

Fall 2018 Activity Guide



Something for Everyone



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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 visit our website www.northlandcollege.edu/coiclasses or call us at 218-683-8649. Additional courses are added throughout the year, please refer to our website for updates!

CPR for Healthcare Providers

This course is intended for individuals who must be CPR and AED certified for school and employment in any healthcare field. Topics covered in this course include: Rescue breathing; CPR for adults, children and infants; two person CPR; use of a Bag Valve Mask (BVM); care of an obstructed airway; and how to use an Automatic External Defibrillator. We combine American Heart Association (AHA) video-based teaching, verbal instruction, and hands-on skills-practice using manikins. Successful completion of the class will include a written test and a skills-based practical evaluation by the instructor. We currently have two classes scheduled for this fall – one at each campus!

Location: NCTC – TRF campus, Room 635
Date: October 23, 2018
Time: 5:00 – 9:00 pm
Instructor: Marissa Lehrer
Fee: \$40

Location: NCTC – EGF campus, Room 715
Date: October 25, 2018
Time: 5:00 – 9:00 pm
Instructor: Connie Troska
Fee: \$40

Intro to iPad/iPhone

Thinking of buying an iPad? Want to be able to help your child/grandchild with their iPad when at home? Join Tim as he shows you how to easily set up your iPad. Learn what a “Swipe”, “Tap” or “Hold” do and how to find apps that will make your life easier. Bring your own iPad if you have one.

FT100
Wednesday and
Thursday, September
24 and 25, 4:30-6:30pm
LHS Room #101 (use
main doors #1)
\$49
Tim Vagle, District Tech
Coordinator

Technology Q&A

Do you have computer questions but not sure where to get them answered? During class, you will have the opportunity to ask any technical questions you have. Tim will share his expertise and answer questions you have in regards to basic computer skills, email basics, internet basics, maintenance questions, etc. You never know what you will learn from other's question as well. You may bring your wireless-enabled laptop or tablet. Limit 6.

FT102
Thursday, October 23,
5:30-7:30pm
LHS Room #101 (use
main doors #1)

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.

Dates:
12/5/2018 Thief River Falls, MnDOT Building
12/20/2018 Thief River Falls, MnDOT Building
01/09/2019 East Grand Forks, NCTC Campus
01/23/2019 Thief River Falls, MnDOT Building
Time: 9:00 am – 4:00 pm
Instructor: Duane Amundson – MN State Patrol
Fee: \$100

COMING SOON....

Keep an eye out for dates for the Steam Plant Engineering/Boiler Operator classes which will be offered this winter! Current classes are listed on our site at www.northlandcollege.edu/coiclasses. Also, like us on Facebook – Northland Community & Technical College Continuing Education – for updates and announcements.

NCTC Registration Info.

Register Online:
www.northlandcollege.edu/coiclasses

Contact Information:
East Grand Forks
2022 Central Ave NE, East Grand Forks, MN
218-793-2487 or 1-800-451-3441

Thief River Falls
1101 Highway One E, Thief River Falls, MN
218-683-8649 or 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.

\$29

Tim Vagle, District Tech
Coordinator

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.

FT103
Tuesday, December 6;
5:30-7:30 pm
LHS Room #101 (use
main doors #1)
\$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.

FT104
Ongoing
TBD
\$65/person or couple for
2 hour session

Children's Garage Sale

Saturday, October 13
Challenger
Elementary School
9:00 a.m.- 12:00 p.m.

Do you have too many children's items taking over your house? Do you want to sell some of those things? Our ECFE Advisory Board organizes a Children's Garage sale in October and April each year as a fundraiser for ECFE. We “rent” tables for the sale (long tables with benches are \$25 and 8 ft. tables are \$20). You keep the money you earn from selling your items.

All items need to be related to children. Examples include: children's clothing up to size 14, toys, cribs, high chairs, books, maternity clothes, etc. It is the place to sell and shop for children's items!

Rental for tables will begin August 14.

