



MACCRAY COMMUNITY ED & REC

WINTER 2023-24
DEC - JAN - FEB



If you want a hard copy of the Community Ed booklets/newsletters through the mail, please contact Denise at 320-847-2154, Ext. 1106 or email her at smithd@maccray.k12.mn.us. We will no longer be doing bulk mailings to all box holders in our school district.

Winter 2023-24

December, January, February

Programs & Classes

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Call Denise at 320-847-2154, Ext. 1106 or email smithd@maccray.k12.mn.us if you would like to teach a class or coach an activity **AND/OR** you have an idea for a class or activity.

Together we can build the best Community Ed and Rec Department that serves all members of our communities!



Remember to register
early to make sure you
get a spot for the class!

Registration

Preregistration is required for all classes. Participants must be registered and fees paid prior to the first class/activity. Options are:

1. Mail registration form and payment to Box 690; Clara City, MN 56222.
2. Online Option: Go to <http://maccray.k12.mn.us/communityed>. Click on "Register and Pay" to find the class and registration for it.

Register early so you don't miss out. Often classes reach the maximum enrollment early. Also, the classes depend on minimum enrollments to hold them and classes may be cancelled due to low numbers.

Confirmation: You will either receive an email or text confirmation of your registration for a class/activity.

Inclement Weather & School Closings: If MACCRAY classes and activities are cancelled, Community Education & Recreation classes/activities may be cancelled as well. Tune to Q102/102.5 FM for notification of cancellations or check on the school's website and the CER Facebook page for updates.

Cancellation & Refund Policy

We reserve the right to cancel any class due to low enrollment and a full refund will be given to those that signed up for the class. If the class is postponed due to weather, another date will be selected for the class. If a person is unable to attend the new date, a full refund will be given out.

If you are not able to attend a class and want a refund, cancellations must be requested two days prior to the starting date of the class or activity. A \$5.00 processing fee will be charged. Forfeiture of your registration fee will occur if not done within this timeframe. No refunds will be given once class starts.



Pictures

We may take pictures during activities of groups or individuals and used for the promotion of CER. If you object to your or your child's photo being used, please notify Denise at 320-847-2154, Ext. 1106.

MACCRAY Community Education

Vision Statement

To create comprehensive educational, recreational, and wellness programs for community members of all ages – birth to golden ages.

Community Ed Staff

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CER Advisory Council

Debi Brandt
Laura Bristle
Jovita Harguth
Kristine Klosterboer
Sarah Macht
Kendra Peterson
Dave Plagge
Laine Rieger
Meghan Sunderland
Nancy Winter

**Thank
You!**



"Like" us at MACCRAY Community Ed & Rec.

MACCRAY Early Education Programs

Early Childhood Programs are held at the MACCRAY Elementary School. Early childhood classes, events, and services are for families with children **ages birth to not yet in kindergarten**.

Remember to pre-register for all ECFE classes! Each class has a minimum of five students needed to run the class. We will decide the day after the deadline if a class will run.

Early Childhood Programs offered include:



(Early Childhood Family Education)

ECFE is based on the idea that the family provides a child's first and most significant learning environment. Parents are the child's first and most important teachers. ECFE's goal is to enhance the ability of all parents and other family members to provide the best possible environment for their child's learning and growth.

[Register with Denise at CER for all ECFE classes.](#)



Early Childhood Screening



Early Childhood Screening is required for all children before starting kindergarten. Children may be screened beginning at age 3. Look for more information in the next couple of pages.

[Contact Kristine Klosterboer for early childhood screening questions and information.](#)



MACCRAY school readiness/preschool is a program for children 3 to 5 years of age who are not yet enrolled in kindergarten. The goal of our preschool program is to provide children with a fun and enriched preschool experience that will assist parents with the emotional, social, intellectual, and physical development of their child. More information in the next couple of pages.

[Contact Kristine Klosterboer with questions about our school readiness programming.](#)

Early Childhood Staff

Kristine Klosterboer:

Early Childhood Coordinator
ECFE, Early Childhood Screening, & School Readiness/ Preschool

klosterboerk@maccray.k12.mn.us
or 320-847-2154, Ext. 1320

Heather Shamla:

Preschool Secretary
Preschool Billing/Questions
shamlah@maccray.k12.mn.us
or 320-847-2154, Ext. 1306





Winter ECFE Classes



Books & PJs Night

Wear your pajamas or comfy clothes and learn about some great early childhood authors and a couple activities to go along with them.

