

# Winter 2023 Activity Guide



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### Cook Along Series

Have some fun participating in these virtual Demonstration Style classes with the OPTION to Prep/Cook-Along! The instructor will email a list of ingredients in advance to allow time for shopping and preparation.



#### Valentine Strawberry (Rolls) & Chocolate Dreams: Strawberry Cream Cheese Rolls & Kit Kat No-Bake Cheesecake

Learn to make two dreamy mouth watering sweets to share or give to your sweetheart, family, friends or loved ones on Valentines Day this year! During this class, you will learn to make the most wonderful Strawberry Cream Cheese Rolls with billowy soft dough and homemade strawberry sauce, drizzled with glaze and chocolate, and a luscious dreamy Kit-Kat No-Bake Cheesecake topped with a velvety chocolate ganache! Make them to share, or better yet, create memories by learning to create these sweets with your children or significant others.

WGE103

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

\$40

#### Focaccia, Stromboli & Calzones

What makes a Focaccia a Focaccia, a Stromboli a Stromboli, and a Calzone a Calzone? How are they different? How are they the same? Discover the answer to these questions as you participate in this fun-filled Cook-Along Class as we dive into the world of unique Rolled & Stuffed Pizzas, and marvelous focaccia bread! Learn how to make your own homemade Focaccia bread, a wonderful rolled pizza called a Stromboli, and stuffed pizzas known as Calzones with homemade pizza dough! Experience the rave reviews from previous participants of the instructor's pizza classes yourself as you learn how to make your own pizzas with her step-by-step instruction. Take out Pizza may just become a thing of the past!

WGE104

Sat., March 25, 4-6:30 pm

\$40



#### California Sushi Roll Extravaganza!

When it comes to actual sushi that is made with sushi grade raw fish such as salmon or tuna wrapped in rice and seaweed, the sushi tolerance spectrum runs from a very strong "YES" or a very strong "NO" with little wiggle room in between. Enter California "sushi" Rolls that overwhelmingly turn the strong "NO's" into strong yeses!

Join Tess as she walks you through how to make a variety of the most marvelous California rolls that will make you wonder why you haven't tried to make your own before. California "sushi" roll combinations are only limited by your imagination! Make them vegetarian, with or without seaweed, spicy or not, it is totally up to you!

Learn the skill of creating delicious seasoned sushi rice, spicy mayo, and how to stuff, wrap/shape the rolls, with wonderful filling ingredients. One of these fillings is a "crab" salad that will be created using crabsticks.

Make it a date night or family night as you create lasting memories in your kitchen!

WGE105

Sat., May 13, 4-6 pm

\$35



## INSTANT POT®! COOKING SERIES

### 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 conven-

#### 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. Cooking along is optional but HIGHLY RECOMMENDED!

WGE100

Sat., Jan. 14, 4-6 pm

\$35

#### Instant Pot® Carnitas, Classic Chili & Homemade Potato Rolls

We will be making Carnitas; a Latin American-style taco with a smokey BBQ flavor, and a Classic Chili. We will also quick-pickle some red onions to be enjoyed with the Carnitas, and bake some amazing potato dinner rolls from scratch to be enjoyed with the chili. All delicious recipes created by the instructor that 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®, and increase your confidence in using this amazing appliance!

WGE101

Sat., March 4, 4-6 pm

\$35

### Freezer Meal Classes

These classes 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- Freezer Breakfast Meals:

Breakfast Burritos, Egg McMuffins, Freezer Smoothie Packs, Breakfast Oatmeal Cups and Breakfast Bowls

WGE116-In-person Class

Mon., Jan. 9, 6-8 pm

\$89 (this includes all the food!)

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

WGE117-Zoom Class

Mon., Jan. 9, 6-8 pm

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

#### Session Two- Healthy Crockpot Meals:

Chicken Fajita Bowls, Creamy Tuscan Garlic Chicken, Cauliflower Pizza Casserole, BBQ Pork, Taco Soup

WGE118-In-person Class

Mon., Feb. 6, 6-8 pm

\$89 (this includes all the food!)

