Branson on the Road

Sunday October 23, 2016
3pm | Cloquet High School Auditorium

See page 8!

Calling All Three Year Olds...
Early Childhood Screening
August 22, 24 & 25
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**CloquetCommunityEd.com**

Register online for classes or fill out the form on page 19 and mail in.

### Community Ed. & Recreation Staff:

- **Director** ........................................ Ruth Reeves
- **Adult Enrichment** .............................. Barb Lammi
- **Adults with Disabilities** ...................... Annette Wick
- **Aquatics** ........................................ Kayla Cotner
- **Early Childhood Screening** ................. Theresa Blais
- **ECFE / Time for Tots** ......................... Grace Hall
- **Elementary After School Enrichment** ....... Linnea Barto & Jill Brenner

### Office Location:

Our office is located in the Cloquet Middle School, 509 Carlton Avenue. Enter door #2. CE office is the third door on the left.

**CMS** = Cloquet Middle School: 509 Carlton Avenue

**CHS** = Cloquet High School: 1000 - 18th Street

**Churchill Elementary** : 515 Granite Street

**Washington Elementary** : 801 - 12th Street

**Garfield Administration** : 302 - 14th Street

### Registration Information

- **Instructors** are not authorized to accept registrations or payments at class. You MUST pre-register and pay.

- Each class has a minimum and maximum enrollment. Classes will be cancelled if the minimum enrollment is not met. Register early.

- If you provide us your email address we can send you a registration confirmation; otherwise no confirmations are sent.

- If a class is full you may join the waiting list. If an opening comes up, we will call to fill from the wait list in the order received.

- **Refund Policy**: Refund charge is $2. Cancellations must be made at least 24 hours prior to first class in order for a refund to be considered.

- **No refunds** will be issued for bus trips after the deadline to register date has passed, but we may have people on the waiting list or you may find someone who could take your place.

- **Cancellations**: Registrants contacted if a class is cancelled or filled. Weather cancellations: If school is cancelled, Comm Ed. offerings are also cancelled. Cancellations due to bad weather announced on WKLK 96.5 FM, 1230 AM.

- **We take photographs** which may be used in our marketing materials. Please notify us in writing if you do not wish to have photos in print and web promotions. Such photographs may be used by Cloquet Comm. Ed. without an obligation to provide compensation.

- **We apologize in advance for any errors in class descriptions, including price. We reserve the right to amend class information. If you see a discrepancy, please call to get the correct information.**

The LumberLog is printed three times per year: August, December, & March. Deadline for copy is the 20th of the month preceding print.
As another summer nears the end, I am reminded how quickly the days and seasons pass.

Before many of them leave for college, I’d like to give a shout out to our fantastic staff at the Beach. Under the leadership of Kayla Cotner, our Aquatics Coordinator, this crew of young people have spent their summer providing a safe, fun place for community members to find respite from the heat. Kudos also to the City of Cloquet for supporting this unique facility. The new landscaping, tennis and basketball courts and parking lot improvements help to make Pinehurst Park a true community gem.

Moving ahead to fall……Branson on the Road is returning! Get your tickets now for this fun musical group. They will perform on Sunday, October 23, at the Cloquet High School Auditorium. They were a big hit three years ago and we are excited to bring them back. Get your tickets now!

Ruth Reeves, Community Ed Director

Facility and Park Reservations
Reservation forms can be filled out online for school facilities or city parks and the Cloquet Senior Center. You can check the Facility Calendar and then click on the Facility Request Page at CloquetCommunityEd.com to reserve space for your next event.

Online registration is open.
CloquetCommunityEd.com

Find out what’s happening at Cloquet Community Education
“Like” us on Facebook!

Community Education & Recreation Advisory Council:
Barry Beyer                  Caleb Charon
Nicholas Plante              Lynn Gentilini
Lori Jameson                 Mark King
Ted Lammi                   Brian Points
Jacob Schmidt               Ruth Reeves

If you’re interested in being on the council please contact rreeves@isd94.org

Cloquet Community Ed’s Mission
To promote, provide, and facilitate learning opportunities and social activities to serve individuals and families, while bridging generations, inspiring collaboration and building community.
Time for Tots Registration for Fall 2016 - Sign Up Now!
$45 registration fee (non-refundable and in addition to class fee)
Register online at CloquetCommunityEd.com or in the ECFE/ TFT's office.
- Classes start the week of Sept. 19, 2016.
- 36 months to Pre-K and potty trained by Sept. 1, 2016.
- Free or reduced rates available with proof of income.
- Monthly payments accepted.
- Four year old priority for 3 day class.
- Classes fill fast - waiting lists are available for any filled class.
- Minnesota law requires that children entering any Minnesota school
  must have up-to-date immunizations.
- Classes are offered during the school year. Registration is ongoing.
  Classes are located at: Cloquet Middle School,
  509 Carlton Ave., East Wing, door #2
  Call 879-9291 for more information.

Time for Tots Preschool:
- 2 Day Class: Tue & Thur
  Section 1: 8:30 - 11 am
  Section 2: 12 - 2:30 pm
  $41.63/month(8 months)
- 3 Day Class: Mon/Wed/Fri
  Section 1: 8:30 - 11:30 am
  Section 2: 12:30 - 3:30 pm
  $72.50/month(8 months)
*If your child is registered in Time for Tots and needs care before or after class, contact Kids Corner at 879-0929. Kids Corner will transport M-W-F students to and from their program at Zion Church to Time for Tots class. Additional fee for transport.

“*My daughter loves her teachers. They do an amazing job. I would recommend your program to all my friends.“
-Time for Tots Parent

Time for Tots Preschool
Preschool helps children develop learning readiness skills so they will have the confidence and social abilities to become successful learners. Preschool classrooms and activities are designed to provide a variety of fun and meaningful hands-on learning experiences. Teachers focus on meeting children's individual and developing needs.
What happens in an Early Childhood Family Education class?

1. Parent and child interaction time: A licensed early childhood teacher & assistant provide developmentally appropriate activities for parents and children to enjoy together.

2. Child time: A time devoted to learning through play and activities with licensed teachers and assistants while parents participate in a parent discussion in a separate room.

3. Parent Time: Parents or caregivers participate in a discussion led by a licensed parent educator. Joys and challenges of parenting are shared and topic discussions are designed to address the developmental issues of each age group.

Every Child Counts ...

Counting every child 0-5 in the Cloquet School District.

► Recently moved into our district?
► New birth or new family member 0-5?
► New phone number or address?
Please call 879-9291
or fill out the online form at
CloquetCommunityEd.com
Families on the census receive valuable information regarding screening, district services, and Kindergarten Round-up.

“I love how close the teachers interact with all the kids and parents. My son loves going.”
- ECFE Parent

Me and My Guy - Fall Fun on the Farm
30 months - Pre-K
Special activities for girls and boys and their special guy (dad, grandpa, uncle, friend, etc.)
Festive fall classroom activities first week, explore local corn maze/farm the second week. Come to one or both.
Mon, Sep 26 & Oct 10 | 6 - 7:30 pm
FREE event but must register.

Hand, Hand, Fingers, Thumb
Why do we focus on strengthening those hand muscles in preschool programs? What can you do at home through fun creative activities to help prepare your child for cutting and writing? Fun, interactive activities that parents will share with each other and packets of ideas to take home.
Fri, Nov 11 | 8:45 - 10 am
FREE event but must register.

See Wiggles and Giggles on page 16

“Like” Community Ed./ECFE TFT on Facebook to keep up with what’s happening!

ECFE Registration ➤ Sign up now for Fall 2016

Classes are located at: Cloquet Middle School, 509 Carlton Ave., East Wing, door #2. Register online at CloquetCommunityEd.com. You can also call 879-9291 to register, or in the ECFE/TFT office.

