modules that can be viewed multiple times at your own pace
- Activities throughout the modules
- Final quizzes after each knowledge area and/or topic
- Tips for answering multiple choice questions and preparing to sit for the PMP Exam
- Study aides including practice tests, flash cards and activities
- Access to the online modules for 6 months

Fee: \$1,399

Project Management Professional Certification Prep Hybrid Class

A Project Management Institute (PMI®) credential can give you an instant advantage in the marketplace. PMI credentials

certify your understanding of, and competence in, the PMI Project Management Framework, and show that you know how to define business expectations, determine, and provide project status measurements and drive empowerment across multiple business units. This exam preparation course is designed to help you successfully gain this highly desired PMI credential.

Series includes:

- VIRTUAL Classroom Time
 - o Interactive recap of the online content
 - o Short quizzes
 - o Review of homework questions
 - o Strategies for obtaining the best answer
 - o Games & Activities
- Online Course Module Assignments
 - o On demand web-based modules
 - o Content with interactive activities
 - o Final quizzes after each topic
 - o Study aides
 - o 6-month access

Fee: \$1,449

LPN IV Therapy Certification

This is a hybrid course to provide the LPN with the knowledge of IV fluid balance, IV medication administration, central venous catheter maintenance, IV legalities with the role of the practical nurse, and IV initiation. The course is designed in a hybrid format that would equal 30 hours of study and participation time over four weeks.

In addition, a minimum of six hours spent in lab practice time and four hours supervised practice with an approved preceptor.

Students are strongly encouraged to register by Monday, January 31, 2022 for Early Bird Price of \$475.

Registrations after January 31, 2022 will be \$525.

If space is available, we will accept registrations until Monday, February 18, 2022.

NORTHLAND

Workforce Development Solutions

Registration Information

Workforce Development Solutions Contact information:
northlandcollege.edu/wds
Thief River Falls
1101 Highway One E., Thief River Falls, MN 56701
218-683-8649 • 1-800-959-6282

NCTC-WDS Registration Guidelines:

- Full payment must accompany your registration.
- We reserve the right to cancel a class due to low enrollment. We will notify you as soon as possible and you will receive a full refund.
- If you need to withdraw from a class, you must notify us at least five working days in advance of the class start date to receive a full refund.

Find us on Facebook: Northland Community & Technical College Workforce Development Solutions

Defensive Driving

Save 10% on your auto insurance by taking this certified accident prevention course. Some of the topics we will explore are: Top Factors Leading to Crashes, Traffic Mix, General Driving Reminders, New Laws, New Licensing and Driving As We Age.

4-Hour Refresher For People Who Have Taken The Defensive Driving Program

WDD100
Thurs., Jan. 20, 8 am-12 pm
WDD101
Thurs., Jan. 20, 12-4 pm
WDD102
Thurs., Feb. 24, 8 am-12 pm
WDD103
Thurs., Feb. 24, 12-4 pm
WDD104
Thurs., March 31, 12-4 pm

WDD105

Thurs., March 31, 4-8 pm
WDD106
Tues., May 3, 8 am-12 pm
WDD107
Tues., May 3, 12-4 pm
\$25
District Service Center

8-Hour Class For People Who Have Never Taken The Defensive Driving Program

WDD108
Thurs., Jan. 20, 8 am-4 pm
WDD109
Thurs., Feb. 24, 8 am-4 pm
WDD110
Thurs., March 31, 12-8 pm
WDD111
Tues., May 3, 8 am-4 pm
\$30
District Service Center

Container Garden Design

If you want to learn how to create beautiful, healthy, and colorful container gardens, this discussion class is for you! Professional photographer and gardener, Michelle Mero Riedel, will help you discover fast growing, vigorous, nursery-quality plants with season long color. She'll intersperse her discussions with image after image of beautiful combinations that are easily created. A detailed color handout of each container design recipe will be provided and there will be plenty of time for questions. This is the perfect antidote to a long winter. Ask your favorite garden buddy to join you for this online discussion class and you can share the excitement and fun as you begin to plan your summer containers! This class is offered via Zoom or in-person at The District Service Center.
WGE129
Tues., April 12, 7-8:30 pm
\$25

The Day After Retirement

What will your life look like once you don't answer the call of the alarm clock? What can you do in advance to plan for a positive transition into retirement? Having a sense of purpose is an important key to satisfaction. Change is inevitable. How to put your arms around the changes inherent in retiring and grow is the focus of this class. It will help you explore a variety of ways to identify what is significant to you, then establish a purpose-filled life in retirement. The live class will be held online, interactive through Zoom.
WGE130
Thurs., Feb. 3, 6-7:30 pm
\$10

Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. A recording of the class is included as well. For ages 13+.

