

North Branch Area Public Schools COMMUNITY EDUCATION



Meet Our Community Education Staff



From left to right: Cynthia Scheele, Nicole Wallgren, Ashley Diederichs, Erica Bjerketvedt, Joan Audette, Lori Farrell, and Annette Fairbanks.

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NORTH BRANCH
AREA PUBLIC SCHOOLS
Inspire Dreams, Build Integrity, Instill Hope

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Fall Greetings from the Director



Welcome to Fall with Community Education!

As the crisp autumn air returns and another exciting school year begins, we're thrilled to welcome you back to a new season of learning, creativity, and community connection through North Branch Area Community Education.

Fall is always a time of renewal—new routines, new goals, and new opportunities to engage with your neighbors and try something different. Our team has been hard at work designing programs that bring joy, enrichment, and wellness to learners of all ages.

We're especially excited to introduce two new senior fitness classes this season that now accept Silver Sneakers, Silver & Fit, Renew Active, and One Pass—health plan options that may allow you to participate at no cost. These classes are a great way to stay active, meet others, and have fun while taking care of your health.

Mark your calendars for November 22, when we'll once again host our beloved Arts Fest craft show. This annual tradition is a festive kickoff to the holiday season, filled with handcrafted treasures, gift shopping, and a warm, welcoming atmosphere. Whether you're looking for something unique or simply want to get into the holiday spirit, Arts Fest is not to be missed!

We also hope you'll join us at the Perfect 10 Gala on October 11—a fun and meaningful evening in support of the North Branch Area Education Foundation (NBAEF) and its efforts to enhance educational opportunities in our district.

If there's something you're looking for that isn't in this brochure, please let us know. We're always eager to hear your ideas and meet your needs. Additionally, if you have a special talent or area of expertise, consider becoming an instructor with us. Community Education thrives on the passions and skills of people just like you.

We can't wait to see you in our classrooms, at our events, and throughout the community. Let's make this fall one to remember!

Warmly,

Erica Bjerketvedt
Director of Early Learning & Community Education
North Branch Area Public Schools

Community Education Citizen Advisory Council

North Branch Area Community Education is committed to fostering community engagement and providing lifelong learning opportunities for residents of all ages. To ensure our programs reflect the interests and needs of our community, we rely on the insight and input of a dedicated group of representative citizens serving on our Community Education Advisory Council (CEAC).

The CEAC meets a minimum of four times during the school year to discuss current programs, identify emerging needs, and help guide future offerings in educational and enrichment activities. Council members represent a cross-section of our district and play a valuable role in shaping the direction of Community Education.

Meeting Schedule: Meetings are held from 6:00–7:30 p.m. at the North Branch Area Education Center on the following dates: October 14, December 8, February 9, and April 13.

Join Us!

If you're passionate about supporting community learning and want to help influence future programming, we encourage you to get involved!

To learn more or express interest in becoming a council member, contact the Community Education Office at **651-674-1025** or email Erica Bjerketvedt, Director of Community Education, at ebjerketvedt@isd138.org.

RUBIES & ROSES

15TH ANNIVERSARY



THE PERFECT 10

THE ANNUAL FUNDRAISER TO
SUPPORT THE NORTH BRANCH AREA
PUBLIC SCHOOLS ISD-138!

FEATURING

SATURDAY OCTOBER 11TH
DOORS OPEN AT 5PM



LENT TOWN HALL
33155 HEMINGWAY AVE - STACY, MN

Visit us at nbaef.org



DINNER, DESSERT, AND A DYNAMITE SHOW!

Creative Arts



All Occasion Card Stamping

Come and have some fun rubber stamping. Go home with 9 handmade cards ready to send out. We will create 3 cards of 3 designs. All materials are cut and ready to stamp and assemble. We will do: female birthday, sympathy, and thinking of you. Material fee of \$15 payable to instructor includes pre-cut materials, envelopes, use of instructor's stamps, inks and tools. Hope to see you for a fun night of stamping!

Michelle Waletzko

406	M	Oct 27
	7-9pm	\$7
	Education Center - B131	



Daisies in a Jar-Acrylic

Have you tried painting glass? In this class we will use techniques to make our glass jar look more realistic. All materials included in class fee.

Pam Anderson

4075	Tu	Oct 28
	6:30-9pm	\$29
	High School - B110	

Register online with your
Visa or MasterCard at
www.nbaceonline.org



Painting Barn Quilts

Painting barn quilts is a popular, lively, and rewarding 4 hour class of guided instruction which will take you through the process of barn quilt painting from beginning to completion. You will learn how to create a barn quilt that looks professional and leave with your own masterpiece, ready for hanging and unequivocal admiration. Finished barn quilt is 2' x 2' on aluminum composite, 75 paint colors to choose from, and many quilt patterns to choose from. Material fee of \$65 payable to instructor at class. .

Cynthia Buchholz

4088	Su	Nov 16
	11am-4pm	\$37
	High School - B110	



Needle Felted Ornaments

If you have not tried needle felting yet now is your chance. Needles are sharp and there is a chance you could poke your finger, but hopefully that won't stop you. Fun and easy! All materials included in class fee.

Pam Anderson

4092	Tu	Dec 9
	6:30-9pm	\$29
	High School - B110	



Old Fence with Rabbit-Acrylic

This is a two part class for those who would like to go a step further with painting details. Step by step instructions helps you learn how to blend colors and painting techniques. All materials included in class fee.

Pam Anderson

4058	W	Sept 17-24
	6:30-9pm	\$42
	High School - B110	



Old Stone Bridge using Pallet Knife-Acrylic

In this class we will be using pallet knives instead of brushes. This technique gives the painting more texture and a more abstract look. All materials included in class fee.

Pam Anderson

4045	W	Sept 10
	6:30-9pm	\$29
	High School - B110	

Interested in becoming a Community Education instructor?

Community Education is always looking for instructors to share their talents and knowledge with others. If interested, please call the Community Education office at 651-674-1025.



Winter Card Rubber Stamping

Spend a night having some fun rubber stamping and go home with some cards for the winter season. We will create 9 handmade stamped cards (3 cards of 3 designs). All materials are cut and ready to stamp and assemble. We will make a Christmas card and winter themed female and male birthday cards, all great to send during the busy holiday season. Material fee of \$15 payable to instructor includes pre-cut materials, envelopes, use of instructor's stamps, inks and tools. Hope to see you for a fun night of rubber stamping!

Michelle Waletzko

407	M	Nov 17
	7-9pm	\$7
	Education Center - B131	



Old House with Fence-Acrylic

This is a two part class so we have more time to add important details to make this painting more realistic, learn more about blending colors, and painting techniques. All materials included in class fee.

Pam Anderson

449	Tu	Oct 7-14
	6:30-9pm	\$42
	High School - B110	

Creative Arts



Polar Bear-Acrylic

This is a two part class to allow for more details. Discover the joys of painting on black canvas. Step by step instructions helps with blending colors and learning painting techniques. All materials included in class fee.

Pam Anderson

452 W Nov 12-19
6:30-9pm \$42
High School - B110



Winter Rabbit

Warm up the winter with this wreath and rabbit painting. Step by step instructions make this painting fun and easy! All materials included in class fee.

Pam Anderson

4090 Tu Dec 16
6:30-9pm \$29
High School - B110

Operation Community Connect – Resource Fair

“Connecting People to Services they Need”



Learn about and get connected to community resources. Free winter gear and lunch while supplies last!

Questions, call 651-213-5233.

SAVE THE DATE!

Thursday, October 16th
10:30 am – 1 pm
North Branch Area
High School: 38175
Grand Ave

Free event open to all in Chisago County!

Event sponsors:



Adult Enrichment



Instant Guitar for Hopelessly Busy People Virtual Class

Ages 13-Adult

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration.

Craig Coffman

497	Sa	Sept 27
	1-3:30pm	\$65
	Virtual	

Medicare 101

Planning for Medicare is intimidating. If you or a family member is nearing the age of 65 you should attend this course to learn the basics of what Medicare is, how it works, how to avoid penalties, and what you need to know to prepare yourself for this process. The instructor, Charles Taylor, is the owner of Four Points Advisory LLC. Investment and advisory services offered through World Equity Group Inc., member of FINRA and SIPC.

Chuck Taylor

4104	Tu	Oct 28
	6:30-8pm	\$10/person or \$18/couple
	Education Center - B130A	



Instant Piano for Hopelessly Busy People Virtual Class

Ages 13-Adult

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is a partly hands on instruction and partly lecture demonstration.

Craig Coffman

440	Sa	Sept 27
	9am-12pm	\$65
	Virtual	

Social Security Facts and Strategies

Maximize your social security benefits. This course explores claiming rules and strategies for couples, divorces and surviving spouses on how to get the most out of your social security benefit. We will discuss the important role social security plays in retirement planning and ways to maximize your benefits, and how to avoid becoming a victim of the "Widow Trap". You should attend if you're within 10 years of retirement. The instructor, Charles Taylor, is the owner of Four Points Advisory LLC. Investment and advisory services offered through World Equity Group Inc., member of FINRA and SIPC. Registration fee \$10/person or \$18/couple, please enter fee when registering.

Chuck Taylor

4103	Tu	Sept 23
	6:30-8pm	\$10/person or \$18/couple
	Education Center - B130A	

Adult Enrichment

Stay Committed to Your Goals: Unlock the Secret to Long-Term Success

Are you one of the 50% of Americans who set New Year's resolutions, only to lose motivation by mid-January? You start with big ambitions-losing weight, improving finances, or strengthening relationships-only to give up by National Quitter's Day. You're not alone-only 25% of people stick to their resolutions after 30 days. This class is designed to help you break that cycle! Learn a proven system to stay on track, monitor your progress, and stay motivated to achieve your goals. The secret to lasting success? We'll reveal it during the session! Plus, all participants will receive a free Dream. Plan. Do. journal to kick start their journey toward a more fulfilling life. Join us and take control of your future. It's never too late to start...

Misti Munson

663 Tu Sept 23
6:30-8:30pm \$59
Education Center - B122

An Introduction to Voiceovers...Getting Started in Voice Acting Virtual Class

Ages 18 and older

Wow, you have a great voice! Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials or cartoon characters and think, "I could do that!" If so, then you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voice For All, in a one-on-one, personalized, video chat setting. Discover the current trends in the industry and how they make it easy and affordable for just about anyone to get involved. In this one-time, 90-minute introductory class, you'll also learn about the different types of voiceovers and the tools you'll need to find success. And then...we're rolling! Your instructor will record you as you read a real script, then offer you some coaching so you can improve your delivery. Your instructor will take notes on your performance so you can receive a professional voiceover evaluation later. After the class, you will have the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at <http://www.voicesforall.com/ooo> to get a better sense of how the class works. You owe it to yourself to finally explore the possibilities of this fun and rewarding field! Upon registration the instructor will contact you to set up the date and time for your one on one Introduction to Voiceovers.

Voices For All

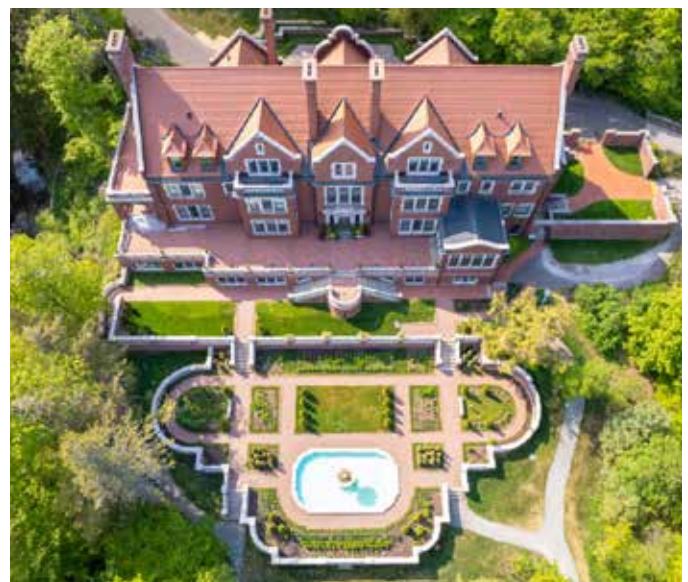
454 \$49

Fall Trip

Fall Trip to Glensheen Mansion

Enjoy a relaxing and comfortable ride on a coach bus on a beautiful fall day to the Glensheen Mansion in Duluth. Discover the charm of Glensheen on our Classic Tour! You'll explore the lower level, first, and second floors of this historic mansion, guided by expert storytellers. Hear fascinating stories of the Congdon family and the estate's rich history as you wander through iconic rooms like the Breakfast Room, Formal Dining Room, Living Room, Library, and more. This one-hour tour is perfect for families and first-time visitors, offering a delightful glimpse into the grand lifestyle of the early 1900s. Wheelchair accessible on first floor only. On our way back to North Branch we will stop at Tobies in Hinckley for lunch (on your own). Light snacks and water will be provided on bus. Tour tickets are included in registration fee. **Deadline to register September 25.**

638 Th Oct 9
7:30am-3:30pm \$87
Education Center - Large Gym



Gardening



Berries 101

Dianne Patras, Chisago County Master Gardener. Dianne will describe the basics needed to plant, grow, sustain and harvest a good crop of raspberries, strawberries, and blackberries. Everything from soils, site, fertilizing, disease problems to harvesting will be covered, so you will be ready to start your own berry patch once the snow melts.