- Registration fee (non-refundable and in addition to class fee)
- Classes start the week of September 19, 2016.
- Please use your child’s age as of September 1, 2016.
- Classes are ongoing during the school year—you may join at any time.
- Waiting lists are available for filled classes.
- Minnesota law requires that children entering any Minnesota school must have up-to-date immunizations.
- Free or reduced rates available with proof of income. Monthly payments are accepted.

Questions? Please call 218-879-9291.

Baby & You | prenatal - 9 months
Thursdays, 10:30 - 11:45 am
$30/year

Wonderful Ones | 10 - 18 months
Thursdays, 8:45 - 10 am
$208/year or $104/semester

Amazing Twos | 19 - 29 months
Mondays, 11 - 12:30 pm
Wednesdays, 11 - 12:30 pm
$208/year or $104/semester

Mixed Ages Class | 25 - 48 months
Tuesdays, 5:30 - 6:45 pm
$208/year or $104/semester

Grandparent Class | Birth to 5 yrs.
Tuesdays, 10 - 11:30 am
$30/year

Creative Kids | 30+ months
Parents attend with child.
Section 1: Mon, 9 - 10:30 am
Section 2: Wed, 9 - 10:30 am
$208/year or $104/semester

Creative Kids Plus
Children must attend Creative Kids on Monday or Wednesday. Child attends without parent.
Fridays, 9:15 - 10:45 am
$105/year

Sibling Care for all ages
A place for siblings while you attend class with another child. Snacks served. Bring diapers, blankets, bottles with child’s name. $1/child per day.

Why do we focus on strengthening those hand muscles in preschool programs? What can you do at home through fun creative activities to help prepare your child for cutting and writing? Fun, interactive activities that parents will share with each other and packets of ideas to take home.
Fri, Nov 11 | 8:45 - 10 am
FREE event but must register.

See Wiggles and Giggles on page 16

“Like” Community Ed./ECFE TFT on Facebook to keep up with what’s happening!
Aquatics

CMS = Cloquet Middle School

Due to low staff numbers, there will be NO group swim lessons this fall. Look in the Winter issue for the next set of lessons. Consider becoming a Water Safety Instructor today!

Private/Semi Private Lessons
Child meets one-on-one in the Herb Drew pool with a Red Cross-certified instructor who works with your child at their own level. 4 lessons, 30 minutes each. The cost is $65 per individual or $95 for 2 siblings attending the same lesson. Siblings should be at equal or similar swim level. Bring swimsuit and towel. Look online for times/dates.

Friday Open Swimming
The Herb Drew Pool is open to all ages on Fridays and is lifeguard supervised. Cashier cannot accept bills larger than $10. Checks are accepted and can be written to Cloquet Community Ed. CMS – Pool, Enter door #7 Fri, Sep 16 – Dec 16 | 6:30 – 8:30 pm No Open Swim: 10/21, 11/18, 11/25, 12/02 $3.50 (3 and under $2.00)

Fall Swim Camp
Have fun while learning how to be safe in and around the pool. We will strive to develop the beginner as well as the more experienced swimmers. Must be able to swim 25 yards without stopping. Passed level 4 in Red Cross Swim lessons. Check online for skills covered. Questions? Call Kayla at 879-1261. Instructor: Kayla Cresap CMS - Pool, Enter door #6 Wed, Sep 14 – Nov 2 | 5:45 – 7pm $45

If you have questions about aquatics classes please call Kayla at the Community Education office 218-879-1261 x2100 or email: kcresap@isd94.org.

WSI Course (Water Safety Instructor)
Trains candidates to teach Red Cross swimming and water safety programs. Details online. Swim test first class. This is a blended learning course which combines online learning with onsite sessions conducted by a Red Cross-certified instructor. Bring suit, whistle, and lunch/beverages. Instructor: Kayla Cresap. Meet in pool lobby inside door #6 CMS Pool Mon, Nov 21 | 6 – 9 pm Sat, Dec 3 & 10 | 8 – 6 pm $225

Red Cross Lifeguard Certification
Prerequisite skills tested on the first night. See pre-course records and class details online. Written test covering all the information in the ARC Lifeguarding text. Swim test and practical testing of all Lifeguarding, CPR/AED, Professional Rescuer and First Aid skills. Bring: suit, towel, bag lunch, notebook, and pen. Instructor: Kayla Cresap. CMS Pool, Enter door #6 Mon, Oct 10 | 7 – 8 pm Thu, Fri & Sat, Oct 20, 21 & 22 8 am - 4 pm | $190

Senior Swim
Residents 55+. 3 mornings per week. Qualified lifeguards always present. Water aerobics during the first 25 minutes. Pay in advance at the CE office. Instructor: Shirley VanGuilder CMS - Pool, Enter Door #6 Mon/Wed/Fri | 7 - 8 am Section 1: Sep 12 – Oct 28 No swim Oct 21
Section 2: Oct 31 - Dec 22 No swim 11/18, 11/24, 11/25 $35/quarter or 2.00 per time

Adult Lap Swim
Swim cards can be purchased at the Comm. Ed. office and are kept at the CMS pool entrance. Check in with a lifeguard.
CMS - Pool, Enter door #6 Mornings: 6 - 7 am Mon - Fri, Sep 12 - Dec 22 No Swim: 10/21, 11/18, 11/24, 11/25 $2.50/time
Monday Evenings: 7 – 8 pm Mon, Sep 12 - Dec 19
Wednesday Evenings: 7 – 8 pm Wed, Sep 14 - Dec 21 $2.50/time

Saturday Mornings - Adult & Youth Lap Swim
Must be 10+ years old. *Anyone not swimming laps will be asked to leave. Check in with a lifeguard.
CMS - Pool, Enter door #6 Mornings: 6 - 7 am Mon - Fri, Sep 12 - Dec 22 No Swim: 10/20, 21; 11/18; 11/24, 25; 12/2 Monday Evenings: 7 – 8 pm Mon, Sep 12 - Dec 19 Wednesday Evenings: 7 – 8 pm Wed, Sep 14 - Dec 21 $2.50/person/time

Aqua Fit
Need to spice up your exercise regimen? Break a sweat in the water! Join Connor in an exhilarating aqua aerobic toning exercise! Water provides great resistance and adds an extra challenge to your cardiovascular workout! No swimming skills necessary. Bring a water bottle, noodle, and a pair of weights, 1 to 5 pounds. Instructor: Connor Hyde CMS - Pool, Enter door #6 Tue, Sep 13 – Nov 1 | 7:30 – 8:30 pm $44

Fall Swim Camp
Have fun while learning how to be safe in and around the pool. We will strive to develop the beginner as well as the more experienced swimmers. Must be able to swim 25 yards without stopping. Passed level 4 in Red Cross Swim lessons. Check online for skills covered. Questions? Call Kayla at 879-1261. Instructor: Kayla Cresap CMS - Pool, Enter door #6 Wed, Sep 14 – Nov 2 | 5:45 – 7pm $45

Aqua Zumba
A great way to exercise and tone your muscles with the natural resistance of water to music. Good for all ages and all skill levels (Kids under 12 must be accompanied by an adult.). Bring your swim wear & water bottle.
Instructor: Monita Gibson CMS - Pool Section 1: Thu, Sep 8 - Oct 6 Section 2: Thu, Nov 3 – Dec 8 No class 11/24 | 7 – 8 pm | $35

