

Ashby Community Education Spring Classes 2019

COOKING —

DELICIOUSLY HEALTHY DESSERTS – Don't miss out learning all the great substitutions for healthier eating desserts. Each student will become knowledgeable about several recipes in which you can incorporate different ingredients that will cut back on the fat and calories. There will be several desserts to sample and several recipes to take home! **Instructor: Catherine Anderson-Barnes. Date: Monday, April 29. Time: 6:30 p.m. Location: Ashby School Cafeteria. Fee: \$5.**

HEALTH —

WEIGHT LOSS MADE EASY – You can do it! Weight Loss Can be Made Easy! If you want to lose weight or just want more energy for your day, Natalie will get you there as she is an experienced trainer that has helped thousands of people to lose weight and get into great shape. Natalie with her E Fit system helped a "Biggest Loser" contestant to lose 120 pounds while on the hit show and is ready to help you too! Learn from the expert 10 easy, healthy habits that Natalie recommends for you that have helped so many other clients (including herself) to lose weight and keep the pounds off for good. **Instructor: Natalie Heckert. Date: To Be Announced At A Later Date. Two Class Times: You choose which session 4 p.m. or 7 p.m. Location: Ashby School Cafeteria. Fee: \$10 per person (school staff fee is waived). Must have 10 total to make this evening a go.**

ZUMBA AND PILATES – Zumba takes place **Monday, Wednesday and Friday from 8:45-9:45 a.m.** Pilates takes place **Monday, Wednesday and Friday from 10-11 a.m.** Childcare is provided (limit of 10 children/first come first serve basis). **Location: Destiny Center. Cost: \$5 per session for non-members and for Destiny Center members it is free. Instructor: Char Slack. Please sign up at the school and/or call Marie 218-770-4740.**

INDOOR WALKING – Community members are welcome to walk the school halls from 7-8 a.m. (must be a school day). Please notify the school or Marie 218-770-4740 that you will be walking.

HOBBIES/CRAFTS —

SUPER SOFT INFINITY SCARF – This fun class is for all sewing levels including those that have never sewn! Join Heather Thormodson, as we whip up an easy and amazingly warm scarf. Beat the cold in your stylish and cuddly scarf that can be wrapped in a gazillion different styles. Please indicate your favorite color choice - a color from the rainbow and Heather will do her best to accommodate. **Sign up by February 7. Instructor: Heather Thormodson. Date: February 15. Time: 2-3 p.m. Location: Ashby School Library. Fee: \$22.**

BEGINNING CROCHETING WITH ASHLEY – An excellent class for all those out there that would like to learn the very basics of crochet! The class will be held three Tuesdays and the end result will be a cowl or scarf. Bring your favorite yarn (exclude bulky yarn). Hooks will be provided. Any additional questions-please message Ashley Ohren on facebook. **Instructor: Ashley Ohren. Location: Ashby School Library. Dates: Tuesdays, February 19. Times: 6:30-8 p.m. Cost: \$12 per person.**

GRANT COUNTY 4-H "LEGO CHALLENGE" KICKOFF EVENT – All actively enrolled 4-H'ers in grades 3+ and their parents. Not a current 4-H member? That's OK!! Show up and we will get you signed up! Pizza and LEGO challenge kickoff - eat, meet and build. **Location: Ashby School Cafeteria. Date: Thursday, February 28. Time: 6-7:30 p.m. Fee: \$3 per person for pizza.**

SAMI REINDEER WRAP – Narrow strips of reindeer leather are braided with tin thread to create a rounded 4-strand braid. The ends are glued into a magnetic clasp - no sewing. The bracelet will wrap twice around your wrist. Registration fee includes all materials and tools. **Instructor: Deb Kerr. Location: Ashby School Library. Date: Tuesday, March 19. Time: 5-8 p.m. Fee: \$50 per person. Minimum: 4 and a maximum of 6.**

CLOTHESPIN EGGS AND LOLLY POP BUNNIES – Children grab a parent and make a couple of very fun Easter projects! Clothespin eggs are so easy to make and they are so adorable! Kids you will have a blast playing with them! The second project is the bunny pops. These lolly pop bunnies are adorable! And they would make a great treat for Easter! Or a great treat to set out on the Easter table. **Instructor: Marie. Location: Ashby School Cafeteria. Date: Tuesday, April 2. Time: 6:30 p.m. Cost: \$5 (includes 1 parent and a child).**

INSURANCE —

MEDICARE 101 – Are you 64 +? Or maybe you assist someone with their insurance needs? Who qualifies for Medicare? Which plan is right for you? This class will give you information on medicare and answer all your insurance questions. There will be no cost for this class, but pre-registration is required. **Instructor: Katie Ennen, Grant County Senior Coordinator. Date: Thursday, March 28. Time: 7:00-8:30 p.m. Location: Ashby School Library. No Fee.**

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: To Be Announced At A Later Date. Location: Ashby School Media Center. Fee: \$18.**

PLANTING —

SEED STARTING – This class is very informative! You will learn how to start seeds indoors and outdoors. You will also learn about seed tapes and important tips in reading the seed package. There will be a discussion on transplanting your seedlings too. Don't miss this class! **Instructor: Master Gardener, Sarah Thronstedt. Date: Monday, February 25. Time: 7 p.m. Location: Ashby School Library. Fee: \$2.**

SUCCULENT GARDENS – Come plant a succulent garden, to look like a bouquet of flowers. Get your hands dirty and join us for some fun!! **Class size is limited so sign up at the Ashby School before March 20th. Location: Natures Garden World. Instructor: Darcy. Date: Wednesday, March 27. Time: 10 a.m.-11 a.m. Fee: \$40 which includes all your materials.**

TRIPS —

MOORE MAGIC GRAND ILLUSION SHOW – Moore Magic Grand Illusion Show (80 min., all ages): In this era of digital trickery, you cannot believe everything you see or hear on a screen. But can you believe your own eyes when the unimaginable happens right in front of you? Prepare to be amazed and intrigued as Adam and Lisa Moore perform grand illusions, escapes, appearances and disappearances — often with help from an audience member! **Date: Saturday, March 9th. Location: Plymouth Playhouse, Plymouth, MN. Time: Bus will leave Ashby School at 3 p.m. and return around 10 p.m. Cost: \$40.00 per person, children ages 4-16: \$30 (includes show and transportation). Please bring extra money for supper.**

"DISNEY ON ICE"-BRINGS YOU CLOSER TO THE DISNEY MAGIC THAN EVER BEFORE! Join Mickey Mouse and his friends at "Disney On Ice" presents "Mickey's Search Party", a brand-new adventure filled with world-class skating, high-flying acrobatics and unexpected stunts! Help them follow Captain Hook's treasure map and look for clues in the search for Tinker Bell in immersive, fantastic worlds. Explore the colorful spirit realm of "Coco" in Miguel's "Disney On Ice" debut, sail away with Moana as she bravely saves her island, see Belle in the sky above you as the enchanted chandelier comes to life, and sing-along with Elsa in the icy world of "Frozen". Make memories with your whole family during "Aladdin", "Toy Story" and "The Little Mermaid" as the search party becomes an all-out magical celebration on the ice, in the air, and all around! **Showtime: 1 p.m. at the Target Center. Transportation will leave the Ashby School at 9:00 a.m. Date: Sunday, March 17. Cost: \$38 per person (age 2 and under-free). Chaperone-Marie Hoffman (218-770-4740).**

REGISTRATION FORM

Make checks payable to: Ashby Public School

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

Name _____

Address _____

City _____

Telephone (Home) _____

Telephone (Business) _____

Course(s) _____

Amount Enclosed \$ _____

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