Topics include:

- How chords work in a song
 - How to form the three main types of chords
 - How to tune your guitar
 - Basic strumming patterns
 - How to buy a good guitar (things to avoid)
 - How to play along with simple tunes
- WGE121
Thurs., Feb. 17, 6:30-9 pm
\$59
On-line via Zoom

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.

Topics include:

- How chords work in a song
 - How to get more out of sheet music by reading less of it
 - How to form the three main types of chords
 - How to handle different keys and time signatures
 - How to avoid "counting"
 - How to simplify over 12,000 complex chords
- WGE122
Tues., Feb. 15, 6:30-9:30 pm
\$59
On-line via Zoom

How To Sell A Home

Thinking about selling your home, but don't know where to start? Wondering what improvements actually raise the value of your home? Angie Westling and her agents from Hometown Realty will be giving you some information on what makes your property sell faster and how to make your home worth more money.

WGE123

Tues., Jan. 25, 6:30-7:30 pm

\$10

District Service Center

DIY Mystery Craft Kits for Adults-Home Delivery

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!! (Photo is an example of kit possibility only).

WGE124

January Kit

Must register by Jan. 1, ships around Jan. 20

\$45

WGE125

February Kit

Must register by Feb. 1, ships around Feb. 20

\$45

WGE126

March Kit

Must register by March 1, ships around March 20

\$45

WGE127

April Kit

Must register by April 1, ships around April 20

\$45

WGE128

May Kit

Must register by May 1, ships around May 20

\$45

Beginning ASL

Whenever you see a Deaf person or Interpreter signing, have you thought, "Wow! I would really like to learn American Sign Language?" This is the course for you! This is a class for beginners just starting out on the adventure of learning the visual language ASL. The casual, fun environment makes it easy for everyone to enjoy learning. We will learn the basic structure of ASL and how to start and end a conversation.

WGE131

Tues., Jan 11-March 8 (no class Feb. 22), 6-8 pm

\$139

District Service Center

Adult & Family Cooking Classes:

Instant Pot®! Classical Cooking! Air Fryer! Baking!

These classes will be offered via Zoom. Have your questions answered by the instructor, Tess Georgakopoulos, interact with other participants as you cook along, and increase your confidence in using your electric pressure cooker and your conventional cooking skills. A list of ingredients will be provided prior to class.

INSTANT POT®! COOKING SERIES

Instant Pot® 101-LIVE

Demystify the electric pressure cooker/multi-cooker called the Instant Pot® during a LIVE VIRTUAL class! Learn the foundations of cooking and care, and how to make a few amazingly satisfying dishes in the Instant Pot. Breakfast, Lunch/Dinner, and Dessert menu items will be demonstrated. Participants can choose to join in a COOK-ALONG for the pasta dish found here in the description! In addition to an Instant Pot® Yogurt Tutorial, menu items will include Creamy Steel-Cut Oatmeal or Egg Bites, Creamy-Cheesy Tuscan Chicken with Penne, and Luscious Lava Cakes or Dreamy Banana Bread. Time for Q & A is built into the class. Participants are encouraged to ask questions throughout. The instructor, Tess Georgakopoulos, will also provide an ingredient List/station prep guide for the Creamy-Cheesy Tuscan Chicken with Penne dish stated above, a week before class, in case people wish to participate in the cook-along option for the class! Cooking along is optional but HIGHLY

RECOMMENDED!

WGE100

Sat. Jan 8, 4:30-6:30 pm

\$35

On-line via Zoom

Instant Pot® “Pastabilities”

Lasagna, Creamy Broccoli-Cheddar, Chicken with Pasta, & Homemade Dinner Rolls

Have some fun participating in this virtual Instant Pot® COOK-ALONG class! In this class, we will discover the wonders of making deliciously nutritious pasta dishes. Choose one for your cook-along, and watch a demonstration of the other or if you have a second Instant Pot® on hand, make both. All delicious recipes are made with ingredients that are probably already on hand. Experience how these culinary creations are made in a fraction of the time, and how they are taken to another level, using the Instant Pot®!