Ages: 2 – 5 Years Old (preschool age)
Date: Tuesday, December 12
Time: 5:30 P.M.-6:30 P.M.
Location: MACCRAE Elementary
Fee: \$5.00
Deadline: Tuesday, December 5



****Sibling care is available for all classes. Please let us know when you register so we have someone available. Also, indicate if your child has any allergies.**

Sliding Fee Scale

Free: Current family monthly gross income of \$1800 or less

Half Price: If family monthly income is below the following guidelines

Full Price: If family monthly exceeds the guidelines below

Household Size	2	3	4	5	6	7	8
Monthly Income	2,583	3,204	3,870	4,536	5,202	5,868	6,534

No family will be denied access due to inability to pay

Frosty Fun

An exciting night of wintery fun! There will be a variety of games, crafts, books, and songs for kids to explore and learn about all things winter (even the animals). Bring an adult of your choice to come along for the fun!

Ages: Ages 2-5 (preschool age)
Date: Tuesday, January 16th
Time: 5:30 P.M.-6:30 P.M.
Location: MACCRAE Elementary
Cost: \$5.00
Deadline: Tuesday, January 9th



**** Remember to pre-register for all classes! Each class has a minimum of five students needed to run the class and will have a maximum of 12 students. We will decide the day after the deadline if a class will run. You can register with Denise at CER for all ECFE classes.**

Anything But A Brush

Join us for a night of art fun using anything but a brush! We will have a variety of painting and art for kids to explore and experience with an adult of their choice.

Ages: Ages 2-5 (preschool age)
Date: Tuesday, February 13th
Time: 5:30 P.M.-6:30 P.M.
Location: MACCRAE Elementary
Cost: \$5.00
Deadline: Tuesday, February 6th

Early Childhood Screening

Is your child 3 years old? Then it's time for screening!

Screening date for 2023-24 school year:

Friday, January 12, 2024

Did you know that screening is required in the state of Minnesota? Screening allows health and developmental concerns to be addressed at least one to two years before a child enters kindergarten.

Screening is an early look at a child's development and is conducted by qualified professionals to help identify specific needs a child may have in these areas:

- *Fine and gross motor skills
- *Vision and hearing
- *Speech and language development
- *Height and weight
- *Cognitive development
- *Immunizations



The state of Minnesota requires a health and development screening for every child before kindergarten entry in a public school. The MACCRAY School District offers this service at no cost. Screening should be completed before a child turns five years old and may be scheduled as early as three years of age.

Please contact Kristine Klosterboer at klosterboerk@maccray.k12.mn.us or 320-847-2154, Ext. 1320 to schedule an appointment or if you are new to the district.

New baby or new to the district?

Being on the census ensures you will receive ECCE, screening, and kindergarten information when your child is eligible. If you are new to the community, recently had a new baby, or moved to a new address, call Heather at 320-847-2154, Ext. 1306 or shamlah@maccray.k12.mn.us to ensure that you are on our school census list.



Early
Childhood
Development
Milestones to age 5



Every child is unique. No two children develop, grow and learn at exactly the same pace. And yet children develop in predictable ways. The milestones indicated here are just some of the indicators that a child is developing typically. Take notes as your little one learns. Babies and toddlers are growing, learning and changing all the time. It's fun to watch! We suggest you keep track of the new things they do and the milestones they reach. If you are concerned about your child's growth, development or learning, we encourage you to contact us at HelpMeGrowMN.org or 1-866-693-4769

Track These Milestones



MACCRAY Preschool

Welcome to MACCRAY Preschool! MACCRAY preschool is a program for children 3 to 5 years of age who are not yet enrolled in kindergarten. The goal of our preschool program is to provide children with a fun and enriched preschool experience that will assist parents with the emotional, social, intellectual, and physical development of their child. Our preschool programs offer fun and meaningful experiences for the children through music, literacy, writing, math, science, technology, as well as fine and gross motor activities. We continue to implement Creative Curriculum for Preschool into the classrooms, along with the Teaching Strategies Gold to assess student progress throughout the school year.

2023-2024 Preschool Class Options

3-Year-Old Preschool Class

***Must be 3 by September 1, 2023**

- * School Day is 8:00 am to 3:30 p.m.
- 2 Full Days - Wednesdays & Fridays (\$160/Month)
- 4 Full Days - Tuesdays through Fridays (\$320/Month)

4-Year-Old Preschool Class

- * School Day is 8:00 am to 3:30 p.m.
- 2 Full Days - Wednesdays & Fridays (\$160/Month)
- 4 Full Days - Tuesdays through Fridays (\$320/Month)



Children who are eligible to participate in MACCRAY preschool programming for the 2023-24 school year must:

- *be 3 years old or older on September 1, 2023.
- *be toilet trained.
- *meet current Minnesota immunization requirements.

Link to preschool information on the website:

<https://www.maccray.k12.mn.us/page/479>

Preschool Calendar:

<https://www.maccray.k12.mn.us/page/547>

*Programming will run from September through May.

