

**Spring-2018 SCC Community Education Classes
March, April and May**

<http://www.scc.k12.wi.us/comm/sccce.cfm> or Paulette at 612-229-6014 or
lupine.anderson@gmail.com

Unicycle _____ Ages 8 and up

This course will teach anyone the basics of riding a unicycle. Unicycling is an awesome individual or family sport. It's fun, challenging, and unique!

Unicycles will be provided for each participant.

Instructor: Paulette Anderson

Every Thursday starting September 14th unless school is closed or gym is in use.

5:00-8:30 PM, Classes and open gym for unicycle practice

Fee: \$10 per person for eight sessions; \$25 per family for eight sessions

Location: SCC Elem Large gym in Roberts, WI

Introduction to Fab Lab _____ Ages: 16-Adult

A Fab Lab is a place where anyone can design and create almost anything. The St Croix Central Fab Lab offers local community members access to digital fabrication equipment such as laser engravers, CAD (computer-aided design) software, 3D printers, computer numerical controlled (CNC) milling machines, and a CNC plasma cutter with the addition of more traditional woodworking and manufacturing machinery.

Within this class participants will be introduced to 2D CAD through the use of Adobe Illustrator and the use of laser engravers, vinyl cutter, CNC plasma cutter, and CNC router to create various projects. Projects that will be created will include; a plasma cut metal sign, vinyl decal, serving tray, as well as a laser engraved project. All projects can be changed to meet the needs of the participants. Whether an inventor, hobbyist, or looking to help out your small business, the Fab Lab is an excellent space to make creative ideas a reality!

Participants only need to attend one session on the dates listed below, but are more than welcome to attend both. The fee will cover supplies used in the course and projects will be limited to that amount.

Instructor: Garret Wenzel

Dates/Time: March 3rd, 8-12

April 7th, 8-12

May 5th, 8-12

Location: St. Croix Central Fab Lab (St. Croix Central High School) Fee: \$15

Cold Process Goat Milk Soap Ages-Adult

Learn how to make goat milk soap using the cold process of making soap (mixing lye and oils.) You will be given step by step instructions in this all-hands-on course by the creators of 1906 Farmstead Soaps LLC, will create your own goat milk soaps that will be ready for use after the cure time of 6 weeks.

Date/Time: Two sessions will be available on Saturday, March 31st, 9:30 to 11:30 am and 1:00 to 3:00 pm. Maximum of 10 participants each session.

Fee: Cost of course is \$55 per participant , which includes all course materials to make roughly 6 bars of soap, a soap mold, and an instructional packet on cold process soap making.

Instructors: Danae Stieglitz and Jody Stieglitz, 1906 Farmstead Soaps LLC

Location: Town of Hammond Hall, 1816 Co.

Get Fit Bootcamp

Teens and Adults

If you are a beginner, an avid fitness enthusiast or just tired of the same routine come try this whole new approach to exercise...fun! Get Fit Bootcamp is a unique Bootcamp style class that combines cardio, strength training and core work all in an exciting 60 minute workout. This 10 session fitness program offers fitness instruction, nutritional counseling and motivational training - jam packed with fun and energizing activities designed to help you reach your fitness goals.

Please bring an exercise mat (if you have one), water & a great attitude!

Fee: \$10 for 1 time class / \$70 for 10 class punch card / \$40 for a 5 class punch card

Class Schedule: Sept.11th and every Monday unless school is closed or gym in use

Time: 6:00 - 7:00 pm Location: SCC Elementary Secondary Gym (enter through rear doors) in Roberts, WI

Instructor: Tera Busker (for more info please visit www.fitnessstogo.net/bootcamp)

Contact Tera To Register

Zumba® Fitness

Everybody and EVERY body! Each Zumba® class is designed to bring people together, to let loose, and have a BLAST. Join me the the first and third Saturday of the month for a Zumba® Fitness Party! We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective?

Instructor: Licensed Zumba® Instructor Michelle Calcagno (ZIN since July 2009)1st and 3rd Saturdays of the month @ 10:30am (90 min Class)

SCC Elementary School Secondary Gym in Roberts, WI, rear entry

Sept 9th, Demo, Sept. 23, Oct. 7, 21, Nov. 4 and 18, Dec. 2, Jan 6 and 20, Feb. 3 and 17, March 3 and 17, April 21 and May 5 and 19.

FEE: \$5 per class. REGISTER: At class anytime

PAYMENT: Make checks payable to the instructor of your class.

