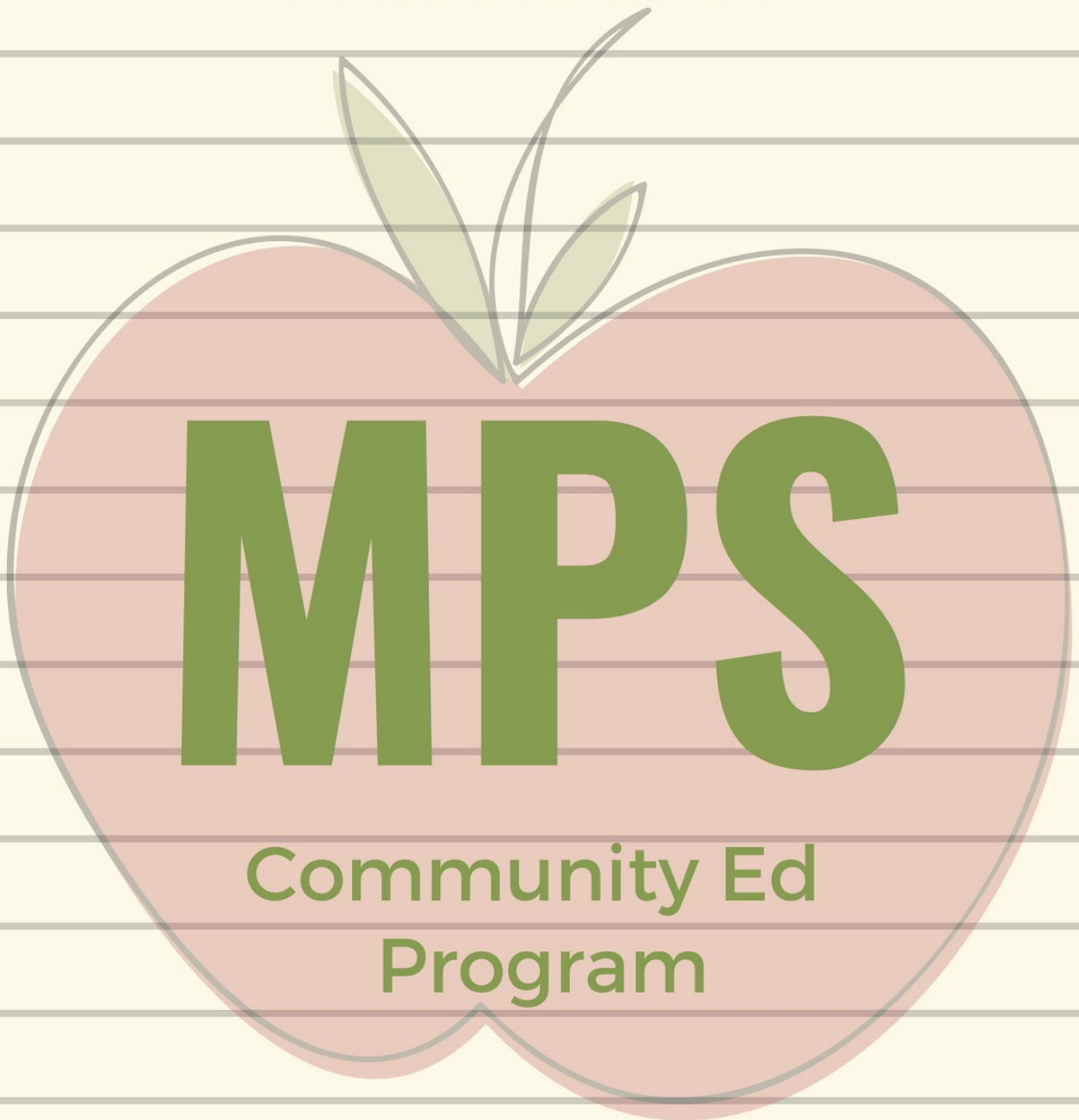


Winter 2019



www.mpscommunityed.com

701-857-4488

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

MPS Community Ed Winter 2019

www.mpscommunityed.com

(WELL) Wellness (ART) Arts & Enrichment (COMM) Community (TECH) Career and Technology
(Must be 16 years of age to sign up and attend any of the classes)

1. Fit at 50+ (WELL)

As we age our bodies develop various limitations which affect our daily life. This class will help you become stronger, fitter 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: January 15, 17, 22, 24, 29, 31, February 5, 7, 12, 14, 28, March 5, 12; Time: 5:15PM-6:00PM; Cost \$52(13 sessions); Location: Longfellow Gym; Instructor: Karen Hamilton

2. Aqua Fit and Tone -Tuesdays(WELL)

Want a fun way to enhance cardiovascular fitness and 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 pool floor. Want to reach new levels of fitness and have a blast? Come join us!

