



MOSINEE COMMUNITY EDUCATION NEWSLETTER

1000 High Street Mosinee, Wisconsin 54455 • Office: 715-693-2550 Ext. 3696 or 3417

Visit our website: <http://www.mosineeschools.org/community/communityeducation.cfm>

PREREGISTRATION IS REQUIRED FOR ALL CLASSES. • REGISTRATION FORMS AVAILABLE ONLINE OR AT MHS.

We reserve the right to cancel any program due to insufficient enrollment.

DECEMBER 2016

	DATE	TIME	SESSIONS	FEE	LOCATION
Balsam Wreath or Candy Cane Make a fresh balsam wreath or candy cane. All supplies provided. Bring a wire nippers to class.	12-4-17	6:00-9:00	1	\$25.00	MHS 404
Zumba Zumba is a Latin-based class that is part dance and part aerobics. Taught by Angie Harris.	12-4-17	6:15-7:15	3	\$12.00	MES Gym
Zumba Zumba is a Latin-based class that is part dance and part aerobics. Taught by Kristen Borysenko.	12-6-17	6:15-7:15	3	\$12.00	MES Gym
Balsam Wreath or Candy Cane Make a fresh balsam wreath or candy cane. All supplies provided. Bring a wire nippers to class.	12-6-17	6:00-9:00	1	\$25.00	MHS 404
Acrylic Painting Amy Anderson from Create Away Art, will teach you how to create a 16 x 20 canvas print of "Cardinals at Christmas." All supplies provided.	12-7-17	4:30-7:30	1	\$30.00	MHS 404
Adv. Christmas Cookie Decorating Learn to make butter creme frosting, bag loading, pressure control, tip use, and writing secrets. You will frost 12 Christmas cookies. Children welcome with a parent.	12-9-17	11:00-2:00	1	\$20.00	MHS 404

COURSE REGISTRATION FORM

(Please Print)

Name: _____
Last First MI

Home Address: _____

City: _____ State: _____ Zip: _____

Email: _____ (H) Phone: _____ (W) Phone: _____

Course Title	Day	Time	Start Date	Location	Fee
Total:					

RELEASE AND CONSENT

Students taking Mosinee Community Education courses are required to sign this form releasing the Mosinee School District from liability for injury or loss. Each student is expected to procure their own personal insurance coverage or to otherwise be responsible for any injury or loss.

The undersigned hereby agrees to release the Mosinee School District and all of its trustees, instructors, agents, contractors, and/or employees from any and all liability or claim for loss or damage including costs, expenses, and attorney fees arising from any actual or alleged property damage or loss or any personal injury including death, directly or indirectly arising from any activities which are undertaken from:

Signature: _____ Date: _____

MAIL TO: MOSINEE COMMUNITY EDUCATION • 1000 HIGH STREET • MOSINEE, WISCONSIN 54455

Mosinee Community Education/Activities
 School District of Mosinee
 591 W. State Highway 153
 Mosinee, Wisconsin 54455
www.mosineeschools.org

Non-Profit Organization
 U.S. Postage Paid
 Permit No. 19
 Mosinee, Wisconsin 54455