Dianne Patras-Smith

4070 Th Feb 12
4-5:30pm \$7
Education Center - B130A



General Vegetable Gardening 101

Anyone can grow a garden - right? As many are faced with making our grocery dollars stretch, the natural alternative is to grow your own. For some this is all brand new - for others - second nature. This class is great for either a beginner or an expert. Dianne will cover the basics from soil and amendments, site selection and preparation to seed choices and watering tips and techniques for your soil type. Bring your questions and Dianne will help you get started to a healthy growing season.

Dianne Patras-Smith

500 Th Jan 29
4-5:30pm \$7
Education Center - B130A



Seed Starting with

Chisago County Master Gardener

Learn how to start your own vegetable and flower plants at home. Save money and give yourself a larger selection of plants, as well as developing a sense of self satisfaction. You will be shown what equipment and supplies you will need to succeed.

Dianne Patras-Smith

4063 Th Feb 26
4-5:30pm \$7
Education Center - B130A

Register online with your
Visa or MasterCard at
www.nbaceonline.org

CPR and First Aid



Adult/Child/Infant CPR with AED

This is an Adult/Child/Infant CPR/AED Class - The class includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full Adult/Child/Infant CPR/AED course will include video instruction as well as experienced instructor, dedicated to make the class fun and interesting. No written test required.

Deb Miller

504	Th	Sept 18
	5:30pm-8pm	\$56
	Education Center - B130A	
504	Th	Dec 11
	5:30-8pm	\$56
	Education Center - B130A	

Pediatric/Adult CPR/AED and First Aid

This class is similar to the Adult/Child/Infant CPR/AED Class with First Aid the main focus being on children. The class includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full Pediatric CPR/AED and First Aid course will include video instruction as well as an experienced instructor, dedicated to make the class fun and interesting. This class meets "Pediatric CPR/AED and First Aid" requirements for the MN Child Care Licensing Agency. No written test required. Wear comfortable clothing and bring lunch/beverage if you desire. Please enter in door #1.

Deb Miller

58	Sa	Sept 13
	8:30am-1:30pm	\$84
	High School - Media Center	

Pediatric First Aid/Adult CPR/AED

Blended Learning Course Skill Check

Blended learning is the same program and certification as the classroom course but with the added benefit of watching the videos on your own and at your own pace. This is a "skills" portion of the blended learning. You will meet with the instructor in a group setting and perform the "hands on" training portion of the program. **The online portion MUST BE completed before the start of class and students will bring the "completion certificate with them to class". A valid email is needed at registration. The videos work best on a laptop or tablet. (If you are unable to complete the online portion, you will be asked to attend the next skills test). This class is similar to the Adult/Child/Infant CPR/AED Class with First Aid the main focus on children. The class includes a 2 year certification and unlimited digital access to the student workbook from American Safety and Health Institute. The full Pediatric CPR/AED and First Aid course will include; an online link to all of the program videos, as well as an experienced instructor, dedicated to make the class fun and interesting. This class meets "Pediatric CPR/AED and First Aid" requirements for the MN Child Care Licensing Agency. No written test required. Wear comfortable clothing. Please enter in door #1.

Deb Miller

58A	W	Nov 5
	5:30-7:30pm	\$84
	Education Center - B130A	

Viking Fitness Center

Open to our community!



Center Hours

Monday - Friday, 5:30-7:00am
September 8- December 23

Sundays, 1:00-3:00pm

November 2, 16

December 14

Fitness Center Fees: \$60

Must be preregistered.

Call Community Education with
questions or to register 651-674-1025.

Fitness Center Address:

38175 Grand Avenue, North Branch

Enter in Door #11



Fitness & Recreation



Open Co-Ed Volleyball

Ages 18 and older

Enjoy a night out playing volleyball! Have fun with friends and make new ones. All talent levels welcome, pick up style volleyball. Check in and warm up 6:45pm, games start at 7:00pm. Must be at least 18 years of age. Pay each week \$5 or purchase a punch card 5 punches for \$15. Punch cards maybe purchased at the Community Ed office or at Open Volleyball. Please enter in door #17. No volleyball December 24 and December 31.

605	W	Sept 3-May 27
	6:45-9:30pm	\$5/door or \$15 punch card
	Middle School - South Gym	

Beginner Teen/Adult Clogging

Ages 13-Adult

Don't let the kids have all the fun! Join us on the dance floor as we work on the 8 basic steps to this traditional American dance form called clogging. No experience needed. We will get your heart rate up as we learn a few fun routines to upbeat popular songs. Bring a friend, some of your family, or come on your own. Wear some comfy clothes and shoes that can slide easily. Optional-you can purchase glue-on clogging taps for \$20 from the instructor. Bring a pair of flat-soled shoes for the taps to be attached to (white shoes preferred for possible future performance opportunities).

Pam Heaton

601	Th	Sept 25-Nov 6
	6-6:30pm	\$26
	Education Center - Small Gym	



Essentrics: Restorative Fitness

Essentrics is based on the popular PBS series "Classical Stretch". It is a 60 minute total body dynamic stretching and strengthening workout. This flowing workout is non impact, equipment free with roots in tai chi, physical therapy and ballet. Suitable for all fitness levels, participants should be able to get up and down off the floor without assistance. Please bring a water bottle, mat to class and dress comfortable. Jackie is a certified Essentrics instructor and Yoga Tune Up Roll Model Method Practitioner. She is a former NBAPS teacher, has taught fitness classes for many years, and lives in North Branch with her family. To learn more about Jackie and her classes visit jackiebadger.com

Jackie Badger

67	W	Oct 1-29
	6:30-7:30pm	\$40
	Sunrise River Elementary School - Small Gym	
67	W	Nov 5-19
	6:30-7:30pm	\$24
	Sunrise River Elementary School - Small Gym	

Men's Open Basketball

Ages 18 and older

Come join us for men's open basketball! All skill levels welcome. Games start at 7:00pm. Must be at least 18 years of age. Pay each time \$3 or purchase a punch card 5 punches for \$12. Punch cards may be purchased at the Community Ed office or at Open Basketball.

687	W	Oct 1-Mar 4
	7-9pm	\$3/door or \$12 punch card
	Sunrise River Elementary School - Large Gym	



Pickleball

Join us for pickleball on our six indoor courts at North Branch Area High School, North Gym. We will have courts set up for beginners and intermediate/advanced. Cost \$5 per Monday and Wednesday (pay on site) or \$20 for a 5 punches punch card. Punch cards may be purchased at the North Branch Community Education Office 651-674-1025. All equipment is provided. No street shoes in the gym please. Please enter in door #11.

602	M, W	Oct 6-Mar 25
	7-9:30pm	\$5/door or \$20 punch card
	High School - North Gym	

Pickleball Lessons

Come and learn how to play Pickleball in a fun event. Peiwu has 8 years of Pickleball experience and will coach you on how to play. At the end of each training period we will have a mini round robin tournament where you will be able to showcase your newly acquired skills against players of equivalent skill levels. Bring your own racket or use one of ours.

Peiwu Daniels

654	M, W	Sept 15-Sept 24
	5-6:30pm	\$65
	Education Center - Large Gym	
654	M, W	Nov 3-19
	5-6:30pm	\$95
	Education Center - Large Gym	
654	M, W	Jan 5-21
	5-6:30pm	\$80
	Education Center - Large Gym	

Interested in becoming a Community Education instructor?

Community Education is always looking for instructors to share their talents and knowledge with others. If interested, please call the Community Education office at 651-674-1025.

TABATA

Tabata Exercise

Ages 16 and older

Are you looking for an efficient way to boost your fitness and burn calories in a short amount of time? Then come join our Tabata Class and start your fitness journey with high intensity intervals! Tabata is a high intensity interval training (HITT) method that alternates between 20 seconds of intense exercise and 10 seconds of rest, repeated for 8 rounds. A warm up, cool down and exercise modifications will be implemented during each class. Come the first night, October 7th, to try the class for free!

Laura Hamann

684	Tu	Oct 7-28
	6-6:45pm	\$105
	Education Center - Small Gym	
684	Tu	Nov 11-25
	6-6:45pm	\$80
	Education Center - Small Gym	
684	Tu	Dec 2-23
	6-6:45pm	\$105
	Education Center - Small Gym	
684	Tu	Jan 6-27
	6-6:45pm	\$105
	Education Center - Small Gym	



Zumba

Zumba is an interval-style dance fitness class that combines low-intensity and high-intensity moves. You'll burn lots of calories as you move to the rhythm with latin-inspired dance moves such as Salsa, Merengue & Cumbia to name a few. These dance variations target multiple muscle groups activating every single joint in your body, boosting flexibility, strength and heart health. This is the workout that feels like a party and an immediate mood changer! No experience necessary just follow along! Bring a water bottle and towel as you will sweat! Wear supportive shoes with low tread. No Zumba November 4 and November 27, December 23, 25, 30, January 1, February 3 and March 13.

Molly Danielson

604	T & Th	Sept 9-June 4
	7-8pm	\$8/day or \$60/10 session punch card
	Sunrise River Elementary School - Large Gym	

Fitness for 55+



LIVE 2 B HEALTHY®
SENIOR FITNESS

Strength & Balance 55+

In our Live 2 B Healthy Strength, Balance & Flexibility class, participants work with a nationally certified fitness professional experienced in 55 adult fitness. This engaging program aims to reduce fall risk and promote independence through a variety of exercises using small balls, light weights, loops, and bands. Classes focus on building core and stabilizing muscle strength, helping seniors maintain active, meaningful lives. Beyond physical benefits, our sessions foster socialization, combating the stress of isolation and creating a supportive community. Join us for a fun and effective way to improve your fitness and connect with others!

If you provide SilverSneakers, Silver&Fit, Renew Active or OnePass Health Ins. coverage, the classes are free*.

Limited scholarships are also available to cover fees thanks to a charitable contribution from Allina Health. Contact the Community Ed office for more information.

Jose Zepeda

685	M, W, F	Sept 8-29
	10:15-11am	\$58
	Education Center - Small Gym	
685	M, W, F	Oct 1-31
	10:15-11am	\$58
	Education Center - Small Gym	
685	M, W, F	Nov 3-28
	10:15-11am	\$58
	Education Center - Small Gym	
685	M, W, F	Dec 1-22
	10:15-11am	\$58
	Education Center - Small Gym	
685	M, W, F	Jan 2-30
	10:15-11am	\$58
	Education Center - Small Gym	

Tai Ji Quan 55+

Tai Ji Quan classes for seniors offer a gentle, flowing form of exercise that enhances balance, flexibility, and overall well-being. This martial art emphasizes slow, deliberate movements and deep breathing, making it accessible for all fitness levels. Participants learn a series of graceful, rhythmic postures designed to improve strength, coordination, and mental focus while reducing stress and promoting relaxation. Classes foster a sense of community as seniors connect with one another, enhancing their social engagement. With its low-impact nature, Tai Ji Quan is an excellent way for seniors to stay active, improve their quality of life, and maintain independence in daily activities.

If you provide SilverSneakers, Silver&Fit, Renew Active or OnePass Health Ins. coverage, the classes are free*.

Limited scholarships are also available to cover fees thanks to a charitable contribution from Allina Health. Contact the Community Ed office for more information.

Jose Zepeda

686	T, Th	Sept 2-30
	3-3:45pm	\$58
	Education Center - Media Center	
686	T, Th	Oct 2-30
	3-3:45pm	\$58
	Education Center - Media Center	
686	T, Th	Nov 4-27
	3-3:45pm	\$58
	Education Center - Media Center	
686	T, Th	Dec 2-25
	3-3:45pm	\$58
	Education Center - Media Center	
686	T, Th	Jan 6-27
	3-3:45pm	\$58
	Education Center - Media Center	

SilverSneakers | Silver&Fit | Renew Active | One Pass

*To find out if you have coverage, call the Customer Service number on the back of your health insurance card and ask them for your FITNESS ID# (for SilverSneakers, this number is your 16 digit SilverSneakers number that looks like a credit card number). The Fitness ID# is different than your group number or policy number.



