

ZUMBROTA - MAZEPPA COMMUNITY EDUCATION

WINTER/SPRING 2024



ECFE at the Red Barn Learning Farm



Kids in the Community



WWW.ZMSCHOOLS.US
507-732-4244



Find us on Facebook at
Zumbrota - Mazeppa Schools



Community Education Office - 507-732-4244
705 Mill Street, Zumbrota, MN 55992

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jordanp@zmsch.k12.mn.us
Mail may be sent to:
799 Mill Street
Zumbrota, MN 55992

Facilities

Requests for the use of school facilities are made through Erin Huneke at the Community Education office. Please email Erin at erinh@zmsch.k12.mn.us or call the office at 507-732-4244 and ask for a **facility request form**. A minimum of two weeks notice for use of facilities is highly recommended.

**Zumbrota - Mazeppa Community Education
Advisory Council**

The purpose of the council is to advise the community education department on the wide variety of programs offered through community education. Advisory council members include: Tracy Ludington, Lindsey Raasch, Kathy Roberts, Nancy Rauen, Pete Hinrichs, Becky Hinchley, Jean Roth, Steph Miller, Michele Hatleli, Erin Huneke, Jordan Pahl, Julie Vath and Jen Lohmann.

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Locations of Classes

ZMHS =	Zumbrota-Mazeppa High School in Zumbrota
ZMMS =	Zumbrota-Mazeppa Middle School in Zumbrota
ZMES =	Zumbrota-Mazeppa Elementary School in Mazeppa
ZMPS =	Zumbrota-Mazeppa Primary School in Zumbrota
ECFE =	Zumbrota-Mazeppa Primary School in Zumbrota
PIES =	Pine Island Elementary School
PIHS =	Pine Island High School
PI 5-12 =	Pine Island 5-12 School

Please check the Zumbrota-Mazeppa Public Schools Facebook Page for updates on Community Ed activities

Beautiful The Carol King Musical

Chanhassen Dinner Theatre

The soundtrack of a generation inspired this BROADWAY SMASH HIT! For nearly six years, Beautiful: The Carole King Musical thrilled Broadway audiences with the inspiring true story of Carole King's remarkable journey from teenage songwriter to Rock & Roll Hall of Fame music legend. As a woman in the music industry, King broke barriers and became one of the most prolific songwriters of our time!



Carole King wrote hits for the biggest music acts from The Shirelles to The Righteous Brothers – then recorded her Grammy-winning masterpiece, TAPESTRY. The musical takes you on a joy-filled, emotional ride of a lifetime! Featuring over two dozen hits including “One Fine Day,” “The Locomotion,” “So Far Away,” “Natural Woman,” “You’ve Lost That Lovin’ Feelin’,” and “Will You Love Me Tomorrow,” this Tony and Grammy Award-winning musical is filled with the songs you remember and a story you’ll never forget. A huge cast of singers and dancers bring more than 24 of her greatest hits to life in a triumphant celebration!

A delicious meal will be served prior to the performance, you will have a choice of nine entrées. The entrée will include bread and your choice of coffee, tea, water or milk. Gratuity is included in your ticket price.

Fee includes coach bus transportation, delicious lunch, and theater ticket. Deadline to register is **Monday, March 4** or when full. When registering, please indicate who you'd like to be seated next to and if you have any mobility restrictions.

Wednesday, April 3rd

\$107

Depart Zumbrota at 9:15 AM / Return at 5:00 PM

'Til Beth Do Us Part

Join us in the newly renovated DayTrippers Dinner Theatre in Plymouth, Minnesota for this side-splitting comic romp about marriage, career-driven Suzannah Hayden needs a lot more help on the home front than she's getting from her husband, Gibby. Lately, nurturing his marriage hasn't been the highest priority for Gibby, but pretty soon he'll wish it had been. Enter Beth Bailey, Suzannah's newly-hired assistant, a gregarious, highly-motivated daughter of the South. To Suzannah's delight, Beth explodes into the Hayden household and whips it into an organized, well-run machine. Suzannah gives Beth carte blanche to change anything in the household that "will make it run more efficiently." And the change Beth makes is convincing Suzannah that Gibby must go!



A newly-motivated Gibby sets out to save his marriage aided by Suzannah's best friend, Margo, a wisecracking divorcee and her ex-husband, Hank, who is in the midst of his own mid-life crisis. Their effort to stop Beth at any cost sets up the wildly funny climax in which things go uproariously wrong! Lunch will be served prior to the show. The Green Mill menu will include: Pulled Pork with Jim Beam Barbecue Sauce, Baked Beans with Bacon, Potato Buns, Creamy Coleslaw, Pickles, Buttered Sweet Corn, House made Kettle Chips, Chocolate Chunk Brownies, Coffee and Iced Tea. Vegetarian option is available upon request-Fettuccini Alfredo.

Fee includes coach bus transportation, delicious lunch, and ticket. Deadline to register is **Wednesday, April 17** or when full. When registering please indicate who you would like to be seated next to and if you have any mobility restrictions.

Wednesday, May 1st

\$85

Depart Zumbrota at 10:30 AM / Return at 5:00 PM

Adult Trips

Trips depart from the United Redeemer Church,
506 W 3rd St Zumbrota (West Parking Lot)

Amish Colony Tour – Harmony, Minnesota

Enjoy a spring day in beautiful southeastern Minnesota & experience a lifestyle where horse and buggy still provide the transportation, the home is lighted by kerosene lamps, and water is heated on a wood burning stove. We will have a personal tour guide take us on a tour through an Amish colony. As we travel through this beautiful countryside, you may see Amish farmers working in the fields with horses and their buggies tied to hitching posts in town. We will visit Amish farms where we may find items such as baskets, handmade furniture, quilts, baked goods and crafts; all likely to tempt you. We will also tour an Amish greenhouse, just in time for your summer selections. Please remember if you wish to make purchases, the Amish accept cash or check only no credit cards.

Lunch will be at the Branding Iron in Preston where you can choose from batter fried cod, batter fried shrimp, ribeye pork chop or chick-kabob. The meal includes a potato, salad, bread, and a beverage. Fee includes step-on-guide, lunch, and motor coach transportation.

The deadline to register is **Friday, April 26th** or when full.