*Fees are charged to pay for program costs.

*Scholarships are available for qualifying families. Information available on the MACCRAY school website or email Heather at shamlah@maccray.k12.mn.us with questions.

*We are a four-star Parent Aware rated school readiness program with the goal of preparing all children for kindergarten.

*Parents interested in preschool classes can find information on the MACCRAY schools website at www.maccray.k12.mn.us or send inquiries to klosterboerk@maccray.k12.mn.us or shamlah@maccray.k12.mn.us

Have fun
and boost
your child's
learning!



Parent Powered Texts

At home with your young children? Now is the perfect time to try free Think Small Parent Powered Texts. You'll receive three text messages a week offering fun facts and at-home learning activities, plus you'll find additional support messages for parents. Sign up via the website: <https://www.thinksmall.org/>

MACCRAY Preschool

Registration Night



Thursday, March 14th, 2024

Elementary Commons/Cafeteria

711 Wolverine Drive, Clara City (Main Elem. Entrance)

***Free family meal (optional) 5:30-6:00**

***Parent meeting & registration 6:00-6:30**



***Registration is online and can be done on your phone. Devices will be available to use if needed.**

***Childcare provided. We encourage you to bring your preschooler.**

Please contact me with questions:

Kristine Klosterboer at klosterboerk@maccray.k12.mn.us
or 320-847-2154 ext. 1320



Please remember to pick up your child on time from all activities. The time of supervisors, instructors, and volunteers is very important, and they cannot leave until all children are picked up.

Christmas Cookie Decorating



Love Christmas and decorating cookies? Come join us for this fun opportunity to try your hand at decorating cookies and bring some home to share with your family.

Grades: 3rd – 6th
Date: Wednesday, December 13
Time: After-School – 3:30 – 4:30 p.m.
Cost: \$15.00
Location: Elementary Cafeteria
Instructor: Linda Ruschen
Deadline to Register: December 8th

Winter Wonderland Crafts & Snacks



Let's get out the glue, scissors, etc.!!! Kids will show their creative side when we do all sorts of winter wonderland crafts. We will also have some hot chocolate and snacks to munch on while doing crafts!

Grades: 1st – 3rd
Date: Wednesday, January 17
Time: After-School – 3:30 – 5:00 p.m.
Cost: \$15.00
Location: MS/HS Kitchen
Instructor: Rachel Gueningsman
Deadline to Register: January 10th



Dream It – Build It!

Explore the world of engineering in this class. Students will be doing fun engineering activities creating things that “fly” and “grow”!

Grades: 3rd – 5th
Dates: Tuesdays, January 9, 16, 23, & 30
Time: After-School – 3:30 – 4:30 p.m.
Cost: \$20.00
Location: HS Science Classroom
Instructor: Leanne Carmany
Deadline to Register: January 5th



ABC Girls Circle: Authentic-Brave-Confident

Calling all middle school girls who want to be in a discussion group just for you! This Circle will help girls navigate the challenges faced during these teenage years – social media balance, positive relationships/friendships, & self esteem/body image.

Grades: 6th – 8th
Dates: Tuesdays, February 6, 13, 20, & 27
Time: After-School – 3:30 – 4:30 p.m.
Cost: Free – Registration Required
Location: Auditorium
Leaders: Jenny Plagge and Haley Rhode
Deadline to Register: February 2nd

Spanish for Kids

Hola and Bienvenido! Kids will learn the basics such as counting and more!

Grades: 3rd - 6th
Date: Thursdays - February 1, 8, 15, 22
Time: After-School 3:30 – 4:30 p.m.
Location: Elementary Classroom
Fee: \$15.00
Instructor: Laura Finley
Deadline to Register: January 26th





Snowmobile Safety

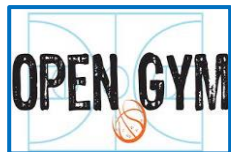
Prior to taking the Riding Performance Course, students must go online and complete one of the online courses below and must print out certificate of completion and bring with them.

Things to bring to class: Snowmobile Helmet, Snow Pants, Hat, Gloves, Certificate of Completion of online course. The course will consist of inside and outside training, so please dress accordingly.
ONLINE COURSE REQUIREMENTS:

- Youth ages 11-15.
- Complete online course via link at: <https://www.snowmobilecourse.com/usa/minnesota/>
- Fee for the online course is \$29.95 – pay online on this online course website. In-person class is free.
- Student attends a classroom review class and participates in a riding performance course.
- Led by trained volunteer instructors.
- Certificate becomes valid at age 12.

To register or if you have questions, contact Mike Bosch at boschml08@gmail.com or call him at 320-894-0485.

