

FOR IMMEDIATE RELEASE  
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(September 28, 2009)

### **District 196 Community Education Classes Just For You!**

Hundreds of wonderful learning choices for all ages ... for more information call 651-423-7920 or visit [www.district196.org/ce](http://www.district196.org/ce).

### **Calendar: October 1-November 3, 2009**

#### **October 1**

**What's Cooking for Fall? (Presentation of Fall Flavors)** Looking for tasty, easy fall dishes? 6:30-8 p.m. Thu. Oct 1. \$19. Kowalski's Market, 1646 Diffley Rd., Eagan, store cafe. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### **October 3**

**Defensive Driving 55+ Series: Basic (8 hours)** Join other drivers 55 and older to improve your overall driving skills. Upon completion receive a certificate for a 10 percent reduction in your insurance (honored by most insurance companies). 8 a.m.-5 p.m. Sat. Oct 3. \$29. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Skyhawks: Multi-Sport (ages 4-6)** Learn, have fun and begin to formulate a passion for soccer or basketball. 9-10:30 a.m. Sat. Oct 3-Nov 14. \$59. Highland Elementary, 14001 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### **October 5**

**Preschool Gymnastics: Beginners (ages 3-5)** Express creativity while learning the basics of gymnastics. 10-10:45 a.m. Mon. Oct 5-Nov 16. \$69. Other times available. Eagan Community Center, 1501 Central Pkwy., Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Microsoft Excel: Functions and Formulas** Start by building a simple formula and move to more advanced functions such as "if statements" and 3-D references. 1-3 p.m. Mon. Oct 5. \$39. Other times available. District Service Center, 14445 Diamond Path, Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Kung Fu: Yellow (Level 2) to Black Belts (ages 5-12)** Learn awareness of self and surroundings and improve self-esteem and confidence. 7-7:45 p.m. Mon. Oct 5. \$69. Highland Elementary, 14001 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### **October 6**

**TRX Suspension Class** TRX Suspension fitness produces results. 6:30-7:30 p.m. Tue. Oct. 6. \$69. Bodyblast Studio, 2020 Silver Bell Rd., Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Nordic Walking for Fitness and Health** Walking with Nordic poles for as little as 30 minutes a day, three times a week, can help lower blood pressure, reduce cholesterol, and help relieve back, shoulder and neck pain. 6:30-8 p.m. Tue. Oct 6. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**How to Start Your Own Business** Are you interested in learning the basics of "going into business"? 6:30-8:30 p.m. Tue. Oct 6. \$29. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Batch Cooking (Save Time and Money)** Save time and stretch your budget by cooking and freezing family meals for the days ahead. 7-9 p.m. Tue. Oct 6. \$39. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### October 8

**How to Win (Yes, Win) College Scholarships!** With the cost of some four-year college education exceeding \$100,000, scholarships are more attractive than ever. 7-8:30 p.m. Thu. Oct 8. \$29. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### October 10

**Family Safari (children birth-5 years and grand/parents)** Sing, dance and play an instrument in this class designed for families with more than one child. 11-11:45 a.m. Sat. Oct. 10. \$14; \$7 add'l child. Other times available. Apple Valley Community Center, 14601 Hayes Rd. Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**River Valley Project Explore Bowl-A-Thon** Form your team of six and support adults with disabilities programming. Noon to 3 p.m. Sat. Oct 10. \$10 ea. Includes shoes, ball and soda. Call 651-454-8597 or email [barbaraj60@yahoo.com](mailto:barbaraj60@yahoo.com).

**Love in a Lunchbox (Packing an Envious School Lunch)** It's no picnic packing school lunches. 1:30-3 p.m. Sat. Oct 10. \$19 adult-child pair; \$5/add'l child. Kowalski's Market, 1646 Diffley Rd., Eagan, store cafe. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

#### October 12

**Microsoft Excel: Formatting Spreadsheets (Excel 2003)** Transform your spreadsheets to look more professional. 1-3 p.m. Mon. Oct 12. \$39. District Service Center, 14445 Diamond Path, Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Home Alone (parents and children ages 7-11)** Learn telephone rules, safe use of keys, household safety checks, constructive use of time, healthy snacks and home-alone feelings. 7-8:30 p.m. Mon. Oct. 12. \$19 adult-child pair. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 13**

**Marketing and Advertising Your Business** Your product or service is only as valuable as customers see it. 6:30-8:30 p.m. Tue. Oct 13. \$29. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 16**

