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**WARROAD
2018 WINTER/SPRING
COMMUNITY EDUCATION**

POSTAL CUSTOMER

WARROAD PUBLIC SCHOOLS, WARROAD, MN

COMMUNITY EDUCATION

510 Cedar Ave

Warroad, MN 56763

Steve Bengtson, Director 386-6005

Jeri Christofferson, Administrative Assistant 386-6028

COMMUNITY EDUCATION ADVISORY COUNCIL

Steve Adams, Melanie Schreiner, Jule Hanson, Sharon Keller, Deb Landin, Sue Summer,
Cara Caravetta, Della Knutson, Glenda Phillipe, Nancy Fisher, Stephanie Heppner

WARROAD FAMILY CENTER STAFF

386-6108

KID KARE STAFF

Della Knutson, Coordinator 386-1472 ext 6203, Cell 242-4030

**IF SCHOOL IS NOT IN SESSION, COMMUNITY EDUCATION
CLASSES WILL NOT BE HELD**

**COMMUNITY ECUCATION REGISTRATION AND CLASS INFORMATION
CAN BE FOUND ONLINE AT
www.warroadpayments.com**

NOT ALL CLASSES ARE ONLINE REGISTRATION

**PLEASE READ THE REGISTRATION INFORMATION
FOR EACH CLASS**

ONLINE PAYMENT WEBSITE www.warroadpayments.com

Community Education Fee Policy

The Warroad Community Educations summer activities will have two levels of fees.

The cities of Warroad and Roosevelt, and the townships of Lake and Leona have approved the additional funds needed to run the programs this summer.

Because the local boards of the following townships did not approve the additional funds needed to run the programs the individuals living in these townships will be charged double fees.

- Moranville
- Clear River
- Cedarbend , and other Roseau townships
- Lake of the Woods County

Community Education Office Hours: 7:15am - 3:45pm Monday thru Friday
Community Ed Office located in the High School Office.

Phone: 386-6028

Email: jeri_christofferson@warroad.k12.mn.us

CLASSES (listed alphabetically)

ADULT DANCE

A tap and jazz class is being offered for dancers and non-dancers. Tap shoes and ballet slippers will be needed for this class.

* **Instructor:** Dara Maunu * **Contact:** 218-290-7973

Location: Let's Dance Studio * **Dates and times to be determined**

Email: letsdancestudiowarroad@hotmail.com

ADULT EDUCATION

Come Learn with us, it's never too late to enjoy the benefits of learning...Warroad Adult Education offers skill development in the subject area of reading, writing, vocabulary, English, spelling, math, and English as Second Language. We also offer preparation for college, work, and GED. Students may choose between a traditional classroom or computer lab with instructional software and Internet access. Options available for GED, English as second language, and Adult Education. Call for details

Contact: Traci Pederson 218-242-1596 * **Location:** 201 Lake St, Suite D, Warroad

DOC'S HARBOR INN

Doc's Harbor Inn Winter Fun!!

Doc's River Rink is open to the public and free of charge. Doc's offers opportunities to rent the River Rink for Birthday Parties or Family Skate Parties. We provide bonfire/wood, tables, chairs, and hook ups for music. A barrel of used hockey sticks and a few pucks are available to hit around.

Doc's winter rentals: Ice Skates \$5.00 per day or \$25.00 for the winter, Snowshoes \$10.00 per day, X Country ski's \$5.00 per day or \$50.00 for the winter, Broomball equipment \$20.00 for the day.

Check out our web page www.docsharborinn.weebly.com or follow us on Facebook and Instagram too!! Come join the fun at Doc's!!!

Contact: 218-452-3302 for more information.

CLEAN OUT YOUR CLOSET PARTY

DUST OFF THE COBWEBS AND GET READY FOR SPRING!!! Melanie is hosting an old fashioned clothing exchange in the High School Commons and Theater. Gather the articles of clothing that are collecting dust in the closet and bring them in to exchange. **Location:** HS Commons & Theater * **Date:** Thursday March 15th * **Time:** 6:30 pm * **Cost:** \$5.00 participation fee * To register or have questions email melanie_schreiner@warroad.k12.mn.us

DRIVERS EDUCATION

Class consists of 36 hours of classroom instruction. Behind the wheel training consists of 12 hours, 6 hours of individual driving and 6 hours of observation time with another driver.

- Students must be 15 by the first day of class or be eligible for a farm permit.
- Maximum of 40 students per session
- Students must bring with them a certified birth certificate and social security card or a Minnesota identification card from the Roseau License Bureau.
- Foreign exchange students bring a legal passport

Date: May 29th - June 15nd (Mon thru Fri) * **Time:** 8:00-11:00am or 12:00-3:00pm

Location: HS Room #96 * **Cost:** \$310.00 paid in full by May 1st, late fee of \$15.00 after May 1st. Full fee must be paid by first day of class. * **Parent Class:** June 5TH—7:00pm in Room #96 * Register online at www.warroadpayments.com

CLASSES CONT'D

EMILY'S- DANCE STUDIO

Tap * Jazz * Ballet * Contemporary classes for ages 3-18 years.

