Exciting new cooking classes inside!

New: Step Toward Better Nutrition class series.
page 19

Easy to whip up — versatile, delicious crepes!
page 12

Body & Soul! Explore modern dance with Karen Charles!
page 30

Start a new hobby — art classes, p. 3
Ready to try one (or two)?

This winter and spring, Hopkins Community Education is rolling out Step Toward Better Nutrition, a series of classes designed to support you in your effort to learn about, cook, and eat healthier foods, see page 19.

Our great fitness classes can enhance your commitment to a healthier lifestyle. Explore which class is right for you by attending one of our demo classes. Meet the instructor, try out the class, and ask any questions you have. You can register online (most are free) or just show up! Unleash the healthy person inside you in 2014 with a little help from Hopkins Community Education!

Try all of our upcoming demo classes:

- **Zumba Toning**
  - When it comes to body sculpting, Zumba Toning raises the bar! Sculpt your body naturally while having a total blast, page 16.

- **Chakra Power Yoga**
  - Explore techniques that focus on mind over matter. Poses move you through and connect with different levels of chakra energy, page 14.

- **Tuesday A.M. Yoga**
  - Explore mind and body through breath, deep slow moving posture series, and optimal muscle patterns, see page 14.

- **Alexander Technique**
  - As seen on Oprah! Designed to release stress, create ease of movement, and enhance your quality of life, page 20.

- **Kettlebells Intro**
  - Discover what My Total Body Power Kettlebells can do for you! Kettlebells Intro has a $19 fee, registration is required, page 15.

- **Zumba with Lynnea**
  - The calories will melt away while you lose yourself in the Latin music! Try it out, check out page 16.
In our community
the people
are the spirit

Meet Instructor
Laura Ocampo
Laura is the co-owner of Midwest Karate & Yoga Association of St. Louis Park, a graduate of the 200-hour training with Yoga Center of Minneapolis and the 500-hour training at Devanadi Yoga. Laura is a 4th degree Black belt in Shotokan Karate and the co-creator of Yoga-Bells™.
Laura started her journey with yoga 21 years ago after the birth of her first child, when she was looking for something to be a counter balance to her Martial Arts training and motherhood! It wasn't until a successful recovery from breast cancer in 2004 that she turned to teaching yoga as a career. As a self-proclaimed “facilitator of optimal health and wellness,” she hopes you will join her on the amazing journey of practicing yoga.
Check out Laura’s Hatha and Chakra Yoga classes on page 14.

Meet Instructor
Lynnea Doublette
Popular fitness instructor, Lynnea Doublette teaches Zumba, Salsa, and World Dance at a variety of locations throughout the Twin Cities.
In addition to teaching fitness and dance, Lynnea is passionate about acting. She was recently seen in the play production Nellie at the History Theater in Saint Paul. She has also performed at the Guthrie Theater, and other venues in the metro area.
Bubbling with enthusiasm, Lynnea will inspire you to get a great workout. She enjoys working with both adults and children, creating special moments through movement, music, fitness, and dance.
Find Zumba with Lynnea on page 16, and join the party!

Meet Instructor
Sharon Nelson
Ten years ago, Sharon set out to change her life. She went from overweight and physically weak to trim, toned, and strong under the direction of a trainer and some key naturopath doctors. Sharon has a B.S. with a major in Human Services and certification in Addiction Counseling. In addition, she is certified as a Russian Kettlebell instructor under Paval Tsatsouline. She has continued her education in various forms of movement including Qigong, Tai Chi and Yoga.
As a student of health and nutrition, Sharon has created an eating program, Mindful Eating, to supplement her students’ journeys of change and transformation.
See Sharon’s My Total Body Power kettlebells classes on page 15, and start your journey to improved fitness.
is true — and unfortunately, today many people are unhappy with that result and wish they could really make some changes to look their best and enjoy better health.

Over my lifetime, I’ve had the good fortune to benefit from getting both an undergraduate and masters degree in nutrition. However, like many of us, I still get confused by the multitude of different approaches to improving our diets — increase whole grains and plant-based foods or reduce them? Avoid meat or use lean protein at every meal? It’s really challenging to make sense of all the research that has come out regarding steps to reduce our weight and prevent chronic diseases. Despite the confusion, I’m more convinced than ever that the dietary choices we make for ourselves and our families are one of the most important things to achieve optimal health. As I stand on the cusp of a “major milestone birthday,” I know that eating well is the foundation of my well being.

That’s why I’m really excited about our *Step Toward Better Nutrition* series — we have partnered with Hopkins Public Schools’ Nutrition & Lifestyle Services, and assembled a group of passionate instructors to educate and inspire you to take steps to improve your diet. Even more importantly, you can participate in hands-on cooking classes and experiment with new foods that taste great, look beautiful, and work within your budget! Look for this symbol in the catalog.

That’s why I’m really excited about our *Step Toward Better Nutrition* series — we have partnered with Hopkins Public Schools’ Nutrition & Lifestyle Services, and assembled a group of passionate instructors to educate and inspire you to take steps to improve your diet. Even more importantly, you can participate in hands-on cooking classes and experiment with new foods that taste great, look beautiful, and work within your budget! Look for this symbol in the catalog.

I’m proud that the Hopkins Public Schools lunch program is on the cutting edge of providing fresh, from scratch, whole foods to our students. We have been introducing healthy cooking to elementary students over the last year. Now, we are hoping to inspire you to take steps to improve your health through eating well this year!

See you in class,

Betsy Hedding, Adult Program Coordinator
Art classes teach you to see the world in new ways — capture every creative moment.

Unique ways to express yourself artistically!

**NEW! Molding Paste Magic**
Bonnie Cutts
Learn a variety of techniques while you explore the diversity of molding pastes. Create texture with molding pastes, paint on them, mix paint into them, and draw into them when wet, all helping to create unique pieces of art. Learn the difference between the paste materials, paint on a variety of grounds, and see what fun you can have when building up textures. $10 materials fee, payable to the instructor.**

#383: 1 session - limit 12  
Sat., Feb. 15  
10:00 am-4:00 pm  
Hopkins Center for the Arts 203

**NEW! Fast, Loose, Expressive Paintings**
Bonnie Cutts
Paint with bold, thick brush strokes using large brushes and lots of paint. Create small paintings filled with color and emotion using everyday objects, fruit, and vegetables. The focus will be on capturing large shapes rather than detail. Work quickly with as few brush strokes as possible, or swiftly apply paint with a palette knife. Work with paint mixed with gels to create thick, textural paintings and express yourself! All levels of painting experience are welcome. $10 materials fee, payable to the instructor.**

#381: 1 session - limit 12  
Sat., Jan. 18  
10:00 am-4:00 pm  
Hopkins Center for the Arts 203

**Mosaic Bird Feeder**
Peggy Ingles
Use this easy, no-fail mosaic glass process, then take home a colorful and functional piece of art for your garden. Bring your design ideas, or use simple-to-do patterns that will be available in class. The bird feeder is 11" long, 7" wide, and 12" tall. $23 materials fee, payable to the instructor.

#346: 1 session - limit 12  
Sat., Mar. 15  
10:00 am-3:00 pm  
Hopkins Center for the Arts 203

**Mosaic Word Art or Wall Mirror**
Peggy Ingles
Learn this easy and trendy mosaic glass technique! Create a colorful mosaic mirror, show off your personality with word art décor, or make a vibrant address sign for your home. Discover resources, supplies, and cutting techniques. Choose from a variety of lettering styles and sign sizes. Prices range from $9 to $20 (depending on the size you choose) materials fee, payable to instructor. Please indicate your project choice (Mirror or Word Art) upon registering.

#347: 2 sessions - limit 10  
A: Word Art, Tu., May 6 & 13  
6:00-9:00 pm  
Eisenhower Elementary 232, all sections

Please note: Supply lists for some art classes are included in the class descriptions online at HopkinsCommunityEd.org and will be finalized one week before the start of class. Please check online for supply lists for your class.
Work magic with felting classes

**Felted Winter Scarf**
Leslie Granbeck
Keep warm this season in your new felted wool scarf. No knitting required! Learn the magic of feltmaking using soft wool fibers and warm soapy water. You’ll also learn several surface design and embellishing techniques. Dress comfortably and get ready to roll up your sleeves! $20 materials fee includes all fibers and supplies, and is payable to instructor.*

#387: 1 session - limit 8
Sat., Feb. 1 10:00 am-3:00 pm
Hopkins Center for the Arts 203

**Intro to Needle Felting**
Leslie Granbeck
A great felting technique to add to your creative portfolio! No knitting, no water, learn to felt wool fibers using special barbed needles (yes, they’re sharp!). Design jewelry, ornaments, pincushions, and more. Go green and embellish recycled wool sweater pieces for a variety of accessories, adornments, and gifts. You’ll be amazed at the possibilities. Bring scissors to class. $10 materials fee payable to instructor.**

#385: 1 session - limit 8
Tu., Feb. 25 6:00-9:00 pm
Hopkins Center for the Arts 203

*Please note location: Eisenhower Elementary School 232

**Silks, wools, cottons** and lovely natural dyeing methods!

**Japanese Shibori**
Karen Rognsvaag
Shibori is a Japanese term that means to bind, wrap, fold, twist, or clamp to create a design on fabric. These techniques may be used separately or in combination to create beautiful patterns. By manipulating the fabric, the dye can only partially penetrate into tightly compressed cloth, the colors will create subtle and intricate patterns within the folds. You can never really control the process, so effects are often surprising, and each piece of Shibori is a work of art. Learn the five techniques used in Shibori designs. Natural plant dyes will be used exclusively as the only source of color. Work with silk scarves and 100% cotton fabric. $35 materials fee, payable to instructor.

#311: 1 session - limit 8
Sat., Apr. 26 9:00 am-4:00 pm
Hopkins Center for the Arts 203

**Scarf to Dye For!**
Leslie Granbeck
Explore color theory and silk dyeing basics, safety tips, and eco-friendly dyeing methods. With dyed silk as a base, apply soft wool and other exotic fibers to the surface and learn the steps to bond them into a beautiful Nuno felted scarf. $40 materials fee payable to instructor. *

#396: 1 session - limit 8
Sat., Mar. 8 10:00 am-4:30 pm
Hopkins Center for the Arts 203

*Please note location: Eisenhower Elementary School 232

**Natural Plant Dyeing for Quilters, Spinners, & Knitters**
Karen Rognsvaag
Dyeing with vegetables materials creates soft and subtle colors. Prepare the dye baths and explore the process of “mordanting.” Dye cotton, wool roving, and wool yarn. Discover tips on growing dye plants, pruning, harvesting, storing materials, and more. $35 materials fee, payable to instructor.

#343: 1 session - limit 7
Sat., May 3 9:00 am-5:00 pm
Hopkins Center for the Arts 203

**We Work with Water in Felting Classes.**
Dress so you can roll up your sleeves.

**Bring from home:**
- Plastic bag for wet items
- 2-3 old hand towels
- 2 old bath towels
- Optional: apron
- Sharp scissors
Discover your creative spirit!

Drawing From Observation
Jim Clark
Develop techniques for drawing what you see in exciting and expressive ways! Explore endless possibilities of different media — charcoal, graphite, and ink, and how to use them on different surfaces. Create drawings and learn how to evaluate art. $20 supply fee payable to instructor.

#340: 8 sessions - limit 10  $89
A: Mon., Jan. 13-Mar. 3  9:30 am-12:00 pm
B: Thurs., Jan. 16-Mar. 6  2:00-4:30 pm
C: Thurs., Jan. 16-Mar. 6  6:00-8:30 pm
D: Mon., Apr. 7-Jun. 2, no class May 26  9:30 am-12:00 pm
E: Thurs., Apr. 10-May 29  2:00-4:30 pm
F: Thurs., Apr. 10-May 29  6:00-8:30 pm
Hopkins Center for the Arts 203, all sections

Oil Painting
John Caron
All levels are welcome to learn the time-honored tradition and fundamentals of oil painting. Explore color, value, paint application, design and composition in this most forgiving medium. View the work of other artists for inspiration and techniques in picture making. **

#308: 8 sessions - limit 14  $89
A: Tu., Jan. 21-Mar. 25  9:00 am-12:00 pm
B: Tu., Apr. 8-May 27  9:00 am-12:00 pm
Hopkins Center for the Arts 203, all sections

Acrylic Painting
Angeleta Smith
Open yourself up to a new adventure with acrylic paint! Learn how to use color, texture, collage, blending, and transparent glazing. New and continuing students are welcome. **

#300: 8 sessions - limit 14  $89
A: Mon., Jan. 27-Mar. 17  7:00-9:30 pm
B: Mon., Mar. 31-May 19  7:00-9:30 pm
Hopkins Center for the Arts 203, all sections

Painting with Pastels
John Caron
Take your drawings to a new level, painting with vibrant color in oil or dry (soft) pastels. Study techniques used by Impressionist, Modern, and Contemporary artists to achieve glowing results on white or tinted paper. Try oil pastels, dry pastels, or both! **

#395: 8 sessions - limit 14  $89
A: Tu., Jan. 21-Mar. 18, no class Mar. 11  6:00-9:00 pm
B: Tu., Apr. 8-May 27  6:00-9:00 pm
Hopkins Center for the Arts 203, all sections

Realistic Watercolor
Lisa Fertig
Learn to use watercolor in fun and exciting ways! This motivating class is perfect for all levels. Learn more about values, color, and applying design and technique principles to your paintings. Optional fee is payable to instructor. **

#314: 8 sessions - limit 15  $89
A: Wed., Jan. 29-Mar. 19  2:00-5:00 pm
B: Wed., Jan. 29-Mar. 19  6:00-9:00 pm
C: Wed., Apr. 2-May 21  2:00-5:00 pm
D: Wed., Apr. 2-May 21  6:00-9:00 pm
Hopkins Center for the Arts 203, all sections

Sumi-E Japanese Brush Painting
Reiko Ito Shellum Koeck
Experience the ancient practice of Japanese Sumi-E painting, a unique style of water-base brush painting. Experiment with different brush strokes and variation in dark and light with this ancient art, which has long-inspired western artists. $42 (approx.) materials fee payable to instructor. No discounts. **

Note: Sections A-B will be an “open studio format” with no instruction. Reiko will return in late February and will teach sections C-F.

#310: Open Studio: 6 sessions - limit 12  $24
A: Mon., Jan. 13-Feb. 17  12:30-3:00 pm
B: Wed., Jan. 15-Feb. 19  9:30 am-12:00 pm
#310: Instructor-led: 6 sessions - limit 12  $59
C: Mon., Feb. 24-Mar. 31  12:30-3:00 pm
D: Wed., Feb. 26-Apr. 2  9:30 am-12:00 pm
E: Mon., Apr. 7-May 12  12:30-3:00 pm
F: Wed., Apr. 9-May 14  9:30 am-12:00 pm
Hopkins Center for the Arts 203, all sections

Please note:
Supply lists for some art classes are included in the class descriptions online at HopkinsCommunityEd.org and will be finalized one week before the start of class. Please check online for supply lists for your class.
Experience the sensation of working with clay

Pottery Adventures!
Claire O’Connor
Explore the wonders of clay, whether you’re a beginner or an experienced potter. Claire will encourage you to experiment with and develop a range of pottery skills, including hand building, wheel throwing, and firing and glazing. Get messy and creative as you produce several beautiful pottery pieces. **

#322: 8 sessions - limit 14 $114
A. Wed., Jan. 15-Mar. 5 9:30 am-12:00 pm
B. Wed., Jan. 15-Mar. 5 6:30-9:00 pm
C. Wed., Mar. 19-May 14, no class Apr. 2 9:30 am-12:00 pm
D. Wed., Mar. 19-May 14, no class Apr. 2 6:30-9:00 pm
Eisenhower Community Center 167, all sections

Beginning Pottery with Steve Frederickson
Steve Frederickson
Curious about clay? Start your clay-learning process by mastering various hand-building methods and get an introduction to the potter’s wheel. Steve will show you a wide-variety of techniques, and give you lots of individual instruction as you create projects you choose. If you’ve always wanted to learn and experiment with pottery, this is the class for you! Students for this class must be able to attend the first two sessions. **

#319: 8 sessions - limit 5 $114
A: Tu., Feb. 4-Mar. 25 6:30-9:00 pm
B: Tu., Apr. 8-Jun. 3, no class May 20 6:30-9:00 pm
Eisenhower Community Center 167, all sections

Pottery on the Wheel - Advanced
Claire O’Connor
Express your passion with clay as you continue your pottery skills in this hands-on class. Students with a firm foundation in basic technical skills will enjoy this class. Fine tune your throwing skills, explore tool/turn pieces, learn to create more complex forms such as pots (handles, lidded jars, teapots, etc.), and explore altered and manipulated forms in greater depth and with lots of individual attention. This is an advanced class, there will be no instruction in the basics of throwing and glazing. Prerequisite: You must be able to comfortably throw a 6-inch cylinder on the wheel. **

#342: 8 sessions - limit 9 $129
A: Thurs., Jan. 16-Mar. 6 6:30-9:00 pm
B: Thurs., Mar. 20-May 15, no class Apr. 3 6:30-9:00 pm
Eisenhower Community Center 167, all sections

Continuing Pottery with Steve Frederickson
Steve Frederickson
This hands-on class is an opportunity for students who have taken previous classes with Steve, or elsewhere, to continue to develop their pottery skills. Learn from more advanced demonstrations that are tailored to your needs as a continuing clay student. Develop your sense of touch with clay and expand your creativity as an artist as you work on projects of your choice. **

#324: 8 sessions - limit 9 $114
A: Tu., Feb. 4-Mar. 25 6:30-9:00 pm
B: Tu., Apr. 8-Jun. 3, no class May 20 6:30-9:00 pm
Eisenhower Community Center 167, all sections

Pottery class fee includes 25 lbs. of clay, glazes, and firing fee. Additional clay can be purchased. If you don’t have the basic tools, rent them in class for $3.
Mix and Match — eclectic options — try one or both!

