

HEALTHY LIVING

1 Essential Reformer Pilates

Learn on the original equipment that Joseph Pilates designed. The reformer is a gentle & effective machine designed to evenly tone & strengthen joints & muscles. Easy for every level to learn. Focus on strengthening back & abdominal muscles, injury prevention, better posture & control over functional movement patterns.

Starts Tues., Feb. 5 4 wks
5:15-5:45 PM
Heidi Dutch Pilates Studio \$70

2 Water Aerobics

Have fun while you exercise in the water. Good for the young or old. You do not need to know how to swim. Excellent cardiovascular workout. Flotation devices are available.

Starts Mon, Feb. 4 9 wks
(Mon/Wed) 6:30-7:30 PM Samantha Olson
Red River HS Pool (Shallow End) \$45

3 Stress Management

Stress is quickly becoming an epidemic, costing us health & money. In this 4-part series we will address how to manage: work-related stress; home-related stress; money-related stress & time-related stress. You'll also be able to assess your stress level & take away some suggestions for taming your stress!

Starts Thurs, Feb. 7 4 wks
7- 8:30 PM Sona Lesmeister
Community HS - Commons \$25

4 Supplement Overload

With all the supplements on the market, which one is best & necessary for health? Learn how to pick a good supplement. You can bring your supplements for interactive learning.

Thurs, Feb. 28
6:00-8:00 PM Kari Anderson
Community HS - Rm 5 \$15

5 Let's Dance!

Would you like to Dance? Learn the basics followed by in-depth look at the Waltz & Two-Step to gracefully move you & your partner around the dance floor! Please wear shoes that enable you to slide on the dance floor.

Starts Thur, Feb. 21 2 wks
7-9 PM Teresa Dufner
Community HS - Gym
\$45/couple or \$25/person



6 Let's Swing Dance!

Need a night out? We will cover beginning Swing dance and more to WOW the crowd! Get yourself ready for the upcoming wedding season!!

Starts Thurs, Mar. 14 2 wks
7-9 PM Teresa Dufner
Community HS -Gym
\$45/couple or \$25/person

7 Bellydance 101

Have you ever been curious about Bellydance? Or perhaps you're looking for a body-friendly way to add more movement to your life?

No prior dance experience necessary. Learn more about the history & culture of the Middle East through music & art. Join us for a new 6 week session, building a skill base of basic movements common to all styles of Bellydance. Please wear workout attire-comfortable & moveable- shoes not necessary.

Starts Tues, Feb. 12 6 wks
6:30-7:30 PM
Lovely Dozen Dance Studio \$60

5 Easy Ways to Register:

Phone: 701-795-2777

Fax: 701-795-2770

E-Mail: ACE@mygfschools.org

In person or by mail:

500 Stanford Road
Grand Forks, ND 58201

8 Aromatherapy Bracelet Workshop

In this class everyone will design & make a bracelet made from genuine gem & lava stones. These bracelets can simply be worn for their beauty or worn for their healing properties. You will be shown how to apply essential oils to your bracelets to support emotions & physical health. Supplies included in class fee. (will also have extra DIY kits for sale to take home).

Wed, Feb. 13
6:00-8:00 PM Paula Peterson
Community HS - Rm 4 \$25

9 Introduction to Chakras & Chakra bracelets

You will learn the basics of what a chakra is & how it can support your health. Everyone will make a chakra aromatherapy bracelet to take home with them! Essential oils will be available for everyone to apply as well! Supplies included in class fee. (DIY kits available to purchase).

Wed, Feb. 20
6:00-8:00 PM Paula Peterson
Community HS -Rm 4 \$25

10 A Healthier You with a Wellness Scan

In this class, you will learn how to take back your health by supporting these systems: Detoxification, Hormonal/Endocrine, Immune & Gastrointestinal. You will learn some basic every day things you can do to help your body feel better by supporting these systems. You will also learn what a Zyto Balance Wellness Scan is & how this scan can give you great information about your own body. Everyone attending this class will receive a free wellness scan.

Wed, Feb. 27
6:00-8:00 PM Paula Peterson
Community HS -Rm 4 \$25

11-12 Chair Yoga

Whether you're brand new to yoga, limited in mobility, experiencing chronic pain or simply interested in learning how to tone & strengthen the body & quiet the mind with the use of a chair then this class may be just for you. All levels welcome.

11- Starts Mon, Feb. 4 4 wks
12- Starts Mon, Mar. 4 4 wks
7-7:45 PM Mandy Kulbacki
Community HS -Commons \$55

13 Detox Flow

Detox Yoga supports the body's natural detoxification process by improving respiration, circulation, & lymphatic flow through fluid & dynamic movement. This increases oxygenated blood flow to the entire body including the organs, helping to release toxic residue, tension & stress from the body while calming your mind & increasing your energy level. Yoga mat required.

