

MPS Community Ed

Winter 2018 Flyer

(WELL) Wellness (ART) Artisan's Arena (COMM) Community (TECH) Career and Technology

2. Over 50 Flexibility, Strength and Balance(WELL)

This class is ideal for the older student or individuals returning to exercise. Offered at a slower pace, this class will provide a total body workout it includes a longer stretching section to lengthen muscles and relax the body.

Supplies: Clean Gym Shoes, Exercise Mat, as well as the option to add weights to your workout (1-3 pound barbell weights recommended).

Tuesdays & Thursdays: January 2, 4, 9, 11, 16, 18, 23, 25, 30, February 1, 6, 8, 13, 15, 22, March 6

Time: 5:15PM-6:00PM

Location: Longfellow Gym

Instructor: Karen Hamilton

Cost: \$64.00

3. Aqua Fit & Tone- Mondays(WELL)

Want a fun way to enhance cardiovascular fitness and muscle endurance and burn calories while exercising in the water? Aqua Fitness is a blend of cardio, strengthening, muscle endurance, and resistance training that is low-impact and easier on your joints. While in the pool, participants will perform a range of easy to learn steps.

We may use such tools as pool noodles, kickboards, etc which will be provided. No matter what your age, ability, or experience – this water workout is suitable for everyone!! No swimming experience is required –you just need to be willing to get wet and move to the music! Participants may use water shoes for better traction on pool floor.

Want to reach new levels of fitness and have a blast? Come join us!

Monday: January 8, 22, 29, February 5, 12, 26, March 5

Time: 6:30PM-7:30PM

Location: Ramstad Middle School Pool

Instructors: Kim Sutton & Sonja Weber

Cost: \$28.00

4. Aqua Fit & Tone- Tuesdays/Thursdays(WELL)

Same Description as Class # 3. (above class)

Tuesdays/Thursdays: January 2, 4, 9, 11, 16, 18, 23, 25, 30,

February 1, 6, 8, 20, 22, 27, March 1

Time: 6:30PM-7:30PM

Location: Ramstad Middle School Pool

Instructors: Kim Sutton & Sonja Weber

Cost: \$64.00

5. Zumba(WELL)

Zumba® is a Latin, dance-based cardio class that includes a warm-up, workout and cool-down/stretch. The goal of the class is to have fun and dance while blasting calories. Join the fun and get your cardio on! Supplies to bring: water and cross-trainers. (First night of class will be an overview of steps that will be used during class this session.)

Mondays: January 8, 15, 22, 29, February 5, 12, 19, 26, March 5

Time: 6:30PM-7:30PM

Location: Central Campus Basement Gymnasium

Instructor: Janae Ronning

Cost: \$36.00

6. Introduction to InDesign(ART)

Take your publishing skills to the next level by learning the basics of InDesign, the premiere software used in designing brochures, interactive PDFs, resumes, magazines— even books. Led by our career graphic designer, you can learn how to create layouts, format typography, and incorporate images and shapes into your design. If you feel limited by word processing software, learning InDesign can be a great tool for you.

****Required: Laptop Computer with Adobe Creative Suite Loaded.**

Free 30-Day Membership is available. Please contact us if you have any questions!

Tuesdays/Thursdays: January 23, 25, 30, February 1

Time: 6:00PM-8:00PM

Location: MALC Computer Lab

Instructor: Jessica Guy

Cost: \$60.00

8. Microsoft Excel Basics(TECH)

In this class, we will learn the very beginning basics of an Excel spreadsheet on a Windows system. We will discuss basic terminology, how to open and create new spreadsheets, how to change fonts, sizes, and colors, how to sort and filter the information on the spreadsheet, and learn a few basic formulas. This hands on class will be on a computer and doing activities related to the information being learned.