Ages: 11 -15 years old
Date: Saturday, December 16
Time: 2:30 – 5:30 p.m.
Location: HS Ag Kitchen Classroom
Instructor: Mike Bosch



Getting cabin fever? Want some family fun time? Come to open gym for some fun and exercise!
No registration required. FREE!

Sundays: January 7 through February 25
Time: 2:00 – 4:00 p.m.
Location: Elementary Double Gym



Saturday Hoops

Boys & girls - join us to learn and practice basketball skills. Kids registered for this will have a chance to be picked at random to be a “mini-wolverine” at a varsity basketball game.

Grades: 1st – 2nd
Time: 9:00 – 10:30 a.m.
Dates: January 6 & 13
Cost: \$15.00
Location: Elementary Double Gym
Coaches: Lucas Post & Shaun Condon
Deadline to Register: January 4th



Volleyballerz Camp

Sjea Anderson brings her vast volleyball experience to this camp. She played D1 volleyball at Cal Poly and is ready to inspire our young volleyball athletes!

In this clinic, kids will learn the skills and rules of volleyball through drills and games. The players will be grouped with other kids their age to make sure that they’re getting the most out of each of the activities. It’s a positive and encouraging environment where the main goal is to have fun while learning more about the sport of volleyball.

Plan to bring a lunch and beverage/water.

Grades/Time: 1st – 3rd: 10:00 a.m. – Noon
4th – 6th: Noon – 2:00 p.m.
Dates: Saturdays (Pick Only One)
March 16 or 23
Cost: \$25.00
Location: Elementary Double Gym
Coaches: Sjea Anderson
Deadline to Register: March 8th



Youth Wrestling

We have a two-fold option for the program! We have a local practice option on Wednesdays for wrestlers in grades PK – 6th. Practice will be in the MACCRAY elementary cafeteria.

In addition to this, we are promoting the Quad County's youth program. Practice will be at YME/Granite Falls. There will be a chance to be in wrestling tournaments for kids in grades 3rd – 6th.

You do not need to be a part of the Quad County program to do the onsite MACCRAY practice. Kids can do both or one or the other. If in both, you will get two different t-shirts.

Grades: Pre-K – 6th
Dates: Wednesdays
 December 13 through February 14
**Not December 27*
Time: 3:30 – 4:30 p.m.
Cost: \$30.00 includes a t-shirt
Location: Elementary Cafeteria
Instructor: Andy Bristle
Deadline to Register: *December 8th*

Snowshoeing



Here's your chance to try snowshoeing as a family, a couple, or an individual. It's a great workout while enjoying our winter wonderland. Children must be accompanied by an adult.

Dates: Sundays, February 11 and 25
Time: 2:00 – 4:00 p.m.
Cost: \$5.00 each time
Location: Meet in Elementary Cafeteria
Instructor: Leanne Carmany
Deadline to Register: *Friday Before Each Sunday*
**Listed under "Adult" online.*



Quad County Wrestling

Parent meeting and registration at the YME HS Little Theater on November 28 at 7:00 p.m.

Grades: Pre-K – 6th
When: Starts on Monday, December 4th
Time: Mondays
 PreK-2nd: 6:30-7:15 p.m.
 3rd - 6th: 7:15-8:00 p.m.
 Thursdays
 3rd - 6th: 6:30-8:00 p.m.
Cost: \$35 includes a t-shirt
 • \$50 SINGLET DEPOSIT – will be returned at the end of the season.
Location: YME Wrestling Room/Granite Falls
Registration: Contact Miles Kattevold at mkattevold@gmail.com.



Wolverines Cheer Team

Come out and be part of the Wolverines Cheer Team. We will be learning cheers that will get all the fans going. Plans are to cheer at a girls and boys basketball game this winter!

Grades: 2nd – 5th
Date: Monday, December 11
Time: 9:00 – 11:00 a.m.
Cost: \$35.00 - includes a t-shirt/skirt
Location: Elementary Shelter Gym
Coaches: Bailey Wubben & Lyndsey Post



Youth Basketball

We have traveling teams for girls and boys in grades 3rd through 6th grade. If you are interested and are not already registered, please contact Denise at 320-847-2154, x1106.

**NOTE: NOT SPONSORED THROUGH
MACCRAY COMMUNITY ED & REC.
THIS IS FOR INFORMATIONAL
PURPOSES. TO SIGN UP – SEE
INSTRUCTIONS BELOW.**



**MINNESOTA
DEPARTMENT OF
NATURAL RESOURCES
FIREARMS SAFETY AND
HUNTER EDUCATION
COURSE**

Norm Andresen
Certified Instructor
Clara City, MN

***Pre-registration is recommended. Please provide
a parent/guardian email address to
normandresen@yahoo.com.***

Class Details

This course is open to everyone who is 11 years old and above on class starting date. Firearm Safety Program is also required before hunting license can be purchased for anyone born after 12/31/ 1979.

