



MOSINEE COMMUNITY EDUCATION CLASS OFFERINGS FOR WINTER/SPRING 2018

Pre-registration is required no later than one week prior to class.
We reserve the right to cancel any program due to insufficient enrollment.

COMMUNITY EDUCATION OFFERINGS

Mosinee Community Education is interested in hearing from community residents about classes/activities they would like to see offered. If you have ideas about new programs or suggested changes to existing programs, please contact Community Education at 693-2550 Ext. 3696.

EVERYONE LEARNS - EVERYONE TEACHES

Consider teaching a Mosinee Community Education class. Everyone has a special skill or talent they can share with others. Teaching certification not required. Please call 693-2550 Ext. 3696.

FOR MORE INFORMATION

Contact Michelle Pozorski at Mosinee Community Education via phone at: 715-693-2550 Ext. 3696, via email at: mpozorski@mosineeschools.org or visit our website at www.mosineeschools.org

JANUARY

	Date	Time	Sess.	Fee	Location
Zumba Exercise Zumba is a Latin-based fitness class that is part dance, part aerobics. Teacher: Angie Harris	1-8-18	6:15-7:15	6/12	\$24/\$38	ES Gym
Zumba Exercise Zumba is a Latin-based fitness class that is part dance, part aerobics. Teacher: Kristen Borysenko	1-10-18	6:15-7:15	6	\$24	ES Gym
Good Morning Yoga Jump start your day with morning yoga. Find focus and energy in this beginner/intermediate class. Improve core strength for a healthy back, release tension in your shoulders and neck, and reduce stress for a calm start to your day.	1-10-18	6:30-7:30 am	6	\$50/\$10 Walk-in	HS Yoga
Lotus Style Yoga Eastern-style Lotus Yoga works your core to strengthen with most the important breathing. Mat required.	1-11-18	5:00-6:00	6	\$42/\$10 Walk-in	HS Yoga
Pinterest Basics Learn the basics of how to register and navigate the Pinterest site, which will allow you to save and share recipes, craft projects, and so much more.	1-11-18	6:00-7:00	1	\$5.00	HS IMC
Write Your Story Write your own story . . . everyone has one . . . tell yours and learn how. Fee includes the book, "Our Home," something to pass on for generations.	1-15-18	6:00-7:00	1	\$10.00	HS IMC
Acrylic Painting Amy Anderson, Create Away Art, will teach you how to create a winter-themed 16" x 20" canvas print. All experience levels welcome. All supplies provided.	1-17-18	4:30-7:30	1	\$30.00	HS 404
Valentine Cards Make and take home five different style Valentine cards. All supplies provided.	1-25-18	6:00-7:30	1	\$20.00	HS 643
Intro. to Essential Oils Learn what essential oils are, how they can support your health, and how to kick toxins out of your home.	1-25-18	6:00-7:15	1	FREE	HS 406

FEBRUARY

	Date	Time	Sess.	Fee	Location
Electrical Wiring A retired electrician will teach you the basics of electrical wiring and safety for small home projects.	2-1-18	6:00-8:00	5	\$35.00	HS 404
Valentine Cookie Decor. Decorate 12 Valentine cookies to take home. All supplies furnished.	2-3-18	10:00-12:00	1	\$15.00	HS 406
Wine Glass Painting This hands-on class will teach you how to paint on wine glasses. All supplies furnished.	2-7-18	4:30-6:30	1	\$30.00	HS 406
Balancing Hormones Learn how to balance your hormones without using medication and how great you will feel.	2-7-18	6:00-7:00	1	\$20.00	HS IMC
Rag Quilting Make a warm, cozy rag quilt from flannel that even a beginner can do. Basic sewing skills and sewing machine are required. Supply list sent upon registration.	2-8-18	6:00-9:00	4	\$15.00	HS 404

Winter Snowshoeing 2-10-18 11:00-1:00 1 \$7.00 Mead
Explore the Mead Wildlife Center by snowshoe with Pam from the DNR. Snowshoes provided, boots required. Class will run if there is snow and the temperature is above zero. Minimum of 10 -- maximum of 30.

Probiotic Yogurt 2-12-18 6:00-7:00 1 \$5.00 HS 406
Learn how to make probiotic yogurt and the benefits to your body if you eat it everyday. Taught by retired RN Mary Thompson.