Contact Instructor Michelle Calcagno at 715-760-0244 or email minnesotamimi@hotmail.com with questions.

Michelle Calcagno michellecalcagno.zumba.com

Licensed Zumba Fitness Instructor Cell: 715-760-0244

SCC Community Education Registration Form

Name/s _____

Address _____

Phone (H) _____ (O) _____

Name of Class _____

Date/s _____ Time _____

Amount Enclosed _____ E-mail _____

Permission to videotape or photograph for the use of promoting the SCC community education programs in advertising via web-page or newspaper or other promotional material. _____

(Signature)

**Please use a separate form for each class. Please make check payable to SCC.
Mail to SCC Box 202, Hammond, WI 54015. Questions? 612-229-6014 or
lupine.anderson@gmail.com THANK YOU FOR YOUR SUPPORT!!**

Hazel Mackin Community Library

311 West Warren Street, Roberts, WI 54023

(715)749-3849

Weekly Programs:

- Story Time:** Mondays and Wednesdays from 10:30-11:15AM, recommended ages 4 and under
- Play and Learn:** Tuesdays 10-11:30AM, registration required
- Strong Seniors:** Tuesday and Thursdays at 1PM
- Stitching Group:** Wednesdays 12:30-3PM
- Crochet and Knitting Group:** Thursdays 2:15-5PM
- Senior Coffee and Cookies:** Fridays at 10AM
- Reserved Teen Study Area:** Every Monday from 4-6PM the Archive Room is reserved for teen use only

Monthly Programs:

- Tech Night:** Second Thursday of each month from 5:30-7:45PM, sign up required
- Tween Book Club:** *Grades 4-7*, one Saturday a month from 10-11AM, book available for pickup at the front desk
- Teen Book Club:** *Grades 8-12*, one Thursday a month during 9th hour at SCC High School, book available for pickup at the front desk
- Teen Advisory Board:** First Tuesday of each month, from 5:30-6:30, advise and help organize teen events at the library, as well as other volunteer opportunities, sign up required
- STEM Nights:** Once a month from 4:30-5:30PM, *Grades 4-7*, sign up at the front desk
- Lego Club:** *Ages 5 and up*, one Saturday a month from 10:30-11:30AM, we will supply all the Legos, all you need to bring is your imagination
- Job Center:** Third Wednesday a month from 10AM-12PM
- A Novel Idea Book Club:** On the last Monday of every month at 5:30 at Bobtown Brewhouse

Upcoming Programs at Hazel Mackin Community Library:

Community Dinner and Live Entertainment: March 8th, 5PM
cocktails, dinner, dessert with music to follow by Patsy
O'Brien. Event is at the Roberts Park Building. Call 715-
749-3755 to reserve your spot. Dinner is \$10 per person

Pallet Garden: Learn all about starting your own pallet garden
from a St. Croix County Master Gardener, March 20th at
6:30PM, call the library to register

Author Visit: Allen Eskens April 17th at 6:30PM

Card Making Workshop: April 26th, 6PM, call the library to
register

Summer Reading Kick-off: Magic show with Robert the
Magician at SCC Elementary School May 30th at 1PM and
2PM

Summer Reading Registration: All ages, starts June 4th

Visit our webpage at www.robertspubliclibrary.org for more
information about any of these programs, including specific dates for
monthly programs. More programs may be added to this schedule as
we approach different month. Like us on Facebook at
Hazel Mackin Community Library.

Hammond Community Library

850 Davis Street, Hammond, WI 54015

715-796-2281

mjohnson@hammondpubliclibrary.org

Programs and Activities for March, April, May, and Summer
More information for each program may be found on our web-site
www.hammondpubliclibrary.org

SPECIAL PROGRAMS

Tuesdays: March 20-April 24 at 7:00 PM

How to live a more Hygge Lifestyle Weekly Discussion. The group will meet and discuss various Hygge books, how they are incorporating Hygge into their lives, etc.

Wednesday, March 21 from 2:00-3:30 PM Homeschool Mommy Get-Away. Mom's come and enjoy a cup of coffee while your kiddos are entertained with games, crafts, and music.

Saturday, March 24 at 1:00 PM

Easter Egg Hunt at the Library

Monday, March 26 at 6:00 PM

Paint and Sip Night

Thursdays: April 5-26 at 2:00 and 6:30 PM

Chair-Robics: Come in and

workout from a chair, simple cardio moves and stretches. Afterwards enjoy a healthy snack.