Tuesdays: January 15, 22, 29, February 5, 12, 19, 26, March 5; Time: 6:30PM-7:30PM; Cost \$32(8 sessions); Location: Ramstad Middle School Pool; Instructors: Kim Sutton & Sonja Weber

3. Aqua Fit and Tone - Mondays/Thursdays(WELL)

Same description as above(Class #2).

Mondays/Thursdays: January 14, 17, 24, 28, 31, February 4, 7, 11, 21, 25, 28, March 4, 11; Time: 6:30PM-7:30PM; Cost \$52(13 sessions); Location: Ramstad Middle School Pool; Instructors: Kim Sutton & Sonja Weber

4. Zumba® (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: January 14, 21, 28, February 4, 11, 18, 25; Time: 6:30PM-7:30PM; Cost \$28.00(7 sessions); Location: Central Campus Basement Gymnasium; Instructor: Janae Ronning

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

5. Wheel Thrown Pottery (ART)

Designed for beginners or more advanced students, this class covers the basics and explores more advanced concepts of wheel throwing clay! Create your own cups, bowls, mugs, and more! Class consists of 4 sessions: 3 nights you will make pottery on the wheel, and the final night you will glaze your pieces!

**Supply fee of \$30 included in the class total.

Mondays: January 28, February 4, 11, 25; Time: 6:30PM-8:30PM; Cost \$90.00(4 sessions); Location: Magic City Campus-Art Department; Instructor: Matthew Swenson; *Cost of supplies included.*

6. Intro to Bridge: One of the most popular card games of our time. (ART)

Bridge is the most popular card game in the world exceeding 60 million players world-wide. The appeal of bridge is that it is an easy game to learn, a hard game to master, inexpensive, and you don't have to be an expert to enjoy it. Lots of social interaction, mentally challenging and now considered one of the best mental activities for keeping the brain exercised & stalling the onset of Alzheimer's & other dementias. Test it out with an intro class to see if you want to pursue further. (Attendance is highly recommended for ALL.)

Monday/Wednesday: January 14, 16, 21, 23, 28, 30, February 4, 6; Time: 6:00PM-8:00PM; Cost \$40(8 Sessions); Location: Minot Adult Learning Center; Instructor: Maye Jones

7. Mama's Kitchen Classics: Scones & Tea (ART)

There is nothing better than fresh, warm scones. Scones are easy and versatile with several different variations, once you get the base down the flavor possibilities are endless. I will present several flavor options and demonstrate how to make the most popular, peppermint mocha scones! This class is perfect to bring a friend along with as it is hands on and will end with the group sharing a tasty plate of scones and a cup of hot tea brewed while we bake. Homemade scones, good friends and the chance to learn something new... a perfect way to spend a couple hours. Each person will go home with an easy to follow scone recipe and a round of scone to bake at home.

*Saturday: January 19; Time: 10:00AM-12:30PM; Cost \$25.00; Location: Minot Adult Learning Center; Instructor: Sarah Reimers; *Cost of supplies included.*

8. Mama's Kitchen Classics: Savory Mini Quiche (ART)

Quiche is excellent served warm or cold any time of day. They are really easy to make and store well in the fridge or freezer. Whether you are a busy mom stocking up on snacks for your growing boys or single and attempting meal prepping for the first time, quiche are perfect for you. We are going to make three different types of quiche using a homemade crust, a store bought crust and making a few with no crust at all. From the classic ham and cheese, the classy Spinach and Sun-dried tomato and the all time favorite Sausage with Green Pepper and Onions you will leave feeling full and inspired to whip up a few of your own egg-travagant concoctions at home.

*Saturday: January 26; Time: 10:00AM-12:30PM; Cost \$25.00; Location: Minot Adult Learning Center; Instructor: Sarah Reimers; *Cost of supplies included.*

9. Mama's Kitchen Classics: Pizza & Calzones (ART)

Who loves pizza? Just about everyone! Calzones are a lot of fun too, so let's try both. In this class we will make a homemade dough for both the pizza and the calzone. Flour will fly but it will be fun, this is the perfect class for a parent and child to take together. You will pick out toppings while the dough rises and get try your creations before the class is over.

*Saturday: February 9; Time: 10:00AM-12:30PM; Cost \$25.00; Location: Minot Adult Learning Center; Instructor: Sarah Reimers; *Cost of supplies included.*

10. Mama's Kitchen Classics: Cookie Dough Van Gogh (ART)

Cookies are an art and so much fun! Sometimes all you need is the right recipe and a little time to turn out a delicious masterpiece in the kitchen that will have everyone begging for Just One More. I will be sharing my favorite recipe for the much loved Snicker Doodle, it's quick, it's easy and it's fabulous. Grab your spouse or a friend for a cookie munching good time and take home a bag of cookies to share!