Health & Wellness



De-Age Your Brain

Current research shows lifestyle and diet have a big effect on HOW the brain ages. Cognitive function, which covers all aspects of perceiving, thinking and reasoning, CAN improve. And the very good news is no matter what your age there are things you can begin to do today to improve how quickly and effectively brain cells communicate with each other. We'll discuss which 'superfoods' reduce the damaging effects of toxins and inflammation on the brain and which nutrients are great for memory, attention, processing information and reducing stress. You'll learn simple, easy strategies to help your brain stay healthy and alert. This workshop is virtual, please include email address as the link will be emailed to you before the class date.

Janice Novak

4023	M	Nov 17
	6-7:30pm	\$25
	Virtual	

Metabolism Boosters & Busters

In the past you probably could drop weight by cutting back on calories or exercising a bit more. But then suddenly the scale stops moving, and you just can't seem to lose weight. THE GOOD NEWS - You could lose up to 20 pounds in a year - without eating less. Just by revving up your metabolism, you can burn more calories every day, lose fat, boost energy, feel stronger and more fit. In this class, you will learn 20 SIMPLE things you can do every day to boost your metabolism. This workshop is virtual, please include email address as the link will be emailed to you before the class date.

Janice Novak

59	W	Oct 15
	6-7:30pm	\$25
	Virtual	

Empowered Aging: Take Control of Your Health and Peel Off Your BioAge Virtual Workshop

Every day, your body makes about 330 billion new cells which means 3.8 million cells are replaced every SECOND! This means every second is an opportunity to make every system in your body healthier. The quality of cell your body can produce this second is very dependent on what raw materials you have floating around your bloodstream. Studies show you can be 50 and have the physiology of a 30-year-old (and vice versa), depending on how well you take care of yourself. What you do now greatly affects your health and well-being now and in the future. Nothing beats good health! We'll discuss simple steps you can take now to help make every system in your body as healthy as possible. This workshop is virtual, please include email address as the link will be emailed to you before the class date.

Janice Novak

503	M	Sept 29
	6-7:30pm	\$25
	Virtual	

Strong is the New Skinny! Total Body Strengtheners You Can Do At Home

Not everyone can be skinny, but EVERYONE can be stronger - even if you don't get to the gym several times/week. Learn how to strengthen your arms, back, shoulders, chest, hips, butt, and thighs using resistance bands while watching your favorite TV or radio show. There are many benefits to having stronger muscles - they boost metabolism; maintain/increase bone density, make daily tasks easier and help you age with quality and grace. These multi-tasking exercises can fit easily into even the busiest schedules. It is a wonderful thing to be strong, fit and functional. You'll learn lots of tips and techniques to improve overall health and wellness. You will need a resistance band for class. This workshop is virtual, please include email address as the link will be emailed to you before the class date.

Janice Novak

506	Tu	Sept 30
	6pm-7:30pm	\$25
	Virtual	

Cooking



Cozy Fall Cookie Decorating Class

Create cookies that are (almost) too pretty to eat! Spend a cozy fall evening learning the art of royal icing in our hands-on decorating class. We'll guide you through creating breathtaking fall-themed designs, from rustic pumpkins to cozy sweaters. Imagine the compliments you'll receive! This class is the perfect way to unwind, get creative, and enjoy learning something new! You'll leave with a box of your own masterpieces and our special recipe to recreate the magic at home. Enter in door #3.

Andrea LaViolette

4099 F Oct 10
5:30-7:30pm \$65
High School - B100

NORTH BRANCH AREA LIBRARY IS CELEBRATING 20 YEARS!



MARK YOUR CALENDARS! OCTOBER 2-11, 2025

Events & Activities Include

- Author Visit
- Crafts
- Storytime
- Science Exploration
- Used Book Sale
- Raffle Prizes
- Info & History
- Freebies


Visit www.ecrlib.org/events for details!

Sponsored By



Let's Go Fishing!

— “Bringing Nature's Healing and Well-being to
Seniors, Veterans, and People with Disabilities” —



We average
1,500 guests
on the lake
each season!

Let's Go Fishing Volunteers take our guests (Seniors, Veterans, Multi-Generational Families and People with Disabilities) on no cost fishing/boating trips. Our chapter has two pontoons serving Rush and Chisago Lake. Our season runs from June to September.

If interested in volunteering, contact Rick Olseen: 612-419-8827
Training is provided. Commitment is flexible.

If interested in taking a trip, watch for our Spring Announcement!

<https://eastcentralmn.lgfws.com/>



Senior Programming



55 Driver Improvement Class

This driver improvement course is taught by Minnesota Highway Safety and Research Center trained instructors. The class will explore changes in laws, the latest vehicle technology, and provide you with easy-to-use defensive driving tips. In addition, we will explore traffic safety and accident prevention. Completion of this course allows for a 10% reduction on automobile insurance premium for those age 55 and over. **To register please go to www.mnsafetycenter.org or call 1-888-234-1294**

Minnesota Highway Safety Center

422 M Sept 15
5-9pm \$24
Education Center - B130A

422 Th Nov 6
5-9pm \$24
Education Center - B130A

Draft your own HCD and POA

Plan now for the unexpected with these two legal documents! You will learn about the use and benefits of the Financial Power of Attorney and Health Care Directive. Instructor will discuss the agent's responsibilities and factors in selection your agents. You will leave the class with completed forms.

Julia N Estrem, Esq.

459 Tu Sept 16
6-8pm \$22
Education Center - B130A

Drafting Your Own Will

Preparing your will is an important step in providing for the ones you love. Class 1 - Learn the various techniques for property distribution of your estate. Explore basic estate planning concepts and assess your need for your estate plan. You will receive sample forms and language to use while you draft your own will. Instructor will also cover circumstances that may require a review/revision of your will and a brief review of the benefits of a trust. Class 2 - You will sign the will you created. The language in your will will not be reviewed by an attorney. Questions welcome.

Julia N Estrem, Esq.

457 W Sept 10 & 17
6-7:30pm \$30
Education Center - B130A

Introduction to Estate Planning

Do I need a will? What's a trust? What is probate and why do people say to avoid it? With extensive estate planning experience, Julia will walk through these questions, some common myths and other elder law and estate planning topics such as probate, powers of attorney and health care directives in an informal discussion setting. Questions welcome.

Julia N Estrem, Esq.

462 Tu Sept 9
6-7:30pm \$10
Education Center - B130A

*Register online with your
Visa or MasterCard at
www.nbaceonline.org*



Navigating the Healthcare System: A Healthcare 101

Presentation on how to access county/state medical care, elderly waiver, DD waivers, Medicaid, as well as how VA benefits work with state medical assistance. Define and discuss transitions of care, questions to ask before discharge to a TCU or long term care facility. Discussion on long term care, assisted living vs. care at home and associated costs. Home health agencies, PCA, HHA and ILS explanation and VA care information. How to ensure you are asking the right questions. There will be time at the end for individual questions.

Connie Grobove

402 M Oct 13
6-8pm \$7
Education Center - B130A

Should I Stay or Should I Go: Steps to Review Your Housing Needs for Today and Tomorrow

We will be discussing lifestyle options for senior living. Should I stay and age in place - making home modifications to reduce safety risks OR should I go - moving to a home option that may be handicapped accessible, single level living? We will take an assessment and give you the tools to make educated decisions.

Vaughn Kavlie

433 W Oct 29
6-7:30pm \$10
Education Center - B130A

Put Your Passion In
ACTION

Become a Tutor!
Join.ReadingandMath.org

>>

Senior Resources



General Information

Senior LinkAge Line- Statewide
1-800-333-2433
www.minnesotaHelp.info

Disability LinkAge Line- Statewide
1-866-333-2466

Veterans LinkAge Line-Statewide
1-888-LINKVET (1-888-546-5838)

Chisago County Veterans Service Office
651-213-5600

Elder Care Locator: Aging information and
referrals outside MN
1-800-677-1116

United Way
2-1-1

Social Security
1-877-405-1446

MN Adult Abuse Reporting Center
1-844-880-1574

Chisago County Aging and Disabilities Resource Line
651-213-5213

Arrowhead Transit
1-800-862-0175 Option 13

Shields Plaza 651-674-7497

Senior Care Facilities

Ecumen 651-237-3000
Chisago County Senior Center
651-674-8658
Linwood Senior Center 651-462-5565
Maple Commons 651-277-7700
Gracewood 651-317-2000

FREE EVENT

2025 CHISAGO AGE WELL EXPO

"Aging Reimagined: Looking at Aging Through a New Lens"

Resources and Information to provide older adults and their
caregivers opportunities to live and age well in Chisago County

Speaker • Vendors • Food • Entertainment
Vaccine Clinic • Health Screenings • Free Admission!

Keynote Speaker:
Natalie Matthewson
Community Development
Supervisor at CMCOA



Friday, October 17 | 9:00 am - 1:00 pm

Chisago Lakes High School

Performing Arts Center (PAC) Entrance

Keynote Speaker at 10:30 am

VISIT WWW.CHISAGOAGEWELL.ORG FOR MORE INFORMATION



We Are Able

Programs for Adults with Disabilities

Please pre-register for all classes and send fee to We 'R' Able, 425 S Dana Avenue, Rush City, MN 55069. For questions call 320-358-1210



Tuesday Craft Nights with Sue

Get together with friends to make seasonal crafts with Sue Delaney.

T	Sept 9	6-8pm	Donations welcome North Branch High School, B110
T	Oct 14	6-8pm	Donations welcome North Branch High School, B110
T	Nov 11	6-8pm	Donations welcome North Branch High School, B110
T	Dec 9	6-8pm	Donations welcome North Branch High School, B110

Six-Week Painting Series

Apply paint over a chalk-drawn image. Repeat, repeat, repeat and repeat. Then paint with India ink. Then scrub, scrub, scrub, scrub under warm water. You have a painting that looks like stained glass. No pre-registration needed. Drop in. If you miss the first class of the series, you may begin on class two.

W	Sept 10, 17, 24, Oct 1, 8, 15, 22	6-8 pm
	Pay what you can \$36-\$48	
	Chisago County Senior Center, 28790 6th Ave, North Branch	

Fall Kick Off with Music and Arts

Join us for a festive evening at the Chisago County Senior Center and get a sample of music and arts programming through We R Able. The evening features musician, visual arts, and arts and crafts. The event begins with a meal at 5pm and you will have the opportunity to sing and dance for a couple of hours.

F	Sept 19	5-7pm
	Pay what you can \$6-\$15 Register by Sept 16	
	Chisago County Senior Center, 28790 6th Ave, North Branch	



Bowling Series

Gather at JJ's in North Branch and bowl with friends. Drop in.

Th	Sept 11, 25, Oct 9, 23, Nov 6, 20	4-6 pm
	Pay \$6 each time for shoes and bowling game.	
	JJ's Bowl, 6427 Ash Street, North Branch	

Katie Presents...

Join Katie as she presents a program with her dad Joe Sausen. The topic is birds and nature travels to Belize. The Sausen family provides arts and crafts from the season.

Th	Oct 2	6-7pm
	Pay what you can \$3-\$10	
	Chisago County Senior Center 38790 6th Avenue, North Branch	

Arts RX Concerts

Join musicians as they perform favorites just right for dancing and singing along. 5pm meal followed by concert.

October 30 Halloween Celebration with Jim Anderson
November 13 with Jenni Thyng
Chisago County Senior Center 38790 6th Avenue, North Branch



SAVE THE DATE

Saturday, January 31, 2026

**Attention
childcare
providers!**

Registration opens November 1, 2025
Register online at www.nbaceonline.org
or call 651-674-1025

CHILDCARE CHAMPIONS TRAINING DAY

- ✓ All childcare providers welcome
- ✓ 6 training hours
- ✓ Resources and vendors
- ✓ Make connections

**Location: North Branch Area
High School**



Sponsored by the
Chisago County
Child Care Coalition



Child and Teen Checkups



STAY WELL TOGETHER!

Child & Teen Checkups exams are recommended at the follow ages:

0-1 months	9 months
2 months	12 months
4 months	15 months
6 months	18 months
30 months	
Every year after age 3	

We can help you find a medical or dental provider!

Chisago County Public Health:

651-213-5235

Become a Child Care Provider TODAY!

