

# LAKE AREA COMMUNITY EDUCATION GUIDE

FEATURING



**FRAZEE-VERGAS**  
PUBLIC SCHOOLS | ISD#23



**PERHAM-DENT**  
PUBLIC SCHOOL DISTRICT







# IT'S TIME FOR LEARNING!

**Frazee-Vergas Community Education & Perham Area Community Education are excited to partner up to bring you this community resource guide.**

This community catalog features information on learning events and activities in the greater Frazee & Perham areas. We offer a wide variety of classes for people of all ages! Please enjoy browsing our catalog to discover opportunities to meet new friends, learn a new skill, or find a new hobby.

**For up-to-date information, check out our websites:**

[www.frazee.k12.mn.us](http://www.frazee.k12.mn.us)

[www.perhamschools.org](http://www.perhamschools.org)



## REGISTRATION INFORMATION

It's simple! You can mail in the registration form, stop by Community Education in Frazee or Perham, sign up on-line at the Community Education websites or call our offices. You are enrolled in a class upon receipt of registration and payment. Confirmations are sent to the e-mail address provided at the time of registration. Once registered, all you need to do is simply show up for the class and enjoy. We would love to see you at class!

Our classes are open to everyone in our districts and surrounding communities. Classes are filled on a first-come first-serve basis, but you can still register up to the first day of class if there is space available. Seats and materials are limited. Classes are sometimes canceled due to lack of enrollment, so it is best to register as soon as possible. Don't take a chance that your class may be full or canceled. Please note that all classes, even if free, require pre-registration.

# REGISTER TODAY

It's Easy!

**1. Website** - [www.frazee.k12.mn.us](http://www.frazee.k12.mn.us) OR  
[www.perhamcommunityeducation.com](http://www.perhamcommunityeducation.com)

**2. Call Us** - 218.334.3181, Option 3  
OR 218.346.4503

**3. Stop By** - Frazee High School, Room 325  
Perham High School Activities Office

**4. Mail** - 305 North Lake Street, Frazee, MN 56544  
OR 800 Coney Street West, Perham, MN 56573

**5. Email** - [commed@frazee.k12.mn.us](mailto:commed@frazee.k12.mn.us)  
OR [commed@perhamschools.org](mailto:commed@perhamschools.org)

**6. Fax** - 218.334.3182

## Family Registration Form

Please PRINT! Thank you!

**ADULTS:** Mom \_\_\_\_\_ Dad \_\_\_\_\_

Mom Cell \_\_\_\_\_ Dad Cell \_\_\_\_\_

Mom Work \_\_\_\_\_ Dad Work \_\_\_\_\_

**CHILD 1:** \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_

**CHILD 2:** \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_

**CHILD 3:** \_\_\_\_\_ Age \_\_\_\_\_ Date of Birth \_\_\_\_\_ Grade \_\_\_\_\_

Address \_\_\_\_\_ City \_\_\_\_\_ Zip \_\_\_\_\_

Home Phone \_\_\_\_\_ E-mail Address \_\_\_\_\_

Participant's Name(s)	Class Title	Fee	Total

Total Amount Due:

Method of Payment: \_\_\_\_\_ Cash \_\_\_\_\_ Check # \_\_\_\_\_

Credit Card # \_\_\_\_\_ Exp. Date: \_\_\_\_\_



# COMMUNITY EDUCATION

## LEARNING OPPORTUNITIES FOR ALL AGES

Frazee-Vergas Community Education & Perham Area Community Education have proudly partnered to bring you these unique classes and programs. Our communities are dedicated to enriching learners by providing comprehensive and engaging lifelong learning opportunities for all ages.

**FRAZEE**  
HOME OF THE  
HORNETS



[www.perhamcommunityeducation.com](http://www.perhamcommunityeducation.com)

[commmed@frazee.k12.mn.us](mailto:commmed@frazee.k12.mn.us)

**218.334.3181, Option 3**

305 North Lake Street; Frazee, MN 56544  
Facebook: Frazee-Vergas Public Schools Isd#23

[www.frazee.k12.mn.us](http://www.frazee.k12.mn.us)

[commmed@perhamschools.org](mailto:commmed@perhamschools.org)

**218.346.4503**

800 Coney Street West; Perham, MN 56573  
Facebook: Perham Area Community Education

## COMM ED STAFF

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## INSTRUCTORS WANTED

We are currently looking for instructors that are willing to share their hobbies and interests with the community. Instructors of all types are desired, from personal enrichment to technology and workforce skills. Our most desired areas are in adult personal enrichment from crafting to baking and cooking to photography and graphic design. While these are the most asked for, all types of education are wanted.

Teaching community education classes is a great way to earn a little extra money while having fun. Worried that you aren't an expert in anything? Nonsense.

There are two ways to look at it:

1. **Reframe the Process.** Call it "sharing" instead of "teaching." There is less pressure when you are simply sharing what you know with others as opposed to teaching them what they don't know. It doesn't make what you know less valuable to students, but it certainly makes getting started easier.
2. **Become an Expert by Teaching Others.** When you teach someone else, you begin to understand it better yourself. You also learn better initially, because your brain is priming you to get ready to teach it to another person. If you are ready to learn more about one of your favorite hobbies or interests and make a little money in the process, teaching a community education course is exactly where you should start.

## CATEGORIES

Adults 55+  
Arts & Culture  
Eats & Drinks  
Finance & Money  
Health & Safety  
Hobbies & Personal Interest  
Outdoors & Animals  
Trips  
Youth & Family Enrichment  
Drivers Education  
Latch Key Child Care  
Early Childhood Family Ed.  
Adult Basic Education  
Empowering Kids



# ADULTS 55+

## WELCOME TO MEDICARE

*Instructor: Nancy Voss, Otter Tail County Coordinator on Aging*

Are you turning 65 this year or nearing the 24th month of Social Security disability status? The transition to Medicare can be very confusing. Attend this informational class to learn the basics of Medicare including when to enroll, how to enroll, and which common mistakes to avoid. Questions and discussions are encouraged. Please register by Wednesday, December 5.

**PERHAM:** Monday, December 10; 11am-12pm

Perham Public Library, 225 2nd Ave NE

Fee: No Charge

## INFORMATION TO CAREGIVERS

*Instructor: Nancy Voss, Otter Tail County Coordinator on Aging*

This one-hour class is intended to support and inform

family and community members who are caring for older and/or disabled adults in the community.

It will focus on sharing resource information, managing crisis situations, and the importance of not forgetting about yourself in the process. Questions and discussions are encouraged. Please register by Wednesday, December 5.

**PERHAM:** Monday, December 10; 1-2pm

Perham Public Library, 225 2nd Ave NE

Fee: No Charge



## DEFENSIVE DRIVING FOR THOSE 55+

*Instructor: Denise Lillis, 218.346.3336*

Today's roads are much faster and more dangerous, which is why it's a good idea to take a defensive driving course



and make sure you're ready for the hazards of everyday driving. There will be a review of the state regulations and road signs, in addition to essential defensive driving techniques that may help you avoid an accident! You'll learn adjustments to accommodate common age-related changes in vision, hearing, and reaction time. According to Minnesota state law, people age 55 and older who complete a state approved defensive driving course are eligible to receive a 10%, three-year discount on auto insurance. The class consists of lecture, films, and discussions. There is no behind-the-wheel driving and there are no tests. Once you have completed the full eight hour course, a four hour refresher is needed every three years. To register for the Defensive Driving classes or information on an eight hour class, please call Denise at 218.346.3336.

Additional refresher classes are added as needed. Fee: \$20 and payable at class.

**FRAZEE:** Tuesday, November 20; 5-9pm

Frazee High School Media Center Room 408 (Door 16)

**PERHAM:** Tuesday, December 4; 12:30-4:30pm

**PERHAM:** Wednesday, December 19; 12:30-4:30pm

**PERHAM:** Tuesday, January 15; 12:30-4:30pm

Perham Area Public Library, 225 2nd Ave NE

## FRAZEE'S UNITED WAY DAY OF CARING

United Way's Day of Caring is one day each year where volunteers set aside a few hours to give back to the community through a morning of helping. Teams of volunteers from the Frazee High School gather to complete much needed tasks such as raking, window washing, litter pick-up, spring cleaning, landscaping, gardening, and general repairs. It's a single day of service with a big community impact. Last year we had 400 plus students and 40 staff who took to the streets, lawns, schools, parks, and senior centers to give back to over 60 families in our area. Participants must reside in the Frazee-Vergas District. If you are interested in being a part in this year's Day of Caring, please call and pre-register 218.334.3181, Option 3.

# ART & CULTURE

## SIP, PAINT, & SOCIALIZE

*Instructor: Aryn Lill, The Blue Fox*

Good food, great drinks, and good art make life that much more enjoyable. With that idea in mind, these classes were created to be a fun environment where everybody can cut loose and have a good time. What isn't more fun with a drink in hand? No art experience needed to create a 16" x 20" acrylic masterpiece. Your fee includes all supplies and a drink--pop, house wine, domestic tap beer or ale drink. Come ahead of time and eat if you desire.

**PERHAM:** Misty Mountain Buck - Monday, November 19; 6:30-8:30pm

**PERHAM:** Little Bird - Monday, January 21; 6:30-8:30pm

**PERHAM:** Starry Sky - Monday, February 18; 6:30-8:30pm

**PERHAM:** MN Lake - Monday, March 18; 6:30-8:30pm

Brew Ales & Eats, 124 E Main Street, Perham

Fee: \$40



## FOR THE LOVE OF COLOR ACRYLIC PAINTING CLASSES

*Instructor: Aryn Lill, The Blue Fox*

These youth and adult classes were created to be a fun environment where everybody can cut loose, be creative and have a good time. What isn't more fun than a palette of colors you desire? No art experience needed to create a 11" x 14" canvas acrylic masterpiece. Your fee includes all supplies.

**FRAZEE:** Penguins - Saturday, December 8; 10am-12pm

**FRAZEE:** Snowy Pine - Saturday, January 19; 10am-12pm  
(Techniques include splatter painted snow & fan brush technique for pine trees)

**FRAZEE:** Agate - Saturday, February 16; 10am-12pm  
(Techniques covered will include use of glitter and iridescent paints)

Frazee High School Art Room 101 (Door 17)

Fee: \$25



## PAINT YOUR PET

*Instructor: Aryn Lill, The Blue Fox*

Class participants, anyone 21 years of age and older, will paint their own pet or an animal of choice. Once registered, students will submit a high quality photo at least a week in advance so Aryn can transfer your pet onto a 12" x 16" canvas. To make it easier at class, your canvas will be designed as a "paint by number" to help the students see what colors fit best in their artwork. Please note that one pet per canvas and pets will be cropped to portraits, not a full body image. The best photos are simple, have one pet, and have high contrast. Students must email their pet to Aryn at thebluefoxclasses@gmail.com at least one week prior to class. Your fee includes all supplies and a drink.

**PERHAM:** Monday, December 10; 6:30-9pm

Disgruntled Brewing, 735 2nd St NE

Fee: \$50



**PERHAM:** Daisy Fox - Saturday, March 16; 10am-12pm  
(Technique covered will include dripping background)

**PERHAM:** White Flowers - Saturday, April 6; 10am-12pm  
(Technique will be abstract art along with splatter painting)

Perham High School ALC (Door 16)

Fee: \$25



# ART & CULTURE

## MINNESOTA ICE FISHING ACRYLIC PAINTING

*Instructor: Aryn Lill, The Blue Fox*

The number one Minnesota winter sport is ice fishing on one of the many beautiful lakes in our area. What better way to share your passion for the sport while you rejuvenate your spirit in the dead of Minnesota winter with a drink and paint brush in hand at Billy's? Absolutely no art experience needed to create a 16" x 20" wrapped canvas acrylic masterpiece for your outdoor enthusiast. Your fee includes step-by-step instruction, all supplies and a drink--pop, beer, rail drink or a glass of wine. Come ahead of time and eat if you desire.

**VERGAS:** Ice Fishing Hole - Wednesday, January 23; 6:30-8:30pm

**VERGAS:** MN Ice House - Wednesday, February 20; 6:30-8:30pm

Billy's Corner Bar and Grill, 158 East Main Street

Fee: \$40



## POPPY THE PIG ACRYLIC PAINTING FOR YOUTH

*Instructor: Tami Sirek, Gallery on the Go*

This whimsical cute pig named Poppy is sure to be a hit for youth, 6 to 12 years of age. No painting experiences is required as Tami will give students step-by-step instruction to create their very own unique 12" x 12" wrapped canvas print. Your fee includes all supplies.

**FRAZEE:** Thursday, January 10; 3:45-5:15pm  
Frazee High School Art Room 101 (Door 17)  
Fee: \$25



## WATERCOLOR PAINTINGS

*Instructor: Val Voigt, Detroit Lakes Floral*

Discover the pleasure you will get from playing with watercolor paints! Watercolor is fun and easy to use. Val is upbeat and you will learn how to paint with watercolor while creating these stunning prints. These classes are for beginners to advanced skill levels. Your fee includes 11" x 14" watercolor paper and use of brushes to create a masterpiece. There will be a half hour lunch break.

**DETROIT LAKES:** Snowy Landscape - Saturday, January 19; 10-3pm

**DETROIT LAKES:** Deep Woods - Saturday, February 23; 10-3pm

**DETROIT LAKES:** Soft Florals - Saturday, March 23; 10-3pm

Washington Square Mall, 808 Washington Avenue

Fee: \$35

## JOURNEY AHEAD ACRYLIC PAINTING

*Instructor: Tami Sirek, Gallery on the Go*

This art piece of a Native American silhouette in the sunset will provide your space with unspoken wisdom that will keep you calm, offer peace and inspirational guidance in your daily journey. Join us as you create your unique 16" x 20"



wrapped canvas. This class is designed for beginners who have never picked up a brush before, through intermediate level artists who are looking to try out acrylics. Students should be 13 years of age and older. Your fee includes all supplies.