Friday, May 17th

\$80

Depart Zumbrota 9:45 AM / Return at 6:00 PM



Adult Enrichment

Zumbrota Mazeppa Community Ed is excited to partner with The GREENSTED for classes. The GREENSTED provides sustainably grown microgreens and garden produce and a well-stocked retail farm store offering all locally source and produced items.

The Farm store will be open for private shopping during each event!

Sustain. Regenerate. Connect

Sustain. Means "here tomorrow."

Regenerate. Means "better tomorrow."

Connect. Supporting your local community, creates a sustainable and regenerate culture, strengthening people, business and the economy.



Microgreens! What are they and how do I eat them?

What is a microgreen, how are they grown, and why should I eat them? These are a few of the questions that will be answered in this fun, interactive class. Learn how microgreens are grown, the nutritional value, and how to incorporate them into your daily diet. Class will get a tour of our microgreens growing facility and everyone will plant their own mini container of microgreens to take home to grow. Do you have a child at home that might like to join in the fun, learn and plant too? One student welcome to attend with each adult registration! *Instructors: Dean & Jayne Bredlau*

Saturday, January 20th 10 - 11 AM \$20

The Greensted - 45820 190th Ave, Zumbrota

Learn How to Become a Registered Cottage Food Producer

Want to legally earn \$\$\$ cooking and selling cottage foods from your home kitchen?

The MN Cottage Foods Law allows people to legally make thousands of foods in their home kitchen and sell them, without the need for a food license. MFMA executive director Kathy Zeman will teach the required training, assist people completing the application and pass the test. Attendees will also test foods for both pH and water activity, the two parameters for allowed cottage foods. *Instructor: Kathy Zeman*

Saturday, February 17th 9 - 11 AM \$20

The Greensted, 45820 190th Ave, Zumbrota

Adult Enrichment

The A, B, C and Ds of Medicare – Ages 65 plus

Are you aging into Medicare or assisting someone that is? Are you confused on how our Medicare benefits work? This workshop will cover parts A, B, C, and D of Medicare and provide you with a clear understanding of how Medicare works so you can make an informed decision on your healthcare needs and expenses. There will be a questions and answer session at the conclusion of this workshop. This workshop is being offered twice, please register for the date that works best for you. *Instructor: Elizabeth Rickert*

Tuesday, January. 30th 6:30-7:30 PM Free

Tuesday, April 23rd 6:30-7:30 PM Free

Lower Level of the Zumbrota Nursing Home

323 W 5th St., Zumbrota

Spring Porch Leaner Painting Class

Join us to paint this Spring Daisies 4 ft tall Porch Sign!

This class is designed for all skill levels, from beginners to experienced artists, looking to add a touch of seasonal charm to their homes. Beginner friendly - our skilled instructor will guide you step-by-step through the process of painting this design complete with vibrant colors. Optional greetings will be available including Hello Spring! Get into the spirit of Spring with your very own hand-painted Spring Daisy porch sign - the perfect addition to welcome guests and brighten up your home!



Saturday, February 3rd 1-4 PM \$55

Mazeppa Municipal Liquor Store (Upstairs Party Room)-

113 1st Ave N, Mazeppa

Spread the Love – All Ages

(children must be accompanied by an adult)

Celebrate Valentines Day this year with Flowers on Main. We will be offering space and materials for you to create a Valentine's Day themed arrangement. Your arrangement will



go home with you. Share it with your valentine? Keep it because you deserve some flowers? Both sound like good options to me. See you there! *Instructor: Jessie Karshen*

Monday, February 5th 6-7 PM \$55

Flowers on Main

345 S Main St, Zumbrota

Adult Enrichment

Baby It's Cold Outside

Don't let the cold keep you inside this winter, come warm up with a snuggly cookie set with an adorable set of warm accessories!

You will leave with:

1. Tips for rolling, baking, and decorating with royal icing as well as learn about basic tools to get you started.
 2. Techniques such as outlining, flooding, wet on wet and dimensions. In this class we will also be working with air brush techniques.
 3. You will receive step by step instructions as you decorate your special cookies.
 4. The recipes Debbie uses in her home bakery.
 5. Links to useful tutorials and her favorite cookie suppliers!
- All cookies and supplies needed will be provided. Debbie is a Minnesota Cottage Food Producer. These products are homemade and not subject to home inspection. Allergens include dairy, eggs, wheat and nuts. Decorated cookies may vary from the picture shown. Questions can be directed to cuckooformakesbydebbie@gmail.com



Thursday, February 22nd 6-7:30 PM \$50
Pine Island 5-12 Building - FACS room 235

Spring Door Hanger Painting Class

Join Janet for a vibrant and creative Spring Door Hanger Paint Party! This class is perfect for Beginners and seasoned Artists looking to unleash your artistic flair as we gather to transform wood round door hangers into personalized masterpieces. No prior painting experience is necessary – our expert instructor will guide you through the process step by step, ensuring a fun and enjoyable experience for all. Come together for an evening of laughter and creativity at our Spring Door Hanger Paint Party!



Tuesday, March 5th 6:30-8:30 PM \$50
Mazeppa Municipal Liquor Store (Upstairs Party Room)-
113 1st Ave N, Mazeppa

Register Early!

To ensure we do not cancel a class you are hoping to take.



Adult Enrichment

Tackling Taxes: Strategies for Preserving Wealth

One of the most important aspects of one's financial picture is their tax strategy, which is all too often overlooked when formulating an investment strategy or personal financial plan. This seminar covers the best practices in creating a tax-aware strategy, including utilizing the thoughtful placements of assets, tax-loss harvesting, and minimizing tax friction in order to keep more of your money. *Instructor: Bryan Halverson & Karolin Lex*



Wednesday, March 6th

6-7pm

Free

Zumbrota Public Library - 100 West Ave, Zumbrota

Succulent Garden Workshop – All Ages

(children must be accompanied by an adult)

Come meet new friends while you plant a succulent garden to take home. Flowers on Main will provide the space, the plants, the materials and perhaps the most important, the clean up! Looking forward to seeing you! *Instructor: Jessie Karshen*

Monday, March 11th

6-7 PM

\$65

Flowers on Main

345 S Main St, Zumbrota

Bee Happy

What is small, black and yellow and drops things? A FUMBLE bee! Don't drop the ball...sign up NOW for this fun and easy cooking decorating class with Cuckoo for Cookies by Debbie.



