

Name: \_\_\_\_\_

Home Address: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: (Home) \_\_\_\_\_ (Work) \_\_\_\_\_

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  
Questions or For More Information: mpozorski@mosineeschools.org



– Sept./Oct./Nov./Dec. 2025 –

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:

Michelle Pozorski,  
Mosinee Community Education  
715-693-2550, Ext. 3696  
mpozorski@mosineeschools.org  
mosineeschools.org/community

Mosinee Community Education

CLASS SCHEDULE

– SEPTEMBER –

Tuesday, Sept. 9	Strength Training for 50+	3:30pm - 4:30pm
Tuesday, Sept. 9	Light Yoga for Everyday Living	6:00pm - 7:00pm
Thursday, Sept. 11	Strength Training for 50+	3:30pm - 4:30pm
Thursday, Sept. 11	Light Yoga for Everyday Living	6:00pm - 7:00pm
Monday, Sept. 15	Beginners Guitar - FREE Trial	3:30pm - 4:30pm
Tuesday, Sept. 16	Acrylic Painting - Late Summer Theme	5:00pm - 8:00pm
Saturday, Sept. 20	Light Yoga for Everyday Living	8:00am - 9:00am
Saturday, Sept. 20	Zumba	9:00am - 10:00am
Monday, Sept. 22	Beginners Guitar	3:30pm - 4:30pm
Thursday, Sept. 25	Light Yoga for Everyday Living	6:00pm - 7:00pm
Tuesday, Sept. 30	Leather Earring Workshop	6:00pm - 8:00pm
Tuesday, Sept.30	Light Yoga for Everyday Living	6:00pm - 7:00pm

– OCTOBER –

Wednesday, Oct. 1	Outsmart the Scammers	6:00pm - 7:30pm
Thursday, Oct. 2	Light Yoga for Everyday Living	6:00pm - 7:00pm
Saturday, Oct. 4	Zumba	9:00am - 10:00am
Monday, Oct. 6	Instant Piano for Hopelessly Busy People	6:30pm - 9:30pm
Tuesday, Oct. 7	Sourdough Bread Making	6:00pm - 8:00pm
Tuesday, Oct. 7	Instant Guitar for Hopelessly Busy People	6:30pm - 9:30pm
Wednesday, Oct. 8	Light Yoga for Everyday Living	6:00pm - 7:00pm
Tuesday, Oct. 14	Acrylic Painting - Fall Theme	5:00pm - 8:00pm
Thursday, Oct. 16	Paper Mill Tour	2:00pm - 4:00pm
Saturday, Oct. 18	Light Yoga for Everyday Living	8:00am - 9:00am
Saturday, Oct. 18	Zumba	9:00am - 10:00am
Tuesday, Oct. 21	Strength Training for 50+	3:30pm - 4:30pm
Wednesday, Oct. 22	Discover Costa Rica	6:00pm - 7:30pm
Thursday, Oct. 23	Strength Training for 50+	3:30pm - 4:30pm

– NOVEMBER –

Tuesday, Nov. 4	Light Yoga for Everyday Living	6:00pm - 7:00pm
Wednesday, Nov. 5	The Power of Budgeting	6:00pm - 7:30pm
Thursday, Nov. 6	Light Yoga for Everyday Living	6:00pm - 7:00pm
Saturday, Nov. 8	Zumba	9:00am - 10:00am
Tuesday, Nov. 11	Acrylic Painting - Winter Theme	5:00pm - 8:00pm
Tuesday, Nov. 11	Light Yoga for Everyday Living	6:00pm - 7:00pm
Thursday, Nov. 13	Light Yoga for Everyday Living	6:00pm - 7:00pm
Thursday, Nov. 20	Light Yoga for Everyday Living	6:00pm - 7:00pm

– DECEMBER –

Tuesday, Dec. 2	Strength Training for 50+	3:30pm - 4:30pm
Tuesday, Dec. 2	Light Yoga for Everyday Living	6:00pm - 7:00pm
Thursday, Dec. 4	Strength Training for 50+	3:30pm - 4:30pm
Saturday, Dec. 6	Zumba	9:00am - 10:00am
Tuesday, Dec. 9	Acrylic Painting - Christmas Theme	5:00pm - 8:00pm
Tuesday, Dec. 9	Light Yoga for Everyday Living	6:00pm - 7:00pm
Thursday, Dec. 11	Light Yoga for Everyday Living	6:00pm - 7:00pm

\*\*\* Complete class descriptions inside.\*\*\*

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

Strength Training for 50+  
6 Sessions

Learn how to use the fitness center equipment and develop a routine for staying fit and active.

**Start Date:** Tuesday, September 9  
**Time:** 3:30pm - 4:30pm  
**Location:** MSD Fitness Center                      **Fee:** Free

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Tuesday, September 9  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Strength Training for 50+  
6 Sessions

Learn how to use the fitness center equipment and develop a routine for staying fit and active.

