

COMMUNITY EDUCATION

Winter & Spring 2024

CATALOG



Ready for a new challenge?

**Check out our expanding
Elementary & Family Enrichments
on page 21-22!**



~ Supporting Community Education for ALL ~
Community Education has something for everyone!

Adult
Enrichment
Programs

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Adult
Literacy
Programs

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After
School
Activities

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Childhood
Programs

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Project
COMPASS
Programs

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Visit us at:
winonaschools.org/communityed
507-494-0900



Greetings from the Community Education Office!

I'm typing this note at 4 pm while the sky is getting darker by the minute and the days are getting shorter. By the time the Winter and Spring of 2024 catalog comes out, southern Minnesota will be on its way to longer days and a few minutes of additional light each day.

To add some fun and enjoyment to your winter days, I hope you check out the many offerings the Community Education Staff have prepared for you. The front cover of the catalog highlights the expanding Family Enrichment programs WAPS Community Education is adding to our community. The goal is to offer more opportunities for multiple generations to experience and enjoy together. Check out the offerings on pages 21 & 22. Then find your special person and bring them along to an event.

It is the goal of our program to keep treasured programs while expanding into new areas. Popular events like the Early Childhood Family Gym Night schedule on page 26, to the new After School Activities, like Robotics Club on page 19, bring enrichment to all ages.

If community members have ideas or suggestions for other opportunities, Community Education is ready to hear them. I can be reached at 507-494-0901 or ann.riebel@winona.k12.mn.us.

Sincerely,
Ann Riebel
Director of Community Education

Community Education Advisory Council

Emily Cassellius	Lisa Eddy
Heather Grinsteinner	Mark Hecht
Kelly Kronebusch	Ali Mayer
Chrissa Mueller	Alyssa Passehl
Jessica Remington	Kimberly Stehr
Marianne Texley	Michelle Urbick
Mariyah Rumpca-Veronese	Pete Watkins

The advisory council meets on the second Wednesday of each month during the school year.

If you would like to be a part of the CE Advisory Council contact Ann Riebel at (507) 494-0901.

District Superintendent

Brad Berzinski.....507-494-0861

District School Board

Nancy Denzer	Michael Hanratty
Tina Lehnertz	Jim Schul
Stephanie Smith	Karl Sonneman
Pete Watkins	



HOURS & UPCOMING HOLIDAYS:

COMMUNITY EDUCATIONS MAIN OFFICE IS OPEN:

Monday - Thursday: 8 AM - 4 PM

WE WILL BE CLOSED:

January 1, 2, 15, March 4-8,
March 29, & May 27, 2024

Summer Hours begin on June 10, 2024

Accessibility:



Community Education is committed to making its classes accessible to all members of our community.

Please call our office to check specific accessibility needs:
(507) 494-0900.

COMMUNITY EDUCATION DIRECTORY

WAPS DISTRICT OFFICE

903 GILMORE AVENUE, WINONA, MN 55987
(507) 494-0900 • FAX: (507) 494-0807

Main Community Education Office 507-494-0900

Ann Riebel, Director.....507-494-0901

Mary Jo Zukowski, Admin. Assistant507-494-0910

Becky Speltz, Secretary.....507-494-0900

Adult Enrichments Linda Jacobs, Coordinator507-494-0904

Adult Literacy Chris Dahlke, Coordinator507-494-0924

After School Activities (Middle School Gr. 5-8) 507-494-1060

Sue McNally, Coordinator.....507-494-1061

Michelle Boelter, Secretary.....507-494-1060

District Communications

John Casper, Coordinator.....507-494-0902

Community Kids Preschools

Angie Denis, Coordinator.....507-494-0915

Jen Slinkman, Secretary.....507-494-0913

Early Childhood Family Education (ECFE) 507-494-0913

Heather Millard, Coordinator.....507-494-0916

Jen Slinkman, Secretary.....507-494-0913

ECFE Baby Connections

Heather Millard, Coordinator.....507-494-0916

Early Childhood Screening

.....507-494-0913

Angie Denis, Coordinator.....507-494-0915

Elementary/Family Enrichments

Casey Moger, Coordinator.....507-494-0905

Key Kids/Summer Key Kids

..... 507-494-0905

Sue McNally, Coordinator.....507-494-1061

Casey Moger, Secretary.....507-494-0905

Project COMPASS

Linda Jacobs, Coordinator.....507-494-0904

WALC Child Care Center

.....507-494-1488

Becky Speltz, Secretary.....507-494-0900

REGISTRATION INFORMATION

The following information is for all Enrichments, Project COMPASS & After School Activities classes.
For ECCE registration information see pages 28-29.

FOUR EASY WAYS TO REGISTER!

Complete the registration form located on page 4 then:

MAIL/IN PERSON:

(WITH PAYMENT)

Community Education

WAPS District Office

903 Gilmore Avenue, Winona, MN 55987



PHONE: 507-494-0900

Call to register by phone using your credit card.



After School Activities Phone: 507-494-1060

OR

After School Activities (ASA)

at the Winona Middle School

1570 Homer Road, Winona, MN 55987

ASA Phone #: 507-494-1060



ONLINE: (WITH YOUR CREDIT CARD PAYMENT)

Register online for **Enrichments, Project COMPASS & After School Activities (Grades 5-8)** classes 24 hours a day!

Go to www.winonaschools.org/communityed and click on **ONLINE REGISTRATION**.

ARE YOU IN?

YES! If you have sent in your registration with payment, assume you are in unless you hear from us. Simply show up for the class and enjoy.

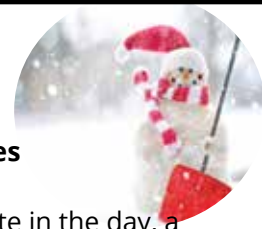
OUR FIRST PRIORITY

As residents and taxpayers, Winona school district residents receive first priority in enrollment. Community Education will not discriminate on the basis of sex, race, religion, color, national origin, economic status, creed, disability, age, sexual orientation, or marital status in any area of our programs.

INCLEMENT WEATHER?

If Winona Area Public Schools are closed due to weather, **Community Education classes are canceled for the day.**

If inclement weather begins late in the day, a **cancellation decision will be made by 2 PM and announced** on the district website: www.winonaschools.org and on the following radio stations: KWNO (1230 AM/99.3FM), KAGE (1380AM/95.3FM), and KHME (101FM).



* APPLICATION FOR REDUCED CLASS FEES *

Adult Enrichments & Project COMPASS

Note: Reduced fee funds are limited and will only be available while funds last.

Only class fees may be reduced. Materials such as supplies or textbooks must be paid in full by student.

Household Size**

Yearly Max Income**

1	\$23,828
2	32,227
3	40,626
4	49,025
5	57,424
6	65,823
7	74,222
8	82,621

If your household yearly income is at or below the dollar amount for your household size, you qualify for fee assistance for Community Education classes if funds are available. Funds are available on a first-come-first-granted basis (up to 3 classes not to exceed \$15/quarter) until available yearly funds are depleted.

****CIRCLE HOUSEHOLD SIZE & YEARLY INCOME****

Household Size includes total number of people living in your home, including yourself, children and any adults age 21 or over.

Yearly Income includes all salaries and wages, social security benefits, unemployment benefits, MFIP, child support, and other miscellaneous income.

I certify that the above information is true and correct and that all the income is reported and correct. I give permission to school officials to verify the information on this application, and I understand that deliberate misrepresentation of the information may subject me to prosecution under applicable state and federal laws.

Signature of Participant or Parent/Guardian

This information is confidential and is used only for administrative purposes. No person will be discriminated against because of race, color, creed, national origin, religion, age, sex, marital status, economic status, disability, sexual orientation, or affiliation.

CLASS REGISTRATION FORM

USE THIS FORM FOR ENRICHMENTS, PROJECT COMPASS AND AFTER SCHOOL ACTIVITIES (GRADES 5-8)
OR GO TO www.winonaschools.org/communityed TO REGISTER ONLINE!

Mail or in person to:

Enrichments & Project COMPASS: District Office - 903 Gilmore Avenue, Winona, MN 55987 • Phone: 507-494-0900

After School Activities: Winona Middle School - 1570 Homer Road, Winona, MN 55987 • Phone: 507-494-1060

NAME (Participant): _____ E-MAIL: _____

ADDRESS: _____ CITY/STATE/ZIP: _____

PHONE: Day _____ Night _____ Age: 0-5 6-18 19-54 55+

Date of Birth: _____ Grade: K-5 6-8 9-12 Grade level (students only): _____

School (students only): _____ SPECIAL NEEDS: _____
(Optional)

ETHNICITY: _____ Asian _____ Native Hawaiian/Pacific Islander _____ White _____ Hispanic
(Optional) _____ Black/African American/African Descent _____ American Indian/Alaska Native

PHOTO RELEASE: By checking "yes" below, you give WAPS Community Education permission to use participant photographs online and/or in publications.

☐ **YES** I give permission to use participant photos ☐ **NO** I do not give permission to use participant photos

Course #	Course Name	Course Fee	*Staff Fee*	Total Fee
<i>Note: There are NO course # for After School Activities</i>			<i>*Project COMPASS Classes Only*</i>	
_____	_____	\$ _____	\$ _____	\$ _____
_____	_____	\$ _____	\$ _____	\$ _____
			SUBTOTAL	\$ _____

UCARE ID # _____

*UCARE discount of \$15 is covered by UCARE Connect and UCARE for Seniors.

Call 494-0900 to verify eligibility and to register with UCARE or reduced fees (see page 3). **LESS UCARE OR REDUCED FEE** \$ _____

By signing below, I give my consent to utilize my UCARE discount for Community Education services.

Signature: _____ Date: _____ **TOTAL** \$ _____

PAYMENT: Check# _____ Cash _____ Reduced _____ Online _____ Credit Card _____

(Checks payable to Community Education unless designated otherwise in course description)

Name on Credit Card _____ Credit Card # _____ Expiration Date _____

***** REFUND POLICY: ***** If you need to cancel, please notify us at least 24 hours before the class/activity begins. We will refund the class fee minus a \$5 processing fee. Full refunds will be issued for classes that are canceled or full. **REFUNDS WILL NOT BE GIVEN AFTER THE CLASS HAS STARTED.** Classes with supplies and cooking class cancellations must be received 7 days prior to the first day of class. Refunds for classes or programs that are sponsored by Community Education and other organizations may have additional cancellation fees. For trip refunds, see individual trip deadlines.

PARENT PERMISSION FORM

After School Activities Program Only - Grades 5-8

Note: This permission form only needs to be completed ONCE a year.

If you have already signed this form for the 2023-2024 school year, you do NOT need to complete.

STUDENT NAME: _____

In the event of an emergency and school personnel is unable to contact a parent/guardian, I hereby authorize Winona Area Public Schools to request medical care, and if recommended by a medical doctor, hospital care.

☐ GIVE PERMISSION ☐ DO NOT GIVE PERMISSION

Signature of Parent/Guardian for PARENT PERMISSION

Date

ADULT ENRICHMENTS

Enrichment classes are designed for those aged 18+ unless otherwise specified in the description.

Full descriptions can be found online at: www.winonaschools.org/communityed

ARTS & MUSIC

Island City Clayspace Workshops are for both beginners and experienced adults and teens 14+. Fired projects are food safe and can go in the dishwasher, microwave and oven. Clay, use of tools, underglazes for details, bisque firing, glaze, and glaze firing all included. Workshops include detailed demos, and participants practice clay-working skills, express their individual aesthetic, and have fun!

CLAY: PAIR OF GOBLETS OR CHALICE

Anne Scott Plummer

We'll use pinching and slab-building methods to create a functional goblet or chalice (larger goblet with handles). You can decorate the surface with texture or colored underglazes. ***There is a \$15 Material fee paid directly to the instructor at time of class. Fired project pick-up April 1 - 3-5:30pm.***

E817-1 Date: 3/16/24 (Sa) Time: 1pm-4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

CLAY: PLANTER AND DRAINAGE TRAY

Anne Scott Plummer

Get ready for spring planting by creating a red earthenware planter and drainage tray! Make your planter unique with relief, surface-texture designs. ***There is a \$15 Material fee paid directly to the instructor at time of class. Fired project pick-up April 8 - 3-5:30pm.***

AE715-1 Date: 3/23/24 (Sa) Time: 1pm-4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

CLAY: SITTING CAT SCULPTURE

Anne Scott Plummer

Slab and coil-build a realistically-posed, sitting cat sculpture, create fur with texture, or colored underglazes and have fun with the facial expression. You can leave the top of the back open to create a vase, or complete it as a hollow, enclosed sculpture. ***There is a \$15 Materials fee paid directly to the instructor at the time of class. Fired project pick-up Apr 29 - 3-5:30pm.***

AE1003-1 Date: 4/13/24 (Sa) Time: 1pm-4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

CLAY: BIRD-SHAPED SERVING VESSEL

Anne Scott Plummer

Create a functional bird-shaped vessel for serving special treats! You can decorate the surface with texture. ***There is a \$15 Materials fee paid directly to the instructor at the time of workshop. Fired project pick-up May 20 - 3-5:30pm.***

AE1004-1 Date: 5/4/24 (Sa) Time: 1pm-4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

CLAY: TEXTURED BOWLS

Anne Scott Plummer

Explore texture in clay and make three functional bowls! You'll drape textured stoneware slabs into slump molds and over hump molds. Some bowls will have feet and others will be flat-bottomed. ***There is a \$15 Material fee paid directly to the instructor at time of class. Fired project pick-up Jun 3 - 3-5:30pm.***

AE718-1 Date: 5/18/24 (Sa) Time: 1pm-4pm
Location: Island City Clayspace-275 E. 3rd St. Fee: \$29

CLAY: KITCHEN UTENSIL JAR

Anne Scott Plummer

Let's create a utensil jar while enjoying being outside at Lake Park! Soak in the benefits of the outdoors while slab-building a jar for your cooking utensils and decorating the surface with texture. Workshop held rain or shine - dress for the weather. In the event of severe weather, you will be emailed of cancellation and refunded. ***There is a \$15 Materials fee paid directly to the instructor at time of class. Fired project pick-up June 17 - 3-5:30pm at Island City Clayspace, 275 E. Third St.***

AE1005-1 Date: 6/1/24 (Sa) Time: 1pm-4pm
Location: Pavilion on Parks Ave-behind WH Fee: \$29

BOHO DIY MACRAME COASTERS

Linda Grupa

Learn basic macrame knots and make a set of colorful macrame coasters. No previous macrame experience required. ***There is an additional \$15 materials fee paid directly to the instructor at the time of class.***

AE1021-1 Date: 2/17/24 (Sa) Time: 10 am-12 pm
Location: Winona Senior High-Room 158 Fee: \$15

BOHO MACRAME OWL WALL DECOR

Linda Grupa

Learn how to do macrame knots and construct your own Owl-on-a-branch wall decor. ***There is an additional \$25 materials fee paid directly to the instructor at the time of class.***

AE1022-1 Date: 3/16/24 (Sa) Time: 9:30am-1pm
Location: Winona Senior High-Room 158 Fee: \$15

INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

Craig Coffman

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do using chords. Class includes an online book, follow up video and recording of the class.

