

MONROE PUBLIC SCHOOLS COMMUNITY EDUCATION & RECREATION



WINTER/SPRING

ENROLL NOW! (734) 265-3170

Registration begins, January 4, 2017

Visit us online at: www.monroe.k12.mi.us • 1275 N. Macomb St. • Monroe, MI 48162

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We accept



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ARTS & CRAFTS

BURLAP BUNNY

K01

MMS

1 Thursday March 16 6-8pm \$13

Don't let Spring hop away without creating a bunny to display! Students will use burlap, paint, ribbon and a flower to create a cute bunny to be hung on a door or wall. Bring a glue gun and a \$7 lab fee to be paid to the instructor. LIMIT 12

Inst: Pam Puccetti

BURLAP STAR WREATH

K02

MMS

1 Thursday May 4 6-8pm \$13

Let your patriotic colors shine by displaying this unique star shaped wreath in your home or on your front door. Student will use burlap and ribbon inspired by our American Flag to create a wreath that you can be proud of. Bring a glue gun to class and \$13 lab fee to be paid to instructor. LIMIT 12

Inst: Pam Puccetti

CHINESE CRAFT DIY

A03

RIVERSIDE EARLY LEARNING CENTER

1 Monday May 8 5:30-7:30pm \$13

Love China and Chinese culture? Let's make some easy Chinese-inspired crafts. Students will make traditional Chinese fans and learn how to write ancient Chinese calligraphy on them. It would be a great gift for friends and family. Lab fee of \$10 to be paid to the instructor in class.

Inst: Yanfei Clawson

CREATE A MASTERPIECE - 12 YEARS TO ADULT

K04

MMS

2 Thursdays starting March 23 6-8pm \$20

Connie will share her knowledge of art as you recreate 4 different paintings from famous artists with the use of scrapbook paper. Proudly display your masterpieces on the wall or appreciate it in a new way by making an art book of your own to share with family and friends. All materials will be provided by the instructor. Bring scissors and a \$5 lab fee to be paid to the instructor. LIMIT 8

Inst: Connie Palywoda



FLORAL MESH WREATH

K05

MMS

1 Thursday March 30 6-8pm \$13

Welcome spring in style with this beautiful flower shaped wreath. Students will use floral mesh, chenille stems and a styrofoam ball to create a flower on a wire wreath form. Students should bring a rotary cutter with mat, a glue gun and a \$15 lab fee to be paid to the instructor. LIMIT 12

Inst: Pam Puccetti

HOW TO MARKET YOUR ARTS AND CRAFTS

A06

RIVERSIDE EARLY LEARNING CENTER

1 Tuesday March 14 6-8pm \$15

After spending 30 years in a successful financial marketing career, Linda will share her tips on where and how to best market your handmade products, and what is the best way to price and sell them.

Inst: Linda Rutledge

NESTED FLORAL CENTERPIECE

K07

MMS

1 Thursday April 6 6-8pm \$13

Crafters will make a beautiful floral display cradled in a bird's nest. This cute centerpiece will look great on any tabletop this spring. Bring a glue gun to class and a \$14 lab fee to be paid to instructor. LIMIT 12

Inst: Pam Puccetti

PAINTING A BIRDHOUSE

A08

RIVERSIDE EARLY LEARNING CENTER

1 Tuesday April 4 6-8pm \$15



Get ready for Spring! Decorate a handmade birdhouse any way you want with acrylic paint. Make your own design or one can be provided by Linda. Keep for yourself or give as a gift to someone special. Wooden birdhouse will be supplied with the \$10 lab fee.

Inst: Linda Rutledge, Local Artist

PAINTING A SNOWFLAKE SCENE ON OLD WINDOWS

A09

RIVERSIDE EARLY LEARNING CENTER

1 Tuesday Feb 7 6-8pm \$15

Students will decorate a window with acrylics painting winter snowflakes, trees and a red barn. This can be set outside on your porch, or inside your home. There will be a \$5 lab fee if you bring your own old window and a \$20 lab fee if the window is provided. (Please let us know at registration if one is needed)

Inst: Linda Rutledge, Local Artist

PAINTING DECORATIVE MUGS

A10

RIVERSIDE EARLY LEARNING CENTER

1 Tuesday March 7 6-8pm \$15

Pick a design and Linda will help you paint a one of a kind mug to keep for yourself or give as a gift. Please bring a \$5 lab fee to be paid to the instructor.

Inst: Linda Rutledge, Local Artist



PAPER HEART

K11

MMS

1 Tuesday Jan 31 6-8pm \$13

This simple project will quickly warm your heart this winter! Using different shades of pink paper, you will cut and roll to create beautiful flowers which will be displayed in a heart shape on a canvas background. After a few embellishments your project will be complete just in time for Valentine's Day to give to someone you love or keep for yourself! Bring a glue gun, scissors and a lab fee of \$6 to be paid to the instructor. LIMIT 12

Inst: Pam Puccetti

PET TREAT JAR

K12

MMS
1 Thursday Feb 9 6-8pm \$13

Put your furry family members treats in a jar made just for them! Participants can choose a cat or dog theme when making this darling jar. We will be using burlap as a background, then adding felt, some simple stitches and a button or two. Bring a glue gun, your favorite scissors and a lab fee of \$6 to be paid to the instructor. LIMIT 12

Inst: Pam Puccetti

ART INSIGHT EMPORIUM CLASSES

131 E. Front St. • Monroe, MI

MIXED MEDIA AND SIP

A13

1 Thursday Feb 16 6:30-9:30pm \$35
Mixed media is a fun way to create a piece of art. Students will look at several examples and decide what they want to create and Christy will help them through the process to create a fun piece of art they will go home with. This class will also help use up old scrapbooking supplies!

CANVAS AND SIP

A14

1 Thursday March 16 6:30-9:30pm \$30
Students will be lead through each step to create a beautiful 16" x 12" canvas of spring blossoms that will remind them of the upcoming warmer weather!!!

CALLIGRAPHY - AGES 10 & UP

A15

1 Thursday April 13 6:30-8:30pm \$30
Students will be introduced to Calligraphy and will be shown the proper way to hold their pens so they can start experimenting with several types of pens and brushes. They will be shown how to create beautiful lettering that will allow them to use this skill at home. One pen and a few sheets of directions will be provided for the student to use and take home with them.

