

# Ashby Community Education Spring 2017 Classes

## FINANCIAL/SAVINGS —

**RETIREMENT INCOME PLANNING** — 47% of Americans age 56 to 62 could run out of funds to pay for basic retirement expenses if they retire at age 65. Will you have enough to retire? Will your retirement income last? Are your assets protected? Many people have serious questions about their retirement strategies. This seminar is designed to help people understand what all of their options are and to offer guidance to keep their retirement strategy on course. **Instructor - Carol Juul. Date - Wednesday, May 10. Time - 7 p.m. Location - Media Center. Fee - \$5. Minimum - 6.**

**PREPARING FOR LONG-TERM CARE A Gift Your Family Deserves** — When you develop a long-term care strategy now, it can help you preserve your independence—and something more. It can give your family the opportunity to care about you instead of for you, if and when the time comes. Join us for a free, one-hour presentation. You'll learn about long-term care and how to prepare for it—emotionally, physically and financially. **Instructor - Carol Juul. Date - Tuesday, May 23. Time - 7 p.m. Location - Media Center. Fee - \$5.**

**SAVE ON YOUR CAR INSURANCE WITH DEFENSIVE DRIVING (8-hour Initial Course)** — *Saving Money, Saving Lives!* If you are 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer you a 10% reduction for three years if you complete the National Safety Council's Defensive Driving Course, taught by professional, certified instructors. The course is two sessions of classroom - no driving or test required. You will receive a certificate of completion to provide to your insurance company. Attendance at both sessions is required to receive credit. **Dates - Tuesday, April 18 and Thursday, April 20. Time - 5:30-9:30 p.m. Location - Ashby School Media Center. Fee - \$18.**

**DEFENSIVE DRIVING 55+: REFRESHER COURSE! (4-hour)** — If you have taken a state approved 8-hour Defensive Driving Course (55+) in the past, now you can renew your 10%, 3-year car insurance discount by taking this state-approved, 4-hour refresher course. There's no driving and no test. You will receive a certificate of completion to provide to your insurance company. **Date - Tuesday, April 25. Time - 5:30-9:30 p.m. Location - Ashby School Media Center. Fee - \$18.**

## HEALTH —

**WALKING** — Plan to be a part of this on-your-own group-walking program designed to improve and maintain proper physical fitness levels for people of all ages. Join your friends and neighbors in a safe, warm environment, and gain the benefits of regular exercise. \*No walking during school holidays, no school days or when school is closed due to poor weather. **Location - Ashby School. Dates - February-April. Times - 7-8 a.m. and 6:30-7:30 p.m. Must preregister.**

**Qi-ssage** — International Qigong Master founder of Spring Forest Qigong Center Eden Prairie Minnesota and contributing author to Mayo Clinic's Complementary Medicine Textbook - Chunyi Lin created Qi-ssage to provide you with another simple, yet very powerful technique to help you achieve and maintain optimal health, wellness and healing. How Qi-ssage Works. There are twelve major energy channels in your body and hundreds of energy points all over your body. Each of these points affects the balance and flow of your body's energy. However, only a couple dozen of these energy points are vitally important in helping you heal and in helping you experience and maintain your optimal health and wellness. Qi-ssage acupressure addresses these twenty-four main acupressure points in the body. It focuses on balancing and enhancing the flow of energy in the body by pressing these acupressure points in sequence. In acupuncture needles are used to stimulate these energy points while Qi-ssage uses hands on pressure to do the same thing. In this Qi-ssage session you will learn about Qi-ssage, see how it is done in its entirety and have the chance to learn and practice the head and shoulder points. Qi-ssage will help to: • Relieve stress • Release tension • Relax the entire body • Energize the body and mind • Enhance and balance the flow of energy • And, much, much more... "The way qigong is practiced and taught by Chunyi Lin is a very powerful approach to human health." Neil Kay, M.D., Prof. of Medicine, Mayo Clinic College of Medicine, Rochester. **Instructor - Ann Dolence, LCSC Wellness, Tiny Habits Certified Coach. Date - Tuesday, March 7. Time - 7 p.m. Location - Media Center. Fee - \$7. Minimum - 6.**

**Tiny Habits Training** — Have you tried to make healthy lifestyle changes like losing weight, eating healthier, exercising routinely or being more organized and each time you started you weren't able to keep going? Did this change begin to feel like pushing a boulder up a mountain and when it came crashing down your moti-

vation felt sort of crushed? This is a common experience and why Tiny Habits is a practical, simple and effective way to develop success momentum. It is so simple, tiny and fun that you will leave saying, "Why didn't I think of that!". BJ Fogg Behavioral Scientist from Stanford University did and I am happy to be able to share this information with you. Tiny Habits is a simple way to create success momentum and make behavior change in the long term. In this class you will learn and experience: • That the formula for behavior change is simple. • The value of "Success Momentum". • What Tiny Habits are and the 3 parts that create success. • How to make a recipe for Tiny Habits. • How to write your own Tiny Habit recipe for successful change. Don't miss out. Tiny Habits can change your life! **Instructor - Ann Dolence, LCSC Wellness, Tiny Habits Certified Coach. Date - Tuesday, March 21. Time - 7 p.m. Location - Media Center. Fee - \$7.**

**After School Healthy Snackin'** — Grades 4-6 will have the opportunity to learn some quick and healthy snacks that they can make on their own over the Summer. The class will take place after school for four nights. Children will get great healthy ideas in making fun healthy snacks on their own. Children will enjoy an after school snack that they make at each session and will get a recipe book. **Instructor - Cathryn Anderson-Barnes. Date - Thursdays, April 6, 13, 20 and 27. Time - 3:15-4:15 p.m. Location - Ashby School Cafeteria. Fee - \$10.**

