



**KELLIHER COMMUNITY  
EDUCATION  
SPRING/SUMMER 2018  
Peggy Vollhaber – Coordinator  
647-8806**

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Like us on Facebook @ Kelliher School Community Education

**GENERAL INTEREST**

**FAB LAB**

**Eric Carlson & Eric Nord**

Fab Lab is back! In this session, we will take one of your treasured photos and print it on either a canvas or phone case, mug, clothing, ornament, etc. This would be a great Mother's Day gift.

**Fab Lab will be open April 16<sup>th</sup> & 26<sup>th</sup>  
3:30 p.m. – 6:00 p.m.**

**Fee: \$30 per person BUT if child is accompanied by an adult \$20/child (materials not included. They will be purchased at class)**

**Must be registered by April 11<sup>th</sup>**

**STENCIL A SIGN (or 3) WITH DIXIE'S**

**Dixie's Boutique**

Learn the technique of stenciling and make a beautiful wooden sign in this one night class. You will have your choice of many stencils. All materials are included in the price of the class. We need 10 people for this class so register early! Must be registered by April 16<sup>th</sup>.

**Monday, April 23<sup>rd</sup> 6:30 p.m. – 8 p.m.  
Kelliher School Art Room**

**Fee: \$50 (includes all supplies and 3 signs)**

**COOKING IS A SNAP**

**Beltrami County Extension Office**

Come to these six sessions and learn to prepare and cook a healthy meal item each time. All recipes follow the US Dietary Guideline nutritional recommendations and we will end with a tour of the new Kelliher Farmers Market! You will learn to increase fruit and vegetable consumption; increase confidence to shop for and purchase healthier foods; be more confident in planning and preparing meals at home; and increase daily physical activity.

**Thursdays starting June 7<sup>th</sup> 10 a.m. – noon**

**June 7, 14, 21, 28, July 26, 27**

**Free of charge but you must preregister by May 14<sup>th</sup>**

**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 – 10:30 a.m.**

**Old School Center Gym**                      **Free**

### **SOCIAL PAINT NIGHT**

#### **Gypsy Canvas**

Anyone can be an artist – yes, you! No art experience is necessary to create an acrylic painting on a canvas that you take home. Step by step instructions by a professional

will guide you through the creation of the painting in a relaxed, welcoming atmosphere. Snacks and beverages will be provided. This would be a great Mother/Daughter class! Print will be posted on Kelliher Community Education Facebook page by April 8<sup>th</sup>.

**Monday, April 30<sup>th</sup> 6:00-8:00 p.m.**

**Kelliher School Art Room**

**Fee: \$35**

**Must be registered by April 23<sup>rd</sup>**

## **YOUTH**

### **FIREARM SAFETY**

Minnesota state law requires that anyone born after December 31, 1979, must be firearms certified to purchase a hunting license. Youth ages 11 and older can take an online firearms safety course, then attend a two hour class at 3:30 p.m. on Thursday, April 26<sup>th</sup> in the Kelliher School Media Center. After online and classroom portion are complete, you must attend a field day starting at 9 a.m. on April 28<sup>th</sup> at the Battle River Sportsmens Club. If you are 11, you can complete the course but you will not receive your certificate until you turn 12. The website for the online portion is: [DNR.state.mn.us/safety/firearms/index.html](http://DNR.state.mn.us/safety/firearms/index.html) Please sign up for the classroom portion and field day in the school office. Must be signed up by April 19<sup>th</sup>.

### **SWIMMING LESSONS**

Swimming lessons will begin Tuesday, April 17<sup>th</sup> at the Bemidji Best Western Hotel. Lessons will be Tuesdays and Thursdays for two weeks and open to grades K and up. Bus will leave Kelliher School at 3 p.m. and return at approximately 6:30 p.m. Fee is \$50. For a registration form and more information about these classes, email [pvollhaber@kelliher.k12.mn.us](mailto:pvollhaber@kelliher.k12.mn.us).