Grants and start-up assistance is available:

- 1. To help start in-home child care and child care centers.**
- 2. For architectural assistance if renovation is needed.**
- 3. Other help for plans, set-up and training.**

Grants are limited, assistance is unlimited - contact us today!

- Contact Nancy Hoffman at the Chisago County HRA-EDA for more information on the grant and starting a business **651.674.5664**
- For licensing requirements, call Lanay Miller at Chisago County Public Health **651.213.5218**
- Visit **EastCentralChildCare.com** for additional resources

Grants made available through Chisago County ARPA funds



Early Childhood Family Education

ECFE (Early Childhood Family Education) Parent/Child Classes at North Branch Area Education Center

Learning begins at birth and we offer parents the opportunity to attend class together with their infants, toddlers and preschoolers on a weekly basis throughout the school year. We will help you learn more about positive guidance, eating and sleeping habits and your child's development. We also provide a variety of special events and other services designed to deepen your relationship with your child.

Most ECFE classes offer the following:

Parent-Child Interaction Time: Children explore the early childhood classroom with their parents or caregivers and participate in play-based learning activities planned by a licensed early childhood teacher.

Circle Time: The early childhood educator leads a short circle time introducing developmentally appropriate songs and stories for parents and children to participate in together.

Parent Education Time: In some classes parents separate from their children and meet with a licensed parent educator in a nearby classroom following parent-child interaction time. The parent educator will facilitate discussions on parenting topics and provide relevant resources based on the topics of interest. Parents find this time beneficial as they support and encourage each other.

Research-based information on early brain development, child development, parenting techniques, and community resources are just some of the information presented in ECFE classes.

Children's Activity Time: While parents are engaged in discussion, children remain with the early childhood teacher in the early childhood classroom, as they continue to explore, play, and engage with their friends.

The early childhood teacher carefully plans and guides experiences that encourage positive development of each child's language, social, emotional, cognitive, and physical skills.

Need Help Affording an ECFE Class?

Families seeking support in paying for ECFE classes are asked to complete the Application for Educational Benefits (Free/Reduced Meal Application). The chart below shows income eligibility criteria. If your yearly income is above this amount your child is not eligible for a reduced tuition rate unless you meet one of the following criteria: homelessness, referral from Early Childhood Screening, CPS (Child Protective Services) referral, TSA (Therapeutic Support Agency) referral, school district administrator referral. Please call our office at 651-674-1220 to request an application, if you qualify, we will complete class registration by phone.

Household Size	Total Gross Income Per Year (before taxes are taken)
2	\$40,156
3	\$49,605
4	\$59,053
5	\$68,502
6	\$77,950
7	\$79,722
8	\$81,493
9	\$83,265

You are eligible for discounted or free tuition with proof of income eligibility.



Parent/Child ECCE Class Offerings

At The North Branch Area Education Center

Register online at www.nbaceonline.org or call 651-674-1220

ECCE for All Ages

Birth to 5 years old

ECCE for All Ages Birth to 5 year olds offers structured parent-child time, fun in our ECCE classroom, access to the Move & Learn room, weekly parenting education through activities and occasional parent/child separation.

Mondays 9:45-11:15 am

Fall Classes: September 15 - December 15, 2025

No Class Sept 23 and Oct 21

Cost: \$49 per family (full payment due at time of registration)

Scholarships are available

Infant ECCE

Birth-12 months

Meet other parents with babies in a relaxing classroom environment. Parents will have the opportunity to observe, discover and discuss their child's development along with the joys and challenges. Explore why babies do what they do and how parents/caregivers can guide them during their first years of life. Class time includes support from a parent educator and weekly activities for you to do with your child. Siblings are welcome to attend.

Tuesdays 10:30-11:30 am

Fall Classes: September 16 - December 16, 2025

No Class Oct 16 and Nov 27

Cost: FREE



Terrific Tots on the Move

Ages 18-35 months

Come learn how to expand on your child's ever-growing curiosity and burn off some of your child's energy with new friends. This class provides opportunities for parents to connect with other parents who are working through the challenges that are part of this age, like potty training! Each class will include fun in our ECCE classroom and the Move and Learn room, weekly parent education through activities and occasional parent/child separation. Siblings are welcome.

Fridays 9:00-10:30 am

Fall Classes: September 19 - December 19, 2025

No Class Oct 17, Nov 28

Cost: \$49 per family (full payment due at time of registration)

Scholarships are available

Preschool Plus Parents

Preschool Plus Parents is for children who will be 3 by December 1, 2025 through Age 5. Join us for a unique preschool experience that blends the best of both worlds - quality time with your child and independent preschool learning! On Mondays, children attend with a parent/guardian to explore hands-on activities designed to support development and learning. During this time, parents also join a guided discussion led by a licensed parent educator on topics like child development, discipline and kindergarten readiness. On Wednesdays, children return on their own for a traditional preschool day led by a licensed early childhood teacher. Students will build independence, confidence and school-readiness skills in a warm, supportive environment. Monday's - Siblings are welcome to join. Wednesday's - Age eligible and registered children only.

Mondays and Wednesdays 8:00-9:30 am

Fall Classes: September 15-December 17

No Class Sept 23 and Oct 21

Cost: \$90



Baby Café

Breastfeeding gathering for moms, babies & moms to be. Join us for mom to mom encouragement and meet other moms in your area. Baby weight checks and Lactation Consultant also available to answer questions. Drop in anytime on Wednesdays between 10-11:30 am. This is a FREE offering provided by Chisago County Public Health at the North Branch Area Education Center.

Wednesdays 10:00 - 11:30 am

September 3- May 27, 2026

Community Preschool

At The North Branch Area Education Center

Looking for the right preschool experience for your child? North Branch Area Public Schools offers a preschool experience designed to support your child's development. Our curriculum and activities focus on building confidence, independence and social skills so your child enters kindergarten ready to learn! For more information please call 651-674-1220.



Information About Preschool at NBAPS

- **If you're wondering why your child should attend this preschool,** it's because North Branch Area Early Childhood has received the highest possible rating of 4 stars from Parent Aware. This rating demonstrates our commitment to using best practices in preparing children for kindergarten.
- **Potty training is an important factor to consider before starting preschool.** Three-year-old children should be mostly independent in using the bathroom, while four-year-olds need to be fully toilet trained.
- **It is NOT necessary for your child to be able to sit quietly and listen well to adult directions before attending preschool.** Our program is designed for children to learn and practice school behaviors, and we are ready to accept your child at their current physical, developmental, and emotional level. Feel free to contact us if you have any concerns or questions.
- **If you cannot transport your child to/from preschool,** we have a school based child care option right in our building or we do have limited transportation available.
- **What if I need childcare before and after preschool?** Childcare is offered for 3, 4 and 5 year olds, (must be toilet trained), as well as school age children, through the Youth Connections Program, which is located in the same building as preschool. Registration and enrollment in Youth Connections is separate from preschool registration and is an additional cost. See page 38 for more information or call 651-674-1014.

Hours: Monday – Friday, 5:45 am – 6 pm

Fees: All Day (over 6 hours) - \$38 child/day OR Hourly - \$6/hour (Up to 6 hours per day.)

Three Year Olds

Age 3 on or before Sept 1, 2025

Mon, Wed, Fri 8-10:30 am or 12-2:30 pm \$185/mo

Tue, Thur, 8-10:30 am or 12-2:30 pm \$135/mo

What will my child do at preschool as a three-year-old? Three-year-old preschoolers will become familiar with the school setting through learning classroom routines and learn to play alongside their peers.

Four and Five Year Olds

Age 4 or older on or before Sept 1, 2025

Mon, Wed, Fri, 8-10:30 am or 12-2:30 pm \$185/mo

Tue, Thur, 8-10:30 am or 12-2:30 pm \$135/mo

Tue, Thurs, Full Day Class 8am-2:30 pm. \$45/day

Mon, Wed, Fri, Full Day Class 8 am-2:30 pm, \$45/day

What will my child do at preschool as a four or five-year-old? The focus of the four and five-year-old preschool classroom is on preparing your child for successful entry into kindergarten. Students experience activity-based learning opportunities that focus on early literacy, math and social skills.

What if I can't afford tuition? Limited full or partial scholarships are available to families who qualify. An application must be completed AND documents must be provided showing proof of low income or participation in one of the following programs:

Minnesota Family Investment Program
Free and Reduced-Price Lunch Program (FRLP)
Food Distribution Program on Indian Reservations
Head Start

(MFIP) Child Care Assistance Program (CCAP)
Child and Adult Care Food Program (CACFP)
Food Support (SNAP)
Foster Care

Scholarship Income Guidelines:

Family Size	Maximum Annual Gross Income (before taxes)
2	\$40,156
3	\$49,605
4	\$59,053
5	\$68,502
6	\$77,950
7	\$79,722
8	\$81,493
9	\$83,265

Eligibility does NOT guarantee a scholarship will be available.



Our Preschool is Parent Aware 4-Star Rated

North Branch Area Early Childhood has earned a 4-Star Parent Aware rating. Parent Aware's Star Ratings help parents find programs that go above and beyond to prepare children for school and life.



To Earn a 4-Star Rating

Schools must prove that they are excelling in the use of best practices in preparing kids for kindergarten by exhibiting the following qualities:

- ◆ Volunteering for extra, in-depth training
- ◆ Devoting themselves to strong, caring relationships with each child
- ◆ Adopting the latest approaches to keeping children's learning on track
- ◆ Committing to daily activities and routines that help children learn and grow
- ◆ Placing a focus on children's health and safety

Early Childhood Screening

Screenings are held at North Branch Area Education Center 38705 Grand Avenue in North Branch

Screening at three years old is preferred, but a child may be screened anytime between the age of three and prior to the start of kindergarten. To schedule a screening please call 651-674-1220.



Screen at Age 3!

The best time for your child to complete Early Childhood Screening is when they are three years old, but a child may be screened anytime between the ages of 3 and the start of kindergarten. Screening **MUST** be completed before kindergarten entry.

What is Early Childhood Screening?

Early Childhood Screening is a free and simple check of your child's vision, hearing, height, weight and development as well as a brief review of health history and immunizations. During screening, trained professionals will evaluate your child's development in speech, language, fine and large motor skills, problem solving skills and social-emotional development.

Why complete Early Childhood Screening?

Screening has two major purposes. It is used to determine if a child's development is on track, and to provide families with information about community and learning resources for young children.

Where should I have my child screened?

Screening is held at the North Branch Area Education Center. Come visit our bright and beautiful building that our community children frequently call "the rainbow school". To schedule your child's appointment, call 651-674-1220.

Upcoming Screening Dates:

Screening is offered at least one time per month in the late afternoon/early evening 3:15 pm - 5:45 pm. Listed below are our upcoming screening dates.

September 25

October 30

November 13

December 11

January 29

February 26

March 26

April 16

For appointments call 651-674-1220.

Tuesday Evenings with Early Childhood Family Education

Flush the Fuss: Potty Training Made Easy

Ready to tackle potty training? This class provides parents with proven strategies, tips and tools to make the process smoother and less stressful. Learn when your child is ready, how to create a positive potty training experience and ways to handle common challenges. Leave feeling confident and prepared for this important milestone! Registration required - light dinner for the family included in the registration fee.

4109 Tu Sept 23
 5-6:30pm \$10/family
 Education Center - B103

Power of Play: Why Play Matters

Discover how play helps your child grow, learn and thrive! This fun, interactive class shows parents and caregivers how to support healthy development through play. Learn simple ways to encourage meaningful play at home, strengthen your bond with your child, and turn everyday moments into learning opportunities. Registration required - light dinner for the family included in the registration fee.

4110 Tu Oct 21
 5-6:30pm \$10/family
 Education Center - B103

No Drama Discipline: Teaching through Connection

Tired of power struggles and meltdowns? Learn to discipline with empathy, structure and connection. This class gives parents the tools to guide behavior while building trust and emotional resilience. A calmer home starts here. Registration required - light dinner for the family included in the registration fee.

4111 Tu Nov 18
 5-6:30pm \$10/family
 Education Center - B103

*Register online with your
Visa or MasterCard at
www.nbaceonline.org*

Preventing Parental Burnout:

Take Care of You

Feeling stretched too thin? You're not alone - and you don't have to burn out to be a good parent. This supportive class offers real-life tools to manage stress, build resilience and restore your energy and joy. A healthier you means a healthier family. Registration required - light dinner for the family included in the registration fee.

4101 Tu Dec 16
 5-6:30pm \$10/family
 Education Center - B103

Drop In and Play

Ages Birth-5

When we don't have a topic Tuesday, join us for Drop In and Play. Explore - Create - Connect bring your little ones and enjoy free access to our Move & Learn room and ECFE classroom. It's the perfect opportunity for kids to explore, play and grow in a fun and engaging environment, while caregivers connect with others. No cost, no registration - just come as you are! Siblings are welcome!

