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Community Education of the Black Hills

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Workforce Connections

*Supporting adults to
further their education
and training.*



Career Learning Center
of the Black Hills

730 East Watertown St
Rapid City, SD 57701
(605) 394-5120 • clcbh.org



JOHN T. VUCUREVICH
FOUNDATION
...to make a place of the world a brighter place.

What Services Will I Receive from the Workforce Connections Program?

The Workforce Connections Program provides navigation support, mentoring, and advocacy to individuals pursuing adult education.

Supports can include:

- Support Obtaining a GED®
- Career Exploration
- Mentoring to Pursue Further Education and Training
- Assistance with Education and Training Expenses
- Assistance with Other Emergency Expenses
- Resource Navigation
- Resume Development
- Developing Interview Skills

What is the Workforce Connections Coalition?

A group of area community partners who collaborate to reach the goals of the Workforce Connections Program. Activities of the Coalition will include:

- Sharing expertise including workforce development strategies.
- Serving as advocates to promote the program.
- Providing agency and organization updates that benefit the participants.



Program Goals

- To increase the number of individuals entering education and training programs that lead to higher wages.
- To create a workforce to meet employer needs.

Why Participate?

- Increased education and training are fundamental to improving the well-being of families and communities in the Black Hills.

Who is This For?

- Individuals with a high school diploma or GED® who want to refresh their academic skills to pursue further education and training.
- Individuals without a high school diploma who want to earn their GED® and pursue further education and training.



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The Career Learning Center of the Black Hills has a variety of education, training and pre-employment offerings and services. Below is a brief description of these services. Please call our office for more information.

Adult Education at the Career Learning Center of the Black Hills (CLCBH): The CLCBH serves adult education students throughout Western South Dakota in the communities of Belle Fourche, Spearfish, Sturgis, Rapid City, and Custer. There are three primary areas of study for students enrolled:

GED Preparation: Serves most of our students ages 18 and older without a high school diploma with instruction offered during daytime and evening hours for preparation to take the GED exams.

Adult Basic Education: Serves individuals 18 and older with a high school diploma or GED who need academic review to prepare for enrollment into a university, technical college, apprenticeship or other post-high school education/training. Tutoring is also available.

English as a Second Language: Serves students 18 & over who are studying oral and written English skills.

Testing Services: The Career Learning Center of the Black Hills (CLC) represents 10 National and International Test Centers providing hundreds of proctored assessments. Tests are administered regularly for professionals, job applicants, employers, government agencies and students. The CLC has met the comprehensive facility, technology and security requirements for all assessment providers represented at our facility. In the past 12 months, the CLC has provided over 2,000 exams!

The CLC strives to meet the electronic testing needs of the Black Hills community members. To register for a test, individuals will access the appropriate link to their exam which will identify if that test is offered in the Rapid City area. If it is, it will most likely be provided at the Career Learning Center. If a test is not offered in this area, we welcome the opportunity to research the possibility of providing the exam at our facility. Testing Centers represented at the CLC include:

- Certiport Performance Assessment Network—PAN

(CLC also provides I-9 Employment Verification through PAN)

- Pearson VUE

- ISO Quality Testing

- PSI

Many of the computer training courses and the MOS tests are approved for funding through the South Dakota Department of Labor and Regulation and the Veteran's Affairs.



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Welcome

We are glad you are joining us for the new season of Community Education! As you look through the Winter/Spring 2023 offerings, you will see most classes are held in-person and several conveniently hosted with a live instructor via Zoom. Registration begins January 1st.

We extend a sincere Thank You to:

- All of our amazing instructors who lend their expertise, time, and energy to provide wonderful opportunities to learn;
- 'Partners' who make this program a success with sponsorships and classroom space; and
- Especially you, the participant, who continues to support this program by taking a class.

Wishing you all the best.

Live & Learn -

Tammy Sellars, Program Director

Gloria Pluimer, Division Director

Students and Employers: Affordable Computer Training Courses!

The Career Learning Center of the Black Hills is finding high interest in computer skill training for employees and job seekers. In response to this interest, we are offering all of our computer courses at a **50%** discount for employers sending their employees and for individuals who are employed or seeking employment.

The Career Learning Center of the Black Hills can customize a training program with one, two or more computer courses to meet your needs. Offerings include:

Course	Number of Hours	Original Price	Discounted Price
Keyboarding	36	\$200	\$100
Intro to Computers	36	\$250	\$125
Microsoft Word	40	\$300	\$150
Microsoft Excel	40	\$300	\$150
Microsoft PowerPoint	40	\$300	\$150
Microsoft Outlook	36	\$250	\$125
QuickBooks Pro	60 - 70	\$400	\$200
Administrative Office Assistant	480	\$2,000	\$1,000
Office & Accounting Assistant	560	\$2,250	\$1,125

These classes are open entry and self-paced allowing you to set your schedule and go at your own pace. For more information on the cost of the courses, please contact the Career Learning Center of the Black Hills at 394-5120.

This WS2023 Community Education of the Black Hills edition is published by BHSSC, PO Box 218, Sturgis, SD 57785, 605-347-4467. BHSSC is an Equal Opportunity Employer. Auxiliary aids and services are available upon request to individuals with disabilities. We operate under special use permit on the Black Hills National Forest.

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Active Living



ADULT: INTRO TO KAYAKING

Instructor: Renee Raisanen and Justin Herreman

First things first: come learn the basics of kayaking that will help set the foundation for a safe, enjoyable paddling future from certified American Canoe Association (ACA) instructors. ACA-certification is the national standard for professional kayak instructors. The setting is calm flat water in a pool so you're at ease and can focus on a great experience. Emphasis will be on safe practices, learning and feeling the differences between equipment, proper boat fit, and principles of strokes and maneuvers. All equipment, kayaks and pool fees are provided and included in the tuition. At the end of this class, you'll be familiar and comfortable with basic paddling skills and equipment, and ready for the beautiful recreational kayaking venues the Black Hills has to offer. NOTE: Mandatory signed waiver at class, plus age/height/weight of student must be provided at registration. Ages 18 yrs old to 114 yrs old welcome! What to bring: Set of clothes to get wet in (shorts or leggings) to get in/out of boats, dry clothing to change into after class, towel, water bottle.

KA/S23A \$105 for 1 session - Saturday, 4/1, 4:00 - 8:00 PM

KA/S23B \$105 for 1 session - Sunday, 4/2, 9:00 AM - 1:00 PM
Roosevelt Swim Center - 125 Waterloo St

AMERICAN MAH JONGG: THE BASICS

Instructor: Linda Lockner

Mah Jongg is a table game in which players use number and symbol tiles to form hands and score points. With origins in ancient China, the exotic tiles provide an experience in sight and sound for a fun and mentally challenging social game of chance. This course teaches rules and basic strategies of American Mah Jongg, using National Mah Jongg League rules. Tile sets are provided for class practice, but in addition to the tuition fee, each student purchases a NMJL Rules and Hands reference card through the instructor. NOTE: Additional \$9 supply fee paid to instructor at class.

AMJ/S23A \$44 for 4 sessions - Wednesdays, 1/25 - 2/15, 6:30 - 8:30 PM
Career Learning Center of the Black Hills
730 E. Watertown Street, use North entrance & parking lot

BASICS OF SAILING!

Instructor: Sarah Mangelsen & Angostura Yacht Club members

This course is designed to instruct a newcomer, as well as an old salt, on the art and science of sailing! Class is taught by qualified boat captains of the Angostura Yacht Club and includes a day of sailing aboard one of the fleet boats on the beautiful Angostura Lake. Some of the topics will be boat handling and safety, sail trip, seamanship and knots, weather, nautical terms, and more. If you've ever had the desire to sail, to feel the roll of the deck under your feet and wind in your sails, take this opportunity! Tuition includes all supply fees.

Sail/S23A \$55 for 3 sessions - Thursdays, 4/20 - 5/4, 7:00 - 9:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance

BEGINNING LINE DANCING

Instructor: Debbie Ellerton

Come join the fun as you try on some of the latest line dances...no partner needed for this class, so don't sit home because you don't have a partner, come join the movement! These steps are easy to learn, great exercise for everyone, and something you can do your life long. We will dance to all types of music and numerous dance rhythms. Ages 10 yrs and above welcome! Class size limited.

LD/S23A \$35 for 4 sessions - Mondays, 2/20 - 3/13, 6:30 - 7:30 PM
Rapid City Elks Lodge #1187 - 3333 Jolly Lane

Active Living

DOES YOUR FIDO OR FIFI NEED 'FIXING'?

Instructor: Katherine Andrews

This unique class is great as your dog gets an individual evaluation and your questions get answered by an animal behaviorist! We will offer Basic Obedience; Advanced Obedience; Social Skills; and Communication Skills. You and your dog will have a chance to get Canine Good Citizen certified and have one-on-one time to 'fix' the issues your dog is having. This program is designed to fit the needs of you and your dog with your schedule. Class will work both individually and as a small group to accomplish your goals. Please bring your own dog with leash and training collar, plus snacks. Dog should be 6 months old or older. Class is limited to 1 dog per registered student. NOTE: Class is 2 sessions with a week break in between for homework. Please meet at the round pen at the park at 10:45am to check-in and let your dog run around so they'll focus better. For more information or questions: www.animalpsychologycenter.com or call 605-390-7295.

Fido/S23A \$95 for 2 sessions - Saturdays, 5/20 & 6/3, 10:45 AM - 2:00 PM
Braeburn Dog Park - 3324 Idlehurst Ln

DUO DANCING

Instructors: Linda and Henry Olivier

This wonderful 6-week class is open to people of all ages and will teach lifelong enjoyment! So, get off the couch, grab a partner and join in a fun, energizing time that's inexpensive to do together. Dances covered include the Two Step, Jitterbug and Waltz! We'll be dancing to all types of music. Please note that any dance is great exercise and can be aerobic. Class size is limited. NOTE: Register individually!

DD/S23A \$50 for 6 sessions - Thursdays, 2/2 - 3/9, 7:00 - 8:30 PM
VFW Post 1273 - 420 Main St

GOLF CLASS FOR SENIORS (AGES 50-101 YRS): SERIES 3

Instructor: David Noble

Not only does this curriculum give seniors a chance to learn the sound fundamentals of the golf grip, stance, ball position, posture and athletic motion of the golf swings; but it provides the students a foundation to prepare for the future! Most importantly, the winter months can be utilized to form good habits or restructure bad habits into proper ones. Your instructor is a golf professional, a longtime member of the Professional Golfers' Association of America and teacher of thousands of golfers of all abilities. Come learn knowledge for a lifetime. NOTE: Tuition includes all class materials to take home upon completion of class.

Golf/S23A \$25 for 4 sessions - Tuesdays, 1/24 - 2/14, 10:00 - 11:30 AM
Golf/S23B \$25 for 4 sessions - Tuesdays, 2/21 - 3/14, 10:00 - 11:30 AM
Career Learning Center of the Black Hills
730 E. Watertown Street

INTRO TO BOULDERING!