Tuesday: February 27

Time: 6:30PM-8:30PM

Location: MALC Computer Lab

Instructor: Nadine Nelson

Cost: \$25.00

9. Welding(TECH)

Learn the essentials of welding in this practical, information filled class. Techniques covered will include oxy/acetylene welding, brazing, cutting, shielded metal arc welding, and gas metal arc welding.

Wednesdays: January 24, 31, February 7

Time: 6:30PM-9:50PM

Location: Magic City Campus(Door 18)

Cost: \$150.00 (Supplies included with class purchase: Welding gloves & necessary metals)

10. Modern Knitting I(ART)

Not your grandmother's knitting! Learn the basics of knitting by starting with an incredibly simple, classic cotton dishcloth. Get hands-on experience with different types of fibers and create something functional and beautiful. Absolutely no experience is necessary. Students will walk away having made up to 3 finished dishcloths.

Mondays/Wednesdays: January 22, 24, 29, 31

Time: 6:00PM-8:00PM

Location: Minot Adult Learning Center

Instructor: Jessica Guy

Cost: \$60.00 (Plus Supply List found on <http://www.mpscommunityed.com/supply-lists.html>)

11. Modern Knitting II(ART)

Knitting your first scarf is a rite of passage once you've mastered the knit and purl stitch. Incorporate your knowledge from the previous class by learning to follow a simple pattern for this fashionable, ultra-plush scarf. By the end of this class you'll be able to "read" your own work and take pride in your first wearable item. Please let us know if you are allergic to any types of fibers, so we can get you the correct yarn.

Tuesdays/Thursdays: February 13, 15, 20, 22

Time: 6:00PM-8:00PM

Location: Minot Adult Learning Center

Instructor: Jessica Guy

Cost: \$60.00 (Plus Supply List found on <http://www.mpscommunityed.com/supply-lists.html>)

12. Modern Knitting III(ART)

Go from flat knitting in the previous class to knitting something dimensional, also known as 'knitting in the round'. If you learn to knit in the round, you can knit anything fearlessly! Hats, sleeves, koozies, socks — basically anything that's circular. This class we will be knitting a stylish lumberjack hat with a jumbo-sized pom pom we affectionately call The Glamping Hat. The Glamping Hat is super warm and visually interesting because it uses two different color strands of yarn at once.

Mondays/ Wednesdays: March 5, 7, 12, 14

Time: 6:00PM-8:00PM

Location: Minot Adult Learning Center

Instructor: Jessica Guy

Cost: \$60.00 (Plus Supply List found on <http://www.mpscommunityed.com/supply-lists.html>)

13. Watercolor(ART)

Interested in developing creativity using skills learned in watercolor? Learn the art of watercolor under the guidance of this seasoned artist. In this session we will focus on composition. Each student will be expected to bring a reference photograph of their choosing to work from. We will use the reference photo to learn the importance of composition in watercolor. If possible bring the photograph in black and white and also in color. We will learn about the "the Golden Mean" and "the Golden Section." We will also explore various ways of making grays.

Thursdays; January 11, 18, 25, February 1, 8, 15

Time: 6:30PM-9:00PM

Location: Minot Adult Learning Center

Instructor: Judy Quill

Cost: \$75.00 (Plus Supply List found on <http://www.mpscommunityed.com/supply-lists.html>)

14. Wheel-Thrown Ceramics(ART)

Learn the basics of wheel-thrown ceramics and the properties of clay in this course! The class is designed for multiple levels of experience where you will understand and practice the ceramic process. Wheel-thrown forms you will make include cups, mugs, bowls, plates, vases, and more!

Supply fee of \$30 included in the class total.

Mondays: February 26, March 5, 12, 19

Time: 6:30PM-8:30PM

Location: Magic City Campus Art Department

Instructor: Matthew Swenson

Cost: \$90.00 (Includes Supply fee of \$30 for class materials)

15. Introduction to Spanish(TECH)

Wanting to learn another language? This will be the class for you! You will be introduced to the Spanish language and culture. This class will start with the basics and move along at a comfortable level for you to enjoy. We would start with basic vocabulary; alphabet, numbers, months, colors, etc. We would apply these to basic Spanish conversations.

