



Lake Harriet Community Education Spring Adult Enrichment Index of Class Listings

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[90 Minutes with an Estate Planning Attorney \(Lake Harriet\)](#)

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, and more. A financial advisor will be available to answer your financial questions. Instructor: Kurt Obermiller

Wednesday, 5/10/2017 6:30 PM - 8:00 PM \$18

[Acting 1 \(Lake Harriet\)](#)

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 Tracy Letts’ August Osage County as you seek to apply these basics to rehearsing and performing. Instructor: Mary Cutler

Wednesdays 5/3 - 5/24/2017 6:00 PM - 8:00 PM \$38

[All About Knives: Good Knives & Basic Cuts \(Lake Harriet\)](#)

Basic kitchen knives have changed radically in the past 15 years. If you're still using older knives, learn what to look for in knives that are easier to use, less expensive to buy and easier to maintain. Practice how to bring a pleasing uniformity to your dices, julienne strips and roll cuts. Bring a closed container to take home cut vegetables. An \$8 supply fee will be collected. Instructor: Jan Zita Grover

Thursday, 5/4/2017 6:00 PM - 9:00 PM \$28

[Artisan Jewelry Making: Precious Metal Clay \(Lake Harriet\)](#)

Create handcrafted charms, pendants, earrings and gifts for any occasion. Precious metal clay is a recycled material composed of particles of silver suspended in an organic binder. When fired, the binder burns away to leave pure silver. Leave with your homemade projects and an ounce of pure silver. The silver clay makes up to ten pairs of earrings. A supply fee of approximately \$40 (depending on the price of silver) will be collected. Instructor: Celeste Douville

Monday/Wednesday, 5/22 - 5/24/2017 6:00 PM - 9:00 PM \$31





[Astrology \(Lake Harriet\)](#)

Explore 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. A \$5 supply fee will be collected. Instructor: Lynn Walker

Mondays, 5/1 - 5/8/2017

6:30 PM - 8:00 PM

\$21

[Belly Dance 1 \(Lake Harriet\)](#)

Learn basic steps and finger symbol patterns so you can use bellydance to improve your coordination, musicality and poise. Wear comfortable clothes and no shoes. Instructor: Erin Kubly

Wednesdays, 4/19 - 5/24/2017

8:15 PM - 9:15 PM

\$35

[Bookbinding \(Lake Harriet\)](#)

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 artists sketchbook, which can serve as a planner, diary, scrapbook, journal and more. A \$24 supply fee will be collected. Instructor: Celeste Douville

Wednesdays, 4/26 - 5/3/2017

6:00 PM - 8:00 PM

\$40

[Calligraphy Fusion \(Lake Harriet\)](#)

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. A \$12 supply fee will be collected. Instructor: Celeste Douville

Wednesdays, 5/10 - 5/17/2017

6:30 PM - 8:30 PM

\$24



[Caribbean Street Food \(Lake Harriet\)](#)

Start the evening with a non-alcoholic piña colada before beginning your imaginary walk through the Caribbean. Explore foods such as spicy meat pies, shrimp fritters with mango butter dipping sauce, curry shrimp and gingerbread bites. A \$12 supply fee will be collected. Instructor: Harvey Rupert

Monday, 4/24/2017 6:00 PM - 9:00 PM \$28

[Chinese 1: Mandarin \(Lake Harriet\)](#)

Explore Chinese culture, and learn the basics of the Mandarin Chinese language, including days of the week, greetings and practical conversation. Instructor: Nicole Darcy

Wednesdays, 4/19 - 5/24/2017 7:00 PM - 8:30 PM \$47

[Dance: Ballet, Hip Hop & Modern Dance Foundations & Imagination - Ages 4 1/2 - 6 \(Lake Harriet\)](#)

Use your imagination and a range of dance movements, including ballet, hip hop and modern dance. The class ends with a performance. Class is held at Linden Hills Park at 43rd and Xerxes. Instructor: Kindi Harala

Saturdays, 4/15 - 5/27/2017 1:10 PM - 1:50 PM \$35

[Dance: Creative Dance, Movement & Stories - Ages 3 - 4 1/2 \(Lake Harriet\)](#)

Get a great introduction to dance, movement and imagination as you and your child explore all the ways you can move your bodies. Class is held at Linden Hills Park at 43rd and Xerxes. Instructor: Kindi Harala

Saturdays, 4/15 - 5/27/2017 12:35 PM - 1:05 PM \$35



Dance & Music for Parents & Tots - Ages 2-3 (Lake Harriet)

Bring your child and explore the ways you can move your body to musical rhythms. The class will help develop coordination, motor skills and imagination. Class is held at Linden Hills Park at 43rd and Xerxes. Instructor: Kindi Harala

Saturdays, 4/15 - 5/27/2017 12:00 PM - 12:30 PM \$35

Dog Treats and Natural Remedies (Lake Harriet)