**Start Date:** Thursday, September 11  
**Time:** 3:30pm - 4:30pm  
**Location:** MSD Fitness Center                      **Fee:** Free

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Thursday, September 11  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Beginners Guitar - Free Trial  
1 Session

Take this free trial class to see if Beginners Guitar is right for you! The regular 4 week class begins September 22. No experience necessary. No guitar? No problem – we can work with that!

**Questions:** dakota@guitarlessonswausau.com  
**Date:** Monday, September 15  
**Time:** 3:30pm - 4:30pm  
**Location:** Creske Library                                      **Fee:** Free

Acrylic Painting - 1 Session

Create a late summer-themed print. Artwork to be painted will be available for preview on Create A-Way's Facebook page one week prior to class.

All supplies provided.  
**Date:** Tuesday, September 16  
**Time:** 5:00pm - 8:00pm  
**Location:** MHS Cafeteria                                      **Fee:** \$35

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Saturday, September 20  
**Time:** 8:00am - 9:00am  
**Location:** Yoga Room                                      **Fee:** \$10

Zumba - 1 Session

Join the fun, energetic fitness program that's perfect for al levels. Modify movements to fit your abilities.

***\*Payment collected at class.***  
**Questions:** zumbawithstacy72@gmail.com  
**Date:** Saturday, September 20  
**Time:** 9:00am - 10:00am  
**Location:** Yoga Room                                      **Fee:** \$10

Beginners Guitar - 4 Sessions

This class will focus on basic guitar techniques, simple songs, and building confidence with the instrument. Receive personalized attention in small group sessions.

***\*\*Guitar not required, and students will have the option to purchase one.***  
**Questions:** dakota@guitarlessonswausau.com  
**Start Date:** Monday, September 22  
**Time:** 3:30pm - 4:30pm  
**Location:** Creske Library                                      **Fee:** \$97

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Thursday, September 25  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Leather Earring Workshop  
1 Session

Design and make three pairs of earrings. All supplies provided.

***\*Preregistration required at: [www.wavesandwindmills.com](http://www.wavesandwindmills.com)***  
***\*\*Minimum of 5 students, maximum of 20.***

**Date:** Tuesday, September 30  
**Time:** 6:00pm - 8:00pm  
**Location:** Creske Library                                      **Fee:** \$30

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Tuesday, September 30  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Outsmart the Scammers  
1 Session

Don't fall victim to scammers. Learn about common fraud scenarios, the red flags to watch for, and ways to protect yourself.

**Date:** Wednesday, October 1  
**Time:** 6:00pm - 7:30pm  
**Location:** Creske Library                                      **Fee:** Free

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Thursday, October 2  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Zumba - 1 Session

Join the fun, energetic fitness program that's perfect for al levels. Modify movements to fit your abilities.

***\*Payment collected at class.***  
**Questions:** zumbawithstacy72@gmail.com  
**Date:** Saturday, October 4  
**Time:** 9:00am - 10:00am  
**Location:** Yoga Room                                      **Fee:** \$10

Instant Piano for Hopelessly  
Busy People - 1 Session

Learn to play piano using chords – this method is a lot of fun and much easier to learn than reading notes. Fee includes the online book, online follow-up lessons, a recording of the class, and an optional question and answer session. Open to ages 13+.

***\*\*Class is held online using Zoom, and is partly hands-on and partly lecture/demonstration.***  
**Date:** Monday, October 6  
**Time:** 6:30pm - 9:30pm  
**Location:** Online    **Fee:** \$55

Sourdough Bread Making  
1 Session

Join Liz from Sweets & Sourdough to learn the basics of sourdough bread making. Each step will be demonstrated with some hands-on learning. Everyone will be provided a loaf of bread, an active starter, a guide on making sourdough and recipes.

***\*Payment collected at class.***  
***\*\*Preregistration required one week prior. Maximum of 14 students.***  
**Date:** Tuesday, October 7  
**Time:** 6:00pm - 8:00pm  
**Location:** MHS Room 404                                      **Fee:** \$40

Instant Guitar for Hopelessly  
Busy People - 1 Session

This crash course will teach a few basic chords and get you playing along with your favorite songs. Fee includes the online book, online follow-up lessons, a recording of the class, and an optional question and answer session. Open to ages 13+.

***\*\*Class is held online using Zoom, and is partly hands-on and partly lecture/demonstration.***  
**Date:** Tuesday, October 7  
**Time:** 6:30pm - 9:30pm  
**Location:** Online    **Fee:** \$55

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Wednesday, October 8  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Acrylic Painting - 1 Session

Create a fall-themed print. Artwork to be painted will be available for preview on Create A-Way's Facebook page one week prior to class. All supplies provided.