Instructors: Laura Bellisle & Kolton Arthur

Ready to try something new in the new year? This class is a basic introduction to the rock-climbing discipline of Boulderling. It's a great way to increase your core strength and perfect for those with little or no experience. Basecamp's intro class will teach students climbing safety, footwork, tips and tricks to climb routes on walls of all skill levels and difficulty with experienced climbing instructors. All equipment will be provided including climbing shoes. NOTE: Additional \$64 supply fee paid to instructor at class. Students should wear comfortable clothing to move around in and bring a bottle of water. Course is intended for ages 15-yrs old and above.

Bould/S23A \$39 for 5 sessions - Saturdays, 1/21 - 2/18, 12:00 - 1:00 PM
Bould/S23B \$39 for 5 sessions - Saturdays, 3/18 - 4/15, 10:30 - 11:30 AM
Bould/S23C \$39 for 5 sessions - Saturdays, 4/22 - 5/20, 12:00 - 1:00 PM
Black Hills Base Camp - 2026 Samco Rd, Suite 101

Active Living

INTRO TO BOULDERING PLUS!

Instructors: *Laura Bellisle & Kolton Arthur*

If you've been climbing for a few months or have taken our Intro class, Basecamp's Intro+ class will take your climbing to the next level. Learn the next level of footwork, reading routes, and how to think about climbing with experienced climbing instructors. Take your climbing to new heights with Basecamp's Intro+ class! All equipment will be provided including climbing shoes. NOTE: Additional \$64 supply fee paid to instructor at class. Students should wear comfortable clothing and bring a bottle of water. Course is intended for ages 15 yrs old and above.

Bould+/S23A \$39 for 5 sessions - Saturdays, 1/21 - 2/18, 10:30 - 11:30 AM
Bould+/S23B \$39 for 5 sessions - Saturdays, 4/22 - 5/20, 10:30 - 11:30 AM
Black Hills Base Camp - 2026 Samco Rd, Suite 101

INTRO TO PICKLEBALL!

Instructors: *Paul Cohen & Mark Geyer*

Pickleball has taken over the country in popularity for all ages because it's great fun and something you can be active with all year. This class will introduce you to the sport, proper form, scoring and much more, so come join the fun...it's naturally social-distanced! Students should please dress comfortably, wear tennis shoes, and bring a bottle of water. If you'd prefer to use your own racquet, please bring it, but court time, balls and racquets will be provided for everyone. Please register for the class that suits you. Persons 12-years old and above welcome. NOTE: Additional \$10 supply fee per person paid to instructor at class.

Pick/S23A \$25 for 4 sessions - Tuesdays, 1/24 - 2/14, 6:00 - 7:00 PM
Pick/S23B \$25 for 4 sessions - Tuesdays, 2/28 - 3/21, 6:00 - 7:00 PM
Pick/S23C \$25 for 4 sessions - Tuesdays, 4/4 - 4/25, 6:00 - 7:00 PM
Pick/S23D \$25 for 4 sessions - Wednesdays, 1/25 - 2/15, 12:00 - 1:00 PM
Pick/S23E \$25 for 4 sessions - Wednesdays, 3/1 - 3/22, 12:00 - 1:00 PM
Pick/S23F \$25 for 4 sessions - Wednesdays, 4/5 - 4/26, 12:00 - 1:00 PM
Tennis Center of the Black Hills - 7802 Albertta Drive

JITTERBUG DANCING FOR THE BEGINNER

Instructor: *Debbie Ellerton*

The Jitterbug is so fun to do and it seems to be the dance all ages enjoy...everyone is always smiling while jitterbugin'! If you want to learn how, this 4-week class will teach you the basics. You will learn turns and fun moves of this swinging dance. This very social dance can be done at any occasion and you will have a blast even if it's in the living room. We will dance to a variety of music from country to funky. Register individually. NOTE: Class size is limited.

JD/S23A \$35 for 4 sessions - Mondays, 2/20 - 3/13, 7:45 - 8:45 PM
Rapid City Elks Lodge #1187 - 3333 Jolly Lane

LET'S DO THE LINDY HOP!

Instructor: *Ryan Englehaupt*

Referred to as the "original" swing dance, the Lindy Hop evolved from Charleston and Tap dancing. It's characterized by fast rotations, swing outs and high-energy footwork...Yes! We'll cover the basics as well as some fun moves that you can combine in all kinds of ways. With some improvisation and a little flare, you can make this dance your own. The Lindy Hop is the most iconic style of swing dancing and some consider it to be as popular today as it was in the 1930's! Class size limited.

LH/S23A \$35 for 4 sessions - Tuesdays, 2/7 - 2/28, 6:30 - 7:30 PM
Rapid City Elks Lodge #1187 - 3333 Jolly Lane



Active Living

LET'S PLAY CHESS!

Instructor: *Alex Young*

This course is for beginners and new players who would like to learn the game of chess, one of the oldest and still widely played games in the world. We will cover the rules; how to record a chess game; core concepts and skills necessary to play chess well; and how to improve and learn from your mistakes. Come expecting to play chess! All supplies will be provided. Your instructor has been playing the game for over 20 years and recently achieved an expert rating (2000 USCF). Visit www.rcscholasticchess.weebly.com for club information. NOTE: Ages 12 years old and above welcome accompanied with an adult.

Chess/S23A \$35 for 2 sessions - Saturdays, 2/4 & 2/11, 1:00 - 3:00 PM
Dahl Arts Center - 713 7th St, Use Kansas City St Entrance



MIGRATING SONGBIRDS!

Instructor: *Maggie Engler*

Springtime in South Dakota is glorious, and a bonus of this season means many migrating birds. This intermediate level class will focus on the passerines, or songbirds. We will discuss the families of blackbirds, sparrows, warblers, swallows and vireos. Two Saturday morning field trips in Rapid City are also planned for April 22 and May 6, weather permitting. Please bring your own binoculars for the field trips. NOTE: No class on April 25th.

MS/S23A \$40 for 2 sessions - Tuesdays, 4/18 - 5/2, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance

TEACH YOUR DOG TO COME TO A WHISTLE!

Instructor: *Linda Kelly*

Do they hear their name and run in the opposite direction? Maybe they stare at you from a distance then go on their merry way, sniffing, and completely ignoring you? Woof! Trust us, you're not alone in the struggle and we'll share with you a game-changer. This will be demonstration with lots of opportunities for hands-leash-on activities! Handouts, whistle with lanyard, treats, and supplies to practice recalls with distractions will be provided. One dog per registered student, please bring a leash for your dog and wear comfortable walking shoes. NOTE: Additional \$20 supply fee paid to instructor at start of class. Bring proof of up-to-date shots for your dog.

Whistle/S23A \$32 for 1 session - Sunday, 4/16, 1:00 - 3:00 PM
Whistle/S23B \$32 for 1 session - Sunday, 5/14, 1:00 - 3:00 PM
Krazy K9 - 14697 Saddle Rd, Piedmont

THE BASICS OF LOOSE LEASH WALKING YOUR DOG!

Instructor: *Rebecca Almy*

Is Fido or Fifi not so fun to take on a walk? Are they distracted, pulling or taking you for the walk most of the time? This class will teach you the basics of loose leash walking with your dog...it's not always a race! Bring your dog, a leash that attaches to their collar, and a few treats. Class is limited to one dog per registered student.

LLDog/S23A \$25 for 1 session - Saturday, 3/4, 11:00 AM - 12:00 PM
Tails n Training - 5531 Mill Road, Black Hawk

Arts & Crafts

BASICS OF DRAWING

Instructor: Brad Petersen

Come learn the basics of drawing which can be enjoyed thoroughly on its own or as the basis of many other art forms/projects. This class will begin by focusing on the basics of the fundamentals of drawing and will include techniques such as shading, perspective and using other sources. It's time to get started doing something you'll love. NOTE: Students must bring to class a drawing pad, drawing pencils and a couple of erasers. All other supplies will be provided.

Draw/S23A \$45 for 5 sessions - Mondays, 4/17 - 5/15, 7:00 - 8:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance

BEGINNING CROSS-STITCH

Instructor: Kristi Bender

Cross stitch and needlework have existed as long as there's been cloth to work it on. Come join us as we learn basic cross stitch stitches and techniques while making a cute monogram jar topper. These can make great gifts when you fill the jar with goodies! No experience is needed. You can do cross-stitch on basically anything that's cloth to personalize, highlight, or different projects. Adults and ages 12 yrs old and above are welcome (when accompanied by an adult). All supplies will be provided to you. NOTE: Additional \$25 supply fee paid to instructor at class.

CS/S23A \$35 for 2 sessions - Saturdays, 3/11 & 3/18, 1:00 - 4:00 PM
2218 Jackson Blvd, Suite 5

CREATE A MALA: A MEDITATIVE EXPERIENCE

Instructor: Jessica Lewis

A mala is a lovely string of beads used to aid in mediation or prayer, and sometimes worn like a necklace. The process of making a mala can be meditative as you self-reflect while creating something beautiful with your hands. Come join this inviting environment with a cup of tea and gentle music as you are introduced to the history and styles of malas. Following, you'll learn the overhand knot and create your own personal mala as you practice setting intentions. NOTE: Students may purchase a pre-made mala kit for \$30 paid to Jessica at class or you must bring your own supplies: 108 8mm or 6mm beads for the mala, 5 extra 8mm beads and scrap string, 9-feet of hemp chord 1mm or .75mm in diameter, 1 10mm bead with a 1.5 - 2mm hole, 5 beads of a larger size in a different texture or color. All other supplies will be provided. For more information on the instructor, go to www.westrivermalas.com

Mala/S23A \$35 for 1 session - Saturday, 4/15, 8:00 AM - 12:00 PM
Career Learning Center of the Black Hills
730 E. Watertown Street, use North entrance & parking lot



Arts & Crafts

CROCHET THERAPY!

Instructors: Kim Oslund

Are you curious about crochet? Or maybe you want to refresh your skills, and learn some new stitches, tips and tricks? After this class you will know the basics of crochet, ALL the basic stitches, a bit of terminology, pattern reading, counting techniques and make some really cool stuff! Everything you need is provided (hook, good yarn, and great patterns) for you to begin your crocheting adventure. NOTE: Additional \$20 supply fee paid to instructor includes yarn for first project, hook(s) and patterns.

CT/S23A \$45 for 3 sessions - Mondays, 1/23 - 2/6, 10:30 AM - 12:30 PM
CT/S23B \$45 for 3 sessions - Mondays, 1/23 - 2/6, 5:00 - 7:00 PM
CT/S23C \$45 for 3 sessions - Saturdays, 2/25 - 3/11, 1:00 - 3:00 PM
CT/S23D \$45 for 3 sessions - Saturdays, 4/1 - 4/15, 1:00 - 3:00 PM
CT/S23E \$45 for 3 sessions - Saturdays, 1/21 - 2/4, 10:30 AM - 12:30 PM
Slip-Knits, 2120 W Main St, Suite 2

FUNDAMENTALS OF KNITTING

Instructor: Kim Oslund

WARNING: Knitting is very addicting! Begin your love of fiber arts and learn to knit, purl, work the stockinette stitch, ribbing and bind-off. You'll read and follow written patterns with confidence. The class project will knit an impressive scarf for yourself or someone you love! NOTE: Additional \$40 supply fee (includes yarn, needles, and pattern) paid to instructor at beginning of classes.