WGE101

Sat., May 14, 4:30-6:30 pm

\$35

On-line via Zoom

Crockpot Freezer Meals

If you are crazy busy and your dream of having a private chef doesn't look promising and your family still insists on eating dinner, this is the class for you! In this class you will make at least 5 scrumptious meals that serve 4-6 and freeze like a charm. This class will be offered as an in-person class where you can just show up and all the ingredients will be there for you or join as a Zoom class where a list of ingredients will be sent to you prior to class and you will slice and dice while Zooming in with other class participants. Select the appropriate class when registering.

Session One-Crockpot Soup:

Creamy Tortellini Chicken Soup, Chicken Gnocchi Soup, White Chicken Chili, Wild Rice Soup, Chicken Tortilla Soup

WGE107-In-person Class

Mon., Jan. 10, 6-8 pm

\$89 (this includes all the food!)

LHS FACS #130 (entrance: use southeast doors #8)

WGE108-Zoom Class

Mon., Jan. 10, 6-8 pm

\$10 (a list of all the food to purchase will be emailed to you)

Session Two-Crockpot Meals:

Roast Beef & Gravy, Shredded Beef Tacos, Honey Dijon Pork Chops, Pizza Pasta Casserole, Teriyaki Pork Sandwiches

WGE109-In-person Class

Tues., Feb. 22, 6-8 pm

\$89 (this includes all the food!)

LHS FACS #130 (entrance: use southeast doors #8)

WGE110-Zoom Class

Tues., Feb. 22, 6-8 pm

\$10 (a list of all the food to purchase will be emailed to you)

Session Three-Chicken

Lovers: Chicken Philly Sandwiches, Chicken Cordon Bleu, Cilantro Lime Chicken, Cheesy Chicken Ranch Tater Tot Hot-dish, Buffalo Chicken Sliders

WGE132-In-person Class

Mon., March 14, 6-8 pm

\$89 (this includes all the food!)

LHS FACS #130 (entrance: use southeast doors #8)

WGE133-Zoom Class

Mon., March 14, 6-8 pm

\$10 (a list of all the food to purchase will be emailed to you)

Cook Along Series

Detroit Style Pizza & Pizza Madness!

Have some fun participating in this virtual **Pizza COOK-ALONG** class! Learn how to make your own homemade pizza with homemade dough in a variety of ways! Pizza Menu choices for this class will include the very popular **DETROIT-STYLE Pan Pizza with sauce, Baked Pizza Bombs, and Pizza Pinwheels**. If there is time, classic pan pizza will also be made. Choose which ones you would like to make and watch a demonstration of the others.

Participants will receive the instructor's personal recipe for one of the dough recipes ahead of time as it will need to be made ahead of the class, and a list of ingredients at least a week in advance of the class to allow time for shopping and preparation. Please see note at the end of description for pan information.

WGE102

Sat., April 9, 4:30-6:30 pm

\$35

On-line via Zoom

Homemade Pierogies

Have some fun participating in this virtual **COOK-ALONG** class! Learn how to make your own homemade pierogies with homemade dough and filling that will make your taste buds dance for joy! We will also be learning how to cook and freeze these little dumplings that you can make ahead and store for a rainy day. A list of ingredients at least a week in advance of the class to allow time for shopping and preparation.

WGE103

Sat., April 30, 4:30-6:30 pm

\$35

On-line via Zoom

Air Fryer Hype! Copycat KFC & Recipe Ideas for All Ages

Have you ever wondered what the Air Fryer Hype is about? Do you have one and want ideas about what to make in it besides fries or crisping up frozen processed foods? Are you thinking about purchasing one but would like to know more about it first? Well...this class may just answer all those questions for you!

Have some fun participating in this virtual Air Fryer **Demonstration and Partial Cook-Along** class as we dive into the world of Air Frying! The recipes that will be **demonstrated** include: **homemade eggrolls wraps, pizza bites, seasoned potato wedges, and burgers!** The cook-along recipe will be Copycat KFC Chicken! All healthy, delicious recipes that will have your family coming back for more!

