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Community Education of the Black Hills

www.communityeducationclasses.org

*Registration
Starts
9/1/2023!*



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Career Learning Center —of the Black Hills

730 E. Watertown Street • Rapid City, SD 57701

Phone (605) 394-5120

www.clcbh.org

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 who need academic review to prepare for job opportunities, 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 FAA Certification Exams and 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.



Welcome

We are glad you are joining us for the new season of Community Education! As you look through the Fall 2023 offerings, you will see most classes are held in-person and several conveniently hosted with a live instructor via Zoom. Registration begins September 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
Jeanne McKenna, 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:
These classes are open entry and self-paced allowing you to set your schedule and go at you own pace. For more information on the cost of the courses, please contact the Career Learning Center of the Black Hills at 394-5120.

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

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Active Living

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/F23A \$39 for 4 sessions - Wednesdays, 9/20 - 10/11, 6:30 - 8:30 PM
Career Learning Center of the Black Hills
730 E. Watertown Street, use North entrance & parking lot

BEGINNER BELLY DANCING!

Instructor: Kisa

Beauty is ageless, love is ageless, kindness is ageless and Middle Eastern dance is also ageless! Let Kisa help you add power and grace to your femininity with this beautiful art form and you'll be forever dancing from within. We start off with the basics of Cabaret-style. Come join as no previous dance experience is necessary. Class is suitable for all shapes and sizes. Wear clothing to move freely and bring a bottle of water.

BBD/F23A \$39 for 4 sessions - Thursdays, 10/5 - 10/26, 11:00AM - 12:00 PM
The Weight Room - 601 12th St
Use entrance off back parking lot

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/F23A \$35 for 4 sessions - Mondays, 9/18 - 10/9, 6:30 - 7:30 PM
Rapid City Elks Lodge #1187 - 3333 Jolly Lane

DOG AGILITY: AN INTRODUCTION

Instructor: Rebecca Almy

This class will introduce you to healthy and happy basics of dog agility. You and your pooch will get an opportunity to jump, run through a tunnel, and learn the weave poles to develop muscles and control. Your dog must be obedient and physically able to jump and run, as both of you get a bit of exercise! Please bring to class: Current shot records and yummy dog treats for motivation. NOTE: Aggressive dogs will not be allowed in class. One dog per registered student.

Dog/F23A \$25 for 1 session - Saturday, 10/14, 4:00 - 5:00 PM
Tails n' Training - 5531 Mill Rd, Black Hawk

DUO DANCING

Instructors: Linda and Henry Olivier

Let's Get Ready to Rhumba and Cha-Cha! This wonderful 6-week class is open to people of all ages and will teach lifelong enjoyment! Get off the couch, grab a partner, enjoy an energizing and inexpensive time together. We will cover learning the moves and steps of the Cha-Cha and Rhumba. Come join the fun! Please note that any dance is great exercise and can be aerobic. Class size is limited. NOTE: Register individually!

DD/F23A \$50 for 6 sessions - Wednesdays, 9/20 - 10/25, 7:00 - 8:30 PM
VFW Post 1273 - 420 Main St



Active Living

GOLF CLASS FOR SENIORS (AGES 50-101 YRS)

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/F23A \$25 for 3 sessions - Tuesdays, 9/12 - 9/26, 10:00 - 11:30 AM
Golf/F23B \$25 for 3 sessions - Tuesdays, 10/10 - 10/24, 10:00 - 11:30 AM
Golf/F23C \$25 for 3 sessions - Tuesday, 11/7 - 11/21, 10:00 - 11:30 AM
Career Learning Center of the Black Hills
730 E. Watertown Street



HAVING CONVERSATIONS THAT MATTER

Instructor: Laura Piening

The timing is perfect for this opportunity to learn how to reconnect in deep conversations about what matters to you in a safe environment. Think about it: we're all in "instant" mode with most of our "conversations" (term used loosely ??) being quick texts, short social media comments, or cryptic emails. All ages say, "we're too busy to talk." Not here! In this class, you participate in actual conversation circles. Students describe class as impactful, challenging, and exciting. Come join us to learn the Conversation Cafe guidelines and engage in the process to go from small talk to big. You can take these skills into the world and enjoy the art of talking with others in satisfying and edifying ways no matter the topic or the time. For more instructor info: www.CreatingClarityNow.com and on Substack, <https://laurapiening.substack.com>

Conv/F23A \$35 for 2 sessions - Tuesdays, 10/10 & 10/17, 6:00 - 7:30 PM
Rapid City High School - 601 Columbus St
Use west glass entrance with class sign

INTRO TO BOULDERING!

Instructors: Laura Bellisle & Kolton Arthur

Ready to try something new? This class is a basic introduction to the rock-climbing discipline of Boulderering. 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: Class F23A is intended for persons ages 14-yrs old and above. Class F23B is for women only aged 18-yrs old and above. Additional \$64 supply fee (a \$399 value) paid to instructor at class. Students should wear comfortable clothing to move around in and bring a bottle of water.

Bould/F23A \$39 for 5 sessions - Wednesdays, 10/4 - 11/1, 5:00 - 6:00 PM
Bould/F23B \$39 for 5 sessions - Wednesdays, 10/4 - 11/1, 6:15 - 7:15 PM
Black Hills Base Camp - 2461 Seger Dr

INTRO TO MODERN SQUARE DANCING!

Instructor: Bill Henke

Square Dancing may look complicated, but the secret is you don't need any special skills or dance experience because if you can walk, you've got this! What's important is you move around the dance floor in patterns with other dancers to the cues of the "caller". The caller will teach you the steps to each pattern as you go along. The steps are simple and taught step-by-step in a repetitive relaxed environment, so you'll learn a strong foundation quickly which will put you ahead on the path to square dancing in clubs around the country. Square Dancing is an American Folk Dance and there are opportunities to continue learning more calls/patterns in local clubs. NOTE: Tuition is for 2 people/only need to register one person.

