

Fall
2018

Ortonville Community Education

Community Education Coordinator: Sara Wollschlager

District #2903
Board of Education

Brett Kaye

Holly Wellendorf

Ashton Conroy

Jim Nelson

Jay Ross

Krista Hartman

Meet Tony Seeman!

I spent my formative years in the western suburbs of Eden Prairie, Minnetonka, and Hopkins, graduating in 1998 from Hopkins High School. I received my Bachelor's degree in History from the University of Montana-Missoula in 2005. It was difficult to leave the natural beauty of Montana, but made the decision to return to my roots. I spent my first few months back in the cities as a Senate Intern at the Minnesota State Capitol and then took a job at Minnetonka High School, working in discipline, student accountability, and behavior interventions. In 2014, I received my Master's Degree in School Counseling from St. Cloud State University. My last 3 years at MHS were spent in Special Education, working in testing and then with students with Emotional and Behavior Disorders.



As a counselor, I am lucky to have found my calling and truly love what I do. I am extremely grateful to have the opportunity to be in Ortonville, working with outstanding coworkers and an amazing student body. I have been amazed and humbled by the welcoming nature of the Ortonville community and look forward to strengthening the bond with my school, community, and the people.

When I'm not working, I spend an inordinate amount of time seeing live music. On average, I see about 40-50 concerts per year. In addition, I enjoy exploring the area, going to sporting events, spending time with friends, finding the best burgers, and enjoying the companionship of a nearly blind, 8-year-old Black Lab/Hound cross named Stella Blue.

Community Education Advisory Council:

- Krista Hartman
- Kari Dorry
- Ashton Conroy
- Linda Hoffman
- Jennifer Neu
- Maureen Stores
- Kerry Klepel
- Heather Henrich
- Joel Stattelman
- John Olson
- Kristyanna Brandriet

WANT TO TEACH A COMMUNITY EDUCATION CLASS OR HAVE A NEW PROGRAM IDEA?

New program ideas & instructors are always welcome in Ortonville Community Education. Please email sara.wollschlager@ortonville.k12.mn.us your special skill, talent, hobbies, career experiences, or expertise you are willing to share with the community. Classes are flexible because they are built around the needs of the people involved. We strive to provide a quality educational experience for our participants. People make the difference & we WELCOME your ideas!

www.ortonville.k12.mn.us



Beginning Watercolor Class



Search for "Ortonville Community Education" on Facebook and "Like" us for class reminders & updates. From your computer hover over the Liked button and then select "Get Notifications" in the drop box so you see all our updates in your newsfeed.

Like us on
facebook



*Homecoming
Week is
October 1st-
5th*

TROJANS



PFCT
PRAIRIE FIRE CHILDREN'S THEATRE

Prairie Fire Theater presents "Sleeping Beauty" during the week of April 28-May 4, 2019.

Dates: Nov. 1, 8, 15

Time: 4:30-6:30pm

Cost: \$27/person

Instructor: Neva Foster

Location: OHS Art Room

What to bring:

- Watercolor paper-arches is best, I have some if you need to buy some
- Watercolor paints & brushes
- Water dish
- Paper towels to dab brushes on
- A fine mister bottle
- Board to paint on, otherwise paint on the art table

- It is best to have your watercolor paint dried in a palette a few days before the class, this allows you to control the amount of color you use rather than when it is fresh from the tube.
- Max Class Size: 10

SAVE THE DATES:

- ◇ Join us for the Holiday Fashion Show at the Big Stone American Legion December 8th featuring Styles from Linda's Fashion of Milbank and a scrumptious brunch.
- ◇ Save the Date to "Go South of the Border" supporting the Big Stone Health Care Foundation April 6th, 2019 at the Sioux Historic Pavilion.



**BIG STONE
Health Care
FOUNDATION**

Bridge Lessons

DATES: Everyone Monday starting September 17th (runs for 6 weeks)

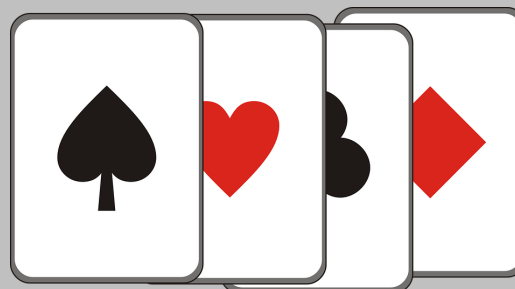
TIMES: 6:30 P.M.- 8:00 P.M.

