

Winter 2018 Activity Guide

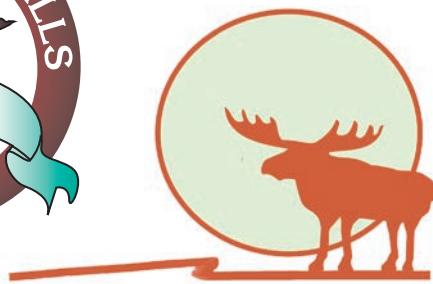
**Something
for
Everyone**



THIEF RIVER FALLS
Community
EDUCATION



NORTHLAND
COMMUNITY & TECHNICAL COLLEGE
Center for Outreach & Innovation



discover your
NORTHWEST REGIONAL LIBRARY
wide open spaces to grow and learn

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INSTRUCTOR LED ONLINE COURSES

REGISTER FOR ONLINE CLASSES AT:
www.ed2go.com/trf

Welcome!

Our instructor-facilitated online courses are informative, fun, convenient and highly interactive. The instructors create warm and supportive communities of learners. All courses run for six weeks, two lessons per week. Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links and more. You can complete any of these courses entirely for your home or office and at any time of the day or night.

How to Get Stated:

1. Visit our Online Instruction Center at www.ed2go.com/trf. This is where you'll select your course, choose a start date and pay for the course. You will note that there are many more courses than those listed in this catalog, and you're welcome to take any course at this website.
2. Select the course and the date you'd like to start the class and follow the instructions for enrolling in the course. It's at this point that you'll choose a username and password.
3. Make payment with a credit card.
4. On the start date of the course, log in to www.ed2go.com/trf and enter the classroom link using your username and password.

Requirements:

All courses require Internet access and email. Some courses may have additional requirements. Please visit our Online Instruction Center for access to complete course descriptions, student evaluations, instructor biographies, requirements and other information.

Introduction to QuickBooks 2014

Gain control of your business as you learn to use this powerful accounting software to create and print invoices, track your payables and receivables, and more.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Introduction to Guitar

Master basic guitar skills and become the musician you've always wanted to be.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Introduction to Windows 10

Learn how to get the most from the Windows 10 operating system, including managing apps, programs, photos, files, and folders.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Assisting Aging Parents

Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Introduction to Digital Scrapbooking

Learn how to make the most of your scrapbooking talents and artistic ideas when you combine digital and traditional scrapbooking techniques.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Computer Skills For The Workplace

Gain a working knowledge of the computer skills you will need to succeed in today's job market.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant-writing campaigns, and prepare proposals.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Mastering Public Speaking

Learn the secrets of effective public speaking and small group communication.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Learn to Buy and Sell on eBay

Auction pros teach you how to work from home or earn extra income by buying and selling goods online.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Mastering Your Digital SLR Camera

Take your photography to the next level with your digital SLR camera by learning how to master lenses, apertures, shutter speed, exposure settings, and more.

Starting dates: Jan. 17, Feb. 14, March 14; \$89



Introduction to Microsoft Excel 2010

Do you work with numbers? Then you need to master Microsoft Excel 2010—and this is the place to do it. Even "non-techie" beginners will find it easy to learn Excel in this fun, step-by-step online course.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

SAT/ACT Preparation-Part 1

Master the reading, writing, English and science questions on the ACT and new SAT.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

SAT/ACT Preparation-Part 2

Master the math questions on the ACT and new SAT.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Beginning Writers Workshop

If you've always wanted to write but have no idea where to start, this course will demystify the process for you. You'll get a taste of the writing life, improve your writing skills, and develop new ways to stretch your creative muscles.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Accounting Fundamentals

Demand for accounting professionals currently exceeds supply. If you're interested in increasing your financial awareness while also gaining a marketable skill, this course is for you. You'll learn the basics of double-entry bookkeeping, as well as how to analyze and record financial transactions. You'll get hands-on experience with handling accounts receivable, accounts payable, payroll procedures, sales taxes, and various common banking activities.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Speed Spanish

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno!

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Discover Sign Language

It's truly amazing that we can communicate just by using our hands! Add different facial expressions, and you have a conversation—the language of Deaf people. In this course, you'll discover how to use this graceful, expressive language to communicate with Deaf people. You'll begin with an introduction to the language itself, and learn to create the signs for numbers. You'll also master the sign alphabet so you can fingerspell proper names.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Drawing for Absolute Beginners

Have you always been interested in drawing, but never really knew how to get started? If so, then this is definitely the course for you! Gain a solid foundation and understanding of the basics to drawing and become the artist you've always dreamed you could be! You'll gain a solid understanding of the many tools of the trade. You'll become intimately familiar with paper types, drawing styles, rendering techniques, and the basic principal of perspective, layout, design, lighting, volume, and space. You'll even discover how best to get in touch with your right brain.

