Everyone Connects!

September 2017 – January 2018

ADHD–The Positives
Adult & Child ADHD pg. 2

The Dark Matter Mystery
Enjoy Your Leisure Time pg. 8

Bam! Amazing Sauces
Expand Your Cooking pg. 15

507-328-4000
rochesterce.org/register
Autumn Greetings!

There are many changes in the Adult Enrichment Department this fall.

- Dawn Christenson and Jacque Ogilvie have joined our team as Support Staff – we are so happy to have them as our front line!
- We are fortunate to have Brien Casler as our new daytime maintenance staff – be sure to greet him!
- Allison Gahlon has joined our team as Graphic Designer – welcome, Allison!
- Sue Cyr retired after 18 years of service in April – thank you, Sue!

You will notice changes to our catalog.

Allison and I met with ‘super users’ of our program and they shared what would make the program/catalog better! You now have a Table of Contents of each class within its Category - each category is color coded for quick access. The category names have changed – we feel the new categories are more descriptive of the classes within. The catalog is 48 pages instead of 72 – we still have great choices and wonderful instructors! There are 59 new classes for you! Instructor biographies are now in one section – see page 44.

Thank you for your support of the Adult Enrichment Program at Community Education. As one participant shared “Community Education is me still being part of the school district.” Have a wonderful fall – I hope Community Education is part of what makes it great!

-Chrisanne & the CE Staff

October is ADHD Awareness Month
When it comes to ADHD, Knowing is Better

NEW Abilities, Dreams, Habits, and Demeanor:
An Exploration of the Positive Side of ADHD
Jyoti Bhagia, MD

Through this presentation, we will be discussing the habits and demeanor of those with ADHD and the importance of recognizing such symptoms in children and adults. Simultaneously, we will see how, with treatment, these individuals can be productive and successful, allowing them to achieve the full potential of their abilities and follow all of their dreams. This presentation aims to provide an overview of ADHD, while emphasizing the positive side of the disorder and the ways that affected individuals can still thrive.

$5 – 1 Session
Location: Willow Creek Auditorium
8000.131 Th Oct 12 6:30-8 PM

Dr. Bhagia is Director of the Attention Deficit Hyperactivity Disorder (ADHD) Clinic at Mayo Clinic, where she oversees the treatment of pediatric ADHD patients. She is a consultant in the Division of Child and Adolescent Psychiatry at Mayo. Dr. Bhagia is an expert in ADHD, mood disorders, and obesity. Her research focuses on: the response to stimulant medications and side effects in children with ADHD based on genotype and other factors. She has worked on standardizing the assessment and treatment of ADHD and Clinical correlation of ferritin with ADHD. Dr. Bhagia was selected as a Top Psychiatrist in Rochester by the International Association of Healthcare Professionals and will be spotlighted in 2017 as one of The Leading Physicians of the World. Dr. Bhagia presents Nationally on ADHD and recently presented at the World Congress on ADHD in April.

NEW Living with ADHD:
Practical Strategies to Improve Communication and Reduce Stress
Aynsley Scheffert, MSW, LGSW

Attention Deficit/Hyperactivity Disorder (ADHD) affects all areas of an individual’s life. Symptoms of ADHD can impact school, work, the home setting, and even relationships with friends, coworkers, peers, children and partners/spouses. This presentation will focus on common reactions to living with a loved one with ADHD and strategies to manage symptoms of ADHD, improve communication, and reduce stress. Co-sponsored with Zumbro Valley Health Center.
$5 – 1 Session
Location: Northrop-Rm 316
8001.131 Tu Oct 24 6:30-8:30 PM

Aynsley graduated from the University of St. Thomas/St. Catherine University. She is currently a psychotherapist with Zumbro Valley Health Center in Rochester, providing individual psychotherapy to children, adolescents and adults. Her professional areas of interest include: PTSD, ADHD, Borderline Personality Disorder, depression and anxiety.
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**Community Education Adult Enrichment**
Northrop Education Center
201 8th St NW
Rochester, MN 55901
507-328-4000
www.rochesterce.org/register

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Connect with us!

@RochesterMNCommunityEducation
Enjoy Your Leisure Time

Play Mah Jongg
Judy Olness
Come have fun with Mah Jongg! Four people sit around a table, each with cards of various numbers and colors, arranged like a secret code and tiles are exchanged in a pattern used for almost 100 years. This game is both challenging and lots of fun. **You will need to purchase a National Mah Jongg League Inc. card prior to class.** Cards are available from Amazon.com and at www.nationalmahjonggleague.org. (The cards from the League are $8.)

$39 – 6 Sessions
Location: Northrop-Rm 109
8334.131 Th Sep 21-Oct 26  12:30-2:30 PM

Singing in the Shower
Jeani Stannard Driscoll
Have you always wished you could learn how to sing, but never dared to try? Thought you “couldn’t carry a tune in a bucket?” If so, this is just the experience for you! Jeani combines her skills as a therapist and musician to create a unique process which has been spreading musical enjoyment and happiness, bringing the joy of singing to people who had never even dreamed they would be able to sing.

www.SingingInTheShower.org

$15 – 1 Session
Location: Kellogg-Rm 115
7080.131 Th Sep 21  6-7:30 PM

The Music and History of Eric Clapton
Paul Koeller & Terry J. Thuji
Join Paul and Terry as they use music, lyrics, and photos to tell the story of Eric Clapton. You’ll trace the history of one of the greatest guitar players of all time from the mid-1960s to the present.

$15 – 1 Session
Location: Northrop-Rm 316
7074.131 Tu Sep 26  6:30-8:30 PM

The Beatles: Stories Behind the Songs
Paul Koeller
Join Paul as he uses music, lyrics, and photos to tell the stories behind some of the most famous Beatles songs. Grab a friend and learn the meaning of your favorite Beatles songs or come and share some of your own Beatles expertise.

$15 – 1 Session
Location: Northrop-Rm 319
7076.131 Tu Oct 24  6:30-8:30 PM

Additional Building Blocks for Duplicate Bridge II (continuation of 2017 spring class)
Sue Greenberg
This class will build on previous Audrey Grant and Barbara Seagram curricula, including a review of DONT, Michaels cuebid, and new minor forcing. We will add reverses and Jacoby 2NT. Each class will have an element of defense. Pre-requisite: must be playing duplicate bridge on a regular basis in sanctioned games and comfortable with transfers, strong 2C bid and responses, and other duplicate basics.

$56 – 8 Sessions
Location: Hadley Creek Community Center
8386.131 W Sep 20-Nov 8  9-11 AM

PROMO CODE APPLIES
Time-sensitive Promo Codes are available in the catalog or sent via CE News e-newsletters.

SENIOR CITIZEN DISCOUNT
Any resident of District #535 who is 62 years of age or older may take the Community Education senior discount of 20% off designated classes.

Limit one discount per class.

SUPPLY FEE
In addition to the course fee, the Supply Fee covers materials provided. The Supply Fee is collected at first class meeting in cash or check form.
Amateur (Ham) Radio Technician License Course

Bill Osler

This class prepares the student to take the exam for an FCC Technician Class Amateur (Ham) Radio License. It combines live lectures, multimedia, and demonstrations of Amateur Radio equipment and activities. Lunch will be provided all three days. Please contact the instructor if there are any special dietary requirements. Prerequisite: students must purchase the textbook – "Ham Radio License Manual – Third Edition" and read at least the first four chapters prior to the first day of class. Contact the instructor (wfosler@gmail.com) if you need assistance in obtaining the book.

$29 – 3 Sessions
Location: Osler Residence (see pg. 46 for address)
7030.131  Sa  Sep 30-Oct 14  10 AM-5 PM

Learn to Play the Great Highland Bagpipes

Rochester Caledonia Pipe Band

Do you love the sound of the Great Highland Bagpipes? Ever wanted to learn how to play them, but didn’t know where to look? This class will introduce you to the fundamentals of the Great Highland Bagpipes. You’ll learn the basic fingerings, reading music, and playing simple tunes such as “Amazing Grace” on a practice chanter. You will learn alongside members of the Rochester Caledonian Pipe Band who are teaching and cosponsoring this class, many of whom also started their journey into piping in a class like this one. An $80 supply fee will be collected to cover the purchase of a practice chanter and learner’s book.

$30 – 6 Sessions
Location: Gloria Dei Church
7083.131  M  Oct 2-Nov 6  6:30-7:30 PM

Beethoven and Friends

Maestro Jere Lantz

Beethoven, despite his aggressive personality, had friends. He greatly respected Mozart, whose grand “Overture to Don Giovanni” shows its composer in top form. He studied with Haydn, whose “Symphony No. 96 (Miracle)” is just that—a miracle. He taught Ferdinand Ries, who wrote a set of Grand Variations on “Rule, Britannia,” that nation’s favorite tune. And his own “Seventh Symphony” is Beethoven at his best. Participants may obtain tickets to the Rochester Symphony Orchestra and Chorale concert at a discount. Cosponsored with Rochester Symphony Orchestra and Chorale.

$9 – 1 Session
Location: Kellogg-Rm 115
7078.131  M  Oct 9  6-7 PM

Driving Ireland: Wing It Around the Emerald Isle

Jeff Jones

Learn tips for winging it around the “Emerald Isle.” During our 90-minutes, a variety of topics will be discussed: Road conditions, driving on the left, navigating the map/GPS, general sites, where to eat, and how to find a B&B for the night. A photo tour of Ireland will follow the presentation.

$15 – 1 Session
Location: Northrop-Rm 308
8437.131  W  Oct 4  6:30-8 PM

Traveling to Italy: Get to Know the Boot!

Carlo Biondolillo

Carlo will discuss what you need to know before traveling to Italy. He will cover the best places to visit, what to do and not do, cultural and historical hints, typical and regional food, and tourist spots. Also, we will also discuss what Italians like and dislike and give practical suggestions on how to travel, where to go, how to behave, and whether to drive or not. You will discover places where tourists do not typically visit. Part of the class time will be dedicated to Q & A.

$15 – 1 Session
Location: Northrop
8435.131  M  Sept 25  6-8 PM  Rm 319
8435.132  M  Oct 23  6-8 PM  Rm 109
100 Things to Do in the Twin Cities Area
Tom Weber
Start your day with Minnesota Public Radio news host Tom Weber, who will discuss his book “100 Things to do in the Twin Cities Before You Die.” The book is a guide to the most rewarding list of things to do in the metro, even if you’re familiar with the Cities. Several of his suggestions will be a delightful surprise! Copies of his book and book signing will be available after class.
$15 – 1 Session
Location: Northrop-Rm 319
7075.131 Sa Sep 30 11 AM-12:30 PM

Volunteering with Your Pet!
Debra Bahr, CVT, KPA CTP & Jessica Smidt, CVT, KPA CTP
Do you have a pet that likes people? Did you know besides dogs that cats, rabbits, guinea pigs, and miniature horses can all be therapy animals? In this introductory session, you will learn what it takes to train and have your pet evaluated to visit at hospitals, schools, nursing homes, libraries, and many other places. Come and find out the steps for registering your pet with Pet Partners, a national program (www.PetPartners.org). The healing power of pets is amazing! Make a difference in your community today! Youth ages 10 and older may register when accompanied by a registered adult. This class is for humans only.
$12 – 1 Session
Location: Northrop-Rm 316
8642.131 W Sep 27 6:30-8 PM

Therapy Dog Workshop: Share Your Pooch
Debra Bahr, CVT, KPA CTP & Jessica Smidt, CVT, KPA CTP
If your dog loves people, has solid obedience skills at home and in public, and is good around other dogs, then you are invited to attend this program! Therapy dogs volunteer with people in many different venues such as nursing homes, hospitals, libraries, schools, homeless shelters, plus more! Find out if your dog has the “right stuff,” learn dog training tips to put some polish on your dog’s skills, and best practices for handlers. Note: Prerequisite is to have taken the “Volunteering with Your Pet” class. Dogs should attend.
$15 – 1 Session
Location: Northrop-Rm 113
8646.131 Sa Oct 28 1-3 PM

Introduction to Clicker Training
Debra Bahr, CVT, KPA CTP & Jessica Smidt, CVT, KPA CTP
Have you looked into clicker training or positive reinforcement training for your pet but just didn’t know exactly what it was all about? Have you tried clicker training before but just couldn’t get the hang of it and felt it wasn’t for you? In this human only class, we will discuss what clicker training truly is, the science behind it, why it is so effective, and how positive reinforcement training can strengthen the bond between you and your pet. This class is a prerequisite to the “Clicker Training: Foundation Skills and Behaviors” class. Clickers will be provided. Ages 10 and up please. Dogs should not attend this class.
$12 – 1 Session
Location: Northrop-Rm 306
8640.131 M Oct 16 6:30-8 PM

Clicker Training: Foundation Skills and Behaviors
Debra Bahr, CVT, KPA CTP & Jessica Smidt, CVT, KPA CTP
If you enjoyed the Introduction to Clicker Training class and want to build on your knowledge and start putting those tools to work with your dog, this class is for you! In this clicker training class, we start applying the basics of force-free training as well as applying the science behind clicker training. You will need your dog, treats, a clicker, and a treat bag that can be worn around your waist. Flat collars, gentle leaders, or harnesses only. Prong collars, electronic collars, and choke collars are not allowed. One dog per person please. Ages 10 and up. Prerequisite: Must have attended the “Introduction to Clicker Training Your Pet” class and must have proof of current vaccination status. Dogs should attend.
$15 – 1 Session
Location: Northrop-Rm 113
8641.131 Sa Nov 4 10 AM-12 PM

CE WEATHERLINE
For weather-related announcements, call 507-328-4010.
See page 46 for more information.
Enjoy Your Leisure Time

Moons
Paul Larson
Does the moon make its own light? Can we see the moon during the day? Does the moon rotate? Is there such a thing as a “dark side” of the moon? How many other moons are in the solar system? Visit the Mayo High School Planetarium to get the answers to all these questions and more.

$9 – 1 Session
Location: Mayo High-Planetarium
8357.131 Th Sep 21 6:30-8 PM

Cosmic Origins Spectrograph:
Ride Along with a Beam of Light!
Paul Larson
The show covers the Hubble Cosmic Origins Spectrograph (C.O.S.) instrument, the nature of light, spectroscopy, the use of quasars as background light sources, material identification by spectrum, and the cycling of material within and surrounding galaxies. Ride along with a beam of light as it travels from a most distant quasar to the planet Earth. A tour of the current night sky and observable universe will complete this visit. Ages 12 and up.

$9 – 1 Session
Location: Mayo High-Planetarium
8313.131 Th Oct 12 6:30-8 PM

The Dark Matter Mystery
Paul Larson
What keeps Galaxies together? What are the building blocks of the Universe? What makes the Universe look the way it looks today? Researchers all around the world try to answer these questions. We know today that approximately a quarter of the Universe is filled with mysterious glue: Dark Matter. We know that it is out there. But, of what it is made we have no idea.

$9 – 1 Session
Location: Mayo High-Planetarium
8344.131 Th Oct 26 6:30-8 PM

Ghost Hunting 101: Favorite Haunts
Dr. Nancy J. Horvath
Perhaps you’ve watched Ghost Hunters or followed Ghost Adventures through a haunted location. GH101 provides the basics on ghost hunting and includes personal stories, experiences, and audio evidence captured on actual investigations. Favorite “haunts” shared in this class include The Mansfield Reformatory, The Myrtles Plantation, a historic farmhouse in Iowa, the Mantorville Opera House, Restoration House and Log Cabin, Mrs. B’s Bed & Breakfast, The Rochester Civic Theatre, and the Kasson State Theatre.

$25 – 1 Session
Location: Northrop-Rm 308
8666.131 W Oct 18 6-9 PM

Ghost Hunting 201: The Darker Side
Dr. Nancy J. Horvath
Are you ready to take it to the next level? In Ghost Hunting 201 we delve deeper into the contextual analysis of a location including technique, research and data analysis. This class includes proper safety measures as we look at the darker side of paranormal investigations. The main subjects include the Villisca Ax Murder House, Villisca, Iowa and the Lemp Mansion, St. Louis, Missouri. You will have the opportunity to view actual video and hear EVP’s from Hawk’s three investigations of each location. GH101 is a prerequisite.