**FRAZEE:** Thursday, January 10; 6:30-8:30pm  
Frazee High School Art Room 101 (Door 17)  
Fee: \$35

## RECLAIMED ART: 14" X 14" BARN YARD QUILT ACRYLIC PAINTING

*Instructor: Aryn Lill, The Blue Fox*

One taste and you'll know this is Midwest brewing at its finest paired with skilled artist Aryn. You won't find a more enjoyable night out. This is a great opportunity for anyone



21 years of age and older to paint and cut loose. No art experience needed to create a beautiful barn quilt pattern on a 14" x 14" reclaimed wood pallet. Each pallet will provide unique qualities that you are sure to love and will be completely individual and have flaws such as nail holes and small dings which adds to the treasured piece your making. The wood has been carefully selected, pre-sanded and assembled. It is truly a one-of-a-kind masterpiece. You can choose at the start of the class which design you wish to paint--tulips, blue cross, pumpkin, hidden cross, marigold or the faded star. Your fee includes supplies and a drink.

**PERHAM:** Monday, April 8; 6-9pm  
Disgruntled Brewing, 735 2nd St NE  
Fee: \$50

# ART & CULTURE

## "WINTER WISHES" DECORATIVE CARD HOLDER

*Instructor: Veronica Marpoe, North Pines Market*

This is a great home decor piece to display your Christmas cards and photos. It will be 13" x 28" in size and there will be the option of string or twine going from side to side to attach clips for hanging your cards. This farmhouse look is a great beginner class where participants will paint "winter wishes" along the bottom that is already stenciled on. **Registration deadline: December 5.**

**PERHAM:** Monday, December 10; 6-8pm | North Pines Market, 120 East Main Street | Fee: \$42



## "THE GATHERING PLACE" DECORATIVE SIGN

*Instructor: Veronica Marpoe, North Pines Market*

Let the "The Gathering Place" recharge you in the comfort of your own home. This country black background with white or off-white script lettering is sure to energize and renew your faith in the universe after a long day. This 41" x 22" piece is designed to have a farmhouse feel that welcomes all who come through your door to stay. At class, students will paint their signs that are already stenciled on for them. Your fee includes all supplies along with the choice of stain color (light brown, dark brown or gray) for the border. This piece because of the black background is more challenging and students should feel comfortable painting on a dark background or previous painting experience.

**Registration deadline: December 5.**

**PERHAM:** Tuesday, December 11; 6-8:30pm | North Pines Market, 120 East Main Street | Fee: \$75

## "LOVED YOU THEN. LOVE YOU STILL. ALWAYS HAVE, ALWAYS WILL." DECORATIVE FARMHOUSE SIGN

*Instructor: Veronica Marpoe, North Pines Market*

This piece says it all-- "loved you then. love you still. always have, always will." This 41" x 22" custom piece is designed to make a statement of your love. Three choices of stain color (light brown, dark brown or gray) for the border and an off-white or white sign will surely bring an antique charm to any farmhouse, or vintage inspired home. At class, students will paint their signs that are already stenciled on for them. Your fee includes all supplies. **Registration deadline: January 15.**

**PERHAM:** Tuesday, January 22; 6-8:30pm | North Pines Market, 120 East Main Street | Fee: \$75

## BLANKET LADDER CLASS

*Instructor: Veronica Marpoe, North Pines Market*

This blanket ladder is made of pine boards. You will receive guided instruction to make your own 2' x 5' ladder with five blanket racks. Please indicate when registering if you want copper or stainless steel rungs. Once you are at class, you will get to paint or stain your legs of the ladder to your liking. This is a beginner class. Your fee includes all supplies.

**Registration deadline: February 12.**

**PERHAM:** Tuesday, February 19; 6-8pm | North Pines Market, 120 East Main Street | Fee: \$40



## "THIS IS US" DECORATIVE FARMHOUSE SIGN

*Instructor: Veronica Marpoe, North Pines Market*

Your story starts here! This approximately 41" x 22" sign is handmade telling your story. Participants will be able to list all their family members to make this one-of-a-kind piece of art. This piece is designed to have a unique look and farmhouse charm that we all love. Participants must register on-line for this class for the correct spelling of all your family members and also to choose your color of stain (light brown, dark brown or gray). At class, students will paint their signs that are already stenciled on for them. Your fee includes all supplies. **Registration deadline: March 14.**

**PERHAM:** Thursday, March 21; 6-8:30pm | North Pines Market, 120 East Main Street | Fee: \$75



# ART & CULTURE

## DEER HEAD STRING ART SIGN

*Instructor: Nerissa Hendrickson, The Twisted Walnut*

This handsome deer head is a perfect addition to a little guy's woodland-themed bedroom or would make a great gift for someone who loves hunting. Approximate size is 16" x 20" and boards will be stained dark walnut. Your fee includes step-by-step instruction along with all the supplies. Student's under age 12 are welcome with an adult helper. Depending on how detailed you make your project, students may not complete the entire project in class.



**Registration deadline: January 24.**

**PERHAM:** Tuesday, January 29; 6-8pm

Perham High School ALC (Door 16)

**FRAZEE:** Monday, February 4; 6-8pm

Frazee High School Art Room 101 (Door 17)

Fee: \$40

## MAGICAL UNICORN STRING ART

*Instructor: Nerissa Hendrickson, The Twisted Walnut*

String art is a great way to express yourself and what better way to do so than to use colors that will add magic to this mystical unicorn piece. This class is designed for youth and parents are welcome to stay and help with the nailing in process if they desire. Approximate size is 11" x 16". Your fee includes step-by-step instruction along with all the supplies. **Registration**

**deadline: February 6.**

**FRAZEE:** Monday, February 11; 6-8pm

Frazee High School Art Room 101 (Door 17)

**PERHAM:** Friday, February 15; 10am-12pm

Perham High School ALC (Door 16)

Fee: \$40



## MINNESOTA STRING ART PROJECT

*Instructor: Nerissa Hendrickson, The Twisted Walnut*

String art is one of the most aesthetically pleasing DIY projects you can think of. It is addicting art form that is inviting to the most experienced crafter and the newcomer alike. Learn the technique of string art while you create your very own 16" x 20" Minnesota String Art project. Your fee includes step-by-step instruction along with all the supplies. Sign up today to show your Minnesota Pride. Student's under age 12 are welcome with an adult helper. **Registration deadline: March 18.**

**FRAZEE:** Monday, March 25; 6-8pm

Frazee High School Art Room 101 (Door 17)

**PERHAM:** Wednesday, March 27; 6-8pm

Perham High School ALC (Door 16)

Fee: \$35



## MASSIVE 3.5' x 4.5' MINNESOTA

*Instructor: Justin Haisley, Lakes Creations & Nerissa Hendrickson, The Twisted Walnut*

Chances are if you've been in Brygge in Detroit Lakes that you've been awe struck by their large Minnesota String Art on the wall designed by Grain Designs. Join us as this brother and sister dual team up to help you create your very own massive Minnesota string art project. The first night will be doing the outline of Minnesota and pounding in the nails and the second night will be the stringing of your project. If your ready to make a statement in your cabin or home, this class is for you! Your fee includes step-by-step instruction along with all the supplies.

**PERHAM:** Tuesdays, June 18 & 25; 6-8pm

Perham High School ALC (Door 16)

**FRAZEE:** Wednesdays, July 10 & 17; 6-8pm

Frazee High School Art Room 101 (Door 17)

Fee: \$250

# ART & CULTURE

## INTRODUCTION TO WOODBURNING

*Instructor: Cindy Kawlewski*

In this hands-on class, you will learn the basics of woodburning! Cindy will show you how to correctly use a woodburning tool, as well as tips and techniques and safety associated with this form of art.

Students will practice on wood to better their skills and then will make a small project to take home. Please bring a woodburner to class.

**FRAZEE:** Saturdays, January 12, 19 & 26; 9-10am  
Frazee High School Room 101 (Door 17)  
Fee: \$45

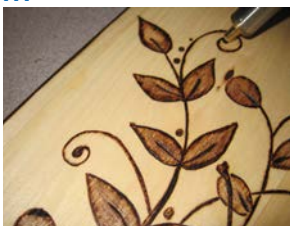


## BEGINNING WOODBURNING FOR YOUTH

*Instructor: Cindy Kawlewski*

In this class students, ages 9 and up, will learn and practice basic woodburning techniques. Before starting, Cindy will go through the safety involved in this hobby. Once students are comfortable with the woodburner, they will transfer a picture onto a piece of wood and will complete a small project to take home. Please bring a woodburner to class.

**FRAZEE:** Saturdays, January 12, 19 & 26; 10:30-11:15am  
Frazee High School Room 101 (Door 17)  
Fee: \$45



## NATIVE AMERICAN LOOM BRACELET

*Instructor: Wendy Roy*

Learn the art of beading on a loom while you create a hand-crafted bracelet. Wendy will show you how to wrap a loom, bead your bracelet, and how to remove your beadwork from the loom and attach a clasp. This class is for adults and youth (ages 10 and under should have an adult to help.) Your fee includes all the materials and the use of a loom. The looms can be purchased after the class for an additional fee if desired.

**FRAZEE:** Tuesdays, January 29, February 5 & 12; 6:30-8pm  
Frazee High School Room 101 (Door 16)  
Fee: \$30



## "TURNING" WOOD INTO A BOWL

*Instructor: Dan Modrow*

It is a talent and it is a beautiful form of art! Join Dan as you learn about various woods, safety, equipment, and tips as you turn a block of wood into a bowl using a lathe. It is a time consuming process and makes a big mess but well worth your efforts! Once your bowl is complete, it will need to dry so it can be sanded and then add a protective finish. Limit 2 per class to receive individualized attention.



**VERGAS:** Saturday, December 1; 9am-4pm  
**VERGAS:** Saturday, December 15; 9am-4pm  
**VERGAS:** Saturday, January 12; 9am-4pm  
**VERGAS:** Saturday, January 26; 9am-4pm  
**VERGAS:** Saturday, February 9; 9am-4pm  
**VERGAS:** Saturday, February 23; 9am-4pm  
**VERGAS:** Saturday, March 9; 9am-4pm  
**VERGAS:** Saturday, March 23; 9am-4pm  
34804 Sybil Lake Lane, Vergas  
Fee: \$105

## ADVANCED WOODBURNING: FAMILY TREE WOOD ART

*Instructor: Cindy Kawlewski*

What better way to display your family tree...than on a tree! Your genealogy chart is hand illustrated with love and engraved (burned) into a basswood slab. This personalized piece of art will become a family heirloom and a conversation starter for any home. This piece will be one that you can continue to add to. Just like trees, each wood slab is unique and may have natural flaws (blemishes/dark spots/knots) or may not be perfectly round. Wood slices are approximately 9 1/2" to 11" diameter and 1 1/2" thick. A sawtooth hanger can be mounted on the back for easy hanging if you desire. Students will practice woodburning and then will draw their family tree on the slice of wood and then begin woodburning in class. This project is a time consuming and students may not complete it entirely during class and may need to work on it at home. Please bring a woodburner to class.

**FRAZEE:** Saturdays, March 2 & 9; 9-11am  
Frazee High School Room 101 (Door 17)  
Fee: \$50





# ART & CULTURE

## CROCHETING FOR THE BEGINNER

*Instructor: Donna Ulschmid*

In this class you will learn step-by-step how to hold the hook and yarn and the basic stitches that will give you years of enjoyment. Students are asked to practice what they learn between class sessions so we can cover more stitches and also work on pattern reading. At the end of this class, you will have completed a dish cloth to use at home. Bring a cotton yarn like Sugar and Cream and a G or H size hook if you have them. Donna has hooks to borrow if needed. Handouts will be provided. All ages and skill levels are welcome even if you just need a refresher.

**PERHAM:** Thursdays, January 17, 24, 31 & February 7; 6-8pm  
Perham High School ALC (Door 16)

## BEGINNING KNITTING

*Instructor: Donna Ulschmid*

This class is for those wanting to learn the basics of knitting. This is the perfect opportunity to get hooked up with a skill that will give you the benefits of countless afghans, baby blankets, hats, mittens and the like. Supplies needed for the beginners are one ball of Sugar n' Cream cotton yarn and a pair of 7 or 8 straight knitting needles. Handouts will be provided. Practice will need to be done outside of class. All ages are welcome.

**PERHAM:** Tuesdays, February 12, 19, 26 & March 5; 6-8pm  
Perham High School ALC (Door 16)  
Fee: \$26

## ZIG ZAG / CHEVRON STITCH BRACELET

*Instructor: Wendy Roy*

Learn the Ojibwe art of beading and create a handcrafted Zig-Zag stitch bracelet. Make it the colors of your choice. Wendy will walk you step-by-step through the beading process while sharing information on the Ojibwe culture. This class is for adults and youth (ages 10 and under should have an adult to help.) Your fee includes all supplies.

**PERHAM:** Tuesday, February 26; 6:30-8pm  
Perham High School ALC (Door 16)  
Fee: \$25

## SHARE YOUR HOBBY!

Do you have a unique hobby or special interest that you are passionate about? Share it with others by hosting your very own class! No need to be an expert when you are simply sharing what you know. Bonus - You'll get paid for doing what you love! **For more info, contact Community Education at 218.334.3181, Option 3.**

## SEW EASY -- PATCHWORK COASTERS

*Instructor: Donna Ulschmid*

This colorful set of four coasters are sure to impress everyone. Not only great to keep your tables safe from water damage but they also provide you a great opportunity to show off your personal style and flair. Students will learn how to read a pattern along with sewing their project during class. A supply list will be provided at registration. Students should have basic sewing knowledge for this class. All ages welcome.