Starting dates: Jan. 17, Feb. 14, March 14; \$89

Mark Your Calendar Children's Garage Sale

Saturday, April 21, 2018
9:00 a.m. - 12:00 p.m.
Challenger Elementary Gyms & Cafeteria
 www.trfcommunityed.com
 Rental of tables will begin February 24

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.

Beach Party Family Fun Night Thursday, January 25 5:00-7:00 p.m.

Join us for an evening of "beach fun" to play with water, bubbles, and sand. Please register by calling 218-681-8670 by January 24.

Preschool Family Gym Time on

Thursdays:
 Dec. 14, Jan. 18, & Mar. 15
 6:00-7:30 p.m.

Saturdays:
 Jan. 13, Feb. 10, & Mar. 10
 10:00-11:30 a.m.

Does your preschool aged children (1-5 years old) need to use up extra energy? Join us in the Challenger gyms to play, have fun, and use that energy.

Special events are offered for all families with children ages birth to five years old FREE of charge in the Thief River Falls area.

You do not need to be attending an ECFE class to attend a special event.

Follow us on Facebook Thief River Falls ECFE

REGISTRATION INFORMATION

Stop at the Challenger Preschool office or register by phone at (218) 681-8670.

Fee Policy

No family who resides in the Thief River Falls School District will be turned away from participating in ECFE because of the inability to pay. Talk to Lisa Hinrichs for more information.

Early Childhood Screening

Don't Wait!

The early childhood years from birth to the start of kindergarten are an important time of rapid learning and growth. ~Minnesota law requires each child attend a health and developmental screening before starting school. ~The purpose of Early Childhood Screening is to identify possible health or learning concerns so that children can get help before they start school. ~Screening is highly recommended between the ages of 3 ½ - 4 years old. ~Waiting until a child is starting kindergarten may be waiting too long.

When your child attends Early Childhood Screening, a trained professional will check large and small muscle development, thinking, language and communication skills, social and emotional development, vision, hearing, and immunization records.

To make an appointment, call Lisa Simenson at 218-681-8670.

Upcoming screening dates:

- January 31
- February 27
- March 1



School Readiness

The Thief River Falls School Readiness program is taking applications for their 3-4 year old & 4-5 year-old afternoon classes. School Readiness is a public preschool program designed to give children ages 3 to 5 the opportunity to engage in activities that prepare them for kindergarten. To request an application, please call the Challenger Preschool office at (218) 681-8670. Applications are also available online at trfcommunityed.com



YOUTH MENTORING LITTLE BROTHER LITTLE SISTER

MINIMUM
4
HOURS A
MONTH

A MENTOR
HELPS A
YOUNG
PERSON
KNOW THEY
ARE
SOMEONE
WHO
MATTERS.

MENTORS
SERVE AS A
ROLE MODEL,
FRIEND AND
ADVISOR

DEVELOP
LEADERSHIP
SKILLS
AND
BUILD
SELF
CONFIDENCE

FOR MORE
INFORMATION
CONTACT
MELORA
218-689-9471

MENTORS
TEACH
YOUNG
PEOPLE
HOW TO
RELATE AND
COMMUNICATE
WITH
OTHERS.

AQUATICS

Swimming Lessons

Register early! Maximum of 10 participants per level.

March 12-23
 WAQ101/ WAQ102
 Level 2/ Level 3
 5:15-6:00 pm

WAQ103/ WAQ104
 Level 1/ Level 4
 7:00-7:45 pm

Lap Swimming

Mondays, Wednesdays, Fridays
 6:00 - 7:30 am
 Monday-Thursday; 6:00 - 7:00 pm
 Adults \$5 and children \$4 or a Franklin Pool Pass

Open Swimming Schedule

Monday-Friday; 1:00-4:00 pm,
 7:00-9:00 pm
 Saturdays and Sundays
 1:00-4:00 pm and 6:00-9:00 pm
 Adults \$5 and children \$4 or a Franklin Pool Pass

Rentals

Schedule rentals with Brenda Leier by calling 681-8065.
 Saturdays and Sundays; 12:00 pm – 1:00 pm or 4:00 pm – 6:00 pm (or during the week when not in use)
 \$75 per hour

Pool Passes

Family passes: 12 month - \$325; 9 month - \$250
 Summer pass (Memorial day to Labor Day) - \$175

Individual passes

12 month - \$210; 9 month - \$165

Summer pass (Memorial day to Labor day) - \$100

Punch Cards

Adult card-six punches - \$25; Child card-six punches - \$20



The Art of Homebrewing

Learn the fundamentals of home brewing while observing the different steps of the brewing process, from boiling to bottling. Take a look at the different equipment used during each stage and leave with a basic understanding of the ingredients used to create the different styles, types and tastes.