Herb Growing 2-15-18 6:00-7:00 1 \$10.00 HS IMC
Eileen Riehle will give you ideas on how to start growing herbs. Tips and tricks to be a successful herb gardener.

Fiber Arts Baskets 2-16-18 6:00-8:00 1 \$15.00 HS 404
Learn the ancient techniques of yarn coiling to form a basket or bowl. All supplies furnished.

Write Your Story 2-19-18 6:00-7:00 1 \$10.00 HS IMC
Write your own story . . . everyone has one . . . tell yours and learn how. Fee includes the book, "Our Home," something to pass on for generations.

Zumba Exercise 2-19-18 6:15-7:15 6/12 \$24/\$38 ES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.
Teacher: Angie Harris

"Just Because" Cards 2-20-18 6:00-7:30 1 \$20.00 HS 643
Make and take home five different style "Just Because" cards. All supplies provided.

Intro. to Essential Oils 2-20-18 6:00-7:15 1 FREE HS 406
Learn what essential oils are, how they can support your health, and how to kick toxins out of your home.

Growing Native Shrubs 2-20-18 6:00-7:00 1 \$10.00 HS IMC
Carol Bray will give you tips on how to grow native shrubs and flowers in your home and gardens.

Good Morning Yoga 2-21-18 6:30-7:30 am 6 \$50/\$10 Walk-in HS Yoga
Jump start your day with morning yoga. Find focus and energy in this beginner/intermediate class. Improve core strength for a healthy back, release tension in your shoulders and neck, and reduce stress for a calm start to your day.

Zumba Exercise 2-21-18 6:15-7:15 6 \$24.00 ES Gym
Zumba is a Latin-based fitness class that is part dance, part aerobics.
Teacher: Kristen Borysenko

Acrylic Painting 2-21-18 4:30-7:30 1 \$30.00 HS 404
Amy Anderson, Create Away Art, will teach you how to create a spring-themed 16" x 20" canvas print. All experience levels welcome. All supplies provided.

Lotus Style Yoga 2-22-18 5:00-6:00 6 \$42/\$10 Walk-in HS Yoga
Eastern-style Lotus Yoga works your core to strengthen with the most important breathing. Mat required.

Wgt. Loss Food Combs 2-27-18 6:00-7:00 1 \$20.00 HS IMC
Learn about foods you can combine and the way they help you lose weight.

MARCH

	Date	Time	Sess.	Fee	Location
--	------	------	-------	-----	----------

Basic Cake Decorating	3-3-18	10:00-2:00	1	\$40.00	HS 404
------------------------------	--------	------------	---	---------	--------

Learn to make butter creme frosting, bag loading, pressure control, tip use and writing secrets. You will frost an 8" round cake.

Growing with Seeds	3-6-18	6:00-7:00	1	\$10.00	HS 404
---------------------------	--------	-----------	---	---------	--------

This hands-on class will teach you the step-by-step procedure for growing with seeds. You will be planting pots to take home. Children welcome with parent.

Kubatcha Tea	3-12-18	6:00-7:00	1	\$5.00	HS 406
---------------------	---------	-----------	---	--------	--------

Learn to make Kubatcha Tea and the many health benefits it can bring you. Taught by retired RN Mary Thompson.

Acupressure Face Lift	3-13-18	6:00-7:00	1	\$20.00	HS IMC
------------------------------	---------	-----------	---	---------	--------

Take years off your life in minutes a day. Learn about the homemade regeneration face lifts that are inexpensive or free to make.

Wine Glass Painting	3-14-18	4:30-6:30	1	\$30.00	HS 404
----------------------------	---------	-----------	---	---------	--------

This hands-on class will teach you how to paint on wine glasses. All supplies furnished.

Intro. to Essential Oils	3-22-18	6:00-7:15	1	FREE	HS 406
---------------------------------	---------	-----------	---	------	--------

Learn what essential oils are, how they can support your health, and how to kick toxins out of your home.

Water Gardening	3-22-18	6:00-7:00	1	\$10.00	HS 404
------------------------	---------	-----------	---	---------	--------

Master gardener, Eileen Riehle, will share tips for building a water garden.