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

WGE119-Zoom Class

Mon., Feb. 6, 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 Hotdish, Buffalo Chicken Sliders

WGE120-In-person Class

Mon., March 13, 6-8 pm

\$89 (this includes all the food!)

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

WGE121-Zoom Class

Mon., March 13, 6-8 pm

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

Instructor: Danielle Schantz



## Kids Craft Series



### Magnetic Memo Board

Using chalk paint and twine, participants will turn a tray into a magnetic memo board to write messages on in chalk ... or play tic-tac-toe. The trays also double as a memo/photo holder as they are magnetic so we will also make some button magnets to hold their memos, photos or whatever. A paint shirt is suggested for this class.

WYT110

Tues., Feb. 28, 3-4:30 pm



### Be My Gnomie

Love is in the air and these Valentine Gnomes will sure to bring a smile to everyone ALL through February ... and beyond. Keeping with the Valentine's Day theme our gnomes will have pink beards. You can choose if you want a red body and a white hat or a white body and a red hat.

WYT109

Tues., Jan. 31, 3-4:30 pm

### Easter Mason Jar

Spring is in the air ... or so we hope! Today we are going to bring a touch of spring home to remind us it is just around the corner. We will be painting ... hint, hint ... you may want a paint shirt. Using chalk paint and vinyl we will be turning a plain jar into a spring centerpiece ... and fill it with candy. We will also make another small bunny craft. Hop on down and join us.

WYT111

Tues., March 28, 3-4:30 pm

CES C108

\$5 registration fee (\$20 due at class to cover supplies)

Pam Anderson

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.

## SAVE THE DATE Children's Stuff Garage Sale Saturday, April 29, 2023

9 a.m.-12 p.m.  
Challenger Elementary  
School

Rental of tables will begin  
on February 25

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-12 sessions

Mon., Tues., Thurs.; Jan. 3, 5, 9,  
10, 12, 17, 19, 23, 24, 26, 30, 31

\$48

WYT101

Session Two-11 sessions

Mon., Tues., Thurs.; Feb. 2, 6, 7, 9,  
13, 14, 16, 21, 23, 27, 28

\$44

WYT102

Session Three-13 sessions

Mon., Tues., Thurs.; March 2, 6, 7,  
9, 13, 14, 16, 20, 21, 23, 27, 28, 30

\$52

WYT103

Session Four-10 sessions

Mon., Tues., Thurs.; April 3, 4, 11,  
13, 17, 18, 20, 24, 25, 27

\$40

WYT104

Session Five-12 sessions

Mon., Tues., Thurs.; May 1, 2, 4, 8,  
9, 11, 15, 16, 18, 22, 23, 25

\$48

7:00-7:45 am

FMS Weight Room

Corey Poole/Hannah Lund

## Early Childhood & Family Education

Classes and Activities for You and Your Child

### Library Storytime with ECFE

Visit the Thief River Falls Public library and enjoy storytime with music, stories, and activities each Tuesday at 9:30 a.m. for all preschool aged children 0-5 years old. Call 218-681-8670 or 218-681-4325 for more information.

### Family Fun Night

Thursday, March 23  
5:00-7:00 p.m.

Join us for an evening of family fun for all children, ages 1-5 years old, and their parents. Watch for more information.



Thief River Falls ECFE

Learn more about ECFE online  
at [trfcommunityed.com](http://trfcommunityed.com)



### Preschool Family Move & Play Events

Do you have preschool aged children (1-5 years-old) that need to use up extra energy? Join us for our Family Movement events to play, have fun, and use that energy.

Saturday, January 21  
at Sanford Kid Fit Zone  
10:00-11:30 a.m.

Saturday, February 11  
at Challenger Elementary Gyms  
for a Family Dance  
10:00-11:30 a.m.

Saturday, March 11  
at Franklin Middle School  
Family Swim Time  
10:00-11:30 a.m.

PARENTS MUST ATTEND AND  
PARTICIPATE WITH CHILDREN.

Special events are offered for all families with children birth to five years old in the Thief River Falls area. You do not need to be attending an ECFE class to attend a special event.

