



# 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/community-education.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 2018

	DATE	TIME	SESSIONS	FEE	LOCATION
<b>Balsam Wreath</b> Make a fresh balsam wreath. All supplies provided. Bring a wire nippers to class.	12-3-18	6:00-8:00	1	\$25.00	MHS 406
<b>Acrylic Painting</b> Amy Anderson from Create Away Art, will teach you how to create a 16 x 20 canvas print called "Cardinals at Christmas." Several designs to choose from. All supplies provided.	12-5-18	4:30-7:30	1	\$30.00	MHS 406
<b>Fab Lab Community Night</b> Create a personalized holiday ornament. All supplies provided.	12-6-18	6:00-8:00	1	\$2.00	MHS Fab Lab
<b>Cookie and Bar Exchange</b> Get all your holiday baking done in one morning. Each student will take home decorated cookies and bars. All supplies provided.	12-8-18	10:00-Noon	1	\$40.00	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
<b>Total:</b>					

### 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](http://www.mosineeschools.org)

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

**LOCAL POSTAL PATRON  
 ECRWSS**

## SEPTEMBER 2018

	DATE	TIME	SESSIONS	FEE	LOCATION
<b>POUND Fitness Class</b> SWEAT. SCULPT. ROCK. POUND is the world's first cardio jam inspired by the infectious energizing and sweat-dripping fun of playing drums. Sticks provided. Taught by Angie Harris.	9-10-18	6:15-7:15	1	FREE DEMO	MES Gym
<b>Zumba</b> Zumba is a Latin-based class that is part dance and part aerobics. Taught by Kristen Borysenko.	9-12-18	6:15-7:15	1	FREE DEMO	MES Gym
<b>Herb Gardens</b> Plan an indoor herb garden to grow fresh herbs all winter long. Eileen Riehle, master gardener, has all the latest techniques.	9-13-18	6:00-7:00	1	\$10.00	MHS 404
<b>Sports Cupcake Decorating</b> Use buttercream frosting to make different sport image cupcakes. Take home 6 decorated cupcakes. All supplies provided. Children welcome with a parent.	9-15-18	10:00-Noon	1	\$20.00	MHS 404
<b>Vinyasa Yoga</b> A relaxing and energizing class that will start with basic poses and then build from them. Variations are provided for those who need more challenging poses. Seated meditation and yogic breathing will be incorporated into most classes.	9-17-18	5:00-6:00	1	FREE DEMO	Creske Yoga Room
<b>POUND Fitness Class</b> SWEAT. SCULPT. ROCK. POUND is the world's first cardio jam inspired by the infectious energizing and sweat-dripping fun of playing drums. Sticks provided. Taught by Angie Harris.	9-17-18	6:15-7:15	6	\$30.00	MES Gym
<b>Larger Berry Crops</b> Carol Bray will present how to plant and maintain a larger berry crop, such as raspberries, blueberries, strawberries, or currants.	9-18-18	6:00-7:00	1	\$10.00	MHS 404
<b>Fab Lab Community Night</b> Create a personalized cribbage board. All supplies provided.	9-18-18	6:00-8:00	1	\$20.00	MHS Fab Lab
<b>Acrylic Painting</b> Amy Anderson from Create Away Art, will teach you how to create a 16 x 20 fall canvas print called "Daisies." All supplies provided.	9-19-18	4:30-7:30	1	\$25.00	MHS 406
<b>Zumba</b> Zumba is a Latin-based class that is part dance and part aerobics. Taught by Kristen Borysenko.	9-19-18	6:15-7:15	6	\$24.00	MES Gym

<b>Historical Mosinee</b>	9-20-18	6:00-7:30	1	FREE	MHS IMC
What became of Keelerville, Beans Eddy, and Falls City? Deb Nelles will give this history presentation.					
<b>Attracting Butterflies</b>	9-20-18	6:00-7:00	1	\$10.00	MHS 404
Master gardener, Eileen Riehle, will teach you what to plant to attract butterflies to your garden.					
<b>Vinyasa Yoga</b>	9-24-18	5:00-6:00	6	\$35.00 (Walk-in \$10)	Creske Yoga Room
A relaxing and energizing class that will start with basic poses and then build from them. Variations are provided for those who need more challenging poses. Seated meditation and yogic breathing will be incorporated into most classes.					
<b>Discovering Owls in Wisconsin</b>	9-24-18	5:30-6:30	1	\$5.00 (donation to Mead)	Mead Wildlife Center
Pam Resch, Mead Wildlife educator, and her owl companion, will provide insight about owls in Wisconsin. Pre-registration is required.					

<b>Planting Fall Bulbs</b>	9-25-18	6:00-7:00	1	\$10.00	MHS 404
Master gardener, Carol Bray, will teach you how to prepare your perennials and bulbs for the colder winter months.					