$49 – 2 Sessions
Location: Northrop-Rm 306
8667.131 M Oct 23 & Nov 6 6-9 PM

“It was so exciting to be at the Planetarium, and the instructor's knowledge was impressive! I learned so much, want to learn more...I will be back!”
Enjoy Your Leisure Time

Are We Alone in the Universe?
Paul Larson & Lisa Kaltenegger
Come to the Mayo High School Planetarium to listen to a lecture from the Adler Planetarium in Chicago. Lisa Kaltenegger, Director of the Carl Sagan Institute at Cornell, will be sharing her research that focuses on exploring worlds around alien Suns and searching for signs of life. We will listen to Lisa, who will be in Chicago, while the Adler technicians control the dome here in Rochester, Minnesota. Join us for this unique experience.
$5 – 1 Session
Location: Mayo High-Planetarium
8350.131 F Nov 3 7-8:30 PM
8350.132 Sa Nov 4 11:30 AM-1 PM

Celestial Discovery: From Earth to the Universe
Paul Larson
The night sky, both beautiful and mysterious, has been the subject of campfire stories, ancient myths, and awe for as long as there have been people. A desire to comprehend the Universe may well be humanity’s oldest shared intellectual experience. Only recently have we truly begun to grasp our place in the vast cosmos. Learn about this journey of celestial discovery from the theories of the ancient Greek astronomers to today’s grandest telescopes.
$9 – 1 Session
Location: Mayo High-Planetarium
8340.131 Th Jan 11 6:30-8 PM

Exoplanets, the Movie: Explore Planets Outside Our Solar System
Paul Larson
Exoplanets is a full-dome movie produced by high school and college students. It explores planets outside our solar system and shows the methods used to find these extra-solar bodies. This visit will continue with a tour of our Milky Way Galaxy and what we know about the number of neighboring stars that host exoplanets. Once we understand the sheer numbers of exoplanets in our galaxy...what does this mean for our observable universe?
$9 – 1 Session
Location: Mayo High-Planetarium
8306.131 Th Nov 9 6:30-8 PM

Basic Bike Maintenance
Bob Gritman
Bring your bike to class and learn some basic terminology, maintenance, tire repair, and basic adjustments. Understand when to take your bike to a professional. A $19 supply fee will be collected for the “Park Repair Manual.” Parts will be available for an additional cost. www.bicyclesportsinc.com
$29 – 2 Sessions
Location: Bicycle Sports, Inc.
8347.131 M/W Oct 23-Oct 25 6-8 PM
8347.132 M/W Nov 6-Nov 8 6-8 PM

Enjoy Your Leisure Time
Encounter the Outdoors

Fall Wildflower Adventure
John McCormick
Enjoy what is left of nature’s beauty before winter tightens its grip on southeastern Minnesota by searching for the wildflowers of fall. These floral denizens have much to offer in the way of beauty and variety that are unique to this season of the year. A brief slide presentation will precede our trip outdoors. Raindate is September 24. Cosponsored with Zumbro Valley Audubon Society and Oxbow Park.
$15 – 1 Session
Location: Oxbow Park
8638.131 Sa Sep 23 9-11:30 AM

An Evening for Night Owls
Quarry Hill Staff
Every autumn a small northwoods owl called the Saw-whet migrates south in a silent and secretive wave. The staff at Quarry Hill is among a small group of researchers trying to capture and band these birds in the eastern US in an effort to better understand their migration. During this evening, you’ll enjoy a snack and beverage while learning more about the secretive Saw-whet owl and Quarry Hill’s research. Then we’ll travel in the Quarry Hill Critter Coach a few minutes east of town to visit the owl banding site. After a 10 minute uphill hike to the study site, we will check the nets and band any captured owls.
$22 – 1 Session
Location: Quarry Hill Nature Center
8302.131 F Oct 13 8:30-10:30 PM

Volcanoes, Earthquakes, Ice, and Mud: Minnesota’s Amazing Geology
Kevin Strauss
Wonder why Minnesota looks the way it does with bedrock lakes up north and fertile farmland down south? Take a trip through 4.5 billion years of Minnesota geological history to learn how microbes created the Iron Range, how earthquakes led to Lake Superior, how mountains of ice brought deep soil to our farms, and how ancient sea creatures created the limestone in the place that we call home. Cosponsored with Zumbro Watershed Partnership.
$15 – 1 Session
Location: Northrop-Rm 308
8637.131 W Oct 25 6:30-8:30 PM

Wild Caving–A Spelunking Adventure!
Quarry Hill Staff
Tired of the same old Friday night routine? Join other adventurous adults as we explore the underground world in a private system of caves near Spring Valley. You’ll learn about the fascinating world of karst geology that is unique to SE Minnesota. Belly crawling and crevassing are optional. Helmet and headlamp will be provided. A packing list will be distributed to registered participants. A $5 cave entrance fee will be collected the evening of the program. Quarry Hill will provide transportation to/from the caves.
$45 – 1 Session
Location: Quarry Hill Nature Center
8304.131 F Nov 3 6-10 PM

Ce WEATHERLINE
For weather-related announcements, call 507-328-4010.
See page 46 for more information.

Harvest Dinner with Polar Explorer Will Steger: “Eyewitness to Global Warming”
Will Steger, world-renowned polar explorer, educator, photographer, writer, and lecturer will present a retrospective of a life in the arctic regions of the world. He has logged thousands of travel miles by dogsled and has become a voice calling for understanding and the preservation of the arctic. This presentation is his vivid account of the changes that he has witnessed firsthand, caused by global warming pollutants, in Arctic regions over four decades of polar exploration. Steger shares stunning photographs from his expeditions along with compelling data and satellite imagery to document the deterioration in the polar ice caps. While the issue is critical, and the presentation is dramatic, Steger’s message is one of hope and empowerment. An understanding of our role in the causes and effects of global warming make this personal. But as Steger explains, solutions are readily available and by making economically and environmentally smart choices people can make a difference. Fee includes dinner (turkey dinner with mashed potatoes, corn, dinner rolls, coffee, dessert). Registration Deadline: Oct 18. Cosponsored with RCTC Learning Is ForEver (LIFE) Program.
$55 – 1 Session
Location: Rochester International Event Center
8080.131 W Oct 25 5-8 PM
Introduction to Beekeeping
Chris Schad & John Shonyo
We will start with an overview and short history of beekeeping, followed by detailed and hands-on instruction on how to become a beekeeper. We will describe the hardware used and how it is used. The cost of keeping bees and an explanation of some of the terms (buzz words and acronyms) will be provided. John and Chris will take you through a year of beekeeping and the options available during the year. Bring your lunch!
$35 – 1 Session
Location: Northrop-Rm 319
8310.131  Sa  Nov 11  8 AM-3 PM

So You Think You Want to Be a Beekeeper?
Chris Schad & John Shonyo
This class will be an introduction to bees and you will learn what is necessary to keep bees.
$15 – 1 Session
Location: Northrop-Rm 319
8314.131  Tu  Jan 23  6:30-8:30 PM

Snowshoeing: A Winter Blues Buster!
Quarry Hill Staff
If you can walk, you can snowshoe! Snowshoeing can be a great winter blues buster. Come learn about the history of snowshoes and their construction, and then strap on a pair for some guided practice. Cost includes instruction and use of snowshoes. A minimum snow base of 6 inches is required to snowshoe. In the event of an inadequate snow base, class will still meet and participants will receive a voucher to snowshoe on their own at a later time.
$17 – 1 Session
Location: Quarry Hill Nature Center
9148.131  Sa  Jan 27  8:30-10 AM

Making Smart Energy Investments in Your Home
Stacy Boots Camp
Learn how to save money on energy and be more comfortable in your home. Topics include: low and no cost ways to save; planning for smart energy investments in your home. At the class you can sign up for a discounted energy audit. Each household will receive an energy saving goodie bag with an LED light bulb. Cosponsored with Minnesota Energy Resources and Rochester Public Utilities.
No Fee, Registration Required – 1 Session
Location: Northrop-Rm 308
8015.131  Th  Sep 21  6:30-7:30 PM
8015.132  Sa  Nov 18  10-11 AM

Get Out of the Dark–Brighten Your Knowledge on Home Lighting Purchases
Kelli Lewis
Deciding what lighting to purchase for your home can be a confusing process. LEDs, CFLs, watts, lumens, soft white, warm white – what does it all mean? This workshop will help make sense of it all. You will learn what to look for when choosing light bulbs, why and when to choose LEDs, the cost of lighting on your energy bill, and why Energy Star is important. Cosponsored with Rochester Public Utilities.
No Fee, Registration Required – 1 Session
Location: Northrop-Rm 308
8020.131  Tu  Sep 26  6-7:30 PM

Five Techniques to Take the Stress Out of Home Selling
Greg Hostetter, CDPE, GRI & Beth Hostetter
Selling a home is on the list of the most stressful things people do in their lives. Learn the top five techniques and the strategies to take the stress out of selling your home. Discover how to win in negotiations, avoid ‘over-staging’, get a higher price, sell in a quicker time, move with little ones, and have a good time while doing it. Moving is fun! HomeinRochester.com
$15 – 1 Session
Location: Northrop-Rm 109
8247.131  Tu  Sep 26  7-9 PM
Enhance Your Home

Home Buyers: How to Avoid a Money Pit!
Greg Hostetter, CDPE, GRI & Beth Hostetter
Buying a home is one of the biggest financial decisions that people ever make. Learn how to 'read' a house so you can immediately spot the flaws. Discover how to spot a home that you'll have trouble reselling in the future. Learn how to select a home that will make you happy for many years. Making offers, negotiating, home inspectors, and more—we'll cover it all so that you'll be a wise home buyer. HomeinRochester.com
$12 – 1 Session
Location: Northrop-Rm 109
8244.131 Th Oct 26 7-9 PM

Solar Energy for Your Home or Business
Micah Johnson
Learn about solar electric and heating systems from the experts. Many installation photos will show you how they look and how they are installed. Many questions will be addressed such as: How well does solar energy work in Minnesota? How much energy do systems produce? What are the costs involved and economics? What incentives are available? Is there maintenance? There will be plenty of time for questions and discussion. Cosponsored with Rochester Public Utilities.
No Fee, Registration Required – 1 Session
Location: Northrop-Rm 319
8273.131 Sa Oct 7 10 AM-12 PM

Downsizing: Simplify Your Life
Laurie Mangen
Whether you are moving now or just want to declutter your home, Laurie's techniques will help you through the time consuming and emotional process of simplifying your home. www.lauriemangen.com
$15 – 1 Session
Location: Northrop-Rm 308
8282.131 W Oct 11 9:30-11:30 AM

How do I Buy a New Home if I Have One to Sell?
Greg Hostetter, CDPE, GRI & Beth Hostetter
Buying the first house was easy, but moving to the next home gets complicated, because now you’ve got to sell the old one. Learn how to avoid a double move, discover the risks/benefits of contingent offers, learn financing options, and discover techniques to get the best deal. Learn how to buy a new home when you’ve got one to sell. We’ll discuss bridge loans, contingencies, and so much more.
HomeinRochester.com
$15 – 1 Session
Location: Northrop-Rm 306
8245.131 W Oct 11 7-9 PM

Radon: Protect Your Family
Dan Hylland
Want to protect your family? Olmsted County’s Department of Health states “half the homes tested in the Rochester area are at levels high enough to be considered a health risk and should be lowered.” Learn how to test your home for radon and how to make the necessary changes if levels are high. One free short-term radon test kit will be provided.
www.athelonenterprises.com
$12 – 1 Session
Location: Northrop-Rm 308
8286.131 M Oct 30 7-8:30 PM

“I always have had a good experience with Community Education—you offer a wide variety of classes with something for everyone! I like how the classes have changed over time to reflect current trends. Thanks for all you do!”
Explore Yesteryear

Manhattan Project’s Secret Weapon
Teresa Wilhelm Waldof
When the U.S. was attacked at Pearl Harbor on December 7, 1941, one thing became abundantly clear: the Manhattan Project would need to move forward at a breakneck pace. Millions of pounds of purified uranium was needed, but it didn’t exist. Since the discovery of uranium, no one had successfully purified it. Iowa State chemist Dr. Harley Wilhelm was recruited onto the project. In September 1942, he went to Chicago, carrying with him a secret cargo: the world’s first ingot of purified uranium. When he presented the ingot to Arthur Compton, the leader of the Manhattan Project’s Metallurgical Lab, Compton didn’t believe it was pure. Wilhelm proved otherwise. A sharecropper’s son in southern Iowa was an unlikely character to change world history.

Cosponsored with RCTC’s Learning Is ForEver (LIFE) Program.
$21 – 1 Session
Location: Heintz Center-HB117
8675.131 M Sep 25 6-8 PM

A Historic Ride on the Orphan Trains
Dorothy Lund Nelson
If you enjoy learning about historical events, this class is for you! Dorothy will guide you through this part of American History when many children were “placed out” into homes across our country. Over a period of 75 years, over 200,000 children traveled by train to find new parents and families. Learn why the children traveled, what conditions they left behind, and who assisted them in finding a new family. Through videos and Orphan Train Riders’ stories, you will want to learn more about these children.

$12 – 1 Session
Location: Northrop-Rm 319
8652.131 Th Oct 12 6:30-8 PM

Northstar: Storytelling 150 Years of MN History
Kevin Strauss
Follow Kevin through a storytelling tour of Minnesota history. You’ve had Minnesota History in elementary school, but you never heard it like this! Kevin covers 150 years of immigration, growth, turning points, and progress in the Northstar state. He shows our state through the eyes and words of the people who lived through the history that built our state.

$12 – 1 Session
Location: Northrop-Rm 319
8668.131 Th Nov 16 7-8:30 PM

Preserving Your Family History for Future Generations
Tamara Thayer
Be inspired to preserve your family history. You will leave with the necessary resources to begin/or expand your family research and gain ideas on fun and interesting projects and unique ways to preserve family memories for future generations.

$29 – 1 Session
Location: Northrop-Rm 201
8663.131 Tu Oct 3 6:30-8:30 PM

Family Thayer-itage: Start Your Genealogy Search!
Tamara Thayer
Learn how to begin your journey to discover your family heritage. What resources are available and how to access them will be covered. Important terminology used by genealogist/historians, now and years ago, will be defined.

$15 – 1 Session
Location: Northrop-Rm 201
8671.131 Tu Oct 10 7-8 PM

Family Thayer-Apy: Take the Stress Out of Your Genealogy Research
Tamara Thayer
Discussion will focus on more in-depth genealogy exploration needed to find missing links, a blended tree, adoption, and more. You are encouraged to bring your “in-progress” family projects along with questions. Learn how to branch out your family tree and make the characters come to life for future generations to enjoy. Recommended: Family Thayer-itage class or knowledge of genealogy.

$15 – 1 Session
Location: Northrop-Rm 201
8673.131 Tu Oct 17 7-8 PM

What History Cycles Tell Us
Steve Troutman
Stephen Bannon, President Trump’s chief strategist, is a fan of The Fourth Turning: An American Prophecy, a book which predicted the current divisiveness and chaos we are seeing in politics and society. This book and Generations: A History of America’s Future, look into America’s history of repeating generational archetypes and the cyclical patterns they create. Come hear what the authors found, what they predicted, what’s next, and why Bannon is drawn to their research. Cosponsored with RCTC Learning Is ForEver (LIFE) Program.

$15 – 1 Session
Location: Northrop-Rm 201
7272.131 Th Nov 2 7-9 PM
Century Old Indian Cooking Traditions
Ashwini Walimbe
Ashwini will share the century old Indian traditions of preparation and hospitality. Recipes include: Vegetable Biryani (curried rice with vegetables, dried fruit and nuts); Navratan Korma (Indian cheese mixed with vegetables, nuts and spices); Murgh Korma (chicken cooked with yogurt, herbs and spices); Pooris (whole wheat bread fried and puffed) and, Mango Lassi (a yogurt drink made with mangoes).
$39 – 1 Session
Location: Century-Rm H-231
7835.131  F  Oct 13  6-9 PM

Ashwini’s Traditional Indian Meal
Ashwini Walimbe
Join Ashwini as she creates a traditional full Indian meal from start to finish. The meal will begin with an appetizer and finish with a dessert. Recipes include: Tandoori Chicken (roasted chicken prepared with yogurt, honey, and spices); spiced rice (nutty aromatic rice dish); vegetable korma (a curried vegetable); Puri (Indian unleavened bread); Raita (an Indian salad made with seasoned yogurt); Masalae Bhat (spice rice with assorted vegetable); and Sevai Kheer Dessert (vermicelli).
$39 – 1 Session
Location: Century-Rm H-231
7881.131  F  Dec 1  6-9 PM

Indian Cooking Made Easy–II
Ashwini Walimbe
With Ashwini’s cooking experience, she has been able to combine the exotic and alluring tastes of India with the practical demands of today’s lifestyle. Her expertise lies in tasty, home-style, and authentic Indian cooking. Recipes include: Malai kofta (Paneer mixed with vegetable balls cooked in a delicious sauce); Chicken Vindaloo (Chicken and potatoes cooked in tangy curried sauce); Tamarind Date Chutney (Smooth, sweet, and slightly tangy – this popular/versatile condiment is made from pureed tamarind, dates, and spices); Tomato Rice (Aromatic fragrant basmati rice cooked in tomato, herbs, and spices); Chapatti (Grilled Indian Whole wheat flat bread); and Kanda Bhaji (Deep fried onions crisp, pakora, or fritters).
$39 – 1 Session
Location: Century-Rm H-231
7832.131  F  Jan 26  6-9 PM

Bake ‘em, Take ‘em Holiday Baking
Theresa Splittstoesser, Karen Ek, Nancy Zodrow, & Susan Fogarty
Holiday cookies are true symbols of the season. Take away the time pressure and do your holiday baking in three hours. You will take home one dozen each of ten varieties. All ingredients are furnished. Bring several containers to hold your 10 dozen cookies. Come ready to bake and have some fun. The class is hands-on, so bring an apron. Register before Nov. 21. No refunds after Nov. 14.
$59 – 1 Session
Location: John Marshall-Cafeteria
7825.131  F  Dec 8  6-9 PM
7825.132  Sa  Dec 9  8-11 AM
7825.133  Sa  Dec 9  12-3 PM
7825.134  M  Dec 18  6-9 PM
7825.135  Tu  Dec 19  6-9 PM

High Tea Anyone?
Barbara Luna & Diane Salentiny Wrobleski
Come and experience this complete three-course tea with sandwiches, scones, sweets, and a dessert finale. The English ceremony of afternoon tea dates back to the 1840s as a way to ward off inevitable hunger before dinner—it is less a working class meal and more of an “event” and has become an elegant affair served in many restaurants and hotels across the world.
$25 – 1 Session
Location: Northrop-Rm 112
7843.131  W  Nov 8  7-9 PM

CE WEATHERLINE
For weather-related announcements, call 507-328-4010.
See page 46 for more information.
**Skol! Scandinavian Holiday Tradition**  
*Chef David Leino*

Let’s team up and make some Lefse. This class is for beginners and anyone that wants to fine tune this holiday treat. We will be mixing, rolling, and cooking Lefse. We will discuss different pairings that accent our Lefse for any pallet.  
$39 – 1 Session  
Location: Willow Creek Golf Course-Kitchen  
8250.131  Th  Nov 2  10 AM-12 PM  
8250.132  Th  Nov 2  6:30-8:30 PM