CHAMPION FORCE ATHLETICS MARTIAL ARTS

AGE 4 & UP // Arborwood South Cafe // 1008 Riverview Ave
(students will register and pay fee first night at Arborwood South.)

Wednesdays starting February 8 through June 7. \$17 first week \$7 each following week (This includes a non-refundable registration fee of \$10.)

FIRST NIGHT REGISTRATION:
White belts/beginners at 5:30pm.
Yellow belts at 6:15pm.
Advanced belts at 7:00pm.



This class is designed to help improve discipline, increase respect and build self-esteem. Students will learn self-confidence while having fun. No classes held on 4/19/17.

FITNESS & RECREATION

ARCHERY FOR THE BEGINNER

CANVASBACK SPORTSMAN CLUB 3801 W Dunbar Rd, Monroe

- #1 1 Wednesday March 29 5-8pm \$20 **K16**
- #2 1 Wednesday May 17 5-8pm \$20 **K17**

Let Paul teach you the basics of this wonderful sport. All equipment (bow, arrows, arm guards, finger tabs and targets) will be supplied. If you have your own bow, you can bring that too. There is a lab fee of \$10 per person to be paid to the instructor at class.

Inst: Paul Martell

BALLROOM DANCE FOR COUPLES – BEGINNING CUSTER 1

K18

5 Wednesdays starting Feb 8 7:30-8:30pm \$70 per couple
Everyone wants to “Dance like the Stars”. Learn the steps that will make you look great on the dance floor. This class is designed for beginning and intermediate level dancers. It’s a great way to learn basic dance skills or refresh your social dancing ability. Wear clothing that is comfortable and easy to move in with shoes that have a smooth sole (no clogs or flip-flops please).



Inst: Alfredo and Lucinda Horna/Alfredo’s Studio of Dance

BOOTY BUSTING WORKOUT MANOR

- #1 5 Wednesdays starting Feb 1 5:30-6:25pm \$25 **A19**
- #2 5 Wednesdays starting Mar 15 5:30-6:25pm \$25 **A20**

Booty Busting is an exciting exercise program that is a total fitness conditioning class. This class is a low-impact, high-intensity workout designed to use all muscle groups in rhythmic movements. This workout will allow you to gain cardio benefits as well as body sculpting and toning results. Wear comfortable exercise clothing, tennis shoes, and bring along light/medium weights, an exercise mat and bottled water. LIMIT 20

Inst: Shelly Ridner

TAI CHI

A21

CUSTER 2
6 Wednesdays starting Feb 8 5:30-6:30pm \$48

The ancient practice of Tai Chi improves health, fitness and relaxation. It consists of fluid, gentle and relaxed movements that are slow in tempo. Coupled with the Shibashi breathing exercises, you will find you are more relaxed, healthier and stronger during the day. Throughout the lessons, your instructor will explain the Tai Chi principles and how to use them to improve your Tai Chi while sharing some of the martial background of the form. Viola’s method of teaching is safe, gentle and easy to learn with group and individual instruction. She is a Certified Senior Trainer through Dr. Paul Lam’s Tai Chi for health programs. LIMIT 11

Inst: Viola Everett

SIGN UP EARLY!
CLASSES FILL UP OR MAY BE
CANCELLED DUE TO LOW REGISTRATION

YOGA BASICS

RIVERSIDE EARLY LEARNING CENTER

#1 8 Mondays starting Jan 30 6-7pm \$45

#2 5 Mondays starting April 3 6-7pm \$30

This class is designed for all fitness levels. Come and do these simple, easy-to-follow movements that take a day to learn and a lifetime to enjoy. Bring a mat and a towel. It is suggested that students should not eat a few hours before class.

Inst: Tanya LaPrad

A22**A23****WATER ACTIVITIES**

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 PARENT/TOT SWIM AND KIDS SWIM CLASSES ARE LOCATED
 IN KIDS CORNER SECTION.

AQUA DANCERCISE

MMS

#1 7 Mondays starting Jan 30, 6:30-7:30pm \$30 Or **K24**7 Mondays & 7 Wednesdays starting Jan 30, 6:30-7:30pm \$50 **K25**#2: 6 Mondays starting April 3, 6:30-7:30pm \$25 Or **K26**6 Mondays & 6 Wednesdays starting April 3, 6:30-7:30pm \$45 **K27**

Aqua Dancercise is a fun, high intensity cardio workout where we will be moving to music with a good energizing beat. No dance skills are necessary. We will strengthen and tone the entire body in the water which does not put the stress on joints that a land workout creates. Try this class one or two days a week! LIMIT 20

Inst: Keli Jackson

DROP IN SWIM

MMS

7 Tuesdays starting Feb 7 7:05-8:00pm

This time will be an open swim for children and families. Life guards will be on duty. Pay your \$5.00 fee per person/\$15 for family (5-member limit), on any date that you attend, at the pool. Please pre-register if you are interested in attending any of the open swims. No need to commit to specific dates. Children under 10 must have an adult present in the pool area.

**K28****PADI OPEN WATER SCUBA DIVING - AGES 10 AND UP**

DIVERS INCORPORATED – 440 North Monroe St. Monroe (6-7:45pm)

MMS Pool

#1 5 Wednesdays starting Feb 1, 7:45-9:45pm \$399.00 **K29**#2 5 Wednesdays starting April 26, 7:45-9:45pm \$399.00 **K30**

Diving is a journey that is unique to each person and can be a lifetime gift that you give yourself. It is not just “underwater sightseeing”. It is much more personal than that. This class will start you on your journey with a combination of classroom time at Divers Inc. and pool training at MMS. All necessary equipment included. Scuba diving gives you the opportunity to go places, meet people and do things that you never thought possible. Call Community Education to pre-register. You will then be contacted by Divers Inc. for payment of fees. Classes meet at Divers Incorporated each night from 6-7:45pm, then go to the MMS pool from 7:45-9:45pm.