## Techniques To Activate Your Brain's Creativity Center

Learn the many things you can do to tap into your brain's creativity center. We'll discuss and do ancient breathing patterns to activate the right side of your brain where creativity lives. We'll do acupressure points that offer instant clarity and calm. You'll learn the Energy Medicine technique called 'Thumping' to activate creative centers as well as how colors play a role in brain function. You'll leave class with a bunch of new tools to help you be your best before endeavoring on any creative activity.

WHF102

Tues., Jan. 24, 6-7:30 pm

WHF103

Thurs., April 13, 6-7:30 pm

Online w/Janice Novak, M.S.

\$25

## Soothe Those Achy Joints

Do you have joints that ache – a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy.

WHF105

Tues., Feb. 7, 6-7:30 pm

WHF106

Thurs., April 27, 6-7:30 pm

Online w/Janice Novak, M.S.

\$25

## Avoid The Pitfalls Of Perimenopause/ Menopause

Perimenopause starts around the age of 35 for most women and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, water retention, depression, sleep disturbances, joint aches, hot flashes, anger flashes, fibroids, exaggerated PMS and more. Once you understand exactly what is causing all the troublesome symptoms, they are much easier to correct. We'll discuss how to get hormone levels measured - blood test vs. saliva test and what to do with the results; traditional HRT vs. bio-identical; acupressure points to assist in symptom relief and nutritional musts. You'll leave with multiple tools and techniques for restoring health and well-being.

WHF107

Wed., Feb. 8, 6-7:30 pm

Online w/Janice Novak, M.S.

\$25

## Is Your Waistband Too Tight Today? Strategies for Beating Belly Bloat

Have you ever found that in the a.m. your pants fit fine but by mid-afternoon, the waistband squeezes you like a tourniquet? Or that no matter how many crunches you do, your stomach still hangs out? Getting rid of a potbelly is much more than just doing abdominal exercises. In this workshop, you will learn the main causes and 6 strategies for getting rid of belly bloat. We will do a few exercises designed to strengthen the deepest layer of abdominal muscle - the layer that is responsible for flattening your stomach, shaping your waistline, and supporting your lower back. And we will do this without getting on the floor.

WHF109

Wed., Feb. 15, 6-7:30 pm

WHF110

Wed., May 17, 6-7:30 pm

Online w/Janice Novak, M.S.

\$25

## Just Breathe! Techniques to Calm, Center & Balance

Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health, and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out. The simplest and most powerful technique for optimum health is free and right under your nose.

WHF111

Tues., Feb. 21, 6-7:30 pm

Online w/Janice Novak, M.S.

\$25

## Acupressure To Assist Weight Loss

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

WHF113

Mon., Feb. 27, 6-7:30 pm

WHF114

Thurs., May 18, 6-7:30 pm

Online w/Janice Novak, M.S.

\$25

## Acupressure Face Lift & Skin Savvy

Here's a facelift you can do at home. Acupressure is an ancient Chinese healing method that works with the energy that flows through your body. Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin; increase firming; even decrease headaches, relieve eye strain, soothe nerves, and increase relaxation. Learn how to make your skin as healthy as possible from the inside out.

WHF115

Wed., March 1, 6-7:30 pm

WHF116

Tues., May 9, 6-7:30 pm

Online w/Janice Novak, M.S.

\$25

## Acupressure To Relieve Stress, Anxiety, Insomnia & More

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

WHF117

Thurs., March 9, 6-7:30 pm

Online w/Janice Novak, M.S.

\$25

## Acupressure And Other Tools For Women 35 And Older

Acupressure is an ancient healing art that can offer great relief, with no side effects, from symptoms such as hot flashes, mood swings, bloating, headaches, irritability, nausea, insomnia, anxiety and even weight gain. Learn which points balance hormone levels naturally, including thyroid hormones. Acupressure is a wonderful self-help tool that will help you feel your best. We will discuss breathing techniques, nutritional musts, and more.

WHF104

Mon., Jan. 30, 6-7:30 pm

Online w/Janice Novak, M.S.

\$25



## Face Yoga

There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing 'puppet mouth' lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face.

WHF100

Mon., Jan. 23, 6-7:30 pm

WHF101

Wed., April 12, 6-7:30 pm

Online w/Janice Novak, M.S.

