

MPS Community Ed Spring 2020 Flyer

www.mpscommunityed.com

(WELL) Wellness (ART) Arts & Enrichment(COMM) Community (TECH) Career and Technology

1. Fit at 50+ Session 1 (WELL) As we age, our bodies develop various limitations which affect our daily life. This class will help you become stronger and more flexible. It is not a competitive atmosphere but is a place to be encouraged to increase our physical abilities to give us a better quality of life. Supplies: You will need an exercise mat and a set of light weights (#1-#3 works well for most people).

Tuesdays & Thursdays: March 17, 19, 24, 26, 31, April 7, 9; Cost \$28.00 (7 Sessions); Time: 5:15PM-6:00PM; Location: Longfellow Gym; Instructors: Gwen Matthews & Courtney Zaback

2. Fit at 50+ Session 2 (WELL) As we age, our bodies develop various limitations which affect our daily life. This class will help you become stronger and more flexible. It is not a competitive atmosphere but is a place to be encouraged to increase our physical abilities to give us a better quality of life. Supplies: You will need an exercise mat and a set of light weights (#1-#3 works well for most people).

Tuesdays & Thursdays: April 14, 16, 21, 23, 28, 30, May 5, 7, 12; Cost \$36.00 (9 Sessions); Time: 5:15PM-6:00PM; Location: Longfellow Gym; Instructors: Gwen Matthews & Courtney Zaback

3. Aqua Fit and Tone - Mondays(WELL) Tired of going to the gym and getting hot and sweaty? Are your joints not able to keep up with fitness classes? Do you want cardio and strength training in an easier environment? Water Fitness is a great way to exercise your body without the stress on the joints. Even the CDC states that "Water-based exercise can help people with chronic diseases, improve mental health, and you can also exercise longer in water than on land without increased effort or joint or muscle pain" With so many benefits, why not try it! This class will combine a cardio workout along with muscle strength which can help you feel better and be as active as you can. We will provide the pool noodle, you provide the suit, towel, and determination to do your very best. If you would like to improve on your strength, you can also purchase Aqua Dumbbells and hand weights(1-3 Pounds) to help with muscle conditioning. These are not required. See you at the Pool!

Mondays: March 16, 23, 30, April 6, 20, 27, May 4; Cost \$28.00(7 Sessions); Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors: Kristal Siembida & Sonja Weber

4. Aqua Fit and Tone - Tuesdays Want a fun way to enhance cardiovascular fitness, improve flexibility, increase muscle endurance and burn calories while exercising in the water? Aqua Fitness is a blend of cardio, strengthening, muscle endurance, and resistance training that is low-impact and easier on your joints. While in the pool, participants will perform a range of easy to learn steps. We may use such tools as pool noodles, kickboards, etc which will be provided. No matter what your age, ability, or experience – this water workout is suitable for everyone!! No swimming experience is required –you just need to be willing to get wet and move to the music! Participants may use water shoes for better traction on the pool floor. Want to reach new levels of fitness and have a blast? Come join us!

Tuesdays: March 17, 24, 31, April 7, 14, 21, 28, May 5; Cost \$32.00(8 Sessions); Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors: Sonja Weber & Kristal Siembida

Register for classes in person, by mail, and online at www.mpscommunityed.com

5. Aqua Fit and Tone - Thursdays Description same as #3. **Thursdays: March 19, 26, April 2, 9, 16, 23, 30, May 7; Cost \$32.00(8 Sessions)Time: 6:30PM-7:30PM; Location: Ramstad Middle School Pool; Instructors: Sonja Weber & Kristal Siembida**

6. Zumba® Session 1 (WELL) Zumba® is a Latin, dance-based cardio class that includes a warm-up, workout and cool-down/stretch. The goal of the class is to have fun and dance while blasting calories. Join the fun and get your cardio on! Supplies to bring: water and cross-trainers.
Mondays/Wednesdays: March 16, 18, 23, 25, 30, April 1, 6, 8 ; Cost \$32.00 (8 Sessions)Time: 6:30PM-7:30PM; Location: Central Campus Basement Gymnasium; Instructor: Janae Ronning & Julie Pettys

7. Zumba® Session 2 (WELL) Zumba® is a Latin, dance-based cardio class that includes a warm-up, workout and cool-down/stretch. The goal of the class is to have fun and dance while blasting calories. Join the fun and get your cardio on! Supplies to bring: water and cross-trainers.
Mondays/Wednesdays: April 15, 22, 27, 29, May 4, 6, 11; Cost \$28.00 (7 Sessions)Time: 6:30PM-7:30PM; Location: Central Campus Basement Gymnasium; Instructor: Janae Ronning & Julie Pettys