### **POM POMS**

#### **Lucia Leach**

We will be holding a spring Pom Pom session. A separate registration form will be

coming home with students. For more information, email [pvollhaber@kelliher.k12.mn.us](mailto:pvollhaber@kelliher.k12.mn.us)

### **MOTHER'S DAY SURPRISE**

#### **Triann Krekelberg**

In this fun after school class open to grades K-4, students will make a gift for that special person in their life. A separate registration form with more information will be coming home with students. Do not use the registration form attached.

### **SUMMER BASEBALL**

A separate registration form will be sent home with students regarding youth summer T-ball, Midgets, Little League and Girls Softball. If your child does not attend Kelliher School but would like to participate in summer ball, email: [pvollhaber@kelliher.k12.mn.us](mailto:pvollhaber@kelliher.k12.mn.us)

### **ECFE**

Join in Kelliher Early Childhood parent child activities and watch your child learn and grow with new experiences. During "parent time", parents will share and discuss daily parenting joys and challenges. The Kelliher ECFE program invites families with children ages Birth to Pre-Kindergarten to join us at the Old School Center Community Library at 10:30 a.m. the first two Mondays of each month when school is in session. For more information, call Diane Mostad at 647-8728, email [mostad@paulbunyan.net](mailto:mostad@paulbunyan.net); or Rachel

Neft at 647-8286, ext. 1120, email  
[neft@kelliher.k12.mn.us](mailto:neft@kelliher.k12.mn.us) .

**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](mailto:pvollhaber@kelliher.k12.mn.us) or message Kelliher Community Education on Facebook!**

## **COMMUNITY**

### **DADDY/DAUGHTER DANCE**

We invite all fathers and male fatherly figures to accompany their young ladies to an evening of dancing and hors d'oeuvres. This magical night is open to girls up to age 18 and their dads or fatherly figures. The festivities go from 5 p.m. to 7 p.m. at the Northome School Commons. Fee is \$25/Dad. All girls are free.

### **HEALTH FAIR**

**WE ARE WATER!** is the theme for this year's health fair to be held Tuesday, April 10<sup>th</sup> from 3:30 p.m. to 5:30 p.m. at the Kelliher Old School Center. Have fun with informational display booths, games, giveaways, etc. Enjoy a free meal of chili made by some of our local cooks. This event organized by CRC, Inc. and Kelliher Area Community. If any agency would like a booth, please contact the Blackduck Resource Center at 835-5768 or email [swarrington@crcinform.org](mailto:swarrington@crcinform.org).

### **KELLIHER FARMERS MARKET**

Starting Friday, May 18<sup>th</sup>, there will be a Farmers Market in Kelliher. Hours are 10 a.m. to 1 p.m. and it is located between the Kelliher Liquor Store and Village One Stop. For more information about having a booth, contact Diane Mostad at 647-8728.

### **TRAP SHOOTING**

You are welcome to come to the North Beltrami Sportsmen's Club for trap shooting Monday, May 14<sup>th</sup> and 21<sup>st</sup>. There is also a summer league that starts June 4<sup>th</sup> and runs for 10 weeks. You do not need to be on a team to shoot. We welcome new or old shooters whether it is to take part in the league or just come out for a night of shooting or even a meal. For more information, call Morris Frenzel at 647-8180 or Andy Martin at 612-201-8354.

### **FACILITY USE**

Kelliher School is allowing adults to access the gym and weight room during non-school hours. If you would like your child to get more gym time or lift weights, just come to the school and apply for a fob key. You can access the school from 5:30 a.m. to 9:30 (excluding school activity hours). A \$50 deposit is required and you must be 18 to get a fob.

### **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.

## **OLD SCHOOL CENTER**

### **KELLIHER LIBRARY & INFORMATION CENTER**

Come and "check out" Kelliher Library and Information Center. See what's new! There are many new books, computers and much more! KLIC is open Mondays from 12 – 3 p.m. and Tuesdays and Thursdays from 8:30 – 11:30 a.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 that fall 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., first Wednesday and first 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**

1<sup>st</sup> 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.

*Kelliher Community Education is always looking for new ideas for classes/events. If you have a talent you would like to share, or have an idea for a class, please contact Community Education!*

## 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 Finance  
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](http://www.ed2go.com/bemidji).

## 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](mailto:pvollhaber@kelliher.k12.mn.us)

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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

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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