FUN/S23A \$45 for 3 sessions - Saturdays, 1/21 - 2/4, 1:00 - 3:00 PM
FUN/S23B \$45 for 3 sessions - Mondays, 1/23 - 2/6, 1:00 - 3:00 PM
FUN/S23C \$45 for 3 sessions - Saturdays, 2/25 - 3/11, 10:30 AM - 12:30 PM
FUN/S23D \$45 for 3 sessions - Mondays, 2/27 - 3/13, 10:30 AM - 12:30 PM
FUN/S23E \$45 for 3 sessions - Mondays, 2/27 - 3/13, 5:00 - 7:00 PM
FUN/S23F \$45 for 3 sessions - Saturdays, 4/1 - 4/15, 10:30 AM - 12:30 PM
Slip-Knits, 2120 W Main St, Suite 2

HARDANGER EMBROIDERY WORKSHOP

Instructors: Debra Kronenbitter & Sons of Norway Members

Hardanger is a traditional Norwegian craft of embroidery that takes its name from that region. You see this beautiful stitch work on linens like tablecloths or runners, caps and other items. Come join us to learn the basic stitches and work toward finishing a beautiful project of your own. All materials will be provided to you. NOTE: Additional supply fee paid to instructor at class of up to \$20.

Hard/S23A \$50 for 6 sessions - Mondays, 3/6 - 4/10, 6:30 - 8:30 PM
Canyon Lake Activity Center - 2900 Canyon Lake Dr

HEIRLOOMS: CREATIVE LIFE-WRITING FOR ADULTS

Instructor: Molly Barari

Have you always wanted to record your memories onto paper so your family can cherish your stories for years to come? This class is open to all ages and writing levels of adults providing writing prompts which will encourage participants to pen their life memories through sensory detail. Creative writing has many benefits aside from preserving valuable memories. It helps sharpen the mind and provides a therapeutic outlet for emotions. Please bring writing materials to each class. For information on the instructor, who has a doctorate in adult education, please visit www.mollybarari.com

Heir/S23A \$25 for 1 session - Saturday, 1/28, 10:30 AM - 12:30 PM
Heir/S23B \$25 for 1 session - Saturday, 2/25, 10:30 AM - 12:30 PM
Heir/S23C \$25 for 1 session - Saturday, 3/25, 10:30 AM - 12:30 PM
Heir/S23D \$25 for 1 session - Saturday, 4/29, 10:30 AM - 12:30 PM
Bean Counter - 4956 5th St, inside Med5 Fed Credit Union

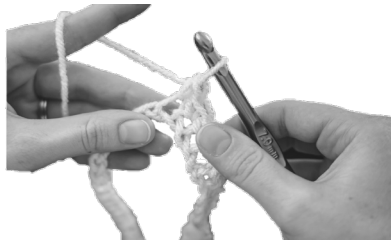
Arts & Crafts

LET'S CROCHET AN OCTOPUS!

Instructor: *Kristi Bender*

Join this class to learn how to crochet an adorable, child-safe octopus! This 'toy' is great for babies or children, is a unique baby shower gift or keep it for yourself to have on hand as it's cuddly and provides comfort when held. This is a beginner class but you must have knowledge of chaining, working off a chain and single crochet. Adults, and ages 12 yrs old and above are welcome when accompanied by an adult. Supplies to bring to class: 3-ounce cotton yarn. All other supplies will be provided to you. NOTE: Additional \$20 supply fee paid to instructor at class.

Oct/S23A \$35 for 2 sessions - Saturdays, 2/4 & 2/11, 1:00 - 4:00 PM
2218 Jackson Blvd, Suite 5



LET'S MAKE NATURAL PERFUME FOR GIFTS!

Instructor: *Tina Sharp*

Bring life and purpose to your perfume scent! You've seen natural perfume advertised all over so let's make some amazing natural and organic perfume you can use as gifts for yourself or someone special...gift giving is always a great idea! What a blessing to create our own beautiful perfume...I call them God's beauty for our body. And you get to choose the aroma for each perfume! All supplies are provided. NOTE: Additional supply fee paid to instructor at class depending on size and quantity of perfumes you make, starting at \$5.

Perf/S23A \$29 for 1 session - Monday, 5/8, 6:00 - 7:30 PM
Dahl Arts Center - 713 7th Street, Use Kansas City Entrance

MOVIES: THE LITERATURE OF OUR TIMES

Instructor: *Charlie Abourezk*

Great films easily manipulate us into feeling certain emotions and adopting certain cultural or social values. Movies, like books, have multiple layers of meaning and symbolism, triggering our imagination in multiple ways. This class will teach how to 'read' movies at a deeper level to understand how they influence our feelings and values, and how certain characters, colors, camera angles, symbolism, and devices like 'forecasting' themes in the movie make that happen. Film theory will be discussed, and we'll watch some of our favorite films each class, analyzing and dissecting so you gain insight and enjoyment.

Mov/S23A \$50 for 5 sessions - Thursdays, 3/30 - 4/27, 5:00 - 8:00 PM
Dahl Arts Center - 713 7th Street, use Kansas City Entrance

NORWEGIAN LITERATURE WORKS

Instructors: *Karen Pitharoulis & Sons of Norway Members*

This workshop will explore and discuss the writings of Doug Hoff, a retired SD rancher, who wrote 2 books about his wife Molly's grandmother, Anna, and her journey from Norway to western SD around 1900. The books take us through life on the prairie as it was then spanning the Dirty Thirties, the Great Depression, and World War II. We will spend time reading and discussing the publications. Books can be purchased for \$10.

NorLit/S23A \$50 for 6 sessions - Mondays, 3/6 - 4/10, 6:30 - 8:30 PM
Canyon Lake Activity Center - 2900 Canyon Lake Dr

Arts & Crafts

ROSEMALING : TRADITIONAL FOLK ART

Instructors: *Rosella Beaumont, Brenda Rud, & Sons of Norway Members*

Rosemaling or 'rose painting' is a folk art that began in the lowlands of Norway in 1750 and very important to their culture. You see it on wooden boxes, bowls, etc., but really you can do rosemaling on anything like a wall, ceilings, ornaments, picture frames. We'll begin with the basic strokes and work toward finishing a beautiful project of your own. All materials will be provided to you. NOTE: Additional supply fee paid to instructor at class of up to \$20.

Rose/S23A \$50 for 6 sessions - Mondays, 3/6 - 4/10, 6:30 - 8:30 PM
Canyon Lake Activity Center - 2900 Canyon Lake Dr

WOOD CARVING

Instructors: *Mike Martin & Sons of Norway Members*

Woodcarving and whittling is an ancient form of expression...and some classify it as a 'lost art'. It's a medium that you can be very unique and creative, and with a little knowledge, can produce fun and interesting projects. This course will have a Scandinavian focus with hands-on instruction for both the beginner and the intermediate carver. You'll learn about tools, different types of wood and techniques. The best wood for small carvings will be provided and students must bring their own carving knife (these can be found at Who's Hobby/RC, online, or at your favorite local craft store). Ages 16 yrs and older welcome. NOTE: Additional \$5 supply fee paid to instructor.

Wood/S25A \$50 for 6 sessions - Mondays, 3/6 - 4/10, 6:30 - 8:30 PM
Canyon Lake Activity Center - 2900 Canyon Lake Dr



Body & Mind

AIKIDO: INTO TO JO/STICK FOR KIDS

Instructor: *Willi Kurniawan*

Aikido is a Japanese self-defense art with the main principal of being in harmony with everyone! This class introduces children ages 8 yrs old - 12 yrs old to Aikido basic exercises using Pool Noodle as a stick. This is a great base for learning martial arts. Classes will be taught at Canyon Lake Activity Center 2nd floor or outdoor depending on the weather. We are affiliated with the Aikido Shimbokukai organization. Students should wear comfortable work out clothing or judo/karate do gi. NOTE: please bring a pool noodle which should be below the student's armpit in length. Class is Tuesdays 5:30 - 6:10 PM and Saturdays 1:30 - 2:10 PM.

JA/S23A \$35 for 5 sessions - Tuesdays, 4/18 - 4/25, 5:30 - 6:10 PM
& Saturdays, 4/15 - 4/29, 2:20 - 3:20 PM
Canyon Lake Activity Center - 2900 Canyon Lake Drive

Body & Mind

BEAUTY THE NATURAL WAY

Instructor: *Martina Muckler*

This informative and fun class teaches you what Nature has to offer to take care of your skin and wellness. Come learn about being more mindful about the products you use on your skin and how to make better choices. You'll discover fairly common ingredients and how to make and use easy natural remedies to nurture your skin and body. You'll come away with wellness routines to improve your personal confidence and self-esteem. Your instructor is a German-trained esthetician and masseuse.

BNW/S23A \$25 for 1 session - Saturday, 2/11, 9:30 - 11:00 AM
BNW/S23B \$25 for 1 session - Monday, 3/6, 5:30 - 7:00 PM
Manolie - 2218 Jackson Blvd, Suite 8

BODY BALANCE

Instructor: *Rhianna Wickett*

One in four Americans age 65+ falls each year. Don't be a statistic! Join us for a strength and balance screen to determine your risk of falling! You will be given exercise recommendations based on your results. We will discuss how you can improve your balance, strategies to decrease injury if you do fall, and how to get up off the floor safely. This class is for all individuals and skill levels, including those that use a walker or cane. This course will be instructed by a Doctor of Physical Therapy.

BB/S23A \$29 for 1 session - Wednesday, 2/8, 1:00 - 3:00 PM
Elevate Performance - 420 E St Patrick, Suite 101

BREATHING RECOVERY CLASS

Instructor: *Jamie McMurtrey*

Come join this class to learn information on reducing stress and boosting endurance through restorative breathing. Any person noticing or experiencing shortness of breath, lack of endurance, stress, effects of having COVID in the past, or any other pulmonary issue would benefit from the information provided.

BR/S23A \$25 for 1 session - Thursday, 2/16, 5:30 - 6:30 PM
BR/S23B \$25 for 1 session - Thursday, 4/20, 5:30 - 6:30 PM
About You Physical Therapy - 3808 Sheridan Lake Rd

CHEN STYLE TAI CHI CHUAN

Instructor: *Gregg Fischer*

Tai Chi Chuan is a Chinese martial arts exercise that focuses on mind intention and big, smooth, slow core movement to recharge and energize the body. Tai Chi Chuan has demonstrated numerous benefits including better balance, strength and improved bone density. The class consists of warm up/loosening exercises and instruction on body structure (how you hold your body in a Tai Chi way). You'll also begin to learn the choreography of the Hunyuan Tai Chi 48-forms set and the 'how to's' of the moves like where to place your feet, how your body and hands move, and how your weight shifts. Class is suitable for ages 14 to 80+. Please wear loose, comfortable clothing and flat soled shoes.