8. Rosemaling (ART) Learn this beautiful Scandinavian painting technique under the guidance of a seasoned artist. This class is designed for the beginning painter and the experienced painter. The special project will be a wooden bowl. (The price of the wooden bowl has been added to the class total.)
***If you are NEW to the rosemaling class please let us know in the comments when you check out and we will put together the necessary supplies for you to complete this class(There will be an additional fee for supplies if you are new to this class).
Tuesdays: March 17, 24, 31, April 7, 14, and 21; Cost \$98 (6 Sessions); Time: 6:30PM-9:30PM; Location: Minot Adult Learning Center; Instructor: Joan Varty

9. Acrylic Painting: Flamingo(ART) In this class we will paint a beautiful picture of flamingos hoping to help bring you out of the mid winter slump! We will learn about thick acrylics and mixing colors. At the end of this class we hope to be able to create a bright and sunny picture, which should put you in a happy mood. Come join this class and embrace your artistic side to create the masterpiece you have always wanted to hang in your home. You will be given step by step instructions in order to complete your perfect first (or 100th) masterpiece! Supplies to be provided in class. No art experience necessary.
****Deadline to sign up for this class will be March 21st. Please call if you are trying to register after that date!**
Saturday/Sunday: March 28th & 29th; Cost \$60.00 (2 Sessions);Time: Saturday 10:00AM-1:00PM & Sunday 3:00PM-6:00PM; Location: Minot Adult Learning Center; Instructor: Zhanna Widmayer

10. Acrylic Painting: Bouquet of Flowers(ART) If you love looking at flowers as they are being highlighted by the sun and/or feel instantly happy when you receive a beautiful bouquet of flowers then this class might just be the best thing for you! Once you complete this class you'll be able to hang your very own artwork in your home. It could be a winter blizzard or spring rain showers outside but you'll be captivated by your beautiful spring painting! In this class we will paint a beautiful flower bouquet. This class should start to give us all spring vibes! We will learn about thick acrylics and mixing colors. At the end of this class we hope to be able to create a bright and sunny picture, which should put you in a happy mood.Come join this class and embrace your artistic side to create the masterpiece you have always wanted to hang in your home. You will be given step by step instructions in order to complete your perfect first (or 100th) masterpiece! Supplies to be provided in class. No art experience necessary. ****Deadline to sign up for this class will be April 11th. Please call if you are trying to register after that date!**
Saturday: April 18; Cost \$45.00 (1 Session);Time: 10:00AM-2:00PM; Location: Minot Adult Learning Center; Instructor: Zhanna Widmayer

11. Google Drive Basics (TECH) Google Drive is a suite of FREE cloud-based tools for creating, sharing, storing and collaborating on files. Just like the Microsoft Office suite, Google Drive offers different file types for different functions. In this class we will explore the following apps in Google Drive: Google Sheets, Google Forms, Google Docs, Google Forms, and Google Photos. We will help you through the process of creating your very own Gmail account(if you already have one that is great) Once we have you all set up with Gmail accounts we will dive right into the apps!

We will provide computers, instruction, and FUN! Come enjoy some tech talk with us and learn how to utilize a FREE service!

Saturday: April 18th; Cost \$25.00; Time: 10:00AM-12:00PM; Location: Minot Adult Learning Center; Instructor: Kasey & Katie

12. Google Photos(TECH) Did you run out of photo space on your phone again? Aren't you tired of buying expensive external hard drives to store the thousands of pictures of your dogs? What are you gonna do with that "BIG OL' BOX" of old photos in your grandma's attic? FREE yourself with Google Photos. Never lose a picture again!

In this class, we will teach you how to take advantage of the FREE services of Google Photos. We will explore these easy to use features with hands-on, instructor-led activities. We will help you set up your account and then begin to navigate the app so you will leave our class feeling lighter, confident, and ready to impress your family members with your techie prowess.

Please bring:-Smartphone (iPhone, Android, etc.)-1 or 2 old photos (printed photo..yes on actual paper-I know right?) Call with any questions regarding your phone or device!

Saturday: April 18th; Cost \$25.00; Time: 1:00PM-3:00PM; Location: Minot Adult Learning Center; Instructor: Kasey & Katie

13. Intro to Canva(TECH) What if we told you there was a way to design your own images and graphics that is easy, user-friendly, and best of all, it's FREE? Canva is arguably the simplest to use graphic design program on the market. Canva has been helping both professionals and amateurs alike create amazing graphics for business and personal use.

