

WE HAVE A CLASS FOR THAT:

ARTS & CRAFTS, CHILDREN FIRST EVENTS, FITNESS & RECREATION,
HEALTH & WELLNESS, CULINARY, MUSIC, POOL ACTIVITIES,
AND MORE!



Community Education ITASCA AREA SCHOOLS COLLABORATIVE

AUGUST 2023 - JANUARY 2024



LOOK INSIDE:

Organizing for Success PG 7

Porch Signs PG 15

The Art of Charcuterie PG 18

Pumpkin Carving PG 39

[getlearning.org](https://www.getlearning.org)



Community Education
ITASCA AREA SCHOOLS COLLABORATIVE

GET LEARNING with Itasca Area Community Education!

Are you interested in **LEARNING** a new skill, connecting with a friend, or meeting others with the same passion? Whatever your passion is, Itasca Area Community Education has a class for you! Browse this catalog full of opportunities to engage every learner from early childhood through adulthood. Find opportunities that are affordable, convenient, and fun! Visit us online at getlearning.org to register and learn more.

THINGS TO KNOW.....

Registration

Pre-registration is required for all classes. Registration is complete when payment for the class is received in the Community Ed office.

Register Early

Decisions to cancel a class due to low enrollment are made before the class date, so registering early can prevent your class from being canceled.

Wait List

If the class you wish to register for is full, sign up on the wait list. There is no fee. Our office will contact you if space becomes available.

Refund Policy

Full refunds will be given for classes canceled due to low enrollment or inclement weather. To receive a full refund when dropping a class, participants must request a refund three (3) working days before the class begins.

Update Your Contact Information

Update your contact information when you register for a class. Make sure you have a current email and phone number listed.

Teach a Class

Do you have a special skill, interest, knowledge or hobby you would like to share with your neighbors? Professional certification is not required; passion & enthusiasm are a must!

Connect with US!

Follow Itasca Area Community Education on Facebook and Instagram!

GET LEARNING WITH US! GETLEARNING.ORG



3 *Easy* WAYS
TO REGISTER

Meet the Community Education Team



Melanie DeBay
Community Education Director
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Holly Henriksen
Community Education Secretary
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Sue Johnson
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Kayleen Monacelli
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kmonacelli@isd317.org
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Karlyn Berg
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Greenway Programmer
www.isd316.org | 218-245-6232

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Community Education
ITASCA AREA SCHOOLS COLLABORATIVE

GIFT CARD

Get Learning
GetLearning.org
218-327-5730

Give the gift of knowledge, hands-on learning, and social interaction.



Register ONLINE at:
www.getlearning.org



Register by PHONE
218-327-5730



Register IN PERSON at your
local Community Ed Office

AREA ADULT OPPORTUNITIES



Study from Anywhere with Adult Education

Sessions are offered online, in-person, through mail, and over telephone to meet your needs. Certificates are issued upon completion of each session.

Sessions & Services Offered:

Earn Your GED & Math Skills Sessions

- Brush up on academic skills & earn your GED
- Score well on placement testing

How many sessions it takes to get your GED all depends on your skill level and education. Working with AEOO can help you feel more prepared for the exam.

Reading & English Sessions

- Learn to speak & read English
- Develop writing skills for college and work

Start Your Career Sessions

- Work to earn certificates & practice computer skills
- Develop strong job interview skills

Featured Classes for the Grand Rapids Area:

September: ServSafe Food Handler Training

October: Zoom for Beginners

November: Using Office 365

February: Google Suites

March: Excel & Google Sheets for Beginners

**All sessions are 6 weeks and at no cost.*

In-Person and Online!

Instructors open doors to help you reach your goals:

Denise Rodgers: Aitkin County, 218-910-8986, denise.rodgers@aeoa.org

Emily Sundeen: Itasca County, 218-259-0285, emily.sundeen@aeoa.org

21st Century Physics

Learn the basics of quantum physics and relativity. This course will help you understand the latest news stories about CERN, Higgs Boson, James Webb telescope, electronics, biology, and chemistry. Minimum knowledge in high school science is recommended.

Thursdays, 9/28/23 - 11/9/23 (No class 10/19)

6:00pm - 8:00pm

Instructor: Gordon Sirvio

Location: Senior Center-King Elementary School

Fee: \$20

Register online or call 218-246-8241 ext. 60227.



American Sign Language - Level 1

Join Kim Nagler for this 6-week beginning American sign language class. All ages welcome to register. Children must be accompanied by an adult. Questions email: kimnagler4@gmail.com.

Mondays, 9/11/23 - 10/16/23

6:00pm-7:30pm

Instructor: Kim Nagler

Location: Nashwauk City Hall, Legion Room

Fee: \$100

Register online or call 218-885-1280 ext. 51171.

Are You Listening to Others?

We all hear what people are saying but are we actually listening? Effective listening is often overlooked or taken for granted but being an active listener is important in the workplace as well as home. Discover tips to become a better listener.

Thursday, 11/16/23

7:00pm-8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Admin Building

Fee: \$40

Register online or call 218-327-5730.

AREA ADULT OPPORTUNITIES

AARP Defensive Driving

The AARP Driver Safety Course will provide a review of driving skills and techniques, as well as strategies and tips to help you adjust to normal age-related physical changes that may affect your driving ability. Auto insurance discounts available in most states for people ages 50 and older. Consult your insurance agent. Arrive 10-15 minutes early to fill out the "New Smart Driver" forms.

Fee: \$20 AARP Members | \$25 Non-Members

Cohasset - Bass Brook Community Center

Register at 218-328-6225 ext 25.

4 Hour Refresher Class

Thursday, 9/7/23, 1:00pm-5:00pm

Thursday, 10/5/23, 1:00pm-5:00pm

Thursday, 11/2/23, 1:00pm-5:00pm

Thursday, 12/7/23, 1:00pm-5:00pm

Thursday, 1/4/24, 1:00pm-5:00pm

Deer River- Senior Center, King Elementary

Register online or call 218-246-8241 ext. 60227.

4 Hour Refresher Class

Monday, 9/18/23, 4:00pm-8:00pm

Monday, 10/30/23, 4:00pm-8:00pm

8 Hour Class

Monday & Tuesday, 10/2/23 & 10/3/23, 4:00pm-8:00pm

Instructor: Mike Nynas

Grand Rapids ISD 318 Administration Building

Register at 218-327-5730.

4 Hour Refresher Class

Thursday, 9/28/23, 5:00pm-9:00pm

Thursday, 10/19/23, 5:00pm-9:00pm

Thursday, 12/14/23, 5:00pm-9:00pm

8 Hour Class

Wednesday & Thursday, 9/13/23 & 9/14/23, 5:00pm-9:00pm

Wednesday & Thursday, 11/15/23 & 11/16/23, 5:00pm-9:00pm

Grand Rapids YMCA

Register at 218-327-5730.

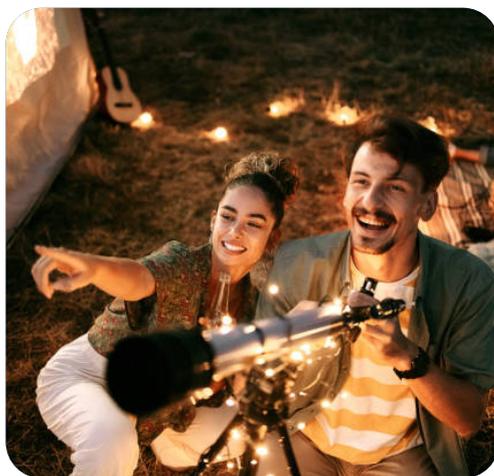
4 Hour Refresher Class

Tuesday, 9/19/23, 1:00pm-5:00pm

Tuesday, 10/17/23, 1:00pm-5:00pm

Thursday, 11/16/23, 1:00pm-5:00pm

Tuesday, 12/19/23, 1:00pm-5:00pm



Astronomy Night - The Skies Above Us

The Range Astronomy Club will set up telescopes for viewing and share information about stars and space. This is a great opportunity to see star clusters, galaxies and nebulae. You may want to bring lawn chairs and binoculars.

Instructor: Dale Kentoph

Fee: No Cost

Choose from the following locations:

Nashwauk Community Gardens, Larue Pit

Friday, 9/8/23 (Backup day will be 9/15/23)

8:00pm-10:00pm

Register online or call 218-885-1280 ext. 51171.

Marcell Town Hall Park

Friday, 10/13/23, 8:00pm-10:00pm

Register online or call 218-743-3444 ext. 42503.



Calumet Library - Coffee Talk

The Calumet Library, along with Greenway Community Ed, will be sponsoring an informational speaker once a month. Stop at the Calumet Library to hear a speaker and have a cup of coffee with us.

Wednesdays, 10/4/23, 11/1/23, & 12/6/23

1:30pm-3:00pm

Location: Calumet Public Library

Fee: No Cost

For more information call 218-247-3108

AREA ADULT OPPORTUNITIES

Coffee and Coloring in Calumet

No rules and no skills required! Just stop in, relax, and have fun! Coffee and coloring supplies provided!

Every Thursday

1:30pm-3:30pm

Instructor: Melanie Lefebvre

Location: Calumet Public Library

Fee: No Cost

For more information call 218-247-3108.



Coffee Chat: Artists & Art Lovers Gathering Again!

We had so much fun last time we are doing it again! Join us for a friendly gathering where everyone can share their love of the arts. If you are an artist, bring a piece of your work and share your method and goals as an artist. If you are an art lover, bring your favorite art piece to share. This is a fun way to meet others interested in the arts and expand art opportunities in the community. Register by October 5.

Wednesday, 10/11/23

10:00am-12:00pm

Instructor: Karlyn Berg

Location: Marcell Family Center

Fee: No Cost, pre-registration required

Register online or call 218-743-3444 ext. 42503.



Come Knit With Us!

Join Necia and friends at the Nashwauk Library. You are welcome to knit, embroider, do some card making, or just drink coffee and socialize! No need to register, just come!

Wednesdays starting 9/13/23

2:00pm-4:00pm

Instructor: Necia Nunn

Location: Nashwauk Library

Fee: No Cost

For more information call 218-885-1280 ext. 51178.



Creative Writing and Self-Publishing

Learn about the writing rules of thumb, how to edit writing, how to focus your stories for your audience. Basic information about publishing and what needs to be done to publish your work yourself or sell it to magazines and publishers.

Tuesdays, 10/10/23 - 10/31/23

6:00pm-7:30pm

Instructor: Gordon Sirvio

Location: Senior Center- King Elementary School

Fee: \$ 20

Register online or call 218-246-8241 ext. 60227.

OUR CLASSES MAKE GREAT GIFTS!

Give the gift of knowledge, hands-on learning, and social interaction. Visit GetLearning.org to purchase a gift certificate.



AREA ADULT OPPORTUNITIES

Cribbage at the Calumet Library

Come to the Calumet Library on Mondays to play cribbage. Coffee and treats will be served.

Every Monday

1:00pm-3:30pm

Instructor: Melanie Lefebvre

Location: Calumet Library

Fee: No Cost

For more information call 218-247-3108.



DIY Book Publishing Made Easy

Do you dream of publishing a book one day? Did you know that you can self-publish FOR FREE on Amazon? Turn your idea for a cookbook, poetry, novel, children's book, self-help, family history, and more into an eBook, paperback, hardcover, or audiobook. There will be an overview of how to pursue all the options and explore step-by-step how to publish a paperback book. Yes, you CAN get your book out into the world and this class will help you get started! Class registration includes a copy of a book on self-publishing.

Tuesday, 1/16/24

6:00pm-7:30pm

Instructor: Gina Drellack

Location: ISD 318 Admin Building

Fee: \$40

Register online or call 218-327-5730.

Documentary Film Class at The Reif

Are you interested in learning how to create documentary films? This 8-week workshop is just for you! We will explore the many different types of documentaries and build the basic technical skills to create successful nonfiction films, including selecting compelling topics based on available resources, pre-production, lighting, sound recording, cinematography, interviewing, finding the story, and editing. Classes are designed for ages 16+. All experience levels welcome! Top level equipment provided. Limited scholarships are available.

Tuesdays, 9/19/23 - 11/7/23

6:30pm-9:00pm

Instructor: Elizabeth Chatelain

Location: The Reif, Grand Rapids

Fee: \$250 per semester

Register by calling 218-327-5780 or online at TheReif.org.

Financial Series

6:00pm-7:00pm

Instructor: Laurie Clausen

Location: ISD 318 Admin Building

Fee: No Cost

Register online or call 218-327-5730.

Simplify Your Spending & Savings Strategies

An educational program designed to help sharpen your spending and saving strategies. Learn to set personal financial goals, balance saving, spending, and borrowing to achieve goals, discover strategies for controlling debt and improving credit scores and practical savings options for now through retirement.

Tuesday, 10/3/23

Leave it, Move it, Roll it, Take it

Designed to help you learn how to handle your 401(k), pension or other employer-sponsored retirement plan when you leave a job. You will learn about the most common distribution options, how to avoid having the IRS withhold 20% of your retirement distribution, and how taxes, penalties, and investment options factor into your decision.

Tuesday, 10/10/23

Standing Guard: Protect What You've Worked For

Discover strategies to guard your most valuable assets and protect your pre- and post-retirement income. You will learn about risks that could impact your financial strategy and solutions to protect against these risks. Create a foundation to protect against unexpected events, protect your income during retirement and address rising health care and long term medical care costs.

Tuesday, 10/17/23

What Happens When the Paycheck Stops?

Retirement Income Primer

Explore how to budget for retirement expenses, examine potential sources of retirement income, discuss strategies to provide for your goals and address potential risks to your retirement income such as long term care and health care costs.

Tuesday, 10/24/23

AREA ADULT OPPORTUNITIES

Having a Healthy Forest

The Minnesota Forestry Association is working to inform residents about healthy forests and how and where to find opportunities and incentives to create a healthy forest on your property. Opportunities include tax incentives from the Department of Revenue. Course includes a free visit to your property from a consulting forester with no strings attached.

Choose from the following dates:

Monday, 10/16/23

Monday, 11/13/23

Monday, 12/11/23

7:00pm-8:30pm

Instructor: Dave Roerick

Location: ISD 318 Admin Building

Fee: No Cost

Register online or call 218-327-5730.