Tai/S23A \$39 for 4 sessions - Mondays, 1/30 - 2/20, 5:30 - 6:30 PM
Roosevelt Swim Center - 125 Waterloo Street



Body & Mind

COMMUNITY SELF DEFENSE

Instructor: *Naomi Even-Aberle*

Live boldly, be fierce. Learn the basics of self-defense with a hands-on approach in this community-based self-defense class. Develop skills in prevention, assertiveness, situational awareness and reactionary time. Explore body language, verbal/physical spatial skills and much more. Class is taught by a certified martial arts instructor and open to all body types and skill levels. Children ages 12 yrs old and above are welcome accompanied by parent/guardian. Students in this class are required to wear comfortable athletic clothing and bring a bottle of water.

CSD/S23A \$25 for 1 session - Saturday, 2/11, 10:00 - 11:00 AM
CSD/S23B \$25 for 1 session - Saturday, 2/25, 10:00 - 11:00 AM
CSD/S23C \$25 for 1 session - Saturday, 3/4, 5:00 - 6:00 PM
Full Circle Martial Arts - 412 Oshkosh St, Suite 2

ESSENTIAL OILS: NATURAL WELLNESS AND CLEAN LIVING!

Instructor: *Tina Sharp*

Are you seeking energy, focus, and relaxation naturally? Searching for a more thriving and health-filled life? Discover how to strengthen your immune system, increase energy, provide focus, support emotions, and deepen relaxation. Join us as we discover the best natural health support in the world...God's plants! Learn easy steps on how to make little changes in your life to bring about and support wellness. Come experience the aromas as students will make/take a room spray home. NOTE: Additional \$5 supply fee paid to instructor at class.

EO/S23A \$25 for 1 session - Monday, 3/13, 6:00 - 7:30 PM
Dahl Arts Center - 713 7th Street, Use Kansas City Entrance



HAPKIDO EXPLORATION

Instructor: *Naomi Even-Aberle*

Hapkido is designed to provide students with an all-around total martial art background, relying on the convergence of energies, and is a dynamic and highly eclectic Korean martial art. It is a form of self-defense that employs joint locks, grappling, and throwing techniques as well as kicks, punches, and other striking attacks. This class is designed for all students and provides a customizable curriculum to fit all needs. This class is taught by a certified martial arts instructor and is open to all body types and skill levels. Students are required to wear comfortable athletic clothing and bring a water bottle to each class. Students 18-yrs old and above are welcome. Class is Tuesday and Thursday each week.

HE/S23A \$75 for 8 sessions - Tues & Thurs, 2/2 - 2/28, 6:45 - 7:45 PM
Full Circle Martial Arts - 412 Oshkosh St, Suite 2

HOW TO DO CHAIR MASSAGE

Instructors: *Guy and Irene Siverson*

This class will have students observe and then participate in learning how to give a great chair massage, which would be beneficial to others that may be more comfortable sitting in a chair and not lie down, and simply for those that may not have a massage table available. The class will be demonstration with hands-on activities if the student wishes to participate. Students should wear comfortable but loose-fitting clothing. For more information, visit: www.gracefultouch.org or www.gracefultouchproducts.org.

CM/S23A \$25 for 1 session - Thursday, 2/9, 5:30 - 6:30 PM
CM/S23B \$25 for 1 session - Thursday, 3/16, 5:30 - 6:30 PM
Graceful Touch Massage, 2040 W Main St, Suite 209

Body & Mind

HOW TO DO LOWER BODY MASSAGE

Instructors: *Guy and Irene Siverson*

This class will have students observe and then participate in lower body massage including the glutes, hips, thighs and legs. You'll also learn a technique to unlocking lower back pain without touching the lower back...registered for class yet?! The class will be demonstration with hands-on activities if the student wishes to participate. Students should wear comfortable but loose-fitting clothing. For more information, visit: www.gracefultouch.org or www.gracefultouchproducts.org.

LBM/S23A \$25 for 1 session - Thursday, 2/2, 5:30 - 6:30 PM
LBM/S23B \$25 for 1 session - Thursday, 3/9, 5:30 - 6:30 PM
Graceful Touch Massage, 2040 W Main St, Suite 209

HOW TO DO UPPER BODY MASSAGE

Instructors: *Guy and Irene Siverson*

This class will have participants observe and participate in upper body massage including the back, arms, neck and head. You'll also discover a technique to quickly release neck and shoulder pain...registered for class yet?! The class will be demonstration with hands-on activities if the student wishes to participate. Students should wear comfortable but loose-fitting clothing. For more information, visit: www.gracefultouch.org or www.gracefultouchproducts.org.

UBM/S23A \$25 for 1 session - Thursday, 1/26, 5:30 - 6:30 PM
UBM/S23B \$25 for 1 session - Thursday, 3/2, 5:30 - 6:30 PM
Graceful Touch Massage, 2040 W Main St, Suite 209

HOW TO SAFELY FALL USING AIKIDO

Instructor: *Willi Kurniawan*

Aikido is a Japanese self-defense art with the main principal of being in harmony with everyone! This class introduces exercises that Aikido uses to help in falling safely and improve your balance as well as your core, which is something all ages can benefit from. Classes will be taught at Canyon Lake Activity Center 2nd floor. We are affiliated with the Aikido Shimbokukai organization. All physical sizes, shapes and skill levels are most welcome to join us and students should wear comfortable work out clothing or judo/karate do gi.

FAik/S23A \$40 for 5 sessions - Tuesdays, 2/28 - 3/28, 5:30 - 6:15 PM
Canyon Lake Activity Center - 2900 Canyon Lake Drive

INTRO TO AIKIDO FOR ALL (TEEN TO 100 YRS OLD)!

Instructor: *Willi Kurniawan*

Aikido is a Japanese self-defense art with the main principle of being in harmony with everyone! This class introduces Aikido basic exercises, some practical self defense exercises, as well as some basic Japanese language. We are affiliated with the Aikido Shimbokukai organization. Students should wear comfortable work out clothing or judo/karate do gi. NOTE: Class is on Tuesdays, 6:20 - 7:20PM, and Saturdays, 2:20 - 3:20PM.

IA/S23A \$50 for 5 sessions - Tuesdays, 4/18 - 4/25, 6:20 - 7:20 PM
& Saturdays, 4/15 - 4/29, 2:20 - 3:20 PM
Canyon Lake Activity Center - 2900 Canyon Lake Drive

Body & Mind

INTRO TO MAT PILATES

Instructor: *Jan McGrath*

This class is great for beginners as you will learn the basics of Pilates and functional movement; build core strength; and learn the beginning movements foundational to the Pilates exercise. Your instructor is a certified mat and apparatus Pilates instructor. Students should please bring to class: exercise mat, bottle of water, towel, and dress in comfortable workout clothing that will provide appropriate coverage for various movements. Students will be required to silence their cell phones during class. NOTE: folks with osteoporosis, disc injuries and joint issues need to be aware you will be on your back on the mat for much of the time. For more information on the instructor go to www.pilateswholebody.com or email her at pilateswholebodysd@gmail.com

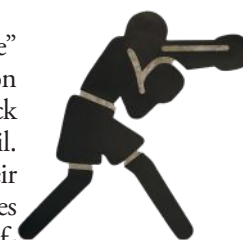
MP/S23A \$29 for 2 sessions - Wednesdays, 4/5 - 4/12, 5:30 - 6:30 PM
Canyon Lake Activity Center - 2900 Canyon Lake Drive

INTRO TO ROCK STEADY BOXING

Instructor: *Katie Steever*

Are you searching for encouragement through a "tough love" approach? This class will provide an introduction presentation with background to folks with Parkinson's disease on Rock Steady Boxing basics to mirror what a full class would entail. This allows those with Parkinson's to learn how to 'fight' their disease by providing non-contact boxing style fitness exercises that improve their quality-of-life and sense of efficacy and self-worth.

Box/S23A \$25 for 1 session - Tuesday, 2/21, 5:30 - 6:30 PM
Box/S23B \$25 for 1 session - Friday, 3/31, 5:30 - 6:30 PM
About You Physical Therapy - 3808 Sheridan Lake Rd



LET'S DEAL WITH SHOULDER PAIN!

Instructor: *Rhianna Wickett*

Do you suffer from shoulder pain or have a rotator cuff tear? Are you trying to avoid injections or surgery? In this class you'll learn common causes of shoulder pain and ways you can get rid of it! You'll be taught stretches and exercises by a Doctor of Physical Therapy to decrease your pain and set you on a path toward long term improvement.

SP/S23A \$29 for 1 session - Wednesday, 2/15, 1:00 - 3:00 PM
Elevate Performance - 420 E St Patrick, Suite 101

LIVING WITH OSTEOPOROSIS

Instructor: *Rhianna Wickett*

Have you or someone you know been diagnosed with osteoporosis or osteopenia? In this course you'll learn what osteoporosis and osteopenia are and exercises to build bone density. We will discuss the importance of strength and balance training to reduce the risk of fractures and maintain a healthy, active lifestyle. This will be an interactive class, teaching you safe exercises for both prevention and supportive treatment. You'll receive a handout with the information presented and safe exercises. This course will be instructed by a Doctor of Physical Therapy.

Ost/S23A \$29 for 1 session - Wednesday, 2/22, 1:00 - 3:00 PM
Elevate Performance - 420 E. St Patrick, Suite 101

Body & Mind

MEDITATION: IT'S NOT WHAT YOU THINK

Instructors: *Members of the Laughing Teabowl Sangha*

People have different perceptions of Zen, many of which come from popular culture. In actuality, Zen is a Japanese word for a form of meditation that started over 2500 years ago by Shakyamuni Buddha. This course will teach the basics of Zen meditation, from posture, breathing, and form to its more spiritual aspects. Meditation is about quieting the mind, and studies have shown that it helps lower blood pressure, reduce stress, improve concentration, and enhance the joy of living. Whatever your motivation for exploring meditation, you will have the opportunity to practice with a seasoned group of Zen meditators and the chance to have a short interview with a Zen priest and teacher. NOTE: Class is live via Zoom and students will be sent the link to join the class at their email address they provide at registration prior to class.

Med/S23A \$39 for 4 sessions - Wednesdays, 2/1 - 2/22, 7:00 - 8:15 PM
Online

OSTEOARTHRITIS & KNEE PAIN

Instructor: *Rhianna Wickett*

Do you have knee pain, or have you been told you have osteoarthritis that is keeping you from staying active or doing the things you love? Have you been told you may need a knee replacement? Come learn general anatomy, causes of arthritis, and what you can do about it! We'll discuss stages of degeneration, what you can do to take back control of your body and manage knee pain. You'll leave with an understanding of your symptoms and evidence-based exercises from a Doctor of Physical Therapy that you can start right away to begin your journey toward decreasing your pain!

OK/S23A \$25 for 1 session - Wednesday, 2/1, 1:00 - 3:00 PM
Elevate Performance - 420 E. St Patrick, Suite 101

POSITIVE SELF-DISCOVERY COURSE

Instructors: *Mary Kurniawan & Tamara Keefner*

This course will use positive psychology principles to help students learn more about themselves, how to improve self-regulation, and use skills to live with a greater sense of wellbeing and balance. You'll learn about your individual strengths, gain tools for inspiration and resolving hardships and conflicts, and much more. Students will receive supplies and should bring either pens or pencils for writing. The course will be focused on discussion and activities.