There are 3 easy ways to rent tables:

1. Register online at TRFcommunityed.com (browse Catalog/ Register tab; ECFE-Special Events link; Children's Garage Sale)
2. Drop off payment with rental information at Challenger Preschool
3. Mail payment and rental information to:
4. Challenger Preschool
601 County Road #61
Thief River Falls, MN 56701

NO PHONE REGISTRATIONS
WILL BE TAKEN

Seller's Name:

Phone:

Mailing address:

Email:

Type of table:

8 ft table (\$20) _____

Long Table with
benches (\$25) _____

Bring 1 rounder
per table (\$5) _____

Request to be near who?



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 Started:

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: September 12, October 17; \$89

Introduction to Guitar

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

Starting dates: September 12, October 17, November 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: September 12, October 17, November 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: September 12, October 17, November 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: September 12, October 17, November 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: September 12, October 17, November 14; \$89

Jump-Start Your Career With LinkedIn

Learn how to use LinkedIn, a free and popular job search and career development tool, and gain the power of the Internet to expand your professional network.

Starting dates: September 12, October 17, November 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: September 12, October 17, November 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: September 12, October 17, November 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: September 12, October 17, November 14; \$89

Mastering Public Speaking

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

Starting dates: September 12, October 17, November 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: September 12, October 17, November 14; \$89

SAT/ACT Preparation-Part 1

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

Starting dates: September 12, October 17, November 14; \$89

SAT/ACT Preparation-Part 2

Master the math questions on the ACT and new SAT.

Starting dates: September 12, October 17, November 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: September 12, October 17, November 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: September 12, October 17, November 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: September 12, October 17, November 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: September 12, October 17, November 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: September 12, October 17, November 14; \$89

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

FAD100
Wednesday, September 12
1:30-5:30 pm

FAD101
Wednesday, October 3
1:30-5:30 pm

FAD102
Thursday, November 13
9:30 am-1:30 pm

Location: DSC Board Room
\$25
Instructor: Ernie Taus

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

FAD103 - Tues. and Wed.,
October 23 and 24
1:30-5:30 pm

Location: DSC Board Room
\$35
Instructor: Ernie Taus

Yoga/Pilates

This class combines the best attributes of Pilates & Yoga, focusing on the core strength and stabilization elements of Pilates and the flexibility and mindfulness of Yoga. This class will introduce and incorporate the traditional Pilates mat exercises are developed by Joseph Pilates along with integrating yoga poses, breath work and relaxation techniques. Open to all fitness levels.
Materials needed: Comfortable clothing, Pilates or Yoga mat, water bottle

FHF100

Tuesdays, Sept. 11, 18, Oct. 2, 9, 23, 30, Nov. 13, 20

5:15 - 6:15 pm

District Service Center Gym

\$45

Sara Rogalla, Certified Pilates Instructor

Step 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 15.

Jodi Beeson

Session 1 – 8 sessions

FHF103

Tuesdays and Wednesdays:

Sept. 4, 5, 11, 12, 18, 19, 25, 26

12:00-12:45 pm

District Service Center Gym

\$40

Session 2 – 10 sessions

FHF104

Tuesdays and Wednesdays:

Oct. 2, 3, 9, 10, 16, 17, 23, 24, 30, 31

12:00-12:45 pm

District Service Center Gym

\$50

Session 3 – 8 sessions

FHF105

Tuesdays and Wednesdays:

Nov. 6, 7, 13, 14, 20, 21, 27, 28

12:00-12:45 pm

District Service Center Gym

\$40

Session 4 – 6 sessions

FHF106

Tuesdays and Wednesdays:

Dec. 4, 5, 11, 12, 18, 19

12:00-12:45 pm

District Service Center Gym

\$30

Zumba

We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check. It's a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome each time you leave class.

Session 1 – 6 sessions

FHF101

Mondays, Sept. 10, 17, 24, Oct.

8, 15, 22

5:45-6:45 pm

Session 2 – 6 sessions

FHF102

Mondays, Nov. 5, 12, 26, Dec.

