



# Community Education

BUFFALO HANOVER MONTROSE SCHOOL

Summer 2021

## *Explore Summer* with Us!



### Look inside...

ECFE in the Park, Jr Bison Football and T'ai Chi in the Park

The place to  
dream, believe  
and achieve.

[BHMSCHOOLS.CE.ELEYO.COM](http://BHMSCHOOLS.CE.ELEYO.COM) 763.682.8770

# Welcome to Community Education

## *Register Online Today!*

[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

### Easy Ways to Register!



**Online** [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)



**Phone** 763.682.8770



**Fax** 763.682.8795



**Mail or In-Person**  
301 2nd Ave NE  
Buffalo, MN 55313



### Registration

- ◆ **Face coverings are required to participate in classes.**
- ◆ Register at least one-week prior to start date. Classes with low enrollment may be canceled at that time.
- ◆ **Registration and payment is required to attend classes.** Once registered, you will receive an email class confirmation if an email address is provided
- ◆ **Cancellations** within 7-days of the class is assessed a \$5 service fee. Some classes/programs may have a specific cancellation and refund policy. If we cancel a class, you will be notified and your payment refunded
- ◆ Our programming follows the recommendations from Minnesota Department of Education and the Minnesota Department of Health to provide you and your family a safe learning environment. **Hygiene practices and cleaning protocols are in place.**



### Community Education

BUFFALO HANOVER MONTROSE SCHOOLS

#### Office Location:

Discovery Center, 301 2nd Ave NE, Buffalo  
(East side, door #1)

**Office Hours:** 8 am - 4 pm, Monday-Friday

**Office Closed:** May 31 (Memorial Day)

**Office Telephone:**

763.682.8770

**Office Fax:**

763.682.8795

#### Web Sites:

Online Registration [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)  
School District [bhmschools.org/community-ed](http://bhmschools.org/community-ed)

### Weather Cancellations

- ◆ Community Education/ECFE classes do not meet when BHM schools are closed due to weather
- ◆ Closings posted on [bhmschools.org](http://bhmschools.org), Facebook and on KRWC radio
- ◆ 2-Hour Late Start: No morning ECFE classes
- ◆ KidKare sites remain open

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## Join Us for Summer ECFE in the Park!

Please sign-in with ECFE staff upon arrival at the park.



These family friendly activities are held at Sturges Park, Buffalo, at 10:30 am.  
(Rain location for these activities is Discovery Center Gym. Enter door 6.)

**June 15** [Hooperina](#) - Hooperina will entertain and engage audiences of all ages with one of our favorite toys... a hula hoop. You are welcome to bring your own hula hoop or receive a free hula hoop, if you are one of the first 150 individuals who sign in with our ECFE staff at the show. **Meet at Sturges Park bandshell at 10:30 am.**



*Hooperina, June 15*

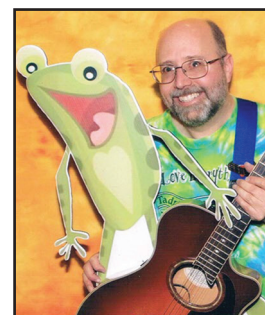
**June 29** [Teddy Bear Band](#) - The music and fun of the Teddy Bear Band is created with the intent for children to gain and maintain a positive sense of self and an appreciation of their own abilities. Bring along your teddy bear - you'll have a "bear" of a time! **Meet at the Sturges Park bandshell at 10:30 am.**



*Teddy Bear Band, June 29*

**July 13** [Will Hale and the Tadpole Parade](#) - Kids are the stars of this interactive musical show of songs, drums, harmonica and guitar. Join Will and the Tadpole Parade for all of the fun! **Meet at the Sturges Park bandshell at 10:30 am.**

**July 27** [Wonderful World of Woody](#) - Music, juggling, sing-a-longs all rolled up into one fun interactive show. It's a WONDERFUL Day for FUN! **Meet at the Sturges Park bandshell at 10:30 am.**



*Will Hale, July 13*

**August 10** [Music and Dance from the Andes](#) - This colorful program shares the beauty of music, language and storytelling from the country of Chili. Join us for an interactive morning exploring the culture of the Andes Mountain region. **Meet at the Sturges Park bandshell at 10:30 am.**



## Parent Child Classes

### ECFE Sampler Classes

**ECFE Sampler Classes** meet during the months of April and May and are designed to give our families, with children birth to age 5 and their parents, a taste of the many options available through BHM ECFE programming. **We offer 1, 2 and 3 session classes, both on-site, on-line and out in the community.** You may be new to our community or ECFE or you may want to continue to meet with your parenting community. We invite you to give our **Sampler Classes** a try. **We look forward to welcoming you and your child to our Bison Family!**

#### Sampler Class Sliding Fee Scale

Find the class fee based on your family's income.

# of class sessions	1	2	3	Add'l Child
0-19,999	\$5	\$6	\$7	5
20,000-39,999	\$10	\$11	\$12	\$6
40,000-59,999	\$13	\$14	\$15	\$7
60,000-79,999	\$16	\$17	\$18	\$8
80,000-99,999	\$19	\$20	\$21	\$9
100,000+	\$22	\$23	\$24	\$10

If you have questions, please call ECFE at 763.682.8780.



#### Flight and Feathers

Discover the world of birds, birdhouses, bird environments and the feeding of birds, through video, book and hands on experiences.

##### W4042P

Tuesday, April 27 9-10:30 am  
1 session – Sliding Fee Patty Lammers/Diane Mastel  
Discovery Center Room EC1

#### Dr. Seuss and Friends

Enjoy the fun play on words authored by Dr. Seuss and his delightfully depicted friends. *One Fish, Two Fish, Red Fish, Blue Fish / Hop on Pop / Green Eggs and Ham / and The Cat in the Hat* set the stage for fun age appropriate activities engaging parents and our youngest learners.

##### W4005L

Thursday, April 29 9-10:30 am  
1 session – Sliding Fee Jen Dismang/Diane Mastel  
Discovery Center Room EC1

Our programming follows the recommendations and guidance from Minnesota Department of Education and the Minnesota Department of Health to provide you and your family a safe learning environment. Hygiene practices and cleaning protocols are in place.

#### Jump and Jive

We'll get moving with our friends on our outdoor playground with balls, the parachute and hula hoops. Come dressed for outdoor fun!

##### W4040M

Tuesday, May 4 9-10:30 am  
1 session – Sliding Fee Patty Lammers/Diane Mastel  
Discovery Center Room EC1

#### Dinosaur Hunt

Discover the world of dinosaurs big, small, spiny and tall. We'll stamp dinosaur feet, dig for dinosaurs, go on a dinosaur hunt and use movement and music to create a dinosaur dance.

##### W4005H

Tuesday, May 11 9-10:30 am  
1 session – Sliding Fee Patty Lammers/Diane Mastel  
Discovery Center Room EC1

#### All the Colors of Spring

Discover the world of art through mixed media including water colors, tissue paper, chalk and tempera paint, glue and shaving cream. Come prepared to get "messy".

##### W4005I

Tuesday, May 18 9-10:30 am  
1 session – Sliding Fee Patty Lammers/Diane Mastel  
Discovery Center Room EC1





### Stay and Play (Non-Separating)

Activities and experiences are designed to allow for parents and children to play together, make a mess together and try out new activities in our ECFE space.

#### W4005N

Thursdays, May 6 & 13  
2 sessions – Sliding Fee  
Discovery Center

10:30 am-12 pm  
Patty Lammers  
Room EC1

### Nurturing Relationships and Building Routines

Join our parent educator for discussions and resources supporting building successful home routines, while nurturing the relationship between you and your child. Building the Pyramid Model at home will provide the foundation for this class. **You may join in-person or online.** Child care for ages 6 months-6 years and boxed dinner available for in-person class with prior registration.

#### W4100A

Mondays, April 26, May 3, 10  
3 session – Sliding Fee  
Discovery Center

6-7 pm  
Andrea Jonasson  
Room EC1

### Journeys Sampler

**For Families who may or are currently accessing early intervention services.**

Parents and children explore activities designed just for them. Parents and children then separate, with children remaining with the ECFE teacher and parents engaging in discussion about the joys and challenges of parenting a child with special needs.

#### W4015N

Fridays, April 30, May 7, May 14  
3 sessions – Free  
Discovery Center

8:30-10 am  
Patty Lammers and Diane Mastel  
Room EC1, EC4

### Spring Into Preschool (2 and 3 year old children)

A preschool experience designed for our youngest preschoolers. The social/emotional focus of this Spring Into Preschool Sampler will allow your child to meet new friends, meet the Spring Into Preschool teaching team, explore a preschool environment and enjoy activities designed just for your child. Parents stay with their child in the classroom setting for the first 30 minutes of class. Parents are free to leave the building and return to pick up their child at the end of each class session.

#### 4034B

Thursdays, May 13, 20, 27  
3 sessions – Sliding Fee Scale  
Patty Lammers and Diane Mastel  
Discovery Center

8:30-10 am

Room EC1

### My Visit to Preschool

Licensed early childhood teacher, Patty Lammers, will accompany your child into one of our on-going preschool sessions in Buffalo at Discovery Center. Your child will experience a preschool classroom, participate in activities and meet preschool friends and teachers. Visits will be scheduled for individual children, by Miss Patty, following registration. Parents are welcome to participate in a guided observation with a licensed parent educator and to complete preschool registration packets while their child enjoys their preschool visit.

#### W4205G

Visits scheduled on Mondays, May 3 or 10  
Visits are 45 minutes in length between 8-11 am

### Parents and Infants Sampler

Join us with your baby for a sampling of ECFE classes for parents and infants! Discover ways to support your infant's learning. Meet other parents and enjoy parent discussion with an Early Childhood Educator.

#### W4000A

Wednesdays, April 28, May 5, 12  
3 sessions – Free  
Discovery Center

8:30-9:30 am  
Diane Mastel  
Room EC1

#### W4000B - Sibling Care

Sibling care provided with prior registration for \$5 per family per class.



Sliding fee scale on page 4

## Parent Child Classes

**ECFE Summer Story Time** is designed for children age 2.5 to 6. Each session will offer a playtime, circle time and fun activities around each book's theme. Parents are invited to drop off their child and enjoy some time away while their child participates in story time and fun activities with their ECFE friends. **Each family will receive a copy of the summer story book shared during the class.** (Limit 10)

\$8 per family per class. 9:30-11 am, Discovery Center, Room EC1, with Jen Dismang.



### It's an Orange Aardvark!

June 17 S4044A

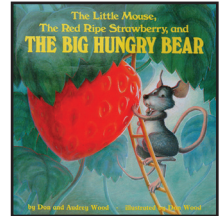
Five carpenter ants at home in their tree stump hear a noise. One ant thinks it is a hungry aardvark lurking outside waiting to eat them. One ant makes a hole in the stump to see. Orange light floods the stump—it's not an aardvark, proclaims the ant chorus. It's orange! Each family is invited to take home a FREE book.



### The Little Mouse, The Red Ripe Strawberry and the Big Hungry Bear

July 22 S4044C

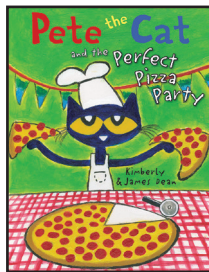
A little mouse has found a yummy, ripe, red strawberry and he is not willing to part with it. Little Mouse will do all he can to save his strawberry from the Big Hungry Bear. Each family is invited to take home a FREE book.



### Pete the Cat and the Perfect Pizza Party

June 24 S4044B

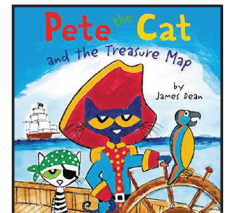
Join Pete the Cat in a groovy pizza party that you don't want to miss. Pete invites his friends to build the perfect pizza. Each family is invited to take home a FREE book.



### Pete the Cat and the Treasure Map

July 29 S4044D

Join Pete the Cat on a fun epic sea adventure. Pete and his crew are ready to set out and sail the seas in search of buried treasures. Each family is invited to take home a FREE book.



## Mixed Ages Birth to 5 years by June 1, 2021

Parents and children have playtime together then parents separate for discussion led by a parent educator. For children, playtime continues with a child educator. Activities for children 6 months to kindergarten entrance include stories, snack time and active play. Topics for parent discussions are based on parent needs. Children under 6 months are invited to stay with parents.

Limit 12



### S4005A (Buffalo)

Wednesdays, June 16- July 28

8:30-10 am

(No class July 7)

Discovery Center

Room EC1

Fee: See sliding fee scale

Jen Dismang

Andrea Jonasson

### S4005B (Buffalo)

Wednesdays, June 16- July 28

10:15 -11:45 am

(No class July 7)

Discovery Center

Room EC1

Fee: See sliding fee scale

Jen Dismang

Andrea Jonasson

### Sliding Fee Schedule

Annual Income	1 child	2nd child add
0-19,999	\$ 8	\$5
20,000-39,999	\$20	\$6
40,000-59,999	\$32	\$7
60,000-79,999	\$42	\$8
80,000-99,999	\$56	\$9
100,000+	\$67	\$10





## Summer Sun Preschool

3 - 5 years old by January 1, 2021

Summer Sun Preschool is just the place to explore summer activities designed just for your preschooler. Our Summer Sun day is a little longer than a regular preschool day. Learn with new friends, explore the outdoors and take a field trip to an ECFE Summer Concert at Sturges Park. Must register for all 10 sessions. FREE breakfast and lunch!



### S4205A (Buffalo - 2 Day)

Tuesdays & Thursdays

June 15 - July 22

(No class July 1, 6)

8:30 am-12 pm

Discovery Center

Fee: \$160

Room EC2

Emily Pearson

## ECFE Family Fair

Rescheduled for  
September 18, 2021

Lots of fun for  
the entire family!

Watch our website for updates

**bhmschools.org**

(click Community Education tab)

### Ready Set Grow Preschool 2021-2022

- ◆ Kindergarten readiness skill development for 3 - 5 year old children
- ◆ 9 months/30 weeks for 2-5 days/week in 2, 2.5 or 3 hour sessions
- ◆ Buffalo, Hanover and Montrose classroom sites

### Spring Into Preschool 2021-2022

- ◆ Social/emotional skill development to prepare 2.5 - 3.5 year old children for preschool in a parent/child preschool class
- ◆ Thursday mornings - parents attend designated dates

For more information about all our preschool options such as availability, times and fees, visit [bhmschools.org](http://bhmschools.org) (click Community Education, then Early Childhood Family Education) or call ECFE at 763.682.8780.



### Every Family Counts!

Are you on the school census? Call 763.682.8737 if you:

- ◆ Recently had or adopted a child
- ◆ Moved to this district and/or changed your address
- ◆ Did not receive this catalog in the mail



### Early Childhood Screening

Call 763.682.8780 to schedule your child's appointment:

Wed, June 2	Tue, August 10
Thur, June 3	Wed, August 11
Thur, July 15	Thur, August 12

### Playtime in the Park

Wednesdays, 10-11:30 am

Dress for the weather and join us as we travel around town, meeting families, spending time together, enjoying the outdoors. We'll bring the chalk, bubbles, parachute and snack. Sign up on-site. Free!

Sturges Park, April 28

West Pulaski Park, May 5

Hanover Settlers Park,

\*Tuesday, May 11

Methodist Church Park, May 12

Buffalo Hills Park, May 19

Montrose Early Education

Center, May 26





■ ■ ■ **KidKare** (Age 3 - 12)



**BUFFALO HANOVER MONTROSE SCHOOLS**  
 Tiffany Lund, 763.682.8787 or [tlund@bhmschools.org](mailto:tlund@bhmschools.org)

KidKare provides high quality child care in a safe, nurturing, and fun atmosphere for children during the summer months, emphasizing the development of social, emotional, physical and intellectual skills.

- ◆ Summer KidKare sites will be open June 16 - August 27, 6 am – 6:30 pm
- ◆ **Closed July 5, July 30 (Buffalo site only) and August 30 - September 6**
- ◆ Summer sites in Buffalo, Hanover and Montrose
- ◆ Northwinds, Parkside and Tatanka KidKare sites will be combined as **Buffalo KidKare at Buffalo Community Middle School, June 16 - July 29**. On August 2, all three Buffalo sites (Northwinds, Parkside, and Tatanka) will open for the remainder of the summer
- ◆ Breakfast, lunch and snack served at no extra cost
- ◆ Weekly themes with age appropriate activities include science, arts and crafts, gym games, outside play and more!
- ◆ All students entering grades 2 – 7 will participate in the **Summer SunBlock program** (see below)

## Summer SunBlock

Summer KidKare students entering grades 2-7 will participate in the Summer SunBlock enrichment program at no extra charge for most classes (A few classes have an additional fee).