Due to low staff numbers, there will be NO group swim lessons this fall. Look in the Winter issue for the next set of lessons. Consider becoming a Water Safety Instructor today!
**CYC Open House**
Kick off after school programs for the 2016-2017 school year! Games and free popcorn. Come in and check us out. See what clubs we are offering this year! Register and enter to win a pair of movie tickets for Premiere Theater. Must REGISTER TO WIN! Forms must be in by September 13th. Drawing will be at the end of the week.
CMS - CYC, Enter door #6
Tue, Sep 13 | 3 – 4:30 pm

**Babysitting Class**
Course gives current and future babysitters (ages 10-16) the skills and confidence to care for infants, toddlers and school-age children. Using videos, hands-on activities, problem solving, Babysitter’s Training teaches youth how to: Handle emergencies, accidents and illnesses with first aid & CPR; Recognize safety and injury prevention; Remain safe as the sitter. Bring a bag lunch.
Instructor: Megan Shelton
CMS - CYC, Enter Door #6

**Section 1:** Sat, Nov 5
**Section 2:** Sat, Dec 3
9 am - 3 pm | $30/section

**Spirit Mountain Ski Club Grades 3-8**
1 session only: Thu, Jan 19, 26, Feb 2 (make-up Feb. 9)
3 -7:30 pm | 25 skiers and 15 boarders
$85 (includes rental and 3 hour lesson each night)
For more information, contact Linnea at 879-3308 x4026.

**Thank you to the Cloquet Educational Foundation for its generous grant towards student scholarships for Community Education classes and activities.**

**After School Enrichment**
Open to all children E-5 kindergarten - grade 5. A variety of fun things to do after school at Churchill and Washington Elementary Schools. Learn to make healthy snacks, play sports, do science experiments, create art, and much more.
Look for information to come home in Friday Folders.
You can even register for classes online!
Registration forms also available at the Comm. Ed. office, 509 Carlton Ave.

**Coordinators:**
Churchill: Linnea 879-3308 x4026 | lbarto@isd94.org
Washington: Jill 879-3369 | jbrenner@isd94.org

**Meet the new Youth Program Coordinator**
My name is Jill Brenner and I am delighted to be the Youth Enrichment Coordinator at Washington. After teaching in an elementary classroom for the past 22 years, I am excited to plan fun activities for children to do after school. I’m passionate about working with young children, and I can’t wait to get started!

When I’m not at work, you will find my husband and I, in our cars, spending most of our spare time driving our two sons to their after school activities in Cloquet.

**Middle School After School Enrichment**
The CYC has changed to a Clubs only format.
Examples: Water polo, archery, drama, dungeons and dragons, cooking, billiards and foosball, cards and board games, nail art, etc.

**Preregistration is required** to participate in a club. If your student forgets to register in advance, we may take them IF there is space available (clubs have a maximum). Most clubs/activities will continue with NO Fees. Some activities such as cooking classes or a bus trip, may have fees. Clubs are offered as a series, usually one day per week, from 4 to 8 weeks, and begin after school and end at 4:30pm, unless otherwise noted.

**Middle School parents** - to find out what’s happening after school for 6 - 8 graders, send Kirsten Koskela your email address to receive monthly emails. Plus, check the Youth web page on our site: [www.CloquetCommunityEd.com](http://www.CloquetCommunityEd.com) to view upcoming clubs and register online. 5th graders are welcome to attend.

**Middle School After School Enrichment Coordinator:**
Kirsten: 879-1261 x2239 | kkoskela@isd94.org
What is Branson On The Road?

What do you get when you bring together a fiddle, mandolin, banjo, guitar, upright slap bass, rhinestone costumes, hilarious comedy and great classic country, bluegrass, rockabilly and gospel music at a theatre near you . . . Branson On The Road™!

It’s the kind of show most people thought was long gone in this day of overproduced music, overused special effects and performers singing to tracks. In the same tradition as the traveling road shows during the glory days of the Grand Ole Opry, and the first Branson music shows, Branson On The Road keeps you tapping, laughing and smiling.

Those seeing a Branson On The Road show cannot only expect great music but plenty of hilarious comedy every step of the way. Visit their website at www.bransonontheroad.com.

Sunday October 23, 2016
3pm at the Cloquet High School Auditorium

Ticket prices: $23, $21 (ages 50+)

No Reserved Seating.

Buy your tickets online, in the Community Ed office, or at the door.

All ticket sales are final, nonrefundable, and no exchanges. Not replaced if lost.

Visa, MasterCard, cash and check accepted.

Questions? Call Community Ed at 879-1261.

Sponsored by:

CLOQUET CommunityEd & Recreation

and

Lighthouse of Barnum and Cloquet

New Perspective Senior Living Communities

and

Cloquet Area Chamber of Commerce
1st Annual Doggy Dip!
Saturday, August 27 • 2 - 5 pm • $2 a dog

Bring your pooch to the Pinehurst Park Beach to show off your dog's front crawl, breast stroke or doggy paddle!

Doggie Dip Rules:
1. No people in the water.
2. Puppies must be at least 16 weeks old.
3. All dogs must have current rabies and distemper shots (with the expiration date). Papers are required.
4. Only family friendly dogs are allowed. Please note: any dogs showing aggression will be asked to leave.
5. Owners are responsible for their dogs at ALL times, including cleaning up after their dogs.

Pine Valley Tubing Hill
Opens December 17 (need at least 1 foot of snow. Open weekends (& winter break) Open 11 am - 5 pm. Cost $5/person.

Positions Available:
Must be 16, CPR certified preferred. Applications available at the Community Ed office or online.

Open until Aug 26!
Reduced Hours start August 14
11am - 5pm
$3.50 per person

Disc golf sets are available to check out at the Community Ed office. Try out the new 9-hole course at Hilltop Park! Call 879-1261 for more information.

3rd Annual
Children’s Fall Festival
Sunday, October 9
1 - 5 pm
Cloquet Middle School Gym
FREE!

Fun for little ones! Bounce houses, pumpkins, games, crafts, photographer, music, face painting, prizes, snacks and beverages.
Teen Driver’s Education

Classroom Instruction
30 hour classroom instruction required to take permit test. Must be 15 by 60 days after the first day of class. Bring: notebook, pencil, highlighter. **Must attend 30 hours of class**. A make-up date will be determined.

After class, follow steps to register for Behind-the-Wheel instruction. Students may bring BTW payment ($300, check or credit card) on last day of class to receive blue card needed to take permit test.

CHS - Room E110, Enter door #7
Mon - Fri | 3:30 - 6:30 pm

**Section 1:** Oct 10-14, 24-28
Student must be 15 years old by Dec 15, 2016. NO EXCEPTIONS.

**Section 2:** Nov 28 - Dec 9
Student must be 15 years old by Jan 26, 2017. NO EXCEPTIONS.
Instructor: Matt Berger
$95/section
Please call Kirsten Koskela at 879-1261 ext 2239 with any questions.

Point of Impact
Parent Awareness Class
The MN Department of Public Safety requires a 1.5 hour teen driver safety awareness class to be offered for both parents/guardians and their teens.
A driving log is required. Attending this mandated class will reduce the total number of driving hours logged from 50 to 40 hours.

CHS - Media Center, Enter door #2 and upstairs.

**Section 1:** Mon, Oct 10
**Section 2:** Mon, Nov 28
6:30 - 8 pm
FREE

Pet First Aid & CPR
Perfect for pet owners and pet care professionals. Learning dog and cat First Aid & CPR techniques can help a pet survive an emergency prior to getting veterinary care. Uses a combination of Powerpoint presentation, demonstration and hands-on skill practice with stuffed animal models. Includes a $10 handbook, completion certificate and patch. Bring a snack and wear comfortable clothes.