Wednesday, April 18 from 2:00-3:30 PM Homeschool Mommy Get-Away. Mom's come and enjoy a cup of coffee while your kiddos are entertained with games, crafts, and music.

Monday, April 23 at 6:00 PM

Paint and Sip Night

Thursday, May 10 from 6:00-7:30 PM

Mommy and Me Date Night!

Children ask your mom's to come out for a date night at the library. Enjoy appetizers and beverages plus fun and games that will make a perfect date night right before Mother's Day.

Wednesday, May 18 from 2:00-3:30 PM Homeschool Mommy Get-Away. Mom's come and enjoy a cup of coffee while your kiddos are entertained with games, crafts, and music.

MONTHLY PROGRAMS

2nd Thursday of each month : Coloring Club from 6-8 PM. Come relax, color, and enjoy a warm drink.

3rd Thursday of each month : Cozy Book Club meeting at 7:00 PM. Love reading? Love a good cozy mystery? This is the group for you, choose your book, read it, and then come and share with the group your thoughts.

4th Thursday of each month : STEM group meets from 6:00-7:00 PM. Grades 4K-7th are welcome to come and participate each month in our themed STEM based activity.

SUMMER FUN (June – August)

Weekly Monday-Thursday from 9 AM- 1 PM

Great for ages 5 and older

Kids Bring a lunch/snack, wear comfortable clothing and closed toed shoes.

Registration forms for these programs will be available at the front desk starting May 1. Reserve your spot early. You can register for multiple weeks, pick and choose the weeks you can make it, or come for all 10 weeks, 40 days of fun at the library.

June 4-7	Wisconsin Folklore and Travel
June 11-14	Art Fun!
June 18-21	Plan a party and Throwing a party!!
June 25-28	Game Show
July 9-12	It's a Mystery
July 16-19	Newspaper and Photography
July 23-26	Cooking Challenges
July 30-August 2	Reader's Theatre/Plays
August 6-9	Giving Back to the Community
August 13-16	Game Design

Special Summer Fun Programs:

Stuffed Animal Sleepover Weekend: Friday, June 8-Monday June 11. Drop off your stuffed animal on June 8 from 9-12. Then your stuffed animal will have a whole weekend of fun activities at the library and will journal and photography their fun adventures.

Jack and Kitty Concert: Tuesday, June 19 at 6:30 PM. Jack and Kitty are high school sweethearts that play "Organic Vaudeville and Jug Band Folk" music. Kitty is the niece of reggae legend Bunny Wailer (of Bob Marley and the Wailers) and Jack's babysitter was ukulele oddball Tiny Tim. The Emmy Award winning vaudevillian songsters love to perform concerts nationwide, playing a wide variety of folk instruments including: banjo, guitar, ukulele, washboard, jug, kazoo, harmonica, whizbang, rumba box and much more. For more information, visit: <http://www.jackandkittymusic.com>.

Young Persons Paint and Sip: Friday, June 22 at 10:00 AM. Paint a gift for your dad. Creating a special piece of art just for Dad while having fun with friends and sipping lemonade.

Puzzle Escape: Friday, July 13 at 10:00 AM. Solve a certain amount of puzzles in order to escape the library. Ages 5 and older. Puzzles will be divided for different age groups and abilities.

Jigsaw Puzzle Challenge: July 27 from 10:00-1:00. You have three hours to complete a 500-1000 piece puzzle. The amount of pieces that are given for this challenge are based on your age and ability. Snacks and beverages will be provided and PRIZES will be awarded for puzzle completion. You may work independently or work in teams of 2, 3, or 4.

Breakfast at the Library: Friday, August 3 from 8:00-10:00 AM. Come and enjoy pancakes, oatmeal, fruit, and beverage served by the library staff. FREE WILL OFFERING.

Summer Reading!!!

Independent Reading Program/Challenge for ages 6-18

Your challenge: Read 100 hours this summer.

June 4 - August 16

- The summer reading program starts Monday, June 4, but you can join us at any time after that date – even if you miss the start, don't worry, you can still participate!
- Registration and reading logs can be picked up at the front desk of the Hammond Community Library starting Monday, June 4.
- Registration will continue through the summer, so even if you are unable to register on June 4, you are still able to participate and may start at any time.
- We will be counting the number of hours spent reading over the summer.
- At 12 hours you will earn a free book! At 24 hours of reading, you will earn a 2nd free book.
- Anyone who reads more than 24 hours over the summer will be considered a "Top Reader" and earn a book bag filled with additional goodies at the end of the summer. Book bags will be distributed after August 16th, once the reading records are all turned in at the library. On August 20th, once you have been notified that you have successfully completed the summer independent reading challenge, you will be able to pick up your prize for being "Top Reader" at the front desk of the library.
- Independent reading program is open to children of all ages, from ages 5-18.
- This program is done on your own time, at your own pace and you have the option to participate at any level you would like.
- The Independent Reading Program runs until August 16th. Reading records will NOT be accepted after this date.