AE310-1 Date: 1/29/24 (M) Time: 6:30pm - 9:30pm
Location: Online/Zoom Fee: \$69

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Craig Coffman

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs. ***For ages 13+.***

AE302-1 Date: 1/30/24 (Tu) Time: 6:30pm-9pm
Location: Online/Zoom Fee: \$69

HOW TO PLAY PIANO BY EAR

Craig Coffman

Learn one of music's deepest mysteries: how to play songs without relying on music. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Prior experience with chords recommended. ***Fee includes the online book, online follow-up lessons and a recording of the class.***

E290-1 Date: 3/2/24 (Sa) Time: 1pm-3:30pm
E290-2 Date: 5/11/24 (Sa) Time: 1pm-3:30pm
Location: Online/Zoom Fee: \$69

ADULT ENRICHMENTS

MAKE A CHUNKY THROW PILLOW BY HAND!

Ambriel Jacobs

Learn how to make a soft chunky pillow with your hands! You will leave class with your created throw pillow. **Material fee of \$20 paid directly to the instructor at the time of class.**

Email: linda.jacobs@winona.k12.mn.us with your preferred choice of yarn color.

AE1020-1 Date: 2/10/24 (Sa) Time: 10am-12pm

Location: Winona Senior High-Learning Commons Fee: \$20



PAINTING: CHICKADEE ON A 5x7 CANVAS

Barb Halvorson

We will start this painting session off with a cute darling little 5x7 gallery wrap canvas with a chickadee and a unique bird. **There is an additional \$10 material fee paid to the instructor at class.**

AE1040-1 Date: 2/6/24 (Tu) Time: 6pm-9pm

Location: Halvorson Art Studio-315 E 4th St. Fee: \$25

PAINTING: COLORFUL ROOSTER

Barb Halvorson

We are going to paint a very colorful rooster with a rather abstract background. **There is an additional \$15 materials fee paid to the instructor at the time of class.**

AE1046-1 Date: 3/5/24 (Tu) Time: 6pm-9pm

Location: Halvorson Art Studio-315 E 4th St. Fee: \$25

PAINTING: SPRING HAS SPRUNG

Barb Halvorson

Spring has Sprung! We are going to paint a bluebird and flowers on a wood plaque. **There is an additional \$15 materials fee paid to the instructor at the time of class.**

AE1041-1 Date: 3/12/24 (Tu) Time: 6pm-9pm

Location: Halvorson Art Studio-315 E 4th St. Fee: \$25

PAINTING: LIGHTHOUSE

Barb Halvorson

We will be painting a Lighthouse in this two day class. **There is an additional \$15 materials fee paid to the instructor at the time of class.**

AE1042-1 Date: 4/9 & 4/16/24 (2Tu) Time: 6pm - 9pm

Location: Halvorson Art Studio-315 E 4th St. Fee: \$50

PAINTING: BROWN BEAR

Barb Halvorson

We are painting a brown bear by request. This painting will be loaded with detail. Please note: This is a two day class. **There is a materials fee of \$15 paid to the instructor at the time of class.**

AE1044-1 Date: 5/7 & 5/14/24 (2Tu) Time: 6pm-9pm

Location: Halvorson Art Studio-315 E 4th St. Fee: \$50

PAINTING: A TIGER

Barb Halvorson

We are painting a tiger, first week we will base-coat stripes in acrylic, next week we will finish the painting. **There is an additional materials fee of \$15 paid to the instructor at the time of class.**

AE1045-1 Date: 6/11 & 6/18/24 (2Tu) Time: 6pm-9pm

Location: Halvorson Art Studio-315 E 4th St. Fee: \$50

CARRY PERMITS

MINNESOTA AND FLORIDA CARRY PERMIT TRAINING

Marc Siem

Completion of this course fulfills the training requirement for a Minnesota and Florida Permit to Carry a Handgun. A one day course of state certified classroom and live range fire. Student should provide eye & ear protection, unloaded and cased handgun and 50 rounds of factory ammunition. .22 rimfire is acceptable. **NO SINGLE ACTION REVOLVERS. DO NOT BRING FIREARMS OR AMMUNITION INTO THE CLASSROOM.**

AE22-1 Date: 2/3/24 (Sa) AE22-2 Date: 3/2/24 (Sa)

AE22-3 Date: 4/6/24 (Sa) AE22-4 Date: 5/4/24 (Sa)

Time: 8am-4pm

Location: Winona Senior High-Ag Building Fee: \$80

PERMIT TO CARRY A HANDGUN MINNESOTA & FLORIDA

Fred Petersen

Completion of this course fulfills the training requirements for a Minnesota Permit to Carry a Handgun, valid in 27 states and Florida which adds an additional 7 states. This is a basic course for men and women with little or no experience with firearms, as well as experienced shooters. The live fire shooting exercise includes one-on-one coaching. Handguns and ammunition are provided. **You may wish to pack a lunch. Arrangements for refresher classes for renewing permit holders and private classes available. Information, support and FFL services available.**

Questions? Contact Fred at (507) 450-4455 or alphafox333@outlook.com or visit us on Facebook.

AE121-1-1 Date: 1/21/24 (Su) AE121-1-2 Date: 1/27/24 (Sa)

AE121-1-3 Date: 2/11/24 (Su) AE121-1-4 Date: 2/17/24 (Sa)

AE121-1-5 Date: 3/10/24 (Su) AE121-1-6 Date: 3/16/24 (Sa)

AE121-1-7 Date: 4/21/24 (Su) AE121-1-8 Date: 4/27/24 (Sa)

AE121-1-9 Date: 5/5/24 (Su) AE121-1-10 Date: 5/18/24 (Sa)

AE121-1-11 Date: 6/9/24 (Su) AE121-1-12 Date: 6/15/24 (Sa)

AE121-1-13 Date: 7/14/24 (Su) AE121-1-14 Date: 7/20/24 (Sa)

AE121-1-15 Date: 8/18/24 (Su) AE121-1-16 Date: 8/24/24 (Sa)

Time: 10am-4pm Fee: \$80

Location: Winona Sportsman's Club-22933 Gun Club Rd.

DRIVING



MHSC SR DRIVER IMPROVEMENT

Deanne Von Wald MN Highway Safety Center

Class will explore changes in laws, the latest vehicles technology and provide you with easy-to-use defensive driving tips. **The classroom sessions are the initial eight hour and four hour refresher format. Completion of this course allows for a 10% reduction on automobile insurance premiums for those age 55 and over.**

MHSC SR. DRIVER IMPROVEMENT (8 HOUR)

AE57-2-1 Date: 3/11/24 & 3/12/24 (M&Tu)

Time: 5:30pm-9:30pm

Location: Winona Middle School-Room 100-1 Fee: \$28

MHSC SR. DRIVER IMPROVEMENT (4 HOUR)

AE57-1 Date: 3/18/24 (M) Time: 5:30pm-9:30pm

AE57-2 Date: 5/15/24 (W) Time: 5:30pm-9:30pm

AE57-3 Date: 6/10/24 (M) Time: 9am-1pm

Location: Winona Middle School-Room 100-1 Fee: \$24

ADULT ENRICHMENTS

FINANCIAL/BUSINESS

4 SUCCESSFUL STRATEGIES TO PROTECT THE HOUSE, FARM, CABIN & MORE – BEFORE & AFTER YOUR DEATH

Steve Ledin

Our family has a cabin, homestead, hunting land, farm or second home, how do we protect this family legacy and move its use and enjoyment into the future? We will provide real-life solutions and explore four paths to resolution that will solve our problems without driving the family apart or sacrificing the family legacy asset.

AE912-1 Date: 5/18/24 (Sa) Time: 11:30am-1:30pm
Location: Winona Senior High-Room 204 Fee: \$10

5 COMMON MISTAKES THAT CAN RUIN YOUR RETIREMENT

Steve Ledin

With our presenters' 50+ years of experience with MN planning for, and reaching their retirement years, we have learned that whether you are in your 40s, 50s, or 60s there are several milestones and overlooked life areas where mistakes can happen. Let's identify those issues and review real-life examples & opportunities to get questions answered.

AE1008-1 Date: 4/24/24 (W) Time: 6:30pm-8pm
Location: Online/Zoom Fee: \$10

ESTATE PLANNING AND WEALTH TRANSFER

Teri McNally

Learn about what a person needs to consider when planning for the inevitable, including things a person may not think of. Also, we will talk about tax efficient strategies when it comes to wealth transfer to beneficiaries.

AE1006-1 Date: 6/1/24 (Sa) Time: 10am-11am
Location: Winona Senior High-Room 204 Fee: \$10

FREE QUESTIONS & ANSWERS WITH A MN WILL & TRUST PLANNING ATTORNEY

Steve Ledin

This is a relaxed and friendly open-forum seminar for participants with a seasoned Will & Trust Attorney. Join us online or in person to get all of your questions answered!

AE913-1 Date: 1/11/24 (Th) Time: 6:30pm-8pm
Location: Zoom/Online Fee: \$10

AE913-2 Date: 6/1/24 (Sa) Time: 11:30am-1:30pm
Location: Winona Senior High-Room 204 Fee: \$10

GETTING STARTED WITH MEDICARE

Jacob Thompson

Enrolling in Medicare can feel like opening a puzzle that's all sky. It's hard to know where to start. But, much like with puzzles, a little help goes a long way. Join this event to learn:
* Your current Medicare coverage options * The benefits and costs of each plan * Key points to consider with each plan.

AE676-1 Date: 3/6/24 (W) Time: 6pm-7pm
Location: Online/Zoom Fee: \$10

LET'S PROBATE AN ACTUAL MN ESTATE

Steve Ledin

In this class we will walk-thru (in depth) an actual MN Probate Estate from the filing of the Application for Probate to the Final Accounts...and all the steps in between.

E833-1 Date: 2/7/24 (W) Time: 6:30pm-8pm
Location: Online/Zoom Fee: \$10

SO YOU ARE THE TRUSTEE, EXECUTOR, ATTORNEY-IN-FACT, HEALTHCARE AGENT OR GUARDIAN...NOW WHAT?

Steve Ledin

Learn the roles, responsibilities, and liabilities of a person who is appointed as the Executor, Trustee, Power of Attorney, Healthcare Agent and Guardian in Minnesota.

E834-1 Date: 3/27/24 (W) Time: 6:30pm-8pm
Location: Online/Zoom Fee: \$10

SOCIAL SECURITY: TIMING IS EVERYTHING

Jacob Thompson

Social Security is a vital income source for many retirees. But it can be a confusing topic, and making the most of it can have a lot to do with timing it right. This workshop can help attendees get answers to their questions.

AE677-1 Date: 3/13/24 (W) Time: 6pm-7pm
Location: Online/Zoom Fee: \$10

WHAT I NEED TO KNOW TO PLAN FOR RETIREMENT

Teri McNally

What are all the pieces I need to know to make sure I can retire comfortably? Learn what goes into creating a retirement plan, including income sources and tax efficiency strategies.

AE951-1 Date: 4/13/24 (Sa) Time: 10am-11am
Location: Winona Senior High-Room 204 Fee: \$10

WILL YOUR TAXES AFFECT YOUR RETIREMENT?

Jacob Thompson

It's critical to have a solid understanding of the tax status of investments to make informed decisions. Learn: * How future tax changes may create the potential for higher taxes. * Ways to create tax-free retirement income. * How Social Security is taxed. * How to work efficiently within current tax brackets.

E870-1 Date: 3/20/24 (W) Time: 6pm-7pm
Location: Online/Zoom Fee: \$10

WOMEN, WEALTH AND WISDOM

Teri McNally

Women tend to be center of their families, are busy making sure everything is taken care of and forget to take care of themselves and planning for their future. Learn the basics of what you should know about personal finances, planning for your own retirement, and those things we put off for later.

AE1007-1 Date: 5/18/24 (Sa) Time: 10am-11am
Location: Winona Senior High-Room 204 Fee: \$10

GROW YOUR BUSINESS WITH INSTAGRAM

Nickie Welsh, Social Club Simple

What can you do on Instagram that can result in huge growth for your customer base and sales? We've got the answers you need in this fun beginner level class.

AE923-1 Date: 5/9/24 (Th) Time: 12pm-1pm
Location: Online/Zoom (also recorded) Fee: \$22

SOCIAL MEDIA FOR BUSINESS

Nickie Welsh, Social Club Simple

In this class, you'll learn how to craft a simple but effective social media marketing strategy, listen directly to customers and implement tips to grow your business all while staying organized without technology overwhelm.