Instructor: Robin Whaley, Certified Pet Tech First Aid & CPR Instructor
CMS – Room N005, Enter Door #6
Tue, Nov 15 | 5 – 9 pm
$40

American Safety & Health Institute (ASHI) CPR and AED for the Lay Person
American Safety & Health Institute (ASHI) CPR and AED for the lay person. Certified Card and student handbook are included. Instructor, Chad Vermeersch, is a Cloquet Area Fire District paramedic with over 20 years of experience.

CAFD Headquarters training room in the Scanlon Community Center, 2801 Dewey Ave.
Wed, Oct 26 | 6 – 9 pm | $50

See Hypnosis - Weight Loss and Tobacco Cessation on page 12
**Decorative Glycerin Soaps**

Make pretty glycerin soaps! Just in time for Christmas gifts or to decorate your own bathroom. Make 4-6 soaps about 3-6 ounces each depending upon which mold(s) you select. Learn to make soaps with embedded or raised surface decoration to create a design that is unique. Soap, molds, mica and fragrance provided. Bring a one cup glass measuring cup and a container to carry soaps home.

Instructor: Karen Tribby  
CMS – Room N005, Enter door #6  
**Tue, Dec 6 | 6:30 – 8:30 pm**  
$30

**Digital Photography**

Use that camera you received as a gift, or add to your photography skills! Take better indoor and outdoor photos while using your digital camera. Each night will have practical hands-on lessons, including ISO, shutter speeds, aperture, white balance, metering, depth of field, and support equipment. Bring your camera, plus any manuals that came with it. Weather make up date Dec 19.

Instructor: David Kohne  
CMS – Room W143, Enter door #1  
**Mon & Wed, Dec 5 – 14 | 6:30 - 8:30 pm**  
$41

**Rustic/Bent Willow Project**

Do you like the look of rustic furniture: a bent willow chair, a trellis in your garden, a garden bench, a rocking chair or log bed? You can build it yourself! Many projects can be completed in one day with a couple hours of instruction and a willingness to put in a good days work. Go home with a project that you can use and admire for many years. The first day of class is an introduction to stick-rustic furniture making, a demonstration with some hands-on tool use and information on building materials. Between classes, come up with a project and collect materials. The Saturday class will be spent building your project. Two people may sign up and work together on a project. The instructor encourages this, as many large projects require two people so that one can hold the wood in place. If you build one project, you pay for one project. If you each build a project, you both pay. **Deadline to register Sep 21.**

Instruction day: bring notebook and pen.  
Instructor: John Bajda  
CHS - Room E202 –Woodshop, Enter door #14 in back  
**Thu, Sep 29 | 6:15 – 8:15 pm AND**  
**Sat, Oct 15 | 8 am – 3:30 pm**  
$50

**Basic Dog Obedience**

Bring your dog (6 months and older) to learn basic commands like sit, lay down, come and stand for an exam and stay. Learn how to walk your dog on a leash (no flexy leash/leads) comfortably and how to pay attention to you instead of other dogs or distractions. Participants must be adult or at least 12 years old (and anyone under 15 must have a parent present) No dogs at first night of class, this is an orientation for owners. Must have proof of current rabies vaccination and certificate must be brought to class the first night. All participants must sign a liability waiver. Instructors are trainers at Twin Ports Dog Training Club and have over 40 years of experience between them.

Instructors: Colleen Vandervort & Jennifer Jablonski  
Cloquet Armory Training and Community Center  
**Wed, Sep 14 – Nov 16 | 6 – 7 pm**  
$80

**Novice Dog Obedience**

Prerequisite for this class is basic dog obedience. New training and a step up from the beginner class. Bring your dog (6 months and older) to fine tune basic commands with more technical instruction. Participants must be adult or at least 12 years old (and anyone under 15 must have a parent present.) Bring proof of current rabies vaccination certificate to class the first night. All participants must sign a liability waiver. Instructors are trainers at Twin Ports Dog Training.

Instructors: Colleen Vandervort & Jennifer Jablonski  
Cloquet Armory Training and Community Center  
**Wed, Sep 14 – Nov 16 | 7:15 – 8 pm**  
$80
Watercolors on Canvas
Tap into your artistic side! Beginners to seasoned painters, be guided by our experienced instructor to accomplish a beautiful watercolor on canvas painting each night. Requires no glass to frame. Canvas provided, student needs to purchase paints and brushes before class. See supply list online or in the office. If signing up for (2) classes, call Community Ed with your choices.

Class 1: Rocks and Splashing Water
Class 2: Birches
Class 3: Hydrangea
Class 4: Marsh Scene
Examples of each night’s paintings are displayed in Community Ed office.
Instructor: Lyn Jutila
CMS – Room W020, Enter door #13
Mon, Sep 19 – Oct 10 | 6 - 8:30 pm
Deadline to Register: Sep 12
2 nights: $40/person
4 nights: $65/person

Build Your Own Sauna
Have you always wanted to build your own sauna, but didn’t know where to begin? Perhaps you already have a sauna and would like to upgrade or change some features? Learn the steps and techniques of quality sauna building from a full-fledged Finn! Topics covered are: safety; history; layout design and dimensions; stove options (wood or electric); equipment and materials; plus ample time for questions.
Instructor: Ted Lammi
CMS – Room W143, Enter door #1
Tue, Oct 25 | 6:30 – 8:30 pm | $8

Hypnosis to Control Weight and/or Stop Smoking/Chewing Tobacco
Stop smoking or chewing tobacco without the cravings, weight gain, or withdrawal. Lose weight, stop cravings for rich, fatty foods, sweets and pop. Get motivated to walk and exercise. Instructor is a certified clinical hypnotist with 28 years teaching experience. Be relaxed and in control at all times. Includes CD and lifetime membership card for reinforcement for minimal fee. Bring a pillow and blanket.
If registering by mail, indicate on registration form if you are attending smoking cessation, weight loss, or both sessions. If you are taking both sessions, you must submit $96.
Also, please indicate if you are a lifetime card holder, a $5 fee to Comm. Ed will apply.
Instructor: Mary Fischer, MD
CMS - Media Center, Enter door #4
Thu, Oct 27 | 6 - 8:45 pm
$48, $96 for both, ($5 for lifetime members)

Flying Without Fear
Have you avoided flying due to nervous apprehension? Does the thought of an airport or a flight make you stressed? Plan your trip more easily, and fly more comfortably using tips and strategies from our experienced travel planner, airline pilot and counselor. Learn the ins and outs of stress-free packing, passport applications, TSA pre-check and navigating an airport with ease. Become familiar with the sounds and cockpit communications. Understand the aerodynamics of flying and flight safety. Gain valuable stress-relieving techniques in order to fly with less anxiety. Email or call if there are other issues concerning flying that you would like covered by our panel. These will be kept confidential.
Instructor: Ted Lammi, Jennifer Maki, Deb Saunders
CMS - Media Center, Enter door #4
Tue, Sep 13 | 6 – 8 pm | $8

Mall of America/Ikea
Get your holiday shopping done early without the headache of winter driving and parking! Our comfy coach bus leaves at 8:00 am from the back of Super One parking lot, and makes stops at Ikea and at the Mall of America where you can shop 520+ stores to get those early bargains. Bus will depart Mall of America at 5:00 pm. Cost includes bus transportation. Choose from over 50 restaurants for lunch on your own. Children must be accompanied by an adult.
Register by Nov 21
Meet at Super One BACK Parking Lot
Fri, Dec 2
8 am – 7pm
$35
Adult Enrichment

Classes with Mitch Haber, Financial Consultant at Thrivent Financial

<table>
<thead>
<tr>
<th>Class</th>
<th>Date</th>
<th>Time</th>
<th>Cost</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Retire Wisely</td>
<td>Tue, Oct 11</td>
<td>6:30 - 7:30 pm</td>
<td>$5</td>
<td>CMS – Room W143, Enter door #1</td>
</tr>
<tr>
<td>Me to We</td>
<td>Thu, Oct 13</td>
<td>6:30 - 7:30 pm</td>
<td>$5</td>
<td>CMS – Room W143, Enter door #1</td>
</tr>
<tr>
<td>Preparing for Long-Term Care: A gift your family deserves</td>
<td>Tue, Nov 1</td>
<td>6:30 - 7:30 pm</td>
<td>$5</td>
<td>CMS – Room W143, Enter door #1</td>
</tr>
<tr>
<td>Five Wishes</td>
<td>Thu, Nov 3</td>
<td>6:30 - 7:30 pm</td>
<td>$5</td>
<td>CMS – Room W143, Enter door #1</td>
</tr>
</tbody>
</table>

Retire Wisely
Confidently meet the challenges by addressing the six risks retirees face, including outliving your income and rising health care costs.