Read to me Summer Reading Program/Challenge for ages birth – 5

Your challenge: Read 100 books this summer

June 4-August 16

- The summer reading program starts Monday, June 4, but you can join us at any time after that date – even if you miss the start, don't worry, you can still participate!
- Registration and reading logs can be picked up at the front desk of the Hammond Community Library starting Monday, June 4.
- Registration will continue through the summer, so even if you are unable to register on June 4, you are still able to participate and may start at any time.
- We will be counting the number of hours spent reading over the summer.
- At 25 books you will earn a free book! At 50 books you will earn a 2nd free book.

- Anyone who reads more than 50 books over the summer will be considered a “Top Reader” and earn a book bag filled with additional goodies at the end of the summer. Book bags will be distributed after August 16th, once the reading records are all turned in at the library. On August 20th, once you have been notified that you have successfully completed the summer independent reading challenge, you will be able to pick up your prize for being “Top Reader” at the front desk of the library.
- Read to me Summer reading program is open to children of all ages, from ages birth – 5 and runs until August 16th.

2018 Spring Fitness Class Schedule Western Wisconsin Health Fitness Center

Please check our website at www.wwhealth.org or call 715.684.1642 for registration and class updates. We strive to offer you the best possible variety of classes so our schedule evolves on a regular basis.

****ALL CLASSES ARE FREE MARCH 5TH TO MARCH 9TH****

After Work 'Shake Up'

Mondays and Wednesdays: 4:00 to 4:30pm (Ongoing)

Looking for an easy but effective way to get in 30 minutes of exercise right after work? Come check out this fitness class that will mix your cardio and strength training for an overall body workout! We'll get your heart rate up and build your body at the same time! This class is suitable and modifiable for all fitness levels!

Price: FREE for fitness center members, \$7 drop-in for non-members

Instructor: Melissa

Aqua Yoga (6-week session starts March 12th)

Mondays: 4:10 to 4:55pm *There is no class Monday, March 26th due to the annual pool maintenance.

Get active and fit with Aqua Yoga. This is a low-impact class where participants take yoga poses off the mat and into the water. The poses performed in the warm water (90 degrees) help you to develop whole-body strength, static balance, and an increased range of motion.

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Angie

Body Blast

Thursdays: 5:30 to 6:00pm (Ongoing)

Blast your fitness to the next level! This class provides the variety your body needs to see results by combining fun cardio and strength routines tailored to the class's needs. This is a great time to enjoy the music and feel the burn! All fitness levels welcome.

Price: FREE for fitness center members, \$7 drop-in for non-members

Instructor: Alexis

Cardio Circuit and Stretch

Wednesdays: 7:00 to 7:30pm (Ongoing)

With both cardio and strength training in mind, this class will offer different stations at timed intervals that will emphasize a full-body workout. Each class ends with a 15 minute whole body stretch. This class is suitable and modifiable for all fitness levels!

Price: FREE for fitness center members, \$7 drop in for non-members

Instructor: Bonnie

Fitness Stretch and Tone (6-week session starts March 13th)

Tuesdays 6:45 to 7:30pm

FST blends the best of mind/body formats in an energizing and calming atmosphere.

All levels are welcome to experience the benefits of strength, balance, coordination, and flexibility.

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Anna

Forever Active

Mondays and Wednesdays: 9:00 to 9:30am (Ongoing)

Forever Active is a combination of cardio and strength training for those individuals seeking an active lifestyle and a little socialization. This low-impact class is perfect for ages 60+ but any age is welcome

Price: FREE for fitness center members, \$7 drop-in for non-members

Instructor: Kelly and Darcy

Fundamental Yoga- Monday PM (6-week session starts March 12th)

Mondays: 5:45 to 6:45pm

Fundamental Yoga is the perfect experience to learn more about yoga and how to perform poses to the best benefit of your ability! Modifications are available for all levels.

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Angie

Java Jumpstart

Mondays and Wednesdays: 5:45am to 6:10am (Ongoing)

Start your day with some java! This class works out all areas of the body and focuses on arms, legs, glutes and core. This class is suitable and modifiable for all fitness levels.