**FRAZEE:** Monday, January 28; 6-8:30pm  
Frazee High School Room 336 (Door 17)  
Fee: \$15



## YARN WALL HANGING

*Instructor: Donna Ulschmid*

This colorful wall hanging is fun to make and only requires as many materials that you desire. It makes for a great addition to any room or use it for parties or photo booth prop. Add color and cheer wherever you hang your art. Please bring a variety of your favorite yarn colors and textures to create your masterpiece. Individuals wanting to incorporate fabrics can do so also. Projects can be as simple or elaborate as you desire. Add pom poms or braids as you like. The more details you add, the more interesting your project will become. Handouts with ideas and samples will be given at class. All ages welcome.

**PERHAM:** Thursday, February 28; 6-7:30pm  
Perham High School ALC (Door 16)  
Fee: \$7



## INTRODUCTION TO SEWING

*Instructor: Donna Ulschmid*

Learning to sew is fun and rewarding! In this hands-on class you will learn basic sewing machine operation: how to thread a machine, fill and insert bobbins, change the needle, practice speed control and balanced stitching. Participants will make a small, simple project during class. If you haven't sewed for awhile and need a refresher, this is a perfect class for you too. All ages and skill levels are welcome.

**PERHAM:** Tuesdays, March 12, 19, 26 & April 2; 6-8pm  
Perham High School FACS Room 100 (Door 1)  
Fee: \$26

# ART & CULTURE

## SUGAR SCRUB CUBES & BATH BOMBS

*Instructor: Christa Perala, Evergreen Soap*

Yummy stuff for your body! You can just wander over to your kitchen pantry and with only a few natural ingredients, you can make a wide range of sugar scrub cubes and bath bombs.



This is the perfect class for youth, ages 10 and up, to create a couple recipes in this make-and-take class that will leave you ready for the gift giving. Your fee includes all supplies and recipes to make these homemade treasures at home.

**PERHAM:** Thursday, December 6; 3:45-5:15pm

Perham High School ALC (Door 16)

**FRAZEE:** Friday, December 7; 3:45-5:15pm

Frazee High School Room 336 (Door 17)

Fee: \$15

## SOAP MAKING 101: HOW TO MAKE SOAP {COLD PROCESS}

*Instructor: Christa Perala, Evergreen Soap*

Making soap is one of Christa's favorite hobbies. There are so many ways to personalize a single recipe. Once you get the hang of it, you'll never want to go back to store-bought again! Cold process soap is made without any external heat applied to it. Many people are afraid to make soap because it involves handling lye. All true soaps are made with some form of lye. Lye requires caution, but you also just need to employ the same common sense you would use for any potentially dangerous situation such as cooking with a hot stove, or driving down the road in your car. Participants will handle the lye with proper protective gloves and eyewear. This activity should not involve your little children and students in this class must be 16 years of age and older. Your fee includes all supplies and participants will leave with one pound of bar soap.

**FRAZEE:** Saturday, December 8; 10am-12pm

Frazee High School Room 336 (Door 17)

**PERHAM:** Saturday, March 2; 10am-12pm

Perham High School ALC (Door 16)

Fee: \$40



## LIQUID SOAP {HOT PROCESS}

*Instructor: Christa Perala, Evergreen Soap*

If you are looking for a new challenge, try making liquid soap. It can be more complicated and takes some patience but very worth all the effort. If you follow the steps Christa shares, it is not too difficult. This class will walk you through the entire process and when you leave you will have a pound of liquid soap



base. You will also learn how to take that base and turn it into a much larger quantity of liquid soap. As the base is curing and cooling, students will begin working on the cold press soap class that follows if they register for that. Please note participants will handle the lye with proper protective gloves and eyewear. This activity should not involve your little children and students in this class must be 16 years of age and older. If you have a crock pot that you don't mind using for this project and/or stick blender, please bring to class. Your fee includes all supplies.

**FRAZEE:** Saturday, December 8; 8-10am

Frazee High School Room 336 (Door 17)

**PERHAM:** Saturday, March 2; 8-10am

Perham High School ALC (Door 16)

Fee: \$40

## HOMEMADE BAR SOAP {HOT PROCESS}

*Instructor: Christa Perala, Evergreen Soap*

Kitchen appliances have turned soap making, a once long and arduous process, into a snap. Making a batch of gorgeous homemade soap only takes a couple hours where it once took much, much longer. Lye + fat + liquid is the basic formula for soap. There's no need to fear lye, but it does deserve a good deal of respect and care when handling. But the truth is, if you take the proper precautions, there's nothing to be scared of. Students will handle the lye with proper protective gloves and eyewear. This activity should not involve your little children and students in this class must be 16 years of age and older. Your fee includes all supplies and participants will leave with one pound of bar soap.

**PERHAM:** Thursday, January 10; 6-9pm

Perham High School ALC (Door 16)

**FRAZEE:** Thursday, April 4; 6-9pm

Frazee High School Room 336 (Door 17)

Fee: \$40



# ART & CULTURE

## BODY BUTTER MAKE & TAKE

*Instructor: Lisa Brunner, Mahnomen*

Whether you suffer from a skin disorder, or just prefer knowing exactly what is in your skin care products, or want to try something new, making your own skin care products is really exciting. Shea butter, coco butter, mango butter, olive oil, coconut oil, bees wax, and essential oils will be used in the class as you make products that are super nourishing and will moisturize your skin, and keep it supple even through those harsh winter months. Your fee includes all supplies. **Registration deadline: March 26.**



**FRAZEE:** Tuesday, April 9; 6-8pm

Frazee High School Room 336 (Door 17)

Fee: \$25

## TRADITIONAL NATIVE AMERICAN HIDE DRUM

*Instructor: Lisa Brunner*

Throughout history, the drum has served as a way for Native Americans to connect to the Earth. Native American drums play an important part in many Native American Indian tribal ceremonies, celebrations and spiritual festivals. Through many songs and dances to the beats of the drum, the



Native people try and find a close spiritual relationship with the creator, the mysterious powers they look to as gods. Join us as you make an authentic Native American hide drum while learning about the history, culture, and tradition of the drums. A drum ceremony will be performed after the completion of the class. Your fee includes all supplies.

**Registration deadline: February 12.**

**FRAZEE:** Tuesdays, March 5 & 12; 6-7:45pm

Frazee High School Art Room 101 (Door 17)

Fee: \$105

## THE ART OF MAKING FISH DECOYS

*Instructor: Mark Greenig, Greenig's Wooden Decoy Co.*



Creating decoys can be a fun experience for young and old alike, and easier than you think! In this demonstration only class, you will follow Mark as he takes you step-by-step through the process of making a wood tail decoy. He will start with a plain block of wood and work to the completion of a fully finished decoy, ready for action beneath the ice or decoration on a living room mantle. Learn what kind of wood is easiest to work with, how to cut a decoy out from a pattern, the best methods for carving a decoy, what metal works best for fins, weighting/balancing, the best way to paint your fish, and how to water-proof your decoy. Participants will receive a decoy blank to take home and how-to videos are available for purchase at class, if you desire.

**PERHAM:** Thursday, December 13; 6-9pm

Perham High School Career Tech Center (Door 15)

Fee: \$25

## KNIFE FORGING

*Instructor: Jed Jager*

In recent months, Jed has started a new hobby that has become very addictive since acquiring a forge and anvil. Jed's main technique for knife making is forging, but due to safety reasons and time constraints in this class we will be making knives by means of material removal. Start with shaping and forming it and end up with a homemade treasure. With the basic tips and hands-on experience, you will leave with excitement and ready to further your knife forging skills. Your fee includes all supplies. Class size is limited to two students for one-on-one assistance.

**FRAZEE:** Thursdays, January 17, 24 & 31; 4:30-6:30pm

Frazee High School Room 501 (Door 3 or 14)

Fee: \$95

## LEATHER SHEATHS FOR YOUR KNIFE

*Instructor: Vanessa Jager*

If you go to all the work to create your knife masterpiece, you will definitely want to take care of it. There wouldn't be anything better than a custom leather sheath to keep it protected while bringing it with you to the woods or being stored away when not in use. Join Vanessa as you make your custom sheath completely by hand. Your fee includes all supplies.

**FRAZEE:** Thursday, February 7; 4:30-6:30pm

Frazee High School Room 501 (Door 3 or 14)

Fee: \$45

**SIGN UP ONLINE:**

[www.frazee.k12.mn.us](http://www.frazee.k12.mn.us) OR [www.perhamcommunityeducation.com](http://www.perhamcommunityeducation.com)

# EATS & DRINKS

## INSTANT POT 101

*Instructor: Shelley Skarie and Jeanette Steele*

Want to know what the rave is all about? See first hand how this pressure cooker and slow cooker all-in-one works. It is electronically controlled and designed to consolidate cooking and prepping of food into one device--a "multicooker." Join us to learn tips and tricks along with a few favorite recipes for you to use at home.



**PERHAM:** Thursday, December 13; 6-7:30pm  
Perham High School ALC (Door 16)  
Fee: \$20

## BAKED CHEESECAKES 101

*Instructor: Rachel Hexum*

At age 12, Rachel has mastered the art of cheesecakes and is very passionate about baking to say the least. She recently won the pumpkin bake-off with her layered pumpkin cheesecake and sells a variety of other flavors in our community. If you're looking to indulge after dinner, cheesecake is definitely the answer. For the beginner baker, homemade cheesecake sounds a little intimidating. Join Rachel while she shows you step-by-step how to make a successful traditional cheesecake. She will discuss what kind of pans to use, the best temperature for the ingredients, tips and tricks to avoid cracks, baking and cooling tips. Rachel will also bring layered pumpkin, swirled raspberry, chocolate, white chocolate, caramel, blueberry, and snicker cheesecakes for participants to taste. You will leave this class with a satisfied sweet tooth! Your fee includes demonstration, recipes, and generous slices of each of the cheesecakes mentioned above. Please bring a container for taking samples home. Individuals with peanut allergies should not attend class. For more information, please call 218.841.0763.



**PERHAM:** Monday, December 17; 6:30-7:15pm

**PERHAM:** Thursday, February 7; 6:30-7:15pm

Perham High School ALC (Door 16)

Fee: \$25

## QUICK & TASTY SOUPS

*Instructor: Ann Zick*

Warm up your soul while enjoying tasty, healthy, homemade soups in no time at all. We will make tomato, pasta fagioli, veggie, butternut squash, and chicken noodle soups. Come hungry and ready to enjoy what you make. Ann will show you how to make quick and easy Irish soda bread. It goes great with any soup. Please bring small containers for take any leftovers for your family to try. This is a perfect child/adult class if you wish to bring a helper with at no additional cost. Your fee includes all supplies and a collection of tried and true soup recipes your family will love.



**FRAZEE:** Tuesday, December 27; 6-9pm  
Frazee High School Room 336 (Door 17)  
Fee: \$23

## CINNAMON ROLLS IN JUST OVER AN HOUR

*Instructor: Ann Zick*

Don't let homemade rolls frighten you. Most traditional cinnamon rolls take a few hours to rest, rise, and bake. You could have made and eaten a couple of batches of the one hour rolls before your first traditional recipe even hits the oven. Best of all, these made from-scratch cinnamon rolls have a perfect dough that's not too sweet, tender and soft with the perfect amount of chewiness. It encircles decadent filling that oozes out of the rolls and creates a nice, sticky glaze on the bottom of the pan. Ann will also show you how to easily convert this recipe into several styles of dinner rolls. Please bring a 9" x 13" pan to class to bake and bring home your rolls. Your fee includes the rest of the supplies.



**PERHAM:** Thursday, January 17; 6-9pm  
Perham High School ALC (Door 16)  
Fee: \$23

**HAVE A TALENT TO SHARE?**  
**Host a class of your own!**





## SPONGE CAKE & MAHOGANY CAKE

*Instructor: Mark Bridge*

Cake lovers are sure to enjoy this class by Mark who is certified in the culinary world. You will learn step-by-step how to make two succulent cakes--a white cake and a chocolate. One finished off with pineapple infused buttercream frosting and topped with shredded coconut and the second topped with mocha buttercream frosting and shaved chocolate. Learn what it takes to make successful cakes. Participants will make two types of buttercream so you can learn how to adapt the basic buttercream frosting recipe to whatever your need or styles of cake and cupcakes you are making. Your fee includes all supplies.

**PERHAM:** Thursday, January 8; 6:30-8pm

Perham High School ALC (Door 16)

Fee: \$21



## LEFSE FROM SCRATCH

*Instructor: Ann Zick*

Continue the Scandinavian family tradition of making lefse with your family and join us for this lefse making class. This hands-on class will walk you through the entire process from scratch--the preparation, rolling and grilling of lefse and, of course, sampling too! Students can bring their lefse grill or pancake griddle and rolling pin to class if they have one. Please bring a take-home container or gallon bag to take your lefse home in. Class may end earlier, depending on how many you wish to take home. Your fee includes all baking materials.

**PERHAM:** Saturday, February 2; 10am-2pm

Perham High School FACS Room 100 (Door 1)

Fee: \$20



## PERFECT PIE CRUST EVERY TIME!

*Instructor: Mark Bridge*

Whether you're making a juicy summer fruit pie or a classic pumpkin pie, Mark's perfect pie crust never fails. A combination of shortening and butter make it flaky, delicate, and wonderfully golden. It gives new meaning to the phrase "easy as pie" -- he's tested and tweaked it over the years so it yields wonderfully flavorful results every time. This class will cover traditional pie crust plus how to make graham cracker pie crust, tart shells, etc. Your fee includes all supplies.