Improving Your Memory

Struggling to remember a name, license plate number or phone number? Memory can be a powerful tool. In this interactive workshop, discover ways to help improve your memory overall and pick up a few tips to help you remember that name and phone number!

Thursday, 12/7/23

7:00pm-8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Admin Building

Fee: \$40

Register online or call 218-327-5730.

Introduction to Microgreens

Curious about growing microgreens, but not sure how to start? If so, join us for this introduction to growing your own microgreens. All supplies will be provided. Younger children must be accompanied by an adult.

Wednesday, 10/25/23

3:30pm-4:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-2315.



Legacy & Estate Planning

Learn ways to maximize the transfer and gifting of assets while minimizing the tax impact on you and your heirs. Information provided by local professionals, including family law, investments, accounting and taxation. For questions, call Forward Health Foundation at 218-246-4212.

Tuesday, 10/10/23

5:00pm-7:00pm

Location: White Oak Antique Tractor Club, Deer River

Fee: No Cost

Register online or call 218-246-8241 ext. 60227.



My Dog Ate My Homework!

This beginner class is an introduction to dog and puppy obedience and is designed for all dog ages, sizes and skill levels. You and your dog will learn fundamental skills of safety and good manners. Learn handling skills like "touch", attention, stay, turns, circles and exercises that strengthen balance, coordination, problem solving, and improve obedience. Puppies and dogs must have current shots for rabies and vaccines. Bring certificate.

Saturday, 10/21/23

9:30am-2:00pm

Instructor: Karlyn Berg

Location: Marcell Family Center

Fee: \$28

Register online or call 218-743-3444 ext. 42503.

AREA ADULT OPPORTUNITIES



Organizing with Amy

Raising a family brought the realization that life is a journey and constantly changing, from organizing baby bottles and toys, to sports bottles and homework. Spaces change as life changes and when a simplified system is taught and in place, the transitions become easier. I created Evelle, a professional organizing service, because I want to help others find the joy and peace that comes when their home is organized.

5:30pm-7:30pm

Instructor: Amy Griese

Location: ISD 318 Admin Building

Fee: \$30

Register online or call 218-327-5730.

Organizing for Success

Get ready to conquer the fall season by organizing school or work life with effective strategies for managing paperwork and routines. Walk away with resources to create a system that you can personalize to fit your needs.

Wednesday, 10/4/23

Getting Organized in the New Year

Let's get you organized and stay on top of tasks in the new year. We will discuss decluttering, goal setting and creating effective systems to keep you successful in the new year.

Wednesday, 1/10/24

Protecting Yourself from Computer, Online & Internet Scams

Do you browse the internet, use social media sites or email? Do you know what to watch for to avoid being scammed? There has been an increase in online scams and fraud, not to mention phone scams willing to fix your PC. Do you know what spyware, ad-ware, email phishing, internet scams and ransom-ware are? Protect yourself and your computer from these problems/threats with knowledge from this class.

Wednesday, 10/25/23

6:30pm-8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Admin Building

Fee: \$20

Register online or call 218-327-5730.

The Exciting Sport of Canine Scentwork

Learn what the dog's nose knows. Nosework is one of the most fun dog sports around for dogs and owners and provides an outlet for your dog's natural hunting and scenting abilities. Discover your dog's ability to use their nose to hunt and find items, even certain scents. Any breed of dog can be successful in nosework and will build their confidence. This class is for beginning scentwork.

Saturday, 11/18/23

9:00am-3:00pm

Instructor: Karlyn Berg

Location: Greenway High School

Fee: \$45 One Dog | \$65 Two Dogs

Register online or call 218-245-6232.

Online Certifications

Online certificates and courses offer a convenient way to further your education and maintain your edge in the marketplace. Check out our most popular online certificates and courses.

- Bookkeeping Certificate
- Certificate in Workplace Communication
- Certificate in Mastering Excel
- Digital Marketing Certificate
- Supervisory and Leadership Certificate
- Certificate in Web Design
- Certificate in Online Teaching.

More courses available at our online instruction center.

www.yougotclass.org/index.cfm/ISD318

Register online or call 218-327-5730.

Visit our website for start dates.



AREA ADULT OPPORTUNITIES



Timber Connections Hike

Join us on a half-day hike into the Joyce Estate on Trout Lake during the fall color season to visit the Joyce hunting lodge retreat and cabins. Learn what it was like at the Estate in its heyday. The round-trip hike is 4 miles on hilly dirt trails with uneven walking conditions. There are no places to rest along the way. Participants need to wear good footwear and dress for the weather. Bring water and a snack. We will depart from the Wabana Town Hall at 9am and caravan to the starting point for the hike.

Saturday, 9/23/23

9:00am-1:00pm

Instructor: Susan Hawkinson

Location: Wabana Town Hall

Fee: \$10

Register online or call 218-326-2697.



Timber Connections Presentation

The Joyce Lumber Baron Family opened up the Big Fork Valley to settlement and built a hunting lodge retreat on Trout Lake, called Nopeming, later renamed the Joyce Estate. The raucous and entertaining employee and settler stories, and the equally earnest and outrageous tales of the Joyce family members are also part of this presentation. Followed by Q&A. For ages 12 and over (16 and under with supervision).

Tuesday, 9/19/23

6:00pm-7:30pm

Instructor: Susan Hawkinson

Location: MacRostie Art Center

Fee: \$10

Register online or call 218-326-2697.

Why do I Keep Doing That?

Introduction to Your Enneagram Type

The Enneagram is a system of personality typing that describes patterns in how people conceptualize the world and manage their emotions. Learn how the 9 Enneagram types relate to each other and how we get stuck in our type. Discover how to use the Enneagram for personal development, awareness and growth while establishing effective ways to relate to others. New research will also be discussed covering the endocannabinoid system and the implications for personality growth and development. Material fee of \$20 due to the instructor on the first night of class.

Monday & Tuesday, 10/9/23 & 10/10/23

7:00pm-9:00pm

Instructor: Linda Bauer

Location: ISD 318 Admin Building

Fee: \$20 plus material fee

Register online or call 218-327-5730.

Wild Mushrooms 101

Interested in learning how to identify wild mushrooms? Join mushroom identification expert, Ariel Bonkoski, for a class on how to come to an identification on your wild mushroom finds. Learn about some common edible mushrooms in our area, as well as toxic species you should know.

Choose from the following dates:

Wednesday, 9/20/23

Wednesday, 9/27/23

Wednesday, 10/11/23

Wednesday, 11/8/23

5:00pm-7:30pm

Instructor: Ariel Bonkoski

Location: ISD 318 Admin Building

Fee: \$35

Register online or call 218-327-5730.

Windows 11 Tips and Techniques

Learn tips and tricks to navigate Windows 11 and get your questions answered. This class will provide an overview of Windows 11 and cover some of the differences between Windows 10 and Windows 11.

Wednesday, 11/1/23

6:30pm-8:30pm

Instructor: Conrad Feldt

Location: ISD 318 Admin Building

Fee: \$40

Register online or call 218-327-5730.

COMMUNITY ENGAGEMENT

Community Cafe

Dedicated to reducing hunger and building a stronger community, Community Cafe is available to anyone in need. No financial requirements. Enjoy a free hot meal and a chance to connect with others. Take-out/eat-in.

Deer River

Monday - Thursdays

4:00pm-5:30pm

Location: King Elementary School Cafeteria-
Door #9 back of building

Questions call 218-246-8241 ext. 60236.

Grand Rapids

Monday, Tuesday & Thursday

4:30pm-6:00pm

Location: Kiesler Wellness Center

For more information visit Community Cafe Inc. on Facebook.

Marcell Family Center

Marcell Family Center offers a variety of community, youth, education, recreation, special interest programs and events throughout the year, this facility is open to the public year-around and houses a gymnasium, library, archery-range, computer room with high-speed internet, WiFi, food preparation/meeting room, fitness center, and a large multipurpose room. Parents must accompany children under the age of 16.

Fees: Fees apply for some services.

Call 218-832-3444 for more information.

Edge of the Wilderness Discovery Center

Providing a variety of environmental education programs and events throughout the year. The EOWDC has indoor interpretive displays, an interpretive trail, fishing pier, picnic area, and CCC buildings listed on the National Register of Historic Places. Individuals, families, school groups, and other groups are welcome.

Location: Marcell, MN

Call 218-832-3161 for more information.



UCare Discount

Eligible UCare members may get up to a \$15 discount on many of our Community Education classes. Members must have UCare insurance throughout the duration of the class. Limits and restrictions may apply.

CONTACT HOLLY AT 218-327-5730.

GET AWAY OPPORTUNITIES



Punta Cana- Dominican Republic

February 27- March 5, 2024

Barcelo Bavaro Palace Deluxe - Junior Suite

Join Diane for an amazing vacation to Punta Cana, Dominican Republic.

Enjoy the beautiful white sand beaches, Caribbean blue water and swaying palms.

Relax in the Junior Suite with amazing ocean views and access to restaurants, swim up bars and nightly entertainment. A variety of tours of the area can be booked with the tour rep right at the resort. Rates include flights from Minneapolis, non-stop on Delta, private transfers and an all inclusive package.

Junior Suite- \$2100 per person based on double occupancy.

Deposit of \$200 is due per person at the time of booking. Limited space available.

Contact Travel Master- Diane Skelly at 218-326-3600.

CREATIVE ARTS & CRAFTS



Autumn Sumac Watercolor Painting Workshop

Join experienced teacher and artist Diane Levar in painting the beautiful sumac that is prevalent in our autumn landscape. Learn how to mix those warm vibrant colors to capture the autumn palette. Explore how to treat each leaf as a single canvas to give variety to the textures. Apply what you have learned in doing several successful watercolor techniques to create your own painting. All skill levels are welcome. Supply list will be emailed after registration.

Saturday & Sunday, 9/9/23 & 9/10/23

10:00am-3:00pm

Instructor: Diane Levar

Location: MacRostie Art Center

Fee: \$120 Members | \$130 Non-Members

Register online or call 218-326-2697.



Beginning/Intermediate Wheel Throwing

This workshop focuses on the fundamentals of throwing on the potter's wheel, beginning with how to center clay, and moving on to opening and pulling pots. Those with wheel experience may also choose to use this workshop as an opportunity for continued practice at the potter's wheel with guided instruction from an experienced potter and educator.

Wednesdays, 11/8/23 - 12/13/23

6:00pm-9:00pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$140 Members | \$150 Non-Members

Register online or call 218-326-2697.

Basket Weaving

5:00pm-9:00pm

Instructor: Lori Kangas-Olson

Location: Grand Rapids RJE Middle School

Fee: \$30

Register online or call 218-327-5730.

Cat Head Basket

Named for its upside down appearance of a cat head, this weaving project will incorporate form and color for a great basket. Students should have basic knowledge of basket weaving.



Materials fee of \$35 due to instructor the night of class

Tuesday, 9/26/23

Gathering Basket

Weave a gathering basket which has been made and used for about as long as there has been gatherers. The sides are solid for strength and the base is open weave to allow air circulation and sifting of the soil. This class is designed for students who have had some experience weaving both flat and round reeds. This is an extensive project and may take more time to finish, class is set for 2 days in order for everyone to have time to finish. Materials fee of \$40 due to instructor the night of class.



Tues. & Wed., 10/10/23 & 10/11/23

Laundry Basket

Make this laundry basket that has functionality as well as charm. With a height of 18-22" and a 52" circumference it is the perfect size for a load of laundry. Students should have basic knowledge of basket weaving. Materials fee of \$40 due to instructor the night of class.



Tuesday, 11/28/23

CREATIVE ARTS & CRAFTS

Birch Bark Star Ornaments

Join birch bark enthusiast John Zasada for a one-day workshop to learn the different techniques involved in creating a birch bark star ornament. Students will learn about how bark is harvested and prepared for weaving, how to create birch stars and beads, and how to weave the basswood twine to join them all together into a unique ornament from the northwoods. Students will go home with 2-3 ornaments.

Choose from the following dates:

Saturday, 10/28/23 or Saturday, 12/2/23

9:00am-2:00pm

Instructor: John Zasada

Location: MacRostie Art Center

Fee: \$25 Members | \$30 Non-Members

Register online or call 218-326-2697.



Bowls, Beer, and Bites

Enjoy a relaxing evening glazing pottery, drinking micro brew and tasting appetizers. Our resident potter will walk you through the process of glazing two pottery pieces of your choice, from mugs to bowls to plates. There will be plenty of breaks for socializing and enjoying beer and appetizers. Absolutely no art experience is required. Come learn in a fun and supportive environment surrounded by your friends. Two beverages are included in the class fee. Ages 21+.

Choose from the following dates:

Friday, 10/6/23

Friday, 12/1/23

Friday, 1/5/24

6:00pm-8:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$45 per class

Register online or call 218-326-2697.

Canvas With Amie

Need fresh new artwork in your home or office? Create your very own masterpiece in this group step-by-step painting class. No prior painting experience required!

Thursday, 10/5/23

6:00pm-8:00pm

Instructor: Amie Hanson

Location: Deer River High School Art Room

Fee: \$30

Register online or call 218-246-8241 ext. 60227.



Canvas With My Kids

Create a masterpiece with your kids that you can all be proud of in this step-by-step instruction art class. Each participant will go home with their own canvas. Please select the number of children attending.

Thursday, 11/9/23

5:00pm-7:00pm

Instructor: Amie Hanson

Location: Deer River High School Art Room

Fee: \$30 for 1 Adult & 1 Child | \$10 for each additional child

Register online or call 218-246-8241 ext. 60227.

Color and Collage

A new in-depth combination hands-on workshop. Part one: learn secrets about the exciting world of color, how colors work together to be more vibrant or subtle, bold or harmonious, and how to fully utilize hues, tints, gradients, and color value and balance colors. Part two: focus on exploring color and composition, creating miniature abstract collages using the elements color and shape and investigate how artists use collage as a journal or sketch for a painting. A small collage can be a piece of finished work, but can also be inspiration for a larger work. Karlyn will introduce her new 2-part set of collage workbooks.