Mondays/Wednesdays: February 12, 14, 19, 21, 26, 28

Time: 6:00PM-8:00PM

Location: Minot Adult Learning Center

Instructor: Marlon Montenegro

Cost: \$90.00

16. Beginner DSLR Photography - CANON(ART)

Learn CANON DSLR basics and more in this introductory course! We cover a plethora of concepts over manual and semi-manual shooting modes, the exposure triangle, lenses, accessories, button functions, menu settings and adjustments, JPEG and RAW, memory cards, composition, and more. The only requirement for this class is that you bring your own CANON DSLR.

Tuesdays/Thursdays: January 16, 18, 23

Time: 6:30PM-8:30PM

Location: Magic City Campus- Photography Studio(Room 120)

Instructor: Matthew Swenson

Cost: \$45.00

17. Beginner DSLR Photography - NIKON(ART)

Learn NIKON DSLR basics and more in this introductory course! We cover a plethora of concepts over manual and semi-manual shooting modes, the exposure triangle, lenses, accessories, button functions, menu settings and adjustments, JPEG and RAW, memory cards, composition, and more. The only requirement for this class is that you bring your own NIKON DSLR

Tuesdays/Thursdays: February 6, 8, 13

Time: 6:30PM-8:30PM

Location: Magic City Campus- Photography Studio(Room 120)

Instructor: Matthew Swenson

Cost: \$45.00

18. Advanced Photography- Studio Edition(ART)

Advanced Photography Studio Edition is designed for students who are seriously interested in the practical experience of studio photography. Students will be introduced to new photographers and lighting techniques as points of departure to create work that reflects that individual student's spirit and vision. There are assignment requirements, but assignments are open-ended enough for students to develop their own styles and modes of expression. Students MUST be comfortable shooting in full Manual mode.

****In this course, students will create photographic pieces. The structure of this course is broken up into 4 sections: Studio Lighting, Studio Portraits, Product Photography, and Freezing Photography.***

****Equipment needed for class: DSLR Camera + Strobes and/or speedlights + wireless triggers are required for this class. (Students must have at least a pair of wireless speedlights (with triggers) in order to participate in the class.)***

Wednesdays: February 7, 14, 21, 28

Time: 6:00PM-8:00PM

Location: Magic City Campus Photography Studio

Instructor: Thais Fry

Cost: \$60.00(Plus the supplies listed above)

19. Beginning Cricut - How to use your NEW Cricut(ART)

Did you get a Cricut die-cut machine for Christmas and are wondering where to start? This class will cover terminology, types of materials and uses, tools, moving around Design Space program, and what you can all do with this machine. ***Cricut recommended for class.**

Thursday: January 11th

Time: 6:00PM-9:00PM

Location: Minot Adult Learning Center

Instructor: Chanda Decent

Cost: \$15.00

20. Intermediate Cricut - How to use your NEW Cricut(ART)

Feeling good about how to make simple things in Design Space with your Cricut. Now take it to the next level by learning how to import your own images, slice, weld, attach items together, mirror, make a welding box, using the draw feature, print and cut, etc. We will be cutting materials and practicing applying them to different surfaces. Bring your machine and laptop with Design Space loaded.*Cricut recommended for class.

*Supply fee will cover many samples of vinyl, HTV, transfer tape and wood, fabric, glass materials \$20.00

Mondays: February 5, 12

Time: 6:30PM-8:30PM

Location: Minot Adult Learning Center

Instructor: Chanda Decent

Cost: \$50.00 (Includes the supply fee for materials listed above)

21. Love Inspired Throw Pillow Covers(ART)

Make your own Valentine's Day farmhouse decor. Choice of Love/Valentines inspired sayings that you will paint on your throw pillow cover. Project will be completed that evening and ready to take home.

