

MPS Community Ed FALL 2022

www.mpscommunityed.com

(WELL) Wellness (ART) Arts & Enrichment (TECH) Tech Savvy (COMM) Community Outreach

1. Flexibility, Strength, and Balance: Session 1 (WELL)

This class is ideal for an individual returning to exercise after taking a brief pause, has not ever worked out, or just looking to get out and move a little while meeting new people. Offered at a slower pace, this class will provide a total body workout. This class includes a longer stretching section to lengthen muscles and relax the body. Participants will need to supply their own water bottle, light weights (1-5 pounds), and exercise mat. Please dress appropriately for a workout environment.

Tuesdays & Thursdays: September 13, 15, 20, 22, 27, 29, October 4, 6, 11, 18, 25 (11 Classes); Cost \$44.00; Time: 6:10 PM-7:00 PM; Location: Longfellow Gym; Instructor: Jennifer Kalmbach

2. Flexibility, Strength, and Balance: Session 2 (WELL)

Same Description as #1.

Tuesdays & Thursdays: November 1, 3, 8, 10, 15, 17, 22, 29, December 1, 6, 8 (11 Classes); Cost \$44.00; Time: 6:10 PM-7:00 PM; Location: Longfellow Gym; Instructor: Jennifer Kalmbach

3. Aqua Zumba®(WELL)

Aqua Zumba® is an exhilarating dance fitness-inspired, low impact cardio pool party that invokes joy while burning calories. It offers a fun but challenging water-based, body toning workout to Latin music. Come join the Party!

Supplies: Bring a water-bottle and water-shoes if you have them.

Mondays: September 12, 19, 26, October 3, 10, 17, 24, November 14, 21, 28, December 5, 12 (12 Sessions); Cost \$48.00; Time: 6:30 PM-7:30 PM; Location: Ramstad Middle School Pool; Instructor: Diana Peterson

4. Aqua Fit and Tone - Tuesdays: Session 1(WELL)

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: September 13, 20, 27, October 4, 11, 18, 25, November 1, 8, 15, 22, 29, December 6, 13(14 Sessions); Cost \$56.00; Time: 6:30 PM-7:30 PM; Location: Ramstad Middle School Pool; Instructors:Sonja Weber

5. 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: September 12, 19, 26, October 3, 10, 17, 24, 31, November 7, 14, 21, 28, December 5, 12(14 Sessions); Cost: \$56.00; Time: 7:00 PM-8:00 PM; Location: Hoeven Elementary Gymnasium; Instructor: Julie Pettys

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

6. 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: October 4, 11, 18, 25, November 1, 8 (6 sessions); Cost \$98.00; Time: 6:30 PM-9:30 PM;
Location: Minot Adult Learning Center; Instructor: Joan Varty**

7. Sewing 101 (ART)

Have you always wanted to learn how to sew? Or maybe you are a “haven’t-sewn-in-years” sewer and just need a refresher? Either way, this class is geared towards you!

We’ll start by covering the fundamentals such as basic terms, fabric choice, deciphering the pattern envelope, and instructions inside. We’ll also learn about sewing machine basics. Our class project will be to complete a pair of lounge pants using a pattern provided in class by the instructor. The lounge pants can be made to accommodate a wide range of sizes. (Kids Sizes to Adult Sizes)

This class is being held at the Minot Adult Learning Center where sewing machines are available. This will give students an opportunity to find out if they would like to continue sewing with minimal investment. Supply list to be given once class fills!

**Tuesdays & Thursdays: Sept 27, 29, October 4, & 6; Cost \$60.00 (4 Sessions)Time: 6:00 PM-8:00 PM;
Location: Minot Adult Learning Center; Instructor: Karen Ploof**

8. You’ve Got Zippers in the Bag!

This class is for anyone that can sew a straight seam. Zippers often intimidate sewers. This class will introduce zipper installation in craft projects which is much easier than clothing. If you do not have a sewing machine, one will be provided.* If you have a sewing machine and you know how to fill your own bobbin, set the tension and thread your machine, you may bring your own. Three bags will be completed during this course.

The first is a box bag with an exposed zipper and secured ends. When complete, it measures approximately 9” L x 4” H x 4” W. It is made with double sided, pre-quilted fabric so no lining required. This bag is perfect for toys, pencils, sewing supplies, etc.

The second is a tote bag with a set-in zipper and lining Finished, it measures approximately 20” x 20”. One sided, pre-quilted fabric will be used for the outside and the lining can be any coordinating fabric. This bag has boxed corners making it great for taking shopping, to the gym or sewing class.

Last, is a retreat bag featuring an exposed zipper with tabs that extend beyond both sides of the bag. This enables the bag a wide opening for easy access to the contents. Finished size is approximately 8 1/2” L x 5” H x 4”W. Two layers of fabric with interfacing in the middle affords stability enabling the bag to stand tall. This would be an awesome cosmetic bag!