Samples will be available to try. Must be 21 and over.

WGE100

Evergreen Eating Emporium
\$35/single rate, \$55/double rate
(includes samples and munchies)
Brandon Taugas, Beer Enthusiast

Introduction to Silk Painting

In this silk painting class you will learn tips and techniques to paint on a silk scarf. Great for kids or adults, though children need an adult with them to attend. All supplies will be provided. Limit 12.

WGE113

Tuesday, Feb. 13, 5:00 - 9:00 pm
FMS Shop Room #139(entrance:
south multi-purpose door #9)
\$20 (plus a supply fee will be collected by the instructor at class)
Sandra Hensrud

Quilters Sit and Sew

Join the Thief River Falls Quilter's Guild for a weekend of quilting. A guild member will be available to help you with your project.

WGE114

Friday, March 16, 4:00-9:00 pm and
Saturday March 17 at 8:00-4:00 pm
(lunch provided)
Methodist Church
\$20
Julie Desrocher

Growing Plants from Seed Indoors

Learn how to start plants from seeds this Spring! In this class we will cover all the basics including containers, potting medium, best seed varieties and transplanting practices. The class will include a hands-on opportunity to start vegetables and/or flowers for you to take home.

WGE117

Thursday, March 22, 6:00-7:30 pm
LHS #135 (entrance: use southeast door#8)
\$10 (plus a supply fee of \$10 will be collected by the instructor at class)

Lindsay Foy

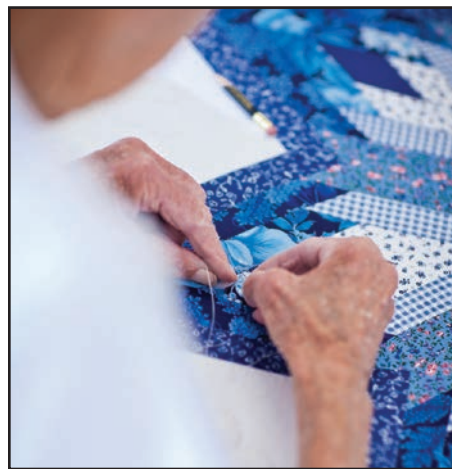
Pad Thai and Spring Rolls

In this class students will learn how to make Pad Thai and Spring Rolls. These delicious items are sure to be a hit at any dinner or party. Bring a friend or make it a date.

WGE116

Saturday, Feb. 24, 2:00-4:00 pm
FMS FACS Room #136(entrance:
south multi-purpose door #9)
\$10 (plus a supply fee of \$35 will be collected by the instructor at class)

Kara Super-Peterson,
Trained Culinary Chef

**Rustic Sign Making**

Come and join The Shed Girls on a 2-hour hands-on workshop where you will paint your own sign. Each individual will be able to pick from 4 designs to make their own 12x24 sign. If you have any questions please call Allie at The Shed 218-683-5328 during store hours.

WGE107

Monday, February 5, 6:00 – 8:00 pm

WGE108

Monday, March 12, 6:00 – 8:00 pm

WGE109

Wednesday, May 9, 6:00 – 8:00 pm

\$10 (plus a supply fee of \$25 will be collected by instructor at the class)

The Shed on Third

TECHNOLOGY**iPhone Basics**

Do you have an iPhone but don't know how to use all the features? Are you looking to upgrade your phone but want to find out what an iPhone is all about first? We'll discover what an iPhone is and how to find apps, use email and calendar, and send text messages. We will meet twice to give you time to try out your phone in between classes and address any questions you have. Please free to bring your phone with you to each session!

WT101

Monday and Tuesday, March 5 and 6;
5:00-7:00pm

Lincoln High School

\$49

Tim Vagle, District Tech Coordinator

**Beginner Sushi**

This is a great opportunity to learn all about Sushi! In this class students will learn the steps that are important in making a proper sushi roll. Students will make and eat a variety of rolls: Sushi Rice, Nori, Inside Out Roll, Basic Roll & Spicy Crab along with some dipping sauces. Come for a night of great sushi, laughs and learn how to Rock that Roll! Bring a friend!