Discover fun and simple dog snacks you can easily make at home. Create natural remedies for things like chapped paws and itchy skin. Leave class with a dog treat and anti-itch spray. A \$5 supply fee will be collected. Instructor: Jessica Werman

Monday, 4/17/2017 6:30 PM - 8:30 PM \$21

Drawing 1 (Lake Harriet)

Discover how to 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 Mangen

Monday, 4/17 - 5/22/2017 7:00 PM - 8:30 PM \$47

Duplex & Multi-Unit Housing (Lake Harriet)

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. Receive a copy of "Rich Dad, Poor Dad's Guide to Real Estate Investing." Instructor: Scot Pekarek

Wednesday, 5/17/2017 6:30 PM - 8:30 PM \$18



German 1 (Lake Harriet)

Focus on the essentials of the German language and outfit yourself with useful German expressions for traveling abroad. The class will cover the grammar basics and important aspects of German culture. Instructor: Juliet Peterson

Mondays, 4/17 - 5/22/2017 6:00 PM - 7:15 PM \$36

German 2 (Lake Harriet)

Expand your knowledge of the German language as you learn about vocabulary, culture and basic grammar. Pre-requisite: German 1 or other experience. Instructor: Juliet Peterson

Mondays, 4/17- 5/22/2017 7:30 PM - 8:45 PM \$36



Grilling (Lake Harriet)

Increase your confidence and eagerness to play with food outdoors! You'll 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'll do direct and indirect grilling outside the classroom, so bring a sweater, an apron, an appetite, and a closed container for lugging home leftovers! A \$12 supply fee will be collected. Extensive handout provided. Instructor: Jan Zita Grover

Thursday, 5/25/2017 6:00 PM - 9:00 PM \$28

Hip Hop Dance (Lake Harriet)

Let loose to today's hip-hop beats paired with dynamic dance moves. Work out to hip-hop dance music using technique and short routines from Jason DeRulo, Drake, Chris Brown and more. Wear your best dancing shoes and comfortable clothes. Instructor: Tiffany Payne

Thursdays, 4/20 - 6/1/2017 6:15 PM - 7:15 PM \$34
Thursdays, 4/20 - 6/1/2017 7:20 PM - 8:20 PM \$34



[Homemade Summertime Products \(Lake Harriet\)](#)

Ever wonder how you can control ants & other summertime insects without the worry of exposing your family & pets to chemicals? Is there such a thing as natural sun screen or tanning oil? How can I shine my car naturally? Learn some easy, natural recipes for all types of summertime problems from ants to weeds! You will make a sun product & mosquito repellent in class to bring home along with dozens of great recipes to keep your summer chemical free. A \$6 supply fee will be collected. Instructor: Jessica Werman

Wednesday, 5/3/2017

6:30 PM - 8:30 PM

\$18

[How to Keep the Cabin in the Family \(Lake Harriet\)](#)

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

Wednesday, 4/26/2017

6:30 PM - 8:00 PM

\$18

[iPhones & iPads for Seniors \(Lake Harriet\)](#)

iPhone, iPad, iDon'tGetIt. Are you struggling with your new iPhone or iPad? Do you sense that you're only skimming the surface of its abilities? Learn the iPhone and iPad's landscape and basic functions. Between classes, you'll practice your new skills by instant messaging, emailing, phoning, dictating, using Face Time, and toggling between applications with fellow class members and the instructor to reinforce in-class lessons. Extensive handout provided. Instructor: Jan Zita Grover



Mondays, 4/24 - 5/1/2017

6:00 PM - 7:00 PM

\$21

[Japanese 1 \(Lake Harriet\)](#)

Learn the basics of conversational Japanese, including greetings, numbers and practical conversational skills useful when traveling to Japan. Instructor: Tetsuya Shimano

Mondays, 4/17 - 5/22/2017

6:00 PM - 7:30 PM

\$47



[Japanese 2 \(Lake Harriet\)](#)

Continue developing your language skills from Japanese 1. Explore simple sentences, conjugating verbs and counting, and discuss Japanese culture. Instructor: Tetsuya Shimano

Mondays, 4/17 - 5/22/2017

7:30 PM - 9:00 PM

\$47

[Know Your Turf \(Lake Harriet\)](#)

Take advice from a Master Gardener about how to grow a lawn that is aesthetically pleasing and environmentally friendly. Find out where you can test your soil, and learn about the newest wonder grasses available, the alternatives to pesticides, and what kinds of fertilizers to use. Instructor: Kathy Urberg

Monday, 4/24/2017

7:00 PM - 8:30 PM

\$18

[Lotion & Sunscreen Sticks \(Lake Harriet\)](#)


Keep your skin moisturized and safe this summer! Create a twist-up lotion stick in your choice of scent and a sunscreen stick for easy application. A \$6 supply fee will be collected. Instructor: Jessica Werman

Wednesday, 4/26/2017

6:30 PM - 8:30 PM

\$18

[Meat Smoking Basics \(Lake Harriet\)](#)