Classes will be held at the Citizens Alliance Bank in Clara City. Please use south entrance door. We are working out location details for the “field day or range class”.

Students are asked not to bring either firearms or live ammunition to class or “field day”. All materials will be provided for the students.

Class dates are being determined – but they probably will be in March. Email Norm Andresen at normandresen@yahoo.com to sign up.

Class Expense

- The “Firearm Safety Class” is \$7.50 and needs to be paid in full on the first day. This fee includes:
 - Mailing, copying and other incidental class expense
 - Ammunitions and targets for “field day”
 - Training aids or safety equipment for program use
- The Minnesota DNR Firearm Safety Hunter Education will **require an additional licensing fee** (after successful class completion) to create the student’s official *Firearm Safety Certificate*.

Please visit www.mndnr.gov or call 1-877-348-0498 for more information.

Basic Course Guidelines

- To prevent firearm accidents.
- To ensure the future of hunting and shooting sports through compliance with laws, regulations, and ethics.
- To emphasize the importance of wildlife management, laws, and regulations so that students will obtain a better understanding of their obligations to the resources, landowners, other hunters, and themselves.





Need a parent break?

Need to get errands done?

Want a "date" with someone special?

This is for **YOU!**

#####

When: Saturday, February 24, 2024

Time: 2:00 - 5:00 p.m.

Where: MACCRAY Elementary School

Age: Child needs to be potty trained.

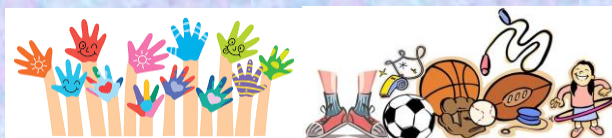
Fee: \$10.00 Per Child (Maximum \$20 Per Family)

Sponsor Group: National Honor Society

There will be gym time, crafts, movies, snacks and more.

Deadline to Register: Monday, February 19th

Minimum 20 Kids





**JUST SHOW UP
WHEN YOU NEED
A QUIET PLACE
TO WORK**

AFTER SCHOOL HOMEWORK CLUB

**STARTING
OCTOBER
24**

**TUESDAYS & THURSDAYS
3:30 - 4:30 IN THE LIBRARY**

NO TRANSPORTATION PROVIDED

**6th -
12th
Grade**



MACCRA Y Elementary PARENTS' CLUB

MACCRA Y Parents Club is a volunteer-based organization that all parents/guardians of MACCRA Y Elementary students belong to. We work together with teachers and administration to strengthen, enhance, and encourage the educational environment of the MACCRA Y Elementary School.

We encourage all parents to volunteer and help with events even in a small way. Your impact on students and staff goes a long way.

Visit our website for more information and see upcoming events we host.



View Teachers' Amazon Wishlists on our website under "More.." tab.

Visit our website: <https://sites.google.com/maccray.k12.mn.us/maccrayparentsclub>
E-mail us: maccrayparentsclub@gmail.com
Find us on Facebook: <https://www.facebook.com/maccraywestparentsclub>

Give blood.

Every 2 seconds someone
in the U.S. needs blood.

American Red Cross



Blood Drive
MACCRAY High School
Gym

Wednesday, December 6, 2023
8:30 a.m. to 2:30 p.m.

Contact an NHS Member to make an appointment or please visit RedCrossBlood.org
and enter: MACCRAY to schedule an appointment.



Scan to be directed to
RapidPass II

**Our gift to you: Come give Dec. 1 to 17 for a \$10
Amazon.com Gift Card by email. rcblood.org/Amazon**



Scan to schedule
an appointment.

1-800-RED CROSS | 1-800-733-2767 | redcrossblood.org | Download the Blood Donor App

©2016 The American National Red Cross

[353] - Order ID: 864736 - Item ID: 733276 - Qty: 1 of 1 - 11/22/23 - 033-4PL-6876 - 4017 - 23022



Woodworking & Building

Back by popular demand! This course will provide a better understanding of how to plan and build wood projects. Basic to advanced level of woodworking techniques will be used depending on individual skill levels. Emphasis will be placed on the proper safety and use of all tools and machines.

Dates: Tuesdays, January 16 – February 27
Time: 6:00 – 9:00 p.m.
Cost: \$50.00
Location: High School Shop Room
Instructor: John Hagemeyer
Minimum #: 6
Maximum #: 12
Deadline to Register: *January 11th*

Authentic Mexican Tamales



If you have wanted to learn how to make authentic Mexican Tamales, here's your chance! Paulina will go through step by step instructions on how to make perfect and yummy tamales! Come hungry to the class!