NEW! Pointed Pen Calligraphy
Kris MacDonald
This small, elegant script is fun to write, and lovely when used for addressing envelopes or place cards. Learn traditional Copperplate letter forms, and then push them into the 21st century by altering the letter shapes to make them funky and current. $20 materials fee, payable to instructor.

#304: 6 sessions - limit 15
Thurs., Mar. 13-Apr. 24, no class Apr. 3
7:00-9:00 pm
Eisenhower Community Center 206

$59

Viking Weave Bracelet
Irene Sherman
Create a beautiful “Viking Weave” bracelet that is woven from chains made from long pieces of wire, worked by hand into interconnecting loops, and spliced together. Optional additional supply fee of $12 for draw plate and $5 for findings payable to instructor in class. Please check online for supplies to bring to class. Optional additional supply fee of $12 for draw plate and $5 for findings payable to instructor in class. **

#391: 1 session - limit 8
Sat., Feb. 22
9:00 am-12:00 pm
Hopkins Center for the Arts 203

$29

Join us for the 16th Annual Empty Bowls fundraiser

Tuesday, March 11, 11:00 a.m. - 7:00 p.m.
Celebrate 16 years of Empty Bowls!
Be a part of the fun, entertainment, art, and fight against hunger.

How can you participate?
Call Barb Westmoreland at 952-988-4069 to find out more.

www.HopkinsSchools.org/emptybowls

Empty Bowls Pottery
Kathy Israel & Steve Frederickson
Create a ceramic bowl for the 16th Annual Empty Bowls event. Empty Bowls is an international event to fight hunger. Communities around the world make ceramic bowls, which are sold at fund raising events in exchange for a simple meal of soup and bread. The funds raised will support our local food shelves. Participate in the Empty Bowls event by enrolling in this class. No pottery experience is necessary. Each participant will build two bowls by hand — one bowl to donate to Empty Bowls and one to keep. This is a wonderful family experience, sign up with your child — please register parent and child separately. This year the Empty Bowls event will take place on Tuesday, March 11, 2014 from 11 a.m. to 7:00 p.m. at the Hopkins Center for the Arts, 1111 Mainstreet, Hopkins.

#344: 2 sessions - limit 16
A: Sat., Feb. 1 & Feb. 15
 9:00-11:00 am
B: Sat., Feb. 1 & Feb. 15
12:00-2:00 pm
C: Sat., Feb. 1 & Feb. 15
2:30-4:30 pm
D: Sun., Feb. 2 & Feb. 16
12:00-2:00 pm
E: Sun., Feb. 2 & Feb. 16
2:30-4:30 pm
F: Sat., Feb. 8 & Feb. 22
9:00-11:00 am
G: Sat., Feb. 8 & Feb. 22
12:00-2:00 pm
H: Sat., Feb. 8 & Feb. 22
2:30-4:30 pm
I: Sun., Feb. 9 & Feb. 23
12:00-2:00 pm
J: Sun., Feb. 9 & Feb. 23
2:30-4:30 pm

Eisenhower Community Center 167, all sections

$19

Empty Bowls Pottery Pick Up Date:
Please pick up your bowl on:
Saturday, March 1, 9:00-10:00 am
Computer skills let you reach people and information around the globe — open up a world of possibilities

Start at the beginning and boost your career skills

**Computer Basics**
Rich Lindell

This computer class is geared for smart people who don’t feel smart around computers! Develop a basic understanding of the function and operation of the personal computer. This is a hands-on class for those with minimal computer experience. **Class fee includes a book (value $20).**

#609: 2 sessions - limit 12  
Tu., Jan. 28 & Feb. 4  
Eisenhower Community Center 219  
$84  
6:00-9:00 pm

**Windows Introduction**
Sharon Walbran

Learn the basics of the operating system Microsoft Windows 2010 or 2013. Work with the accessory programs, manage files and folders, and learn how to run multiple windows at once, as well as customize the appearance of your computer’s desktop. Some basic computer knowledge is recommended.

#610: 1 session - limit 12  
Thurs., Jan. 23  
Eisenhower Community Center 219  
$49  
6:00-9:00 pm

**Microsoft Excel Intro**
Rich Lindell

Discover why Microsoft Excel is the most widely used spreadsheet application for office and home financial planning. Whether you are an accountant, an office manager, a family budget manager or a sports team parent, discover the power and ease of using an Excel spreadsheet to help you track, analyze and communicate data. Learn how to create spreadsheets, edit, add formulas, format, and print spreadsheets in this class. **Class fee includes a course book.**

#613: 2 sessions - limit 12  
A: Tu., Feb. 18 & Feb. 25  
1:00-4:00 pm  
Eisenhower Community Center 219  
$84

B: Tu., Feb. 18 & Feb. 25  
6:00-9:00 pm

C: Tu., Apr. 8 & Apr. 15  
1:00-4:00 pm

D: Tu., Apr. 8 & Apr. 15  
6:00-9:00 pm

**Office Basics - Word, Excel, Power Point**
Sharon Walbran

Unleash your ability to learn Microsoft Office 2010 or 2013 in three sessions. Gain the basics of Office™ programs to help you succeed in your career or school. Develop essential proficiency in Word (word processing), Excel (spreadsheets/data management), and Power Point (presentation/slide shows). Explore the essentials of computing for today’s technological world, you can do this!

#612: 3 sessions - limit 12  
Thurs., Feb. 27-Mar. 13  
6:00-9:00 pm  
Eisenhower Community Center 219  
$99

**Microsoft Excel - Advanced Topics**
Rich Lindell

Build upon your Excel skills with this class that covers more advanced topics such as graphing, multiple file management, linking, auto-filter, data protection, and pivot tables. **Prerequisite: Excel for Windows or equivalent experience. If you own the course book from Excel Intro, please choose the class fee option without the book.**

#614: 2 sessions - limit 12  
Tu., Apr. 22 & Apr. 29  
6:00-9:00 pm  
Eisenhower Community Center 219  
$84/$74 without book

**Our Computers are equipped with Microsoft Windows™ 2010 and 2013**
Join us in the online community!

Focus on Facebook & Twitter
Jonathan Freed
Join us for a three-hour, interactive, hands-on workshop to explore the many benefits of the two most popular social media applications — Facebook and Twitter. This workshop will give you an overview of social media, focusing on security and privacy. Basic computer skills and some social media experience are a plus.

#112: 1 session - limit 12 $59
A: Wed., Feb. 5 6:00-9:00 pm
B: Wed., Apr. 30 6:00-9:00 pm
Eisenhower Community Center 219, all sections

eBay and Craigslist
Andrea Lee
Explore how to buy and sell on eBay, cyberspace’s garage sale! This hands-on class will show you how to make smart and safe purchases on eBay. Learn the elements of effective selling: assess demand for your item, establish an eBay identity, pricing, photos, descriptions, bids, payment, shipping process — and avoiding mistakes. You will also learn about posting items to Craigslist, a local online classifieds website. To set up a buyer/seller’s account, you will need a credit card number, checking/routing number, phone, and email login/password. Prerequisite: Internet experience.

#601: 1 session - limit 10 $29
Mon., Mar. 10 9:30-11:30 am
Eisenhower Community Center 219

iPad 101
Andrea Lee
Are you interested in maximizing the use of your iPad? This hands-on class is for you! Learn about iPad organization, maintenance, app downloading, photo emailing/messaging, productivity, and more. Discover how to conduct efficient web searches in Safari, transfer data, use the camera, download books from the Hennepin County Library, security, maps, and more. Bring your iPad to class along with your Apple ID, password, and your list of questions.

#604: 1 session - limit 10 $24
Mon., Feb. 10 9:30-11:30 am
Eisenhower Community Center 215

iPhone 101
Andrea Lee
Want to use your iPhone more efficiently? This hands-on class is for you! Learn about iPhone app downloading, organization, maintenance, camera usage, photo messaging, email, calendar, contacts, podcast/music usage, maps application, and more. Bring your iPhone to class along with your Apple ID, password, and your list of questions.

#605: 1 session - limit 10 $24
Mon., Feb. 24 9:30-11:30 am
Eisenhower Community Center 215

LinkedIn & Professional Networking 101
Jonathan Freed
This useful, interactive workshop takes you through LinkedIn, the ultimate professional networking and job search tool. Focus is on creating a winning profile, strategies for increasing your network, and taking a look at all the great tools LinkedIn has to offer. Get started networking professionally and successfully online with this class! Basic computer skills and social media experience a plus.

#113: 1 session - limit 12 $59
A: Wed., Feb. 12 6:00-9:00 pm
B: Thurs., Apr. 3 6:00-9:00 pm
Eisenhower Community Center 219, all sections

NEW! Pinterest Introduction
Sharon Walbran
Get on board with the fastest growing social networking site where members share and provide feedback on images with friends and family and, if you wish, the world. Learn how to build theme-based “bulletin boards,” and pin your image ideas on boards, for example, for a kitchen design, travel destinations, DIY projects, or your favorite books using this fun and easy social network.

#987: 1 session - limit 12 $44
Wed., Jan. 29 6:00-8:00 pm
Eisenhower Community Center 219

Online classes – Anytime, anywhere – on your schedule!
A wide variety of online learning classes that you can take from your own home, topics include:

- Accounting and Finance
- Business
- College Readiness
- Computer Applications
- Design and Composition
- Health Care and Medical
- Language and Arts
- Law and Legal
- Personal Development
- Teaching and Education
- Technology
- Writing and Publishing

To register, visit www.Ed2Go.com/Hopkins
One-On-One Tutorials
Sharon Walbran
Spend one hour with one of our highly-qualified trainers to focus on your specific needs. Some examples might be: basic skills, email, software applications such as Word or Excel, digital photos, creating a newsletter, or how to do a mail merge; there are many possibilities! Please Note: After receiving your registration, we will call you to discuss your specific needs so that the instructor is prepared to work with you. Two people may attend together if you are interested in the same training. Additional hours will be opened if these hours fill up.

#600: 1 session - limit 1  $49
A: Thurs., Jan. 23  4:45-5:45 pm
B: Thurs., Feb. 6  4:45-5:45 pm
C: Thurs., Feb. 27  4:45-5:45 pm
D: Thurs., Mar. 6  4:45-5:45 pm
Eisenhower Community Center 219, all sections

Engage Your Own Personal Computer Trainer
Our experienced, patient trainers can meet you in your home, office, or at our computer lab. Sessions are scheduled at your convenience and topics are based on your needs. Beginners welcome! Sessions are a minimum of 2 hours. Please call 952-988-4077 for information – not available for online registration.

First 2-hour session  $149
Each additional hour  $60

Beginning Computers for Seniors I
Rich Lindell
Enrich your world by learning to use and enjoy computer technology. Develop a basic understanding of the operation of the computer. Increase your confidence with computer operating basics, and progress to learn the fundamentals of word processing. You will leave this class with increased confidence, ready to take your computer skills to the next level.

#605: 4 sessions - limit 12  $89
A: Tu., Jan. 21-Feb. 11  9:30-11:30 am
B: Tu., Apr. 1-22  9:30-11:30 am
Eisenhower Community Center 219, all sections

Beginning Computers for Seniors II
Rich Lindell
Continue to build on your computer skills and increase familiarity with basic computer applications. In addition, explore all the ways that connecting to the internet (browsing for web pages, searching for websites, sending emails) can open up a whole new world for you. Prerequisite: Beginning Computers for Seniors I or equivalent experience.

#608: 4 sessions - limit 12  $89
A: Tu., Feb. 18-Mar. 11  9:30-11:30 am
B: Tu., Apr. 29-May 20  9:30-11:30 am
Eisenhower Community Center 219, all sections

View the night sky through the Lawrence Sauter Telescope
Discover the historic Eisenhower Observatory
View the night sky through the Lawrence Sauter Telescope, located in the observatory atop the Eisenhower Community Center. With the guidance of trained volunteers, discover the moon, planets, stars and constellations. Each viewing is limited to 15 participants. Group reservations available. A $2 donation for adults, $1 for students, and $35 for groups is requested. Must be age 7 or older.

2014 Scheduled Viewing Nights:
- January 9
- February 6
- March 6
- April 10
- May 9

Reservations are required. Additional dates may open, call 952-988-4070. To register online and for complete details about visiting the observatory and what you can expect, please visit www.HopkinsSchools.org/Observatory

Register online!
www.HopkinsSchools.org/Observatory

Computer training designed to meet your needs!
Our own Chef Sue invites you to transform mealtime!

NEW! Whole Foods 101
Sue Kirchstein
Learn to read labels to avoid “manufactured foods,” stock your pantry with whole food basics, and discover resources for eating locally. This practical application of the concepts of a whole-food diet will give you a hands-on opportunity to make delicious recipes. We’ll make: Colorful Kale Stir Fry, Green Smoothies, Chicken Tortilla Soup, Hibiscus Pomegranate Coolers, and Fettuccine Rosso with mushrooms.

#994: 1 session - limit 18 $34
Tu., Jan. 28 6:30-9:00 pm
Eisenhower Community Center 210

NEW! Glorious Grains
Sue Kirchstein
Discover a world of whole grains beyond rice. Learn how to use quinoa, farro, and buckwheat groats to expand your repertoire of healthful grains that contain multiple nutrients and have been shown to reduce the risk of chronic diseases. We’ll make: Garden Barley Risotto, Wheatberry Salad with Dried Apricots and Mint, Quinoa with Edamame Ginger and Lime, and Farro with Kale Basil Pesto.

#992: 1 session - limit 18 $37
Tu., Feb. 25 6:30-9:00 pm
Eisenhower Community Center 210

NEW! Spectacular Sauces
Sue Kirchstein
Build your kitchen repertoire while you learn how to make healthy sauces using oil, vinegars, fresh herbs, and spices for every occasion. We’ll make: Tomato Basil Sauce, Garlicky Mushroom Sauce, Kale Basil Pesto, Artichoke Basil and Olive Tapenade, and Lemony Balsamic Vinaigrette.

#990: 1 session - limit 18 $34
Tu., Mar. 18 6:30-9:00 pm
Eisenhower Community Center 210

NEW! New! Loving Those Legumes
Sue Kirchstein
Discover how easy it is to add more legumes to your diet. Leave class inspired to modify your existing recipes and try new recipes after learning simple preparation methods that make cooking with legumes a breeze! We’ll make: Lentil & Bean Chili, Chicken Curry with Chickpeas & Tomatoes, Edamame Hummus and Crudites, and Rosemary White Bean Soup.

#991: 1 session - limit 18 $37
Tu., Mar. 25 6:30-9:00 pm
Eisenhower Community Center 210

NEW! Sweet Bites Without the Guilt!
Sue Kirchstein
Discover how to use fruits, whole grains, nuts, chocolate, and a variety of spices to create “sweet bites” to satisfy your sweet tooth without using white flour, refined sugar, and other insulin-spiking ingredients. We’ll make: Dark Chocolate Brownies, Banana Oatmeal Chocolate Chip Cookies, Sweet Potato Bars, Granny Apple Crisp, and Cranberry Orange Biscotti.

