

Red Lodge Public Schools

Community & Adult Education

2019 Fall Courses

- Register Early! Class size limits!
- Registration deadline Thursday, September 26th
- Classes begin Monday, September 30th
- Classes held at Roosevelt Middle School (413 S. Oakes) unless otherwise noted.
- Minimum class enrollment of 4 students (registration refunded if class is cancelled.)
- Mail/Drop-off registration form and payment to Roosevelt Middle School, PO Box 1090, Red Lodge MT 59068.
- Visit our website: <http://redlodge.schoolwires.com/domain24>.
- Call Kandy Aleksich for more information: 406-425-0855.



Red Lodge Public Schools Adult Education Class Registration Form

Cost: \$15 per person per class. Separate supply cost is paid to instructor (*as indicated in course description*).

Please make checks payable to: Red Lodge Schools

Class(es) of Interest:

Name:

Mailing Address:

Email:

Phone:

Learning about Watercolor

Description: Come learn about watercolor with 20 year watercolor artist Dolly Frerichs. All levels of watercolorists are welcome.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Sept 30 Oct 7, 14, 21, 28 Nov 4	Mon 6-8pm	Dolly Frerichs	Strawberry Patch Frame Shop 109 E Maple, Roberts	\$35

Acrylic Pour Art Class

Description: Want to learn an exciting new craft with endless applications? Then this class is for you! Acrylic Pour Art is a fun and easy painting technique that can be used in multiple ways from crafts to fine art to interior decorating. In this class you will learn various pour art techniques and create several projects including wall art, journals, jewelry and more. Limited to 6 people.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 12, 19, 26 Nov 2, 9, 16	Sat 9:30-12:30	Aimee Haran	Roosevelt Middle School 413 S. Oakes	\$45

Exploring Acrylic Pour Art

Description: This class is for those who have explored the basics of acrylic painting or pour art and are ready to try advanced styles. This series will explore new and different skills each class for an expanded understanding of this fascinating abstract art technique. We will learn new techniques from past classes so returning students are welcome! Limited to 6 people.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 12, 19, 26 Nov 2, 9, 16	Sat. 1-4pm	Aimee Haran	Roosevelt Middle School 413 S. Oakes	\$45 + canvas cost

Beginning Soap Making

Description: We are offering beginning level courses in soap making. A portion of our classes will be holiday themed - everyone will take home lovely hand-crafted soaps that can be enjoyed or given away as gifts. Class limited to 6.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 5, 12, 19, 26 Nov 2, 9	Sat 10-12:30pm	Danielle Moore	Klean Karma Soap Studio 1 N Broadway	\$45

Beginning Stained Glass

Description: Learn the techniques to create a piece of beautiful stained glass. You will learn about various types of glass, safety, glass cutting, fitting, foiling, soldering and finishing. By the end of the class you will have completed a beautiful piece of art. 6 student limit.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 12, 19, 26 Nov 2, 9, 16	Sat 10:30-noon	Kandy Aleksich	451 Upper Continental	Dependent upon project+ \$25

Intermediate Glass

Description: Complete a work in progress or start a new project. This workshop is for those who need a bit of help and have the desire to create in the company of others. Fused glass work and Mosaic projects are welcome. Enjoy the therapy that this class has to offer. Supply fee to be paid to the instructor. Class limited to 6 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 1, 8, 15, 22, 29 Nov 5, 12	Tues 2-4pm	Kandy Aleksich	451 Upper Continental	Dependent upon project+ \$25

Fused Glass 101

Description: Explore the basics of fused glass. Learn how to use different glass to create an image of beauty and brilliance by melting glass pieces together. Stained glass and mosaic projects are welcome. Enjoy the creative support that comes while working with others. Glass cutting skills are required. Class limit 6.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 3, 10, 17, 24 Nov 7, 14, 21	Thurs 10:30-12:30pm	Kandy Aleksich	451 Upper Continental	Dependent upon project+ \$25

Leather Mask Making

Description: Learn how to make beautiful masks for Halloween, Mardi Gras, or just for fun. Supply Fee paid directly to instructor.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 29	Tues. 12pm	Robert Carrington	Pom Italian 224 S Broadway	\$20

Ceramics: Hand-building & Sculpture

Description: This 8-Week class is open to all levels, but will focus on methods and techniques for the beginner. Students will learn the basics of shaping clay, specifically focusing on figurative and abstract forms. RLCC instructors will assist students through demonstrations and hands-on learning. In addition, students will learn how to finish their work using clay slips, glazes, and other ceramic materials. This class includes one 25lb. bag of clay with the purchase of the class but, does not include access to our 'open studio' hours. More information is available at: www.redlodgeclaycenter.com