Inst: Rich Synowiec, Divers Inc. a PADI Five Star Dive Center

PADI DISCOVER SCUBA DIVING EXPERIENCE - AGES 10 AND UP

DIVERS INCORPORATED – Monroe, 440 North Monroe St (6-7:45pm)

MMS Pool

#1 1 Wednesday-Feb 1, 8, 15, 22 & March 1, 7:45-9:45pm, \$50 **K31**#2 1 Wednesday-April 26, May 3, 10, 17 & 24, 7:45-9:45pm, \$50 **K32**

Do you want to try scuba? Then this one-time class is for you! You will learn about the equipment, a few dive techniques and we will give you a chance to learn to breathe underwater in the pool. All equipment is provided. Just bring a swimsuit and a towel. Program includes a lecture, video presentation, equipment fitting, pool session and a credit towards the price of the full scuba course just for participating. Bring a friend for FREE! Classes meet at Divers Incorporated each night from 6-7:45pm, then go to the MMS pool from 7:45-9:45pm.

Inst: Rich Synowiec, Divers Inc. a PADI Five Star Dive Center

**WATER AEROBICS**

MMS

#1 7 Tuesdays and 7 Thursdays starting Feb 14 6-7pm \$55 **K33**#2 6 Tuesdays and 6 Thursdays starting April 11 6-7pm \$45 **K34**

If you're looking for a good all-around form of aerobic exercise, why not try water aerobics? Your 1-hour workout consists of warm up, cool down and 45 minutes of cardio. Working out in a pool adds resistance to strengthen your upper and lower muscles and develops cardio-respiratory fitness. It is suggested students bring bands, hand weights and water noodles to class. LIMIT 20

Inst: Michele Breiding

**JEWELRY****BOHEMIAN STYLE CROCHETED NECKLACE****K35**

MMS

1 Thursday Feb 23 6-8pm \$13

This project will surprise you! Thread, beads and a crochet hook make a stunning combination! No crocheting experience is needed to make this simple project. Using a natural colored thread and an assortment of beads you will learn to chain stitch a necklace that can be worn long or in multiple strands. Bring a \$6 fee to the instructor for supplies. LIMIT 8

Inst: Pam Puccetti

EAR VINES/CUFFS/CLIMBERS

MMS

#1 1 Thursday March 2 6-8pm \$13

#2 1 Thursday April 20 6-8pm \$13

In this class, students will use wire to create ear jewelry that can be worn by those with or without pierced ears. By twisting and bending the wire, each set will be a unique one of a kind piece of art. Bring a lab fee of \$1 to be paid to instructor.

Inst: Mary Minney

K36**K37**

KIM'S VACATION BRACELET

RIVERSIDE EARLY LEARNING CENTER

- #1 1 Tuesday March 14 10am-12pm \$13 **A38**
- #2 1 Wednesday March 15 6-8pm \$13 **A39**

Think about the upcoming warmth of summer as you create a vacation bracelet of your very own to keep for yourself, or gift to a friend. This bracelet was inspired from a friend's trip to Mexico and is made with a combination of shells and beads to remind us of warm sunny beaches and turquoise oceans. Bring a \$16 lab fee to be paid to the instructor.

Inst: Carol Blackford

MUSIC

DRUM LESSONS FOR BEGINNERS (PRIVATE)

WHITE ROOM MUSIC 58 N. Roessler St.

- #1 6 Mondays starting Feb 27, 3-9pm \$18/person/per ½ hr. **K40**
- #2 6 Mondays starting April 24, 3-9pm \$18/person/per ½ hr. **K41**

Learn the fundamentals of playing drums in the style of your choice; be it rock, blues, country or jazz. In addition to learning basic drum beats and fills, the student will also learn to read notation and be taught to recognize and play different types of counts. An excellent class that you will really enjoy! Come and give that rock star inside of you a chance to shine!

Inst: Curt Clawson

GUITAR BEGINNING FOR TEENS & ADULTS

MHS

- #1 6 Mondays starting Feb 13 6:30-7:30pm \$40 **A42**
- #2 5 Mondays starting April 10 6:30-7:30pm \$35 **A43**

This group guitar class is for those with little or no experience. Students must be at least 13 years old and bring their own guitar to class.

Inst: Kim Goss

GUITAR INTERMEDIATE FOR TEENS & ADULTS

MHS

- #1 6 Mondays starting Feb 13 7:30-8:30pm \$40 **A44**
- #2 5 Mondays starting April 10 7:30-8:30pm \$35 **A45**

Intermediate guitar will continue where the beginning guitar class left off. Students who have not taken the beginning class but would like to take the intermediate class should be able to read basic guitar tablature, have knowledge of basic open position cords; major, minor, 7th cords and basic cord progression.

Inst: Kim Goss

PIANO (GROUP) - AGES 10 TO ADULT

MHS

- #1 6 Mondays starting Feb 6 6:30-7:30pm \$40 **A46**
- #2 5 Mondays starting Apr 3 6:30-7:30pm \$35 **A47**

In this class you will learn the basics of reading and playing piano music in a small group setting. Each student will have his own keyboard. Books may be purchased from the instructor.

Inst: Sara and John Kopmanis



PRIVATE PIANO LESSONS

Classes are 1 hour sessions (day/times vary) \$20/lesson

- #1 Classes start week of Feb 6 at instructor's home (6 wks) **A48**
- #2 Classes start week of Apr 3 at instructor's home (6 wks) **A49**

This one hour of private instruction time will teach you the basics of reading and playing music. Books and materials may be purchased from the instructor. Classes are scheduled on the hour. Instructor will call and set up day and time.

Inst: Sara Kopmanis

SEWING & NEEDLECRAFT

ARM KNITTED SCARF

K50

MMS

- 1 Tuesday Feb 7 6-8pm \$13

Arm knitting is a very quick, easy and creative way to knit your own scarf or blanket. It is fun and inventive and does NOT use knitting needles. Kids and adults alike will enjoy thinking outside the box with this unique craft. Yarn will be provided, please bring \$10 lab fee to be paid to instructor. LIMIT 6

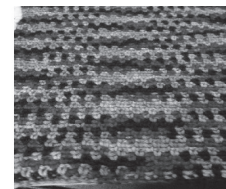
Inst: Kris Kitchen

COLOR POOLING

MMS

- #1 1 Wednesday March 8 6-8pm \$13 **K51**
- #2 1 Wednesday April 26 6-8pm \$13 **K52**

Color Pooling is the newest rage in the knitting and crocheting world. It creates an argyle look using the moss stitch and specific variegated yarn. Bring a lab fee of \$2 to be paid to instructor. NOTE: Crochet hook is not included in the lab fee and must be returned to instructor at the end of class.