3, 10, 17

5:45-6:45 pm

\$40

District Service Center Gym

(Door #1)

Tami Dowers, Official Zumba Instructor

Holiday Celebration

Come enjoy this fun afternoon on the early out day. We will be making a holiday craft and decorating cookies. Come get into the holiday spirit! Limit 20 (Grades 2+).

FYT105

Wednesday, December 12

1:30-3:00 pm

Location: FMS FACS Room

#136 (enter in door #9)

\$10 (plus a \$15 supply fee will

be collected by instructor at

class)

Let's Make a Prowler Tutu

Come and have fun making a Prowler Tutu to wear to school events! Fun for people of all ages to wear to Prowler events or for kids to play dress up! Making a tutu is simple and inexpensive, just bring a sharp scissor and tape measure to class and the rest of the supplies are included in the class fee.

FYT106

Tuesday, September 11

3:00 – 4:30 pm

Challenger Elementary School

\$15

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.

FYT101

Session 1 – 12 sessions

Monday, Tuesday, Thursday;

Oct. 1, 2, 4, 8, 9, 11, 15, 16, 22,

23, 25, 30

7:00-7:45 am

\$36

FYT102

Session 2 – 12 sessions

Monday, Tuesday, Thursday;

Nov. 1, 5, 6, 8, 12, 13, 15, 19,

20, 26, 27, 29

7:00-7:45 am

\$36

FYT103

Session 3 – 9 sessions

Monday, Tuesday, Thursday;

Dec. 3, 4, 6, 10, 11, 13, 17, 18,

20

7:00-7:45 am

\$27

FMS Weight Room

Corey Poole

NEW! Pumpkin Decorating

Looking for something for the kiddos to do on the early out day from school? What's round, orange and comes to life around Halloween? Pumpkins of course! Decorate, paint, and embellish a pumpkin to create a special masterpiece of your own. Come get into the Halloween spirit. We will also decorate a yummy pumpkin cookie. Limit 20 (Grades 2+).

FYT104

Wednesday, October 10

1:30-3:00 pm

Location: FMS FACS Room

#136 (enter in door #9)

\$10 (plus a \$15 supply fee will

be collected by instructor at

class)

NEW! Just Me and My Mom

Bring your mom...bring your daughter...bring your grandma...bring your best friend for a fun sewing outing. You each will make a fun fall runner to take home. Extra runner kits will be available to purchase for take-home sewing.

FYT107

Tuesday, October 9

6:00 – 8:00 pm

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

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

Pam Engelstad Anderson

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.

FGE100

Saturday, September 22

8:00 am-4:30 pm

FGE101

Tuesday and Thursday

October 2 and 4, 5:00 - 9:00 pm

FMS Shop Room #139(enter using the south entrance, 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.

FGE102

Monday, November 26

5:00 - 9:00 pm

FGE103

Saturday, December 15

8 am-12 pm

FMS Shop Room #139 (enter using the south entrance, Door #9)

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

Sandra Hensrud

NEW! **Cooking with an Instant Pot/ Pressure Cooker**

Learn how to use the electric pressure cooker to save you time in the kitchen. Cooking with the electric pressure cooker (Instant Pot) keeps the nutrients and flavor in the food instead of losing them when cooking other ways. This class will take you through the steps to a delicious meal, from appetizer to main dishes to a delicious dessert! This is a hands-on demonstration class. You'll go home with lots of recipes and ideas to make your Instant Pot your favorite appliance. Come hungry! Please let us know when you register if you own an Instant Pot. Limit 12.

FGE106
Tuesday, October 23
5:30 – 8:00 pm
LHS FACS Room #130 (entrance: southeast doors #8)
\$29 (this includes all the supplies for the class)

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. Meals include: Honey Parmesan Pork Roast, Chicken Enchilida Stack, Italian Beef Sliders, Chicken and Kielbasa, Salisbury Steak. Limit 12.

FGE108
Monday, Sept. 24, 6:00 - 8:00 pm
LHS FACS #130 (entrance: use southeast door #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: Cheeseburger Soup, Lasagna Soup, White Chicken Chili, French Stew, Chicken Cheddar Bacon Ranch Soup. Limit 12.