Me to We
Newly married couples face the challenge of combining their financial lives. Explore how to build a healthy financial relationship.

Preparing for Long-Term Care: A gift your family deserves
In an instant, an accident or diagnosis can change you and your family. Explore long-term care and how your family can prepare for it.

Five Wishes
Review the importance for Healthcare Directives and the “wishes” that can be completed with this document.

Mid-Life Career Change: Taking Action
Now that you have spent time getting to know yourself, clarifying your life’s mission and purpose and dreaming about your future, it’s time to take action! Learn how to update your resume, conduct a comprehensive job search and polish your interviewing skills, all with the expertise of your instructor and support of your fellow classmates. Class includes a 30 minute one-on-one resume review session with your instructor. Contemplating Mid-Life Career Change class or instructor permission is prerequisite.

Instructor: Sarah VanderMeiden
CMS – Room E 104, Enter door #2
Wed, Oct 5 – 26 | 6:30 – 7:45 pm
$80

Classes with Mitch Haber, Financial Consultant at Thrivent Financial

<table>
<thead>
<tr>
<th>Class</th>
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<tbody>
<tr>
<td>iPadding: Getting to Know Your iPad</td>
<td>Tue, Oct 11</td>
<td>6:30 - 7:30 pm</td>
<td>$5</td>
<td>CMS – Room W143, Enter door #1</td>
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<tr>
<td>Contemplating Mid-Life Career Change</td>
<td>Wed, Sep 7 – 28</td>
<td>6:30 – 7:45 pm</td>
<td>$80</td>
<td>CMS – Room E 104, Enter door #2</td>
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</tbody>
</table>

Contemplating Mid-Life Career Change
Have you lost interest in your work? Been wondering where your fire and passion has gone? As we approach mid-life, career decisions made years ago may no longer fit. Under the guidance of Sarah VanderMeiden, a Board Certified Coach with 20+ years in higher education, take a holistic look at your work life as it is now and as you would like it to be. Clarify your values, mission and life purpose through in-class exercises and discussions as well as fieldwork outside of class. You only get one life - why not enjoy ALL of it? Class includes a 30 minute one-on-one phone consultation with instructor.

Instructor: Sarah VanderMeiden
CMS – Room E 104, Enter door #2
Wed, Sep 7 – 28 | 6:30 – 7:45 pm
$80

New Year’s Resolutions: Strategies for Success
Whether you love ‘em or you hate ‘em, New Year’s resolutions serve an important function – to intentionally affect change in an area of your life. Unfortunately, only 8% of people who make resolutions actually stick to them. Make 2017 the year you will achieve your goals by learning powerful strategies that will increase your chances for success!

Instructor: Sarah VanderMeiden Certified Life Coach
CMS – Room W143, Enter door #1
Wed, Nov 30 | 6:30 - 8 pm
$15
Adult and Senior Open Skate
Lace up those skates and come on out to the Northwoods Credit Union Arena for recreational ice skating! Great way to socialize and burn 250-500 calories! Check calendar online or at arena for any date changes. No sticks or pucks. $3 per time or buy a punch card at arena for $50 to cover the fall season. Call Community Ed at 879-1261 for dates, times, and registration.

Adult and Senior Walking Group
Want to meet other walkers, explore the outdoors, and enhance physical fitness? Join our informal adult and senior walking group. Enjoy weekly varied and casual walks. Different walking levels are welcome. Discover new routes in your community and build friendships. You can join any time. For more information, call Lynn 260-7073 or Becky 591-1008.
Scanlon Park and Ride, Munger Trail Parking Lot
Thu, Sep 1 - 29 | 5:30-6:30 pm
Sat, Sep 3 – Oct 1 | 8:30 – 9:30 am
Free activity, but call Comm Ed for information and to register.

Hiking Mondays
Moderately paced hike for anyone who likes to walk. Distance will vary depending on weather. Water bottle and good hiking shoes/boots are recommended. Start time will vary. State park sticker is required for parking. Questions? Call or text Debbie 218-380-1035.
Instructor: Debbie Croft
Jay Cooke State Park Visitor Center, County Road 210
Mon, Oct 24 – Dec 5 | 3 – 5 pm
Free, but please register with Comm Ed.

CMS = Cloquet Middle School
Garfield = 14th St and Carlton Ave

Ballroom Dance
Join the Fun! Learn four dances including cha-cha, rumba, tango, and two-step (fox trot). Relaxed and fun for all ages, singles welcome. Got two left feet? No problem! Each night will start at beginner level and progress slowly. Instructor: Keith Miernicki
Garfield – Gym, Enter north door
Tue, Sep 13 – Oct 11
7 – 8 pm
$20/person

Swing Dance
Want to add fun, romance, and excitement to your life while socializing and exercising? Try swing dancing! Learn the two liveliest dances on the floor. Start at beginner level and move up to intermediate and advanced dance steps. Progress to new steps and combine steps to form a short routine and different elements within the dance. Extraordinary opportunity to expand your swing dance experience if you have taken the class before or if you have enjoyed dancing for many years. Singles welcome; although availability of dancing partner is not guaranteed, most of the basic moves can be learned and practiced solo.
Instructor: Keith Miernicki
Garfield- Gym, Enter north door
Tue, Oct 18 – Nov 22 | 7 – 8 pm
No class Nov 8
$20/person

“Like” Community Ed. on Facebook to keep up with what’s happening!

Middle Eastern Dance - Beginner
Explore the beauty and expressiveness of Middle Eastern dance and discover a fun way to increase fitness, muscle tone and flexibility. Learn fundamental movements in a relaxed and supportive environment. Wear comfortable clothes; dance in bare feet. Open to women (and men) ages 7-70+. Gentle exercise for arthritis sufferers or if you are just getting back into an exercise program. People taking the Middle Eastern dance class for the first time should take only the beginner class.
Instructor: Deborah Weckert
CMS – Auditorium, Enter door #4
Section 1: Wed, Sep 7 – Oct 26
6 – 7 pm | $41
Section 2: Wed, Nov 2 – Dec 14
6 – 7 pm | $36

Middle Eastern Dance - Advanced
Learn choreographies, advanced techniques, and have many opportunities for public performances locally, on the Range, and in the Twin Cities. Express yourself with Egyptian cabaret and folkloric styles, plus modern interpretive as well. Must have at least one year of beginner classes in basic techniques. Wear comfortable clothes: dance in bare feet.
Instructor: Deborah Weckert
CMS – Auditorium, Enter door #4
Section 1: Wed, Sep 7 – Oct 26
7 – 8 pm | $41
Section 2: Wed, Nov 2 – Dec 14
7 – 8 pm | $36