Starting the first week of March through the beginning of August

Emily's will be taking registrations in February

Location: Warroad Community Center * **Contact:** emilysdancestudio@yahoo.com or 218-689-6370 * **Instructor:** Emily Shaugabay

ESSENTIAL OIL TUTORING

One-on-one tutoring, or small group sessions are available. If you're not sure where to start of how to use the oils you have, we can work from a list of questions specific to your life and environment, or we can explore common uses of the oils you already own. For more information you can contact Cara Caravetta at 242-9109 (no texts please)

Email: learningnaturalwellbeing@gmail.com * **Date:** January 24, 2018

FAT MAN BASKET- BALL

Open Gym time for adults.

Date: Monday—Wednesday—Friday

Location: Elementary Gym * **Time:** 6:00 to 7:30 am * **Cost:** \$10.00

Contact: Jule Hanson 1-218-386-2515

FIREARM SAFETY

Class open to the first 40 students who pay the registration fee of \$10.00 and are age 11 before the first day of class. Must be present at all 5 days. An additional fee will be required when sending in the state application. * **Instructor:** Jared Olafson

Cost: \$10.00 * **Location:** High School Theater & Lost River Sports Complex

Register Online at www.warroadpayments.com

SESSION 1

Date: April 17, 19, 24, 26

Time 6:00 pm to 9:00 pm at the Warroad High School Mini Theater

Date: April 28th

Time: 8:00 am to 12:00 noon at the Lost River Complex

GALLERY ON THE GO

Canvas Painting with Gallery on the Go!! Come discover your artistic potential and enjoy a night of painting with Meghan. **Location:** HS Art Room * **Time:** 6:00pm to 8:00pm

Cost: Varies with size of canvas * Pre-register online at galleryonthego.com

Registration questions please email: Meghan.mcdonald@galleryonthego.com * **Date:** January 19, 2018

HOLY YOGA

Hatha yoga is taught during Holy Yoga. Hatha yoga uses a sequence of bodily postures, breathing technique, and meditation with the goal of bringing about a sound, healthy body and clear, peaceful mind. Yoga helps increase strength, flexibility, reduces the potential for injury, reduces stress, and increases mental focus as well as body awareness. Holy Yoga is a Christian yoga experience. During the class we listen to contemporary Christian music with a scripture read at the end of class for personal reflection. All ages and levels of fitness are welcome. **Instructor:** Dara Maunu * **Contact:** 218-290-7973 or email letsdancestudiowarroad@hotmail.com * **Date:** Wednesday 6:15 to 7:15 through the end of April * **Location:** Let's Dance Studio * **Cost:** \$32.00 per month with discount for families with more than one class

CLASSES CONT'D

HOW TO READ A WINE LABEL

This class is open to adults age 21 and older and will NOT have any tasting during class. Join Grant Bratrud for this free informational class on how to read a wine label. He will have written materials for each participant along with outside sources to help in choosing the right wine for any occasion. If you have questions or would like more information please email grant1@outdrs.net * **Location:** Warroad High School room 72
Date: April 17, 2018 * **Time:** 7:00pm to 8:00pm

INTRO TO OIL CLASS

Join Andrea to learn more about essential oils and how they can be customized for your individual needs. This class will give you uses and application for essential oils and each participant will leave with a homemade roller blend to suit your needs. * **Location:** Warroad High School Library * **Time:** 5:30pm * **Cost:** 10.00-Fee needs to be paid to Andrea the night of class * **Minimum** of 10 needed to host the class so invite your friends to join!! * **Registration:** call Jeri at Community Education Office 218-386-6028

LIFECARE MEDICAL CLASSES (no specific order)

The following classes are available through LifeCare Medical Center. Please contact Paula Hedlund for more information at 218-463-4773 or 218-463-4301

- **Matter of Balance** - 8 week class for older adults
- **Freedom from Smoking** - open to any age with tobacco addiction
- Tobacco Cessation Support Group - weekly support group meeting 11:30 to 12:30 starting Wednesday, January 10th in Warroad. Exact location TBD
- **Living Well with Chronic Conditions** - open to older adults - next class the spring of 2018 - Contact Colleen Klamer at 218-463-4751
- **Tai Ji Quan** - open to community dwelling older adults
- **Prenatal Classes** - 10.00 cost per class - Classes include **Preparing for Childbirth, Breastfeeding Basics, Caring for your Newborn, and Training for New Dads**
- **Blood Pressure, Blood Sugar and Foot Care Clinics at Young Manor** on January 4, March 1, and May 3rd at 8:30am. Footcare \$12, Blood Sugar \$2, Blood Pressures Free. Please bring your own basin and towel for footcare. **Clinics at Warroad Community Center** on January 26, February 23rd, March 23, April 27th and May 25th at 11:00am.
- **Nursing Assistant Course** starting January 8th at LifeCare Medical Center. For more information or to register contact Heidi at 218-462-4728.
- **AHA, BLS, and ACLS** courses are offered. Contact Heidi at 218-462-4728.

MOSIAC BIRDBATH

Sue Summer brings her creativity to Warroad Community Ed!! Participants will design and grout birdbath using ceramic materials. This is a two day class lasting approximately 2 hours. All materials will be supplied, however, if you have a special dish or broken china to use you are welcome to bring it. Each participant will get to pick the base for the birdbath. **Cost:** \$25.00 (that includes materials) payments will be collected by Sue on the first night of class * **Location:** High School Art Room * **Date:** February 21st and February 28th, 2018. * Register with Jeri at Community Ed Office 218-386-6028 * Bring payment to Sue on first night of class.

