



## Lake Harriet & Anthony Community Education Spring Adult Enrichment Index of Class Listings

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### 90 Minutes with an Estate Planning Attorney

Discuss your estate planning questions in an open forum — from birth to death, marriage to divorce, children to step-children, rich to poor, probate to non-probate, self-employed to unemployed. A financial advisor will be available to answer your financial questions. Instructor: Kurt Obermiller  
1 Wednesday; 05/30/2018; 6:30 PM - 8:00 PM \$19

### Acting 1

Immerse yourself in the art and technique of acting, emphasizing the basics—script and character analysis, vocal and physical techniques, and the importance of connecting with acting partners. You will perform partnered scenes from Lillian Hellman’s Watch on the Rhine as you seek to apply these basics to rehearsing and performing. Instructor: Mary Cutler  
4 Mondays; 04/16/2018 - 05/07/2018; 6:00 PM - 8:00 PM \$39

### Astrology

Discover the ancient tool of astrology to gain insight into your personality and life. See your chart used to illustrate astrological concepts and bring home a copy of your chart. Instructor collects a \$5 supply fee. Instructor: Lynn Walker  
2 Mondays; 04/30/2018 - 05/07/2018; 6:30 PM - 8:00 PM \$25

### Belly Dance 1

Improve flexibility, creativity, control and grace in a comfortable atmosphere. Wear workout or dance clothes. Dance barefoot or wear soft sandals or ballet slippers. Bring a scarf to accent hip movements. Instructor: Erin Kubly  
7 Wednesdays; 04/18/2018 - 05/30/2018; 8:15 PM - 9:15 PM \$39

### Bookbinding

Explore the parts of a book and how to build them before creating five of your own books from scratch. Investigate the uses and utility of the artist's sketchbook, which can serve as a planner, diary, scrapbook and journal. Instructor collects a \$24 supply fee. Instructor: Celeste Douville  
2 Mondays; 05/14/2018 - 05/21/2018; 6:30 PM - 8:30 PM \$25

### Calligraphy: Brush Calligraphy Exploration

Discover more than a dozen techniques that will enable you to add a personal touch to photo albums, party invitations, envelopes, planners, calendars and holiday gifts through the art of calligraphy. Explore alphabet doodling as we create hand lettering. Instructor collects a \$12 supply fee. Instructor: Celeste Douville  
1 Monday; 04/23/2018; 6:30 PM - 8:30 PM \$19



### Chinese 1: Mandarin

Learn the basics of the Chinese language such as greetings, days of the week and common phrases. We will also explore Chinese culture. Instructor: Nicole Darcy

7 Wednesdays; 04/18/2018 - 05/30/2018; 6:00 PM - 7:30 PM \$49

### Chinese 2: Mandarin for Travelers

Transform from a tourist into a world traveler by learning essential travel terms and everyday conversational Mandarin. Practice ordering at a restaurant, shopping, asking for directions and booking a hotel. Instructor: Nicole Darcy

7 Wednesdays; 04/18/2018 - 05/30/2018; 7:35 PM - 9:00 PM \$49

### Chinese Dumplings

Prepare the perfect the pan-fried Chinese dumpling using local and organic ingredients. The dumpling is a savory entrée traditionally served during Chinese New Year. You will make dumplings that are authentic, healthy, and easy to replicate at home. Instructor collects a \$10 food supply fee. Instructor: Ada Dong

1 Monday; 06/04/2018; 6:00 PM - 9:00 PM \$25

### Cooking 101: Six Weeks to More Joyful, Improvisatory Home Cooking

Enhance your confidence using amazing ingredients from the farmers' market, in your CSA box, or at your favorite butcher or grocer. Focus on basic techniques that will help you improvise dishes, bolstered by new knife skills, building soups by layers, pan frying and searing, stir-frying, braising, high-temperature roasting, and pizza making. Learn the basics of food safety and storage, use of spices and herbs, and kitchen tools that make prepping food faster, more effective, and fun. Instructor collects a \$56 food supply fee. Instructor: Jan Zita Grover

6 Mondays; 04/16/2018 - 05/21/2018; 5:30 PM - 8:30 PM \$95

### Drawing 1

Express yourself through drawing as you explore line quality, compositional arrangement, shading and highlighting. Bring a sketchbook and either pens, pencils or colored pencils. Instructor: Doreen C Mangen