Saturday, 11/4/23

10:00am-4:00pm

Instructor: Karlyn Berg

Location: MacRostie Art Center

Fee: \$85 Members | \$95 Non-Members

Register online or call 218-326-2697.

CREATIVE ARTS & CRAFTS



Color Pencil Blue Jay

Draw a beautiful blue jay as Chris Tolman walks you through each step along the way. Chris will provide a pre-drawn outline so all you have to do is add colored pencil, using a step-by-step process with photographs projected on a screen to make it easy to follow along. No experience necessary, and no drawing required. She will teach you how to choose your colors and apply the layering techniques that will get you to a wonderful end result.

Saturday, 9/23/23

1:00pm-4:00pm

Instructor: Chris Tolman

Location: MacRostie Art Center

Fee: \$55 Members | \$65 Non-Members

Register online or call 218-326-2697.



Crochet a Granny Square Pillow Cover

Granny squares are coming back! Crochet this 4 or 9 square pillow front in 2 sessions. You will need to bring G-(4.25mm) crochet hook.

Tuesday, 11/14/23 & 11/21/23

5:00pm-7:30pm

Instructor: Lori Kangas-Olson

Location: ISD 318 Admin Building

Fee: \$40

Register online or call 218-327-5730.

Discovering Your Abstract Side

For all levels from beginner through advanced painters. We will make use of the fundamental principles of design such as line, shape, space, texture, repetition, value, and color. Class will focus on taking a realistic painting and changing it into an abstract rendering. Acrylic paint will be the basis for our work, along with stencils, stamps, pen and ink, collage and other mixed media processes. Bring any supplies you have on hand and a supply list will be emailed to you upon registration.

Tuesdays, 10/17/23 - 11/7/23

1:00pm-3:30pm

Instructor: Jan Stenson

Location: MacRostie Art Center

Fee: \$130 Members | \$140 Non-Members

Register online or call 218-326-2697.

Drawing from the Paper Up

This is a true beginning class. No experience, training or natural ability needed. You will learn the differences in and uses of the various pencils, paper and erasers as well as shading techniques. All source materials will be provided by the instructor. The atmosphere will be fun, light and supportive! Please bring all required supplies to the first class.

Wednesdays, 9/13/23 - 9/27/23

1:00pm-3:30pm

Instructor: Julie Erickson

Location: MacRostie Art Center

Fee: \$75 Members | \$85 Non-Members

Register online or call 218-326-2697.



Exploring Watercolor: A New Beginning

This class is for all levels of painters from beginners to those who need a refresher in this technique. Learning how to make use of watercolor's special effects of transparency and softness will help you to create and have fun in the process. Bring your own supplies if you have them. A supply list will be emailed to you upon registration. Come for fun and learn a life-long skill to enjoy.

Tuesdays, 9/12/23 - 10/10/23

1:00pm-3:30pm

Instructor: Jan Stenson

Location: MacRostie Art Center

Fee: \$130 Members | \$140 Non-Members

Register online or call 218-326-2697.

CREATIVE ARTS & CRAFTS



Knitting with Eleanor

Instructor: Eleanor Tillmans

Location: ISD 318 Admin Building

Register online or call 218-327-5730.

Introduction to Knitting

Learn the basics of knitting. Students will learn to cast on, knit stitch, purl stitch, and bind off. This class will prepare students for both knitting classes offered by this instructor. You will be emailed a materials list prior to class.

Monday, 10/2/23

5:00pm-8:00pm

Fee: \$15

Knit a Faux Knot Cowl

Knit this classic faux knot cowl. This is an Advanced beginner class. Knowledge of basic stitches (knit and purl) is required. A materials list will be provided after registration. The final project will vary depending on your yarn selection.

Mondays, 10/23/23 & 10/30/23

5:00pm-8:00pm

Fee: \$45

Knit a Lala Cowl

Knit this cozy cowl designed by Bigfork Fiber Artist, Eleanor Tillmans. This is an intermediate class. Knowledge of basic stitches (knit and purl) is required. A materials list will be provided after registration. The final project will vary depending on your yarn selection.

Thursdays, 11/9/23 & 11/16/23

5:00pm-8:00pm

Fee: \$55

How to Use a Sewing Machine

Figuring out how to use a sewing machine can be intimidating. We'll go over the basics of how they work, how to thread a machine, features of some sewing machines and basic operation. Fabric will be supplied, but if you have clothing or textiles that need minor repairs, bring them along. Bring your own sewing machine, or use one provided.

Tuesday, 10/24/23

5:00pm-6:30pm

Instructor: Megan Brekke

Location: Grand Rapids RJE Middle School

Fee: \$25

Register online or call 218-327-5730.

How to Write a Memoir in Three Paragraphs

Everyone has stories they want to preserve but often feel daunted by where to start. This class will make it easy to document important events by writing a beginning, middle and end in just three paragraphs. Some interesting ideas for topics include places you've been, things that scare you, and your life in the northwoods. Sharing your stories (optional) will bring smiles and appreciation. Bring a notebook and any stories you might already have written. Absolutely no writing experience necessary. Coffee provided.

Wednesdays, 10/4/23 - 10/11/23

10:00am-12:00pm

Instructor: Judy Nelson

Location: MacRostie Art Center

Fee: \$35 Members | \$40 Non-Members

Register online or call 218-326-2697.



Introduction to Block Printing

Bring your creativity to this beginner friendly introduction to block printing! All supplies will be provided. Younger children must be accompanied by an adult.

Wednesday, 10/18/23

3:30pm-4:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-2315.

CREATIVE ARTS & CRAFTS

Introduction to Metal Stamping

Join us for this free program where you will have the opportunity to create your own metal stamping project! All supplies will be provided. Younger children must be accompanied by an adult.

Wednesday, 11/29/23

3:30pm-5:00pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Public Library

Fee: No Cost

Register online or call 218-245-2315.



Moose Painting

Try your hand at acrylic painting. Instructor will draw and paint a moose scene with participants using an 11x14 stretched canvas and acrylic paint. Designed for beginners but all skill levels welcome! Ages 15 to adult.

Instructor: 321 Art Studio

Fee: \$38

Choose a location:

Keewatin Elementary School

Monday, 10/2/23 - 5:00pm-7:00pm

Greenway High School Art Room

Monday, 10/23/23 - 5:00pm-7:00pm

Register online or call 218-245-6232.

Mountain Landscape Painting

Try your hand at water-miscible oil painting. Instructor will draw and paint a mountain landscape painting with participants using an 11x14 stretched canvas and water-miscible oil paint. Designed for beginners but all skill levels welcome. Ages 15 to adult.

Monday, 9/25/23

5:00pm-7:00pm

Instructor: 321 Art Studio

Location: Nashwauk High School Art Room

Fee: \$38

Register online or call 218-885-1280 ext. 51171.



Norwegian Rosemaling - Christmas Ornaments

This is a rosemaling class for beginning painters. Norwegian Rosemaling is a folk art with painting that has fanciful flowers, scrolls and line work from the Norwegian valley of Rogaland valley. Colors are bright, bold and quite whimsical. This short beginning class will give you a chance to taste Norwegian Rosemaling. Upon completion of the class, you will have 2-3 wooden Christmas ornaments painted in Norwegian Rosemaling style. Provided with class: oil paint, brushes and wooden ornaments.

Saturday, 11/18/23

10:00am-3:00pm

Instructor: Michelle Carlson

Location: MacRostie Art Center

Fee: \$55 Members | \$65 Non-Members

Register online or call 218-326-2697.



Norwegian Rosemaling - Telemark Style

This is a Telemark painting class for beginning painters. Norwegian Rosemaling is a folk art with painting that has fanciful flowers, scrolls and line work from the Norwegian valley of Telemark. Colors are bright, bold and quite whimsical. This short beginning class will give you a chance to taste Norwegian Rosemaling. Upon completion of the class, you will have a 8" rosemaled plate to bring home. Provided with class: oil paint, brushes and 8" wooden plate.

Saturday, 10/21/23

10:00am-3:00pm

Instructor: Michelle Carlson

Location: MacRostie Art Center

Fee: \$85 Members | \$95 Non-Members

Register online or call 218-326-2697.

CREATIVE ARTS & CRAFTS

Ojibwe Botanical Glyph Notebook

Learn about Ojibwe botanical glyphs as you design a personalized notebook. All supplies will be provided. Younger children must be accompanied by an adult.

Wednesday, 11/22/23

3:30pm-5:00pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-2315.



Paper Quilled Christmas Cards

Join us as we learn how to make paper quilled Christmas cards. All supplies will be provided. Younger children must be accompanied by an adult.

Wednesday, 11/15/23

3:30pm-5:00pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-2315.



Paint & Pallet Christmas Tree

Join us for a relaxing evening of painting and putting together a decorative tree for your holiday decorating. Each tree is unique and will have your own personal touch.

Thursday, 11/30/23

5:00pm-8:00pm

Instructor: Patti Rychart

Location: Greenway High School Art Room

Fee: \$25

Register online or call 218-245-6232.



Painting Barn Quilts

Painting Barn Quilts is a popular, lively 4-hour class with guided instruction which will take you through the process of barn quilt painting from beginning to completion. You will choose a barn quilt pattern from the 8 patterns offered. You will gain knowledge on measuring, layout, taping and painting as related to barn quilt painting. You will leave with your own 2' x 2' masterpiece, ready for hanging. \$65 material fee due to instructor night of class.

Tuesday, 10/17/23

5:00pm-9:00pm

Instructor: Cynthia Buchholz

Location: Grand Rapids RJE Middle School

Fee: \$35

Register online or call 218-327-5730.

Porch Signs

Create a fun way to decorate your front or back door step. Step-by-step instruction will be given. No experience necessary! Each participant will receive a 4 foot wood porch sign that will be painted and stenciled with acrylic paints using pre-cut stencils. Students can choose their own colors. Multiple stencils will be available for all seasons to choose from.

Thursday, 9/21/23

5:30pm-7:30pm

Instructor: Lily Hadrava

Location: Deer River High School Art Room

Fee: \$40

Register online or call 218-246-8241 ext. 60227.

CREATIVE ARTS & CRAFTS

Rigid Heddle Weaving for Beginners

This beginner weaving class will explore the basics of weaving on a rigid heddle loom while you weave together a beautiful scarf to take home. Looms and materials will be provided.

**Tuesday, Wednesday & Thursday,
12/5/23-12/7/23**

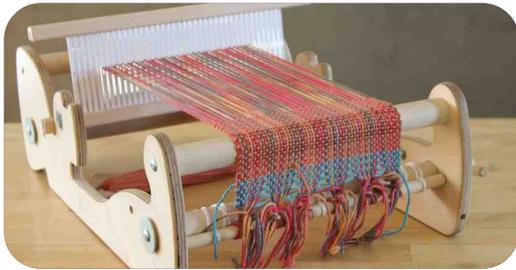
5:00pm-9:00pm

Instructor: Eleanor Tillmans

Location: Grand Rapids RJE Middle School

Fee: \$125

Register online or call 218-327-5730.



Sit & Knit for a Bit

An open knitting forum to bring your FROGS & WIPS & "I'VE HAD THIS SO LONG I FORGOT WHAT TO DO..." projects. No project is too challenging to ask for advice and instruction in this group. This is an open knitting forum where you can join friends, meet new friends, bring knitting projects you may be challenged with or are looking for an excuse to sit and knit. There are some nights this group will choose to meet at other areas in Grand Rapids to knit based on group decision.

Wednesdays, 9/20/23 - 12/13/23,
(No class 11/22)

5:00pm-7:30pm

Instructor: Lori Kangas-Olson

Location: ISD 318 Admin Building

Fee: \$25

Register online or call 218-327-5730.



Stories Meant to be Saved

"You should write that down," is a refrain often heard regarding stories that are meant to be saved. In this class we will work on which of your stories you feel most important to be written down. With guidance from a seasoned and published instructor, we will center on the theme "What to leave in and what to leave out." Perhaps you have photos that prompt a story, or cards or artifacts that have been handed down that would be richer with a story attached. Please bring your notebook and ideas to class. Absolutely no writing experience is necessary and sharing is optional. Coffee provided.

Wednesdays, 11/1/23-11/8/23

10:00am-12:00pm

Instructor: Judy Nelson

Location: MacRostie Art Center

Fee: \$35 Members | \$40 Non-Members

Register online or call 218-326-2697.



The Secrets to Successfully Use a Sewing Machine

Take sewing lessons with a professional seamstress! Myrna will teach you the proper way to use a sewing machine and give you tips to sew safely and efficiently. Start simple and then design and sew your own piece of clothing! Some additional fabric/supplies may be required. Ages 14-adult.

Wednesdays 11/1/23-12/13/23
(No class 11/22)

4:00pm-5:00pm

Instructor: Myrna Choinard

Location: Myrna's Custom Bridal Wear,
204 Central Ave, Nashwauk

Fee: \$90

Register online or call 218-885-1280 ext. 51171.

CREATIVE ARTS & CRAFTS



Tomato Cage Christmas Gnome

Create festive gnomes by using tomato cages and boughs for your front porch Christmas decor. All supplies are provided and included in class fee.

Choose from the following dates:

Tuesday, 11/28/23

Tuesday, 12/5/23

6:00pm-8:00pm

Instructor: Heidi Erickson

Location: Deer River High School Woodshop

Fee: \$35

Register online or call 218-246-8241 ext. 60227.



Up-Cycled Wool Sweater Mittens

Do you have an old wool sweater you don't know what to do with? Try up-cycling it into a beautiful pair of mittens! Leave this class with a custom pair of unique mittens and the knowledge and skill to make more! Choose from our large selection of wool sweaters or, if you have a wool sweater of your own, please pre-shrink it and bring it along! Basic sewing knowledge needed.

Tuesday, 10/24/23

6:00pm-9:00pm

Instructor: Lori Potter

Location: Greenway High School Art Room

Fee: \$30

Register online or call 218-245-6232.

Wine, Paint, Canvas!

Join an experienced art educator as they guide you from start to finish through the creation of a new painting at each event. Two free beverages are included and there will be plenty of breaks to socialize! Absolutely no art experience is required and all materials are covered. Come learn in a fun and supportive environment surrounded by your friends. Ages 21+.