SD/F23A \$40 for 4 sessions - Thursdays, 9/21 - 10/12, 6:00 - 8:00 PM
The Labor Union Temple Hall - 922 E St. Patrick St

Active Living

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/F23A \$25 for 4 sessions - Tuesdays, 9/19 - 10/10, 6:30 - 7:30 PM
Pick/F23B \$25 for 4 sessions - Tuesdays, 10/24 - 11/14, 6:30 - 7:30 PM
Pick/F23C \$25 for 4 sessions - Wednesdays, 9/20 - 10/11, 12:00 - 1:00 PM
Pick/F23D \$25 for 4 sessions - Wednesdays, 10/25 - 11/15, 12:00 - 1:00 PM
Pick/F23E \$25 for 4 sessions - Thursdays, 9/21 - 10/12, 8:00 - 9:00 PM
Pick/F23F \$25 for 4 sessions - Thursdays, 10/26 - 11/16, 8:00 - 9:00 PM
Pick/F23G \$25 for 4 sessions - Fridays, 9/22 - 10/13, 12:00 - 1:00 PM
Pick/F23H \$25 for 4 sessions - Fridays, 10/27 - 11/17, 1:00 - 3:00 PM
Tennis Center of the Black Hills - 7802 Albertta Drive

INTRODUCTION TO HAM RADIO

Instructors: Members of the Black Hills Amateur Radio Club

Come join us to begin your HAM Radio adventures! You can communicate and talk with people all over the country and world! We'll discuss terminology, FCC requirements, operating a radio, and more. Class will include lecture, demonstration and hands-on activity and will culminate with you being able to take the test for a HAM Radio Technicians License if you wish! Students will go home with a manual. Note class is 4-sessions with the 4th class being test day for the Technicians License. NOTE: There is no age limit to take the class or test for the license. Additional supply fee paid to instructor at class as follows: \$25 for the instruction/manual book; \$15 test fee (pass or fail) when you opt to test for the license @ 4th class; when you pass the test, a \$35 fee for your HAM license to be active for 10-years.

HAM/F23A \$40 for 4 sessions - Saturdays, 10/7 - 10/28, 1:00 - 3:00 PM
Westhills Village - 255 Texas St

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 as 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/F23A \$35 for 4 sessions - Mondays, 9/18 - 10/9, 7:45 - 8:45 PM
Rapid City Elks Lodge #1187 - 3333 Jolly Lane

KEEP KIDS 'DOGGONE SAFE'!

Instructor: Linda Kelly

Dogs are everywhere and whether you love them or are indifferent, you and your kids are going to encounter them. A fact: if we, as humans, can learn to recognize the signs of exhaustion, stress, frustration or worry in a dog's demeanor or reflected on their face, there could be a lot fewer bites, a lot fewer tears and more dogs possibly living to an older age. Class will help you and your child learn to recognize and understand the signs and body language of dogs, and what we should be doing to keep ourselves and kids Doggone Safe. NOTE: This class is just for humans, so no doggos. Additional \$20 supply fee paid to instructor at start of class. If you have any questions, please call the instructor at 605-391-3750.

DSafe/F23A \$32 for 1 session - Sunday, 9/17, 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/F23A \$25 for 1 session - Wednesday, 10/18, 6:00 - 7:00 PM
Tails n Training - 5531 Mill Road, Black Hawk

Active Living

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. If you have any questions, please call the instructor at 605-391-3750.

Whistle/F23A \$32 for 1 session - Sunday, 9/24, 1:00 - 3:00 PM
Krazy K9 - 14697 Saddle Rd, Piedmont

Arts & Crafts

CREATE A MALA: A MEDITATIVE EXPERIENCE

Instructor: Jessica Lewis

A mala is a lovely string of beads used to aid in meditation 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 \$40 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, 18-feet of nylon blend chord 1mm 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/F23A \$35 for 1 session - Saturday, 9/16, 8:00 AM - 12:00 PM
Career Learning Center of the Black Hills
730 E. Watertown Street, use North entrance & parking lot

CROCHET THERAPY!

Instructor: 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/F23A \$45 for 4 sessions - Mondays, 9/18 - 10/9, 5:00 - 6:30 PM
Slip-Knits, 2120 W Main St, Suite 2

DAYS OF DECEMBER MINI-ALBUM

Instructor: Tracie Cassidy

The holidays are a wonderful, fun and busy time. Let's get a jump on the craziness and create a beautiful 6" x 8" album to document your everyday life during the month of December to look back on and remember. You can add your cherished photos once the holidays are over or you can give this as an early gift. Workshop kit includes all materials except adhesive, pre-cut patterned cardstock in holiday colors to assemble a 31-day mini album. You also have the option to add a black 6" x 8" album in soft, stitched, faux leather which can be customized on the cover for an additional supply fee. NOTE: Supplies will be prepaid/ordered prior to class to assure arrival, thus REGISTRATION CUT-OFF IS OCTOBER 23RD. Students will be contacted by instructor for supply fees: cost of holiday album \$55, with the optional additional album is \$75. Students only need to bring tape-runner style adhesive and foam dots/tape to class.

Dec/F23A \$25 for 1 session - Friday, 11/3, 6:00 - 9:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

Arts & Crafts

DOUBLE KNITTING!

Instructors: *Kim Oslund*

Have you ever wondered how double knitting works? For example, you would knit a pattern on BOTH sides of your scarf, it's not an optical illusion but you'll feel like a magician after conquering this basic technique. It makes awesome projects and you'll be wondering why you didn't learn it years ago. NOTE: Additional \$20 supply fee paid to instructor includes yarn for first project, hook(s) and patterns.

DK/F23A \$39 for 3 sessions - Tuesdays, 10/10 - 10/24, 3:00 - 4:30 PM
Slip-Knits, 2120 W Main St, Suite 2

ENTRELAC KNITTING: A WOVEN LOOK BUT IT'S KNIT!

Instructors: *Kim Oslund*

We're going to discover this unique, versatile stitch technique while learning a few new skills along the way. You will hand-knit a beautiful scarf for yourself or a holiday gift for someone special. You must know how to knit, purl, and cast-on. NOTE: Additional \$20 supply fee paid to instructor includes yarn for first project, hook(s) and patterns.

EK/F23A \$39 for 3 sessions - Saturdays, 10/7 - 10/21, 11:00 AM - 1:00 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/F23A \$45 for 4 sessions - Tuesdays, 9/19 - 10/10, 11:00 AM - 1:00 PM
Slip-Knits, 2120 W Main St, Suite 2

HAND-CRAFTED GREETING CARDS

Instructor: *Jo Prang*

Handmade gifts are always the most loved and appreciated! This class features Christmas and Holiday themed cards to get an early start on your gift-giving list! Whether you're a newcomer or an experienced card-maker, we'll create 5 custom-made beautiful, high-quality cards and have fun in the process. You can alter the card with your favorite sentiment, plus options will be available to personalize it, and learn a variety of techniques which can include stamping, punches and embossing and die-cutting. All supplies will be provided including beautiful decorative paper, cardstock, envelopes, and embellishments. NOTE: Additional \$10 supply fee paid to instructor at class. Ages 14 yrs - 17 yrs old are also welcome to attend class accompanied by an adult to create a special holiday card.