### Enrichment classes for students entering grades 2-7

- ◆ Block A: June 21-July 1
- ◆ Block B: July 6-15 (**no classes Monday, July 5**)
- ◆ Block C: July 19-29
- ◆ Three 1-hour classes (8:30 am, 9:30 am, 10:30 am)
- ◆ Students from Hanover and Montrose will be bussed to Buffalo Community Middle School for SunBlock classes



## Register for KidKare Today!

- ◆ Online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)
- ◆ Contact Tiffany Lund, KidKare Coordinator, at 763.682.8787 or [tlund@bhmschools.org](mailto:tlund@bhmschools.org)

### Summer Contract Rates:

	Daily	Half Day
First Child	\$36	\$25
Add'l Children	\$34	\$23

Non-refundable family registration fee \$50 includes summer and 2021-22 school year.

### Summer KidKare Sites:

<b>Buffalo Community Middle School</b> Open June 16-July 29 Phone 763.682.8333	<b>Northwinds Elementary</b> Open August 2- 27 763.682.8830
<b>Hanover Elementary</b> Open June 16-August 27 763.682.0873	<b>Parkside Elementary</b> Open August 2 - 27 763.682.8746
<b>Montrose Elementary</b> Open June 16-August 27 763.682.8360	<b>Tatanka Elementary</b> Open August 2 - 27 763.682.8631

Visit [bhmschools.org/kidkare](http://bhmschools.org/kidkare) for more information including registration forms, attendance forms and the parent handbook.

**COMING SOON!**

**2021-22 School Year  
 Registration opens  
 July 13**

Registration is easy online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

## Summer SunBlock

is a great way for your child to stay on top of his or her academic skills in reading, writing, math and science **all while having fun!** Students can also explore their creative side with a variety of art classes. In addition, students will stay active with recreation and outdoor games. No matter what classes you choose, you can count on a summer of learning and fun! **Classes fill quickly... early registration is encouraged.**



### Dates & Times

#### Block A

M-Th, June 21 - July 1

#### Block B

M-Th, July 6 - July 15  
(No classes July 5)

#### Block C

M-Th, July 19 - July 29

- ♦ **Hour 1** 8:30-9:30 am
- ♦ **Hour 2** 9:30-10:30 am
- ♦ **Hour 3** 10:30-11:30 am

\*Schedule confirmations will be mailed to homes one-week prior to the start of each block.

### Location

Classes held at Buffalo Community Middle School, 1300 Hwy 25 N, Buffalo. Centralized bussing available (see "Bussing").

### Grades

- ♦ For students entering grades 2-7

### Kid Kare

Students attending summer KidKare, school-age care program, will participate in **Summer Sun Block** classes for no additional fee for most classes.

### Fees

\$59 per class  
\$69 Babysitting Basics

### Bussing

Centralized bussing to/from Buffalo Community Middle School available from district elementary schools (Hanover, Montrose, Northwinds, Parkside and Tatanka). The bus picks up/drops off the student at the elementary school you choose. Centralized bussing provided at no additional cost. **Students should register for all 3 hours each block to utilize bussing.** If registering online, don't forget to register for "SunBlock Transportation", then choose the school.

Register Online

Register for Summer Sun Block classes online

[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com) or use the registration form on page 19.

**Note: Face coverings will be required.**

### Summer Food Program

BHM Schools will offer FREE meals to children ages 1-18 this summer thanks to a federal program. Dates, locations and times will be shared in May or June 2021.

■ ■ ■ **Block A Classes** (students entering grades 2-7 in Fall 2021)

# Block A: June 21 - July 1

Monday-Thursday  
for 2-weeks

\$59 per class - Registration page 19



### Arts and Crafts

Become an artist! You will learn new painting and drawing techniques using natural materials, string, bottles and more!

Class #	Hours	Grades
SU1A1	8:30 – 9:30 am	2 – 3
SU1A2	9:30 – 10:30 am	2 – 3
SU1A3	10:30 – 11:30 am	2 – 3

### Clay Crafts

Kick the summer off with clay crafts. We will get creative right away and make some fun crafts out of clay.

Class #	Hours	Grades
SU2A1	8:30 – 9:30 am	2 – 3
SU2A2	9:30 – 10:30 am	2 – 3
SU2A3	10:30 – 11:30 am	2 – 3

### Crocheting (with our hands) for Kids

This class will teach you a new, fun and creative way to keep busy, and use your imagination to create something with your hands. Crocheting is a calming activity that will boost your self-esteem and give you a feeling of accomplishment!

Class #	Hours	Grades
SU3A1	8:30 – 9:30 am	2 – 3
SU3A2	9:30 – 10:30 am	2 – 3
SU3A3	10:30 – 11:30 am	2 – 3

### Story Art

Connect art and literature with projects and activities inspired by daily readings of favorite children’s books.

Class #	Hours	Grades
SU4A1	8:30 – 9:30 am	2 – 3
SU4A2	9:30 – 10:30 am	2 – 3
SU4A3	10:30 – 11:30 am	2 – 3

### Let’s play...Cooperatively

Sometimes it’s more fun to play “with” each other, rather than against each other. In this class cooperation will be the main focus. You will build relationships, develop positive self worth, and most of all, have fun!

Class #	Hours	Grades
SU5A1	8:30 – 9:30 am	2 – 3
SU5A2	9:30 – 10:30 am	2 – 3
SU5A3	10:30 – 11:30 am	2 – 3

### Craft Camp

Some of the fun and unusual projects on the agenda are colorful bean bag balls, woven turtles and mini treasure chests. We’ll play games and share a camp mystery.

Class #	Hours	Grades
SU19A1	8:30 – 9:30 am	2 – 3
SU19A2	9:30 – 10:30 am	2 – 3
SU19A3	10:30 – 11:30 am	2 – 3

### Social and Emotional Learning:

#### It’s for Everyone

Students will learn to self-monitor and identify their feelings and develop self-awareness and self-management skills to be successful across settings, show empathy, and make responsible, caring decisions.

Class number	Hours	Grades
SU57A1	8:30-9:30	2-3
SU57A2	9:30-10:30	2-3
SU57A3	10:30-11:30	2-3



# Block A: June 21 - July 1

Monday-Thursday  
for 2-weeks

\$59 per class - Registration page 19

## Minute to Win it Games

Are you looking for a fun, challenging, and engaging class this summer? Come put your brain, energy, and team building skills to the test as you try to win these fun minute to win it games. Are you ready to challenge yourself?

Class #	Hours	Grades
SU14A1	8:30 – 9:30 am	2 – 7
SU14A2	9:30 – 10:30 am	2 – 7
SU14A3	10:30 – 11:30 am	2 – 7

## Puzzled about Puzzle

Learn about puzzles, do some puzzles and learn how to make your own puzzle. Create your own picture and turn it into a puzzle to take home.

Class #	Hours	Grades
SU15A1	8:30 – 9:30 am	2 – 7
SU15A2	9:30 – 10:30 am	2 – 7
SU15A3	10:30 – 11:30 am	2 – 7

## Bump, Set, Spike, Fun

Come learn some of the basics of volleyball and teamwork. You will learn to bump, set, spike, and serve the ball then use these new skills on the court confidently. Get ready to bump, set, spike – and have fun!

Class #	Hours	Grades
SU16A1	8:30 – 9:30 am	2 – 7
SU16A2	9:30 – 10:30 am	2 – 7
SU16A3	10:30 – 11:30 am	2 – 7

## Wilderness Fun

Do you love the outdoors and camping? We will spend time enjoying the outdoors while learning basic survival skills, simple first aid, and creative ways to explore and have fun in nature!

Class #	Hours	Grades
SU17A1	8:30 – 9:30 am	2 – 7
SU17A2	9:30 – 10:30 am	2 – 7
SU17A3	10:30 – 11:30 am	2 – 7

## Acting it Out

Take a look behind the scenes and on stage at the “ins and outs” of a small production. Work together to create scenery, props and costumes. A final performance will be on the last day of class. Whether you are looking for a chance to enhance your skills or come out of your shell, you will have an exciting time!

Class #	Hours	Grades
SU18A1	8:30 – 9:30 am	2 – 7
SU18A2	9:30 – 10:30 am	2 – 7
SU18A3	10:30 – 11:30 am	2 – 7

## Go for the Gold

Do you enjoy watching the Olympics? Do you love cheering for Team USA? Let’s learn about over 11,000 athletes from over 200 countries that compete in over 300 events! We will explore some of the favorite sports from the Summer Olympics by reading books, watching clips, and creating some art projects!

Class #	Hours	Grades
SU20A1	8:30 – 9:30 am	2 – 7
SU20A2	9:30 – 10:30 am	2 – 7
SU20A3	10:30 – 11:30 am	2 – 7

## Horse Crazy

Come join this fun, educational class. We will learn basic horse knowledge and care, different horse breeds’ and do some fun horse-related crafts and activities.

Class #	Hours	Grades
SU21A1	8:30 – 9:30 am	2 – 7
SU21A2	9:30 – 10:30 am	2 – 7
SU21A3	10:30 – 11:30 am	2 – 7

## Stars and Stripes Gnome

Come create and construct your own red, white, and blue gnome for your front porch, entry, or favorite summer hang out. These gnomes will greet anyone who enters in a very special way.

Class #	Hours	Grades
SU6A1	8:30 – 9:30 am	4 – 7
SU6A2	9:30 – 10:30 am	4 – 7
SU6A3	10:30 – 11:30 am	4 – 7

■ ■ ■ **Block A Classes** (students entering grades 2-7 in Fall 2021)

# Block A: June 21 - July 1

Monday-Thursday  
for 2-weeks

\$59 per class - Registration page 19  
\$69 Babysitting Basics

## Adventures in Scratch Computer Coding

Explore the exciting and creative world of computer programming by using Scratch, a free online software coding program by the MIT Media Lab. You will combine creativity with logic to create and code games with audio, video, animated characters and more!

Class number	Hours	Grades
SU7A1	8:30 – 9:30	4 – 7
SU7A2	9:30 – 10:30	4 – 7
SU7A3	10:30 – 11:30	4 – 7

## Babysitting Basics (Fee is \$69)

Learn how to be professional and responsible as a caregiver. Topics include how to respond to an emergency, characteristics of different age groups, age-appropriate play activities, and basic child care skills. Students who meet the course criteria will be awarded a Red Cross Babysitting certificate. **Bring a baby doll to practice your skills. Class size is limited to 10 per hour.**

Class number	Hours	Grades
SU8A1	8:30 – 9:30	4 – 7
SU8A2	9:30 – 10:30	4 – 7
SU8A3	10:30 – 11:30	4 – 7

## Cards and Games Plus

Come play some cards and games to keep your brain thinking over summer and have fun at the same time!

Class number	Hours	Grades
SU9A1	8:30 – 9:30	4 – 7
SU9A2	9:30 – 10:30	4 – 7
SU9A3	10:30 – 11:30	4 – 7

## Master Builders

Calling all future engineers! Come create with building bricks. We will think, plan and then build your creations.

Class number	Hours	Grades
SU12A1	8:30 – 9:30	4 – 7
SU12A2	9:30 – 10:30	4 – 7
SU12A3	10:30 – 11:30	4 – 7

## Profound Poetry: about People, Places, Pets, or even Pickles

Calling all poets and lovers of language! Lessons include a wide range of fun activities designed to strengthen poetic, expressive, and writing skills while encouraging the development of personal, artistic creativity.

Class number	Hours	Grades
SU10A1	8:30 – 9:30	4 – 7
SU10A2	9:30 – 10:30	4 – 7
SU10A3	10:30 – 11:30	4 – 7

## Memory Keepers

You will design and create a scrapbook from scratch! Learn how to organize your photos to tell your story of family, friends, and special events. There will be scrapbooking tools and supplies provided. **Please bring about 40 pictures to class.**

Class number	Hours	Grades
SU11A1	8:30 – 9:30	4 – 7
SU11A2	9:30 – 10:30	4 – 7
SU11A3	10:30 – 11:30	4 – 7

## Basketball 101

This course is to help you improve your basketball skills and to have fun! We will play shooting and dribbling games that incorporate skill improvement.

Class number	Hours	Grades
SU13A1	8:30 – 9:30	4 – 7
SU13A2	9:30 – 10:30	4 – 7
SU13A3	10:30 – 11:30	4 – 7

## Softball 101

This course will help you learn the fundamentals, cognitive, and movement skills to play the game of softball. You will also build on your individual and team skills while playing in a games setting.

Class number	Hours	Grade
SU52A1	8:30 - 9:30	4 - 7
SU52A2	9:30 - 10:30	4 - 7
SU52A3	10:30 - 11:30	4 - 7

## Block B Classes (students entering grades 2-7 in Fall 2021) ■ ■ ■

# Block B: July 6 - July 15

Monday-Thursday  
for 2-weeks

(No classes Monday, July 5)

\$59 per class - Registration page 19



### Arts and Crafts

Become an artist! You will learn new painting and drawing techniques using natural materials, string, bottles and more.

Class number	Hours	Grades
SU22B1	8:30 – 9:30	2 – 3
SU22B2	9:30 – 10:30	2 – 3
SU22B3	10:30 – 11:30	2 – 3

### Summer Camp

Let's camp out! Here we will learn all about camping in the real outdoors. We will create projects too!

Class number	Hours	Grades
SU23B1	8:30 – 9:30	2 – 3
SU23B2	9:30 – 10:30	2 – 3
SU23B3	10:30 – 11:30	2 – 3

### Crocheting (with our hands) for Kids

This class will teach you a new, fun and creative way to keep busy, and use your imagination to create something with your hands. Crocheting is a calming activity that will boost your self-esteem and give you a feeling of accomplishment!

Class number	Hours	Grades
SU24B1	8:30 – 9:30	2 – 3
SU24B2	9:30 – 10:30	2 – 3
SU24B3	10:30 – 11:30	2 – 3

### Art Attack

Have fun while exercising your “right” brain. We will use different techniques to create one-of-a-kind art!

Class number	Hours	Grades
SU25B1	8:30 – 9:30	2 – 3
SU25B2	9:30 – 10:30	2 – 3
SU25B3	10:30 – 11:30	2 – 3

### Master Builders

Come create with building bricks. We will think, plan and then build creations like never before.

Class number	Hours	Grades
SU26B1	8:30 – 9:30	2 – 3
SU26B2	9:30 – 10:30	2 – 3
SU26B3	10:30 – 11:30	2 – 3

### Build a Buddy

In this class you can dream, design and create a one-of-a-kind creation. You will learn basic hand sewing construction skills as you piece together your designs. When your buddy is completed you'll write and illustrate a short story where your buddy will be the main character!

Class number	Hours	Grades
SU51B1	8:30 – 9:30	2 – 3
SU51B2	9:30 – 10:30	2 – 3
SU51B3	10:30 – 11:30	2 – 3

### Social and Emotional Learning:

#### It's for Everyone

Students will learn to self-monitor and identify their feelings and develop self-awareness and self-management skills to be successful across settings, show empathy, and make responsible, caring decisions.

Class number	Hours	Grades
SU58B1	8:30-9:30	2-3
SU58B2	9:30-10:30	2-3
SU58B3	10:30-11:30	2-3



■ ■ ■ *Block B Classes (students entering grades 2-7 in Fall 2021)*

# Block B: July 6 - July 15

Monday-Thursday  
for 2-weeks

\$59 per class - Registration page 19

(No classes Monday, July 5)



### Let's play...Cooperatively

Sometimes it's more fun to play "with" each other, rather than against each other. In this class cooperation will be the main focus. You will build relationships, develop positive self worth, and most of all, have fun!

Class number	Hours	Grades
SU55B1	8:30 – 9:30	2 – 3
SU55B2	9:30 – 10:30	2 – 3
SU55B3	10:30 – 11:30	2 – 3

### Minute to Win it Games

Are you looking for a fun, challenging, and engaging class this summer? Come put your brain, energy, and team building skills to the test as you try to win these fun minute to win it games. Are you ready to challenge yourself?

Class number	Hours	Grades
SU33B1	8:30 – 9:30	2 – 7
SU33B2	9:30 – 10:30	2 – 7
SU33B3	10:30 – 11:30	2 – 7

### Bump, Set, Spike, Fun

Come learn some of the basics of volleyball and teamwork. You will learn to bump, set, spike, and serve the ball then use these new skills on the court confidently. Get ready to bump, set, spike – and have fun!