Date: Tuesday, February 20
Time: 6:00 – 7:30 p.m.
Cost: \$20.00
Location: High School Ag Kitchen Classroom
Instructor: Paulina Jimenez
Deadline to Register: *February 13th*



Adult Basic English Class

This class will help adults learn the English language and how to navigate educational systems and more! Classes are on Tuesdays from 5:00 – 8:00 p.m. in the HS/MS Media Center. For more details and information, contact Sonja Stark at 320-847-2154, Ext. 1142 or email at starks@maccray.k12.mn.us.

Stained Glass Creations



This is a beginner's class. You will learn all the steps of creating a stained-glass window. From cutting to leading to soldering, we will do two complete projects. One will be done using the lead came method and the other will be done using the copper foil method. At the completion of the class, each participant will be able to continue on and create designs of their own.

Students will need to get some supplies and tools for the class project; materials are also available from the instructor. Expect to pay \$30-\$75 for your supplies and tools. Some books and materials will be supplied by the instructor.

Dates/Times: Tuesday, January 16: 7:00 – 9:00 p.m.
 Saturdays, January 27 and February 3
 9:00 a.m. - 2:00 p.m.
Cost: \$80.00
Location: High School Ag Room
Instructor: Tom Nelson
Deadline to Register: *January 9th*



Super Bowl Charcuterie Board

Seen them but don't know how to make one? Here's your chance to make a Super Bowl football themed Charcuterie Board. You'll be the hit of your football party! All food will be provided, but plan to bring a wood cutting board.

Date: Friday, February 9
Time: 5:30 – 6:30 p.m.
Cost: \$30.00
Location: High School Ag Kitchen Classroom
Instructor: Rachel Gueningsman
Deadline to Register: *February 2nd*



MACCRAY Community



Health Challenge

Want to live a healthier lifestyle?

Want to get stronger while losing weight?

Want to challenge others to be their best?

This challenge is to encourage people to achieve a healthier lifestyle and to get more people active in our community. Join with three other friends to form a team. Collect points for percentage of weight loss, attending fitness/healthier you classes, and participating in community events over a 12-week time frame.

Cost is \$20 per person/pre-registration required.

Kickoff meeting and weigh-in (private) will be

Thursday, January 4th, at 6:30 p.m. in the MACCRAY MS/HS Cafeteria.



Note: “Fitness and Healthier You” classes in this booklet marked with this RED HEART are discounted 25% for Challenge participants. You will earn points each time participating in them. If using this discount, you will need to use a paper registration form and note the discount on it.

Questions, contact Lindsey Bosch
at 320-894-9211.





Pickleball

One of the fastest growing sports in the country, pickleball appeals to players of all ages. The game of pickleball has been compared to tennis, badminton, and ping-pong. It is easy to learn but still challenging. It will be a doubles format where partners are switched after each game. This is to even out the different levels of play and make it fun to meet new people or play with existing friends. Paddles and balls provided.

Dates: Wednesdays
January 3 through February 7
(Looking at adding dates after this.)

Time: 6:00 – 7:30 p.m.

Cost: \$25.00 per person

Location: High School Gym

Coordinator: Leanne Carmany

Minimum #: 16

Maximum #: 24

Deadline to Register: December 28th



Zumba Gold®

Zumba Gold is a lower-intensity version of the typical Zumba class. Zumba is a mix of dance moves for an interval-style, calorie-burning dance fitness party! Once the Latin and world rhythms take over, you'll see why this fitness class is often called exercise in disguise. It is a total workout, combining all elements of fitness – cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesome.

Date: Mondays (Not Jan. 15th or Feb. 5th)
Session 1: January 8 – February 26
Session 2: March 11 – April 15

Time: 6:30 – 7:30 p.m.

Cost: \$50.00 Each Session

Location: Elementary Shelter Gym

Instructor: Sara Toov

Minimum #: 10

Deadline to Register: Week prior to each session.



Stay Active & Independent for Life (SAIL)



This fitness class is an evidence-based strength, balance and fitness program for older adults. Performing exercises that improve strength, balance and fitness are the single most important activity that adults can do to stay active and reduce their chances of falling. SAIL focuses on exercises which improve strength, balance and fitness levels. Attendees feel better and are able to stay independent longer.

Who should participate?

Primary focus is on community-dwelling older adults and people with a history of falls.



The SAIL program is able to accommodate people with a mild level of mobility difficulty (e.g. people who are occasional cane users). The program focuses on improving flexibility, strength and balance. It can be done standing or seated.

Dates: Tuesdays and Thursdays
November 28 – February 1
(Not on December 26 or January 2)

Time: 8:30 – 9:30 a.m.