You will leave with:

1. Tips for rolling, baking, and decorating with royal icing as well as learn about basic tools to get you started.
2. Techniques such as outlining, flooding, wet on wet and dimensions. In this class we will also be working with air brush techniques.
3. You will receive step by step instructions as you decorate your special cookies.
4. The recipes Debbie uses in her home bakery.
5. Links to useful tutorials and her favorite cookie suppliers!

All cookies and supplies needed will be provided. Debbie is a Minnesota Cottage Food Producer. These products are homemade and not subject to home inspection. Allergens include dairy, eggs, wheat and nuts. Decorated cookies may vary from the picture shown. Questions can be directed to cuckooformcookiesbydebbie@gmail.com

Thursday, April 11th

6-7:30 PM

\$50

Pine Island 5-12 Building - FACS room 235

Adult Enrichment

Mother's Day Arrangement Workshop – All Ages

(children must be accompanied by an adult)

Let's be real. Moms are heroes. Birth moms, adoptive moms, pet moms, foster moms, daycare moms, second moms, ALL THE MOMS, yep, heroes. Flowers on Main will provide the space, the materials and perhaps the most important, the clean up! Looking forward to helping you share your appreciation for that mom in your life! *Instructor:*

Jessie Karshen

Monday, May 6th

6-7 PM

\$65

Flowers on Main

345 S Main St, Zumbrota



Learn to Trap Shoot - Ages 18+

Trap Shooting is the second largest sport in Minnesota High School athletics. Its popularity centers around the fact that the skills needed to become proficient at trap shooting are not dependent on physical stature, age, or sex. Furthermore, trap shooting is extremely safe with no injuries reported in the history of Minnesota High School trap shooting.



The class being offered is designed exclusively for the new trap shooter who would like to be introduced to trap shooting in a non-intimidating and controlled setting. The class will be a single evening where trap protocol and safety are taught followed by personalized shooting instruction on the trap range. This is a perfect way for individuals, friends, husband/wife, mother/daughter/son etc. to get together to learn the sport. All equipment and ammunition will be provided. However, if you already have a shotgun of your own to shoot, you are welcome to bring your own gun. You will leave the class with the knowledge and confidence to join a trap league. Instructors will stay after the class if you would like to purchase/shoot additional rounds. **Class size is limited to 15 only and you must be at least 18 years of age to participate.** *Instructors:* Steve

Knight and Patrick Smith

Sunday, May 19th

3-6 PM

\$35

White Pines Sportsmen's Club-

155 White Pines Road SE, Pine Island

Adult Enrichment

Thai Cooking with Aoy

Laab, Green Papaya Salad and Sticky Rice

Discover how to make one of the most popular and delicious street food options available throughout Thailand but originated from the north-east region of the country. The inclusion of lime leaf and lime juice in laab makes it a delicious dish especially with a crunchy Thai chili blend of spices. Green papaya salad will be made using traditional Thai mortar and pestle to bring out its amazing flavor. The addition of sticky rice and an authentic Thai drink will make this a wonderful experience for the senses. *Instructor: Aoy Post*

Saturday, April 20th

ZMMS/HS FAC Room # 169

4:30-6:30 PM \$35

Stir Fried Pork with Holy Basil and Rice (Pad ka praow)

Pad ka prow is an amazing dish from central Thailand, so popular it is in almost every Thai restaurant throughout the world. The reason it is so delicious and popular is due to the holy basil which is fragrant and slightly spicy to tantalize the tastebuds. This dish goes great with Jasmine rice which we will also prepare in this class to give you an authentic and delicious taste from the Thai kingdom. Your belly will be satisfied with this dish and an amazing Thai drink. *Instructor: Aoy Post*

Saturday, April 27th

ZMMS/HS FAC Room # 169

4:30-6:30 PM \$35

Coconut Chicken Soup (Tom kha kai)

Learn how to make Tom kha kai, a creamy soup from central Thailand that gets its amazing taste from the galangal root and lemongrass simmered with coconut milk. This delicious soup, made with chicken, is so flavorful and when served with Jasmine rice makes a full meal. Anyone can learn to make this unique and delicious soup and your family and friends will be amazed. With the addition of an excellent Thai drink, this is another class worth taking.

Instructor: Aoy Post

Saturday, May 4th

ZMMS/HS FAC Room # 169

4:30-6:30 PM \$35

Community Fun

March 9th

Early Childhood Expo

9:00 – 11:00 AM

ZMHS Gym

705 Mill St., Zumbrota

This free event, for children birth to kindergarten and their families, highlights various family services that are available in the ZM community. Bring your family and enjoy face painting, balloon art, children's music, bounce house, and craft activities.

AND THEN COME TO THE

7th Annual Stabilize ZM Families

Chili & Mac 'n Cheese

Cook-Off

10:30am – 12:30pm

ZM Cafeteria, Zumbrota

\$5 Adults, \$3 Children (ages 2-12)



Please help support ZM Stabilize Families;

a local organization that helps individuals and students in need, as well as sponsoring dental clinics for youth, and the community cupboards around town.

If you are interested in entering chili or mac 'n cheese, please contact Katie Kennedy at 507-732-7848, ext. 1124 or email her at katiek-sw@zmsch.k12.mn.us.

Be a taste-tester and help judge the chili and mac 'n cheese dishes. Tickets sold at the door and take-home containers available for an additional charge. Come and enjoy this family event!

Stabilize Zumbrota-Mazeppa Families is a recognized committee of **Zumbrota Community Trust**

Adult Fitness

Pickleball

Pickleball is a cross between ping pong and tennis. It's a fast-growing sport for all ages. Whether you have played before or are looking to learn, this is for you! People of all ages and abilities are welcome! If you haven't played before and want to try it out, come for one free session before joining. Equipment is available, but you are also welcome to bring your own. For more information, please contact Earl McNamara at 507-273-4393.

Sunday Session:

FREE SESSION - Sunday, January 28th

Sundays, February 4th – March 24th

ZMPS Gym (Zumbrota)

6-9 PM

\$20/session

Wednesday Session:

FREE SESSION – Wednesday, January 31st

Wednesdays, February 7th – March 27th

ZMPS Gym (Zumbrota)

6-9 PM

\$20/session

Sunday & Wednesday Session:

Sundays, February 4th – March 24th

Wednesdays, February 7th – March 27th

ZMPS Gym (Zumbrota)

6-9 PM

\$30 for both sessions



TOPS: Taking Off Pounds Sensibly

The Zumbrota TOPS #563 meets every Monday at Our Saviors Church (1549 E Ave, Zumbrota). Weigh-ins start at 10:00am, with the meeting starting at 10:15am. Everyone is welcome to attend. If you have any questions, please call Marilyn at 507-732-5396 or Janice at 507-732-4081.