**PERHAM:** Tuesday, February 5; 6:30-8pm

Perham High School ALC (Door 16)

Fee: \$21



## INTRODUCTION TO SOUR DOUGH BAKING

*Instructor: Mark Bridge*

Not all bread is created equal. Sour dough bread has the most health benefits, and many individuals with wheat allergies or "yeast" allergies have no problem eating real sour dough. During this class you will learn about sour dough--it's history, creating and maintaining a sour dough culture, baking techniques, and using sour dough other than for breads such as pancakes and other goodies. You will also have the opportunity to sample different sour dough breads and biscuits at class. Your fee includes your own culture to take home and a collection of Mark's favorite recipes.

**FRAZEE:** Tuesday, January 31; 6:30-8pm

Frazee High School Room 336 (Door 17)

Fee: \$21

# EATS & DRINKS

## CHINESE HOT POT

*Instructor: Deling Zhang*

It's hot pot season--ALWAYS! The concept of hot pot is simple. You set a pot of simmering soup stock on a portable burner in the middle of the table. Around it are plates with a variety of East Asian foodstuff and ingredients. Typical hot pot dishes include thinly sliced meat, leafy vegetables, mushrooms, wontons, egg dumplings, tofu, and seafood cooked in the broth. Join us as we make a traditional Chinese Hot Pot meal using the items we make from scratch. You will also learn about the culture and proper Hot Pot meal etiquette. Come hungry, you will get to eat what you make. Please bring containers with lids to take home leftovers. Food used in this class may contain or come in contact with peanut and almonds.

**FRAZEE:** Saturday, February 9; 4-7pm  
Frazee High School Room 336 (Door 17)  
Fee: \$20



## PIE MAKING 101

*Instructor: Mark Bridge*

What is more American than pie? Pie is perfect for a casual lunch to an elegant dinner. Join us as Mark shares three of his favorite recipes. All three of those pies won contests. You will make a rhubarb strawberry, caramel apple and banana cream pie in class. You have hands-on, step-by-step instruction to learn three ultimate crowd-pleasers. Your fee includes all supplies.

**PERHAM:** Tuesday, February 19; 6:30-8pm  
Perham High School ALC (Door 16)  
Fee: \$21



## FOUR-COURSE MEAL & WINE PAIRING

*Instructor: Josh Hanson, Owner Spanky's Stone Hearth on Rose Lake & Staff*

Relax and enjoy this class as Josh serves up a delicious four-course meal in style. Guests are guaranteed to leave feeling delighted as they learn about wine pairing and receive cooking demonstrations for each entree. People rave about the location and the food and this is your opportunity to experience both. Your fee includes meal and beverages.

**FRAZEE:** Monday, February 18; 5:30-7:30pm  
Spanky's Stone Hearth, 34785 County Hwy 4, Frazee  
Fee: \$55

## ARTISAN BREAD

*Instructor: Ann Zick*

The scent of baking bread, the sound of the crust shattering between your fingers and the flavor of the first bite of yeasty goodness can all be yours at home. To make bread that's more art than a science, you first have to understand the science. Jeff Hertzberg and Zoë François have done the research and have come up with a process that produces a loaf of bread that is out of this world! Your fee includes all materials and participants will go home with products made in class, some supplies and a collection of recipes they can make at home. Ann will share with you how this basic bread dough can be converted into a sweet bread or dessert loaf. Please bring an empty ice cream bucket to class.

**PERHAM:** Thursday, March 14; 6-9pm  
Perham High School ALC (Door 16)  
Fee: \$22





# EATS & DRINKS

## FOUNDATIONS OF FRENCH PASTRY

*Instructor: Mark Bridge*

Many of today's most basic of pastry preparations were either born or refined in the kitchens of France. However, despite the centuries-old techniques, home cooks can find them intimidating. Join Mark, who is certified in the culinary world, in this hands-on class. You will gain knowledge and practice skills to make successful pastries. This class will cover laminated dough technique (croissants), pate choux, creme patissiere, pate - sucee, sablee, and foncer. These are essential foundation items and techniques for many pastry items. The skills and tips you learn in this class will transfer over to some of the recipes and techniques in the other classes or stand on their own. Your fee includes all supplies.

**FRAZEE:** Tuesday, March 19; 6:30-8:30pm  
Frazee High School Room 336 (Door 17)  
Fee: \$21



## XIAO LONG BAO (CHINESE STEAMED DUMPLINGS)

*Instructor: Deling Zhang*

Xiao Long Bao is one of the most famous Chinese steamed dumplings, but one of the most time-consuming to make from scratch. All your time spent making this from scratch is well worth every effort and taste! Inside the dumpling are little pockets of gelatinized broth made from chicken, pork, seafood and cured ham. Xiaolongbao is often referred to as a kind of "dumpling", but should not be confused with British or American-style dumplings. They are also called a "soup dumpling" because they are filled with hot soup and must be eaten carefully. Come hungry, you will get to eat what you make. Please bring containers with lids to take home leftovers. Food used in this class may contain or come in contact with peanut and almonds.

**FRAZEE:** Saturday, June 22; 4-7pm  
Frazee High School Room 336 (Door 17)  
Fee: \$30



## CAST IRON DESSERTS

*Instructor: Mark Bridge*

Sure, we love fancy bakeware, but for some desserts nothing beats a classic cast iron skillet. During this hands-on class, you will use cast iron skillets to make perfectly caramelize apples for tarte tatin, flambe bananas, and bake up the ultimate croissant pudding. Mark will also discuss tips and care for cast iron cookware so they can become a true family heirloom.

**PERHAM:** Thursday, April 11; 6:30-8pm  
Perham High School ALC (Door 16)  
Fee: \$21



## SCRUMPTIOUS SCONES

*Instructor: Ann Zick*

Traditionally Scottish (but now famous worldwide), scones are a delectable quick bread that comes in assorted shapes – round, triangular or square. Learn to make scrumptious scones from scratch. You'll fall in love with these flaky, layered, and tasty treats. Learn how to make a basic scone recipe along with triple chocolate, orange glazed cranberry, sweet squash, and buttermilk. Bring a take home container for leftovers. Your fee includes all supplies.

**FRAZEE:** Tuesday, April 30; 6-9pm  
Frazee High School Room 336 (Door 17)  
Fee: \$23



## REGISTRATION REQUESTED

Please remember to PRE-REGISTER for any Community Education class(es) you are interested in attending--even if there is no fee. We don't want you to miss out so register early. Each class has a maximum capacity. Once we reach capacity, you will be placed on a waitlist for any openings or future classes offered. Also, if participation numbers are low, classes will be canceled due to lack of enrollment. All individuals that have pre-registered will be notified if the class is being canceled. We also accept last minute registrations if the class is running and supplies are available.

# FINANCE & MONEY

## HOME BUYER EDUCATION WORKSHOP

*Instructor: Housing Advocate, Midwest Minnesota Community Development Corporation*

This course covers, start-to-finish, the entire home buying process. It will be fun and informal with food and prizes, while providing important information to help home buyers make housing decisions that are best for them. This class will help you determine your financial situation, understand your credit score and how it affects home ownership. Also discussed will be types of mortgages, understanding the closing process and more. This is an informational workshop with no obligations or solicitations and the class is to educate participants.

**PERHAM:** Monday & Tuesday, November 26 & 27; 5:30-9pm

Perham High School ALC (Door 16)

Fee: No Charge

## SOCIAL SECURITY -- TIMING IS EVERYTHING

*Instructor: Nathan J. Woodard & Ellen Honek, Thrivent Financial Associates*

Social Security is a vital income source for many retirees. But it can be a confusing topic and making the most of it can have a lot to do with timing it right. This workshop can help you get answers to your questions and learn what Social Security can mean for you. Thrivent Financial offers workshops to help individuals understand and address financial topics and concerns that could affect their financial well-being. Thrivent's goal is educate, inform and assist you on making wise decisions. This is an informational workshop with no obligations or solicitations and the class is to educate participants.

**FRAZEE:** Monday, December 10; 6:30-7:30pm

Frazee High School Conference Room 315 (Door 17)

Fee: No Charge

## U.S. TAX REFORM -- HOW IT COULD AFFECT YOU

*Instructor: Nathan J. Woodard & Ellen Honek, Thrivent Financial Associates*

Congress recently revised the U.S. Tax Code, affecting millions of Americans. Find out how you and your family fare under the new changes. Register for this free workshop to learn more about the important new tax law. Thrivent Financial offers workshops to help individuals understand and address financial topics and concerns that could affect their financial well-being. Thrivent's goal is educate, inform and assist you on making wise decisions. This is an informational workshop with no obligations or solicitations and the class is to educate participants.

**PERHAM:** Wednesday, January 16; 6:30-7:30pm

Perham High School Room ALC (Door 16)

Fee: No Charge

## ECONOMIC UPDATE

*Instructor: Nathan J. Woodard & Ellen Honek, Thrivent Financial Associates*

It seems that financial topics are in the news every day. Should those headlines influence your decisions about your financial strategy? Find out how to use this information to make wise decisions that will benefit you. Thrivent Financial offers workshops to help individuals understand and address financial topics and concerns that could affect their financial well-being. Thrivent's goal is educate, inform and assist you on making wise decisions. This is an informational workshop with no obligations or solicitations and the class is to educate participants.

**FRAZEE:** Thursday, November 29; 6:30-7:30pm

Frazee High School Media Center Room 408

(Door 16)

Fee: No Charge

## ESTATE PLANNING & TRUSTS

*Instructor: Samuel Felix, Attorney, Karkela, Hunt & Cheshire, PLLP*

If you own a business; have a cabin, condo or timeshare in another state; have minor children or want to avoid probate or protect assets for future generations, a trust may be a great estate planning tool for you. Several types of trusts – Revocable Living Trusts, Irrevocable Trusts, and Support Trusts for children/grandchildren will be discussed in this class. Hear how trusts can protect assets from irresponsible family members, how to avoid probate, reduce estate taxes or protect assets from creditors. Question and answer time included. The instructor is an experienced estate planning, probate, and business law attorney. Attending this presentation does not create an attorney-client relationship with any attorney in the firm.

**PERHAM:** Thursday, January 24; 7-8pm

Perham High School Room 110 (Door 1)

Fee: No Charge

# FINANCE & MONEY

## RETIREMENT INCOME PLANNING

*Instructor: Nathan J. Woodard & Ellen Honek, Thrivent Financial Associates*

After years of hard work, your retirement may finally be in sight. Discover five keys to unlocking a retirement where you can have greater confidence in your ability to live out your dreams. Thrivent Financial offers workshops to help individuals understand and address financial topics and concerns that could affect their financial well-being. Thrivent's goal is educate, inform and assist you on making wise decisions. This is an informational workshop with no obligations or solicitations and the class is to educate participants.

**FRAZEE:** Monday, February 18; 6:30-7:30pm  
Frazee High School Media Center Room 408 (Door 16)  
Fee: No Charge

## PRE-PLANNING YOUR FUNERAL

*Instructor: Denise Fredrickson, Pre-Planning Specialist, David-Donewer Funeral & Cremation Service*

Thinking about your own funeral makes most people feel a bit uneasy, but more adults are finding that pre-planning their funeral is a wise decision, both emotionally and financially. This class will provide an overview of the various expenses involved with a funeral, let you know about choices including cremation, and suggest creative ideas to customize your service. Denise will discuss funding options and show you how planning in advance can help families control costs and reduce emotional overspending. Planning ahead ensures that your personal wishes are carried out while giving you peace of mind for the future. Handouts will be provided for you to take home to discuss your choices with your loved ones.

**PERHAM:** Wednesday, February 20; 6-7pm  
Schoeneberger Funeral and Cremation Service, 100 Jake Street

**FRAZEE:** Tuesday, March 5; 6-7pm  
Furey Funeral Home, 33832 State Hwy 87  
Fee: No Charge

## RETIREMENT STRATEGIES-ACCUMULATION

*Instructor: Nathan J. Woodard & Ellen Honek, Thrivent Financial Associates*

How much should I save? What type of accounts should I have? Learn how to build a strong and adaptable financial strategy. This workshop can help you be more confident in what you're saving for retirement. Thrivent Financial offers workshops to help individuals understand and address financial topics and concerns that could affect their financial well-being.

Thrivent's goal is educate, inform and assist you on making wise decisions. This is an informational workshop with no obligations or solicitations and the class is to educate participants.

**PERHAM:** Thursday, March 21; 6:30-7:30pm  
Perham High School ALC (Door 16)  
Fee: No Charge

## SPECIAL NEEDS PREPARATION

*Instructor: Nathan J. Woodard & Ellen Honek Thrivent Financial Associates*

Do your plans include your loved ones? Making future preparations for a loved one who has cognitive or physical challenges may seem overwhelming. However, this presentation is intended to provide you with assistance (and sense of reassurance), knowing that you can ensure your loved one will be provided for—financially, physically and emotionally. During this workshop, you will learn:

- How to balance your financial needs and your loved one's personal needs
- How to create and implement a financial, legal and care strategy for your loved one
- Sources of available government benefits
- How to create a special needs trust and how it interacts with government benefits

Thrivent Financial offers workshops to help individuals understand and address financial topics and concerns that could affect their financial well-being. Thrivent's goal is educate, inform and assist you on making wise decisions. This is an informational workshop with no obligations or solicitations and the class is to educate participants.

**FRAZEE:** Wednesday, April 17; 6:30-7:30pm  
Frazee High School Media Center Room 408 (Door 16)  
Fee: No Charge

**PRE-REGISTRATION IS REQUIRED FOR ALL CLASSES.**

Contact us today via phone or email, or check out our website to register!



# HEALTH & SAFETY

## CHILDREN AND RESTRAINT SYSTEMS (CARS)

*Instructor: Mary Johnson, Parent Aware Certified Trainer*

Minnesota requires all daycare, child care centers, foster care providers, and programs licensed by the Department of Human Services that serve children to attend and complete this training before transporting children under age nine in their vehicle. Upon successful completion of this course, participants can go on the DEVELOP website and print off a certificate. This training is required to be taken every five years.