Inst: Mary Minney

CROCHET - BEGINNING

A53

MANOR

- 5 Mondays starting April 3 5:30-7:30pm \$40

In this class we will cover pattern reading and basic crochet stitches, including the foundation chain, single, double, half-double and triple crochet stitches. Possible projects include coasters, dishcloths and a scarf. Bring H, I and/or J crochet hook, and one ball of any color "Lily Sugar-n-Cream" yarn to the first class. Additional yarn and materials needed will be discussed in class. All instructions and patterns are written for right-handed crochet. LIMIT 12

Inst: Glenda Gentner

QUILTING- BEGINNING RAG QUILT

A54

MHS

- 6 Mondays starting Feb 6 6:30-8:30pm \$40

Learn quilting techniques and ways to use those layer cakes, scrap batting and even blue jeans when you make a rag quilt throw. Supply list given at first class. LIMIT 15

Inst: Jamie L. Poupard, Member of Monroe Quilt Guild

QUILTING WITH T-SHIRTS**A55**

MHS

5 Mondays starting April 3 6:30-8:30pm \$35

If you want to know what to do with those t-shirts you have been saving, join our class to learn to make a t-shirt quilt. Bring some shirts to the 1st class and receive your supply list. Students must be able to sew a straight line with their own machine since some of the project will be worked on outside of the classroom.

Inst: Jamie Poupard

SEWING BASICS - 10 YEARS TO ADULT**K56**

MMS

3 Tuesdays starting March 7 6-8pm \$40

Students will learn the basics of sewing: terminology, threading, forward stitch and reverse stitch on a machine. A kit will be provided including a folder complete with basic sewing information, material and pattern for project. Each person will be making a set hair bands (additional project of the instructor's choice may be offered if time permits). Bring your own machine and manual, and basic sewing kit to class along with a \$15 lab fee to be paid to instructor. LIMIT 6

Inst: Kathy Foster

SEWING INTERMEDIATE - 10 YEARS TO ADULT**K57**

MMS

3 Tuesdays starting May 2 6-8pm \$40

Put your basic sewing skills to the test with the next step and learn to read a pattern. Create your very own zipper pouch to keep for yourself or use as a gift. Pattern and material will be provided (additional project of instructor's choice may be provided if time permits). Bring your own machine and basic sewing kit to class with a \$15 lab fee to be paid to instructor. LIMIT 6

Inst: Kathy Foster

STICK WOVEN SCARF**K58**

MMS

1 Tuesday Feb 7 6-8pm \$13

Using the colonial method of stick weaving students will weave a scarf about 3-4 inches wide without the use of a loom. Keep it for yourself or make it as a gift! Bring a lab fee of \$5 to be paid to instructor.

Inst: Mary Minney

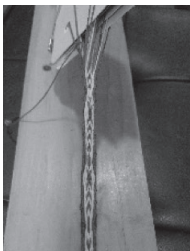
**TABLET WEAVING****K59**

MMS

1 Wednesday March 22 6-8pm \$13

Learn the ancient technique of using tablets (also called cards) to change the shed, thereby creating various designs in your weaving of tapes (old fashioned term meaning narrow bands). All materials will be provided, bring a lab fee of \$8 to be paid to instructor.

Inst: Mary Minney

**THREAD REMOVAL****K60**

MMS

1 Tuesday Feb 21 6-8pm \$13

In this class, students will use loosely woven fabric to create designs within the fabric. This interesting technique is called thread removal and dates back to the early 1900's. Bring a lab fee of \$1 to be paid to instructor.

Inst: Mary Minney

SKILLS & VOCATIONAL**COMPUTER CLASSES**

Instructor Suzanne Maniaci is offering the following 2 hour computer classes (6-8pm) at Arborwood North Elementary School. Computers will be provided to use during class. Enroll in just one or all of the classes.

INTRODUCTION TO POWERPOINT**A61**

1 Monday Feb 6 \$15

Learn the basic features of Microsoft PowerPoint to create professional looking presentations. In addition to creating and formatting slides, you will learn how to run, save and print your presentation.

INTRODUCTION TO WORD**A62**

1 Tuesday Feb 7 \$15

In our introduction to Word class, students will learn how to navigate documents, enter and edit text, create and save documents, and enhance the appearance of a document by using various formatting options. They will also insert headers, footers, and graphics.

THE BASICS OF EXCEL AND BEYOND**A63**

1 Monday and Wednesday Feb 13 & 15 \$30

Boost your productivity, simplify data management, and streamline everyday tasks by unleashing the power of Microsoft Excel's capabilities in this two-night course. The first night will begin with the basics and the course will continue into the second night, with time allotted for any specific questions that you may have.

IPAD BASICS**A64**

1 Tuesday and Wednesday Feb 21 & 22 \$30

This two-day course is designed for new owners to learn how to effectively use the basic functions and applications. Learn how to set up and check emails, add apps, listen to music, read books and more! For this class people attending must provide their own iPad, which is different from a tablet.

HEALTH & WELLNESS**ABC'S OF MEDICARE****K65**

MMS

1 Tuesday Jan 10 6:30-8pm FREE

This free informational session explains the ABC's regarding your rights and options with Medicare. This class is not affiliated with CMS or the federal government and is run by a non-profit agency called Sociably Secure.

Inst: Jonathan Shores, RPh

CPR/AED AND FIRST AID

K66

MMS
 4 Tuesdays starting April 25 6-8pm \$55
 Are you looking for the life-saving skills of CPR and first aid? This training offers care for adults, children and infants. Our instructor is certified through the American Heart Association and the American Health and Safety Institute. This life-saving training meets all OSHA/MIOSHA requirements and you will receive a 2-year certification through the American Heart Association.
 Inst: Chris Chickeral



FAMILY GUIDE TO HOMEOPATHY

K67

HEALTH MATTERS 17 Second St.
 1 Tuesday starting April 4 6:30-7:30pm \$15
 Learn how to start using simple homeopathic first aid remedies. Homeopathic remedies are safe and effective when used at the first signs of illness or injury. Maurine will share her knowledge gathered from personal and professional use of several remedies for the past 9 years. Bring a \$2.00 lab fee to be paid to the instructor. LIMIT 8
 Inst: Maurine Sharp R.N.