MUSIC LESSONS

Instructors:

Nancy Fisher	Piano, Voice, Flute	Contact 218-469-3733
Annie Warkentin	Piano	Contact 218-469-9445
Cara Caravetta	Violin, Cello	Contact 218-242-9109 (no texts) or Email learningnaturalwellbeing@gmail.com

Please contact and instructor to set up lessons and times.

Cost: 16.00 per 30-minute lesson * **Location:** HS Piano Rooms * \$80.00 initial Deposit

CLASSES CONT'D

MUSIC ENCORE MUSIC CLUB

Warroad's Minnesota Music Federation Festival is set for Tuesday, February 27th. There is a \$20.00 registration fee per student. For more information or to schedule your performance slot, please speak with your music teacher.

Save the Date! Sunday, April 15, Dr Sugiura and Dr Barbu will be presenting a concert at the Warroad High School Theater. More information will be posted around town closer to the performance.

NORTHERN EDGE MARTIAL ARTS

Come discover confidence, self-defense, discipline, control, strength, flexibility, and fun. Tenants of Tae Kwon Do: Courtesy, Integrity, Self Control, Perseverance, and Indomitable Spirit. * **Instructor:** Mr. Scott Henrikson 2nd Degree Black Belt Tae Kwon Do, 1st Degree Black Belt Hapkido, and Kukkiwon Certified

Contact: 218-242-4562 or skhenrikson08@gmail.com or * **Date:** Tuesdays * **Time:** Children's Class (age 6-9) 5:30 to 6:15 pm Junior's Class (age 10-13) and Adult's Class (age 14 and up) 6:30 to 7:30 pm * **Location:** Elem Lunch Room * **Cost:** \$35.00 per month with a \$5.00 discount for multiple family members **Testing Fees** are based on belt rank and usually are every 3 months

NWRDC DEMENTIA FRIENDS and MEDICARE 101

Dementia Friends is an initiative underway in Minnesota to help people in a community understand what dementia is and how it affects people. Each of us can make a difference for people touched by dementia. People who attend will learn five key messages about dementia and what it's like to live with dementia. As a Dementia friend you can turn your understanding of dementia into a practical action that can help someone living in your community. Date: March 21, 2018* Time: 6:00 (after everyone is done eating)*

* **Location:** Warroad Community Center

Medicare 101 is a class designed to help participants or care givers with basic information on how Medicare works. Date: March 28, 2018 * Time: 6:00pm (after dinner)

* **Location:** Warroad Community Center

For more information and to register email Danica Robson danicarobson@nwrdc.org

SNOW- MOBILE SAFETY

The class will be a "Snowmobile On-Line/Field Day" January 10th, 2018 conducted on site at Warroad High School starting at 3:30pm in Room #25

Students ages 11 to 15 will need to complete the on-line course at snowmobilecourse.com (there is a fee and Family/group pricing) or snowmobile-ed.com (fee will be charged) prior to the field day.

Once the complete the online course students will need to print the "youth follow-up voucher" and may then register for the Field Day. Students can have their parents **register** them with Eric Benjamin at 218-308-0798 or email Eric.Benjamin@state.mn.us * **Items to bring to Field Day:** Youth Follow-up Voucher (obtained upon completion of on-line course), DOT approve snowmobile helmet, and warm clothing suitable for outdoors.

STRETCH AND STRENGTH

This class will be a non-performance class working primarily with core, hip flexor, back, and ankle strength. In addition we will be working on individual tight muscles to prevent injury. This class is open to dancers, non-dancers, and adults.

Instructor: Dara Maunu * **Contact:** Cell 218-290-7973 or

email letsdancestudiowarroad@hotmail.com * **Date:** Tuesdays from 6:15 – 7:15 through the end of April * **Location:** Let's Dance Studio

Cost: \$32.00 per month with discount for families with more than one class

CLASSES CONT'D

TERRARIUM

Learn how to build a terrarium!! LaRon at Bloomin' Creations will teach a class and help you pick the right materials for a take home terrarium. Bring your own container for class. *Cost: \$15.00 to \$30.00 price depends on container size and plants used
* **Location:** Bloomin' Creations shop downtown Warroad * **Date:** March 13, 2018
* **Time:** 6:00pm * Class is limited to 12 people. Pre-registration is required, please register by email: laron@bloomin-creations.com or call 218-386-1777
Payments will be made direct to Bloomin Creations

TOAST-MASTERS

THE ART OF SPEAKING - Does public speaking terrify you? Welcome to the club! Many people have this fear and are still either required or encouraged to do public speaking for their job. No pressure, no grades, the local *Star of the North Toastmasters* club can help you develop confidence to speak for up to two minutes on a spontaneous topic and speak for 5-7 minutes on a prepared topic in the form of a speech. **Instructor:** Star of the North Toastmasters Club * **Contact:** Kim Hruha at 218-469-0204
Email: kim@redshoeswriting.com to learn more * **Location:** The Fox Theater at the Warroad Senior Living Center * **Date:** 2nd and 4th Tuesdays of the month
Time: 7:00 to 8:00pm **Cost:** \$50.00 Includes Toastmasters manuals, a subscription to Toastmasters magazine, and 6-month club membership.