PSD/S23A \$49 for 4 sessions - Thursdays, 3/2 - 3/23, 5:30 - 7:30 PM
SPEAK - 1011 11th St, Rm #106

TAEKWONDO EXPLORATION

Instructor: *Naomi Even-Aberle*

Students will focus on building physical, mental, and emotional health through traditional and contemporary martial arts training. We apply a variety of workout routines to help the student achieve their goals while they learn kicking, punching, and practical self-defense techniques and philosophies that help develop their body, mind, and spirit. Class is taught by a certified martial arts instructor and open to all body types and skill levels. Students are required to wear comfortable athletic clothing and bring a water bottle to class. Students 18-yrs old and above are welcome. NOTE: Class is held on Monday and Wednesday each week.

TE/S23A \$75 for 8 sessions - Mon & Weds, 2/1 - 2/27, 6:45 - 7:45 PM
Full Circle Martial Arts - 412 Oshkosh St, Suite 2

Body & Mind

THE ART OF THE SWORD

Instructor: *Naomi Even-Aberle*

Kumdo & Kumbup is the ancient Korean art of the sword and is meditation in action. The class will focus on developing the mind, body, and spirit through the extension of the sword and students will learn a variety of techniques including partner work and forms with bamboo and wooden sword. Training emphasizes awareness, acute observation, and perseverance along with controlled, quick, and precise movements. Class is taught by a certified martial arts instructor, and open to all body types and skill levels. Students are required to wear comfortable athletic clothing and bring a water bottle to class. Class is for students 18-yrs old and above. NOTE: Classes are Mondays and Wednesdays each week.

Sword/S23A \$75 for 8 sessions - Mon & Weds, 2/1 - 2/27, 8:00 - 9:00 PM
Full Circle Martial Arts - 412 Oshkosh St, Suite 2

YOGA FOR AGING WELL!

Instructor: *Jamie Clark*

Keep yourself moving and grooving by joining us to learn breathing techniques, centering, proper hand and feet placement, basic yoga postures with props for the proper alignment of your body and much more. You'll learn proper stances and alignment for the prevention of injury, so you can safely continue this practice on your own. This is for all body types! Handouts will be available. NOTE: You will need to bring a simple yoga mat (not a pilates mat), wear comfortable clothing you're able to stretch out in, and note that yoga is done in bare feet.

Yoga/S23A \$39 for 4 sessions - Thursdays, 2/2 - 2/23, 6:00 - 7:00 PM
Rapid City High School, 601 Columbus St
Use West Glass Entrance



Cuisine

CREATING PROFITEROLES!

Instructor: *Jeff Slathar*

This course will teach you the wonderfully delightful Profiterole recipe which is piped pate au choux paste filled with assortment flavored pastry creams. It's assembled into a towering Croquembouche stitched with caramel threads and presented on a marble stone garnished with artisanal crafted chocolate pecan toffee! WOWzers! Recipes are all from scratch with a member of the American Culinary Federation. Tuition includes supply fees.

Pro/S23A \$55 for 1 session - Tuesday, 1/24, 4:00 - 7:00 PM
WSDCA Kitchen - 1844 Lombardy Dr

SCANDINAVIAN COOKING WORKSHOP!

Instructors: *John Burke & Sons of Norway Members*

Mumsig! (that's Scandinavian for scrumptious). Come join us as we concentrate on three of the most popular specialties of Norway: lefse, the potato-based staple that can be used in a variety of ways; krumkake, a delicious and delicate cookie baked on a griddle; and rosettes, a deep fat fried yummy cookie. NOTE: Additional \$5 supply fee paid to instructor at class.

Nor/S23A \$45 for 3 sessions - Mondays, 3/6 - 3/20, 6:30 - 8:30 PM
Canyon Lake Activity Center, 2900 Canyon Lake Rd

Cuisine

WINE: CHEERS TO THE CENTRAL COAST!

Instructor: Eric Gardner

Whether it be Paso Robles, Santa Ynez, San Luis Obispo ... the entire Central Coast wine industry has seen explosive growth in the past 10 years. Not only in volume, but in quality! Some serious wines are coming out of this area these days! And virtually every varietal is grown here ... from Cabernet to Syrah, Pinot Noir to Chardonnay, Grenache to Zinfandel ... the list goes on and on. In this class, students will enjoy a variety of high-quality wines from the Central Coast. These wines are so good, they may become new favorites! Since wine will be served, we suggest students do not drink alcohol immediately before class so everyone can fully appreciate the wines served. A light charcuterie will be provided but students may want to eat a late lunch before class. NOTE: Tuition includes all supply fees! You must be at least 21 years old to attend with valid ID.

WCcoast/S23A \$50 for 1 session - Saturday, 3/4, 2:00 - 4:00 PM
Arrowhead Country Club - 3675 Sheridan Lake Rd

WINE: WASHINGTON GEMS!

Instructor: Eric Gardner

You talk to winery owners in Washington State, and many will tell you it is Washington that will become the epicenter of American wine production this century. Maybe within the next 20 years! There are several reasons why Washington wines are special, from the soils to the climate and to improving vineyard practices. In this class, students will taste a variety of wines from throughout Washington State. Lots of varietals, lots of quality, and maybe some new favorites for students to acquire! Since wine will be served, we suggest students do not drink alcohol immediately before class so everyone can fully appreciate the wines served. A light charcuterie will be provided but students may want to eat a late lunch before class. NOTE: Tuition includes all supply fees! You must be at least 21 years old to attend with valid ID.

Wwash/S23A \$40 for 1 session - Saturday, 3/25, 2:00 - 4:00 PM
Arrowhead Country Club - 3675 Sheridan Lake Rd

History & Culture

ASTROLOGY 101

Instructor: Gary Price

Have you always been a little curious about astrology? Let it lead you to this course as it introduces basic astrology using the western/Vedic model and will provide historical background and in-depth information on signs, planets, and houses. Come explore and discover how to work out the details of your personal natal (birth) chart if you'd like. There will be dialog, questions, and group activities. Handouts will be provided. NOTE: Students must please bring pencil, paper and 2 books if they can find them and want to use for class: Christian Astrology (1647) and Levacy's Vedic Astrology Simply Put which may be found locally or online which can be used to continue learning astrology. The instructor will have books on hand for you to reference.

Astro/S23A \$35 for 2 sessions - Tuesdays, 3/21 - 3/28, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus



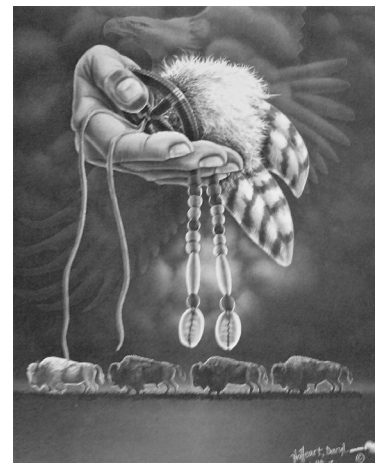
History & Culture

LAKOTA CULTURAL HISTORY: MOTHER EARTH

Instructor: Daryl No Heart

Are you walking in harmony with Mother Earth? Indigenous Natives believe Mother Earth is Sacrosanct. This course is simple with relevant information of Lakota cultural history and spiritual belief regarding the natural world. You will learn and understand the connection you should feel with the land and it's indigenous people through traditionally passed down oral history and visually with film and art. Students are encouraged to come with an open mind and expect to leave enlightened. NOTE: Bring a friend...tuition is for two!

LCH/S23A \$55 for 5 sessions - Thursdays, 1/19 - 2/16, 6:00 - 7:30 PM
Dahl Art Center - 713 7th St, Use Kansas City St Entrance



EXPLORE THE SOUTH KOREAN WAVE: HALLYU

Instructor: Sandy Olson

What is all the hype with South Korea and their entertainment industry? K-pop, K-drama, K-idols, Webtoons, BTS, Blackpink, Parasite, Squid Games, K-Pop the musical now playing on Broadway...the list goes on making this small country very influential across the globe! This phenomenon even has it's own name: Hallyu. Come join this fun and light-hearted class as we discuss the topics Hallyu has introduced and gained a world-wide following. The major focus of class will be the Netflix series Extraordinary Attorney Woo. Students should watch episodes 1 - 4 prior to the first class. Bring your enthusiasm, knowledge and curiosity as we explore and learn together. Your instructor has a Master's Degree in Social Work with expertise in studying other cultures.

SKW/S23A \$30 for 2 sessions - Saturdays, 2/11 - 2/18, 1:00 - 3:00 PM
Piedmont Valley Library, 111 N. 2nd St

GHOST TOWNS OF THE BLACK HILLS I: EARLY TOWNS OF THE BLACK HILLS

Instructor: William Swanson

The series continues after the Rush to the Hills (Prequel) as you discover the settlement of some of the first towns in the Black Hills. Learn the early history of Deadwood, the establishment of communities and the people of the gold and silver camps. A few camps/towns have prospered, many have not, and most have disappeared. Look back 140-years and see the color in those black and white photographs. You'll witness the establishment of the hopes and dreams of those who braved the journey to the Hills and what has happened in the years since. Join us as we explore the Black Hills like you've never seen it, get a different perspective on what there is to discover. Two field trips will be discussed, and dates set in class! NOTE: tuition is for two!

GT1/S23A \$79 for 9 sessions - Wednesdays, 2/8 - 4/5, 6:00 - 9:00 PM
Mount Rushmore Society - 830 Main St

Home and Garden

A COURSE IN BONSAI

Instructor: Andy Smith

Come learn some of the history, aesthetics and techniques behind the amazing art of bonsai - the pastime of growing tiny, often ancient, trees in ornamental pots. Several bonsai trees over 100 years old will be available for examination and discussion! You will be introduced to the art of bonsai, plus work hands-on with your own small Ponderosa Pine tree that has been potted for a year or two, giving it the initial shaping for its bonsai journey at your home. Your instructor (a Yamadori Master, owner of Golden Arrow Bonsai, longtime Director of American Bonsai Society) has been growing/collecting ancient bonsai and teaching workshops/lectures across the country for 25 years! NOTE: Students must bring a pair of electricians wire cutters (nothing fancy) and sharp scissors. Additional \$40 supply fee paid to instructor at class, with the option of spending more for a larger tree of your own if you desire. Check out www.goldenarrowbonsai.com.

Bon/S23A \$30 for 1 session - Saturday, 4/1, 2:00 - 5:00 PM
Career Learning Center, 730 East Watertown St
Use Back (NORTH) Entrance and Parking Lot

BEE-GINNING BEEKEEPING!

Instructor: Tim Moran

Come join the buzz as Bee-ginning Beekeeping provides you with an introduction to hobby beekeeping! This class will review the origins of beekeeping and opportunities and challenges facing agriculture today. You'll learn the basics of how to start beekeeping as a hobby, along with aids like tools, hive and protective suit, further educational opportunities here in the Hills, and time for questions/answers.

