

Ashby Community Education Spring 2018 Classes

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-Thursday, March 1st. Two Class Times-You choose 4-5 p.m. or 7-8 p.m. Location-Ashby School Cafeteria. Fee-\$10 per person. Must have 10 total to make this evening a go.**

Healthy Cooking –

Health, Easy, Spring Salads – Learn to make and sample 3 amazing and beautiful Spring Salads. Each student will learn the easy steps in making quick salads that are appetizing and appealing to the eye. Each student will enjoy a helping of the salads and take home some awesome recipes. Come hungry! **Instructor-Catherine Anderson-Barnes. Date-Tuesday, March 13th. Time-6:30 p.m. Location-Ashby School Cafeteria. Fee-\$5.00**

Kids ... There Are Many Ways To Make Pizza – This after-school class will consist of making several kinds of pizza in a quick and healthy style. Children will discover how easy it is to create pizza using different kinds of crusts (English muffins, tortillas, etc.). Children 4-6 grade will enjoy this class! **Instructor-Catherine Anderson-Barnes. Date-Thursday, April 26th. Time-3:15 p.m.-4:15 p.m. Location-Ashby School cafeteria. Fee-\$5.00 per child**

Home Care –

Septic System Care – How does your individual septic system really work? How can you as a homeowner care for and protect your investment to maximize the life of the system? There are many simple things you can do to extend the life of your septic system while at the same time maximizing efficiency, reducing expensive repairs, and protecting water quality. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists. **Instructor-Adam Hjelm. Date- Tuesday, March 20th. Time-7:00 p.m. Location-Ashby School Media Center. Fee-\$7**

Insurance –

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, June 5th and Thursday, June 7th. 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 - Monday, June 11th. Time - 5:30-9:30 p.m. Location - Ashby School Media Center. Fee - \$18.**

Any ideas or would like to teach a class, please email Marie at marieh01031962@gmail.com or put suggestions in Marie Hoffman's mailbox at the Ashby School or call 218-770-4740.

Lawn and Gardening –

Raspberries in the Home Garden – General planting and care guide including discussion relative to the Summer vs Fall bearing varieties. Raspberries can be one of the most prolific producers in your garden, but there are a few things that can make growing and caring for your plants easier. We'll review these tricks and answer general questions. We will also touch on common pests and diseases and how to tackle them. **Instructor-Joel Kangas. Date-Tuesday, March 20th. Time-7:00 p.m. Location-Ashby School Media Center. Fee-\$5**

Rain Barrels – Rain barrels harvest rain water from roofs and other structures that can then be used to water gardens, lawns, and potted plants. Installing a rain barrel is an excellent way to reduce run-off and pollution as well as save MONEY! As much as 40% of residential water is used for irrigation in the summer. Participants will learn the ins and outs of rain barrels, site selection, and other tips to use rain barrels most efficiently. There will be several rain barrels given away as door prizes, as well as rain barrels to purchase. **Instructor-Adam Hjelm. Date-Thursday, March 22nd. Time-7:00 p.m. Location-Ashby School Media Center. Fee-\$7**

Healthy Lawns – Lawn care can be expensive and puzzling. Learn some simple tips and techniques that can help you get the best performance out of your yard while protecting area lakes and stream from pollutants and runoff. We will cover a wide variety of topics and answer your questions about watering, fertilizing, weed identification and so much more to make your lawn the best it can be. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists. **Instructor-Adam Hjelm. Date-March 29th. Time-7:00 p.m. Location-Ashby School Media Center Fee-\$7**

Pruning Trees – Virtually every tree, bush or shrub will benefit from pruning. Disease control, pest management, fruit production, aesthetics, longevity, will all improve with pruning, but it can be a bit intimidating. Don't worry, there are a few common rules that should be followed and, if they are, will vastly improve your plants and make it very difficult to do any harm. Join us for a demonstration and discussion on the subject. **Instructor-Joel Kangas. Date-Tuesday, April 3rd. Time-5:00 p.m. Location-Ashby School Media Center. Fee-\$5**

Unusual Fruit for the MN Garden or Small Fruit for the MN Garden or MN Hardy Fruit Trees – There are many cold hardy fruits available for our area. We'll discuss general planting and care and the many different varieties including unique characteristic, what we like about them, and some things to be aware of. **Instructor-Joel Kangas. Date-April 10th. Time-7:00 p.m. Location-Ashby School Media Center. Fee-\$5**

Make It At Home –

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, February 22nd. Time - 5:30-8:30 p.m. Location - Cafeteria. Fee: \$20, includes supplies.**

Trips –

Disney On Ice-Target Center – Enter a fantastical winter wonderland beyond all imagination at Disney On Ice presents Frozen! The heartwarming, Academy Award-winning tale you love is now LIVE and skating into your town. You'll be magically whisked away into the wintery world of Arendelle, where you will be dazzled by amazing special effects and astonishing skating. Sing and dance along to inspiring songs, including "Let It Go." Join royal sisters Elsa and Anna, the hilarious snowman Olaf, Kristoff, his loyal reindeer Sven and the mystical trolls as they journey to discover that true love is ultimately the most magical power of all! Hosted by Mickey Mouse and Minnie Mouse, with special guest appearances by your most beloved

Disney Princesses and characters from favorites like Disney-Pixar's Toy Story, Finding Nemo and Disney's The Lion King, this unforgettable celebration of love and friendship will leave your family with memories to last a lifetime. **Chaperone-Marie Hoffman 218-770-4740. Date-Saturday, March 3rd. Bus will leave the school at 7:00 a.m. and return at 5 p.m. Cost-\$30 per person. Deadline-February 25th.**

The Woodtick Band is back at the famed Woodtick Musical Theatre in downtown Akeley. They are returning for their 27th season of foot-stompin', hand-clappin', fun, lively musical entertainment! Their repertoire of country, bluegrass, folk, gospel and comedy has made their show one of the most sought after attractions in northern Minnesota. Suitable for all ages, the live 2 hour stage show puts many a smile on faces from grandparents to grandkids. The band consists of musicians from the local area who come out of the winter woods each spring to entertain. And entertain they do! Each bringing their own fresh flavor of music, which combined makes up a great variety show. The show is often compared to what you might find in Branson, MO but with a Northern Minnesota charm. So, climb aboard the music train, and let them take you for a ride! We will stop for lunch on the way! **Chaperone-Marie any questions please call or text Marie Hoffman 218-770-4740. Date-Wednesday, June 28th. Bus will leave Ashby School -11:00 a.m.-return-8:00 p.m. Cost-Adult-\$30, Teen-\$16 and Child \$14 (includes show and transportation). Minimum-14**

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 \$ _____