AE924-1 Date: 5/7/24 (Tu) Time: 12pm-1pm
Location: Online/Zoom (also recorded) Fee: \$22

ADULT ENRICHMENTS

FITNESS & WELLNESS

AQUA ZUMBA

Sheena Gifford

Aqua Zumba moves the party to the pool in this invigorating workout. Integrating the Zumba formula with aqua fitness this class blends it all together into a safe, challenging, water-based workout that's cardio conditioning, body toning, easy to follow, and fun!

AE01-1 Date: 1/29/24 - 2/26/24 (5M) Time: 5:45pm-6:30pm
Location: Winona Middle School-Pool Fee: \$35

BALANCE & FLEXIBILITY

Linda Michalowski

Do you know that as we age our balance and flexibility decreases? Do you know that balance and flexibility is directly related to our ability to perform movement? If you are interested in staying active in a low-impact, low-intensity format, this class is for you! The focus will be on standing balance and standing or sitting flexibility movements.

AE1015-1 Date: 2/8/24 - 2/29/24 (4TH) Fee: \$43
AE1015-2 Date: 3/7/24 - 3/28/24 (4TH) Fee: \$43
AE1015-3 Date: 4/4/24 - 4/25/24 (4TH) Fee: \$43
AE1015-4 Date: 5/2/24 - 5/23/24 (4TH) Fee: \$43
Time: 6:15pm-6:45pm
Location: Winona Middle School-Fitness Center

BEGINNING TAI CHI & CHI GONG

Bahieh Wilkinson

Tai Chi & Chi Gong is an ancient Chinese exercise used to harmonize the mind, body, and spirit. Good health depends on a free flow of energy to help produce balance.

AE11-1 Date: 1/25/24 - 2/29/24 (6Th) Fee: \$36
AE11-2 Date: 3/14/24 - 4/18/24 (6Th) Fee: \$36
AE11-3 Date: 4/25/24 - 5/30/24 (6Th) Fee: \$36
Time: 5:30pm-6:30pm
Location: Jefferson Elementary-Gym

BALLROOM DANCE - LEVEL 1

Stan Breitlow, Molly Breitlow

Learn the basics of the Ballroom while dancing to popular music and the standards! You will learn Foxtrot, Rumba, Tango, Swing, Cha Cha and Waltz. Wear soft-soled shoes that are easy to spin in. **Dance Partner is required for participation-register both participants separately. \$80 per person. Note: No class 2/19 or 3/4 or 4/1.**

AE967-1 Date: 1/22/24 - 3/11/24 (6M) Time: 6pm-7pm
AE967-2 Date: 3/18/24 - 4/29/24 (6M) Time: 6pm-7pm
Location: Winona Athletic Club-Upstairs Fee: \$80

BALLROOM DANCE - LEVEL 2

Stan Breitlow, Molly Breitlow

Continue your Ballroom Dancing journey with us! This class WILL NOT BE AN ADVANCED CLASS. This class is intended to be a mid-level offering for those who have mastered Level 1 and are ready for new footwork, figures, and techniques, with an increased emphasis on lead/follow, style, and form. We will focus on West Coast Swing and Cha Cha during this session (3 weeks per style). Wear soft-soled shoes that are easy to spin in (Sneakers discouraged).

Dance Partner is required for participation-register both participants separately. Note: No class 2/19 or 3/4.

AE968-1 Date: 1/22/24 - 3/11/24 (6M) Time: 7:15pm-8:15pm
AE968-2 Date: 3/18/24 - 4/29/24 (6M) Time: 7:15pm-8:15pm
Location: Winona Athletic Club-Upstairs Fee: \$80

CERTIFIED PERSONAL TRAINING 1:1

Linda Michalowski

Please contact the instructor for information regarding pricing and scheduling options. phitnesslift@gmail.com.

AE1001-1 Date/Time: TBD

Location: Winona Middle School-Fitness Center Fee: TBD

CIRCUIT TRAINING

Linda Michalowski

Circuit Training is a moderate to high-intensity, low-impact class. We will perform both aerobic and resistance training circuits to burn fat and build lean muscle. **This class is not recommended for those with cardiac or pulmonary health barriers.**

AE1014-1 Date: 1/30/24 - 2/22/24 (7Tu,Th) Fee: \$53
AE1014-2 Date: 3/5/24 - 3/26/24 (7Tu,Th) Fee: \$53
AE1014-3 Date: 4/4/24 - 4/25/24 (7Tu,Th) Fee: \$53
AE1014-4 Date: 5/2/24 - 5/23/24 (7Tu,Th) Fee: \$53
Time: 7pm - 7:35pm
Location: Winona Middle School-Fitness Center

CORE TRAINING

Linda Michalowski

Core Training is a 4-week moderate-intensity, low-impact class that focuses on core strength movements. This class is recommended for those who can easily perform floor exercises. We will combine and explore both sitting and standing core movements.

AE1017-1 Date: 1/30/24 - 2/20/24 (4Tu) Fee: \$33
AE1017-2 Date: 3/5/24 - 3/26/24 (4Tu) Fee: \$33
AE1017-3 Date: 4/2/24 - 4/23/24 (4Tu) Fee: \$33
AE1017-4 Date: 5/7/24 - 5/28/24 (4Tu) Fee: \$33
Time: 6:30pm-6:50pm
Location: Winona Middle School-Fitness Center

COVID VACCINE BREAKDOWN

Patti Bartsch

Why do some people experience problems after COVID vaccines and what can they do about it.

AE1030-1 Date: 1/30/24 (Tu) Time: 6pm-7:30pm
Location: Winona Senior High-Room 204 Fee: \$20

DIY SKIN CARE WITH ESSENTIAL OILS

Linda Grupa

Make safe skincare products free of harmful chemicals, each infused with quality essential oils and a few basic ingredients. Each participant will make a skin cleanser, mud mask and skin toner. **There is an additional \$25 materials fee paid directly to the instructor at the time of class.**

AE1024-1 Date: 4/20/24 (Sa) Time: 10am-12:30pm
Location: Winona Senior High-Room 158 Fee: \$15

EXHAUSTED NO MORE! WHY YOU CAN'T SLEEP AND WHAT YOU CAN DO ABOUT IT

Carol Ebert

Can't concentrate? Have a short attention span, angry, forgetful, anxious, less motivated, and have difficulty making decisions? Research shows that sleep loss can shut down the part of your brain that controls your emotions. This session will provide self-care strategies for rest, relaxation, emotional balance and a good night's sleep.

AE1031-1 Date: 1/24/24 (W) Time: 6pm-7pm
Location: Online/Zoom Fee: \$20

ADULT ENRICHMENTS

HiiT (HIGH INTENSITY INTERVAL TRAINING)

Linda Michalowski

HiiT is a high intensity, low to moderate impact class utilizing the original HiiT programming. We will focus on timed, aerobic training proven to burn fat and build lean muscle. This class is not recommended for those who have physical cardiac, pulmonary, or severe joint barriers.

AE1013-1 Date: 2/3/24 - 2/24/24 (4Sa) Fee: \$43

AE1013-2 Date: 3/9/24 - 3/30/24 (4Sa) Fee: \$43

AE1013-3 Date: 4/6/24 - 4/27/24 (4Sa) Fee: \$43

AE1013-4 Date: 5/4/24 - 5/25/24 (4Sa) Fee: \$43

Time: 9am-9:30am

Location: Winona Middle School-Fitness Center

MAIKIDO (SELF DEFENSE MARTIAL ART)

Aaron Johnson

Maikido students learn both striking and grappling techniques while standing and on the ground. We help you advance from beginning white through advanced black belt in an encouraging environment. All fitness and experience levels are welcome to join. **YOU CAN JOIN THIS CLASS AT ANY TIME. No class Feb. 26, March 4-7, or May 26.**

AE59-1 Date: 1/15/24 - 2/29/24 (14M,Th) Fee: \$42

AE59-2 Date: 3/11/24 - 4/25/24 (14M,Th) Fee: \$42

AE59-3 Date: 4/29/24 - 5/30/24 (9M,Th) Fee: \$27

Time: 6:30pm-8pm

Location: Jefferson Elementary School-Downstairs

PILATES FOR EVERYONE (TUESDAYS)

Mary Lee Eischen

Pilates for Everyone uses intentional breathing to make the movement mindful and effective to strengthen and lengthen muscles in the back, abdomen, arms, legs, and neck. This practice is very beneficial to those suffering from back pain. Bring a mat and water bottle. Wear clothing easy to move in.

No class Feb. 6 or April 9.

AE671-1 Date: 1/23/24 - 2/20/24 (4Tu) Fee: \$45

AE671-2 Date: 4/2/24 - 4/30/24 (4Tu) Fee: \$45

Time: 5:30pm-6:15pm

Location: Washington-Kosciusko Elementary School - Gym

WHAT'S THE RUSH?

Carol Ebert

Overwhelmed? Doing too much? In a daily battle to keep up? Surviving rather than thriving? Sounds like "Rushing Woman's Syndrome" and it's probably affecting your health. Find out your signs and how you can calm down, slow down, and manage your stress level using techniques that work.

AE1028-1 Date: 3/20/24 (W) Time: 6pm-7pm

Location: Online/Zoom Fee: \$20

YOUR THIRD ACT ROADMAP

Carol Ebert

Is your career winding down and you are wondering what's next? You are now in your THIRD ACT and there is so much more to do and share and give. Explore what your life could be like and how to achieve those dreams.

AE1027-1 Date: 2/21/24 (W) Time: 6pm-7pm

Location: Online/Zoom Fee: \$20

RESISTANCE TRAINING 101

Linda Michalowski

Resistance Training 101 is a moderate to high-intensity, low impact, 4-week class focusing on learning correct form to perform foundational dynamic strength movements with hand weights for beginners.

AE1012-1 Date: 2/8/24 - 2/29/24 (4Th) Fee: \$43

AE1012-2 Date: 3/7/24 - 3/28/24 (4Th) Fee: \$43

AE1012-3 Date: 4/4/24 - 4/25/24 (4Th) Fee: \$43

AE1012-4 Date: 5/2/24 - 5/23/24 (4Th) Fee: \$43

Time: 5:30pm-6pm

Location: Winona Middle School-Fitness Center

RESISTANCE TRAINING BASICS - SATURDAYS

Linda Michalowski

Resistance Training Basics is a moderate to high intensity, low-impact, 4-week class focusing on learning basic form for foundational, dynamic strength movements using hand weights. ***Prerequisite: Resistance Training 101***

AE972-1 Date: 2/3/24 - 2/24/24 (4Sa) Fee: \$43

AE972-2 Date: 3/9/24 - 3/30/24 (4Sa) Fee: \$43

AE972-3 Date: 4/6/24 - 4/27/24 (4Sa) Fee: \$43

AE972-4 Date: 5/4/24 - 5/25/24 (4Sa) Fee: \$43

Time: 9:45am-10:20am

Location: Winona Middle School-Fitness Center

RESISTANCE TRAINING II - SATURDAY

Linda Michalowski

Prerequisite: Resistance Training Basics. Resistance Training II is a moderate to high intensity, low-impact, 4-week class focusing on perfecting the dynamic/strength movements covered in the previous class.

AE1016-1 Date: 2/3/24 - 2/24/24 Fee: \$43

AE1016-2 Date: 3/9/24 - 3/30/24 Fee: \$43

AE1016-3 Date: 4/6/24 - 4/27/24 Fee: \$43

AE1016-4 Date: 5/4/24 - 5/25/24 Fee: \$43

Time: 10:30am-11:15am

Location: Winona Middle School-Fitness Center

SPRING INTO WALKING - VIRTUAL WALKING CHALLENGE!

Kasi Michaels

Let's get BACK ON TRACK this Spring! Join us for our Spring Virtual Walking Challenge! You will be emailed a tracking sheet. There will be posts and prizes in our accountability Facebook Group to keep us motivated. At the end of the challenge, you will be mailed a "Metal"! **Need more info?**

Contact: Kasi at borntomovewithkasi@gmail.com

AE965-1 Date: 4/1/24 - 4/30/24 Time: Self-paced

Location: Online/Zoom Fee: \$12

WATER AEROBICS WITH KASI

Kasi Michaels

Ever had a workout where resistance totally surrounded your body? Water creates natural resistance, which means every step is more challenging and helps tone your muscles. With the combination of music, water noodles, water dumbbells, and pure cardio, you will get an amazing workout! **Bring water dumbbells and or water noodle if possible.**

AE615-1 Date: 1/11/24 - 2/15/24 (6Th) Fee: \$36

AE615-2 Date: 2/22/24 - 4/9/24 (7Th) Fee: \$42

AE615-3 Date: 4/18/24 - 5/30/24 (7Th) Fee: \$42

Time: 6pm-7pm

Location: Winona Middle School-Pool

Full descriptions can be found online at:
www.winonaschools.org/communityed

ADULT ENRICHMENTS

OUTDOOR YOGA WITH ELLE

Elle Newman

Elle combines her Vinyasa and Forrest Yoga training to bring you a unique class filled with an emphasis on support, core development, and breath. Please bring: Yoga mat, blanket, or large towel to practice on. Yoga blocks or additional blanket/towel you can roll up. **On-site donations will be accepted for Our Voices, an organization which supports BIPOC students.**
101-1 Date: 7/9/24 - 8/27/24 (8Tu) Time: 8:15am-9:15am
Location: Winona Senior High-outdoor space Fee: \$10



REDUCING PLASTIC IN YOUR EVERYDAY LIFE

Nora Woodworth, Happy Dancing Turtle

Learn why plastics are such a problem for our health and the environment, and what we can do to reduce our plastic use! We'll leave plenty of time for questions, discussion and local resource solutions.

AE375-1 Date: 2/28/24 (W) Time: 5pm-6:30pm
Location: Online/Zoom Fee: \$10

SECRETS TO A GREEN HOME

Delaney Dahl, Happy Dancing Turtle

Discover the benefits of having plants in your home and gain the knowledge and confidence to help your green friends thrive!