Safety Tips	3-22-18	6:00-7:00	1	FREE	HS IMC
--------------------	---------	-----------	---	------	--------

This day marks the one year anniversary of the tragedy that stuck our area. Learn what you can do to keep yourself safe, protect and secure your home, and protect against identity theft. Presentation by retired police chief, Dan Joling.

Dry Skin Brushing	3-27-18	6:00-7:00	1	\$20.00	HS IMC
--------------------------	---------	-----------	---	---------	--------

Stimulate and boost your lymph and immune system.

APRIL

	Date	Time	Sess.	Fee	Location
--	------	------	-------	-----	----------

Adult Golf Lessons	4-3-18	5:30-6:30	5	\$45.00	Indianhead
---------------------------	--------	-----------	---	---------	------------

Customized lessons based on your skill level. Clubs required.

Teen Golf Lessons	4-3-18	5:30-6:30	5	\$45.00	Indianhead
--------------------------	--------	-----------	---	---------	------------

Customized lessons for teens ages 13-16. Clubs required.

Good Morning Yoga	4-4-18	6:30-7:30 am	6	\$50/\$10 Walk-in	HS Yoga
--------------------------	--------	--------------	---	-------------------	---------

Jump start your day with morning yoga. Find focus and energy in this beginner/intermediate class. Improve core strength for a healthy back, release tension in your shoulders and neck, and reduce stress for a calm start to your day.

Oil Pulling	4-4-18	6:00-7:00	1	\$20.00	HS IMC
--------------------	--------	-----------	---	---------	--------

Learn how to give yourself a full-body detox and pull unwanted oils from your body.

Beekeeping 101	4-5-18	6:00-7:30	1	FREE	HS IMC
-----------------------	--------	-----------	---	------	--------

Greg Stankowski will present on beekeeping, how to get started, where to get supplies, maintenance, and safety.

Zumba Exercise	4-9-18	6:15-7:15	6/12	\$24/\$38	ES Gym
-----------------------	--------	-----------	------	-----------	--------

Zumba is a Latin-based fitness class that is part dance, part aerobics. Teacher: Angie Harris

Beginning Orchids	4-10-18	6:00-7:00	1	\$10.00	HS 406
--------------------------	---------	-----------	---	---------	--------

Carol Bray will teach you about planting and caring for orchids. Take home a small orchid.

Zumba Exercise	4-11-18	6:15-7:15	6	\$24.00	ES Gym
-----------------------	---------	-----------	---	---------	--------

Zumba is a Latin-based fitness class that is part dance, part aerobics. Teacher: Kristen Borysenko

Acrylic Painting	4-11-18	4:30-7:30	1	\$30.00	HS 406
-------------------------	---------	-----------	---	---------	--------

Amy Anderson, Create Away Art, will teach you how to create a holiday-themed 16" x 20" canvas print. All experience levels welcome. All supplies provided.

Lotus Style Yoga	4-12-18	5:00-6:00	6	\$42/\$10 Walk-in	HS Yoga
-------------------------	---------	-----------	---	-------------------	---------

Eastern-style Lotus Yoga works your core to strengthen with most the important breathing. Mat required.

Rag Quilting	4-12-18	6:00-9:00	4	\$15.00	HS 404
---------------------	---------	-----------	---	---------	--------

Make a warm, cozy rag quilt from flannel that even a beginner can do. Basic sewing skills and sewing machine required. Supply list will be sent upon registration.

Basic Cupcake Decor.	4-14-18	10:00-1:00	1	\$20.00	HS 404
-----------------------------	---------	------------	---	---------	--------

Learn how to frost, fill, and decorate cupcakes. All supplies and 12 cupcakes provided for each student. Children welcome with parent. Take this class and Cupcake Wars for \$35.00.

Cupcake Wars	4-14-18	1:00-3:00	1	\$20.00	HS 406
---------------------	---------	-----------	---	---------	--------

Adult vs. child in this fun, creative cupcake decorating class. Each will decorate 10-12 cupcakes. All supplies furnished. Children welcome with parent.

Hardy Roses	4-17-18	6:00-7:00	1	\$10.00	HS 404
--------------------	---------	-----------	---	---------	--------

Carol Bray will teach you how to care for roses in our zone, about the different varieties, pruning, and care for lasting blooms.