Choose from the following dates:

Friday, 9/1/23

Friday, 11/3/23

6:00pm-9:00pm

Instructor: Victoria Kragthorpe

Location: MacRostie Art Center

Fee: \$40

Register online or call 218-326-2697.

Wine, Words & Art

Coinciding with MacRostie's First Friday, join together in this fun class to sip a bit of wine (donation suggested), enjoy the art in the gallery, and write a reaction or two about the new art gallery to share (optional). Our discussion is sure to be fun and lively. A handout will be provided with prompts if you choose to come to the gallery ahead of time. Ideas for writing may include: What feeling does the art inspire? Does the art tell a story? What story might you write about this art? Could you make a poem about this art? Ages 21+.

Choose from the following dates:

Friday, 10/6/23

Friday, 11/3/23

5:00pm-7:00pm

Instructor: Judy Nelson

Location: MacRostie Art Center

Fee: \$30 Members | \$35 Non-Members

Register online or call 218-326-2697.

Wood Slice Ornaments

Transform wood slices into this beautiful night sky landscape with step-by-step painting instructions. Leave class with two personalized hand painted ornaments.

Thursday, 11/16/23

6:00pm-7:30pm

Instructor: Amie Hanson

Location: Deer River High School Art Room

Fee: \$15

Register online or call 218-246-8241 ext. 60227.

CULINARY ARTS

Christmas Cookie Exchange

Hate the mess and stress of baking goodies for the holidays? Cut your baking in half by cooking up your favorite recipe with a small group to exchange. Bring enough ingredients to make at least 6 dozen cookies or bars. Everyone will leave with 6 dozen different types of goodies and a nice clean kitchen at home!

Tuesday, 12/12/23 5:30pm-7:30pm

Thursday, 12/14/23 5:30pm-7:30pm

Location: Deer River High School

Fee: \$5

Register online or call 218-246-8241 ext. 60227.

Cooking with Plant-Based Foods that Pack a Protein Punch

Delve into the world of cooking with plant-based protein. Learn how to soften your carbon footprint easily and deliciously by incorporating more plant friendly options into your culinary repertoire. Samples will be provided.

Monday, 10/2/23

6:00pm-8:00pm

Instructor: Merry Moody & Free Range Food Co-Op.

Location: Second Harvest Food Bank

Fee: \$20

Register online or call 218-327-5730.

Lefse Making

Learn more about this tasty Norwegian tradition, from preparing the dough, to rolling it out and cooking it!

Wednesday, 12/6/23

3:30pm-5:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-2315.

Love Yourself with Chocolate Party

Learn to make your own chocolate and more about superfood rich chocolates! Experience the power of organic raw cacao, plant-based ingredients and superfoods that provide essential nutrients. These chocolates are guaranteed to be delicious! Make and take some home!

Thursday, 11/9/23

5:00pm-6:30pm

Instructor: Lynnette Mackey

Location: Keewatin Community Center

Fee: \$20

Register online or call 218-885-1280 ext. 51171.

St. Lucia Saffron Buns (Lussekatte)

All ages can join in on the fun and learn how to make these traditional Swedish St. Lucia Day saffron buns! All materials will be provided. Children must be accompanied by an adult.

Wednesday, 12/13/23

3:30pm-5:30pm

Instructor: Liv Mostad-Jensen

Location: Coleraine Public Library

Fee: No Cost

Register online or call 218-245-2315.



The Art of Charcuterie

Watch and learn how to create a beautiful and delicious charcuterie board- an artful array of meats, cheeses, fruits, nuts, crackers, condiments and other fun tidbits arranged on a board. You will impress your friends and family this holiday season with your new charcuterie skills! Join the party at the end of class and enjoy the beautiful food display created during class!

Wednesday, 10/11/23

6:30pm-8:00pm

Instructor: Sandra Bartick

Location: Bass Brook Community Center
105 NW 5th Street, Cohasset

(Cohasset Elementary building)

Fee: \$20

Register online or call 218-327-5730.

Tiramisu - Make & Take

Learn how to assemble this classic coffee-flavored Italian dessert in class, then make a tiramisu in your own dish to take home and enjoy the next day! You will need to bring some basic kitchen supplies to class, that list will be emailed prior to class. Be sure your correct email address is on your account. Material fee of \$10 due to instructor on night of class.

Choose from the following dates:

Monday, 10/9/23

Tuesday, 11/14/23

6:00pm-7:30pm

Instructor: Stephanie Kessler

Location: Bass Brook Community Center
105 NW 5th Street, Cohasset

(Cohasset Elementary building)

Fee: \$20

Register online or call 218-327-5730.

FITNESS & RECREATION

Itasca County Family YMCA

- Active Living Center
- Licensed Childcare
- Kidzone (childcare while you workout)
- Camp Wannago
- End Zone
- Group Fitness Classes (In-Person & Virtual)
- Personal, Semi-Private & Team Training
- Judo
- Pickleball, Racquetball, Basketball
- Water Fitness Classes
- Lap Swim
- Youth Group Swim Lessons
- Sea Turtles Swim Team
- Diabetes Prevention Program



Visit us at www.ymcaitasca.org,
Facebook @itascaymca or call
218-327-1161.

Adult Open Volleyball

Stay active year-round! Join a fun, competitive co-ed volleyball league! No need to organize a team, just come! Open to ages 18 and up.

Fee: \$10

Choose from the following locations:

Deer River High School

Sundays, 11/12/23-4/7/24

6:30pm-9:00pm

Instructor: Coach Kari Schultz

Register online or call 218-246-8241 ext. 60227

Greenway High School

Thursdays, 9/7/23-5/30/24

7:30pm-9:00pm

Instructor: Doug Aitken

Register online or call 218-245-6232.



Deer River Fitness Center

The Deer River Fitness Center is free for everyone to use! Must be at least 13 years old and supervised by an adult.

Mondays - Fridays (School Days Only)

6:00am-8:00am & 3:30pm-8:00pm

Questions call 218-246-8241 ext. 60227.

Fitness Walking

Walk inside at the following locations (walking pass required):

September 5, 2023-May 30, 2024

School days only

Deer River High School

Mondays - Fridays

3:30pm-7:00pm

Fee: \$2

Register at the DRHS Office or call 218-246-8241 ext. 60227.

Grand Rapids RJE Middle School

Monday - Thursday

Fee: \$2

Pick up your pass at 820 NW 1st Ave. Grand Rapids.

Greenway High School

Monday - Friday

3:30pm-7:00pm

Walk Floors 2 & 3

Fee: \$2

Register online or call 218-245-6232.

Marcell Family Center

Mon & Fri: 11:00am-1:00pm

**Tues & Thurs: 11:00am-1:00pm
& 4:00pm-7:00pm**

Saturday: 9:00am -2:00pm

Fee: No Cost

For information call 218-832-3444.

Learn to Curl

Itasca Curling Association Learn To Curl evenings are a great way to learn the sport of curling without commitment in a fun and relaxed atmosphere. Curling is a sport that is accessible to any age and physical condition. You will be introduced to all aspects of the game with emphasis on how to successfully deliver a curling stone and learning the rules and etiquette of the game.

Choose from the following dates:

Friday, 11/3/23

Friday, 11/17/23

Friday, 12/1/23

Friday, 12/15/23

6:00pm-8:00pm

Location: Itasca Curling Club | 902 Hale Lake Pointe, Grand Rapids

Fee: No Cost

Call 218-326-2697 to let us know you are coming! Reservations are encouraged, but not required.

FITNESS & RECREATION

Mountain Bike Skill Private Lessons

Personalized mountain bike coaching tailored to YOUR needs and goals. Sheri Schrock, PMBI certified instructor, will work on skills YOU are interested in or struggling with. Schedule private lessons or organize your own small group. A series of lessons is recommended in order to take you to the next level of riding. Questions or to schedule your lesson times, contact Sheri Schrock sheri.schrock@gmail.com.

Location: Tioga Recreation Trails

Fee for 2 hours: 1 rider - \$80 | 2 riders - \$50 each | 3 riders - \$40 each | 4+ riders - \$35 each

Pay for your lessons online or call 218-327-5730.

SHiNE Dance Fitness

A typical SHiNE™ class is approximately 55-minutes long and incorporates 16 routines. We start class with a warm-up and then increase intensity as the class progresses. The instructor loves to incorporate routines that bring out different emotions and movement. Open to EVERY BODY. No dance experience necessary... come as you are!

Mondays, 10/2/23 - 12/18/23

3:45pm-4:45pm

Instructor: Jenny Conrad

Location: King Elementary School

Fee: \$75

Register online or call 218-246-8241 ext. 60227.

Tai Chi Chuan at the YMCA

The ancient Chinese arts of Tai Chi and Qigong are based on the philosophy of balance of physical health, strength, and mental well-being, which anyone can learn, regardless of their current level of physical fitness. Open to beginners. Try your first class free! For questions contact Mike at 218-259-3698 or northernpineforest@gmail.com.

Choose from the following sessions:

Session I: 10/12/23 - 11/15/23

Session II: 11/22/23 - 12/27/23

Session III: 1/3/23 - 2/7/23

Wednesdays, 5:30pm-7:30pm

Instructor: Mike Clemens

Location: Itasca County Family YMCA Grand Rapids

Fee: Free for YMCA members | \$40/session Non-members

Register at the YMCA membership desk or go to www.ymcaitasca.org.



West Coast Swing Dance

If you've never seen it, Google it! No previous experience needed. Just come and be ready to have some fun learning the basics of this swing dance. Bring water and carry in a clean pair of shoes to dance in. For more info contact instructors at rapidballroom@gmail.com.

Tuesdays, 10/3/23 - 10/24/23

7:00pm-8:00pm

Instructor: Pamela and Jeff Johnson

Location: Bovey City Hall - Grand Ballroom

Fee: \$40 per dancer

Register online or call 218-327-5730.



Yoga

Kundalini yoga can be both energizing and relaxing. The focus will be on breath work, deep stretching, poses, as well as grounding our bodies. Each class will provide a meditation and a relaxing savasana. Lynnette has been practicing Kundalini yoga for 20 years and enjoys bringing this deeply rewarding practice to others.

Instructor: Lynnette Mackey

Fee: \$72

Choose your location:

Coleraine Nyberg Center

Tuesdays, 11/7/23 - 12/12/23

5:00pm-6:15pm

Register online or call 218-245-6232.

Nashwauk City Hall

Mondays, 11/6/23 - 12/11/23

5:00pm-6:15pm

Register online or call 218-885-1280 ext. 51171.

Group Hypnosis to Lose Weight & Stop Smoking, Chewing Tobacco and Vaping

Long-lasting behavior changes occur at an unconscious level to be lasting. With hypnosis, you can make that change. The experience is also relaxing and allows you to be in control at all times. Stop smoking/chewing tobacco or vaping with no withdrawal or weight gain. Stop cravings for unhealthy foods and pop, eat healthy, get motivated to walk/exercise. The fee includes a free reinforcement CD and lifetime membership card. For comfort bring a pillow, sleeping bag, floor mat, etc. For more information visit www.hypnosisclinic.net

5:00: Check-In

5:15-6:00: Introduction (Required for both weight loss and stop smoking clients.)

6:00-7:00: Weight Loss hypnosis session

7:00-8:00: Stop Smoking, Chewing, Vaping hypnosis session.

Wednesday, 10/18/23

5:00pm-8:00pm

Instructor: Dr. Mary Fischer

Location: ISD 318 Admin Building

Fee: Free for Lifetime Members | \$60/session Non-Members

Register online or call 218-327-5730.



Himalayan Singing Bowl Sound Bath

Experience 50 minutes of vibrational sound to reduce stress, deepened sense of peace, well-being and pain relief. Bring comfort items such as a blanket, pillow, water bottle and perhaps a reclining lawn chair.

Wednesday, 10/4/23

5:30pm-6:30pm

Instructor: Cindy Horbach

Location: ISD 318 Admin Building

Fee: \$25

Register online or call 218-327-5730.



Living Well with Chronic Conditions

Designed to improve the self-management skills of people living with ongoing health issues. Conditions like arthritis, mental health conditions, chronic pain, cancer, or diabetes can cause those affected to lose physical conditioning and suffer health problems over many years. This program teaches new strategies that will give participants the confidence, motivation, and skills needed to manage living with a chronic health condition. Class materials and virtual link will be emailed after registration. Register by September 19.

Tuesdays, 9/26/23 - 10/31/23

10:00am-12:30pm

Instructors: Kelly Campbell, Grand Itasca Clinic & Hospital & Danielle Hawkinson, ElderCircle

Location: Virtual

Fee: No Cost

To register call Danielle at 218-999-9233 ext. 282 or danielle@eldercircle.org.

Living Well with Chronic Pain

A group class designed to help you live a healthy life with chronic pain by managing symptoms. Discover strategies that will give you the confidence, motivation, and skills needed to manage living with chronic pain. Class materials and virtual link will be emailed after registration.

Location: Virtual

Fee: No Cost

To register call Danielle at 218-999-9233 ext. 282 or danielle@eldercircle.org.

Choose from the following dates:

Thursdays, 9/14/23 - 10/19/23

10:00am-12:30pm

Instructors: Lauren Pipkin, Fairview Range & Danielle Hawkinson, ElderCircle

Wednesdays, 11/1/23 - 12/6/23

10:00am-12:30pm

Instructors: Kelly Campbell, Grand Itasca Clinic & Hospital & Danielle Hawkinson, ElderCircle

HEALTH & WELLNESS

Parkinson's Movement for Life

Regular exercise has been shown to significantly slow the progression of Parkinson's Disease. Classes will focus on exercises to improve range of motion, balance, dexterity, strength, reciprocal patterns of movement and flexibility. Participants must be diagnosed with Parkinson's Disease. Wear clothes that are easy to move in and walking/gym shoes. LeeAnn is a certified ACE (American Council on Exercise) Group Fitness Instructor, ACE Senior Fitness Specialist, Parkinson's Movement Instructor as well as holding certifications which cover basic exercises for Parkinson's Patients, two advanced movement certifications for Parkinson's Movement and Parkinson's cycling certification. Choose from the following sessions:

Session 1 - Tuesdays & Thursdays, 9/12/23 - 10/12/23

11:00am-12:00pm

Fee: \$100

Session 2 - Tuesdays & Thursdays, 10/17/23 - 11/16/23

(No class on Thursday 10/19 & Tuesday 10/31)

11:00am-12:00pm

Fee: \$80

Instructor: LeeAnn Ryan

Location: Cohasset City Hall Gymnasium
(Use side door)

Register online or call 218-327-5730.