Class number	Hours	Grades
SU34B1	8:30 – 9:30	2 – 7
SU34B2	9:30 – 10:30	2 – 7
SU34B3	10:30 – 11:30	2 – 7

### Acting it Out

We will work together to create scenery, props and costumes. Rehearsal will take place each day with a final performance on the final day of class. Whether you are looking for a chance to enhance your skills or come out of your shell, you will have an exciting time!

Class number	Hours	Grades
SU35B1	8:30 – 9:30	2 – 7
SU35B2	9:30 – 10:30	2 – 7
SU35B3	10:30 – 11:30	2 – 7

### Go for the Gold

Do you enjoy watching the Olympics? Let's learn about over 11,000 athletes from over 200 countries that compete in over 300 events! We will explore some of the favorite sports from the Summer Olympics by reading books, watching clips, and creating some art projects!

Class number	Hours	Grades
SU36B1	8:30 – 9:30	2 – 7
SU36B2	9:30 – 10:30	2 – 7
SU36B3	10:30 – 11:30	2 – 7

### Horse Crazy

Come join this fun, educational class. We will learn basic horse knowledge and care, different horse breeds' and do some fun horse-related crafts and activities.

Class number	Hours	Grades
SU37B1	8:30 – 9:30	2 – 7
SU37B2	9:30 – 10:30	2 – 7
SU37B3	10:30 – 11:30	2 – 7



# Block B: July 6 - July 15

Monday-Thursday  
for 2-weeks

(No classes Monday, July 5)

\$59 per class - Registration page 19  
\$69 Babysitting Basics

## Art and Journal Writing

Do you like to draw, doodle and design? Do you like words and writing? You will design your own journal and use it to explore writing techniques, create unique works of art and add your own personal touch.

Class number	Hours	Grades
SU27B1	8:30 – 9:30	4 – 7
SU27B2	9:30 – 10:30	4 – 7
SU27B3	10:30 – 11:30	4 – 7

## Cards and Games Plus

Come play some cards and games to keep your brain thinking over summer and have fun at the same time!

Class number	Hours	Grades
SU29B1	8:30 – 9:30	4 – 7
SU29B2	9:30 – 10:30	4 – 7
SU29B3	10:30 – 11:30	4 – 7

## I Read, You Read, We all Read Together

Come delve into exciting and adventurous children’s literature. We will enjoy stories with unique characters while sharing their marvelous journeys. If you love reading and being read to – this class is for you!

Class number	Hours	Grades
SU30B1	8:30 – 9:30	4 – 7
SU30B2	9:30 – 10:30	4 – 7
SU30B3	10:30 – 11:30	4 – 7

## Engineering Creative Builds

This class is hands on building with simple everyday items. We will have a contest to build the strongest bridge, transportation out of popsicle sticks, and a build of your choice!

Class number	Hours	Grades
SU31B1	8:30 – 9:30	4 – 7
SU31B2	9:30 – 10:30	4 – 7
SU31B3	10:30 – 11:30	4 – 7

## Babysitting Basics

(Fee is \$69)

Learn how to be professional and responsible as a caregiver. Topics include how to respond to an emergency, characteristics of different age groups, age-appropriate play activities, and basic child care skills. Students who meet the course criteria will be awarded a Red Cross Babysitting certificate. **Bring a baby doll to practice your skills on. Class size is limited to 10 per hour.**

Class number	Hours	Grades
SU28B1	8:30 – 9:30	4 – 7
SU28B2	9:30 – 10:30	4 – 7
SU28B3	10:30 – 11:30	4 – 7

## Basketball 101

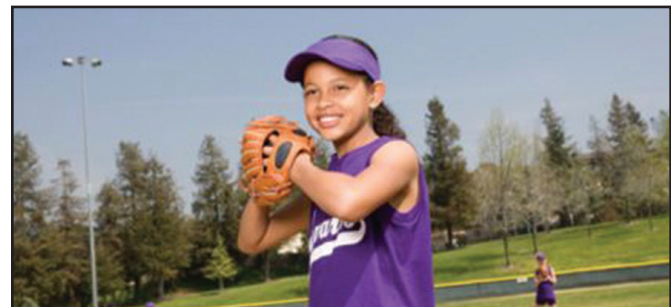
This course is to help you improve your basketball skills and to have fun! We will play some shooting and dribbling games that incorporate skill improvement.

Class number	Hours	Grades
SU32A1	8:30 – 9:30	4 – 7
SU32A2	9:30 – 10:30	4 – 7
SU32A3	10:30 – 11:30	4 – 7

## Softball 101

This course will help you learn the fundamentals, cognitive, and movement skills to play the game of softball. You will also build on your individual and team skills while playing in a games setting.

Class number	Hours	Grade
SU53B1	8:30 - 9:30	4 - 7
SU53B2	9:30 - 10:30	4 - 7
SU53B3	10:30 - 11:30	4 - 7



■ ■ ■ *Block C Classes (students entering grades 2-7 in Fall 2021)*

# Block C: July 19 - July 29

Monday-Thursday  
for 2-weeks

\$59 per class - Registration page 19

## Arts and Crafts

Learn new painting and drawing techniques using natural materials, string, bottles and more!

Class number	Hours	Grades
SU38C1	8:30 – 9:30	2 – 3
SU38C2	9:30 – 10:30	2 – 3
SU38C3	10:30 – 11:30	2 – 3

## Math 4 Me

Play math games you didn't even know required math skills! You will even create your very own math game.

Class number	Hours	Grades
SU39C1	8:30 – 9:30	2 – 3
SU39C2	9:30 – 10:30	2 – 3
SU39C3	10:30 – 11:30	2 – 3

## Crocheting (with our hands) for Kids

Crocheting is a calming activity that will boost your self-esteem and give you a feeling of accomplishment!

Class number	Hours	Grades
SU40C1	8:30 – 9:30	2 – 3
SU40C2	9:30 – 10:30	2 – 3
SU40C3	10:30 – 11:30	2 – 3

## Build a Buddy

Learn hand sewing skills as you piece together your Buddy. When your Buddy is complete, write and illustrate a short story with your Buddy as the main character!

Class number	Hours	Grades
SU41C1	8:30 – 9:30	2 – 3
SU41C2	9:30 – 10:30	2 – 3
SU41C3	10:30 – 11:30	2 – 3

## Summer Celebration

Celebrate the summer with games and projects that are summer related. Each day will be a party!

Class number	Hours	Grades
SU42C1	8:30 – 9:30	2 – 3
SU42C2	9:30 – 10:30	2 – 3
SU42C3	10:30 – 11:30	2 – 3

## Social and Emotional Learning:

### It's for Everyone

Students will learn to self-monitor and identify their feelings and develop self-awareness and self-management skills to be successful across settings, show empathy, and make responsible, caring decisions.

Class number	Hours	Grades
SU59C1	8:30-9:30	2-3
SU59C2	9:30-10:30	2-3
SU59C3	10:30-11:30	2-3

### Let's play...Cooperatively

Sometimes it's more fun to play "with" each other, rather than against each other. You will build relationships, develop positive self worth and, most of all, have fun!

Class number	Hours	Grades
SU56C1	8:30 – 9:30	2 – 3
SU56C2	9:30 – 10:30	2 – 3
SU56C3	10:30 – 11:30	2 – 3

### Minute to Win it Games

Are you looking for a fun, challenging and engaging class this summer? Come put your brain, energy, and team building skills to the test as you try to win these fun minute to win it games. Are you ready to challenge yourself?

Class number	Hours	Grades
SU47C1	8:30 – 9:30	2 – 7
SU47C2	9:30 – 10:30	2 – 7
SU47C3	10:30 – 11:30	2 – 7

### Puzzled about Puzzles

Do you love doing puzzles? Learn about puzzles, do puzzles and learn how to make your own puzzle. Create your own picture and turn it into a puzzle to take home.

Class number	Hours	Grades
SU48C1	8:30 – 9:30	2 – 7
SU48C2	9:30 – 10:30	2 – 7
SU48C3	10:30 – 11:30	2 – 7



# Block C: July 19 - July 29

Monday-Thursday  
for 2-weeks

\$59 per class - Registration page 19

## Bump, Set, Spike, Fun

Come learn some of the basics of volleyball and teamwork. You will learn to bump, set, spike, and serve the ball then use these new skills on the court confidently. Get ready to bump, set, spike – and have fun!

Class number	Hours	Grades
SU49C1	8:30 – 9:30	2 – 7
SU49C2	9:30 – 10:30	2 – 7
SU49C3	10:30 – 11:30	2 – 7

## Wilderness Fun

Do you love the outdoors and camping? We will spend time enjoying the outdoors while learning basic survival skills, simple first aid, and creative ways to explore and have fun in nature!

Class number	Hours	Grades
SU50C1	8:30 – 9:30	2 – 7
SU50C2	9:30 – 10:30	2 – 7
SU50C3	10:30 – 11:30	2 – 7

## Acting it Out

We will work together to create scenery, props and costumes. Rehearsal will take place each day with a final performance on the final day of class. Whether you are looking for a chance to enhance your skills or come out of your shell, you will have an exciting time!

Class number	Hours	Grades
SU51C1	8:30 – 9:30	2 – 7
SU51C2	9:30 – 10:30	2 – 7
SU51C3	10:30 – 11:30	2 – 7

## Tape Time

Duct tape, washi tape, and painters tape... It's surprising what fun we can have with them! We will experiment with a variety of tapes to create cool art, and play games.

Class number	Hours	Grades
SU43C1	8:30 – 9:30	4 – 7
SU43C2	9:30 – 10:30	4 – 7
SU43C3	10:30 – 11:30	4 – 7



## Knitting With a Loom

Come knit with a loom and make a fun hat. Looms will be provided - bring your own skein of yarn.

Class number	Hours	Grades
SU44C1	8:30 – 9:30	4 – 7
SU44C2	9:30 – 10:30	4 – 7
SU44C3	10:30 – 11:30	4 – 7

## Games Unplugged

Enjoy face to face interaction and connect with friends while learning and playing a variety of classic and new tabletop games. No screen required!

Class number	Hours	Grades
SU45C1	8:30 – 9:30	4 – 7
SU45C2	9:30 – 10:30	4 – 7
SU45C3	10:30 – 11:30	4 – 7

## Basketball 101

This course is to help you improve your basketball skills and to have fun! We will play shooting and dribbling games that incorporate skill improvement.

Class number	Hours	Grades
SU46C1	8:30 – 9:30	4 – 7
SU46C2	9:30 – 10:30	4 – 7
SU46C3	10:30 – 11:30	4 – 7

## Softball 101

This course will help you learn the fundamentals, cognitive and movement skills to play the game of softball. Build your individual and team skills.

Class number	Hours	Grade
SU54C1	8:30 - 9:30	4 - 7
SU54C2	9:30 - 10:30	4 - 7
SU54C3	10:30 - 11:30	4 - 7

## Swimming Lessons

### Red Cross Swim Lessons for Summer SunBlock Students



**Have FUN and swim with CONFIDENCE!**

#### Level 2: Fundamental Aquatic Skills

Build on basic aquatic skills, water safety and concepts learned in level 1.

#### Level 3: Stroke Development

Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment. Head first entry, survival floating and treading water will be covered.

#### Level 4: Stroke Improvement

Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Skills include swimming front crawl 25 yards, breaststroke, back crawl and butterfly 15 yards.

#### Level 5: Stroke Refinement

Participants refine their performance of all six swimming strokes (front and back crawl, butterfly, breaststroke, elementary backstroke and side-stroke).

#### Level 6: Skill Proficiency

Refine strokes so participants swim with greater efficiency and effectiveness over longer distances. How to prevent aquatic emergencies and self-rescue skills also taught. **Block A focus is Fitness Swimming. Block B focus is Personal Water Safety. Block C focus is Diving Fundamentals.**

**PLEASE NOTE...**

Students must be registered in at least one other Summer SunBlock enrichment class to participate in these morning swim lessons.

- ◆ Lessons are Monday - Thursday for 2-weeks
- ◆ **Block A:** June 21-July 1 (8-lessons)
- ◆ **Block B:** July 6-July 15 (7-lessons, **no class July 5**)
- ◆ **Block C:** July 19-29 (8-lessons)
- ◆ Lessons offered at 8:30 am, 9:30 am & 10:30 am
- ◆ Fee is \$64 per class

#### Block A M-Th, June 21-July 1

	<u>Hour 1</u>	<u>Hour 2</u>	<u>Hour 3</u>
Level 2	L2A1	L2A2	L2A3
Level 3	L3A1	L3A2	L3A3
Level 4	L4A1	L4A2	L4A3
Level 5	L5A1	L5A2	L5A3
Level 6	L6A1	L6A2	L6A3

#### Block B M-Th, July 6-15 (No lessons July 5)

	<u>Hour 1</u>	<u>Hour 2</u>	<u>Hour 3</u>
Level 2	L2B1	L2B2	L2B3
Level 3	L3B1	L3B2	L3B3
Level 4	L4B1	L4B2	L4B3
Level 5	L5B1	L5B2	L5B3
Level 6	L6B1	L6B2	L6B3

#### Block C M-Th, July 19-29

	<u>Hour 1</u>	<u>Hour 2</u>	<u>Hour 3</u>
Level 2	L2B1	L2B2	L2B3
Level 3	L3B1	L3B2	L3B3
Level 4	L4B1	L4B2	L4B3
Level 5	L5B1	L5B2	L5B3
Level 6	L6B1	L6B2	L6B3

**See page 21 for  
afternoon swimming  
lessons**

# Summer SunBlock Registration ■■■

## Summer Sun Block Registration Form (Use form on page 47 for other Comm Ed classes)

Return to: Community Education, 301 2nd Ave NE, Buffalo, MN 55313

**Student:** First Name \_\_\_\_\_ Last Name \_\_\_\_\_ Gender \_\_\_\_\_  
 Entering Grade (Fall 2021) \_\_\_\_\_ Birthdate \_\_\_\_\_ Age \_\_\_\_\_ School \_\_\_\_\_

List any allergies, dietary restrictions, special needs, etc for the student we should be aware of:

\_\_\_\_\_  
 \_\_\_\_\_

**Parent 1:** First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_ Email \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

**Parent 2:** First Name \_\_\_\_\_ Last Name \_\_\_\_\_  
 Address \_\_\_\_\_ Email \_\_\_\_\_  
 Home Phone \_\_\_\_\_ Cell Phone \_\_\_\_\_ Work Phone \_\_\_\_\_

**Payment Information:** Check # \_\_\_\_\_ Cash \_\_\_\_\_ Visa/MC/Discover/AmEx  
 Card # \_\_\_\_\_ Exp Date \_\_\_\_\_

Safe and convenient online registration at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)

Fill in the Class Name and Course Number for each class (Use one form per student).

	↓ Block A (June 21-July 1)	↓ Block B (July 6-15)	↓ Block C (July 19-29)
<b>Hour 1</b> (8:30-9:30 am)	Class _____ Course # _____	Class _____ Course # _____	Class _____ Course # _____
<b>Hour 2</b> (9:30-10:30 am)	Class _____ Course # _____	Class _____ Course # _____	Class _____ Course # _____
<b>Hour 3</b> (10:30-11:30 am)	Class _____ Course # _____	Class _____ Course # _____	Class _____ Course # _____

**Transportation Plan** - Centralized Bussing to/from BCMS (Pick up and drop off is at the location you choose below)

<input type="checkbox"/> Parent will transport (no bussing)	<input type="checkbox"/> Montrose Elementary	<input type="checkbox"/> Tatanka Elementary
<input type="checkbox"/> Attends KidKare	<input type="checkbox"/> Parkside Elementary	<input type="checkbox"/> Attends Kids Haven
<input type="checkbox"/> Hanover Elementary	<input type="checkbox"/> Northwinds Elementary	

Bus pickup and drop off times from these locations will be included with your child's class schedule which will be mailed to your home approximately one week prior to the start of each Block you register for.

**SUMMER SUNBLOCK REGISTRATION**



## Pool Information & Lesson Descriptions



### Note to Parents...

Due to Covid-19 safety precautions, a parent/adult is needed in the water with their swim student Level 2 and younger.

### About Our Pool

- ◆ The pool is located at the Buffalo Community Middle School. Enter door #3 (facing football field)
- ◆ Locker rooms will be available to change out of wet suits after lessons
- ◆ Appropriate swimwear is required
- ◆ Pool depth ranges from 3 feet 6 inches to 12 feet
- ◆ An adult must accompany children if under 48 inches in height
- ◆ The use of approved life jackets/ vests and other floatations are allowed when **accompanied by an adult in the water**
- ◆ To use the deep end of the pool, swimmers must be able to swim the width of the pool using the American Red Cross Level 3 front crawl. Swimming ability will be at the lifeguard's discretion
- ◆ Children are not allowed to jump off the diving boards into the arms of an adult in the water

Register at least one-week

prior to start date.  
Classes fill quickly!