**Bam! Top that Special Dish Off with an Amazing Sauce**  
*Chef David Leino*

We will be talking about the five mother sauces, with variations you can create that are endless. This night’s sauces will be béchamel and hollandaise, with a couple variations of both sauces—Alfredo, cheese, béarnaise, and mousseline sauce. Included are recipes for all the sauces prepared and for the other three mother sauces.  
$39 – 1 Session  
Location: Willow Creek Golf Course-Kitchen  
8260.131  W  Nov 8  6:30-8:30 PM

**Boom! Kick Off the Super Bowl with Some Tasty Treats**  
*Chef David Leino*

We will create tasty appetizers for the big game or anytime you want to show off your cooking skills. Start with four savory appetizers and end with a sweet treat that will have your guests oohing and aahing. Prepare crab cakes with a red chili alfredo, chicken quesadillas, bacon wrapped water chestnuts with an amaretto glaze, southwestern club wraps, and strawberry nachos. Let’s kick off the holiday season with some tasty starters.  
$39 – 1 Session  
Location: Willow Creek Golf Course-Kitchen  
8270.131  Th  Nov 9  6:30-9:30 PM

**Right Sizing the Feast: Menu Ideas for Small Thanksgiving Gatherings**  
*Chef Tom Skold*

Whether you’re looking forward to a relaxed intimate gathering this Thanksgiving or you’re just ready for some new Fall entree ideas this is the class for you. Chef Tom returns to pair up great Fall entrees with perfectly matched sides. Recipes for this class include: Turkey roulade with sultana fennel stuffing and cider gravy - savory bread pudding with lemon and chard; Prosciutto wrapped turkey medallions with orange and rosemary mashed potatoes and leeks; Wild rice cakes with balsamic maple brussel sprouts; Walnut crusted pork tenderloin with bacon butter and sage grits; Cornish hen stuffed under the skin with shiitakes and smoked gouda; and Barley pilaf with walnuts and dried cranberries.  
$39 – 1 Session  
Location: Century-Rm H-231  
7808.131  Tu  Oct 17  6-9 PM

**Holiday Appetizers All New for 2017**  
*Chef Tom Skold*

Liven up those holiday gatherings or start some new traditions with this lineup of amazing appetizer creations from Chef Tom Skold of Decorah’s Hotel Winneshiek. We’ll work hands-on in groups. Delicious recipes will include: Olive Fougasse with onion jam; Jalapeño poppers with pimento cheese and Ritz cracker crumbs; Bacon hugged brussel sprouts with walnuts and horseradish aioli; and Mini hasselback potatoes with braised leeks and aged gouda.  
$39 – 1 Session  
Location: Century-Rm H-231  
7819.131  Tu  Nov 14  6-9 PM

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**Are you a parent or guardian?**

Join us for a one-day Positive Discipline workshop  

**Develop your ability to:**  
- Establish routines that build children’s ability to take on responsibilities and learn from mistakes  
- Deepen connections while supporting children’s developing independence  
- Expand parenting toolbox with concrete, helpful Positive Discipline practices  
- Avoid power struggles  
- Understand brain research and ways to support children’s self-regulation skills  

$75/family – 1 Session  
0937.Adult Registration  Sa  Nov 4  9 AM-5 PM  
Limited free childcare is available. Call Early Childhood for registration information: 507-328-4020
Hypnosis can help you control your eating habits. It will help you stop the constant thinking of food, overeating, and snacking. You will learn to desire the right foods, push your plate away when full, and motivate yourself to exercise. If tobacco is controlling your life and you are ready to quit, hypnosis can help you stop smoking or chewing tobacco without withdrawal, cravings, or gaining weight. Hypnosis is very relaxing, and you will be fully aware and conscious at all times. Bring a pillow, blanket, or bean bag for your comfort. Fee includes session, reinforcement CD, and card to attend other sessions free.

(Check-in at 6 PM followed immediately by Introduction for both Weight Loss and Stop Smoking clients; 6:30-8 PM–Weight Loss Hypnosis; 8-8:45 PM–Stop Smoking Hypnosis.) Go to www.hypnosisclinic.net to access most commonly asked questions about hypnosis.

$59 – 1 Session
Location: Northrop
Weight Loss
8144.131 Tu Sep 26 6-9 PM Rm 112

Stop Smoking and Chewing Tobacco
8144.132 Tu Sep 26 6-9 PM Rm 112

Breathing for a Healthier You
Katherine Donahoe
Learn techniques to relax, soothe your nervous system, energize your body, bring clarity to your mind, cool and warm your body, strengthen your diaphragm, and re-awaken when you’re feeling in a slump. Many of these techniques assist to relieve headaches, asthma, anxiety, and more. They can be done while sitting, though you are welcome to bring a pillow and blanket/mat. Breathing is often ignored and/or taken for granted, yet affects our health and well-being every minute of our lives. There are numerous ways to breathe. You will learn easy and free ways to enhance your daily life!

$12 – 1 Session
Location: Northrop-Rm 316
8153.131 Th Sep 28 6:30-8 PM

Essential Oils for Winter Wellness
Danielle Webb & Jana Pecinovsky
Essential oils are a great way to keep us healthy this time of year. This class will feature several immune boosting ideas using essential oils. Each attendee will be making a wellness roller, chest and foot rub, and a foaming hand soap using Young Living Essential Oils. A $20 supply fee will be collected. A $20 supply fee will be collected.

$10 – 1 Session
Location: Northrop-Rm 109
8175.131 Th Jan 11 6:30-8 PM

Thyroid Information Workshop:
Things You Need to Know
Janice Novak
Fatigue, weight gain, depression, anxiety, rising cholesterol levels, foggy thinking, and thinning hair are only some of the symptoms of thyroid malfunction. If you currently take thyroid medication but are still gaining weight and still have a variety of symptoms, there’s more you need to know like: environmental triggers; connection to joint pains; what helps or hinders; what needs to be measured, but usually isn’t; and more things you need to discuss with your doctor.

$29 – 1 Session
Location: Northrop-Rm 316
8189.131 Sa Oct 14 9:30-11 AM
30-Day Clean Eating Challenge
Angela Sydnes
Uncover the basic principles of “clean eating” while learning the cooking techniques to support your efforts. Receive step-by-step instructions complete with meal plans, a starter guide, and over 40 recipes! Warning: A major side effect could be weight loss, increased energy, and a reduced waistline! Class fee includes food.
$55 – 1 Session
Location: Century-Rm H-231
8172.131  Sa  Nov 4  9 AM-12 PM

Time to Heal
Carole Cravath
To heal we must delve into the 4 aspects of our being; spiritual, mental, emotional, and physical to discern what actions are needed to heal. You will learn specific ways to heal each aspect of your being through enjoyable activities. A deep healing meditation will be given that you can also use at home. Soma Pi healing will be demonstrated.
$19 – 1 Session
Location: Northrop-Rm 316
7322.131  Sa  Nov 11  12-2:30 PM

Metabolism Boosters and Busters!
Janice Novak
Lose up to 20 pounds in a year – without eating less. By revving your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 SIMPLE things you can do every day to boost your metabolism and burn as many as 30% more calories. You’ll also learn a few acupressure points that stimulate metabolism.
$29 – 1 Session
Location: Northrop-Rm 316
8243.131  Sa  Oct 14  11:15 AM-12:45 PM

Toxin Awareness: What You Need to Know
Andrea Tolle
Being sick is the new norm. Autoimmune diseases, autism spectrum disorders, learning disabilities, behavior issues, and much more are increasing at an alarming rate. It’s becoming more apparent that what we put in or on our bodies is playing a role in health and disease. This class offers important information about hidden heavy metals, neurotoxins and endocrine disruptors that are getting into our bodies so that you can choose to avoid them. This course will be especially eye-opening for pregnant women or new parents.
$12 – 1 Session
Location: Northrop-Rm 306
8185.131  W  Oct 18  6:30-7:30 PM

Homeopathy: A Natural Direction Toward Health
Andrea Tolle
Stimulate your body to heal itself naturally! Homeopathy is the #1 alternative method towards health in Europe. However, many in the U.S. know very little about homeopathy despite its amazing effectiveness. Rather than suppress a symptom, homeopathic remedies stimulate healing and can be a great tool in acute situations and can be prescribed very successfully for chronic conditions. Anyone with young children will especially appreciate homeopathic options for colic, teething, ear pain, and much more. Andrea will provide a home reference book, list of resources, and explain how to go about choosing a remedy for acute cases, and how the remedies are to be administered and handled. Differences between chronic and acute prescribing will be discussed.
$15 – 1 Session
Location: Northrop-Rm 109
8188.131  W  Oct 25  6:30-7:45 PM

Limit one discount per class.
SUPPLY FEE
In addition to the course fee, the Supply Fee covers materials provided. The Supply Fee is collected at first class meeting in cash or check form.
Mental Health First Aid

Most of us would know how to help if we saw someone having a heart attack—we’d start CPR, or at the very least, call 911. But too few of us would know how to respond if we saw someone having a panic attack or if we were concerned that a friend or co-worker might be showing signs of alcoholism.

Mental Health First Aid takes the fear and hesitation out of starting conversations about mental health and substance use problems. It improves understanding and provides an action plan that teaches people to safely and responsibly identify and address a potential mental health crisis or substance use disorder.

MENTAL HEALTH
Our social, emotional, and psychological well-being
We all have mental health, just like we all have physical health

MENTAL ILLNESS
A medical disorder that affects a person’s thinking, feeling, mood, and/or behavior

- 41% of Minnesota 11th graders reported feeling depressed or hopeless several days or nearly every day in the last week (MN Student Survey, 2016)
- 57% of Olmsted County residents said being “afraid of what others might think” is the most common reason for delaying seeking care for mental health services (Olmsted County Community Health Needs Assessment, 2016)
- 1 in 5 American adults experienced a mental health issue in 2014 (mentalhealth.gov)

Adult Mental Health First Aid
The adult Mental Health First Aid course is appropriate for anyone 18 years and older who wants to learn how to help a person who may be experiencing a mental health related crisis or problem. Topics covered include anxiety, depression, psychosis, and addictions.

$22 – Two 4.25-hour Sessions or One 8.5-hour Session
7333.131 M Oct 11 & 18 8 AM-12:15 PM
Location: Northrop-Rm 319

7333.132 M Nov 13 & 20 8 AM-12:15 PM
Location: Northrop-Rm 319

7333.133 F Dec 7-8 9:30 AM-1:45 PM
Location: Northrop-Rm 319

Learn more about Mental Health First Aid
www.mentalhealthfirstaid.org

Youth Mental Health First Aid
Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including ADHD), and eating disorders.

$22 – Two 4.25-hour Sessions or One 8.5-hour Session
7334.131 Sa Oct 14 8:30 AM-5 PM
Location: Northrop-Rm 319

7334.132 Th/F Nov 13 & 20 8 AM-12:15 PM
Location: Northrop-Rm 319

7334.134 M/Tu Dec 11-12 5:30-9:45 PM
Location: Northrop-Rm 308
Living Well with Diabetes
Laurie Marreel & Lynne Hemann
Are you looking for new ways to better manage your diabetes? Join us for a group workshop designed to increase self-management skills and address specific concerns and goals for people with diabetes. Participants set goals and make a personalized plan to improve their health. Workshops are interactive and focus on peer support.
Cosponsored with WellConnect.
No Fee, Registration Required – 6 Sessions
Location: Elder Network
8151.131  Tu  Sep 5-Oct 10  9:30-10:30 AM

Powerful Tools for Caregivers
Laurie Marreel
The Powerful Tools for Caregivers workshop helps caregivers develop self-care tools needed to handle the stresses and demands of caregiving. Caregivers learn the skills needed to reduce stress, communicate more effectively, practice self-care, reduce guilt, anger and depression, make tough decisions, and much more. Cosponsored with WellConnect.
No Fee, Registration Required – 6 Sessions
Location: Elder Network
8142.131  Tu  Oct 3-Nov 7  5-6:30 PM

Living Well with Chronic Conditions
Carol L. Weisz & Kay Lovett
Are you looking for new ways to better manage your health? Join us for a group workshop designed to increase self-management skills and address specific concerns and goals for people with ongoing health problems. Participants set goals and make a personalized plan to improve their health. Workshops are interactive and focus on peer support. Cosponsored with WellConnect.
No Fee, Registration Required – 6 Sessions
Location: Elder Network
8141.131  Tu  Oct 17-Nov 21  10 AM-12 PM

Get Centered
Yoga for Seniors: Change the Way You Feel!
Catherine Park
Suffer from aches and pains? Feel down? Blame it on getting older? Discover how you can change the way you feel physically and mentally by learning simple breathing techniques and stretches that will improve your overall well-being. Don’t let the lack of flexibility keep you from participating. There will be chairs available for those who need them. Yoga builds strength, increases circulation, and oxygenation. Wear comfortable clothes. Wheelchair participants are welcome. Please bring a blanket or towel.
$59 – 12 Sessions
Location: Northrop-Rm 102
9140.131  M/W  Sep 25-Nov 1  9:30-10:30 AM

Senior Yoga–Continuing
Catherine Park
This class is a continuation for those who have taken prior Yoga classes. Yoga increases circulation and oxygenation, and builds strength. Please wear comfortable clothes. Wheelchair participants are welcome. Please bring a blanket or towel.
$59 – 12 Sessions
Location: Northrop-Rm 102
9141.131  M/W  Sep 25-Nov 1  10:45-11:45 AM

FIND A PROGRAM NEAR YOU: WELLCONNECTSEMN.ORG
507-251-3835
YOUR CLINIC, YOUR COMMUNITY, PARTNERING FOR YOUR HEALTH.
I have enjoyed the classes I have taken. I have always walked away feeling good about the experience.
Past Life Regression:
Insight for Your Current Life
Aileen Abliss
Allow Aileen, Certified Past Life Regressionist and Hypnotherapist, to guide you into your past life using hypnosis. Past life regressions are fun for the curious and insightful for personal growth through the release of fears or anxieties, relationship perspective, or alignment with purpose. By learning about a past life, you gain insight for an improved current life. Please bring a yoga mat, blanket, and pillow.
$35 – 1 Session
Location: Northrop-Rm 316
8173.131 Th Oct 5 6-8:30 PM

Mind, Body, Spirit:
The Connection to Health and Disease
Andrea Tolle, Charlotte Krebs, L.Ac, MT, & Michael Winkels, DC
Holistic approaches to simulate self-healing. More and more Americans are turning to holistic methods to improved health or correct disease. This course offers an introduction to several such modalities. They recognize the mind-body connection, and take the whole body and spirit into consideration. Chiropractic, applied Kinesiology, functional medicine, Traditional Chinese medicine, acupuncture, massage, and homeopathy are options in the community for those seeking to take control of their health.
greencompasshomeopathy.com
$15 – 1 Session
Location: Northrop-Rm 112
8181.131 Tu Oct 10 6:30-8 PM

Meditation is for You!
Jill Gruver, RYT
Meditation offers tremendous benefits in our everyday lives. Research suggests that it can help to: increase your ability to focus, reduce stress, improve emotional regulation, manage anxiety and depression, ease pain, boost immune function, and improve memory. Discover what meditation is all about, how to prepare for it, and learn about the many forms of this healing practice. Bring a yoga mat and a bath towel.
$39 – 5 Sessions
Location: Northrop-Rm 102
9131.131 Tu Oct 10-Nov 14 7:30-8:30 PM

T’ai Chi Chih–Beginning
Bonnie Sokolov & Judy Trousdale
Circulate and balance the energy or “Chi” in your body! T’ai Chi Chih is a series of 19 slow, gentle movements and one pose. It is not an exercise program, a martial art, or a religion, but rather a form of moving meditation with benefits for body, mind, and spirit. It is easily learned, requires very little practice space, no special clothing, and can be done by anyone regardless of age or physical condition. While benefits vary with the individual, many people report improved balance and flexibility; improvement in chronic problems such as blood pressure, arthritis, and fibromyalgia; and reduced stress and an overall sense of well-being and joy.
$59 – 8 Sessions
Location: Northrop-Rm 102
9128.131 Tu Oct 17-Dec 12 1:30-3 PM
9128.132 M Oct 23-Dec 18 6:30-8 PM

Reiki? What’s That?
Donna Magtibay, MSN, RN
“Reiki is an alternative therapy that uses gentle touch to help the individual relax enabling the body systems to move into a state of balance and harmony.” It is being offered in more settings as a stand-alone alternative therapy or in conjunction with other treatment modalities. This class is an introduction to Reiki. Donna will discuss the origins of Reiki, energy principles in relation to Reiki, and the tenets of living a Reiki life. If participants want to experience a minute or two of Reiki, you will be invited to do so.
$19 – 1 Session
Location: Northrop-Rm 316
8167.131 W Oct 11 6-8 PM

Reiki, An Introduction
Roxanne Schlasner
Come learn about this alternative healing energy therapy! Roxanne will present what Reiki is, its history, how it works, and its benefits. Each student will then be offered an opportunity to receive Reiki energy.
handsofhealingrochestermn.massagetherapy.com
$12 – 1 Session
Location: Northrop-Rm 201
8660.131 Th Oct 26 10-11:30 AM

= Promo Code Applies = Senior Discount Applies = Additional Supply Fee
Get Centered

Get S.M.A.R.T:
Stress Management and Resiliency Training
Donna Magtibay, MSN, RN
People feel stress when the demands placed on them exceed their resources to cope with those demands. You may not be able to control the stressors, but you can retrain your brain to better respond to these stressors. The SMART program teaches you that your brain is hardwired to look for threats in your environment. You’ll learn useful skills to help you change how your mind interprets these threats. Those who practice the SMART program have reported improvement in stress, anxiety, resilience, mindfulness, self-regulation, happiness, and additional positive health behaviors.
$29 – 2 Sessions
Location: Northrop-Rm 112
8975.131 M Oct 23-Nov 13 6-8 PM