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 1, 8, 15, 22, 29, Nov 5, 12, 19	Tues 6-8pm	Soojin Choi	RL Clay Center 123 S Broadway	\$70

Knitting – Fingerless Mitts/Wrist Warmers

Description: Please join me to make these easy to knit fingerless mitts. There is an attractive cable design at the wrist. Supplies for class: 1 skein of knitting worsted yarn, minimum 200 yds., 2 - 16" size 7 circular needles, cable needle, stitch markers, size F crochet hook, yarn needle, scissors.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 1, 8, 15, 22, 29, Nov 5, 12	Tues 9-noon	Judy Morseman	207 Villard Ave S Senior Center	None

Toddler Sweater and Hat

Description: Grandmothers, Mom's to be, Aunts or Friends, please join in to knit a fun, easy sweater. It looks like nothing you have ever seen, but when you are finished – surprise - you've knitted a sweater! Supplies for class: 2 skeins of knitting worsted yarn (minimum 200 yds per skein), 24" size 7 circular needle, locking stitch markers, yarn, needle, 6 buttons, scissors.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 4, 11, 18, 25 Nov 1, 8	Fri 10-noon	Judy Morseman	207 Villard Ave S Senior Center	None

Simple Sewing

Description: Learn or review basic sewing skills as we make a pillowcase, a tote bag, and a Christmas stocking. Three easy but satisfying projects! The materials needed will be provided by the instructor. Sewing machines are also provided for class use. Limited to 4 people.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 22, 29 Nov 12, 19, 26	Tues 1:30-3:30pm	Bonnie Blakely	Private workshop on West Bench	\$12

Pasta Making

Description: Learn how to make pasta from scratch and then enjoy your creations as an Italian dish with all the flavor of Italy. Supply Fee paid directly to instructor.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 1	Tues 12pm	Robert Carrington	Pom Italian 224 S Broadway	\$15

Sushi Making

Description: From hand-rolls to fancy caterpillar rolls, learn the delicate art of sushi-making and enjoy eating your work! Supply Fee paid directly to instructor.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 15	Tues 12pm	Robert Carrington	Pom Italian 224 S Broadway	\$15

Pie Making

Description: Learn how to make "the best" pie crust ever from scratch. Supply Fee paid directly to instructor.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Nov 12	Tues 12pm	Robert Carrington	Pom Italian 224 S Broadway	\$15

Strong by Zumba

Description: Strong by Zumba combines bodyweight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. In a one hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. Are you ready to take your workout to the next level??

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 7, 14, 21, 28	Mon 5:30-6:30pm	Samantha Thomas	Roosevelt School Cafeteria 413 S. Oakes	None

Belly Dancing

Description: Have you always been intrigued by belly dancing? Samantha Thomas is excited to offer "Bellydance 101"! This is a super basic class focusing on simple moves and easy choreography. Whether you're a first timer or seasoned dancer, she'll have something for everyone!

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 10, 17, 24, Nov 7	Thurs 5:30-6:30pm	Samantha Thomas	Roosevelt School Cafeteria 413 S. Oakes	None

Tai Chi

Description: The class will introduce the students to the first set of the traditional Yang Style Tai Chi and QiGong moves as they relate to Tai Chi. Students should wear loose clothing and low heeled or flat shoes. For more information, call Jim Smith 406-671-6289.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 1, 8, 15, 22, 29 Nov 5, 12	Tues 6-7:15pm	Jim Smith	Roosevelt School Cafeteria 413 S. Oakes	None

Meditation

Description: Guided group meditation. Each of the four sessions are independent of each other – come one or all four. You will be allowed time for silent contemplation after the voice led journey to inner peace. Join us and add a little quiet reflection to your day.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Sept 30 Oct 7, 21, 28	Mon 12:15-12:45	Joyce Phillips	TBD	\$5

Learn the 7 Chakras

Description: Learn the basics of the 7 Energy Centers in your body known as Chakras. Discover how to balance your energy centers using a variety of techniques. Limited to 4 people

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 6	Sun 10-4pm	Joyce Phillips	TBD	\$10

Dance for Fun and Exercise

Description: Have fun and get some exercise by learning and dancing various dance forms like folk dance, waltz, polka, schottische, reel or jig and perhaps some contra. All skill, energy and age levels are welcome. Partners are not required, hard soled shoes are recommended.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 3, 10, 17, 24, 31 Nov 7	Thurs 7-8:30pm	Bob Holmen	Roosevelt School Cafeteria 413 S. Oakes	None