AE1036-1 Date: 3/14/24 (Th) Time: 6pm-7pm
Location: Winona Senior High-Room 204 Fee: \$10

SPRING EPHEMERAL (WOODLAND FLOWERS) WALK

Nora Woodworth, Happy Dancing Turtle

Join Nora from Happy Dancing Turtle on a guided spring nature walk to learn about some of our local spring ephemerals - the early woodland wildflowers!

AE1035-1 Date: 5/9/24 (Th) Time: 4:30pm-5:30pm
Location: Holzinger Lodge Fee: \$10

CITIZEN SCIENCE: OPPORTUNITIES TO MAKE TIME IN NATURE "COUNT"

Nora Woodworth, Happy Dancing Turtle

What is citizen science and how do you get involved? Learn how your time out in nature, your yard, garden, etc. can help scientist from around the world! We'll discuss projects to get involved in and tools you can use to find the perfect project for you, your family, or your class.

AE1034-1 Date: 4/24/24 (W) Time: 5pm-6pm
Location: Online/Zoom Fee: \$10

HOME & PERSONAL GROWTH

CALIFORNIA SUSHI ROLL EXTRAVAGANZA

Tess Georgakopoulos

Join Tess as she walks you through how to make a variety of the most marvelous California rolls that will make you wonder why you haven't tried to make your own before. California "sushi" roll combinations are only limited by your imagination!

AE1032-1 Date: 5/11/24 (Sa) Time: 4pm-6pm
Location: Online/Zoom Fee: \$35

RUSTIC ITALIAN BREAD & LUSCIOUS SOUPS!

Tess Georgakopoulos

Velvetty Beer Cheese Soup, Luscious Loaded Potato Soup, & Rustic Italian Bread Bowls or Rolls (Instant Pot or Stove Top). Have some fun participating in this virtual COOK-ALONG class, expand your family's soup rotation and your culinary repertoire as you learn to create two wonderful soups in addition to homemade Italian Bread Bowls or Rolls!

AE1038-1 Date: 1/19/24 (F) Time: 6pm-8:30pm
Location: Online/Zoom Fee: \$39

SPRING ROLL SYMPHONY! CRAFTING CRISPY & FRESH SPRING ROLLS

Tess Georgakopoulos

Join Tess as she walks you through the process of creating two types of spring rolls bursting with a SYMPHONY of flavors bold and bright enough to wake up any and all taste buds. Participants will receive a list of ingredients in advance of the class with enough time for shopping and prep.

AE1033-1 Date: 5/18/24 (Sa) Time: 4pm - 6:30pm
Location: Online/Zoom Fee: \$39

INTRODUCTION TO ONLINE GENEALOGY

Jennifer Shaffer, The Formidable Genealogist

There has never been a better time to start discovering your family's history. Gone are the days of only traveling to courthouse basements and archives. You can now research easily from your own home. Join me as I teach you how to get started, reviews of subscription websites, which tools to use, which types of records you'll find, plus how to be an effective and accurate researcher.

AE995-1 Date: 2/20/24 (Tu) Time: 6:30pm-7pm
Location: Online/Zoom Fee: \$29

LEVEL UP YOUR GENEALOGY 1 - INTERMEDIATE CLASS

Jennifer Shaffer, The Formidable Genealogist

MyHeritage and Ancestry are some of the biggest research sites, but what do you do when they don't have the information that you're looking for? This course covers how to use the Family Search Catalog, working with autosomal DNA for known and unknown family lines and other repositories to use beyond the large genealogy platforms.

AE996-1 Date: 3/25/24 (M) Time: 6:30pm-7:30pm
Location: Online/Zoom Fee: \$29

GENEALOGY METHODS: RESEARCH SKILLS THROUGH CASE STUDIES

Jennifer Shaffer, The Formidable Genealogist

It can take years to learn how to research effectively. Watch as I go through the steps that I use as a professional genealogist to solve common research problems. These case studies will show you techniques that you can apply to your own research.

AE1011-1 Date: 5/2/24 (Th) Time: 6:30pm-7:30pm
Location: Online/Zoom Fee: \$29



ADULT ENRICHMENTS



CREATE SOCIAL MEDIA CONTENT WITHOUT PANICKING

Nickie Welsh, Social Club Simple

Do you have a business, product or service, but panic at the thought of putting yourself on social media? In this beginner class, you'll learn helpful tips and strategies to create social media content with ease.

AE1025-1 Date: 6/11/24 (Tu) Time: 12pm-1pm
Location: Online/Zoom (*also recorded*) Fee: \$22

GOOGLE SHEETS FOR AWESOME BEGINNERS

Nickie Welsh, Social Club Simple

Expand your skills with Google Sheets and use this training for a lifetime! You will learn to enter, organize, refine, analyze, and visualize your data using Google Sheets.

AE956-1 Date: 2/13/24 (Tu) Time: 12pm-1pm
Location: Online/Zoom (*also recorded*) Fee: \$22

HOW TO USE UBER FOR TRANSPORTATION INDEPENDENCE

Nickie Welsh, Social Club Simple

Expand your transportation options and independence through the ride sharing service, Uber. Learn the basics and gain the knowledge on how to use Uber.

AE953-1 Date: 1/25/24 (Th) Time: 12pm-1pm
Location: Online/Zoom (*also recorded*) Fee: \$22

HOW TO USE VENMO SAFELY

Nickie Welsh, Social Club Simple

Stay up to date by expanding your technology knowledge and learn what you need to know about the mobile payment service called Venmo. Leave this class with a confident understanding of how to set up Venmo safely, fees to avoid, and real world scenarios you or your family and friends may use with this mobile payment option.

AE1026-1 Date: 2/15/24 (Th) Time: 12pm-1pm
Location: Online/Zoom (*also recorded*) Fee: \$22

USING SNAPCHAT SAFELY

Nickie Welsh, Social Club Simple

Have you been curious as to what Snapchat is exactly? Learn the foundation for how Snapchat is used, what the basic features include, and more. Stay up to date in today's digital world with this fun and informational class. Attendees will learn the basic fundamentals of how the app works, how to set up safety features, how to check for profile details, and how advertisers work to a target audience.

AE921-1 Date: 1/18/24 (Th) Time: 12pm-1pm
Location: Online/Zoom (*also recorded*) Fee: \$22



TRIPS & TRAVEL

FAMILY DAY TRIP TO TARGET FIELD

Take me out to the ball game! Sign up your family and let's go cheer for the home team! The Minnesota Twins take on Detroit at 1:10pm at Target field. Reserved seats in the Legends Landing which includes food and beverage. This is a family fun event. All children must be accompanied by an adult. No adult beverages will be allowed on the bus. Fee includes coach bus transportation and ticket/seat.

Registrations due by March 28. No refunds after March 28.

AE1050 Date: 4/21/23 (Su) Time: 9:30am - 6:30pm
Location: Winona Middle School parking lot
Fee: \$99 per person

PETS & WILDLIFE

Prerequisites for ALL Dog Training classes:

1. Flea and Tick Preventative.
2. Proof of Rabies and Distemper vaccines up to date.
Email: creaturecomfortswinona@gmail.com
3. Phone number and email where Kera can get a hold of you before classes begin, and to send out emails each week summarizing class and giving helpful information.
4. Dog must not have shown fear or aggression around dogs or people, otherwise they should discuss other options with Kera (such as private lessons).

DOG TRAINING: BASIC MANNERS (MONDAYS)

Kera Wilhelmsen

This class is for adolescent and adult dogs that are dog and people friendly. We will work on being able to focus in a class environment along with such skills as Sit, Down, Leave it, Stay, Hand Targeting, Mat Work, Loose Leash Walking, Polite Greetings and Coming when Called. *Please note, first week is Orientation without dogs.

E28-1 Date: 4/22/24 - 5/20/24 (5M) Time: 5:30pm-6:30pm
Location: Goodview Elementary-Gym Fee: \$100

DOG TRAINING: BASIC MANNERS (SUNDAY)

Kera Wilhelmsen

AE937-1 Date: 2/18/24 - 3/17/24 (5Su) Fee: \$100
AE937-2 Date: 6/23/24 - 7/21/24 (5Su) Fee: \$100
Time: 3:30pm-4:30pm
Location: Goodview Elementary-Gym

DOG TRAINING: BASIC MANNERS (TUESDAYS)

Kera Wilhelmsen

SE28-1 Date: 3/12/24 - 4/9/24 (5T) Fee: \$100
SE28-2 Date: 5/14/24 - 6/11/24 (5T) Fee: \$100
SE28-3 Date: 7/2/24 - 7/30/24 (5T) Fee: \$100
Time: 5:45pm-6:40pm
Location: Goodview Elementary-Gym

DOG TRAINING: INDIVIDUAL SESSION-LOOSE LEASH WALKING

Kera Wilhelmsen

INDIVIDUAL SESSION-This class is for adolescent and adult dogs who are dog and people friendly, but they struggle with walking nicely on a leash and coming reliably when called.

DT01-1 Date: 3/3/24 (Su) Time: 5pm-6pm
DT01-2 Date: 4/2/24 (Tu) Time: 6:50pm-7:50pm
DT01-3 Date: 5/20/24 (M) Time: 7pm-8pm
DT01-4 Date: 6/23/24 (Su) Time: 5:10pm-6:10pm
Location: Goodview Elementary-Gym **Fee: \$40 per session**

SPRING IN THE CITIES: BACHMAN'S & THE MINNESOTA LANDSCAPE ARBORETUM

Enjoy the first blooms of spring, as you join us on our trip to the Cities to see acres of floral, gift, garden and home ideas. Enjoy Bachman's, one of the largest traditional floral and nurseries in the world. Besides a beautiful place to shop, you will be treated to lunch by Patrick's Bakery and Cafe' Restaurant. The last stop of the day will be at the Minnesota Landscape Arboretum.

Reservations are due by May 2. No refunds after May 2.

E332 Date: 5/23/23 (Th) Time: 8am - 6pm
Location: Winona Middle School parking lot
Fee: \$95 per person

PROJECT COMPASS

SLOWER PACED CLASSES FOR ALL, CUSTOMIZED CLASSES FOR PEOPLE 14+ WITH DISABILITIES,
PARENT & PROFESSIONAL DEVELOPMENT WORKSHOPS & SUPPORT GROUPS

Linda Jacobs, Adult Enrichments & Project COMPASS Coordinator

Email: Linda.jacobs@winona.k12.mn.us

903 Gilmore Avenue, Winona, MN 55987

507-494-0900 (office) • 507-494-0904 (direct) • 507-494-0807 (fax)

PARTICIPATION GUIDELINES:

- ▶ **Pre-registration is required for all classes.**
- ▶ **Participants requiring assistance for physical and/or behavioral needs MUST be accompanied by a caregiver.**

TO REGISTER:

- ▶ **See page 4 for registration information.**
- ▶ Register online at:
www.winonaschools.org/communityed
Click on *Adult Programs* then *Project COMPASS*.

SCHOLARSHIPS & UCARE:



- ▶ \$15 scholarships are available.
- ▶ UCARE Discounts are available for those who qualify.
- ▶ Call (507) 494-0900 to ask about scholarships and to verify UCARE.

STAFF FEES:

- ▶ There are NO staff fees unless specified.
- ▶ If staff would like to participate in a Canvas Art class, please pre-register and pay the fee.

**NEW
CLASS!**

ARTS

LEARN HOW TO MAKE COLORS!

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening full of learning and fun! This is a brand new class style, where we will learn how we can make our own colors. We will chat and work together as a group to make a variety of colors, and each participant will get to take a small sample home. This class will be for anyone that's always wanted to learn a little more about how to make a new color from whatever paints they already have.

PC1012- 1 Date: 2/22/24 (Th) Time: 6pm – 7pm
Location: Winona Senior High – Room 158 Fee: \$25



ARTS



CANVAS ART: WINTER BARN & SHOOTING STAR

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening of painting with friends! Our "Winter Barn & Shooting Star" painting will feature a festive red barn, winter sky, and a single shooting star.

PC1007- 1 Date: 1/11/24 (Th) Time: 6pm – 7:30pm
Location: Winona Senior High – Room 158 Fee: \$25

CANVAS ART: COZY MITTENS

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening of acrylic painting with friends! Our "Cozy Mittens" painting will feature a pair of decorative mittens, dangling from a leafy branch.

PC1008- 1 Date: 2/1/24 (Th) Time: 6pm – 7:30pm
Location: Winona Senior High – Room 158 Fee: \$25

CANVAS ART: EASTER EGGS

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening of acrylic painting with friends! Our "Easter Eggs" painting will feature a collection of fun and unique Easter Eggs in beautiful pastel colors.

PC1009- 1 Date: 3/14/24 (Th) Time: 6pm – 7:30pm
Location: Winona Senior High – Room 158 Fee: \$25

CANVAS ART: SPRING FLOWER MEDLEY

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening of acrylic painting with friends! Our "Spring Flower Medley" will feature a vibrant background, bursting with Spring flowers.

PC1010- 1 Date: 4/18/24 (Th) Time: 6pm – 7:30pm
Location: Winona Senior High – Room 158 Fee: \$25

CANVAS ART: HOT AIR BALLOON

Shelby Faustino

Whisper Sister Studio invites you to a wonderful evening of acrylic painting with friends! Our "Hot Air Balloon" will feature a rainbow sky with air balloon silhouettes.

PC1011- 1 Date: 5/2/24 (Tu) Time: 6pm – 7:30pm
Location: Winona Senior High – Room 158 Fee: \$25



PROJECT COMPASS

ARTS

SNACK & CRAFT NIGHT: PAINT A POT & PLANT A SEED

Kitty Steege-Coelin, WSU Students

Join our Winona State Students for a fun night of crafts! We will first paint the pot and then we will plant a seed for you to take home and watch it grow in your pot.