\$25

## How Do I Take A Live Zoom Class

Many instructors use Zoom for live/virtual classes such as cooking classes, painting, exercising, computers, music, and others. Author and computer instructor Mike Wilson will help participants understand the process of receiving Zoom invites, "getting to your classroom," and navigating the features used in Zoom. This user-friendly class will be held over Zoom. If you need assistance getting on Zoom, please e-mail instructor days prior to class at [backcourse@att.net](mailto:backcourse@att.net).

WT118

Sun., Jan. 15, 2:30-3:30 pm

\$20

## I Need to Host My Own Zoom Meeting

You will see how a host sends an e-mail, invites, and schedules meetings. Even the basic host controls can seem overwhelming, but we will explore those, as well. You'll learn how to Share Screen, invite, and send links to e-mails. This class is a great place to start before hosting your first Zoom meeting! Join this informative class by Zoom.

WT119

Sun., Jan. 22, 2:30-3:30 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). Enter your instructor led classroom with 3 simple clicks from your e-mail!

WT107

Tues., Jan. 31, 5-6 pm

\$20

WT108

Sat., March 18, 11 am-12 pm

\$20

## The Easy to Learn iPad Class

Take this fun and informative iPad class! We will explore the practical uses of your iPad and how to use the features! You will learn how to navigate, use apps, work with e-mail, take pictures, go online, and do more as time permits. Your patient instructor's iPad screen and features will be clearly displayed over Zoom. Not for Android tablet users.

WT120

Jan. 4,5,6, 1-2 pm

\$55

WT121

Feb. 15,16,17, 6-7 pm

\$55

## Computer Help For The Almost Absolute Beginner

Learn from your home! Simply click the text sent to your e-mail, type your name, click "register" or "join", and then click the word "ok" and you will be "in class", watching and listening to your live instructor! 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.) Enter your instructor led classroom with 3 simple clicks from your e-mail!

WT100

Sun., Jan. 8, 2:30-3:30 pm

\$20

WT101

Sat., Jan. 14, 11 am-12 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.) Enter your instructor led classroom with 3 simple clicks from your e-mail!

WT103

Wed., Jan. 11, 1-2 pm

\$20

WT104

Sun., Jan. 29, 12:30-1:30 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). Enter your instructor led classroom with 3 simple clicks from your e-mail!

WT105

Tues., Jan. 24, 5-6 pm

\$20

WT106

Fri., Feb. 24, 3-4 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.) Enter your instructor led classroom with 3 simple clicks from your e-mail!

WT109

Wed., Jan. 18, 5-6 pm

\$20

WT110

Sun., Feb. 12, 3-4 pm

\$20

## Excel For The Absolute Beginner

Instructor will demonstrate how to navigate and interface with Excel's basic features. See how to create a simple contact list. You will view how to use calculations such as autosum and see how to generate simple formulas. Also, learn to use the fill handle, sort existing data, merge and center, move cells and ranges, and wrap text. Enter your instructor-led classroom with 3 simple clicks from your e-mail!

WT112

Sun., April 16, 1-2 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). Enter your instructor led classroom with 3 simple clicks from your e-mail!

WT111

Sat., Jan. 28, 1-2 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 softwares 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). Enter your instructor-led classroom with 3 simple clicks from your e-mail!

WT114

Fri., May 12, 1-2 pm

\$20

## Getting To Know Your iPhone

Author and instructor Mike Wilson will demonstrate how to use your smartphone. This class is designed for mature and recent iPhone users! Mike will cover cell phone topics, such as: the photo app, texting, navigating, apps, contacts, e-mail, camera, App store, settings, and the Internet. Not for Android users. Enter your instructor-led classroom with 3 simple clicks from your e-mail!