 Smoking poultry, beef, pork, venison, and other meats is part of what makes Minnesota eating so great! Learn the basics of effective charcoal smoking in this 4-hour class. You'll smoke already-prepped beef and chicken and learn about new, state-of-the-art, inexpensive charcoal smoking equipment. Extensive handout provided. A \$15 supply fee will be collected. Instructor: Jan Zita Grover

Monday, 5/15/2017

6:00 PM - 9:00 PM

\$28





Pilates 1 (Lake Harriet)

Improve your posture, balance and flexibility with this unique method of body conditioning. Build strength in your abdomen, lower back and hips, and focus on making your torso the power center of your body. Wear comfortable clothes, and bring a water bottle and mat. Instructor: Susie Quarstad

Wednesdays, 4/19 - 5/24/2017 7:30 PM - 8:30 PM \$38

Pilates 2 (Lake Harriet)

Test your conditioning with strengthening and stretching exercises, and make your torso the power center of the body. Pre-requisite: Pilates 1. Wear comfortable clothes, and bring a mat and water bottle. Instructor: Susie Quarstad

Wednesdays, 4/19 - 5/24/2017 6:15 PM - 7:15 PM \$38

Raising Monarch Butterflies (Lake Harriet)

In the wild, only 1% of Monarch eggs will become butterflies. Increase their survival rate to 95% by raising them in your home. Learn great gardening tips for milkweed and how to care for caterpillars from egg to chrysalis. Most of the supplies you need are already in your home. Instructor: Teri Joyce

Wednesday, 4/24/2017	7:00 PM - 8:00 PM	\$18
Wednesday, 4/26/2017	7:00 PM - 8:00 PM	\$18
Monday, 5/1/2017	7:00 PM - 8:00 PM	\$18
Monday, 5/3/2017	7:00 PM - 8:00 PM	\$18

Risotto (Lake Harriet)

Learn to use arborio and roma rice with confidence in preparing four delicious risottos: pumpkin, sage, and red chilies risotto; onion risotto with sun-dried tomatoes; parma ham and sweet potato risotto; and roasted pork, parsnip, and apple risotto. The instructor will collect an \$8 supply fee. Instructor: Mary Duffy

Monday, 5/1/2017 6:00 PM - 9:00 PM \$28



Salad Dressing From Scratch (Lake Harriet)



Learn how to make 5 different salad dressings from scratch and the benefits of making your own dressing as opposed to store bought. You'll prepare a buttermilk ranch, a blue cheese and a lemon vinaigrette dressing as well as two others. Instructor: Megan Bertelson

Monday, 4/24/2017	7:00 PM - 9:00 PM	\$25
Monday, 5/8/2017	7:00 PM - 9:00 PM	\$25

Selling a Home for More Money (Lake Harriet)

Get answers to your questions about what a buyer wants in your home, how to prepare your home to be put on the market, whether or not you should use a Realtor to sell it. Also discover the No. 1 secret that could return thousands of dollars to you. Instructor: George Bodnia

Wednesday, 4/19/2017	6:30 PM - 9:00 PM	\$21
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Sidewalk & Step Repair or Replacement (Lake Harriet)

It's 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

Monday/Wednesday, 5/1 - 5/3/2017	6:00 PM - 8:00 PM	\$24
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Sign Language 1: ASL (Lake Harriet)

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

Wednesdays, 4/19/2017 - 5/31/2017	6:00 PM - 7:30 PM	\$47
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[Spanish 1 \(Lake Harriet\)](#)

Learn beginning conversational Spanish skills along with pronunciation, grammar, reading, writing and listening skills.

Mondays, 4/17 - 5/22/2017 6:00 PM - 7:30 PM \$42

[Spanish 2 \(Lake Harriet\)](#)

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

Mondays, 4/17 - 5/22/2017 7:30 PM - 9:00 PM \$42

[Stucco Repair and Refinishing \(Lake Harriet\)](#)

Demonstrations along with excellent advice will provide you with the cure for repairing cracks and small holes in stucco that inevitably appear over winter. Instructor Chuck Bankey has repaired stucco homes for over 20 years! Instructor: Chuck Bankey

Wednesday, 4/26/2017 6:30 PM - 8:30 PM \$18

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

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. Wear comfortable clothes. Instructor: Harold Skjelbostad

Mondays, 4/17 - 5/22/2017 6:15 PM - 7:15 PM \$35

[Volleyball: Adult Co-ed \(Lake Harriet\)](#)

Join others for an enjoyable, exhilarating night of full-court volleyball. Instructor:

Mondays, 4/17 - 6/5/2017 7:00 PM - 9:00 PM \$30



[Yoga: Yin \(Lake Harriet\)](#)

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: Elizabeth Nguyen

Wednesdays, 4/19 - 5/24/2017 6:15 PM - 7:15 PM \$35

[Zumba: Exercise to Latin Music \(Lake Harriet\)](#)

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

Wednesdays, 4/19 - 5/24/2017 7:00 PM - 8:00 PM \$34