HOMEMADE HERBAL REMEDIES

K68

HEALTH MATTERS 17 Second St.
 2 Tuesdays starting April 18 6:30-7:30pm \$25
 Maurine will teach students to make your own herbal tinctures, infusions and herbal salves using plants you can grow in your own garden. Students will take home a salve of their choice at the end of the class. Bring a \$2 lab fee. LIMIT 8
 Inst: Maurine Sharp R.N.

HORMONE HELP FOR WOMEN

K69

HEALTH MATTERS 17 Second St.
 1 Tuesday Jan 31 6:30-7:30pm \$15
 In this class, Maurine will teach women to understand how hormones affect their health. She will discuss the pros and cons of hormone replacement therapy, traditional, bio-identical and herbal remedies. Bring a \$2 lab fee to be paid to instructor. LIMIT 8
 Inst: Maurine Sharp R.N.

KITCHEN TRANSITION

K70

HEALTH MATTERS 17 Second St.
 1 Tuesday Feb 28 6:30-7:30pm \$15
 Maurine will help you make decisions regarding foods to incorporate into a healthy kitchen based on the teaching of Weston A. Price DDS. We will discuss nutritional principles, how to preserve vitamins and minerals in our foods, and the dangers of processed soy products. Students will have the opportunity to sample whole foods and take home simple recipes. A list of local resources for meats, eggs, vegetables and fruits will be provided. Bring a \$2 lab fee to be paid to the instructor. LIMIT 8
 Inst: Maurine Sharp R.N.



MEDITATION - BEGINNING

K71

RIVER HOUSE - IHM SPIRITUALITY CENTER 805 W. Elm Ave.
 4 Thursdays starting March 9 6:30-7:30pm \$40
 The purpose of meditation is to cultivate relaxation and attention. Meditation invites us to slow down and restore wholeness in our lives. Join us for this time-honored practice that reduces stress, improves mental and physical health, heightens awareness and fosters a spirit of gratitude. LIMIT 20
 Instructors: Judith Bonini, IHM & Carol Quigley, IHM

SIMPLE WAYS TO MANAGE DIABETES

K72

HEALTH MATTERS 17 Second St.
 1 Tuesday May 9 6:30-7:30pm \$15
 Maurine will help you make decisions regarding foods to help with diabetes. We will discuss how using whole nutritious foods instead of prepackaged/sugar free food can improve blood sugar control. Students will have the opportunity to sample whole foods and take home simple recipes. Bring a \$2 lab fee. LIMIT 8
 Inst: Maurine Sharp R.N.

VITAMIN/HERBS HELP OR HYPE?

K73

HEALTH MATTERS 17 Second St.
 1 Tuesday Feb 14 6:30-7:30pm \$15
 Maurine Sharp R.N. will teach you to recognize quality supplements and herbs. She will explain the difference between "natural" and "whole food" supplements, and if we need to spend the extra money to stay healthy. Bring a \$2 lab fee to be paid to instructor. LIMIT 8
 Inst: Maurine Sharp R.N.

SPECIAL CLASSES

AN INTRODUCTION TO BACKYARD BEE KEEPING

MMS
 #1 1 Tuesday March 14 6-8pm \$13 **K74**
 #2 1 Tuesday May 9 6-8pm \$13 **K75**
 This introductory class will demonstrate the basics of this centuries old art. Learn the secrets and mystery of life in the honeybee hive: the types of bees, hives, basic tools, cost, time commitment, how to acquire bees and how to connect with the state & local beekeeping community.
 Inst: Chris Eddolls

BOOK CLUB

K76

PANERA BREAD 393 N. Telegraph Rd.
 3 Tuesdays starting March 7 7-8:30pm \$3
 Do you have a love for reading? In this course you have the opportunity to read and discuss two classic dystopian novels. Participants will enjoy an exciting group discussion regarding the reading material, the political and social time period these books were written and the author. The books Nineteen Eighty-Four, by George Orwell, and Fahrenheit 451, by Ray Bradbury, can be obtained with advanced notice at time of registration. A payment of \$25 for books purchased should be given to the instructor at the first class.
 Inst: John Skeens



CHESS FOR BEGINNERS

K77

MMS

4 Thursdays starting March 2 6-7pm \$20

In this class you will learn the rules and strategic moves used in the game of chess. You will start by learning how to play the game and then test your skill against an opponent. No matter whether you are learning something new or just refreshing your memory, you will enjoy a fun filled night out.

Inst: John Skeens

CONVERSATIONAL FRENCH

A78

RIVERSIDE EARLY LEARNING CENTER

5 Mondays starting February 27 5-6:30pm \$40

In this day and age, another country is just seconds away on our computers or possibly just a flight away for work. It has become the norm to engage with people from other countries on a day to day basis. This class is designed for beginners but accommodates all levels of learners. It focuses on learning to speak the language and engage in conversations with other francophone people. Come and join us for a fun new way of learning French!

Inst: Jessica Harmon

DISNEY PLANS MADE EASY

MMS

#1 1 Wednesday Feb 1 6-8pm \$15

K79

#2 1 Wednesday April 5 6-8pm \$15

K80

Are you thinking of planning an Orlando vacation this year and want some help from an expert? Kelly will give you the ins and outs of planning your Disney World or Universal Studios vacation. She will show you tips and tricks to save you time, money, and sanity. The class will primarily focus on the major theme parks and resorts, but will also discuss the world outside "The World."

Inst: Kelly Vandeginste

EUCHRE FOR BEGINNERS - TEENS AND ADULTS

K81

MMS

4 Thursdays starting March 2 6-7pm \$20

Whether you are a beginner or just need to brush up your game, come enjoy interacting with others as you learn the rules and strategy of Euchre. This is a 4-person game with teams of 2, so meet someone new or partner up with a friend where you can test your skills in actual game play.

