

FALL / WINTER 2021

## ROCK RIDGE COMMUNITY



### Winter Porch Pots Or Hanging Basket

**Thursday November 18 5:00-6:30pm \$40**

Come and create your own unique winter Porch pot or Hanging Basket to use in your outside holiday decorating. A variety of greenery and decorations will be provided for you to use. Bring your own container or use the one provided. Pictures are only an example. When signing up specify which project you will be doing. Location to be determined.



### Acrylic Painting "Autumn Landscape"

**Thursday Sept. 30 5:00-6:30pm \$27**

Try your hand at acrylic painting with the ladies from 321 Art Studio. You will draw and paint an Autumn landscape using an 11 x 14 stretched canvas and acrylic paint. No experience necessary. All skill levels welcome. Eveleth-Gilbert Campus- Franklin Cafeteria



### Northern Lights Painting

**Tuesday September 28 5:00-6:30pm \$27**

Try your hand with water-miscible oil painting. The ladies from 321 Art Studio Instructor will help you create a Northern lights painting using an 11 x 14 stretched canvas and water-miscible oil paint. No experience necessary-all skill levels welcome. VHS Campus

### Leather & Stone Earrings

**Thursday October 14 6:00-8:30 \$18**

At this class you will emboss, paint, die-cut and stamp two beautiful pairs of lightweight leather earrings. All supplies will be provided. Including your choice of semiprecious beads to embellish your creations. You will also receive high quality silver, niobium or copper ear wires to complete your project. If you have round and flat-nosed jewelry pliers bring them, some will be provided to share. VHS Campus

### Herringbone Bracelet

**Tuesday October 12 5:00-7:00pm \$15**

Diane is back! She has lots of new ideas and patterns for you! This first class is a bracelet made with Super duos and Chinese crystals. Sign up early her classes fill fast! Supply fee will be paid to instructor at class. VHS Campus



### Home or Halloween Sign Class

**Tuesday October 19 5:00-7:00pm. \$30**

Let's make a sign! You can choose which sign you would like to make. Everything is ready for you to sit, paint and glue together. At time of registration please indicate which sign you would like to make. If you would like to buy additional kits at class, they will be available for \$20. Please indicate this at registration. \$10 is due at registration and \$20 to instructor the evening of the class. VHS Campus



## Sports Cards & Collectibles

**Wed., Nov. 3**

**5:30-7:00pm. \$10**

Have you joined the latest craze? Or have a collection of cards in your attic? Sports cards are hot now. Learn from Tom, the value of your card or sports collectables, and how to buy and sell them. He will also tell you what to watch for when you are buying them. Counterfeits are flooding the market, so you need to be aware! You need to register for this class. VHS Campus

## Gift Bags & Tags Galore

**Thurs., Dec. 2**

**6:00-8:30pm \$12**

You bring a 12' x 12" Scrapbooking Paper Pad (or share a pad with a friend) or bring a least 6 sheets of Coordinating scrapbook paper. You will use instructors glue, dies, and other supplies and bits to make as many fancy gift bags, tags and gift boxes as you can in this class. You will also adorn your creations with embossing, ribbon handles and handmade flowers. You will go home with at least 3 different bag designs and all the trimmings! Once you learn this you will never have to buy a \$6 bag again. VHS Campus



## Perfect Cupcakes



**Wednesday Nov. 17**

**6:00-7:30pm**

**\$15**

The secret to a delicious, professional looking cupcake is the frosting. Learn how to make a not too sweet, stabilized whipped cream/mascarpone frosting. Decorate "Thanksgiving" inspired cupcakes. No previous decorating experience needed to enjoy this class. You will leave with a dozen cupcakes with varied flavors and designs along with the recipes. VHS Campus

## Fitness

### Yoga

Wed. Sept. 29, Oct. 6, 13, 20	5:30-6:30pm	\$30
Wed. Oct. 27, Nov. 3, 10, 17	5:30-6:30pm	\$30
Wed. Dec. 1, 8, 15, 22	5:30-6:30pm	\$30

Each session includes 4 classes.

Vinyasa flow yoga for flexibility, strength, stress relief and overall well-being. Open to all levels, bring your own mat and props.