*Supply fee of \$15 included in total cost for class. All supplies needed to complete this project will be provided.

Tuesday: January 23

Time: 6:30PM-9:00PM

Location: Minot Adult Learning Center

Instructor: Chanda Decent

Cost: \$30.00(Includes the supply fee for materials listed above)

22. Reversible Love/Luck Painted Wood Sign(ART)

Create a simple farmhouse looking sign that will be reversible; L♥VE on one side and L♣CK on the other. You can make your sign vertical or horizontal. Project will be completed that evening. You will paint and assemble the sign. 4 feet in length. It's perfect for your entryway!

*Supply fee of \$20 is added to the class total fee. All supplies needed to complete this project will be provided.

Tuesday: January 30

Time: 6:30PM-9:00PM

Location: Minot Adult Learning Center

Instructor: Chanda Decent

Cost: \$35.00(Includes the supply fee for materials listed above)

23. Rustic Farmhouse Home Sign(ART)

The signs you see all over can now be made by YOU! Join this class, and you can learn how to make your own Rustic Farmhouse sign. The materials will all be provided for you to complete this project, so all you will need to do is come and enjoy!

You have seen them all over, now create a simple sign of your choice:

Spell HOME with the shape of ND as the O

Or a large outline of ND with HOME inside the state

You will use a stencil and paint the sign to match your décor.

*Supply fee of \$15 is added to the class total fee. All supplies needed to complete this project will be provided.

Tuesday: February 20

Time: 6:30PM-9:00PM

Location: Minot Adult Learning Center

Instructor: Chanda Decent

Cost: \$30.00 (Includes the supply fee for materials listed above)

24. Crate Class with Mason Jars(ART)

Back by popular demand. Build your own crate, 2 versions to choose from. Stain in a dark or grey stain. Paint mason jars to match your décor, 3 quart or 4 pint. Can be changed to match every holiday/season or used as an organizer on your desk/kitchen/bathroom. Very popular on Pinterest and at local craft shows.

*See [supply list](#) for additional supplies needed for class.

*Supply fee of \$18 is added to the class total fee.

Thursday: January 18

Time: 6:00PM-9:00PM

Location: Minot Adult Learning Center

Instructor: Chanda Decent

Cost: \$33.00 (Includes the supply fee for materials listed above. You are responsible for some additional supplies-see <http://www.mpscommunityed.com/supply-lists.html>)

25. Silversmithing II(ART)

This class will focus on using a jeweler's saw to cut designs in copper, brass or sterling silver, and soldering onto a base to make a pendant with a simple bail.

Cutting techniques, filing and polishing will be emphasized, and will prepare for Silversmithing III, setting a stone.

Includes learning the process of soldering (sweat soldering/tinning).

*Class total includes \$10 Supply fee for metals used in class.

Tuesdays: February 6, 13, 20, 27

Time: 6:00PM-9:00PM

Location: Minot Adult Learning Center

Instructor: Robin Ferrer

Cost: \$70.00 (Includes the supply fee for materials listed above. You are responsible for some additional supplies-see

<http://www.mpscommunityed.com/supply-lists.html> for supply list)

26. iPad Basics(TECH)

Learn how to effectively use the iPad: Touch and slide control, settings, calendar, notes, photos and camera, email (deleting old emails) and adding new contacts (addresses), Safari (Internet), creating albums and folders, downloading free Apps such as Kindle, iBooks, Pandora.

*Please Note: Several versions of iPad are available. Screen displays and instructions may vary accordingly.

Wednesdays: January 10, 17

Time: 12:30PM-3:00PM

Location: Minot Adult Learning Center - Computer Lab

Instructor: Judy Nelson

Cost: \$50.00

34. Poetry Writing Workshop I(ART)

Your words matter and it's time to get them down on paper. Join me as we explore poetry writing as expression, bypassing the constraints of rhyme and things like pentameter. You'll work past your fear of writing and of sharing that writing in environment of creation and encouragement. Together, we will focus on creative prompts to keep our pens going, how to give and receive feedback, and revision. All levels of writing are welcome because we all have something to say.