Intro to Yoga Therapy

Description: Yoga therapy uses movement, breathing, meditation, relaxation, and lifestyle change in an adapted and individualized way to support all aspects of health and wellbeing. In the first 5 weeks, we will discuss and explore strategies for posture, back pain, stress, sleep, fatigue, and other health topics of interest to the class such as digestion, cardiovascular health, mood, chronic illness, cancer, and pain management. In the 6th week, students will have one-to-one sessions to develop tools they can use on their own to address their unique interests and concerns. Limited to 8 people.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 9, 16, 23 Nov 6, 13, Individual Sessions Nov 18	Weds 5:30-6:45pm	Martha Johnson	1 South Broadway	\$20

Nia

Description: Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. Generally done in bare feet, Nia is beneficial for all sizes, shapes, ages and abilities. The choreography is “tight but loose” allowing each participant to enJOY their body in their own unique way.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 9, 16, 23, 30	Weds 5:30-6:30pm	Samantha Thomas	Roosevelt School Cafeteria 413 S. Oakes	None

Country Dance

Description: Country Western Dance (couple-dancing) will be taught by former dance competitors Sharon Luloff and Robert Haskins. The class is beginner-level (or refresher) couple dancing but a partner is not necessary to register. The basics and more of two-step, waltz, east-coast swing and cha-cha will be taught. Call Sharon 861-3649.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 1, 8, 15, 22, 29 Nov 5, 12	Tues 7-9pm	Sharon Luloff	Bull n Bear Ballroom	None

Classes fill quickly! Register Early!

Zumba

Description: Ditch the workout and join the party! Dance experience is not required. Tonya has over 20 years teaching folk dancing, Irish step dancing and Scottish Highland dancing. This course follows rhythms of Zumba, and occasionally a little Celtic, Balkan, & folk-rock infusion. Bring a water bottle, athletic shoes, and comfortable workout clothes. Questions? Feel free to text/call 425-3974 or Facebook: <https://www.facebook.com/redlodgecelticzumbafusion/>.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 1, 3, 8, 10, 15, 17	Tues & Thurs 4:15-5:15pm	Tonya Henry	Roosevelt School Cafeteria 413 S. Oakes	None

Reiki Level 1

Description: Reiki is a relaxation technique used to facilitate healing. This class will introduce you to the practice of Reiki and will be led by certified Reiki Master-Teacher Joyce Phillips, who has been practicing and sharing Reiki since 2004. Upon completion of class requirements, you will receive your Reiki Level I certification. Limited to 4 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 20	Sun 10-4pm	Joyce Phillips	TBD	\$10



NRA/USCCA Basic Pistol Shooting Course

Description: Teaches the basic knowledge, skills, and attitude for owning and operating a pistol safely. More Details: This course includes three (3) classroom sessions and one (1) range session learning to shoot revolvers and semi-automatic pistols. Students learn NRA's rules for safe gun handling; pistol parts and operation; ammunition; shooting fundamentals; range rules; shooting from the bench rest position, and two handed standing positions; cleaning the pistol; and continued opportunities for skill development. Students will receive the NRA Guide to the Basics of Pistol Shooting handbook, take a Basics of Pistol Shooting Student Examination and receive a course completion certificate. (Class size limited to 8 people).

Bring unloaded firearm to class - no ammunition in classroom.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 2, 4, 7 Range Day TBD	Various	Rod Bastian	320 S Broadway	\$35+ ammunition

Concealed Carry & Home Defense Fundamentals

Description: Prerequisite: Prospective participants must have completed the NRA Basics of Pistol Shooting Course, or pass a Pre-Course Assessment. (Class size limited to 10 students) Details: This course includes three (3) classroom sessions and one (1) range session. Students will learn basic defensive shooting skills essential to the safe and efficient use of a handgun for protection of self and family, strategies for home safety, how to avoid a criminal attack and responding to a violent confrontation, firearms and the law and how to choose a handgun for self-defense.

Bring unloaded firearm to class - no ammunition in classroom.

Successful completion of course (attendance of all sessions required) meets firearms safety training requirements of Montana concealed weapons permit law.

Dates	Weekday/Time	Instructor	Location	Studio Fee
Oct 9, 11, 14 Range Day TBD	Various	Rod Bastian	320 S Broadway	\$35+ ammunition

Writing in Several Forms

Description: A six-segment examination of various forms of crafting and writing words. Storylines, Humor, Oral Expression, and the processes involved. Classes will consist of topic/subject discussions by the instructor, as well as each student's mandatory participation in short classroom pencil to paper exercises. Early commitment suggested, as class size will be limited in consideration of student / instructor ratio.