WT116

Jan. 25,26,27; 11 am-12 pm

\$55

WT117

Feb. 20,21,22, 6-7 pm

\$55

## 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!

WGE106

Thurs., March 2, 6:30-7:30 pm

\$20

Online

## 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.

WGE115

Thurs., March 16, 6:30-8 pm

\$5 registration fee

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

Mulligans Sports Bar

## Aquatics

### 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

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.; 10 am-1 pm or 4-6 pm (or during the week when not in use)

\$75 per hour

### Pool Passes

#### Family passes

12 month - \$320.00

9 month - \$250.00

Summer pass (Memorial day to Labor Day) - \$175.00

#### Individual passes

12 month - \$210.00

9 month - \$250.00

Summer pass (Memorial day to Labor Day) - \$100.00

#### Punch Cards

Adult card-six punches - \$25.00

Child card-six punches - \$20.00



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@TRFCommunity Ed

## Prowler Preschool

Prowler Preschool is an Early Learning program for children ages 3 and 4 to help better prepare students for Kindergarten. Our classes are designed to give students an 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.

We have some exciting news for the Prowler Preschool program for the 2023-24 school year. We will be adding a 5 day a week all-day option to our class offerings for 4 year old students from 8:05 am-2:45 pm. We will also offer a childcare option for those attending this class from 2:45-6:00 pm. Class size will be limited to 20 for this all-day class option. We will still offer the option of 3 half days and 2 full days for 4 year olds and 2 half days for 3 year olds.

We are hosting an open house on February 23 from 5:00-7:00 pm at Prowler Preschool. Registration will be available online starting February 27. We encourage families to apply early to better your chances of getting your first request for classes. For more information on Prowler Preschool contact Lisa Simenson at 681-8670.

## No One Gets Out of This Alive: Conversations for the End of Life

It's been said that two things are inevitable in this life: death and taxes. As we grow older, we become

increasingly concerned with the prospect of our death. What effect and impact can we have on a good end of life? And who do we need to talk with in order to carry out our wishes? This class will explore what we reasonably can influence when it comes to the end of our lives and with whom we might want to talk with about our hopes. The live class will be held online, interactive through Zoom.

WGE123

Wed., Jan. 18, 1-2:30 pm

\$25

Online

## Fearless Aging

You may not have a choice about aging but you do have a choice about how you approach growing older. What better way than fearlessly? Fearless aging is the power to positively impact your future.

This class explores the normal, natural processes of aging—physical and lifestyle--and what you can do to markedly improve the quality of your life. Discover what you can expect and lifestyle choices that will help you make the most of what you've got as you age. Let's explore the inevitable forces of change in your life and be fearless! The live class will be held online, interactive through Zoom.

WGE124

Wed., March 15, 1-2:30 pm

\$25

Online

## Let's Make a Charcuterie Board

Charcuterie boards are just about everywhere these days. The trend of arranging small bites on a board is an entertaining must-have. Not only are these appetizers the first thing your guests will graze on at a party, but a beautifully assembled charcuterie board will be an impressive centerpiece. The word "charcuterie" is a French word that describes a shop that sells cured pork products such as salami and ham as well as cheeses, olives, nuts, crackers, dried fruits and other condiments. You will go home with a wooden charcuterie board with customized goodies personally made by you. You will also learn how to arrange the food to look appetizing, along with a few tips and tricks! Limit of 15.

WGE133

Mon., Feb. 27, 6-8 pm

\$75

Mulligans Sports Bar

## 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.

WGE125

Wed., Feb. 15, 1-2:30 pm

\$25

Online

## Fifty Plus Travel- Sharing the Wisdom

Travel is high on many people's retirement list. How do you decide where, when and how to go? What resources are available on the web? This class will provide some basics on using internet travel sites and tour groups, as well as encouraging group input on personal travel experiences to share the wisdom. This class is being held online, interactive through Zoom. More information will be sent after enrollment and before class.

WGE126

Wed., March 1, 1-2:30 pm

\$25

Online

## 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 HR – Refresher Course

WDD100

Sat., Feb 25, 8 am-12 pm

WDD101

Sat., Feb 25, 12 pm – 4 pm

WDD102

Thurs. April 20, 8 am-12 pm

WDD103

Thurs. April 20, 12 pm-4 pm

\$25

District Service Center

### 8 HR – Initial Course

WDD110

Sat., Feb 25, 8 am-4 pm

WDD111

Thurs. April 20, 8 am-4 pm

\$30

District Service Center

## **Basic DSLR Photography and Working With Light**

This class will cover basic skills of DSLR photography to include becoming familiar with the purpose/function of common DSLR camera buttons, dials, and menu settings. Participants will learn how to take a properly exposed photograph using the creative modes of the DSLR camera including Shutter Priority, Aperture Priority, and Manual. We will also discuss the importance of using light in photography and how to achieve the best results in challenging lighting situations including the use of external flash equipment. Please fill out the knowledge questionnaire upon registering to help the instructor prepare for class. Limit of 15.