Pillars of Weight Loss

Learn the fundamentals of weight loss and take home tools to start your own health journey. You will gain an understanding of the cornerstones of weight loss and how each of them affects your weight. Kayla is a certified health coach who has overcome her own weight loss struggles and has created her own program to help others achieve success.

Thursday, 10/19/23

6:00pm-7:30pm

Instructor: Kayla Roy

Location: ISD 318 Admin Building

Fee: \$60

Register online or call 218-327-5730.



Powerful Tool for Caregivers

Tools to help develop the skills and confidence to better care for yourself while caring for your friend or family member with long-term health conditions. Topics range from reducing stress to communicating in challenging situations and mastering caregiving decisions.

Wednesdays, 9/6/23 - 10/11/23

10:00am-12:30pm

Instructors: Danielle Hawkinson & Dee Moris

Location: Virtual

Fee: No Cost

To register call Danielle at 218-999-9233 ext. 282 or danielle@eldercircle.org.



Psychological First Aid

Presented by M Health Fairview Community Health & Innovation. Psychological First Aid (PFA) is an evidence-informed 2-hour virtual training for community members and professionals. No prior experience needed. Participants will learn how to support healthy recovery in individuals following a traumatic event, public health emergency, natural disaster, or personal crisis. The goal of PFA is to teach participants how to reduce distress and negative health behaviors by providing practical help and promoting resilience. For questions contact Kathryn Taylor at kathryn.taylor@fairview.org.

Thursday, 10/5/23

12:00pm-2:00pm

Instructor: Kelly Campbell, Grand Itasca Clinic & Hospital

Location: Online/Virtual

Fee: No cost

Register at <https://PFAOct5.eventbrite.com>.

REIKI CLASSES

Instructor: Gina Drellack

Register online or call 218-327-5730.

Reiki Informational Class

What the heck is Reiki, anyway? How do I even pronounce it?!? Maybe you've heard of Reiki (RAY-kee), but want to know more about this form of energy healing before signing on for a certification level class. Bring your curiosity and leave with a greater understanding of Reiki - including a mini self-care skill takeaway!

Monday, 10/2/23

5:30pm-6:30pm

Location: ISD 318 Admin Building

Fee: \$15

EARN PRACTITIONER CERTIFICATES

Reiki Level 1

Connect to Reiki energy! Learn what it is, how it heals, and techniques for being an effective channel. You will be equipped with the tools to use it on yourself and others.

Saturday, 10/14/23

9:00am-4:00pm

Location: Itasca County Family YMCA

Fee: \$150

Reiki Level 2

Deepen your understanding of Reiki and increase healing of the self and, if desired, begin your own business practice. You must have taken Reiki I with this same instructor.

Saturday, 11/11/23

9:00am-4:00pm

Location: Itasca County Family YMCA

Fee: \$200

Reiki Level 3

In this Master level class you will continue to amplify your connection and practice, learn a powerful healing symbol, integrate stones, crystals, and grids, and explore drumming, rattling, and other sound healing techniques. There should be one year between Reiki levels 2 and 3 to allow ample time for deepened study and practice.

Saturday, 9/30/23

9:00am-4:00pm

Location: Itasca County Family YMCA

Fee: \$325

Stay Active & Independent for Life (SAIL)

A low-impact fitness program designed specifically for older adults to build muscle strength, improve balance and increase flexibility to maintain or regain an active lifestyle.

Sessions are 90 minutes, held twice a week and led by trained volunteers.

Choose from the following times and locations:

In-person classes:

Bigfork Old Scenic Church

Tues & Thurs, 9:00am-10:30am

Bowstring Town Hall

Tues & Thurs, 10:00am-11:30am

Deer River, Bethany Lutheran Church

Mon & Thurs, 10:30am-12:00pm

Hill City Fire Hall

Mon & Wed, 9:00am-10:30am

Jacobson Community Center

Mon, Wed & Fri 10:30am-12:00pm

Wabana Town Hall

Tues & Fri, 10:00am-11:30am

Online classes via Zoom:

Tues & Thurs, 9:00am-10:30am

Mon & Wed, 10:30am-12:00pm

Fee: Free

To register call 218-999-9233 ext. 279 or email Audrah Huntley at audrah@eldercircle.org.

Why do I Keep Eating That?

Your nutritional choices are very personal and nutritional information can be overwhelming. In this class you can develop an individualized plan to guide you in making healthy eating decisions. New research will also be discussed covering the endocannabinoid system and the relationship to the digestive system and healthy food choices. Material fee of \$20 due to the instructor on the first night of class.

Monday & Tuesday, 10/16/23 & 10/17/23

7:00pm-9:00pm

Instructor: Linda Bauer

Location: ISD 318 Admin Building

Fee: \$20

Register online or call 218-327-5730.

MUSIC

Beginner Banjo

4:00pm-5:00pm

Instructor: Brian Lindula

Location: ISD 318 Admin Building

Fee: \$30

Register online or call 218-327-5730.

Want to learn to pick a 5-string banjo? How about learning how to duel with a banjo? Join instructor Brian as he walks you through the steps of Scruggs style banjo playing. Explore chords/chord progressions, different types/styles of roll patterns, and how to play songs with tablature, chords and lyrics. For those who progress through Beginner Banjo #6, you will learn and memorize the banjo song, "Cripple Creek." It is recommended that students bring their own 5-string banjo, but it is not a requirement. Thumb, index, middle finger picks are needed for this class.

Beginner Banjo #1

Wednesdays, 9/6/23 - 9/13/23

Beginner Banjo #2

Monday & Tuesday, 9/18/23 & 9/26/23

Beginner Banjo #3

Monday & Wednesday, 10/2/23 & 10/11/23

Beginner Banjo #4

Wednesday & Tuesday, 10/18/23 & 10/24/23

Beginner Banjo #5

Wednesdays, 11/1/23 & 11/8/23

Beginner Banjo #6

Wednesday & Tuesday, 11/15/23 & 11/21/23

Private Banjo Lessons

Learn how to play the banjo at whatever level you are starting from. Contact instructor at blindula@isd318.org to set up dates and times, prior to registering.

Instructor: Brian Lindula

Fee: \$40 for 1 person, 2 hours | \$30 each for 2 people, 2 hours

Register online or call 218-327-5730.



Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give yourself years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. For ages 13+.

Tuesday, 10/10/23

6:30pm-9:00pm

Instructor: Craig Coffman

Location: Online using Zoom

Fee: \$59

Register online or call 218-245-6232.



Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. For ages 13+.

Monday, 10/9/23

6:30pm-9:30pm

Instructor: Craig Coffman

Location: Online using Zoom

Fee: \$59

Register online or call 218-245-6232.



ITASCA ORCHESTRA STRINGS PROGRAM

Providing opportunities to hear, learn and perform orchestral music in Itasca County.

Youth Orchestra

Experience the transformative power of music being a part of our Strings Programs. From beginners to advanced musicians, our world-class instructors will guide you on a journey of musical excellence. Join our vibrant community, explore a diverse repertoire, and unleash your true musical potential, and build life long skills and friendships!

- Individual lessons
- Group lessons
- Orchestra rehearsals
- Performance opportunities
- Special events and workshops
- Private lessons available for adult learners

NEW FOR 2023-2024! Individual lessons in Deer River, Bigfork, Greenway, and Remer!

*Scholarships are available.

Itasca Symphony Orchestra

Local musicians are welcome and encouraged to join the Itasca Symphony Orchestra! Our musicians come from a variety of backgrounds and experience levels. Weekly rehearsals are held October through May, with performances three times a year at the Reif Performing Arts Center.

- Season concert dates: Nov 12, Feb 17, and May 18
- Ready to join the Itasca Symphony Orchestra? Call us!

For questions about pricing and for more information about our programs call 218-327-5781 or 620-875-6560, or visit us at www.itascaorchestra.org.

How to Play Piano by Ear

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party!

Saturday, 12/2/23

1:00pm-3:30pm

Instructor: Craig Coffman

Location: Online using Zoom

Fee: \$59

Register online or call 218-245-6232.



Join the Grand Rapids Area Male Chorus

All area men who enjoy singing, good camaraderie, and serving others through music are cordially invited to join the GRAMC. Organized over 60 years ago, the non-audition chorus performs for community events, retirement homes, churches, and fundraisers. The fall season runs from September through December. Our Christmas Concert will be Sunday, December 3 at St. Andrews Lutheran Church.

Mondays. 9/11/23 - 12/4/23

6:30pm-8:30pm

Location: Grand Rapids High School Choir Room

Fee: Free to new members

For more information go to www.gramalechorus.org

or call Harry Smith at

218-256-1046 or Pat Whitney at 218-244-4922.

BE SURE TO SUPPLY ACTIVE EMAIL.

Friendly Reminder! Check your email and voicemail inbox for messages from Community Ed regarding program updates. Thank you.



POOL ACTIVITIES

Basic Lifeguard - Blended Learning at the YMCA

The American Red Cross Lifeguard course provides entry-level lifeguard participants with the knowledge and skills to prevent, recognize and respond to aquatic emergencies and to provide professional-level care for breathing and cardiac emergencies, injuries, and sudden illnesses until emergency (EMS) personnel take over. Successful completion of the course results in a 2-year certification in Lifeguard skills, CPR/AED for Lifeguards, and First Aid for Lifeguards. Must be at least 16 years of age. Participants will receive a link to the e-learning modules upon successful completion of the pre-course session. These modules must be completed before the remainder of the in-person sessions. Visit www.ymcaitasca.org for more information and swim testing prior to course.

Fee: \$200.

Online Pre-Course: 7 hours self-paced

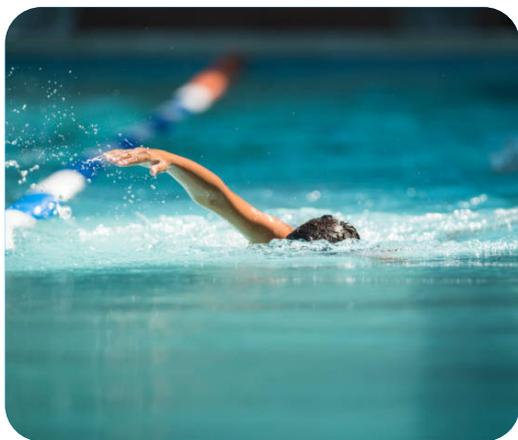
In-Person sessions:

Friday, 11/17/23 4:00pm-9:00pm

Saturday 11/18/23 9:00am-5:00pm

Sunday 11/19/23 9:00am-5:00pm

Register by emailing bmattson@ymcaitasca.org or call 218-327-1161.



Open Swim

Open swim is available to adults and students interested in swimming for fitness and recreation on Monday and Wednesday evenings. Closed on no-school days

Mondays & Wednesdays,

Session I: 10/2/23 - 1/31/24

Session II: 2/5/24 - 5/22/24

6:00pm-8:00pm

Location: Grand Rapids RJE Middle School-pool

Fee: \$25 per session or \$3 per time

Register online or call 218-327-5730.



Water Aerobics with Patti

Water aerobics, also called aqua aerobics, uses the natural resistance and buoyancy of water against your body to provide a wide variety of conditioning activity. Water exercise helps increase your energy, stamina and strength. Classes vary in intensity and participants' level of ability. Whether you suffer from arthritis, you need to rehabilitate an injury or you're looking for a higher level of intensity, water aerobics classes can provide encouragement and instruction.

**FALL: Mondays & Wednesdays,
11/1/23 - 1/10/24** (No class 11/6)

5:00pm-6:00pm

**WINTER: Mondays & Wednesdays,
1/24/24 - 3/27/24**
(No class 2/14 & 2/19)

5:00pm-6:00pm

Instructor: Patti Rychart

Location: ISD 316 Greenway High School - Pool

Fee: \$45

Register online or call 218-245-6232.

Youth Group Swim Lessons at the YMCA

Lessons include water acclimation through stroke mechanics and are held once a week for seven weeks. Pick the day/time that works best for your schedule. Go to www.ymcaitasca.org for more information on the different levels and what level to register your child.

Session I: 9/11/23 - 10/28/23

Session II: 11/4/23 - 12/21/23

Session III: 1/8/24 - 2/24/24

**Levels 1, 2, 3, 4-6 | Mon, Tues. & Thurs.,
4:10pm-4:40pm & 4:50pm-5:20pm**

Swim Starters | Wednesdays, 4:55pm-5:25pm

Swim Starters | Thursdays, 9:45am-10:15am

**Levels 1, 2, 3 & 4-6 | Thursdays,
10:20am-10:50am**

Levels 1 & 2 | Saturdays, 10:05am-10:35am

For more information or to register, visit ymcaitasca.org or call 218-327-1161.

FAMILY SUPPORT

Grand Itasca Childbirth & Infant Care

This prenatal class is designed to help prepare parents for childbirth, breastfeeding and infant care.

Choose from the following dates:

Saturday, 10/7/23

Saturday, 12/2/23

9:00am-12:00pm or 1:00pm-4:00pm

Location: Grand Itasca Clinic & Hospital

Fee: No Cost

To register call Lisa Vekich, Lactation Consultant at 218-999-1335.

Love & Logic Parenting Class

Love and Logic is a trusted and widely used curriculum to assist parents in raising responsible adolescents and teens.

Mondays, 9/25/23 - 10/30/23

4:00pm-6:00pm

Instructor: Kelly Fillman

Location: Greenway High School

Fee: No Cost

Register online or call 218-245-6232.



EARLY CHILDHOOD SCREENING

AGES
3, 4 & 5

Best age is 3½

Screening is required by the State of Minnesota, prior to kindergarten entrance.

Screening is free, fun, and a great opportunity for you to see your child's total growth.