Starts Tues, Mar 5 4 wks
7-8 PM Mandy Kulbacki
Community HS-Commons \$60

14 Yoga Nidra: Sleep Meditation

This is an ancient technology that releases cortisol (stress hormone) from the body safely & naturally. A 30 minute YN is equivalent to 3 solid hours of R.E.M. This practice produces Delta & Theta brainwaves, relieves chronic pain, reduces activity in A.D.H.D. & symptoms of type II diabetes, improves sleep & well-being, heals trauma (PTSD, veteran, physical & sexual abuse). Yoga mat required. Blanket & eye-pillow are optional-think slumber party!

Starts Wed , Feb. 6 4 wks
7-7:45 PM Mandy Kulbacki
Community HS-Commons \$65

NO NEWS IS GOOD NEWS!

After registering, the only time you will hear from us is:

- if there is a change in time/day
- if the class is full
- if the class is withdrawn/cancelled

So, if it's almost time for your class & you haven't heard from our staff, that's good news,

It means you're in!

ARTS/CRAFTS/ DESIGN

15 Beginning Knitters

Whether you have never knit or are looking for a refresher, this class is for you! We will cover the basic knit and purl stitches, casting on binding off, knitting abbreviations, & reading a pattern. You will learn about various knitting resources & the importance of knitting a gauge swatch. See how easy knitting can be! Supply list will be distributed the first night of class.

Starts Monday, Feb. 4 4 wks
6:30-8:30 PM Linda Allbee
Community HS-Library \$25



16 Painting with Acrylics & Gesso

In this class you will be creating a beautiful painting. Your canvas will have texture & soft pastel colors. Teaching you a new technique using pallet knives & brushes, we will paint a delicate floral arch & add a quote to the canvas. This will be a class you do not want to miss. Invite a friend or make new friends while creating your own masterpiece.

Starts Thurs, Feb. 21 2 wks
7-9 PM Paula Kallinen
Community HS- Rm 7 \$50

17 Knit a Hat

Learn to knit in the round with circular & double pointed needles. You will learn how to read a pattern, knit ribbing, use double pointed needles, change yarn colors & decrease. You must know how to knit & purl. You will need yarn & needles for this class. After signing up you will receive the materials list.

Starts Tues , Mar 5 3 wks
6:30-8:30 PM Bonnie McCartney
Community HS-Rm 3 \$20

COMPUTERS

**The State Career & Technical Education Department sponsors these classes*

18* Introduction to Computers

For the true-first-time user, this hands-on class teaches the basic fundamentals of using your computer. Topics include: a discussion on hardware and software; how to use the mouse; learn what the internet is and how to navigate it; and an introduction to email.

Starts Thurs, Feb. 7 4 wks
(no class on Feb. 21)
6-8 PM Theresa Ostgarden
South MS -Comuter Lab \$50

19* Excel -Level I

For beginners, this course is designed to allow students to learn the very basic fundamentals of the spreadsheet program Microsoft Excel: formatting, editing & grouping text, AutoFit, column height/width, simple formulas, functions, inserting graphics & sorting.

Starts Mon, Feb. 4 4 wks
6-8 PM Heidi Mitzel
Community HS - Rm 8 \$50

GENERAL INTEREST

20* Word I

Students will be introduced to the Word 2016 (Window version).

Goals are to learn how to create a basic document, edit the document, format text & paragraphs, insert graphics, add tables, control a document's overall appearance, & proof a document. Pre-Requisite: Intro to Computer class or a minimum of 10 hours of computer class/experience.

Starts Thur , Feb. 7 **4 wks**
(no class Feb. 21)
4-6 PM **Shari Jerde**
Community HS – Rm 8 **\$50**

21* PowerPoint

Learn to use PowerPoint's innovation tools & easy approach to develop professional looking presentations quickly & easily – text handling, outlining, graphing, lining, drawing, clip art, etc.

Starts Mon, Mar 11 **2 wks**
6-8 PM **Heidi Mitzel**
Community HS - Rm 8 **\$35**

Due to the high demand of our computer classes, please keep our cancellation policy in mind when fitting a computer class into your schedule. If you need to cancel, we can give a full credit or refund only if you notify our office @ least 24 hours prior to the first class meeting.

22* Movie Maker

This course will cover how to create movies using Movie Maker. Participants will learn how to import video, add photos, add music, edit video, add titles & transitions.

Starts Mon, Mar. 25 **3 wks**
6-8 **Heidi Mitzel**
Community HS –Rm 8 **\$35**

23 Catching Catfish: How to get started & be successful @ catching Red River Catfish

The Red River is the greatest channel cat fishery in the world & it's located right in our backyard. Over the past few years catfishing has gained popularity as a hard fighting foe that is not all that difficult to catch. This program will help get you started & help you be successful at catching trophy catfish! We'll start with basic gear needed, discuss locations & move into seasonal patterns. This is for everyone from the beginner to someone planning to fish league or tournaments.