FGE109
Monday, October 15, 6:00 - 8:00 pm
LHS FACS #130 (entrance: use southeast door #8)
\$89 (this includes all the food!)
Danielle Schantz

NEW! **Parent and Me Crockpot Freezer Meals**

Do your children love to help in the kitchen? Are you looking for ways to introduce your children to cooking? During these two hours, you and your children will help prep family-friendly freezer meals. It'll be a fun 2 hours of preparing meals for you and your family to cook later. Each group will be preparing at least one meal but going home with 5 meals. Meals include: Dr. Pepper Chicken, Shredded Chicken Quesadillas, Beef Stroganoff, Chicken Ranch Pasta, Pizza Burgers

FGE104
Monday, Nov. 5, 6:00 - 8:00 pm
LHS FACS #130 (entrance: use southeast door #8)
\$89 (this includes all the food!)
Danielle Schantz

NEW! **Fall/Thanksgiving Centerpiece Making**

Join The Shed Girls in making a beautiful Fall/Thanksgiving Centerpiece. Each individual will be able to pick your own base and create an arrangement from a large collection of fresh flowers and decorations. If you have any questions please call Allie at The Shed 218-683-5328 during store hours. Limit 15.

FGE113
Monday, November 19
6:00 – 7:30 pm
The Shed on Third
\$10 (plus a supply fee will be collected at class, depending on your creation; \$20-\$40 range)

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.

FGE116
Friday, October 12, 4:00-9:00 pm and Saturday October 13 at 8:00-4:00 pm (lunch provided)
Methodist Church
\$25
Julie Desrocher

Make a Balsam Wreath

Just in time for the holidays! Learn how to make a fresh balsam wreath for your front door. We will be making a 12-inch wreath with fresh balsam. You will also learn how to tie fancy bows to decorate your wreath.

FGE107
Thursday, November 8
6:00 – 8:00 pm
FMS Shop Room #139 (enter using the south entrance, Door #9)
\$10 (plus a \$10 supply fee will be collected the evening of class)
Sara Panek

NEW! **Christmas Centerpiece Making**

Join The Shed Girls in making a beautiful Christmas Centerpiece. Each individual will be able to pick your own base and create an arrangement from a large collection of fresh flowers and decorations. If you have any questions please call Allie at The Shed 218-683-5328 during store hours. Limit 15.

FGE114
Wednesday, December 19
6:00 – 7:30 pm
The Shed on Third
\$10 (plus a supply fee will be collected at class, depending on your creation; \$20-\$40 range)

NEW! **The Art of Water Marbling**

Learn the ancient art of transferring ink from water to sheets of paper and silks. In this class we will help you to understand the history behind this technique as well as how we use this technique today. There will be practice of this technique on paper and silks. Please bring any protective gear you feel you might need for any painting or dyeing class.

FGE111
Tuesday, September 11
5:00-9:00 pm
FMS Shop Room #139(enter using the south entrance, Door #9)
\$15 (plus a supply fee of \$25 will be collected by the instructor at class)
Sandra Hensrud

Preparing For Long-Term Care

Long-term care is a family affair. It's not just about your future, finances and feelings, it is about your family's. This workshop is designed to help put in place a strategy to give your family an opportunity to care about you rather than care for you.

FGE115
Tuesday, September 18
3:00 pm-4:30 pm
Thrivent Financial Representatives, Kaylee J St. Germain and Christopher G. McLean
LHS Business Conference Room #101 (enter through door #1)
\$10

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.

FGE105
Wednesday, October 24
6:00 – 8:00 pm
The Shed on Third
\$10 (plus a \$25 supply fee will be collected by instructor the evening of class)

NEW! **Autumn Outdoor Décor Workshop**

Pumpkins, cornstalks and hay bales, oh my! At this workshop, you will learn tips and tricks to create your own unique autumn decoration to display outside or give as a gift. You can bring your own planter to fill or purchase one at class. Choose from a variety of items and pay only for items you use in your design. If you have any questions please call Allie at The Shed 218-683-5328 during store hours. Limit 15.