A screening includes: height/weight, vision/hearing, general development, health history and immunization review.

This screening will show your child's strengths and determine what you child may need to work on to be successful in kindergarten. Also will connect you with resources in the school and community.

Schedule an Early Childhood Screening Appointment Today:

ISD 316 Greenway: 218-245-6604 | ISD 317 Deer River: 218-246-8860 ext. 60412 | ISD 318 Grand Rapids/Bigfork: 218-327-5730
ISD 319 Nashauk/Keewatin: 218-885-1280 ext. 51154 | ISD 2 Hill City: 218-697-2394 ext. 102

PROJECT READ



Reading Tips for Families:

- Make reading time part of your daily routine.
- Bring books into the car, restaurants, and bedtime.
- Read new and different books your child likes about topics they enjoy.
- Once your child learns to read, keep reading out loud to them.
- Read aloud books that are above their reading level to help them improve their vocabulary and challenge them.

Project READ gets books into the hands of kids, so families can read every day. Project READ collects children's books, distributes books on the Bright Red Bookshelves & Traveling Red Bookshelf, and educates families on the value of reading every day.

Donations of gently used books are accepted at the Grand Rapids Area Library & King Elementary School - Deer River!



Denise Rodgers

Project Read Coordinator

drodgers@isd318.org | 218-327-5709

projectread.net 

REGISTER AT GETLEARNING.ORG | 27

EARLY CHILDHOOD FAMILY EDUCATION

Welcome to the '23-'24 Early Childhood Family Education School Year!

ECFE provides opportunities to spend some quality time with your child. These classes provide a connection with other families and allow both you and your child time to learn and grow!

Listed below you will find ECFE classes in your district. Special events will be added throughout the year, so please email Jenny if you want to be added to the mailing list: jyelle@isd318.org.

We are excited about our ECFE classroom moves in ISD #318 to Grand Rapids Early Childhood Hub and in ISD #319 to Keewatin Elementary this Fall. We hope you take advantage of some of these offerings that will guide you in your role as your child's first and most important teacher.

Regional ECFE Contact Information

ECFE, School Readiness, or Invest Early | 218-327-5850

Darla Beaver, Director | dbeaver@isd317.org

Kim Tillman, ECFE Coordinator | ktillman@isd317.org

New Grand Rapids Location:

GRECH

Grand Rapids Early Childhood Hub
822 NE 5th Ave, Grand Rapids

Reminders:

Classes start the week of September 11, 2023

Classes run all school year and a calendar of actual dates will be provided at class. Families can join at any time throughout the year!

*Sliding Fee scale available.

Pre-registration is required for ALL classes unless *noted!

Register online or at the ECFE office: www.getlearning.org or 218-327-5850

Baby & Me (newborn - 13 months)

Join us to celebrate your child's first year. This class is designed to help parents enjoy activities with their infants in the areas of music, movement, sensory experiences, and literacy activities. The parent education portion of this class gives parents an opportunity to discuss current parenting issues, gain information on specific topics, and receive support from other parents. Parents and infants do not separate.

Tuesdays, 9/12/23 - 4/30/24

10:00am-11:00am

Instructor: Lisa Fox

Location: Grand Rapids Early Childhood Hub

Fee: \$90/year or \$45 twice/year

Book Time

Join us as we gather in the story circle at the library for story times that consist of books, finger plays, rhymes, and songs. The fun continues with a craft, and time to play and visit. All ages are welcome. *Pre-registration is not required.



Tuesdays, 9/12/23 - 4/30/24

1:00pm-2:00pm

Instructors: Shannon Sweeney and Courtney Gaddie

Location: Grand Rapids Public Library

Fee: No Fee

Early Childhood Gym Time

Do you have a child ages birth to Kindergarten entrance? Join us for a moving and shaking good time in the Marble School Gym! Anyone with young children is welcome!! Adults attend with children. Shoes required.

Thursdays, 9/14/23 - 5/2/24

4:00pm-5:00pm

Instructor: Jenae Goligoski

Location: ISD 316 Marble School - Door #3

Fee: No fee



Giggles with Grandkids! (GRANDS)

Spending time with your grandkids and looking for a fun activity? Come join Early Childhood Family Education (ECFE) staff for stories, songs and activities with your little ones ages birth to 5 years! Licensed early childhood teachers will provide age appropriate activities and language experiences for grandparents to share with their grandchildren. Come and share some giggles!

Mondays, 9/11/23 - 4/29/24

8:30am-9:30am

Instructor: Shannon Sweeney

Location: Grand Rapids Early Childhood Hub

Fee: No Fee

EARLY CHILDHOOD FAMILY EDUCATION

Nature Explorers

Outdoor play is essential to a child's development, and exploring nature opens up a world of wonder! Join us for hands-on learning, investigating, and experiencing nature inside and outside our classroom. We will engage in themes and activities based on the interests of the families. Come ready to spend some or all of the class outside. Our coldest winter days will be spent exploring nature from within our classroom. Some sessions will meet at local parks & trails. This class is geared towards children ages 2-5 years along with their caregivers, but younger siblings are welcome to join us. Non-Separating Class.

Mondays, 9/11/23 - 4/29/24

1:00pm-2:15pm

Instructor: Shannon Sweeney

Location: Grand Rapids Early Childhood Hub

Fee: \$90/year or \$45 twice/year

Online Storytime

Log on to the Grand Rapids Area Library Facebook page and search for On-line Storytime. New stories every week for the entire calendar year! Join Miss Tracy and Teacher Missy for books, songs, and fun.

Play & Read

Come to enjoy social and play time with other babies, toddlers, preschoolers, and parents! We will end the hour with stories, finger plays, and songs.

Wednesdays, 9/20/23 - 5/1/24

9:00am-10:00am

Instructors: Erin Wirtz and Melanie Lefebvre

Location: Calumet Library

Fee: No Fee

Toddler Time/Baby on the Move (13 months and older)

This class is designed for mobile infants and walking toddlers. As your children transition from infancy, the parenting issues that you face change. This class provides a safe, inviting place with a relaxed atmosphere where you can meet other parents, build relationships, and find answers to your parenting questions. Your little ones can play in the same room and make new friends while you gain valuable support and learn helpful tips about raising your young children from other parents and from ECFE staff. Parents and toddlers do not separate.

Tuesdays, 9/12/23 - 4/30/24

8:30am-9:30am

Instructor: Lisa Fox

Location: Grand Rapids Early Childhood Hub

Fee: \$90/year or \$45 twice/year



Growing Together

Open to families with children ages birth to Kindergarten entrance. Classes are divided into 2 parts: Parent/Child Interaction and Parent Time. During parent/child interaction, parents spend time playing with their children. We offer exciting activities designed with young children in mind at a child friendly setting. During Parent Time, parents have the opportunity to spend time in a discussion group guided by a licensed facilitator, while the children play in a supervised classroom. The support and encouragement that parents receive from each other makes this time so popular.

Fee: \$100/year or \$50 twice/year

Bigfork School Preschool Room

Fridays, 9/15/23 - 5/3/24

8:30am-10:00am

Deer River - King Elementary School

Fridays, 9/15/23 - 5/3/24

10:30am-12:00pm

Grand Rapids #1 - GRECH

Wednesdays, 9/13/23 - 5/1/24

8:30am-10:00am

Grand Rapids #2 - GRECH

Wednesdays, 9/13/23 - 5/1/24

10:30am-12:00pm

Grand Rapids #3 - GRECH

Thursdays, 9/14/23 - 5/2/24

8:30am-10:00am

Grand Rapids #4 - GRECH

Thursdays, 9/14/23 - 5/2/24

10:30am-12:00pm

Grand Rapids #5 - GRECH

Tuesdays, 9/12/23 - 4/30/24

5:30pm-7:00pm

Greenway #1 - Marble School

Fridays, 9/15/23 - 5/3/24

8:30am-10:00am

Greenway #2 - Marble School

Fridays, 9/15/23 - 5/3/24

10:30am-12:00pm

Nashwauk/Keewatin Elementary School

Thursdays, 9/14/23 - 5/2/24

4:00pm- 5:15pm

YOUTH ACTIVITIES

YOUTH ARTS & CRAFTS

Abstract Painting

Try your hand at acrylic painting. Instructor Amy will draw and paint an abstract painting with students using an 11x14 stretched canvas and acrylic paint. No experience necessary. Grades 3-6. Snack included.

Instructor: 321 Art Studio

Fee: \$16

Choose Your Location:

Keewatin Elementary School

Monday, 10/2/23

2:45pm-4:15pm

Register online or call 218-885-1280 ext. 51171.

Greenway High School

Monday, 10/23/23

3:00pm-4:30pm

Register online or call 218-245-6232.

Cartooning

Practice some basic cartooning and make a flip book. Snacks included. Grades K-4.

Tuesday, 10/10/23

3:00pm-4:30pm

Instructor: 321 Art Studio

Location: Greenway Vandyke Elementary School

Fee: \$13

Register online or call 218-245-6232.



It's a Painting Party

Join your friends for snacks and a painting party! All skill levels are welcome. We will be working on a seasonal painting on canvas with acrylic paints. Don't worry, this class is not about being perfect, it's about expressing your creativity. Grades 3-5.

Thursday, 10/12/23

6:00pm-7:30pm

Instructor: Shari Nelson

Location: Grand Rapids RJE Middle School

Fee: \$20

Register online or call 218-327-5730.

Learn to Sew a Zipper Pouch

Sewing with zippers is easier than you think! Only basic sewing machine experience is required. All materials will be supplied, including fun, modern fabrics. Ages 9 and up.

Thursday, 11/2/23

3:30pm-5:00pm

Instructor: Megan Brekke

Location: Grand Rapids RJE Middle School

Fee: \$30

Register online or call 218-327-5730.



Make-It, Play-It Day

Let's make it and play with it! Create an assortment of projects from hodgepodge, mish mash and jumble of things and end up with fun novelties and games. Just bring your creativity and love of fun.

Thursday, 11/9/23

4:15pm-6:15pm

Instructor: Karlyn Berg

Location: Bigfork School - Art Room

Fee: \$25

Register online or call 218-743-3444 ext. 42503.



Needle Felt a Pokémon

Learn the basics of needle felting while creating your favorite Pokémon. Grades 3-5.

Tuesday, 11/14/23

6:00pm-7:30pm

Instructor: Shari Nelson

Location: Grand Rapids RJE Middle School

Fee: \$15

Register online or call 218-327-5730.

YOUTH ACTIVITIES

Painting Basics

Learn about the basics of painting. This series will focus on color, color theory, technique, composition, and a bit of art history. Students will explore these topics by using both acrylic and watercolor paints. Ages 9-16. All materials provided.

Thursdays, 9/14/23 - 10/12/23

3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$90 Members | \$100 Non-Members

Register online or call 218-326-2697.

Pumpkin Painting

Calling all little artists in grades K-6! During this fun class, you will paint your own pumpkin to bring home. To reserve a pumpkin, register by October 18.

Tuesday, 10/24/23

2:45pm-4:00pm

Instructor: Britny Riipinen

Location: Keewatin Elementary School

Fee: \$15

Register online or call 218-885-1280 ext. 51171.



Sculpt a Pokémon!

Follow along with local artist and Pokemon enthusiast as he shows you how to create your own clay Pokemon! This project is great for students to develop skills for how to sculpt with clay and create their own models. Sculpt one Pokemon model or catch them all! All materials provided. Ages 6 and up.

Ghost Type

Wednesday, 10/11/23

Fall Theme

Wednesday, 11/8/23

Fairy Type

Wednesday, 12/13/23

3:00pm-4:30pm

Instructor: Samsoshe Sampson

Location: MacRostie Art Center

Fee per class: \$20 Members | \$25 Non-Members

Register online or call 218-326-2697.

Thankful Tree

Create a multimedia drawing of a tree, with words written inside the trunk and into the branches to represent things you are thankful for. The tree is then colored beautifully with oil pastels or watercolor. All materials provided. Ages 9 and up.

Thursday, 11/9/23

3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$25 Members | \$30 Non-Members

Register online or call 218-326-2697.

Toddler Tinker Time

Once a month we will cater to our little ones, ages 2-5, and offer them various crafts and projects that they can do together with their family member. Projects are geared for both child and an adult guardian to work and create together to make something that can be remembered for years to come. All materials included.

Choose from the following dates:

**Friday, 9/15/23, Friday, 10/20/23,
Friday, 11/17/23, Friday, 12/15/23,
or Friday, 1/19/24**

10:30am-11:30am

Instructor: MAC Instructor

Location: MacRostie Art Center

Fee: \$15 Members | \$20 Non-Members

Register online or call 218-326-2697.



Watercolor Snowman

Enjoy a cozy winter day by painting a watercolor snowman. All materials provided. Ages 6 and up.

Wednesday, 1/24/24

3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$20 Members | \$25 Non-Members

Register online or call 218-326-2697.

YOUTH ACTIVITIES

Wheel Thrown and Sculptural Pottery Ages 5-9

This fun and inspirational class is open to students with beginning to intermediate levels of ability. Students will learn pottery and sculptural techniques. Projects will be selected based on the student's level of experience and age. A healthy snack and all materials provided.

Tuesdays, 10/17/23 - 11/7/23

3:30pm-4:30pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$80 Members | \$90 Non-Members

Register online or call 218-326-2697.



Wheel Thrown and Sculptural Pottery Ages 10 -16

In this course students will use pottery and sculptural techniques including work on the potter's wheel. Refine your wheel throwing techniques, learn how to make new ceramic forms or work on interesting sculptures! This course is for beginner or advanced pottery students ages 10-16. A healthy snack and all materials provided.

Tuesday, 9/12/23 - 10/10/23

3:30pm-5:00pm

Instructor: Bruce Bartos

Location: MacRostie Art Center

Fee: \$100 Members | \$110 Non-Members

Register online or call 218-326-2697.



Youth Holiday Ornaments

Just in time for the holidays! Students will glaze 3-5 handmade clay ornaments perfect for hanging on the tree or giving as gifts. Ornaments picked up at a later date. All materials provided. Ages 6 and up.

Thursday, 11/30/23

3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$35 Members | \$40 Non-Members

Register online or call 218-326-2697.