#989: 1 session - limit 18 $37
Tu., Mar. 25 6:30-9:00 pm
Eisenhower Community Center 210

NEW! Vital Veggies for Long Life!
Sue Kirchstein
Transform your dinner plate using brightly colored super foods like kale, sweet potatoes, and beets. Learn how to use these powerful “longevity foods” that are loaded with disease-fighting phytochemicals to create flavorful main dishes. In class we’ll make: Greek-Style Stuffed Red Peppers, Wild Mushroom Tart with Broccoli Rabe and Goat Cheese, Strawberry Fennel and Arugula Salad, Sautéed Greens with Indian Spices, and Pad Thai.

#993: 1 session - limit 18 $37
Tu., Feb. 11 6:30-9:00 pm
Eisenhower Community Center 210

NEW! Whole Foods 101
Sue Kirchstein
Learn to read labels to avoid “manufactured foods,” stock your pantry with whole food basics, and discover resources for eating locally. This practical application of the concepts of a whole-food diet will give you a hands-on opportunity to make delicious recipes. We’ll make: Colorful Kale Stir Fry, Green Smoothies, Chicken Tortilla Soup, Hibiscus Pomegranate Coolers, and Fettuccine Rosso with mushrooms.

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#990: 1 session - limit 18 $34
Tu., Mar. 18 6:30-9:00 pm
Eisenhower Community Center 210

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Sue Kirchstein
Discover how to use fruits, whole grains, nuts, chocolate, and a variety of spices to create “sweet bites” to satisfy your sweet tooth without using white flour, refined sugar, and other insulin-spiking ingredients. We’ll make: Dark Chocolate Brownies, Banana Oatmeal Chocolate Chip Cookies, Sweet Potato Bars, Granny Apple Crisp, and Cranberry Orange Biscotti.

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#993: 1 session - limit 18 $37
Tu., Feb. 11 6:30-9:00 pm
Eisenhower Community Center 210
Cooking traditions — making memories.

NEW! Crepes: The “Do-Ahead” Wrap
Laurel Severson
Crepes are an easy, impressive do-ahead dish. You will have lots of experience in making perfect crepes, including flipping them! We’ll make: Chicken Divan (chicken with broccoli in a cheese sauce), Cheese Blintzes with an Apricot Sauce, Mushroom Crepes with Sherry Sauce, Orange Crepe Suzette, Italian and Sicilian Cannoli, Flaming Crepes, and other desserts will round out our selections. You’ll have fun with crepes — bon appétit!

#766: 1 session - limit 18
$29
Mon., Mar 10
6:00-9:00 pm
Eisenhower Community Center 210

Artisan Bread in Minutes
Carol Schaub
Learn to make savory, healthy breads using dough mixed in minutes and stored up to two weeks in your refrigerator. Understand the basic theory of artisan breads using wet dough. Bake a loaf in class to take home, plus a batch of dough to make more bread over the next two weeks. Receive recipes for various breads. Bring to class: five-quart mixing bowl with cover, a set of measuring cups and spoons, and a large wooden spoon.

#763: 1 session - limit 16
$32
A: Mon., Feb. 3
6:30-8:15 pm
B: Mon., Apr. 14
6:30-8:15 pm
Eisenhower Community Center 210, all sections

NEW! Honey: What’s the Buzz All About?
Nancy Burgeson
Baked goods made with honey are generally more moist, tender, and stay fresh much longer than baked goods made with sugar. Our award-winning baker, Nancy Burgeson, will share her prize-winning recipes made with honey — from cookies and cakes, to breads and more. Bake new and different honey treats and take home samples! Baking instructor, Nancy Burgeson has taught community education classes for many years and has appeared several times on the Twin Cities Live television program.

$12 materials fee, payable to instructor in class.

#707: 1 session - limit 12
$27
Thurs., May 8
6:00-9:00 pm
Eisenhower Community Center 210

I got this! Simple and easy to make myself.

Mozzarella Cheese and Yogurt for Beginners
Carol Schaub
You can do this and save money doing it yourself! Discover how uncomplicated it is to make mozzarella cheese and yogurt at home, and how much less they cost than store versions. Plus, they taste better, and are healthier for you because they don’t contain the unnecessary additives of commercial products. Handout includes recipes for several different types of cheeses, recipes that utilize cheese and/or yogurt, and resource information for supplies. Bring two 1 cup containers with secure lids to take home mozzarella cheese and yogurt starter.

#780: 1 session - limit 12
$32
A: Mon., Feb. 24
6:30-8:15 pm
B: Mon., Apr. 7
6:30-8:15 pm
Eisenhower Community Center 210, all sections

Truffles: Candies for all Occasions
Just in time for Valentine’s Day!
Nancy Burgeson
Love smooth, rich, melt-in-your-mouth truffles, but not the high price tag? Make your own lovely, delicious truffles in this hands-on class. Make one pound of truffles in class and pack them in a classy candy box to take home. $12 supply fee payable to instructor at class. Optional truffle kits (approx. $18) will be available for purchase for future truffle making.

#710: 1 session - limit 12
$27
Tu., Feb. 4
6:00-9:00 pm
Eisenhower Community Center 210

NEW! Crepes: The “Do-Ahead” Wrap
Laurel Severson
Crepes are an easy, impressive do-ahead dish. You will have lots of experience in making perfect crepes, including flipping them! We’ll make: Chicken Divan (chicken with broccoli in a cheese sauce), Cheese Blintzes with an Apricot Sauce, Mushroom Crepes with Sherry Sauce, Orange Crepe Suzette, Italian and Sicilian Cannoli, Flaming Crepes, and other desserts will round out our selections. You’ll have fun with crepes — bon appétit!

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6:00-9:00 pm
Eisenhower Community Center 210

Artisan Bread in Minutes
Carol Schaub
Learn to make savory, healthy breads using dough mixed in minutes and stored up to two weeks in your refrigerator. Understand the basic theory of artisan breads using wet dough. Bake a loaf in class to take home, plus a batch of dough to make more bread over the next two weeks. Receive recipes for various breads. Bring to class: five-quart mixing bowl with cover, a set of measuring cups and spoons, and a large wooden spoon.

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$32
A: Mon., Feb. 3
6:30-8:15 pm
B: Mon., Apr. 14
6:30-8:15 pm
Eisenhower Community Center 210, all sections

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Nancy Burgeson
Baked goods made with honey are generally more moist, tender, and stay fresh much longer than baked goods made with sugar. Our award-winning baker, Nancy Burgeson, will share her prize-winning recipes made with honey — from cookies and cakes, to breads and more. Bake new and different honey treats and take home samples! Baking instructor, Nancy Burgeson has taught community education classes for many years and has appeared several times on the Twin Cities Live television program.

$12 materials fee, payable to instructor in class.

#707: 1 session - limit 12
$27
Thurs., May 8
6:00-9:00 pm
Eisenhower Community Center 210

I got this! Simple and easy to make myself.

Mozzarella Cheese and Yogurt for Beginners
Carol Schaub
You can do this and save money doing it yourself! Discover how uncomplicated it is to make mozzarella cheese and yogurt at home, and how much less they cost than store versions. Plus, they taste better, and are healthier for you because they don’t contain the unnecessary additives of commercial products. Handout includes recipes for several different types of cheeses, recipes that utilize cheese and/or yogurt, and resource information for supplies. Bring two 1 cup containers with secure lids to take home mozzarella cheese and yogurt starter.

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$32
A: Mon., Feb. 24
6:30-8:15 pm
B: Mon., Apr. 7
6:30-8:15 pm
Eisenhower Community Center 210, all sections

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Love smooth, rich, melt-in-your-mouth truffles, but not the high price tag? Make your own lovely, delicious truffles in this hands-on class. Make one pound of truffles in class and pack them in a classy candy box to take home. $12 supply fee payable to instructor at class. Optional truffle kits (approx. $18) will be available for purchase for future truffle making.

#710: 1 session - limit 12
$27
Tu., Feb. 4
6:00-9:00 pm
Eisenhower Community Center 210
Fragrant, savory, colorful — make this now!

**Classic Soups and a Famous Stew**
Laurel Severson
Create some of the best hearty soups like New England Clam Chowder, Wild Rice, Pumpkin, Split Peas with Ham, and Corn Bisque with Rosemary. Then top it off with the very famous French Beef Stew in Red Wine (Boeuf Bourguignon). What could be better for an easy meal during cold weather — soup, salad, and great bread!

#765: 1 session - limit 16
$34
Wed., Feb. 5
6:00-9:00 pm
Eisenhower Community Center 210

**Art of Indian Cooking I**
Vanita Shah
Take a culinary journey to India in this hands-on class. We’ll make: Stuffed Paratha (Roti stuffed with spicy potatoes), Corn Savoury (a quick dish made with frozen corn), Date/Tamarind Chutney and Tomato Chutney (made with fresh tomatoes). Bring containers to take home food.

#761: 1 session - limit 16
$37
Tu., Feb. 18
6:30-9:30 pm
Eisenhower Community Center 210

**Art of Indian Cooking II**
Vanita Shah
Don’t miss the chance to learn how to make healthy and flavorful Indian cuisine. We’ll make: Dosai (pancakes from rice and dal), Spicy Potato Masala, Coconut Chutney, and Rava Kesari. Bring containers to take home samples.

#760: 1 session - limit 16
$37
Wed., Mar. 26
6:30-9:30 pm
Eisenhower Community Center 210

**New Orleans Cuisine**
Walt Pattinson
Learn the secrets of Cajun and Creole cooking. We’ll make: Jambalaya and Shrimp Creole, touch on the technique of blackening, and finish the evening with Brennan’s signature dessert, Bananas Foster. Welcome to New Orleans, y’all.

#297: 1 session - limit 16
$37
Tu., Apr. 22
6:00-9:00 pm
Eisenhower Community Center 210

**NEW! Perfect Homemade Pasta**
Laurel Severson
Bring a ray of Italian sunshine into your kitchen by creating homemade pasta using a few basic ingredients. Use a pasta machine to roll and cut, or go “low-tech” and try rolling and cutting by hand. Savor your fresh pasta with both a classic red sauce and a white sauce topped with freshly grated Parmigiano-Reggiano cheese. Pasta is nutritious, economical, and simple to prepare. You can make perfect pasta every time!

#787: 1 session - limit 18
$34
Mon., Feb. 17
6:00-9:00 pm
Eisenhower Community Center 210

**A Northern Italian Dinner**
Laurel Severson
Spend the evening in northern Italy with chef instructor Laurel Severson. We’ll make: two classic appetizers, Spiedini alla Romana with prosciutto ham and mozzarella, and Prosciutto-wrapped Melon; next two creamy risottos using Arborio rice, a classic white risotto with Parmigiano-Reggiano cheese and a Risotto with Porcini Mushrooms; a winter vegetable dish, Cicorie alla Griglia; followed by the popular main dish, Chicken Cacciatora; finally we’ll create a twice-baked almond cookie, Biscotti. Delizioso!

#399: 1 session - limit 16
$37
Fri., Apr. 11
6:00-9:00 pm
Eisenhower Community Center 210

**NEW! Paella**
Walt Pattinson
Learn the art of this fabulous Spanish rice dish. We will explore various techniques and ingredients, and you’ll be able to make your own delicious paella at home.

#982: 1 session - limit 16
$37
Tu., Apr. 29
6:00-9:00 pm
Eisenhower Community Center 210

**Just for the Halibut**
Steve Frederickson
Learn three delicious ways of preparing this delicate, flaky fish. We’ll make: Halibut with Tomato Coulis with calamata olive and tarragon topping; Halibut with Citrus Beurre Blanc with endive and shiitake mushrooms; and Macadamia Nut encrusted Halibut with Coconut Curry Sauce and Mango Chutney. Bring your appetite for this demonstration class. Take away great recipes, too!

#705: 1 session - limit 20
$37
Wed., May 7
6:30-9:30 pm
Eisenhower Community Center 210
Check out our new and favorite Yoga classes!

**NEW! Tuesday Morning Hatha Yoga**

*Free demo class*

Laura Ocampo  
Explore mind and body through conscious breath, deep slow moving posture series, and optimal muscle patterns while working on alignment and full expression of specific yoga postures. *Bring a mat to class.*

Free Demo Class  
**Free! No fee**

**Tu., Jan. 7**  
9:00-10:00 am  
$59

#908: 6 sessions-limit 20  
A: Tu., Jan. 14-Feb. 18  
9:00-10:00 am  
$59

B: Tu., Feb. 25-Apr. 8, no class Mar. 11  
9:00-10:00 am

C: Tu., Apr. 15-May 20  
9:00-10:00 am  
Hopkins Center for the Arts 218, all sections

**NEW! Chakra Power Yoga!**

*Free demo class*

Laura Ocampo  
Links the mind, the body, and postures to bring balance and awareness to areas along the spine. Explore a physical asana practice. Focus on centering and breath work, move into a physical posture sequence designed specifically for the power innate in each Chakra center, and finish with a guided meditation and Savasana.  
This class is suitable for all levels. *Please bring a mat and block (if you have one) to class.*

Free Demo Class  
**Free! No fee**

**Mon., Jan. 6**  
7:30-8:30 pm  
$59

#945: 6 sessions-limit 24  
A: Mon., Jan. 13-Feb. 17  
7:30-8:30 pm

B: Mon., Feb. 24-Mar. 31  
7:30-8:30 pm

C: Mon., Apr. 14-May 19  
7:30-8:30 pm  
Hopkins Center for the Arts 218, all sections

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**NEW! Slow Flow Yoga**

Michelle Harma  
Build your strength and stability, increase your flexibility, and reduce stress by quieting your mind in this class for beginning and experienced yogis. Explore the mind-body connection through a variety of yoga poses that are accessible to all levels. *Bring a yoga mat and any other yoga props (optional) you may wish to use in class.*

#907: 6 sessions-limit 20  
$69

A: Tu., Jan. 14-Feb. 18  
10:30-11:30 am

B: Tu., Feb. 25-Apr. 8, no class Mar. 11  
10:30-11:30 am

C: Tu., Apr. 15-May 20  
10:30-11:30 am  
Hopkins Center for the Arts 218, all sections

**NEW! Vinyasa Hatha Fusion**

Elizabeth Young  
This class combines static postures with gentle vinyasa flow and is a great addition to a healthy lifestyle. It includes a warm-up, stretching, balancing, and strengthening poses. The sequence moves at a moderate pace and encourages the cultivation of breath and body awareness, mindfulness and relaxation. Notice considerable improvements in flexibility, endurance, and energy levels after each practice. This class is for all levels, including beginners. *Please bring a yoga mat, towel and water bottle.*

#910: 6 sessions-limit 20  
$59

A: Thurs., Jan. 16-Feb. 20  
7:30-8:30 pm

B: Thurs., Mar. 6-Apr. 10,  
7:30-8:30 pm

C: Thurs., Apr. 17-May 22  
7:30-8:30 pm

D: Sat., Jan. 18-Feb. 22  
9:30-10:30 am

E: Sat., Mar. 8-Apr. 12  
9:30-10:30 am

#910: 5 sessions-limit 20  
$49

F: Sat., Apr. 26-May 24  
9:30-10:30 am  
Hopkins Center for the Arts 218, all sections
**Kettlebells fitness gets results — fast!**

### My Total Body Power Introduction
Sharon Nelson

Increase your cardio, flexibility, and strength with one simple tool. In this one-session class, learn breathing techniques, body awareness, stretches, and proper form using the kettlebell to strengthen your core. Instructor Sharon Nelson will help you learn the basic moves, and teach you techniques so you can boost your fitness ability by adding Kettlebells to your routine. The class is a prerequisite for any student wanting to register for Total Body Power classes. Kettlebells are provided for this intro class. Kettlebells will be available for purchase at the end of the session. No discounts.

#941: 1 session - limit 20
A: Thurs., Jan. 2
5:30-7:00 pm
Eisenhower Community Center Cafeteria
B: Wed., Feb. 5
5:30-7:00 pm
Eisenhower Community Center Theater
C: Wed., Mar. 12
5:30-7:00 pm
D: Wed., Apr. 16
5:30-7:00 pm
Eisenhower Community Center Cafeteria, sections C-D

### My Total Body Power – Level II
Sharon Nelson

A continuation of the strength and conditioning program that combines High-Intensity Interval Training (HIIT) with cross-fit training, using a variety of fitness tools and movements. In Level II, there will be greater use of the kettlebell during the high-intensity drills. Level II students are encouraged to take advantage of the free bonus classes on Monday evenings to continue perfecting their form. All students must have a kettlebell for class. Prerequisite: Must have completed a full session of Level I. No discounts.