*Saturday: February 23; Time: 10:00AM-12:30PM; Cost \$25.00; Location: Minot Adult Learning Center; Instructor: Sarah Reimers; *Cost of supplies included.*

11. Mama's Kitchen Classics: Oat Rolls with Cinnamon Butter (ART)

It's still a bit chilly out and nothing is better than a hot bowl of soup with a delicious warm roll on the side. We'll be going over the basics of creating a hearty oat roll that pairs perfectly with any soup, chili or stands well alone with a thick spread of sweet butter. This class is perfect to bring a friend along with as it is hands on and will end with the group sharing a plate of rolls served with delicious cinnamon butter. Homemade rolls, good friends and sweet butter... a perfect way to spend a couple hours. Each person will go home with an easy to follow Oat Roll Recipe and 4 rolls ready to eat.

*Saturday: March 2; Time: 10:00AM-12:30PM; Cost \$25.00; Location: Minot Adult Learning Center; Instructor: Sarah Reimers; *Cost of supplies included.*

12. Mama's Kitchen Classics: Cupcakes (ART)

Let's welcome Spring in style! Go ahead and add this cupcake to your Easter menu because after this class you will be hopping to make a dozen or two at home. First we will make a beautiful white coconut cake batter from scratch to make our cupcakes. Next we will whip up a basic tangy sweet lime buttercream frosting to top our cupcakes with. Take home the recipe and two cupcakes to share!

*Saturday: March 9; Time: 10:00AM-12:30PM; Cost \$25.00; Location: Minot Adult Learning Center; Instructor: Sarah Reimers; *Cost of supplies included.*

13. Microsoft Excel Basics I(TECH)

In this class, we will learn the very beginning basics of an Excel spreadsheet on a Windows system. We will discuss basic terminology, how to open and create new spreadsheets, how to change fonts, sizes, and colors, how to sort and filter the information on the spreadsheet, and learn a few basic formulas. This hands on class will be on a computer and doing activities related to the information being learned.

Tuesday: March 5; Time: 6:00PM-8:00PM; Cost \$25.00(1 session); Location: MALC Computer Lab; Instructor: Penny Belgarde

14. Microsoft Excel Basics II (TECH)

This course is the next level course after have taken the Beginners Excel course. In this course, we will learn how to create a mailing list in Excel. A mailing list can be used for personal use or business use. Feel free to bring a list of your friends/family addresses to start your own list! In creating a mailing list, you will learn how to insert and delete rows, change sizes of rows and columns, and format rows as needed for a mailing list. This hands on class will be on a computer and doing activities related to the information being learned.

Tuesday: March 12; Time: 6:00PM-8:00PM; Cost \$25.00(1 session); Location: MALC Computer Lab; Instructor: Penny Belgarde

15. Welding (TECH)

Learn the essentials of welding in this practical, information filled class. Techniques covered will include oxy/acetylene welding, cutting, shielded metal arc welding, and gas metal arc welding.

Wednesdays: January 16, 23, 30; Time: 6:30PM-9:50PM; Cost \$150.00(3 session); Location: Magic City Campus; Instructor: Ray Helseth

16. Alzheimer's Association: Understanding Alzheimer's and Dementia (COMM)

The program is designed for those interested in learning more about Alzheimer's disease and other dementias. It will compare the different types of dementia, outline how Alzheimer's disease affects the brain, identifies risk factors and the stages of the disease. This Program is presented by the MN ND Alzheimer's Association-Jodi Keller, Regional Care Consultant.

Monday: February 25; Time: 6:45Pm-8:15PM; Cost: \$0; Location: Minot Adult Learning Center; Presenter: Alzheimer's Association (Jodi Keller)

17. Alzheimer's Association: Effective Communication Strategies (COMM)

This program is designed to provide practical information and resources to help dementia caregivers learn to decode verbal and behavioral messages from people with dementia. Participants will better understand the changes in communication that occur with the disease progression and how they affect individuals as well as identify ways to connect at each stage of the disease. This Program is presented by the MN ND Alzheimer's Association-Jodi Keller, Regional Care Consultant.

Monday: March 25; Time: 6:45Pm-8:15PM; Cost: \$0; Location: Minot Adult Learning Center; Presenter: Alzheimer's Association (Jodi Keller)

18. Alzheimer's Association: Healthy Living for your Brain and Body (COMM)

This program is designed to provide current research and practical information on ways to help you age well. The program is intended for individuals of any age who are looking for information on ways to age as well as possible. This Program is presented by the MN ND Alzheimer's Association-Jodi Keller, Regional Care Consultant.

Monday: April 15; Time: 6:45Pm-8:15PM; Cost: \$0; Location: Minot Adult Learning Center; Presenter: Alzheimer's Association (Jodi Keller)

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 (Payable to MPS)
Payment Method:(Cash, Check, or Credit/Debit Card) Please make seperate 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 permissible under applicable law.

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