Youth Printmaking

Learn all about printmaking in this series! Printmaking is a process that transfers one image from one surface to another. Students will have the opportunity to create their own designs and turn them into prints. Materials provided. Ages 12 and up.

Thursdays, 12/7/23 - 1/18/24

(No class 12/28)

3:30pm-5:00pm

Instructor: Samsoche Sampson

Location: MacRostie Art Center

Fee: \$100 Members | \$110 Non-Members

Register online or call 218-326-2697.

Zentangle Spiderweb

Make a unique spiderweb design by drawing a Zentangle design. Zentangle is a method of drawing simple or complex patterns. This method can help promote concentration and creativity, and is used as a combination of meditation and art. Previous drawing experience is not required and this class is a perfect start for someone beginning to get more involved in drawing. Age 9 and up. Materials provided.

Thursday, 10/26/23

3:30pm-5:00pm

Instructor: Heather Pederson

Location: MacRostie Art Center

Fee: \$25 Members | \$30 Non-Members

Register online or call 218-326-2697.

YOUTH ACTIVITIES

YOUTH ENRICHMENT

Deer River Boys & Girls Club

We offer caring mentors, a safe place after school, and unique programs designed to empower youth ages 6-12 to excel in school, become good citizens, lead healthy productive lives, and reach their full potential. Pick up a membership form from the King School office or the Boys and Girls Club front desk.

Monday-Friday, 9/5/23 - 5/30/24

3:00pm-5:30pm

Location: King Elementary School

Fee: \$20

Questions call 218-246-3440.

Deer River Tech Hub

The Tech Hub is a youth center for ages 12-20 to explore technology after school hours. Technology available onsite include a recording studio, virtual reality, drone piloting, 3D printers, Xbox, and computers. Tech can also be used in art, creative projects, and design at the Hub. Snacks and meals are provided daily.

Monday-Friday, 9/5/23 - 5/30/24

3:00pm-8:00pm

Location: Goodall Resource Center Deer River

Fee: No Cost

Questions call 218-246-2188.



Disney's The Little Mermaid Jr.

Reif Theater Arts presents The Little Mermaid Jr. for students in grades 1-12. Journey "under the sea" with Ariel and her aquatic friends in this story of sacrificing for love and acceptance.

Auditions: Sunday, 1/7/24 for group placement. Everyone gets a part!

Rehearsals begin Monday, 1/8/24

Performances: April 12-14, 2024

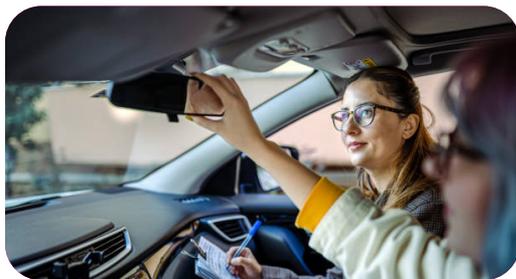
Instructor: Katie E. Smith

Location: The Reif Center

Fee: \$150

To register, visit www.reifcenter.org to download forms and audition information.

Questions? Email Katie at ksmith@reifcenter.org or call 218-327-5780.



Driver's Education Training

This 30-hour class is required by law for students 15 years of age who want to get their driver's license. Permit test after class is completed. Registration packets will be available in the high school office.

Instructor: Right Way Driving

Fee: \$100

Call Larry at 218-327-4880 with any questions.

Choose from the following locations:

Deer River High School

Monday-Friday, 10/30/23 - 11/13/23

3:30pm-6:30pm

Greenway High School

Monday - Friday, 10/9/23 - 10/24/23

(No class 10/19 & 10/20)

Time: 3:30pm-6:30pm



Holiday Cookies & Hot Cocoa

Students in grades K-6 are invited to join Mrs. Riipinen in decorating holiday cookies while enjoying a cup of hot cocoa. They will also listen to a holiday story. Register by Dec. 7.

Tuesday, 12/12/23

2:45pm-4:00pm

Instructor: Britny Riipinen

Location: Keewatin Elementary School

Fee: \$12

Register online or call 218-885-1280 ext. 51171.

YOUTH ACTIVITIES

LEGO Building Club

Come build with LEGO! Individual challenges, team building and free build. You will learn while exploring and having fun with LEGO. Grades K-6 welcome! Snacks provided.

Instructor: Colleen Bishop

Choose from the following locations:

Coleraine Library

Fridays, 9/29/23 - 12/15/23

(No class 10/20, 11/17 & 11/24)

4:00pm-5:15pm

Fee: \$30

Register online or call 218-245-6232.

Keewatin Elementary

Tuesdays, 9/26/23 - 12/19/23

4:00pm-5:15pm

Fee: \$30

Register online or call 218-885-1280 ext. 51171.

Keewatin Elementary

Tuesdays, 1/9/24 - 5/7/24

4:00pm-5:15pm

Fee: \$40

Register online or call 218-885-1280 ext. 51171.



Let's Make Some Music - Child and Me

Add musical play to your fall schedule. High energy exploration keeps active toddlers engaged as they sample hand-held instruments, experience contrasting sounds, motions and sensory items. Through repetition, rhythmic play and concrete themes, your child will build language skills, large motor and social-emotional skills. For children birth-age 5 with an adult.

Wednesdays, 9/13/23 - 10/25/23

Choose between the following times:

9:45am-10:30am or 4:15pm-5:00pm

Instructor: Emily Slaubaugh

Location: Reif Center, Grand Rapids

Fee: \$60 per child

To register, contact the Reif Box Office boxoffice@reifcenter.org or call (218) 327-5780.

Matilda Jr.

Reif Theater Arts presents Matilda Jr. for students in grades 3-12. Rebellion is nigh in Matilda JR., a gleefully witty ode to the anarchy of childhood and the power of imagination! This story of a girl who dreams of a better life and the children she inspires will have audiences rooting for the "revolting children" who are out to teach the grown-ups a lesson.

Auditions: Saturday, 9/9/23

Everyone gets a part!

Rehearsals begin Monday, 9/11/23

Performances: November 17-19, 2023

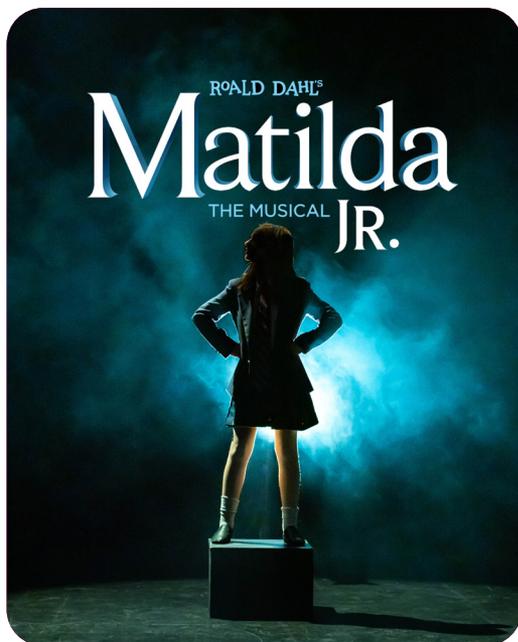
Instructor: Katie E. Smith

Location: The Reif Center

Fee: \$150 before 9/7/23 | \$165 after 9/7/23

To register, visit www.reifcenter.org to download forms and audition information. Questions?

Email Katie at ksmith@reifcenter.org or call 218-327-5780.



Musikgarten (for ages 4-7)

When music and movement are a natural, joyous part of childhood, children benefit greatly in many areas of life. Language development, self-expression, memory skills, concentration, social interaction, fine motor skills, listening, problem solving, teamwork, goal setting, and coordination are all impacted by early music and movement education. Materials fee of \$56 per child due at time of registration. For questions visit itascaorchestra.org or contact Lynnea Schmitz at 218-296-2017.

Thursdays, 10/5/23 - 1/25/24

4:00pm-5:00pm

Instructor: Lynnea Schmitz

Location: MacRostie Art Center

Fee: \$210 one child | \$195 each additional child

Register online or call 218-327-5781.

YOUTH ACTIVITIES

Reif Dance

9/11/23 - 6/9/24

Class schedule available at reifcenter.org

Location: Reif Dance Studios

Instructors: Reif Dance Staff

Fee: \$55/month for 1 class per week.

Scholarship opportunities available.

To register contact the Reif Box Office at boxoffice@reifcenter.org or call 218-327-5780.



Reif Dance Fundamentals

Join the enchanting and creative world of dance. In this unique program, students gain body awareness and self-esteem through movement-oriented games and music. Children are led by their natural desire to explore, experience, and discover their own creativity. As they develop focus and spatial awareness, and are gradually introduced to class etiquette, basic ballet movements, and vocabulary, they learn how to participate in a formal dance class. Dance Fundamentals not only equips children with the building blocks for the expressive language of dance but also instills the joy and love of the art form which is the heart of the Reif Dance Program. PreK - 1st Grade.

Reif Dance Technique Classes

Ballet, Jazz, Modern, and Tap. Our professional teachers guide our students through fun and nurturing classes while providing quality technical and artistic instruction. We currently have 6 levels of technique classes. Students are placed in levels according to their strength and technical ability. Technique classes are offered for students in 2nd grade through adults.

Additional performances: *The Nutcracker* (Including all Ballet students Level 1-6):

**12/8/23, 12/9/23 at 7:00pm
& 12/10/23 at 2:00pm**

Reif Dance Company members perform in our Company Show.

Space Inventors!

Journey to outer space in Space Inventors! Students will learn about asteroids, moons, and planets. This program focuses on hands-on learning through creative problem solving, building, design, inventing and STEM. Apply your imagination as you create your own space pack! For ISD 316 students grades 3-4.

Monday-Thursday, 9/18/23 - 9/21/23

Mon, Tues, Thurs: 3:00pm-4:30pm

Wed: 2:30pm-4:30pm

Instructor: Sue Johnson, Kayla Meyer

Location: Coleraine Library

Fee: No Cost

Register online or call 218-245-1287 ext 26226.

Spartan After School Fun Club

After school Spartan Fun Club is for students in grades K-6. Daily activities include academics, enrichment, fun activities, and a daily snack. Monthly attendance calendar required. Complete one registration per family. At checkout, enter individual student names. For more information or to request forms, email dclusiau@isd319.org.

Monday-Thursday (school days only) starting 9/11/23

After school until 5:30pm

Location: Keewatin Elementary School

Fee: \$100 for 1 child | \$175 for 2 children | \$250 for 3 or more children

Register online or call 218-885-1280 ext. 51171.



Whimsical Wednesdays at the Marble Library

Join Alicia to create some fun artwork and listen to a story. All school ages are welcome and preschoolers are invited to attend with an adult. Pre-registration is not required but is appreciated. WARNING: Alicia is loud and messy!

1st & 3rd Wednesday, 9/6/23 - 5/19/24

3:15pm-4:15pm

Location: Marble Library

Fee: No Cost

For more information or to register, call the library at 218-247-7676.

YOUTH ACTIVITIES

YOUTH FITNESS & RECREATION

Archery Clinic For Beginners

Curious about the sport of archery? This intro class is designed for those interested in exploring the sport/art of archery. You will be taught archery basics including range safety, discipline, proper techniques and form. All equipment and gear are provided. Open to shooters in grades 4-12 who have never shot before in the after school program. Do not bring your own bow or arrows. Archers who enjoy the program and want to continue with the sport will have the opportunity to join the team. Info/Registration night October 23, 5:30pm-6:30pm, Greenway High School. For more information visit Facebook at Greenway Archery or call Hannah at 218-398-7551 or Michelle at 218-244-9719.

**Tuesday, Thursday, Monday, & Wednesday,
11/7/23, 11/9/23, 11/13/23, & 11/15/23**

4:30pm-5:30pm

Instructor: Michelle Nelson

Location: Vandyke Elementary School Gym

Fee: \$20

Register online or call 218-245-6232.



Cheerleading Day Camp

Calling all future Raider, Spartan or Titan Cheerleaders grades K-5! Come and learn the fun and positive spirit of cheerleading! Your very own GNK Titan Football Cheerleaders, along with their head coach, Angela Thoennes, will be teaching the basic skills of cheerleading. You will learn jumps, kicks, and cheers. After this fun day camp you will have the opportunity to join your GNK Football Cheerleaders at their home game on October 13th at the Dixon-Barle Field in Coleraine during half time. You can help cheer our team to victory! You will also receive a take home item. We look forward to cheering with you!

Saturday, 10/7/23

9:00am-12:00pm

Instructor: Angela Thoennes

Location: Greenway High School - Auditorium

Fee: \$25

Register online or call 218-245-6232.



Archery in the Schools

Students in grades 4-12 who are interested in joining their local archery team are invited to attend archery registration night. In the National Archery in the Schools Program, students will learn intermediate to advanced archery form, techniques and mental management from NASP certified coaches. Archers will gain knowledge and confidence to compete at local, regional, state and national bullseye and/or 3-D tournaments starting in January. No equipment is needed, except optional arm guards. Please do not bring your own bow/arrows unless approved by the coach. Additional tournament fees are required.

Greenway

Monday, 10/23/23

5:30pm-6:30pm

Instructor: Michelle Nelson

Location: Greenway High School Staff Development Room

Fee: \$30

Register online or call 218-245-6232.

For questions call/text Hannah at 218-398-7551 or Michelle at 218-244-9719.

Nashwauk-Keewatin

Wednesday, 10/25/23

5:30pm-6:00pm

Instructor: Amber Goss

Location: Keewatin Elementary School Gym

Fee: \$25

Register online or call 218-885-1280

ext. 51171. For more information

email Amber Goss at

ambercgoss14@gmail.com.

YOUTH ACTIVITIES

Intro to Sports (5 & Under)

Expose your 5 year old and under to the fundamentals of sports. We will have fun practicing to dribble, pass, and kick a ball using a variety of different sports such as basketball, soccer, and football. Parent/Guardian supervision is required and participation is encouraged.

Tuesdays, 11/7/23-12/12/23

Time: 5:00pm-6:00pm

Instructor: Erin Bastian

Location: King Elementary School Gym

Fee: \$30 per Family

Register online or call 218-246-8241 ext. 60227.