Price: FREE for fitness center members, \$7 drop-in for non-members

Instructor: Alexis and Darcy

Pilates (6-week session starts March 16th)

Fridays: 9:15am to 10:15am

Experience the benefits of training from the center of your body out! Pilates improves core strength, posture, coordination, muscle tone, strength, muscle endurance, coordination, and flexibility. This class is suitable and modifiable for all fitness levels! Please bring your own mat.

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Anna

Power Yoga (6-week session starts March 13th)

Tuesdays: 12:00 to 12:45pm

Unroll your yoga mat for a full-body workout where you'll explore the yoga postures and fundamental principles of Vinyasa yoga. This yoga class will fire up your core strength as you practice proper posture alignment, flow through yoga sequences and build heat from within by connecting breath to movement. Class is 45 minutes long and set to modern energizing music.

Price: \$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members

Instructor: Molly

Specialty Snapshot

Saturdays: 8:30 to 9:00am (Ongoing)

We will explore different styles of specialty classes that we may want to offer in the future on Saturdays. Come with an excitement for something different every weekend!

Price: *FREE for fitness center members, \$7 drop-in for non-members*

Instructor: *Darcy*

Spin AM (6-week session starts March 13th)

Tuesdays: 5:45 to 6:30am

This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

Price: *\$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members*

Instructor: *Stephanie*

Spin Interval (6-week session starts March 16th)

Fridays: 5:15 to 6:00am

Join us for Spin Interval, a high-intensity interval class that gets your heart rate up with a variety of cycling exercises! This is not your typical spin class as each class offers something different!

Price: *\$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members*

Instructor: *Scott*

Straightforward Spin (6-week session starts March 15th)

Thursdays: 4:00 to 4:45pm

This indoor cycling class provides training in a variety of terrains--hills, climbs, jumps, and more! With high-intensity intervals, this class will give you an amazing workout and get you ready for the outdoors!

Price: *\$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members*

Instructor: *Anna*

Sunrise Yoga (6-week session starts March 14th)

Wednesdays: 7:00 to 7:45am

Wake up and be energized with Sunrise Yoga! This class will incorporate slow, controlled movement through a variety of fundamental yoga poses that will help with physical strength and stability, mental clarity, and stress relief.

Price: *\$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members*

Instructor: *Angie*

Tai Chi (6-week session starts March 13th)

Tuesdays: 8:30 to 9:30am

Tai Chi uses slow, smooth body movements to strengthen joints and muscles, increase bone density, lower blood pressure, improve balance and coordination, and achieve mental relaxation! The gentle nature of Tai Chi makes this class suitable for all fitness levels.

Price: *\$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members*

Instructor: *Emily*

Triple Threat Tuesday

Tuesdays: 6:00 to 6:30pm (Ongoing)

This class will give you a total body workout incorporating cardio, strength, and core exercises with a variety of equipment. This fast-paced, 30 minute class is sure to get your heart rate up, plus get in the muscle training at the same time. Triple Threat Tuesdays is suitable and modifiable for all fitness levels!

Price: *FREE for fitness center members, \$7 drop-in for non-members*

Instructor: *Mary Lou*

TRX Movement (6-week session starts March 15th)

Thursdays: 5:30 to 6:15am

Designed to develop your core strength, this challenging full body workout will also help you build strength and stamina, and increase total body mobility and stability. The TRX suspension system challenges both your stabilizers and your major muscle groups. This class also may include cardio, strength, and balance elements. TRX Movement is a fun and invigorating workout that is appropriate for all levels and no prior experience is necessary.

Price: *\$30 for members, \$50 for non-members, \$10 drop-in for both members and non-members*

Instructor: *Molly*

Wednesday Weights and Cardio

Wednesdays: 5:30 to 6:00pm (Ongoing)

This class gives you a total body workout using a variety of equipment. Each workout ends with a 15 minute stretch to help ease you into your evening!

Price: *FREE for fitness center members, \$7 drop-in for non-members*

Instructor: *Bonnie*

Wild Card Workout

Tuesdays: 5:15 to 5:45pm (Ongoing)

No boring, same old-same old workout routine! Each class offers a unique workout that features different equipment, timing, reps and routines to keep your mind alert and your muscles adapting. This class is for moderate to advanced fitness levels.

Price: *FREE for fitness center members, \$7 drop-in for non-members*

Instructor: *Melissa*



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