6 Mondays; 04/16/2018 - 05/21/2018; 7:00 PM - 8:30 PM \$45

### Drawing: Zentangle Basics and Advanced

Zigzag all around the page. Zentangle, an organized and easy-to-learn approach to drawing, uses repeating patterns to create abstract designs. The first night will cover basics. The second night will focus on advanced skill. You will use special design projects such as mandalas, cards, book covers, mobiles and origami boxes to master the technique. Instructor collects a \$6 supply fee. Instructor: Paula Bramante

2 Mon/Wed; 06/04/2018 - 06/06/2018; 7:00 PM - 9:00 PM \$25



# Community Education

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## Dumplings to Die For

Tackle making terrifically tasty pot stickers, tapioca-pearl bombs, momo-shaped water dumplings and test pork, chicken and tofu fillings. The dumplings you will create will put ones you buy at store in the shade. Bring your chef's knife and a small box for taking home any dumplings you don't eat in class.

Instructor collects a \$10 food supply fee. Instructor: Jan Zita Grover

1 Monday; 06/04/2018; 5:30 PM - 8:30 PM \$29

## Duplex & Multi-Unit Housing

Learn how to complete a rental property worksheet, understand the tax benefits of owning real estate, and discuss the pros and cons of owning rental property. We will cover in detail the tax benefits of owning rentals, how to evaluate a property, and how to protect yourself as a landlord Instructor: Scot Pekarek

1 Wednesday; 05/02/2018; 6:30 PM - 8:30 PM \$19

## Electric Pressure Cooking

Make life simple with "instant one pot cooking." Whether you can cook or not, an electric pressure cooker can turn you into a gourmet chef. You will learn recipes, techniques, safety and more while we make some recipes and have a late dinner together. Instructor collects a \$10 food supply fee. Instructor: Jessica T Smiles

1 Wednesday; 04/25/2018; 6:00 PM - 9:00 PM \$25

## Essential Guide to Buying Your Home

Want to negotiate the best deal on your home? Learn how to access government grants, obtain first time buyer programs, avoid the lemons and save thousands. Instructor will walk you through step by step the best process for going about maximizing your money and having the lifestyle you want.

Instructor: George Bodnia

1 Wednesday; 04/25/2018; 6:30 PM - 9:00 PM \$25

## Fearless Instant Pot Cookery

The Instant Pot and other multicookers can produce a tender roast in 7% of the time it takes in a slow cooker. But cooking in them with finesse demands patience, curiosity and willingness to experiment. Learn what you can cook well in electric pressure cookers and what you should avoid, including which meats and vegetables. Bring your own pot with its instruction book (several Instant Pots will also be available in class), three small closed containers for taking home leftovers, and eagerness to play with your food! You'll cook a variety of dishes to eat and discuss in class. Extensive handout provided.

Instructor collects an \$12 food supply fee. Instructor: Jan Zita Grover

1 Monday; 06/11/2018; 5:30 PM - 8:30 PM \$29

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### Focaccia, the Original Flatbread

Simple fare that's easy to prepare. Good for snacking. Great with soups. You will learn to make toppings and fillings in addition to Focaccia flat bread, made popular in Italy. Enjoy a sweet version with nuts and fruit for a delicious breakfast Instructor collects a \$12 food supply fee. Instructor: Mary Duffy

1 Monday; 04/30/2018; 6:00 PM - 9:00 PM \$25

### German 1

Focus on the essentials of the German language and outfit yourself with useful German expressions for traveling abroad. The class will also cover grammar basics and aspects of German culture. Two additional class meetings after May 7th TBD by class. Instructor: Suzanne Jebe

4 Mondays; 04/16/2018 - 05/07/2018; 6:00 PM - 7:15 PM \$39

### German 2

Expand your knowledge of the German language as you learn about vocabulary, culture and grammar. Prerequisite: German 1 or other experience. Two additional class meetings after May 7th TBD by class. Please note that there will be 6 total sessions - German 2 is listed in the brochure with 4 sessions in error. Instructor: Suzanne Jebe