Cards/F23A \$30 for 1 session - Thursday, 10/26, 6:00 - 9:00 PM
Rapid City High - 601 Columbus St
Use west glass entrance with class sign

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/F23A \$50 for 6 sessions - Mondays, 9/18 - 10/23, 6:30 - 8:30 PM
Canyon Lake Activity Center - 2900 Canyon Lake Dr

LET'S MAKE NATURAL PRODUCTS FOR GIFTS!

Instructor: *Tina Sharp*

Getting back to nature is wonderful so join us to make five amazing natural and organic products with essential oils you can use as gifts for yourself or someone special? Christmas and the Holidays are coming! What a joy to create our own wellness and clean-living items like Bath Salts, Sugar Scrub, Bath Soak, Body Shimmer, and Room Spray, and you get to choose the aroma for each product! All supplies are provided so come join this fun class. NOTE: Additional \$20 supply fee (for 5 items) paid to instructor at class.

NGifts/F23A \$25 for 1 session - Monday, 11/13, 6:00 - 7:30 PM
Dahl Arts Center - 713 7th Street, Use Kansas City Entrance

Arts & Crafts

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/F23A \$25 for 1 session - Saturday, 9/16, 10:30 AM - 12:30 PM
Heir/F23B \$25 for 1 session - Saturday, 10/7, 10:30 AM - 12:30 PM
Heir/F23C \$25 for 1 session - Saturday, 10/28, 10:30 AM - 12:30 PM
Heir/F23D \$25 for 1 session - Saturday, 11/18, 10:30 AM - 12:30 PM
Bean Counter - 4956 5th St, inside Aspen FCU

NATIVE HAND DRUM WORKSHOP

Instructor: *Debra Blair*

Come join us to create your own 13-inch Native American hand drum with a drumstick. We'll use cedar wood (a sacred herb), deer leather, and black walnut to make each one unique and beautiful. Then we'll stain and wrap the drumstick. This is your opportunity to learn this true native art. NOTE: Additional \$125 supply fee paid to instructor at class; cash or debit/credit cards are accepted but no checks please. Students will bring a sack lunch/snack/drink and take a 30-minute break to enjoy.

Drum/F23A \$25 for 1 session - Saturday, 9/23, 10:00 AM - 3:30 PM
Dahl Arts Center - 713 7th Street, Use Kansas City Entrance

NORWEGIAN LITERATURE WORKS

Instructors: *Karen Pitharoulis & Sons of Norway Members*

This workshop will read and discuss *The Emigrants* by author Johan Bojer. Bojer's novel of Norwegian emigration in the 1880's tells of young villagers who leave the Old World to see a better life. Their trek takes them to homesteads in North Dakota where they find that breaking the sod and surviving blizzards are easier than feeling at home in this new land. Books can be purchased for about \$6 at class.

NorLit/F23A \$50 for 6 sessions - Mondays, 9/18 - 10/23, 6:30 - 8:30 PM
Canyon Lake Activity Center - 2900 Canyon Lake Dr

POETRY FOR SENIORS (AGES 50 - 101)

Instructor: *Bill Schulz*

Always wanted to try your "hand" at poetry? This class is for the beginner or a person who likes to "practice" as it's not a class in the techniques of poetry, but instead we focus on how a poem is rather than what it is. We will create poems from poetic examples, personal memories, workshop writing and community-shared writing. Your instructor taught English at BHSU, Creative Writing at Stevens HS, is a self-published author and continues to be bitten by the writing bug! NOTE: Students should bring paper, pens/pencils to class.

Poet/F23A \$30 for 4 sessions - Thursdays, 9/14 - 10/5, 10:00 - 11:30 AM
Career Learning Center - 730 East Watertown St

PORCELAIN PAINTING: CHRISTMAS ORNAMENTS!

Instructor: *Teri Duncan*

Come join this amazing class to bring back the lost art of painting on porcelain as we focus on creating Ornaments for the holidays! You don't need to be an artist to paint on porcelain and the finished product is a unique, beautiful, and personal memento. All supplies will be provided to you and includes "firing" the painted china 4 times to achieve the desired effect. Students will apply a pattern, continue shading and adding color until their product is finished. The class is appropriate for ages 10 yrs old to 100 yrs old (minors must be accompanied by an adult). NOTE: Additional \$10 supply fee paid to instructor at class plus Ornament fee depending on what you choose.

PP/F23A \$29 for 4 sessions - Saturdays, 10/21 - 11/11, 2:00 - 4:00 PM
Career Learning Center - 730 East Watertown St
Use North parking lot & entrance



Arts & Crafts

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/F23A \$50 for 6 sessions - Mondays, 9/18 - 10/23, 6:30 - 8:30 PM
Canyon Lake Activity Center - 2900 Canyon Lake Dr

Body & Mind

A GREAT WARM-UP FOR YOUR PICKLEBALL GAME!

Instructor: *Britt Wickett*

Pickleball is one of the fastest growing sports in America! Regardless of experience or ability level an appropriate warm-up can help keep aches and pains away and allow for a more enjoyable playing experience. Come learn about the muscle groups used during Pickleball and receive instruction in a dynamic upper and lower body warm up to promote lifelong participation in Pickleball. This course will be instructed by a Doctor of Physical Therapy.

WUP/F23A \$29 for 1 session - Wednesday, 10/18, 1:00 - 3:00 PM
Elevate Performance - 420 E St Patrick, Suite 101

AIKIDO: INTRO FOR KIDS (AGES 8 - 12 YRS OLD)

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, learning to do front and back roll as well as some Japanese language. Classes will be taught at Canyon Lake Activity Center 2nd floor. We are affiliated with the Aikido Shimbokukai organization. Students should wear comfortable work out clothing or judo/karate do gi. NOTE: Tuesdays, 5:30 - 6:10pm, and Saturdays, 1:20 - 2:00pm.

AK/F23A \$40 for 5 sessions - 10/24 - 11/7, Tuesdays, 5:30 - 6:10 PM
& Saturdays, 1:20 - 2:00 PM
Canyon Lake Activity Center - 2900 Canyon Lake Drive

ANTI-AGING CLASS: CHINESE MEDICINE PRACTICES

Instructor: *Ariann Wolff*

Ready to help turn back the clock on your skin? Come learn simple facial Gua Sha techniques you can easily perform to bring out your skin's natural beauty. Gua Sha is a treatment regularly used in Traditional Chinese Medicine to stimulate blood flow which assists in releasing unhealthy elements from the body. Gua Sha can help treat age spots, stimulate collagen production, reduce the appearance of fine lines and wrinkles, and increase the absorption of beauty products. Your instructor has a doctorate in Acupuncture Chinese Medicine, with Cosmetic and Dermatological background. Each student will receive a Gua Sha tool and instructions. NOTE: Please come to class with a clean face. Additional \$23 supply fee paid to instructor at class.