**Parent and Child Aquatics**  
**Preschool Aquatics**  
25 minute, semi-private  
Fee: 4-sessions, \$59

**Learn to Swim: Levels 1-6**  
45 minute, semi-private  
Fee: 4-sessions, \$64

The pool is located at the Buffalo Community Middle School. Enter door 3, lower west side.

### Parent and Child Aquatics (6 months to 3 years) Fee: \$59

Parents and children learn together to increase a child's comfort level in the water and build a foundation of basic skills, such as arm and leg movements and breath control. The two levels are fun-filled and introduce water safety.

#### Parent Child 1

- ◆ Change body position in the water
- ◆ Learn how to play safely
- ◆ Experience wearing a life jacket

#### Parent Child 2

- ◆ Expectation for adult supervision
- ◆ Enter and exit the water safely
- ◆ Submerge in a rhythmic pattern



### Preschool Aquatics (4-5 years old) Fee: \$59

Children are taught basic aquatic safety, survival and swimming skills, while increasing their comfort level in and around the water. Skills are age-appropriate, helping children achieve success on a regular basis and enjoy social interactions with other children. As in all Swimming and Water Safety courses, your child will always know that it's safety first.



### Learn to Swim Levels 1-5 (Age 6+) Fee: \$64

#### **Level 1: Intro to Water Skills**

Orient participants to the aquatic environment and help gain basic aquatic skills. Begin to develop positive attitudes and safe practices around water.

#### **Level 2: Fundamental Aquatic Skills**

Build on basic aquatic skills, water safety and concepts learned in level 1.

#### **Level 3: Stroke Development**

Build on the skills learned in Levels 1 and 2 to help participants achieve basic water competency in a pool environment. Head first entry, survival floating and treading water will be covered.

#### **Level 4: Stroke Improvement**

Improve participants' proficiency in performing the swimming strokes that were introduced in Level 3. Skills include swimming front crawl 25 yards, breaststroke, back crawl and butterfly 15 yards.

#### **Level 5/6: Stroke Refinement, Personal Water Safety**

Participants refine their performance of all six swimming strokes (front and back crawl, butterfly, breaststroke, elementary backstroke and sidestroke).

<b>Pool Session A</b> June 21 - 24 (Monday-Thursday)				
11:30 am	Level 1 SU5311A	Level 2 SU5321A	Level 3 SU5331A	Level 4 SU5341A
12:30 pm	Level 1 SU5312A	Level 2 SU5322A	Level 5 SU5351A	Level 6 SU5361A
1:30 pm	Pre-School SU5201A	Pre-School SU5202A	Parent Child 1 SU5001A	Parent Child 2 SU5101A

<b>Pool Session B</b> June 28 - July 1 (Monday-Thursday)				
11:30 am	Level 1 SU5311B	Level 2 SU5321B	Level 3 SU5331B	Level 4 SU5341B
12:30 pm	Level 1 SU5312B	Level 2 SU5322B	Level 5 SU5351B	Level 6 SU5361B
1:30 pm	Pre-School SU5201B	Pre-School SU5202B	Parent Child 1 SU5001B	Parent Child 2 SU5101B

<b>Pool Session C</b> July 6 - 9 (Tuesday-Friday)				
11:30 am	Level 1 SU5311C	Level 2 SU5321C	Level 3 SU5331C	Level 4 SU5341C
12:30 pm	Level 1 SU5312C	Level 2 SU5322C	Level 5 SU5351C	Level 6 SU5361C
1:30 pm	Pre-School SU5201C	Pre-School SU5202C	Parent Child 1 SU5001C	Parent Child 2 SU5101C

<b>Pool Session D</b> July 12 - 15 (Monday-Thursday)				
11:30 am	Level 1 SU5311D	Level 2 SU5321D	Level 3 SU5331D	Parent Child 1 SU5001D
12 pm				Parent Child 2 SU5101D
12:30 pm	Level 1 SU5312D	Level 2 SU5322D	Level 3 SU5332D	Level 5 SU5351D
1:30 pm	Pre-School SU5201D	Pre-School SU5202D	Level 6 SU5361D	

<b>Pool Session E</b> July 19 - 22 (Monday-Thursday)				
11:30 am	Level 1 SU5311E	Level 2 SU5321E	Level 3 SU5331E	Parent Child 1 SU5001E
12 pm				Parent Child 2 SU5101E
12:30 pm	Level 1 SU5312E	Level 2 SU5322E	Level 3 SU5332E	Level 5 SU5351E
1:30 pm	Pre-School SU5201E	Pre-School SU5202E	Level 6 SU5361E	

<b>Pool Session F</b> July 26 - 29 (Tuesday-Friday)				
11:30 am	Level 1 SU5311F	Level 3 SU5331F	Level 4 SU5341F	Level 5 SU5351F
12:30 pm	Level 1 SU5312F	Level 2 SU5321F	Level 3 SU5332F	Level 6 SU5361F
1:30 pm	Pre-School SU5201F	Pre-School SU5202F	Parent Child 1 SU5001F	Parent Child 2 SU5101F

<b>Pulaski Beach Session G</b> August 2 - 5 (Monday-Thursday)			
10 am	Pre-School SU5201G	Level 1 SU5311G	Level 2 SU5321G
10:30 am	Pre-school SU5202G		
11 am	Parent Child 1 SU5001G	Level 3 SU5331G	Level 4 SU5341G
11:30 am	Parent Child 2 SU5101G		
12 pm	Pre-school SU5203G	Level 1 SU5311G	Level 2 SU5322G
12:30 pm	Pre-school SU5204G		

<b>Pulaski Beach Session H</b> August 9 - 12 (Monday-Thursday)			
10 am	Pre-School SU5201H	Level 1 SU5311H	Level 2 SU5321H
10:30 am	Pre-school SU5202H		
11 am	Parent Child 1 SU5001H	Level 3 SU5331H	Level 4 SU5341H
11:30 am	Parent Child 2 SU5101H		
12 pm	Pre-school SU5203H	Level 1 SU5311H	Level 2 SU5322H
12:30 pm	Pre-school SU5204H		

## ■ ■ ■ Youth Recreation



- ◆ Register for the grade the student will attend in the fall of 2021-22 school year
- ◆ For planning purposes, please register at least one week prior to the start of camp
- ◆ Fast, easy, convenient... Register online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)
- ◆ **Most camps will not meet during mandated black out week July 5-9**

### Boys Youth Basketball Camp

SU710A Gr. 3-5 June 14-23 (M, T, W)  
*\*Special Timberwolves Day on June 16 included*

Bison Activity Center  
 10:15-11:30 am \$85 Varsity Staff  
 T-shirt included

### Boys Middle School Basketball Camp

SU710B Gr. 6-8 June 14-July 28 (M, W)  
*\*Special Timberwolves Day on June 16 included*

Bison Activity Center  
 8:45-10 am \$125 Varsity Staff  
 T-shirt included

### Boys Varsity Basketball Camp

SU710C Gr. 9-12 June 14-July 29 (M-Th)

Bison Activity Center  
 7-8:30 am \$165 Varsity Staff  
 T-shirt Included

### Girls Youth Basketball Camp

SU711A Gr. 4-6 June 21-24 (M-Th)  
 SU711B Gr. 7-8 June 15-July 21 (T, W)

Bison Activity Center Eggers/Stewart/Coaches  
 9-10:30 am \$60 T-shirt included  
 1-2:15 pm \$90 T-shirt included

### Girls 9th Grade Basketball Camp

SU711C Gr. 9 June 15-July 29 (T, W, Th)

Bison Activity Center Stewart/Coaches  
 11 am-12:40 pm \$130 T-shirt included

### Girls Varsity Basketball Camp

SU711D Gr. 10-12 June 15-July 29 (T, W, Th)

Bison Activity Center Stewart/Coaches  
 9-11 am \$130 T-shirt included

### Bison Buddies Co-Ed Basketball Camp

SU712A Gr. K-2 June 28-30 (M, T, W)  
 SU712B Gr. K-2 July 12-14 (M, T, W)

Bison Activity Center Holland  
 10:30-11:30 am \$50 T-shirt/Ball included  
 1:30-2:30 pm \$50 T-shirt/Ball included

### Bison Basketball Co-Ed Shooting Camp

SU713 Gr. 4-8 July 12-14 (M, T, W)

Bison Activity Center Ortmann  
 10-11:30 am \$60 T-shirt included

### Gymnastics Camp

SU716 Gr. 6-12 June 14-July 31 (T, W, Th)  
 (No camp July 6-8)

Buffalo High School Gym BHS Coaches  
 9:30 am-12 pm \$325



## Youth Sport Camps Continued

### Youth Tennis Camps

					Lubben/Lee
SU715A	Ages 5-6	June 14-17 (M-Th)	10:15-11:15 am	Discovery Courts	\$50
SU715B	Ages 5-6	June 21-24 (M-Th)	10:15-11:15 am	Discovery Courts	\$50
SU715C	Ages 5-6	June 28-July 1 (M-Th)	10:15-11:15 am	Discovery Courts	\$50
SU715D	Ages 7-8	June 14-17 (M-Th)	11:30 am-12:30 pm	Discovery Courts	\$50
SU715E	Ages 7-8	June 21-24 (M-Th)	11:30 am-12:30 pm	Discovery Courts	\$50
SU715F	Ages 7-8	June 28-July 1 (M-Th)	11:30 am-12:30 pm	Discovery Courts	\$50
SU715G	Ages 9-12	June 14-17 (M-Th)	6:30-7:30 pm	Middle School Courts	\$50
SU715H	Ages 9-12	June 21-24 (M-Th)	6:30-7:30 pm	Middle School Courts	\$50
SU715I	Ages 9-12	June 28-July 1 (M-Th)	6:30-7:30 pm	Middle School Courts	\$50

### Bison Middle School Tennis Camp

		Community Middle School Courts		Watkins
SU717A	Gr. 6-8	June 14-July 2 and July 12-29 (M-Th)	12-1:30 pm	\$215

### Bison Intermediate Tennis Camp

		Community Middle School Courts		Watkins
SU717B	Gr. 8-JV	June 14-July 2 and July 12-29 (M-Th)	10 am-12 pm	\$340

### Bison Elite Tennis Camp

		Community Middle School Courts		Watkins
SU717C	Varsity Players	June 14-July 2 and July 12-29 (M-Th)	8-10 am	\$340

### Bison Youth Football Camp

		Buffalo High School Fields		Varsity Coaches
SU721A	Gr. 1-5	June 15-17 (T, W, Th)	8:30-10 am	\$50 T-shirt included
SU721B	Gr. 6-8	June 15-17 (T, W, Th)	10:15 - 11:45 am	\$50 T-shirt included

### Youth Volleyball Camp

		Buffalo High School Main Gym		Peterson/Amon
SU724A	Gr. 1-4 (co-ed)	June 14-16 (M, T, W)	9-10 am	\$50

### Intermediate Youth Volleyball Camp

		Buffalo High School Main Gym		Peterson/Amon
SU724B	Gr. 5-8	June 14-16 (M, T, W)	10:30 am-12 pm	\$75

### Bison Volleyball Varsity Camp

		Buffalo High School Main Gym		Peterson
SU724C	Gr. 9-12	June 14-July 28 (M & W)	12-2 pm	\$100

### Bison Swim Camp

		Buffalo Middle School Pool		Busch
SU714A	Gr 9-12	July 19-22 (M-Th)	11:30 am-1:30 pm	\$80
SU714B	Gr 6-8	July 19-22 (M-Th)	1:30-3 pm	\$60
SU714C	Gr. 2-5	July 19-22 (M-Th)	3-3:45 pm	\$30

\*All swim camp students receive a free swim cap

### Bison Diving Camp

		Buffalo Middle School Pool		Barclay
SU720A	Gr. 6-12	July 19-22 (M-Th)	2:30-4:30 pm	\$75
SU720B	Gr. 6-12	July 26-29 (M-Th)	2:30-4:30 pm	\$75

### Boys High School Soccer Technical Skills and Open Play

		Buffalo High School Fields		Pokorney
SU722	Gr. 9-12	June 15-July 29 (T, Th)	8:30-10 am	\$50

### Girls Competitive Summer Soccer Camp

		Bison West Fields		Varsity Coaches
SU723	Gr. 7-12	June 18, 23, 25, 28, 30 and July 12, 14, 16, 21, 23	8:30-10:30 am	\$125 T-shirt included

■ ■ ■ Youth Recreation

# Jr. Bison Gymnastics Program

## Noncompetitive Program



### Pre-School Classes

**(Boys and Girls, Ages 3-5)**

Practice different activities such as walking a beam, playing in foam pit, hanging on a bar, jumping on trampolines and crawling/rolling on mats.

#### SU680

Wednesdays, June 2-August 11 4:30-5:15 pm  
**(No class July 7)**  
 10 sessions - \$120  
 Buffalo High School Gymnastics Gym

### Beginners

**(Girls, Ages 5+)**

Focus is on learning basic positions and core skills in all four events.

#### SU681A

Mondays, June 7-August 9 4-5 pm  
**(No class July 5)**  
 9 sessions - \$135  
 Buffalo High School Gymnastics Gym

#### SU681B

Wednesdays, June 2-August 11 5:30-6:30 pm  
**(No class July 7)**  
 10 sessions - \$150  
 Buffalo High School Gymnastics Gym

### Intermediate

**(Girls, Ages 7+)**

Some experience required. Must be able to do a strong bridge and cartwheel. Will continue to work on more complex skills on all four events.

#### SU682A

Tuesdays, June 1-August 10 4-5:15 pm  
**(No class July 6)**  
 10 sessions - \$170  
 Buffalo High School Gymnastics Gym

#### SU682B

Wednesdays, June 2-August 11 6:45-8 pm  
**(No class July 7)**  
 10 sessions - \$170  
 Buffalo High School Gymnastics Gym

### Advanced (Girls, Extensive Experience)

Based on experience and evaluation. Will concentrate on all 4 events - skills, routines, building strength and flexibility.

#### SU683A

Mondays, June 7-August 9 5-6:30 pm  
**(No class July 5)**  
 9 sessions - \$180  
 Buffalo High School Gymnastics Gym

#### SU683B

Wednesdays, June 9-August 11 12:45-2:15 pm  
**(No class July 7)**  
 9 sessions - \$180  
 Buffalo High School Gymnastics Gym



### Open Gymnastics

A time to work on your skills.

Tuesdays, June 1-August 10, 5:30-7 pm  
 \$15 per time at the door



**Jr. Bison Track Meet  
(Boys and Girls, Grades K-6)**

This event is held rain or shine! Bison Varsity Track Coach Scott Palmer, along with assistant coaches and track members, run this one day event with the emphasis on FUN! Students participate in up to 4 events in their age group. **Bison Youth Track T-shirt included.**

**SP6440**

Saturday, May 22 9 -11:30 am (Check-in at 9 am)  
1 session- \$20  
Bison Activity Center

**Bison Training (entering grades 9-12)**

Appropriate training methods will be taught to produce stronger, more coordinated and confident athletes. Program will include dynamic flexibility, movement preparation, acceleration, footwork, strength training and agility utilized as training modalities. The goal is to build athletes with good training habits and a solid foundation of efficient movement with strength and speed.

**SU750A 7-8:15 am**

**SU750B 8-9:15 am**

**SU750C 9-10:15 am**

Mondays, Tuesdays, Thursdays  
June 14 - July 29 (No training week of July 5)  
Fee: \$75/session Holland, Ortmann, Hanson, Lachowitz  
Buffalo High School Weight Room



**Jr. Bison Football Registration**

**Are you ready for some football?**

The **Jr. Bison Football Program** is designed for students entering grades 1-6 in the fall of 2021. The football season begins mid-August and concludes mid-October. Grades 1-2 play flag football. Grades 3-6 play tackle football. **\*Each student playing tackle is required to provide their own helmet.**

Teams practice one to two times per week in the evening and games are played Saturday mornings. There will be no special arrangements of players and we set our grade levels for safety and liability.

**This program relies heavily on volunteers to ensure its success. We can't have teams without coaches!** Please contact Todd Lunning, Recreation Coordinator, at [tlunning@bhmschools.org](mailto:tlunning@bhmschools.org) or 763.682.8176 to sign on to help.

Students interested in playing football this fall should **register online by July 15 to guarantee a roster spot.** Registrations received after July 15 will only be placed on a roster if space allows.

**Register online at  
[bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)**



Register at least one-week prior to start date. Classes with low enrollment may be canceled at that time.