Beginning Bridge
For the very beginning bridge player. Lessons begin with a short lecture, and then continue with playing hands related to the lecture. We will study from an elementary bridge text by Shirley Silverman.
Instructor: Peggy Anderson
CMS - E 110 - Comm Ed Office, Enter door #2
Mon & Thu, Sep 8 – Oct 6 | 6:30 – 8 pm
$35

Register online: www.CloquetCommunityEd.com
### Classes Offered at Park Avenue Fitness

#### Water Aerobics & Toning
Designed for those looking for an alternative cardiovascular workout. No swimming skills necessary. Using noodles, water weights and gloves. Bring a towel, swim suit, and water bottle.
Instructor: Sue Weets
9 – 10 am
**Section 1:** Mon, Sep 12 – Oct 31
**Section 2:** Wed, Sep 14 – Nov 2
**Section 3:** Mon, Nov 7 – Dec 12
**Section 4:** Wed, Nov 9 – Dec 14
$40/sec

#### Zumba
Ditch the workout, join the party! ZUMBA is Latin cardio dance, infused with amazing music that makes you want to move! Perfect for every age group and ability level. All you need is comfortable clothes and tennis shoes.
Instructor: Julie Jacobsma
Tue & Thu | 5 – 6 pm
**Section 1:** Sep 6 – Oct 29
**Section 2:** Oct 4 – 27
**Section 3:** Nov 1 – 29, no class 11/24
$32/sec
**Section 4:** Dec 1 – 15 ($25)

#### Evening Yoga
Relieve stress from the day and set the tone for a positive week. This beginning to intermediate yoga class uses breath and movement to build strength, balance and flexibility, while promoting relaxation. Bring your own mat, or use ones available.
Instructor: Katie Olean
Mon | 5:30 - 6:30 pm
**Section 1:** Sep 12 – Oct 3
**Section 2:** Oct 10 – 31
**Section 3:** Nov 7 - 28
$40/sec

#### Indoor Cycling - Spin Class
Indoor group cycling is a low impact/high energy, terrific calorie burn. An alternative cardio workout for beginners to intermediate at a self directed pace. Bring bike shoes or stiff soled sneakers, water, hand towel, and bike shorts if you have them.
Instructor: Katie Lewis Roufs
Thu | 6:15 – 7 pm
**Section 1:** Sep 29 – Nov 17
No Class 11/10
**Section 2:** Dec 1 – Jan 19
$49/sec

#### Cycle ‘n Pump
Looking for a great way to get in your cardio and toning? This is it! We’ll ride then hit the mat for ab and weight toning exercises. It’s a total body workout, and a great introduction to cycling and/or lifting.
Instructor: Melissa Plante
Tue & Thu | 5:45 - 6:45 am
**Section 1:** Sep 1 – 29 | $63
**Section 2:** Oct 4 – 27 | $56
**Section 3:** Nov 1 – 29 (no class 11/24) | $56
**Section 4:** Dec 6 – 22 | $42

#### Karate Uechi Ryu
13+. This traditional style is unique, formidable, practical and used as a defensive system. Helps develop confidence, discipline, physical conditioning, and is extremely rewarding.
Instructor: Marie Nyblom
Mon, Oct 3 – Nov 14 | 6:30 – 8 pm
$45

### Youth Sports Associations

**Registration is through each independently run association, NOT through Community Ed.**

#### Cloquet Youth Baseball - Softball Association
Youth baseball, softball and t-ball for ages 5 -18. All registration will be online only.
All information can be found on our website at www.cloquetbsa.org
Questions? cloquetbsa@gmail.com

#### Cloquet Area Youth Soccer
www.cloquetyouthsoccer.com
Information and registration links are available on our website.
Email contacts: brian.roy@cloquetyouthsoccer.com or jonbilliewaugh@gmail.com.

#### Cloquet Area Youth Football Assoc.
Grades 3 - 6.
Questions? Contact Tom Lenarz at 879-3393 ext. 1202.

#### Cloquet Youth Basketball Assoc.
K - 6th grade and 7th & 8th grade.
Contact: Tom Brenner 218-879-3328 ext. 2000

#### Cloquet Area Youth Wrestling (CAYWA)
Registration takes place in January.
For more info contact John or Nancy Elias at 218-879-2717.

#### Cloquet Youth Lacrosse, Contact
Lauri Ketola, laurikets@msn.com.
Wiggles and Giggles
For ages 3 - 5 Join us as we hop, crawl, catch, throw, jump and wiggle - and most of all giggle. Exploration of a variety of games and recreation activities in a fun setting. Motor skill development, participation, cooperation and physical activity is emphasized. Child participates without parent.
Instructor: Tammy Fleischauer
CMS – Gym, Enter door #6
Mon, Oct 10 – Nov 7 | 6 - 7:30 pm
No Class 10/31
$20

Skating Lessons
Ages 3 - 19. Come learn the basic skills of skating through the Cloquet Skating Club. Designed to provide foundational skills for boys and girls interested in hockey, figure skating, or just leisure. A party and family skating will close out the session. Must have own skates. A helmet is highly recommended.
Instructor: Ashlee Lennartson
Northwoods Credit Union Arena
Sun, Oct 16 – Dec 11 | 6:30 - 7:30 pm
$70

Majorettes
Meeting for anyone interested from grades 6-8 to participate on a Junior Twirling Squad for the basketball season. Date to be announced at CMS or contact Kathy if interested. Kathy Jezierski. 218-590-5423.

Danceline
Cloquet Dance Team will have opportunities to perform throughout the year. If interested (grades 9-12) contact Richelle at 218-269-6191.

Karate Uechi Ryu
AGES 8+. This traditional style is unique, formidable, practical and used as a defensive system. Its movements are of the Tiger, Dragon and Crane. Helps develop confidence, discipline, physical conditioning, and is extremely rewarding. Instructor: Sensei Marie Nyblom (3rd degree black belt) has taught this style since 1997 in the Cloquet area. Member of the Kenyukai USA. Uechi Ryu is pronounced: way-chee-roo Website: http://www.uechiryumn.com/Uechi-Ryu_Minnesota.html
Instructor: Marie Nyblom
Churchill – Cafeteria, Enter door #?
Thu | 6:30 – 8 pm
Section 1: Sep 8 – Oct 13
(1 class TBD will be held at PAF)
Section 2: Oct 27 – Dec 15, No class 11/24
$45/student
Register 2 students get the 3rd. student free (does not need to be in the same family)
***If not in the same family please call the Comm. Ed Office to register 218-879-1261.

Taekwondo
Give your child the gift of self-confidence! Taekwondo is one of the best ways for youth to develop self-confidence, self-discipline, focus, fitness, and even have some fun, all while learning self-defense skills. Classes accommodate all belt-levels and abilities.
Instructor: Master Chris Correia, a certified 5th degree black belt. Washington - Cafeteria, Enter door #3B in the back of the school
Ages 6 - 8 yrs | 5:30 - 6:10 pm
enrollment limited to 8 students
Ages 9 and older | 6:30 - 7:20 pm
enrollment limited to 12 students
Section 1: Mon, Sep 19 - Oct 31
Section 2: Mon, Nov 7 - Dec 19
$55/section

Bus Trip!
Minnesota Wild
Come see the Minnesota Wild at the Xcel Center.
Look for more information in the next LumberLog or call the office, 879-1261.