**PERHAM:** Saturday, April 6; 9am-12pm

Perham High School Room ALC (Door 16)

Fee: \$22

## EMERGENCY PREPAREDNESS

*Instructor: Craig Fontaine, Becker County Emergency Manager*

Is your family prepared for a potential emergency situation? Disasters disrupt hundreds of thousands of lives every year. If a disaster occurs in your community, local government will try to assist but you need to be ready as well. You should know how to respond to severe weather of any kind. This presentation will help you prepare to be self-sufficient for three days. This means providing for your own shelter, first aid, food, water, and sanitation.

**FRAZEE:** Thursday, February 21; 6-7pm

Frazee High School Media Center Room 408 (Door 16)

Fee: No Charge

## EMERGENCY MEDICAL TECHNICIAN (EMT) COURSE & REFRESHER

*Instructor: Rescue Staff*

This course is designed to provide the Emergency Medical Responder (First Responder) at the scene of a medical or trauma emergency with the necessary knowledge and skill to manage patient care until the arrival of ambulance personnel. The course is intended for law enforcement, firefighters, rescue personnel, ski patrol, athletic coaches, school nurses, camp counselors, response teams and other individuals in charge of "first response" duties.

## EMERGENCY MEDICAL RESPONDER (EMR) COURSE & REFRESHER

*Instructor: Rescue Staff*

This course is designed to provide the Emergency Medical Responder (First Responder) at the scene of a medical or trauma emergency with the necessary knowledge and skill to manage patient care until the arrival of ambulance personnel. The course is intended for law enforcement, firefighters, rescue personnel, ski patrol, athletic coaches, school nurses, camp counselors, response teams and other individuals in charge of "first response" duties.

**PERHAM & FRAZEE:** For EMT & EMR Courses please call Perham Area EMS at 218.347.1627 or go online to [paemseducation.com](http://paemseducation.com).

## INTRODUCTION TO HAPKIDO SELF DEFENSE

*Instructor: Master Lolita Myers*

The whole point of self defense classes is to prepare you for any situation that may bring harm to you. Physical and mental conditioning is extremely important when it comes to self defense. Training and practicing prepares you for the adrenaline dump when a situation arises that may require you to fight. Hapkido is a highly eclectic Korean martial art. It is a form of self-defense that employs joint locks, grappling, and throwing techniques similar to those of other martial arts, as well as kicks, punches, and other striking attacks kicking, punching, hip/shoulder throws, leg sweeps, ground fighting, and joint locks. Please wear loose comfortable clothing and be aware, this is a hands-on course so your shirt sleeve may get ripped. Take the time to take care of yourself and empower your life by taking this self defense course. You just might surprise yourself with what you are capable of doing. All ages welcome.

**PERHAM:** Mondays, January 7, 14, 21, 28, February 4 & 11; 7-8pm

St. Henry's School, 253 2nd Street SW

Fee: \$45

## COMMUNITY BLOOD SCREENING

*Co-Sponsored with Essentia Health*

Participants will have a sample of blood drawn by Essentia Health lab personnel. The profile of tests being offered has been reduced from previous years. This year's panel focuses on cholesterol and blood sugar. You will be tested for Cholesterol (Blood Lipids), Triglyceride (Blood Fats), High Density Lipoproteins (HDL), Low Density Lipoproteins (LDL), and Glucose (Blood Sugar). Please restrict food and drink for 9 to 12 hours before the test. It's okay to drink water. Once your blood is drawn, you will receive the results within 2 weeks. You are responsible for initiating any follow-up examination by a physician relating to the results of these tests. Your personal information will be collected only at the clinic due to HIPAA regulations. No pre-registration or pre-payment required--just show up!

**FRAZEE:** Wednesday, March 27; 7-9am  
Frazee Essentia Health, 300 Main Ave East  
Fee: \$25

# HEALTH & SAFETY

## HEALTHCARE PROVIDERS CPR

*Instructor: Rescue Staff*

This class is for individuals working in the healthcare profession and provides adult, pediatric and infant CPR, including two-rescuer scenarios and use of the bag-valve mask. It also covers automated external defibrillation for adults and children, foreign-body airway obstruction (conscious and unconscious), special resuscitation situations, and other cardiopulmonary emergencies. This class is required for anyone working in a hospital or healthcare setting. Certificate renewal is every two years.

**FRAZEE:** Saturday, April 6 or October 5; 8am-4pm

Rescue Building, 512 Birch Avenue West | Fee: \$25

**PERHAM:** Wednesdays: February 27, April 24, June 26, August 28, October 23 or December 11; 5:30-9:30pm | Fee: \$55

**To register for Perham course, please call Perham Area EMS at 218.347.1627 or go online to [paemseducation.com](http://paemseducation.com).**

## SUDDEN UNEXPECTED INFANT DEATH (SUID) AND ABUSIVE HEAD TRAUMA (AHT) TRAINING

*Instructor: Mary Johnson, Parent Aware Certified Trainer*

This training is required by caregivers and foster care parents prior to providing care for infants and children under school age. This course gives caregivers information about how to prevent SUID, such as laying infants on their backs, not smoking around children, and washing hands to prevent transmission of diseases to infants. SUID can strike without warning to usually seemingly healthy babies. Abusive Head Trauma training informs caregivers about the crime and its consequences. AHT can be caused by direct blows to the head, dropping or throwing a child, or shaking a child. Participants will leave with certificate of attendance. This training is required to be taken every two years for family child care providers and every year for center child care providers.

**PERHAM:** Saturday, April 6; 12:30-2:30pm

Perham High School Room ALC (Door 16)

Fee: \$22

## DIABETES PREVENTION PROGRAM

*Instructor: Colleen Bauck, RN Care Manager/Regional RN Health Coach*

This course is designed to educate at risk individuals and to help them prevent diabetes through lessons, handouts, and other resources available to assist them in making healthy changes. This class runs for one year and meets once a week for the first 16 weeks; then every other week for one month and then finally once monthly for the rest of the year. In order to attend this course, participants must pre-qualify by visiting with Colleen at 218.347.1236.

**OTTERTAIL:** Monday, January 14; 5-6pm

Perham Health, 105 Otter Drive, Ottertail

**PERHAM:** Wednesday, January 16; 12-1pm, 2:30-3:30pm, or 4:30-5:30pm

Perham Health, 1000 Coney Street West, Perham

Fee: No Charge

## CPR AND FIRST AID

*Instructor: Rescue Staff*

This course is for individuals who have a duty to respond to a cardiac emergency because of their profession (daycare providers, fitness trainers, lifeguards, coaches or teachers) and anyone who wants to learn how to do CPR and give First Aid. You will have hands-on training that covers adult, child, and infant CPR, use of the AED (Automated External Defibrillator) and relief of choking. The First Aid portion of the class provides you with training in basic first aid procedures for medical emergencies, injury emergencies, and environmental emergencies. Individuals interested in First Aid only or CPR only will be charged \$25.

**FRAZEE:** Saturday, April 13; 8am-4pm

**FRAZEE:** Saturday, October 12; 8am-4pm

Rescue Building, 512 Birch Avenue West | Fee: \$45

**PERHAM:** Wednesdays: January 23, March 27, May 22, July 24, September 25 or November 27; 5:30-9:30pm | Fee: \$65

**To register for Perham course, please call Perham Area EMS at 218.347.1627 or go online to [paemseducation.com](http://paemseducation.com).**

## RESOLVE TO BE READY

*Instructor: Patrick Waletzko, Otter Tail County Safety & Emergency Services Director*

Over 240 million 9-1-1 calls are made in the U.S. annually, with requests for emergency assistance. If there is an emergency in your home, or a large scale disaster were to occur in your community, are you ready to be the help until help arrives? Come learn how emergency and disaster response takes place in our area, and the 8 simple life-saving skills you can use to make that response even better!

**PERHAM:** Tuesday, April 9; 6:30-8pm

Perham High School ALC (Door 16)

Fee: No Charge

# HOBBIES & PERSONAL INTEREST

## FROM WASTE TO ENERGY- WHERE DOES YOUR SOLID WASTE GO?

*Instructor: Staff of Perham Resource Recovery Facility, Cedar Walters, Otter Tail County Solid Waste and Sandy Gunderson, Becker County Environmental Services*

In the early 1980's, the primary waste disposal concern was our landfill space was filling up and we would soon be out of disposal capacity. How many of us remember the story about the garbage barge that sailed out of the New York harbor looking for a landfill home for its load of waste? That particular barge caught the attention of the world as it sailed up and down the east coast for several years. Because of landfill space, issues with groundwater pollution, and public sentiment of 'Not in My Backyard' many counties in Minnesota began to look for alternatives to landfilling of solid waste. Trash and industrial incinerators have changed significantly from the early 1980's to 2016. Come join us for this great learning opportunity and see how waste is handled in our area.

**PERHAM:** Tuesday, March 26; 9-11am | Perham Resource Recovery Facility, 201 6th Avenue NE | Fee: No Charge



## DECLUTTER YOUR HOME

*Instructor: Sandy Gunderson, Becker County Environmental Services*

The new year is a great time to begin new habits! Do you feel like you just have too much stuff cluttering up your home? It's easy to accumulate things, but getting organized might seem like an insurmountable task. Luckily, there are many resources for getting your unwanted things recycled, reused, and disposed of properly. We will look at resources available and work on a personal plan that you will be able to use when class is done.

**FRAZEE:** Thursday, January 31; 6-7pm | Frazee High School Media Center Room 408 (Door 16) | Fee: No Charge

## RECYCLING MYTHS DEBUNKED

*Instructor: Sandy Gunderson, Becker County Environmental Services*

The recycling world is not immune to myths but don't let these rumors stop you from making a difference. Join Sandy as she discusses myths about recycling, what's happening with recycling in Becker County, and answers any questions you may have. You will find it is convenient and makes a lasting effect on our community. The difference you make, makes all the difference!

**FRAZEE:** Tuesday, February 12; 6-7pm | Frazee High School Media Center Room 408 (Door 16) | Fee: No Charge

## GET THE DIRT ON COMPOSTING

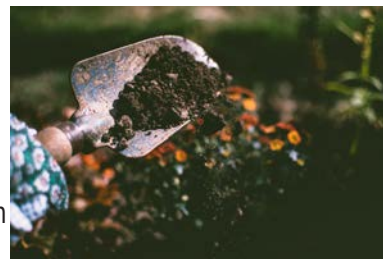
*Instructor: Sandy Gunderson, Becker County Environmental Services and Cedar Walters, Public Information and Education Officer, Solid Waste*

We will look at different styles of composting to help you better understand which style works for you. Backyard composting, vermi-composting, pocket composting, and more! Composting is using your organic kitchen waste and turning it into black, earthy-smelling, nutrient-rich humus. Discussion will include containers, location, worms, food, and more. You will leave with a better understanding of nature's recycling process. It's fun and easy AND FOR ALL AGES!

**FRAZEE:** Thursday, March 28; 6-7:30pm | Frazee High School Media Center Room 408 (Door 16)

**PERHAM:** Saturday, April 13; 10am-12pm | Perham High School ALC (Door 16)

Fee: No Charge



Please remember to **PRE-REGISTER** for any Community Education class(es) you are interested in attending--even if there is no fee. We don't want you to miss out! Each class has a maximum capacity. Once we hit it, you will be placed on a waitlist for any openings or future classes set up. Also, if participation numbers are low, classes will be canceled due to lack of enrollment. Any students signed up will be notified of the class being canceled. Thank YOU!



# HOBBIES & PERSONAL INTEREST

## CRIBBAGE

*Instructor: Jerry Huebsch*

Learn one of the finest card games traditionally for two players, but commonly played with three, four or more, that involves playing and grouping cards in combinations which gain points. Participants will play actual games among the classmates. Bring a full deck of 52 cards and a cribbage board if you have one. There will be some cribbage boards available to use if you don't have one.

**FRAZEE:** Tuesdays, December 4, 11 & 18; 6-7:30pm  
Frazee High School Media Center Room 408 (Door 16)

**PERHAM:** Thursdays, February 21, 28 & March 7; 6-7:30pm  
Perham High School ALC (Door 16)  
Fee: \$20



## MAKE AND TAKE--NON-TOXIC PERSONAL CARE PRODUCTS AND CLEANERS

*Instructor: Sandy Gunderson, Becker County Environmental Services*

Chemicals are part of our lives. We treat illnesses, paint our houses, and even clothe ourselves with products that have been developed through chemical research. However, there are reasons to be cautious about our exposure to some chemicals. A good principle to follow is always to look for ways to reduce or eliminate the use of toxic chemicals as we go about our daily lives, to keep our homes safe for our children, our pets, and us. Simple changes in our everyday routines can reduce our long-term exposures to low levels of potentially harmful substances—changes in how we choose the products we buy, or the ways we clean our houses and take care of the yard. The Centers for Disease Control and Prevention has conducted a study of 3,000 people from around the country that found traces of 27 chemicals in all of the sampled population, including metals, pesticides, Phthalate, and tobacco by-products. Whether you're looking to lower your exposure certain potentially toxic ingredients in store-bought products or to save yourself some money or both, it's easy to make your own less-toxic cleaners using common household ingredients and some clean, empty containers. These changes will not only make our homes safer, they may also save us money. Come and 'make and take' some non-toxic cleaners and personal care products for you, your family and friends. They make great gifts!