103A Tu Sept 16-Dec 9
 5-6:30pm Free
 Education Center - B103



Sponsored by North Branch Area Community Education with
the help of the North Branch High School National Honor
Society

All family members of kindergarteners or
younger are welcome!



UN-SCARY HALLOWEEN PARTY

Friday, October 24th

6-7:30PM

**Cost: We request you bring a box of Mac n
Cheese for the food shelf**

Come dressed in your Un-Scary Halloween costumes
for an indoor trick-or-treating experience that will
include games, crafts, and lots of treats!

Make sure you bring a bucket or bag
to collect all of your treats!

North Branch Area Education Center

38705 Grand Ave,

North Branch, MN 55056

651-674-1025





**New to our area?
Do you have a 0 to 5 year old?**

**North Branch Area Public Schools
wants to hear from you!**



**Scan the QR code to complete the
online census form to connect you
to district information.**



Open to All!
We offer FREE clothing
(newborn to 6/6X & maternity)
& diapers/wipes. Also, learn how
parents can earn a new crib and/or
car seat.

Located inside St. Bridget of
Sweden Catholic Church, Lindstrom MN
651-304-0432
info@thebabyblanket.org



www.thebabyblanket.org

Child Care Provider Training

Thurs. Oct 23, 2025 6-9 pm

6-7 pm

- Dinner
- Social Hour
- Resource Fair



7-9 pm

- Training

North Branch Area High School

38175 Grand Ave, North Branch

Enter at door #1 and follow signs

Cost: \$20

Includes meal and training!

Ways to Register:

- www.nbaceonline.org
- 651-674-1025

Door
Prizes

**Fire Safety Training: Protecting Children
and Facilities**

Trainer: MN State Fire Marshal's Office



Learn key fire prevention and emergency response steps tailored for child care settings. This training, led by the MN State Fire Marshal's Office, covers safe practices, evacuation planning, and compliance tips to help keep children and caregivers safe.

Each participant will receive a certificate of attendance signed by Chisago County Child Care Licensing. Please note that while this training is not Develop-approved, it can still be applied toward required training hours.



Sponsored by North Branch Area Community
Education and the Chisago County Child Care Coalition



Public Health Nurse Visits

Our **Family Home Visiting Nurses** would love to work with and support your family!

Our Services:

- ✓ Prenatal/postpartum education
- ✓ Lactation support
- ✓ Child weight checks / physical assessments
- ✓ Parenting education and support
- ✓ Child developmental screening
- ✓ Connections to resources
- ✓ No cost and flexible schedule



Public Health
Prevent. Promote. Protect.
Chisago County

Call us today or submit a referral online!

 **651-213-5233**



www.chisagocountymn.gov



Youth Connections



Youth Connections

Affordable, Flexible and Convenient Care
All Day, Before and After School

Youth Connections offers affordable, flexible and convenient all day care for children ages 3-5, and before and after care for school age children through grade 6.

Youth Connections and preschool classes are conveniently located in the same building, so your child can attend before and after his/her preschool session. We provide fun, exciting and enriching learning activities while developing social skills for their future!

Youth Connections provides

- ◆ a fun atmosphere conducive to learning and building friendships
- ◆ a place where all students are valued and respected
- ◆ a safe environment with a an experienced & compassionate staff
- ◆ convenient location & hours
- ◆ enrichment for arts, athletics, reading, science and more
- ◆ exciting events & activities
- ◆ flexibility with weekly calendars

Hours

Monday-Friday, 5:45 am to 6 pm
Children must be potty trained.

Fees

Before School: \$11 per child/morning After School; \$14 per child/afternoon
Daily full time: \$38 per child/day Hourly: \$6/hour Maximum of 6 hours per day.

Weekly calendars with payments are due by noon on the Wednesday prior to the requested week of service. Youth Connections tuition can be paid weekly or monthly. Payment is due before care is provided. (651) 674-1014.

Registration and Information available at www.isd138.org

For registration and handbook information go to www.isd138.org click on Schools tab, North Branch Area Community Education and School Age Care or call 651-674-1014



NOW HIRING HIGH SCHOOL STUDENTS!

Are you looking for a fun and rewarding job?

Youth Connections, the school-age care program at the North Branch Area Education Center, is hiring Junior Assistants!

- ✓ Flexible hours around school/sports/activity schedules!
- ✓ Hands on experience: Gain valuable job skills while making a difference in kids' lives!
- ✓ Fun environment: We believe learning and fun go hand-in-hand!
- ✓ No late nights and no weekends!



Scan the QR code to
apply today!

**Must be 16 years
old to apply!**



Program Manager: Cynthia Scheele
651-674-1029 or cscheele@isd138.org



NORTH BRANCH
AREA PUBLIC SCHOOLS
Inspire Dreams, Build Integrity, Instill Hope

Youth Enrichment



Book BINGO Pizza Party

Grades K-5

Hey students in grades K-5 join us for a night of Pizza Party Book BINGO! Every winner will receive a book of their choice! We will have lots of fun with a Pizza Party followed by Book BINGO and snacks. Students will need to attend with a parent, grandparent or special adult friend. Books will be donated by Books For Better MN! Please preregister so we make sure to have enough books and pizza!

480 F Oct 10
5-7pm \$5 per person
Education Center - Large Gym



Fire Safety with North Branch Fire Department

Come join our friends with the North Branch Fire Department for some more in depth fire safety tips. The highlight of the class is a chance to go through the "smoke trailer" to experience what it may look like in a smoke filled house if there was a fire.

Kevin Orf

4099 M Oct 13
6-8pm \$7
Education Center - Media Center



Dungeons and Dragons

Grades 6-12

Looking for adventure to combat the winter blues? Join the North Branch DnD club! Learn how to play this increasingly popular game; create an interesting character and join your adventuring party as you explore dungeons, defeat dragons and make friends on the way to high adventure. We will meet on Thursdays in the Middle School FTLA until 4:30pm. No experience needed. We are including DnD shirts so please include your shirt size when registering. Spots are limited so sign up early. No D&D November 13, 20, 27.

Josh Reistad

4018 Th Oct 30-Dec 18
2:40-4:30pm \$40
Middle School - 701

Another One Bites the Crust Cooking Class

Grades 1-5

Pizza is the most popular food in the world! Rightly so! Join local holistic nutritionist, Jackie Mart, in concocting a variety of yummy, mouth-watering pizzas. All supplies are included in registration fee. Please enter in door #3.

Jackie Mart

403 W Oct 1
5:30-6:30pm \$35
High School - B100

Minecraft Engineering Virtual Class

Grades 3-7

This course introduces students to Minecraft circuit-building and engineering concepts using Redstone. We will build 2-3 electrical contraptions in this course. We will be using Minecraft Java Edition. Minecraft is a Mojang Studios Trademark. This class is not affiliated with them. Home Technical Requirement: -Computer: PC (Windows 10 or later) or MAC (OSX) with at least a 2GHz processor and 4GB of RAM -Chromebooks, tablets, and phones typically DO NOT work -Internet: Broadband internet -Webcam, microphone, and speakers -Zoom installed on computer, zoom link will be sent before class -Students should be comfortable using a PC, mouse, and keyboard Additional Technical Requirement: -Minecraft Java Edition (\$30: more information will be provided before class)

Tech Academy

471 Sa Dec 6
9-11am \$39
Virtual



Esports

Ages 13 - Grade 12

Registration is now open for students 13 and older to be part of the North Branch Area Esports team for the 2025/26 Winter Club! Esports, short for electronic sports, are organized, competitive video gaming events where players, either individually or in teams, participate in virtual games for prestige, prizes, or simply for the thrill of competition. Participating in an esports team promotes social development, academic improvement, and cognitive skills. It fosters inclusivity, offers scholarship opportunities, opens career paths in the growing esports industry, and encourages responsible digital citizenship. Integrating esports into schools can enhance personal growth, academic success, and community engagement for students. **Deadline to register October 24th.**

Esports Information Meeting - Tuesday, October 21st at 3pm
- HS Media Center

Game Match Titles: Super Smash Brothers, MineCraft, Fortnite, Chess, Rocket League, Mario Karts, Valorant Tekken8, Marvel Rivals and League of Legends.

The 2025-26 season begins November 10th and runs through mid-March. For more information about Esports, games and league information to go <https://fenworks.com/minnesota-esports/>. Practice/Season event times tentatively planned for weekday Monday-Friday evenings 4-6pm.

For more information or questions contact Darin Marcussen at dmarcussen@isd138.org.

Darin Marcussen

660	Season Starts November 10th	\$150
	Deadline to register October 24th	

Pretty in Pink Cooking Class

Grades 1-5

Wear your prettiest, fanciest dress and tiara to this dazzling class! We will be making items fit for a princess! All supplies are included in registration fee. Please enter in door #3.

Jackie Mart

4013	W	Oct 1
	4-5pm	\$35
	High School - B100	



Papier Mache Day with Kidcreate Studio

Ages 5-12

New and improved Kidcreate Classes! Papier mache? Mom says "No way!," but the kids say "Hurray!". Join us for a class full of fun. The kids will create papier mache bugs, bowls, and monsters too. This is going to be a MESSY good time, so please have your child dress accordingly.

Kidcreate Studio

4006	Th	Oct 16
	1-4pm	\$65
	Education Center - Small Gym	

Multiplayer Minecraft: Survival Challenge Virtual Class

Grades 1-5

Team up & survive in our multiplayer world! Students will explore the unknown with other survival enthusiasts to overcome challenges and complete quests on our custom server. We will be using Minecraft Java edition. Minecraft is a Mojang Studios Trademark. This class is not affiliated with them. Home Technical Requirement: -Computer: PC (Windows 10 or later) or MAC (OSX) with at least a 2GHz processor and 4GB of RAM -Chromebooks, tablets, and phones typically DO NOT work -Internet: Broadband internet -Zoom installed on computer, zoom link will be sent before class -Students should be comfortable using a PC, mouse, and keyboard. Additional Technical Requirements: -Minecraft Java Edition (\$30: more information will be provided before class)

Tech Academy

4010	Sa	Oct 4
	9-11am	\$39
	Virtual	

Register online with your
Visa or MasterCard at
www.nbaceonline.org

Youth Enrichment



RC Car Racing with Party Crashers

Grades K-8

Interested in RC Cars? Want to try racing them on a track? Then come join us as we explore what makes them work and get to try them out. Participants will leave with a better understanding and get some time testing out their driving skills on a few different types of RC Cars. Participants can use RC Cars provided or their own on approval. Grades K-8.

RC Racing Party Crashers

4116	Th	Nov 13
	6-7pm	\$27
	Education Center - Large Gym	
4116	Th	Nov 13
	7:15-8:15pm	\$27
	Education Center - Large Gym	



Secret Agent's Lab with Kidcreate Studio

Ages 5-12 years

New and improved Kidcreate classes! Unleash your inner spy at Secret Agent's Lab Camp! Kids will craft gadgets like a secret hand scanner, a decoder, and an amazing spy periscope. The adventure doesn't stop there; they'll also experiment with heat-sensitive slime! It's a camp packed with mystery, creativity, and hands-on fun for every aspiring secret agent.

Kidcreate Studio

4097	W	Oct 22-Nov 12
	4-5pm	\$100
	Education Center - Small Gym	



The Best-Ever Art Class with Kidcreate Studio

Ages 5-12

New and improved Kidcreate classes! This class is packed full of fan favorites! From snow globes, projects that glow-in-the-dark, and messy clay masterpieces, these are the most requested Kidcreate projects of all time! All of them put together in one highly anticipated class. This is the stuff the kids can't get enough of and guaranteed to be an artsy good time!

Kidcreate Studio

4004	Th	Oct 16
	9am-12pm	\$65
	Education Center - Small Gym	



The Very Hungry Caterpillar with Kidcreate Studio

Ages 18 months-6 years

New and improved Kidcreate classes! "And he was still hungry!" What will that hungry caterpillar eat next?? In this class, the kids will cut, tear, glue, collage, and sculpt the day away as they create a gigantic 3D painting all inspired by the art and story of beloved children's author & illustrator Eric Carle's iconic (and very hungry!) caterpillar. You'll want to make room on the fridge to display this adorable masterpiece! Children must be accompanied by a caregiver.