*A limited number of sewing machines are available and will be on a first come-first served basis. Please let us know in the comments at checkout if you will be using one of our machines. Supply list to be given once class fills!

**Tuesdays & Thursdays: October 11, 13, 18, & 20; Cost \$60.00 (4 Sessions)Time: 6:00 PM-8:00 PM;
Location: Minot Adult Learning Center; Instructor: Karen Ploof**

9. Beginning Crochet: Dishcloths (ART)

If you've never crocheted, but have always wanted to give it a try, this class is for you. Or maybe you have some crochet experience and an unfinished project hidden away in the darkest corner of your closet, then this class could be for you also. If you would like to make some fun dishcloths and meet some interesting classmates, join the fun and take this class.

Crocheting a dishcloth is quick, easy, and a great way to try out new stitch patterns. Not only is this a good beginner project, but it's also fun to customize as you learn more. This class will teach you how to create 3 different dishcloths. Once you know a few basic crochet stitches, you'll be ready to tackle this project. Supply List will be emailed out to class participants once we have reached the class minimum.

Tuesdays: October 25, November 1, 15 (3 Sessions); Cost \$45; Time: 6:30 PM-8:30 PM; Location: Minot Adult Learning Center; Instructor: Lori Olson

10. Facebook for Beginners (TECH)

This is a hands on course to create comfortability while using the largest social media platform, Facebook. You will learn how to post a photo, update your status, create and view stories, write a bio, find and connect with friends. We will discuss top scams to avoid, and how to change your password. You do not need a facebook account to attend this class, one can be created for you. If you have a personal device you plan to use social media on (such as a cell phone, laptop, or iPad) please bring that with you.

Tuesday & Thursday: October 11, 13 (2 Sessions); Cost: \$ 30.00; Time: 7:00 PM-8:00 PM; Location: Minot Adult Learning Center; Instructor: Carisa Ashley

11. Social Media Marketing (TECH)

Designed

for business owners, creators, and influencers, this class teaches you how to effectively market yourself in a world where everything is digital. The focus will mainly be on utilizing instagram and tik tok as a driving force for your business, especially as we dive into the holiday season. Other social media platforms will be briefly discussed.

Monday & Wednesday: October 24, 26 (2 Sessions); Cost: \$ 30.00; Time: 6:00 PM-8:00 PM; Location: Minot Adult Learning Center; Instructor: Carisa Ashley

12. iPhone Basics (TECH)

Learn to use the technology that's at your fingertips! This course will take you step by step through the functionality of your iPhone. Some of the things you will learn include how to adjust your settings, use siri, make purchases, subscribe to podcasts, take, text and download photos, and utilize your phone as a magnifying glass. A personal iPhone is required for this class.

Monday & Wednesday: November 7, 9 (2 Sessions); Cost: \$ 30.00; Time: 6:00 PM-7:30 PM; Location: Minot Adult Learning Center; Instructor: Carisa Ashley

13. Finance: Social Security and 5 Lessons Our Retirees Want You To Know(COMM)

We will discuss how social security fits into your retirement plan, when to start taking benefits, and tax considerations. As well as 5 myths about Soc. Sec, CD rates and laddering for retirement income, and some suggestions for unused 529 plan funds.

**You must pre- register for this class- class size is limited! In order to register for this class you can either call(701-857-4488) and get on the list or email us(mpscommunityed@minot.k12.nd.us).*

Tuesday: September 27; FREE; Time: 7:00 PM-8:00 PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones

14. Finance: Focus on Fixed Income (COMM)

This class is geared to people who are interested in creating a reliable income stream, and covers bond characteristics and features as well as key strategies to get the most out of your fixed-income investments.

**You must pre- register for this class- class size is limited! In order to register for this class you can either call(701-857-4488) and get on the list or email us(mpscommunityed@minot.k12.nd.us).*

Tuesday: October 18; FREE; Time: 7:00 PM-8:00 PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones

15. Finance: What Happens After The Paychecks Stop? A Retirement Income Primer(COMM)

We will discuss budgeting for retirement expenses, examine potential sources of retirement income, discuss strategies to provide for your goals and address potential risks.

**You must pre- register for this class- class size is limited! In order to register for this class you can either call(701-857-4488) and get on the list or email us(mpscommunityed@minot.k12.nd.us).*

Tuesday: November 15; FREE; Time: 7:00 PM-8:00 PM; Location: Minot Adult Learning Center; Instructor: Tom Miller / Edward Jones

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-SERVE 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, 18 AND OLDER, 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.

This waiver, release and indemnification shall be construed broadly to provide a waiver, release and indemnity to the maximum extent

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

permissible under applicable law.