WALKING

If walking is what you enjoy but you do not want to battle the winter elements you are welcome to use the High School at no cost. Enter by the main high school entrance (look for the flag pole). * **Doors open** at 6:30am and is available for walkers until 7:30am Monday through Friday. * **No registration** is necessary, building is open when school is in session during the school year.

WARROAD RESCUE UNIT

CPR and First Aid Initial and Refresher Classes
This program is offered for those that currently hold a valid CPR and First Aid Certification card as well as those seeking one for the first time. All persons wishing to maintain valid certification through American Safety & Health Institute including Day Care providers and Coast Guard captains must attend a refresher every second year.
Instructor: Warroad Ambulance Staff.
Contact: 386-1161 please register three days in advance of the class you would like to take
Dates: 2nd Monday of every month for 1st Aid
2nd Tuesday of every month for CPR
Time: 6:00 -10:00 pm * **Location:** Warroad Fire Hall * **Cost:** \$60.00

ZUMBA

EXERCISE IN DISGUISE The ZUMBA program is a Latin-inspired dance-fitness class that incorporates Latin and international music and dance movements creating a dynamic, exciting, and exhilarating fitness system. The Zumba Fitness Party is exercise in disguise. This class combines fast and slow rhythms that tone and sculpt the body using an aerobic/fitness approach to achieve a unique blended balance of cardio and muscle-toning benefits.

Instructor: Barb Knutson * **Contact:** barb_knutson@warroad.k12.mn.us
Dates: Mon—Thur at 4:20 and Some Saturdays at 9:00am
Place: Elementary Lunch Room
Cost: Drop-in \$6, Punch card (5) for \$25
Punch card (10) for \$50, One Month Unlimited \$40

COMMUNITY INFORMATION

DATES TO REMEMBER

Warroad City Council
2nd and 4th Monday of the month
Warroad City Hall, 5:15pm

Airport Commission
1st Monday of the month
Warroad Int'l Memorial Airport
5:00pm

Police Commission
2nd Wednesday of the month
Warroad City Hall, 5:15pm

Roseau Cty Board of Commissioners
2nd & 4th Tuesday of the month
Roseau Cty Courthouse, 9:00am

Warroad Chamber of Commerce
1st Thursday of the month
Public Safety Building, 12:30pm

Warroad Am Legion Post 25 and Am Legion Auxiliary Unit 25
3rd Monday of the month
Warroad American Legion, 7:00pm

Warroad VFW Post 4930
2nd Monday of the month
Warroad American Legion 7:00pm

Warroad Eagles Aerie
1st & 3rd Tuesday of the month
Warroad Eagles Club, 7:00pm

Warroad Eagles Auxiliary
1st & 3rd Monday of the month
Warroad Eagles Club, 6:00pm

Warroad Watershed Board
4th Wednesday of the month
Watershed Office; 307 Lake St NE
5:30pm

Warroad School Board
3rd Monday of the month
Warroad High School Library 5:15pm

Roseau Cty Veterans Service Office
Martin A. Howes, Veterans Service Officer
Roseau County Courthouse
606 5th Ave SW, Room 120
Office: 218-463-3308 Cell: 218-242-0886

Veterans support Group and Veterans Caregiver Group
3rd Thursday of the month
Roseau County Courthouse, 3:30-5:00pm

Warroad Public Library Board
2nd Thursday of the month
Warroad Public Library Community Room, 7:00pm

Alcoholics Anonymous
Warroad
Tues: St Mary's Catholic Church, 7:00pm
Wed: Marvin Window & Door conference room 7:00pm
Fri: St Mary's Catholic Church, 7:00pm
Baudette
Tue/Fr: Cornerstone Assembly Church, 7:00pm
Williams
Mon: St. Joseph's Catholic Church, 8:00pm

Al-Anon
Warroad
Fri: St Mary's Catholic Church, 7:00pm

Star of the North Toastmasters Club
2nd and 4th Tuesday of the month
Warroad Senior Living Center Lodge, 7:00-8:00pm
For more info, call, Kim Hrubka 218-469-0204

Alzheimer's Disease/Dementia Support Group
Warroad
2nd Thursday of the month
Warroad Senior Living Center, 6:30-8:00pm
For more info, call Jill Wulff 218-425-7401

Roseau
2nd Wednesday of the month
Masonic Lodge, 6:30pm

Suicide Loss Survivor's Support Group
1st & 3rd Monday of the month
Roseau City Center Library conference room, 7:00pm
For more info, call Vangie 218-469-0890

Warroad Crochet 7 Knit Club
3rd Sunday of the month
Warroad Senior Living Center
South Lobby, 1:00-4:00pm

COMMUNITY CONT'D

BACK PACK PROGRAM

Every Friday afternoon during the school year, bags of food are placed in the lockers of 80-100 elementary students. The bags contains 3-1/2 pounds of nutritional, non-perishable food. If you would like to donate to help feed a Warroad School child, please send your donation to Warroad Back Pack Program - Warroad Area Community Fund - 201 3rd Street NW - Bemidji, MN 56601 * If you or your organization would like more information, please call Glenda Phillippe 202-997-9085 to schedule a presentation.

BINGO

BINGO at the Warroad Area Community Center, 222 Virginia Avenue NE
Fridays at 12:45pm. Everyone is welcome to play BINGO, win prizes, have coffee and socialize with old and new friends.