Kidcreate Studio

4008	W	Nov 19
	4-5pm	\$27
	Education Center - Small Gym	



Child and Babysitting Safety

Grades 4-8

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute provides everything you need to know for safe and successful babysitting. The students will receive their certification card and instructions to access a digital copy of the CABS student book at the end of class. Topics cover everything from getting started with your business to collaborating with parents and children, safety, safe sleep practices, caregiving, emergencies, and basic first aid. CABS will help set you up for babysitting success. Students must be present for the entire class and complete the core learning objectives to receive certifications, valid for two years. Students attend this class independently and should come prepared with a notebook and pen. If you are registering for Child and Babysitting Safety and Home Alone classes you may bring a bag lunch and drink to eat with the instructor during the break between the two classes.

Ariane Bromberg

52 F Feb 13
9am-12pm \$56
Education Center - B130A

Home Alone

Grades 3-6

Is your child ready for the independence of being home alone? Parents need to be sure their children have the skills and maturity to handle the responsibility safely. Whether for an hour after school or several hours a day during the summer, being trusted to be home alone can be a positive experience for a mature and well-prepared child. This class for children will address several topics relating to being "Home Alone," including age guidelines, safe habits, house rules, after-school routines, phone calls and door knocks, dog emergencies, personal safety, handling the unexpected, gun safety, severe weather, fire safety, intruders, and basic first aid tips. Students attend this class independently, and parents are encouraged to review the information and discuss it with their child/children after class. If you are registering for Child and Babysitting Safety and Home Alone classes you may bring a bag lunch and drink to eat with the instructor during the break between the two classes.

Ariane Bromberg

57 F Feb 13
12:30-2:30pm \$33
Education Center - B130A



Snowmobile Safety

Ages 11-15

Training class is an introductory class designed primarily for the snowmobile rider with little or no experience in snowmobile operation. Students obtain and study the safety information online at their own pace in the comfort of their own home under the guidance of a parent or guardian. This should take approximately 2-4 hours to complete. Once they complete the online course, students print out a "voucher of completion" and must bring this to class. The one day class includes classroom review of priority safety information and a performance driving course (snowmobile will be provided). Parents must be present at the beginning of in person class on December 6th. Students in the North Branch Area School district please call 651-674-1025 to register. Registration for students not in the North Branch Area School district or surrounding area will start on September 30.

Sno Drifters

424	Sa	Dec 6
	8am-12pm	\$5
	High School - Commons	

Register online with your
Visa or MasterCard at
www.nbaceonline.org

**Now Offering
Follow Along Program
Age 4 months up to
5 years**



Learn more about your child with Minnesota's

Follow Along Program



- Every few months, you will get a form asking how your child is playing, talking, growing, moving and acting.
- Fill out the form and send it back to us.
- You will get the results with fun activities for you and your child to do together.
- If there are any concerns, we'll get in touch with you and work together on next steps.

Sign up online today! It's FREE!
www.health.state.mn.us/mnfap



To learn more about the local program in your community, for questions about the program or to have an enrollment form mailed to you
 call : 1-800-725-5420 or
 email: cysnn@state.mn.us




5 STEPS TO BEING AN INSTRUCTOR



**North Branch Area
Community Education**

- 1 Identify the skill/talent you want to share!
- 2 Who do you want to teach?
We welcome classes for all ages!
- 3 Consider cost/fee to participants.
- 4 When do you want to offer your class?
- 5 Call the Community Education office at 651-674-1025 to make a plan or learn more!

651-674-1025

North Branch Area Education Center
 38705 Grand Ave
 North Branch, MN 55056

www.isd138.org

Inspire Dreams. Build Integrity. Instill Hope

We are here for you.

Serving our residents of the Chisago Lakes, North Branch, and Forest Lake communities

OUR SERVICES:

Counseling for all ages: individual, couples, group, and family

Intervention programs to encourage positive decision-making skills

Enrichment opportunities beyond the school day

COUNSELING

INTERVENTION

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Over 243 clients and 3,135 sessions

Over 189 clients and 388 sessions

Over 115 clients and 673 sessions

Supporting **YOU**, imagining possibilities

For more information: Visit lc4yf.org or call 651-464-3685



Gymnastics

Registration for Beginners, Intermediate and Advanced classes start September 8.

Beginners

Ages 4 and older

This is a beginner class which begins with teaching each gymnast proper stretching. On the floor, the gymnasts are instructed on how to do cartwheels, handstands, and a bridge kick over. You will see your child advancing on both low and high beams working dip kicks, high kicks, pivot turns, stretch jumps and scales. You might even see them work the cartwheel on low beam; of course, the coach will be spotting. The tramp is the place to learn tuck, straddle, and pike jumps, as well as seat drops, table drops and forward rolls. They will learn to run hurdle and jump and learn lots of body shapes.

Ages 4 and older

621	M 5-6pm	Sept 15-Nov 3	\$84
	High School - Gymnastics Center		
621	T 4-5pm	Sept 16-Oct 28	\$98
	High School - Gymnastics Center		
621	Th 4-5pm	Sept 18-Nov 6	\$98
	High School - Gymnastics Center		
621	Th 5-6pm	Sept 18-Nov 6	\$98
	High School - Gymnastics Center		

Intermediate

This class is for the student needing more than what they are getting in beginner classes, but still with the intent of keeping things fun and keep advancing their skills. They have knowledge of basic skills and body shapes. Working such skills as round offs, handstand rolls and back hip circles on bars.

622	T 5-6pm	Sept 16-Oct 28	\$98
	High School - Gymnastics Center		
622	W 6-7pm	Sept 17-Nov 5	\$112
	High School - Gymnastics Center		
622	W 7-8pm	Sept 17-Nov 5	\$112
	High School - Gymnastics Center		
622	Th 6-7pm	Sept 18-Nov 6	\$98
	High School - Gymnastics Center		

Advanced Gymnastics

Advanced gymnasts in this class have mastered the basic skills and are ready to move on and have more time in the gym. This includes, but is not limited to back walk overs, front walk overs, back handsprings and moving on to working on vault and jumping to high bar.

623	T 6-7pm	Sept 16-Oct 28	\$98
	High School - Gymnastics Center		
623	T 7-8pm	Sept 16-Oct 28	\$98
	High School - Gymnastics Center		
623	Th 7-8pm	Sept 18-Nov 6	\$98
	High School - Gymnastics Center		



Pre Team

Pre-Team members will work on the component skills that comprise the USA Gymnastics Xcel routines. Eventually the goal is to offer fun filled competitive experiences for these athletes where they get to strut their stuff. The desire to compete should be considered a prerequisite for participation in this level. New students need gymnastic coaches approval prior to registering.

624	M 4-5pm, W 5-6pm	Sept 15-Nov 5	\$144
	High School - Gymnastics Center		

Bronze Gymnastics

Bronze Level is our competitive gymnastics. We will meet Mondays and Wednesdays from 5:30-7:30pm. New students need gymnastic coaches approval prior to registering.

625	M, Th 3:30-5:30pm	Sept 15-Nov 6	\$288
	High School - Gymnastics Center		

Silver Gymnastics

Silver Level is our competitive gymnastics. We will meet Mondays and Wednesdays 5:30-8pm. New students need gymnastic coaches approval prior to registering.

626	M 5:30-8pm, W 5-7:30pm	Sept 15-Nov 5	\$360
	High School - Gymnastics Center		

Training Gold Gymnastics

Training Gold gymnastics will meet on Mondays and Wednesdays from 5:30-8pm. New students need gymnastic coaches approval prior to registering.

82	M, W, Th 5-8pm	Sept 15-Nov 6	\$648
	High School - Gymnastics Center		

Gold Gymnastics

Gold gymnastics will meet on Mondays, Wednesdays, and Thursdays from 5:00-8:00pm. New students need gymnastic coaches approval prior to registering.

82	M, T Th 5-8pm	Sept 15-Nov 6	\$621
	High School - Gymnastics Center		

Platinum Gymnastics

Platinum gymnastics will meet on Mondays, Wednesdays, and Thursdays from 5:00-8:00pm. New students need gymnastic coaches approval prior to registering.

634	M, T, Th 5-8pm	Sept 15-Nov 6	\$621
	High School - Gymnastics Center		

Youth Recreation



Boys Vikings Skills Academy

Grades K-8

A fun basketball experience for all levels of skill. We will work on fundamentals and have some game time experience. Players from the high school basketball program will be helping as we work on passing, shooting, dribbling, defense and other basics. Then we will break out into games based on numbers for similar age groups. Must be registered by September 15. Please enter in door #17.

Vikings Boys Basketball Association

Grades K-3

681	M	Sept 15-Oct 20
	5:30-6:30pm	\$60
	Middle School - South Gym	

Grades 4-8

681	M	Sept 15-Oct 20
	6:45-8pm	\$60
	Middle School - South Gym	



Boys Volleyball

Grades 9-12

Come and join Coach Benedict as we learn more about volleyball skills, plays and have fun pick up games. Everyone must be registered before attending volleyball. Please enter in door #17.

Theresa Benedict

641	W	Oct 8-Dec 17
	6-7:30pm	\$38
	Middle School - East Gym	



Flag Football

Grades 2 and 3

Come join North Branch Flag Football, put on by our North Branch Vikings varsity coaching staff and varsity players as we introduce our young Vikings to football! Our varsity coaches and players will teach the basic football fundamentals (topics include: proper shoulder tackling as suggested by USA Football, blocking, throwing, catching, running and other football drills) and compete in various competitions. This is a non-contact camp. Let's have some fun learning about football! SKOL! Please wear tennis shoes and bring a water bottle.

North Branch Coaches Association

617	M	Sept 29-Oct 6
	5:30-6:30pm	\$40
	High School - Football Practice Field	

Dynamic Fitness

Ages 16 and older

No matter your fitness level or gym experience, Dynamic Strength Class has a place for you. The workout will consist of basic and advanced strength movements in combination with dynamic body weighted movements. Every class will end with a 10-15 minute flexibility and recovery session. Modify or progress as needed. This energetic class is designed to maximize positive changes in your body.

Nathan Appleby

688	W	Sept 17-Dec 17
	7-8pm	\$65.00
	High School - Fitness Center	

Parents' Night Out-Kids Fun Night with the Vikettes

Ages 3-12

Parents enjoy a night out, while your kids have some fun with the NBAHS Vikettes Dance Team. We will dance, play games and have pizza. (All children must be potty trained.) Siblings discount: first child \$30, siblings \$20/each. To receive the sibling discount please call Community Ed 651-674-1025 to register your children.

Vikettes Dance Team

637	F	Sept 26
	5:30-9pm	\$30
	Sunrise River Elementary School - Cafeteria	



Learn the Sport of BMX Bike Racing Ages 3 and older

Rum River BMX was named the #1 track in the United States for BMX racing. At BMX, everyone gets to participate. It's a great way for riders of all ages to stay active, build confidence, develop life skills, connect with others, and most importantly, have fun! During your time at the track you'll learn the fundamentals, including but not limited to; answers to the question "What is BMX racing?"; types of race bikes, BMX terminology and safety. The best part? You get to hit the track! Students will receive hands-on riding instructions and will practice their new skills on the BMX track. This course is designed for new riders, (novices, non USA BMX membership holders) interested in the sport. If you can pedal a bike without training wheels, you can participate! No special bike required. No worries about bringing a bike with you, we have a fleet of HARO race bikes available in a number of sizes. Bikes and full face helmets are available on a first come first served basis. A full face helmet is recommended, some form of helmet is required. Riders must wear long pants, long sleeves and tennis shoes. Riders ready? Check in from 5:30 to 6:00pm. Class from 6:00-7:45pm

Rum River BMX

65	Th	Oct 2
	6-7:45pm	\$15
	Rum River BMX 101 Isanti Parkway NW, MN 55040	
65	Th	Nov 6
	6-7:45pm	\$15
	Rum River BMX 101 Isanti Parkway NW, MN 55040	

Open Gym for NBAPS Students Grades K-12

North Branch Area Public School students come and enjoy an afternoon at our open gym, \$2 per person per day. Open Gym Dates: November 2, 16, December 14, January 11, 25, February 8, 22 Students in grades K-5 must have a parent accompany them during open gym. Parents play dodgeball and enjoy open gym with your child(ren). Students in grades 6-12 enjoy open gym and dodgeball. Grades K-5: Open Gym (HS North Gym) 1-3pm, Dodgeball (HS Multipurpose Room) 1-2pm *Adult needs to accompany this age at all times Grades 6-12: Dodgeball (HS Multipurpose Room) 1-3pm, Open Gym (HS West Gym) 2-3pm Dodgeballs will be provided. Please bring your basketball we will have some on hand. Please enter in door #11.