AA/F23A \$29 for 1 session - Saturday, 9/16, 10:00 - 11:30 AM
West River Acupuncture & Wellness
2620 Jackson Blvd, Suite G

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/F23A \$25 for 1 session - Tuesday, 9/26, 5:30 - 7:00 PM
Rapid City High - 601 Columbus St
Use west glass entrance with class sign

Body & Mind

BIO-IDENTICAL HORMONES

Instructor: *Melissa Aberle & Cathy Wilson*

Are you struggling with the inevitable shifting of hormones? This time of life can bring fatigue, weight gain, hot flashes, muscle loss, and lack of vitality. Come learn how to navigate through Premenopause, Menopause and Andropause and get some relief. Class includes a free infrared sauna session valued at \$50! Your instructors practice functional medicine as nurse practitioners and have 35 years combined experience in the field of medicine. There will be time for questions. For more information: wellbeyondmed.com or Facebook NOTE: Class is for both males and females. Students should bring a notebook and pen to class.

Bio/F23A \$29 for 1 session - Tuesday, 10/17, 7:00 - 8:30 PM
Well Beyond Personalized Medicine - 3808 Sheridan Lake Rd

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/F23A \$29 for 1 session - Wednesday, 10/4, 1:00 - 3:00 PM
Elevate Performance - 420 E St Patrick, Suite 101



BREATHING RECOVERY CLASS

Instructor: *Jamie McMurtry*

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/F23A \$25 for 1 session - Friday, 9/22, 5:30 - 6:30 PM
BR/F23B \$25 for 1 session - Friday, 10/20, 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. NOTE: Tai Chi is physical exercise equivalent to moderate walking. Be prepared to stand and move for an entire hour. Class is suitable for ages 14 to 80+. Please wear loose, comfortable clothing and flat soled shoes.

Tai/F23A \$39 for 4 sessions - Mondays, 10/16 - 11/6, 5:30 - 6:30 PM
Roosevelt Swim Center - 125 Waterloo Street

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/F23A \$25 for 1 session - Saturday, 9/23, 10:00 - 11:00 AM
CSD/F23B \$25 for 1 session - Saturday, 10/14, 10:00 - 11:00 AM
CSD/F23C \$25 for 1 session - Saturday, 11/4, 5:00 - 6:00 PM
Full Circle Martial Arts - 412 Oshkosh St, Suite 2

Body & Mind

ESSENTIAL OILS: FALL & WINTER WELLNESS

Instructor: Tina Sharp

Are you looking for ways to help keep your family well this fall and winter season? If you're searching for a more thriving and health-filled life, let's discover how to strengthen our immune systems. Join this popular and healthful class as we learn the best natural health support in the world and easy steps to keep our bodies healthy during the changing of the seasons which affect us all. Students will make and take a throat spray home! NOTE: Additional \$5 supply fee paid to instructor at class.

OFW/F23A \$25 for 1 session - Monday, 9/18, 6:00 - 7:30 PM
Dahl Arts Center - 713 7th Street, Use Kansas City Entrance

FIT FOR LIFE!

Instructor: Rhianna Wickett

This course is ideal for those interested in staying strong, healthy, and injury free throughout the lifespan! We will discuss how to exercise with various medical conditions, such as diabetes, arthritis, or back pain. You will learn exercises for total body strength, aerobics, balance, and flexibility as we age. You will walk away with ideas for a program that you can use to make sustainable changes in your life and continue doing the things you love! You will be able to ask questions and feel at ease with your health whether you are currently active or just getting started. This course is taught by a Doctor of Physical Therapy.

FFL/F23A \$29 for 1 session - Wednesday, 11/1, 1:00 - 3:00 PM
Elevate Performance - 420 E St Patrick, Suite 101

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 electric 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/F23A \$85 for 8 sessions - Tues & Thurs, 10/3 - 10/26, 6:45 - 7:45 PM
Full Circle Martial Arts - 412 Oshkosh St, Suite 2

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. Classes are suitable for adults only (18 yrs old and above) and 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. NOTE: No class on 9/23 Saturday. Tuesday class time is 5:30 - 6:15pm, Saturday class time is 1:30 - 2:15pm.

FAik/F23A \$40 for 5 sessions - 9/19 - 10/7, Tuesdays, 5:30 - 6:15 PM
& Saturdays, 1:30 - 2:15 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 time is Tuesdays 6:20 - 7:20PM and Saturdays 2:20 - 3:20PM.

IA/F23A \$50 for 5 sessions - 10/24 - 11/7, Tuesdays, 6:20 - 7:20 PM
& Saturdays, 2:20 - 3:20 PM
Canyon Lake Activity Center - 2900 Canyon Lake Drive

Body & Mind

INTRO TO PEMF THERAPY

Instructor: Trevor Williams

Life is energy and all energy is electromagnetic. Science has demonstrated how the application of electromagnetic fields can restore the body's natural ability to deliver nutrients to stressed or damaged tissues and cells. This class will introduce the concept via lecture and demonstration and students may have a chance to experience the technique as time allows. The energizing of our natural healing processes can help alleviate pain and reduce inflammation, stimulate tissue healing, relieve fatigue and injury, and more. For more information, pulseinnovativetherapy.com

Pemf/F23A \$29 for 1 session - Tuesday, 10/3, 5:30 - 7:00 PM
Pulse Innovative Therapy, 1760 Centre St, Suite A

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/F23A \$29 for 1 session - Wednesday, 9/20, 1:00 - 3:00 PM
Elevate Performance - 420 E St Patrick, Suite 101

NO MORE PLANTAR FASCIITIS!

Instructor: Rhianna Wickett

If you have ever experienced plantar fasciitis, this course is for you! You will learn how to combat this common pain with conservative care and long-term solutions from podiatry specialist Dr. Wesley Leong from Monument Health and a Doctor of Physical Therapy from Elevate Performance Physical Therapy. Let's help you get back to living pain free!