Dates	Weekday/ Time	Instructor	Location	Supply Fee
Sept 30 Oct 2, 7, 9, 14, 16, 21, 23, 28, 30, Nov 4, 6	Mon & Weds 7-8:30pm	Pete Critelli	Roosevelt School 413 S. Oakes	None

Beginning Bridge

Description: Six 2 hour sessions to learn the basics of playing Bridge. Maximum 8 players. Plan on taking your own notes and practicing prior to the next lesson.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 3, 10, 17, 24, 31 Nov 7	Thurs 10:30-12:30	Barb Ostrum	207 Villard Ave S Senior Center	None

Russia: From Birth to Putin

Description: "This 7-part seminar focuses on Russian history from the birth of the country in 933 AD to the present. After reviewing Tsarist Russia up to the Bolshevik Revolution, the class examines the collapse of the Soviet Union in 1991, the subsequent reign of Vladimir Putin and likely scenarios after he steps down. Finally, we will investigate the on-going threat of Russia's cyber warfare activities."

Dates	Weekday/Time	Instructor	Location	Supply Fee
Sept 30 Oct 7, 14, 21, 28, Nov 4, 11	Mon 6:30-8:30pm	Randy Dragon	Roosevelt School 413 S. Oakes	None

Beekeeping 101

Description: You've heard the 'buzz'. Bees are critical to our ecosystem, and yet, they are in more danger than ever before. In this bee basics class, learn everything you need to know to start a hive and begin collecting and processing honey. You can be a part of saving the bees! Learn from Beekeeper, Lindsey Hoffmann.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 16	Weds 5:30-8:30pm	Lindsey Hoffmann	Sam's Tap Room 1445 N Broadway	None

Beginning Spanish

Description: Want to travel but would like the basics first? This class will benefit you! Expand your brain while having fun!!! This is your class so I point it in the direction you want it to go. **Make sure to read the intermediate description to make sure you are enrolling in the appropriate class. Limited to 15 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Nov 4, 5, 6, 7, 11, 12	Various 5:30-7:30pm	Stephanie Naftal	Roosevelt Middle School 413 S. Oakes	None

Interested in getting involved with the community through Adult Education?
Contact Kandy Aleksich at
406-425-0855

Intermediate Spanish

Description: Used to speak Spanish, have a solid base, but never have the opportunity now and want a refresher? This class will benefit you! This class will play with conversational Spanish, past tense verbs, reflexive verbs, and various other grammatical entanglements via practice, reading, writing, and games. It is not for first timers. Limited to 15 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Nov 13, 14, 18, 19, 20, 21	Various 5:30-7:30pm	Stephanie Naftal	Roosevelt Middle School 413 S. Oakes	None

A Beginner's Guide to the End

Description: Perhaps one of the greatest gifts we can leave our loved ones is handling the pragmatic details of our own end of life. Make your wishes known to those who would handle your affairs and become your caregivers by creating a "When I'm Gone" folder. In five discussion-based classes, we will complete a simple advance directive (legal in the state of Montana) that will address your medical, spiritual, and emotional wishes and assign a health care proxy in case you are unable to make these decisions for yourself at some point. We will also go over other items to consider adding to the folder, such as godparents for your pets, a will and information about property, passwords for financial and social media accounts, instructions for your funeral and final disposition, an ethical will, and letters to your loved ones. By envisioning your passing as a continuation of your legacy, you can be empowered to make choices that will help you have a Good Death when the time comes. There is no pressure to complete anything in class, and your documents are yours to change as you like over time. This class does not offer legal advice and is designed for those who would like to create or revisit their simple end of life documents.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 3, 10, 17, 24 Nov 7	Thurs 6:30pm	Jen Baranovic	207 Villard Ave S Senior Center	\$10

Furniture Refinishing

Description: We will go through all aspects of bringing your treasures back to life. We will evaluate all projects and go over supplies etc. Beginner students - strip, glue, and refinish project's only. No repairs. Advanced students you know the drill. Call and clear projects with Mark @ 406-598-8768. Class limit 5.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Sept 30, Oct 7, 14, 21, 28, Nov 4 OR Oct 1, 8, 15, 22, 29, Nov 5	Mon OR Tues 6-8pm	Mark Smith	Roosevelt School 413 S. Oakes	Depends on Project