LOCAL POSTAL PATRON
ECRWSS

SEPTEMBER 2017

	DATE	TIME	SESSIONS	FEE	LOCATION
Tomatoes & Salsa Techniques for turning red, ripe tomatoes into salsa. Presentation by Jacki Carattini from the UW-Extension Office.	9-7-17	6:00-7:00	1	\$5.00	MHS 404
Zumba Zumba is a Latin-based class that is part dance and part aerobics. Taught by Angie Harris.	9-11-17	6:15-7:15	6/12	\$24.00/\$38.00	MES Gym
Apples, Apples Techniques for preserving apples. Presentation by Jacki Carattini from the UW-Extension Office.	9-11-17	6:00-7:00	1	\$5.00	MHS 404
Zumba Zumba is a Latin-based class that is part dance and part aerobics. Taught by Allison McCarty.	9-12-17	4:00-5:00	6	\$24.00	MES Gym
Good Morning Yoga Jump start your day with a morning yoga. Find focus, energy in this beginner/intermediate class. Improve core strength for a healthy back, release tension in your shoulders and neck. Reduce stress for a calm start to your day.	9-13-17	6:30-7:30 am	6	\$60.00/(\$10 walk-in)	Creske Yoga Room
Zumba Zumba is a Latin-based class that is part dance and part aerobics. Taught by Kristen Borysenko.	9-13-17	6:15-7:15	6	\$24.00	MES Gym
Natural and Non-toxic Cleaning Learning how to cut out the chemical and clutter of traditional cleaners. You will leave with a bottle of natural all-purpose cleaner.	9-14-17	6:00-7:15	1	\$5.00	MHS 404
Viniyoga Yoga postures that decrease tension, increase strength, improve flexibility, and cultivate balance. Learn why yoga is a great way to exercise. All levels welcome from beginner to intermediate.	9-14-17	5:30-6:30	6	\$60.00/(\$10 walk-in)	Creske Yoga Room
Basic Cake Decorating Learn to make butter creme frosting, bag loading, pressure control, tip use, and writing secrets. You will frost an 8" round cake.	10-16-17	10:00-2:00	1	\$25.00	MHS 404
Fall Bulbs/Winterizing Perennials Carol Bray, master gardener, will teach you how to prepare your perennials and bulbs for the colder weather months.	9-19-17	6:00-7:00	1	\$10.00	MHS 406
Acrylic Painting Amy Anderson from Create Away Art, will teach you how to create a 16 x 20 fall canvas print called "Reflection at Sunset." All supplies provided.	9-21-17	4:30-7:30	1	\$30.00	MHS 404
Attracting Butterflies Master gardener, Eileen Riehle, will teach you what to plant to attract butterflies to your garden.	9-21-17	6:00-7:00	1	\$10.00	MHS IMC
Discovering Owls in Wisconsin Pam Resch, Mead Wildlife educator, and her owl companion, will provide insight about owls in Wisconsin. Pre-registration is required.	9-25-17	5:30-6:30	1	\$5.00 (donation to Mead)	Mead Wildlife Center
Larger Berry Crops Carol Bray will present how to plant and maintain a larger berry crop, such as raspberries, blueberries, strawberries, or currants.	9-26-17	6:00-7:00	1	\$10.00	MHS 404
Balancing Hormones Learn how to balance hormones and deal with hot flashes and symptoms of PMS. Learn ways to keep calm and reduce stress when your hormone levels are out of whack.	9-27-17	6:00-7:00	1	\$10.00	MHS IMC

Pinterest - Learn the Basics	9-28-17	6:00-7:00	1	\$5.00	MHS IMC
Did you know there is a website where you can curate many of the greatest things you find on the internet? It's called Pinterest and you will learn the basics of how to register and navigate this site, which will allow you to save and share recipes, craft projects, and much more.					
Dance Lessons (Salsa, Disco Hustle)	9-28-17	7:00-8:00	6	\$120/ cpl. \$60/sgl. \$10/walk-in	MES Cafeteria
Join Todd and Julia as they teach you Salsa dancing and the Disco Hustle. Three weeks will be spent on each dance. All are welcome, you do not need a partner. Get in the craze of dancing with this fun class.					