Inst: John Skeens

**FAMILY POWER**

A82

ARBORWOOD NORTH

6 Thursdays starting Feb 16 6:30-7:15pm \$60 per family of four, \$20 each additional member.

This class is an introduction to traditional Tang Soo Do emphasizing self-defense, physical fitness, conflict resolution, and team work. It does not promote aggressiveness, but self-sufficiency and respect for yourself and others as well as the skills you will learn. It is designed for the entire family, ages 5 and older to take together. Grandparents are welcome. Wear loose fitting clothes. You will be offered the opportunity to test for your first color belt in Tang Soo Do upon completion. Uniforms will be available for purchase, but are not required for the class.

Inst: PKSA Karate

GENEALOGY – WHERE DO I COME FROM?

MMS

#1 6 Thursdays starting Feb 9 6-7:30pm \$40

K83

#2 6 Thursdays starting April 6 6-7:30pm \$40

K84

This class is for beginners to experienced genealogists. Come join the fun and learn about your family. For beginners we will start constructing your family tree, and tips and tricks will be shared to help you along the way. For more experienced genealogists, you will have a place to work and get help, and learn tips and tricks to help you break down those road blocks.

Inst: Amy Pace

GROW VEGETABLES IN SMALL SPACES

K85

MMS

1 Tuesday May 9 6:30-8:30pm \$13

No space? No problem! Vegetables can be grown in small gardens, raised beds and containers. In this class we will discuss light and soil requirements for successful growth. Garden placement and container selection are also keys to success. Plant selection and placement guidelines will be offered to help secure a bountiful harvest from the littlest gardens. Nothing tastes better than vegetables fresh from the garden!

Inst: Carol Koesel, Master Gardener

**INTRODUCTION TO BASIC STAND UP COMEDY - AGE 16 & UP** K86

MMS

5 Thursdays starting Feb 9 7-8pm \$40

This course is designed to give you the basic knowledge, skills, and attitude essential for standup comedy. The principles learned can also apply to; confidence in public speaking, critical thinking and presentation of ideas. You will have a laugh while bringing out the creativity and humor of your personality. Bring index cards, notebook and pen to class.

Inst: Jim McClure

Champion Force Athletics Cheerleading**Ages 4 to 15 // Arborwood South Gym // 1008 Riverview Ave**

(students will register and pay fee first night at Arborwood South.)

Thursdays starting February 9 through June 8
DIV 1-3 is \$17 first week \$7 each following week
DIV 4 is \$19 first week and \$9 each following week. (This includes a non-refundable registration fee of \$10.)

First Night Registration:

Division 1-ages 4-6 at 5:30pm,

Division 2-ages 7-9 at 6:20pm,

Division 3-ages 10 and older at 7:10pm,

Division 4- Advanced -\$9 each following week—Tryout only (New students ask coach for information) Returning students at 8:00pm.

We are all about fun while teaching self-esteem and sportsmanship. The participants will learn cheers, stunts and a choreographed dance routine and will also have the opportunity to become involved in a competition. Students will be divided into groups according to ages and assigned a class time between 5:30-9pm. No classes held on 4/20/17.



LIFE STORIES: WRITING YOUR MEMOIRS

A87

RIVERSIDE EARLY LEARNING CENTER

8 Thursdays starting March 23 (no class April 20) 6-8pm \$80

Have you been thinking about writing your memoirs? Don't put it off any longer! This class will help you shape your memories into stories that you – and the people you love – can read. The weekly structure combines creative writing exercises and the support of others working on their own memoirs. You'll have fun while accomplishing something important.

Inst: Nancy Seubert, editor, The Teacher Who Ate Her Pet

RETIREMENT PLANNING TODAY

K88

MMS

2 Thursdays March 9 & 16 6pm-9pm \$49

(spouse can attend for free)

Retiring soon or currently retired? Learn from a veteran financial advisor how to determine the amount needed to retire, create goals, convert IRAs, reduce taxes, and eliminate debt.

Attending this class, you will learn:

- How to integrate your finances with your goals and values
- How to best use employer sponsored retirement plans
- How to select the retirement distribution plan that is right for you
- How to reduce income taxes
- How to properly convert your IRA to a Roth IRA

Inst: Todd Cousino, Cousino Financial, LLC with guest Jerry Morello

SENIOR ADULT SELF-DEFENSE SEMINAR

A89

PKSA Karate 1511 N. Telegraph Rd (behind McDonald's, south of Big Lots)

1 Saturday March 25 10-11:30am \$15

This 1-1/2 hour self-defense seminar could make all the difference if you were ever attacked! This is a very informative and practical class designed specifically for senior adults. You will be taught defensive techniques using the very equipment and items that we carry with us every day. Participants will be instructed in topics such as prevention, stranger awareness, verbal boundaries, and effective but simple self-defensive techniques. Wear loose, comfortable clothing.

Inst: PKSA Karate

SOCIAL SECURITY DISABILITY

A90

RIVERSIDE EARLY LEARNING CENTER

1 Tuesday May 9 6-7pm \$15

If you have been turned down by Social Security or are thinking of applying, then this class is for you. In this one-night class you will learn how the application and appeal processes work, and receive helpful hints to help you navigate the system more successfully. Questions will be answered at the end of class. Whether you want to apply on your own or would like the help of an attorney, this class can help.

Inst: Tara McKenzie

KIDS CORNER

A TASTE OF PRESCHOOL

A91

RIVERSIDE EARLY LEARNING CENTER

10 Tuesdays starting Feb 7 12:45-2:45pm \$70

This class is designed to prepare your 3-4 year old child for the adventure of preschool. Certified teacher, Paulette Wilkie leads us as we explore the natural wonders of Winter/Spring through music, cooking, stories and social interactions. Class size is limited to 16, and all children must be toilet trained. A \$5 snack fee can be paid to the teacher at the first class.

Inst: Paulette Wilkie

CHILD AND BABYSITTING SAFETY

K92

MMS

4 Tuesdays starting March 7 6-8pm \$65

In this 8-hour class students will learn in-depth training in:

- Babysitting as a business
- Safety & injury prevention
- Leadership
- Playtime
- Basic caregiving skills for infants and young children
- First aid for bites & stings, bleeding, burns, choking, injuries, poisoning and sudden illness
- Hands only CPR
- Performance & written evaluation

This class is suggested for students ages 11-15 and will be certified through the American Safety and Health Institute. All supplies included: Certification, manual, some first aid supplies, CPR practice tool and tote bag.