Saturdays: February 10, 17, 24

Time: 10:00AM-12:00PM

Location: Minot Adult Learning Center

Instructor: Melanie Sokol

Cost: \$45.00

35. Poetry Writing Workshop II(ART)

Continue your journey into poetry writing. We'll work on attempting some new forms of poetry while working through more creative prompts, playing with form, bringing more power to your writing through revision, creating visual art in conjunction with written art, and writing through strong emotions. We will also explore published poetry and learn how to read and interpret poems by others.

Saturdays: March 3, 10, 17

Time: 10:00AM-12:00PM

Location: Minot Adult Learning Center

Instructor: Melanie Sokol

Cost: \$45.00

36. Novel Writing Workshop(ART)

Have you ever wanted to write a novel but didn't know where to start? Start here. Together, we will focus on getting you ready to write a novel and guide you as you develop your plot, discover your characters, explore your setting, find your voice, and tell your story. The course will be student focused so you can reach your goals in creating your own story. All genres and writing levels are welcome. Students are required to bring writing materials to the course.

Saturdays: February 10, 17, 24, March 3, 10, 17

Time: 1:00PM-4:00PM

Location: Minot Adult Learning Center

Instructor: Melanie Sokol

Cost: \$90.00

37. Know the 10 Signs of Alzheimer's(COMM.)

The warning signs of Alzheimer's disease are often dismissed as side effects of normal aging. If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. Early detection gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future.

Monday: January 22

Time: 6:45Pm-8:15PM

Location: Minot Adult Learning Center

Presenter: Alzheimer's Association (Jodi Keller)

Cost: \$0

38. The Basics: Memory Loss, Dementia & Alzheimer's(COMM.)

Through "The Basics" workshop discover the symptoms of Alzheimer's disease and other types of dementia; how Alzheimer's affects the brain; risk factors; diagnosis; stages of the disease; treatment; and hope for the future.

Monday: February 12

Time: 6:45PM-8:15PM

Location: Minot Adult Learning Center

Presenter: Alzheimer's Association (Jodi Keller)

Cost: \$0

39. Effective Communication Strategies(COMM.)

We explore how communication takes place when someone has Alzheimer's Disease by explaining the communication changes that take place throughout the course of the disease, decoding the verbal and behavioral messages delivered by someone with dementia and respond in ways that are helpful to the person and identify strategies to help you connect and communicate at each stage of the disease.

Monday: March 12

Time: 6:45Pm-8:15PM

Location: Minot Adult Learning Center

Presenter: Alzheimer's Association (Jodi Keller)

Cost: \$0

POLICIES & PROCEDURES

- **WAIVER:** STUDENTS ARE ENCOURAGED TO READ OUR WAIVER BEFORE REGISTERING FOR OUR CLASSES
- **CLASS STATUS:** CHECK THE STATUS OF OUR CLASSES BY CALLING OUR OFFICE 701-857-4488.
- **SERVICE POLICY:** ALL COURSES ARE FILLED ON A FIRST-COME, FIRST-SERVED BASIS. REGISTRATION IS INCOMPLETE UNTIL YOUR CLASS FEE AND REGISTRATION FORM IS RECEIVED.
- **CLASS FEES & SUPPLY FEES (IF APPLICABLE):** MAY BE PAID BY CHECK, MONEY ORDER, CASH OR CREDIT/DEBIT CARDS ONLINE. WHEN REGISTERING FOR MULTIPLE CLASSES, PLEASE PAY FOR EACH CLASS WITH A SEPARATE CHECK. REFUNDS WILL ONLY BE GIVEN SEVEN DAYS PRIOR TO THE CLASS AND IN EMERGENCIES.
- **WHO MAY ATTEND:** ONLY PRE-PAID REGISTRANTS, 16 AND OVER, MAY ATTEND CLASSES.
- **CANCELLATIONS:** WE RESERVE THE RIGHT TO CANCEL CLASSES DUE TO CIRCUMSTANCES BEYOND OUR CONTROL. REGISTRANTS WILL BE NOTIFIED AND CLASS FEES RETURNED.
- **CLASS POSTPONEMENTS:** IF MINOT PUBLIC SCHOOLS CLOSE DUE TO WEATHER, OR MINOT POLICE DEPARTMENT ISSUES A NO TRAVEL ADVISED FOR THE CITY, OUR CLASSES WILL AUTOMATICALLY BE POSTPONED. IN OTHER EVENTS AN EFFORT WILL BE MADE TO NOTIFY YOU AT THE PHONE NUMBER YOU PROVIDED US