#955: 10 sessions - limit 30
A: Mon./Thu., Jan. 6-Feb. 6
5:30-6:30 pm
B: Mon./Thu., Feb. 10-Mar. 13
5:30-6:30 pm
C: Mon./Thu., Mar. 17-Apr. 17
5:30-6:30 pm
D: Mon./Thu., Apr. 21-May 22
5:30-6:30 pm
Eisenhower Community Center Cafeteria, all sections

### My Total Body Power Punch Card
Sharon Nelson

Designed for continuing students who want to have more flexibility in attending a My Total Body Power class. Purchase a card and punch it each time you come to class on either a Tuesday or Thursday. All punch card students are also invited to use their punches at the Monday night class, which will focus on techniques to use the kettlebell, strength-training bands, weight balls, jump ropes, and other fitness tools. Prerequisite: You must have taken at least one 10-session class of My Total Body Power before you can purchase a card. Purchase your punch card in class. No discounts or refunds for lost cards.

#922: 10 sessions - limit 30
A: Tu/Thurs., Jan. 7-Feb. 6
5:30-6:30 pm
B: Tu/Thurs., Feb. 11-Mar. 13
5:30-6:30 pm
C: Tu/Thurs., Mar. 18-Apr. 17
5:30-6:30 pm
D: Tu/Thurs., Apr. 22-May 22
5:30-6:30 pm
Eisenhower Community Center Cafeteria, all sections

### My Total Body Power – Saturdays!
Sharon Nelson

Start your weekend off right with a strength and conditioning program that combines High-Intensity Interval Training (HIIT) with cross-fit training, using tools and movements. We’ll pump up the pace and pump up the music to get your body moving. Strength training bands, weighted ropes, kettlebells, jump ropes, weighted balls, and body weight exercises are all used in this total body workout. For beginner and advanced students. All students must have a kettlebell for class. Prerequisite: My Total Body Power Introduction. No discounts.

#923: 9 sessions - limit 30
A: Sat., Jan. 11-Mar. 15, no class Feb. 22
8:30-9:30 am
B: Sat., Mar. 22-May 17
8:30-9:30 am
Eisenhower Community Center Cafeteria, all sections

**Please note:** All My Total Body Power students must have a kettlebell. Kettlebells will be available to order from the instructor at the first class (starting at approximately $67 depending on size).
Dance-style fitness classes put the fun in fitness!

**NEW! Zumba® Toning**

*Free demo class — try it first*

Emma Rojas De La Riva

When it comes to body sculpting, Zumba® Toning raises the bar. Enhance and tone all your target zones, including arms, abs, and thighs. Zumba® Toning is the perfect way to sculpt your body naturally while having a total blast. Bring two hand weights to class (2-5 lbs. each maximum).

Free Demo Class

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<thead>
<tr>
<th>Section</th>
<th>Date</th>
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<td>6:15-7:15 pm</td>
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<tr>
<td>A: Tu., Jan. 14-Feb. 18</td>
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<td>B: Tu., Feb. 25-Apr. 1</td>
<td>6:15-7:15 pm</td>
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<td>C: Tu., Apr. 15-May 20</td>
<td>6:15-7:15 pm</td>
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#562: 6 sessions - limit 20

A: Thurs., Jan. 16-Feb. 20

B: Thurs., Feb. 27-Apr. 3

C: Thurs., Apr. 17-May 22

*Hopkins Center for the Arts 218, all sections*

**NEW! Zumba with Lynnea**

*Free demo class, meet Lynnea!*

Lynnea Doublette

Join the party with Lynnea Doublette! Zumba is a Latin-inspired cardio dance class. The calories will melt away while you lose yourself in the Latin beat. Each class will feature easy to follow dance steps from Salsa, Merengue, Reggaeton, Cumbia and many more, join us!

Free Demo Class

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<td>Tu., Jan. 7</td>
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<td>C: Thurs., Apr. 17-May 22</td>
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*Hopkins Center for the Arts 218, all sections*

**Zumba with Emma**

Emma Rojas De La Riva

Zumba is a fusion of Latin and international music dance themes creating a dynamic, exciting, effective fitness system! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone the body, and maximize fat burning. It is a mixture of body-sculpting movements with easy-to-follow dance steps. You don’t have to know how to dance to do Zumba. Put the fun back into fitness!

Free Demo Class

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<td>10:45-11:45 am</td>
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<td>B: Sat., Mar. 1-Apr. 5</td>
<td>10:45-11:45 am</td>
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<td>C: Sat., Apr. 12-May 24, no class Apr. 19</td>
<td>10:45-11:45 am</td>
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*Hopkins Center for the Arts 218, all sections*

**Adult Balletic Exercise**

Reiko Ito Shellum Koeck, Joanne Cornelius, Patricia Lucas

Learn how to properly stretch your legs and upper torso with emphasis on grace and flexibility. Learn beginning dance movements and feel the positive effects of toning and conditioning. Wear leggings/tights, soft-shoes or soft ballet slippers. Intermediate students must have had previous ballet training. Section A will be taught by Joanne Cornelius and Section B will be taught by Patricia Lucas. Reiko will teaching sections C-F. No discounts.

Free Demo Class

<table>
<thead>
<tr>
<th>Section</th>
<th>Date</th>
<th>Time</th>
</tr>
</thead>
<tbody>
<tr>
<td>#900: 6 sessions - limit 15</td>
<td>Mon., Jan. 13-Feb. 17</td>
<td>11:15 am-12:15 pm</td>
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<tr>
<td>B: Intermediate: Wed., Jan. 15-Feb. 19</td>
<td>12:30-1:30 pm</td>
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<tr>
<td>C: Beginning: Mon., Feb. 24-Mar. 31</td>
<td>11:15 am-12:15 pm</td>
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<tr>
<td>D: Intermediate: Wed., Feb. 26-Apr. 2</td>
<td>12:30-1:30 pm</td>
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<tr>
<td>E: Beginning: Mon., Apr. 7-May 12</td>
<td>11:15 am-12:15 pm</td>
<td></td>
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<tr>
<td>F: Intermediate: Wed., Apr. 9-May 14</td>
<td>12:30-1:30 pm</td>
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*Hopkins Center for the Arts 218, all sections*
**Hoops and barres — fitness tools that add interest!**

**BARRE Fitness**
Park Dance Center Instructors

BARRE Fitness is hot! It's a total body-conditioning program that blends classical ballet exercises with Pilates, yoga, and strength movements. Burn fat and increase lean muscle mass with this low-impact form of exercise. We will use the ballet barre, as well as center work to target multiple muscles with each moment. You will see results quickly, and improve your muscular strength, endurance, flexibility, and balance. Please bring a pair of 2-3 pound dumbbells and a mat to class. This class is held at the Park Dance Center located at 6900 Oxford Street in St. Louis Park. For more details visit www.parkdancecenter.com. No discounts.

#576: 8 sessions - limit 12
A: Tu., Jan. 28-Mar. 18 7:40-8:30 pm  $96
#576: 6 sessions-limit 12  $72
B: Tu., Apr. 8-May 13 7:40-8:30 pm  $96
C: Fri., Jan. 17-Mar. 7 9:30-10:20 am  $72
d: Fri., Apr. 11-May 16 9:30-10:20 am  $96
E: Sun., Jan. 19-Mar. 9 12:30-1:20 pm  $72

**Hula Hoop Your Way to Fun & Fitness**
Annette Fragale

Get a great workout while trimming your waist, thighs, and belly with hoops, the beloved childhood toy that is all grown up! The specially designed 4-pound exercise hoop targets your waistline and core area, and is great cardiovascular exercise, too! Optional: Hoops may be purchased from instructor for $15.

#930: 1 session - limit 30  $19
Wed., Mar. 26 6:00-7:30 pm
**Eisenhower Community Center Cafeteria**

**IKE Wellness Walkers**

Eisenhower Community Center Walking
Hopkins Community Education

Use Eisenhower Community Center as part of your fitness routine – for free! Eisenhower Community Center is now open to walkers:
- Free
- Lockers available
- Maps available

Walking is open:
Monday-Friday: 6 a.m.-10 p.m.
Saturday & Sunday: 8 a.m.- 4 p.m.

Sign up at the Reception Desk from 8:00 a.m. to 6:00 p.m. in the main lobby of Eisenhower Community Center (Door B). Call 952-988-4070 for information.

**Tennis — Affordable court times!**

We have four indoor courts ready for your best serve and volley!

To obtain a Hopkins Community Education Tennis Membership card, register online at www.HopkinsSchools.org/tennis, call 952-988-4519, or stop by the Lindbergh Center management office (2700 Lindbergh Dr, Minnetonka). Memberships cost is $25 for residents, $35 for non-residents of the Hopkins School District. Court fees for all users are $23 per hour, per court.

Reserve a court time: Armed with your membership card and number, reserve court time up to four weeks in advance by calling the tennis line at 952 988-4510, 24 hours per day, or by reserving space online at www.HopkinsSchools.org/tennis. Courts are available on a first-come, first-served basis.

**Indoor Tennis Details:**
Hopkins Community Education

October-April:
Monday-Friday: Evenings
Saturday & Sunday: Hours vary

**North Junior High Activity Structure**
10700 Cedar Lake Road, Minnetonka
www.HopkinsSchools.org/tennis

More **Fitness Fun** through Hopkins Community Education and Community Organizations:

**Lindbergh Center**
Walking/Jogging Track-Lindbergh Center: Hopkins Community Education
1/6 mile track encircles the upper level of the Lindbergh Center and is open for community walkers and joggers daily from 6 am-10 pm. Check the monthly calendar for special events. $5 daily fee or annual memberships. Stop by the Lindbergh Center office for more information or call 952-988-4519.

**Fitness Center/Weight Room-Lindbergh Center: Hopkins Community Education**
Community members may use the free weights, selectorized resistance machines and aerobic machines such as bikes and steppers during the week in the late afternoon/evening, and on weekends. Call Lindbergh Center at 952-988-4519 for information about the hours for all activities and fees.

**IKE Wellness Walkers**

Eisenhower Community Center Walking
Hopkins Community Education
Use Eisenhower Community Center as part of your fitness routine – for free! Eisenhower Community Center is now open to walkers:
- Free
- Lockers available
- Maps available

Walking is open:
Monday-Friday: 6 a.m.-10 p.m.
Saturday & Sunday: 8 a.m.- 4 p.m.

Sign up at the Reception Desk from 8:00 a.m. to 6:00 p.m. in the main lobby of Eisenhower Community Center (Door B). Call 952-988-4070 for information.

**Hopkins-Minnetonka Rec Services**

Offers a variety of year-round activities designed for you and your family. Registration:
www.eminnetonka.com, or 952-939-8203.

**Hopkins Masters Swimming**
This group has a wide variety of participants (fitness swimmers, competitive swimmers, triathletes) and age ranges. All abilities are welcome! Information: scott.tripps@mchsi.com
www.genesisaquatics.org
Health & Wellness

Health and wellness classes help you build stronger relationships and healthier families


NEW! Why Forks Over Knives?
Barb Mechura
Two out of every three of Americans are overweight. Cases of diabetes are exploding, especially amongst the younger population. Heart disease, cancer and stroke are the country’s three leading causes of death, even though billions are spent each year to “battle” these very conditions. Forks Over Knives is a television documentary that examines the profound claim that most, if not all, of the degenerative diseases that afflict us can be controlled, or even reversed, by rejecting our present menu of animal-based and processed foods. Discover why this powerful documentary is changing people’s diets and motivating them to learn more about how they can prevent lifestyle-related diseases. View the video (96 minutes) followed by a discussion facilitated by Barb Mechura. Barb is the Director of Nutrition and Lifestyle Services at Hopkins Public Schools and a certified Holistic Health Coach. Visit www.forksoverknives.com to learn more about Forks over Knives, then sign up for this class and learn more.

#997: 1 session - limit 45   $9
Mon., Jan. 27 6:30-8:30 pm
Eisenhower Community Center 233

NEW! Eating Locally 101
Thomas Burkhart
Certified health and wellness coach, Tom Burkhart will help you discover how to start eating more locally grown food for taste, health, and the environment. The idea of eating locally grown food has gained a lot of attention recently and has inspired people to change the way they shop for meals. Fruits and vegetables are not designed to endure shipping, sorting, and displaying for days on end in grocery stores. Food manufacturers have many tricks for extending the shelf life of their products and often inject them with a plethora of preservatives. Take away resources and ideas about steps you can use immediately and become a part of the “eat local” trend.

#995: 1 session - limit 20   $19
Mon., Apr. 21 7:00-8:30 pm
Eisenhower Community Center 209

NEW! Food and Mood
Thomas Burkhart
Maximize your mood and health by eating real, unprocessed food. Discover how certain foods can stock the brain’s neurotransmitters which are key factors in your emotions and influence your mood. What you eat does matter — leave class with specific recommendations on “good mood foods” and helpful handouts to help you make nutrition changes to feel great! Tom is a certified health and wellness coach.

#996: 1 session - limit 20   $19
Mon., Feb. 3 7:00-8:30 pm
Eisenhower Community Center 209

NEW! Eating Locally 101
Thomas Burkhart
Certified health and wellness coach, Tom Burkhart will help you discover how to start eating more locally grown food for taste, health, and the environment. The idea of eating locally grown food has gained a lot of attention recently and has inspired people to change the way they shop for meals. Fruits and vegetables are not designed to endure shipping, sorting, and displaying for days on end in grocery stores. Food manufacturers have many tricks for extending the shelf life of their products and often inject them with a plethora of preservatives. Take away resources and ideas about steps you can use immediately and become a part of the “eat local” trend.

#995: 1 session - limit 20   $19
Mon., Apr. 21 7:00-8:30 pm
Eisenhower Community Center 209

Meet Hopkins Public Schools Nutrition & Lifestyle Services director, Barb Mechura, instructor for the Why Forks Over Knives? class.
Barb does not think “inside-the-box” and she certainly does not cook from one!
She is passionate about helping people transform their eating habits.
skills to purchase whole foods, prepare them easily, and make it taste great!

**Making sense of it all**
Current research on nutrition can sometimes still be incredibly confusing! Some specialists advocate increasing plant-based foods and decreasing meat. Other researchers advocate lean proteins (including meats) at every meal. Even though there are differences, experts agree on some basics for improving your health through nutrition:

1. Substitute whole foods for processed foods.
2. Eat more vegetables and fruits, particularly the brightly colored ones.
3. Learn about the many sources of sugar in the standard American diet (SAD) and reduce, reduce, reduce!
4. Stop thinking in terms of “a diet” and start thinking in terms of making lifestyle changes in your eating. This includes making changes in your food environment, cooking methods, and strategies for eating out.
5. Finally, aim for gradual changes for you and your family that you can sustain.

**Small steps get big results!**
Sometimes the first step is the hardest. We’re here to make it easier for you with a wide variety of nutrition and cooking classes (listed below) with a focus on improving your overall health:

- Vital Veggies, Cooking
- Whole Foods 101, Cooking
- Glorious Grains, Cooking
- Loving Those Legumes, Cooking
- Spectacular Sauces, Cooking
- Sweet Bites Without the Guilt!, Cooking
- Jumpstart Your Metabolism, Health & Wellness
- Shake the Sugar Habit, Health & Wellness
- Eat Fat, Get Skinny!, Health & Wellness
- Younger Tomorrow, Health & Wellness
- Food & Mood, Health & Wellness
- Eating Locally 101, Health & Wellness
- Forks Over Knives, Health & Wellness

You don’t have to train for a marathon to improve your health. Small steps are big in terms of the health benefits you’ll receive. By signing up for our enrichment classes and taking that first step right now, you’ll pave the way for good health tomorrow!

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**Shake the Sugar Habit**
Teri Erhardt, CNHP
Sugar makes us look and feel older than we should! Sugar is a sweet indulgence that is the culprit behind many major health problems like obesity, diabetes, cancer and heart disease, along with other nagging ailments that drag us down. Learn how to curb sugar cravings and feed your body well for more energy, improved concentration, balanced moods, and natural weight management. Take away great recipes, too! Teri is a certified natural health professional with a private practice in helping people feel their best through natural solutions and real foods.