6 Mondays; 04/16/2018 - 05/07/2018; 7:30 PM - 8:45 PM \$39

### Get Your Beauty Rest: Natural Sleep Strategies

Dreaming about getting more sleep? Are you waking up feeling like beast instead of a beauty? Are insomnia, middle of the night awakening, and poor sleep quality affecting your sleep? Learn about sleep hygiene and steps to natural, restful sleep. Instructor: Monica Peterson

1 Wednesday; 05/23/2018; 6:00 PM - 8:30 PM \$25

### Grilling

Turn up the heat on your grill skills as you gain confidence and eagerness to play with food outdoors. Learn what to look for in simple, reliable grills and instant-read thermometers; the cuts of meat that can make or break your grilling, make marinades and rubs. You will do direct and indirect grilling outside the classroom, so bring a sweater, an apron, an appetite and a closed container for leftovers. Extensive handout provided. Instructor collects a \$12 food supply fee Instructor: Jan Zita Grover

1 Wednesday; 05/23/2018; 6:00 PM - 9:00 PM \$29

### Homemade Summertime Products

Ever wonder how you can control ants and other summertime insects without the worry of exposing your family and pets to chemicals? Learn easy, natural recipes for all types of summertime problems from ants to weeds You'll make a sun product and mosquito repellent in class to bring home along with dozens of great recipes to keep your summer chemical free. Instructor collects a \$6 supply fee.

Instructor: Jessica T Smiles  
1 Wednesday; 05/23/2018; 6:30 PM - 8:30 PM \$19



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## How to Buy a Diamond

Learn about the history of diamonds, how they are priced and graded. Understanding the Four C's (cut, color, clarity, and carat weight) is crucial to making an informed purchase for a good value. Anyone shopping for a diamond engagement ring, or a diamond for any reason, will benefit greatly from this crash course in everything sparkly. You will come away ready to go to any retailer or website feeling confident that you'll make a value oriented and informed purchase. Instructor collects a \$1 supply fee.

Instructor: Jen Bellefleur

2 Wednesdays;                      05/09/2018 - 05/16/2018;                      6:30 PM - 8:30 PM                      \$25

## How to Keep the Cabin in the Family

Division of an estate can lead to bitter battles between siblings and impact relationships forever. Learn how to keep your cabin, farm or business in the family without a family conflict. Instructor: Kurt Obermiller

1 Wednesday;                      05/23/2018;                      6:30 PM - 8:00 PM                      \$19

## Japanese 1

Learn the basics of conversational Japanese, including greetings, numbers and practical conversational skills useful when traveling to Japan. No class May 21 and May 28 - Final class on June 4. Instructor:

Tetsuya Shimano

6 Mondays;                      04/16/2018 - 06/04/2018;                      6:00 PM - 7:30 PM                      \$45

## Japanese 2

Explore simple sentences, conjugating verbs and counting and discuss Japanese culture. No class May 21 and May 28 - Final class on June 4. Instructor: Tetsuya Shimano

6 Mondays;                      04/16/2018 - 06/04/2018;                      7:30 PM - 9:00 PM                      \$45

## Junk Foods Make For Junk Moods: The Food and Mood Connection

Explore how food affects your mental health, understand how to eat foods to balance your mood, identify your own food rules and gain understanding about how stress and inflammation affect your body. Instructor: Monica Peterson

1 Monday;                      04/30/2018;                      6:00 PM - 8:30 PM                      \$25

## Mat Pilates 1

Improve your flexibility, build strength, and develop control and endurance in the whole human body. Pilates puts emphasis on alignment, breathing, developing a strong core and improving coordination and balance. Instructor: Susie Quarstad

7 Wednesdays;                      04/18/2018 - 05/30/2018;                      7:30 PM - 8:30 PM                      \$39

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## Mat Pilates 2

Now that you've learned the basics of Pilates, challenge yourself to this next-level course. Prerequisite: Pilates 1 or previous experience. Instructor: Susie Quarstad

7 Wednesdays;                      04/18/2018 - 05/30/2018;                      6:15 PM - 7:15 PM                      \$39

## Meat Smoking Basics

Smoking poultry, beef, pork, venison, and other meats is part of what makes Minnesota eating so great! Learn the basics of effective charcoal smoking. You will smoke already-prepped beef and chicken and learn about new, state-of-the-art, inexpensive charcoal smoking equipment. Extensive handout provided. Bring a closed container for leftovers. Instructor collects a \$15 food supply fee. Instructor: Jan Zita Grover

1 Wednesday;                      05/30/2018;                      6:00 PM - 9:00 PM                      \$29

## Mono Printing

Explore techniques for mono plate printing. Create gorgeous, color exploding books/journals after all of the play with paint and textures. All materials are provided, however you are encouraged to bring your own textures (stamps, doilies, leaves, etc) to test. Bring a gel plate and brayer if you have them.