WGE105

Sat., Jan. 22, 4:30-6:30 pm

\$35

On-line via Zoom

A Taste of the Mediterranean!

Wow and dazzle your family or guests with a delicious full-flavored mouth watering Mediterranean meal that will have everyone asking for more. Items on the menu will include: **Mediterranean marinated meat skewers (chicken souvlaki, and beef/turkey kebabi), accompanied by tzatziki (savory greek yogurt dip), and homemade hummus, in addition to homemade pita bread!**

WGE104

Sat., Feb. 26, 4:30-6:30 pm

\$35

On-line via Zoom

Sip and Dip Tumbler Making

Come join this fun class (sip and dip) where you can make your very own custom one-of-a-kind hydro dipped stainless-steel tumbler. Everyone chooses their own paints, then dips their cup into the water and creates their very own unique tumbler to keep and enjoy! Many different styles and sizes to choose from. Limit 15.

WGE106

Thurs., Jan. 27, 6:30-8 pm

\$5 registration fee

(Cost of cup paid to instructor at class; price list available online)

TRF American Legion

Having your infant, toddler, or preschool child registered with the Thief River Falls School District will ensure that you receive:

- All Early Childhood information and mailings
- A reminder about Early Childhood Developmental Screening
- Information about Prowler Preschool
- Information and mailings regarding kindergarten registration

If you have a baby, have moved to the Thief River Falls community, or had an address change, call the Challenger Preschool office at 218-681-8670 to get added to the mailing list.

Jay Grammond's History/Travel/Photography Classes

These classes are offered via Zoom but we are also offering the option to watch it in-person at The District Service Center. Please specify your choice when registering.

Instructor Bio: Jay is a Professional Photographer from Minnesota. He has been published in several Newspapers and magazines. He

A Road Trip Around Minnesota: Veteran Memorials

Minnesota is home to a fantastic variety of Veteran Memorials. Everything from street names; to granite monuments, to statues, and other ways to honor our Veterans. Join our instructor as he guides us around the state to see some of these memorials that he has discovered through his travels. Why not make a road trip plan to go see some of these?

WGE116

Thurs., April 21, 6:30-7:30 pm
\$20

Building Your Vision: Taking Your Photography From Good To Great!

Are you a Photographer that wants to take your images to the next level; or maybe someone that is just getting started in photography? Do you want to be a photographer that TAKES snapshots; or one that CREATES Images? You'll leave this class with ideas and concepts that you can put into practice right away. We will cover some compositional basics that will surely improve your images if you are not using them; and we will discuss concepts of building your Photographic Vision to take your images from good to great!

WGE112

Thurs., March 24, 6:30-7:30pm
\$20

Barn Storming: A Tour of Minnesota Barns & Barn Quilts

Minnesota is filled with countless numbers of Barns, most from a bygone era. However, there are still a bunch in operation as well. Professional Photographer and Amateur Historian, Jay Grammond has travelled the state capturing images of barns of all shapes, sizes, and conditions. There is just something about a barn! There are some areas of the State where the barns are adorned with something called a Barn Quilt. Barn Quilts are pieces of art on the side of a barn, shed, or house that usually tell some sort of story. These places are all visible from the roadways, so once you know about them, you can go check them out!

WGE113

Thurs., Jan. 27, 6:30-7:30pm
\$20

One Last Time: World War II Veteran Stories Part I

Members of the "Greatest Generation" are leaving us at an alarming rate. Photographer and Amateur Historian, Jay Grammond planned and facilitated a WWII History Series in Elk River for 13 years. In that time, he got to know numerous people that lived during that time in history. Holocaust, and Japanese-American Internment Camp Survivors; Homefront Workers; Allied POW's; Veterans from all branches and Theatres, and in one case, even a German Soldier who fought the whole war on the Eastern Front! In this presentation, Jay is going to tell you about some of these people who participated in his History Series, and are sadly, no longer here. One Veteran even stated, "This will probably be my last time telling this story." Don't miss this unique insight into the lives of these amazing people.