Cost: \$20.00

Location: Bethany Reformed Church

Instructor: Eileen Brouwer

Minimum #: 10

Deadline to Register: On-Going Registrations



Wolverine Walkers

Join the *Wolverine Walkers* and walk the hallways of our schools during the school year. The building will be open on Mondays, Wednesdays, and Fridays 6:00 – 7:15 a.m. and Mondays and Wednesdays 6:00 – 8:00 p.m. Enter the building through the elementary doors.

There is no fee, but registration is required.

Fitness & Weightlifting for Women



Feel more comfortable lifting weights and working out with only women in the Fitness Center? Here's your chance to sign up for time in the Fitness Center just for women!



Date: Thursdays
January 11 - February 29
Time: 6:00 – 7:00 p.m.
Cost: \$50.00
Location: Fitness Center
Supervisor: Seth Falk
Maximum #: 12
Deadline to Register: January 8th



Strength & Conditioning

Check out our amazing Fitness Center! From



weightlifting to treadmills to step machines, the opportunities are endless to find a workout that helps you achieve your goal of getting stronger and living a healthier YOU!

There are two opportunities for workouts offered on Tuesday nights and Sunday afternoons.

Dates: Tuesdays 6:00 – 7:30 p.m.
January 9 – February 27
Sundays – 2:00 – 4:00 p.m.
January 7 – February 25
Cost: \$60.00
Location: Fitness Center
Instructor: Seth Falk and Staff
Minimum #: 10
Deadline to Register: January 4th



Getting cabin fever? Want some family fun time? Come to open gym for some fun and exercise! **No registration required. FREE!**

Sundays: January 7 through February 25
Time: 2:00 – 4:00 p.m.
Location: Elementary Double Gym



Snowshoeing

Here's your chance to try snowshoeing as a family, a couple, or an individual. It's a great workout while enjoying our winter wonderland. Children must be accompanied by an adult.



Dates: Sundays, February 11 and 25
Time: 2:00 – 4:00 p.m.
Cost: \$5.00 each time
Location: Meet in Elementary Cafeteria
Instructor: Leanne Carmany
Deadline to Register: Friday Before Each Sunday



Bus Drivers Needed

Palmer Bus Company is hiring bus drivers for school routes and activities. It will train people interested and donate \$250 to a school activity for anyone who begins and becomes a driver. Palmer's goal is to serve their communities by safely transporting students. If interested, contact John DuHoux at 320-847-3109.



Jersey Boys at Chanhassen Dinner Theatre

The Story of Frankie Valli & The Four Seasons. With phenomenal music, memorable characters and great storytelling, Jersey Boys follows the fascinating evolution of four blue-collar kids who became one of the greatest successes in pop-music history. Jersey Boys takes you behind the music of Frankie Valli and The Four Seasons to discover the secret of a 40-year friendship as the foursome work their way from the streets of New Jersey to the heights of stardom. Experience electrifying performances of chart-topping which brought The Four Seasons the highest honor: induction into the Rock 'n' Roll Hall of Fame. Your fee includes chartered coach ride, lunch, and reserved ticket.

Date: Wednesday, January 17
Time: 9:00 a.m. – 6:00 p.m.
 Meet @ Donners Crossroads
 (Lunch @ 11:30 am - Show @ 1pm)
Fee: \$100.00
Maximum: 54
Deadline to Register: December 19th



SENIOR ACTIVITY FREE PASSES

Senior activity passes are available at the District Office for senior citizen residents of the District and senior citizen grandparents of MACCRA Y athletes age 65 and older. Please stop in and receive your free pass or get one from the ticket taker at a game.



Beautiful

The Carole King Musical

At Chanhassen Dinner Theatre

Chanhassen Dinner Theatres promises you will “Feel the Earth Move” when you visit for Beautiful: The Carol King Musical, and we couldn’t be more excited to bring it to you! For six years, Beautiful, the Tony and Grammy Award-winning Carole King musical, thrilled Broadway audiences with the inspiring true story of Carole King’s remarkable journey from teenage songwriter to the Rock & Roll Hall of Fame music legend!

Experience the captivating journey of Carole King in Beautiful. King wrote a string of pop classics for singers from Aretha Franklin to James Taylor, as well as her own beloved chart-busting solo successes. Beautiful takes you back to when it all began — on the joy-filled and emotional ride of a lifetime! Featuring over two dozen hits including “One Fine Day,” “Will You Still Love Me Tomorrow,” “The Locomotion,” “So Far Away,” “Natural Woman,” and “You’ve Lost That Lovin’ Feelin’”. This Broadway celebration is filled with the songs you remember and a story you’ll never forget! Your fee includes chartered coach ride, lunch, and reserved ticket.

