

FOR IMMEDIATE RELEASE  
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(October 12, 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 15-November 17, 2009**

#### **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 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. Nov 19. \$25; \$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.

**Military Service Women of Valor** Hear true stories about their service career. Sponsored by Apple Valley American Legion Post 1776 and District 196 Community Education. 7 p.m. Mon. Oct 19. Free Admission. Apple Valley American Legion Post 1776, 14521 Granada Dr., Apple Valley.

#### **October 20**

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

**Move Better, Feel Better: The Alexander Technique** Discover how to reduce unnecessary body tension while learning to move your body with greater ease, balance and coordination. 7-8:30 p.m. Tue. Oct 20 & 27. \$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 21

**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.

**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

**Swing and Social Ballroom Dancing: Level 2 (Continuing Students)** Continue to learn to dance with Dean and Deanna Constantine. 8-9:30 p.m. Fri. Oct 23-Nov 13. \$49. Southview Elementary, 1025 Whitney Dr., Apple Valley. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

## October 26

**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

**Developing Your Business Plan** A comprehensive business plan is crucial for business success. 6:30-8:30 p.m. Tue. Oct 27. \$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.

**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.

## November 4

**Learn Basic Math Facts the Easy Way! (parents and children grades 2-5)** Listen carefully and you will learn all the memory tricks that will make adding, subtracting and

multiplying easy. 6:30-8 p.m. Wed & Thu. Nov. 4 & 5. \$39 adult-child pair; \$28 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.

### **November 5**

**Knitting from Start to Finish (All Skill Levels Welcome)** Learn to knit or enhance your skills to create exciting, unique, modern accessories - wacky hats, wild scarves or way-out ponchos. 6:30-8:30 p.m. Thu. Nov 5 & 12. \$29. The Yarn Garage, 2980 145th St. W., Rosemount. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **November 7**

**Free Parenting Conference** Hear keynote speaker, William J. Doherty. Ph.D. Also, choose two breakout workshops from at least 20 specific topics including discipline, communication, health, fitness and academics, to name a few. 8 a.m.-12:30 p.m. Sat. Nov 7. Child care available. Reserve your spot at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Twined Rag Rug Weaving (Go Green)** Build your own loom and discover the fine art of twined rag rug weaving ... a great way to recycle old clothing or extra fabric. 9 a.m.-12:30 p.m. Sat. Nov 7. \$79. Black Hawk Middle, 1540 Deerwood Dr., Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **November 9**

**Pole Aerobics** This challenging, high energy, two-in-one cardio and aerobic workout has proven to burn fat and sculpt your entire body. 5:30-6:30 p.m. Mon. Nov 9-Dec 14. \$69. Bodyblast Studio, 2020 Silver Bell Road #26, Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **November 11**

**Spanish For Travelers: Next Level** Continue learning the language and gain more confidence. 7-9 p.m. Wed. Nov 11-Dec 16. \$59. Dakota Hills Middle, 4183 Braddock Trail, Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **November 12**

**Swing Dancing for All** Learn the most popular dance in the country, Swing. Swing dancing, which originated in the 1940's, incorporates moves that include jazz, country, and rock and roll. 6:30-7:30 p.m. Thu. Nov 12-Dec 17. \$39; \$32/add'l adult. Thomas Lake, 4350 Thomas Lake Rd., Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

**Latin Sampler Dances** Learn a wide array of Latin dances including the Salsa, Cha-Cha, Tango, Rumba and more. 7:30-8:30 p.m. Thu Nov 12-Dec 17. \$39; \$30 add'l adult. Thomas Lake, 4350 Thomas Lake Rd., Eagan. Register online at [www.district196.org/ce](http://www.district196.org/ce) or call 651-423-7920.

### **November 14**

**Twocans/Chimpanthrees (children 18 months-3 years and parents)** Begin to work on songs that require your child to follow simple directions such as fast/slow and start/stop. 10-10:45 a.m. Sat. Nov. 14. \$14 adult-child pair; \$7 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.

### **November 17**

**Pasta! Perfect For all Occasions** Learn how to make basil pesto and discover its' versatility. 6-9:30 p.m. Tue. Nov 17. \$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.

**Spanish for Travelers (Or Just for Fun)** Whether for travel or personal pleasure, learn basic conversational skills of Spanish. 7-9 p.m. Tue. Nov 17-Dec 15. \$59. Dakota Hills Middle, 4183 Braddock Trail, Eagan. 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).