Discover Your Elemental Personality:
Lead a Fulfilling Life
Vaishali Joshi
Each one of us is made up of a unique combination of the five basic elements in nature. However, we are dominantly resonating with characteristics of one or two elements which determine our personality. Join this fun class to discover your elemental personality, become aware of how/why the objects and people around you are either draining or empowering you, and how to make changes that can help you live a happy and fulfilling life.
$15 – 1 Session
Location: Northrop-Rm 306
8143.131 Sa Nov 4 10 AM-12 PM

Let’s Talk about Dreams!
Katherine Donahoe
Let’s talk about dreams! Learn about the what and why of different types, the symbolism, and the application to your life.
$12 – 1 Session
Location: Northrop-Rm 308
9006.131 Th Nov 30 6:30-8 PM

Volleyball–Intermediate
Mark Armbruster
Join us for an evening of volleyball. Supervision only, no instruction.
$51 – 17 Sessions
9136.131 M Sep 18-Oct 30 6:30-8:30 PM Location: Willow Creek-Gym
M Nov 6-Jan 29 6:30-8:30 PM Location: John Adams-Gym
No Class Dec 25, Jan 1 & Jan 15

Volleyball–Advanced
David Heinz
Join this class for an evening of competitive volleyball with advanced players. Skill testing will be done if necessary. Supervision only, no instruction.
$48 – 16 Sessions
Location: Sunset Terrace-Gym
9168.131 W Sep 20-Jan 24 6:30-8:30 PM
No Class Nov 22, Dec 20 & Dec 27

Blue Moon Ballroom–Newcomer Deal!
Fred Gommels
This Newcomer Deal includes: 2 private lessons, 2 dance passes, and 2 months of group lessons. The total value: $286. For singles or couples. Check out the Blue Moon Ballroom website for more information: www.bluemoonballroom.com
$95 – Sessions will be scheduled with instructor
Location: Blue Moon Ballroom
7085.131

POUND®
Kris Thomas
POUND is the world’s first cardio jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out. Instead of listening to music, you become the music in this exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Designed for all fitness levels, POUND provides the perfect atmosphere for letting loose, getting energized, toning up and rockin’ out! The workout is easily modifiable and the alternative vibe and welcoming philosophy appeals to men and women of all ages and abilities. Bring a yoga mat.
$45 – 6 Sessions
Location: John Adams-Gym;
Location Change Nov 14: Elton Hills-Gym
9074.131 Tu Sep 19-Oct 24 6:30-7:15 PM
9074.132 Tu Nov 14-Dec 19 6:30-7:15 PM
Zumba-Give it a Try, for Free!
Ronald McCargar
This is your opportunity to give Zumba a try with Rochester Community Education.
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. Come ready to sweat and prepare to leave empowered and feeling strong. Bring water and comfortable shoes with minimal tread.
No Fee, Registration Required – 1 Session
Location: Sunset Terrace-Gym
9073.131  M  Sep 18  7:30-8:15 PM

Zumba with Ron!
Ronald McCargar
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. Come ready to sweat and prepare to leave empowered and feeling strong. Bring water and comfortable shoes with minimal tread.
www.rmccargar.zumba.com
$30 – 6 Sessions
Location: Sunset Terrace-Gym
9072.131  M  Sep 25-Oct 30  7:30-8:30 PM

Zumba Gold: A Lower Intensity Workout
Ronald McCargar
An easy-to-follow Zumba® class that recreates the original moves you love at a lower intensity. The design of the class introduces fun Zumba choreography that focuses on balance, range of motion and coordination. Come ready to sweat, and prepare to leave empowered and feeling strong. Bring water and comfortable shoes with minimal tread.
$30 – 6 Sessions
Location: Northrop-Gym
9071.131  W  Oct 4-Nov 8  9:30-10:30 AM

American Tribal Style® Belly Dancing–Level 1
Suzanne Szucs
American Tribal Style belly dance is an improvisational dance form combining Middle Eastern and Folkloric dance styles. ATS® consists of a movement vocabulary that allows dancers to perform together without choreography. This beginning course will teach the basics of the dance, including dance posture and body consciousness, level one ATS movements, formations, and improvisation. Physical demands will be moderate and self-paced. Open to women and men. Wear comfortable clothing. An optional $5 hip scarf will be available to purchase.
$30 – 6 Sessions
Location: Northrop-Rm 210
9067.131  W  Sep 20-Oct 25  7:15-8:15 PM
9067.132  W  Nov 1-Dec 13  7:15-8:15 PM
No Class Nov 22

American Tribal Style® Belly Dancing–Level 1 & 2
Suzanne Szucs
American Tribal Style belly dance Level 1 & 2 will expand upon the dance vocabulary learned in ATS® Level 1. The emphasis will be on refining technique, learning intermediate moves, dancing in formation, including variations, and learning combinations of moves. Students should have taken at least one session of ATS Level 1. Physical demands will be moderate and self-paced.
$49 – 6 Sessions
Location: Northrop-Rm 210
9069.131  W  Jan 3-Feb 7  7:15-8:45 PM
Aquatic Aerobic Exercise
Janet Rich
Conditioning through water exercise can be one of the best activities for people of all ages. You will combine exercise and lap swimming to increase your flexibility, strength, circulation, and endurance. Ability to swim is not necessary. Class is held at Kellogg Middle School - 503 17th Street NE, Rochester, MN.
$36 – 6 Sessions
Location: Kellogg-Pool
9004.131 W Sep 20-Oct 25 7:30-8:30 PM
9004.132 M Sep 25-Oct 30 7:30-8:30 PM
9004.133 W Nov 1-Dec 13 7:30-8:30 PM
No Class Nov 22
9004.134 M Nov 6-Dec 11 7:30-8:30 PM

Pilates: Look Better, Feel Better, Be Better
Fred Woolman
You can look better, feel better, and be better—“Classical Pilates” and “Pilates-based” exercises will help you accomplish this. The class focus is on Pilates-based exercises that will strengthen your core muscles, improve your posture, and enable you to have healthy movement patterns. The overall goal is for you to learn several exercises, but also feel relaxed, have fun, and possibly begin a life’s journey that will make you look better, feel better, and be better! Students should dress in loose, nonrestrictive clothing and bring a Yoga mat or blanket.
$60 – 12 Sessions
Location: Northrop
9110.131 M/W Sep 25-Oct 11 5:30-6:30 PM Rm 102
& Oct 16-Nov 6 5:30-6:30 PM Rm 308
No Class Oct 18

Open Fencing
Steven Halter
Continue to master your skills and techniques in preparation for the USFA tournament competition or for your own enjoyment. This class is the follow-up to the Adult Beginner Fencing class. You are required to acquire your own fencing equipment or pay an additional $20 equipment fee on the first day of class. Assistance with ordering equipment will be available at the first scheduled class.
$45 – 9 Sessions
Location: Northrop-Gym
9127.131 Tu Sep 26-Dec 5 7:45-9:45 PM
No Class Nov 7 & Nov 21

Adult Fencing–Beginning Your Lifetime Sport
Steven Halter
Want to learn a competitive lifetime sport? Fencing is for you! This is an opportunity for you to master the skills and techniques at your own pace, as well as prepare for competition in USFA tournaments. Commitment and dedication are the only requirements! We look forward to helping you develop your skills to succeed and excel in this exciting life sport. All fencing equipment is provided.
$99 – 9 Sessions
Location: Northrop-Gym
9126.131 Tu Sep 26-Dec 5 7:45-9:45 PM
No Class Nov 7 & Nov 21

Do You Wanna Dance?–Beginners
MJ Wagenson
Afraid to hit the dance floor? After this experience, you’ll have the basics to dance in just about any situation. We will mix each class up with some beginning steps of Foxtrot, Waltz, and Swing. We’ll begin with some basic steps and review each week while progressing with new steps and moves. Please bring a second pair of shoes to wear. MJ is an RCTC HPER instructor.
$40 – 6 Sessions
Location: Northrop-Gym
9065.131 Th Sep 28-Nov 9 6:30-8 PM
No Class Oct 19

Do You Wanna Dance?–Intermediate
MJ Wagenson
If you have taken DYWD before and want to brush up and add to those Foxtrot, Waltz, and East Coast Swing skills plus learn a few different rhythms like the Cha Cha, Rhumba, Polka, and others, then this is the class for you! MJ is an RCTC HPER instructor.
$40 – 6 Sessions
Location: Northrop-Gym
9066.131 Th Sep 28-Nov 9 8:15-9:45 PM
No Class Oct 19
American Sign Language
Rebecca Wulff & Stacy Bale
Want to learn basic American Sign Language skills for communicating with deaf and hard of hearing people? Expressive and receptive skills will be developed in vocabulary, fingerspelling, and number concepts. Storytelling concepts, as well as translating music, will be covered in this class. Focus will be on the use of ASL signs and concepts following English word order. No textbook required. Handouts will be provided.
$85 – 8 Sessions
Location: Northrop-Rm 307A
7391.131 M Sep 25-Nov 13  6-8 PM

Effortless Japanese
Ang Nguyen
Come and enjoy learning Japanese, whether you are planning a trip to Japan or just want to learn something new. Upon completion of this course, you will be delighted to see that you are able to write and read Hiragana, Katakana, and some Kanji. This unique class is a combined class for beginner learners and those who have already taken Japanese. Students should purchase “Genki 1: An Integrated Course in Elementary Japanese” (Second Edition) prior to the first class. The workbook version is not required.
$115 – 10 Sessions
Location: Northrop-Rm 306
7364.131 Tu Oct 3-Dec 12  6:30-8 PM
No Class Nov 7

Spanish Conversation–I
Alice Hidalgo
Familiar with the present tense and need conversation practice? Through role-playing, games, and practicing with partners, we will explore many subjects such as family, describing people and things, ordering in a restaurant, shopping, bargaining, etc. Each student should bring a Spanish dictionary. All other materials will be provided.
$75 – 10 Sessions
Location: Willow Creek-Rm D215
Location Change Oct 17: Northrop-Rm 201
7388.131 Tu Sep 19-Nov 28  8-9:30 PM
No Class Nov 7

Spanish–I
Alice Hidalgo
Emphasis will be on good pronunciation, learning basic vocabulary, grammar, and conversation. The following book is required: “DIMELO TU, Fifth Edition” (NOT with the workbook, and CDs are not necessary). The 2006 or 2007 edition is the green textbook. Note: The instructor has textbooks available for purchase for $20. Please call Alice with any questions at 282-2926.
$95 – 12 Sessions
Location: Willow Creek-Rm D215;
Location Change Oct 12: Northrop-Rm 316
7383.131 Th Sep 21-Dec 21  6-8 PM
No Class Oct 19 & Nov 23

Spanish–II
Alice Hidalgo
A continuation of Spanish I, using the same textbook. If you are a new student, please call Alice at 282-2926. After reviewing, we will begin with Chapter 4. The following book is required: “DIMELO TU, Fifth Edition” (NOT with the workbook, and CDs are not necessary.) The 2006 or 2007 edition is the green textbook. Note: the instructor has textbooks available for purchase for $20. Please call Alice with any questions at 282-2926.
$105 – 12 Sessions
Location: Willow Creek-Rm D215
7384.131 W Sep 20-Dec 13  6-8 PM
No Class Nov 22

Spanish–III
Alice Hidalgo
This class is offered to those students who have completed Spanish II, or those who are familiar with the present tense and starting the preterite tense. We will continue to use the same textbook. After review, we will begin Chapter 8. If you are a new student, please call Alice at 282-2926.
The following book is required: “DIMELO TU, Fifth Edition” (NOT with the workbook, and CDs are not necessary.) The 2006 or 2007 edition is the green textbook. Note: The instructor has textbooks available for purchase for $20.
$115 – 12 Sessions
Location: Willow Creek-Rm D215;
Location Change Oct 17: Northrop-Rm 201
7385.131 Tu Oct 3-Dec 12  6-8 PM
No Class Nov 7

Saludos
Learn a Language

Hands-On French 1: Pen Pals
Doug Sauve
Learn to speak, read, and write French and have a great time doing it! In this 6-week class, you’ll begin to learn French through a lively scenario - Pen Pals (Correspondents). Further on in this series of classes you will design your own house, give tours of a zoo, make a robot, and give evidence from the scene of a crime, among other things. Bring a pencil and notebook, a big smile, a sense of humor, and all of your creativity to this fun, fast-paced class! A device that can connect to the Internet is useful, but not required. No previous experience necessary.
$75 – 6 Sessions
Location: Northrop-Rm 109;
Location Change Sep 26: Northrop-Rm 319
7400.131 Tu Sep 19-Oct 24 7-8 PM

Italian–Intermediate I
Carlo Biondolillo
Goals: Learn and use familiar everyday expressions and very basic phrases. You will be able to introduce yourself and others and ask/answer questions about personal details. Interact in a simple way with the support of another person.
$130 – 9 Sessions
Location: Northrop-Rm 105
7361.131 Th Sep 21-Nov 30 5:30-7:30 PM
No Class Oct 19 & Nov 23

Italian–Intermediate II
Carlo Biondolillo
Goals: Understand sentences and frequently used expressions used in basic personal and family information, shopping, local geography, and employment. Communicate and describe simple routine tasks and personal information requiring a direct exchange of information.
$200 – 10 Sessions
Location: Northrop-Rm 105
7363.131 W Sep 20-Nov 29 5:30-7:30 PM
No Class Nov 22

Italian–Advanced I/Conversation
Carlo Biondolillo
Goals: Understand the main points of clear standard input on familiar matters regularly encountered in work, school, leisure, etc. Deal with most situations while traveling in an area where the language is spoken. Produce simple connected text on topics which are familiar or of personal interest. Describe and explain experiences, events, dreams, opinions, and plans.
$160 – 9 Sessions
Location: Northrop-Rm 105
7362.131 Th Sep 21-Nov 30 7:30-9:30 PM
No Class Oct 19 & Nov 23

Maximize Social Security Benefits:
Before You Retire!
Zac Saiki
Understand the role Social Security will play in your retirement, before you retire! Topics include: Social Security basics; how to maximize benefits; when to apply for Social Security; and how to plan other aspects of retirement based on Social Security. www.ampf.com
$12 – 1 Session
Location: Northrop
7153.131 M Sep 25 6:30-8 PM Rm 306
7153.132 Tu Nov 14 6:30-8 PM Rm 308

Your Retirement: The Impacts of Health Care Costs
Clayton Timmerman, AAMS®, CRPS®
Discover the potential impact of rising health care cost on your retirement savings. Discussion will include an introduction of Medicare coverage and cost, long-term care cost, and available options for supplemental health care and long-term care insurance.
$9 – 1 Session
Location: Northrop-Rm 109
7207.131 Th Sep 28 6:30-7:30 PM

ABCDs of Medicare–2017 Options
Jerry Roberts
Do you want to better understand your Medicare options and benefits? Let a certified Senior LinkAge Line® Specialist from the SE MN Area Agency on Aging help you make informed decisions. This class outlines the parts of Medicare, enrollment periods and penalties, special programs, and tools and tips for comparing current health and drug options available in Minnesota. Annual open enrollment begins Oct 15 and ends Dec 7. Cosponsored with the SE MN Area Agency on Aging.
$10 – 1 Session
Location: Northrop-Rm 109
7203.131 Th Oct 5 6:30-8:30 PM
**Investment Basics: Grow Your Knowledge**
*Eric Funk, CCPS, CIMA, FIC*
You will learn terms and language easily understood in the following topics: saving and investing wisely; types of investments; stocks, bonds, cash; investing through mutual funds and ETF’s; asset allocation; and balancing your risk and return. [www.Thrivent.com](http://www.Thrivent.com)

$9 – 1 Session

Location: Northrop-Rm 316
7229.131  Th  Oct 12  6:30-7:30 PM

**Ready to Improve Your Financial Future?**
*The Basics*
*Roger Cadogan*
Are you ready to begin investing for retirement, education for your children, or improving your financial future? Are you eager to expand your general market knowledge and investment experience to achieve your goals? Then this class is for you. The instructor is a 20 year investment veteran and doesn’t represent any financial investment firm. Roger will teach you simply what you need to know to get started.

$12 – 1 Session

Location: Northrop-Rm 306
7150.131  W  Oct 25  6:30-8 PM

**A Snowbird’s Guide to Residency**
*Claire Langton-Yanowitz, Attorney*
Claire will explain the rules regarding income tax residency and estate tax residency. She will describe who needs to file income taxes in Minnesota and the factors the government considers when determining if an estate needs to file an estate tax return in Minnesota. Her presentation will also cover rules for non-residents who own real estate in Minnesota. [www.yanowitzlaw.com](http://www.yanowitzlaw.com).

$9 – 1 Session

Location: Northrop-Rm 109
7226.131  M  Nov 6  6-7 PM

**Retire with Confidence**
*Colin Aldis*
Will I have enough to retire? Will my retirement income last? Are my assets protected? Learn how to manage six key risks all retirees face: outliving their income; inflation; unpredictable events; market volatility; income taxes; and rising healthcare costs. Turn retirement concerns into confidence. [www.Thrivent.com](http://www.Thrivent.com)

$12 – 1 Session

Location: Northrop-Rm 308
7230.131  W  Nov 8  6:30-8 PM

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Rochester Community Education offers classes to the public for the purpose of information, instruction, education, enlightenment, and example only. Classes are not to be construed as endorsement or investment recommendations from the individual instructor, his/her business, or Rochester Community Education.

**Estate Planning:**
*Reduce Income, Estate, and Gift Taxes*
*Claire Langton-Yanowitz, Attorney*
Claire will discuss techniques to reduce income, estate, and gift taxes. She will discuss how to pass property to a spouse and future generations to reduce estate taxes. Claire will explain who an individual should name as beneficiaries of IRAs to reduce income tax. Also, she will outline when an individual has to file a gift tax return and how to maximize gifts to charity and family members. [www.yanowitzlaw.com](http://www.yanowitzlaw.com).