New this year, we want to make this more interactive by offering the opportunity to ask your specific questions before the class. After you sign up for this class, please email Brad a question or 2 & he'll cover it in class!

(braddurick@gmail.com)

Wednesday, Feb 13
7-9 PM **Brad Durick**
Community HS-Rm 5 **\$20**



24 Beginning Guitar

This is a class for beginning guitar. You will be taught basic cords, keys, strumming, tuning. You will be learning to play in a jam-style setting. Bring guitar and picks to class.

Starts Wed, Feb. 6 **6 wks**
7-8:30 PM **Michelle Else**
Community HS Library **\$55**

25-26 Diets Have You Weighted Down?

Come & learn about some popular diets such as Paleo, Ketogenic, Mediterranean diet. Is it a fad or here to stay? Is it safe for health?

25-Tues, Feb. 12
26- Mon, Mar 4
6:00-8:00 PM **Kari Anderson**
Community HS – Rm 5 **\$15**

Register Early!
Often classes reach the maximum enrollment quickly. Register early so you won't be disappointed. Also, classes depend on minimum enrollments. Don't take a chance your class may be cancelled.

27 Life Coaching: Tools for Transition

Life is constantly in transition. This class will provide a sense of renewal, stability & a fresh outlook by providing essential tools to manage worry, stress & fear. Learn how saying no is really saying yes & cultivate accountability. Say hello to a new beginning!

Starts Thurs, Feb. 7 **4 wks**
(no class on Feb. 14)
7-8 PM **Mandy Kulbacki**
Community HS- Rm 3 **\$50**

**28-29-30 INTRO TO DRONES:
A FLIGHT & LEARNING LAB!**

This course introduces beginning drone operators to the world of unmanned aerial system operations. Course covers all the essential elements to make your initial steps in this field a success, including aircraft, ground & communication systems, as well as the role the operator plays to maximize utility (& fun!) of the operation. Class leverages a “ground lesson – flight lesson” interactive model to provide multiple opportunities for hands-on flight experience in a 160,000 cubic foot climate-controlled flight lab. All UAS (drone) materials are provided. Sign up for one of the 2-night classes & get to know the technology fueling the future today!

28- Starts Mon, Jan. 14 2 wks
29- Starts Mon, Feb. 11 2 wks
30- Starts Mon, Mar. 11 2 wks
6:30-8:30 PM Philip W. Brandt
UAS KIDS Bldg \$50

**31 Toxin-free Living:
Home Edition**

There are over 3000 chemicals lurking in the average home. Come learn where they are & how they could be affecting your family. Discover easy & cost-effective ways on how to turn your home into a toxin-free haven.

Saturday, Feb. 9
11-1:00 PM Jessi Schneider
Community HS - Rm 11 \$25

**32 Toxin-free Living:
Food Edition**

Sick of not knowing which foods are healthier for you? Sick of the diet fads & the weight loss programs? Come learn what foods to ditch & how to shop with ease at your local grocer. Discover easy & affordable ways to a healthier eating lifestyle.

Saturday, Feb. 9
2-4 PM Jessi Schneider
Community HS- Rm 11 \$25

Visit our Adult Community Education link on the GF Schools Web Site---
www.gfschools.org
---under the District tab

TEACH A CLASS!

Adult Community Education seeks new instructors.

Do you have a special skill, hobby, career, or idea to share? Adult Education is always looking for new instructors & new class ideas.

We require appropriate licensure and certification when the subject matter warrants it.

Most general enrichment classes may be taught by adults with special interests and hobbies.

Enrichment instructors are paid to teach.

Meet new people, expand your personal interest and help others to learn and grow as well!

Give us a call or stop in.

Call 795-2777

ADULT LEARNING CENTER

**500 Stanford Road
Grand Forks, ND 58203**

- *High School Equivalency Diploma**
- *GED Practice Tests**
- *Academic Refresher Skills**
- *English Language Learners**

General Educational Development

(GED)/Refresher skills classes are for you if:

- *you are sixteen years or older**
- *you want to obtain a GED**
- *you want to improve your math, grammar, &/or reading skills**
- *you are a displaced homemaker (widowed, separated, divorced, single parent) or other individual who needs to refresh your academic skills & make a career decision.**

Call 701-795-2777 for more information & to make an appointment for registration

English Language Learner (ELL)

Classes are for you if:

- *English is not your first language**
- *You are 18 years or older**
- *You want to improve your English language skills (listening, speaking, reading, & writing)**

We offer pre-beginner to advanced instructional classes for non-English speakers.

Call 795-2767 to set up an appointment for registration.