WGE114

Thurs., Feb. 3, 6:30-7:30pm
\$20

One Last Time: World War II Veteran Stories Part 2

Join us for more Veteran stories! Members of the "Greatest Generation" are leaving us at an alarming rate. Photographer and Amateur Historian, Jay Grammond planned and facilitated a WWII History Series in Elk River for 13 years. In that time, he got to know numerous people that lived during that time in history. Holocaust, and Japanese-American Internment Camp Survivors; Homefront Workers; Allied POW's; Veterans from all branches and Theatres, and in one case, even a German Soldier who fought the whole war on the Eastern Front! In this presentation, Jay is going to tell you about some of these people who participated in his History Series, and are sadly, no longer here. One Veteran even stated, "This will probably be my last time telling this story." Don't miss this unique insight into the lives of these amazing people. Jay is currently working on a Video and Portrait project featuring those from the WWII era.

WGE115

Thurs., Feb. 17, 6:30-7:30 pm
\$20

is also an Amateur Historian, focusing on WWII; the U.S. - Dakota War of 1862; and The Plains Wars. He also loves all things Americana. Jay was an Award Winning Community Educator in the Lifelong Learning industry for nearly 20 years, before becoming a Full Time Professional Photographer in 2020.

A "Cure" for Cabin Fever: Backyard Photography

Are you feeling like you have had enough of Winter? Can't wait to get out of the house? Join Professional Photographer, Jay Grammond as he leads us on a photographic journey of possibilities that will get you out of the house and into your own yard, or local park this Spring and Summer. You will learn to see and compose creatively; how to create or look for great backgrounds; what subjects to focus on; and helpful Apps and Resources that could help you create your best images yet!

WGE111

Thurs., Jan. 20, 6:30-7:30pm
\$20

An American Love Affair: Cars of the 1950's

What is your favorite Classic Car? Our instructor's favorite is the 1957 Chevy Belair! Growing up watching "Happy Days", and having parents take him and his siblings to car shows started a lifelong love affair with cars and trucks, especially from the 1950's. World War II was over, manufacturing went back to normal; and the economy was starting to blossom. Highways were becoming a thing that allowed people to travel the country; and vehicle production really took an amazing turn in the 1950's. We'll take a look at the details that made these cars so special.

WGE119

Thurs., April 7, 6:30-7:30pm
\$20

Armchair Travels: Theodore Roosevelt National Park

Theodore Roosevelt National Park is unique among National parks as it preserves not only the stunning landscape of the area, but also the memory of an extraordinary person. He visited the area in 1883 to hunt Bison, and went on to have a ranch there. Join our instructor as he shows you some of the landscapes in the park as well as the wildlife you might find such as: wild horses, buffalo, antelope, and more.

WGE120

Thurs., May 19, 6:30-7:30pm
\$20

A Road Trip Around Minnesota: Lakes & Waterfalls

Raise your hand if you are ready to take a day or weekend Road Trip around the State in the Spring! We could almost feel the breeze from all the hands shooting up! Join Professional Photographer, Jay Grammond as he takes you on a Virtual Road Trip around the state to learn about some of Minnesota's largest in-land lakes; and fantastic Waterfalls - which were so vitally important to travel and trade in bygone days. In today's world, these same waterways are vital to the State and local community economies; as well as to the citizens as a form of recreation and relaxation.

WGE118

Tues., Feb. 22, 6:30-7:30pm
\$20

Aquatics

Swim Lessons

Limit 8 per session
March 14-17, 21-24
FMS Pool

\$60

WAQ101, WAQ103

Level 1, 3

4:45-5:30 pm

WAQ102, WAQ104, WAQ105

Level 2, 4, Parent/Child

5:30-6:15 pm

Lap Swimming

Mon., Wed., Fri.; 6-7:30 am

Mon.-Thur.; 6-7 pm

Adults \$5 and children \$4 or a Franklin Pool Pass

Open Swimming

Mon.-Fri., 7-9 pm

Sat. and Sun.; 1-4 pm and 6-8 pm

Adults \$5 and children \$4 or a Franklin Pool Pass

Rentals

Schedule rentals with Carmen Collins by calling 681-8065.