OCTOBER 2017

	DATE	TIME	SESSIONS	FEE	LOCATION
Birthday Card Making	10-3-17	6:00-7:30	1	\$2.00/card	MHS IMC
Make and take birthday cards for \$2.00 a piece with stamps and decals and other fun supplies. Pay instructor at class.					
Vinegar and Oil	10-5-17	6:00-7:00	1	\$10.00	MHS 404
Learn how to grow your own herbs and make them into herbal vinegars and oils. See how easy it is to make them yourself.					
Ionic Foot Bath	10-9-17	6:00-7:00	1	\$20.00	Healing Energy Solutions
Experience an ionic foot bath and release toxins from your body. Class held on location at Healing Energy Solutions, 813 Western Ave.					
Winterizing Perennials/Bulbs	10-9-17	6:00-7:00	1	\$10.00	MHS 406
Master gardener, Carol Bray, will teach you how to prepare your perennials and bulbs for the colder weather months.					
Ghostly History of Big Bull Falls	10-10-17	6:30-7:30	1	FREE	MHS IMC
Shawn Blaschka will give a presentation on the ghostly history of Big Bull Falls. He will share his personal experiences with the ghostly tales of downtown Wausau.					
Safety Tips - Retired Police Officer	10-12-17	6:00-7:00	1	FREE	MHS IMC
After the tragedy that struck our area this past March, get the info you need to protect yourself and your home. Retired police officer, Dan Joling will give you tips on how not to fall victim to home thefts, identity theft, and how to protect yourself when you are out and about. Things you can do now for little or no cost to insure your safety.					
Electrical Wiring	10-12-17	6:00-8:00	5	\$35.00	MHS 404
A retired electrician will teach you the basics of electrical wiring and safety for small home projects.					
Wine Glass Painting	10-12-17	4:30-6:30	1	\$30.00	MHS 406
A hands-on class, learning to paint on wine glasses. All supplies furnished.					
Cupcake Decorating	10-14-17	11:00-12:00	1	\$20.00	MHS 404
Learn how to frost, fill, and decorate cupcakes. Six cupcakes and all supplies (sprinkles, tips, and bags) will be provided for each student. Take this class and Advanced Cupcake Decorating for \$30.00.					
Advanced Cupcake Decorating	10-14-17	12:30-2:30	1	\$20.00	MHS 404
Prerequisite Cupcake Decorating. Learn advanced techniques for decorating cupcakes with molds and fondant. Each student will take home six cupcakes.					
Fiber Arts Basket Making	10-16-17	6:00-8:00	1	\$15.00	MHS IMC
Learn the ancient techniques of yarn coiling where yarn is wound around to make a basket or bowl. All materials supplied.					
Options in Aging	10-17-17	4:00-6:00	1	FREE	MHS IMC
Learn about community resources available from a panel of professionals on home care, rehab, short-term care, assisted living, hospice, adult day care, supportive home care, and the Aging and Disability Resource Center. Questions? Call Janette Ladick at 715-297-0910.					
Designing a Perennial Bed	10-17-17	6:00-7:00	1	\$10.00	MHS 404
Master gardener, Carol Bray will give you ideas on designing a perennial bed, plant choices, and secrets to keep them blooming all season.					
Beekeeping 101	10-19-17	6:00-7:30	1	FREE	MHS IMC
Greg Stankowski will give a presentation on beekeeping - how to get started, where to get supplies, maintenance, safety, etc.					
Essential Oils for Kids	10-19-17	6:00-7:15	1	\$5.00	MHS 404
Learn the basics of using essential oils with children.					
Zumba	10-23-17	6:15-7:15	6/12	\$24.00/\$38.00	MES Gym
Zumba is a Latin-based class that is part dance and part aerobics. Taught by Angie Harris.					