Instructor collects a \$12 fee for general supplies like paper, paints, bookbinding materials and stencils. Bring an additional \$30 to purchase an 8x10 gel plate and \$10 for a brayer if you do not have your own. Instructor: Celeste Douville

1 Monday;                      05/07/2018;                      6:30 PM - 8:30 PM                      \$19

## Mortgage Financing: An In-Depth Look at The Newest Programs

Discover the newest mortgage financing options available today. Down payments starting with zero down, forgivable first-time home buyer grants, less-than-perfect credit programs, and home improvement purchase loans. Take an in-depth look at the monthly payments and compare the different down payment options to determine what may be best for you. You will learn how to pick the best mortgage loan option for you. Instructor: Eric House

1 Wednesday;                      05/16/2018;                      6:30 PM - 8:30 PM                      \$0

## Naad Yoga: Inner Sound Meditation

Voice and sound are a powerful medium for re-balancing mind and body. Explore listening as a yogic process of self awareness in a detailed step-by-step approach. Your breath will flow in rhythm and with purpose, a healthy practice to take home. Sound, emotion, word will lead you to a deeper sense of meaning. Instructor: Anna Meher

3 Mondays;                      04/16/2018 - 04/30/2018;                      7:00 PM - 8:30 PM                      \$29



### Nia

Add flexibility, agility, mobility, strength and stability — all important to vibrant longevity, and even better when you can have fun while learning. Join our dance/yoga class and explore the 52 Moves of the Nia Technique with a group of supportive movers. Instructor: Amy Lamphere

6 Mondays;	04/16/2018 - 05/21/2018;	6:30 PM - 7:30 PM	\$35
7 Wednesdays;	04/18/2018 - 05/30/2018;	6:30 PM - 7:30 PM	\$39

### Painting: Watercolor 1

Explore your creativity while learning watercolor fundamentals such as mixing colors, washes, wet-dry approaches, and texture with the help of instructor demonstrations and one-on-one coaching. Bring a watercolor set (Prang or similar), pencil, water container, paper towels, and #140 good quality paper to class. Instructor: Suzi McArdle

4 Wednesdays;	04/18/2018 - 05/09/2018;	7:00 PM - 9:00 PM	\$39
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### Painting: Watercolor 2

Learn new watercolor techniques and different materials, including Yupo paper with watercolor inks, collaging, masking methods, color mixes and abstraction. Instructor will demonstrate techniques and help you explore your own way of using this flexible medium. This will culminate in a final painting to be framed. Bring a watercolor set (Prang or similar), pencil, water container, paper towels, and #140 good quality paper to class. Instructor: Suzi McArdle

4 Wednesdays;	05/16/2018 - 06/06/2018;	7:00 PM - 9:00 PM	\$39
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### Pastels

Pastels feel like drawing but look like a painting. Explore this attractive, popular painting medium, the direct application of colorful pastel sticks on paper. Learn about color, a variety of techniques, planning and composition. Bring a photo of what you want to paint. Also bring 12-30 pastels (soft and hard), a couple of pastel pencils, 2-3 paper stumps, kneaded eraser, and eight 8 1/2 x 11 sheets of paper such as Mi-Teintes, PanPastels or sanded. Instructor: Suzi McArdle

4 Mondays;	04/16/2018 - 05/07/2018;	7:00 PM - 9:00 PM	\$39
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### Philosophy: A History of Western Thought and How It Shaped Us

“The unexamined life is not worth living.” Through answering this challenge, attributed to Socrates, examine life and the questions surrounding the human experience. Venture through intellectual tradition, introducing primary thinkers and paradigms. Gain understanding of the flow of thought from ancient philosophers to today and how it shaped us. Instructor: Jonathan Monson

6 Mondays;	04/16/2018 - 05/21/2018;	7:00 PM - 8:30 PM	\$39
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## Pickleball

Join us for a sport that's gaining popularity all around the world. A combination of badminton and tennis, pickleball is easy to learn and fun to play for all skill levels. This class typically fills in the first day of registration.