$12 – 1 Session

Location: Northrop-Rm 319
7225.131  W  Oct 11  6-7:30 PM

**Wills or Trusts:**
*How Assets Affect Estate Planning*
*William Volkmar, Attorney*
Determine how to get your assets where you want them to go after you are no longer here. William will explain how your assets affect your estate planning and what to do about it. [www.dunlaplaw.com](http://www.dunlaplaw.com)

$15 – 1 Session

Location: Northrop
7200.131  Th  Oct 12  7-9 PM  Rm 201
7200.132  Th  Nov 9  9-11 AM  Rm 308

**When to Buy and When To Sell:**
*Rule-Based Trading and Technical Analysis*
*Roger Cadogan*
Do you want to make your own decisions buying and selling stocks, ETFs, mutual funds, futures, and in Forex? Would you like to learn how to make profitable trades on a consistent basis? A 20 year trading veteran will show you the secret to successful trading. You’ll learn simple, easy to understand techniques that may take your trading results from mediocre to consistently profitable. Basic understanding of financial markets is recommended. Bring your laptop so you can experience the charting software.

$12 – 1 Session

Location: Northrop-Rm 306
7152.131  W  Oct 4  6:30-8 PM
Manage Your Money

Funeral Service Options
Paul Czaplewski, Funeral Director &
Caryl DeBlieck, Pre-Planning Specialist
Learn the values of traditional funeral services, review current costs, disposition alternatives, governing rules, regulations, and setting up arrangements. This is an informative behind-the-scenes tour of a mortuary facility at a less stressful time in your life. This tour will include the crematorium, embalming room, and traditional funerals. If facilities are in full use, the class will be rescheduled for the following week. Please call 289-3600 the day before class to verify meeting date.
$15 – 1 Session
Location: Ranfranz & Vine
7205.131 Th Oct 12 6-8 PM

What’s New in Funeral Planning?
Brenda Schultz
Brenda will explain the basics in funeral planning, what the laws and requirements are, how to protect money for your funeral, how to know what you are buying, and how to read a funeral price list. Brenda offers FREE planning guides and she will help you complete the guide. This is a great opportunity to ask questions and educate yourself on this process to make this event easier on your loved ones. www.thefuneralady.com
$9 – 1 Session
Location: Northrop
7212.131 Sa Oct 14 10-11 AM Rm 306
7212.132 Tu Nov 14 10-11 AM Rm 201

The Legalities When a Loved One Passes
Claire Langton-Yanowitz, Attorney
What happens when a loved one passes away? Claire will describe how probate works, (a court proceeding that distributes a loved one’s property at death). She will also outline how to pass property at death without getting a court involved. Her presentation will cover how to title property to reduce taxes and the difference between a will and a revocable trust.
www.yanowitzlaw.com
$12 – 1 Session
Location: Northrop-Rm 109
7223.131 M Oct 30 6-7:30 PM

Trustee/Power of Attorney:
Your Duties and Powers
William Volkmar, Attorney
Have you been or are you trying to decide who to appoint as a proxy decision-maker? William will explain the duties and powers of trustees, persons given power of attorney, and conservators. He will discuss the differences among the various positions and update you on changes in the Guardianship Act. Questions will be answered throughout the class. www.dunlaplaw.com
$15 – 1 Session
Location: Northrop-Rm 308
7211.131 M Dec 4 7-9 PM

Keeping the Cabin in the Family!
William Volkmar, Attorney
Keeping property in the family and avoiding problems requires a good plan and solid professional advice. Learn options and strategies for minimizing disputes and keeping a cabin or other family-owned property within the family. www.dunlaplaw.com
$15 – 1 Session
Location: Northrop-Rm 308
7216.131 Tu Oct 17 7-9 PM

Passing Down the Farm, Small Business, or Family Cabin
Claire Langton-Yanowitz, Attorney
Claire will discuss estate planning techniques to pass the cabin, farm, or business to the next generation. She will contrast the advantages and disadvantages of inheriting jointly, setting up a limited liability company or distributing property through a trust. She will describe the benefits of having a buy-sell agreement and techniques to ensure property stays in the family. www.yanowitzlaw.com.
$12 – 1 Session
Location: Northrop-Rm 308
7227.131 Sa Nov 11 10-11:30 AM
How to Title Your Property: Strategies to Avoid Probate and Protect Yourself
Claire Langton-Yanowitz, Attorney
Discussion will include strategies to transfer property at a loved one’s passing without going through probate. Claire will outline various alternatives including revocable living trusts, payable on death designations, and transfer on death deeds. This seminar will also examine techniques to pass down the family farm and cabin, safeguard property from divorce, lawsuits, bankruptcy, and how to provide for a disabled family member. www.yanowitzlaw.com
$12 – 1 Session
Location: Northrop-Rm 308
7222.131   Tu   Oct 24   6-7:30 PM

Get into the TV/Radio Voiceover Market!
Don Cosgrove
There’s an exploding voiceover market locally! Find out how to get into this creative and potentially lucrative commercial industry! Learn how to create a professional demo and resume; and how to build on your strengths and skills. Be professionally directed in a non-stressful environment, achieve personal growth, and have fun too!! Don Cosgrove teaches the classes recommended by agencies and media producers. He also directs and casts voice talent. (Optional $10 fee for script packet payable to instructor).
$45 – 1 Session
Location: Northrop-Rm 316
7270.131   Sa   Nov 11   9-11:30 AM

Get Paid to Read Books–On the Internet!
Don Cosgrove
Do you read books? Do you want to be paid to do it? Learn what you need to take advantage of this rapidly growing, creative market which now includes the Internet! Learn how to get audio book reading jobs; the interpretation skills needed; and how to market yourself to the publishers and directors, perhaps without even leaving your home!
$45 – 1 Session
Location: Northrop-Rm 308
7271.131   Sa   Nov 11   12:30-3 PM

Create a Stained Glass Window
Gary Harmon
Create your leaded stained glass in this five week series using the easy-to-use Morton System of assembly. This class includes instruction in glass cutting, lead caming, soldering, and grouting. The students will choose among several pattern options and select glass colors and textures. Your completed project will be approximately 12x16 framed. A $235 supply fee will be collected for your project, which includes tool usage and all materials.
$25 – 5 Sessions
Location: Glass by Gary
7031.131   Tu   Sep 19-Oct 24   10 AM-1 PM
No Class Sep 26
7031.132   Th   Sep 21-Oct 26   6-9 PM
No Class Sep 28

I like the ability to try new things a little at a time. Community Education lets me dip my toe in the water. If I like what I try, I can always get more involved.”

Spark Your Creativity
Custom Fishing Rods–Private Lesson
Mel Dickie
Work one-on-one with Mel to build a custom rod to your specification, length, action, and type for your style of fishing. Choices include spinning, baitcasting, and fly rods. A great gift for yourself or that special fisher person! Class fee is for one, call for group rate. A fun activity for families, friends, or parent/child/aes 15 or older. A $50-$85 supply fee will be collected.
Contact 328-4000 to set up an individual or small group workshop.
8336.131   $39   Location: TBD
Spark Your Creativity

Crafting with Stained Glass
Darin Smith
This class is a comprehensive class for people who are serious about learning the craft of leaded stained glass. Instruction will include glass cutting, glazing with lead came, soldering, copper foiling, design considerations, cementing, types of glass, and a brief history of stained glass. A $35 supply fee will be collected by instructor for the practice panel, which the students will make the first five weeks. During the second half of this class, you will make an individual panel of your own design with your own supplies. The cost of the individual project depends on your design and the glass you choose to purchase for it. There will be a discussion about tools on the first night of class. Do not purchase tools until after the first class (approximate cost of tools is $125). Please bring protective eyewear.
$129 – 10 Sessions
Location: Northrop-Rm 319
7028.131 M Oct 9-Dec 11 6:30-9 PM

Fun, Fused Glass–Create a Pendant, Sun Catcher, or Plate
LaVae Ringen
After you learn a little bit about the different types of glass, each of you will select a project from a variety of samples. You will be instructed on how to cut your glass and build your project. The class supply fee will vary from $15 (pendant), $20 (sun catcher), or $35 (plate). Your project will be fired in a glass kiln and will be available for pick up at Northrop.
$19 – 1 Session
Location: John Marshall-Rm 4-G05
7501.131 Sa Nov 11 10 AM-12 PM
7501.132 Sa Nov 11 1-3 PM

Woodcarving–Begin a Lifelong Hobby
Everett Ellenwood
Looking for a lifelong hobby of enjoyment? You should try woodcarving. Taught by Ev Ellenwood, best-selling author of ‘The Complete Book of Woodcarving,’ you will work on projects that will teach the basic skills of woodcarving. Learn the use of different knife cuts and how to recognize and use the grain of the wood. The skills you learn can be used to carve anything from simple to intermediate projects. Tools will be available for purchase at the first class meeting. Class is restricted to students 13 years old or older. Students aged 13-16 must be accompanied by an adult. A $10 supply fee will be collected from each student. Cosponsored with the Rochester Woodcarvers Club.
$39 – 4 Sessions
Location: Kellogg-Rm 100
7570.131 Tu Sep 19-Oct 10 6:30-9:30 PM

Woodcarving–New Tricks & Techniques
Cody Miller
Leave your house and join your friends, or meet new ones, at this class that provides fun, carving, and conversation. Bring any project that you are working on or start something new. No formal instruction, but carvers with a special interest may provide demonstrations and projects for attendees. Learn new tricks, techniques, and get new ideas for projects. Cosponsored with the Rochester Woodcarvers Club.
$60 – 15 Sessions
Location: Kellogg-Rm 100; Location Change Oct 17: John Marshall-Rm 4-111
7572.131 Tu Sep 19-Jan 16 7-9 PM
No Class Nov 7, Dec 19 & Dec 26
Spark Your Creativity

Drawing for Beginners and Experienced Sketchers
Kathleen Litwin
Drawing is the basis for all two and three dimensional artwork. This class is for those who have never drawn before and those sketchers wanting to do more. Line drawing, contour drawing, blind contour, perspective, and basic realistic drawing exercises will be covered. We will discuss shading, tone, light, and form. Each student will receive individual attention and critiques in a very supportive environment.
Supply list: rochesterce.org/adult_class_supply_lists kathleenlitwin.com
$115 – 6 Sessions
Location: Northrop-Rm 112
7010.131 W Sep 20-Nov 1 6:30-8:30 PM
No Class Oct 18

Woodworking–Beginning/Advanced
Keven Newton
Join Keven for the “best darned woodworking class south of the Twin Cities.” We will cover topics on safety, project planning, purchasing materials, machining operations, safety, and the finishing process. You must furnish your own materials and are encouraged to bring them to class the first night. No materials can be left from week to week, JM has very little storage space. Keven has many idea books available. Please pick a first project that falls within your personal abilities. Pre-class questions (encouraged) can be directed to Keven at kemanewton@msn.com. Please bring appropriate Personal Protective Equipment to class the first night.
$125 – 10 Sessions
Location: John Marshall-Rm 4-111
7574.131 Th Sep 28-Dec 14 6-9 PM
No Class Oct 19 & Nov 23

Welding–Introduction
Paul Titus
Learn about the safe use of basic welding processes including GMAW, GTAW, SMAW, and Oxy-Fuel cutting and welding. Students will learn basic set-up of equipment and progress to higher levels as their ability allows. The nature of this program allows for individualized training to meet each student’s interest. This course is designed for the beginner who would like to learn how to weld or someone who might need a refresher course. Students will need to wear denim pants, leather shoes, long sleeve denim/cotton shirt, safety glasses, and leather gloves. Helmets will be available for you or you may bring your own. A $100 supply fee, payable by check to RCTC, will be collected the first night of class.
$199 – 6 Sessions
Location: Heintz Center-HB107
8290.131 Tu Oct 3-Nov 14 6-8 PM
8290.132 W Oct 4-Nov 8 6-8 PM
8290.133 Tu Jan 23-Feb 27 6-8 PM

Drawing for Beginners and Experienced Sketchers-One-Day Workshop
Kathleen Litwin
In this one-day workshop, you will learn drawing is the basis for all two and three dimensional artwork. This class is for those who have never drawn before and those sketchers wanting to do more. Line drawing, contour drawing, blind contour, perspective and basic realistic drawing exercises will be covered. We will discuss shading, tone, light, and form. Each student will receive individual attention and critiques in a very supportive environment. Bring a bag lunch.
Supply list: rochesterce.org/adult_class_supply_lists kathleenlitwin.com
$65 – 1 Session
Location: Northrop-Rm 308
7025.131 Sa Oct 7 9:30 AM-3:30 PM.
Spark Your Creativity

Still Life Painting–One-Day Workshop
Kathleen Litwin
Beginner or accomplished, come paint a still life in the realist manner with Kathy. Learn the basics in fine arts painting: paint handling, color mixing, composition, and lighting will be stressed. Students will work on a still life. Critiques will focus on each student’s strengths and individual needs. This will be a fun supportive class with lots of individual attention. For this one-day workshop only, the supplies needed to complete your painting are included in the class fee. Plan to bring a lunch. Students will be given handouts and will make a simple color wheel to understand the use of palette knife mixing and brush work. kathleenlitwin.com
$85 – 1 Session
Location: Northrop-Rm 319
7012.131  Sa  Oct 28  9:30 AM-3:30 PM

Get Started with Pinterest®:
Learn How to “Pin It”
Lee Ann Furness
You’ve been hearing about it everywhere–Pinterest– but what is this website? Let Lee Ann walk you through the ins and outs of Pinterest. Finish up with ideas on how to take your “pins” to the next step! Bring your tablet, laptop, or old fashioned paper, and see what everyone is talking about.
$12 – 1 Session
Location: Northrop-Rm 308
7511.131  Th  Oct 12  6:30-8 PM

Use Pinterest® Like an Expert–
10 Tips to Stay Organized!
Lee Ann Furness
Pinterest is like hoarding for the digital age! Once you create a Pinterest account with multiple boards, your account will need some attention. Join Lee Ann for 10 tips to clean up Pinterest so you can find what you want! Bring your device with you and follow along with Lee Ann.
$12 – 1 Session
Location: Northrop-Rm 201
7512.131  W  Oct 25  6:30-8 PM

Nature Photography: Learn How to Take Yours to the Next Level
Deborah Stark & Steven Stark
We will be discussing lighting, composition, subjects, camera basics, basic editing, and locations to achieve great photos of nature, landscapes, and wildlife. Learn the simple things that make a photo great from this husband and wife photography team. Cameras are not required for the class. starknaturephotography.com
$25 – 1 Session
Location: Northrop-Rm 319
8293.131  Tu  Oct 17  6:30-8:30 PM

Let’s Get Small–Macro Photography
Greg Hostetter
Step into a whole new photographic world. Macro photography isn’t just about getting close images of flowers and bugs, it’s about capturing the details of life and seeing things in a whole new perspective. You don’t need to spend a lot of money to get fabulous, professional quality images. Join us to learn the possibilities of macro photography, including the cameras, equipment, lighting, lenses, options, software, and more. We’ll demonstrate how to create beautiful images, live in the classroom. Bring your camera to the second session.
$35 – 2 Sessions
Location: Northrop-Rm 316
8297.131  Th  Nov 2-Nov 9  7-9 PM

CE WEATHERLINE
For weather-related announcements, call 507-328-4010.
See page 46 for more information.
Spark Your Creativity

Cricut® Design Space™
Brittany Strelow
Cricut Design Space gives you the creative freedom to design just about anything! Go on a tour of Cricut’s Design Space system so you can learn to navigate the software. We’ll work on how the Cricut Design Space software and tools help you modify images and fonts. Further step up your skills as you discover easy ways to create intricate designs with the software’s Print then Cut and pattern fill features. Be sure to bring your machine and computer with updated software. Discover the addition of the Cricut Design Space app to further enhance your designs while on the go. For Cricut Explore/Air machines.
$15 – 1 Session
Location: Northrop-Rm 316
7549.131 W Oct 4 6:30-8:30 PM

Cricut® 101
Brittany Strelow
This class is designed to make you more comfortable with your Cricut machine. Whether you have the Expression, Create, or the original Cricut, you will learn: the basics for caring for your machine and mat; how to use all the features of the machine and the cartridge overlays; and most importantly, you will learn how to adjust your settings to make the most of the material you are cutting. If you have a Cricut machine, please bring it to class.
$15 – 1 Session
Location: Northrop-Rm 308
7545.131 Th Nov 9 6-8 PM

Cricut® 201
Brittany Strelow
Let’s further expand your knowledge of your Cricut by learning to use all of the creative feature keys. We’ll continue on our path with learning to work with Cricut Craftroom a free online design tool which allows you to work with your desktop or laptop computer, so that you can easily see your designs on a large screen. Learning features such as drag and drop, one-touch welding, image grouping and sizing, and searching for specific images in a vast library. You’ll hook your Cricut up to your computer, similar to a printer, to cut your designs. Cricut craft room will require an internet connection and access will be made with your Cricut.com account. Be sure to have these set up prior to class.
$15 – 1 Session
Location: Northrop-Rm 308
7547.131 Th Nov 16 6-8 PM

Clean and Simple Greeting Cards
Lee Ann Furness
Create your own greeting cards that are simple with rubber stamps, ink, and paper. Using basic stamping techniques, you will be amazed how easy stamping can be! All levels of stampers will enjoy this class. You will make three each of the three cards. A $5 supply fee will be collected. Bring your own adhesive and receive a free gift. www.creativeLee.stampinup.net
$15 – 1 Session
Location: Northrop-Rm 306
7680.131 Sa Oct 7 10 AM-12 PM

Painting Watercolor Cards
Brittany Strelow
Have you seen projects utilizing watercolors? Wonder what all the hype is about? Join us and discover fun and colorful techniques. You will take home three cards utilizing the different techniques. A $10 supply fee will be collected.
$15 – 1 Session
Location: Northrop-Rm 308
7034.131 Th Nov 2 6:30-8:30 PM