649	Su	Nov 2, 16, Dec 14, Jan 11, 25, Feb 8, 22
	1-3pm	\$2
	High School - West Gym	

Community Education Gift Certificates

Gift certificates are available in the Community Education office or call 651-674-1025. Recipients can choose to redeem the gift certificate for any Community Education class or Youth Connections school age care program.
It is the perfect gift!

REGISTER EARLY!

Community Education staff often need to make decisions about canceling classes a week or more before the start of the class. To avoid disappointment for yourself and others, don't wait until the last minute to register.

Youth Recreation



Youth Pickleball Lessons

Grades 3-9

Join Peiwu and Luke for twice weekly youth pickleball training for kids ages 8-14. Learn to dink, serve, backhand stroke, volley and basic rules of the game. At the end of each group training session, a round robin tournament will be held. Paddles and balls are provided for training. The sport of pickleball is easy to learn and fun to play and enjoy while making new friends.

Peiwu Daniels

683	M, W	Sept 15-24
	3-4:30pm	\$45
	Education Center - Large Gym	
683	M, W	Nov 3-19
	3-4:30pm	\$75
	Education Center - Large Gym	
683	M, W	Jan 5-21
	3-4:30pm	\$60
	Education Center - Large Gym	

Viking Volleyball Girls

Grades 3-6

Community Education is excited to offer a volleyball program for 3rd through 6th grade girls. The skills season will last five weeks. Athletes will get an introduction to all the fundamentals of volleyball including: passing, serving, setting and attacking. Coaches are dedicated to the development of student athletes in the elements of competition, dedication, sportsmanship and teamwork. Beginners and experienced players are encouraged to participate. There will be something to learn at all levels. All parents should plan to attend the first night for an information segment. Registration fee includes t-shirt, one free ticket to a home varsity volleyball game.

North Branch Coaches Association

61	M	Sept 8-Oct 6
	6-7:30pm	\$60
	High School - HS West Gym	



Beginner Kids Clogging

Ages 8-12

Clogging is a traditional American dance form, with similarities to tap & Irish dancing. This is a beginner dance class for kids ages 8-12, taught by a National Certified Clogging Instructor. Grab your friends and come try this fun percussive dance style. We will learn the basic steps along with a few fun routines to upbeat popular music. No experience needed. Students can wear comfortable clothes & shoes that slide easily. Optional glue-on clogging taps can be purchased from the instructor for \$20. Bring a pair of flat-soled shoes for the taps to be attached to (white shoes preferred for possible future performance opportunities). Local performance opportunities will be available after the last class!

Pam Heaton

661	Th	Sept 25-Nov 6
	5:15-5:45pm	\$26
	Education Center - Small Gym	

Little Stomper Beginner Clogging Class

Ages 3-7

Clogging is a traditional American dance form, with similarities to tap and Irish dancing. This is a beginner dance class for ages 3-7 taught by a National Certified Clogging instructor. Along with many fun clogging steps and routines, your dancer will work on basic rhythm, flexibility, balance and how to be a great dance student. Students can wear comfortable clothes and shoes that slide easy. Optional glue-on clogging taps can be purchased from the instructor for \$20. Bring a pair of flat soled shoes for the taps to be attached to. (White shoes preferred for possible future performance opportunities). No experience needed. Local performance opportunities will be available after the last class!

Pam Heaton

668	Th	Sept 25-Nov 6
	4:30-5pm	\$26
	Education Center - Small Gym	

Snowboard & Ski Club

Grades 6-8



Fees & Equipment

Fees include lift ticket, busing, and chaperone. There is an additional weekly fee for ski or snowboard rentals.

- ◆ \$183 price includes: 5 ski package. Deadline to register for package January 5.
- ◆ Students with Wild Mountain Ski Pass pay only \$90
- ◆ Single day option: \$47. Rental additional fee of \$27 payable to Community Ed before day of trip.
- ◆ Parents may drop off equipment; If you own your own snowboard/skis use the Wild Mountain “Ski Corral” to prevent theft. North Branch Area Community Ed and Wild Mountain are not responsible for stolen items.

Registration

- ◆ To register for ski club, go to www.nbaceonline.org and click on Youth Recreation.
- ◆ One time users must have registration form and payment into the Community Education office the Thursday prior to ski date.
- ◆ Helmets encouraged.
- ◆ Ski Club will be canceled when the weather is dangerously cold or poor driving conditions exist. We do not make up days we miss.
- ◆ Inappropriate conduct will result in removal from program.



No Ski Club Jan 19, Feb 16

69	M	Jan 12-Feb 23	3pm-9:30pm	\$183 Package
		Middle School - South Cafeteria		

Drivers Education

North Branch Area Community Education is pleased to partner with Right Away Driving School to offer a convenient teen driver education program in our school.



Classroom Instruction

The first part of our Driver Education process is a 30 hour class. We will focus on road rage, cell phone laws, road signs, impaired driving with drunk goggles and antilock braking system just to name a few. You have to be at least 14 1/2 to take the classroom portion and 15 years old to take the permit test. NOTE: Make up lessons can be completed in any North Branch Area Community Education class or go to the Forest Lake location.

Behind-the-Wheel

After passing the permit test, students will need to start the behind the wheel phase. Students are required to complete six hours of behind the wheel. The lessons are provided in three two hour sessions with a licensed instructor from the Department of Public Safety. The student will be picked up and dropped off at their home or at school. Detailed information about behind the wheel will be provided at class.

Fees and Registration

\$400 includes classroom instruction, materials and behind the wheel training. Permit and road exam fees are not included in registration fee. For payment options please contact the North Branch Area Community Education office at 651-674-1025.

Please note students need to have a gmail email not a school email.



In Person Schedule - \$400

Nov 10-21 Monday-Friday, 2:30-5:30pm
High School - D154 Nov 14, 20, 21 - Google classroom
Dec 8-19, Monday-Friday, 2:30-5:30pm
High School - D154 Dec 12, 19 - Google classroom

Virtual Schedule - \$400

Sept 22-Oct 3, Monday-Friday, 3:00-6:00pm
Oct 13-24, Monday-Friday, 3:00-6:00pm
Nov 10-21, Monday-Friday, 3:00-6:00pm
Dec 8-19, Monday-Friday, 3:00-6:00pm

Questions? Call Community Education at 651-674-1025.

Secondary Youth Athletics

North Branch Area High School offers the following Athletics throughout the school year. All registrations must be completed online through Affinity - <https://1929a.cf.wordwareinc.com>

Athletic Offerings	High School Fee	Middle School Fee
Athletic Offerings	\$250.00	\$160.00
Clay Target	\$170 + Supplies Fee	N/A
Football	\$300.00	N/A
Hockey	\$575.00	N/A
Families qualifying for Free Lunches do not pay activities fees. Families qualifying for Reduced Lunches pay a reduced fee. F/R applications must be submitted annually.		

HIGH SCHOOL ATHLETICS

Fall Athletic Offerings 2025 Dates	Winter Athletic Offerings 2025-26 Dates	Spring Athletic Offerings 2026 Dates
Boys Soccer (grades 7-12) 8/11/25-11/1/25	Boys Basketball (grades 9-12) 11/17/25-3/21/26	Baseball (grades 9-12) 3/9/26-6/13/26
Cross Country (7-12) 8/11/25-11/1/25	Boys Hockey (9-12) 11/10/25-3/7/26	Boys Golf (7-12) 3/16/26-6/13/26
Football (9-12) 8/11/25-11/22/25	Dance Team (7-12) 10/20/25-2/14/26	Boys Tennis (7-12) 3/23/26-6/6/26
Girls Soccer (7-12) 8/11/25-11/1/25	Girls Basketball (9-12) 11/10/25-3/14/26	Track & Field (9-12) 3/9/26-6/6/26
Girls Tennis (7-12) 8/11/25-10/25/25	Girls Hockey (9-12) 10/27/25-2/21/26	Girls Golf (7-12) 3/16/26-6/13/26
Volleyball (9-12) 8/11/25-11/8/25	Gymnastics (9-12) 11/10/25-2/21/26	Softball (9-12) 3/9/26-6/6/26
Clay Target (8-12) 9/15/25-10/22/25	Wrestling (7-12) 11/17/25-2/28/26	Clay Target (8-12) 3/30/26-6/19/26

MIDDLE SCHOOL ATHLETICS (Grades 7-8)

Fall Athletic Offerings 2025 Dates Sept/Oct	Winter Athletic Offerings 2025-26 Dates	Spring Athletic Offerings 2026 Dates April/May
Volleyball	Boys Basketball - Jan/Feb	Baseball
	Girls Basketball - Nov/Dec	Softball

ACTIVITIES DIRECTOR - Kindra Helin khelin@isd138.org

ACTIVITIES ADMINISTRATIVE ASSISTANT - Tanya Giese tgiese@isd138.org

THE VOICE

A Publication of North Branch Area Public Schools

38705 Grand Ave., North Branch, MN 55056

isd138.org - #Celebrate138

651-674-1000



Celebrating Partnerships and Possibilities



Exciting things are happening across NBAPS as summer winds down and preparations ramp up for the 2025–26 school year. Staff are fine-tuning plans, buildings are being refreshed, and a wave of excitement is spreading through our community as we prepare to welcome students back in just a few weeks.

Our mission is rooted in partnership, and that commitment shows in the way we connect with families, extend learning beyond the school year, and create meaningful experiences inside and outside the classroom. By expanding college level courses, building real world learning experiences, and taking students beyond the classroom through field trips, we aim to show every Viking that learning leads to new possibilities. As educators prepare for the year ahead and facilities teams finish summer improvements, our focus remains on building welcoming environments that reflect our Viking Values of respect, responsibility, and engagement.

Viking pride is on full display along Grand Avenue, where beautiful new murals now cover the warming house. This project was made possible by our partners, the Lions Club and the North Branch Area Hockey Association. We affectionately call Grand Avenue “Viking Way,” and this project is another celebration of both Viking pride and community partnerships.

As we gear up for the school year, we invite you to consider joining our schools in a powerful way by becoming a Viking Support Star. Viking Support Stars are our valued substitute teachers and they play a critical role in helping each school day begin with confidence and care. You do not need a teaching license to get started. All that is required is a passion for working with students and a willingness to serve. This flexible role allows you to choose when and where you work and you will receive training and support along the way. Whether you are a recent college graduate, a retiree, or a professional with flexible hours, your ser-

vice as a Viking Support Star makes a real difference in our classrooms.

If you are interested in learning how you can shine as a Viking Support Star, contact me at spaul@isd138.org or 651-674-1012.

The 2025–26 school year is shaping up to be an exciting one. As a community of learners, we have the opportunity to model curiosity, compassion, and growth for our students every day. Whether at home, in school, or out in the community, our actions show young people what is possible. I am thankful to serve our amazing school district and Viking community, and as we celebrate partnerships and possibilities, I look forward to all that we will accomplish together.

Sara Paul, Superintendent

North Branch Area Public Schools

School Board

Business Meetings and Work Sessions

The public is welcome to attend school board meetings on the 2nd (business) and 4th Thursday (work session) of each month at the North Branch Area Education Center (38705 Grand Ave., North Branch), 5:30 p.m.

School Board:

Tim MacMillan, Adam Trampe, Sarah Grovender, Heather Naegele, Shelly Johnson, and Jesse LaValla

NBAPS Strategic Direction 2025-26

Vision Statement:

Inspire dreams, build integrity and instill hope in our students, our staff, our families and our communities.

Mission Statement:

Partner with families and communities to challenge all students to achieve their greatest potential and become informed citizens.

Strategic Directions:

1A: Prepare all learners for success in school and in life by ensuring students meet the educational milestones of the World's Best Workforce statute.

1B: Prepare all learners for success in school and in life by committing to the success of every student.

2. Ensure mutual accountability for measurable progress toward shared goals.

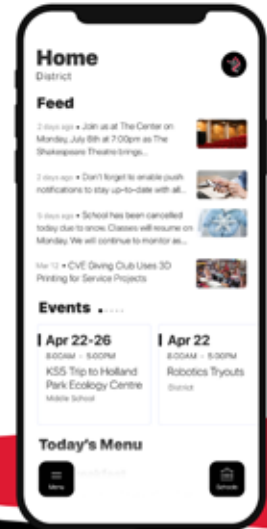
3. Mobilize community engagement

4. Commit resources to district priorities

It's everything Vikings, in your pocket.

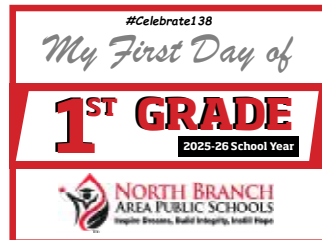


Download the **North Branch Area Schools, MN** app from the iOS App Store or Android Play Store and enable Notifications.