8 Mondays;	04/16/2018 - 06/11/2018;	7:00 PM - 8:45 PM	\$45
8 Wednesdays;	04/18/2018 - 06/06/2018;	7:00 PM - 8:45 PM	\$45

## Raising Monarch Butterflies

Monarchs need your help. In the wild, only 1% of monarch eggs will become butterflies. Increase their survival rate to 95% by raising them in your home or porch. Learn great gardening tips for milkweed and how to care for caterpillars from egg to chrysalis. Experience the joy of releasing grown monarchs into your garden. Instructor: Teri Joyce

1 Monday;	05/21/2018;	7:00 PM - 8:30 PM	\$19
1 Wednesday;	05/23/2018;	7:00 PM - 8:30 PM	\$19

## Selling a Home for More Money

Let's talk numbers. Learn four ways to attract buyers, ten techniques for staging your home, 21 cost-effective home improvements, twelve purchase agreement traps and the No. 1 secret that could return thousands of dollars to you. Get answers to your questions about what a buyer wants in your home, how to prepare your home to be put on the market, and whether or not you should use a Realtor to sell it. Instructor: George Bodnia

1 Wednesday;	04/18/2018;	6:30 PM - 9:00 PM	\$25
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## Sidewalk & Step Repair or Replacement

It is never too late to repair broken steps, pour a new sidewalk or patch a driveway. Learn about types of cement, see proper mixing techniques and discover how to make patch repairs to cement surfaces.

Instructor: Jack Hall

2 Mon/Wed;	05/21/2018 - 05/23/2018;	6:00 PM - 8:00 PM	\$25
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## Sign Language 1: ASL

Gain basic exposure to the American Sign Language vocabulary, numbers, alphabet and ASL syntax, basic phrases as well as deaf culture. Instructor: Tanya Byington

7 Wednesdays;	04/18/2018 - 05/30/2018;	6:00 PM - 7:30 PM	\$49
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## Sign Language 2: ASL

Learn practical application and gain new vocabulary. Continue to develop your understanding of deaf culture and of grammatical structures through receptive and expressive language activities. Instructor:

Tanya Byington

7 Thursdays;	04/19/2018 - 05/31/2018;	6:00 PM - 7:30 PM	\$49
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### Soap Making: All-Natural Homemade Bar Soap

Experience the fusion of essential oils and soothing coconut the old-fashioned, cold process lye soap way. Wear old clothing with long sleeves, long pants, toe-covered shoes, eye protection (glasses acceptable) and rubber gloves. The second night of class is 6–8 p.m. Instructor collects a \$10 supply fee. Instructor: Jessica T Smiles

2 Mon/Wed; 05/07/2018 - 05/09/2018; 6:00 PM - 9:00 PM \$29

### Soap Making: Laundry Soap

Make homemade laundry soap that can brighten, remove stains and resist fading as well as commercial laundry soaps for only pennies per load. The soap is mild enough for those with allergies. Bring a 2- to 6-cup covered container. Instructor collects a \$1 supply fee. Instructor: Jessica T Smiles

1 Wednesday; 04/18/2018; 6:30 PM - 8:30 PM \$19

### Spanish 1

Learn beginning conversational Spanish skills along with pronunciation, grammar, reading, writing and listening skills. Instructor: Vidal Quevedo

7 Wednesdays; 04/18/2018 - 05/30/2018; 6:00 PM - 7:30 PM \$49

### Spanish 2

Continue to build confidence in your Spanish language skills by learning the preterite and irregular verbs. Also, increase your vocabulary, speaking and writing skills. Prerequisite: Be able to conjugate regular ar/er/ir verbs. Instructor: Vidal Quevedo

7 Wednesdays; 04/18/2018 - 05/30/2018; 7:35 PM - 9:00 PM \$49

### Spanish 3: Conversation

Engage in structured conversations to increase your fluency in Spanish. Touch up your grammar, tenses, vocabulary and sentence structure, and continue working on your listening, reading and writing skills. Instructor: Vidal Quevedo