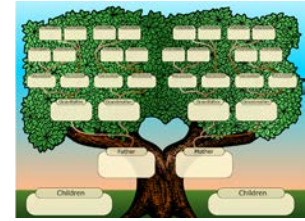
**FRAZEE:** Tuesday, January 22; 6-8pm  
Frazee High School Media Center Room 408 (Door 16)  
Fee: No Charge

## PLANTING YOUR FAMILY TREE--GETTING STARTED IN GENEALOGY

*Instructor: DMae Ceryes*

Bring to life your family's history by exploring the lives of those that came before you. If you have family stories you want to fact-check, if you wonder where your family came from, or if you have DNA test results and don't know what to do with that information (or even what it can tell you), this class is for you. This class is a great way to start on your family tree. Class size will be small in order to give personalized attention to the students. All ages welcome.

**PERHAM:** Tuesday, December 11; 5:30-7:30pm  
Perham High School ALC (Door 16)  
Fee: \$15



## INTRODUCTION TO THE UKULELE FOR BEGINNERS

*Instructor: Mitch Groethe*

Even if you have never played a musical instrument before, this brief course introducing the ukulele is the place to start! In this class, we will start with a review of the equipment, learn how to tune the strings, and then learn to play the most common chords. By the end of the first class you'll even know a few songs. Please bring a notebook to class.

**PERHAM:** Mondays, January 7, 14, 21, 28, February 4 & 11; 7-8pm  
Perham High School Room ALC (Door 16)  
Fee: \$30



## HOW TO CUT THE CABLE CORD

*Instructor: Gretchen Norby*

Cable or satellite television is the single most expensive utility for many households. Discover viewing options that are free or much lower cost. We'll discuss the pros and cons of cable, how to get internet without cable, how to view television channels on your computer and much more. Find out why and how thousands of watchers are ditching cable.

**FRAZEE:** Wednesday, March 27; 6-7pm  
Frazee High School Media Center Room 408 (Door 16)  
Fee: \$10

# HOBBIES & PERSONAL INTEREST

## EARTHLY ESSENCE: ESSENTIAL OIL EXPERIENCE

*Instructor: Cassandra Brausen, Young Living*

Curious what the most toxic products in your home are and what they may actually be doing? Learn how to confidently read and understand your labels. Discover what products to ditch and which ones to swap out now. From the bathroom to the kitchen, going green has never been easier! Are you ready? Then it's time to say hello to your chemical free lifestyle! Young Living Essential Oils have played a big role in the lives of millions. Cassandra is excited to show you how to experience the same. During this "Mix & Mingle" you will be creating 5 special essential oil gifts you are sure to love including a stress away bath soak, holiday rollers, calming bedtime rollers, and holiday room spritzers! Join us for a free presentation on how to use the everyday essential oils at 6pm if you do not want to participate in the make & take.

**PERHAM:** Mix & Mingle Make & Take -- Friday, December 14; 4:45-6pm

Kid's Adventure Preschool Room 160

Fee: \$18

**PERHAM:** Earthy Essence Presentation -- Friday, December 14; 6-7pm

Kid's Adventure Preschool Room 160

Fee: No Charge



## HOW TO USE ESSENTIAL OILS WITH GEMSTONES

*Instructor: Cassandra Brausen, Young Living*

It is believed that both the stones and the oils will only work when we, as the user, understand and are aware of their healing properties. So, part of the healing comes from being open to their energies. One's thoughts and emotions play a major role on our vibrational frequency as positive thoughts, love and joy are high vibration emotions, and they know that stress, fear, and despair will bring one down as well as make them sick. We believe as do most eastern practices, that each one of us have the power within to heal ourselves emotionally, and physically, and that we can use Mother Nature and the elements around us to facilitate the healing. In this class you will be creating an Essential Oil & Gemstone Mix of your choice. This class is for anyone 16 years of age and older. Additional supplies can be made and purchased for \$5 at class

**PERHAM:** Sunday, February 10; 1-4pm

Kid's Adventure Preschool Room 160

Fee: \$5

## ESSENTIAL OIL BASICS

*Instructor: Cassandra Brausen, Young Living*

What is an essential oil? Where do essential oils come from and how are the products used? This class is for the beginners who want to learn how to use essential oils, learn safety, discover blending and diluting along with the health benefits essential oils can provide. You will also get to take home your own essential oil lotion.

**PERHAM:** Friday, November 30; 6-7pm

Kid's Adventure Preschool Room 160

Fee: \$5

## MAKING MUSIC PRAYING TWICE

*Instructor: Ann Dardis, MT-BC*

These music classes are for children, newborn to 5 years of old, along with a parent/caregiver. Join us as we sing, dance, pray, play instruments and more in this faith-inclusive, early childhood music education class designed to benefit even our little babies! Led by a Board-Certified Music Therapist with Making Music Praying Twice Teacher Certification, the curriculum is carefully chosen to enhance music aptitude and attitude in growing brains. All denominations are welcome.

**For more information, please call or text Ann at 218.346.3429.**

**Advent/Christmas Season** - Fee: \$24/family

Mondays, December 3, 10 & 17; 10:30-11:15am

Wednesdays, December 5, 12 & 19; 5:30-6:15pm

**Winter Season** - Fee: \$64/family

Mondays, January 7, 14, 21, 28, February 4, 11, 25 & March 4; 10:30-11:15am

Wednesdays, January 9, 16, 23, 30, February 6, 13, 20 & 27; 5:30-6:15pm

**Lenten Season** - Fee: \$40/family

Mondays, March 11, 18, 25, April 1 & 8; 10:30-11:15am

Wednesdays, March 13, 20, 27, April 3 & 10; 5:30-6:15pm

**Easter Season** - Fee: \$24/family

Mondays, April 29, May 6 & 13; 10:30-11:15am

Wednesdays, May 1, 8 & 15; 5:30-6:15pm

St. Henry's Preschool Basement, 254 3rd Ave SW, Perham

# HOBBIES & PERSONAL INTEREST

## AMATEUR RADIO

*Instructor: Amateur Radio Club*

This introductory session is for anyone wanting to learn more about amateur radio (or HAM radio) in the community. This class will help you learn more about the many facets of amateur radio and how to earn your licenses. This is a great hobby and what better way to find out than attending this introductory session?

**PERHAM:** Saturday, February 9; 3-4:30pm  
Perham High School ALC (Door 16)  
Fee: No Charge

## BEING MORTAL

*Instructor: Sue Sorensen, Hospice of the Red River Valley*

During this class, you will watch and discuss the Emmy-nominated PBS FRONTLINE documentary "Being Mortal." It is based on the best-selling book by Dr. Atul Gawande. This film explores the hopes of patients and families facing terminal illness and their relationships with the doctors, nurses and family members who care for them.

**PERHAM:** Tuesday, January 15; 4-6pm  
Perham High School ALC (Door 16)  
Fee: No Charge

## INTRO TO PHOTOGRAPHY

*Instructor: Tim McMichael*

Develop a better understanding of your camera settings and learn the secrets to taking awesome photographs. Bring your point-and-shoot or a more advanced DSLR to class, and Tim will help you get a better grasp of the important features of your camera and the skills to make successful images. The focus will be on core photographic concepts as well as some more advanced techniques. Class will include hands-on demonstrations of certain cameras.

**PERHAM:** Wednesdays, February 6 & 13;  
6:30-8:30pm  
Perham High School Room ALC (Door 16)  
Fee: \$35

## GETTING YOUR LIFE STORY IN ORDER

*Instructor: Joleen Giefer, Furey Funeral Home*

Writing your own obituary might strike you as an odd notion. But it serves two main purposes. First, leaving your loved ones with accurate information on your life events.

Most importantly, an obituary can be a compelling story of a life. This class will provide tips and ideas for those who need to write an obituary for a friend or family member, or who wish to write their own obituary. The aim is to help you write an obituary that is accurate, lively, and memorable. Join us on how to tell your life story and how it will truly help your surviving loved ones. The purpose of this class is to get the history of yourself and not focused on punctuation and sentence structure. There will be time left at the end for questions and answers.

**FRAZEE:** Tuesday, February 12; 11am-12pm  
Furey Funeral Home, 33832 State Hwy 87  
Fee: No Charge



## INTUITION PLAYDATE

*Instructor: Rebecca Krogen*

Ever wonder what that little voice in the back of your mind is trying to tell you? It's your intuition! Intuition is not from outer space; it's from inner space. This class will help you identify your intuition through fun games and activities that will strengthen it to help you in your daily life.

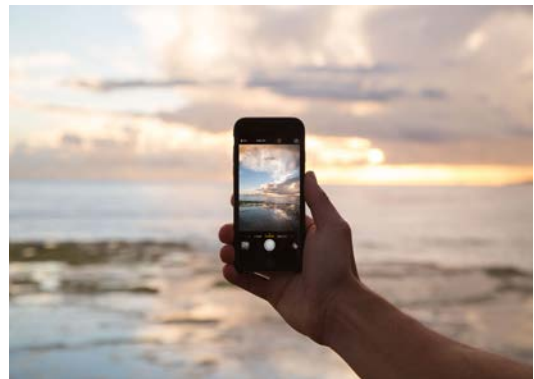
**PERHAM:** Wednesday, February 13; 6:30-8:30pm  
Perham High School ALC (Door 16)  
Fee: \$25

## MOBILE PHOTOGRAPHY

*Instructor: Tim McMichael*

"The best camera is the one you have with you" –Chase Jarvis, photographer and author states. Learn to use your mobile phone to take great photos and then post or process them using applications right on your phone—all while keeping quality and compression throughout the process. Please bring your mobile phone with you to class.

**PERHAM:** Wednesday, January 23; 6:30-8:30pm  
Perham High School Room ALC (Door 16)  
Fee: \$20





# HOBBIES & PERSONAL INTEREST

## MAPLE SYRUPING 101: FROM TRUNK TO TABLE

*Instructor: D.Mae Ceryes*

Have you ever thought about making your own maple syrup? This class is intended for those with an interest in the process of making maple syrup. We will cover the basics of tree identification, tapping, collecting and processing sap, and finishing syrup. We will discuss the wide variety of equipment and technologies available. Whether you are simply curious or whether you have some experience and need more insights, this class is for you. Bring your questions to class.

**PERHAM:** Monday, February 4; 6:30-8:30pm  
Perham High School Room ALC (Door 16)  
Fee: \$15

## "GET HOOKED" ON OLD-TIME DANCING

*Instructor: Rita Moshier and Pat Schurmann, Volunteers of the Neighbor to Neighbor LAHN Program*

The current old-time music scene is alive and well! If you want to come out for some old-time folk music and kick up your heels, this is for you. Instruction will include folk dances, such as square dancing, clogging, and more. It is sure to be a great time with friends, old and new, while you get your daily exercise. For questions, please call 218.334.3559.

**FRAZEE:** Mondays, January 7, 14, 21, 28, February 4 & 11; 6:30-7:30pm  
405 W Maple Ave  
Fee: No Charge



## CONVERSATIONAL AMERICAN SIGN LANGUAGE I

*Instructor: Pete Billodeau, Certified Interpreting and Consulting*

Participants learn conversational American Sign Language that allows them to engage in basic conversations with deaf or hard of hearing individuals. Vocabulary, sentences, and parts of deaf culture will be taught and discussed. Class is interactive both with instructor and other participants. We will use the instruction book, A Basic Course in American Sign Language by Tom Humphries and Carol Padden. You may order a copy of this book for \$40 at registration.

**PERHAM:** Thursdays, January 10, 17, 24, 31, February 7, 14, 21 & 28; 6-8pm  
Perham High School Room ALC (Door 16)  
Fee: \$40

## CONVERSATIONAL AMERICAN SIGN LANGUAGE II

*Instructor: Pete Billodeau, Certified Interpreting and Consulting*

This class is a continuation of the Conversational American Sign Language I course where we will build on the foundation in the first course, along with fingerspelling and slang. Prerequisite: Conversational American Sign Language I or someone who currently is a signer and wants to brush up on their skills.

**PERHAM:** Thursdays, March 7, 14, 21, 28, April 4, 11, 18 & 25; 6-8pm  
Perham High School Room ALC (Door 16)  
Fee: \$40



## MAKE-UP 101 FOR TEENS & YOUNG WOMEN

*Instructor: Hailey Jutz, Miss Perham 2014, Miss Northwest 2016, and Miss Frazee 2017 & Guide at LimeLife by Alcone*

Most girls have a deep love for makeup, but many of them don't know how to properly apply their makeup or are confused about the right shades to use. In this class, you will learn how to apply foundation, eye shadow, eyeliner, mascara, lipstick and blush. Learn how makeup should enhance your natural beauty without looking "made up." Discussion will also include proper skin care and the importance of using the right products for your skin type. Participants, ages 11 and older, will leave class with the knowledge and skill to enhance their natural beauty while doing the most important part of your routine--cleansing and taking care of their skin. Participants will receive hands-on instruction for skincare and make-up application.

**FRAZEE:** Monday, January 14; 5:30-6:30pm  
Frazee High School Art Room 101 (Door 17)

**PERHAM:** Monday, January 28; 5:30-6:30pm  
Perham High School ALC (Door 16)  
Fee: \$10

# OUTDOORS & ANIMALS

## DOG BASIC CARE

*Instructor: Georgia Nagel, The Pet Sitter*

This class is geared towards man's best friend. Proper care is required when you are a pet owner. Georgia has over 20 years experience with pets and will cover proper care such as healthy food choices, clean water, optimal temperature, vaccinations, cleanliness, dressage, toys to buy or not to buy, collars and the different kind of uses, exercise, safe and secure perimeters, and care around other pets and children. Whether you have a dog or want to buy one, this class is for you.

**PERHAM:** Tuesday, January 15; 6:30-8pm  
Perham High School Room ALC (Door 16)  
Fee: \$10



## DOG & CAT FIRST AID

*Instructor: Annie Vail, Tasha Kramer and Krista Dahn, Certified Veterinary Technicians, All Creatures Veterinary*

The class will involve techniques for home emergency care and discussion when to go to the emergency vet hospital.