PF/F23A \$29 for 1 session - Monday, 9/27, 5:30 - 7:00 PM
Elevate Performance - 420 E St Patrick, Suite 101

O3 REBOOT THERAPY & AUTO-IMMUNE DISORDERS

Instructor: Ariann Wolff

The air we breathe is O2; ozone therapy provides O3 and O3 Reboot Therapy is an alternative treatment which supplies your body with additional oxygen which stimulates and strengthens the body's immune system. No matter how long you have been suffering or how severe your condition is, you may benefit from this option as those who struggle with autoimmune disorders aren't left with many options besides pain medications or "just living with it." Come join us in learning how O3 Reboot Therapy can help and get a chance to try it for yourself! Handouts will be available. NOTE: Additional \$23 supply fee paid to instructor at class.

O3/F23A \$29 for 1 session - Saturday, 10/21, 10:00 AM - 12:00 PM
West River Acupuncture & Wellness
2620 Jackson Blvd, Suite G

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/F23A \$49 for 4 sessions - Thursdays, 9/21 - 10/12, 5:30 - 7:30 PM
SPEAK - 1011 11th St, Rm #106

PREVENTION & TREATMENT OF TYPE 2 DIABETES

Instructors: Melissa Aberle & Cathy Wilson

Are you struggling with weight gain, elevated blood sugars, or hypertension? Have you been told that you're prediabetic or diabetic? Come join us to learn about how you may prevent, treat and sometimes even reverse Type 2 Diabetes! Class includes a free infrared sauna session valued at \$50. Your instructors practice functional medicine as nurse practitioners and have 35 years combined experience in the field of medicine. For more information: wellbeyondmed.com NOTE: Please bring a notebook and pen to class.

T2/F23A \$29 for 1 session - Tuesday, 9/26, 7:00 - 8:30 PM
Well Beyond Personal Medicine - 3808 Sheridan Lake Rd



Body & Mind

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. Students 18-yrs old and above are welcome. NOTE: Class is held on Monday and Wednesday each week. No class on October 9th.

TE/F23A \$85 for 8 sessions - Mon & Weds, 10/2 - 10/30, 6:45 - 7:45 PM
Full Circle Martial Arts - 412 Oshkosh St, Suite 2

TAP INTO GAME-CHANGING NATURAL REMEDIES THAT WORK!

Instructors: Guy and Irene Siverson

Let's focus on how to naturally help treat diagnosed conditions like Arthritis, Fibromyalgia, and more by minding the food you eat including the type of food, the timing of meals, the talents of tastebuds, the eight laws of health, and more. Class will include live demonstration of food preparation from professional cooks that understand cooking for health. Students will enjoy an upbeat conversational educational style that mixes instruction with prepared samples to taste. Of particular note will be understanding how reducing or eliminating inflammation brings forward a more healthy lifestyle. NOTE: Additional \$25 supply fee paid to instructor at class. More information www.gracefultouch.org or www.gracefultouchproducts.org

NR/F23A \$29 for 1 session - Monday, 10/2, 5:30 - 7:30 PM
Graceful Touch Massage, 2040 W Main St, Suite 209

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. 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. No class on October 9th.

Sword/F23A \$85 for 8 sessions - Mon & Weds, 10/2 - 10/30, 8:00 - 9:00 PM
Full Circle Martial Arts - 412 Oshkosh St, Suite 2

THERAPEUTIC MASSAGE TECHNIQUES

Instructors: Guy and Irene Siverson

Come join this popular class to learn massage techniques for giving a soothing and therapeutic body massage. Class will have participants observe working on the muscles of the body including upper body like back, arms, neck and head; and lower body including the glutes, hips, thighs and legs. You'll also discover a technique to quickly relieve/unlock pain in certain areas like neck, lower body and shoulder. The class will be demonstration with hands-on activities if students want to participate. Students should wear comfortable but loose-fitting clothing. More information www.gracefultouch.org or www.gracefultouchproducts.org

BM/F23A \$29 for 1 session - Monday, 9/25, 5:30 - 7:30 PM
Graceful Touch Massage, 2040 W Main St, Suite 209

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/F23A \$39 for 4 sessions - Mondays, 10/2 - 10/23, 6:00 - 7:00 PM
Rapid City High School, 601 Columbus St
Use West Glass Entrance with Class Sign

Cuisine

PRESSURE CANNING FOOD: THE NEXT LEVEL

Instructor: Brenda Pates

If you've tried water bath canning and are ready to get a little more daring and creative with your preserves, come join this class. We'll go over canning safely and confidently, what/how/why, safe handling of food products and learn to preserve more complex meals for you/family. We'll discuss equipment and actually pressure can so you can see exactly how it's done! Canning is amazing and wonderful to enjoy what you've "put up" during the long winter months. Bring writing materials of choice.

PC/F23A \$29 for 1 session - Saturday, 10/21, 9:00 AM - 12:00 PM
WSDCA Kitchen - 1844 Lombardy Dr

HOME CANNING FOR BEGINNERS!

Instructor: Brenda Pates

Always wanted to learn to preserve food and your own produce? This class will offer the basics of water bath canning for those who are curious but need a little guidance to take the "plunge"! We'll discuss affordable easy-to-find equipment and what types of food can be safely water bathed versus pressure canned so you can take both classes if you wish. We'll can some fruit in class so you can see exactly how it's done to begin your preservation adventures at home! Bring writing materials of choice.

WBCan/F23A \$29 for 1 session - Saturday, 9/16, 9:00 AM - 12:00 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/F23A \$45 for 3 sessions - Mondays, 9/18 - 10/2, 6:30 - 8:30 PM
Canyon Lake Activity Center, 2900 Canyon Lake Rd

WINE: CALIFORNIA & OREGON PINOT NOIR

Instructor: Eric Gardner

Most sommeliers will tell you Oregon produces the best Pinot Noir in America. One reason is that they're at the same latitude as Burgundy, France, so the length of daylight and darkness is similar in Oregon and Burgundy; the weather is similar; and remarkably so is the soil! The earthy, complex "Burgundian" flavors make Oregon Pinot Noirs stand out time after time. California Pinot Noir is different: the wines are fruit-forward with notes of strawberry and spice and there's nothing wrong with that as many California Pinots are exceptional! Students will enjoy a "blind" tasting of California and Oregon Pinot Noirs to experience the contrasts between the wines and truly decide which you prefer or both! Light charcuterie will be provided but students will want to eat a late lunch before class as you'll be tasting several wines. NOTE: Tuition includes all supply fees! You must be at least 21 years old to attend with valid ID.

WCO/F23A \$50 for 1 session - Saturday, 10/7, 2:00 - 4:00 PM
Arrowhead Country Club - 3675 Sheridan Lake Rd

WINE: GETTING HORIZONTAL!