LIMIT 10

Inst: Chris Chickeral



COSMIC BOWLING - AGES 4 TO 15

K93

NORTEL LANES 611 N. Telegraph

6 Sundays starting Feb 5 4:00pm REGISTER AT 734-265-3170

Fee of \$6/week per person paid each week to Nortel

This fun afternoon of cosmic bowling includes 2 games each week and shoe rental. Parents are welcome to stay and bowl with child. Sign up early as spaces are limited.



HORSEBACK "ENGLISH RIDING" LESSONS

STONEHAVEN FARMS 351 W. Samaria Rd Temperance MI

4 Saturdays starting Feb 18 12:30pm \$110

A94

4 Saturdays starting April 22 12:30pm \$110

A95

Are you horse crazy? Do you have a passion for anything "horses"? Come and experience the wonderful world of riding! Students will learn the fundamentals of English style riding. Hands on grooming, tacking and riding instruction provided by experienced instructors on our seasoned school horses. Please wear jeans or long pants and shoes or boots with a 1/2 inch heel. Safety helmets are provided. Classes fill quickly so register early! Grades K-12. LIMIT 14

Inst: Cathy Rohrs, Assistant Trainer, Stonehaven Farms

..... **MOLLY BOCK'S**

Summer Performing Arts Class

Sign up with Community Ed in May/June

This daytime class will start when school finishes.

PARENT/TOT SWIM - 4 MONTHS TO 4 YEARS

K96

MMS

5 Tuesdays starting March 7 5-6pm \$35

This class will teach your young one to love the water. By accompanying your child in the water you will allow them to feel safe and secure while giving them a healthy respect for it. Spend time with your tot having fun while teaching them a valuable lesson.

Inst: Paula Hudson

SWIM BEGINNING FOR KIDS - AGE 4 & UP

MMS

#1 7 Mondays & 7 Wednesdays starting Jan 30, 5:30-6:15pm \$60 **K97**#2 6 Mondays & 6 Wednesdays starting April 3, 5:30-6:15pm \$55 **K98**

Classes are divided into groups from bubble blowers to advanced swimmers. The level of each child will be determined on the first night of class. Parents can stay and observe from the bleachers.

Inst: Keli Jackson

DROP-IN SWIM FOR CHILDREN AND ADULTS IS LOCATED IN THE WATER ACTIVITIES SECTION

DOG OBEDIENCE CLASSES**PUPPY TRAINING/GOOD MANNERS CLASS**

ARBORWOOD SOUTH GYM

#1 6 Mondays starting Feb 6 6-6:45pm \$65

A99

#2 6 Mondays starting Apr 3 6-6:45pm \$65

A100

The AKC S.T.A.R.tm Puppy Program rewards responsible owners who take the time to train and socialize their new puppies. The program is the puppy level of the AKC's well-known Canine Good Citizen® program. "S.T.A.R." stands for Socialization, Training, Activity and a Responsible owner, all of the things a puppy needs to have a good life. Any puppy and breed or mix thereof, under 12 months, please bring health records with puppy on lead to first class.



Inst: Cheryl Wassus, AKC, approved CGC Evaluator

CANINE GOOD CITIZEN/THERAPY DOG PREP

ARBORWOOD SOUTH GYM

#1 6 Mondays starting Feb 6 7-7:45pm \$65

A101

#2 6 Mondays starting Apr 3 7-7:45pm \$65

A102

This class is based on teaching and training dogs and their handlers through positive reinforcement how to become good citizens and/or to prepare for evaluation and assessment for therapy dog work. Any age and breed or mix over 12 months. Please bring health records and your pet on a 6-foot lead to class. Retractable leads are not allowed.

Inst: Cheryl Wassus, AKC, approved CGC Evaluator, Therapy Dogs International Certified Evaluator

**DOG TRICK TRAINING**

ARBORWOOD SOUTH GYM

#1 6 Mondays starting Feb 6 8-8:45pm \$65

A103

#2 6 Mondays starting Apr 3 8-8:45pm \$65

A104

Trick training not only provides physical and mental challenges for the dog, it also provides a rewarding experience for the owner and encourages a relationship based upon clear communication and positive reinforcement methods. Students will work towards their Novice Trick dog title (NTD). Any age and breed or mix is welcome to participate with proof of health records which should be brought to first class.

Inst: Cheryl Wassus and Michele Bodoh, Certified Trick Dog Instructors

**Monroe Public Schools Kid's Club Childcare**

Before and After School and All Day Childcare for All Monroe Public Schools at the Riverside Early Learning Center for Ages 2 ½ - 14 from 6:30 am - 6:00 pm

Custer Elementary-Before and After School Childcare
Call for More Information 734-265-4937 or 734-265-4985
Fully Licensed, CPR and First Aid Trained Staff

Monroe Public Schools Presents
Early Childhood Education Programs
2017-2018

**Rainbow Preschool**

Tuition Based Program for 3 & 4 Year Olds
Held at the Riverside Early Learning Center
77 N. Roessler St. Monroe, MI 48162

Call 265-4937 or 734-265-4985 for more information.

**SMAC SWIMMING**
SOUTHERN MICHIGAN AQUATIC CLUB

Interested in swimming? Southern Michigan Aquatic Club (SMAC) offers groups from learn-to-swim to nationally competitive and everything in between! Our coaching staff is USA Swimming and ASCA accredited and focused on creating an environment for all levels of ability and commitment. Registration is always open. We offer sessions in the fall and winter for short course swimming as well as spring and summer sessions for long course swimming. Practice times vary between 5-8:30pm depending on age and practice group, working great with social and work schedules.

There are new groups starting soon!

Simply contact the club at swimoffice.smac@gmail.com for information on registering your swimmer. Check us out on our website at www.smacswim.com for more information.