## OCTOBER 2018

	DATE	TIME	SESSIONS	FEE	LOCATION
<b>Electrical Wiring</b>	10-4-18	6:00-8:00	5	\$35.00	MHS IMC
Learn the basics of electrical wiring and safety for small home projects from a retired electrician.					
<b>Winterizing Your Perennial Gardens</b>	10-9-18	6:00-7:00	1	\$10.00	MHS 406
Learn how to prepare and protect your perennials from our harsh Wisconsin winters. This is the time of year to divide plants, bring in some to share.					
<b>Developing a Budget</b>	10-10-18	6:00-7:00	4	\$20.00	MHS IMC
Are you living beyond your means? Do you have a hard time trying to save money? Learn how to develop a budget and how to protect yourself when signing leases, contracts, etc. Legal advice given by an attorney.					
<b>Fall Baking Basics</b>	10-11-18	6:00-8:00	1	\$10.00	MHS 404
Enjoy the sweet life as you learn the art and science of baking breads, muffins, pies, cakes, and cookies. Receive easy to follow recipes in this hands-on class.					
<b>Jack-O'-Lantern Pumpkin Face Cake</b>	10-13-18	10:00-Noon	1	\$25.00	MHS 404
Use fondant to create a jack-o'-lantern pumpkin face cake. Each student will take home a six-inch decorated cake. All supplies provided. Children welcome with a parent.					
<b>Probiotic Yogurt</b>	10-15-18	6:00-7:00	1	\$5.00	MHS 404
Learn how to make probiotic yogurt and the benefits to your body if you eat it everyday.					
<b>Plumbing 101</b>	10-16-18	6:00-8:00	2	\$20.00	MHS 404
Learn plumbing basics from Tim Krzanowski. Skills include faucet replacement, toilet repair, and how to fix a leak. Bring your questions and save money by plumbing yourself.					
<b>Acrylic Painting</b>	10-17-18	4:30-7:30	1	\$25.00	MHS 404
Amy Anderson from Create Away Art, will teach you how to create a 16 x 20 fall canvas print called "A Touch of Birch." All supplies provided.					

<b>Historical Mosinee</b>	10-18-18	6:00-7:30	1	FREE	MHS IMC
Deb Nelles will give a history presentation on the Blair family, their impact on Knowlton and Mosinee, and what became of the family.					
<b>Wild Edibles</b>	10-18-18	6:00-7:00	1	\$10.00	MHS 404
Eileen Riehle will teach you how to forage and identify wild, edible plants and mushrooms.					
<b>Fiber Arts Basket Making</b>	10-19-18	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.					
<b>Basic Holiday Cookie Decorating</b>	10-27-18	1:00-3:00	1	\$20.00	MHS 404
Learn frosting techniques, tip control, and more while decorating twelve cookies for fall. All supplies provided. Children welcome with a parent.					

## NOVEMBER 2018

	DATE	TIME	SESSIONS	FEE	LOCATION
<b>POUND Fitness Class</b>	11-5-18	6:15-7:15	6	\$30.00	MES Gym
SWEAT. SCULPT. ROCK. POUND is the world's first cardio jam inspired by the infectious energizing and sweat-dripping fun of playing drums. Sticks provided. Taught by Angie Harris.					
<b>Vinyasa Yoga</b>	11-5-18	5:00-6:00	6	\$35.00 (Walk-in \$10)	Creske Yoga Room
A relaxing and energizing class that will start with basic poses and then build from them. Variations are provided for those who need more challenging poses. Seated meditation and yogic breathing will be incorporated into most classes.					
<b>Acrylic Painting</b>	11-7-18	4:30-7:30	1	\$30.00	MHS 406
Amy Anderson from Create Away Art, will teach you how to create a 16 x 20 canvas print called "Welcome to the Season." All supplies provided.					
<b>Zumba</b>	11-7-18	6:15-7:15	6	\$24.00	MES Gym
Zumba is a Latin-based class that is part dance and part aerobics. Taught by Kristen Borysenko.					
<b>Easy Thanksgiving Meals</b>	11-8-18	6:00-8:00	1	\$10.00	MHS 404
Don't spend the whole holiday in the kitchen. We'll create some of the easiest, traditional Thanksgiving dishes, along with taking a modern approach. Our Thanksgiving menu is adaptable to create your own Thanksgiving feast.					
<b>Basic Cupcake Decorating</b>	11-10-18	10:00-Noon	1	\$20.00	MHS 404
Learn to frost, fill, and decorate twelve cupcakes. Children welcome with a parent. All supplies provided.					
<b>Kombucha Tea</b>	11-13-18	6:00-7:00	1	\$5.00	MHS 404
Try the new craze of Kombucha tea. Learn how to make it and the many health benefits that drinking it can provide.					
<b>Historical Mosinee</b>	11-15-18	6:00-7:30	1	FREE	MHS IMC
Deb Nelles will present the history of Knowlton and the town's many relationships with Mosinee.					
<b>Mall of America Shopping Trip</b>	11-17-18	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, maximum of 56 people. Reservation deadline is October 15, 2018					