Sat. and Sun.; 12-1 pm or 4-6 pm (or during the week when not in use) \$75 per hour

Pool Passes

Family passes

12 month - \$320; 9 month - \$250

Summer passes available

Individual passes

12 month - \$210; 9 month - \$250

Summer passes available

Punch Cards

Adult card-six punches - \$25.00

REGISTRATION PROCESS AND POLICIES

Register Early for Classes

You are enrolled in a class upon receipt of registration with payment. No class confirmations are sent. Our classes are open to everyone in the Thief River Falls community and the surrounding area. Classes are filled on a first-come first-serve basis, however you can register up to the first day of class, if there is an opening. Classes are sometimes canceled due to lack of enrollment, so it is best to register as soon as possible. You will be notified if a class is canceled.

Cancellation Policy

In the event you have to cancel

If you have to cancel, we can give a full refund if you notify the Community Education office at least two business days prior to the first class meeting. In the unlikely event your class is canceled, we will give a full refund.

In the event of inclement weather

During the school year, if Thief River Falls schools are canceled due to inclement weather, Community Education classes are canceled as well. Tune into local television stations or KTRF (1230) or KKAQ (1460) for announcements.

Class Attendance

Your payment for registration will be for the entire session regardless of what days or how many times you attend. If participants miss class for any reason, no refunds or makeup sessions will be made. If a class is canceled due to instructor illness, inclement weather, etc., every effort will be made to schedule a makeup session.

Class Locations

Lincoln High School
101 Knight Avenue South
Thief River Falls, MN 56701

Challenger Elementary School
601 County Road 61
Thief River Falls, MN 56701

Franklin Middle School
300 Spruce Ave South
Thief River Falls, MN 56701

District Service Center
230 LaBree Ave South
Thief River Falls, MN 56701

Age Requirement & Children

Adult Enrichment classes are designed for those 18 and older, unless otherwise indicated. You must arrange for childcare during our classes. Children are not to attend class with you, or be left unsupervised in the schools.

Photography Policy

Upon registering for an activity, participants agree that any photographs taken by Community Education staff become property of Community Education, and use of such photographs does not entitle participants to compensation of any kind.

Fitness and Recreation Classes

Please consult your physician prior to registering for any fitness class. If you have special concerns or circumstances that could prohibit or restrict a certain activity, please communicate those needs to the instructor.

4 EASY WAYS TO REGISTER:

- Online:** www.trfcommunityed.com
Register and pay for Community Education classes online. Secure and safe, this online registration process gives you 24/7 access to information, registration and payment options for Community Education.
- By Mail:** Mail your registration check (payable to Community Education) or credit card information to:
Community Education
230 LaBree Ave South
Thief River Falls, MN 56701
- By Phone:** Meg Kolden, Community Education Director
218-681-8711, ext 5244 or
Angie Dahlen, Administrative Assistant
218-681-8711, ext. 5243
- In Person:** Visit us at the Community Education Office
District Service Center



Little Brother Little Sister of Pennington County is inviting you to join our program. The youth of our community can strongly benefit from learning what you have to share. Mentoring only takes a minimum of 4 hours a month and can take place in a variety of settings. We believe even the slightest positive influence has the potential to change a child's life. If you have questions, please call Stacy Poole at 218-684-5806, check out our website www.trfcommunityed.com or you can e-mail lbls.pennington@gmail.com.

Prowler Preschool

Prowler Preschool is an Early Learning program for children ages 3 and up that will prepare them for Kindergarten located at Challenger Elementary School. Our classes are designed to give students the opportunity to develop literacy, math, science, art and social skills all while having fun! We strive to build a love of learning in our students that will provide a solid foundation for future school success. 2021-22 applications are available. Please call 218-681-8760 for more information.

LATCHKEY School-Age Childcare

Latch Key is a school age child care program designed to provide quality care and program activities for children in grades K-5. The program provides educational, recreational, and social activities to promote learning and development with a minimum of formal structure. We try to be as flexible as possible with our programming to meet the needs of all children participating.

What Does Latchkey Offer?

At Latch Key children may choose quiet activities such as playing a variety of board games, reading, simple art projects and/or sports activities and gross motor activities, including basketball, soccer, parachute activities, tag, jump rope, and many more.

- Latchkey will be at Challenger Elementary School
- Latchkey runs Sept. 7-June 3
- A new registration form MUST be filled out for School Year

Latchkey

- Open Monday-Friday 6:30 am-6:00 pm

For more information call the Latchkey office at 218-681-2362 or 218-681-8711x5243, email latchkeykidstrf@gmail.com or browse our website at www.trfcommunityed.com.