WGE115

Saturday, Feb. 24, 10:00 am-12 pm
FMS FACS Room #136(entrance:
south multi-purpose door #9)
\$10 (plus a supply fee of \$35 will be collected by the instructor at class)

Kara Super-Peterson,
Trained Culinary Chef

Photo Basics for iPhone/iPad

Get the most out of the handy cameras on your iPhone or iPad. Understand the various options you have when taking and sharing photos. Learn about Photo Stream and also using iCloud for backup. Please bring your iPhone/iPad to class.

WT102

Monday, February 12; 5:30-7:30 pm
Lincoln High School

\$29

Tim Vagle, District Tech Coordinator

One-on-One iPad Training

Receive individual iPad training and instruction by an experienced trainer. Any iPad related questions are good questions. Bring your own iPad. Please indicate 2 or 3 areas you would like help with along with a choice of times available for training when registering.

WT103

\$65/person or couple for 2 hour session

SMART DRIVER AARP DRIVER SAFETY PROGRAM

If you are 50 years of age or older, you are eligible to take this class that may entitle you to a reduction in auto insurance premiums.

4-Hour Refresher Class For People Who Have Taken The 8-Hour Class

WAD100

Tuesday, January 16
1:30-5:30 pm

WAD101

Thursday, February 22
5:30-9:30 pm

WAD102

Tuesday, March 13
1:30-5:30 pm

WAD103

Thursday, April 12
9:30 am-1:30 pm

WAD104

Tuesday, April 24
5:30-9:30 pm

WAD105

Thursday, May 24
9:30 am-1:30 pm

Location: DSC Board Room

Fee: \$25

Instructor: Ernie Taus

8-Hour Class For People Who Have Never Taken The Driver's Safety Program

WAD106

Wed and Thurs, Feb 7 and 8
9:30 am-1:30 pm

WAD107

Wed and Thurs, March 7 and 8
1:30-5:30 pm

WAD108

Wed and Thurs, May 2 and 3
5:30-9:30 pm

Location: DSC Board Room

Fee: \$35

Instructor: Ernie Taus

**Driver Safety**

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.

FMS Weight Room
Corey Poole
Time: 7:00-7:45 am

WYT101

Session One

Monday, Tuesday, Thursday; Jan. 8, 9, 11, 16, 18, 23, 25, 29, 30
\$27

WYT102

Session Two

Monday, Tuesday, Thursday; Feb. 1, 5, 6, 8, 12, 13, 15, 20, 22, 26, 27
\$33

WYT103

Session Three

Monday, Tuesday, Thursday; March 1, 5, 6, 8, 12, 13, 15, 19, 20, 22, 26, 27
\$36

WYT104

Session Four

Monday, Tuesday, Thursday; April 3, 5, 9, 10, 12, 16, 17, 19, 23, 24, 26, 30
\$36

WYT105

Session Five

Monday, Tuesday, Thursday; May 1, 3, 7, 8, 10, 14, 15, 17, 21, 22, 24
\$33

Kids Craft Camp

Join us for a fun session of craft camp! In this session, students will create at least 2 one-of-a-kind, high quality pieces. Crafts will be geared towards winter and Valentine's Day. What a great way to spend a day off of school!

IMPORTANT INFO: Please bring a sack lunch with you for this class. Small snacks and beverages will be provided. This class is designed for children ages 8+.

WYT107

Monday, January 22, 9 am-2 pm

Location: TBD

\$10 (plus a \$50 supply fee will be collected by instructor at class)

Lacy Knott



Kids Acrylic Paint Pouring

Students will learn the basics of acrylic paint pouring while creating a unique round canvas. In this class, you will explore what ingredients to add to your paint to create the proper fluidity, how to create cells and different pouring techniques. You will complete a round canvas pour in colors of your choice. This class is designed for children ages 8+. Come and join the fun on this early out day of school!

WYT106

Wednesday, April 11, 1:30-3:30 pm

Location: TBD

\$10 (plus a \$20 supply fee will be collected by instructor at class; additional canvas for \$10)

Lacy Knott

Kids Rustic Sign Making

Looking for something for the kiddos to do on this early out day from school? Come and join The Shed Girls on a 2-hour hands-on workshop where you will paint your own sign. Each individual will be able to pick from multiple designs to make their own 12x24 sign. If you have any questions please call Allie at The Shed 218-683-5328 during store hours. This class is designed for children ages 8+.