#1015: 1 session - limit 20  
Thurs., Mar. 13, 6:30-8:30 pm  
Eisenhower Community Center 213  
$24

**NEW! Younger Tomorrow!**
Teri Erhardt, CNHP
Most people blindly accept that the older they get, the worse they will look and feel. Discover simple steps that you can begin taking immediately to reverse the clock, gain more energy, get rid of aches and pains, and help you look and feel years younger. Learn which foods and habits contribute to feeling and looking older, and how to easily make small changes to your lifestyle for big impact in your appearance. Teri is a certified natural health professional with a private practice in helping people look and feel their absolute best through natural solutions.

#998: 1 session - limit 20  
Tu., Apr. 8, 6:30-8:30 pm  
Eisenhower Community Center 213  
$24

**NEW! Eat Fat, Get Skinny**
Teri Erhardt, CNHP
Fats have gotten a bad rap. Research shows if you want to lose weight, have lots of energy, and feel your absolute best, eating the right kinds of fats is essential. Discover which fats are keeping you stuck on the weight loss roller coaster and which ones are the key to looking and feeling your very best. Learn to eat real foods the right way to naturally release the weight and keep it off. You’ll take away recipes that will help you put what you learn to use the next day! Teri is a certified natural health professional with a private practice in helping people look and feel their best through natural real foods.

#999: 1 session - limit 20  
Thurs., Feb. 20, 6:30-8:30 pm  
Eisenhower Community Center 213  
$24

**Holistic Nutrition: The Series with Teri Erhardt — Save 50% off one class**
Take the series of all three of Teri’s classes, Shake the Sugar Habit, Younger Tomorrow, and Eat Fat, Get Skinny and save!

#1026: 3 sessions, see 3 classes above  
$59 (save 50% off one class fee!)

**Save 50% off one class fee!**
Sign up for 2 of Teri Erhardt’s great wellness classes and get the third class for 50% off — all three classes for just $59!

Register for the three-class series:  
#1026 Holistic Nutrition Series

Instructor Teri Erhardt

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Look for the apple icon to find these classes in the catalog.
Inspiration, support, knowledge for enhanced wellness

Community Weight Loss Challenge!
Denise Anderson
Discover weight-loss strategies that work with popular weight-loss coach, Denise, who will motivate you to achieve your goals. Weekly weigh-ins will keep you on track, and are confidential. The team support created in class will help you accomplish your weight-loss goals. The personal coaching will help keep you motivated. A cash grand prize is split between the top 3 biggest losers of weight by percentage! The first-place grand prize in Hopkins has been as high as $450. Find out how a community weight-loss program can help you! Participants sign an agreement that encourages attendance, which includes a fee of $1 per pound gained and $5 per missed class (one miss allowed). No discounts.

#1033: 8 sessions - limit 40
A: Tu., Jan. 14-Mar. 4 6:00-7:00 pm
Eisenhower Community Center 208
B: Tu., Mar. 18-May 13, no class Apr. 1 6:00-7:00 pm
Eisenhower Community Center 223

Free Demo Classes Free, no fee
Thurs., Jan. 23 10:00-11:00 am
Thurs., Apr. 10 10:00-11:00 am

Alexander Technique – Introduction
Free demo classes — try it first!
Lisa Galbraith Heyl
As seen in Oprah magazine! Discover the Alexander Technique and learn how to use your body with greater ease and efficiency in everyday activities. This 100-year-old technique is designed to release stress, create ease of movement, and enhance your quality of life and your ability to respond to life’s daily challenges. Experience some or all of these benefits: increased energy, flexibility, quicker recovery time from injuries, better balance, improved breathing and posture, changes in mental clarity, and more. Lisa will give you individual instruction within the class setting, along with one 15-minute private lesson. Still not sure? Try our demo class to get a taste of what this technique can do for you! A certified instructor, Lisa has over 24 years of experience in the field, to learn more, visit www.lisagalbraith.com.

#1011: 6 sessions - limit 20 $54
A: Thurs., Jan. 30-Mar. 6 10:00-11:30 am
B: Thurs., Apr. 17-May 22 10:00-11:30 am
Hopkins Center for the Arts 218, all sections

Alexander Technique – Continuing
Lisa Galbraith Heyl
More Alexander Technique! Join this more in-depth class and learn how to incorporate the Alexander technique more consciously into your daily life to lower your stress, improve your posture, and quality of life, as you continue to master the technique. You will receive individual instruction within a class setting, along with one 15-minute private lesson taught by Lisa, a certified teacher of Alexander Technique. Lisa is a teaching member of the American Society for the Alexander Technique, and has 25 years of experience with this life-changing wellness technique.

Prerequisite: Alexander Technique – Introduction

#1012: 3 sessions - limit 20 $29
A: Thurs., Jan. 9-23 11:30-1:00 pm
#1012: 6 sessions - limit 20 $54
B: Thurs., Jan. 30-Mar. 6 11:30 am-1:00 pm
#1012: 4 sessions - limit 20 $36
C: Thurs., Mar. 20-Apr. 10 11:30 am-1:00 pm
#1012: 6 sessions - limit 20 $54
D: Thurs., Apr. 17-May 22 11:30 am-1:00 pm
Hopkins Center for the Arts 218, all sections

Jumpstart Your Metabolism
Nutritional Weight & Wellness
Gain the secrets of eating real foods in balance to lose weight, eliminate cravings, and increase your energy. Explore how your food choices affect energy level, mood, and your ability to lose weight. Learn how to develop balanced meal plans using real foods you find at the grocery store, then use these meal plans to boost your metabolism and achieve your weight loss goals! RN’s are able to earn 2.4 CEUs by taking this class.

#1002: 1 session - limit 30 $32
Thurs., Feb. 6 6:30-8:30 pm
Eisenhower Community Center 208

Free Demo Classes Free, no fee
Thurs., Jan. 23 10:00-11:00 am
Thurs., Apr. 10 10:00-11:00 am

A unique cultural opportunity:
Know Your Somali Neighbor
with Mashood Yunus
Join a lively discussion on the misconceptions about Islam which hinder the relationship between Muslim and non-Muslim communities. Learn about our newer neighbors and be a part of promoting mutual understanding and cooperation between Muslims and other communities.

Tuesday, Feb. 11, 6:30-8:30 pm
Eisenhower Community Center 223

Please register in advance, course #1305, fee is $9
To register please call 952-988-4070 or online at HopkinsCommunityEd.org in “Hobbies/Special Interests”
Amazing solutions for life’s everyday challenges

NEW! Stress Resiliency – Flow from Stress to Well-being
Peggy Polacek, Dana Kadue
Lifestyle behavior is considered the main factor in chronic illness. 70% of all deaths are attributed to chronic conditions, with stress being the major contributor. Build new habits of stress resiliency in this powerful workshop that provides you with leading research information and exercises to support you. Discover ways to align with your inner wisdom, allowing health and well being to manifest. Give yourself and your loved ones the greatest gift of a life well lived.

#986: 1 session - limit 20   $44
Thurs., Jan. 30  6:00-9:00 pm
Eisenhower Community Center 208

NEW! Jin Shin Jyutsu® for Healing
Lyndra Hearn Antonson, CPCC, MSW
Discover Jin Shin Jyutsu®, an ancient Japanese art which harmonizes the life energy of the body, promotes optimal health and well-being, and facilitates our own profound healing capacity. It’s a gentle art, practiced by placing the fingertips (over clothing) along designated energy pathways, to harmonize and restore the energy flow. Lyndra Hearn Antonson has been a certified Jin Shin Jyutsu practitioner since 2000. Join Lyndra and her husband Dale to learn simple techniques to heal yourself and your loved ones, even animals! These easy techniques can aid in digestion, respiration, circulation, all the organs, emotional/mental conditions and more. Learn more www.jsjinc.net and register now to restore your well-being.

#988: 1 session - limit 12   $19
Thurs., Feb. 6  6:30-8:00 pm
Hopkins Center for the Arts 204

Yes, you can!

Keys to Finding True Love
Lyndra Hearn Antonson, CPCC, MSW
You can create a love-filled future! Join the dynamic duo, Lyndra Hearn Antonson and her husband, Dale, and discover how you can clear your inner obstacles to love. Begin to create an actionable road map to achieve what you desire. Lyndra has more than 25 years of experience working with individuals and couples as a psychotherapist and coach. Her own personal journey finding to love late in life has given her great insights that can help others find true and lasting love. Find out more at www.lov_relations shipscoaching.com, and sign up to find the way to true love.

#1340: 1 session - limit 12   $24
Thurs., Mar. 20  6:30-8:30 pm
Hopkins Center for the Arts 204
Hobbies & Special Interests

Hobbies take you to new places and give you creative experiences.

Writers — start your engines!

Writers’ Critique Group
Charlene Torkelson
Meet with other writers for a “think session.” Bring samples of your work to get feedback from others on your writing style and technique. Develop your writing, and determine your future publishing plans.

#1338: 5 sessions - limit 15
Jan. 20, Feb. 24, Mar. 24, Apr. 7, & 28
7:30-9:00 pm
Eisenhower Community Center 221

$69

Publishing Your Writing
Charlene Torkelson
Learn the pros and cons of traditional and self-publishing. Develop a plan to achieve your publishing goals. Make an educated choice that works for your needs. Discover how to find the perfect publisher for you!

#1333: 1 session - limit 15
Mon., Mar. 24
6:00-7:25 pm
Eisenhower Community Center 221

$24

Writing: Step Outside of the Box
Charlene Torkelson
Allow yourself to “step outside of the box” with a new perspective on your writing interests and talents. Open yourself up to beginning a new project, whether it be an article, short story, poem, or the next great novel.

#1328: 1 session - limit 15
Mon., Feb. 24
6:00-7:25 pm
Eisenhower Community Center 213

$24

Writing: Put It On Paper!
Charlene Torkelson
Take a look at writing and formatting your query letter and manuscript to submit to an agent or traditional publisher. What are the steps to self-publish in hard copy and e-book format? Learn the simple tricks of a great presentation.

#1322: 1 session - limit 15
Mon., Apr. 7
6:00-7:25 pm
Eisenhower Community Center 221

$24

Writing: Show Me the Money!
Charlene Torkelson
Turn your writing into a part-time or even full-time job. Focus on the numbers of writing: tracking projects, contracts, rights and terms, queries, and marketing plans.

#1333: 1 session - limit 15
Mon., Apr. 28
6:00-7:25 pm
Eisenhower Community Center 221

$24

Make your own beauty products!

Luscious Lip Balms
Susan Billings
Make non-petroleum lip balm completely from scratch! Discuss the key natural ingredients and properties of everything we use. Learn the necessary equipment, proper heating methods, order of ingredients, use of essential oils for “flavor,” and how to infuse herbs into your balms. $3 supply fee payable to instructor.

#295: 1 session - limit 8
Thurs., Feb. 20
6:00-9:00 pm
Eisenhower Community Center 210

$24

Beginning Soap Making
Susan Billings
Learn the secrets of soap making, including adding color/herbs, basic aromatherapy, safety precautions, and more. Bring safety glasses, wear old clothes that cover arms and legs, and wear closed-toe shoes. $8 supply fee is payable to instructor.

#294: 1 session - limit 8
Mon., Mar. 17
6:00-9:00 pm
Eisenhower Community Center 210

$29
Specialty classes — lots of options to try something new!

**Beginning Bird Watching**
George Skinner
Increase your knowledge of birds. Binoculars and field guides will be provided for class use. Children ages 12+ are welcome, if accompanied by an adult. Fee includes Audubon membership and access to free local field trips throughout the year. No discounts.

#1311: 4 sessions - limit 20 $27/family
Mon., Apr. 28-May 19 6:30-8:30 pm
Eisenhower Community Center 213

**Travel Free and Make Money Doing It!**
Gina Henry
Learn how to make your vacations free or get started in a new career. There are hundreds of ways to get free airline tickets, hotels, cruises, car rentals, meals, and more. Maximize your frequent flyer miles, learn key negotiation tools, visit the best travel web sites, learn how to pack, and more! $15 materials fee payable to instructor in class. For more instructor information visit http://ginahenrytravel.com. No discounts.

#1600: 1 session - limit 30 $29
Sun., Apr. 27 1:30-5:00 pm
Eisenhower Community Center 233

**NEW! Styled Right for Spring**
Lindsey Kuhn
De-clutter your wardrobe and update your style for spring! Join professional stylist, Lindsey Kuhn, from Fashion Fix and discover how to outfit yourself flawlessly, organize your wardrobe, and determine what small purchases have the biggest impact. An organized wardrobe delivers confidence and style every time you get dressed.

#1306: 1 session - limit 20 $29
Thurs., Mar. 20 7:00-9:00 pm
Eisenhower Community Center 208

**Basic Machine Sewing**
Naomi Chinn
Learn the basics of machine sewing and create unique sewing projects. No experience necessary. Sewing machines and sewing tools are supplied. Students supply their own fabric for their chosen project.

#1345: 7 sessions - limit 5 $64
A: Mon., Jan. 6-Mar. 3 9:30 am-12:00 pm
No class Jan. 20 & Feb. 17
B: Mon., Mar. 10-Apr. 28 9:30 am-12:00 pm
No class Mar. 31
Eisenhower Community Center 206, all sections

**Photography - The Art of Composition**
Randall Spotts, professional photographer
Discover the visual elements that create beautiful photos. You will take pictures between and during classes so you can improve your photography skills. Please bring your camera to class.

#1300: 4 sessions - limit 14 $44
Tu., Feb. 4-25 7:00-9:00 pm
Eisenhower Community Center 207

**Photography - Field Shoot**
Randall Spotts, professional photographer
Improve your ability to take pictures through a hands-on experience in the field! Please bring your camera to class.

#1301: 3 sessions - limit 14 $39
A: Sat., Mar. 1-15 9:30-11:30 am
Eisenhower Community Center 213

**Photography - The Art of Taking Portraits**
Randall Spotts, professional photographer
Discover how to use different techniques to create mood and emotion in your portraits. Learn photographer’s secrets, including poses, lighting, backgrounds, and more. Bring your camera to class.

#1339: 3 sessions - limit 15 $39
Sat., Jan. 25-Feb. 8 9:30-11:30 am
Eisenhower Community Center 213

**Photography - Field Shoot**
Randall Spotts, professional photographer
Improve your ability to take pictures through a hands-on experience in the field! Please bring your camera to class.

#1301: 3 sessions - limit 14 $39
A: Sat., Mar. 1-15 9:30-11:30 am
B: Sat., Apr. 26-May 10 9:30-11:30 am
Eisenhower Community Center 208, all sections

**Local Trips**

**A Flaming Tour of Glass and Grub**
Experience the Minnesota Center for Glass Arts.
#1598: Registration deadline January 20, 2014 $61
Wed., Feb. 12 9:45 am-2:45 pm
Eisenhower Community Center 213

**Ring of Kerry**
Enjoy the, “Ring of Kerry,” performance at the Paramount Theatre in St. Cloud.
#1593: Registration deadline: February 10, 2014 $71
Fri., Mar. 14 9:45 am-5:00 pm

**A Victorian Hudson Experience**
Visit the Phipps Center in Hudson, Wisconsin for a tour.
#1601: Registration deadline: March 17, 2014 $62
Thurs., Apr. 10 9:15 am-4:00 pm
Eisenhower Community Center 213

**Augusta Amish Tour**
Arrive at the Norske Nook Restaurant for a Norwegian meal. Tour the Amish community with a guide.
#1595: Registration deadline: April 28, 2014 $70
Wed., May 14 8:00 am-6:00 pm
Eisenhower Community Center 208, all sections

**Heirloom Seed Savers Tour**
Enjoy a lunch in Decorah, Iowa. Visit the Seed Savers Exchange, dedicated to saving and sharing heirloom seeds.
#1604: Registration deadline: May 26, 2014 $73
Tu., Jun. 17 7:45 am-6:00 pm
Eisenhower Community Center 208, all sections

Local Trips** are cosponsored by Hopkins Community Education and Hopkins Activity Center. Local trips will depart from Maetzold Athletic Field parking lot (NE corner of 14th Ave and 1st St N) in downtown Hopkins. There are no discounts on local trips. No refunds issued after the deadline.

Building a great place to live
A garden is a beautiful extension of your home

**Easy Container Gardening**
Hennepin County Master Gardener
Container gardening offers you an opportunity to express your creativity even if you don’t have a large gardening area. Learn how to select containers, choose a good potting mix, what plants work best in containers, and how to care for your beautiful mini gardens.