Fancy Folding for Greeting Cards
Lee Ann Furness
Amaze your family and friends with easy, but fancy, folds that take your greeting cards to the next level! Add rubber stamping and embellishments and the compliments will pour in! You will make two each of the four cards. A $5 supply fee will be collected. Bring your own adhesive or glue and receive a free gift. www.creativeLee.stampinup.net
$19 – 1 Session
Location: Northrop-Rm 307A
7681.131 Sa Oct 28 11:30 AM-2:30 PM
**Design a Holiday Evergreen Wreath**  
*Quarry Hill Staff*

Join us this holiday season to make your very own evergreen wreath complete with a bow. Quarry Hill staff will instruct participants in arranging evergreen boughs into a splendid door sized wreath and adorning it with a bow made from ribbon. This craft is sure to please and to be the talk of the family this holiday. A $15 supply fee will be collected.  
$17 – 1 Session  
Location: Quarry Hill Nature Center  
8501.131 F Dec 1 6-8 PM  
8501.132 Su Dec 3 2:30-4:30 PM

**Make Your Own Natural Wool Ornament**  
*Quarry Hill Staff*

Join us in making your very own wool ornaments to decorate for the holidays. Work with a beautiful assortment of natural and dyed wool to learn the basics of wool felting. We will work with natural materials like milkweed pods, acorns, and more to create a variety of decorative ornaments.  
$22 – 1 Session  
Location: Quarry Hill Nature Center  
8500.131 Sa Dec 2 1:30-3 PM

**Beginning Soap Making for the Holidays**  
*Ann Marie Zeimetz*

Learn how to make homemade soap using holiday fragrances! You will leave with 6-8 bars of soap, ready to be given as a wonderful holiday gift for your friends and family. A $15 supply fee will be collected.  
$29 – 1 Session  
Location: Northrop  
7206.131 F Dec 8 6-8 PM Rm 319  
7206.132 Sa Dec 9 9-11 AM Rm 308

**A Handmade Holiday with Essential Oils**  
*Danielle Webb & Jana Pecinovsky*

'Tis the season for gift giving. Essential oils offer a great way to make some amazing, toxic-free gifts. Each class will feature several easy handmade gifts using Young Living essential oils. A $20 supply fee will be collected.  
$15 – 1 Session  
Location: Northrop-Rm 307A  
Cocoa-Mint Lip Balm, Ornament Bath Salts, Hand and Body Sugar Scrub  
8174.131 Sa Nov 11 9-11:30 AM  
Holiday Room Spray, Cuticle Cream, and a Diffuser Necklace  
8174.132 Sa Dec 2 9-11:30 AM

**Crochet a Rag Rug**  
*Judy Olness*

Bring ten of your old cotton T-shirts, a size Q crochet hook, a sharp scissors, and we’ll crochet a wonderfully soft rug. The finished size can be whatever you determine you want it to be. Just keep crocheting more t-shirts to make it bigger. No crocheting experience necessary.  
$25 – 1 Session  
Location: Northrop-Rm 109  
7548.131 M Oct 23 1-4 PM
Asian Brush Painting—Beginning
Catherine Park
Learn to use ink freely with a controlled brush stroke to capture the essence of the spirit of the subject in their paintings. The subjects for this class will be Four Gentlemen, also called Four Noble Ones, which refers to four plants and four seasons (the orchid for spring, the bamboo for summer, the chrysanthemum for autumn, and the plum blossom for winter). The tools essential for this class are called the four treasures: brush, ink stone, ink stick, and a special rice paper made of mulberry bush. If you already have paper, ink, and a brush, just bring those to the class and Catherine will tell you if you need additional items. Catherine has rice paper and brushes available to purchase. Supply list: rochesterce.org/adult_class_supply_lists
$85 – 6 Sessions
Location: Northrop-Rm 319; Location Change Oct 11: Northrop-Rm 109
7027.131 W Oct 11-Nov 15 6-8 PM

Writing the Strange
Tony Eichenlaub
Have a strange story kicking around in your head? Whether it’s science fiction, fantasy, or even horror, it’s time to get that story down on paper! We’ll talk about the process of writing, refining, and publishing. Come prepared to do some in-class writing as well as some writing and reading between classes to get the most of this experience.
$29 – 3 Sessions
Location: Northrop-Rm 316
7390.131 Tu Oct 3-Oct 17 7-8:30 PM

Writing and Illustrating for Children
Joni Oeltjenbruns
Find your creative process. Learn to write and illustrate for children’s publishing: novels, picture books, board books, and magazines. Identify the ingredients of a good story, portfolios, the submission process, and more. Joni is author and/or illustrator of 17 children’s books. Her accomplishments include the 2002 Children’s Choice Award, Parent Silver Award, Tau Women’s Honorable Mention, and Second Place in North American Liturgical Book. For additional information go to www.jonibooks.com.
$40 – 1 Session
Location: Northrop-Rm 306
7325.131 Th Oct 12 6-9 PM

Okinawan Karate & Weapons—Intro to Okinawan Martial Arts
Frank Crow
The island of Okinawa is the birthplace of karate, empty handed self-defense. It is also the home of Okinawan weapons. Students will receive an introduction to kicking, punching, and blocking techniques and use of the six-foot staff. Other Okinawan weapons, sai, tonfa and nunchaku, will be demonstrated.
$15 – 4 Sessions
Location: Martial Arts Fitness Center
8136.131 M/W Sep 18-Sep 27 8-9 PM

Adult/Pediatric First Aid/CPR/AED Certification/Recertification
David Williamson
The Adult and Pediatric First Aid/CPR/AED course incorporates the latest science and teaches students to recognize and care for a variety of first aid emergencies such as burns, cuts, scrapes, sudden illnesses, head, neck, back injuries, heat and cold emergencies, and how to respond to breathing and cardiac emergencies to help victims of any age–adults (about 12 years and older) and pediatric (infants and children up to 12 years of age). Students who successfully complete this course will receive a certificate for Adult and Pediatric First Aid/CPR/AED valid for two years. Non-refundable one week prior to start date.
$88 – 1 Session
Location: Northrop
8152.131 F Oct 6 12-6:30 PM Rm 308
8152.132 Sa Dec 2 8 AM-2:30 PM Rm 316

Disaster and Your Survival
Patrick Holt
The bad news is that disaster and catastrophe are a reality. The good news is that all disasters are completely survivable, including nuclear. This is a course that will focus on basic and advanced survival techniques geared toward local, regional, national, and global scale events. It will prepare you for potential societal collapse and reconstruction. Information will range from basic, immediate survival remedies to long-range, reconstruction efforts, techniques, and concepts.
$29 – 3 Sessions
Location: Northrop-Rm 112
8126.131 Tu Oct 17-Oct 31 7-9 PM
Women’s S.H.A.R.P. Self-Defense
Patricia Young
Sexual Harassment Assault and Rape Prevention (S.H.A.R.P.) is a course that teaches women to have the skills to survive an attack or an unwanted advance by someone. The S.H.A.R.P. Program has been specifically designed to meet the needs of women when control methods and assault prevention methods are required. Principles and strategies for effectively reducing the likelihood of an assault through actual techniques of countering an attack are stressed in this program. This program utilizes efficient and effective methods of subject control that do not rely on size and strength, so it can be used by just about everyone who is interested in personal safety.
$50 – 2 Sessions
Location: Century-Wrestling Room
8163.131  Sa  Oct 28-Nov 4  9 AM-1 PM

Defending Your Home
TJ Schroeder
TJ will help you make a plan before you need it! You will develop your own home security system. This class will help you evaluate your home to protect your family from unwanted intruders. You will learn how to tactically defend yourself and your family if intruders enter the home or personal business. We will go over the law, safety, security methods, and how to operate and purchase the best shotgun in order to protect the people you love with lethal and non-lethal means. 16 to 21 years of age may attend (only if they have their hunters safety certificate) and are attending with a parent who will participate in the class. Class will meet at Northrop: 9-11:30 AM; 1-2:30 PM at the range. A $20 supply fee will be collected. Call 507-269-8372 with any questions.
$29 – 1 Session
Location: Northrop-Rm 316A
8884.131  Sa  Nov 18  9 AM-2:30 PM

Firearms Safety and Handling Basics
TJ Schroeder
This course covers safety skills for new shooters or for those who may need to brush up on basic safety practices. Each student will receive a certificate of completion. You will receive excellent training, gain confidence, and acquire skills to practice on your own. A $20 supply fee will be collected for eye and ear protection and ammunition. Dress appropriately for the weather and note there will be travel time to get to the practice site. Call 507-269-8372 with questions.
$29 – 1 Session
Location: Autumn Ridge Church
8888.131  Sa  Oct 21  8-11 AM

Minnesota Carry Permit Multi-State
TJ Schroeder
This course covers all aspects of the MN carry permit. Topics covered are consistent with the book, Minnesota Guide for Armed Citizens. Students will receive the certificate of completion required to apply for a MN permit to carry. Class supply fee includes book and handouts. Students will qualify by shooting handguns. Minimum age: 21. Send payment of $135 to Bear Arms, LLC, 233 River Court NE, Rochester MN 55906 two weeks prior to class. Call 507-269-8372 with questions. Dress appropriately for the weather and note, there will be travel time to get to the shooting site.
$29 – 1 Session
Location: Northrop-Rm 307A
8880.131  Sa  Nov 4  8 AM-4:30 PM
**Driver Continuing Education**

**MN Highway Safety Center 55+ Driving Class—Initial Eight Hour**
_MN Highway Safety and Research Center Staff_
Explore changes in laws, the latest vehicle technology, and understand easy-to-use defensive driving tips. Traffic safety and accident prevention will be discussed. This is the initial eight-hour format. Course completion allows for a 10% reduction on automobile insurance premiums for those ages 55 and over.

$25 – One 8-hour Session or Two 4-hour Sessions

Location: Northrop
8114.131 W/Th Sep 6 & 7 5:30-9:30 PM Rm 319
8114.132 F Oct 6 5:30-9:30 PM Rm 316
8114.133 Sa Oct 7 8:30 AM-12:30 PM Rm 316
8114.134 Sa Nov 18 8 AM-4:30 PM Rm 319
8114.135 Sa Dec 9 8 AM-4:30 PM Rm 319

**MN Highway Safety Center 55+ Driving Class—Refresher**
_MN Highway Safety and Research Center Staff_
Explore changes in laws, the latest vehicle technology, and explore easy-to-use defensive driving tips. Traffic safety and accident prevention will be discussed. This is the four-hour refresher. Course completion allows for a 10% reduction on automobile insurance premiums for those ages 55 and over.

$21 – 1 Session

Location: Northrop
8116.131 M/W Oct 2 & 4 5:30-9:30 PM Rm 109
8116.132 Sa Nov 4 8 AM-4:30 PM Rm 319
8116.133 M/W Nov 13 & 15 5:30-9:30 PM Rm 308
8116.134 Sa Jan 27 8 AM-4:30 PM Rm 308

**Driver Improvement Associates:**
55 Plus First Timers
_Bruce Odenbach & Dave Von_
Establish first-time eligibility for a 10% premium reduction to drivers 55 years and older. Topics include: today's driving environment, new laws, compensating for the physical changes typically associated with aging, and selecting a safe vehicle. Small group discussions and experienced instructor contribute to enjoyable, meaningful sessions.

$25 – One 8-hour Session or Two 4-hour Sessions

Location: Northrop
8134.131 M/W Oct 2 & 4 5:30-9:30 PM Rm 109
8134.132 Sa Nov 4 8 AM-4:30 PM Rm 319
8134.133 M/W Nov 13 & 15 5:30-9:30 PM Rm 308
8134.134 Sa Jan 27 8 AM-4:30 PM Rm 308

**Driver Improvement Associates:**
58+ Plus Refresher
_Bruce Odenbach & Dave Von_
For drivers ages 58 and older that have previously completed a state certified eight-hour class and have been eligible for the 10% insurance premium reduction. Up-to-date safe driving recommendations with emphasis on the aging factors that typically affect older drivers (reduced vision, response time, etc.) will be covered. Class completion will extend the insurance reduction for three additional years.

$21 – 1 Session

Location: Northrop
8133.131 Tu Sep 5 9 AM-1 PM Rm 308
8133.132 Th Sep 14 12-4 PM Rm 319
8133.133 Th Sep 28 12-4 PM Rm 319
8133.134 Th Oct 5 9 AM-1 PM Rm 308
8133.135 Tu Oct 10 9 AM-1 PM Rm 308
8133.136 W Oct 18 12:30-4:30 PM Rm 308
8133.137 M Oct 30 9 AM-1 PM Rm 308
8133.138 Tu Nov 14 12-4 PM Rm 319
8133.139 Th Nov 30 9 AM-1 PM Rm 319
8133.161 Th Dec 14 9 AM-1 PM Rm 319
8133.162 Th Jan 25 9 AM-1 PM Rm 319
Tech Savvy

Cloud Computing—What is It and Why Should I Use It?
Jim Miner
This will be a discussion and demo class covering the future storage of your documents, pictures, videos, and more in the “Cloud”—it can allow access for you (and others) through the Internet and the Cloud! Email has been in the “Cloud,” now you can put your documents there and retrieve them. Sky Drive®, DropBox®, Google Docs®, Office 2013®, and other “Cloud” providers will be discussed and tried. A public Internet connection will be available to use. Bring your own laptop or device.
$29 – 1 Session
Location: Northrop-Rm 109
7443.131 Tu Sep 19 12:15-3:15 PM

Windows 10®—What’s New, What’s Back, What’s to Like?
Jim Miner
To upgrade or not to upgrade to Windows 10? Here is an opportunity to learn what’s new and what is back with Microsoft Windows. Discussion will center on Apps, File Explorer (including OneDrive) the Snipping Tool and other accessories, along with using Windows as efficiently as possible. Brief discussion will take place on Microsoft Edge, the new Browser from Microsoft.
NOTE: This class will not cover productivity programs such as Word® or Excel®. Bring your own laptop, this class is NOT held in the computer lab.
$29 – 1 Session
Location: Northrop-Rm 112
7442.131 M Sep 25 12:15-3:15 PM

PowerPoint®:
Create Eye-Catching Presentations!
Jim Miner
Create eye-catching presentations! You will learn hands-on how to create a simple presentation and customize the slides using pictures, charts, SmartArt® graphics, animation effects, and transitions. Basic tips and tricks for effective presentations will be included. Bring your laptop or use one in the Northrop computer lab. This is not Mac-based class.
$29 – 1 Session
Location: Northrop-Rm 317
7461.131 Tu Oct 3 6-9 PM

Excel®—Make Your Tasks a Snap!
Jim Miner
Make your budgeting, tax planning, and other business tasks a snap. You will practice building, editing, and formatting spreadsheets. The database and charting feature will be introduced. Topics include filtering, consolidating spreadsheets, multiple sheets within a workbook, pivot tables, and absolute cell references. This class is intended for users with little or no Excel experience. Prerequisite: Students must have a working knowledge of Windows®. Bring your laptop or use one in the Northrop computer lab. This is not Mac-based class.
$72 – 3 Sessions
Location: Northrop-Rm 317
7447.131 W Oct 11-Oct 25 6-9 PM

Simple Tasks with Microsoft Word® Lite 2007-2010-2013-2016
Jim Miner
Learn to use Microsoft Word for simple documents, spell and grammar check, the thesaurus, tables and tabs, bullets and numbering, the clipboard, along with other helpful functions. Create letters and envelopes along with cut, copy, and paste. The instructor will take requests from students. Prerequisite: A working knowledge of Windows. Bring your own laptop.
$29 – 1 Session
Location: Northrop-Rm 317
7456.131 M Oct 16 12:15-3:15 PM

Need a Website? WordPress Can Help!
Jonya Pacey
In 90 minutes, learn how to start posting content and pictures on a free WordPress.com website. WordPress.com is a controlled application that handles all the heavy lifting for you, including protecting you from spam and hackers. It doesn’t have many high-end options, but will get you started! Quickly set up a free website and begin customizing it to reflect your business or personal style. Please bring your own laptop or tablet.
$12 – 1 Session
Location: Northrop-Rm 316
7403.131 W Oct 25 6:30-8 PM

“I love going on Community Education’s one day bus trips. The price is right and it’s a great way to relax while letting someone else do the driving. If you’ve never done so give it a try. You’ll be happy you did.”

“I think it is fantastic to be able to park your car and take the bus to front door of the event and avoid the hassle of driving in the metro traffic.”

“Rochester Community Ed always does a good job with their trips!”

“As always, well organized. Folks in charge took very good care of us!”

“Lunch and Lock” Cruise on the Mississippi River
You will take in the beautiful sights along this historically narrated cruise, which travels through the Ford Lock and Dam, Lock #1, from St. Paul into Minneapolis and returning to Harriet Island. Delight in live Dixieland music while you feast on a lunch buffet of BBQ chicken pieces, mild red chili pulled pork with pickled vegetable condiment and buns, spoonbread, potato salad, coleslaw, watermelon wedges, cookies, and coffee that is sure to leave you satisfied!

- Fee includes coach transportation, lunch, cruise, & tour guide
- 9 AM Depart RCTC Sports Center Parking Lot
- 4:30 PM Approximate return arrival
- No refunds after Sep 1

9240.131 F Sep 29 9 AM-4:30 PM $75

Destination St. Paul: Minnesota History Center and the Minnesota State Capitol
Minnesota History Center - WWI America The World War I era — 1914 to 1919 — was a transformational time for America. Through original artifacts, images, voices, music, interactives, and multimedia presentations, “WW1 America” tells the extraordinary stories of Americans — both the legendary and the unsung — who made history during this turbulent era.

Minnesota State Capitol - A 1905 Masterpiece Returned to its Original Grandeur. Take a guided tour to see the restoration effort up close and get an overview of Capitol history, art, architecture and state government. Highlights include: The largest self-supported marble dome in the world; decorative art, murals and paintings restored to original 1905; stories about the Capitol’s history, art and architecture; and the chambers where government decisions are made.