Date: Wednesday, April 17
Time: 9:00 a.m. – 6:00 p.m.
 Meet @ Donners Crossroads
 (Lunch @ 11:00 am - Show @ 1pm)
Fee: \$105.00
Maximum: 54
Deadline to Register: March 13th



10 WARNING SIGNS OF ALZHEIMER'S

An education program presented by the Alzheimer's Association®



WHAT TO WATCH FOR IN YOURSELF AND OTHERS.

Alzheimer's causes changes in memory, thinking and behavior that are not normal aging.

Join us to learn about:

- » The difference between normal aging and Alzheimer's.
- » Common warning signs.
- » The importance of early detection and benefits of diagnosis.
- » Next steps and expectations for the diagnostic process.
- » Alzheimer's Association resources.

**Thursday, February 8
6 p.m. - 7 p.m.**

**MACCRAY Community Education
711 Wolverine Drive
Clara City, MN 56222**

**No Fee - Registration Required
Please register at**

**https://bit.ly/Feb8_MACCRAY
or call 320-847-2154, x1106.**

or <https://maccray.k12.mn.us/communityed>

Visit alz.org/CRF to explore additional
education programs online and in your area.

alzheimer's  association®

2019.10.04



MACCRAY 2180 Foundation

"Improving the World One Student at a Time"

Box 690; Clara City, MN 56222

Greetings from the MACCRAY 2180 Foundation!

The MACCRAY 2180 Foundation is an organization that provides educational equipment, services, and support of pre - K-12 students at MACCRAY. The primary objective of the Foundation is to enhance and promote the educational learning experiences for all students.

If you are 70 ½ or older and own a Traditional IRA, you may be required to take a Required Minimum Distribution (RMD) each year. If yes, please consider a donation to the MACCRAY 2180 Foundation through a Qualified Charitable Distribution (QCD). A QCD allows you to donate tax-free directly from your Traditional IRA to our Foundation.

You can direct those funds to our Foundation through a QCD instead of taking the funds as taxable income to you. This is a great way to eliminate paying income taxes on funds you may not need or want, as well as a tax efficient way to send funds to our Foundation. This benefits you, as you're paying less tax, and you're also providing funds to further the MACCRAY 2180 Foundation's mission of helping the students in our district. These funds are valuable to our Foundation, as each dollar is used to enhance the educational opportunities at MACCRAY, such as providing funds for band, choir, trips, equipment, supplies and sporting activities.

If you would like to send a QCD to the MACCRAY 2180 Foundation, funds must be sent from your IRA Custodian directly to the MACCRAY 2180 Foundation, P.O. Box 690, Clara City, MN 56222. If you have questions, please contact Kendra Peterson at 320-905-4550.

Please consult your Tax Professional or Financial Advisor before making a QCD donation.

Thank you for your consideration and your support of the students at MACCRAY!

Sincerely,

MACCRAY 2180 Foundation Board

Nathan Bourne, Ben Donner, Cory Janssen, Mark Kasella, Tracy Neville, Kendra Peterson, Sam Peterson, Dan Pieper, Linsey Saue, Denise Smith and Susan Strandberg



MACCRA Y Community Ed & Rec

Denise R. Smith, Director

MACCRA Y School District

P.O. Box 690; Clara City, MN 56222

320-847-2154, Ext. 1106; smithd@maccray.k12.mn.us

Facebook: Maccray Community Ed & Rec

COURSE REGISTRATION (*One form per person*)

To register, complete the below requested information and mail to the address listed above along with your payment. Make checks payable to MACCRA Y Community Ed & Rec. Or, another option is to register and pay online through the school's website - <http://maccray.k12.mn.us/communityed>. See page 3 for instructions on this.

Participant Name: _____ Grade/Age (if applicable): _____

Parent's Name (if applicable): _____

Address & City/Zip: _____

Email Address: _____

Preferred Phone Number: _____


Class Name: _____ Fee: _____

Class Name: _____ Fee: _____

If ECFE class, please list allergies: _____

If ECFE class, sibling care needed – list names & ages: _____

Community Health Challenge Team Name: _____

 **Note: A 25% discount on classes with this red heart if Community Health Challenge Participant. Need paper registration and payment if using this discount.**

In consideration of participation in the MACCRA Y Community Education and Recreation activities, I hereby acknowledge and do enter this program at my own risk, assuming all known and unknown risks. I also agree to indemnify and hold harmless the MACCRA Y School District #2180, Community Education, and its employees from any and all injuries I may incur. All persons under the age of 18 years old must have a parent/guardian signature to participate in this activity.

Adult Participant Signature: _____

Parent/Guardian Signature (if applicable): _____

Date: _____

