



KELLIHER COMMUNITY EDUCATION WINTER 2019

PEGGY VOLLHABER – COORDINATOR

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647-8806

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GENERAL INTEREST

TAX PREP HELP

BSU Business/Accounting Students

If you would like help preparing your simple tax forms, come to Kelliher School and let the accounting students from BSU help you. This service is free but you must register ahead of time.

Saturday, March 23rd 1:30 p.m.

Kelliher School Media Center

Free but must be registered by March 18th

FREEZER MEALS TO GO

Tricia Krekelberg

Tired of coming home and not having supper made or too tired to cook? Sick of eating the same old meals? This is the perfect class for you! Come to one class or come to all and we will prep 5 freezer meals for you to take home to use whenever you're short on time. Each meal feeds 4-6 people or you can package in smaller bags and get 10 meals for 2-3 people. Shopping and most prep work will be done. All you need to do is come and assemble your meals! Each class has different meals. **Must be registered by deadline so instructor can prepare.**

Wednesday, February 20th 6:15 p.m. Register by February 11th

Wednesday, March 13th 6:15 p.m. Register by March 4th

Wednesday, March 27th 6:15 p.m. Register by March 18th

Wednesday, April 10th 6:15 p.m. Register by April 1st

Wednesday, April 24th 6:15 p.m. Register by April 15th

Kelliher School FACS Room

Fee: \$100 per class (must be paid by registration deadline)

BREAD BAKING 101

Jackie Frenzel

Put your apron on and come join us to learn how to make bread from scratch. You will learn to shape a loaf of bread, form buns for dinner rolls, cinnamon rolls or caramel rolls. When you register, you will be given a list of supplies needed for class. If you have a favorite rolling pin, bring it along. Everyone will make two loaves of bread or one loaf of bread and one pan of cinnamon or caramel rolls. If you want to make rolls, please bring your own 9"x13" pan.

Thursday, March 7th 5 p.m. – 8 p.m.

Fee: \$10 (you will buy your own groceries to bring to class)

Must be registered by February 28th

ANTIQUA ROAD SHOW KELLIHER STYLE

John & Kathy Eggers

It's time to clean your closets and find those family heirlooms! John and Kathy Eggers, famed appraisers from Bemidji, will be at the Kelliher School to tell you how much your treasures are worth. **Must be pre-registered for this event. If we do not have 5 people pre-registered by March 20th, event will be cancelled.**

Wednesday, March 27th 4:00 p.m.

Kelliher School Media Center

Fee: \$5 per item appraised (to be paid at appraisal)

STENCIL A SIGN (or 3)

Dixie's Boutique

Learn the technique of stenciling and make 3 beautiful wooden signs, all different sizes, in this one night class. You will have your choice of many stencils. Added bonus – if you are interested in making a large (6 feet tall) porch sign instead of 3 wooden signs, please state that when registering. All materials are included in the price of the class. We need 10 people for this class so register early! **Must be registered by February 26th.**

Tuesday, March 12th 6:30 p.m. – 8:30 p.m.

Kelliher School Art Room

Fee: \$50 (includes all supplies and three signs or large porch sign)

OPEN SWIM

Best Western Bemidji

Join us for an afternoon of swimming at the Best Western Motel in Bemidji. Anyone under 13 years of age must be accompanied by an adult. If you are over 21 and would like to be a chaperone, please contact Peggy Vollhaber at pvollhaber@kelliher.k12.mn.us. Chaperones swim free! **Must be registered by March 1st. We need 20 people for this trip. ***Bring your own towel*****

Sunday, March 10th

Leave Kelliher School at noon and return at approximately 4 pm.

Fee: \$12/person (includes swimming fee and transportation)

BONE BUILDERS

Join us for a free program of low impact aerobics. All ages welcome but it is geared towards senior citizens. Weights are provided. This program focuses on building bone density and works on stability.

Tuesdays & Thursdays – ongoing 9:30 a.m.-10:30 a.m.
Old School Center Gym Free

OPEN GYM

The Kelliher High School Gym is open every Sunday afternoon from 2:00 to 4:00 p.m. Elementary students must be accompanied by an adult family member or guardian. Must sign in. If no one has shown up by 2:30, the gym will be closed.