Bee/S23A \$25 for 1 session - Wednesday, 1/25, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance

INTRO TO RESIDENTIAL ELECTRICAL WIRING

Instructor: Ryan Arne

Is the white wire connected to the black wire or...? This class is suitable for beginners with no electrical training as we'll begin with elementary electrical circuitry which include hands-on lab exercises to make common connections of receptacles and GFCIs and lighting circuits. Lab experiences include wiring mock-ups supervised by experienced master electricians. All materials and equipment will be provided to you. NOTE: There will be a 1-hour lunch break on your own. Additional \$50 supply fee paid to instructor for equipment and supplies.

EW/S23A \$50 for 1 session - Saturday, 3/25, 8:00 AM - 5:00 PM
AETech Electrical Training Center - 320 E Blvd N

Language

LEARN BASIC GERMAN

Instructor: Martina Muckler

Hallo! Come learn basic German from an expert: your instructor uses German as her first language. This class will be interactive and is strictly for the novice who hasn't any to very little German speaking experience or wants to take as a basic refresher. Students will learn greetings, numbers, simple phrases plus information on German customs and culture...come enjoy! Your instructor asks that you purchase and bring to class the book "German for Beginners" by A. Wilkes and J.Shackell, which will allow you to continue to learn the language.

G/S23A \$35 for 4 sessions - Mondays, 2/6 - 2/27, 5:30 - 6:30 PM
2218 Jackson Blvd, Suite 5

Money Talk



LET'S EXPLORE RETIREMENT INCOME

Instructor: Brian Bickett

Now that you are approaching retirement, the focus switches from how to grow your retirement savings to how to turn those savings into income without running out of money in retirement. Come learn the considerations on how the different retirement income sources can affect you and your future surviving spouse. Some of the topics include Social Security claiming strategies, pension election options, the ins and outs of annuities, and investment portfolio withdrawal strategies. For more information or questions: imfinancialplanning.com or call 605-787-1255.

RIO/S23A \$29 for 1 session - Tuesday, 3/21, 6:00 - 7:30 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance

MAKING SOCIAL SECURITY BENEFITS WORK FOR YOU!

Instructor: Brian Bickett

Navigating the various Social Security benefit claiming strategies can be difficult and confusing. One of the most important decisions you make before you retire is when/how to claim Social Security benefits to enhance your income! Come learn the ins and outs of benefit timing from a Certified Financial Planner™ professional. Some of the topics include how married couples can coordinate benefits to help enhance your spouse and survivor benefits; how the 'do over' and 'start, stop, restart' strategies work; and more! Bring your questions. Handouts will be available.

SSB/S23A \$29 for 1 session - Thursday, 1/26, 6:00 - 7:30 PM
SSB/S23B \$29 for 1 session - Thursday, 4/20, 6:00 - 7:30 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance

PROBATE BASICS: PART 1

Instructor: David Hansen

What is probate? Are the horror stories true? How do you prepare for it? Can it be avoided? For most people, one of the scariest things about probate is it is thrust upon them without any training or tools in which to navigate. In Part 1, we will navigate the vocabulary and statutory procedure of probate in a way that is upbeat and in terms you can understand as we present answers to questions concerning probate under South Dakota law. Gaining knowledge of the law is time well spent.

Pro1/S23A \$25 for 1 session - Tuesday, 1/17, 6:30 - 7:45 PM
Pro1/S23B \$25 for 1 session - Tuesday, 3/14, 6:30 - 7:45 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance

PROBATE BASICS: PART 2

Instructor: David Hansen

What is probate? Are the horror stories true? How do you prepare for it? Can it be avoided? For most people, one of the scariest things about probate is it is thrust upon them without any training or tools in which to navigate. In Part 2, we will cover some proactive steps you can take to prepare for probate as we present answers to questions concerning probate under South Dakota law. Gaining knowledge of the law is time well spent.

Pro2/S23A \$25 for 1 session - Thursday, 1/19, 6:30 - 7:45 PM
Pro2/S23B \$25 for 1 session - Thursday, 3/16, 6:30 - 7:45 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance



Money Talk

TAXES IN RETIREMENT: MANAGING ONE OF YOUR BIGGEST EXPENSES

Instructor: Brian Bickett

You spend most of your life working, saving, and planning for retirement. The last thing you want is to give the IRS more of your hard-earned money than necessary. But that's what could happen if you go into retirement without considering the tax implications of your retirement income decisions. Come learn how the different retirement income sources are taxed, how income tax rates and brackets are scheduled to change in 2026, options to pay the tax you do owe, and the pros and cons of Roth Conversions. For more information or questions: imfinancialplanning.com or call 605-787-1255.

Tax/S23A \$29 for 1 session - Tuesday, 2/28, 6:00 - 7:30 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance

WILLS AND TRUST PLANNING BASICS: PART 1

Instructor: David Hansen

In Part 1, we will navigate some of the vernacular of planning with wills and preparing to protect familial harmony in probate. This class will provide basic knowledge and dispel a few myths regarding South Dakota Wills and Trusts law. This is your chance to expand your knowledge of basic tools for effective estate planning, help answer your questions, learn how to keep your minor children, loved ones and money out of court and conflict. Gaining knowledge of the law is time well spent.

EP1/S23A \$25 for 1 session - Monday, 2/13, 6:30 - 7:45 PM
EP1/S23B \$25 for 1 session - Tuesday, 4/18, 6:30 - 7:45 PM
Rapid City High School - 601 Columbus St

WILLS AND TRUST PLANNING BASICS: PART 2

Instructor: David Hansen

In Part 2, we will navigate the concept and use of non-probate transfers upon death, including the use of revocable living trusts. This class will provide basic knowledge and dispel a few myths regarding South Dakota Wills and Trusts law. This is your chance to expand your knowledge of basic tools for effective estate planning, help answer your questions, learn how to keep your minor children, loved ones and money out of court and conflict. Gaining knowledge of the law is time well spent.

EP2/S23A \$25 for 1 session - Wednesday, 2/15, 6:30 - 7:45 PM
EP2/S23B \$25 for 1 session - Thursday, 4/20, 6:30 - 7:45 PM
Rapid City High School - 601 Columbus St

Music

GUITAR FOR BEGINNERS

Instructor: John Sowden

Have you always wanted to learn guitar? Enjoy this opportunity to learn basic guitar chords, how to read simple melodies in music notation and tablature, and develop a system of harmonizing these melodies "by ear". Course provides a strong base from which the student should be able to teach themselves to play virtually any type of music. Students must bring their own guitar and will derive maximum benefit from the class if they set aside 2-hours per week for practice at home. NOTE: Parents of prospective students under the age of 16 yrs must contact the instructor prior to registration at jwsowden@mail.com please. Note: No class on April 5.

BG/S23A \$70 for 6 sessions - Wednesdays, 3/15 - 4/26, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance

Music

INSTANT HOLIDAY PIANO FOR HOPELESSLY BUSY PEOPLE

Instructor: Craig Coffman

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. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. Topics include how chords work in a song; how to get more out of sheet music by reading less of it; how to form the three main types of chords; how to handle different keys and time signatures; how to avoid "counting"; how to simplify over 12,000 complex chords. NOTE: Students will be sent the zoom link to your email address you provide at registration prior to class.

OP/S23A \$65 for 1 session - Monday, 2/27, 6:30 - 9:30 PM - Online

INTRO TO CHROMATIC HARMONICA

Instructor: Bobby Jo Holman

From the soothing melody of "Isn't She Lovely" by Stevie Wonder to the wailings of Spaghetti Western themes from Ennio Morricone, the sound of the chromatic harmonica permeates our musical culture. Unlike diatonic harmonicas (which are limited to the notes of only one scale), a chromatic harmonica can play all twelve tones in the chromatic scale thanks to a button-activated sliding bar. Start your chromatic journey with beginning techniques reinforced through weekly exercises and simply playing for fun. Students will learn to how to hold the chromatic harmonica, play a single note, play and read the key of "C" chromatic scale, read chromatic harmonica legend, play modes on, and play the "Amazing Grace" song. NOTE: Please purchase or bring to class a 2 ½ - 4 octave chromatic harmonica with a slide, and the Hal Leonard Complete Harmonica Method Chromatic Harmonica book (HL00841286) by Bobby Joe Holman. Class will be conducted by Bobby Joe via Zoom and students will be sent the class link to their email address provided at registration.

CH/S23A \$35 for 4 sessions - Tuesdays, 1/24 - 2/14, 6:00 - 7:00 PM - Online

INTRO TO DIATONIC HARMONICA

Instructor: Bobby Jo Holman

Just for a moment, close your eyes and picture yourself playing a sweet melodic sound, then changing the sound into a myriad of gutsy, soulful riffs, and slowly easing out to new imaginative heights...welcome to the amazing diatonic harmonica! Your instructor will teach you how to hold the diatonic harmonica, play a chord, a single note, a hand 'vibrato', bend a note, play a 'trill', a 'train whistle', and a 'country', a 'blues', and a 'folk' song. NOTE: Students must purchase and/or bring to class a 10-hole diatonic harmonica in the key of "C", and the Hal Leonard Complete Harmonica Method Diatonic Harmonica book (HL00841285) by Bobby Joe Holman. NOTE: Class will be conducted by Bobby Joe via Zoom and students will be sent the class link to their email address provided at registration.

DH/S23A \$35 for 4 sessions - Mondays, 1/23 - 2/13, 6:00 - 7:00 PM - Online



Music

LEARN TO PLAY YOUR CIGAR BOX GUITAR

Instructor: Bobby Jo Holman

The cigar box guitar is a simple chordophone that uses an empty cigar box as a resonator. The earliest had 1 or 2 strings; modern models typically have 3 or more strings. Generally, the strings are connected to the end of a broomstick or a 1 x 3-inch wood slate to the cigar box resonator. In this class, you'll learn how to tune your CBG, hold and strum it, play chords with a slide and one finger, play single notes on the fretboard, change a string, and play 3 songs! You'll need to purchase and assemble a CBG or accessories, Bobby Joe will issue you a 10% discount code to your email for the C.B. Gritty Crafter Supply Company at www.cbgitty.com after you register for class. NOTE: This course will be provided to you via zoom and students will be provided the link prior to class from Bobby Joe.

PCB/S23A \$35 for 4 sessions - Thursdays, 1/26 - 2/16, 6:00 - 7:00 PM - Online

Professional Development

INTRO TO PROPERTY MANAGEMENT

Instructor: Carol Lawhun

What do you need to consider before you rent out a property you own, or start a career as a property manager? Join us as we discuss an overview of the business side of property management; State and Federal laws which must be followed by all landlords and managers; and what do you need to do before deciding to rent your home out as a vacation rental. This class will be taught both in-person and via Zoom by Carol Lawhun, owner of Carol's Classes LLC real estate school with Broker license in South Dakota. NOTE: Students that register for the online class will be sent a link prior to class time at the email address provided at registration. Students that register for the in-person class need to arrive to class on-time, the doors auto lock at 5pm.

PM/S23A \$29 for 1 session - Thursday, 3/16, 4:30 - 6:30 PM - Online

PMJ/S23B \$29 for 1 session - Thursday, 3/16, 4:30 - 6:30 PM
Carol's Classes - 2040 W Main St, Suite B4 (Lower Level)

REAL ESTATE AS A CAREER!