Jeff Leno Bootcamp
Get fit! This class allows you to work to your own level. Come prepared to work hard and gain fitness. Bring a water bottle, light dumbbell weights and a yoga mat. Ages 18+
Instructor: Jeff Leno
CMS – Cafeteria & Gym, Enter door #6
Mon | 5:30 - 6:30 pm
Section 1: Sep 12 - 26 | $21
Section 2: Oct 3 - 31 | $35
Section 3: Nov 7 - 28 | $28

Adult Soccer League
Starting December 9!
Look for more information in the next Lumberlog.

Balanced Body Basics
Enjoy basics in stretching, core strengthening and balance. Class is conducted with music and participants must be able to move freely from standing to the mat.
Wear comfortable clothing, bring an exercise mat and 2-5 lb. hand weights.
Instructor: Sue Erickson
Zion Lutheran Church, 1000 Washington Ave, Cloquet. Use Door A (back education wing, lower level)
8:30 - 9:30 am
Section 1: Mon, Sep 12 – Oct 3 | $28
Section 2: Wed, Sep 14 – Oct 5 | $28
Section 3: Mon, Oct 17 – Nov 7 | $28
Section 4: Wed, Oct 19 – Nov 2 | $21
Section 5: Mon, Nov 28 – Dec 19 | $28
Section 6: Wed, Nov 30 – Dec 21 | $28
**Washington Walking Club**
Open for walkers on all school days. No walking when school is closed. Includes a half-mile walking course (no stairs). Register at Comm Ed office to obtain club rules, map, and membership pin.
**Monday - Friday mornings, 6 - 7:30 am**
**Monday - Friday evenings, 5 - 6:30 pm**
No Walking: 10/20, 10/21, 11/8, 11/18, 11/24, 11/25, 11/29, 12/1, 12/2
Washington Hallways
**Begins Wed, Sep 7 – Dec 22 | 6 - 7:30 am**
Free but need to register

**Men’s Morning Basketball**
Pick-up basketball for adults. Newcomers welcome!
Bring tennis shoes and a basketball.
CHS - Gym-New, Enter door #7
**Mon, Wed, Fri, Sep 7 – Dec 21 | 6 – 7 am**
No basketball 10/21, 11/18, 11/25, 11/29, 12/1, 12/2
Washington Hallways

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Pick-up basketball for adults. Newcomers welcome!
Bring tennis shoes and a basketball.
CHS - Gym-New, Enter door #7
**Mon, Wed, Fri, Sep 7 – Dec 21 | 6 – 7 am**
No basketball 10/21, 11/18, 11/25, 11/29, 12/1, 12/2
Washington Hallways

**Hatha Flow Yoga**
Sustained and flowing yoga postures designed to promote strength, flexibility, body alignment, and stress reduction. Beginners are welcome, but be prepared for a challenging workout!
Bring a yoga mat, blanket optional.
Instructor: Melissa Humphrey Nick
CMS - Media Center, Enter door 3 or 4
**Thu | 5:30 – 7 pm**
**Section 1: Sep 15 – Oct 13 | $46**
**Section 2: Nov 3 – Dec 15, No class 11/24 | $55**

**Zumba Gold**
Zumba Gold fuses hypnotic Latin and hip hop rhythms with easy-to-follow moves to create a one-of-a-kind fitness program! Gold classes are designed for the active older adult population, and those who are true beginners to Zumba fitness classes. Class allows you to go at your own pace and can be modified for any age or activity level. Wear comfortable clothing and good shoes. Bring water bottle.
Instructor: Melissa Wilson
CMS – Cafeteria, Enter door # 6
**Tue & Thu | 5:45 - 6:30 pm**
**Section 1: Sep 8 – Oct 18**
No class 9/27, 10/13
**Section 2: Nov 1 – Dec 13**
No class 11/8, 11/17, 11/24
$55/section

**Soma Yoga**
Repetitive stress, physical trauma, and habitually poor posture impair the sensory-motor system, resulting in pain, rigidity, and restricted movement. Soma Yoga is a unique blend of somatics, therapeutic, and classic yoga that releases chronic tension and restores functional, free movement. Explore range of motion, enhance brain-muscle communication, and increase flexibility, stability, and strength. Eliminate pain and find ease and comfort in all your activities. Discover tools you can use to defy the myth of aging!
Instructor: Wyan McCausland
CMS - Media Center, Enter door 3 or 4
**Tue, Sep 20 – Nov 22 | 5:30- 6:45 pm**
**Section 1: Sep 15 – Oct 13 | $46**
**Section 2 : Nov 3 – Dec 15, No class 11/24 | $55**

**iRest**
iRest is a research-based, meditative practice that calms the nervous system and helps neutralize negative emotions and thought patterns. Provides you with tools to relax deeply, release stress, and increase resiliency. Performed while lying down or comfortably seated. Bring a mat, pillow, and blanket to class.
Instructor: Melissa Humphrey Nick
CMS - Media Center, Enter door 3 or 4
**Tue, Sep 20 – Nov 22 | 7 - 8 pm**
No Class 10/18, 11/8
$64

**Stroller Fit**
It can be hard for new moms to find the time and energy to exercise. With Stroller Fit you can get in a great workout, spend time with your baby, and socialize with other moms all at the same time! The class will incorporate your baby and stroller with cardio, strength, and flexibility exercises for a total body workout.
Bring: Stroller and yoga mat if you have one. Instructor: Suzy Berger, Certified Personal Trainer
Braun Park, Cloquet
9 - 10 am | Wed, Sep 7 - Oct 12
$42

**Swing & Squat - Playground Workout**
Why not get in a great workout while the kids play on the playground? Use the playground equipment to build strength, tone muscles, and increase flexibility. For moms with preschoolers who can play independently while you keep an eye on them but get in your exercise at the same time. Bring: Yoga mat if you have one. Instructor: Suzy Berger, Certified Personal Trainer
Braun Park, Cloquet
10 - 11 am | Wed, Sep 7 - Oct 12
$42

**Disc golf sets are available to check out at the Community Ed office. Try out the new 9-hole course at Hilltop Park!**

Recreation Programs are financially supported by the City of Cloquet and Cloquet Community Ed.

Call us at 218-879-1261
Community

The Cloquet Public Library:

Children’s Library
Family Engineering Nights
Mondays at 6:30
Sep 26, Oct 24, Nov 14
Exciting, hands-on engineering activities for kids ages 7-12 and an adult. Families welcome! Registration is required and is limited to 20 kids. Each kid will receive a free book at the end of each event.

Duluth Zoomobile “Animal Adaptations”
Sat, Oct 29, 10:30am
Discover the amazing ways animals have adapted to survive in nature, from deserts to tropical rainforests. The Lake Superior Zoomobile will have live animals on hand.

Fall Story Times
Preschool Story Times (ages 3-5) Tuesdays at 10 am.
LapSit Story Times (ages 0-2) Thursdays at 10 am.
For more information, call 879-1531.

Adult Programs
Tue, Aug 23, 1 pm
Patrick Mader presents “Minnesota Gold.”
Thu, Aug 25, 6:30 pm
CHS graduate and author Tim Jollymore and his novel “The Advent of Elizabeth.”
Sat, Sep 10, 10:30 am
Folk performers The Sutter Brothers.
Mon, Sep 19, 6 pm
Scandinavian style wood carving presentation by Clayton Johnson.
Sat, Sep 24, 10:30 am
Minnesota author Peter Geye and “Wintering.”
Sat, Oct 8, 11 am
Minnesota author Eric Dregne and “Let’s Go Fishing!”
Wed, Oct 26, 3:30 pm
“Minnesota Spirits” with Robert Halbrook.
Sat, Nov 12, 10:30 am
The Kensington Rune Stone: The Case for Authenticity with author Scott Wolter.