Adult Fitness

Harmonious Balance Yoga

Destress and declutter your mind as we learn to experience harmonious balance, rediscovering the insides and outsides of our bodies, by combining gentle yoga poses, along with breath and meditation. No previous experience is required, just come with an open mind and heart as we restore and rebalance our energies. You will need a blanket, yoga mat, yoga blocks (only if you desire), comfortable clothing, and water for hydration.

Instructor: Liz Quast

Session 1- Monday AM

Mondays, February 26th – April 1st

Community Ed Room – Lower Level Zumbrota Health Services

9:30-10:30 AM

\$60/session/drop in fee \$12

Session 1 - Wednesday PM

Wednesdays, February 21st– March 27th

Community Ed Room – Lower Level Zumbrota Health Services

4:30-5:30 PM

\$60/session/drop in fee \$12

ZM Cougar Kraze Fitness Training for Adults

Looking for a high intensity, results driven workout community to join? Cougar Kraze will combine elements of popular competitive fitness style training programs, including cardio and Olympic weightlifting with so much more. Workouts will be modified for everyone and will challenge all. You can look forward to high energy expenditure, tons of variety and new challenges every day.

Session 1: Monday, January 29th – Friday, March 22nd

Session 2: Monday, March 25th – Friday, May 17th

Session 3: Monday, May 20th – Friday, July 12th

Classes run Mondays, Wednesdays, and Fridays

ZMHS Weight Room

5-5:55 AM

\$75/session



Adult Fitness

Combo Fitness Class!

Join Trisha for a high energy combination class of Zumba, Pound and STRONG by Zumba. Fun songs and a GREAT variety for everyone to keep you moving!

Zumba: Mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

Pound: Channel your inner rockstar with this full body cardio-jam session inspired by the infectious, energizing, and sweat-dripping fun of playing the drums.

Strong by Zumba: High-Intensity Cardio where every move is synced to a beat. Using only your bodyweight, transform your body as muscle conditioning, cardio and plyometric moves help you burn calories and tone your abs, arms, legs and glutes.

A total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of AWESOME each time you leave class. *Instructor: Trisha Miller*

Session 1:

Saturdays, January 20, 27, February 3 & 10

MS/HS Auditorium

7:15-8 AM

\$44

Session 2:

Saturdays, March 9, 16, 23 & April 6

(no class March 30)

MS/HS Auditorium

7:15-8 AM

\$44



Inclement Weather Policy

In the event that Zumbrota-Mazeppa Public Schools are closed due to inclement weather or other emergency, all community education activities for the same day are also cancelled. Please check the school website for updated information at www.zmschools.us.



Driver Refresher/Improvement

Driver Refresher Class - 58 and over

Take advantage of the Minnesota Law that allows renewal of the Driver Improvement Certificate through this four-hour class. This refresher course is for drivers, 58 years old and older, who have previously completed the State certified 8-hour class. **Please register for only one date.** Please indicate on your registration the date/class for which you are registering. Please send your payment with your registration.

Saturday, January 27th

Lower Level of Zumbrota Nursing Home

323 w 5th St., Zumbrota

8 AM-12 PM

\$27

Wednesday, February 7th

Lower Level of Zumbrota Nursing Home

323 w 5th St., Zumbrota

5-9 PM

\$27

Wednesday, May 8th

Lower Level of Zumbrota Nursing Home

323 w 5th St., Zumbrota

5-9 PM

\$27

Wednesday, June 12th

Pine Island 5-12 School Forum Room 170

8 AM-12 PM

\$27

Driver Improvement Class - 55 and over

This class provides partial guidance for traffic accident prevention and meets the MN DOT Requirements for the 10% insurance reduction for drivers 55 and older. This is an 8 hour course. It includes classroom presentations and discussions of safe driving practices and the aging factors that typically affect 55+ drivers. Driver fitness topics include vision, hearing, mobility and response times as these relate to the safe operation of a motor vehicle. Techniques to compensate for these factors will be discussed.

Tuesday, May 21st & Wednesday, May 22nd

(2 night class)

Pine Island 5-12 School Forum Room 170

5-9 PM

\$40

Youth Classes

Generation Pound - Ages 6-12

The workout tailored for young rockstars ages 6–12, with kid-friendly choreography and group activities designed to teach kids new ways to explore movement, embrace their creativity, inspire confidence, build self-esteem and ROCK OUT! Parents/Guardians are invited to see what your child (ren) have learned during the observation time on February 10th at 8:45 AM. T-shirt included, please mark size when registering. *Certified Instructor: Trisha Miller*



Saturdays, January 20, 27, February 3 & 10

ZM HS/MS Auditorium

8:30-9:15 AM

\$50

{YEL!} Bricktopia Racers - 1st-5th Grade

Join Bricktopia Racers to build Formula 1 racers, land yachts, and more with LEGO® bricks. Explore engineering and problem-solving in a innovative and adventurous way. Start creating with Bricktopia today! LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.

Wednesdays, January 31, February 14, 21, 28, March 6, & 20

No Class February 7 & March 13

ZMPS Art Room

3:15-4:15 PM

\$79

{YEL!} Fencing Winter - 2nd-12th Grade

New and returning students invited!

Join this fast-paced, inclusive (everyone participates) Olympic Sport. YEL's Teach It, Practice It, Play It® approach teaches fencers new skills each class, practices those skills in kid-friendly fencing games, and then encourages students to use those skills in fencing bouts (matches). All equipment provided. Sign up today! For more information visit YEL-Kids.com.