- Fee includes coach bus transportation and guided tours of both the MN History Center and the MN State Capitol. Lunch is on your own.
- 8 AM Depart RCTC Sports Center
- 4:30 PM Approximate return arrival
- No refunds after Sep 10. Register deadline: Sep 18.

9222.131 Tu Oct 3 8 AM-4:30 PM $69
9222.132 Tu Oct 10 8 AM-4:30 PM $69
Trips – Effortless Excursions

“Harvest Tea” at Cedarhurst Historic Country Estate in Cottage Grove
Harvest Tea Menu (plus two types of tea!)
Cranberry white chocolate scone; broccoli & cheese quiche; nutty carrot tea sandwich; radish tea sandwich; Roasted beet & Gorgonzola honey walnut tea sandwich; chicken sun-dried tomato tea sandwich; Earl grey tea cookie; Harvest trifle; and lemon sorbet with champagne.
• Fee includes coach transportation and a 9-course afternoon tea
• 10:30 AM Depart RCTC Sports Center Parking Lot
• 3:45 PM Approximate return arrival
• No refunds after Sep 10
9220.131 F Oct 6 10:30 AM-3:45 PM $69

“The Looney Lutherans in Livin’ La Vida Lutheran” at the Plymouth Playhouse
Get Ready for Music, Laughter, and Looney Home-Cooked Fun! (All Roads Lead to Hotdish!) The Looney Lutherans are a trio of wacky gals on tour promoting their new cookbook and “lifestyle guide”, USE YOUR FOOD. A GUIDE TO A HEALTHY HOLIDAY, FROM OUR KITCHEN TO YOURS, EAT LIKE A LUTHERAN! Using music, comedy, and some help from the audience, these gals share some age-old wisdom for healthy living, the Lutheran way. (But you don’t have to be Lutheran to love ‘em!) Segments include the Lutherans food wheel (all roads lead to hotdish), an exercise routine, and Lutherans Beauty Tips (using items from your own kitchen you, too, can be a Sexy Lutheran.)
• Fee includes lunch (Pulled Pork, Buns, Baked Beans, Corn, Cole Slaw, Pickles, Kettle Chips, Dessert, Iced Tea, and Coffee), coach transportation, and theatre ticket
• 10 AM Depart RCTC Sports Center Parking Lot
• 5:30 PM Approximate return arrival
• No refunds after Sep 10
9262.131 W Oct 11 10 AM-5:30 PM $85

“All the Way” at the St. Paul History Theatre
November 22, 1963. The day that JFK was assassinated in Dallas and Lyndon Baynes Johnson (LBJ) became the 37th President of the U.S. The country was in shock, yet the business of the nation continued. The top priority was the Civil Rights Act, and in this Tony Award-winning Broadway play, LBJ, Dr. Martin Luther King, and Minnesota’s Hubert H. Humphrey take on a Congress divided on this hot button matter of policy. Churches were being bombed by members of the KKK, Freedom Riders disappeared into the night, George Wallace held a tight grip on Alabama, Bobby Kennedy posed a challenge to LBJ in the coming election, and tensions ran high.
• Fee includes coach transportation, theatre ticket, and lunch at Great Waters Brewing Company
• 8 AM Depart RCTC Sports Center Parking Lot
• 4 PM Approximate return arrival
• No refunds after Sep 20
9710.131 Th Oct 26 8 AM-4 PM $85

TRAVEL TIPS
• Monday-Friday Trips depart from the RCTC Sports Center parking lot, located at 851 30th Ave. SE, Rochester, MN.
• Saturday & Sunday Trips depart from the Northrop Education Center parking lot, located at 201 8th St. NW, Rochester, MN.
“Be My Baby” at the Minneapolis Woman’s Club Theatre
A comedy by Ken Ludwig about an irascible Scotsman and an uptight Englishwoman, John and Maude, both in their late 50s, who are unexpectedly thrown together on the journey of a lifetime. They are brought together when his ward marries her niece. When the young couple decides to adopt a baby girl, John and Maude must fly to California to bring her back to Scotland. The problem is--John and Maude despise each other. Stranded in San Francisco for several weeks and, together, caring for a newborn, they eventually form a new partnership and learn some startling lessons about life and love. “A funny, feel-good show!” - Variety
- Fee includes coach transportation, theatre tickets, and lunch at the Minneapolis Woman’s Club dining room (assorted bread, Dijon-crusted chicken with Sage cream sauce served with roasted garlic mashed potatoes and baby carrots, coffee, decaffeinated coffee, hot tea, and dessert)
- 10 AM Depart RCTC Sports Center Parking Lot
- 5 PM Approximate return arrival
- No refunds after Oct 1
9010.131 W Nov 1 10 AM-5 PM $85

“Finding Neverland” at the Orpheum Theatre
The winner of Broadway.com’s Audience Choice Award for Best Musical, this breathtaking smash “captures the kid-at-heart,” says TIME Magazine. Directed by visionary Tony®-winner Diane Paulus and based on the critically-acclaimed Academy Award® winning film, FINDING NEVERLAND tells the story behind one of the world’s most beloved characters: Peter Pan. Playwright J.M. Barrie meets four young brothers and their beautiful widowed mother. Spellbound by the boys’ enchanting make-believe adventures, he sets out to write a play that will astound London theatergoers. With a little bit of pixie dust and a lot of faith, Barrie leaves his old world behind for Neverland, where nothing is impossible and the wonder of childhood lasts forever. The magic of Barrie’s classic tale springs spectacularly to life! FINDING NEVERLAND is “far and away the best musical of the year!” (NPR).
- Fee includes coach transportation, main floor theatre ticket, and box lunch (1/2 turkey sandwich, chips, apple, cookie, water)
- 11 AM Depart Northrop Parking Lot
- 5:30 PM Approximate return arrival
- No refunds after Sep 15
9200.131 Su Nov 26 11 AM-5:30 PM $95

“Waitress” at the Orpheum Theatre
“THE WOMEN OF WAITRESS ARE CHANGING BROADWAY!” (Time Magazine). Brought to life by a groundbreaking all-female creative team, this new hit features original music and lyrics by Grammy® nominee Sara Bareilles, a book by Jessie Nelson (I Am Sam) and direction by Tony Award® winner Diane Paulus. “It’s an empowering musical of the highest order!” raves the Chicago Tribune. Inspired by Adrienne Shelly’s beloved film, WAITRESS tells the story of Jenna – a waitress and expert pie maker, who dreams of a way out of her small town and loveless marriage. A baking contest in a nearby county and the town’s new doctor may offer her a chance at a fresh start, while her fellow waitresses offer their own recipes for happiness. Jenna must summon the strength and courage to rebuild her own life. “WAITRESS is a little slice of heaven!” says Entertainment Weekly. Don’t miss this uplifting musical celebrating friendship, motherhood, and the magic of a well-made pie.
- Fee includes coach transportation, main floor theatre ticket, and box lunch (1/2 turkey sandwich, chips, apple, cookie, water)
- 9:30 AM Depart RCTC Sports Center Parking Lot
- 5:30 PM Approximate return arrival
- No refunds after Sep 15
9725.131 W Nov 29 9:30 AM-5:30 PM $99

“Sister Act” at the Chanhassen Dinner Theatre
When lively lounge singer Deloris Van Cartier sees her mobster beau Vince LaRocca commit murder, she is relocated for her protection. Set up in the guise of a nun in a California convent, Deloris proceeds to upend the quiet lives of the resident sisters. In an effort to keep her out of trouble, they assign Deloris to the convent’s choir, an ensemble that she soon turns into a vibrant and soulful act that gains widespread attention. Songs include: “My Guy (My God),” “I Will Follow Him,” “Oh Happy Day,” and “Joyful Joyful.”
- Fee includes coach bus transportation, lunch (choice of seven entrees), and theatre ticket (front and center!)
- 9:30 AM Depart RCTC Sports Center Parking Lot
- 5:30 PM Approximate return arrival
- No refunds after Oct 1
9752.131 W Nov 1 9:30 AM-5:30 PM $90

CE WEATHERLINE
For weather-related announcements, call 507-328-4010.
See page 46 for more information.
“Coco’s Diary” at the St. Paul History Theatre
Christmas 1927. Watch out! Young Clotilde “Coco” Irvine is the daughter of a lumber baron living in a fashionable Summit Avenue mansion. “Coco’s Diary” leads audiences on a winsome romp alongside our smart, adventurous, mischievous heroine surrounded by the beguiling music of the 1920’s. It is charming, funny, and delightful entertainment for the entire family.

- Fee includes coach transportation, theatre ticket, and lunch at The St. Paul Grill in The Saint Paul Hotel
- 8 AM Depart RCTC Sports Center Parking Lot
- 4 PM Approximate return arrival
- No refunds after Nov 6

9730.131 Th Nov 30 8 AM-4 PM $85
9730.132 Th Dec 7 8 AM-4 PM $85

“The Looney Lutherans in HOLD THE LUTEFISK!” At the Plymouth Playhouse
“You’d better watch out, you’d better not cry…” the Looney Lutherans are coming to town with tips for surviving the holidays, the Lutheran way. Keep those New Year’s resolutions with exciting new exercise tips (the 12 Days of Housework), hear the Loonies extol the virtues of their new Cuisinart 12 speed mixers, and learn the secret to getting on Santa’s “nice list” (hotdish, anyone?) Whether your in-laws have overstayed their welcome or the furnace is acting up, take a break from the stress of the season by celebrating the holidays with the Looney Lutherans.

- Fee includes lunch (Roasted Turkey, Stuffing, Mashed Potatoes and Gravy, Green Bean Casserole, Marshmallow Fruit Salad, Cranberries, Dessert, Coffee, and Iced Tea), coach transportation, and theatre ticket
- 10 AM Depart RCTC Sports Center Parking Lot
- 5:30 PM Approximate return arrival
- No refunds after Nov 1

9225.131 W Dec 13 10 AM-5:30 PM $85

“Christmas High Tea” at Cedarhurst Historic Country Estate in Cottage Grove
Christmas Tea Menu (plus two types of tea!)
Scone with Devonshire cream; Spinach and feta quiche; Chicken pesto tea sandwich; Cucumber tea sandwich; Bruschetta with fresh mozzarella; Blue cheese and pear crostini; Strawberry and rhubarb crisp; Andes mint cookie; Lemon sorbet with champagne.

- Fee includes coach transportation and a 9-course afternoon tea
- 10:30 AM Depart RCTC Sports Center Parking Lot
- 3:45 PM Approximate return arrival RCTC Sports Center
- No refunds after Nov 1

9225.131 Th Dec 14 10 AM-3:45 PM $69

“The Phantom of the Opera” at the Orpheum Theatre
Cameron Mackintosh’s spectacular new production of Andrew Lloyd Webber’s THE PHANTOM OF THE OPERA returns as part of a new North American Tour. Critics are raving it is “bigger and better than ever before” and features a brilliant new scenic design by Paul Brown, Tony Award®-winning original costume design by Maria Björnson, new choreography by Scott Ambler, and new staging by director Laurence Connor. The production boasts many exciting special effects including the show’s legendary chandelier. The beloved story and thrilling score – with songs like “Music of the Night,” “All I Ask Of You,” and “Masquerade” – performed by a cast and orchestra of 52, making this one of the largest productions on tour.

- Fee includes coach transportation, main floor theatre ticket, and box lunch (1/2 turkey sandwich, chips, apple, cookie, water)
- 12 PM Depart Northrop Parking Lot
- 6 PM Approximate return arrival
- No refunds after Oct 2

9300.131 Th Dec 21 12-6 PM $95
“The Humans” at the Orpheum Theatre
Stephen Karam’s “The Humans,” is an uproarious, hopeful, and heart-breaking play that takes place over the course of a family dinner on Thanksgiving. Breaking with tradition, Erik Blake has brought his Pennsylvania family to celebrate and give thanks at his daughter’s apartment in lower Manhattan. As darkness falls outside the ramshackle pre-war duplex, and eerie things start to go bump in the night, the Blake clan’s deepest fears and greatest follies are laid bare. Our modern age of anxiety is keenly observed, with humor and compassion, in this new American classic that won the 2016 Tony Award for Best Play.

- Fee includes coach transportation, main floor theatre ticket, and box lunch (1/2 turkey sandwich, chips, apple, cookie, water)
- 11 AM Depart Northrop Parking Lot
- 5:30 PM Approximate return arrival
- No refunds after Dec 1

9400.131  Su  Feb 18  11 AM-5:30 PM  $95

“A Crack in the Sky” at the St. Paul History Theatre
1982. Somalia. A nine year old shepherd boy stands in front of his mother to tell her of the decision he has made in the night. He has had enough of the nomadic life, of herding goats and sheep. He is leaving his brothers and sisters. He is leaving to seek out a better life. With that, he sets off on an adventure that takes him on the road less traveled from Somalia to Minnesota. It’s the epic tale of Ahmed Ismail Yusef who finds inspiration in Maya Angelou and Malcolm X and discovers the power of the written word.

- Fee includes coach transportation, theatre ticket, and lunch at Key’s Cafe
- 8 AM Depart RCTC Sports Center Parking Lot
- 4 PM Approximate return arrival
- No refunds after Jan 20

9600.131  Th  Feb 22  8 AM-4 PM  $85

“School of Rock” at the Orpheum Theatre
SCHOOL OF ROCK is a New York Times Critics’ Pick and “AN INSPIRING JOLT OF ENERGY, JOY AND MAD SKILLZ!” (Entertainment Weekly). Based on the hit film, this hilarious new musical follows Dewey Finn, a wannabe rock star posing as a substitute teacher who turns a class of straight-A students into a guitar-shredding, bass-slapping, mind-blowing rock band. This high-octane smash features 14 new songs from ANDREW LLOYD WEBBER, all the original songs from the movie and musical theater’s first-ever kids rock band playing their instruments live on stage. Vanity Fair raves, “FISTS OF ALL AGES SHALL BE PUMPING!”

- Fee includes coach transportation, main floor theatre ticket, and box lunch (1/2 turkey sandwich, chips, apple, cookie, water)
- 11 AM Depart Northrop Parking Lot
- 5:30 PM Approximate return arrival
- No refunds after Jan 12

9500.131  Su  Mar 11  11 AM-5:30 PM  $90

“Jersey Boys: The Story of Frankie Valli & The Four Seasons” at the Orpheum Theatre
“THE MOST EXCITING MUSICAL BROADWAY HAS SEEN IN YEARS.” – Chicago Tribune JERSEY BOYS is the 2006 Tony, Grammy, and Olivier Award®-winning Best Musical about Rock and Roll Hall of Famers The Four Seasons: Frankie Valli, Bob Gaudio, Tommy DeVito, and Nick Massi. This is the true story of how four blue-collar kids became one of the greatest successes in pop music history. They wrote their own songs, invented their own sounds, and sold 175 million records worldwide – all before they were 30! JERSEY BOYS features their hit songs “Sherry,” “Big Girls Don’t Cry,” “Rag Doll,” “Oh What a Night,” and “Can’t Take My Eyes Off You.” “THE CROWD GOES WILD!” cheers The New York Times.

- Fee includes coach transportation, main floor theatre ticket, and box lunch (1/2 turkey sandwich, chips, apple, cookie, water)
- 4:30 PM Depart Northrop Parking Lot
- 10:30 PM Approximate return arrival
- No refunds after Feb 2