DISCOVERY HUB

The Discovery and Development Hub (DD Hub) is a co-working space to ideate, innovate and create opportunities for the vitality of the Warroad Area Community. The office for the Warroad Chamber of Commerce and the Warroad Area Convention & Visitors Bureau is also located at the DD Hub, which also serves a a Tourist Information Center. The DD Hub is located in downtown Warroad at 201 Lake Street, Suites D-EG. Hours are from 8:00am to 5:00pm Monday through Friday. Additional hours may be available upon request. To learn more visit www.DD-Hub.com, call 218-386-4148 or find us on facebook @ DDHubWarroad

EARLY CHILDHOOD

NEW TO THE AREA? Families who are new to the Warroad School District should register their child(ren) with the school as soon as possible. You can do so by contacting the appropriate office.
Elementary Office (Age Birth-Grade 6) Sherry at 218-386-6094
High School Office (Grades 9-12) Melanie at 218-386-6086

FAMILY BIKE & FITNESS BIKE

Every Wednesday @ 6:30 pm * Officially Starting in June but will start earlier if weather permits
Meet at Dougs Supermarket Parking Lot

- Small Kids Bike to the Rainbow Park and back to Caribou Coffee (2-3 miles)
- Family Bike Ride 10 miles
- Fitness Ride 15 to 30 miles

All participants will be rewarded with a special treat & coupons each week. Get discounts form Doug's and Caribou for every week completed.

FOOD SHELF

Warroad Food Shelf serves all families within the Warroad Area who are in need of food. Families can receive food one time per month. Families can call 386-2336 and leave a message that they would like to pick up food that week. Any special requests that they may have such as personal care products, or items they need such as flour, etc. can be left on the message. * Pick up time is on Thursday from 8:30am to 10:30am and on Friday from 4:00pm to 6:00pm.

KID KARE

Kid Kare provides supervision and recreational activities for children in K-6th grade before and after school, all day on school release, on vacation days, and during the summer. * **Coordinator:** Della Knutson * **Contact:** 386-1472 ext. 6203 or Cell 242-4030 * **Time:** Monday thru Friday 6:00 am to 6:00 pm * **Location:** High School Rm #100 (Enter through East side the building (door #16)).

MEDICINE DISPOSAL

The Warroad Police Department is pleased to announce the installation of a secure collection drop-box in the lobby of the Public Safety Building. This is a large, secure metal box designed and manufactured by Heatmor in Warroad. Residents are encouraged to bring any unwanted or expired medications/prescription drugs to this drop box for correct disposal. All medications may be turned in anonymously and at no cost. Unwanted, unused or expired prescription drugs have been determined to present substantial risks to our community by either falling into the wrong hands, or by damaging our environment through improper disposal. Liquids should be enclosed in a secure container before depositing. The Warroad Police Department is NOT ACCEPTING needles, thermometers, or any biohazard materials. Please contact the Warroad Police department at 218-386-2053 with any questions.

NUTRITION ASSISTANCE PROGRAM FOR SENIORS

NAPS is a nutrition program sponsored by USDA and the MN Department of Health. Women and men 60 years or older who are providing food for themselves. Participants have to be a Minnesota resident. Household income guidelines are set by NAPS (Nutrition Assistance Program for Seniors). Once a month qualified recipients receive a free, large box of food containing everything from American cheese, canned fruits, canned vegetables, canned meats, peanut butter, dry milk to cereal and pasta. Boxes are delivered to the Warroad Area Community Center, Young Manor, and the Warroad Senior Living Center Apartments. To find out if you qualify, contact Pat Hockstedler at 386-2116. If you need more information, call 877-281-3272

POPCORN PLAYERS

Contact: 386-3435
Email: warroadsummertheatre@gmail.com
Web: warroadsummertheatre.com

SHARE AND CARE THRIFT STORE

We are a non profit business and all of our staff are volunteers.
We Sell: Clothing, Books, House wares & Miscellaneous
Hours of Operation: Wednesday's and Friday's 1:00pm to 5:00pm
Location: 111 Lake Street NW in Warroad, across the street from the T Shirt Barrel and we share the same building as the Warroad Food Pantry.

SHOWTIME

FREE movie matinee every Sunday at 2:00pm at the Warroad Senior Living Center located at 1401 Lake Street NW. Join your friends in the Fox Theater for a free movie and free popcorn. Everyone is welcome. Call Pat Hockstedler at 386-2116; she will take your movie requests, answer questions, and accept movies you may want to donate for the matinee.