Mondays, February 5, 12, 26, March 4, 11, 18

No Class February 19

ZMMS/HS Auxiliary Gym

6-7 PM

\$95

Family Open Gym - Ages 4-12 year olds

Intended for families with children ages 4-12. Open Gym will offer the opportunity to play basketball, volleyball, soccer or enjoy playground activities inside, including jump ropes, hopscotch & tag. Register household and attend any sessions wanted. The fee goes towards equipment and facility costs. A supervisor will be present if you have any questions or need assistance. All students **MUST** be accompanied by an adult. Please have clean shoes. New this session families **MUST** register household online to attend family open gym days.* All open gyms will be located in the ZMMS/HS gym except February 24th will be located in the Primary School Gym*

Saturday, January 27, February 10 & 24, March 16, April 13
(Feb.24 Primary School Gym)

ZMMS/HS Gym

10:30 AM-12PM \$20 per household

Youth Classes

Speed and Athletic Development – 3rd & 4th Grade

Sprinting as fast as possible is the most complex thing your Central Nervous can do and when you can run faster it elevates your athletic ability! Running form and skills like ground contact time and stride length will be an area of focus! I have recently purchased high end technology that electronically times all sprints called the Free Lap system. With this system I will be able to time and record sprint times and MPH. The 40-yard dash, fly 10 (top speed or max velocity) and start 10 (first 10 yards) will be areas of focus that will be monitored so we can show improvement. The main goal will be to run as fast as possible! Hand Eye coordination will be another area of focus and juggling along with other hand eye coordination movements will be taught. Jumping will be another area of focus in this training and we will be focusing on single and double leg broad jumps and vertical jumps. Parents and athletes will be shown times for assessment, this will show accountability. Athletes' biggest goal will be to improve their own times and be the best that they can be as each athlete is different! ***Parents/Guardians pick up at the Main ZMES**

Entrance (door # 1) Instructor: Ryan Liffrig

Mondays & Thursdays, February 5, 8, 12, 15, 22, 26, 29, March 4, 7, 11, 14, 18

(No Class Feb.19)

ZMES – Mazeppa

Meet in 6th Grade Wing

3:15-4:15 PM \$75

Unicorn Canvas Painting - K-2 w/Adult and 3-6 Grade

Embark on a whimsical artistic journey with our Canvas Painting Class tailored for elementary-aged kids! Join us for an enchanting experience as we guide young artists in creating their very own Magical Unicorn masterpiece. This class is designed to spark imagination and cultivate artistic skills in a fun and supportive environment. With step-by-step instructions and a palette of vibrant colors, children will bring their unicorn visions to life on canvas, fostering both creativity and confidence. Unleash the joy of expression and let your child's imagination soar in this delightful community education adventure! Grades K-2 are welcome to attend but must be accompanied by an adult in class. *Instructor: Janet Gary*



Instructor: Janet Gary

Saturday, February 10th

ZMPS Art Room

1-2 PM

\$26

Youth Classes

Valentine Bath Bombs – K-6th Grade

You will learn everything you need to know about making bath bombs! We will cover the basics including: color, fragrance, and ingredients. This is a hands-on class, you will be taking home all of the bath bombs you make. After this class you will be able to create bath bombs galore that are so fun and easy to make. You'll never have to buy a bath bomb again, and they make great gifts too! Cost covers materials, instructions, and will result in at least 3 bath bombs to take home. *Instructor: Amy Jensen*

Monday, February 12th

3:15-4:15

\$25

ZMPS Art Room

Snowman Stacker – 1st Grade & up

Christmas might be over but we still have lots of snow! Let's have some warm winter fun decorating your own 4-piece snowman stacker cookie with Debbie!

Cuckoo for Cookies by Debbie will be hosting a beginner sugar cookie decorating class for kids! All cookies and supplies needed for this class will be provided. Debbie is a Minnesota Cottage Food Producer. These products are homemade and not subject to home inspection. Allergens included dairy, eggs, wheat, nuts. Decorated cookies may vary from the picture shown. Questions can be directed to cuckooformcookiesbydebbie@gmail.com



Tuesday, February 13th

3:15-4:15

\$32

ZMPS Art Room

K-2 Basketball League

20 Minutes of skill building and then 40 minutes of games. Players will be put into teams and play an actual basketball game. Yes there will be lots of traveling and double dribbling. However it will be lots of fun to get them game exposure. *Instructor: Ryan Liffrog*



K-1st Grade:

Saturdays, March 2, 9, 16 & 23

ZMPS Gym

8:30-9:30 AM \$75

2nd Grade:

Saturdays, March 2, 9, 16 & 23

ZMPS Gym

9:45-10:45 AM \$75

Youth Classes

Umbrella Canvas Painting - K-2 w/Adult and 3rd-6th Grade

Dive into a burst of color and creativity with our Kids Painting Class featuring the vibrant umbrella and rain boots! In this delightful session, young artists will have a splash-tastic time bringing a colorful umbrella and boots to life on canvas. Our experienced instructor will provide step-by-step guidance, ensuring each child can express their unique style and imagination. It's not just a painting class; it's a chance for kids to learn, laugh, and create a masterpiece that captures the joy of rainy days in a playful and imaginative way. Grades K-2 are welcome to attend but must be accompanied by an adult in class. *Instructor: Janet Gary*



Saturday, March 9th

ZMPS Art Room

1-2 PM

\$26

Leprechaun Slime Class - K-6th Grade

Leprechaun slime is a fun combination of all things green. Add a dash of glitter and a hint of sequins for a shinnery, magical effect. You will choose coordinating glitter and a dash of creativity and have a unique slime to bring home. All supplies are included, no experience necessary. *Instructor: Amy Jensen*

Tuesday, March 12th

ZMPS Art Room

3:15-4:15 PM \$22

Tae Kwon Do – Ages 7 & up

This co-ed class will introduce you to the Korean martial art of Tae Kwon Do. Tae Kwon Do is an excellent way to increase self-confidence, flexibility, mental concentration, discipline, coordination and alertness, while reducing stress. The ability to defend one's self is also taught while having a fun workout. Black belt instructors have all been trained by and are actively associated with Park Institute of Tae Kwon Do in Rochester, MN. Open to students ages 7 & up. *Instructors: Luke Mulder and Josie Nicolai*



New Student Session:

Tuesdays, April 2, 9, 16 & 23

ZMPS Gym

6-6:45 PM \$20



**Please check the Zumbrota - Mazeppa Public
Schools Facebook for updates on
Community Ed activities.**



Youth Classes

{YEL!} Bricktopia Smash n' Reel - 1st-5th Grade

Hulk smash...and so do you, but with a hammer built with LEGO® bricks. We'll also build a hill climbing race-car, a fishing rod, and more. We'll use these projects to explore engineering concepts. Sign up today to smash...and learn!