FGE112
Wednesday, September 12
6:00 – 7:30 pm
The Shed on Third
\$10 (plus a supply fee will be collected at class, depending on your creation)

NEW! **P is for Pillow**

Who wants to brighten up their room with a festive Christmas themed pillow? This is just the class for you. We will make a 16" x 16" envelope pillowcase...pillow included. Assorted fabric prints will be available. This will be a fun activity for a girls night out...come find out how FUN sewing can be! Limit 8.

FGE110
Tuesday, December 4
6:00 – 8:00 pm
LHS FACS #130 (entrance: use southeast door #8)
\$10 (plus a \$15 supply fee per participant will be collected by instructor at class)
Pam Engelstad Anderson

2018 LBLS DODGEBALL FUNDRAISER

SATURDAY, OCTOBER 13, 2018 • 10 AM LHS GYMNASIUM

6-10 people per team • \$20 per person • Open teams
Traveling trophy • Registration open until 9:30 before line up

ECFE Play & Learn Classes

Come play outside with ECFE! Learn with your preschool age child (age 1-5 years old) and meet new families at local playgrounds and parks. Join us to play some games and learn with our senses to discover the world around us!

No pre-registration required and these summer events are free. For more information email lisa.hinrichs@myprowler.org (*Cancelled if raining, check Facebook for updates.*)

August 7th, 10:00-11:00 a.m.
Thief River Care Center
Nursing Home Play Group

August 8th, 10:30-11:30 a.m.
Challenger Elementary Playground
Water Play

August 14th, 6:30-7:30 p.m.
Hartz Park
Ice Cream Treats

August 15th, 10:30-11:30 a.m.
Greenwood Trails
Walk & Scavenger Hunt

Incredible Infants

(Ages 0 - 12 months old)

These FREE classes will give parents and babies the opportunity to explore and learn together.

Enjoy this time to celebrate and nurture the relationship with your new baby. Connect with other new parents about the joys and concerns of parenting an infant.

Mondays, 12:00-1:00 p.m. or
4:30-5:30 p.m.

October 1, 8, 15 & 22

Class: FEC100

Fee: Free

Please call 681-8670 or email Lisa.hinrichs@myprowler.org to register.

Movers & Shakers

(Ages 12-24 months)

As your baby grows into a toddler, you encounter a world of new experiences and milestones together. This will be a time to play & learn together with others who are experiencing the joys and challenges of this age.

Mondays, 6:30-7:30 p.m.
Oct. 1, 8, 15 & 22

Class: FEC101 (4 weeks)

Mondays 12:00-1:00 p.m.

November 5, 12, 19 & 26

Class: FEC102 (4 weeks)

Fee: See sliding fee scale

Library Storytime

Join us at the Thief River Falls Public Library for stories, music and activities each week for all preschool children. Call (218) 681-8670 or (218) 681-4325 for more information.

Tuesdays from 9:30-10:15 a.m.
Thief River Falls Public Library



Pop In and Play

(Ages birth – 4 year olds)

Take time to play with your child at school. You can explore and interact in a variety of ways including doing puzzles, building with blocks, creating art, discovering in the sensory table, dancing to music and listening to a story, etc. (This could be a second class for families.)

Mondays, 10:00-11:00 a.m.

September 10 & 17

October 1, 8 & 22

November 5, 12 & 26

No Registration Required

Fee: \$3.00 per child or

\$5.00 per family per class.

Let's Get Together & Play

(Ages 0-5 years old)

This is a special time to play and make new friends. We will read a book, sing songs, and play with the residents.

Meet at the Thief River Care Center on Hwy 59 South.

This is a Free activity and no registration is required.

Mondays, 10:00-11:00 a.m.

September 24, October 15 &

November 19

New!

Monthly Lunch & Learn

Join us for your lunch time (bring your lunch) and meet with other parents of 0-5 year olds to learn about various topics.