- #1230: 1 session - limit 30
- Tu., Apr. 8
- Eisenhower Community Center 205
- $14
- 7:00-9:00 pm

**Perennial Gardening**
Hennepin County Master Gardener
Learn about growing delightful perennials and get illustrations for ways to use them to enhance your landscape. Explore site and plant selection, soil considerations, and more!

- #1231: 1 session - limit 30
- Thurs., Apr. 10
- Eisenhower Community Center 209
- $14
- 7:00-9:00 pm

**Beginning Vegetable Gardening**
Hennepin County Master Gardener
Yes, you can grow your own vegetables! Put those fears aside about growing your own vegetables. The basics taught here will get your green thumb going! First consider the location of your garden site and what you’ll need to do to prepare suitable soil conditions for plants. Topics include space availability, terrain features, planting, upkeep, fertilizers, common pests, and diseases. We’ll also discuss techniques to reduce the need for pesticides, as well as how to garden in small spaces.

- #1239: 1 session - limit 30
- Tu., Apr. 22
- Eisenhower Community Center 205
- $14
- 7:00-9:00 pm

**Growing Herbs is Easy!**
Hennepin County Master Gardener
Why pay high prices for fresh herbs? Add fragrance and beauty to your garden by discovering how easy it is to successfully grow your own herbs. Learn about various herbs, planting possibilities, as well as suggestions for using these versatile plants to enhance your cooking, crafts, and teas.

- #1234: 1 session - limit 30
- Thurs., Apr. 24
- Eisenhower Community Center 223
- $14
- 7:00-9:00 pm

Home remodeling dreams come true here.

**HOME REMODELING FAIR**
Sunday, February 23
10:30 a.m. - 3:30 p.m.
Eisenhower Community Center, 1001 Highway 7, Hopkins

Brought to you by Community Education of Hopkins, St. Louis Park, & Minnetonka, cities of Hopkins, Minnetonka, Golden Valley & St. Louis Park.

www.HomeRemodelingFair.com

Win $1,000 on your remodel project, enter to win by Feb. 16, details online.
Gain knowledge and skills for **big improvements!**

### Your Guide to Windows & Siding
**Frank Wattunen**
Considering new windows and siding? Understand the various options available to homeowners. Learn the terminology, various product types, general cost comparisons, proper installation procedures, and warranties. Determine how you can save money and evaluate the right product for your home. Gain knowledge about windows and siding before you begin building or updating your current residence. Frank Wattunen, co-owner of North Central Builders for 35 years, shows examples of products, is well-prepared, popular, engaging, and teaches this course in numerous metro locations.

#1233: 1 session - limit 25  
**$14**  
**Thurs., Feb. 6**  
6:30-8:30 pm  
*Eisenhower Community Center 213*

### NEW! The Secrets to Being More Efficient Every Day with Andrea
**Andrea Hayft**
No matter how busy you are, there are some areas of your life that just don’t stop: demands on your schedule, incoming mail, meal planning, household duties, and so on. With simple systems in place, you can be more efficient and have more time for what’s most important to you! Explore how to utilize a calendar to manage your time, how to develop systems so days run smoother, how to stay on top of everyday tasks, get helpful tips, resources, and more! Come feeling pulled in a million directions and leave with a plan you can start the next day!

#207: 1 session - limit 30  
**$24**  
**Tu., Feb. 4**  
6:30-8:00 pm  
*Eisenhower Community Center 215*

### Insiders Tips to Successful Kitchen & Bathroom Remodeling
**Bob Mock, CR (NARI)**
Discover the secrets of kitchen and bath remodeling that will save you time, money and trouble. Bob Mock, industry insider and remodeler, shares his expertise with you to build your potential for a successful and satisfying project. Learn about the remodeling process, including budgeting process, design ideas, current trends, product selection process, and much more. See photos of an actual project from start to finish. Don’t miss this class if you are considering remodeling your kitchen or bath.

#1247: 1 session - limit 25  
**$19**  
**Tu., Mar. 11**  
6:30-8:00 pm  
*Eisenhower Community Center 223*

### Eliminate Paper Piles Once and For All
**Andrea Hayft**
Despite the recent trend of going paperless, you still encounter paper every day — bills, junk mail, receipts, children’s artwork, and sports schedules — and that doesn’t include what’s already in your filing cabinets! With simple systems and helpful tools, you will learn where to put and find all papers! Learn how to stop papers from piling up, tackle incoming mail, find a home for the papers you want to save, and make progress you can maintain.

#208: 1 session - limit 30  
**$24**  
**Thurs., Feb. 27**  
6:30-8:00 pm  
*Eisenhower Community Center 208*

### Develop a Home Maintenance Plan
**Andrea Hayft**
Maintaining your home may be a low priority considering your already busy schedule, but by understanding what should get done and when — and having a simple plan to do it — you can save time, money and stress in the long run! Learn how to utilize your calendar to keep track of tasks, create a master list, plan for cleaning and purging areas of your home annually, and avoid stressful situations.

#207: 1 session - limit 30  
**$24**  
**Thurs., Mar. 27**  
6:30-8:00 pm  
*Eisenhower Community Center 213*

### NEW! Preparing to Downsize
**Jan Lehman**
Do you or your loved ones need to downsize, but don’t know where to begin? Discover practical techniques for how to get started, and make progress immediately. Explore ways to approach the daunting task of paring down a lifetime of belongings. Jan Lehman, owner of Can the Clutter®, is a professional organizer who has helped hundreds of clients learn how to let go of sentimental items while still preserving memories. Discover practical techniques for how to get started, and make progress immediately. You can do this, we’ll show you how!

#981: 1 session - limit 30  
**$14**  
**A: Thurs., Feb. 6**  
6:30-7:30 pm  
*Eisenhower Community Center 209, all sections*

**B: Thurs., Apr. 17**  
6:30-7:30 pm  
*Eisenhower Community Center 209, all sections*
Money & Business

Strategies and resources to give you financial freedom and peace of mind

Planning now protects you in the years to come

Avoiding Probate and Preserving Assets
Richard Bunin
Learn what a living trust is and how it can be used to avoid probate while still retaining control of your assets. You will also be shown alternative methods of avoiding probate and ways to plan for preserving your assets in case of extraordinary medical costs and long-term care. Essential information on different types of wills and approaches to estate planning will be included. The instructor is an experienced attorney who will provide an opportunity for questions and answers.

#400: 1 session - limit 20 $19
A: Tu., Jan. 28 7:00-9:00 pm
B: Thurs., Apr. 17 7:00-9:00 pm
Eisenhower Community Center 205, all sections

Prepare Your Own Will
Michael Milo
Who would raise your children if you died? Who will be your executor? Without a will, the laws in Minnesota and a judge make all of the decisions. Leave class with a simple will prepared—instruction and all the necessary forms, witnesses and notaries are provided. Will form ($7) is included in the tuition. Instructor Michael Milo is an attorney experienced in drafting wills.

#406: 1 session - limit 18 $44/$69 couple
A: Mon., Feb. 10 7:00-9:00 pm
B: Mon., Apr. 7 7:00-9:00 pm
Eisenhower Community Center 223, all sections

Social Security Planning: What Boomers Need to Know
Hustad CRPS, Ann, Kane, Sean
Learn about the basics of Social Security, strategies for maximizing your benefits, and ways to coordinate benefits with your spouse and other sources of retirement income. Discover how to estimate your benefits and the 5 factors to consider when deciding when to apply for benefits, including situations when it makes sense to delay benefits.

#405: 1 session - limit 25 $14
A: Wed., Feb. 19 6:30-7:30 pm
B: Wed., Apr. 9 6:30-7:30 pm
Eisenhower Community Center 223, all sections

Health Care Directive & Power of Attorney
Joy Gullikson
Procrastinate no more! No matter what your age, give your loved ones an important gift by creating two legal documents—a Health Care Directive and a Power of Attorney. These documents are vitally important in the event you become incapacitated and cannot make decisions for yourself. A Health Care Directive (akin to the old “Living Will”) is a legal document that communicates your health care wishes and allows you to name someone to make health care decisions for you when you cannot speak for yourself. A Power of Attorney allows you to choose someone to handle your finances and property, and is effective immediately upon signing. In this class, you will prepare both of these documents so you won’t end up without these important legal documents in place. With the help of attorney, Joy Gullikson, leave class with two notarized documents, and give yourself and your loved ones some peace of mind. Register early—you will receive a handout in the mail that you will need before class.

#440: 1 session - limit 15 $29
A: Wed., Feb. 26 6:30-8:30 pm
B: Wed., Apr. 16 6:30-8:30 pm
Eisenhower Community Center 209, all sections
Define your future — get the information here

**Navigating Medicare**
Kimberlee Bluhm, Senior Community Services
Thinking of getting ready to retire? Family member or a caregiver to someone that has Medicare coverage? Already have Medicare and just want to know what is going on with Medicare? Embrace the “Medicare Adventure” and increase your understanding of Medicare Parts A, B, C, and D coverage; supplement types and part D plans in this educational class (no sales pitches). Handouts provided as part of class fee. The instructor is a Medicare Health Insurance Counselor (MHIC) volunteer in conjunction with SCS (Senior Community Services), a non-profit agency with over 60 years of experience in supporting positive aging.

#428: 1 session - limit 30
A: Wed., Feb. 12 6:30-9:00 pm
B: Wed., May 14 6:30-9:00 pm
Eisenhower Community Center 223, all sections

**Long Term Care Insurance - What Do You Need to Know?**
Wendy Zakariasen
Do you fear outliving your assets? Do you want to pass on an inheritance to your loved ones? Have you heard about Long Term Care Insurance (LTCI) and wondered if you really need it? Explore issues relating to longevity (the impact of living longer) as well as the physical and emotional costs of care giving. Analyze the cost of long term care on your planned retirement, as well as learn about relevant legislative issues (MN Federal tax laws, Deficit Reduction Act of 2006, MN Partnership Program 2008). Long-term care insurance is not for everyone — getting educated on its pros and cons IS for everyone. Learn if LTCI is right for you, and how to design and compare any LTCI policy.

#430: 1 session - limit 20
A: Tu., Feb. 11 6:30-8:00 pm
B: Tu., Apr. 8 6:30-8:00 pm
Eisenhower Community Center 215, all sections

**Committed, Not Married? Know Your Rights!**
Joy Gullikson
Are you in a committed relationship, but not married? Whether you are in a heterosexual relationship or a same-sex relationship, learn what documents you need to help you get the same rights and privileges that automatically go to married couples. Ensure you can make hospital visits and health care decisions if your partner cannot. Protect your assets if you or your partner dies, and protect your financial affairs if either of you becomes incapacitated. The instructor is an attorney in private practice focused on estate planning.

#427: 1 session - limit 20
Wed., Apr. 30 6:30-8:00 pm
Eisenhower Community Center 213

**An Introduction to Voiceovers**
Voices for All
Do you dream of being the voice everyone hears on TV and radio commercials, or documentary narrations? Learn how to become a Professional Voiceover Artist! This fun, informative, and empowering class will teach you the basics of the voiceover industry. Learn about the many types of voiceovers and what it takes to get started as a voice actor. Your voice will be recorded as you read from real scripts so you can receive a professional voice evaluation later. A professional voice actor teaches this class from the voice acting training company, Voices For All. No discounts.

#420: 1 session - limit 25
Tu., Mar. 25 6:00-9:00 pm
Eisenhower Community Center 208

**Turn your passion into cash — be a voiceover actor!**
Music and dance classes add excitement and spark to your life

Reveal your star quality!

Introduction to Guitar
Ryan Kimm
Enrich your life with music! Learn the basics of playing guitar, including chords, reading chord charts, basic rhythms, a few scales, and some basic music theory. Ryan has a Bachelor of Arts in Music with emphasis in guitar performance, and works teaching guitar to students of all ages and levels. Please bring an acoustic guitar to class. No discounts.

#556: 5 sessions - limit 7
A: Mon., Jan. 27-Feb. 24
B: Mon., Jan. 27-Feb. 24
C: Mon., Apr. 7-May 5
Eisenhower Elementary 212, all sections

More Guitar with Ryan
Ryan Kimm
If you’ve taken Intro to Guitar or have some guitar experience, enhance your skills in this class for the intermediate guitar player who is ready for advanced chord shapes and theory. Each class will bring a new lesson covering techniques, genres, and learning how to solo. Instructor Ryan Kimm will work with students to incorporate their preferred genres into the class. You may be trying a lot of new things in this class, so come with an open mind and be ready to learn! To learn more, check out Ryan’s website. Please bring an acoustic guitar to class. No discounts.

#561: 5 sessions - limit 7
Mon., Apr. 7-May 5
Eisenhower Elementary 212

Hand Drumming I
Carmen Dougherty-Heim
Welcome to the drum! From the first class, you’ll be a part of the group rhythm, and by the end of the session you’ll be comfortable playing in any drum circle. Learn to express yourself in a new way and connect with others through rhythm. Bring your drum or use one available in class.

#506: 5 sessions - limit 20
7:00-8:00 pm
Thurs., Jan. 30-Feb. 27
Eisenhower Elementary 210

Hand Drumming II
Carmen Dougherty-Heim
Enhance your drum techniques and have fun in this spirited class taught as a drum circle with a facilitator. This class is for students who want to improve their drumming skills, meet new people, and have a great time! Learn world-drumming rhythms in a way that makes them easy to learn, no matter what your age. This ongoing class welcomes new students who have some drumming experience or have taken Hand Drumming I. Bring your drum or use one available in class.

#640: 5 sessions - limit 20
7:00-8:00 pm
Thurs., Mar. 13-Apr. 10
Eisenhower Elementary 210

Beginning Voice 101 with Tara Brueske
Do you love to sing, and dream of singing confidently in front of others? Instructor Tara Brueske, vocal coach, composer, entertainer and clinician for Disney, will help you find and develop your singing voice. In this fun class, you will discover and hone your own vocal sound; learn breath control; experiment working with different ranges of your voice; train your ear to better understand pitch; and enhance your singing diction. Whether you just want to feel more confident singing with a guitar or piano, or you are aspiring to take your music to the next level, this class will help you find and own your voice.

#501: 4 sessions - limit 12
$74
6:30-8:30 pm
Thurs., Apr. 24-May 15
Eisenhower Elementary 212
So many dance options, no partner necessary!