Instructor: Carol Lawhun

This course is a great opportunity to explore what it takes to have a career as a real estate agent before you commit! Look at a day in the life of an agent as we discuss what is involved in creating a successful career, skills needed to succeed, licensing process, and more. This class will be taught both in-person and via zoom by Carol Lawhun, owner of Carol's Classes real estate school and licensed in South Dakota with Keller Williams Realty Black Hills. NOTE: Students that register for the online class will be sent a link prior to class time to the email address provided at registration. Students that register for the in-person class need to arrive on-time, the doors auto lock at 5pm.

RE/S23A \$29 for 1 session - Wednesday, 3/15, 4:30 - 6:30 PM - Online

RE/S23B \$29 for 1 session - Wednesday, 3/15, 4:30 - 6:30 PM
Carol's Classes - 2040 W Main St, Suite B4 (Lower Level)



Belle Fourche

FLASH NON-FICTION MEMOIR WORKSHOP

Instructors: Meg English & Jean Helmer

Flash Non-Fiction writing brings into question the truth of a story, its creative distortion, and the ability to write down, to the best of one's memory and ability, the facts of a story. Just as each witness to a crime remembers the event with varying perspectives, so do we remember or report a story with different angles. Flash nonfiction memoir offers a medium for writing memoir, essays, and events remembered in a very short form in under approximately 750 words. As with prose poetry, this magical form has a wide reach and can encompass braided themes, meditative essays, and any number of experimental works. There are no strict limits to the creativity offered through this genre. (writersalliance.org/flash-nonfiction) NOTE: Additional \$10 supply fee paid to instructor at class.

BF/Fnf/S23A \$25 for 1 session - Friday, 3/17, 10:00 AM - 3:00 PM

BF/Fnf/S23B \$35 for 4 sessions - Thursdays, 3/9 - 3/30, 10:00 AM - 12:00 PM
Belle Fourche Rec Center - 1111 National St



Custer

AMAZING STAINED GLASS I & II

Instructor: Pat Baird

Learn to make an AMAZING piece of art while learning stained glass techniques! Course is for both Beginners and Advanced students. Beginners: learn 3 techniques to create 3 beautiful projects: copper foil (or tiffany) technique on an 8 1/2" x 11" panel (straight line cuts, student's design); acid etching on mirror; and suncatcher (curved line cuts). Advanced students must have taken a class with this instructor and can do any project (lamp, larger panel, etc). All students must bring safety glasses (or regular glasses) and a pen to class. You will use the instructor's equipment and materials. NOTE: Classes are Tuesdays and Thursdays each week. Additional \$90 supply fee paid to instructor for Beginner supplies. Advanced Students: supply fee will be determined by instructor and you must contact her prior to class, 673-4537.

C/SG/S23A \$79 for 5 sessions - Tues & Thurs, 4/25 - 5/9, 6:30 - 9:30 PM
Custer School District Bldg, Rm 112 - 527 Montgomery Street

CONTAINER GARDENING ANYONE? YES!

Instructor: Jeff Prior

This is not your basic gardening class! This 5-week course includes everything you need to know about plants to plan, design, plant, care for, and enjoy gardens that will reflect your personality and style at home. Each session will be hands on with a potting project and you will learn from the expert about creating your own succulent bowl, terrarium, herb planter, combination planter and a hanging basket. Topics that you can apply for future gardening projects include choosing the right containers, fertilizers, potting mediums and amendments; water soluble fertilizers; controlling pests (insects and disease); and planning combination planters. All supplies are provided to you and included in the tuition. Don't miss this opportunity! For more information on instructor, visit www.dakotagreensofcuster.com

C/CG/S23A \$152 for 5 sessions - Thursdays, 4/13 - 5/11, 7:00 - 8:30 PM
Custer Greenhouse & Nursery - 25086 Shamrock Rd

Hot Springs

BEGINNING WEAVING WITH A RIGID HEDDLE LOOM

Instructor: *Terry Slagel*

Have you seen the wonderful products made by weaving? Maybe you were lucky enough to receive a loom as a gift! Come join this intro level workshop to learn how to create a lovely hand-crafted wool scarf on a Rigid Heddle Loom. All materials, equipment, and handouts will be supplied to you, so just bring yourself prepared to enjoy this hands-on course in an age-old art! We will take a 1-hour lunch break on your own. NOTE: Additional \$20 supply fee paid to instructor.

HS/RH/S23A \$39 for 1 session - Saturday, 2/18, 9:30 AM - 4:30 PM
Chautauqua Artisans Market - 629 N River

SPINNING YOUR FIBERS ON A WHEEL!

Instructor: *Terry Slagel*

Imagine spinning unique yarns from exotic fleeces and luscious rovings...just as your ancestors did! If you're interested in fiber arts, there's nothing like making your own products. This hands-on intro class will teach you the basics of spinning on a wheel using a variety of prepared wool materials. We will also discuss carding, finishing, and plying. Students will have the opportunity to test out several models of Kromski and Ashford spinning wheels. You'll receive everything you need to make a skein of yarn with assorted roving and fiber, hand-outs and use of several spinning wheels during class. NOTE: \$20 supply fee paid to instructor. Class will take a 1-hour lunch break on your own.

HS/Spin/S23A \$39 for 1 session - Sunday, 2/19, 9:30 AM - 4:30 PM
Chautauqua Artisans Market - 629 N River

Spearfish

CREATE A SILVER AND STONE BRACELET

Instructor: *Nancy Tripp*

No skills or previous experience is necessary to join Nancy for this great workshop! We start by practicing our "Perfect Little Loops" using our "Magic Pliers", then you get to pick from Nancy's extensive "bead stash" for your design! 3 hours later, we will find ourselves wearing our lovely & one of a kind handmade (by YOU) bracelet out the door! Fun, fast paced & all materials are included! The technique we use will have many applications should you choose to go further into your pursuit of jewelry designing...you don't want to miss it! NOTE: Additional \$40 supply fee paid to instructor at class. If you take more than one of Nancy's classes, she'll give you a 20% discount on materials!

Sp/BB/S23A \$25 for 1 session - Sunday, 1/15, 11:00 AM - 3:00 PM
Sp/BB/S23B \$25 for 1 session - Saturday, 3/25, 11:00 AM - 3:00 PM
9T9 Designs - 809 E. Hudson Circle

EARRING DESIGNS FOR EVERYONE!

Instructor: *Nancy Tripp*

Come explore the wonder of creating 3 different pairs of earrings, each with its own technique and style! You will be introduced to a variety of tools and techniques giving you a great head start for your own creative designing. Your registration includes all tools and materials, plus the patient instruction from a 20-year veteran jewelry designer. Whether you are a jewelry maker, a hobbyist, a beginner, or you just want to take it up a notch or simply come to learn something new, there will be a little something for every skill level in this fun, fast-paced workshop! NOTE: Additional \$40 supply fee paid to instructor at class. If you take more than one of Nancy's classes, she'll give you a 20% discount on materials!

Sp/Ear/S23A \$25 for 1 session - Sunday, 2/5, 11:00 AM - 3:00 PM
Sp/Ear/S23B \$25 for 1 session - Saturday, 4/1, 11:00 AM - 3:00 PM
9T9 Designs - 809 E. Hudson Circle

Spearfish

LEARN ABOUT REIKI

Instructor: *Tammy Wagendorf*

What is Reiki? You may have heard of Reiki or know someone who has experienced it, so here is your opportunity to learn more about this bio-field energy modality from a Reiki Master Practitioner and Teacher! We'll talk about the history of Reiki and how this healing technique may assist you in helping you heal yourself. Reiki can aid in needed relaxation; stress reduction; balance energy centers; and restore and vitalize one's life force energy. Come join us to learn what is involved, how a Reiki session is given, and experience the wonderful energy yourself.

Sp/R/S23A \$25 for 1 session - Thursday, 3/9, 6:00 - 8:00 PM
Sp/R/S23B \$25 for 1 session - Thursday, 4/13, 6:00 - 8:00 PM
Sp/R/S23C \$25 for 1 session - Thursday, 5/11, 6:00 - 8:00 PM
Spearfish High School - 1725 N Main St

SILVER HANDMADE HAMMERED-LINK BRACELET

Instructor: *Nancy Tripp*

Come join us as each of you create your own silver "links" for this bracelet following the easy instructions Nancy gives in this workshop. Every link of this bracelet design will be hand formed, hammered & polished to a bright finish before you wear it home! This simple bracelet could easily become your favorite go-to piece of jewelry or give it as a heartfelt gift to someone special to adore wearing...and it plays well with other bracelets! All materials are provided, no previous experience is needed to join us and all tools and materials will be provided. NOTE: Additional \$40 supply fee paid to instructor at class. If you take more than one of Nancy's classes, she'll give you a 20% discount on materials! Visit www.9t9designs.com

Sp/HL/S23A \$25 for 1 session - Sunday, 1/8, 11:00 AM - 3:00 PM
Sp/HL/S23B \$25 for 1 session - Saturday, 3/18, 11:00 AM - 3:00 PM
9T9 Designs - 809 E. Hudson Circle

THE ART OF SILVERSMITHING

Instructor: *Gary Tripp*

Always wanted to learn the age-old art of silversmithing? This is the perfect class for a beginner to learn jewelry making with one-on-one instruction. You'll make a beautiful sterling silver ring, finishing it off with a stone you set that you'll be proud to wear or give as a unique gift. Come learn the basics of a classic art form and put your jewelry on! Each class takes only 2 students, so it's 'private' and limited enrollment. All materials and equipment will be supplied. No prior experience necessary. Visit www.9t9designs.com to view projects and jewelry. NOTE: Additional \$165 supply fee paid to instructor at class. If desired, students can feel free to wear a mask as we'll be working in close proximity but it's not required.

Sp/S/S23A \$30 for 1 session - Saturday, 1/14, 11:00 AM - 2:00 PM
Sp/S/S23B \$30 for 1 session - Sunday, 1/29, 11:00 AM - 2:00 PM
Sp/S/S23C \$30 for 1 session - Saturday, 2/4, 11:00 AM - 2:00 PM
Sp/S/S23D \$30 for 1 session - Sunday, 2/12, 11:00 AM - 2:00 PM
Sp/S/S23E \$30 for 1 session - Sunday, 2/26, 11:00 AM - 2:00 PM
Sp/S/S23F \$30 for 1 session - Saturday, 3/11, 11:00 AM - 2:00 PM
Sp/S/S23G \$30 for 1 session - Sunday, 3/19, 11:00 AM - 2:00 PM
Sp/S/S23H \$30 for 1 session - Sunday, 3/26, 11:00 AM - 2:00 PM
Sp/S/S23I \$30 for 1 session - Saturday, 4/15, 11:00 AM - 2:00 PM
Sp/S/S23J \$30 for 1 session - Sunday, 4/23, 11:00 AM - 2:00 PM
9T9 Designs - 809 E. Hudson Circle



Visit www.9t9designs.com to view projects and jewelry.