COMMUNITY CONT'D

TEAM EPIC Youth

Open to all Warroad High School students, Team Epic is a group that strives to empower our community to keep youth substance free by building a community that supports youth in making healthy positive and substance free decisions. There are many ways you can be involved in the WHS Youth Coalition whether it be volunteering, planning, recruiting, or marketing, there is a place for you on the Warroad Team EPIC Coalition! Let us know if you're interested in signing up in the Warroad High School office or join us at one of our meetings on the 2nd Wednesday of every month at 7:00am in the WHS Library. Contact: Dani Wolf 218-463-4762 or Email: dwolf@lifecaremc.com

TEAM EPIC Warroad Action Team

On the 2nd Wednesday of every month, at noon in the Warroad High School Conference Room, a group of passionate community members meet to discuss the needs of Warroad when it comes to our youth. The Team EPIC Warroad Action Team is made up of individuals who recognize that it is important to have a safe and successful community for our youth to grow up in. Whether it is prevention related, or activity related, the people at the table are ready to make connections and figure out ways to offer more to our community to help our kids prosper! This committee is open to anyone who is interested. Please contact Dani Wolf for more info by calling 218-463-7462 or Email: dwolf@lifecaremc.com

WARROAD AREA COMMUNITY CENTER

Contact: 386-2895 for information

- Blood Sugar and Blood Pressure check on 4th Friday of each month 11:00 am
 - Distribution of Food Commodities from Food Bank on 3rd Thursday of each month
 - TOPS held each Monday at 5:30
 - Matter of Balance Classes held twice weekly for 4 weeks
 - Free Income Tax Preparation held yearly February-April 15 from 1:00 to 4:00
- Rent free location for Senior Activities, birthday parties, reunions, anniversaries, etc.
Health Fair held in October * Senior Meals * Flu shots yearly in October * Zion Quilters Club * Bone Builder

WARROAD BOY SCOUTS

Date: Every Monday * **Time:** 6:00pm * **Location:** Warroad Area Community Center
For more information: www.beascout.scouting.org

WARROAD CUB SCOUTS

Date: 1st, 3rd, and 4th Thursdays during the school year. Also meet once during the summer. * **Time:** 6:00pm * **Location:** Warroad Area Community Center * **Contact:** Clubmaster Amanda Larson 218-242-5308

WARROAD GIRL SCOUTS

Girl Scouts meet during the school year at various locations and instructors. For more information contact Katie Cole 218-242-2903

WARROAD SENIOR NUTRITION

Come warm up this winter by joining us for a delicious meal and fabulous company! Meals are served at 5:00 pm on Monday and Wednesday evenings and at Noon on Tuesdays, Thursdays, and Fridays at the Warroad Area Community Center. All are welcome! **Contact:** Betty or Dayna 386-4403 to make reservations or if you have any questions * **Cost:** \$7.65 for those under 60 years of age, \$4.00 suggested donation for Seniors age 60+. We look forward to dining with you!

COMMUNITY CONT'D

WARROAD PUBLIC LIBRARY

Family Style Storytime every Wednesday 10:00am to 5:00pm. Come read stories with your child(ren or grandchild(ren) and make a craft together.
Hours: Sunday 1:00 pm to 4:00 pm * Monday, Wednesday, Friday & Saturday 10:00 am to 5:00 pm * Tuesday and Thursday 10:00 am to 8:00 pm * **Contact:** 386-1283
Please stop in or check our website <http://nwrlib.org/warroad/> or facebook for upcoming events and times

WARROAD SUMMER THEATER

Contact: 386-3435
Email: warroadsummertheatre@gmail.com
Web: warroadsummertheatre.com

WARROAD WOMEN OF TODAY

The Warroad Women of Today is a nonprofit organization that works to raise money for local needs, offer social events to members, and the public. We work to promote personal growth among its members. **Meeting times:** 2nd Monday of each month at 6pm
Location: The Den at the Warroad Senior Living Center.
Contact: Kim Hrubka 386-2978 or warroadwomenoftoday@yahoo.com

WEIGHT WATCHERS

Weight watchers is all about success, both on and off the scale. Whether you want to fit into a certain pair of pants, become more active, or simply feel better inside and out, we'll help you get there. We offer affordable plans. Online Plus; Meetings Online Plus; and Personal Coaching. For more information please visit our website Weightwatchers.com
Meetings in Roseau on Wednesday at 6:00pm in Four Season Senior Center
Meeting in Warroad on Thursday at 5:30pm in Warroad Community Center
**Mention this add, for one *Free complimentary session (Valid at both locations)

EXTENDED AREA

AMERICORPS LEGACY CORPS

For Veterans and Military families Member. The primary function is to provide respite service to families in the Clay, Becker, Otter Tail, Red Lake, Polk, Norman, Mahnomen, Pennington, Red Lake, Lake of the Woods, Kittson, Roseau and Marshall County areas who provide continuous, ongoing care for adult senior family members and who would benefit from the respite service provided by program members.
Time Commitment: One-year term of service with a minimum commitment of 450 hours in the year (approximately 10 hours per week). Starting October 1 through September 30, 2016 **Contact:** Tara Giese 1-800-488-4146 or tara.giese@lssmn.org

CARING COMPANION

Caring companions are adult's 50+ who help seniors live independently by assisting with grocery shopping, visiting, transportation, and other daily tasks. They are friends from the community who care. People 50 years and older may be eligible for a travel reimbursement, improved quality of life and other benefits.
Contact: Jean Halvorson – Coordinator - Jean.halvorson@tvoc.org or 1-800-584-7020 Ext 2106

EXTENDED AREA CONT'D

FOSTER GRAND-PARENT PROGRAM

Foster Grandparents volunteer in schools, Head Start, Developmental Achievement Centers, non-profit day cares and juvenile centers under the supervision of a teacher or child-care professional. They assist children with activities in which they need assistance and mentor children and youth. People 55 years and older receive a tax-free stipend, daily meal, transportation, transportation allowance, ongoing training and other benefits. The Foster Grandparent Program offers men and women the opportunity to help children develop the skills, confidence and strength to succeed in life. **Contact:** Jean Halvorson – Coordinator or Jean.halvorson@tvoc.org 800-584-7020 Ext 2106