WYT108

Wednesday, March 14, 1:30-3:30 pm

FMS Shop Room #139 (entrance: south multi-purpose door #9)

\$10 (plus a \$15 supply fee will be collected by instructor at class)

Safe at Home

When to start leaving your child home by themselves is a big decision to make. Safe at Home is designed to be a guide to not only helping your child develop some of the skills needed to stay home alone, but to start a conversation between you and your child. This class will help answer questions for you and your child in setting up your routine to be by yourself when your parents are not home. It will also cover common household emergencies, using the telephone, basic first aid and more. This class is designed for children grades 3+. Please send a snack with your child. Limit 20.

WYT109

Monday, May 7, 3:15 - 5:15 pm

CES Room #B112

\$29

Jill Johnson and Nicole Wienen

Crockpot Freezer Meals

Back by popular demand! 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. Just show up and all the ingredients will be there for you. Be ready to slice and dice! It doesn't get much easier than this. Limit 12.

WGE100

Monday, February 12, 6:00 - 8:00 pm

Meals include: BBQ Ribs, Zesty Chicken, Philly Cheesesteak, Chicken Cacciatore, and Cilantro Lime Chicken Bowls

WGE101

Tuesday, May 8, 6:00 - 8:00 pm

Meals include: Honey Mustard Pork Chops, Beef Stroganoff, BBQ Chicken, Beef and Broccoli, and Chicken Fajitas

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

\$89 (this includes all the food!)

Danielle Schantz

Crockpot Freezer Soups

In this class you will make 5 scrumptious soups that serve 4-6 and freeze like a charm. Just show up and all the ingredients will be there for you. Be ready to slice and dice! Perfect for the cool fall evenings! It doesn't get much easier than this. Soups include: Chicken Wildrice, Chicken Tortilla, White Chicken Chili, Chicken Gnocchi, and Beef and Barley Stew. Limit 12.

WGE111

Monday, March 12, 6:00 - 8:00 pm

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

\$89 (this includes all the food!)

Danielle Schantz

Acrylic Paint Pouring for Beginners

Students will learn the basics of acrylic paint pouring. In this class, you will explore what ingredients to add to your paint to create the proper fluidity, how to create cells and different pouring techniques. You will complete a 12x12 canvas pour in colors of your choice. Cost including all supplies \$25. You can add on an additional canvas for \$10.

WGE102

Thursday, January 18, 7:00-9:00 pm

WGE103

Thursday, April 12, 7:00 -9:00 pm

District Service Center (enter in door #1)

\$10 (plus a \$25 supply fee will be collected by the instructor at class)

Lacy Knott

Stained Glass For All Levels

We will be focusing on everything from basics to advanced; cutting glass, grinding glass, copper taping glass, soldering and proper use of soldering iron. There will be lots of time for practice and project instructions will be given. Advanced students may opt for their own project and are able to bring their own supplies or use the instructors. Please bring safety glasses and gloves. Must be 18 years and over. Limit 12.

WGE104

Saturday, February 24, 8 am-4:30 pm

WGE105

Tuesday and Thursday, April 3 and 5, 5:00 - 9:00 pm

FMS Shop Room #139(entrance: south multi-purpose door #9)

\$25 (plus a supply fee of \$40 will be collected by the instructor at class)

Sandra Hensrud

Stained Glass Mosaics

Join us in making a unique mosaic using broken and cut bits and pieces of all kinds of glass, pottery, old china, stained glass and more. You will take home a small-framed mosaic that you create in class. Most supplies will be provided but please bring safety glasses and gloves. Limit 15.

WGE106

Thursday, March 8, 5:00 - 9:00 pm

FMS Shop Room #139(entrance: south multi-purpose door #9)

\$15 (plus a supply fee of \$15 will be collected by the instructor at class)

Sandra Hensrud

Soap Making

Always wanted to try your hand at homemade soap but grandma's recipe has scary ingredients. Come and learn in a safe environment how a simple chemical reaction can turn basic ingredients into all-purpose soap that can be used to pamper, nourish and clean. The basic ingredients to make a batch of cold process soap will be available. You are welcome to bring your own ingredients to customize your product as well (essential oils, etc.).

Participants will also receive a recipe to make dish and laundry detergent from their finished product. Limit 10.

WGE110

Tuesday, January 30, 6:30 - 8:30 pm

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

\$10 (plus a \$10 supply fee will be collected by instructor)

Amy Beckius-Johnson



NORTHLAND COMMUNITY & TECHNICAL COLLEGE Center for Outreach & Innovation

The Center for Outreach and Innovation is the customized training and continuing education outreach department of Northland Community & Technical College. For additional information about our course offerings, please contact us!