WGE132

Mons., Feb. 6 & 13, 6-8:30 pm

\$49

District Service Center

Jim Hustand

Prowler Photography

## **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. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. 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

WGE127

Tues., March 14, 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

WGE128

Mon., March 13, 6:30-9:30 pm

\$59

On-line via Zoom

## **Crazy Quilts**

Learn the art of making crazy quilts with foundation piecing. Embellishing and embroidery stitches will be covered as well. Students should bring a basic sewing kit, muslin, fabric scraps, embroidery needles and floss, lace, beads, ribbon, all-purpose thread in a variety of colors, and sewing machine (optional - blocks may be sewn by hand as well as by machine). Ages high school to adult. Limit 12.

WGE134

Wed., Jan. 18-25, 7-9 pm

FMS FACS Room

\$45

Vicky Wheeler Kolden

## **Hand Piecing Grandmother's Flower Garden Quilt**

Learn how to hand piece this favorite quilt of the pioneers. Use quilt "Patis" brand templates and learn to make your own templates. Bring one light color thread, one other color of thread, scissors that cut plastic, scissors that cut fabric, an assortment of needles, and fabric scraps. Limit 12.

WGE135

Fri., Jan. 6-27, 7-9 pm

FMS FACS Room

\$65

Vicky Wheeler Kolden

## **History of Thief River Falls and Pennington County, Part 1**

Learn about the early history of Northwestern Minnesota and its settlement (1870 to 1904), the fight over the location of the county seat and the beginning of Pennington County (1905 to 1910). What was the early lifestyle, culture and entertainment like? Explore education in early Pennington County along with churches, lodges and clubs in the early days.

WGE130

Thurs., Jan 12-Feb. 16, 6-7 pm

\$45

District Service Center

Donna Myhrer/Pennington County

Historical Society

## **History of Thief River Falls and Pennington County, Part 2**

Learn about the features of our local history, such as "Famous Firsts" (Did you know that the first woman elected as a City Mayor in Minnesota was Agnes Israelson of Thief River Falls in 1953). Learn about many of the Place Names in Pennington County and where they came from? Explore the businesses in early Pennington County and laugh along with the humor in Thief River Falls history. Hear some military stories about local folks and learn about transportation (such as riverboats, railroads, highways, and many others).

WGE131

Thurs., Feb. 23-March 30, 6-7 pm

\$45

District Service Center

Donna Myhrer/Pennington County

Historical Societ

## **Where Did You Come From?**

This is a beginner-level class on how to find your family history. Learn how to locate information on your family from many sources: Public Library (such as newspapers and City Directories), County Recorder's Office (official records), cemeteries, older relatives (ideas for interviews and recordings), Internet genealogy programs (such as Census and International Sources), community records (such as records from churches, lodges and school yearbooks), many other ideas.

WGE129

Weds., March 1-April 5, 7-8 pm

\$45

District Service Center

Donna Myhrer/Pennington County

Historical Society

## **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).

WGE108

**January Kit**

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

\$45

WGE109

**February Kit**

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

\$45

WGE110

**March Kit**

Must register by March 1, ships around March 20

\$45

WGE111

**April Kit**

Must register by April 1, ships around April 20

\$45

WGE112

**May Kit**

Must register by May 1, ships around May 20

\$45



## 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](http://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 Ginger Alby at 218-791-5354, check out our website [www.trfcommunityed.com](http://www.trfcommunityed.com) or you can e-mail [lbls.pennington@gmail.com](mailto:lbls.pennington@gmail.com).

## 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. 6-May 26
  - 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](mailto:latchkeykidstrf@gmail.com) or browse our website at [www.trfcommunityed.com](http://www.trfcommunityed.com).