WAIVER, RELEASE AND INDEMNIFICATION

BY REGISTERING FOR ONE OF OUR CLASSES, BE AWARE THAT YOU WILL BE WAIVING, RELEASING AND INDEMNIFYING MPS FOR ANY DAMAGE TO THE FACILITY OR LIABILITY INCURRED AS A RESULT OF ITS USE. BY SIGNING YOU WILL HEREBY:

1) AGREE TO ASSUME ALL RISK OF DAMAGE TO THE FACILITY AS A CONSEQUENCE OF ITS USE;

2) WAIVE, RELEASE, AND DISCHARGE MPS, ITS AGENCIES, OFFICERS, EMPLOYEES AND VOLUNTEERS FROM ANY AND ALL LIABILITY THEY MAY INCUR RESULTING FROM THE USE OF THE FACILITY;

3) INDEMNIFY, SAVE AND HOLD HARMLESS MPS, ITS AGENCIES, OFFICERS, EMPLOYEES AND VOLUNTEERS FROM ANY AND ALL CLAIMS OF ANY NATURE INCLUDING COSTS, EXPENSES AND ATTORNEY'S FEES WHICH MAY IN ANY MANNER RESULT FROM THE USE OF THE FACILITY.

THIS WAIVER, RELEASE AND INDEMNIFICATION SHALL BE CONSTRUED BROADLY TO PROVIDE A WAIVER, RELEASE AND INDEMNITY TO THE MAXIMUM EXTENT PERMISSIBLE UNDER APPLICABLE LAW.

Three Step Registration

Step 1: Print this registration form below and fill out the form completely.

Step 2: Make your check or money order payable to MPS.

Step 3: Drop off your registration form and tuition in the mail or at our office.

If you are registering for MULTIPLE classes-we will need a SEPARATE check for each class!

If you have questions on this please give us a call!

MPS Community Ed Minot Adult Learning Center 1609 4th Avenue NW Minot, ND 58703-2911		
Name		
E-Mail Address		
Phone #		
Address		
City & Zip		
Where did you hear about our classes?		
Course #	Course Title	Tuition (Payable to MPS)
Payment Method:(Cash, Check, or Credit/Debit Card) Please make seperate checks for multiple classes.		
Thank you!		Total:
Signature:		

By registering for this class, I understand that MPS or its instructors will not be held responsible for injuries or loss of property. See waiver release.*

***Waiver, Release and Indemnification**

By registering for one of our classes, be aware that you will be waiving, releasing and indemnifying MPS for any damage to the facility or liability incurred as a result of its use. By signing below you will hereby:

- 1) Agree to assume all risk of damage to the facility as a consequence of its use;
- 2) Waive, release, and discharge MPS, its agencies, officers, employees and volunteers from any and all liability they may incur resulting from the use of the facility;
- 3) Indemnify, save and hold harmless MPS, its agencies, officers, employees and volunteers from any and all claims of any nature including costs, expenses and attorney's fees which may in any manner result from the use of the facility.

This waiver, release and indemnification shall be construed broadly to provide a waiver, release and indemnity to the maximum extent permissible under applicable law.