LEGO® is a trademark of the LEGO Group of companies which does not sponsor, authorize or endorse this site or program.



Wednesdays, April 3, 17, 24, May 1, 8 & 22

No Class April 10 & May 15

ZMPS Art Room

3:15-4:15 PM \$79

Spring Fling – 1st Grade & up

A little birdie told me that a new cookie class is arriving just in time for spring! Stop and smell the flowers with Debbie!

Cuckoo for Cookies by Debbie will be hosting a beginner sugar cookie decorating class for kids! All cookies and supplies needed for this class will be provided.

Debbie is a Minnesota Cottage Food Producer. These products are homemade and not subject to home inspection. Allergens included dairy, eggs, wheat, nuts. Decorated cookies may vary from the picture shown. Questions can be directed to

cuckooformcookiesbydebbie@gmail.com

Monday, April 8th

ZMPS Art Room

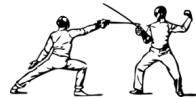
3:15-4:15 PM \$32



{YEL!} Fencing Spring - 2nd-12th Grade

Get pumped and primed for the year end in-class tournament.

YEL's Teach It, Practice It, Play It® approach teaches fencers new skills each class, practices those skills in kid-friendly fencing games, and then encourages students to use those skills in fencing bouts (matches). All equipment provided. Sign up today! For more information visit YELKids.com.



Mondays, April 8, 15, 22, 29, May 6, 20

No Class May 13

ZMMS/HS Auxiliary Gym

6-7 PM

\$95

**Please check the Zumbrota - Mazeppa Public
Schools Facebook for updates on
Community Ed activities.**



Youth Classes

Flag Football League

Teams will be either 5 on 5 or 7 on 7 depending on numbers. Players will be put on a team and play flag football games! We will warm up and get right to the action! We will play on the grassy area between the PS Playground and Varsity Football Field; with the exception of the final game which will be played on the Varsity Football Field on Monday, May 13th. Deadline to register is Friday, April 5th. *Instructor:*



Ryan Liffbrig

K-1st Grade

**Mondays, April 22, 29, May 6
May 13**

**3:15-4:15 PM
5:30-6:30 PM \$75**

2nd-3rd Grade

**Mondays, April 22, 29, May 6
May 13th**

**4:15-5:15 PM
6:30-7:30 PM \$75**

May Day Baskets - K-6th Grade

Join us as we celebrate May Day by creating two baskets one to keep for yourself and one to share with a neighbor or friend! All supplies will be provided. All ages are welcome! *Instructor: Amy Jensen*

Tuesday, April 30th

ZMPS Art Room

3:15-4:15 PM \$20

Kids in the Kitchen – 3rd Grade & up

Teaching kids how to work independently in the kitchen. From shopping lists, prep, and cleanup. No cooking required. It's all of the important kitchen tools and rules needed to be responsible snack artist. Washing fruits and veggies and safe knife handling. You will learn how to make ranch chex mix, cucumber bites, a banana split pudding cup and back by popular demand – fruit kabob! Also, you will perfect your cutting skills by cutting lots of these yummy treats. *Instructor: Amy Jensen*



Tuesday, May 21st

ZMMS/HS FCS Room 169

3:15-5:15 PM \$32

Coming Summer 2024

Sleeping Beauty with

Missoula Childrens Theatre

August 19-24th! Watch for registration information in our Summer 2024 Brochure.



Youth Classes

Child and Babysitting Safety (CABS) - 4th Grade & up

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute provides everything you need to know for safe and successful babysitting. The YouTube "vlogger" style presentation of the video brings a youthful and high-energy spirit to the program content, and the NEW colorful magazine format of the student book makes learning fun. From getting started with your business, to working with parents and children, to key safety, caregiving, and first aid tips, CABS will help set you up for babysitting success. Students must be present for the entire class and complete achievement of the core learning objectives to receive certification valid for two years. Students attend this class independently and should come prepared with a notebook and pen. *Instructor: Lori Hameister* (www.littlebitofguidance.com)



Monday, May 6th

ZMPS Art Room

3:15-6:15 PM \$60

Home Alone! - 4th Grade & up

Is your child ready for the independence of being home alone? Parents need to be sure their children have the skills and maturity to handle the responsibility safely. Whether it is for an hour after school or several hours a day during the summer, being trusted to be home alone can be a positive experience for a child who is mature and well prepared. This class for children will address several topics relating to being "Home Alone" including age guidelines, safe habits, house rules, after school routines, phone calls and door knocks, dog emergencies, personal safety, handling the unexpected, gun safety, severe weather, fire safety, intruders, and first aid tips. Students attend this class independently and should come prepared with a notebook and pen. Parents are encouraged to review the take home information and discuss it with their child. *Instructor: Lori Hameister* (www.littlebitofguidance.com)



Monday, May 13th

ZMPS Art Room

3:15-5:15 PM \$32

Register Early!

To ensure we do not cancel a class you are hoping to take.



Miscellaneous

Notice:

We often use email to send information about upcoming classes. Keep your email and phone number up-to-date! Log into your account and update your email and phone number or call us at 507-732-4244, and we will be happy to help you! - ZM Community Ed



Zumbrota Community Band



Share the joy of making music with like-minded people in a relaxed and supportive atmosphere under the direction of a professional musician. There are openings for all band instruments: woodwinds, brass and percussion. Band members must provide their own instruments. Rehearsals are weekly from October through July. There are 6 - 10 performances per year. Attendance at 80% of rehearsals and performances is encouraged. All skill levels are welcome - no audition required!

Hall Walking

Zumbrota-Mazeppa Public schools will be open before and after school for recreational walking.

Date: Starting September 5th-May30th

Time: Monday-Friday 6:30-7:30 AM and 3:15-4:30 PM

Cost: Free

Please stop by the Community Ed Office 705 Mill St., Zumbrota, during office hours Monday-Friday 8AM-3PM to fill out a waiver and receive your visitor badge, before you start walking.

* No walking on non-school days including weather related closures (see district calendar on the ZM Schools website).

Zumbrota Walkers enter through door # 23 (District/Community Ed) and Mazeppa walkers will enter through door # 8 (Big Gym)

Thank you -

Zumbrota Mazeppa Community Education



Early Childhood Family Education

What is ECFE?