Visit our Registration Website
www.northlandcollege.edu/coiclasses

Call us at 218-683-8649

Like us on Facebook
www.facebook.com/nctccontinuingeducation/

BUSINESS AND COMPUTER COURSES

Microsoft Excel - Introduction

This six hour course covers beginning-level skills, and is ideal for the newer computer user who wants to become well versed in Excel. Topics include the Ribbon interface; entering and editing data; selecting cells and ranges; printing worksheets; creating formulas and functions; formatting cell contents; inserting and deleting columns, rows, and cells; charts; and more. After completing this course, students can successfully face the challenges presented in Intermediate Microsoft Excel. Materials are included in the course fee.

Location: NCTC – TRF campus,
Computer Lab 603

Date: March 5 and 7, 2018

Time: 9:00 am – 12:00 pm

Instructor: Connie Troska

Fee: \$105

Microsoft Excel - Intermediate

This six hour course covers more complex skills than those presented in the Introduction to Microsoft Excel. Topics introduced include large worksheets and workbooks; tables; outlines; inserting clip art, pictures and SmartArt; templates; digital signatures; and more. Materials are included in the course fee.

Location: NCTC – TRF campus,
Computer Lab 603

Date: March 5 and 7, 2018

Time: 1:00 – 4:00 pm

Instructor: Connie Troska

Fee: \$105

Minnesota Truck-Weight Education Training

Who should attend this class? Trucking entities that want to load to the maximum legal weight possible, scale operators, farm truck owners and operators, aggregate haulers, truck manufacturers who configure truck axles and tires, township and county authorities who influence truck route weights, any company representatives who influence the purchase or alteration of new trucks, out-of-state companies that need to understand and comply with Minnesota's legal weight limits, and truck driving students.

Location: NCTC – TRF campus

Instructors: Greg Hayes, Tom Nelson, Paul Robischon, and Keith Williamson

Date: March 28, 2018

Time: 9:00 am – 3:30 pm

Fee: Free – Funding provided by the Minnesota Department of Transportation, in cooperation with Alexandria Technical & Community College and the University of Minnesota

Register online:

mnltp.umn.edu/truckweight

Pilot / Escort Driver Certification

Minnesota has passed new laws requiring the drivers of pilot cars and escort vehicles to hold a current Minnesota State Patrol Certification. All students are required to bring a recent (within the last 30 days) CERTIFIED copy of their current Minnesota driving record the first day of class. Students are also responsible for the fee associated with obtaining your driving record.

Location: NCTC – TRF campus

Date: TBD Spring 2018

Time: 9:00 am – 4:00 pm

Fee: \$180

Minnesota Commercial Vehicle Recertification

This mandatory course is designed to provide recertification for commercial and/or self-truck inspectors already certified in Commercial Vehicle Inspection. This class is for individuals whose certification is due to expire. Individuals who have had their certificates expire must complete this recertification course within six months of expiration date.

Location: Thief River Falls, MnDOT Building

Dates: January 4 and January 18, 2018

Time: 9:00 am – 4:00 pm

Instructor: Duane Amundson

Fee: \$100

MnDOT Flagger Training

This training is to qualify contractor's employees to act as flaggers on MnDOT construction projects. The course will provide training on flagging operations and procedures, discussion of safe practices, flagger attire, and flagger responsibilities. Upon completion of training, flagger will be provided with a certification card and documentation for the contractor to keep on file for MnDOT construction projects.

Instructor: Ashley Jaycox

Fee: \$35

Training: 1 Hour

Schedule: Contact Ashley directly to arrange at 218-683-8642

Steam Plant Engineering

This course covers steam and hot water boilers as well as heating plant operations. Participants are prepared for the Minnesota Grade C Boiler license. Course is also available on our EGF campus on Wednesday nights. Fee includes text and materials.

Location: NCTC – TRF campus,
Room 551

Dates: Thursdays: January 11 –
March 22, 2018

Time: 5:30 – 9:30 pm

Instructor: Ward Sinn

High Pressure Course Fee: \$450

Low Pressure Course Fee: \$415

CPR COURSES

Heartsaver CPR AED and First Aid Certification

This certification course will provide participants with the skills necessary to provide first aid for most emergencies. This course consists of CPR, AED training, as well as first aid. Renewal is every two years.