Judo

Explore the Japanese martial art of judo. Build confidence as you learn to fall, throw, and pin with judo. Wear a long sleeve shirt and cotton pants. No zippers, snaps and buttons on clothes. Long hair pulled back. Grades K-6.

Instructor: Colleen Bishop

Location: Keewatin Elementary - Gym

Register online or call 218-885-1280 ext. 51171.

Session 1:

Wednesdays 9/27/23-11/1/23

4:15pm-5:30pm

Fee: \$20

Session 2:

Mondays & Thursdays 11/13/23 - 2/1/24

(No class 11/23)

4:15pm-5:30pm

Fee: \$45



JUDO at the YMCA

Learn the Japanese self-defense sport of Judo. Beginner, intermediate and advanced are welcome to learn basic holds, throws, break falls, safe falls, injury prevention and balance. There may be tournament opportunities as students' progress. For Kindergarten-Adult

Saturdays: 8:30-10:15am | 16+ years and older
10:30-12:00pm | Advanced youth 6-15 years old

Fall Session I: 9/9/23 - 10/14/23

Fall Session II: 10/21/23 - 12/2/23

Winter I: 01/06/24 - 02/10/24

Fee: YMCA members free; Community 6-15 years \$30, 16+ and older \$40/session

Register online at www.ymcaitaca.org, stop at the Y Membership Desk or call 218-327-1161.

Learn to Cross Country Ski

Minnesota Youth Ski League (MYSL) invites children 4 to 14 and their parents to learn cross-country skiing skills together every weekend in January and February, weather permitting. Equipment rental in early December for both youth and adults. Skiers are grouped into six levels. For more information contact Catherine McLynn 218-326-1313 or cat@mclynn.net.

Coleraine

Sundays, 1/7/24 - 2/25/24 | 1:30pm-3:30pm

Location: Mt. Itasca, Coleraine

Deer River

Saturdays, 1/6/24 - 2/24/24 | 1:30pm-3:30pm

Location: Blueberry Hills, Deer River

Fee: \$40 plus \$25 equipment rental

Register online at www.mysl.org.



Learn to Ski/Snowboard

Mount Itasca welcomes children grades 1-6 to ski or snowboard Tuesdays and Thursdays in February. Parents, too! Fee includes equipment rentals and lift tickets. Registration opens December 1.

Tuesdays & Thursdays, 2/1/24 - 2/29/24

4:00pm-6:00pm

Instructor: Ski Patrol and Volunteer Coaches

Location: Mt. Itasca, Coleraine

Fee: \$79

To register visit www.mtitsasca.com/tickets-passes or call 218-812-9820.

NK 5th & 6th Grade Volleyball

Registration forms will be given out at Keewatin Elementary's Open House on August 30. Practices will start September 5 and go through the end of October.

Mon. | 4:30pm-6:00pm

Tues. & Thurs. | After school-4:30pm

Instructor: Rachel Dasovich

Location: Keewatin Elementary Gym

For questions contact:

J. Noonan at: jnoonan@isd319.org

or R. Dasovich at: rachel_9585@live.com.



Children First!

Children First! will mobilize communities to actively educate, nurture and care for all children in Itasca County.

218-327-5730 | www.getlearning.org

INVITE YOUR FAMILY & FRIENDS TO SPECIAL COMMUNITY EVENTS

CELEBRATING CHILDREN



Wednesday, 8/30/23 | 2:00pm-5:00pm
Keewatin Elementary School and Nashwauk High School
NK Back to School Open House



1st Saturday of the Month, 9/2/23-1/6/24 | 10:00am-10:45am
Dreams Come True Dance, Grand Rapids
Sensory Play - For children age 12 & under with sensory sensitivities or sensory seeking. Explore with low volume music, weighted balls, sensory bins, scooters, swings, tunnels and inclines. Registration required at kayla@dctdance.com or 218-256-7889.



Friday, 9/8/23 | 5:00pm-10:00pm
Crossroads Youth Center, 426 NW 4th Street, Grand Rapids
Food on a Stick - Enjoy all types of food and desserts on a stick and show off your skills playing some fair style games. Open to ages 13-18. Questions call 218-326-9079.



Friday, 9/8/23 | 8:00pm-10:00pm | Nashwauk Community Gardens, Larue Pit Rd
Astronomy Night in Nashwauk - The Skies Above Us - The Range Astronomy Club will be set up for telescope viewing and information in Nashwauk, across from the Community Gardens on the north edge of town. You will have the opportunity to use their telescopes to see star clusters, galaxies and nebulae. You may want to bring lawn chairs and binoculars. Make up day 9/15. Register online or call 218-885-1280 ext. 51171.



Saturdays, 9/9/23, 10/14/23, 11/11/23, 12/9/23, 1/13/24 | 1:00pm-3:00pm
MacRostie Art Center, Grand Rapids
Family Create Second Saturdays! - Join us for family orientated art activities with a new theme each month! Ages 4 and up. Questions call 218-326-2697.



Thursday, 9/28/23 | 5:00pm-7:00pm | King Elementary School, Deer River
Family Fort Night - Bring your sheets or blankets! Build your best fort indoors and snuggle up with a favorite book! Everyone leaves with a free book! All ages are welcome. Questions call 218-246-8241 ext. 60227.



Friday, 10/13/23 | 8:00pm-10:00pm | Marcell Town Park
Astronomy Night in Marcell - The Skies Above Us - Look to the stars, when the The Range Astronomy Club shares an out of this world night. Telescopes will be set for viewing. Come see star clusters, galaxies and nebulae and the spectacular opportunity to view through giant telescopes! Families are welcome. Register online or call 218-743-3444 ext. 42503.

FREE FAMILY EVENTS

ALL CHILDREN 12 AND UNDER MUST BE ACCOMPANIED BY AN ADULT.



Saturday, 10/14/23 | 10:00am-1:30pm | Coleraine Public Library

Solar Eclipse Viewing Party - Join us for a viewing party for the 2023 Annular Solar Eclipse! There will be activities, a light snack and solar eclipse glasses will be available for attendees to safely view the progress of the eclipse! Questions call 218-245-6232.



Friday, 10/20/23 | 7:00pm-10:00pm | Eagle Ridge Golf Course, Coleraine

Minnesota Starwatch Program - Make the stars your old friends as we watch the great celestial show in the skies over Coleraine! We'll have giant telescopes aimed at Jupiter, Saturn, Mars, star clusters, galaxies, and more. Live video telescopes will also be available. Bring your lawn chairs and come watch the stars! Even if it's cloudy you'll learn a lot and have a great time! Register online or call 218-245-6232.



Saturday, 10/21/23 | 3:00pm-5:00pm | Children's Discovery Museum, Grand Rapids

Halloween Party - Dress up in your favorite costume and join us for an afternoon of fun. There will be a costume contest, games and crafts. Costume contest will start promptly at 4:00pm. This event is best suited for children ages 3-10. Registration required, Space is limited. Register at www.cdmkids.org or call 218-326-1900.



Wednesdays, 10/25/23, 11/22/23, 1/24/24 | Grand Rapids Area Library

Artastic At Home - Join Grandma Nancy for a fun art project! Art kits are available for pick-up at the Grand Rapids Area Library for the two days before the event. On the event date, a video can be found on the Grand Rapids Area Library Facebook page or YouTube channel so you can follow along! Questions call 218-327-8823.



Wednesday, 10/25/23 | 4:30pm-6:30pm | Hodgins Berardo Arena, Coleraine

Greenway Fall Festival - Paint a pumpkin, decorate a cookie and join a cake walk! A small meal will be provided. Co-sponsored by the Greenway Area Community Fund and Children 1st grant. Questions call 218-256-1654.



Thursday, 10/26/23 | 4:30pm-6:00pm | Keewatin Elementary School Cafeteria

Cartooning - Families will have fun drawing with artist Amy from 321 Art Studio. Practice some basic cartooning and make a flip book together. Grades K-6. Snacks provided. Registration required. Register online or call 218-885-1280 ext. 51171.



Thursday, 10/26/23 | 5:00pm-7:00pm

Boys & Girls Club of Grand Rapids & Greenway

Glow Party - Lights on After School - Join us at the Boys & Girls Club in Grand Rapids or Greenway for our annual GLOW party. Join us for a meal and fun glow-in-the-dark activities. Questions call 612-540-8693.



Thursday, 10/26/23 | 5:00pm-7:00pm | King Elementary School, Deer River

Pumpkin Carving - Let's carve pumpkins together! Register each child for a free pumpkin to carve or decorate! Carving and decorating supplies will be provided. Register online or call 218-246-8241 ext. 60227.



Friday, 10/27/23 | 5:00pm-10:00pm | Crossroads Youth Center, Grand Rapids

Fall Fest Country Dance - Wear your best western gear and get ready to line dance. Open to ages 13-18. Questions call 218-326-9079.



Monday, 10/30/23 | 5:00pm-7:00pm | Itasca County Family YMCA, Grand Rapids

Harvest Fest - Special spooky fun with kid-friendly games, crafts & challenges, dance party, and "slightly" spooky outdoor trail (weather permitting). Costumes encouraged but not required. Light meal provided for the first 400. Questions call 218-327-1161.

FREE FAMILY EVENTS

ALL CHILDREN 12 AND UNDER MUST BE ACCOMPANIED BY AN ADULT.

Children First!



Tuesday, 10/31/23 | 4:30pm-7:00pm | Marcell Family Center

Halloween Bash - Join us for a frightfully good time at the Marcell Family Center's annual Halloween bash! Questions call 218-832-3444.



Friday, 11/17/23 | 10:00am-12:00pm | Children's Discovery Museum, Grand Rapids

Turkey Day Crafts - Join us for a morning of fun Thanksgiving themed arts & crafts. Ages 3-10. Registration required. Register at www.cdmkids.org or call 218-326-1900.



Tuesday, 11/21/23 | 5:00pm-7:00pm | King Elementary School

Anishinaabe Cultural Night - Everyone Welcome! Join us for an evening of cultural crafts, demonstrations, and native sports. Questions call 218-246-8241 ext. 60227.



Friday & Saturday, 12/1/23 & 12/2/23 | Downtown Deer River

Winter Festival - Join us for a festival celebrating all that winter has to offer! Enjoy family activities, craft sales, and holiday fun to kick-off our winter season! Questions or to be involved, email the Deer River Chamber: drchamb@deerriver.org.



Saturday, 12/2/23 | 3:00pm-5:00pm | Children's Discovery Museum, Grand Rapids

Ho-Ho-Ho Christmas Party - Join us for an evening of family Fun! Bring your camera and meet Santa, make and take arts and crafts, and of course GAMES! Registration required. Register at www.cdmkids.org or call 218-326-1900.



Saturday, 12/9/23 | 5:00pm-7:00pm

Goodland Community Center, 13502 Community Road

Christmas Festival & Tree Lighting Outdoor Event - Enjoy hot cocoa, cookies and a chance to meet Santa and his friends! Crafts and vendors inside. Starts at 5:00pm with tree lighting at 6:00pm. Questions call Sarah at 218-244-9346.



Thursday, 12/14/23 | 5:00pm-7:00pm | Keewatin Elementary School

NK Winter Festival - Come for an evening filled with activities, crafts, face painting and dinner. PreK-6th grade students and families. Questions call 218-885-1280 ext. 52102.



Friday, 12/22/23 | 5:00pm-10:00pm | Crossroads Youth Center, Grand Rapids

Christmas & New Years Party - Join us for a Christmas party with gingerbread house decorating competition, hot cocoa bar, sugar cookies, Christmas movies and other fun games! Open to ages 13-18. Questions call 218-326-9079.



Thursday, 1/11/24 | 5:00pm-7:00pm | King Elementary School

Candle Light Skiing - Enjoy candle light skiing with your family. Candles will be lit at dusk so you can enjoy a relaxing tour of the woodland winter night. The luminaries will guide you along a 1/2 mile groomed loop. When you need a break, stop in the school for hot cocoa and a snack, and then enjoy a bonfire and S'mores. A night of fun for all ages! Questions call 218-246-8241 ext. 60227.



Monday, 1/15/24 | 10:00am-12:00pm | Children's Discovery Museum, Grand Rapids

Color My Winter - Join us for a morning of colorful fun! Help beat those January blues with an assortment of rainbow themed arts & crafts projects! Ages 3-10. Registration required. Register at www.cdmkids.org or call 218-326-1900.

COMMUNITY EDUCATORS RESOURCE LIST

AEOA Adult Education

218-910-8986 | 218-259-0285

218-259-4524

MN North College - Itasca

Bigfork Community Education

218-743-3444 ext. 42503

100 Huskies Blvd, Bigfork, MN 56628

Boys & Girls Club of Grand Rapids and Greenway

218-327-5726

1000 NE 8th Ave, Grand Rapids, MN 55744

218-910-2255

302 Roosevelt Ave. Suite 2, Coleraine, MN 55722

Deer River Community Education

218-246-8241 ext. 60227

500 5th Street SE, Deer River, MN 56636

Early Childhood Programs/Invest Early

218-327-5850

820 NW 1st Ave, Grand Rapids, MN 55744

ElderCircle

218-999-9233

400 River Road Suite #1, Grand Rapids, MN 55744

Grand Itasca Clinic & Hospital

218-326-3401

1601 Golf Course Rd, Grand Rapids MN 55744

Greenway Community Education

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PO Box 520, Coleraine, MN 55722

ISD 318 Community Education

218-327-5730

820 NW 1st Ave, Grand Rapids, MN 55744

Itasca County Family YMCA

218-327-1161

400 River Road, Grand Rapids, MN 55744

Itasca Orchestra & Strings Program

218-327-5781

PO Box 140, Grand Rapids, MN 55744

MacRostie Art Center

218-326-2697

405 NW 1st Ave, Grand Rapids, MN 55744

Marcell Family Center

218-832-3444

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300 W 3rd Ave, Keewatin, MN 55753

Project Read

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820 NW 1st Ave, Grand Rapids, MN 55744

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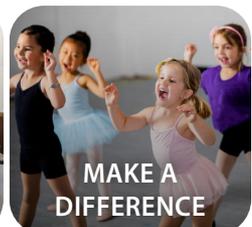
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