9733.131  Su  Apr 29  4:30 - 10:30 PM  $95
<table>
<thead>
<tr>
<th>Name</th>
<th>Biography</th>
</tr>
</thead>
<tbody>
<tr>
<td>Debra Bahr, CVT, KPA, CTP</td>
<td>Deb has over 24 years’ experience in the veterinary field as a Certified Veterinary Technician with 11 of those years spent as a Certified Veterinary Practice Manager at Heritage Pet Hospital. She also co-owns Think Positive Pets Training and Behavior as a Karen Pryor Academy Certified Training Partner.</td>
</tr>
<tr>
<td>Stacy Boots Camp</td>
<td>Stacy is the Recruitment and Outreach Coordinator at Center for Energy and Environment. She worked in the field conducting energy audits for 3 years and holds an Energy Auditory certification from Dunwoody Institute.*</td>
</tr>
<tr>
<td>Roger Cadogan</td>
<td>Roger is a financial investment trader and coach with over 20 years’ experience trading in financial markets. His success can be attributed to his unique “keep it simple” trading philosophy. He is extremely passionate when it comes to trading, and this passion carries through in his desire to share his knowledge and experience with others.</td>
</tr>
<tr>
<td>Carole Cravath BA</td>
<td>Carole has over 30 years’ experience in the fields of teaching, counseling, social work, and cultural diversity. She works with adults and children and has created curriculum activities for kids that develop empathy and compassion skills.</td>
</tr>
<tr>
<td>Mel Dickie</td>
<td>Mel has been building and teaching custom fishing rod classes for adults and teens for over three decades.</td>
</tr>
<tr>
<td>Tony Eichenlaub</td>
<td>Anthony has two published novels along with several short stories. He is a member of the Rochester Writers Group and an enthusiastic supporter of local authors.</td>
</tr>
<tr>
<td>Everett Ellenwood</td>
<td>Ev is the best-selling author of ‘The Complete Book of Woodcarving.’</td>
</tr>
<tr>
<td>Eric Funk, CCPS, CIMA, FIC</td>
<td>Eric is responsible for maintaining ongoing financial relationships with members, providing financial guidance that connects faith and finances, and helps members be wise with money, live generously, and change lives at Thrivent.</td>
</tr>
<tr>
<td>Gary Harmon</td>
<td>Gary has been creating stained glass for 11 years.</td>
</tr>
<tr>
<td>Lynne Hemann</td>
<td>Lynne recently retired after working 17 years as a health educator/wellness coach. She enjoys working with the participants and believes the skills and resources are valuable to our community members.</td>
</tr>
<tr>
<td>Patrick Holt</td>
<td>Patrick has an extensive military background, coupled with years of law enforcement and emergency medical services experience. He is the current International Director of the SAFE Organization.</td>
</tr>
<tr>
<td>Dr. Nancy Horvath</td>
<td>The founder/lead investigator of After Hours Paranormal Investigations holds a BA in Psychology, a Master of Divinity, and a Doctorate in Ministry. Her mission is to illuminate spiritual paths through inter-spiritual exploration and reflection.</td>
</tr>
<tr>
<td>Greg &amp; Beth Hostetter</td>
<td>Greg and Beth have been selling homes in Rochester for over 20 years.</td>
</tr>
<tr>
<td>Micah Johnson</td>
<td>Micah is the operations manager for Solar Connection of Rochester which installs solar energy systems for commercial, residential, and farm applications. It is a licensed general contractor and NABCEP™ Certified for PV Installation. NABCEP is the National Board of Certified Energy Practitioners.</td>
</tr>
<tr>
<td>Jeff Jones</td>
<td>Jeff, a professional travel director, adventure guide, and scuba instructor, has gone around the world for the past 25 years. He has traveled internationally 60-plus times to over 25 countries on 5 continents. Jeff has a love for travel and adventure!</td>
</tr>
<tr>
<td>Charlotte Krebs, L.Ac, MT, BSN</td>
<td>Charlotte Krebs, Dipl.Ac., MT, BSN has a private practice in Rochester which includes Acupuncture, Chinese Herbal Formulas, and Massage Therapy. To balance her work she enjoys hiking, dancing, gardening, and being a new Grandma!</td>
</tr>
<tr>
<td>Claire Langton-Yanowitz, Attorney</td>
<td>Claire works at Yanowitz Law Firm, PLLC, with a focus on estate planning, probate and trust administration. She works to protect family wealth, set up plans that ensure spouses are cared for, minimize taxes, and achieve charitable goals.</td>
</tr>
<tr>
<td>Paul Larson</td>
<td>Paul is the Planetarium Director for Mayo H.S. He came here from the St. Cloud State University Planetarium after spending three years as its lead. He spent 12 weeks in Huntsville, Alabama, working with NASA on two internships.</td>
</tr>
<tr>
<td>Chef David Leino</td>
<td>Dave has been cooking for over 30 years with stints in Florida, Arizona, The Grand Tetons, on the Mississippi and Delta Queen paddlewheel boats, and has been at Willow Creek Golf Course for over 17 years. Cooking has been his passion since he was young. His motto is “never be afraid to put flavor into your cooking.”</td>
</tr>
<tr>
<td>Kelli Lewis</td>
<td>Kelli is a District Sales Representative with Phillips Lighting, selling through distributor customers in the Midwest.</td>
</tr>
<tr>
<td>Kathleen Litwin</td>
<td>Art is an integral part of Kathy’s life, with her passion in drawing and plein air painting. Her formal classes began at the Edina Art Center. Since 2007, her work has been displayed at numerous Twin Cities locations.</td>
</tr>
<tr>
<td>Donna Magtibay MSN, RN</td>
<td>Donna is a Reiki Master Practitioner/Teacher. She brings Reiki to patients in the hospital and clinical settings as a volunteer. She also offers clients Reiki, Chakra cleaning and balancing, as well as Qi~ssage.</td>
</tr>
<tr>
<td>Laurie Marreel</td>
<td>Laurie is a Master Trainer for Powerful Tools for Caregivers, a trainer for both the Living Well with Chronic Disease program and the Living Well with Diabetes programs. She enjoys facilitating support groups and working directly with older adults and their families.</td>
</tr>
<tr>
<td>Ronald McCargar</td>
<td>Ron is a licensed Zumba® Fitness instructor with a passion for helping others improve their lives through fitness. He is a certified AFAC group fitness instructor and carries CPR/AED certification.</td>
</tr>
<tr>
<td>Ang Nguyen MA</td>
<td>Ang is a graduate of the International Christian University in Tokyo and received his MA from the Open University in the United Kingdom. He lived in Japan for 37 years and worked for several Japanese financial institutions in Tokyo.</td>
</tr>
<tr>
<td>Name</td>
<td>Biography</td>
</tr>
<tr>
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</tr>
<tr>
<td>Jonya Pacey</td>
<td>Jonya shares her enthusiasm of WordPress with many people, helping create an online presence. She is involved with the local entrepreneurial community, works at the Rochester Public Library, and has an online resource website for fiber.</td>
</tr>
<tr>
<td>Catherine Park</td>
<td>Yoga expert, Catherine, has been teaching yoga for this community for almost 30 years. She has studied Yoga Therapy in Colorado and has worked with people who have physical challenges.</td>
</tr>
<tr>
<td>Doug Sauve</td>
<td>Doug is a qualified French Immersion teacher from Thunder Bay, Canada. He is fluent in French since early childhood, when he began translating for his grandfather. He has been involved in teaching language to children since 2009.</td>
</tr>
<tr>
<td>Roxanne Schlaser</td>
<td>Roxanne is a Certified Massage Therapist who has been practicing for 24 years. She is a Registered Reiki Professional with the International Association of Reiki Professionals. She has been practicing Reiki for 13 years. She is also certified in energy therapies including Reiki and Healing Touch.</td>
</tr>
<tr>
<td>TJ Schroeder</td>
<td>TJ Schroeder is an instructor with Bear Arms LLC. He is certified through LTI's instructor training program and has over 25 years of firearms instruction experience. TJ is certified to teach MNCP's (Minnesota Carry Permits) and to certify qualified Law Enforcement Officers for their yearly LEOSA (Law Enforcement Officers Safety Act) certifications.</td>
</tr>
<tr>
<td>Brenda Schultz</td>
<td>Brenda serves as a trusted advisor/educator of funeral services and options, pre-planning all aspects requested by clients and putting their wishes in writing. She is a licensed insurance agent with 8 years experience in the pre-need industry.</td>
</tr>
<tr>
<td>Chris Schad</td>
<td>Chris, a biologist by training, several years ago turned his attention to prairie restoration and other ways to support local pollinators such as honey bees. He manages bees on his rural Rochester property, plus on other sites in the region.</td>
</tr>
<tr>
<td>John Shonyo</td>
<td>John has been beekeeping since 2009 in Oronoco Township. He owned and operated Bee’s Knees Honey Farm, which merged with The Bee Shed. He has been a honey bee advocate giving presentations to community groups and schools about how important the honey bee is to our food supply and what people can do to help keep a healthy bee population.</td>
</tr>
<tr>
<td>Jessica Smidt, CTVKPA, CTP</td>
<td>Jessica is a Karen Pryor Certified training partner who graduated from the Karen Pryor Academy in training and behavior. She has always had an interest in training dogs and became interested in the behavior modification aspect of it working as a certified veterinary technician. She also coordinates, trains, and volunteers at a local hospital full-time.</td>
</tr>
<tr>
<td>Jean Stannard Driscoll BA, MSW</td>
<td>Jeani has been teaching “non-singers” to sing for over 25 years. She has been featured in the Boston Globe (NH) and the Columbia Tribune for her work with “non-singers.” She earned a BA in Music and an MSW in Clinical Social Worker at the University of North Dakota.</td>
</tr>
<tr>
<td>Steve &amp; Debbie Stark</td>
<td>Steve and Debbie are freelance photographers and have been photographing all aspects of nature for more than 30 years. Their photos have been featured in Wings Over Alma, Cascade Meadow Wetlands &amp; Environmental Science Center, and the National Eagle Center. Their love for traveling and nature photography is a perfect match.</td>
</tr>
<tr>
<td>Kevin Strauss</td>
<td>Award-winning author and writing teacher Strauss tells stories that grab his audiences, give them a smile, and help them to look at the world in a new way. He is the author of six books, including &quot;Pecos Bill Invents the Ten Gallon Hat.&quot;</td>
</tr>
<tr>
<td>Angela Sydnes</td>
<td>Angela is an Integrative Nutrition Health Coach, creator of the &quot;30 Day Whole Food Clean Eating Challenge&quot; and &quot;Grow Inspired.&quot; She has a degree in horticulture, gardens, and enjoys nature. She helps clients transition to healthier habits.</td>
</tr>
<tr>
<td>Suzanne Szucs</td>
<td>Suz has been an ATS® dancer since 2012. Co-founder of Antares Tribal Performance Troupe she is a practicing artist and teaches in the Art + Design program at RCTC.</td>
</tr>
<tr>
<td>Kris Thomas</td>
<td>Bringing dance, health, and fitness into people’s lives has been Kris’s passion since she can remember. Kris’s certifications include ACE (American Council on Exercise), Pound, Zumba, BodyPUMP, Group Power, and Group Kick.</td>
</tr>
<tr>
<td>Paul Titus</td>
<td>Paul is the welding instructor at RCTC and has over 20 years of welding experience.</td>
</tr>
<tr>
<td>Andrea Tolle</td>
<td>Andrea is a graduate of Northwestern Academy of Homeopathy. She has been using homeopathy for 14 years with her family. As a grower/vendor at the Rochester Farmers Market, she is passionate about healthy food and nutrition.</td>
</tr>
<tr>
<td>Steve Troutman</td>
<td>Stephen is a community volunteer, futurist, and long-time member of the World Future Society (WFS), where he has presented. He has a BS in Management and an MBA in Entrepreneurship both from the University of Southern California. As a volunteer, he is the past-President of the RCTC Learning Is ForEver (LIFE) Board and the past-President of the Rochester Art Center Board.</td>
</tr>
<tr>
<td>Tom Weber</td>
<td>Tom hosts a call-in talk show on MPR news, weekdays at 11am (available on podcast). He lives in St. Paul.</td>
</tr>
<tr>
<td>Teresa Wilhelm Waldof BA, MBA</td>
<td>Teresa is the world’s leading expert on the Ames Project section of the Manhattan Project. She is the author of &quot;The Boy from Pumptown: The Story of the Scientist Who Solved the Manhattan Project’s Uranium Problem,&quot; coming out in 2018. Dr. Harley Wilhelm was her grandmother. She holds both a BA in Speech Communications and a MBA from the University of Minnesota.</td>
</tr>
<tr>
<td>Michael Winkels, DC</td>
<td>Mike was a test engineer for IBM and Hitachi for 24 years. Chronic fatigue tried to steal his life. Chiropractic and functional medicine gave him his life back, and he felt called to help others. He quit his job and completed chiropractic college, training in Applied Kinesiology test methods, and completed over 150 hours of clinical nutrition training.</td>
</tr>
<tr>
<td>Fred Woolman</td>
<td>Fred is certified by the American Council on Exercise (ACE). He holds certifications as a Group Fitness Instructor, Personal Trainer, and Health Coach. He began his journey as a health and fitness professional about ten years ago as a Pilates and Yoga instructor.</td>
</tr>
<tr>
<td>Patricia Young</td>
<td>Patricia Young is a Third Degree Black Belt and Certified Instructor of the American Taekwondo Association.</td>
</tr>
</tbody>
</table>
### PROMO CODE APPLIES

Time-sensitive Promo Codes are available in the catalog or sent via CE News e-newsletters.

### SENIOR CITIZEN DISCOUNT

Any resident of District #535 who is 62 years of age or older may take the Community Education senior discount of 20% off designated classes.

**Limit one discount per class.**

### SUPPLY FEE

In addition to the course fee, the Supply Fee covers materials provided. The Supply Fee is collected at first class meeting in cash or check form.

### UCARE DISCOUNT

UCare Members except those enrolled in UCare Senior Select, may receive up to $15 off the fee for most Community Education classes. Restrictions may apply. Questions call 1-877-523-1515.

### INCLEMENT WEATHER

If Rochester Public Schools are canceled for the day, all Community Education day and evening classes are canceled. If school begins late, Community Education classes will not meet for AM session. Classes that begin at noon or after will be held.

If school dismisses early, all after-school Community Education classes are canceled. A decision about evening classes will be made by 3 PM and posted on the Weatherline.

If school is not canceled, but the weather is hazardous, evening classes may be canceled by 3 PM. Please call the weatherline for more information. For weather-related announcements, call CE Weatherline at: 507-328-4010.

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### Class Locations & Information

<table>
<thead>
<tr>
<th>Location</th>
<th>Address</th>
<th>City, State, Zip</th>
</tr>
</thead>
<tbody>
<tr>
<td>Autumn Ridge Church</td>
<td>3611 Salem Rd SW</td>
<td>Rochester, MN 55902</td>
</tr>
<tr>
<td>Bicycle Sports, Inc.</td>
<td>1400 5th Pl NW</td>
<td>Rochester, MN 55901</td>
</tr>
<tr>
<td>Blue Moon Ballroom</td>
<td>2030 Hwy 14 East</td>
<td>Rochester, MN 55904</td>
</tr>
<tr>
<td>Century High School</td>
<td>2525 Viola Rd NE</td>
<td>Rochester, MN 55906</td>
</tr>
<tr>
<td>Elder Network</td>
<td>1130 ½ 7th Street NW</td>
<td>Rochester, MN 55901</td>
</tr>
<tr>
<td>Elton Hills Elementary School</td>
<td>1421 Elton Hills Dr NW</td>
<td>Rochester, MN 55901</td>
</tr>
<tr>
<td>Glass by Gary</td>
<td>804 29th St NW</td>
<td>Rochester, MN 55901</td>
</tr>
<tr>
<td>Gloria Dei Church</td>
<td>1212 12th Ave NW</td>
<td>Rochester, MN 55901</td>
</tr>
<tr>
<td>Hadley Creek Community Center</td>
<td>2427 Hadley Valley Road NE</td>
<td>Rochester, MN 55906</td>
</tr>
<tr>
<td>Heintz Center</td>
<td>1926 Collegeview Rd E</td>
<td>Rochester, MN 55904</td>
</tr>
<tr>
<td>John Adams Middle School</td>
<td>1525 31st St NW</td>
<td>Rochester, MN 55901</td>
</tr>
<tr>
<td>John Marshall High School</td>
<td>1510 14th St NW</td>
<td>Rochester, MN 55901</td>
</tr>
<tr>
<td>Kellogg Middle School</td>
<td>503 17th St NW</td>
<td>Rochester, MN 55906</td>
</tr>
<tr>
<td>Martial Arts Fitness Center</td>
<td>2849 S Broadway</td>
<td>Rochester, MN 55904</td>
</tr>
<tr>
<td>Mayo High School</td>
<td>1420 11th Ave SE</td>
<td>Rochester, MN 55904</td>
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<tr>
<td>Northrop Education Center</td>
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<td>Osler Residence</td>
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<td>Oxbow Park</td>
<td>5731 Co Rd 105 NW</td>
<td>Byron, MN 55920</td>
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<td>701 Silver Creek Rd NE</td>
<td>Rochester, MN 55906</td>
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<td>Ranfranz &amp; Vine</td>
<td>5421 Royal Pl NW</td>
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<td>RCTC Sports Center</td>
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<td>Rochester International Event Center</td>
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<td>Willow Creek Golf Course</td>
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<td>Willow Creek Middle School</td>
<td>2425 11th Ave SE</td>
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REGISTRATION INFORMATION

The easiest way to register is online: www.rochesterce.org/register

Prompt registration is encouraged as space is limited and classes may fill quickly. Prepaid registration is recommended at least one week prior to the starting date of each class.

Class sizes are limited and will be filled on a first-come, first-serve basis. Classes are open to secondary students and adults and run weekly for the number of sessions indicated on the day of the week given, unless otherwise noted.

CLASS CANCELLATION POLICY PRIOR TO START DATE

If you withdraw from a class 1 week or more before the start date, you will receive a refund minus a $5.00 processing fee.

If you withdraw from a class less than 1 week before the start date, you will receive a pro-rated refund minus any costs incurred, including a $5.00 processing fee.

No refunds 72 hours prior to class start date.

CLASS WITHDRAWAL POLICY AFTER START DATE

You may withdraw from classes of three sessions or more after attending the first session. You must notify the Enrichment Office, 507-328-4000 of your intent to withdraw prior to the second class. Unless otherwise indicated, you will be issued a prorated refund minus a $5 processing fee and any costs incurred.

EMAIL NOTE

It has been brought to our attention that some registrants have not been receiving emails from Community Education. We recommend that you add our domain (rochester.k12.mn.us) as a Safe or Trusted Sender to your email account to make sure you receive all confirmation emails and class specific information. Please keep your email address current in our registration program.

1 REGISTRATION INSTRUCTIONS

STEP ONE – The information you provide on the Registration Form will be entered and payment processed. You will receive a confirmation email or phone call when STEP ONE is complete and you are registered.

STEP TWO – Please follow the link in your confirmation email to share any information we may need to know to keep you safe and to serve you to the best of our ability, (e.g., including health concerns or special needs). You may update this information in your account at any time.

Please call 507-328-4000 for assistance. Although Community Education is part of Rochester Public Schools, we do not have access to information you may have provided to other departments of the district.

COMMUNITY EDUCATION ADULT REGISTRATION FORM

Northrop 201 8th Street NW Rochester, MN 55901 • www.rochesterce.org/register • 507-328-4000

1 STEP ONE: Registration Information

First Name ______________________ Last Name ____________________ Birth date ___________ Gender M / F

☐ Address ______________________ City ______________________ Zip Code ___________

☐ Email _________________________ (Check boxes for new address)

Home Phone ______________________ Cell Phone ____________________

<table>
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<tr>
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<th>Dates</th>
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Check Number ______________________

(Make checks payable to “Community Education”)

☐ Discover ☐ MasterCard ☐ VISA Card # _______ - _______ - _______ - _______ Exp. Date ______ / ______

Signature __________________________ Card holder’s printed name __________________

TOTAL:

2 STEP TWO: Confirm your personal information (watch for email)
Register Now & Save!

Use the Promo Code HARVEST17 to get 10% off a cart of $30 or more

Promo Code expires 9/15/17. Limit one discount per class. Valid only on classes marked with 📚.

rochesterce.org/register