PAUL BUNYAN TRANSFER

Paul Bunyan transit provides a safe, friendly, efficient and economical delivery of public transit service to residents within Roseau, Lake of the Woods counties and the cities of Roseau, Warroad and Baudette. *SERVICES OFFERED:* Roseau and Warroad: 4-mile radius from center of each city. We travel between Greenbush, Badger, Warroad and Roseau during the week-daily. Baudette covers the Lakes Road, Wheeler's Point, East to the County Line and 6 miles to the South. *DIAL-A-RIDE RESERVATIONS: 218-463-3238 or toll free 844-452-0407*

Dispatch Hours: Monday thru Friday 7:30 to 4:00 pm, busses run as late as 5:00pm

Please call 24 hours in advance to schedule a ride. Transit busses are lift-equipped. Drivers are trained and certified to assist passengers who need lift service. When calling for rides, please tell us you would like to use the lift.

Adult Fare: \$1.50 (within 4 miles of Roseau or Warroad)

\$2.25 Roseau to Badger

\$3.00 Roseau to Warroad

\$3.00 Roseau to Greenbush

\$1.00 Baudette (In-Town service)

\$2.00 Baudette (Extended service)

Bus Passes: \$15.00 for a 10-punch pass

\$12.50 for a senior 10-punch pass (must be 60 years old)

\$15.00 for a Baudette 15-punch pass

Contact: Carey 218-463-3232 or info@pualbunyantransit.com,

www.paulbunyantransit.com www.facebook.com/paulbunyantransit

RSVP PROGRAMS

RSVP is a Retired Senior Volunteer Program of the Red River Valley. Serving Kittson, Roseau, Marshall, Pennington, Polk, Red Lake and Norman Counties. If you are 55 or older please contact us to get you enrolled as a RSVP Volunteer!

RSVP Signature Programs

Stay Active & Independent for Life...SAIL...a strength and balance fitness class for older adults. Half hour of exercise 2 times a week.

RSVP Groceries to Go is a grocery shopping and delivery service for seniors age 60 or over.

RSVP Handyman volunteers can do minor home repair and maintenance work for seniors age 60 or over.

RSVP Reading Buddy Program volunteers work in classrooms for an hour per week, giving young readers a boost with more reading time and practice.

To sign up as a volunteer or to request services please contact:

Tammy Frohlich, Director 218-281-8289 or Email: tsykes@umn.edu

Jennifer Erdmann, Program Coordinator 218-281-8288 or Email: jkerdman@umn.edu

COMMUNITY Cont'd

ROSEAU COUNTY 4H

CURIOSITY GROWS HERE! Learn more about how we're empowering young people in your Community with skills to lead for a lifetime. **Visit:** www.extension.umn.edu/youth/mn4-H * or call the local 4-H program at: 218-463-1052 or Email: weila006@umn.edu

ROSEAU COUNTY LAW LIBRARY

The Law Library offers free legal resource to all residents of Roseau County. We are located in the Roseau County Courthouse - 605 5th Ave SW, Roseau Minnesota.
Legal Advice Clinic: Free legal advice clinic. First Wednesday of the month from 2:00pm to 4:00pm and all other Wednesdays of the month from 9:00am to 11:00am.
Self-Help Center: Free-to-use computer and printer. Pick up the phone and you will be connected directly to the Minnesota Course Self-Help Center.
Online Legal Research: Free-to-use computer, access a robust legal research tool in the form of WestLaw. The Law Library subscription allows access to all Minnesota caselaw and statutes, as well as much more.
Print Resources: Our print collection focuses on material that represent common issues faces by pro se Litigants - child custody, divorce, conciliation court, landlord/tenants, property, wills, and more. **For information contact Roseau County administration at 218-463-2541**

WIC-QUIN

Wic-Quin is a program that provides nutritional foods and education for pregnant and postpartum women, infants and children up to the age of 5. Quin covers the five counties of Marshall, Pennington, Roseau, Kittson and Red Lake. Clinics in Warroad are held on the first full week Wednesday of each month. For more information, call 218-874-7845 or 800-223-1591

POOL INFORMATION

GENERAL POOL INFO AND POOL CLOSINGS

For updated or additional information regarding the pool or any of the pool events or classes contact: Rebecca Willems 386-6016 - **POOL CLOSED ON THESE DATES:**

- ***Thanksgiving Holiday** November 22nd and 23rd
- ***Christmas Holiday** December 24th and 25th
- ***New Years Holiday** December 31st and January 1st
- ***Presidents Day** February 19th
- ***Easter Holiday** April 1st
- ***Prom** April 28th
- ***Graduation Day** May 25th
- ***Memorial Day** May 28th
- ***Labor Day** September 3rd

HEAD SWIM COACH

Rebecca Willems is currently the head swim coach for WOW and the North Swim Team. She was named swimming coach of the year in 2007 by the Minnesota Girls Swimming and Diving Coaches Association by Section 8A. She is a former assistant coach for the Mission Viejo Nadadores where she coached former Olympians and worked side by side with former Olympic coach Jim Montrella. Coach Willems is a former National Champion and 15-time All-American.