Instructor: Eric Gardner

A horizontal tasting is a tasting of several wines from the same producer which can be quite fun as tasters can experience how well the winemaker does with different varietals. Because each varietal requires its own care and process when making wine from it, only a few winemakers can master more than 3 or 4 of them. In the class, you will enjoy a horizontal tasting of wines from 2 exceptional wineries in Napa, Trinchero and Benessere! Each and every year, these 2 wineries, while quite different in style, produce outstanding wines across the board, capturing the essence of each varietal they make; as you'll taste! Light charcuterie will be provided but students may want to eat a late lunch before class as you'll be tasting several wines. NOTE: Tuition includes all supply fees! You must be at least 21 years old to attend with valid ID.

Wgh/F23A \$40 for 1 session - Saturday, 10/28, 2:00 - 4:00 PM
Arrowhead Country Club - 3675 Sheridan Lake Rd



History & Exploration

ASTROLOGY 101

Instructor: Gary Price

Have you always been a little curious about astrology? This course is intended to introduce 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 please bring pencil, paper for writing, and 2 books if you can find them and want to use for class: Christian Astrology (1647) Levacy's Vedic Astrology Simply Put; which may be found on online ordering sites or perhaps at a local book source.

Astro/F23A \$35 for 2 sessions - Tuesdays, 9/19 - 9/26, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus
Use West Glass Entrance with Class Sign

GENEALOGY

Instructors: Pam Martin & Sons of Norway Members

How did you get here and now? This 3-week course will focus on Norwegian research. We'll explore the research process and how to find your family and heritage in Norwegian records. Bring your laptop if you have one available and writing materials of choice.

Gene/F23A \$45 for 3 sessions - Mondays, 10/9 - 10/23, 6:30 - 8:30 PM
Canyon Lake Activity Center - 2900 Canyon Lake Drive

GHOST TOWNS OF THE BLACK HILLS PREQUEL: BEFORE THE RUSH

Instructor: William Swanson

This chapter will look into the Ghost Towns Series. New research and more materials have made it necessary to revamp one of the longest running classes in Community Education for 2023. Discover the history behind the Black Hills of South Dakota and the early exploration of the American West, and the importance of the Black Hills to that history. Go back into a time when this was the blank spot in the map of North America. Take a look at how conditions made the Rush to the Black Hills necessary as a land of opportunity in a time of trouble, along with the people and situations that caused that Rush. Join this class to find out more about where you live! A must for everyone in the Black Hills. One field trip will be discussed, and date set in class. NOTE: Tuition is for two!

GTP/F23A \$79 for 7 sessions - Wednesdays, 9/20 - 11/1, 6:00 - 9:00 PM
Mount Rushmore Society - 830 Main St

GHOST TOWNS OF THE BLACK HILLS, PART 2

Instructor: William Swanson

This class is a continuation of GTBH Prequel and Part 1, however those classes are not required to participate in this fascinating class! Course will include classroom sessions and field trips which will be scheduled in class, weather permitting! An emphasis will be placed on exploring the Hills and seeing what you learn and discover. We'll discuss stagecoaches, freight and entertainment throughout the Northern Hills and Nemo and areas may include the silver towns of Galena and Carbonate Camp, and the settling of the towns of Lead and Central City plus much more. If you are a history buff, this class is a MUST! Two dates will be assigned for possible field trips, dependent upon weather, which will be discussed and determined during class. Note: tuition is for 2/register 1 person.

GT2/F23A \$79 for 7 sessions - Thursdays, 9/28 - 11/9, 6:00 - 9:00 PM
Mount Rushmore Society - 830 Main St

Home and Garden

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 apiculture 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/F23A \$29 for 1 session - Monday, 9/18, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

Home and Garden

INTRO TO RESIDENTIAL ELECTRICAL WIRING

Instructor: Ryan Arne

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/F23A \$50 for 1 session - Saturday, 10/14, 8:00 AM - 5:00 PM
AETech Electrical Training Center - 320 E Blvd N

Language

SPANISH FOR BEGINNERS

Instructor: Shawna Thue

Have you ever wanted to travel and know how to communicate with the locals? Join us for a conversational and positive learning experience in a fun and active way. We'll be learning basic vocabulary focusing on travel, functional phrases for everyday situations, with a touch of grammar and sentence structure. Your instructor travels to Spain and will provide a bit of culture as well. Handouts will be available. NOTE: No class on October 24th.

SL/F23A \$65 for 6 sessions - Tuesdays, 9/26 - 11/7, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with Class Sign

Money Talk



BUSINESS STARTUP LEGAL BASICS

Instructor: David Hansen

Are you planning to start a business or have already begun the process? According to research, people who start businesses are often not 'business minded'. There are several aspects of being business-minded that should be developed to help with success and this class seeks to provide basic education on the legal aspects of starting a new business. We will discuss entity formation, business formalities, and strategies to limit your liability. Gaining knowledge of the law is time well spent.

BSB/F23A \$29 for 1 session - Tuesday, 10/3, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

FINANCIAL PLANNING: YOUR FINANCIAL ROAD MAP

Instructor: Jon Johnson

Join this course to gain a comprehensive understanding of financial planning principles, equipping individuals and their families with the knowledge necessary to make informed financial decisions, develop goals and assess risk and roadblocks. Participants will learn to analyze financial situations, budgeting, tax planning, and basic investment management principles. We will have real-life scenarios and review some of the more common misconceptions of Medicare, Social Security and Long-Term Care. NOTE: Students should bring paper/pencil to class. Handouts will be available.

FP/F23A \$29 for 1 session - Tuesday, 9/19, 6:00 - 7:30 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

INVESTING 101: SAVINGS AND INVESTING BASICS

Instructor: Jon Johnson

Participants can expect a combination of theoretical knowledge and practical examples to help them make informed investment decisions and identify savings and investment products that align with their goals and appetite for risk! This course caters to students with limited or no prior investing knowledge but are interested in exploring opportunities to grow their wealth as a do-it-yourself type investor or someone who prefers working with a professional. We will cover the basics of bank products, stocks, bonds, mutual funds and ETF's (exchange traded funds) as well as cautions and scams. NOTE: Students should bring paper/pencil to class. Handouts will be available.

Inv/F23A \$29 for 1 session - Tuesday, 10/10, 6:00 - 7:30 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

Money Talk

LET'S EXPLORE RETIREMENT INCOME OPTIONS FOR YOU

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/F23A \$29 for 1 session - Tuesday, 10/3, 6:00 - 7:30 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

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; working while receiving benefits aka the 'Retirement Earnings Test'; and more! Bring your questions. Handouts will be available.