Attention Life-long Learners
Join Fond du Lac Tribal and Community College for College for Seniors, which offers cost effective programs within a supportive environment to stimulate the intellectual, emotional, and physical well-being of older adults. All classes are non-credit and there is no homework, tests, or grades to worry about. Great opportunity to learn in a fun environment along with your peers. To find out more about this program please call (218)879-0775.

Looking for a Headstart Program?
Free family focused preschool program for children 3 - 5 yrs old. Call to find out which option is right for you:
Lakes & Pines Head Start:
(320) 679-1800  |  (800) 832-6082
Fond du Lac Head Start & Early Headstart: (218) 878-8100

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Fourth Wednesday of every month. Distribution is at the Cloquet Armory: 801 Highway 33 South, Cloquet. Doors open at 10 am. Distribution begins at 10:00 am with last shares at 11:30 am. Cost is a donation of $20/family. Volunteers are welcome. Questions? call Shelia at 218-879-3380.

Indoor Walking:
Mon - Fri, 7 am - 4 pm (weekend hours vary) beginning Oct. 1 at Northwoods Credit Union Arena. No walking during games and other paid events.

Pine Valley Run for the Blue House Orphanage
5.5k and 11k run
Labor Day
Monday, September 5th, 8:30 am
Pine Valley, Cloquet, MN
Registration closes Sept 4
$20 registration (both runs)
$40 Family of 2-6
$28 registration + t-shirt
$10 T-shirt only
For more information, visit http://www.hopemultipurpose.org/pinevalleyrun.html

EEOA: Adult Education Classes
GED College Preparation and Basic Skills Refresher classes
ESL: English as a Second Language Instruction & materials are at no cost to you.
Adult Learning Center
Call 1-800-662-5711 ext 6836 for class times & information
Arrowhead Economic Opportunity Agency, Inc.

Register online: www.CloquetCommunityEd.com
You must be registered and paid before the class begins. You cannot pay at class.

Four easy ways to register:
- Online: www.CloquetCommunityEd.com
- Call: 218-879-1261 (with VISA or MasterCard)
- Mail: 509 Carlton Ave., Cloquet MN 55720
- Drop off at office or drop box next to the office door (Comm. Ed office is located at the Cloquet Middle School)

If you are a Cloquet student and qualify for free or reduced lunch: Youth may participate in a youth activity for half price.
Maximum of $15 off per child per year.
Scholarships provided by:
Cloquet Educational Foundation and Cloquet Community Education.
Send coupon with registration.

$15 off

Instructors are not authorized to accept registrations at class.

If we have your email address, you will receive registration confirmation via email.

Refund Policy: Refund charge is $2. Cancellations must be made at least 24 hours prior to first class in order for a refund to be considered.

No refunds will be issued for bus trips after the deadline to register date has passed, but we may have people on the waiting list who could take your place. Or you may find someone to take your spot, just let us know the person's name.

Registrants contacted if a class is cancelled or filled.

If school is cancelled, Comm. Ed. offerings are also cancelled. Cancellations due to bad weather announced on WKLK 96.5 FM, 1230 AM.

Contact Community Ed if you are attending an adult class and have special needs.

Community Ed. reserves the right to cancel offerings due to low enrollment.

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**Cloquet Community Education & Recreation Registration Form**

**Fall 2016**

### Adult Contact Information

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<th>Name:</th>
<th>Phone: Home:</th>
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<tr>
<th>Email:</th>
<th>My Child attends: Churchill or Washington</th>
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#### Youth only: Name / Grade / DOB:

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#### Classes and Activities:

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<tr>
<th>Participant Name</th>
<th>Class Title</th>
<th>Start Date</th>
<th>Class Fee</th>
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Total of all class fees: 

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**FOR ALL REGISTRATIONS**

Please list any medical concerns, special needs or allergies that Community Education should be aware of.

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<th>Participant Name and Concern:</th>
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Participants enter Community Education classes at their own risk and assume all responsibility for injuries they may incur as a direct or indirect result of participation in these classes. Employees, representatives, or officials of Cloquet Community Education / Cloquet Public Schools are not responsible for any claim.

Media Release: I authorize ISD #94 employees to take and use photographs/video of me or my child for use in class activities, district publications, district promotions and Web content.

**Participant/Parent/Guardian Signature:** _____________________________ Date: ____________

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**Payment Information**

I am paying by _______ cash ______ Check Charge my: _______ VISA _______ MasterCard

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<th>Name as written on card:</th>
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**Please mail or return this form to:** Cloquet Community Education & Recreation, 509 Carlton Ave., Cloquet, MN 55720
Community Ed’s Age to age program enjoyed a fresh breeze of youthful perspective this past summer. College interns Emily Kangas and Gerard Sordelet joined the Age to age team for a summer of intergenerational event planning and management.

Internships were funded by the Northland Foundation with the intention of bringing college students back into their communities to reconnect as adults and to bring a fresh, broader-world perspective with them.

Emily and Gerard worked on summer fun, intergenerational-style at The Beach, Pinehurst Park and with Kids Corner. The main event was the Age to age Book Event, featuring the book *The Martian* by Andy Weir. Being avid readers, the Age to age team felt that a book discussion incorporating the perspective of three or more generations would give a book depth and help readers to understand the perspectives of different generations.

Emily came to appreciate the power of partnerships in accomplishing a group’s goals. She felt that working in a team setting was the best teamwork experience she has had because of our early summer training. An intern training by the Northland Foundation included personality testing that revealed our team’s strengths and weak areas. She’ll take with her to St. Scholastica some spruced up public speaking skills (and the humorous memories of role playing our presentations), the time management wonder tool of Gantt Charts, and new relationships in school and across Cloquet.

Gerard honed his arts and craft making, hot dog grilling and teamwork skills as well as his communication chops through public speaking gigs and blogging. The interns presented to 10 groups this summer and created and managed a blog for the Book Event. Gerard heads back to U of MN-Mpls more connected to the community having enjoyed being a part of events with several generations. His advice to college students considering an Age to age internship is, “be ready to be tested and to get out of your comfort zone. It’s important to be open to new things because there is lots of learning to be had.”

Thank you Gerard and Emily for your contributions to the community this summer. We wish you the best in your college studies. Stay curious, and keep in touch.

Molly Johnson, Age to age Coordinator

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**Community**

**Operation Community Connect**

**Tuesday, October 18, 2016**

11am - 5pm at the Cloquet Armory

*Because Our Community Cares…*

- Employment assistance
- Spiritual needs
- Applications for services offered in Carlton County
- Financial counseling
- Legal Aid services
- Clothing/Supplies

- FREE childcare and meal
- Transportation by Dial-a-Ride 218-879-9742

**Questions or need to arrange transportation:**

Laura Palombi | 218-349-7954

**Find the event on Facebook for news & updates!**

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Meet Amanda Sorensen, our new Marketing Coordinator at Cloquet Community Education!

I recently finished a degree in Marketing Communications in July 2015 from Bemidji State University. I also earned a bachelor’s degree in Creative and Professional Writing from BSU in 2011. I have experience in marketing management, advertising campaigns, graphic design and various other aspects of marketing. I also have previous work experience at Kids Corner School Age Childcare, a program of Cloquet Community Education and Recreation. I’m excited to take on this role of Marketing Coordinator!
Welcome to the Fall session! We have great new classes and old favorites to offer this season. Tell a friend and sign up early. Participants are asked to bring a staff or family member if personal care assistance is needed. If attending alone, the participants should be able to function independently in a group setting, follow simple directions and communicate their needs. Community Education welcomes people of all abilities to participate in any of the activities throughout this LumberLog.

Please pre-register and pay for all activities. ► Look for our AWD brochures which will be mailed separately. Please call us to get your name on the mailing list: 879-1261 ask for Lisa.