7 Thursdays; 04/19/2018 - 05/31/2018; 6:00 PM - 7:30 PM \$49

### Staging Your Home to Sell

A home that is priced to sell, but not dressed to sell, will often see potential buyers pass it by. Learn tips and inexpensive changes you can make in staging your home that will make an impression on buyers. Instructor: Mary Belfry

2 Mondays; 05/14/2018 - 05/21/2018; 6:30 PM - 8:00 PM \$25



### [Stress Less: Holistic Skills for Stress Management](#)

Stress is the reason zebras don't get ulcers and humans do. Stress affects our entire body from head to toe. Learn about in interaction between the brain, body, immune system and human stress response cycle. Take away holistic strategies for stress management you can apply at home, school, or work.

Instructor: Monica Peterson

1 Wednesday; 05/09/2018; 6:00 PM - 8:30 PM \$25

### [Stucco Repair and Refinishing](#)

Demonstrations along with excellent advice will provide you with the cure for repairing cracks and small holes in your home or garage in stucco that inevitably appear over winter. If possible, please bring a photo of the damage that you would like to learn how to repair. Instructor: Jack Hall

1 Wednesday; 05/16/2018; 6:00 PM - 8:00 PM \$19

### [Tai Chi Chuan 1: Yang Style](#)

Enjoy a way of "moving without moving" with Tai Chi, a less stressful form of exercise for health and well-being. Benefits include relaxation, coordination, better circulation, flexibility and strength.

Instructor: Harold Skjelbostad

6 Mondays; 04/16/2018 - 05/21/2018; 6:15 PM - 7:15 PM \$35

### [Volleyball: Adult Co-ed Recreational](#)

Join other community members for recreational and fun volleyball. No instruction is provided; some volleyball knowledge/experience preferred. Instructor:

7 Mondays; 04/23/2018 - 06/11/2018; 7:00 PM - 9:00 PM \$35

### [Water Wisely](#)

Water conservation is becoming increasingly important. Anyone who cares for a yard or garden can help protect water resources by being wise with watering practices. Learn how soil type and texture impacts how much water your lawns and garden need. Learn recommended watering practices for gardens, trees and shrubs and lawns. Get hands-on-learning with an experience in determining soil type and texture. Instructor: Kathy Urberg

1 Monday; 04/23/2018; 7:00 PM - 8:30 PM \$19

### [Yoga for Stress Reduction](#)

Reduce stress, manage your moods, gain more focus and cultivate a sense of relaxation in your everyday life. Use gentle movement and postures, breath awareness, guided meditation and deep relaxation techniques. Instructor: Alex La Belle

6 Mondays; 04/16/2018 - 05/21/2018; 7:05 PM - 8:05 PM \$35



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## Yoga: Hatha

Find a deeper connection for your body, mind and spirit by using breath to guide the body. The class focuses on alignment, flexibility and strength. Bring a mat and blanket. Instructor: Alex La Belle

6 Mondays; 04/16/2018 - 05/21/2018; 6:00 PM - 7:00 PM \$35

## Yoga: Vinyasa

Experience vinyasa yoga, the practice of linking flowing postures with deliberate breath. Balance, full range of motion and flexibility are emphasized to break up congestion in the body, restore energy and maintain health. Bring a mat. Instructor: Alex La Belle

7 Wednesdays; 04/18/2018 - 05/30/2018; 6:00 PM - 7:00 PM \$39

## Yoga: Yin

Experience yin yoga, a meditative practice rooted in ancient Chinese medicine and philosophy. This highly therapeutic style of yoga is designed to improve the immune system, increase circulation, improve flexibility and promote a strong sense of vitality. Postures are all practiced on the floor and are held for two to five minutes. Bring a mat. Instructor: Alex La Belle

7 Wednesdays; 04/18/2018 - 05/30/2018; 7:05 PM - 8:05 PM \$39

## Zumba: Exercise to Latin Music

Maximize fat burning and total body toning through the interval and resistance training that Zumba provides. The dance workout combines moves from salsa, cumbia and merengue. Instructor: Deanne Flomo

7 Wednesdays; 04/18/2018 - 05/30/2018; 7:00 PM - 8:00 PM \$39