Sundays 2:00 – 4:00 p.m.
Kelliher School Gym
Fee: \$1/person or \$5/family

YOUTH

TWINKLE TOES DANCE CLASS

CarrieAnn Mortenson

Calling all preschoolers age 2 through 5! Join us for this 6 week Saturday dance class and be prepared to have fun! We will learn basic dance moves. We must have at least 10 students for this class. Please register early! Must be registered by January 25th.

Saturdays starting February 2nd 10:00 a.m. – 11:00 a.m. 6 weeks
Kelliher Old School Center
Fee: \$35

POM-POMS

Lucia Leach

We will be holding another winter Pom Pom class for grades 3 through 5 starting January 22nd with a performance to be held at the February 7th girls' basketball game. A separate registration form will be sent home with students.

AFTER SCHOOL CRAFT CLASS

Triann Krekelberg

We will be holding monthly after school craft classes once again for grades K-4. The themes and dates are below. Do not register for these classes on this registration form. Separate forms will be sent home with students. Parents are responsible for picking up their children after the class. They cannot ride the late bus home.

Let it Snow! January 24th
For the Birds! February 21st
Leprechaun Fun! March 14th

EARLY CHILDHOOD FAMILY EDUCATION

Kelliher's ECFE Mom, Dad and Me will begin again on Monday, February 4th at 10 a.m. at the Old School Center ECFE Classrooms. The next 2 classes will be Wednesday, February 13th and 25th. March, April and May will be back to first three Mondays. We will also meet one Friday each month. Email Diane Mostad for schedule. This parent and child class will focus on stories, pre-reading skills and STEAM(Science, Technology, Engineering, Arts, and Math) activities. Parents will have the opportunity to share ideas and pick up tips to encourage their child's learning through stories and hands on activities. For more information, call Diane Mostad at 647-8728, email mostad@paulbunyan.net; or Rachel Neft at 647-8286, ext. 1120, email rneft@kelliher.k12.mn.us.

DRIVER EDUCATION

Ron Heim

Driver Education will be offered to all students age 14 and older starting Monday, March 4th and run for 10 consecutive week nights. Classes will be held at the Kelliher School Media Center. All sessions will start at 3:30 p.m. and end at 6:30 p.m. Students must attend all 30 hours of this class. If students do not attend all 30 hours, they will not be allowed to take the permit test. Please sign up in the school office by February 22nd.

BEHIND THE WHEEL

All students who are 15 years old and have their Minnesota Driving Permit are required to begin their six hours of Behind the Wheel instruction within the first six months of receiving their permit. Failure to do so can cause the Department of Public Safety to revoke their driving permit privileges until age 18. For more information, contact Ron Heim.

ED2GO

Kelliher Community Education, under the partnership of Bemidji Community Education and ed2go, is proud to offer a new way for adults and students to learn and enhance skills through ed2go. Ed2go offers many courses ranging from Accounting to Web Design to personal enrichment. All courses are instructor led, self-paced and can be done from the comfort of your home or office. A new session of each course starts monthly. Most courses run six weeks and are composed of 12 lessons, representing 24 hours of instruction. You can ask questions and receive advice at any time during the course. Upon successful completion of the course, you will be able to download a certificate of completion.

There are hundreds of courses to choose from. Some courses offered are:

Beginner's Writer's Workshop	Write Your Life Story
Drawing For the Absolute Beginner	Introduction to Microsoft Excel
Start Your Own Edible Garden	Discover Sign Language
Personal Fitness	Where Does All My Money Go?
Introduction to Natural Health and Healing	

Course fees vary. For more information or to enroll, visit: www.ed2go.com/bemidji.

COMMUNITY

KELLIHER VFW PANCAKE BREAKFAST

Come and support your local VFW by joining them for breakfast on the second Sunday of each month. Breakfast is held at the Kelliher Community Center from 8 a.m. to 12 noon. Reasonably priced with special rates for children and senior citizens. Proceeds go to a scholarship fund for students.

MEALS ON WHEELS

Homemade food delivered to your home or eat at Cornerstone Residence. Monday through Friday. Meals may also be arranged on weekends. Contact Rosa at 647-8258 for more information.