12:00-1:00 p.m.

at Challenger Preschool

Tuesday, October 23: Mindfulness

Thursday, November 29: Potty Talk

Monday, December 17: Tips for

Avoiding Overindulgence

Fee: No Cost

Register by calling 218-681-8670,

email lisa.hinrichs@myprowler.org,

or message us at Thief River Falls

ECFE

Busy Buddies

(Ages 1 year old-Kindergarten enrollment age)

(Infants may accompany parents with siblings)

Stories, songs, puzzles, creative projects, sensory and movement activities and other learning opportunities will be available for the variety of ages in these classes.

Parents separate from the children to share joys and challenges, and learn helpful tips for parenting during part of the class (infants stay with the parents).

MORNING CLASSES

Wednesday Class: FEC104

Starting Sept. 10

(9 weeks) 9:30-11:30 a.m.

Thursday Class: FEC105

(9 weeks) 9:30-11:30 a.m.

Friday Class: FEC108

(8 weeks) 9:30-11:30 a.m.

EVENING CLASSES

Thursday PM Class: FEC106

(4 weeks) 4:30-5:45 p.m.

September 13, 20 & 27

October 4

Thursday PM Class: FEC107

(4 weeks) 6:00-7:30 p.m.

September 13, 20 & 27

October 4

Fee: See sliding fee scale

Get Up & Go

(Ages 2-5 years old)

It's movement based learning time. We will explore Playland, use the parachute, play games, and use music for movement during this class. It will be a good place to use extra energy and meet new friends. (This could be a second class for families.)

Tuesday Class: FEC103

(10 weeks) 10:45-11:45 a.m.

Starting Sept. 11

Fee: See sliding fee scale

Storytime on Wheels

Storytime on Wheels is a monthly home visit program for TRF School District parents who are also child care providers and parents of at least one child birth to five years of age.

Our early childhood staff will bring stories, songs, and educational activities for children and information for parents/providers, to use in your homes. Throughout the school year you can expect quality educational experiences that best fit the needs of children in your care. The goal of Storytime on Wheels is to work with you in preparing children for success when they enter school.

Parents/providers who are interested in signing up for this valuable program are asked to call 218-681-8670 or email lisa.hinrichs@myprowler.org and let us know you would like to register for this opportunity. Upon receiving your message our staff will contact you to schedule your visits, which will be approximately one hour in length, and are subject to staff availability.

Visit fee: No charge

Family School

Parents and children come to school together. This program provides a special time for parents and children to learn together through many activities. While parents attend their class to work toward their GED, high school diploma, or work on basic skill development; the children stay with the early childhood teachers to continue their educational activities. Lunch is available for all families. Transportation help is provided if needed. Class size is limited, so please call (218) 681-8670 for more information. This program is provided through Adult Basic Education, Head Start, and Early Childhood Family Education.

Tuesdays, 11:00 a.m.-2:45 p.m.

Room D107 at Challenger

Preschool

Start Date: TBD

Fee: No Cost

10 Reasons for Attending ECFE Class:

Homemade Playdough Is Just the Beginning!

- ❖ Feel good about parenting choices and skills by building on strengths.
- ❖ Discover that other parents share the same parenting challenges and concerns.
- ❖ Children and parents play together without the distractions of home.
- ❖ Receive excellent parenting advice and guidance from licensed educators.
- ❖ Learn new songs at circle time and sing them all week long.
- ❖ Children develop social skills by being with other children in their age group.
- ❖ Take home great handouts and resources to share with other family members.
- ❖ Create messy art projects without the cleanup!
- ❖ Children experience separation from parents in a safe and loving environment.
- ❖ Make lifelong family friends.



Early Childhood Special Events at Challenger Preschool

Grandparents and Me Day

Saturday, September 22

Children (ages 2-kindergarten age) and their grandparents are invited to our special activity for them.

We will have an art activities to do, toys to play with, books to read, and a special snack to enjoy together available.

Register for one of the following times

- 10:30-11:30 a.m.
- 10:45-11:45 a.m.
- 11:00 a.m.-12:00 p.m.