**Belly Dancing Basics & Beyond**  
Janine Waldack  
Dance to ancient and modern rhythms. Tone your body, learn graceful and beautiful dance moves! Learn the basic skills, moves, combinations and finger cymbals. Finger cymbals are available for use. Please bring a hip scarf and your smile! Instructor Janine Waldack is a member of the Guild of Oriental Dance and the Minnesota Renaissance cast, as the Queen's Gypsy Dancer. This class is level 1-2. No previous dance experience necessary. Prerequisite to Intermediate Class.  
#504: 9 sessions - limit 25  
B: Wed., Mar. 26-May 21  
$79  
_Hopkins Center for the Arts 218, all sections_  

**Belly Dancing Intermediate**  
Kristin Kujawski  
Continue exploring the joy and beauty of Middle Eastern Dance. Build your skills as you learn more techniques, combinations, and finger cymbal patterns. Choreographies may be taught for optional performance opportunities. Please bring a hip scarf, finger cymbals and a smile! This is a level 2 class for Intermediate level belly dancing. Pre-requisite beginning level 1 class or with instructor’s permission.  
#560: 9 sessions - limit 20  
B: Wed., Mar. 26-May 21  
$79  
_Hopkins Center for the Arts 218, all sections_  

**Belly Dancing Advanced**  
Amina Beres  
Alla Turca! Join us in the vibrant, exciting, and energetic style of Turkish dance! Classes will include a mix of Turkish Orientale and American Cabaret, technique and finger cymbal drills, and class exercises to develop your stage presence. No choreography, class is geared towards developing YOU as a dancer. This class is a Level 3+; Intermediate level belly dancing experience required.  
#505: 9 sessions - limit 20  
A: Tu., Jan. 21-Mar. 19  
B: Tu., Mar. 25-May 20  
$79  
_Hopkins Center for the Arts 218, all sections_  

3rd Annual Dans Senlik  
Sponsored by Dans Askina Turkish Dance Ensemble  

**Saturday, March 15, 2014, 7:00-9:00 pm**  
_Hopkins Center for the Arts, 1111 Mainstreet, Hopkins_  
Join us for a lively evening where the Middle East meets the Midwest with belly dance performances featuring the West Metro Adult Community Education Middle Eastern Dance students, their instructors, and local Middle Eastern Dance professionals. Receive a discount on admission at the door by bringing a nonperishable food item or personal hygiene product for ResourceWest and ICA Foodshelf. Further information at [http://bellydanceamina.com/events](http://bellydanceamina.com/events)

**Social Dance Sampler: Special Edition**  
Charlene Torkelson  
Learn a few of the specialty dances you have heard about and always wanted to try — Night Club Two Step, West Coast Swing, Viennese Waltz, Hustle, and Bolero. Join ballroom dance teacher, Charlene Torkelson, and her crew of experienced dance teachers for this one-time special edition sampler of some of the non-traditional dances. All levels welcome. No partner is necessary.  
#526: 4 sessions - limit 40  
$39  
_A: Tu., Jan. 14-Feb. 4 7:00-8:00 pm  
B: Wed., Feb. 25-Apr. 1 7:00-8:00 pm  
Eisenhower Community Center Cafeteria_  

**Social Dance: Sampler & More!**  
Charlene Torkelson  
Discover the enjoyment of social dancing designed for all levels. The sampling of six popular dances includes Fox Trot, Waltz, Tango, Rumba, Cha Cha, and Swing. Learn basic techniques, style, patterns, and musicality in a new dance every week. Boost your dance confidence as you learn from three instructors at the level that fits your experience! No partner is necessary.  
#525: 6 sessions - limit 40  
$59  
_A: Tu., Feb. 25-Apr. 1 7:00-8:00 pm  
B: Tu., Apr. 8-May 20, no class May 6 7:00-8:00 pm  
Eisenhower Community Center Cafeteria, all sections_  

**Line Dancing**  
Annette Fragale  
Discover why line dancing is so much fun and such a great workout! Learn the steps that will empower you to feel confident joining the line dance no matter what the music. Annette will cover country, Latin and American styles. Line dancing is great way to make new friends while you exercise. Suitable for all ages and levels. Bring your friends and have some fun! No partner is necessary.  
#575: 8 sessions - limit 30  
$59  
_A: Wed., Jan. 22-Mar.19, no class Mar. 12 6:30-7:30 pm  
B: Wed., Apr. 2-May 21 6:30-7:30 pm  
Eisenhower Community Center Cafeteria, all sections_  

**Latin Nightclub-Style Dancing**  
Manuel Rubio  
Learn the Mambo and Cha Cha Cha from Cuba, the Merengue and Bachata from the Dominican Republic and the Salsa as danced in Puerto Rico and many Latin countries. Succeed at the basic steps, turns and movements of each dance. After 6 weeks, join the group for an optional trip to a Latin nightclub to enjoy dancing with your new Latin dance skills. Wear soft sole shoes for class and be ready to have fun and a light work out as you learn the Latin dances. Register individually, partner not necessary.  
#503: 6 sessions - limit 36  
$54  
Fr., Mar. 28-May 9, no class Apr. 18 7:00-8:30 pm  
_Hopkins Center for the Arts 218_
Enrich your world with Karen Charles’ Body & Soul

NEW! Body & Soul — Get Inspired by Modern Dance
Karen Charles, Artistic Director of Threads Dance Project

At times it can be a challenge to appreciate something you simply don’t understand. Explore modern dance and enrich your understanding of this art form in this workshop. Then, attend a live performance of Body & Soul on March 21, an evening of live modern dance that will take you on a compelling and emotional journey, put on by the Threads Dance Project. In class, you’ll refine your appreciation of this art form by discovering what to look for when watching modern dance, and train your eye to appreciate and enjoy a modern dance performance. Threads Dance Project is a contemporary dance company that seeks to examine, expose, and celebrate the threads that bind people together. Karen Charles is the Artistic Director of Threads Dance Project and former Director/Principal at Mainstreet School of Performing Arts, in Hopkins. The class fee includes the cost of the ticket ($29) for the dance performance at the Cowles Center in Minneapolis. Students will receive their tickets in class.

#1000: 1 session - limit 25 $44
Wed., Mar. 12 6:30-8:30 pm
Eisenhower Community Center 209

Music at the Center 2014 Concert Season

Hopkins Center for the Arts 1111 Mainstreet, Hopkins, MN 55305
Tickets: www.HopkinsArtsCenter.com or 952-979-1111

Saturday Sets
All concerts are at 8 p.m. Social Hour at 7:00 p.m.
- Pianist Leon Bates
  January 18, 8:00 pm
- John Gorka
  February 15, 8:00 pm
- Hot Club of San Francisco
  April 26, 8:00 pm
- Henry Duncan Matthews
  (Bruce Henry, Debbie Duncan, Gwen Matthews)
  May 17, 8:00 pm

Take Five Tuesdays:
All concerts are at 7:00 p.m., Social Hour at 6:00 p.m.
- Chastity Brown
  February 11, 7:00 pm
- Over the Rhine
  March 25, 7:00 pm
- Keri Noble
  April 29, 7:00 pm
- Gary Louris
  May 13, 7:00 pm

Some Music at the Center events are made possible in part by a grant provided by the Minnesota State Arts Board, through an appropriation by the Minnesota State Legislature from the Minnesota arts and cultural heritage fund with money from the vote of the people of Minnesota on Nov. 4, 2008.

Come Dance With Me
Community Ballroom Dance Spring 2014
Friday, April 25, 7-9:30 p.m.

Enjoy an evening of dancing and fun, featuring a dynamic Sinatra-style singer, Tim Patrick, who performs regularly in the Twin Cities with his swingin’ Blue Eyes Band. Join us in the elegant Oakwoods Room at the Eisenhower Community Center, 1001 Highway 7 in Hopkins.

FREE dance lesson at 6:15 p.m. with popular instructor Jay Dudding!

Register early! Tickets are $13 per person ($15 at door). Registration fee includes light refreshments.

To Register: Call us at 952-988-4070 or HopkinsSchools.org/dance.
Sponsored by: Hopkins Community Education, Minnetonka Community Education, Minnetonka Senior Services, and Hopkins Activity Center
**Parent Education**

**SAVE THE DATE! Parent Forum: “Spring into Summer,” March 22**

Hopkins Community Education, Parent Education

Loads of information about Hopkins Community Education summer camps, programs, and activities for your children. Participate in informative workshops on a wide array of parenting topics. Join a discussion group around the culmination of the community book read, “Together We Read”, book selection, Foreign to Familiar: A Guide to Understanding Hot and Cold-Climate Cultures, by Sarah Lanier. Free childcare (registration required) will be provided by Hopkins Community Education Camp Royal and Hop-Kids staff. **Free CEUs available.**

1 session - no limit  
Saturday, March 22  
9:00-11:30 am  
Eisenhower Community Center

**Free Events! Plan for College**

**Financial Aid Night**
Hopkins Guidance Counseling Dept.

Parents and students are invited to attend a presentation by Chad Nosbusch, Associate Director of Financial Aid at the University of St. Thomas. Mr. Nosbusch will present information on applying for financial aid and will also answer questions about completing the FAFSA.

*Free, no registration is required.*  
Thursday, Jan. 9  
7:00-8:30 pm  
HHS-Hopkins High School, Little Theater

**College Planning Night**
Hopkins Guidance Counseling Dept.

The HHS counselors will present information and answer questions about the beginning steps of the college exploration process for parents of sophomores and juniors. **Free, no registration required.**

Thurs., Feb. 27  
6:30 pm  
Hopkins High School, Little Theater

**Picky Eaters No More!**
Nancy Entgelmeier, RN, CMP, Feeding Clinic Coordinator for Children’s Hospital

Learn about typical feeding patterns of children from infancy through the preschool years. Explore foods, portions, pattern of offering foods, and ways to promote happy family mealtimes. Discover how to avoid pitfalls that can lead to picky eating often seen in young children. Food allergies will be addressed, along with time for your nutrition questions. For parents of children birth-5. **Child care** is available, $5/child.

#717-EW:  
Tuesday, February 18  
6:30-8:00 pm  
Harley Hopkins Family Center, 125 Monroe Ave S, Hopkins

Please call 952-988-5000 to register for this class or register online at www.HopkinsCommunityEd.org

**Calming Stressed and Anxious Kids**
Denise Konen, Parent Educator

Would you like to understand why fears and anxiety can take over family or school interactions? When children are anxious they avoid situations, become perfectionists, and fight with those around them. Learn practical strategies to help children manage stress and anxiety for calmer days ahead. For parents of children 2-6. **Child care** is available, $5/child.

#710-EW: Harley 27  
Tuesday, March 4  
6:30-8:00 p.m.  
Harley Hopkins Family Center, 125 Monroe Ave S, Hopkins

Please call 952-988-5000 to register for this class or register online at www.HopkinsCommunityEd.org

**Get connected! Sign up today!**

**ParentConnect** | in the know

Register to receive the ParentConnect online newsletter. Stay In The Know with “quick tip” parenting strategies, along with information from the Hopkins Community Coalition: One Voice for Reducing Youth Chemical Use, and more! **www.HopkinsSchools.org/ParentConnect**
World Languages

Learn to speak Spanish with Claudia Carlos

Spanish - Level I
Claudia Carlos
Join popular instructor Claudia Carlos and learn one of the most spoken languages in the world. Packed with interactive, lively activities, the class emphasizes oral communication, along with basic reading and writing skills. Gain the tools and confidence to communicate in Spanish. Class fee includes a useful course book that is yours to keep.

#1401: 9 sessions - limit 16 | $104
A: Mon., Jan. 20 - Mar. 17 | 6:30-8:30 pm
B: Mon., Mar. 24 - May 19 | 6:30-8:30 pm
North Junior High 210, all sections

Spanish - Level II
Claudia Carlos
Expand and improve your Spanish language skills in this continuation of Essential Spanish I. Increase your skills in forming sentences, paragraphs, and questions as well as adding to your vocabulary and be on your way to effectively communicating in Spanish. Use the course book from Spanish I and choose the $89 registration option if you already have the book.

#1402: 9 sessions - limit 16 | $104 with course book
A: Tu., Jan. 21 - Mar. 18 | 6:00-8:00 pm
B: Tu., Apr. 1 - May 27 | 6:00-8:00 pm
North Junior High 210, all sections

Spanish - Level III
Claudia Carlos
Increase your skills in Spanish language fluency and effectively communicate in Spanish. Practice the art of conversations in Spanish in a friendly, encouraging environment as a continuation of Spanish II or with permission of the instructor. The instructor uses the same workbook as Spanish Level I and II.

#1411: 9 sessions - limit 16 | $99 with course book
A: Tu., Jan. 21 - Mar. 18 | 8:00-9:30 pm
B: Tu., Apr. 1 - May 27 | 8:00-9:30 pm
North Junior High 210, all sections

Adventures to Europe! A trip to Europe can bring memories that last a lifetime.

Hopkins Community Education partners with Adventure to Europe to offer wonderful, family-friendly trips for all ages to Europe.

Paris and Beyond, June 10-18, 2014
$1,199 per person land package
Experience the very best of Paris with optional trip to the Loire Valley with yesteryears castles, and Monet’s dreamy gardens in Giverny — this traditional tour will please all ages. A perfect blend of buzzing city life and peaceful countryside. It has been a favorite of many. Extension to the Riviera possible...A carefully crafted adventure at an amazing price!

Tuscany & Beyond, Early October, 2014
$1,999 per person for the land package
From Renaissance Florence, to medieval Siena & San Gimignano, the coziness of a Chianti vineyard...the eternal charm of Venice to the cliff hugging fishing villages of Cinque Terre, and the Holy City of Rome...you will experience the best Italy has to offer.

Prague, Salzburg, Munich, October 2014
$1,999 for Prague, Salzburg, Munich.
Beginning or ending in Prague, you’ll spend nine magical days in some of Europe’s historic capitals with Baroque and Art Nouveau architecture, a tumultuous past, and earthy cuisine. We’ll walk through bustling Munich in the Bavarian Alps, take a sobering trip to Dachau concentration camp, then go to Austria to see if the “hills are alive” in quaint Salzburg in the Austrian Alps. This is an unforgettable get-away.

Visit www.AdventuresToEurope.com to view itinerary details, then call us at 952-988-4070 to make plans for your trip of a lifetime!
Youth Programs

Hopkins BOOST out-of-school-time opportunities offer youth an array of enriching experiences to support their learning and development, while allowing them to explore their interests and develop new talents. Each Hopkins elementary school offers an out-of-school-time program designed around your child’s home school. Check out what’s happening at your child’s school, BOOST flyers will be sent home in January, watch for them!

Find a sampling of our enrichment opportunities below. Browse all of our classes, and get details on the programs listed below at www.HopkinsCommunityEd.org Youth, or call 952-988-4070.

A sample

Special Interest

Friday Night Junior High Ski & Snowboard Club
A fun tradition at Hopkins and open to all students from West and North Junior High School!

Family Swim Saturdays
Splash and swim with the whole family in the Eisenhower Community Center pool. Through March 22.

New this Session!

Battling Robo Botz!
Imagine, build, and battle your way through the competition of amazing Robo Botz! Join us as we build simple motorized robots that will battle for the title "Best Bot."

Cup Stacking
Cup stacking is awesome! Master the different types of "stacks" used in stacking. Join us, no experience necessary!

 Popular Classes

Check out this listing of some of our tried and true favorites:

• ACT Test Prep
• Adult & Child Pottery classes
• Fencing
• Drivers Education
• Super Fun Science
• Kung Fu - Wu Shu
• Chess

Watch for your elementary school’s BOOST flyer for more details on classes and events.

Chinese Culture
Hopkins Community Education offers many great Chinese immersion enrichment opportunities! All are taught in Mandarin Chinese.
• Chinese Martial Arts
• Chinese Speaking
• XinXing Television Station
• Chinese Dance
• Chinese Culture
• XinXing Choir

A sample

Preschool Play & Learn

Hop-Kids
Preschool Programs
Super fun for your little one – ages 2-5
Sports, dance, science art, and more – all for preschool-aged kids!
www.Hop-Kids.com

Make plans now for President’s Day & Spring Break

Kids & Company provides high quality school-age before- and after-school care, on school vacation days, and during the summer. We have great activities lined up for your child on non-school days such as Feb. 18 and Spring Break (March 31-Apr. 3) — register today!
Questions? Call 952-988-4080
www.HopkinsSchools.org/Kids

L.E.A.D. Spring Break for 6th graders!
Get to know your junior high and spend spring break with L.E.A.D. — field trips, friends, activities, games, swimming, and more! $39/per day. Call 952-988-4070 or visit HopkinsSchools.org/LEAD.

A sample

Camp Royal Mini-Camps
Non-School Day Fun!
Join the fun! Dance, cooking, art, gym games, swimming, and more!
During Presidents’ Day non-school days: Feb. 17-18, and Spring Break, Mar. 31-Apr. 3.

A sample

Chinese Culture
Hopkins Community Education offers many great Chinese immersion enrichment opportunities! All are taught in Mandarin Chinese.
• Chinese Martial Arts
• Chinese Speaking
• XinXing Television Station
• Chinese Dance
• Chinese Culture
• XinXing Choir

A sample

Cup Stacking
Cup stacking is awesome! Master the different types of "stacks" used in stacking. Join us, no experience necessary!

A sample

Teen’s Grades 7-8
L.E.A.D.
Leadership, Enrichment, Academics, Disciplined

Junior High after-school program
Grades 7-8. Open after school until 6:00 p.m., Monday-Friday. Field trips, activities, service-learning, homework time, and much more! Register now for L.E.A.D.
www.HopkinsSchools.org/LEAD
Graduate. Earn Your GED.

Adult Basic Education (ABE)
For adults who want to acquire or improve their basic math, reading, grammar or writing skills for employment or training.

GED Preparation
Take day or evening classes to work towards your goal of earning your GED. Classroom settings are enhanced by online learning opportunities to accelerate learning.

GED Testing
Test for your GED at our local Pearson-VUE® certified testing center. Testing information will be available online at www.adultoptions.org.

Graduation Incentives
Personalized, independent study for high school students who are in need of social studies, science, and English credits to complete a high school diploma.

Learn English

English as a Second Language (ESL)
Improve your speaking, listening, reading, and writing in English. Math classes are also offered. Classes focus on skills for life and work.

Specialty Classes
Work towards employment with our FastTRAC health care and manufacturing classes. Take STAR Reading or Pronunciation to help you improve with reading and speaking English. Citizenship classes can help prepare you for the Citizenship exam.