Early Childhood Family Education (ECFE) is a Minnesota public school program for all families with young children. We offer a variety of classes and special events throughout the year to help strengthen families and support the growth and development of their children.

Where are we located?

Our ECFE classroom is located in the ZM Primary School at 799 Mill Street, Zumbrota, MN 55992. All of our classes take place in Room 435, unless noted otherwise in the class description.

Welcome new babies!

Did you recently welcome a new baby into your family? Congrats! Contact Jennica Hinrichs to receive a FREE baby welcome bag. We look forward to meeting you and your little one!

How do you Register?

Registrations can be sent to the ZM Community Ed Office at 705 Mill Street, Zumbrota, MN 55992. You can also register online at www.zmschools.us. Please register at least one week prior to the start of each class to avoid cancelation due to low enrollment. Scholarships are available by calling the Community Ed Office at 507-732-4244.



Mixed Ages - 8 Week Sessions (Ages Birth - 5)

Our weekly ECFE classes are designed to give parents/children time to connect and engage in developmentally appropriate activities. Classes include parent/child activities, songs//stories, snack, and parent/child separation time. Parents will work with an experienced parent educator to discuss various parenting topics and receive individualized support, while their children play and explore together. Children under 12 months may attend for free, and must remain with their parent during the entire class time. ***Session and dates on page 27***

Early Childhood Family Education

Mixed Ages-8 Week Sessions (Ages Birth-5)

Session 1:

Tuesday PM

Session 1 (8 wks): Jan.9, 16, 23, 30, Feb. 6, 13, 20, 27

Time: 5:30-7:00 PM

Cost: \$36 per child

ZMPS ECFE Room 435



Wednesday AM

Session 1 (8 wks): Jan. 10, 17, 24, 31, Feb. 7, 14, 21, 28

Time: 9:15-10:45 AM

Cost: \$36 per child

ZMPS ECFE Room 435

Thursday AM

Session 1 (8 wks): Jan. 11, 18, 25, Feb. 1, 8, 15, 22, 29

Time: 9:15-10:45 AM

Cost: \$36 per child

ZMPS ECFE Room 435

Session 2:

Tuesday PM

Session 2 (8wks): March 26, April 2, 9, 16, 23, 30, May 7, 14

Time: 5:30-7:00 PM

Cost: \$36 per child

ZMPS ECFE Room 435

Wednesday AM

Session 2 (8 wks): March 20, 27, April 3, 10, 17, 24, May 1, 8

Time: 9:15-10:45 AM

Cost: \$36 per child

ZMPS ECFE Room 435

Thursday AM

Session 2 (8 wks): March 14, 21, April 4, 18, 25, May 2, 9, 16

(no class March 28 and April 11)

Time: 9:15-10:45 AM

Cost: \$36 per child

ZMPS ECFE Room 435

Inclement Weather Policy

In the event that Zumbrota-Mazeppa Public Schools are closed due to inclement weather or other emergency, all community education activities and ECFE classes for the same day are also cancelled. Please check the school website for updated information at www.zmschools.us.



Early Childhood Family Education

January Special: Kiddie Indy 500 - Ages 1-PreK

Bring your "race car" (tricycle, wagon, or non motorized ride-on toy) and have a blast speeding along the track! This event will take place in the hallways of the primary school. Signs will be located around the building to help direct "traffic." **Please register early as limited spots are available.** Check in by the primary school main entrance when you arrive. This class will be held twice on the same morning. Please sign up for only one time slot (9-10am OR 10:15-11:15am). Children must be accompanied by an adult.



Saturday, January 27th
ZMPS Hallways

9-10 AM or 10:15-11:15 AM
\$5

February Special: Valentine Love Bugs - Ages 1-PreK

Join us for some Valentine fun with projects, songs and stories that toddlers will love! Children must be accompanied by an adult.

Monday, February 12th
ZMPS ECCE Room 435

3:30-4:30 PM
\$8

20th Annual Z-M Family Expo! Ages - Birth-PreK

Bring your little ones to explore a gym full of family fun! This is a free will donation event designed for children ages birth to five and their families. A few things to look forward to will include:

- Face Painting
- Large Inflatable Bounce House
- Children's Music
- Craft Tables
- Silent Auction
- Door Prizes

Saturday, March 9th
ZMMS/HS Gym

9-11 AM
Free Will Donation



Early Childhood Family Education

March Special: Pajama Story Time - Ages 1-PreK

Pack an evening "meal", put the kiddos in their pj's and join us for an evening of playtime and stories! Like our summer Lunch Bunches – we'll play for the first 30 minutes then enjoy stories and songs on the rug while kiddos eat their packed meal/snacks! Children must be accompanied by an adult.



Tuesday, March 12th **6-7 PM**
ZMPS ECFE Room 435 **\$5**

April Special: April Showers Bring.....MUD! Ages 1-PreK

Let's explore all things SPRING! Join us for an early evening of crafts and activities all related to spring. There will be no shortage of sensory activities and perhaps even some large motor room play! Children must be accompanied by an adult.

Thursday, April 25th **4-5 PM**
ZMPS ECFE Room 435 **\$8**

Drop in Play Times - Birth-PreK

Come check out the ECFE/Preschool classroom for some non-structured, non-separating playtime for you and your child to explore and play! Playtimes may include large motor room time, songs and stories. We'd prefer pre-registration however it is not required. Children must be accompanied by an adult.

Thursday, January 4th **9:30-10:30 AM**
ZMPS ECFE Room 435 **Free**

Tuesday, February 6th **4-5 PM**
ZMPS ECFE Room 435 **Free**

Wednesday, March 13th **3:30-4:30 PM**
ZMPS ECFE Room 435 **Free**

Friday, April 19th **5-6 PM**
ZMPS ECFE Room 435 **Free**

Wednesday, May 15th **9:30-10:30 AM**
ZMPS ECFE Room 435 **Free**

ECFE Trips

Kenyon-Wanamingo's Knights Castle - Ages 1-PreK

Come climb, run, jump and explore in KW's early childhood indoor activity center in Wanamingo. This is a great opportunity for your child to burn off that extra energy as we patiently await spring!

Please note – no transportation will be provided. Please register and pay online and meet at the Wanamingo Castle located at 225 3rd Avenue, Wanamingo. Enter through door 4 which is on the North side of the building. Children must be accompanied by an adult.