## Enrichment



**DRIVERS ED**  
LESSONS FOR THE ROAD OF LIFE

### Summer High School Drivers Education

**Classroom and Behind-the-Wheel**  
(Questions contact Community Ed, 763.682.8770)

**30 Hours of Classroom - Online Distance Learning:**

Students will access the Google Meet classroom using their BHM district issued email. If the student does not attend BHM Schools, please contact Community Education at 763.682.8770 or email [commed@bhmschools.org](mailto:commed@bhmschools.org) to have an email assigned. Students should monitor their district email for the Google Meet invite from the instructor 3-5 days prior to the class start date.

**Behind-the-Wheel Instruction:** Includes 6-hours of behind-the-wheel instruction with a Certified Drivers Education Instructor with a MN teaching license.

**Classroom Materials Pickup:** Pick up your classroom materials at the Community Education office, 301 2nd Ave NE (M-F, 8 am-3:30 pm) on these dates:

**June Classes: June 7-11**

**July Classes: July 6-9**

Return classroom materials and pickup the Blue Card at Community Ed after class completion.

**Make-Up Session - Online Distance Learning:**

- ♦ **June Classes:** Monday, June 28, 8-11 am

- ♦ **July Classes:** Monday, July 26, 8-11 am

Tardies and/or absence from one class need to be made-up. Students needing more than 3-hours of make-up time will be withdrawn. The student will retake 30 hours of classroom instruction and pay the \$110 classroom fee.

**SUDE21A**

Monday - Friday, June 14 - 25

8-11 am

10 sessions - \$360

Mr. Gunderson

**SUDE21B**

Monday - Friday, June 14 - 25

11:15 am-2:15 pm

10 sessions - \$360

Mr. Gunderson

**SUDE21C**

Monday - Friday, July 12 - 23

8-11 am

10 sessions - \$360

Mr. Palmer

**SUDE21D**

Monday - Friday, July 12 - 23

8-11 am

10 sessions - \$360

Mr. Gunderson

**SUDE21E**

Monday - Friday, July 12 - 23

5-8 pm

10 sessions - \$360

Mr. Holtz

## April Class

### Butterfly Suncatcher (All Ages)

Suncatchers are a fun addition to a window. Decorate this butterfly shape using colorful bits of glass, stringers, and dots. Once fired, a chain will be added for hanging. Students may



meet at the Community Education office at Discovery Center at 2:30 pm and walk to Artistic Me with a chaperone, or parents may bring their student to Artistic Me. **Please indicate if your child will be walking with staff when registering. All parents will pick up their student at Artistic Me after class. Note: Projects will be picked up at Artistic Me at a later date.**

**SP697**

Thursday, April 29 2:45 - 3:45 pm

1 session - \$27

Artistic Me, 205 5th St ME, Buffalo

## At-Home Kits

### Science of Slime and Crazy Catapults (Age 8+)

Have fun with two hands-on STEM topics...Slime and Catapults. In this DIY kit, you will first investigate the chemical reaction that creates slime. Mix up your own



batches of Glow, Silky, and Foam Slimes as you discover why slime is delightfully bouncy, stretchy and gooey. Then, build three different catapults to examine how levers, energy, and Newton's Laws of Motion all work together as you fling ping-pong balls while practicing your launching and aiming skills. This kit is more than hands-on...it's hands in!

**SU640**

\$45 per kit, Mailed to your home from Discovery Explorers

# At-Home Kits

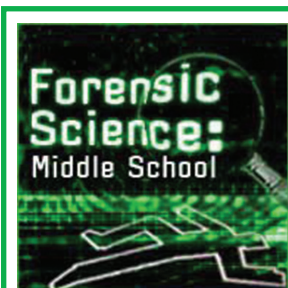


## Wizard School (Grade 1-5)

Join **Discovery Explorers** as we investigate a virtual wizard's laboratory. You will become an apprentice of Wizard Todd as you learn the science behind the magic. Wizard Todd will teach you to harness electricity to make your own wand. You will also explore the secret world of alchemy as you create scientific potions and more in this fun, hands-on imaginative class. A 30-day link will be provided to access a private video on YouTube.

**The Kit Includes:** A private link to a pre-recorded class on *YouTube* can be viewed for 30 days; An outline to indicate supplies needed for each experiment/activity; Pipette and spoon; Model Magic; Items to make a light up wand; Powders for a fun transfiguration experiment; Purple cabbage extract; Dragon glider, Pop Rocks and much more!

**SU645**  
\$69 per kit, Mailed to your home from Discovery Explorers



### Check out these classes!

- ◆ Middle School Forensics 1: The Basics, page 29
- ◆ Middle School Forensics 2: Digging Deeper, page 31

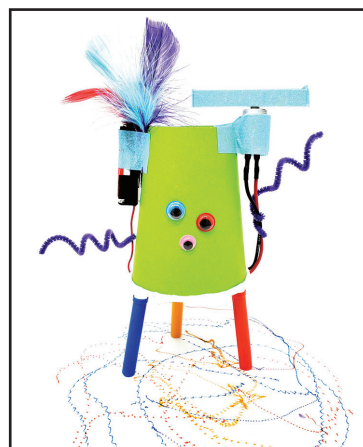
## Ph Testing and Art Bot

(Ages 8+ if working with adult, 12+ if working only with adult supervision)

Have fun with two STEM topics...engineering and chemistry with pH. Take your first steps into engineering by designing and building your own **Art-Bot**. Using the Activity Guide, with detailed picture instructions, the fun begins as you build your own **Art-Bot** with a motor, battery holder and more! Then, give your robot a personality with the craft supplies included in the kit. This STEM kit is not just hands-on....it is hands-in. Then, step into your own science lab to test the pH of six everyday substances. The exciting part of testing for pH is that the mixture changes color. The final color will indicate if the substance tested is an acid, a base or a neutral. This experiment will have your child excited about the science side of STEM! Plus, enough pH indicator will be provided so this experiment can be conducted again to test other items found around your home.

**The kit includes:** 1-AA battery, 1-AA battery holder, 1 hobby motor, 1.5 volt with wires, 1 piece of cardboard with pre-punched holes, 1 paper clip, 2 metal fasteners, 1 large paper cup, 1 clothespin half, 3 markers, 4 pipe cleaners, 6 pom-poms, 6 wiggle eyes, 3 feathers, 4 4x4 inch construction paper, 1 pipette (dropper), 1 tsp of dried purple cabbage extract, 1 tsp of citric acid, 1 tsp of baking soda, 1 tsp of salt, 1 tsp of sugar, 1 tsp of vinegar powder, 1 tsp of alum, 1 craft stick, 1 spoon, Activity Guide.

**SU641**  
\$39 per kit, Mailed to your home from Discovery Explorers



## Enrichment

### June 14 - 18



#### Hogwarts Magical Robotics Builders

(Grade 2-6)

Journey to the magical world of Harry Potter. Students will be taught foundational building and introduced to programming concepts while learning about sensors, motors and special technics components using the **Lego Wedo Systems**. Possible projects include magic chest, dragon, hippogriff, magic hat, magic carpet, and magical staircase. **Bring water bottle and a snack.**

**SU649**

Monday-Thursday, June 14-17

4 sessions - \$135

Discovery Center

1-4 pm

Tech Academy

Room 204

#### Children's Self-Defense/ Safety Awareness

(Age 4 - 14)

Students are instructed in self-defense, emergency notifications, physical techniques and abduction safety. This program promotes self confidence, physical fitness, personal empowerment and respect for others. New students earn the yellow belt and ranking students earn advanced belts. Instructors are certified black belts trained in run, yell, tell and stranger danger curricula. Questions, call 952.997.7732 or Community Ed.

#### Registration Night

- ◆ Thursday, June 17, 6:30-7:30 pm
- ◆ Registration fee: \$5 per student
- ◆ Buffalo Community Middle School Gym 2

#### Class Information

- ◆ Thursdays, June 24-August 26
- ◆ Beginner students: 6:30 - 7:15 pm
- ◆ Intermediate/advanced students: 7:30 - 8:15 pm
- ◆ June and July classes held at Buffalo Community Middle School, Gym 2
- ◆ August classes held at Discovery Center, Cafeteria
- ◆ Weekly class fee: \$7 per student

### June 21 - 25



#### Fairy Gardens

(Grade 1-5)

Have you ever wanted to create your very own miniature fairy garden? Come learn how to build one! A fairy garden is a miniature garden that makes a perfect home for mischievous fairies, dragon, and garden gnomes. We will use model magic, paint, and found objects to build our imaginary scene.

**SU697**

Tuesday, June 22

1 session - \$57

Discovery Center

9 am-12 pm

KidzArt Staff

Room EC-4

#### Encore Piano Lessons

(Age 6 - adult)

Each 30 minute private lesson is taught by our friendly, caring, professional music instructor, Kathy Ebert. Your child will learn rhythm and counting, how to read sheet music, and proper piano technique.

Thursdays, June 24 - July 15

4 lessons - \$140

Discovery Center

Kathy Ebert

Music Room

<b>SU1700A</b>	1 pm	<b>SU1700D</b>	2:30 pm
<b>SU1700B</b>	1:30 pm	<b>SU1700E</b>	3 pm
<b>SU1700C</b>	2 pm	<b>SU1700F</b>	3:30 pm





**June 21 - 25**

**Middle School Forensics 1: Understanding the Basics (Grade 5-7)**

How are crimes really solved? Students will learn how law enforcement uses evidence to solve crimes. General investigation procedures will be discussed, including fingerprints, blood samples, handwriting, and more are used to investigate crimes. There will be a lot of hands-on activities.

**SU647**  
 Tuesday-Thursday, June 22, 23, 24 9 am-12 pm  
 3 sessions - \$149 Molly Perry  
 Discovery Center Room 204



**New! RC Car Racing (Grade 2-8)**

Interested in RC Cars? Want to try racing them on a track? Then come join us for some fun as we explore what makes them work and then get to try them out. Participants will leave with a better understanding of the hobby, and get some time testing out their driving skills on a few different types of RC Cars and Trucks. Participants can bring their own RC Cars on approval from Party Crashers RC Racing.

**SU680A**  
 Thursday, June 24 6-7:10 pm  
 1 session - \$19 Party Crashers RC Racing  
 Buffalo Community Middle School South Gym 1

**SU680B**  
 Thursday, June 24 7:20-8:30 pm  
 1 session - \$19 Party Crashers RC Racing  
 Buffalo Community Middle School South Gym 1



**June 28 - July 2**

**Drone Programming (Grade 4-9)**

Students will learn to program and fly at the same time! The drone can be programmed using entry level block based coding, or more advanced text based coding to perform various challenges throughout the camp. The fun and excitement of flying drones makes it easy to forget students will be learning valuable 21st century programming skills in the process. A snack will be provided each day and parents are welcome to stop in at the end of each day to see what their child has learned.

**SU655**  
 Monday-Thursday, June 28-July 1 9 am-12 pm  
 4 sessions - \$99 Ryan Swanson  
 Discovery Center Board Room



**Battle Drones (Grade 3-8)**

Students will learn from an experienced drone pilot to complete challenges and earn their Drone Pilot's License. Once certified, students will take to the skies with their new flying skills and compete with each other in exciting, aerial laser tag battles. Students will work with their teams and use their critical thinking skills to develop strategies for each aerial competition thrown their way.

**SU644**  
 Monday-Thursday, June 28-July 1 1-4 pm  
 4 sessions - \$99 Ryan Swanson  
 Discovery Center Board Room

Our programming follows recommendations from MN Department of Education and MN Department of Health to provide your family a safe learning environment. Hygiene and cleaning protocols are in place.

■ ■ ■ *Enrichment*

**July 5 - 9**

**Multiplayer Minecraft: World Builder  
(Grade 1-5)**

Unleash your creativity as you work collaboratively! Create a world with others in four unique, themed quadrants. Buld different biomes or base a section on your favorite movie or video game! Meld your quadrants together with bridges and separate them with moats of water, lava or even the void. Students will get a copy of the world map to take home and expand on! We will be using the PC/Java Edition of Minecraft.

**SU650**

Tuesday-Thursday, July 6, 7, 8  
3 sessions - \$115  
Discovery Center

1-4 pm  
Tech Academy  
Room 204



**July 12 - 16**



**Summer Yarn Play (Grade K-3)**

Want to learn how to weave, sew, finger knit and crochet? We will weave a purse/bag, crochet chains, sew felt flowers, make pom poms, finger knit a scarf and create a pom pom creature! **No experience necessary. Supplies included!**

**SU695**

Wednesday & Thursday, July 14 & 15  
2 sessions - \$88  
Discovery Center

9 am-12 pm  
Abbey Swanson  
Room EC-4

**July 12 - 16**

**Ooey Goey Clay Play (Age 4-9)**

Let your child dig their hands into some ooey, goey clay and experience the art of play! Sparkly ice cream cones, proud ponies, colorful dragons and silly self-portraits are just a few of the incredible creations your child will construct as they learn basic terms and techniques of working with clay. Bring a snack and drink for your child.



**SU691**

Tuesday-Thursday, July 13, 14, 15  
3 Sessions - \$105  
Discovery Center

1-4 pm  
Kidcreate Studio  
Room EC-1

**Summer Crochet Club (Grade 3-8)**

Want to learn to crochet? Learn how to crochet while making a scarf, stuffed animal, market bag or purse and a coffee shop cozy! You will also learn how to make pom poms and felt decorations to add to your creations. Students will learn to crochet in the round, work in rows and in a tube and will master the single crochet stitch. Students who are ready to learn a new stitch can do so while making the same project as the rest of the class. **No experience necessary. Supplies included!**

**SU696**

Wednesday & Thursday, July 14 & 15  
2 sessions - \$88  
Discovery Center

1-4 pm  
Abbey Swanson  
Room EC-4

*Hey Mom... here is a class just for you!*  
**Craft Project Night**  
Bring a friend and let's craft together!  
July 15, 6-8:30 pm  
**See page 36 for details.**

**July 19 - 23**

**Print, Stamp, Paint, Repeat!  
Printmaking Art Camp (Grade 1-5)**



Explore the world of printmaking and collage as we press, stamp, paint and glue on our journey to become mixed media masters! Learn drawing and printmaking techniques like block printing and monotypes. We will use styrofoam sheets, build our own stamps with foam and use fruits and vegetables to create multicolor images and collages.

**SU698**  
Monday-Thursday, July 19-22  
4 sessions - \$145  
Discovery Center  
1:30-4 pm  
KidzArt  
Room 204

**Fencing (Age 6-adult)**

Fencing is a fun sport the entire family can enjoy together. Fencing utilizes natural body movement to create simple and effective self-protection techniques. Sword Play provides everything needed to fence (mask, jacket, gloves, and sword). The fencer need only come dressed comfortably for freedom of movement including long sweat pants and running shoes.

**SU679A**  
Monday-Friday, July 19-23  
5 sessions - \$94  
Discovery Center  
1-2:30 pm  
Swordplay  
Cafeteria

**Middle School Forensics 2:  
Digging Deeper (Grade 5-7)**

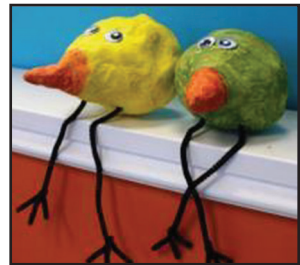
How does a crime team work together to solve crimes? What can be done to stop cyber criminals? Students learn more about new technologies available in the field of forensics, combating cyber crimes and career fields in forensics. **It is recommended students complete Middle School Forensics 1 to participate in this class (p. 11).**

**SU648**  
Tuesday-Thursday, July 20, 21, 22  
3 sessions - \$149  
Discovery Center  
9 am-12 pm  
Molly Perry  
Room 204

**July 26 - 30**

**The Messiest Art Camp Ever! - Part 2  
(Age 5-12)**

We'll paint with plaster, sculpt with gooey gunk, make paper mache birds and fling paint like Jackson Pollock. We will even learn some art terms along the way. These are not projects to tackle at home -leave the mess with us! After all, being a kid is messy business! **Bring a snack and water bottle.**



**SU692**  
Tuesday-Thursday, July 27, 28, 29  
3 Sessions - \$105  
Discovery Center  
1-4 pm  
Kidcreate Studio  
Room EC-1

**Prairie Fire Childrens' Theatre Presents**



The Golden Age of Hollywood comes to life in this over the top version of the classic tale. Set on a movie set in the 1930's, everything that can go wrong does!