Please pay the first night of class to the instructor. **Contact Nancy Henderson-Korpi- instructor, via email at [mnskorpi@gmail.com](mailto:mnskorpi@gmail.com)**

### Franklin Activity Room

### Yoga

Thurs. Sept. 16, 23, 30, Oct. 7	3:45-4:45pm	\$30
Thurs. Oct. 14, 28, Nov. 4, 11	3:45-4:45pm	\$30
Thurs. Nov. 18, Dec. 2, 9, 16	3:45-4:45pm	\$30

Each Session includes 4 classes.

Class is held at Parkview Music Room. Please pay the first night of session. This is a slow flow yoga class, mindfully moving and breathing while holding poses a bit longer. Slow Flow yoga gives time to learn proper alignment in poses while building strength, flexibility, balance, and calm. Class is appropriate for all levels. Bring your mat and any props you like. Relax & Refresh!

**Contact Wendy Schwab @ [wschwab1414@gmail.com](mailto:wschwab1414@gmail.com) or Julie Eddy @ [Julie.eddy@rrps.org](mailto:Julie.eddy@rrps.org)**

### Parkview Music Room

### Cardio Jam

Wednesdays 9/15-12/22	3:45-4: 45	\$5 per class
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Cardio Jam combines choreographed, dance like, aerobic routines and strength training, all set to music, for a full body workout.

Bring your own mat and weights.

### Parkview Cafeteria

### A Pathway for Walkers

### Virginia, Eveleth & Gilbert Campus

M-F, Begins November 1–March 31<sup>st</sup> Free

Virginia Buildings – 3:30-5:30pm

Eveleth-Gilbert Buildings – 4:00-8:00pm

Our buildings are open to provide exercise in a climate-controlled environment while enjoying the facilities of the Rock Ridge School District. School will only be open when school is in session!

**For more information and to register please call Julie at 742-3990- Virginia Campus or Chad at 744-7712- E-G Campus**





# Seminars

## Social Security- Timing is Everything

Tues., Nov. 9 6:00-7:00 pm  
 Social Security is a vital income source for many retirees. 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 and learn what Social Security can mean for them. VHS campus  
**This class is free, but registration is required**

## Telephone Fraud/online Safety

Tues., Oct. 6 5:00-6:30

Officer John Swenson, Virginia police department Community Liaison Officer will conduct a very informative class on how to identify and avoid common phone scams. He will also talk about protecting yourself on the internet.

This class is free, but registration is required.

## Learn How to become a Community Education Instructor

Wed., Oct. 6 6:00-7:00pm Virginia Campus

Learn how you can get paid to share your talent and passion with others. Also discussed will be every aspect of what is expected when you hold a class, the process of getting paid, location and space, and we will answer any and all questions you may have. **This class is free, but registration is required.**

## Estate & Nursing Home Planning

Mon., Oct. 11 5:30-7:00pm Free

Get your estate in order by planning for incompetency and/or death. Learn why you need a Power of Attorney, Health Care Directive, and Will. Also, get up-to-date information about nursing home planning and learn how titling your assets impacts your estate and nursing home planning.  
 VHS Campus  
 This class is free but registration is required.

Alicia & John Cope, instructors.

## Financial Foundations: Investing for Retirement

Tues., Oct.,12 6:00-7:00pm Virginia

You will learn four smart retirement planning moves. It can be a confusing topic and making the most of it can have a lot to do with timing it right.

This class is free but registration is required.

## Defensive Driving Classes

### Defensive Driving Class -Virginia Campus

Tues., Sept. 28 5:30pm - 9:30 pm Virginia High School \$12

Wed., Nov. 10 5:30pm - 9:30 pm Virginia High School \$12

You must be 55 or older to participate. Classes are \$12 per person. This class is for the individual who has had a previous 8-hour class. Participants will receive a reduction in their car insurance after completing this class. Call Julie at **742-3990** to register.

**Trooper Peter Goman, Instructor.**

### Defensive Driving Class -Gilbert Campus

Mon., Oct. 11 10:00am - 2:00pm Gilbert United Christ \$12

Tues., Oct. 12 5:00pm - 9:00pm Gilbert Media Center \$12

Mon., Dec. 6 10:00am - 2:00pm Gilbert United Christ \$12

Thurs., Dec. 9 5:00pm - 9:00pm Gilbert Media Center \$12

Four-hour refresher course is for drivers 55 and older and have already had the 8-hour beginners' course. The size of the classes will be limited. Pre-register by calling Mike @ 218-750-3189 or by an email to [mnflats@hotmail.com](mailto:mnflats@hotmail.com)

**Michael Flatley, instructor**

## Youth Classes

Flyers will be sent home with students before each class!