INDOOR POOL HOURS

Winter and Summer Hours

Morning Fitness	6:30 to 7:45 am	Mon-Wed-Fri
Senior Fitness	10:00 to 11:00 am	Mon-Wed-Fri
Evening Fitness/Open Swim	6:30 to 8:00 pm	Mon.-Fri.
Evening Fitness	2:00 to 5:00 pm	Sat.
Open Swim	7:00 to 9:00 pm	Sat.

****JANUARY * FEBRUARY * MARCH * SUNDAY OPEN SWIM 2:00 to 4:00 pm**

POOL CONT'D

INDOOR POOL PRICES

Single Admission
\$2.50 0-15 years and Sr. Citizen 60 and over
\$2.75 Adult (16 and older)

POOL PUNCH CARDS

Senior Citizen and Student 15 and under	Adult
10 punch \$19.00	10 punch \$24.00
15 punch \$27.75	15 punch \$35.75
20 punch \$36.50	20 punch \$46.50
25 punch \$45.25	25 punch \$59.75
30 punch \$54.00	30 punch \$69.00

12 MONTH POOL PASS

Good for both the indoor and outdoor swimming pools

\$335.00	Family	\$220.00	Single Adult
\$235.00	Single Parent Family	\$235.00	Sr. Citizen Couple
\$155.00	Single Sr. Citizen	\$90.00	Child

2018 SUMMER POOL PASS

June 1st, July, August, through Sept. 3rd
Good for both the indoor and outdoor swimming pool \$140.00 per family
(Parents and children under age 18 – this pass does not include grandparents or siblings of Parents purchasing the Pool Pass)

OUTDOOR POOL PRICES

Opens June 9, 2018
All Ages
\$3.00 Daily Admission

WINTER SWIM LESSONS

LEVEL 1, LEVEL 2, & MOMMY/DADDY AND ME WILL BE ONLY LESSONS OFFERED - 5 registrations in each level needed two weeks prior to the start of the program in order to give lessons. MUST PRE REGISTER 2 weeks prior to the start of each session. A CHILD MUST BE 3'5" (41 inches) or 5 years of age to sign up for swim lessons. If they do not meet the size or age requirement they need to sign up for the Mommy/Daddy and me program.

Cost: \$40.00 for two-week session (Monday - Friday) **There must be 5 signed up in the level in order for the program to run.**

Session W1 - ONLY OFFERING Level 1 January 22nd - February 2nd 3:15-4:15pm

Session W2 - ONLY OFFERING Level 2 February 5th - February 16th 3:15-4:15pm

Session W3 - ONLY OFFERING Mommy/Daddy and Me January 8th - January 19th morning class only 8:15am -8:45am

Children age 4 and under and parent required to be in the water

POOL CONT'D

SAUNA AND STEAM ROOM INDOOR

Saunas and Steam Rooms cleanse and rejuvenate skin. Mental and physical relaxation is also a major benefit of sauna and steam room use. In addition, saunas and steam rooms relax sore muscles and help in relieving stress and tension. The sauna and steam room also improves one's immune system, metabolic rate, and circulation. Available on a daily basis.

YOUTH "WOW" SWIM TEAM INDOOR

This is a competitive swim program that utilizes the Warroad Indoor Pool. We encourage participation as much or as little as your personal schedule and commitment will allow. **SWIMMERS MUST BE ABLE TO SWIM 25 YARDS (1 Length of freestyle/front crawl across the pool without stopping, if swimmers are unable to do this they need to attend swim lessons prior to joining the swim team) Prior swim lessons individual you must have passed level 7 in order to join WOW**

Swimmers learn: Strokes and skills

Goal-setting

Organizational Skills

Commitment and Sportsmanship

And how to be part of a team!

Team Workouts Start March 1, 2018 **Practice Days** Tuesday and Thursday 3:00 to 4:00 PM * Ending May 25, 2018

Starting May 29^h **Practice Days** are Monday – Thursday 8:00 to 9:00 AM * Ending July 27, 2018

WATER AEROBICS CLASS

MUST PREREGISTER—Minimum of 5 people for class to run.

Cost \$40.00 * **Date:** January 8th - January 19th night class 3:00pm - 4:00pm (Monday thru Friday)

**This class is offered the 2nd week of January every year. Please contact Rebecca Willems 386-6016 for more information

AQUA PARCOURSE INDOOR

Circuit training – maintain your physical fitness and health.

The Aqua-Parcourse is a series of fitness stations, which are performed in the pool using the water for resistance. Available on a daily basis during pool hours

WATER EXERCISE PROGRAM INDOOR

Follow a training list at your own pace for benefits in your physical fitness, strength, and cardiovascular benefits. Available on a daily basis during pool hours – grab a list as you sign in.

HOT TUB/ SPA INDOOR

Warm water therapy in hot tub spas help individuals heal. Heat, buoyancy, and massage create an experience that is both relaxing and healthy. Hot tub hydrotherapy on a regular basis provides physical health benefits that go much deeper than just relaxation and pleasure. If you are experiencing joint or muscle pain, having trouble sleeping, or just plain stressed out, spending time in hot tub spas can provide therapeutic benefits for just about everyone. Available on a daily basis during pool hours.