Location: NCTC – TRF campus,
classroom 635

Date: March 27, 2018

Time: 5:00 – 9:30 pm

Instructor: Connie Troska

Fee: \$80

MOTORCYCLE CLASSES

Many riders assume rider training is for beginners, but that couldn't be further from the truth. A recent MMSC rider training evaluation found that half of the students who took an Intermediate, Advanced or Expert Rider Course during the first half of this training season had more than 10 years of riding experience.

"There is a lot of learning and real world exercises that go beyond just driving through cones," another student said.

Motorcycle - Basic Rider Courses

Learn how to ride, and earn your motorcycle license endorsement in this 14.5-hour course featuring 10 hours of on cycle training and 4.5 hours of classroom training. Supportive and friendly instructors will teach you how to operate a motorcycle and the basic skills you need to safely ride on the street. Training motorcycles are provided for riders of all sizes. If you're an automatic scooter rider you can bring your own scooter with proof of insurance if it's 500cc or less, 400 pounds or less, in good working order and registered as a motorcycle.

Locations / Dates:

Bemidji: May 4-6; May 11-13; or
May 18-20, 2018

Thief River Falls: June 1-3; June 8-
10; or June 15-17, 2018

Roseau: July 13-15; July 20-22,
2018

Fee: \$180



NCTC Registration Information

Register Online: northlandcollege.edu/coiclasses

Contact Information:

East Grand Forks
2022 Central Ave NE
East Grand Forks, MN
218-683-8649
1-800-959-6282

Thief River Falls
1101 Highway One E
Thief River Falls, MN
218-683-8649
1-800-959-6282

Registration Guidelines:

- Full payment must accompany your registration.
- If we have 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 days in advance of the class start date to receive a full refund.

Hatha Yoga Flow

A balanced combination of sustained poses as well as poses flowing in a mindful progression from one to another. Mindfulness, observing breath and body are an integral part of this class. Hatha Yoga Flow will encourage proper alignment of the body and bring balance, strength, and calmness to the practitioner. All fitness levels are welcome. Variations and modifications will be given to offer appropriate levels of challenge. Limit 12.

Materials needed: Comfortable clothing, yoga mat, water bottle, blanket (optional)
 WHF101
 Tuesdays: Jan. 16, 23, Feb. 6, 13, 20, March 6, 13, 20
 5:15 - 6:15 pm
 District Service Center Gym
 \$50
 Sara Rogalla, Certified Yoga Instructor R-225HYI

Aerobics

This 45-minute class includes basic step combinations at varying intensity levels, speed intervals, and resistance strength training for upper and lower body toning and strengthening. The class is finished with 10 minutes of abdominal work and stretch. Limit 20.

Session 1 – 7 sessions
 WHF103
 Tuesdays and Thursdays: Jan. 9, 11, 16, 18, 23, 25, 30
 12:00-12:45 pm
 \$35
 Session 2 – 8 sessions
 WHF104
 Tuesdays and Thursdays: Feb. 1, 6, 8, 13, 15, 20, 22, 27
 12:00-12:45 pm
 \$40
 Session 3 – 9 sessions
 WHF105
 Tuesdays and Thursdays: March 1,

6, 8, 13, 15, 20, 22, 27, 29
 12:00-12:45 pm
 \$45

Session 4 – 8 sessions
 WHF106
 Tuesdays and Thursdays: April 3, 5, 10, 12, 17, 19, 24, 26
 12:00-12:45 pm
 \$40

Session 5 – 10 sessions
 WHF107
 Tuesdays and Thursdays: May 1, 3, 8, 10, 15, 17, 22, 24, 29, 31
 12:00-12:45 pm
 \$50

Jodi Beeson
 District Service Center Gym

Let's Talk Periods

In this health and wellness talk we will address female hormone imbalances, periods, and how we can improve them. Do you struggle with irregular periods, painful menstruation, extreme sweating, mood swings, stress, or fatigue? Join me to learn about the various stressors that may be contributing to your symptoms and way to alleviate them. Learn about energy testing to find what foods may be directly impacting your hormones and could be directly linked to the flow of your cycle.
 WHF108
 Tuesday, January 16, 6:00-8:00 pm
 District Service Center Board Room
 \$10