In this class, we will guide you through setting up your FREE account and you will follow instructor-led activities to create three one of a kind projects in Canva! We will create a greeting card, poster, and social media graphic.

You do not need to be tech-savvy in order to participate. No experience necessary in order to excel at this program. We will provide computers- please bring your smartphone but not required.

Saturday: May 2nd; Cost \$25.00; Time: 10:00AM-12:00PM; Location: Minot Adult Learning Center; Instructor: Kasey & Katie

14. Know Your Employer Retirement Plan Options: Leave It, Move It, Roll It, Take It(COMM) An educational program that outlines the potential advantages and disadvantages of various retirement plan distribution options.

Topics Include:

- The most common distribution options
- How to avoid having the IRS withhold 20% of your retirement distribution
- How taxes, penalties and investment options factor into your decision

**You must pre- register for this class! You can either register online here or fill out the printed form and mail/turn it in to us at the Minot Adult Learning Center.*

Thursday: March 26th; FREE; Time: 7:00PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones

15. Social Security: Your Questions Answered (COMM) Social Security will likely be the foundation of your retirement income. Before you retire, it's important to understand your options regarding Social Security and the impact your decisions have on your retirement. We'll discuss how Social Security fits into your retirement income plan, when you should start taking benefits, and tax considerations.

**You must pre- register for this class! You can either register online here or fill out the printed form and mail/turn it in to us at the Minot Adult Learning Center.*

Tuesday: May 5th; FREE; Time: 7:00PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones

16. YourBookAssistants: BookClub (March Meet Up) (COMM) The Minot Adult Learning Center Assistants are starting a book club! Good books, good discussion, and great people! Our names are Kasey and Katie and we LOVE TO READ!! We are excited to meet some new people and discover new books to read and discuss.

In this club, we will pick out three books to finish out the school year(March, April, and May). Come prepared each meeting to discuss our featured book for that particular month. For our first book, we have chosen ***The Giver of Stars by Jojo Moyes.***

How does this book club work, you might ask?

1. Find the monthly book at your local bookstore, library or on your E-reader(We love these three options: Mainstreet Books, Barnes & Noble, and Minot Public Library!)
2. Read the book (Before the meeting date preferably)
3. Show up to the Minot Adult Learning Center at the listed date and get ready to discuss: Likes, dislikes, favorite characters, heartbreaking moments, and ANYTHING else you feel like exploring related to our book! We will provide questions to help navigate the discussion!

Thursdays: March 26th -The Giver of Stars by Jojo Moyes

April 30th-To be announced on March 26th

May 21st-To be announced on April 30th

**You must pre- register for this class! You can either register online here or fill out the printed form and mail/turn it in to us at the Minot Adult Learning Center.*

Thursdays: March 26th; FREE; Time: 6:30PM-8:00PM; Location: Minot Adult Learning Center; Kasey & Katie "YourBookAssistants"

17. YourBookAssistants: BookClub (April Meet Up) Same description as #16.

April 30th-To be announced on March 26th(we will list on our website as well!)

May 21st-To be announced on April 30th

**You must pre- register for this class! You can either register online here or fill out the printed form and mail/turn it in to us at the Minot Adult Learning Center.*

Thursdays: April 30th; FREE; Time: 6:30PM-8:00PM; Location: Minot Adult Learning Center; Kasey & Katie "YourBookAssistants"

18. YourBookAssistants: BookClub (May Meet Up) Same description as #16.

May 21st-To be announced on April 30th(we will list on our website as well!)

**You must pre- register for this class! You can either register online here or fill out the printed form and mail/turn it in to us at the Minot Adult Learning Center.*

Thursdays: May 21st; FREE; Time: 6:30PM-8:00PM; Location: Minot Adult Learning Center; Kasey & Katie "YourBookAssistants"