If you have a community event you would like included in the Kelliher Community Education brochure, please contact Peggy Vollhaber at pvollhaber@kelliher.k12.mn.us

OLD SCHOOL CENTER

KELLIHER LIBRARY & INFORMATION CENTER

Come and “check out” Kelliher Library and Information Center. See what’s new! KLIC is open Tuesdays from 8:30 – 11:30 a.m. and Mondays 12 – 3:15 p.m.

KELLIHER FITNESS CENTER

Come and see what everyone’s talking about. We offer a fitness center with top of the line exercise equipment so close to home. Monthly membership fees, yearly fees, family and friend discounts – there are many options. For more information, contact Kelliher City Hall at 647-8470.

CHOICE THERAPY

Choice Therapy in Bemidji has a branch of their clinic at the Old School Center in Kelliher. For dates and hours the clinic is open, please call 647-9569.

KELLIHER THRIFT & GIFT SHOP

Come in and check out the Kelliher Thrift and Gift, which is a nonprofit business located in the Old School Center. Donations are accepted during store hours. It’s time to do your after holidays cleaning and purging! One man’s junk is another man’s treasure! Gift shop hours are Mondays, Tuesdays and Thursdays from 10 a.m. to 4 p.m. and the first Wednesday and Saturday from 10 a.m. to 2 p.m.

KELLIHER HEALTH SERVICES & CLINIC

Sponsored by Beltrami County Public Health Services
Staffed by Sanford Providers

Susan Anderson, Family Nurse Practitioner

Tuesdays – 8:00 a.m. to 4:30 p.m. Thursdays – 8:00 a.m. to 4:30 p.m.

Dr. Sherry Billups

1st Wednesday of each month 8:00 a.m. to 1:00 p.m.

Appointments can be scheduled by calling 647-8832. Appointments preferred but walk-in patients are welcome. The clinic provides: *Acute and Chronic Health Care *Adult physicals: General, Pre-op, DOT, Bus *Well Child & Teen Checkups *Sports and camp physicals

Procedures: wart removal, cyst & mole removal and stitches

Additional Services: Lab work, blood pressure checks, medication refills, immunizations and referral for specialists.

REGISTRATION INFORMATION

Pre-registration is required for all activities. Registration fees to be mailed with registration form. Please do not mail cash. Registrations must be paid in full BEFORE the first class.

Mail to: Peggy Vollhaber - Kelliher Community Education
231 Shevlin Ave. SW
Kelliher, MN 56650

Registrations may also be turned into the school office.

Make checks payable to Kelliher Community Education or you can now make payments for Community Education classes on the school's website by clicking on the PaySchools icon.

A full refund will be given if the class is cancelled. There will be NO refunds after the first class meeting or if cancellation is made the day of the class.

Note to parents: You are responsible for picking up your child immediately after the class is finished. Students are not allowed to loiter in the school during these times. Elementary parents: Please send a note for the teacher if your child is going to attend a class after school and will not be riding the bus that day.

My class was cancelled! Please register EARLY to avoid disappointment for yourself and others! There are times when Community Education has to cancel classes because people wait until the last minute to register and then it's too late...Don't miss out on these great class or event opportunities! Register early!

If you have any questions or suggestions, please call Peggy Vollhaber, Community Education Coordinator at 647-8806 or email: pvollhaber@kelliher.k12.mn.us

REGISTRATION FORM

Make checks payable to: Kelliher Community Education

You can now make payments for Community Education classes on the school's website by clicking on the PaySchools icon.

Mail to: Peggy Vollhaber, Kelliher Community Education, 231 Shevlin Ave. SW, Kelliher, MN 56650

OR Submit to Kelliher School Office.

By submitting your registration, you agree to the terms of our cancellation policy.

Name _____

Address _____

City, State, Zip _____

Home Phone _____ Cell (if desired) _____

Email _____

Class _____ Fee _____

I certify that myself/dependent is adequately covered by insurance.

Signature

This is to certify that we do not have insurance but will assume all legal responsibility and liability for injuries or accidents arising therefrom.

Signature