Free Public Library Events

DECEMBER – MAY 2018

- Storytime - Tuesdays at 9:30 a.m and Thursdays at 6:45 p.m.
- Family Night – Every 1st and 3rd Thursday at 7:00 p.m.
- Family Movie – Saturdays at 2:00 p.m.
- Dads and Donuts Storytime – Every 4th Saturday of the month at 10:30 a.m.
- Afternoon Bookclub – Every 4th Tuesday of the month at 1:30 p.m.
- Evening Bookclub – Every 3rd Thursday of the month at 5:15 p.m.
- Crafternoon – Every 2nd and 4th Thursday of the month at 1:30 p.m.
- Pen Over the Sword Writing Group – Every 1st Wednesday of the month at 5:00 p.m.
- Girls Who Code - Every other Monday from 4-6pm starting January
- Lefse Making with David Lee – December 12th at 6:30 p.m.
- Hot Reads for Cold Nights Adult Reading Program – Jan. and Feb.
- April Quilt Show – All month long

Latchkey Schedule

The Latchkey program is available beginning **Tuesday, September 5, 2017** and ending **Friday, June 1, 2018** from **6:30 a.m. - 8:00 a.m.** (availability of morning hours subject to change based on enrollment) and from **2:50 p.m. to 6:00 p.m. on school days and from 6:30 a.m. to 6:00 p.m. on no school days Monday through Friday.**

The Latchkey Program will be in session all day on the following **no school days:** Oct. 18, 19, 20, 23; Nov. 10; January 15, 22; Feb. 19 and March 2, 28, 29; April 2 from 6:30 a.m. to 6:00 p.m.

The Latchkey Program will be in session for the following **Early Outs:** Early Outs October 11; December 13, 22; March 14; April 11.

The Latchkey Program will **NOT** be in session on the following **days:** November 23, 24; December 25 – January 1; March 30; May 28 and June 4.

If you have any questions please do not hesitate to call 218-681-8711 x5243.

Registration is now available online at trfcommunityed.com.



**City of Thief River Falls
 Outdoor Skating Rinks and Warming Houses**

Engelstad Rink – 1st Street & Crocker Avenue
 Northrop Rink – 9th Street & LaBree Avenue (Hockey Rink)

WARMING HOUSE HOURS:
 Warming House Attendant will be on Duty during these times:
 Weekdays - 3:30-9:00 p.m. • Weekends – 1:00-9:00 p.m.

HOLIDAYS:
 Christmas Eve – 11:00-2:30 ~ Christmas Day – Closed
 New Year's Eve – 1:00-5:30 ~ New Year's Day – 1:00-5:30

INCLEMENT WEATHER PROCEDURE
 While the guidelines below are generally the criteria which will be followed to determine outdoor rink and warming house closures, we reserve the right to close rinks whenever we feel it is in the best interest and safety of the participants. You may also check the City of Thief River Falls Facebook page or listen to the local radio station.

- All regularly scheduled rinks and lights will remain open unless:
1. The air temperature is -10 degrees or below.
 2. The wind chill factor is -20 degrees or below.
 3. Unusually warm temperature has softened the ice, making the rinks unsafe for skating.
 4. We receive a snowfall of more than two inches. This could delay cleaning the rinks and opening the building

Public Skating/Adult Open Hockey
 Public Skating is scheduled periodically at the Ralph Engelstad Arena and Huck Olson Memorial Civic Center. To check the public skating schedule please visit www.citytrf.net and click on the Ralph Engelstad Arena tab to find the most current schedule. Cost is \$2.00/student and \$3.00/adult. Season passes are available in the ticket office of the Ralph Engelstad Arena.

Ralph Engelstad Arena Birthday Party Package
 Plan your child's next birthday party at the Ralph Engelstad Arena! Package includes 1 hour of ice time, use of the Dakota Room for 2 hours. Cost is \$125.00. To reserve this package please call 218-681-2183.

Meeting Rooms
 Looking for a room for your next meeting, call the Ralph Engelstad Arena to see about the different meeting rooms that are available to rent. Call 218-681-2183.



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.

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.

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

REGISTER EARLY!

www.trfcommunityed.com

Community Education Registration Form		
Mail to: Community Education Registration: 230 Labree Ave South, Thief River Falls, MN 56701		
Participant Name _____	DOB _____	Grade _____
(Last)	(First)	
Parent/Guardian (if applicable) _____		
Address _____		
(Street)	(City)	(Zip)
Primary Phone# _____ Daytime Phone # _____		
Email _____		
Course Title _____	Course # _____	Fee _____
Check # _____	Total\$ _____	
Card Type: Visa/ Mastercard/ Discover # _____ Exp. Date _____		



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
Julie Clark, Administrative Assistant
218-681-8711, ext. 5243

In Person: Visit us at the Community Education Office
District Service Center
230 LaBree Ave South
Thief River Falls, MN 56701