◆ Audition will be Monday, July 26, 12:30 - 5 pm.  
◆ Roles and practice schedules for the remainder of the week will be

- handed out at the end of auditions.
- ◆ Performance is Friday, July 30 at 7 pm.
- ◆ Purchase tickets in the Community Education office beginning Monday, July 26, 8 am - 3:30 pm or at the door the night of the performance.
- ◆ We need two student volunteers to be sound/light technicians. These students should be middle school or high school age. Technicians will be at rehearsals Wednesday and Thursday and at Friday nights' performance. Call Tiffany Lund at 763.682.8787 to sign up to be a technician.

**SU610**  
Monday-Friday, July 26-30  
5 sessions - \$79  
Discovery Center  
Prairie Fire Children's Theatre  
Auditorium/Cafeteria



## Enrichment

### August 2 - 6

#### 3D Printing & CAD (Grade 3-7)

This 3D printing camp takes students through the 3D printing process from start to finish. Students will design 3D objects using TinkerCAD and use the 3D slicing program Cura to bring their creations to life. From industrial design and manufacturing to software and hardware engineering, the 3D printing industry is booming. This class serves as an excellent introduction to 3D printing and is ideal for students who like to draw, design, imagine, and see their creations come to life.

#### SU651

Monday-Thursday, August 2-5  
4 sessions - \$150  
Discovery Center

9 am-12 pm  
Tech Academy  
Room 204

#### Glitter & Glow Art Camp (Age 5-12)



We will work with a variety of art supplies including clay, glow-in-the-dark paint, and of course, lots and lots of glitter! Students will create snow globes that glow-in-the-dark, butterflies that shimmer and glimmer, an eiffel tower with stars that twinkle and more!  
**Bring a snack and water bottle.**

#### SU693

Tuesday - Thursday, August 3 - 5  
3 sessions - \$105  
Discovery Center

9 am-12 pm  
Kidcreate Studio  
Room EC-1

#### Encore Piano Lessons (Age 6 - adult)

Each 30 minute private lesson is taught by our friendly, caring, professional music instructor, Kathy Ebert. Your child will learn rhythm and counting, how to read sheet music, and proper piano technique.

Thursdays, August 5 - 26  
4 lessons - \$140  
Discovery Center

Kathy Ebert  
Music Room

<b>SU1701A</b>	1 pm	<b>SU1701D</b>	2:30 pm
<b>SU1701B</b>	1:30 pm	<b>SU1701E</b>	3 pm
<b>SU1701C</b>	2 pm	<b>SU1701F</b>	3:30 pm

### August 9 - 13

#### Fencing (Age 6-adult)

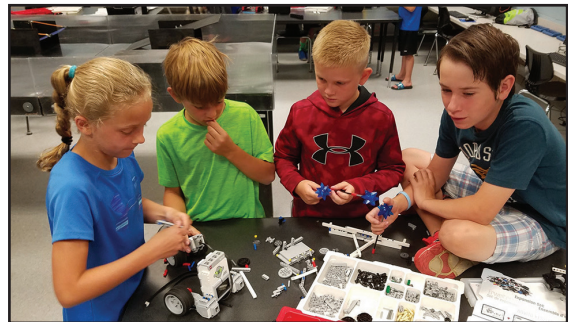
Fencing is a fun sport the entire family can enjoy together. Fencing utilizes natural body movement to create simple and effective self-protection techniques. Sword Play provides everything needed to fence (mask, jacket, gloves, and sword). The fencer need only come dressed comfortably for freedom of movement including long sweat pants and running shoes.

#### SU679B

Monday-Friday, August 9-13  
5 sessions - \$94  
Discovery Center

10-11:30 am  
Swordplay  
Cafeteria

### August 16 - 20



#### Eureka Engineering (Grade 3-8)

Eureka introduces students 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 instructors. For those interested in getting involved in FIRST Robotics, Eureka serves as a marvelous transition into a FIRST Lego League team! A snack will be provided and parents are welcome to watch their child's robotic creations come to life in exciting and competitive challenges.

#### SU645

Monday-Thursday, August 16-19  
4 sessions - \$99  
Discovery Center

9 am-12 pm  
Ryan Swanson  
Board Room

## August 16 - 20



### Tech Trek (Grade 5-10)

Tech Trek provides students with opportunities to create and apply knowledge of STEM topics in a group setting. Students will work with robotics kits which integrate electrical, programming, and mechanical concepts. Enthusiastic instructors 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.

**SU646**  
 Monday-Thursday, August 16-19 1-4 pm  
 4 sessions - \$99 Ryan Swanson  
 Discovery Center Board Room

## August 23 - 27

### Movie Medley

(Age 5-12)

We will paint, sculpt, and draw some of our favorite movie characters. Your artist will create Princess Poppy in Trolls, Toothless in How to train your dragon, and so much more... all while exploring different mediums and techniques. Light, camera, action: let's get messy! **Bring a lunch, snack and drink for your child.**



**SU694**  
 Thursday, August 26 9 am-3 pm  
 1 session - \$83 Kidcreate Studio  
 Discovery Center Room EC-1



**Register at least one-week prior to start date. Classes with low enrollment may be canceled at that time.**

Our programming follows recommendations from MN Department of Education and MN Department of Health to provide your family a safe learning environment. Hygiene and cleaning protocols are in place.

### PrepStar Premium ACT Class

There has been much discussion about the relevancy of college admissions tests, such as the ACT over the past year. For most students, getting a strong ACT score is only going to benefit them for admissions and scholarship opportunities. PrepStar Premium is a 24-hour ACT preparation course unlike any other. The class is thorough, challenging and extremely effective.

- ◆ Extensive content review
- ◆ Effective strategies
- ◆ Outstanding teachers
- ◆ 3 full ACT practice tests
- ◆ Detailed score reports from practice tests
- ◆ Immediate results for online scoring for practice tests
- ◆ Make-up content available via video
- ◆ And, it offers guaranteed results for students who have already taken the ACT test!

**SU1200**  
 Mondays & Tuesdays, August 16-24 9 am-3:30 pm  
 4 sessions - \$369 Nancy Eynick and Lindsay Grill  
 Discovery Center Boardroom

## Recreation & Fitness



### New! Summer Zumba

ZUMBA is a fun fitness program that combines Latin and international music with high and low intensity moves that helps build strength, flexibility and balance. Come dance with us and sweat away every day worries!

#### SU803

Mondays, June 7 - July 26  
(No class June 28, July 5)

6 sessions - \$48  
Buffalo High School

6-7 pm

Jen Siegersma  
Dance Room

### T'ai Chi in the Park

T'ai Chi is an ancient Chinese system of movements for health and self-defense. By doing T'ai Chi you will enhance your well-being by providing your cells with more oxygen giving you more stamina and vitality. T'ai Chi is great for relaxation, stress reduction, quieting the mind, enhancing energy, relieving aches and pains, and it helps promote better balance and control of your body. **Wear loose fitting, comfortable clothes. Instructor is Ed O'Donnell of Buffalo Karate Association.**

#### SU802

Tuesdays, June 8 - August 17  
(No class July 6)

Beginner (First time): 6-7 pm  
Intermediate/Advanced: 7-8 pm  
10 sessions- \$70/first person; \$25 each add'l family member  
Sturges Park Band Shell Area



### Open Pickleball

Drop in and play a game of pickleball with your neighbors! Make new friends and set up play other nights of the week. **Be sure to bring a water bottle, no drinking fountain on site. Please bring own racquet and pickleballs.** No registration required... just show up.

Wednesdays, June 9-July 25  
12 sessions – Free

6-8 pm

Buffalo Community Middle School Pickleball/Tennis Courts

### Bison Activity Center at Buffalo High School

#### Open Gym

Monday - Thursday, 6-9 pm  
\$5/person or \$10/family

#### Indoor Walking

Monday - Thursday, 5-9 pm  
\$3/person/day

**Season ends Thursday, May 6**

*Schedule is subject to change.*

*Spaces may be limited based on guidelines.*



**Register at least one-week  
prior to start date.  
Classes with low enrollment may be  
canceled at that time.**





## Sliders, Rolls & Twice Baked Potatoes- Online Instant Pot Cook Along

Have some fun in this virtual Instant Pot® COOK-ALONG class as we share the wonders of BBQ! Discover how culinary creations are made in a fraction of the time, and experience how they are taken to another level, using the Instant Pot®! On the menu are BBQ Pulled Chicken, Quick Homemade Potato Rolls (baked in the oven), and a side of Twice-Baked Potatoes (IP and Oven). We will also be making a delicious quick slaw that pairs perfectly with the meal. All delicious recipes can be made with ingredients that are probably already on hand.

Participants will receive a list of ingredients a week in advance of the class to allow time for shopping. Participants will receive instructions how to access the class.

### SP1203

Wednesday, June 16 5-7 pm  
1 session - \$35 (One registration fee includes participants from the same household only)  
Online class via Zoom Tess Georgakopoulos

## Sizzling Summer Skewers & Dips! (Conventional Cooking—Demonstration)

Wow and dazzle your family or guests with a delicious full-flavored mouthwatering meal that will have everyone asking for more! An array of skewers make for a beautiful presentation as well! Marinated meat and veggie skewers are accompanied by savory yogurt dip and white bean dip or homemade hummus. Dessert will include grilled fresh summertime fruit skewers and sweet yogurt dipping sauce. Time permitting; antipasto skewers will also be created. Have your questions answered by the instructor, and interact with other participants as you watch a DEMONSTRATION of how to create these wonderfully appetizing culinary creations, and increase your confidence in cooking. Participants will receive a copy of the instructor's personal recipes in PDF format. Participants will receive instructions on how to access the class prior to it starting. As an added bonus, the instructor has created a private group on Facebook for participants of her cooking classes. Everyone will receive an invite to the group although joining is optional. In addition, please know that every attempt will be made to keep to these wonderful menu items. Given current circumstances, however, the instructor may have to make substitutions.

### SU1203

Wednesday, July 14 5-6:30 pm  
1 session - \$30 (One registration fee for this on-line virtual class can include participants from the same household only)  
Online class via Zoom Tess Georgakopoulos



## Butter Chicken Pasta, Chicken Burrito Bowls & Bread

### Online Instant Pot Cook Along

Have some fun participating in this virtual Instant Pot® COOK-ALONG class! Two dishes will be made during this class. Choose one for your cook-along and watch a demonstration of the other or if you have a second Instant Pot® on hand make both! The recipe options for this class are a version of the popular Butter Chicken married with satisfying pasta and wonderful Chicken Burrito Bowls! We will also be making a loaf of Luscious Milk Bread (baked in the oven). Both delicious recipes are made with ingredients that you probably already have on hand. Have your questions answered by the instructor, interact with other participants as you cook-along, and increase your confidence in using your electric pressure cooker. If the instructor's personal recipes are used for this class, they will be shared as a PDF.

While cooking-a-long is loads of fun, it is optional. Participants will receive a list of ingredients a week in advance of the class to allow time for shopping. Participants will receive instructions how to access the class.

### SU1204

Wednesday, August 11 5-7 pm  
1 session - \$35 (One registration fee includes participants from the same household only)  
Online class via Zoom Tess Georgakopoulos

## Home & Hobby



### Your Path to Home Ownership

Calling all first time home buyers! Are you tired of paying rent? Join us for an informative class that will walk you through the home buying and loan process. You may be closer to owning a home than you think. Take advantage of your FREE mortgage consultation today! Virtual attendance is also available, call Community Ed if that is your desired format. Homeowners Financial Group USA, LLC | NML#93718 | Equal Housing Lender | MN-MO-93718.

#### SU1233A

Tuesday, May 25 6:30-8:30 pm  
1 session - \$9 Melanie Benjamin and Tina Anderson  
Discovery Center District Office Conference Room

### Guided Autobiography

Write the story of your life...two pages at a time! Have you ever been meaning to write down some of your life stories and experiences, but can never quite find the time? Or perhaps just the thought of it is far too overwhelming. Designed to assist individuals recall, organize and share the contents of their life experiences, these classes will help evoke memories through a variety of life themes such as 'family' 'work/career' 'health' 'spirituality'. Participants will write and share their stories with one another in a small group setting, finding new meaning in their life and putting past significant life events in perspective. It is also an ideal way to pass along valuable lessons, stories and history to your family/friends and future generations. No writing experience is necessary.

#### SU1205

Tuesdays, June 1-July 20 6:30-8:30 pm  
8 sessions - \$89 Bill Marsella  
Buffalo Community Middle School Room H150  
(Lower West lot, enter Door 3)

### Ballroom Dancing for Beginners

Open to partnered adults and teens age 16+

Practice steps and turns in popular ballroom dances including swing, waltz, foxtrot, salsa and more. Have a fun-filled weekly date night while acquiring a skill to last a lifetime. Dance moves are easy and you're sure to be successful! Dance exclusively with your own partner and social distancing maintained in spacious cafeteria. **Masks covering mouth and nose required.**

#### SU1268

Thursdays, June 3-24 7-8:30 pm  
4 sessions - \$59/person Deanna Constantine  
Buffalo Community Middle School Gym  
(Lower West lot, enter Door 3)

### Craft Project Night

Bring a friend, grab a snack and coffee (or cozy beverage of choice) and let's craft together! Abbey Swanson of *The Firefly Hook* will be there to offer help for your crochet projects, but feel free to bring anything you'd like to work on. Kits will be available for purchase if you would like to get started on a project (see options and pricing below). No experience necessary. Participants will purchase a kit to work on during class.

- ◆ **Crochet Kit Option:** Washcloths \$10; Spa Basket & Washcloths \$25; Hat & Pom \$20; Cowl \$15
- ◆ **Weaving Kit Options:** Coasters \$15; Wall Hanging \$25

#### SU1201

Thursday, July 15 6-8:30 pm  
1 session \$29 (Plus kit purchased from Abbey at class)  
Abbey Swanson of the Firefly Hook  
Discovery Center District Office Conference Room

### Intro to Amateur Astronomy

Learn about star constellations by season, types of celestial objects that can be observed, equipment and technology. After this presentation you will have a new appreciation for the night sky. Join us to enhance your star gazing experience.



#### SU1010

Thursday, July 15 6:30-8 pm  
1 session - \$10 Patrick Drigans  
Buffalo Community Middle School Room H150  
(lower west lot, enter door 3)



## On the Wright Track Model Railroad Club - All Aboard!

If you like trains or things that go, this class is for you. This hobby will teach you the basic construction, electrical and mechanical principles. This is also a great application of artistic ideas and encourages creativity. The activity will help members understand the importance of transportation history and industry trends for the future. **Recommended age is eight and up but all ages are welcome.** Call Community Education to join anytime. Club leader is an experienced model railroader.

### SP1232 (Spring Session)

Fridays, April 30, May 14, 28  
3 sessions - \$3 nightly  
Discovery Center

6:30-8:30 pm  
Jim Aulick  
Board Room

### SU1232 (New Summer membership)

Thursdays, June 3, 17, July 1, 15, 29, August 12, 26  
7 session - \$21  
Buffalo Community Middle School Gym for June & July  
(Lower West doors)  
Discovery Center Board Room for August, (Door 2)

## Memorial Butterfly Release

### Wednesday June 23 at 6 pm

Gather your family at Park View or Lake Ridge care centers to celebrate the life of a loved one with a memorial butterfly release. The Butterfly Release is a way to remember and honor special people who have touched your lives and who live in our memories. At the conclusion of the service, participants release live butterflies in the memory or in honor of loved ones. **Registration is required and there is a \$25 donation for each butterfly.** Multiple butterflies can be purchased. If you are unable to attend the service, butterflies requested will be released on your behalf. **To register please call 763.404.4608 or visit [weblink.donorperfect.com/buffalobutterfly](http://weblink.donorperfect.com/buffalobutterfly).**



*This event is sponsored by the Community Health Foundation of Wright County, Lakeside Oasis, Lake Ridge Senior Health & Living, Park View Senior Health and Living, and Guardian Angels Elim Home Care & Hospice.*

## Puppy Training

This class is for all breeds of puppies, age 8 weeks to 4 months old. Each class begins with 15 minutes of puppy play and socialization. Throughout the six-weeks, we work on basic obedience including leash walking, sit, down and stay. We address issues as needed such as biting, house breaking, crate training, etc. Classes are held indoors in a heated/AC facility with matted floors. Puppies should have their first set of shots including first Parvo/distemper and Bordatella (optional). Young handlers are welcome accompanied by a parent. **Bring a buckle collar, 6- foot leash and plenty of soft dog treats to class. Register to begin any Monday night.**

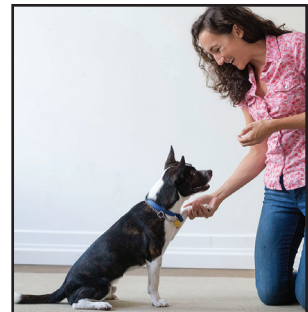
### SU1239

Mondays, ongoing  
Indicate online when registering or call 763.682.8770 to let us know when you wish to begin  
6 sessions - \$100  
Water's Edge Dog Center

6-7 pm

## Dog Obedience

This class is for all breeds of dogs 5 months and older. We work on heeling on leash, sit, down, stay, stand for groom and vet exam. We also work on good manners around people and other dogs. Classes are held indoors in a heated/AC facility with matted floors. Dogs need to be up to date on vaccinations including distemper, rabies, parvo, and bordatella (optional). Young handlers are welcome accompanied by a parent. **Bring a buckle collar, 6- foot leash (no flexi-leads) and plenty of soft dog treats to class.**



### SU1238A

Tuesdays, April 27-June 15  
8 sessions - \$130  
Water's Edge Dog Center

7-8 pm  
Dan Rode

### SU1238B

Tuesdays, May 25-July 13  
8 sessions - \$130  
Water's Edge Dog Center

8-9 pm  
Dan Rode

### SU1238C

Tuesdays, June 22-August 10  
8 sessions - \$130  
Water's Edge Dog Center

7-8 pm  
Dan Rode

### SU1238D

Tuesdays, July 20-September 7  
8 sessions - \$130  
Water's Edge Dog Center

8-9 pm  
Dan Rode



## Health & Wellness

### Qigong Saturday Sampler

Come sample the benefits of Qigong. Qigong will enhance the quality of your life and the lives around you. Join us on Saturdays to experience the activity and further enhance your Qigong work. These samplers are open to all levels.