LOCATION: Ortonville Community Center

INSTRUCTOR: Audrey Tobin

COST: \$11

DESCRIPTION: Going over the basic rules and play of Goren Bridge. Open to beginners, intermediate, or advanced players.



Whats Cooking???

Sushi Making Class

Interested in learning how to roll your own sushi?

Classes are taught by Hisa Kilde who cooked Japanese dishes at The Birdfeeder in Twin Brooks, SD. You will make 2 rolls of sushi (12 pieces) & enjoy miso soup.

Location: FACS Kitchen, OHS

Cost: \$33 (includes supply cost and bamboo rolling mat to take home)

Date: Thursday, September 27th

Time: 5:00 pm



REPURPOSED WORKSHOP

YOUR RETIREMENT REIMAGINED,
REFOCUSED, AND RENEWED

What if, rather than the end of something, your retirement was just the beginning? What if the best and most fulfilling years of your life are the ones ahead? This workshop will help you outline and live out what we call Your Repurpose. Whether you are pre-retirement, or already retired, this isn't a workshop on simple goal setting or charting an entirely new reason for living. Instead, it's designed to help you see the continuation of the abilities and passions you've developed and pursued during your working years. We've designed it to help guide you through the

coming changes in your relationships and physical health. Additionally, this workshop will help transform the way you view the impact your life has on others.

Presenters:

- ♦ Jerrid Sebesta; formerly on-air personality with KARE11, Financial Wellness Coach, Speaker, Podcast Host
- ♦ Ben Taatges; Author of "Repurposed, the Untold Story of Retirement in America"

Open to anyone who hopes to, currently is, or is planning to retire SOMEDAY!

Date: Saturday Dec 1, 2018

Time: 9am-1:30pm

Location: New Life Baptist Church

Cost: \$20 fee (includes book & lunch)

**Ages Preschool-12th Grade. Classes start
September 10 & 11. Register at [www.
justforkix.com/danceclasses/](http://www.justforkix.com/danceclasses/)**



Healthcare “Behind-the-Scenes”

Have you ever wondered what goes on behind the scenes in health care? Ortonville Area Health Services and Fairway View Senior Communities invites you to a “behind the scenes” look at health care. Maybe you’re a student interested in a health care career, or an adult wanting to make a career change, or maybe you’re just curious how it all works. Regardless of your reason, please join us as we explore what goes on beyond patient care.

Explore Nursing I

Tuesday, October 2nd

6:00 pm

Cost: FREE (pre-registration NOT required, just show up!)

OAHS Hospital Lobby

Ages: 12+

Description: Come learn basic first aid techniques that you can use in your daily life, learn about the Stop The Bleed Campaign in order to understand how to stop bleeding from an injury, and then learn about Chest Pain and Stroke symptom recognition and early intervention.

Explore Nursing II

Tuesday, October 16th

6:00 pm

Cost: FREE (pre-registration NOT required, just show up!)

OAHS Hospital Lobby

Ages: 12+

Description: Walk a day in the life of a Nurse. Our Nurse Leaders will walk you through our clinic and hospital space and reveal the processes, tasks and workflows that help us meet our patient needs.



Explore Scheduling, Registration, Billing, & Coding

Tuesday, December 11th

6:00-7:00 pm

Cost: FREE (pre-registration NOT required, just show up!)

OAHS Hospital Lobby

Ages: 12+

Description: Hear an overview of the medical billing process from the moment you contact a healthcare provider about an appointment until after you receive your bill in the mail.



Ortonville Area Health Services

Explore Radiology & Imaging Services

Tuesday, November 6th

6:00 pm

Cost: FREE (pre-registration NOT required, just show up!)

OAHS Hospital Lobby

Ages: 12+

Description: Learn about all the different imaging technologies we have onsite at OAHS and understand how they are used to treat our patients.

Explore Fairway View Senior Communities

Tuesday, November 20th

6:00 pm

Cost: FREE (pre-registration NOT required, just show up!)