Fall Family Fun Night

Thursday, October 25
5:00-7:00 p.m.

Join us for an evening of interactive learning for all children, ages 1-5 years old, and their parents on Thursday, October 26 from 5:00-7:00 pm.

Watch for more information.

Call 218-681-8670 to pre-register by October 24.

Teddy Bear and Doll Clinic

Thursday, November 15
6:00-7:30 p.m.

All children ages 2-5 years old and their parents are invited to bring their favorite teddy bear or doll and learn more about healthy activities. We will have learning stations for the children and resources for the parents also. Call 218-681-8670 to pre-register by November 14.

Special events are offered for all families with children ages birth to five years in the Thief River Falls School District. You do not need to be attending an ECFE class to attend a special event. Free will donations will be accepted at events.

NW Regional Library

CAT CASTLE BUILDING COMPETITION

September 10 - Construction
September 17 - Detailing
September 24 - Showcasing

STORYTIME

Tuesdays at 9:30-10:30 a.m and
Thursdays at 6:30-7:30 p.m.

TEEN EVENTS

Every Monday at 3:30-5:00 p.m.
during the school year.

We invite everyone to come to the library and check out what's going on!

ECFE REGISTRATION INFORMATION

Fall session begins the week of September 10 and ends the week of November 19.

Registration begins on August 14. Registration is first come, first serve and is on going until all classes fill.

5 Easy ways to register for ECFE Classes:

1. Attend a summer park class or library storytime to register.
2. Sign up online at www.trfcommunityed.com
3. Stop at the Challenger Preschool office.
4. Mail your completed registration form & payment to: Challenger Preschool, 601 County Rd #61 Thief River Falls, MN, 56701
5. Register by phone at (218) 681-8670.



Swimming

Open Swimming Schedule

Monday-Friday
7:00-9:00 pm
Saturdays and Sundays; 1:00-4:00 pm and 6:00-8:00 pm
Adults \$5 and children \$4 or a Franklin Pool Pass

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

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 - \$210.00
9 month - \$165.00
Summer pass (Memorial day to Labor day) - \$100.00

Punch Cards

Adult card-six punches - \$25.00
Child card-six punches - \$20.00

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

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:

- August 22 & 23
- September 26
- November 7



School-Age Childcare

Community Education offers a childcare program during the school year at Challenger Elementary School for children who are enrolled in grades K - 5. The Latchkey program is available beginning **Tuesday, September 4, 2018 and ending Friday, May 31, 2019 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. 17, 18, 19, 29; Nov. 9, 22, 23; January 18, 21; Feb. 18 and March 1; April 18, 22

The Latchkey Program will be in session for the following Early Outs:
Early Outs October 10; December 12, 21; March 13; April 10.

The Latchkey Program will NOT be in session on the following days:
November 22, 23; December 24 - January 1; April 19; May 27 and June 3.
If you have any questions regarding these dates and times, please do not hesitate to call.

WEATHER CANCELLATIONS

In the event that School District #564 cancels school, has an early out or late start **due to weather**, Latchkey will remain open its regular hours. A parents' decision to keep a child home, based on weather conditions will be respected. If you choose to keep your child home because of the weather, please notify the Latchkey office. Full-time families will not be penalized for not attending Latchkey due to weather.

Latchkey reserves the right to close in extreme weather situations. Closings will be announced on KTRF (1230), KKAQ (1460), and School Messenger.

NEW: Registration is now available online at trfcommunityed.com. Register your child for the class called Latchkey. We feel this system will allow for easier online viewing of invoices and the option of online payments

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.

Community Education would love to hear your ideas for classes in the future. Fill out the form on our website, give us a call or send us an email with your ideas or if you would like to teach a class. We would appreciate your input.

REGISTER EARLY!
www.trfcommunityed.com

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

(maps of each building are available on the Community Education website)

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

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

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
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Check # _____ Total\$ _____

Card Type: Visa/ Mastercard/ Discover # _____ Exp. Date _____