Program Features:
- Free classes
- Licensed teachers
- Small class sizes
- Morning, afternoon, evening & Saturday classes
- Open enrollment
- Childcare available on limited basis
- Online coursework to enhance/accelerate learning

Eisenhower Community Center
1001 Highway 7 Hopkins, MN

To register for Adult Options In Education classes call: 952-988-5343
Designed for you...ECFE Classes & Events

Designed just for you – Hopkins Early Childhood Family Education (ECFE) classes and events support your parenting style – whether it’s in a one-night class or an ongoing series. Our expert parent educators give you tools, tips, and strategies to enhance your confidence as a parent. Can’t make it to a class right now? Visit www.HopkinsParent.com for ideas you can use right now.

ECFE’s family events are specially designed for younger children to enjoy, bring the family and celebrate!

To see all of our great classes and events, call 952-988-5000 or www.HopkinsCommunityEd.org, click the Early Childhood link.

Sample of our winter/spring classes and events:

- **Feb. 26, 6:00-7:00 p.m.** Starting in January
  - Picky Eaters No More!
  - Evening Child & Parent classes
  - Infant Massage
  - Free Class! Bring Baby

- **Jan. 11, 10:00-11:30 a.m.**
  - Frosty Fun!
  - Family Activity

- **Feb. 18, 6:30-8:00 p.m.**
  - Picky Eaters No More!
  - Parent-only Workshop

**Community Education Programs Specially Designed for Adults with Disabilities**

Project SOAR provides specially designed classes & activities that enable adults with disabilities to participate in Community Education programs. Below is a sampling of some of the Project SOAR classes. For a more detailed selection, go to the Project SOAR website at www.projectsoarmn.org and check out our catalog. Registration is required for most classes. • For questions or to register, contact: Myra Wicklacz, Program Manager (4584 Vine Hill Rd, Deephaven) at 952-401-6898 or email: info@projectsoarmn.org.

Project SOAR is supported by the Community Education Departments of the Hopkins, St. Louis Park, Minnetonka, and Wayzata School Districts.

Visit www.projectsoarmn.org or call 952-401-6898 to register for Project SOAR classes.

**Art, Craft & Sewing Classes**
Make beautiful things with your own hands, — new projects each month! Make something of your very own or to give as a gift.

**Bingo!**
Join us on the 1st Friday of each month at the Lenox Community Center Gym for the best game in town. Prizes and a snack as well

**Cooking Classes**
Learn how to cook recipes that are healthy, easy, and very tasty. We cook different recipes around a theme. Come hungry because we have lots to sample. Classes are held at the Minnetonka High School Cooking Lab.

**Friday Night Dances**
Everyone loves to dance and listen to their favorite music. Join all your friends at the Friday Night Dances. They are held at the St. Louis Park High School Cafeteria.

**Game Nights**
Try out the interactive and skill games for every ability, plus old favorites as well. Come and enjoy an evening of games and enjoy a snack too!

**Karaoke**
Sing along with your favorite music and enjoy the talent of your friends! Everyone is welcome at Karaoke night — express yourself. Held at the Minnetonka Community Education Center.

**Outing Adventures**
Join us as we get out into our communities and discover all the great things to do. We give you a taste of what’s out there, and then you can get a group together and go!

**Pins, Pizza & Pop @ Park Tavern**
Discover your inner athlete and socialize with your friends. Enjoy unlimited bowling for 2 hours, bowling shoes, a pop, and pizza. Adapted to your needs and abilities.

**Pizza, Pop & a Picture Show**
Start off the weekend with your friends and enjoy this popular event. Come and watch a recently released movie and dine on pizza and pop at the same time. We would love to have you! Held at the Minnetonka Community Education Center.

**Service Project**
Each season, Project SOAR participants will be giving back to our community in different ways. Join us as we do something to give back to the community.
Minnetonka Senior Services (MSS), at the Minnetonka Community Center, located at 14600 Minnetonka Boulevard, provides opportunities for both adults of all ages to enroll in classes, services, trips, and social events (a sampling is listed below). Checks for programs, classes and trips are payable to Minnetonka Senior Services or “MSS.” All students pay the same fee regardless of age! Scholarships are available to Minnetonka residents age 55 and over, for events, classes and one day trips. Scholarships are confidential. Call 952-939-8393.

Minnetonka Senior Services newsletter can be viewed at www.eminnetonka.com or e-mailed to you. Call 952-939-8393 to be added to the mailing list. Sign up for e-mail updates about MSS happenings and upcoming opportunities. To be placed on the e-mail list please contact: spieh@eminnetonka.com.

Register: 952-939-8393 or visit online at www.eminnetonka.com
January

January 11 from 10:00-11:30 a.m.
At Harley Hopkins Family Center
Frosty Fun! Winter fun indoors! Lots of activities for young families. $5/family.
Register at 952-988-5000, or www.HopkinsCommunityEd.org, class #405-EW.

February

February 14-15 at 7:30 p.m. & February 16 at 3:00 p.m.
In the Hopkins High School Auditorium
Metropolitan Ballet presents Romeo & Juliet
Shakespeare’s romantic tragedy set to ballet with an original score by Prokofiev. Tickets from $19-$59 can be purchased at www.metroballet.org or call 866-811-4111.

February

February 22
International Market Square, Minneapolis
Royal Bash – a night on the town! Hopkins Education Foundation’s Annual Fundraiser
Spend a fun-filled evening with friends while benefiting Hopkins Schools. Tickets: 952-988-4097.

March

March 8 & 9 from 10:00 a.m. – 5:00 p.m.
At the Eisenhower Community Center
Twin Cities Bead Bazaar – Spring Show
30+ vendors from 10 states coming to sell beads, silver, findings, kits, storage, supplies, and much more. $3 entrance fee. See www.beadsbydee.com for a list of vendors and for further information, please contact Doris Coghill at 952.492.2493 or d coghill@frontiernet.net.

March

March 11 from 11:00 a.m. to 7 p.m.
At the Hopkins Center for the Arts, 1111 Mainstreet, Hopkins
The 16th Annual Hopkins Empty Bowls Event
Join us for this entertaining fundraiser for local food shelves. www.HopkinsSchools.org/emptybowls

April

April 4 at 7:30 p.m. & April 5 at 2:00 p.m.
At the Hopkins High School Little Theater
Methodaires presents Set the Night to Music 2014
The Methodaires is a group of entertaining women who share their love of singing and dance to benefit Park Nicollet programs. Proceeds go to PNC programs. Tickets: 952-993-6176 or at the door.

April

April 5 at 7:30 p.m. & April 6 at 3:00 p.m.
In the Hopkins High School Auditorium
Metropolitan Ballet presents Don Quixote
Metropolitan Ballet is excited to bring you the famous Don Quixote ballet set to the brilliant score by Ludwig Minkus. Purchase Tickets ($19-$59) at www.metroballet.org or call 866-811-4111.

April

April 25 at 7:00 p.m.
In the Oakwoods Room at the Eisenhower Community Center
Come Dance With Me community dance featuring Tim Patrick & his Blue Eyes Band
Join us for an evening of dancing to the sounds of this Sinatra-style singer and swing band. Tickets: $13 per person in advance, $15 at the door. Registration required: call 952-988-4070 or online at www.HopkinsSchools.org/dance.

More Out & About next page
Out & About

Brought to you by Hopkins Conference & Event Services and Hopkins Community Education

April 26 from 8:30 a.m. - 5:00 p.m.
At Hopkins High School

Minnesota Knitters Guild Yarnover 2014
Fabulous classes and a wonderful vendor market entice knitters from far and wide. Visit www.knitters.org. You must be a member of the Knitters’ Guild to attend classes but everyone can shop the vendor market. Day-of registrations based on availability. You can also email the chair for more information: spinteacher2000@yahoo.com.

April 26 at 7:30 p.m.
In the Hopkins High School Auditorium

JazzMN Orchestra presents Michael Zenon
Multiple Grammy nominee and Guggenheim and MacArthur fellow, Miguel Zenon is perhaps the most celebrated alto saxophonist of his generation. For tickets: www.brownpapertickets.com. More information at www.jazzmn.org

May 30 at 6:30 p.m.
Minnetonka Police & Fire Station, 14600 Minnetonka Blvd., Minnetonka

Daddy & Me Reading event presented by Hopkins Early Childhood Family Education
Dads, grandpas, uncles and male friends with children, ages birth to 5 — join us for fun FREE activities and story time. Jump behind the wheel of their vehicles, too!

May 16 & 17 at 7:00 p.m.
In the Auditorium at Hopkins High

JUGHEADS Youth Juggling Company presents Juggle Jam 16
Don’t miss this creative, high-energy, visual, one-of-a-kind show! Visit www.jugheads.com

Check us out For Your Next Event

Hopkins Public Schools’ Conference & Event Services offers centrally-located, easily-accessible, full-service venues to hold special events.

We can accommodate groups looking for a location to meet once, weekly, or monthly — with any technology or food service need. Our service stands out because of the personal attention our customers receive while planning their event. Call us today about your next event!

HopkinsConference.com
952.988.4072
ResourceWest assists people and strengthens community through collaborative programs and connections to resources. Located in Hopkins, ResourceWest is ready to assist you through the following programs:

- **Project Starfish** (emergency & crisis)
- **Information & Referral**
- **Computer Technology Center**
- **Back-to-School Supply Drive** (July 15-Aug. 31)
- **Winter Warm Wear Drive** (Oct. 15-Nov. 15)
- **Holiday Toy Drive** (Nov. 15-Dec. 15)

**On-site services:** Hennepin County Economic Assistance, MN Accountability–Free Tax Preparation, Relate Counseling services.

**Volunteer opportunities** available for individuals, families, and groups – please contact Rosemaris for information by calling 952-988-5352. ResourceWest programs are provided through the generosity of community members’ donations and volunteerism – please consider donating or volunteering.

1011 First Street South, Hopkins, MN 55343

952-988-5350
Register online for classes at:
www.HopkinsCommunityEd.org

Fax a registration form including a Visa, Mastercard, or Discover number ready. 24-hour hotline: 952-988-4018.

Complete a registration form, include a check (payable: Hopkins Community Education) to:
Hopkins Community Education
Eisenhower Community Center
1001 Highway 7, Hopkins, MN 55305

By Mail

Online Registration
Search/Browse for Classes

Register Early!
Registrations are on a first-come basis. Decisions to cancel a class due to low enrollment are made before the class date, so register early to prevent your class from cancelling.

100% Satisfaction Guarantee
Our goal is to develop and deliver a wide range of quality programs to meet the learning needs of the community. We will strive for excellence in serving our customers in a prompt, courteous and respectful manner. We want your experience with Hopkins Community Education to be great, so please let us know if you aren’t fully satisfied. Contact Betsy Hedding, Adult Program Coordinator at 952-988-4068.

Website Registration
Search/Browse for Classes

Registration Information

Confirmation
Mark your calendar and assume you are registered. Your class will be held at the time and place indicated in the brochure unless you are contacted. We will notify you if a class is filled, cancelled or changed.

Important Cancellation Policy and Refund Information
- We will gladly refund your class registration fee, or switch your class, if you cancel five business days prior to the first class. Once a class has begun, no refunds or changes will be made. You may send a friend in your place if, at the last minute, you find you are unable to attend your class.
- We reserve the right to cancel a class due to low enrollment. In that case, we will call you and arrange to refund your class fee.

Discounts Information
Residents of Hopkins School Districts, 62 and older, and Hopkins Public Schools employees are eligible for some discounts as follows:
- For cooking classes, may reduce fee by $5.
- For pottery classes, may reduce fee by $25.
- For most other classes, the discount is one-half the regular fee not including materials or textbook fees. Exceptions include all computer classes, trips and other courses as noted in the description.

Health Plan Discounts
All UCare Minnesota or Metropolitan Health Plan (MHP) members may take up to a $15 discount per class on most classes. Members must be on Ucare or MHP at the time of registration and through the duration of the class. Indicate ID number(s) on the registration form.

Fee Assistance
Community Education has limited fee assistance available to School District residents who qualify and are unable to pay the full registration fee. For information and application, please call 952-988-4070.

Inclement Weather Information
- If the Hopkins School District is closed due to bad weather, then Community Education classes and activities are cancelled.
- If the weather turns bad late in the day, Community Education may cancel activities. Call the 24-Hour Hopkins Community Education phone line for weather-related cancellations: 952-988-4019, or check our website: www.HopkinsSchools.org/weather.

Special Needs?
______________________________________________________________________________

Discounts Information

Charge my MasterCard/ Visa/Discover Card Number __________________________
Expiration Date __/____ Cardholder Name on Card __________________________

Check to receive email information and special offers. □ Yes! I would like to receive special offers, promotions, and information from Hopkins Community Education via email. I understand that my email address will not be given to others without my permission.
More for families!

Early Childhood
We have a wide variety of ECFE classes and events for your young family:
- Ongoing Parent & Child (ages 0-5) classes offer support, expert advice, and child development information for parents. Children benefit from art, music, stories, learning, and socialization.
- Stay & Play classes.
- Special Topics classes to try free! Baby-Proofing Your Relationship, Baby & Mama Yoga, and Infant Massage. New: Healthy Nutrition in the Early Years.
- Family Activities: Frosty Fun! Jan. 11.

Want individualized support? One-to-One Visits are free! A licensed parent educator can answer your parenting questions. For parents with children birth to age 5. Call Kathryn at 952-988-5046.

And don’t forget our Hopkins Preschool options — 2-5 days-a-week, with both part-day or full-day options. Visit Us open house dates are in February! www.HopkinsSchools.org/Preschool

Youth Enrichment
Our BOOST Youth Enrichment out-of-school time programs keep kids engaged while learning! Check out our wide array of offerings, from art to sports — there is something for everyone!
Join us for classes such as:
- Cup Stacking
- Super Fun Science
- Extreme Legos
- Water Polo
- Ski & Snowboard Club
- Enchanted Stars Dance for Little Girls & their Favorite Guy

Our Parent Education offerings keep your parenting skills sharp! Watch for details on our Together We Read 2014 book selection and our spring Parent Forum on Saturday, March 22, 9:00-11:30 a.m. Have a college-bound student? Hopkins High School is offering a presentation on Financial Aid for College by Chad Nosbusch, Associate Director of Financial Aid at the University of St. Thomas on January 9, 7:00-9:00 p.m.

Visit www.HopkinsCommunityEd.org for all our offerings, or call 952-988-4070 for a catalog.

Food and Mood
Eat Fat, Get Skinny!

Make this new year healthy and ridiculously happy!

Happy New Year from your friends at Hopkins Community Education

Come Dance With Me
Community Ballroom Dance Spring 2014
Friday, April 25, 7-9:30 p.m.

Enjoy an evening of dancing and fun, featuring a dynamic Sinatra-style singer, Tim Patrick, who performs regularly in the Twin Cities with his swingin’ Blue Eyes Band. Join us in the elegant Oakwoods Room at the Eisenhower Community Center, 1001 Highway 7, in Hopkins.
Free dance lesson at 6:15 p.m. with popular instructor Jay Dudding!
See page 30 for ticket information or visit www.HopkinsSchools.org/dance.

Chakra Power Yoga
Tim Patrick & His Blue Eyes Band
Thank you! As one of our best customers, you may have received this mailing in duplication. We apologize for any inconvenience, and encourage you to pass this piece along to a friend.

**Celebrate Community!**

**Empty Bowls Fundraiser**
Be a part of the food, fun, entertainment, art, and fight against hunger.

**Tuesday, March 11**  
Hopkins Center for the Arts  
www.HopkinsSchools.org/emptybowls

“Step Toward Better Nutrition:**

A series of healthy cooking and nutrition classes with a wide array of great choices such as:

- Vital Veggies  
- Loving Those Legumes  
- Spectacular Sauces  
- Eat Fat, Get Skinny!  
- Food & Mood  
- Shake the Sugar Habit

**Inside, you’ll find more great classes in the series to support your commitment** to healthy eating. Maybe you are interested in reducing your carbon footprint by eating less meat. Or, you want to reduce your risk of lifestyle-related diseases by making dietary changes. Whatever your reason, our Step Toward Better Nutrition classes will give you the knowledge to make healthier choices.

Hopkins Community Education, in collaboration with Hopkins Public Schools’ Department of Nutrition and Lifestyle Services, is offering this series to motivate you to take steps to healthier eating, plus provide you with the practical more about the Step Toward Better Nutrition series on page 19

**Home remodeling dreams come true here.**

February 23, 2014  
10:30 a.m. - 3:30 p.m.  
Eisenhower Community Center, 1001 Highway 7, Hopkins  
www.HomeRemodelingFair.com