PC632- 1 Date: 5/16/24 (Th) Time: 4:30pm - 5:30pm
Location: Winona Senior High - Concourse Fee: \$15



SNACK & CRAFT NIGHT: TIE DYING!

Kitty Steege-Coelin, WSU Students

Join our Winona State Students for a fun night of Tie Dying fun! Bring a white cotton t-shirt, tank top, bag or any white cotton item you would like to tie dye.

PC632- 2 Date: 5/22/24 (W) Time: 4:30pm - 5:30pm
Location: Winona Senior High - Concourse Fee: \$15

EDUCATION

BOOK CLUB - READ ALONG WITH US!

Kitty Steege-Coelin

Reading sparks imagination! We will read a chapter each week as a group on Zoom and then talk about our favorite parts. Everyone that joins will receive the book and a bookmark. **NOTE: Book club will now be held on MONDAYS!**

Z205- 1 Date: 1/29/24 - 2/12/24 (3M) Fee: \$15
Z205- 2 Date: 3/11/24 - 3/25/24 (3M) Fee: \$15
Z205- 3 Date: 4/15/24 - 4/29/24 (3M) Fee: \$15
Time: 6pm - 7pm
Location: Online/Zoom



PROJECT COMPASS PEN PALS



Keep in touch through the mail! Each week participants will send and receive a note from another participant in this class. You will receive paper, stamped and addressed envelopes and colored pencils for this class. If you like to give & receive mail, this is for you!

PCZ211- 1 Date: 1/28/24 - 3/1/24 Fee: \$15
PCZ211- 2 Date: 3/10/24 - 4/12/24 Fee: \$15
PCZ211- 3 Date: 5/26/24 - 7/1/24 Fee: \$15
Location/Time: Self-paced/write at home

HEALTH & WELLNESS

GENTLE YOGA WITH STEVE

Steve Boland

You may find this experience leads you to a peaceful frame of mind. Steve will lead you in safe and gentle movement. They will remove tension and along with your meditation help you to achieve inner peace.

PC07- 1 Date: 2/1/24 - 2/22/24 (4Th) Fee: \$15
PC07- 2 Date: 3/14/24 - 3/28/24 (3Th) Fee: \$15
PC07- 3 Date: 4/4/24 - 4/25/24 (4Th) Fee: \$15
Time: 5:30pm - 6:15pm
Location: Goodview Elementary School - Gym



RECREATION & LIFE SKILLS

PIZZA PARTY & CRAFT NIGHT! - VALENTINES CRAFT

Kitty Steege-Coelin

Grab your friends and join us for crafts followed by a Pizza party!

C192- 1 Date: 2/19/24 (M) Time: 5:30pm - 6:30pm
Location: Winona Senior High - Concourse Fee: \$15



PIZZA PARTY & CRAFT NIGHT!- SPRING CRAFT - SCRAPBOOK UPCYCLE

Kitty Steege-Coelin

Grab your friends and join us for crafts followed by a Pizza party!

C192- 2 Date: 4/8/24 (M) Time: 5:30pm - 6:30pm
Location: Winona Senior High - Concourse Fee: \$15



ADAPTIVE BEAN BAG TOSS

Bill Jacobs, Charlie Schollmeier, Rod Schwarz

Bean Bag Toss is back! Grab your friends to play bean bag toss with us this summer!

PC29- 1 Date: 6/3/24 - 6/24/24 (4M) Time: 5pm - 6pm
Location: Winona Middle School - Gym Fee: \$15

COSMIC BOWLING

Kitty Steege-Coelin

Are you ready for some fun? Tuesday nights are rock and bowl. The lights are turned down, the music is turned up and we bowl for prizes.

Bumpers and ramps are available. NO STROBE LIGHTS. BOWLER MUST BE REGISTERED 2 DAYS BEFORE THE SESSION BEGINS! *Remember to sign up for each class date you would like to attend.*

PC10- 1 Date: 2/13/24 Fee: \$15
PC10- 2 Date: 3/19/24 Fee: \$15
PC10- 3 Date: 4/23/24 Fee: \$15
Time: 4:30pm - 5:30pm
Location: Westgate Bowl



WESTGATE BOWL

Kitty Steege-Coelin

We invite you to join your friends for fitness and fun at Westgate Bowl. *Bumpers and ramps are available.*

Remember to sign up for each class session you would like to attend.

PC09- 1 Date: 1/16/24 - 2/6/24 (4Tu) Fee: \$20
PC09- 2 Date: 2/20/24 - 3/12/24 (4Tu) Fee: \$20
PC09- 3 Date: 3/26/24 - 4/16/24 (4Tu) Fee: \$20
PC09- 4 Date: 4/30/24 - 5/21/24 (4Tu) Fee: \$20
Time: 4:30pm - 5:30pm
Location: Westgate Bowl



FRIDAY NIGHT BINGO

Kitty Steege-Coelin

Everyone loves BINGO!

Join us on Friday nights for Bingo!

PC700- 1 Date: 2/2/24 - **Candy Bar Bingo** Fee: \$15
PC700- 2 Date: 3/1/24 - **Everything Green Bingo** Fee: \$15
PC700- 3 Date: 4/5/24 - **Spring Surprise Bingo** Fee: \$15
PC700- 4 Date: 5/3/24 - **Game Time Bingo** Fee: \$15
Time: 6pm - 7pm
Location: Winona Middle School - Commons



PROJECT COMPASS

GOIN' FISHIN'

U.S. Fish & Wildlife, Kitty Steege-Coelin

Fish with us! Winona Fish & Wildlife is providing fishing rods and bait. **A warm thank you to our cosponsors, U.S. Fish & Wildlife Service for sponsoring our fishing fun events!**

CANCELED IF SEVERE WEATHER.

PC25- 1 Date: 5/29/24 (W)

Time: 5pm - 6:15pm

Location: Huff St. Fishing Dock

Fee: \$15



GOIN' FISHIN' AND PICNIC

U.S. Fish & Wildlife, Kitty Steege-Coelin

A big thank you for the delicious picnic meal served by U.S. Fish & Wildlife & Friends of the Refuge Headwaters. The U.S.

Fish & Wildlife will provide fishing poles and bait.

Co-sponsored by U.S. Fish & Wildlife & Friends of the Refuge Headwaters. CANCELED IF SEVERE WEATHER.

C76- 1 Date: 6/12/24 (W)

Time: 5pm - 6:30pm

Location: Hiawatha Valley Marines Shelter - West Lake

Fee: \$15



IN THE KITCHEN WITH KITTY - FOIL PACK HOBO DINNER

Kitty Steege-Coelin

Learn how to make your entire dinner in foil pack!

We will end class with time to eat what we have made.

PC1001- 1 Date: 1/31/24 (W) Time: 5pm - 6:30pm

Location: Winona Middle School - Room 220 Fee: \$15



IN THE KITCHEN WITH KITTY - BREAKFAST QUESADILLAS

Kitty Steege-Coelin

Learn how to make breakfast quesadillas for dinner!

We will end class with time to eat what we have made.

PC1002- 1 Date: 2/28/24 (W) Time: 5pm - 6:30pm

Location: Winona Middle School - Room 220 Fee: \$15

IN THE KITCHEN WITH KITTY - MINI MEATLOAF MUFFINS

Kitty Steege-Coelin

Together we will make mini meatloaf muffins for dinner.

We will end class with time to eat what we have made.

PC1003- 1 Date: 3/27/24 (W) Time: 5pm - 6:30pm

Location: Winona Middle School - Room 220 Fee: \$15

IN THE KITCHEN WITH KITTY - GARLIC BREAD PIZZA SANDWICHES

Kitty Steege-Coelin

Learn how to make garlic bread pizza sandwiches!

We will end class with time to eat what we have made.

PC1004- 1 Date: 4/24/24 (W) Time: 5pm - 6:30pm

Location: Winona Middle School - Room 220 Fee: \$15

IN THE KITCHEN WITH KITTY - FIESTA NIGHT

Kitty Steege-Coelin

Join us for a Monday night - fiesta night!

We will end class with time to eat what we have made.

PC1005- 1 Date: 5/20/24 (M) Time: 5pm - 6:30pm

Location: Winona Middle School - Room 220 Fee: \$15

POPCORN, POP AND A MOVIE

Kris Stevens

Saturday is Movie Day! Join us on Saturdays for popcorn, pop and a movie with friends!

PC12- 1 Date: 2/10/24

Fee: \$15

PC12- 2 Date: 3/23/24

Fee: \$15

PC12- 3 Date: 4/13/24

Fee: \$15

PC12- 4 Date: 5/11/24

Fee: \$15

Time: 10am - 12pm

Location: Winona Middle School - Media Center



PROJECT COMPASS NIGHT - WSHS BASKETBALL GAMES!

Kitty Steege-Coelin

Join us at the Winona Senior High School

to cheer on our WSHS Boy's and Girl's

basketball teams! We will meet in the concourse of the Winona Senior High School and enter as a group. **Your fee includes entry into the game, popcorn and bottled water.**

Registration Deadline is one week before the game date.

PC900- 1 Date: 1/20/24 (Saturday) *(Girls Basketball Game)*

Time: 2:30pm - 4:30pm

Fee: \$15

Location: Winona Senior High School - Concourse

PC900- 2 Date: 2/9/24 (Thursday) *(Boys Basketball Game)*

Time: 7pm - 9pm

Fee: \$15

Location: Winona Senior High School - Concourse



CRISIS RESPONSE

For Southeast Minnesota Crisis Response inspires hope in adults, children, youth and their families by delivering compassionate, person-centered, recovery based mental health support during a crisis.

Help for you on the phone or in your home:

1-844-CRISIS2 or

1-844-274-7472

988 SUICIDE & CRISIS
LIFELINE

If you or someone you know is experiencing a mental health crisis, help is available. There is hope. No matter the age or the challenges people face, help is a phone call, text, or online chat away.

Call or text to 988
Text "MN" to 741741
Chat 988lifeline.org/chat/

There is hope.



PROJECT COMPASS

RECREATION & LIFE SKILLS

NEW YEAR'S DINNER & DANCE

Troy Fegre, Kitty Steege-Coelin

Join your friends in celebrating the 2024

New Year with us! Troy Fegre, The DJ Man, will make this dance one to remember.

C148- 1 Date: 1/19/24 (F) Time: 6pm – 8pm
Location: Winona Middle School – Commons Fee: \$15



VALENTINES DINNER & DANCE

Troy Fegre, Kitty Steege-Coelin

Wear your favorite red dress, red shirt, red hat or red socks for this dance! We'll have great fun dancing the night away with Troy Fegre, The DJ Man.

C53- 1 Date: 2/16/24 (F) Time: 6pm – 8pm
Location: Winona Middle School – Commons Fee: \$15



SHAMROCKS & SHENANIGANS DINNER & DANCE

Troy Fegre, Kitty Steege-Coelin

Wear your green and join us for food and fun!

Join your friends as we celebrate St. Patrick's Day with Troy Fegre, the DJ Man!

C54- 1 Date: 3/15/24 (F) Time: 6pm – 8pm
Location: Winona Middle School – Commons Fee: \$15



SPRING FLING DINNER & DANCE

Troy Fegre, Kitty Steege-Coelin

Welcome in the Spring by joining us for dinner, dancing and listening to your favorite music with Troy Fegre, the DJ Man! **Wear your silliest, mismatched outfit and silly hair style.**

C77- 1 Date: 4/19/24 (F) Time: 6pm – 8pm
Location: Winona Middle School – Commons Fee: \$15

END OF THE YEAR - ICE CREAM SOCIAL & DANCE

Troy Fegre, Kitty Steege-Coelin

Join us for an ice cream social and dance! We will dish up your favorite ice cream and topping while Troy Fegre DJ's the dance!

Wear your red, white, blue, stars & stripes for our end of the year celebration!

Note: This will be an ice cream social, NOT a MEAL.

C163- 1 Date: 5/24/24 (F) Time: 6pm – 8pm
Location: Winona Middle School – Commons Fee: \$15



SUPPORT/ADVOCACY

2024 NAMI DAY ON THE HILL

Chuck Kernler, Ellen Minter

Please join us and make your voice heard at the annual rally at the MN State Capitol in support of people living with Mental Illness and their families. We will rally at the capital rotunda and then visit with our legislators. It is vital that we educate them about the importance of funding Mental Health Services. A FREE BUS RIDE is available leaving Hiawatha Valley Mental Health Center located at 420 East Sarnia St., Winona at 7:00 am sharp. A free lunch is also provided. **TO REGISTER: Call Ellen at 608-732-7006 or Chuck at 507-226-3079. STAFF MUST REGISTER.**

Cosponsored by (HVMHC) Hiawatha Valley Mental Health Center and Project COMPASS. Funded by NAMI (National Alliance on Mental Illness) Winona Affiliate.

PC50- 1 Date: 3/7/24 (Th) Time: 7am -6:15pm
Location: Sarnia Square, 420 East Sarnia St. Fee: Free

NAMI CONNECTION: A MENTAL ILLNESS SUPPORT GROUP

Richard Iverson, Judy McCormick, Helen Newell

Our self-help group for people recovering from mental illness is a place to find acceptance, support, and friendship. It meets every Monday evening. **No Fee, just walk in and join us. For information, call a facilitator, Judy McCormick (507)450-0265, or Rich Iverson (507)429-8209.**

Cosponsored by NAMI, (National Alliance on Mental Illness) Winona Affiliate, Project COMPASS.

N04- 1 Date: 1/8/24 - 6/24/24 (M) Time: 7pm – 8:30pm
Location: VFW, 208 E. 3rd Street Fee: Free

NAMI: A FAMILY MENTAL ILLNESS SUPPORT GROUP

Chuck Kernler, Helen Newell

Do you have a loved one living with a mental illness? If so, we provide a place for you that offers information, respect, understanding, resources and hope. Meetings are the 2nd Wednesday of the month. **No fee, just walk in and join us.**

For more information call facilitators Helen at (507) 459-2230 or Chuck at (507) 226-3079. Cosponsored by NAMI -Winona Affiliate and Project COMPASS.