Ionic Foot Bath	4-18-18	6:00-7:00	1	\$20.00	Healing Energy
------------------------	---------	-----------	---	---------	----------------

Experience an ionic foot bath and release toxins from your body.

Historical Mosinee	4-19-18	6:00-7:30	1	FREE	HS IMC
---------------------------	---------	-----------	---	------	--------

Deb Nelles will give a presentation on Mosinee history from early times to 1900.

Gardening for Birds	4-19-18	6:00-7:00	1	\$10.00	HS 404
----------------------------	---------	-----------	---	---------	--------

Master gardener, Eileen Riehle, will teach you what to plant to attract birds to your gardens.

Intro. to Essential Oils	4-24-18	6:00-7:15	1	FREE	HS 406
---------------------------------	---------	-----------	---	------	--------

Learn what essential oils are, how they can support your health, and how to kick toxins out of your home.

Attracting Butterflies	4-26-18	6:00-7:00	1	\$10.00	HS 404
-------------------------------	---------	-----------	---	---------	--------

Master gardener, Eileen Riehle, will teach you what to plant to attract butterflies to your gardens.

Historical Mosinee	4-26-18	6:00-7:30	1	FREE	HS IMC
---------------------------	---------	-----------	---	------	--------

Deb Nelles will give a presentation on Mosinee history from 1900-1950.

Spring Bird Hike	4-28-18	10:00-11:00 a	1	\$5.00	Mead
-------------------------	---------	---------------	---	--------	------

Pam from the DNR will lead a Spring Bird Watching Hike through the Mead. Good walking shoes required and the ability to hike on uneven ground. Dress for the weather and for wet conditions.

MAY

	Date	Time	Sess.	Fee	Location
--	------	------	-------	-----	----------

Acrylic Painting	5-2-18	4:30-7:30	1	\$30.00	HS 406
-------------------------	--------	-----------	---	---------	--------

Amy Anderson, Create Away Art, will teach you how to create a summer holiday themed 16" x 20" canvas print. All experience levels welcome. Supplies provided.

Container Gardening	5-8-18	6:00-7:00	1	\$10.00	HS 404
----------------------------	--------	-----------	---	---------	--------

Carol Bray will give information on gardening in containers and how you can grow vegetables and flowers together.

Allergy-free Snacks	5-12-18	10:00-2:30	1	\$40.00	HS 406
----------------------------	---------	------------	---	---------	--------

Make great tasting snacks that are egg, dairy, and peanut free. Make and take six different treats that include dipping pretzels, chocolate oreos, rice krispy treats, and more. All supplies and recipes included.

Good Morning Yoga	5-16-18	6:30-7:30 am	6	\$50/\$10 Walk-in	HS Yoga
--------------------------	---------	--------------	---	-------------------	---------

Jump start your day with morning yoga. Find focus and energy in this beginner/intermediate class. Improve core strength for a healthy back, release tension in your shoulders and neck, and reduce stress for a calm start to your day.

Wild Edibles	5-17-18	6:00-7:00	1	\$10.00	HS 404
---------------------	---------	-----------	---	---------	--------

Eileen Riehle will teach you how to identify edible mushrooms and plants, and about the many local wild edibles.

Zumba Exercise	5-21-18	6:15-7:15	6	\$24.00	ES Gym
-----------------------	---------	-----------	---	---------	--------

Zumba is a Latin-based fitness class that is part dance, part aerobics. Teacher: Angie Harris

Zumba Exercise	5-23-18	6:15-7:15	6	\$24.00	ES Gym
-----------------------	---------	-----------	---	---------	--------

Zumba is a Latin-based fitness class that is part dance, part aerobics. Teacher: Kristen Borysenko

Lotus Style Yoga	5-24-18	5:00-6:00	6	\$42/\$10 Walk-in	HS Yoga
-------------------------	---------	-----------	---	-------------------	---------

Eastern-style Lotus Yoga works your core to strengthen with the most important breathing. Mat required.

Intro. to Essential Oils	5-25-18	6:00-7:15	1	FREE	HS 406
---------------------------------	---------	-----------	---	------	--------

Learn what essential oils are, how they can support your health, and how to kick toxins out of your home.