Fairway View Town Center

Ages: 12+

Description: Take a tour of our Fairway View Senior Communities and learn about the differences between Home Health, Catered Living, Assisted Living and Skilled Nursing Facility and all that goes in to serving our tenants and residents each and every day.

Explore Lab

Tuesday, December 4th

6:00 pm

Cost: FREE (pre-registration NOT required, just show up!)

OAHS Hospital Lobby

Ages: 12+

Description: Understand what happens after the needle poke and learn about the processes and use of technology that goes in to analyzing your blood to help you and our providers understand what’s going on in your body.

Healing Touch & Shiatsu Massage Classes



What is Healing Touch?

Healing Touch is a relaxing, nurturing, heart-centered energy therapy that uses gentle, intentional touch that assists in balancing physical, emotional, mental, and spiritual well-being.

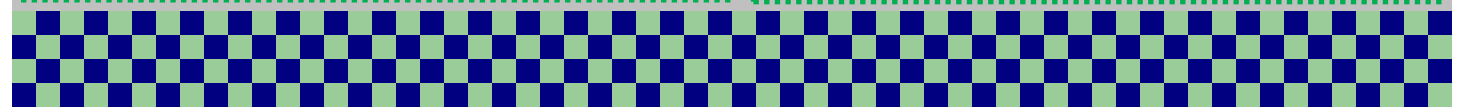
You will learn the techniques for stress reduction, ADHD, forgiveness work, headaches, cuts, burns, muscle tension, & much more!!

Wednesday, October 24th
5:00 pm
OHS Media Center (Library)
\$22

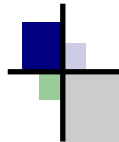
What is Shiatsu massage?

Shiatsu massage therapy relies on the use of the fingers, thumbs, and palms to apply pressure to various areas of the body's surface to help heal common ailments and conditions, and correct imbalances in the body. You will learn the sitting position technique which helps for joint problems, arthritis, acute and chronic neck and back pain, and headaches.

Thursday, October 25th
5:00 pm
OHS Media Center (Library)
\$22

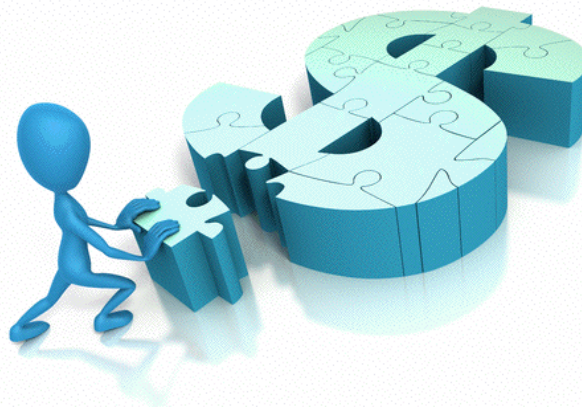


Financial Planning Classes



Dates:

- o **Sept 18th** Investing Basics: Are You Living Well Today and Planning for Tomorrow?
- o **Oct 16th**: How to Take Advantage of the New Reformed Tax Laws
- o **Nov. 20th**: Building Your Safety Net to Financial Protection
- o **Dec. 18th**: Planning for Your Family's Future: Saving for Education and Protecting Your Estate (This will be forum-style, so please bring your questions!)



Times: 6:30pm

Location: OHS Media Center

Cost: FREE

Pickleball

Pickleball? Yes, pickleball! And yes, it's a real sport! It's a little tennis, a bit of ping pong, a splash of badminton and fun to say! It's fun, it's easy, anyone can play! Described as one of the fastest growing sports in the nation and among the fastest growing senior sports in the country! Come for some fun & exercise!

Instructors: Don Sherman
Location: OHS Elementary Gym or pickleball courts
Days: Tuesday's & Thursday's ongoing
Time: 6:30pm
Cost: FREE

How to Take Better Pictures with your Digital Camera

Description: The photographs we take let us share our personal experiences with others but often those photos don't turn out exactly the way we thought they would.

This six-week class is designed for any photographer who wants to better understand the workings of their Digital Camera* and how to apply that knowledge when taking pictures. The class meets on six consecutive Wednesday nights at 7pm, September 12th - October 17th, and has three optional weekend workshops.