N03- 1 Date: 1/10/24 - 6/12/24 (W) Time: 6:30pm – 8pm
Location: VFW, 208 E. 3rd Street Fee: Free

WORKSHOPS

LOCAL MENTAL HEALTH CONSUMER ADVISORY COUNCIL (LAC)

Tim Hunter, Helen Newell

Our LAC provides recommendations, reviews and gives evaluations of local mental health services in our community. Join us and help provide recommendations specific to changes, additions and improvements to the local mental health delivery system that impacts individuals receiving services, family members, community members, stakeholders and service providers. *Cosponsored by Hiawatha Valley Mental Health Center (HVMHC), NAMI (National Alliance on Mental Illness) Winona Affiliate and Project COMPASS.*

N01- 1 Date: 1/17/24 Time: 1pm – 2:30pm

N01-2 Date: 4/17/24 Time: 1pm – 2:30pm

N01-3 Date: 7/17/24 Time: 1pm – 2:30pm

Location: Hiawatha Valley Mental Health Center



ADULT LITERACY • GED • ABE • ESL

903 Gilmore Avenue, Winona, MN 55987 • 507-494-0900 (office) • 507-494-0807 (fax)



2023-24 ADULT LITERACY CLASSES:

Check our website for the most up to date information at:

<https://www.winonaschools.org/community/adult-programs/adult-literacy>

Questions? We can help. Call **507-494-0900**, or contact the Winona Adult Literacy Coordinator ~ Chris Dahlke at: **chris.dahlke@winona.k12.mn.us**; **507-494-0924**.

GED & ABE SERVICES:

Students can work towards passing the 4 GED tests--or work on math or English for post-secondary education or employment--in an in-person class, online, or both. In-person classes are offered in the morning and evening.

To see our specific class hours, visit our website at:

<http://winonaschools.org/adult-literacy>, or contact Chris Dahlke at (507) 494-0924 or **chris.dahlke@winona.k12.mn.us** with any questions.

ESL SERVICES:

Students can work on improving their English Language skills online or in person. ESL classes are offered online and in-person in the morning and in the evening. Students can also get started by appointment.

To see our current ESL schedule, please visit: **<http://winonaschools.org/adult-literacy>**.

To get started, or if you have any questions, please contact one of the ESL teachers:

Margaret Trott, **margaret.trott@winona.k12.mn.us**,

or **Karla Krause**, **karla.krause@winona.k12.mn.us**,

or call Community Education at (507) 494-0904.



GED TESTING INFORMATION

GED testing is now completely computer based. Students will register online, find testing sites and times online and pay for the tests online (credit card or voucher) at: **ged.com**.

MN residents may have access to reduced GED testing costs while funding lasts.

Questions? Call Community Education at 507-494-0924.



AFTER SCHOOL ACTIVITIES

GRADES 5-8 (PUBLIC AND NON-PUBLIC STUDENTS WELCOME)

Winona Middle School, 1570 Homer Road Winona, MN 55987
507-494-1060 (voice) • 507-494-1010 (fax)



REGISTRATION FORMS AND FEES:

- * Use the registration form on page 4

(Note: After School Activities does not have "course numbers".)

- * Mail or drop off registration form with payment to:
Winona Middle School, 1570 Homer Road.

- * Visit us online at: www.winonaschools.org/communityed
to register with your credit card.



SPORTS PHYSICALS:

Every student in grades 5-8 who participates in a physical activity MUST have a sports physical on file. Each sports physical exam is good for three years. Sports physical forms are available online or in the After School Activities Office.

SCHOLARSHIPS:

Scholarship applications are available and are based on free and reduced guidelines. For more information, contact the **After School Activities Office** at **507-494-1060**.

CANCELLATIONS AND UPDATES:

Students will be notified via announcements by the end of the day if their activity is canceled. To find out if any activity has been canceled, please call our **cancellation line: 507-494-0970**. If Winona Area Public Schools are CLOSED due to weather, Community Education After School Activities are CANCELED for the day. If inclement weather begins late in the day, please check the above cancellation line for updates.



7TH & 8TH GRADE TRAVELING COMPETITIVE SPORTS

The following 7th and 8th grade traveling competitive sports will be offered to all middle school students during the upcoming Spring season:

SPORT	GRADE LEVEL	PRACTICE SITE	PRACTICE BEGINS	SPORTS REGISTRATION MEETING
Track (girls/boys)	7-8	WSHS	March 25	No meeting will be held
Golf (girls/boys)	7-12	WSHS/Bridges	March 18	February 26 - WSHS
Tennis (boys)	7-12	WMS	March 25	February 26 - WSHS

WMS (Winona Middle School) – WSHS (Winona Senior High School)

All high school athletes and parent(s) are required to attend a yearly sports registration meeting.

The sports registration meetings listed above for high school sports will begin at 6:00 pm with a general session. At 7:00 pm there will be individual team meetings.

Cost for all 7th and 8th grade athletes is \$80 per sport. The individual yearly sports cap is \$240.

AFTER SCHOOL ACTIVITIES ~ GRADES 5 & 6

ATTENTION: Students in 7th and 8th grade who wish to participate in noncompetitive sports are welcome to join any of the sports listed below.

SPORTS

BASEBALL

Athletes will work on their skills and play intramural games on Monday through Thursday. This year our program will align with the practice drills and skills that the Winhawk High School teams follow. Our goal is for the kids to have fun, but also prepare them for their upcoming competitive baseball season.

Dates: 4/8 - 5/23/2024 Days: M - TH Fee: \$60
Times: 3:30 - 5:15 PM Location: WMS Baseball Field

DODGE BALL

It's Dodge Ball time!! Grab a few friends, your tennis shoes, and get signed up now. Participants will learn several variations of the game of Dodge Ball and get some great exercise while doing it. This is for boys and girls of all levels. Students will be bused to Goodview Elementary right after school. Parents must pick up students at 5:15 p.m. at Goodview Elementary.

Dates: 2/13 - 4/4/2024 Days: T & TH Fee: \$32
Times: 3:30 - 5:15 PM Location: Goodview Elementary School Gym

GOLF

Let's go golfing! This class is designed for students who possess basic golf skills. Participants will be transported to Cedar Valley Golf Course via a route bus. Students will practice on the driving range, putting green, and play holes on the Monster course. Parents MUST pick up their child at the Golf Course. Participants must provide their own clubs and golf balls (which can be stored at Cedar Valley during this session).

Dates: 4/8 - 5/23/2024 Days: M, T, & TH Fee: \$60
Times: 3:30 - 5:30 PM Location: Cedar Valley Golf Course

SOFTBALL

Athletes will work on skills and play intramural games on Monday through Thursday. This year our program will align with the practice drills and skills that the Winhawk High School teams follow. Our goal is to have fun, but also prepare our players for their upcoming competitive softball season.

Dates: 4/8 - 5/23/2024 Days: M - TH Fee: \$60
Times: 3:30 - 5:15 PM Location: WMS Softball Field



SWIMMING

Calling all swimmers! Whether you are a beginner, intermediate, or advanced, you are encouraged to join. Swimmers will learn new strokes or perfect the ones they already know. There will also be plenty of fun time as well. Our coaches are qualified instructors and lifeguards. Bring a suit and towel from home.

Dates: 2/12 - 4/4/2024 Days: M - TH Fee: \$60
Times: 3:30 - 5:15 PM Location: WMS Pool



TENNIS

This program is for ALL tennis levels. Participants will work on new skills while perfecting their current ones. You will play intramural games against your friends, new and old. Grab your racket and let's hit the court!

Dates: 4/8 - 5/23/2024 Days: M - TH Fee: \$60
Times: 3:30 - 5:15 PM Location: WMS Tennis Courts

TRACK

Are you good at running, jumping, and throwing? If so, track is the sport for you. There is an event for everyone in this sport. This event is open to all 5th and 6th grade boys and girls who want to learn about the variety of events track has to offer. This is also a great way to get in shape. Grab your tennis shoes and join the fun!

Dates: 4/8 - 5/23/2024 Days: M - TH Fee: \$60
Times: 3:30 - 5:15 PM Location: WMS



AFTER SCHOOL ACTIVITIES GRADES 5 - 8

CLUBS/ACTIVITIES

ARCHERY

This program will be directed by the National Archery in the Schools (NASP) and DNR certified instructors. It is available to beginner and experienced archers and will follow the NASP safety, instructional, and shooting format. Participants will use the Genesis bows and supplies provided by the club. Students may ride the bus to Ridgeway and MUST be picked up by parents when done. You must be preregistered for this class. For more information go to www.archeryintheschools.org. Additional volunteer assistants are welcome with or without archery experience. SPACE IS LIMITED (20 students per group)

Dates: 1/10 - 2/28/2024 Days: W Fee: \$35
Times: 3:30 - 5:45 PM Location: Ridgeway Community School

ART CLUB

Let the artist in you shine as you learn to express yourself through the world of art. Artists will meet once a week. This club is driven by the choices and the ideas of the kids. Supplies are furnished by the After School Activities Office. Sign up now and let the artist in you shine through!

WINTER (Mondays) Dates: 1/29 - 3/18/2024
Days: M Fee: \$30
WINTER (Thursdays) Dates: 2/1 - 3/14/2024
Days: TH Fee: \$30
SPRING (Mondays) Dates: 4/8 - 5/13/2024
Days: M Fee: \$30
Times: 3:30 - 5:15 PM Location: WMS Art Room 250

COOKING CLUB BY WINONA COUNTY 4-H

Join Winona County 4-H in a six week cooking club for 5th-8th graders. You will cook, bake, and create recipes while learning proper techniques and skills. Students will have the opportunity for choice in your recipes. This club has a maximum of 15 participants so sign up early!

Dates: 1/25 - 2/29/2024 Days: TH Fee: \$25
Times: 3:30 - 5:15 PM Location: WMS Room 220

DUNGEONS & DRAGONS (D & D) CLUB

THIS CLASS IS FOR STUDENTS IN 7TH AND 8TH GRADE. Do you have a wild imagination? Have you ever wanted to become the awesome heroes we read in stories? Are you looking for a space to hang out with friends who share your interests of using your imagination to have fun? Then Dungeons & Dragons (D & D) Club is exactly what you're looking for! D & D is one of many types of tabletop role playing games where friends work together to solve problems, overcome conflict, take on different roles from their own personality, and there's even a hint of practicing basic math. D & D Club at the WMS is a safe place for students to step out of their comfort zone and play the fantastical heroes they've always dreamed of becoming.

WINTER Dates: 1/25 - 3/14/2024
Days: TH Fee: \$20
SPRING Dates: 3/28 - 5/9/2024
Days: TH Fee: \$20
Times: 3:30 - 5:15 PM Location: WMS Room 204-3

FITNESS CENTER

7th and 8th grade boys and girls are encouraged to come and prepare for a sport or develop a healthy lifestyle. All students must be registered and have a sports physical on file before they can participate. Students must sign up daily in the After School Activities Office to be able to attend.
Dates: 1/16 - 5/2/2024 Days: M - TH Fee: FREE
Times: 3:30 - 5:00 PM Location: WMS Fitness Center

HAWK HELP CLUB

It's time to get your "A" game on! After School Activities hosts an after school homework club for students to get help. The club is staffed by college or high school students. Stay for a bit and get a start on your homework, or you can stay the entire time and keep working. Students must sign up daily in the After School Activities Office if you wish to attend. Don't let that "A" slip away. Get some Hawk Help today!

Dates: 1/4 - 5/23/2024 Days: T & TH Fee: FREE
Times: 3:30 - 5:00 PM Location: WMS Media Center

HELPING HANDS

The Helping Hands Club offers students a great opportunity to make a difference in their community. Join our instructor as students decide, plan, and implement their commitment to our community. Students will build self-esteem and make new friends as they accomplish group goals. Sign up now, it's never too late to lend a Helping Hand!

Dates: 1/10 - 4/24/2024 Days: W Fee: FREE
Times: 3:30 - 5:00 PM Location: WMS Commons

ROBOTICS R/C CLUB

This club is open to all 6th-8th grade students and is an introduction into robotics using mechanical legos. Programming kits will be provided. This club will also work on R/C vehicles; how they work and how we can repair them when needed. Get signed up today!

Dates: 1/30 - 3/21/2024 Days: T & TH Fee: \$40
Times: 3:30 - 5:15 PM Location: WMS Room 104-4

STRATEGY GAMING CLUB

It's time to get your game on! Do you like to play chess, checkers, Uno, battleship, or other strategy games? If so, you have found the perfect club for you. This group is for boys and girls of all gaming levels and a great way to meet new friends. It's time to perfect your checkmate!

Dates: 3/26 - 5/7/2024 Days: T Fee: \$20
Times: 3:30 - 5:15 PM Location: WMS Media Center Classroom



KEY KIDS/SUMMER KEY KIDS

School-aged Child Care

Office Location: 903 Gilmore Avenue, Winona, MN • In the WAPS District Office
(507) 494-0905 • keykids@winona.k12.mn.us

KEY KIDS

Key Kids is a school-aged childcare program open to children ages Kindergarten through 4th grade. We provide care after school, on non-school days, snow days and late start mornings. Key Kids is a fun place for exploring, learning, making new friends, taking field trips, playing games, arts and crafts, and outdoor fun. **OPENINGS AVAILABLE...REGISTER TODAY!**

KEY KIDS SITE LOCATIONS:

- ▶ W-K Elementary, 365 Mankato Avenue
 - ▶ Goodview Elementary, 5100 W 9th Street
 - ▶ Jefferson Elementary, 1268 W 5th Street
 - ▶ Winona Middle School, 1570 Homer Road
- For all No School Days, Snow Care & Summer Care*

KEY KIDS RATES:

- ▶ After-school care is \$10/day (\$8.50/day for 2nd child)
- ▶ Full day non-school days care is provided
6:30 am – 5:30 pm at Winona Middle School
\$28/day (\$25/day for 2nd child)

TUITION ASSISTANCE IS AVAILABLE THROUGH WINONA COUNTY CHILD CARE ASSISTANCE.