Learn how to respond to health situations and provide basic first aid for the four-legged members of your family. Knowledge will help you be calm and effective in an emergency, protecting you and your pet from further injury or suffering. Sometimes immediate care can make all the difference. Learn how to combat heat stroke, pet CPR, control bleeding, treating wounds, caring for eye, foot and ear injuries and other cat and dog first aid skills. Discussion will also include how to notice abnormalities and detect early warning signs in pets. You will also learn essential pre-vet care and life saving techniques for those times when immediate action can make all the difference. Your fee includes a starter first aid kit for your pet.

**PERHAM:** Monday, January 14; 6:30-8pm  
Perham High School Room ALC (Door 16)  
Fee: \$20



## INTRODUCTORY FLY FISHING CLASS

*Instructor: Doug Harthan, Front 20 Outfitters*

Want to learn the sport of fly fishing? This introductory class is designed to get you started in the sport of fly fishing. Fly fishing is a great way to fish



not only trout, but big pike, small & large mouth bass, and pan fish. Participants, ages 16 and older, will learn the basic principles of fly casting, reading water, fly selection, entomology, knot tying and rigging, equipment, safety and where to fish locally and across the US. After this class, students will be all set to hit the water. This class welcomes those who have never fly fished before and are looking to start or anyone looking to refine your skills. Students are welcome to bring their own equipment, but equipment can be provided as well.. Your fee includes three session and a field trip at the conclusion of class with a date determined at class. If you have questions or need equipment to be provided, please call Doug at 218.640.3163.

**FRAZEE:** Thursday, May 2, 9 & 16; 6-8:30pm  
Frazee High School Gym  
Fee: \$75

## INTRO TO TENKARA FLY FISHING

*Instructor: Doug Harthan, Front 20 Outfitters*

Tenkara is the traditional Japanese method of fly-fishing that uses only a rod, line, and fly. Simplicity, precise casting, delicate presentation, and fly control – these are a few of the things that distinguish Tenkara. In Tenkara one just uses a rod, line and fly. A fixed length of line connects to the tip of the telescopic rod, a short length of tippet is attached to the line and then a fly and you're ready to fish. Developed in the mountain streams of Japan, tenkara was the original domain of commercial anglers who used to catch native trout for a living. Its history is suspected to go back at least 400 years, though little of it is documented. This class will cover rods, lines, flies, knots, open and close a rod, casting, and techniques to land a fish. If you have questions or need equipment to be provided, please call Doug at 218.640.3163.

**PERHAM:** Wednesday, February 27; 6:30-8:30pm  
Perham High School Studio (Door 5--Back Side of School)  
Fee: \$20

# OUTDOORS & ANIMALS

## RAISING CHICKENS 101

*Instructor: Bryan Christensen, Chicken Farmer*

Curious about what it takes to raise chickens in your backyard? Their eggs are fresh, great-tasting and nutritious. Chicken care is easy and inexpensive to maintain (when compared to most other pets). Also, their manure is the world's best fertilizer. This class will cover the very basics of shelter, food, types of chickens, and care for birds. At least one chicken will be available to see first hand. Come with questions.



**PERHAM:** Tuesday, March 5; 5:30-6:30pm  
Perham High School Room ALC (Door 16)  
Fee: \$15/family

## NATIVE PLANT AND RAIN GARDEN WORKSHOP

*Instructor: Brandon Dahring, Claire Olson, Peter Mead & Marsha Watland, Becker Soil & Water Conservation District*  
Learn how to design and install your own low maintenance rain or native garden. These gardens help filter storm water runoff, trap pollutants, and provide crucial habitat for pollinating insects. Participants will gain a basic understanding of project design, plant selection, and maintenance considerations to ensure project success for a beautiful garden. Please bring photos and measurements of the area of your property where you would like to start your garden.

**FRAZEE:** Thursday, May 16; 6:30-8pm  
Frazee High School Media Center Room 408 (Door 16)  
Fee: No Charge

# DAY TRIPS

## CHANHASSEN DINNER THEATRE

The Anderson Bus Motorcoach will pick up at the Frazee High School parking lot located on the west side of the school at 7:00am and will also pick up at the Perham High School parking lot at 7:20am. Your fee includes motorcoach bus, Chanhassen ticket and meal at Chanhassen. For your meal, you will have the choice of an entree, bread, coffee, tea, water, and milk. Soft drinks, alcohol, appetizers, upgrades and desserts are available for purchase at an additional fee at your table. Most people dress up--some more than others. They want guests to be comfortable, but generally, you do not see individuals wearing shorts, tennis shoes, or blue jeans. Our seats for both plays are in the center of the theatre and involves climbing a few steps. Please bring extra monies for meal and drinks along the way. We will stop at a fast food restaurant on the way down for breakfast or coffee to eat/drink on the bus and at Clearwater Truck Stop for 30 minutes or so on the way back. The bus should arrive back around 9:00pm.

## IRVING BERLIN'S MUSICAL - HOLIDAY INN

Holiday Inn, the new Irving Berlin musical, tells the story of Jim, who leaves the bright lights of show business behind to settle down on his farmhouse in Connecticut. He quickly discovers life isn't the same without a bit of song and dance. Jim's luck takes a spectacular turn when he meets Linda, a spirited school teacher with talent to spare. Together they turn the farmhouse into a fabulous inn with dazzling performances to celebrate each holiday from Thanksgiving to the Fourth of July. But when Jim's best friend Ted tries to lure Linda away to be his new dance partner in Hollywood, will Jim be able to salvage his latest chance at love? Limit 32.

**Registration deadline: January 25.**

Saturday, February 23, 2019

Cost: \$130



## MAMMA MIA!

One mother. One daughter. Three possible dads. And a trip down the aisle you'll never forget! The story-telling magic of ABBA's timeless songs propels this enchanting tale of love, laughter and friendship, creating an unforgettable show. A large cast, non-stop laughs and explosive dance numbers combine to make Mamma Mia! a guaranteed smash hit! Limit 32.

**Registration deadline: May 17.**

Saturday, June 15, 2019

Cost: \$137



# YOUTH ENRICHMENT

## RECYCLED GIFTS

*Instructor: Cedar Walters, Public Information & Education Officer, Solid Waste*  
Do something for the planet this holiday season and give a recycled gift! You will have the option to learn to roll paper beads out of old magazines to make a necklace, or make a quilled paper ornament or coaster set out of newspaper. Have fun and reduce waste this holiday season by making a recycled gift. All supplies are provided.

**PERHAM:** Saturday, December 1; 10am-12pm

Perham High School ALC (Door 16)

Fee: No Charge

## RUNNING CLUB

*Instructor: Anna Alger & the Lakes Area Running Club*

This is an after-school enrichment program for children of all fitness levels grades 2- 7. We transform traditional running games and drills into powerful life lessons. Parents know when their children are with us, they are getting a great workout AND building strength of character. It is designed to allow every child to recognize their inner strength. Throughout the 16 sessions, students will make new friends, build their confidence and celebrate all that makes them unique.

**FRAZEE:** Tuesdays & Thursdays, January 8, 10, 15, 17, 22, 24, 29, 31, February 5, 7, 12, 14, 19, 21, 26 & 28; 3:45-4:45pm

Frazee-Vergas Elementary Gym

Fee: \$50

## NEW YEAR, NO WASTE

*Instructor: Cedar Walters, Public Information & Education Officer, Solid Waste*  
Start out the new year right by moving toward zero waste! Learn about easy steps you can take to shrink your waste, and why making less waste makes the planet a better place for everyone. Topics include recycling, composting food waste, reducing packaging, reusable products and more. This make and take DIY dry shampoo with no toxins in reusable packaging will leave a lasting positive impression on our environment. All supplies are provided.

**PERHAM:** Saturday, January 26; 10am-12pm

Perham High School ALC (Door 16)

Fee: No Charge

## MOTHER'S DAY GIFTS

*Instructor: Cedar Walters, Public Information & Education Officer, Solid Waste*  
What better way to tell your mom you love her than with a handmade gift that is good for the planet? Kids from ages 5-10 can make their mom a recycled gift for Mother's Day. Choose from a glass jar luminary, tin can luminaries, or a set of hand painted bottle cap fridge magnets. Make less waste by making a great recycled gift for mom! Children under the age of 12 should be accompanied by an adult. All supplies are provided.

**PERHAM:** Saturday, May 4; 10-11:30am

Perham High School ALC (Door 16)

Fee: No Charge

## PONY PULL APART CUPCAKE CAKE

*Instructor: Wendy Frensko, Cake Walk*

Your Pony Pull Apart Cupcake Cake will be so darn adorable when you finish it.

Make it your own

by personalizing

the mane, reins, tail or convert yours into a unicorn. It's up to you. Your family will be fooled--when completed it looks like a large horse cake but is actually made of cupcakes, making it easy to serve. Your fee includes all supplies, 26 cupcakes, and a board box for your creation to be transported home. Participants 2nd grade and younger need to have a helper.

**PERHAM:** Saturday, February 23; 1-2:30pm

Perham High School ALC (Door 16)

Fee: \$46



## EASTER BUNNY PULL APART CUPCAKE CAKE

*Instructor: Wendy Frensko, Cake Walk*

This Easter Bunny Pull Apart Cupcake Cake is so cute! It looks like a large cake but is actually made of cupcakes, making it adorable and easy to serve! Your fee includes all supplies, 12 cupcakes, and a board box for your creation to be transported home. Participants 2nd grade and under will need a helper.

**PERHAM:** April 15; 6-7:30pm

Perham High School ALC (Door 16)

Fee: \$24



## MONSTER SMASH CAKE

*Instructor: Wendy Frensko, Cake Walk*

A smash cake is a smaller than normal cake in size.

This adorable monster cake will be the hit at your house.

Don't be afraid--it will be

delicious! Your fee includes

all supplies, 6" cake, and a box for your creation to be transported home. Participants 2nd grade and younger need to have a helper.

**PERHAM:** Saturday, March 9; 1-2:30pm

Perham High School ALC (Door 16)

Fee: \$26



# YOUTH & FAMILY ENRICHMENT

## TAE KWON DO FOR YOUR FAMILY

*Instructor: Master Pat Fineday, Sr.*

Tae Kwon Do is a physical and mental exercise. It is an approach toward living which attempts to achieve the individual's greatest potential by unifying the body and mind. The workouts will include cardiovascular, strength and flexibility training, balance and coordination. Self defense skills including kicks and striking techniques with an emphasis on smooth power will be included. This class is for students, ages 5 and older.

**FRAZEE:** Saturdays, January 5, 12, 19, 26, February 2 & 9; 10-11am

**FRAZEE:** Saturdays, February 23, March 2, 9, 16, 23 & 30; 10-11am  
Frazee Elementary Activity Room (Door 17)

Fee: \$18/child or \$30/family

## EUREKA ENGINEERING

*Instructor: Ryan Swanson, NDSU Senior in Mechanical Engineering*

Eureka introduces students, 3rd-5th grade, to the core skills of robotics and other STEM areas through engaging, hands-on learning opportunities. Student groups will work with Lego Mindstorm kits, which include both programming and mechanical components. The small groups will be mentored by experienced and passionate students from both high school and collegiate level robotics teams. For those interested in getting involved in FIRST Robotics, Eureka serves as a marvelous transition into a FIRST Lego League team!

**FRAZEE:** Monday-Thursday, June 10, 11, 12 & 13; 9am-12pm

Frazee High School Room 322 (Door 1)

**PERHAM:** Monday-Thursday, July 29, 30, 31 & August 1; 9am-12pm

Perham High School ALC (Door 16)

Fee: \$80

## TECH TREK

*Instructor: Ryan Swanson, NDSU Senior in Mechanical Engineering*

Tech Trek provides students, 6th-8th grade, with opportunities to create and apply knowledge of STEM topics in a group setting. Students will work with Tetrix kits which integrate electrical, programming, and mechanical concepts. Enthusiastic members from high school and collegiate level robotics teams will guide students as they navigate through engineering challenges. Tech Trek builds a concrete foundation of robotics concepts, which will especially benefit those looking into joining a FIRST Tech Challenge team.

**FRAZEE:** Monday-Thursday, June 10, 11, 12 & 13; 1-4pm

Frazee High School Room 322 (Door 1)

**PERHAM:** Monday-Thursday, July 29, 30, 31 & August 1; 1-4pm

Perham High School ALC (Door 16)

Fee: \$80

## BLAST BABYSITTING CLINIC

*Instructor: Mary Johnson, American Heart Association Certified*

For many pre-teens and teens planning on picking up jobs during the summer months, babysitting is one way to earn some extra cash. American Heart Association offers this course to help individuals, 11 years of age and older, prepare for the responsibility of babysitting. You will learn how to care for infants through school age children and perform tasks such as diapering, preparing simple meals, and dressing. In addition, the course will offer ideas for toys and games to play with the children. With safety as the utmost important factor, you will learn how to handle emergencies and focus on safe care of infants and children. Handouts will be provided. Please bring a bag lunch.

**FRAZEE:** Saturday, June 8; 9am-3pm

Frazee High School Media Center Room 408 (Door 16)

Fee: \$20



## FATHER'S DAY GIFTS

*Instructor: Cedar Walters, Public Information and Education Officer, Solid Waste*

What better way to tell your dad you love him than with a handmade gift that is good for the planet? Make your dad a recycled gift for Father's Day at this fun class for kids from ages 5-105. Choose from a keyboard key photo frame or a no-sew stamped t-shirt apron. Make less waste by making a great recycled gift for dad! Children under the age of 12 should be accompanied by a parent or other adult. All supplies are provided.