MONROE PUBLIC SCHOOLS SPECIAL PROGRAMS

MPS COMMUNITY EDUCATION AND MONROE PARKS & RECREATION PRESENTS
THE 28th ANNUAL

DADDY- DAUGHTER DANCE

Saturday, March 4, 2017 6:00-8:00pm

MONROE HIGH SCHOOL (COMMONS AREA)

COST IS \$22 PER COUPLE/\$8 FOR EACH ADDITIONAL DAUGHTER

Dads, grandpas, brothers and uncles are invited to escort their sweetheart (ages 3 and older) to this special night of fun. The evening will include dancing to the music of DJ Bruce Bezeau and snacks. Professional picture packages will be available for you to purchase or you may bring your own camera for special photo opportunities.

TICKETS GO ON SALE WEDNESDAY, FEBRUARY 1st at 9:00am

You may purchase tickets by walk-in or mail only at:

Monroe Public Schools
Community Education Office
(use rear entrance) Door C
1275 N. Macomb St
Monroe, MI 48162
9am-3:30pm M-F

OR

Monroe Parks & Recreation
120 E. First St
Monroe, MI 48161
8am-4:30pm M-F

Don't be disappointed! Only 425 tickets will be sold for this event. Phone registrations will not be accepted and tickets are not available at the door.

..... DETACH HERE

2017 DADDY DAUGHTER DANCE REGISTRATION FORM

Dad's Name _____

Daughter's Name(s) _____

School Daughter Attends _____

Teacher _____ Grade _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____

Cell Number _____

MOM AND SON BOWLING

COORDINATED BY MPS COMMUNITY EDUCATION DEPARTMENT AND
MONROE PARKS & RECREATION

Thursday, March 23, 2017 from 6:00 – 8:30pm

MONROE SPORTS CENTER (15425 S. Dixie Hwy)

Moms, grandmas and aunts are invited to accompany their special guy (ages 4 years and older) for a fun and exciting evening of bowling. This special event will consist of 3 games of scotch doubles, including one game of "crazy" bowling. Games finished after 8pm will not be considered for awards. Shoes, prizes, pizza and pop will be provided. Pre-registration is required. Bumper bowling is AVAILABLE for this event. Anyone choosing to use bumper bowling will not be eligible for any awards, and all bowlers on that lane will need to use the bumpers. The deadline to register is Friday, March 17th.

THERE ARE A LIMITED NUMBER OF LANES SO SIGN UP EARLY TO RESERVE YOUR SPOT!

Lane assignments will be made prior to arriving at the event. The female bowling partner must be an adult age 18 or older. Seating accommodations are for registered participants only. Please do not bring guests to watch as this is an evening for the bowlers only. Pizza will be served promptly at 6pm!

Fee: Mom and One Son \$25.00 // Mom and Two Sons \$40.00

Age Limit: 4 years and up

Mail registration to Community Education, 1275 N. Macomb St., Monroe, MI 48162 or Monroe Parks and Recreation, 120 E. First St., Monroe, MI 48161.

Checks should be made payable to MONROE PUBLIC SCHOOLS OR MONROE RECREATION, depending on where you register.

..... DETACH HERE

2017 MOM AND SON BOWLING REGISTRATION FORM

Mom's Name _____

Son's Name(s) _____ Age _____

Son's Name(s) _____ Age _____

Address _____

City _____ State _____ Zip Code _____

Phone Number _____

Cell Number _____

CLASS REGISTRATION FORM:

PARTICIPANT'S NAME _____

If participant is under 18: Parent/Guardian Name _____

E-MAIL ADDRESS _____

ADDRESS _____

CITY _____ STATE _____ ZIP _____

HOME PHONE _____ CELL _____ WORK _____

CLASS _____ CLASS # _____ COST _____

CLASS _____ CLASS # _____ COST _____

CLASS _____ CLASS # _____ COST _____

FOR OFFICE USE ONLY:

CASH _____ CHECK # _____ DATE PD: _____

ALL CLASSES MUST BE PREPAID TO THE COMMUNITY EDUCATION OFFICE. INSTRUCTORS WILL NOT ACCEPT PAYMENTS FOR CLASSES.

BY TELEPHONE: Phone registrations are accepted by using a VISA, MASTERCARD, DISCOVER, or AMERICAN EXPRESS only. Call 734-265-3170.

BY MAIL: Send the completed registration form and a check or money order made payable to Monroe Public Schools and mail to: Community Education, **1275 N. Macomb St., Monroe, MI 48162.**

IN PERSON: The Community Education office is now located at the MPS Administration Building (Rear Entrance- Door C) at: **1275 N Macomb St., Monroe MI 48162.** Hours: 9 a.m. - 3:30 p.m. weekdays.

REFUNDS ARE ONLY GIVEN FOR MULTI-SESSION CLASSES AND ARE PRO-RATED, LESS A \$5 PROCESSING FEE. CANCELLATION NOTICE MUST BE RECEIVED BY THE CE OFFICE AT LEAST 2 BUSINESS DAYS BEFORE THE MULTI-SESSION CLASS BEGINS OR STUDENT WILL BE CHARGED FOR ONE CLASS, ALONG WITH THE PROCESSING FEE. NO REFUNDS WILL BE PROCESSED IF MORE THAN ONE BUSINESS DAY HAS PASSED SINCE THE FIRST CLASS WAS HELD. NO REFUNDS ARE GIVEN FOR ONE NIGHT CLASSES. FULL REFUNDS WILL BE GIVEN FOR ANY CLASS CANCELLED BY COMMUNITY EDUCATION.

REMEMBER- IF SCHOOLS ARE CANCELLED DUE TO THE WEATHER, COMMUNITY EDUCATION CLASSES ARE ALSO CANCELLED AND MAY BE RESCHEDULED FOR A LATER DATE.

KEY TO SCHOOL LOCATION:

MHS: Monroe High School, 901 Herr Rd.

MMS: Monroe Middle School, 503 Washington St

ARBORWOOD NORTH: 1135 Riverview Ave

ARBORWOOD SOUTH: 1008 Riverview Ave

CUSTER 1: 5003 W. Albain Rd

CUSTER 2: 5001 W. Albain Rd

MANOR: 1731 W. Lorain St

RAISINVILLE ELEMENTARY: 2300 N. Raisinville Rd

RIVERSIDE EARLY LEARNING CENTER: 77 N. Roessler

WATERLOO: 1933 S. Custer

**Registration begins
January 4, 2017**

For additional information call (734) 265-3170
Visit our website at www.monroe.k12.mi.us