SUMMER KEY KIDS



Summer Key Kids is a summer child care program open to children who are entering Kindergarten through 6th grade. Summer Key Kids includes arts and crafts, outdoor activities, swimming, field trips, and educational activities which provide a FUN, EXCITING, and ENRICHING environment for your child.

Free breakfast, lunch and snack included!

**Summer Key Kids is held at the Winona Middle School ~ 1570 Homer Road
and at the Goodview Elementary School ~ 5100 W 9th Street**

Summer Key Kids will begin on Tuesday, June 11, 2024

For more information on Summer Key Kids call the Key Kids office at: (507) 494-0905.



To REGISTER for Key Kids:
All Key Kids registrations are online.

To register or for more information visit our website at:
www.winonaschools.org/communityed

*Click on **KEY KIDS CHILDCARE** then click on the **New Family** tab if you are a new family
or **Current Families** tab if you are not new to Key Kids.*

QUESTIONS? Call the Key Kids Office at: **(507) 494-0905**

ELEMENTARY/FAMILY ENRICHMENT

BOOK CLUB FOR 3RD & 4TH GRADERS



Join us for after school book club. We will read some of the book together and students will read some on their own. We will have discussions and do activities based off of the book. ***Snack and the book are included in the price.***

Washington-Kosciusko Elementary - Art room

Date: 4/8/24 - 4/29/24 (4 Mondays)

Time: 2:15pm – 3:30pm

Fee: \$25

Jefferson Elementary - Art room

Date: 4/9/24 - 4/30/24 (4 Tuesdays)

Time: 2:15pm – 3:30pm

Fee: \$25

Goodview Elementary - Media Center

Date: 4/10/24 - 5/1/24 (4 Wednesdays)

Time: 2:15pm – 3:30pm

Fee: \$25

FREE FAMILY MOVIE NIGHT



Join us for a FREE movie night.

Pre-registration is NOT required. Movie will be announced closer to start date. Popcorn and bottled water available for purchase.

EE02-1 Date: 1/19/24 (F) Time: 6:30pm

Location: Winona Senior High School - Auditorium

FREE FAMILY MOVIE DAYS

Join us on a Saturday afternoon at the Winona Senior High School for a FREE movie day! *Pre-registration is NOT required.* Movie will be announced closer to start date. Popcorn and bottled water available for purchase.

EE10-1 Date: 2/17/24 (Sa) Time: 12:30pm

EE10-2 Date: 3/16/24 (Sa) Time: 12:30pm

Location: Winona Senior High School - Auditorium



LEGO CLUB FOR K-1ST GRADERS

Join us for after school Lego Club on **Tuesdays**. ***Legos and snacks will be provided.***

Washington-Kosciusko Elementary - Art room

Date: 1/9/24 - 1/30/24 (4 Tu)

Time: 2:15pm-3:30pm

Fee: \$20

Jefferson Elementary - Art room

Date: 2/6/24 - 2/27/24 (4 Tu)

Time: 2:15pm - 3:30pm

Fee: \$20

Goodview Elementary - Media Center

Date: 3/12/24 - 4/2/24 (4 Tu)

Time: 2:15pm - 3:30pm

Fee: \$20

LEGO CLUB FOR 2ND-4TH GRADERS

Join us for after school Lego Club on **Thursdays**. ***Legos and snacks will be provided.***

Washington-Kosciusko Elementary - Art room

Date: 1/11/24 - 2/1/24 (4 Th)

Time: 2:15pm-3:30pm

Fee: \$20

Jefferson Elementary - Art room

Date: 2/8/24 - 2/29/24 (4 Th)

Time: 2:15pm-3:30pm

Fee: \$20

Goodview Elementary - Media center

Date: 3/14/24 - 4/4/24 (4 Th)

Time: 2:15pm-3:30pm

Fee: \$20

BIRTHDAY PARTIES

Have your child's birthday party or special event with us! Whether you are looking for gym space, a pool or the Herky Bus for your next party, let Community Education be there for you!

For more information or to book call (507) 494-0905 or email casey.moger@winona.k12.mn.us.

Light Up the Night Family Dance Saturday ~ March 23, 2024

Hi Kids! Grab your favorite adult and your dancing shoes, and join us for a fun night full of dancing, snacks, activities and more.

Note: Pre-register by March 15, 2024.

Child must be accompanied by an adult.

EE20-1 Date: 3/23/24 (Sa)

Time: 5:30pm-7:30pm

Location: Winona Middle School-Commons & Gym

Fee: \$15 for child & adult

\$5 each additional person

Summer Kick Off & Family Fun Event

Saturday ~ April 6, 2024

9am-12pm

Winona Middle School

Get ready for the summer! Collect information on summer camps & activities! There will be open-swim, crafts, gym activities and more!

No fee to enter, but donations/non-perishable food items for Winona Volunteers Services will be accepted.

Interested in having a table at this event?

Email: casey.moger@winona.k12.mn.us

for more information on how to rent a table space for your summer programs!



HANGING WITH THE HERKY BUS

Join the Herky Bus from 5 PM - 6 PM
at a neighborhood near you!

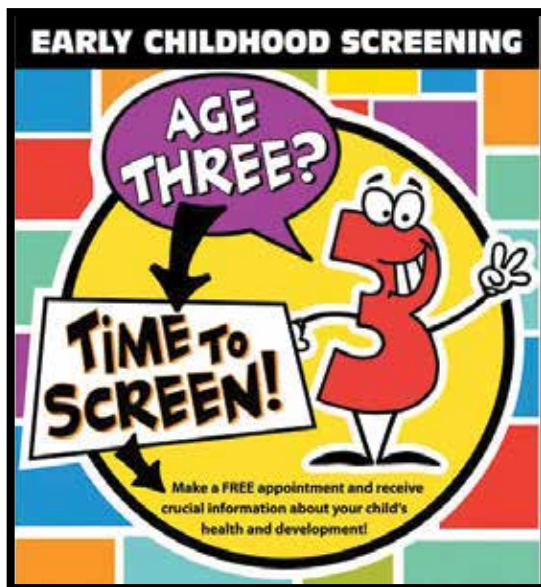
**We will have outdoor games,
crafts, books, and more.**



- ◆ Date: 5/06/24 – Goodview Memorial Park
- ◆ Date: 5/13/24 – Maplewood Townhomes~Winona Family Community Center
- ◆ Date: 5/20/24 – Sinclair park
- ◆ Date: 6/03/24 – WE Valley Park in Goodview
- ◆ Date: 6/10/24 – Gabrych Park in Winona
- ◆ Date: 6/17/24 – Hinton Memorial park in Stockton
- ◆ Date: 6/24/24 – Knopp Valley Park



EARLY CHILDHOOD SCREENING



ATTENTION ALL 3-5 YEAR OLDS:

Early Childhood Screening is an early look at your child's hearing, vision and development. Screening helps us to see your child's skills in thinking, communication & language, large and small motor muscle, and social/emotional development.

Please note that this screening is different than your child's annual physical checkup. Early Childhood Screening helps a school identify at an early stage, possible learning or health concerns, and also helps to identify children who may benefit from district and community resources which may help with development.

This **FREE** screening fulfills the state requirement for all children to be screened prior to starting kindergarten in any MN public school.

2024 SCREENING DATES:

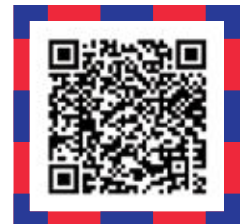
Screenings will be scheduled on Thursdays and some Tuesdays

January 11, 18, 25

February 1, 8, 13 (Tues), 15, 22, 29

March 14, 21, 28

April 4, 9 (Tues), 11, 18, 25



REQUEST AN APPOINTMENT: winonaschools.org/screening

Early Childhood Screening Coordinator: Angie Denis (507) 494-0915

**Screenings are held in the Early Childhood Wing ~
Goodview Elementary School ~ 5100 W 9th Street, Winona
Questions? CALL (507) 494-0913 or visit us online!**

EARLY CHILDHOOD PRESCHOOL

5100 West 9th Street , Winona, MN 55987 • 507-494-0913 (office) • 507-494-0932 (fax)

COMMUNITY KIDS PRESCHOOL (CKP)

- Our program will prepare your child for Kindergarten and Beyond!
- Licensed teachers & specialists
- Transportation provided out of the walk zone
- Research based curriculum and learning experiences
- High quality play-based learning
- Scholarships available
- Individualized instruction
- Key Kids after school care available on days children are registered for classes
- Parent Aware 4 Star Preschool



Winona Area Public Schools Community Kids Preschool focuses on developing the whole child. We strive to provide high quality learning experiences that develop social and emotional skills, language, literacy, mathematics, and physical development. Our children learn in whole group, small group, and individual opportunities through play and hands on learning activities.

Our licensed teaching staff use the National Pyramid Model framework to create an environment where every child feels comfortable in school.

LOCATIONS:

- Community Kids Preschool has locations at:
 - Goodview Elementary School ~ 5100 9th Street, Winona
 - WK Elementary School ~ 365 Mankato Avenue, Winona

REGISTRATION:

- Registration for the 23-24 school year is open
- Register today at www.winonaschools.org/enroll
- For more information please contact Community Kids Preschool Coordinator ~Angie Denis at (507) 494-0915



PROGRAMMING DAYS/TIMES:

2 DAY ALL DAY

Tuesday/Thursday
7:45am-2:15pm

9 payments of \$256 (*billed monthly*)

\$30 registration fee

For children 3-5 years old

Must be 3 years old by Sept. 1st

3 DAY ALL DAY

Monday/Wednesday/Friday
7:45am-2:15pm

9 payments of \$348 (*billed monthly*)

\$30 registration fee

For children 4-5 years old

COMMUNITY KIDS PRESCHOOL REGISTRATION



Community Kids Preschool registration for the 2024-2025 school year will open in March 2024. Please be on the lookout for more information at that time.

EARLY CHILDHOOD FAMILY EDUCATION

5100 West 9th Street , Winona, MN 55987 • Located at Goodview School
507-494-0913 (office) • 507-494-0932 (fax)



WELCOME TO ECFE!

Early Childhood Family Education (ECFE) is a program for all Minnesota families with children between the ages of birth to kindergarten. ECFE is based on the idea that the family provides a child's first and most significant learning environment and parents are a child's first and most important teachers. The goal of ECFE is to enhance the ability of all parents to provide the best possible environment for their child's learning and growth.

HOW ARE CLASSES AND ACTIVITIES OFFERED?

ECFE classes are Parent & Child classes which include three components. Parent and child interaction time focuses on activities and learning together. Children's programming is taught by a licensed early childhood educator and focuses on age appropriate activities for your child. Parent discussion time is led by a licensed parent educator and centers on a specific topic related to your child and their developmental stage. Interaction with other parents in an informal group discussion takes place in the parent education room for separating classes and in another area of the same room for non-separating classes.

WHAT ARE THE BENEFITS OF ECFE?

The program encourages positive parental interactions that affect how children develop and learn. Research has shown that ECFE programs involving parents with their children are more effective than programs focusing exclusively on children. ECFE also offers a toy lending library and resources on parenting and child development.

WHERE IS ECFE LOCATED?

ECFE is located at **Goodview School 5100 West 9th Street**. Early Childhood Screening, Community KIDS Preschool and Early Childhood Special Education are also located at Goodview School.

ARE THERE FEES?

There are fees for classes and a sliding fee scale based on a family's income.

- ▶ **No one will be turned away due to an inability to pay.**
- ▶ **You MUST REGISTER online for all offerings.**
- ▶ **Call our office for more information or help determining your cost.**

FIND US ON:

facebook

www.facebook.com/WinonaECFE

2023-2024 SLIDING CLASS FEES

Family's Yearly Gross Income	Fee Per Child Per Class	Max Per Family Per Class	Fee if Parent Only or Child Under 1yr/Not Walking Per Class
\$90,000 & up	\$95	\$190	\$95
\$80,000-\$89,999	\$81	\$162	\$81
\$70,000-\$79,999	\$71	\$142	\$71
\$60,000-\$69,999	\$59	\$118	\$59
\$50,000-\$59,999	\$45	\$90	\$45
\$40,000-\$49,999	\$37	\$74	\$37
\$30,000-\$39,999	\$32	\$64	\$32
\$20,000-\$29,999	\$26	\$52	\$26
\$0-19,999	\$11	\$22	\$11

EARLY CHILDHOOD FAMILY EDUCATION

~ Non-Separating Classes ~

A non-separating class means you and your child will remain together for the entire class. Each class offers the ECFE experience including parent and child time (PACT). These classes may also include a parent discussion in the same room as your child.

BABY AND ME

Join the class at any time; babies and parents are always welcomed.

Babies bring joy and big changes to families. This is a weekly class for infants, **birth - 12 months**, and their parents. All of your baby questions and insights will be discussed with a Licensed Parent Educator and other parents of little ones. There are many opportunities to connect with other parents and together you begin to find your parenting style. Your baby enjoys the other infants and you learn the traditional ECFE circle time songs as well! Sibling care is available upon request at registration.

Wednesday Afternoons

12:00-1:30pm

Parent Education Room 103

Registration Required

PLAY WITH PURPOSE

(BIRTH TO 3RD GRADE)

Discover learning through your child's eyes in these parent and child classes. Families will enjoy circle time, themed play, songs, and stories with their children as well as a variety of different activities. A Child Educator will lead this class along with available support from a Parent Educator.