Spearfish

TRAUMA 101: INTRODUCTION TO AN UNDERSTANDING OF TRAUMA

Instructor: Anna Quinn

Trauma 101 will provide participants with an introduction to an understanding of trauma in three parts during one session: 1. What is trauma and what are the different types of trauma; 2. The neurological and physiological responses to traumatic experiences; and 3. What are trauma informed interactions/communications. Participants will gain exposure to various theories related to trauma and healing, as well as, have the opportunity to participate in a range of activities focusing on nervous system regulation.

Sp/Tr/S23A \$25 for 1 session - Tuesday, 3/14, 5:30 - 7:30 PM
Spearfish Chamber of Commerce - 106 W. Kansas St

Sturgis

INTRO TO PAINTING WITH ACRYLICS: PRAIRIE!

Instructor: Carol Brookens

Ahhh, the beauty of spring bursting forth. If you've always wanted to try your hand at acrylic painting, come join this beginning level class! You'll create a painting with a spring motif of roses and colors as you learn how to choose colors and set the mood for spring renewal. Class is for those with little or no acrylic painting experience, so relax and enjoy as all supplies are provided and you should be able to complete at least one 9" x 12" canvas. Please wear an old shirt or bring an apron. Students 18 yrs old and above most welcome. NOTE: Additional \$20 supply fee paid to instructor at class.

St/Acr/S23A \$25 for 1 session - Friday, 2/3, 6:30 - 8:30 PM
St/Acr/S23B \$25 for 1 session - Friday, 2/24, 6:30 - 8:30 PM
Sturgis Community Center - 1401 Lazelle St



LANDSCAPING 101: DESIGNING BEAUTIFUL BACKYARDS!

Instructor: Vicki Hoffman

Are you a do-it-yourselfer that has always wanted to learn better landscaping for your home? Join this opportunity to learn from a master gardener and artist about design principles and how to plan a backyard that reflects your personality and good use of space! We'll discuss gardening methods, structures, common garden and yard mistakes and practical considerations for your space. Students should bring a diagram of your yard to class. There will be handouts and visuals. NOTE: Additional \$15 supply fee paid to instructor at class.

St/Land/S23A \$29 for 1 session - Saturday, 4/22, 9:00 AM - 12:00 PM
Sturgis Community Center - 1401 Lazelle St

Sturgis

LET'S MAKE A FABULOUS JOURNAL FROM "JUNK"!

Instructor: Carol Brookens

Come join us to enjoy creating a 'junk journal' that is anything but junky...it's beautiful! You'll construct the journal from a variety of paper from many different sources and decorate with good junk such as scraps of paper, cloth, old lace, photos, clippings, recipes, flowers, glitter, etc to make it uniquely beautiful and special. It would be helpful if each participant brought scissors, otherwise all supplies are provided. Please wear an old shirt or bring an apron. Students 18 yrs old and above most welcome. NOTE: Additional \$15 supply fee paid to instructor at class.

St/JJ/S23A \$25 for 1 session - Friday, 2/10, 6:30 - 8:30 PM
Sturgis Community Center - 1401 Lazelle St

PROSPECTING FOR GOLD IN THEM THAR HILLS!

Instructor: Jim Van Hout

Take this fun course to learn all about gold prospecting in the Black Hills presented by a Chapter of the Gold Prospectors Association of America! Course will cover a bit of history, the techniques of prospecting, safety and equipment used including sluicing and panning and more. Each student will take home a gold pan and a 2-lb bag of 'pay dirt' to practice gold panning on your own...does it get any better?! NOTE: \$30 supply fee paid to instructor. Lunch break on your own.

St/Pros/S23A \$45 for 1 session - Saturday, 4/29, 9:00 AM - 4:00 PM
Sturgis Community Center - 1401 Lazelle St

Wall

BIKE TUNE-UP BASICS

Instructor: Charon Geigle

This class will cover the A, B, and C's of bike maintenance: air pressure in tires, brakes and chain cleaning and lubrication, and will be hands-on to check tires and tire pressure, possibly changing a tire, airing up a tire, adjusting brake pads and chain cleaning. You will also learn what you can do yourself and what situations may require more expertise. Please note this is not a bike repair class, but how to provide regular maintenance on your bike to keep it functioning optimally. Bike fit will be discussed as well. NOTE: Cost of tire tubes is not included but those are available at local hardware store if needed. Please contact the instructor if you have questions at 605-685-3882.

W/BT/S23A \$10 for 1 session - Saturday, 4/29, 8:30 - 10:00 AM
Wall Community Library - Meet Outside

BIKING BASICS: LET'S GET OUT THERE!

Instructor: Charon Geigle

If your bike is ready to ride but you haven't been on it for a while, this class is for you! Skills to learn are bike fit, shifting and safety. A 2-3-mile ride will culminate the class. A functional bike and helmet are required for class. Please bring a water bottle. Come enjoy some of the best exercise and most fun you can ever have. Dress comfortably in layers for weather and be prepared to enjoy your day! NOTE: Please contact the instructor if you have questions at 605-685-3882.

W/BB/S23A \$10 for 1 session - Saturday, 4/29, 10:30 AM - 12:00 PM
Wall Community Library - Meet Outside



BRIGHT START FREE PERSONAL NURSE PROGRAM

Bright Start's free personal nurse program helps moms focus on their health during pregnancy, so they have healthier babies. When you sign up for Bright Start, we'll connect you to a friendly, caring registered nurse. She will work with you one-to-one, giving you all the support, advice and information you need during your pregnancy and up until your child turns 2.

Who can get Bright Start services?

You are eligible for a free personal nurse if you're pregnant or a brand-new mom who meets income requirements and lives in South Dakota. Bright Start is expanding to provide services throughout the state. As nurses join the program, families in local communities will hear more about how they can connect with a personal nurse to support them through pregnancy and until their child's 2nd birthday.

Who currently provides services through the Bright Start program? Where are they located?

The Bright Start program is expanding to provide services statewide. After issuing a request for proposals, the Office of Child and Family Services will now partner with Black Hills Special Services Co-op, Children's Home Society of South Dakota, and the South Dakota Foundation for Medical Care to deliver Bright Start services. As nurses join the program, families in local communities will hear more about how they can connect with a personal nurse to support them through pregnancy and parenting until their child turns two. Learn how to sign up below.

HOW YOUR NURSE CAN HELP

Your personal nurse can help you:

- Access prenatal care and nutrition guidance for a healthy pregnancy and a healthy baby
- Learn about child development
- Feel more confident as a mom by practicing breastfeeding, home safety, safe sleep positions for baby, and much more
- Help you set goals and determine the parenting strategies that work best for your family
- Connect to healthcare, family planning, pediatric care, childcare, early childhood programs, job training, continuing education, and other resources in your community
- Laugh when you're feeling stressed!



FAMILY AND FRIENDS ARE WELCOME

Your baby's father, family members, and friends are all welcome to join you for meetings with your nurse. Of course, your nurse's main focus will be on you as the mom – but building a support system will help you create a positive environment for your baby. Because when you're healthy, confident, and have resources, it's good for your whole family.

HEAR FROM MOMS ON BRIGHT START

Here's what moms say about Bright Start's personal nurse program.

- *"I've learned so much on Bright Start. It helps me sort through the advice I get from friends and family to help decide what I want to do."*
- *"I like that someone who knows what she's talking about... is there to answer questions."*
- *"My nurse really listens and is open to any conversation."*
- *"The information I get from Bright Start is just right for her age—potty training, temper tantrums, how she learns. The nurse is very understanding and helpful."*
- *"My nurse makes sure we get the information that fits what I want to learn."*
- *"I like being on Bright Start because they try and help me be better than I thought I would be."*

HOW TO SIGN UP

The quickest way to sign up or learn more is to call the Bright Start office near you today.

- **Pine Ridge:** [605-867-2328](tel:605-867-2328)
- **Rapid City:** [605-355-3538](tel:605-355-3538)
- **Sioux Falls:** [605-274-0233](tel:605-274-0233)
- **Sturgis:** [605-206-1884](tel:605-206-1884)
- **Huron:** [605-353-7135](tel:605-353-7135)
- **Spearfish & Belle Fourche:** [605-642-1361](tel:605-642-1361)
- **Aberdeen:** [605-626-2654](tel:605-626-2654)



SOUTH DAKOTA BENEFITS SPECIALIST — NETWORK —

We help people receiving supplemental income (SSI) and social security disability insurance (SSDI) understand how work will impact their benefits, food stamps, housing, Medicare, Medicaid, and others.

For more information visit our Benefits Specialist Network South Dakota website: bsnsd.org.

Western South Dakota Benefits Specialists:

Barry Gravatt

Black Hills Special Services Cooperative (BHSSC)
605-394-2311
barry.gravatt@state.sd.us

Michelle Hosman

Black Hills Special Services Cooperative (BHSSC)
605-391-2838
mhosman@bhssc.org



DakotaLink

Technology Solutions for Life's Limitations



DakotaLink is South Dakota's program for linking you to assistive technology devices and services. If you or someone you know are experiencing limitations due to a disability, injury, or aging, we can help! We work with people in all age groups and can provide information that may help you at home, in school, on the job or in the community.



Contact us:

1-605-394-6742 or 1-800-645-0673

atinfo@dakotalink.net

www.dakotalink.net



Registration Information



- **Register Online:** Go to www.communityeducationclasses.org to register quickly and easily with your credit card.
- **Register by Hand:** Complete the registration form below. Then get it to us with your payment in one of the following ways:
 - Fax the form to us at (605) 721-7504. Please include your credit card information or your corporate billing information.
 - Mail or hand-deliver the form with payment to **Community Education of the Black Hills, 730 East Watertown Street, Rapid City, SD 57701.** Office hours are Monday - Friday 7:30 AM - 4:00 PM.

Class Confirmation: Registration is confirmed by your payment of tuition. No registration is complete until the tuition is paid. You will receive a confirmation notice and receipt if you provide an email address in your profile. Classes fill quickly - don't delay!

Cancellations: We reserve the right to cancel any class due to insufficient enrollment. When area public schools are closed due to inclement weather, the Community Education and Career Learning classes are also canceled. Listen to your local radio or TV stations for the latest information.

Withdrawals and Refunds: Community Education students who wish to withdraw from a class must notify the Career Learning Center at (605) 394-5120 at least two working days before class begins. Refunds will be mailed within 30 days. A \$7 processing fee will be deducted from all refunds (\$20 for Driver Education). No refunds will be made after the first class session.

REGISTRATION FORM

Last Name: _____ First Name: _____ Home Phone: _____ Mobile Phone: _____

Address: _____ City: _____ State: _____ Zip: _____

Email address: _____ *for reminders, class confirmations, receipts, and announcements*

Media Release Do we have permission to take photos or video while in class? ☐ YES ☐ NO

SESSION NUMBER	COURSE TITLE	TUITION FEE
NOTE: Supply fees (if any) are separate non-refundable expenses paid directly to the instructor at class. Instructors will not accept tuition fees.		TOTAL DUE

☐ Visa, Mastercard, or Discover #: _____ CVV (3-digit code): _____ Expiration Date: _____

Name exactly as it appears on card: _____ Signature of card-holder: _____

☐ Check # _____ ☐ Cash / money order



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