The course concentrates on the basic mechanics of how and why a digital camera forms an image effectively. The class gives the participant an opportunity to improve their photography skills through the better understanding of proper exposure and thoughtful composition.

The class is filled with practical tips and offers "in the field" workshop demonstrations of the proven techniques that are used by professional photographers. The class itinerary also includes tips on basic digital photo editing with common software available from Adobe as well as Nikon, Canon etc.

The class is taught by local award-winning freelance photographer Steve Berkner whose photo assignments over the years include travel to four continents and 17 countries. Berkner is a 1981 graduate of Ortonville High School and a 1986 graduate of Moorhead State University where he graduated with a Bachelor's Degree in Journalism.

Participants are expected to have access to a digital camera, a modern computer and a USB 2.0 flash drive.

The cost of the class is \$110 and includes one copy of Bryan Peterson's book "Understanding Photography Field Guide" (retail \$24.99). The course meets at the Berkner Pizza party room in Ortonville.

*Please note that this class is intended for modern digital interchangeable lens cameras (both DSLR and ILC) or advanced "point and shoot" cameras. Please contact the instructor if you have any questions concerning your camera's capabilities.

The class needs a minimum of six participants and is limited to a maximum of 16.

Mail:

Ortonville Public School
Community Education
200 Trojan Drive
Ortonville, MN 56278

Phone/E-Mail/Fax:

320-839-6181 ext. 318

Fax 320-839-3708

E-Mail (BEST WAY):

sara.wollschlager@ortonville.k12.mn.us

Visit Us:

Ortonville Public School, 200
Trojan Drive, Ortonville, MN
56278. Room F103
OR
<http://www.ortonville.k12.mn.us/page/2536>

How to Register, Payments, & Refunds:

- A full refund will be made if Community Education cancels a class. If you have registered for a class and you cancel at least three (3) business days prior to the start of the class, you will receive a full refund of the class fee. You are not eligible for any refund beyond the three day period.
- No-shows are not eligible for a refund.
- A refund may take up to three weeks to process.
- Payment for class fees must be paid directly to the community education coordinator by cash or check prior to the start of the class.
- Pre-registration is mandatory for all Community Education classes. Your pre-registration and payment reserves your space in class. Classes fill quickly. Register early!



Community Education

Ortonville Community Education exists to facilitate the learning and participation of adults so they can improve their lives and our community. We provide opportunities for local citizens, schools, agencies and institutions to become active partners in addressing education and community concerns. Community Education brings community members together to identify and link community needs and resources in a manner that helps people to help themselves and to raise the quality of life in our community.

www.ortonville.k12.mn.us



Minnesota Timberwolves & Lynx Basketball Clinic



Ortonville Youth Basketball

The Minnesota Timberwolves & Lynx Basketball Academy and Ortonville Community Education is proud to offer a basketball clinic for boys & girls basketball players. Players will improve their skills, fundamentals, practice habits, and teamwork. We invite you to join us for the FUN!

Ortonville Public School

200 Trojan Drive
Ortonville, MN

When:

Monday, November 5th, 2018

3:15pm-4:15pm

Boys & Girls grades K-3

4:15pm-5:45pm

Boys & Girls grades 4-8

Cost:

Registration:

\$22 per participant



Complete attached registration form and return by 10/26/18 to:

**Community Education
200 Trojan Drive
Ortonville, MN 56278**

Questions? Contact – Sara Wollschlager

P: 320.839.6181 - Sara.Wollschlager@ortonville.k12.mn.us

Included in the clinics above: A ticket voucher to a Wolves game and/or a Lynx game, a poster, and other Wolves/Lynx prizes! No Wolves/Lynx player will attend.

INFORMATION

NAME _____

ADDRESS _____

CITY/STATE/ZIP _____

PHONE (H) _____ (W) _____

EMAIL _____

CURRENT GRADE _____

_____ # of K-8th grade participants @ \$22

TOTAL =
\$-- _____

**Checks payable to:
Ortonville Community Education**



**Ortonville Public School
200 Trojan Drive
Ortonville, MN 56278**

**NonProfit Org.
U.S. Postage
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Ortonville, MN 56278**

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