### Create and Adopt A Pet -Take Home Class K-6

You get your kit to take home and create!  
There is no sewing needed! Choose from the four animals pictured below. All materials included to create your new pet.  
Flyers will be sent home. \$12



**Rock Ridge Community Education  
Virginia/Eveleth-Gilbert  
Independent School District #2909  
“Future Ready/Community Strong**



**Jungle Landscape Painting**

Mon., Sept. 28 3:00-4:30 Virginia  
Tues., Sept. 30 3:00-4:30 E-G

**Animals, Animals**

Mon., Oct. 7. 3:00-4:30  
Virginia  
Tues., Oct. 5 3:00-4:30 E-G

**Leather Bracelet 101**

Wed. Sept. 29 2:00-4:00  
Virginia

**Gingerbread House**

**Roosevelt Crafts**

**Sept. 23  
Oct. 28  
Nov. 18  
Dec. 9**

**Parkview Crafts**

**Sept. 30  
Oct. 14  
Nov. 11  
Dec. 2**

**Babysitters' Training Ages 11-15**

Mon-Wed. 11/29-12/1 2:55-5:30pm Virginia Campus \$45  
For boys and girls who want to be responsible babysitters. Each participant receives the Babysitters' Handbook and other useful handouts. Students are eligible to receive a certificate if they are age 11 or older. Bring a snack for after school. Class size limited to the first 12 paid participants. Flyers will be sent home.  
**Anna Amundson, Instructor.**

**Safe on My Own Grades 3-6**

Mon. Oct. 4 3:00-4:30pm Virginia Campus \$10  
Mon. Oct 18 3:00-4:30pm Eveleth Campus \$10  
Anna will teach the basics of 1<sup>st</sup> Aid and Safety for latch key children. This is a great class for children so that know what to do and how to handle situations that may arise. Snack & materials included. Flyers will be sent home. Class size limited to 20 students.



## Trip

### Chanhassen Trip- Footloose

Sat., April 2, 2022

6:45 am

\$145

Join us on this day trip to see one of the most successful motion pictures of 1984. The soundtrack recording reached #1 on the Billboard charts and went on to sell 17 million copies worldwide. The cost of this day trip includes deluxe motor coach round trip bus fare, lunch at Chanhassen and the show ticket. All seats must be reserved and paid in full by Monday March 7, 2022. Space is limited, so sign up early to reserve your spot! **Call Julie @ 742-3990 to register or for more info and questions!**

### Virginia School Forest- Walking Tour

Thurs., Sept. 23

4:30-6:30pm

School Forest

\$5

Have you heard your child or grandchild talk about going to the school forest? Join former 5<sup>th</sup> grade teacher Chris Holmes to explore portions of the Virginia Forest trail system and visit the various learning stations located on the 120acre property. Learn about the Minnesota School Forest program and see how Virginia Teachers use it to provide outdoor education activities for their students. **Meet and leave park and ride lot on highway 53/169 interchange at 4:30pm, then drive to the forest. Dress for a 1-mile hike, rain or shine.**

### Virginia Historical Society Tour

Thurs., Oct. 7

6:00-7:00pm

The Virginia Historical Society is offering an after-hours tour of the heritage museum in Olcott Park. Take a 60-minute guided tour lead by Chris Holmes of the museum and view the historical exhibits relating to Virginia and the surrounding area. Masks are required. A free will donation at the door would be appreciated.

**Sometimes a great class or trip gets cancelled because people wait to register until the last minute! Don't be disappointed register today!!**

## REGISTRATION INFORMATION

Instructors are not authorized to accept registrations or payments at class. **You MUST pre-register and pay.**

Are you in the class? **YES, unless you hear from us.** Simply mail in the registration form with your check and show up for the class. You will be notified only if the class is filled or canceled.

Cancellations must be made at least 2 business days prior to the class.

We apologize in advance for any errors in class descriptions, including price. We reserve the right to amend class information. If you see a discrepancy, please call to get the correct information.

### **2 easy ways to Register**

Register by mail: Just fill out the form below and mail in with a check.

Register by phone: Contact Julie at 742-3990 Virginia Campus  
Register by phone: Contact Chad at 744-7712 Eveleth Campus