**PERHAM:** Saturday, June 8; 10-11:30am  
Perham High School ALC (Door 16)

Fee: No Charge

# YOUTH & FAMILY ENRICHMENT

## YOUTH SNOWMOBILE SAFETY TRAINING

*Instructor: Kent Reisenauer, 218.841.3730*

For youth ages 11–15 (certification becomes valid at age 12). To complete this training you must complete both steps. You will not be allowed to participate in the field day on December 1 unless you have first completed the on-line snowmobile safety course. Students will need to complete the following:

- Step 1: Complete an online youth snowmobile safety training class: [snowmobilecourse.com](http://snowmobilecourse.com) (fee for this course is \$29.95). This introductory class is designed for the snowmobile rider with little or no experience in snowmobile operation. You study the safety information in the interactive on-line course at your own pace, in your own home, under the guidance of a parent or guardian. Depending on your age and experience, the course should take approximately 2 to 4 hours to complete. After completing you print a "youth follow-up voucher" to take to the snowmobile safety training class.
- Step 2: Attend the snowmobile safety field day (the three-hour class includes classroom review of safety information and a performance driving course) led by trained volunteer instructors. Please note: Eat breakfast beforehand and bring a snack to class; Parent/guardian will need to sign a waiver form when dropping off their students; and remember to bring your riding gear to class (clothing and helmet).

**DETROIT LAKES:** Saturday, December 1; 9am–12pm

M State, 900 Highway 34 East, Room F108

Fee: No Charge



## PRairie FIRE CHILDREN'S THEATRE

### WIZARD OF OZ

Area youth, ages 7 through 18, from surrounding communities will have the opportunity to participate in the production of WIZARD OF OZ. The show promises to be fun for old and young alike, and continues Prairie Fire's tradition of retelling the classics with a twist. The audition process lasts two hours and all auditioners are required to be in attendance from the start time. No preparation or experience is necessary for the audition. Roles are available for singers, non singers, dancers, non dancers and anyone with enthusiasm for theatre! Tickets for performances can be bought the day of for \$5/ adults & \$3 youth, 5 and under. This event is generously sponsored by City of Vergas, Vergas Lion's, and Turn In Poachers (TIP) Inc. | Fee: \$20

**VERGAS:** Practices: Monday through Thursday, July 22, 23, 24 & 25; 1-5:15pm

**Shows:** Friday, July 26; 7pm AND Saturday, July 27; 2pm

Vergas Event Center, 140 W Linden Street



### SNOW WHITE

Join 73 local youth, ages 7 through 18, from surrounding communities will have the opportunity to participate in the production of SNOW WHITE. Snow White is saved by the Prince, but not with a kiss! There is a great deal of music, including production numbers featuring roles of Snow White, The Prince, The Seven Dwarfs, The Mirror, The Ravens, The Spellbinders, The Forest Creatures and the Townspeople. The audition process lasts two hours and all auditioners are required to be in attendance from the start time. No preparation or experience is necessary for the audition. Roles are available for singers, non singers, dancers, non dancers and anyone with enthusiasm for theatre! Tickets for performances can be bought the day of for \$5/adults & \$2 for students. | Fee: \$35

**PERHAM:** Practices: Monday through Thursday, August 12, 13, 14 & 15; 8am-12:15pm

**Shows:** Friday, August 16; 7pm AND Saturday, August 17; 2pm

Perham High School Auditorium



# DRIVERS EDUCATION

## DRIVERS TRAINING PROCESS

If you are looking to get a driver's license in Minnesota, you must first obtain a learner's permit. To do so, you'll need to complete 30 hours of classroom instruction required by law. The course teaches the principles of road awareness and safety for prospective first-time drivers. Students must be 14 years of age and older. Upon successful completion of this class, students will receive a blue card.



Behind the wheel training is available for anyone who currently holds a valid permit in the State of Minnesota. Individuals must have their permit six months prior to getting their license. Students will receive behind the wheel once registered (closer to the time of his/her sixteenth birthday) or when a six month waiting period is near completion, whichever is further out, with an exception for those obtaining a farm permit. Please do not register for behind the wheel until you receive your hard copy of the learner permit.

### PERHAM

Courses will cover both the required 30 hours of classroom instruction AND the 6 hours of behind-the-wheel driving training. The classroom instruction needs to be completed before you get your MN learner's permit. The behind-the-wheel training cannot be taken until you obtain your learner's permit.

#### SPRING 2019 CLASS

*Instructor: John Kostynick*

We will accept the oldest 30 students by date of birth with priority given to Perham Students. The deadline for registration is Tuesday, February 26, 2019. Students need to be 15 by March 15, 2019 or earlier to be in this class.

Weekdays: Monday, March 4 - Friday, March 15; 3:30- 6:30pm  
Perham High School Health Classroom, Room E110

**PARENT MEETING:** Tuesday February 26; 6:30pm  
Perham High School Health Classroom, Room E110  
Fee: \$250

#### SUMMER 2019 CLASS

*Instructor: John Kostynick*

We will accept the oldest 30 students by date of birth with priority given to Perham Students. The deadline for registration is Wednesday, May 29. Students need to be 15 by June 18, 2019 or earlier to be in this class.

June 3 & 4, 10-14, 17 & 18; 8:30-11:30am  
Perham High School Health Classroom, Room E110

**PARENT MEETING:** Wednesday, May 29; 6:30pm  
Perham High School Health Classroom, Room E110  
Fee: \$250

### FRAZEE

#### SUNDAY AFTERNOON CLASSROOM TRAINING

Students from Other Districts are Invited  
November 18, 25, December 2, 9, 16, January 6, 13, 20, 27 & February 3; 1-4pm  
Frazee High School Media Center Room 408 (Door 16)  
Fee: \$100

#### BEHIND THE WHEEL TRAINING

Fee: \$200

#### POINT OF IMPACT PARENT WORKSHOP

Beginning the driving process is one of the most exciting, but also most hazardous, times for youth. Join us for some great information about getting your student driver out to a great start! This class is for parents and their student drivers who are currently going through the driver's education process. If the parent/guardian chooses to not complete the parent class, the teen driver must complete an additional 10 hours of supervised driving time with an adult (50 hours total). Register online for this course.  
**FRAZEE:** Wednesday, December 12; 6:30-8pm  
Frazee High School Media Center Room 408 (Door 16)  
Fee: No Charge

## EARLY CHILDHOOD

### PERHAM EARLY CHILDHOOD FAMILY EDUCATION

Early Childhood Family Education (ECFE) is a program available to all children ages 2-5 together with their parents. There are classes available each season with time for parent-child interaction and parent discussion at Kids Adventure at Heart of the Lakes Elementary School. The activities include discovery learning centers, circle time with a story and song, a craft, a snack, and large motor play relating to a different theme each week. There is also a parent education who provides information and facilitates discussion on topics that are of interest to the families. Special activities include playtimes, field trips, & speaker nights for parents. Classes are held Mondays from 5:30 – 7pm. Please check out our Class Schedule to see the dates of classes. If school or after school activities are cancelled on a Monday, we will not have ECFE class. Call 218.346.1480 or email [akimball@perhamschools.org](mailto:akimball@perhamschools.org) to register.

### FRAZEE EARLY CHILDHOOD FAMILY EDUCATION

Early Childhood Family Education (ECFE) is a program for families with children between the ages of birth to kindergarten entrance. Based on the idea that the family provides the first and most significant learning environment, our goals are to assist all parents and other family members in providing the best possible environment for their child's learning and growth. Classes vary from one-time "special events" to our ongoing "Mixed Ages" class. School Readiness is our district's preschool program, offering classes for children 3 - 5 years old. Each class provides many learning experiences that prepare the child for kindergarten and life-long learning. For more information about current class offerings for ECFE and School Readiness contact Karrie at 218.334.3181, extension 4101 or email at [kschultz@frazee.k12.mn.us](mailto:kschultz@frazee.k12.mn.us).

## ADULT BASIC EDUCATION

*ADULT BASIC EDUCATION IS ANYTHING BUT BASIC!*

**We offer adult educational services - FREE of charge.**

Who can come to ABE?

Any person over the age of 17 without a high school diploma may access our GED services. The tutoring and materials are at no cost to the student. Students take the official GED when they are prepared to PASS the test! Lakes and Prairie ABE has curriculum both online and classroom based.

However, ABE is not just for the GED learner. Are you thinking of going back to school or coming to college and have been out of school for a few years? ABE should be your first stop! We offer free classes to prepare each learner to enter college and be successful. ACCUPLACER Prep - FREE!

ABE is offered through the Minnesota Department of Education to assist students in all parts of the transition in education. Call us before you make the next move in your educational journey.



**For More Information**

Contact Stephanie Drange at 218-632-2450  
or [sdrange@wdc2155.k12.mn.us](mailto:sdrange@wdc2155.k12.mn.us)

Classes are held at the old Perham Area Learning Center –  
**Mondays from 12:30-6:30pm and Tuesdays from 9am-3:30pm**

# SUMMER LATCH KEY

The Frazee-Vergas Latch Key Program (also known as School Age Child Care) provides families with quality, trusting child care for elementary age youth in kindergarten through 6th grade. It is the primary goal of our District to provide a safe, happy and enriching supervised environment for our children attending this program.

## AFTER SCHOOL LATCH KEY

**Monday through Friday**

3pm to 6pm

## SUMMER LATCH KEY

**Monday through Friday**

7am to 6pm

Our Latch Key Programs are housed at the Frazee-Vergas Elementary School in the Activities Room. You can access the classroom through Door #17. The classroom can be reached at 334-3181, Extension 4102.

### AFTER SCHOOL LATCH KEY

The After School Latch Key program is designed so children do not have to leave the building after school in order receive child care. The After School Latch Key starts at 3pm and runs until 6pm, Monday through Friday, when school is in session. There is no After School Latch Key on School District in-service days and holiday breaks. Latch Key will be closed on days when school is canceled because of poor/bad weather. Daily attendance is limited on a first come first serve basis.

### SUMMER LATCH KEY

The Summer Latch Key program is designed to provide families with all-day child care. The Summer Latch Key program opens at 7:30am and runs until 6pm, Monday through Friday. We use the grade each child is going into each fall as guidelines for summer enrollment. Students must have completed kindergarten in order to attend Summer Latch Key. Daily attendance will be limited on a first come first serve basis.

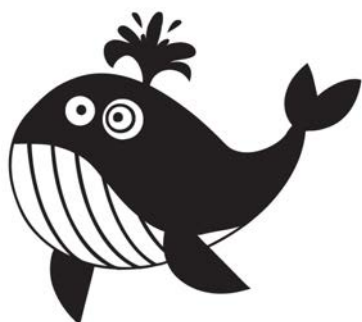


### Latch Key Staff:

Beth Breitenfeldt  
Melanie Erickson  
Cecila George  
Donna Maves  
Jennifer Meier  
Emily Ratliff  
Lori Waller  
Carla Wendt

### Supervisor:

Cindy Wischnak



## REGISTRATION INFORMATION

Latch Key begins taking registrations for After School Latch Key starting July 1 of each year and March 1 of each year for Summer Latch Key. Space is limited and participants are accepted on a first come, first serve basis. Registration packets can be picked up at Latch Key, the Frazee-Vergas Elementary Office, Community Education Office or obtained from the Frazee-Vergas website.



Empowering Kids Perham, a nonprofit organization located in Perham, MN, was created to provide services for children with **autism or social challenges**. We provide exceptional, compassionate care for children and families so that every child will reach his or her full potential.



### INDIVIDUAL SERVICES (All Ages)

To better suit the needs of all families, we also offer 1/2 hour or 1 hour individual or small group services outside of after school program times.

### EARLY INTERVENTION / PRESCHOOL (Ages 2 - PreK)

Early Intervention services and supports are critical in the future outcomes for children. This early help for families is important because it is a time when the brain is flexible for shaping and guiding development of skills and overall behavior. The goal of this program is to practice the skills needed to be successful in a daycare or preschool environment such as: following directions, sharing/playing with others, and attention to task. Early intervention services are offered through individual services or in a small group setting.



### AFTERSCHOOL PROGRAMMING (Ages K-18)

Our afterschool program, for children with autism or social challenges, includes social emotional learning sessions that feature fun games, and other engaging activities that develop social-emotional skills. Children learn how to make friends, manage their emotions, solve problems, and deal with peer pressure. Children rotate between 1/2 hour sessions that consist of Social Emotional Learning, snack, sensory time, homework/reading, and choice time to include computers, games, Legos, reading, playground, or Wii. All of this takes place in a structured environment while always working to promote social skills use and generalization. (If your child is not yet able to function in a small group setting, 1:1 services are available to help them establish the necessary skills.)



### SPECIAL INTEREST FRIDAYS (Ages 4th Grade & Up)

Many individuals with autism have untapped potential that may include visual, artistic and academic skills. Our Special Interest program will further explore student's preferred knowledge subjects through readings, videos, discussions and experiments. Students will learn more about their interests, as well as others, and understand how those interests can be used to develop hobbies, avenues for social interaction and potentially careers. (If your child is not yet able to function in a small group setting, 1:1 services are available to help them establish the necessary skills.)



### SCHOLARSHIPS

The Empowering Kids Perham scholarship program provides financial help/assistance for families with children diagnosed with autism or other special needs, and who would benefit from programming at EKP. The purpose of this program is to help families gain access to affordable services and programs that will enhance the quality of life for their child with autism, or other social challenges.

### CONTACT US FOR MORE INFO!

To learn more about our intake process and programming or make a tax-deductible donation, please connect with us in one of the following ways:

- Online: [www.empoweringkidsperham.org](http://www.empoweringkidsperham.org)
- Email: [info@empoweringkidsperham.org](mailto:info@empoweringkidsperham.org)
- In Person: 316 6th Ave. SW, Perham
- Call: 218-346-2322

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DETAILS INSIDE