**Explore the Cosmos (families with children ages 5+)** The magnificence of Jupiter returns to the night sky in fall and becomes more prominent as winter approaches. 7-8:30 p.m. Fri. Oct 16. \$20 family. Longridge Park in Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 17**

**Fall in Harmony-Amish Farms and Wares** Enjoy fall scenery and the southern Minnesota Amish community, Harmony. 7:45 a.m.-7:30 p.m. Sat. Oct 17. \$69. Pick up at Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 19**

**Microsoft Word: Mail Merge (Letters, Labels and More)** Develop skills using Word to manage mailing tasks; form letters, envelopes and labels. 10-12 p.m. Mon. Oct 19. \$39. District Service Center, 14445 Diamond Path, Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Cooking's Not Just For Chefs! (parents and children ages 4-6)** Spice up your day with cooking! 5:45-7:30 p.m. Mon. Oct. 19. \$25 adult-child pair; \$18 add'l child. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 20**

**Legal Aspects and Financial Management** Discover how to finance your idea. 6:30-8:30 p.m. Tue. Oct 20. \$29. Scott Highlands Middle, 14011 Pilot Knob Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Bats and Broomstick Stew Art (ages 2-5)** Create a spooky collage and sculpt model magic ghosts, bats and pumpkins. 9:30-11 a.m. Wed. Oct 21. \$22 child-adult pair; \$19 add'l child. Apple Valley Community Center, 14601 Hayes Rd. Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Adult High School Diploma Orientation** Were you a few credits short of receiving your High School Diploma? Finish now in Mon-Thu morning classes Oct 26-Dec 10. Call

952-431-8316 to attend the orientation, 6-8 p.m. Tue. Oct 20. at Grace ABE Site, 7800 W. County. Rd. 42, Apple Valley. \$20 materials fee and \$25 refundable book deposit.

### **October 21**

**Why Can't I Find a Job? (New Strategies for Job-Seeking Success)** What works and what doesn't in searching for a job in this current job market? 7-9 p.m. Wed. Oct 21. \$19. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 22**

**Get That Job Offer (Interview Strategies That Work)** Gain confidence, sharpen your interviewing skills and nail that next job interview with the help of this interactive workshop. 7-9 p.m. Thu. Oct 22. \$19. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 23**

**Enticing Icing! (parents and children ages 4-6)** Learn simple tricks and be creative making fun cake designs to take home! 9:45-11:30 a.m. Fri. Oct. 23. \$19 adult-child pair; \$16 add'l child. Apple Valley Community Center, 14601 Hayes Rd. Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 26**

**Beginner Little Ninjas (ages 4-5)** Enjoy a family-friendly atmosphere and get a full martial arts experience in a fully equipped studio. 5-6:15 p.m. Mon-Thu. Oct 26-Nov 19. \$56. Northwest Martial Arts, 14537 Dodd Blvd., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Finding It on the Internet** Searching for the "on ramp" for the Information Superhighway? 6:30-8:30 p.m. Mon. Oct 26. \$39. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **October 27**

**Beginner Tae Kwon Do (ages 6+)** Enjoy a family-friendly atmosphere in an actual martial arts studio, fully equipped to give you a full martial arts experience. 6-6:45 p.m. Tue-Fri. and 12-12:45 p.m. Sat. Oct 27-Nov 21. \$56. Northwest Martial Arts, 14537 Dodd Blvd., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Traditional French Cuisine** Experience exquisite French classics. 6-9:30 p.m. Tue. Oct 27. \$39. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**How to Get into College and Pay for It Without Going Broke** College costs are escalating rapidly. Learn about the financial aid process. 6:30-8:30 p.m. Tue. Oct 27. \$15. Falcon Ridge Middle, 12900 Johnny Cake Ridge Rd., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **November 2**

**Email Basics** Learn how to compose, reply, forward, send and receive messages. 6:30-8:30 p.m. Mon. Nov 2. \$39. Rosemount Middle, 3135-143rd St. W., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

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District 196 Community Education provides quality lifelong learning opportunities for more than 60,000 participants of all ages. District 196 serves more than 27,000 students in grades K-12 and includes all or part of Rosemount, Apple Valley, Eagan, Burnsville, Coates, Inver Grove Heights, Lakeville and Empire and Vermillion townships. For more information, visit [www.district196.org/ce](http://www.district196.org/ce).