**Date:** Tuesday, October 14  
**Time:** 5:00pm - 8:00pm  
**Location:** MHS Cafeteria                                      **Fee:** \$35

Paper Mill Tour - 1 Session

Tour the Mosinee location of the Ahlstrom Paper Mill, a leading employer in Mosinee for over 100 years. This walking tour will take you inside the facility and teach you the papermaking process.

***\*Registration required. Maximum of 30. Minimum age of 12 years old, must be accompanied by an adult. Wear closed toe shoes, no shorts, no jewelry. All PPE will be provided. Enter at the visitor entrance.***

**Date:** Thursday, October 16  
**Time:** 2:00pm - 4:00pm  
**Location:** Ahlstrom Paper Mill                                      **Fee:** Free

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Saturday, October 18  
**Time:** 8:00am - 9:00am  
**Location:** Yoga Room                                      **Fee:** \$10

Zumba - 1 Session

Join the fun, energetic fitness program that's perfect for al levels. Modify movements to fit your abilities.

***\*Payment collected at class.***  
**Questions:** zumbawithstacy72@gmail.com  
**Date:** Saturday, October 18  
**Time:** 9:00am - 10:00am  
**Location:** Yoga Room                                      **Fee:** \$10

Strength Training for 50+  
6 Sessions

Learn how to use the fitness center equipment and develop a routine for staying fit and active.

**Start Date:** Tuesday, October 21  
**Time:** 3:30pm - 4:30pm  
**Location:** MSD Fitness Center                                      **Fee:** Free

Discover Costa Rica - 1 Session

Get pointers on planning a winter vacation to Costa Rica. Learn travel tips, a few Spanish phrases, and what to do and not to do.

**Presenter:** Mike Miller  
**Date:** Wednesday, October 22  
**Time:** 6:00pm - 7:30pm  
**Location:** Creske Library                                      **Fee:** \$5

Strength Training for 50+  
6 Sessions

Learn how to use the fitness center equipment and develop a routine for staying fit and active.

**Start Date:** Thursday, October 23  
**Time:** 3:30pm - 4:30pm  
**Location:** MSD Fitness Center                                      **Fee:** Free

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Tuesday, November 4  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

The Power of Budgeting  
1 Session

Explore the importance of creating and maintaining a budget. Examine the difference between wants and needs and set goals for spending, saving and debit repayment.

**Date:** Wednesday, November 5  
**Time:** 6:00pm - 7:30pm  
**Location:** Creske Library                                      **Fee:** Free

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Thursday, November 6  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Zumba - 1 Session

Join the fun, energetic fitness program that's perfect for al levels. Modify movements to fit your abilities.

***\*Payment collected at class.***  
**Questions:** zumbawithstacy72@gmail.com  
**Date:** Saturday, November 8  
**Time:** 9:00am - 10:00am  
**Location:** Yoga Room                                      **Fee:** \$10

Acrylic Painting - 1 Session

Create a winter-themed print. Artwork to be painted will be available for preview on Create A-Way's Facebook page one week prior to class.

All supplies provided.  
**Date:** Tuesday, November 11  
**Time:** 5:00pm - 8:00pm  
**Location:** MHS Cafeteria                                      **Fee:** \$35

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Tuesday, November 11  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Thursday, November 13  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Thursday, November 20  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Strength Training for 50+  
3 Sessions

Learn how to use the fitness center equipment and develop a routine for staying fit and active.

**Start Date:** Tuesday, December 2  
**Time:** 3:30pm - 4:30pm  
**Location:** MSD Fitness Center                      **Fee:** Free

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Tuesday, December 2  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Strength Training for 50+  
3 Sessions

Learn how to use the fitness center equipment and develop a routine for staying fit and active.

**Start Date:** Thursday, December 4  
**Time:** 3:30pm - 4:30pm  
**Location:** MSD Fitness Center                      **Fee:** Free

Zumba - 1 Session

Join the fun, energetic fitness program that's perfect for al levels. Modify movements to fit your abilities.

***\*Payment collected at class.***  
**Questions:** zumbawithstacy72@gmail.com  
**Date:** Saturday, December 6  
**Time:** 9:00am - 10:00am  
**Location:** Yoga Room                                      **Fee:** \$10

Acrylic Painting - 1 Session

Create a Christmas-themed print. Artwork to be painted will be available for preview on Create A-Way's Facebook page one week prior to class.

All supplies provided.  
**Date:** Tuesday, December 9  
**Time:** 5:00pm - 8:00pm  
**Location:** MHS Cafeteria                                      **Fee:** \$35

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Tuesday, December 9  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10

Light Yoga  
for Everyday Living - 1 Session

Experience how beneficial yoga is for your body, mind and soul.

***\*Payment collected at class.***  
**Date:** Thursday, December 11  
**Time:** 6:00pm - 7:00pm  
**Location:** Yoga Room                                      **Fee:** \$10