#### SP1257C

Saturday, May 8  
1 session - \$5  
Discovery Center

10 am-12 pm  
Aimee Pribyl  
Board Room

#### SU1257A

Saturday, June 12  
1 session - \$5  
Discovery Center

10 am-12 pm  
Aimee Pribyl  
Board Room

#### SU1257B

Saturday, July 10  
1 session - \$5  
Discovery Center

10 am-12 pm  
Aimee Pribyl  
Board Room

#### SU1257C

Saturday, August 14  
1 session - \$5  
Discovery Center

10 am-12 pm  
Aimee Pribyl  
Board Room

### Qigong Heals Mind & Body

#### Qigong

Qigong (chee-gong) is an ancient practice that promotes holistic healing through balancing and clearing your energy fields. It is a simple yet effective method to help you reduce stress and help you to heal physically, emotionally, and spiritually. In this introductory class, you will learn about Qigong and how it can enhance the quality of your life and the lives of those around you.

**(Lower west lot, enter door 3.)**

#### SU1260A

Thursdays, May 20-June 10  
4 sessions - \$49  
Buffalo Community Middle School

5-6 pm  
Aimee Pribyl  
Gym 2

#### SU1260B

Thursdays, June 17-July 8  
4 sessions - \$49  
Buffalo Community Middle School

5-6 pm  
Aimee Pribyl  
Gym 2

#### SU1260C

Thursdays, July 15-August 5  
4 sessions - \$49  
Buffalo Community Middle School

5-6 pm  
Aimee Pribyl  
Gym 2



### Calm and Gentle Yoga

This flowing yoga class links poses to create strength, flexibility and balance. Breath awareness and breathing exercises are incorporated to help remove tension and lessen stress. A well-rounded class for a wide variety of participants and ability levels – all poses can be modified to fit the individual's flexibility level, and options are given. Please bring a yoga mat or large towel.

#### SU1262A

Wednesdays, June 9-30  
4 sessions - \$28  
Buffalo Community Middle School  
Elizabeth Muellerleile  
Gym  
(Lower west lot, enter door 3)

#### SU1262B

Wednesdays, July 7-28  
4 sessions - \$28  
Buffalo Community Middle School  
Elizabeth Muellerleile  
Gym  
(Lower west lot, enter door 3)

#### SU1262C

Wednesdays, August 4-25  
4 sessions - \$28  
Discovery Center  
Elizabeth Muellerleile  
East Gym

### Acupressure Facelift and Skin Savvy

Here's a facelift you can do at home. Acupressure is an ancient Eastern healing method that works with the energy that flows through your body. Stimulating facial acupressure points can help erase years from your face naturally, bring a healthy glow to your skin; increase muscle tone; decrease puffiness and eye bags; reduce lines and prevent new lines from forming; even decrease headaches, relieve eye strain, soothe nerves and increase relaxation. Learn how to make your skin as healthy as possible from the inside out.

#### SU1223

Monday, May 3  
1 session - \$35  
Online class via Zoom  
Janice Novak  
6-7:30 pm

## Thyroid Information You Need to Know

We will discuss: how thyroid function can make illness worse; five things that need to be measured, but usually aren't; why the number one thyroid replacement may not be helping you; connection between thyroid, fibromyalgia and arthritis; foods that help or hinder; misunderstood rules of how and when to take thyroid medications; environmental triggers and information to discuss with your doctor. This workshop is a source of information only and should not be considered a substitute for the advice of a qualified medical professional.

### SU1224

Thursday, May 6  
1 session - \$35  
Online class via Zoom

6-7:30 pm  
Janice Novak

## Avoid the Pitfalls (and weight gain) of Perimenopause and Menopause

Perimenopause starts around the age of 35, for most women, and can last 10-15 years. Common symptoms include fatigue, migraines, weight gain, sleep disturbances, hot flashes, anger flashes, migraines and more. We'll discuss how to get hormone levels measured and what to do with the results; traditional HRT vs bioidentical; acupressure points to assist in symptom relief and nutritional musts. Lweave with multiple tools and techniques for restoring health and well-being.

### SU1225

Monday, May 10  
1 session - \$35  
Online class via Zoom

6-7:30 pm  
Janice Novak

## Metabolism Boosters and Busters

GOOD NEWS - You could lose up to 20 pounds in a year – without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. You will learn 20 SIMPLE things you can do every day to boost your metabolism and burn 30% more calories every day.

### SU1226

Wednesday, May 12  
1 session - \$35  
Online class via Zoom

6-7:30 pm  
Janice Novak



## Overcome Your Carbohydrate Cravings

We will discuss a two-week plan that will STOP your cravings (no kidding!), help you lose weight and help keep your insulin levels balanced. Overcoming carb cravings is not a matter of willpower but of biology. Stop the vicious cycle of food craving and weight gain. No hype – just the facts. **Registration Deadline May 6 (so we have time to send you the information).**

### SU1211

Thursday, May 13  
1 session - \$35  
Online class via Zoom

6-7:30 pm  
Janice Novak

## Mudras: The Ancient Art of Hand Yoga

Mudras, or 'yoga of the hands' has been recognized for centuries as a simple yet effective healing tool. In ancient India, mudras were believed to be the key to spiritual, mental and physical wellbeing and that regular practice of the hand positions can rejuvenate body and mind. The hand positions are easy to do, take minutes to perform and can be done almost anywhere at any time. Mudras can also be used to help relieve numerous conditions such as anxiety, stress, digestive issues, weight loss, bloating, insomnia and so many more.

### SU1227

Tuesday, June 2  
1 session - \$35  
Online class via Zoom

6-7:30 pm  
Janice Novak

## Hypnosis: Weight Loss, Stop Smoking and Chewing Tobacco

Hypnosis can help you control your eating habits and cravings. Learn to eat healthy and get motivated to walk and exercise. If tobacco is controlling your life, health and money, hypnosis can help you stop smoking and/or chewing without withdrawal, cravings or weight gain.

- ◆ **Thursday, June 3**
- ◆ **Discovery Center, Board Room**
- ◆ **All participants check-in at 5:45 pm**
- ◆ 6 pm Introductions for all
- ◆ \$59 one session or \$119 for both sessions
- ◆ Includes reinforcement CD and free reinforcement
- ◆ Lifetime members – No charge
- ◆ Bring a pillow, blanket or sleeping bag for comfort

**SU1208A** 6:45-7:45 pm - Weight Loss Hypnosis

**SU1208B** 7:45-8:45 pm - Smoking and tobacco Hypnosis

**SU1208C** 6:45-8:45 pm - Both Weight Loss and Smoking

## Health & Wellness



### JUST BREATHE! Techniques to Calm, Center and Balance

Learn ancient breathing exercises that neutralize stress by reprogramming your nervous system, increase energy and vitality, increase brain function, improve immune response, decrease depression and anxiety and help strengthen your back and abs from the inside out. A simple and powerful technique for optimum health of mind and body is absolutely free and right under your nose. **Registration Deadline June 3 (so we have time to send you the information).**

#### SU1228

Thursday, June 10  
1 session - \$35  
Online class via Zoom

6-7:30 pm  
Janice Novak

### Acupressure to Relieve Stress, Anxiety, Insomnia, Sinus Problems & More

Acupressure can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.

#### SU1229

Wednesday, June 16  
1 session \$35  
Online class via Zoom

6-7:30 pm  
Janice Novak

### Posture, Get it Straight: Look Younger, Thinner, and Feel Better

Learn how to correct common posture problems and an 'Instant Alignment Technique' that will have you standing straighter immediately. We'll discuss easy to implement tips when at a computer, in a car or working out. There are many benefits to improving posture including your clothes will fit and look better, too!

#### SU1222

Thursday, June 24  
1 session - \$35  
Online class via Zoom

6-7:30 pm  
Janice Novak

### Self-Care for the Caregiver

#### Virtual via Zoom

Are you feeling overwhelmed at times, worried or tired? Do you get enough sleep, easily irritated or feeling sad? Then join us to learn more about this subject together. We'll discuss what we can do to help ourselves get what we need to better care for our loved one. **Deadline to register July 6 so we have enough time to send an invite. Don't forget to include your email address.**

#### SU1218

Tuesday, July 13 6:30-7:30 pm  
1 session - \$9 Barb Anderley, ADC Park View Senior Living Community Outreach/Caregiver Support

### Take Charge of Your Health Through Habit Change

Taking charge of your health and well-being is a personal responsibility. Because health is the most important part of life, well-being is needed to be happy. We will be identifying motivating factors for change and discussing simple steps to develop habits to shape a healthy future.

#### SU1230A

Wednesday, July 14 6-7:30 pm  
1 session - \$39 Tiffany Klenken  
Buffalo Community Middle School Room H150  
(lower West lot, enter Door 3)

### Kick the Sugar Habit

Identifying triggers for the sugar cravings and discovering ways to tackle sugar cravings.

#### SU1230B

Wednesday, July 28 6-7:30 pm  
1 session - \$39 Tiffany Klenken  
Buffalo Community Middle School Room H150  
(lower West lot, enter Door 3)

### Intro to Health Coaching Sessions

Take time to discuss and pinpoint what is keeping you from your health goals. We will Set conditions for inevitable success and turn healthy habits into lasting behaviors. All you need is the right SYSTEM, SUPPORT and ACCOUNTABILITY

#### SU1230C

Wednesday, August 4 6-7:30 pm  
1 session - \$39 Tiffany Klenken  
Buffalo Community Middle School Room H150  
(lower West lot, enter Door #3)





## Financial Wellness

### Women and Wealth

Discuss how to be financially secure by organizing and prioritizing your financial goals, protecting everything you have worked for and feeling confident about investing. Walk away with actionable steps to confidently grow your wealth. **This class is also available virtually, let us know if online is your choice.**

#### SU1210

Wednesday, May 26 6:30-7:30 pm  
1 sessions - \$15 Tom Schneck  
Discovery Center District Office Conference Room

### The Five Key Risks of Retirement

Build a practical road map to financial security. We will highlight the five things to keep in mind to help make the golden years financially successful. **This class is also available virtually, let us know if online is your choice.**

#### SU1211A

Wednesday, June 16 6:30-7:30 pm  
1 session - \$15 Tom Schneck  
Buffalo Community Middle School Room H150  
(lower west lot, enter door 3)

#### SU1211B

Tuesday, July 13 10 -11 am  
1 session - \$15 Tom Schneck  
Discovery Center District Office Conference Room

### Things You Need to Talk About, But Don't Want To

This program is for people of all ages to learn about the many spiritual, emotional and financial benefits of making important decisions in advance. We will be focusing on Estate Planning, Advance Funeral Planning, and Medical Assistance.

#### SU1216

Tuesday, June 22 6:30-7:30 pm  
1 session - \$9 Mike Messina, Dingmann Funeral Care Burial & Cremation Services  
Buffalo Community Middle School Room H150  
(Lower west lot, enter door 3)

### How to write your 'Ethical Will'

#### An Introduction to Writing Legacy Letters

Learn how to write "legacy letters" (a modern practice grounded in the Biblical Tradition of writing an 'Ethical Will'). Through simple interactive writing practice, learn the principles and techniques for writing simple but profound letters that convey your greatest treasures - your faith, life's lessons and values. See how writing your 'Ethical Will' can inform your Legal Will.

#### SU1204A

Wednesday, June 16 6:30-8 pm  
1 session - \$39 Bill Marsella  
Buffalo Community Middle School Room H150  
(Lower West lot, enter door 3)

#### SU1204B

Wednesday, August 18 6:30-8 pm  
1 session - \$39 Bill Marsella  
Buffalo Community Middle School Room H150  
(Lower West lot, enter door 3)

### Planning For the Future:

#### Balancing Today and Tomorrow

Learn ways to make the most of the resources available to you today to help you live your best life now and in the future. With a little education, it will be easier to get organized and determine a course of action so you can take a proactive approach to working towards your financial goals. **This class is also available virtually, let us know if online is your choice.**

#### SU1212

Thursday, June 24 6:30-8:30 pm  
1 Session - \$15 Tom Schneck  
Buffalo Community Middle School Room H150  
(lower west lot, enter door 3)

### Estate Planning for Grandparents, Parents and Families with Special Needs Children (Virtual Online)

With an ever changing benefit system, you will be happy to learn that your estate plan can include provisions for the care of a child, grandchild or family member with special needs without adversely affecting their benefits or programs. Discuss how to properly protect your assets and provide for the future benefit of your loved one. Learn the pros and cons of a special needs trust and how it may be an option to consider.

#### SU1230

Wednesday July 14 6:30-8 pm  
1 session - \$15 Steve J Ledin & Rick Peterson  
Virtual - Online

## ■ ■ ■ Senior Citizens

### Assisted Living: Everything You Have Ever Wanted to Know

Join Kasey Laney and Jill Pingel, Housing Directors for Lake Ridge and Park View Assisted Living, to learn everything you have ever wanted to know, but were afraid to ask, about living in an assisted living environment. Come prepared to learn the answers to all your questions!

#### SU1217

Tuesday, June 29 6:30-7:30 pm  
1 session - \$9 Kasey Laney and Jill Pingel  
Buffalo Community Middle School Room H150 (west door 3)

### Savvy Social Security

This workshop covers strategies for maximizing your Social Security benefits, including five factors to consider when deciding when to apply for benefits, how to minimize taxes on Social Security benefits, and how to coordinate Social Security with your other sources of retirement income.

#### SU1217

Tuesday, August 17 6:30-7:30 pm  
1 session - \$15 Justin Bettinger  
Discovery Center District Office Conference Room

### Home Safety Tips for Older Adults Virtual via Zoom

With a growing number of older adults living independently, it's increasingly important to make sure that they're safe at home. Falls, burns, and poisonings are among the most common accidents involving older people. Older adults who live alone may also become the victims of criminals who target older people. If you're an older adult living on your own, or care for an older person living alone, this class may be able to provide you some useful tips on what you or your loved ones may need to do to stay safe. **Deadline to register is August 3 so we have enough time to send an invite. Don't forget to include your email address.**

#### SU1219

Tuesday, August 10 6:30-7:30 pm  
1 session - \$9 Theresa Henson, LSW Park View Senior  
Living Community Caregiver Support/Volunteer Director



### 8 Hour Defensive Driving

#### Online via Zoom In-Person

**NEW!** The Minnesota Safety Council is only offering this 8-Hour class online. However, we will provide an in-person experience via Zoom. Leave the technology to us! If you are 55 or older, save money on your car insurance premiums and become a better driver by completing this approved Defensive Driving Course. You will receive a certificate of completion to provide to your insurance company. **Attendance at both sessions is required to receive credit. Register at least one-week in advance.**

#### SU1235Z

Wednesdays, May 12 & 19 4:30-8:30 pm  
2 sessions - \$29 MN Safety Council  
Discovery Center Board Room

#### SU1236Z

Wednesday & Thursday, July 27 & 28 5:30-9:30 pm  
2 sessions - \$29 MN Safety Council  
Discovery Center Board Room

### 4-Hour Defensive Driving Refresher

If you have taken a state approved 8-Hour Defensive Driving Course in the past 3-years, you can renew your car insurance discount by taking this state-approved, 4-Hour Refresher course. There is no driving and no test. You will receive a certificate of completion to provide to your insurance company. **Register at least one-week in advance.**

#### SP1234B

Thursday, May 13 5:15-9:15 pm  
1 session - \$25 MN Safety Council  
Discovery Center Board Room

#### SU1234A

Tuesday, June 22 5:15-9:15 pm  
1 session - \$25 MN Safety Council  
Discovery Center Board Room via Zoom

#### SU1234B

Monday, July 26 5:15-9:15 pm  
1 session - \$25 MN Safety Council  
Discovery Center Boardroom



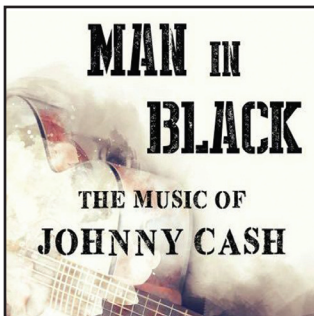
Thursday, May 13

Day Trippers Theatre, Bloomington

Join us for an afternoon lunch and play. "Sex Please We're Sixty" is a play where **Golden Girls** meet **Grumpy Old Men**. Mrs. Stancliffe's Rose Cottage Bed and Breakfast guests (nearly all women) return year after year. Her next door neighbor, silver-tongued Bud (the Stud) believes they come to spend time with him in romantic liaisons. When he gets his hands on a new experimental pill, "Venusia", comedy ensues.