First day signs available now

First day of school signs for the 2025-26 school year are now available at www.isd138.org. To download signs, go to the “menu” tab at top right of the district homepage and look for the signs in the “resources” section. From there you can download any of the signs you need, from preschool through 12th grade.



Need guidance using the NBAPS website or app? Go to: www.isd138.org/page/communications and scroll down to see tips!

Check out these informational videos!

NBAEC builds a solid foundation!



Experience Sunrise!



Create, Transform, Explore, and Connect at NBAMS!



Choice Not Chance at North Branch Area High School



DLA - Flexible, Structured, Supported



Facility Use

District 138 encourages the use of school facilities by district residents.

Scheduling priority:

To provide maximum use of school facilities with minimum conflicts, it is necessary to schedule groups on a priority basis as follows:

- Class 1:** District #138 sponsored activities.
- Class 2:** Nonprofit youth organizations.
Nonprofit youth with 501(c) form.
Nonprofit public agencies, civic and service groups.
- Class 3:** Class 2 when charging admission.
Nonprofit youth group when majority are not residents of the school district or if activity is not open to the public.
- Class 4:** Out of district groups and businesses. Private parties.

Frequently asked questions:

- 1. Why do community groups pay to use school facilities?**
Access to facilities involves added costs such as utilities, cleaning, consumable supplies and additional wear and tear. These costs are absorbed by the regular classroom if they are not charged back to the user.
- 2. Where does the revenue from facility rental go?**
The revenue from rentals goes back to the School District's General Fund to replace consumable supplies, offset utilities and maintain the facility.

To use District 138 facilities:

- 1.** Complete an application for use of school facilities. Forms are available on our Website at www.isd138.org. Click on schools, select North Branch Area Community Education and click on Facility Use Forms Or call the community ed office at 651-674-1025.
- 2.** Return form along with certificate of liability insurance to the Community Education office by:
Fax: 651-674-1027, or by
Mail: North Branch Community Ed
38705 Grand Avenue
North Branch, MN 55056
- 3.** Community Education will process the request on a first-come space available basis. Upon approval you will receive a Facilities Contract with rental fees which is due prior to your event.



Continuing to Prioritize Safe Schools

A safe learning environment is essential for all ages and activities in our school district. When students feel secure, they can fully focus on and enjoy their learning experiences. Continuous practice and improvement are critical for responding effectively and efficiently to crisis events. The NBAPS Crisis Management Committee is committed to ensuring that staff, students, and community partners are well-acquainted with the I Love You Guys Foundation's crisis management response structure. For your reference, we have included additional information below.



INFORMATION FOR PARENTS AND GUARDIANS

Our school has adopted The "I Love U Guys" Foundation's Standard Response Protocol (SRP). Students and staff will be training, practicing, and drilling the protocol.

COMMON LANGUAGE

The Standard Response Protocol (SRP) is based on an all-hazards approach as opposed to individual scenarios. Like the Incident Command System (ICS), SRP utilizes clear common language while allowing for flexibility in protocol.

The premise is simple - there are five specific actions that can be performed during an incident. When communicating these, the action is labeled with a "Term of Art" and is then followed by a "Directive." Execution of the action is performed by active participants, including students, staff, teachers and first responders. The SRP is based on the following actions: Hold, Secure, Lockdown, Evacuate, and Shelter.

HOLD

"In Your Classroom or Area"

Students are trained to:

- Clear the hallways and remain in their area or room until the "All Clear" is announced
- Do business as usual

Adults and staff are trained to:

- Close and lock the door
- Account for students and adults
- Do business as usual



SECURE

"Get Inside. Lock outside doors"

Students are trained to:

- Return to inside of building
- Do business as usual

Adults and staff are trained to:

- Bring everyone indoors
- Lock the outside doors
- Increase situational awareness
- Account for students and adults
- Do business as usual



LOCKDOWN

"Locks, Lights, Out of Sight"

Students are trained to:

- Move away from sight
- Maintain silence
- Do not open the door

Adults and staff are trained to:

- Recover students from hallway if possible
- Lock the classroom door
- Turn out the lights
- Move away from sight
- Maintain silence
- Do not open the door
- Prepare to evade or defend



EVACUATE

"To a Location"

Students are trained to:

- Leave stuff behind if required to
- If possible, bring their phone
- Follow instructions

Adults and staff are trained to:

- Bring roll sheet and Go Bag (unless instructed not to bring anything with them, dependent on reason for evacuation.)
- Lead students to Evacuation location
- Account for students and adults
- Report injuries or problems using Red Card/Green Card method.



SHELTER

"State Hazard and Safety Strategy"

Hazards might include:

- Tornado
- Hazmat
- Earthquake
- Tsunami

Safety Strategies might include:

- Evacuate to shelter area
- Seal the room
- Drop, cover and hold
- Get to high ground

Students are trained in:

- Appropriate Hazards and Safety Strategies

Adults and staff are trained in:

- Appropriate Hazards and Safety Strategies
- Accounting for students and adults
- Report injuries or problems using Red Card/Green Card method.



District Information

School Facility Use

ISD #138 North Branch Area Public Schools facilities & fields are available for use by groups/organizations. If you wish to use a facility, you must register your request 10 days in advance of the use, with the Community Education office. A facility use fee, rental and/or custodial fees will be charged. For security reasons only the main doors of each school are unlocked. Security badges must be worn.

Distribution of Materials and Advertising Opportunities

Organizations interested in distributing flyers for a fee about youth activities through the school must bring a copy of the information to the Community Ed office at least one week prior to printing to get approval. The school district disclaimer must also be printed on any flyers that are sent home with students. Advertising guidelines and fees are available online at www.isd138.org

Background Checks

Volunteers assigned to work with classrooms, volunteer coaches, Community Education instructors and independent contractors who are not directly supervised and who work with school-age children must have a criminal background checks in North Branch Area Public Schools.

Home Baked/Cooked Foods at North Branch Schools

For the safety of our citizens, it is a district procedure to NOT PERMIT home baked/cooked foods to be eaten at events held in district buildings. Prepackaged items and licensed caterers/restaurants may be used.

North Branch Area Public Schools Chemical Application to Fields

Chemicals, both fertilizers and pesticides, will be applied to district grounds twice a year in mid April and again in early June. In addition, fertilizers may again be applied in October for a third application. All users are advised to stay off of treated fields for twenty-four hours.

Smoking on School Grounds

All school district buildings and grounds are smoke free. Citizens who are observed smoking or using tobacco products in school district buildings, on school grounds, or in/on vehicles shall be asked to refrain from smoking. Violation of the Clean Indoor Air Act is a petty misdemeanor and an injunction can be instituted against a repeat violator.

Inclement Weather

During Inclement Weather, North Branch Area Schools may announce

Two hour late start - means morning Community Preschool and Early Childhood Family Education classes will be canceled. School Age Care Program open. Afternoon & evening classes will continue. Community use of facilities allowed.

School Closed - If it's closed due to inclement weather for the entire day, all activities and community use of facilities will be canceled.

Early Dismissal - means ALL Community Education classes, ECFE programs, and Youth Connections for the balance of the day are canceled. No community use of facilities.

Class cancellations - will be announced through school web site at www.isd138.org, School Information Line 651-674-1411 and local media outlets.



District Information

District Phone Numbers

Activities Department	651-674-1514	38175 Grand Ave	Door #1
Office of Teaching & Learning	651-674-1051	38423 Grand Ave	Door #1
Community Education	651-674-1025	38705 Grand Ave	Door #1
District Office	651-674-1000	38705 Grand Ave	Door #1
Education Center	651-674-1025	38705 Grand Ave	Door #1
Early Childhood/Family Ed	651-674-1220	38705 Grand Ave	Door #1
Food Service - Taher Dining	651-674-1520	38175 Grand Ave	
Life Works Center	651-674-1413	38423 Lincoln Trail	
High School	651-674-1500	38175 Grand Ave	Door #1
Sunrise School	651-674-1100	37775 Grand Ave	Door #1
Middle School	651-674-1300	38431 Lincoln Trail	Door #1
School Information Line	651-674-1411		
Transportation Department	651-674-1030	38150 Grand Ave	



Our Vision...

Inspire dreams,
 build integrity and
 instill hope in our
 students, our staff,
 our families and
 our communities.



Community Ed Registration

**I.S.D. #138 Community Education, 38705 Grand Avenue,
North Branch, MN 55056**

Make Checks Payable to: I.S.D. #138 and mail to the address above

Fax #(651) 674-1027 with Visa or MasterCard Number

Register online at www.nbaceonline.org with Visa or MasterCard

Participant _____

Class # _____ Class Title _____ Fee _____

Class # _____ Class Title _____ Fee _____

Class # _____ Class Title _____ Fee _____

Home Phone _____ Day Phone _____

Emergency Phone (for youth programs) _____

Address _____

City _____ Zip _____ Birth Date _____

_____ Male _____ Female Grade (2024-25) _____

Age: _____ 0-5 yrs _____ 6-18 yrs _____ 19-54 yrs _____ 55 or over

Parent or guardian (for youth) _____

E-Mail Address _____

Shirt: Adult Size _____ S _____ M _____ L Youth Size _____ S _____ M _____ L

UCare Members ID Number _____

What accommodations (if any) need to be addressed to ensure this participant will be successful at class? _____

Photographs or videos of classes in action may be taken and used for district publications and/or local news media.

If you object to having your child(ren)'s picture used, please check here _____

Waiver: In consideration of your accepting this registration, I hereby, for myself and all associated with me, waive and release any and all rights and claims for damages I or my child may have against Independent School District #138 and its representatives for any and all injuries suffered by myself or my child at the above listed activities, sponsored by ISD 138. I've read page 59 regarding refund policy and class procedures.

Signature Date _____

Payment

_____ Visa _____ MasterCard Card

Number: _____

3 Numbers on back of card _____ Expires _____

Signature Date _____

SilverSneakers, Silver&Fit, Renew Active or OnePass Health Inc number _____

Registration



Ways to Register

It is best to register for a class at least one week before the starting date or deadline date.

Online: www.nbaceonline.org

Phone: 651-674-1025

Fax: 651-674-1210 using a Visa, MasterCard or Discover credit card.

Mail or in person

Community Education
North Branch Area Education Center
38705 Grand Avenue
North Branch, MN 55056

Office Hours Monday-Friday
7:00 am to 5:30 pm

We Love Feedback

Your questions and comments about the Community Education catalog are always welcome. Please contact the Community Education office at (651) 674-1025.

Accessible to All

If you have a disability and need accommodations to participate, please call the Community Education office at (651) 674-1025 at least 10 business days before your class.

Cancellations

Classes will run as scheduled unless you are notified by email or phone. Please keep your contact information up to date.

If school is canceled due to weather, most afternoon and evening Community Ed activities are also canceled. For updates, call the info line at (651) 674-1411 or visit the district web page www.isd138.org

If you need to cancel a registration:

- Cancel **at least 2 business days before** the class starts to receive a refund (minus a \$5 processing fee).
- Cancel **1 business day before** the start date for a **75% refund**.
- No refunds after the class has started or registration deadline has passed.

If an emergency requires withdrawal before the second session, a voucher for 75% of the class fee may be issued.

Scholarships

Scholarships are available for families who qualify for free or reduced-price lunch:

- Free lunch eligibility: Pay one-third of the class cost
- Reduced lunch eligibility: Pay half of the class cost
- Annual maximum: Up to \$75 per person

To receive a scholarship, a completed Application for Educational Benefits must be on file with the district.

Scholarships are also available for senior fitness classes provided through *Live 2 B Healthy*. Please contact us to learn more!



UCare

Eligible UCare members may get up to a \$15 discount on many community education classes in Minnesota. Members must have UCare insurance at the time of registration and throughout the duration of the class. Members need to provide their UCare member ID number when registering for class. Limits and restrictions may apply.

Gift Certificates

Get that special someone a gift they can really use! Gift certificates are available in the Community Education office or call 651-674-1025. Recipients can choose to redeem the gift certificate for any Community Education class.

It's the perfect gift!

North Branch Area Public Schools
ISD #138
38705 Grand Avenue
North Branch, MN 55056

*North Branch Area Community Education
Proudly Presents*



**Arts
Fest**

Featuring over 200 crafters!

*Please bring nonperishable
food item for local food shelf.*

No strollers or pets please.

Take the **free shuttle** from
middle school parking to and from
high school. Shuttle time 9am-3:30pm.
38175 Grand Avenue, North Branch, MN

Saturday
November 22
9 a.m. until 3 p.m.

Located at the
North Branch Area
High School