SSB/F23A \$29 for 1 session - Tuesday, 9/19, 6:00 - 7:30 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

MEDICARE BASICS

Instructor: Brooks Bernhagen

Know your Medicare Options! Join us for our Medicare Basics class where you will learn how Medicare works and what it covers; how Part D prescription cards work and picking the right one for you; and the difference between Medicare supplements and Medicare Advantage plans. This class is suitable whether you have decisions to make during the upcoming open enrollment period or just want to learn in preparation. NOTE: Students should bring writing materials of choice.

Med/F23A \$29 for 1 session - Tuesday, 9/12, 6:00 - 7:00 PM
Med/F23B \$29 for 1 session - Thursday, 10/5, 6:00 - 7:00 PM
Med/F23C \$29 for 1 session - Tuesday, 11/14, 6:00 7:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

PREVENTING IDENTITY THEFT: BEWARE OF YOUR TRAIL!

Instructor: Jon Johnson

This course is designed to equip individuals and businesses with the knowledge and skills to identify and protect themselves from becoming a victim of ID theft. Throughout the course, participants will gain a deep understanding of the various techniques employed by ID thieves, such as phishing, social engineering, hacking and data breaches. Armed with this knowledge, participants will be empowered to safeguard their personal information and contribute to a more digital society. NOTE: Students should bring paper/pencil to class. Handouts will be available.

PIT/F23A \$29 for 1 session - Tuesday, 11/14, 6:00 - 7:30 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

RAGS TO RICHES MARKETING STRATEGIES

Instructor: Irene & Guy Severson

Digital marketing can be difficult to navigate with a constantly changing landscape. After having been in the digital marketing arena for over 25-years when we launched our own business in 2018, it went from obscurity to the top of the list much more quickly than anyone anticipated. This class includes sharing our story and takeaways that you can use currently for your own success in business. Topics include the best strategies within digital marketing opportunities as well as when and how it's beneficial to combine online and offline modalities to your advantage. NOTE: Students should bring writing materials of choice.

R2R/F23A \$29 for 1 session - Monday, 10/16, 5:30 - 7:30 PM
Graceful Touch Massage - 2040 W. Main St, Suite 209

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/F23A \$29 for 1 session - Thursday, 10/12, 6:00 - 7:30 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

THE BASICS OF PROBATE

Instructor: David Hansen

What is probate? Are the horror stories true? How do you prepare for it? Can it be avoided? For many people, one of the scariest things about probate may be that it is thrust upon them without any training or tools with which to navigate. In this class 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.

Pro/F23A \$29 for 1 session - Tuesday, 9/26, 6:00 - 8:00 PM
Pro/F23B \$29 for 1 session - Tuesday, 10/24, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

WILLS AND TRUST PLANNING BASICS

Instructor: David Hansen

In this class, 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.

WT/F23A \$29 for 1 session - Tuesday, 9/19, 6:00 - 8:00 PM
WT/F23B \$29 for 1 session - Tuesday, 10/10, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign

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 October 9th.

BG/F23A \$70 for 7 sessions - Mondays, 9/18 - 10/30, 6:00 - 8:00 PM
Rapid City High School - 601 Columbus St
Use West Glass Entrance with class sign



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 by using chords. Class will be conducted via Zoom to allow you to sit at your own piano or keyboard with no pressure! And since this course includes an online book to download and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online Q & A is included along with a recording of the class. Class is partly lecture/demonstration and partly hands-on instruction. Topics include how chords work; getting more out of sheet music by reading less of it; forming the three main types of chords; handling different keys and time signatures; avoiding 'counting'; simplifying over 12,000 complex chords. NOTE: Students will be sent the zoom link to your email address provided at registration prior to class beginning.

OP/F23A \$65 for 1 session - Monday, 11/20, 6:30 - 9:30 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 as the building door auto-locks at 5pm.

PM/F23A \$29 for 1 session - Wednesday, 11/15, 4:30 - 6:30 PM - **Online**

PM/F23B \$29 for 1 session - Wednesday, 11/15, 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 as the building door auto-locks at 5pm.

RE/F23A \$29 for 1 session - Tuesday, 11/14, 4:30 - 6:30 PM - **Online**

RE/F23B \$29 for 1 session - Tuesday, 11/14, 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

This course will emphasize writing to capture a moment in time. Because each of us is unique, we focus our attention on differing aspects of an event. Flash nonfiction brings into question the truth of a story and its creative distortion. That truth can be expressed in a variety of forms—a hermit crab essay, braided themes, meditative essays, collage essays, list essays, and any number of experimental works. There are no limits to the creativity offered through this genre. NOTE: Additional \$10 supply fee paid to instructor at class.

BF/Fnf/F23A \$35 for 4 sessions - Thursdays, 9/21 - 10/12, 6:00 - 8:00 PM Belle Fourche Rec Center - 1111 National St

Deadwood

EXPLORING THE JFK ASSASSINATION

Instructor: James Olson

The assassination of John F. Kennedy continues to fascinate as it remains an unsolved murder case. Come join this informational class to see what the early evidence showed and what has been unearthed since. As we know, Lee Harvey Oswald was accused of the crime and murdered days later on national TV by Jack Ruby. Who were these men? The government has investigated the case several times as have numerous private researchers. The 1991 movie JFK shocked the nation and precipitated the Assassination Archives Records Board. Over time, much more evidence has been produced that we'll discuss. As a lawyer, the instructor will focus on the evidence including discrepancies brought to light. Feel free to bring writing materials of choice. Handouts will be available. NOTE: No class on October 5th.

D/JFK/F23A \$60 for 6 sessions - Thursdays, 9/14 - 10/26, 6:00 - 7:30 PM Deadwood Visitors Bureau - 501 Main St

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/F23A \$39 for 1 session - Saturday, 10/21, 9:30 AM - 4:30 PM

Chautauqua Artisans Market - 629 N River St

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/F23A \$39 for 1 session - Saturday, 11/4, 9:30 AM - 4:30 PM

Chautauqua Artisans Market - 629 N River St

Spearfish

BEGINNING LINE DANCING

Instructor: Jane Nichols

Come join the fun as you 'try on' some of the latest line dances! There's no partner needed so don't sit home as these steps are easy to learn, great exercise for everyone and something you can enjoy your life long. We'll dance to all types of music and numerous dance rhythms. Ages 12 to 17 yrs old are welcome when accompanied by an adult. Class size is limited.