Friday Mornings

8:30-10:00am

Early Childhood Room 106

Registration Required



ECFE AROUND TOWN

(BIRTH TO 3RD GRADE)

ECFE Around Town is an extension of our Early Childhood Family Education program for families, caregivers and children ages birth to 5 years old throughout the district. This is a program that like our other classes will provide you and your family with a wonderful ECFE experience that includes ideas for creative, fun, age appropriate activities, as well as time to discuss questions on kids and family. Information and ideas on child development, parenting and community resources are also available.

Thursday Late Mornings

10:30am-12:00pm

Locations around town

TBD

Free/no registration required

DROP-IN PLAY-GROUP

Drop-In Playgroup is an opportunity for children to learn, grow and develop through play. There is something to keep every child happy and busy, with a baby and toddler area, activities for preschoolers, a great outdoor space plus lots of art, craft and messy play.

And what's even better - we clean up the mess afterwards!

This class is suitable for children birth- five years of age. Free/no registration required.

Wednesday Mornings

9:00-10:30

Early Childhood Room 106

Free/no registration required



EARLY CHILDHOOD FAMILY EDUCATION

~ Separating Classes ~

A separating class means parents/caregivers spend half of the class time together with their child and half in parent-education while the child stays with an Early Childhood Teacher.

MIXED AGES & MIXED TOPICS

(BIRTH TO 3RD GRADE)

Parenting is Tough...Let's do it together!

Join us for a class that includes learning activities for children and parent discussion. Parent and child interaction time is an opportunity to spend uninterrupted quality time with your child. During this time we have activities created by an Early Childhood teacher based on a theme and focused on all areas of your child's development. Parent discussion is conducted in a separate space based on YOUR needs with a focus on the Parent Education Core Curriculum Framework. Discussions are supported by: Research based curricula and materials such as Love and Logic, Conscious Discipline and Incredible Years. Podcasts, blogs and video channels run by today's top specialists in different areas of early childhood development.

Monday Afternoons ~ 11:45am-1:45pm

Monday Evenings ~ 5:00-7:00pm

Thursday Mornings ~ 8:00-10:00am

Parent Education Room 103

Early Childhood Room 106

Registration Required

LOVE & LOGIC CONTINUED

(BIRTH TO 3RD GRADE)

Conversations in this class have been so good, we must continue Love & Logic for the rest of this year!

This curriculum provides parents with the skills required to feel more relaxed, hopeful and positive about their children and their relationships with them. As you learn more, you will discover that your job can be really enjoyable, and that you can teach personal responsibility and respect without losing your kids' love. Using plenty of real life stories, examples and stand-up comedy, the authors make this a program that parents really enjoy being a part of. When adults learn in an entertaining, non-threatening atmosphere, they're far more likely to beg for even more training.

THIS IS A TWO QUARTER CLASS.

Due to the specific curriculum that this class provides, it will run for two quarters. When signing up for this class you are committing to attending classes and paying fees for two quarters.

Monday Mornings ~ 8:30-10:30am

Wednesday Evenings ~ 4:30-6:30pm

Parent Education Room 103

Early Childhood Room 106

Registration Required



~ Other ~



BABY CONNECTIONS

Are you expecting or parenting a baby?

Schedule a WELCOME BABY VISIT with a baby connector.

All visits are FREE and we also offer a FREE baby sling!

Call 507-494-0916 to schedule a visit.

www.facebook.com/babyconnections

ITTY BITTY BOOK CLUB

Itty Bitty Book Club brings literacy and circle time activities to our Licensed Child Care Providers homes. Sign up for a monthly home visit from our Licensed Early Childhood Staff. Staff brings in activities, circle time and a fun reading program to the child care setting every month, September through May.

Call 494-0920 for more

information about the program.

Note: The Itty Bitty Book Club Child Care Provider visits are scheduled individually and at your convenience.



FAMILY GYM NIGHTS

Do you have children who need to run off some extra energy? Well you are in luck! Early Childhood Family Education's Family Gym Night's at Goodview Elementary are back!

Family Gym Night provides an indoor space for kids to scooter, jump, crawl, play with balls, use riding toys and more. This free family event is geared toward children ages birth-5 years old. **Parent participation and supervision IS REQUIRED.**

Friday night's: 6:00-7:30 pm

January 5, 12 19, 26

February 2, 9, 16, 23

WINONA AREA LEARNING CENTER & WINONA SENIOR HIGH SCHOOL ~ TEEN PARENT & PRENATAL PROGRAMS

Parent education, prenatal education, parent-child activities and support for adolescents and expecting parents at the Winona Area Learning Center and Winona Senior High School.

Contact Lynnea Pfohl at 507-494-1469 for more information about the Teen Parent Program that is ongoing throughout the school year.



ECFE QUARTER 3 & 4 CALENDAR

QUARTER 3 (JANUARY 23-MARCH 28) & QUARTER 4 (APRIL 2-MAY 3)

	Monday	Tuesday	Wednesday	Thursday	Friday
Morning	Love & Logic 8:30-10:30am *FCL 10:30-11:00	Home Visits Baby Connections Itty Bitty Book Club	Drop-In 9:00-10:30am *FCL 10:30-11:00	Mixed Ages 8:00-10:00am *FCL 10:00-10:30	Play with Purpose 8:30-10:00am *FCL 10:00-10:30
	Mixed Ages 11:45am-1:45pm *FCL 1:45-2:15		*FCL 11:30-12:00 Baby & Me 12:00-1:30pm	ECFE Around Town 10:30am-12:00pm *FCL 12:00-12:30	
Afternoon				Early Childhood Screening	
Evening	Mixed Ages 5:00-7:00pm *FCL 7:00-7:30	Early Childhood Screening 1 x per Quarter	Love & Logic 4:30-6:30pm *FCL 6:30-7:00	*FCL=Family Consultation/Library	

NO School Days for Quarter 3 & 4:

January 1-2, 15, 22

February 19

March 4-8, 29

April 1 & May 27, 2024



END OF SCHOOL DATE CHANGE:

Due to the WAPS School Board approved adjustment to the 2023-24 school calendar to accomodate the installation of geothermal dehumidification system at at Jefferson and Washington Kosciusko Elementary schools, **the last student day of the 2023-24 school year is now THURSDAY, May 30, 2024.** This includes Community Kids Preschool and ECFE

QUESTIONS?

VISIT OUR WEBSITE AT: WINONASCHOOLS.ORG/COMMUNITYED/EARLY-CHILDHOOD
OR CONTACT OUR EARLY CHILDHOOD EDUCATION STAFF LISTED BELOW.

ECFE STAFF:

- | | | |
|-------------------------------------|------------------------|-----------------|
| • Coordinator: | Heather Millard | 494-0916 |
| • Early Childhood Teacher: | Angie Denis | 494-0915 |
| • Early Childhood Teacher: | Mikayla Wolfe | 494-0920 |
| • Parent Educator: | Heather Millard | 494-0916 |
| • Parent Educator: | Lynnea Pfohl | 494-0913 |
| • Classroom Educational Assistants: | | |
| | Debbie Brady | 494-0913 |
| | Nicole Fedor | 494-0913 |
| | Angie Bennick | 494-0913 |
| • ECFE Secretary: | Jen Slinkman | 494-0913 |

EARLY CHILDHOOD FAMILY EDUCATION

ECFE REGISTRATION & CLASS INFORMATION

- ▶ All families must complete the online registration for ECFE once per year. If you wish to continue in your current class or change classes at the end of the quarter you can do so by contacting the Early Childhood Secretary at (507) 494-0913.
- ▶ Quarter 3 class requests will be open from January 3rd-12th.
- ▶ Quarter 4 class requests will be open from March 13th-22nd.
- ▶ Class requests for existing families must be made by contacting Jen in the Early Childhood Office at 494-0913 or email jennifer.slinkman@winona.k12.mn.us.
- ▶ New families must complete the online ECFE registration by the above deadlines to be considered for a first choice class.
- ▶ All registrations received by the deadline will be placed in a random drawing if class sizes have reached capacity. This drawing gives all families an equal opportunity to participate in ECFE classes. Every effort will be made to honor your class request.
- ▶ Because classes can fill quickly, please list a 2nd choice so that we can ensure you have a spot in ECFE.
- ▶ Confirmation emails will be sent the week following the registration deadline.
- ▶ You must pay for your class by the SECOND WEEK of class to secure your spot.
- ▶ NO refunds will be made after the SECOND WEEK of class.
- ▶ As residents & taxpayers, Winona Area Public Schools district residents receive priority in enrollment; out of district or Wisconsin residents may enroll on a space available basis AFTER the initial enrollment process is complete.
- ▶ If you would like to attend more than one class, you may check with the ECFE office for any remaining openings after the second week of class.



DO MY CHILDREN NEED THEIR SHOTS?

Yes, Minnesota law requires that children attending our classes be immunized.

If a child's parent or guardian wishes to be exempt based on their beliefs, from one or more immunization requirements, the parent or child may submit a statement to this effect, signed by the submitting person and notarized.

Immunizations can be uploaded upon registration or a copy can be dropped off in the office.

WEATHER RELATED CLASS CANCELLATIONS

- If Winona Area Public Schools are **CLOSED** due to weather, **ALL ECFE CLASSES ARE CANCELED.**
- If school begins **TWO HOURS LATE**, there will be **NO ECFE morning classes that start before 10 AM.**
- If school **CLOSES EARLY** due to bad weather, **afternoon and evening classes will be canceled.**
- Announcements can be found on the district website: www.winonaschools.org and on the following radio stations: KWNO (1230 AM), KAGE (1380 AM) and KHME (101 FM).



ECFE REGISTRATION

ONLINE ECFE Registrations



WATCH THE FOLLOWING YOUTUBE VIDEO for a step by step process to register:
www.winonaschools.org/communityed/early-childhood.
Click on "Video Tutorial on the Registration Process" to view video.

Note: If pop-ups have been blocked, you'll see the blocked pop-up alert icon in the address bar. Click the icon to see a list of the blocked pop-ups. Click the link for the pop-up window that you'd like to see.
To always see pop-ups for the site, select "Always show pop-ups from [site]."
The site will be added to the exceptions list, which you can manage in the Content Settings dialog.

Or follow the directions below:

FOR NEW ECFE FAMILIES:



- ▶ Find the class you are interested in on the school district website:
www.winonaschools.org/communityed/early-childhood
- ▶ Click on Early Childhood Family Education (ECFE). (Scroll down)
- ▶ Find the class you are interested in and click on it.
- ▶ Click on the **Register Button**. The program will lead you through the registration steps.

FOR RETURNING ECFE FAMILIES:

- ▶ Log into your Campus Parent Portal Account.
- ▶ Click on the **2023-2024 Annual Student info update link** on the left side of the screen.
- ▶ Click on the '**Click here to go to Existing Student Info**' (button on the left side).
- ▶ Verify school year 2023-2024.
- ▶ If you do not remember your Parent Portal access or if you have questions, email:
portal.help@winona.k12.mn.us or call **507-494-0820** and they will forward the access information to you.
- ▶ Begin registration update; click here to begin; verify info and make any changes; then save and continue.
- ▶ Click on the child's **student tab**. If you are adding a new child, click on **new student**.

HINTS FOR ALL REGISTRATIONS:

- ▶ **Make sure that the pop-ups from www.winonaschools.org are allowed with the browser you are using before you begin.**
- ▶ **The grade for your child is: ECFE**
- ▶ Remember to keep clicking **Save/Continue** and/or **Next** until you get to the **RED SUBMIT** button.
- ▶ **Make sure you click on the red submit button once registration is complete to submit.**
- ▶ Save your Parent Portal information. *You can use this in the future to register and/or to pay for your class.*

PAYMENT OPTIONS ARE AS FOLLOWS:

- ▶ For **online payments** email: portal.help@winona.k12.mn.us for online payment information.
When you get your class confirmation you can pay online:
Go to your **Parent Portal**; Sign in; Then go to the **Fees** tab
- ▶ **Check and cash payments** can be made in the ECFE office.
Please make checks payable to: ECFE
Early Childhood Education Programs - Goodview Elementary School
5100 West 9th Street, Winona MN 55987



QUESTIONS? CALL THE ECFE OFFICE AT 507-494-0913

If you have any problems or need assistance with the online registration process please call or email Jami at 507-494-0870/ jami.spitzer@winona.k12.mn.us

For questions about current ECFE classes or payment please contact the ECFE office at 507-494-0913 or email Jen at jennifer.slinkman@winona.k12.mn.us

**If you have already done your online registration for the current year the ECFE secretary can assist you in adding classes throughout the year. You will not need to do a registration each time you sign up for a new class within the same school year.*



Thriving Inside and Out

Nurturing Healthy Minds and Bodies from Birth to 21

Medical Assistance pays for Child and Teen Checkups (C&TC) and dental services.

Checkups are recommended at these ages:

- Between birth and 1 month
- At 2, 4, 6, 9, 12, 15, 18, 24, and 30 months
- Every year starting at 3 years to 20 years
- As often as needed to embrace growth and unlock potential

For more information or help finding a health care provider, dental provider, or clinic, contact the Winona County Child and Teen Checkups Program.

Phone: 507-457-6500

Website: www.connectwithctc.com

**Child and Teen
Checkups**



Winona County

Learn more about your child with Minnesota's



Follow Along Program

- Every few months, you will get a form asking how your child is playing, talking, growing, moving and acting.
- Fill out the form and send it back to us.
- You will get the results with fun activities for you and your child to do together.
- If there are any concerns, a Maternal Child Health nurse will get in touch with you and work together on next steps.

Sign up today! It's FREE!
Enroll on-line at
www.health.state.mn.us/mnfap
or call 507-457-6500



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Online
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to learn more or visit:
winonahealth.org/options





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Mark your calendar
for our:

**1st Annual Spring
Craft & Vendor Fair!!**

April 13, 2024
9 am - 2 pm

Winona Senior High School

Interested in having a table?
Email casey.moger@winona.k12.mn.us