Acrylic Painting	10-23-17	4:30-7:30	1	\$30.00	MHS 404
Amy Anderson from Create Away Art, will teach you how to create "Autumn Poppies," a 16 x 20 canvas print. All supplies provided.					
Where Your Story Begins . . .	10-23-17	6:00-7:00	1	\$10.00	MHS IMC
Are you over age 50? If yes, now is the time for you to write your own story. Everyone has one and it isn't difficult to record your story. This class will get you started within the hour. Fee includes the book "Our Home."					
Ornamental Grasses/Sm. Shrubs	10-24-17	6:00-7:00	1	\$10.00	MHS IMC
Attend this seminar to learn how to plant ornamental grasses and shrubs into perennial beds to make management easier.					
Zumba	10-24-17	4:00-5:00	6	\$24.00 (\$4 walk-in)	MES Gym
Zumba is a Latin-based class that is part dance and part aerobics. Taught by Allison McCarty.					
Who Gets Grandma's Pie Plate?	10-24-17	6:00-7:30	1	\$20.00	MHS IMC
A guide to personal property issues. Class fee includes a workbook.					
Good Morning Yoga	10-25-17	6:30-7:30 am	6	\$60.00/(\$10 walk-in)	Creske Yoga Room
Jump start your day with a morning yoga. Find focus, energy in this beginner/intermediate class. Improve core strength for a healthy back, release tension in your shoulders and neck. Reduce stress for a calm start to your day.					
Zumba	10-25-17	6:15-7:15	6	\$24.00 (\$4 walk-in)	MES Gym
Zumba is a Latin-based class that is part dance and part aerobics. Taught by Kristen Borysenko.					
Acupressure Face-Lift	10-25-17	6:00-7:00	1	\$10.00	MHS IMC
Learn about homemade regeneration face-lifts that are inexpensive or free.					

NOVEMBER 2016

	DATE	TIME	SESSIONS	FEE	LOCATION
Viniyoga	11-2-17	5:30-6:30	6	\$60.00 (\$10 walk-in)	Creske Yoga Room
Yoga postures that decrease tension, increase strength, improve flexibility, and cultivate balance. Develop breathing to guide you in movement, soften nerves, and quiet a busy mind. Mat required.					
Rag Quilting	11-2-17	6:00-9:00	4	\$15.00	MHS 406
Make a warm, cozy rag quilt from flannel that even a beginner can do. Basic sewing skills and a sewing machine are required. Supply list will be sent upon registration. Maximum of 6. Class meets 11-2, 11-6, 11-13.					
Oil Pulling	11-7-17	6:00-7:00	1	\$10.00	MHS IMC
Learn how to give yourself a full-body detox and pull unwanted oils from your body.					
Fairy Garden Demo	11-9-17	6:00-7:00	1	\$10.00	MHS IMC
This demo will go over the tips and tricks for building a beautiful fairy garden of your own. Master gardener, Eileen Riehle is the presenter.					
Cookie Decorating	11-11-17	10:00-2:00	1	\$20.00	MHS 404
Learn to make butter creme frosting, bag loading, pressure control, tip use, and writing secrets. You will frost 12 cookies. Children welcome with a parent.					
Extreme Couponing Strategies	11-11-17	1:00-3:00	1	\$10.00	MHS 404
Learn key components in dealing with your balance and sciatic nerve issues. Learn how to energize yourself into healthy living.					
Holiday Card Making	11-14-17	6:00-7:30	1	\$2.00/card	MHS IMC
Make and take holiday cards for \$2.00 a piece with stamps and decals and other fun supplies for personalized greeting cards. Pay instructor at class.					
Acrylic Painting	11-16-17	4:30-7:30	1	\$30.00	MHS 404
Amy Anderson from Create Away Art, will teach you how to create a 16 x 20 canvas print called "Moonlight Chairs." All supplies provided.					
Mall of America Shopping Trip	11-18-17	All Day	1	\$40.00	Mosinee Rec Center
Ride a deluxe motor coach leaving Mosinee at 7:00 am and return that evening by 9:30 pm. See why Mall of America is a top attraction. No sales tax on clothing and shoes. Shop over 500 stores, 50 restaurants, explore an aquarium, and enjoy the rides at an indoor amusement park. Minimum of 36 people. Reservation deadline is October 17, 2017					
Essential Oils	11-30-17	6:00-7:15	1	\$5.00	MHS 404
Make and take essential oils. Fun and easy DIY natural household products. Four different items you can make.					