Sp/LD/F23A \$35 for 4 sessions - Thursdays, 9/21 - 10/12, 5:30 - 7:00 PM

Spearfish West Elementary - 920 King St

INTRODUCTORY BICYCLE MECHANICS

Instructor: Carol Lucking & Annie Dunckel

Come learn basic bicycle mechanics such as what to look out for before your ride; how to fix a flat; repair your brakes; and adjust your shifting. This hands-on class will have you wrenching and troubleshooting bicycle mechanics in these easy sessions. All skill levels are encouraged to join-yes, even if you have never touched a wrench! Carol and Annie tag team instruction and love creating an open and enjoyable space for all to learn. Materials and tools will be loaned to students for use in class and you will take home a simple handy tool and booklet. NOTE: Class is given bi-weekly (skip a week between classes). Students can bring their own bike or learn mechanics on a 'shop' bike. NOTE: Additional \$10 supply fee per person paid to instructors at class.

Sp/BM/F23A \$40 for 4 sessions - Wednesdays, 9/27 - 11/8, 5:30 - 7:00 PM

Spearfish Bicycle Collective - 611 Dahl Rd

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! Magically, 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! Visit www.9t9designs.com to view projects and jewelry.

Sp/BB/F23A \$25 for 1 session - Saturday, 9/30, 11:00 AM - 3:00 PM
Sp/BB/F23B \$25 for 1 session - Sunday, 10/29, 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 as there will be a little something for every skill level in this fun, fast-paced workshop! All tool, materials and the patient instruction of a 20-year veteran jewelry designer are included. 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 to view projects and jewelry.

Sp/Ear/F23A \$25 for 1 session - Saturday, 10/7, 11:00 AM - 3:00 PM
Sp/Ear/F23B \$25 for 1 session - Sunday, 11/5, 11:00 AM - 3:00 PM
9T9 Designs - 809 E. Hudson Circle

LET'S LEARN TO PLAY TOGETHER!

Instructor: Tyler Voght

Have you always wanted to play guitar or bass? Come join this opportunity to learn the basic principles of playing this fun and diverse instrument; how to use your hands; how to tune; and the 7 basic chords as well as some music theory for good measure! This course will be lecture and demonstration with plenty of hands-on activities and lesson plans to choose. Students will benefit from setting aside an hour each week to practice what they learn as this helps your retention and enjoyment of playing guitar. NOTE: No class on September 13. Students should bring their own acoustic or electric guitar (with an amp for electric). If you need a guitar, please contact Tammy @ 605-394-5120.

Sp/G/F23A \$45 for 4 sessions - Wednesdays, 9/6 - 10/4, 5:30 - 7:30 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/F23A \$25 for 1 session - Saturday, 9/23, 11:00 AM - 3:00 PM
Sp/HL/F23B \$25 for 1 session - Sunday, 9/24, 11:00 AM - 3:00 PM
9T9 Designs - 809 E. Hudson Circle



Spearfish

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. Persons must be at least ages 18-yrs old and above to attend. 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/F23A \$30 for 1 session - Saturday, 9/16, 11:00 AM - 2:00 PM
Sp/S/F23B \$30 for 1 session - Sunday, 9/17, 11:00 AM - 2:00 PM
Sp/S/F23C \$30 for 1 session - Sunday, 9/24, 11:00 AM - 2:00 PM
Sp/S/F23D \$30 for 1 session - Sunday, 10/8, 11:00 AM - 2:00 PM
Sp/S/F23E \$30 for 1 session - Saturday, 10/21, 11:00 AM - 2:00 PM
Sp/S/F23F \$30 for 1 session - Saturday, 10/28, 11:00 AM - 2:00 PM
Sp/S/F23G \$30 for 1 session - Saturday, 11/4, 11:00 AM - 2:00 PM
Sp/S/F23H \$30 for 1 session - Saturday, 11/11, 11:00 AM - 2:00 PM
Sp/S/F23I \$30 for 1 session - Saturday, 11/18, 11:00 AM - 2:00 PM
Sp/S/F23J \$30 for 1 session - Sunday, 11/19, 11:00 AM - 2:00 PM
9T9 Designs - 809 E. Hudson Circle

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

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.

STax/F23A \$25 for 1 session - Tuesday, 10/17, 6:00 - 7:30 PM
Spearfish High School - 1725 N Main St

Sturgis

BEGINNING LINE DANCING

Instructor: Amber Lopez

Come join the fun as you 'try on' some of the latest line dances! There's no partner needed so don't sit home as these steps are easy to learn, great exercise for everyone and something you can enjoy your life long. We'll dance to all types of music and numerous dance rhythms. Ages 12 to 17 yrs old are welcome when accompanied by an adult. Class size is limited.

St/LD/F23A \$35 for 4 sessions - Thursdays, 10/19 - 11/9, 6:00 - 7:30 PM
Sturgis Community Center - 1401 Lazelle St

INTRO TO PAINTING WITH ACRYLICS: FALL!

Instructor: Carol Brookens

Ahhh, the cozy warmth of fall colors. 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 fall theme with landscape or leaves and colors as you learn how to choose colors and set the mood of this wonderful time of year. 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/F23A \$29 for 1 session - Tuesday, 9/19, 6:30 - 8:30 PM
St/Acr/F23B \$29 for 1 session - Tuesday, 10/3, 6:30 - 8:30 PM
Sturgis Community Center - 1401 Lazelle St

Sturgis

LET'S CREATE A BEADED BRACELET!

Instructor: Kim Cano

This class will teach you how to create a lovely beaded bracelet you'll want to wear on its own or with other bracelets or give as a gift you've created. This will be a basic single-strand beaded bracelet that's easy with variations which could include patterns, bead size, and charms so come enjoy some time for yourself and begin your beading adventures. All supplies will be provided. Students ages 15 yrs old and above most welcome. NOTE: Additional \$10 supply fee paid to instructor at class.

St/Bead/F23A \$20 for 1 session - Friday, 10/20, 6:30 - 8:30 PM
Sturgis Community Center - 1401 Lazelle St



Would you like to teach a Community Education class?

Contact us! We're always looking for
new classes to offer!

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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. Choose one of the following options for payment:
 - Fax the form to (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*

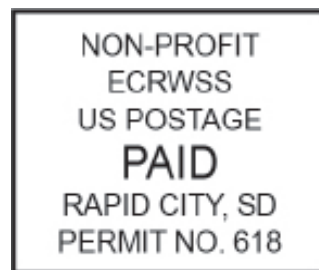
Media Release Do we have permission to take photos or video while in class? ☐ YES ☐ NO

SESSION NUM- BER	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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