## HOBBIES —

**Cold-Process Soap** — In this single session class you will learn the basics of Cold-Press Soap. We will go over soaping safety, common terms, a little science and history, a few tips and tricks as well as other methods of soap making. Everyone will get a chance to make their own cold-process soap that students can use at home. Upon completion of this class you will have the knowledge to start soaping on your own. **Instructor - Ethan. Date - Thursday, March 30. Time - 6:30 p.m. Location - Cafeteria. Fee: \$20, includes supplies.**

**Berries** — Can't you just taste them now? Life doesn't get much better than fresh strawberries, raspberries and blueberries. Dr. Struthers will teach you how to grow delicious berries and which varieties are the best for our area. Lewis Struthers is a Master Gardener, beekeeper and retired physician. **Instructor - Master Gardener Lewis Struthers. Date - Monday, April 17. Time - 7 p.m. Location - Ashby School Library. Fee: \$8. Minimum 6.**

**Apples Trees and More** — It is possible to grow delicious apples, pears, plums, apricots and cherries in this area! Learn how to care for your fruit trees and how to protect trees and fruit from disease and insects. Lewis Struthers is a Master Gardener, beekeeper and retired physician. **Minimum - 5. Instructor - Master Gardener Lewis Struthers. Date - Monday, April 24. Time - 7 p.m. Location - Ashby School Library. Fee - \$7.**

**Marvelous Honey Bees** — Winnie the Pooh knows all about honey bees and you can too! Dr. Struthers will discuss how honey gets from the bee to the jar including collecting honey, pollination, life cycle, interesting instincts and characteristics, how bees organize their society and how to get a beehive started. You will have a chance to taste honey samples. He will also give you an annual schedule of the when, what and why of hive care. **Instructor - Master Gardener Lewis Struthers. Date - Monday, May 15. Time - 7 p.m. Location - Ashby School Library. Fee - \$7. Minimum 5.**

## MISCELLANEOUS —

**Tasty, Health, Hearty Soups** — You can't beat a warm bowl of soup on these chilly February evenings! Learn quick and easy soups that are put together in very little time. You will leave with several wonderful recipes and full stomach! **Instructor - Cathryn Anderson-Barnes. Date - Thursday, February 23. Time - 6:30 p.m. Location - Lunchroom. Fee - \$5 per person. Minimum - 6.**

**Egg Hunt** — If you are 10 years of age and younger and love to hunt for Easter eggs, you must come to the Egg Hunt Saturday, April 8. It takes place at 10:30 a.m. There will be an egg hunt, egg decorating and you will prepare your own egg snack! (Moms and Dads please come and help your children). Please bring your Easter baskets and **hard boiled eggs** if you would like to dye eggs. **Class Limit - 30 children. Instructor - Marie Hoffman. Date - Saturday, April 15. Time - 10:30 a.m. Location - Ashby School Cafeteria. Fee - \$6 per child. Must register by April 9.**

## TRIPS —

**Disney On Ice: Dream Big** — Enter a world where adventure is awaiting and

courage leads the way at Disney On Ice presents Dream Big. Through enchanted pixie-dust, Tinker Bell takes you on a journey of beloved Disney tales LIVE ON ICE. Make a splash with the fearless dreamer Ariel as she yearns to explore life above the waves. Watch Rapunzel, Cinderella and Belle as they learn about the power to make their own magic. Travel to the wintry world of Arendelle with sisters Anna and Elsa, and the hilarious Olaf from Disney's Frozen as they learn that true love is the greatest magic of all. Be there to discover a whole new world with the daring Jasmine, and join Snow White, Aurora and Tiana as they remind you to always be strong, kind and fearless. High-flying jumps, daring acrobatics, breathtaking skating and lovable Disney friends make this an experience your family will never forget. Believing is just the beginning when Disney On Ice presents Dream Big skates into your hometown. **Location - Target Center. Chaperone - Marie. Date - Saturday, March 4. Time - Bus leaves school at 7 a.m. and return around 7 p.m. Fee - \$32 for show and transportation. Please bring additional money for lunch. MUST REGISTER by Monday, February 20, call Marie 218-770-4740. Minimum - 20.**

**Guided Tour** — Take a free guided tour to see the restoration effort up close and get an overview of Capitol history, art, architecture and state government. Highlights include: \*The second-largest self-supported marble dome in the world; \*Exterior marble cleaned and repaired; \*Decorative art, murals and paintings restored to original 1905 patterns and colors; \*Exposed limestone foundation walls and new public spaces in basement; \*Stories about the Capitol's history, art and architecture; \*The chambers where government decisions are made; \*Weather permitting, walk to the Quadriga (golden horses) on the roof of the Capitol. **Date - Saturday, April 22. Tour lasts about one hour and then will stop at the St. Paul Cathedral. Bus leaves Ashby School at 9 a.m. and returns around 7 p.m. must have 15 people. Deadline - April 1. Fee - \$30 per person. Please bring money for a lunch stop. Minimum - 20.**

*Any ideas or would like to teach a class, please email Marie at marieh010362@gmail.com or put suggestions in Marie Hoffman's mailbox at the Ashby School or call 218-770-4740.*

## REGISTRATION FORM - Register at School

Make checks payable to: Ashby Public School

Mail to: Community Education, c/o Ashby Public School  
PO Box 30, Ashby, MN 56309

Name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_

Telephone (Home) \_\_\_\_\_

Telephone (Business) \_\_\_\_\_

Course(s) \_\_\_\_\_

Amount Enclosed \$ \_\_\_\_\_

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