POLICIES & PROCEDURES

- **WAIVER:** STUDENTS ARE ENCOURAGED TO READ OUR WAIVER BEFORE REGISTERING FOR OUR CLASSES
- **CLASS STATUS:** CHECK THE STATUS OF OUR CLASSES BY CALLING OUR OFFICE 701-857-4488.
- **SERVICE POLICY:** ALL COURSES ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS. REGISTRATION IS INCOMPLETE UNTIL YOUR CLASS FEE AND REGISTRATION FORM IS RECEIVED.
- **CLASS FEES & SUPPLY FEES (IF APPLICABLE):** MAY BE PAID BY CHECK, MONEY ORDER, CASH OR CREDIT/DEBIT CARDS ONLINE. WHEN REGISTERING FOR MULTIPLE CLASSES, PLEASE PAY FOR EACH CLASS WITH A SEPARATE CHECK. REFUNDS WILL ONLY BE GIVEN SEVEN DAYS PRIOR TO THE CLASS AND IN EMERGENCIES.
- **WHO MAY ATTEND:** ONLY PRE-PAID REGISTRANTS, 16 AND OVER, MAY ATTEND CLASSES.
- **CANCELLATIONS:** WE RESERVE THE RIGHT TO CANCEL CLASSES DUE TO CIRCUMSTANCES BEYOND OUR CONTROL. REGISTRANTS WILL BE NOTIFIED AND CLASS FEES RETURNED.
- **CLASS POSTPONEMENTS:** IF MINOT PUBLIC SCHOOLS CLOSE DUE TO WEATHER, OR MINOT POLICE DEPARTMENT ISSUES A NO TRAVEL ADVISED FOR THE CITY, OUR CLASSES WILL AUTOMATICALLY BE POSTPONED. IN OTHER EVENTS AN EFFORT WILL BE MADE TO NOTIFY YOU AT THE PHONE NUMBER YOU PROVIDED US

WAIVER, RELEASE AND INDEMNIFICATION

BY REGISTERING FOR ONE OF OUR CLASSES, BE AWARE THAT YOU WILL BE WAIVING, RELEASING AND INDEMNIFYING MPS FOR ANY DAMAGE TO THE FACILITY OR LIABILITY INCURRED AS A RESULT OF ITS USE. BY SIGNING YOU WILL HEREBY:

- 1) AGREE TO ASSUME ALL RISK OF DAMAGE TO THE FACILITY AS A CONSEQUENCE OF ITS USE;
- 2) WAIVE, RELEASE, AND DISCHARGE MPS, ITS AGENCIES, OFFICERS, EMPLOYEES AND VOLUNTEERS FROM ANY AND ALL LIABILITY THEY MAY INCUR RESULTING FROM THE USE OF THE FACILITY;
- 3) INDEMNIFY, SAVE AND HOLD HARMLESS MPS, ITS AGENCIES, OFFICERS, EMPLOYEES AND VOLUNTEERS FROM ANY AND ALL CLAIMS OF ANY NATURE INCLUDING COSTS, EXPENSES AND ATTORNEY'S FEES WHICH MAY IN ANY MANNER RESULT FROM THE USE OF THE FACILITY.

THIS WAIVER, RELEASE AND INDEMNIFICATION SHALL BE CONSTRUED BROADLY TO PROVIDE A WAIVER, RELEASE AND INDEMNITY TO THE MAXIMUM EXTENT PERMISSIBLE UNDER APPLICABLE LAW.

Three Step Registration Process: In-Person & Mail-in.

Step 1: Print this registration form below and fill out the form completely.

Step 2: Make your check or money order payable to MPS.

Step 3: Drop off your registration form and tuition in the mail or at our office.

If you are registering for MULTIPLE classes-we will need a SEPARATE check for each class!

If you have questions on this please give us a call!

MPS Community Ed Minot Adult Learning Center 1609 4th Avenue NW Minot, ND 58703-2911		
Name		
E-Mail Address		
Phone #		
Address		
City & Zip		
Where did you hear about our classes?		
Course #	Course Title	Tuition <small>(Payable to MPS)</small>
Payment Method: (Cash, Check, or Credit/Debit Card) Please make separate checks for multiple classes.		
Thank you!		Total:
Signature:		

By registering for this class, I understand that MPS or its instructors will not be held responsible for injuries or loss of property. See waiver release.*

*Waiver, Release and Indemnification

By registering for one of our classes, be aware that you will be waiving, releasing and indemnifying MPS for any damage to the facility or liability incurred as a result of its use. By signing below you will hereby:

- 1) Agree to assume all risk of damage to the facility as a consequence of its use;
- 2) Waive, release, and discharge MPS, its agencies, officers, employees and volunteers from any and all liability they may incur resulting from the use of the facility;
- 3) Indemnify, save and hold harmless MPS, its agencies, officers, employees and volunteers from any and all claims of any nature including costs, expenses and attorney's fees which may in any manner result from the use of the facility.

Register for classes in person, by mail, and online at www.mpscommunityed.com

This waiver, release and indemnification shall be construed broadly to provide a waiver, release and indemnity to the maximum extent permissible under applicable law.