**SU1000**

- ◆ Bus departs Discovery Center (door 1) at 11 am
- ◆ Lunch at 12 pm followed by the show at 1 pm
- ◆ Bus returns to Buffalo approximately 4 pm
- ◆ \$89 fee includes motor coach transportation, lunch, show and chaperone
- ◆ **Deadline to register is May 6**



Wednesday, July 21  
Sidekick Theatre,  
Bloomington

Johnny Cash traditionally began his concerts with the simple introduction, "Hello, I'm Johnny Cash", followed

by his signature song "Folsom Prison Blues". Get ready for Brian Pekol and his trio of musicians to do the same! Johnny Cash's unique sound embraced country music, rock and roll, rockabilly, blues, folk, and gospel, so expect this concert to be jam-packed with such hits as "I Walk the Line", "Ring of Fire" and "Get Rhythm."

**SU1001**

- ◆ Bus departs Discovery Center (door 1) at 10:15 am
- ◆ Lunch at 11:30 am followed by the show at 1 pm
- ◆ Bus returns to Buffalo at approx 4 pm
- ◆ \$89 fee includes motorcoach transportation, lunch, show and chaperone
- ◆ **Registration deadline July 1**



**A Bench in the Sun**

Thursday, August 18

Day Trippers Theatre, Bloomington

When Adrienne Bliss, a once famous actress, moves into Valley View Gardens retirement home, Burt and Harold, two longtime friends, compete for her attention. Think the Odd Couple + Sunshine Boys + Grumpy Old Men = a very wise, very moving, and most of all, very funny Mel Brooks comedy. This play starred Tim Conway of the Carol Burnett show in its original production.

**SU1004**

- ◆ Bus departs Discovery Center (door 1) at 11 am
- ◆ Lunch at 12:15 pm followed by the show at 1:15 pm
- ◆ Bus returns to Buffalo at approx 4 pm
- ◆ \$89 fee includes motorcoach transportation, lunch, show and chaperone
- ◆ **Registration deadline July 31**

**MINNESOTA STATE FAIR**

**The Great Minnesota Get Together!**

We are hoping to have a bus to the State Fair this year. Give Community Education a call for upcoming details or watch our website. Thrifty Thursday, August 26, would be the date of our traditional visit... fingers crossed!

More information regarding Covid 19 protocol will be shared prior to your trip's departure. **BHM Community Education follows all current CDC and MN Dept of Health guidance. \*Masks will be required.**



■ ■ ■ *Adults with Disabilities (age 16+)*



**Looking beyond disabilities... *Focusing on abilities!***

**ABOUT US**

Opening Doors activities and classes are designed and adapted for adults with cognitive and physical disabilities.

**Participants can:**

**Discover New Skills**

Arts ~ Crafts ~ Cooking

**Explore the Community**

Outings ~ Theater ~ Sporting Events

**Socialize and Meet People**

BINGO ~ Games ~ Movie Nights

**Become More Active**

Bowling ~ Dances ~ Nature Walks

**Summer 2021 Highlights**

- ★ **Dance in Big Lake, May 1**
- ★ **Fishing Trips on Thursdays**
- ★ **MN Twins Game Trip, August 15**

To learn more about *Opening Doors* or to register for classes and activities, visit us at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com) or call 763.682.8770.

To request the current Opening Doors catalog, call Community Education at 763.682.8770.

Sheila Johnson, Program Coordinator  
[sjohnso@bhmschools.org](mailto:sjohnso@bhmschools.org)  
 763.682.8752

The Opening Doors Program offers activities and classes in the school districts of Buffalo-Hanover-Montrose, Big Lake, Becker, Howard Lake-Waverly-Winsted and Monticello.

## WEST Adult Basic Education (ABE)

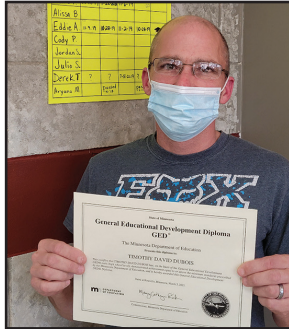
**WEST ABE** is the educational service provider for adults in the west metro area. Local programs, such as the one in Buffalo, help adults age 17 years and older to develop their academic skills. Visit [westabe.org](http://westabe.org) for regional program information. See below for opportunities offered by WEST ABE through Buffalo Community Education.

### Study even during Social Distancing!

Distance learning platforms AND the support of an instructor are both available to new and continuing students even when classes are unable to meet face-to-face. Contact the instructor to make a plan just for you.

### ABE Academic Study

ABE studies help adult learners who want to gain skills in math, reading, and writing. Some learners choose to focus on preparation for the GED® (General Education Development) tests. Teacher support, materials, and online study tools continue even if face-to-face classes are postponed due to social distancing orders. Day and evening class times are available; start times will remain the same in the event that they are offered virtually rather than in-person due to Covid-19.



Tim D. - GED Graduate

- ♦ Mondays & Wednesdays, 1-3:30 pm
- ♦ Tuesdays & Thursdays, 6-8:30 pm
- ♦ PRIDE Building, 800 8th St. NE, Buffalo
- ♦ Closed when BHM Schools are closed
- ♦ Open every month except August
- ♦ **Contact instructor Terrisa to begin at 763.682.8688 or [tfisher@bhmschools.org](mailto:tfisher@bhmschools.org)**

**GED® Preparation** - See ABE Academic Study

### English Language (ELL/ESL) Class

Learners improve their speaking, listening, reading, and writing skills in English. Access to Rosetta Stone is available to enrolled students. When social distancing orders are not in effect, this group meets two evenings a week.

- ♦ Tuesdays & Thursdays, 6-8:30 pm
- ♦ PRIDE Building, 800 8th St. NE, Buffalo
- ♦ Closed when BHM Schools are closed
- ♦ Open every month except August
- ♦ **Call the instructor to begin at 763.682.8687**

\*Many GED® testers need help studying. Contact instructor Terrisa for help 763.682.8688.



### General Education Development (GED®) Information

**Warning Regarding Misleading GED® Claims** - The State of Minnesota GED® Diploma can only be earned through the GED® tests administered under the direction of Pearson VUE and the GED® Testing Service. Avoid scammers! Look for the official names Pearson Vue/GED®. Most testing sites are within public school buildings so testing may not be available during social distancing orders.

For current information, visit [GED.com](http://GED.com), [education.mn.gov/MDE/dse/abe/index.htm](http://education.mn.gov/MDE/dse/abe/index.htm) or call the testing center in Monticello at 763.272.2040.

### First GED® Test Free (while funding lasts)

GED® testers in Minnesota can now get the first test in each subject free by entering code **MINGED30** when scheduling and paying for testing, while funding lasts.

### Reading Classes

There are two reading classes available: one for adults who struggle to “get the word off the page” and another for adults who can read but do not understand everything they read. Pre-registration and reading assessments are required for these classes. **Contact Terrisa at 763.682.8688 or [tfisher@bhmschools.org](mailto:tfisher@bhmschools.org) for more information.**

### Distance Learning

#### Free Access to Online Platforms

Enrolled adult learners can study anytime and anywhere with support from a WEST ABE teacher. Terrisa, the teacher, can assist learners using a number of platforms such as Edmentum, Khan Academy, MobyMax, Rosetta Stone, and USALearns. Get started right away! **Contact Terrisa at 763.682.8688 or [tfisher@bhmschools.org](mailto:tfisher@bhmschools.org) for more information.**

## Health Promoting Classes

### Community Health Programs at Buffalo Hospital

303 Catlin Street, Hwy. 25 N., Buffalo, MN 55313 763.684.7025

Buffalo Hospital invites you to register for a health-promoting class by going online [allinahealth.org/classes](https://allinahealth.org/classes) or by calling 763.684.7025 or 1.866.904.9962. Most classes below are free but one has a fee. See details below.



#### VIRTUAL TEA PARTY FOR WOMEN CANCER SURVIVORS

**Thursday, April 29, 1 - 4 pm, FREE**

Time for Connection, Conversation and Relaxation. We will talk about cancer survivorship and guided imagery as we enjoy tea and snacks. Keynote speakers are Tracey Dearing Jude, NP, Dr. Arvind Vemula and Stacy Besonen.

Register at <https://account.allinahealth.org/events/60171>

#### FREE Wellness Coaching

Are you ready to improve your health, enhance your life balance and make lasting changes? The Health and Wellness Coaches have the training and experience to help you succeed. Common areas of focus include exercise, nutrition, sleep and stress. Individual coaching includes appointments in-person, over the phone or both. In-person coaching is available at Buffalo Hospital. Call 763-684-7025 to schedule your FREE appointment!

#### MINDFULNESS TRAINING

**Thursdays, April 29 - May 27, 12-1 pm  
(May 27 11:30 am-1:30 pm) Cost: \$160.00**

Mindfulness Training is a six week series (1 hours each week) that allows you to learn and practice mindfulness and can help you recover a calm, stable mind and lasting contentment even in the face of difficulty. You will learn highly effective tools to help you manage stress and achieve a higher state of well-being. Learn to stabilize your mind and increase your resilience through mindfulness practices such as meditation. Register at <https://allina.learnitlive.com/Class/Mindfulness-Training/17466>

#### VIRTUAL HEALTHY EATING FOR BETTER HEALTH

**June 2-July 7, 9-10 am FREE**

Join us to discover how you can make small changes that can make a big difference in your health! This class includes learning how to read nutrition labels, cooking skills, new Information about latest changes in the nutritional world, and even a grocery store tour! Register in advance at <https://account.allinahealth.org/events/60197>

#### VIRTUAL THRIVING WITH CHRONIC PAIN

**Wednesdays, May 5-June 9 1-2:30 pm FREE**

This 6 week, 1.5 hour a week class is designed for people who have a diagnosis of chronic pain, offering strategies for dealing with their symptoms. Topics include: techniques to deal with frustration, fatigue, isolation and poor sleep, appropriate exercise for maintaining and improving strength, appropriate use of medications, communicating effectively with family, friends, and health professionals, nutrition, pacing activity and rest, and how to evaluate new treatments. Register at <https://account.allinahealth.org/events/60196>

#### LIVING WITH CANCER SUPPORT GROUP

This group is for people touched by cancer, to share information and gain support from one another. Meetings are the second Monday of the month, 5 - 6:30 pm at the Buffalo Hospital Conference Room B. FREE

#### TELEPHONIC BIRTH CENTER TOURS

Buffalo Hospital's Birth Center is a peaceful place to celebrate new beginnings in an environment designed for family-centered care. The telephonic birth center tour is for parents and families who plan to give birth at Buffalo Hospital, part of Allina Health. Call 763-684-7025 to register for a FREE tour.

#### Volunteer Opportunities

Buffalo Hospital would like to thank our team of volunteers who generously give their time, talent and helping hands throughout the year. Have you thought about volunteering? It's a great way to make new friends, learn a new skill and give back to your community. Volunteers receive a free meal pass for the day you volunteer, recognition through appreciation events and, most of all, self-satisfaction. Buffalo Hospital offers many opportunities to get involved and make a difference. To get started, contact Volunteer services at 763.684.7125 or email [Brenda.christensen@allina.com](mailto:Brenda.christensen@allina.com).

**CHANGE TO CHILL** – Check out mindfulness and stress relief information for teens at [ChangetoChill.org](https://ChangetoChill.org)

**HEALTH POWERED KIDS** – Health Fueled by Fun! A collection of activities to help young people make healthy eating, exercise and life choices at [Healthpoweredkids.org](https://Healthpoweredkids.org)





## Buffalo Community Center

206 Central Avenue, Buffalo, MN 55313 763.682.6036  
 Suzanne Kolbinger, Director and Teri Welter, Assistant Director

Join us at the Buffalo Community Center for these fun, interactive and learning activities.

### Everyone is welcome!

#### **Monday**

- 9 am Open Pool Tables
- 9:30 am Mahjong (Played online only)
- 11:30 am Legal Aid, (1st Monday of the month)  
(call for appointment)
- 1 pm Exercise class (All ages)

#### **Tuesday**

- 9 am Toy Workshop (at Sturges Park)
- 9 am Open Pool Tables

#### **Wednesday**

- 9 am Open Pool Tables
- 9:30 am Creative Writing
- 11 am Adult Coloring Group
- 1 pm Exercise Class (All ages)

#### **Thursday**

- 9 am Weavers
- 9 am Open Pool Tables
- 9 am Toy Workshop (at Sturges Park)
- 11 am Adult Coloring Group
- 12:30 pm Zingo
- Popcorn Thursday all day long!

#### **Friday**

- 9 am Open Pool Tables

- ◆ Computer help available by appointment. Please call the Buffalo Community Center for more information at **763.682.6036**.
- ◆ The Buffalo Community Center hours of operation are **8:30 am-2 pm, Monday through Friday**.

\* COVID protocol in effect. Masks are required. \*



### Bison Fishing Forever is Back!

BFF is back and better than ever! This year we are offering free fishing trips for kids and their parent/guardian on Monday and Wednesday evenings from 5-7 pm. Children must be between the ages of 6 and 13 and be accompanied by a responsible adult, 18 or older. We provide life jackets, fishing poles, bait, tackle and a cooler of water on our BFF pontoon. All you have to do is show up and have fun! **Please call the Community Center at 763.682.6036 to sign up for an outing!**

### Little Free Library/Pantry

Coming soon to the Buffalo Community Center... the Little Free Library/Pantry! We will be installing a double library in front of our building. One side will be books/crafts and the other side will be non-perishable food items. The library is available to anyone. If you need something, take something. If you are able, donate an item or two. **Please contact the Buffalo Community Center at 763.682.6036 for more information or to make a donation.** Thanks for the help!

\* COVID protocol in effect. Masks required \*

Community Education  
Buffalo-Hanover-Montrose Schools  
301 NE 2nd Ave  
Buffalo, MN 55313  
763.682.8770  
www.bhmschools.org/community-ed



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\*\*\*\*\*ECRWSS\*\*  
Resident, School District 877  
Buffalo-Hanover-Montrose Schools

Dated Material, Please Deliver Promptly

# Hello Summer!

## Join Community Education for a Summer of Fun and Learning!

Register Online at [bhmschools.ce.eleyo.com](http://bhmschools.ce.eleyo.com)



### Summer SUNBlock

A great way for your child to stay on top of his or her academic skills in reading, writing, math and science all while having fun!



- ◆ Three “Blocks” to choose from between June 21 and July 19.
- ◆ Morning class times.
- ◆ See page 9 for all the details!

### Activities for Youth



Swim Lessons  
page 21



Sport Camps  
page 22-23

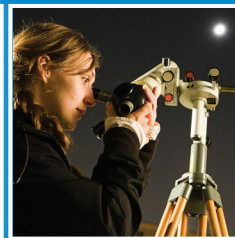


Prairie Fire  
Children’s Theater  
page 31

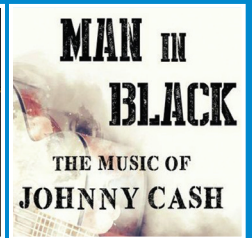
### Activities for Adults



Summer Zumba  
page 34



Amateur  
Astronomy  
page 36



Day Trips  
page 43