Wednesday, March 13th 9:30-10:30 AM

\$3 per child

Wanamingo Castle - 225 3rd Ave, Wanamingo



Red Wing Colvill Park - Birth-PreK

Let's enjoy the fresh air and get OUTSIDE! Parents and kiddos will ride on a school bus to the beautiful Colvill Park in Red Wing, MN where we'll run, play, and explore! Pack a lunch and we'll all picnic together. Children must be accompanied by an adult.

Wednesday, May 22nd

\$5 per person or \$10 per family

Depart ZMPS at 9 AM / Return at 11:30 AM



Adult Education



FREE Adult Education classes:

- *GED Prep
- *Adult Diploma
- *English as a Second Language (ESL)
- *Computer Literacy
- *Prepare for College or Career
- *Welding or Manufacturing Prep

Register today!

Online: www.hvae.org

Phone: 651-385-4656

For more information and to register, please call
651-385-4656, or visit www.hvae.org

FREE Classes Sponsored by Hiawatha Valley Adult Basic Education.

Register Early!

To ensure we do not cancel a class you are hoping to take.



Photo Policy

Smile! There are occasions when representatives of District 2805 photograph or videotape students while attending and participating in Community Education sponsored events. Parents/guardians not wanting their child/self to be identified in photographs/videotapes in the Community Education brochures or school web site should contact the Community Education office at 507-732-4244.



Thank you!
ZM CE Staff

help me



Is your child on track?

HelpMeGrowMN.org

**1-866-693-GROW
(4769)**

Red flags for immediate referral

If a child shows any of the following signs, take immediate action and refer the child through Help Me Grow. You should also talk with your child's healthcare provider about your concerns.

- No babbling, pointing or other gestures by 12 months (1 year).
- No single words by 16 months.
- No two-word phrases by 24 months (2 years).
- ANY loss of skills at any age.
- Diagnosed physical, cognitive or mental health condition or disorder that has a high probability of resulting in developmental delay, regardless of whether the child has a demonstrated need or delay.
- Delays in meeting developmental milestones such as not walking by 18 months.
- Lack of eye contact.
- Poor balance, clumsiness or weakness.
- Atypical muscle tone, such as too tight or too floppy in arms, legs or trunk.
- Speech is hard to understand for the child's age or compared to other children who are the same age.
- Poor attention span compared to other children who are the same age.
- Behavioral concerns compared to other children who are the same age.
- Vision or hearing problems.
- High lead levels.



Early Childhood Screening

Zumbrota–Mazeppa Public School Early Childhood Screening 2024

Free early childhood screenings are being held on February 12th. If your child is between the ages of three and four, he/she should be screened. If parents have questions about the screening, they may call Amy at the Zumbrota–Mazeppa Primary School at 732-7848. This screening is not registration for kindergarten, but is required by state law to be done prior to entering kindergarten. The screening takes about an hour and includes height, weight, vision and hearing, developmental and speech assessments, followed by an exit interview with the Early Childhood Resource person.

Zumbrota–Mazeppa Early Childhood Screening Registration Form

Child's Name _____

Date of Birth _____ Phone _____

Parent's Name _____

Address _____

City _____ State _____ Zip _____

Screening Date

February 12 ____ AM ____ PM

Mail Completed Registrations to
ZM Primary School, 799 Mill St Zumbrota, MN 55992

Registration Information

Zumbrota-Mazeppa Community Ed

Registration policy:

1. We will not refund class fees without 48 hours notice.
2. Classes without enough participants will be cancelled.
3. Classes are filled on a first-come, first-served basis.
4. Waiting lists will be formed once classes are full.
5. Fees for all activities are due at time of registration.
6. Make checks payable to ZM Schools. Refunds will not be made after the first class meeting.
7. In the event that a class is cancelled, the students will receive a cancellation notice by email or phone. In that case you will be refunded.
8. If registration is paid on-line, a processing fee of \$1.50 will be charged for all cancelled classes.
9. Confirmations of class registrations are sent only if an email address is provided. Please assume that you are registered unless you are otherwise notified.
10. Please register via mail, in person, or on-line.

Please call the ZM Community Education office at 507-732-4244 or e-mail jenb@zmsch.k12.mn.us or erinh@zmsch.k12.mn.us if you have questions.

Registrations On-Line:

Would you like to avoid filling out registration forms and writing checks? Go to:
www.zmschools.us

South County Health Alliance

Zumbrota Mazeppa Community Education customers using South County Health Alliance, a state-certified Health Maintenance Organization, may qualify for reduced course fees. Call or bring in your SCHA ID card to the Community Ed office 507-732-4244. There is a 5 class maximum per year per person for participating SCHA members.



Registration Information

Registration Form

Mail to ZM Community Education, 705 Mill St., Zumbrota, MN 55992.
Make checks payable to ZM Schools OR register online at zmschools.us

Name: _____
Address: _____
City: _____ Zip: _____
Phone: _____
E-mail: _____
Class/Activity Title: _____
Class Date: _____
Class/Activity Title: _____
Class Date: _____
Birthdate: _____ Grade: _____
Amount Due: _____ Check #: _____
~~~~~

## Registration Form

Mail to ZM Community Education, 705 Mill St., Zumbrota, MN 55992.  
Make checks payable to ZM Schools OR register online at [zmschools.us](http://zmschools.us)

Name: \_\_\_\_\_  
Address: \_\_\_\_\_  
City: \_\_\_\_\_ Zip: \_\_\_\_\_  
Phone: \_\_\_\_\_  
E-mail: \_\_\_\_\_  
Class/Activity Title: \_\_\_\_\_  
Class Date: \_\_\_\_\_  
Class/Activity Title: \_\_\_\_\_  
Class Date: \_\_\_\_\_  
Birthdate: \_\_\_\_\_ Grade: \_\_\_\_\_  
Amount Due: \_\_\_\_\_ Check #: \_\_\_\_\_

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# Zumbrota – Mazeppa Community Education

## Winter/Spring 2024 Brochure

Zumbrota-Mazeppa Public Schools  
705 Mill Street  
Zumbrota, MN 55992

Nonprofit Organization  
U.S. Postage Paid  
Permit No. 3  
Zumbrota, MN 55992

POSTAL CUSTOMER