



## Community & Adult Education

### 2016 Fall Courses

- Register Early! Class size limits!
- Registration deadline Thursday, September 29th.
- Classes begin Sunday, October 2nd.
- 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.
- Visit our website: <http://redlodge.schoolwires.com/domain24>.
- Call Kandy Aleksich for more information: 406-425-0855.

### Red Lodge Public Schools Adult Education

**Mail or Deliver Form & Payment to:**

Red Lodge Public Schools  
413 South Oakes  
PO Box 1090  
Red Lodge, MT 59068

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:

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Name:

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Mailing Address:

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Email:

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Phone:

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## Beginning Stained Glass

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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. This is an extremely informative beginner class. By the end of the class you will have completed a beautiful piece of art. Supply Fee to be paid to instructor.

Class limited to 6 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 4, 11, 18, 25 Nov 1, 8, 15	Tues. 10-noon or 7-9pm	Kandy Aleksich	451 Upper Continental	Dependent upon project+\$25

## Intermediate Stained Glass

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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 work in the company of others. Work on project of your choice (some size restraints). Enjoy the "therapy" that this class has to offer. Supply Fee to be paid to instructor.

Basic stained glass skills required. Class limited to 6 students.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 5, 12, 19, 26, Nov 2, 9, 16 OR Oct 6, 13, 20, 27, Nov 3, 10, 17	Weds 10-noon or Thurs 7-9pm	Kandy Aleksich	451 Upper Continental	Dependent upon project+\$25

## Fused Glass Class 101

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Description: We will explore the the basics of hot glass, kiln operation, terminology, different glass applications, as well as working with molds. By the end of the course you will have completed a beautiful piece of fused glass art. Supply Fee to be paid to instructor.

Dates	Weekday/ Time	Instructor	Location	Supply Fee
Oct 3, 10, 17, 24 Nov 7	Mon 7-9pm	Kandy Aleksich	451 Upper Continental	Dependent upon project+\$25

## Rubber Stamping: Christmas Tags in a Tin

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Description: Whether you are a beginner or avid stamper, this class is for you. Receive a decorative tin box and make 30 gift tags using Stampin Up products. Join me for 3 weeks of fun crafting as we create gift tags, bags, and cards.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 5, 12, 19, 26, Nov 2	Weds. 6:30-8pm	Cheri Davey	Roosevelt School 413 S. Oakes	\$22

## Knitting 202

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Description: Please join me in this informative class. I will teach you about tools, abbreviations, how to knit patterns, techniques and finishing. Knowledge of basic knitting required. A supplies list will be distributed at the first class.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 5, 12, 19, 26 Nov 2, 9	Weds. 6:30-8:30 pm	Judy Morseman	Roosevelt School 413 S. Oakes	None

## Essential Oils in Everyday Living

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Description: In this class Joyce Phillips will teach you the basics of using Essential Oils in your daily life. Learn which oils everyone should keep on hand and the application and benefits of their use. Whether it is cooking, cleaning, stress relief or anti-bacterial applications, there's an oil for that.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 2	Sunday 2-4pm	Joyce Phillips	916 McGillen	None

## Meditation

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Description: Guided group meditation. Each of the 4 sessions are independent of each other and will allow time for silent contemplation within the voice led journey to inner peace.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 6, 10, 13, 17	Mon. 5:30 Thurs. 5:30	Joyce Phillips	916 McGillen	None

## Nia

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Description: Combining dance, martial arts and mindfulness, Nia tones your body while transforming your mind. More than just a workout, Nia is a holistic fitness practice addressing each aspect of your life - body, mind and soul. 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.

For more information feel free to contact Samantha at 406-855-9024.

Dates	Weekday/Time	Instructor	Location	Supply Fee
Oct 5, 12, 19, 26 Nov 2, 9	Weds. 6-7pm	Sam Thomas	Roosevelt School Cafeteria	None

## Festival of Nations Dance

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Description: Learn Festival of Nations style dancing by focusing on traditional (and not-so-traditional dances of other countries. All skill, energy and age levels are welcomed and accommodated. The only requirement is a willingness to learn and move. Partners are not required but hard-soled shoes are recommended. Questions, call 446-2657.

<b>Dates</b>	<b>Weekday/Time</b>	<b>Instructor</b>	<b>Location</b>	<b>Supply Fee</b>
Oct 4, 11, 18, 25 Nov 1, 8	Tues 7-8:30pm	Bob Holmen	Roosevelt School Cafeteria 413 S. Oakes	None

## Beginning Line Dance

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Description: Welcoming new dancers - as well as returning dancers - to "Kick The Dust Up"! Have fun learning many country and contemporary line dances, including basic steps and stylistic technique! Class will be suitable for all levels. No partner needed. Please wear smooth-soled boots or dance/Zumba shoes that allow you to glide on the floor. With the change to Friday nights, participants will have the option to go dancing together after class!

<b>Dates</b>	<b>Weekday/Time</b>	<b>Instructor</b>	<b>Location</b>	<b>Supply Fee</b>
Oct 7, 14, 21, 28 Nov 4, 11	Fri 6-7:30pm	Lynn Sorensen	Roosevelt School Cafeteria 413 S. Oakes	None

## Country Western 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.

Contact Sharon at 861-3649 for more information.

Dates	Weekday/ Time	Instructor	Location	Supply Fee
Oct 6, 13, 20, 27, Nov 3, 10	Thurs 7:00-9pm	Sharon Luloff	Old Roosevelt School Gym	None

# Interested in teaching an Adult Education Course?

*Teaching opportunities occur Spring and Fall.*

Contact Kandy Aleksich  
for details  
406-425-0855



## Reiki Level I

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Description:

Reiki is a Japanese relaxation technique used to facilitate healing. This 2-day 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.

<b>Dates</b>	<b>Weekday/Time</b>	<b>Instructor</b>	<b>Location</b>	<b>Supply Fee</b>
Oct 11 & Oct 12	Tues. 6-9pm Weds. 6-9pm	Joyce Phillips	916 McGillen	None

## Yoga and Meditation

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Description:

All levels yoga! From beginner to advanced create an evening routine of yoga to help your strength, gain flexibility, relax your body, soothe your soul and calm your mind! You will learn what yoga entails through experiencing asana, pranayama and meditation. Yoga has been proven to help with heart disease, anxiety, depression, high blood pressure, back aches, stress and so much more. Supply Fee to be paid to instructor.

<b>Dates</b>	<b>Weekday/Time</b>	<b>Instructor</b>	<b>Location</b>	<b>Supply Fee</b>
Oct 5, 12, 19, 26 Nov 2, 9	Weds 7-8pm	Summer Abbey	Mountain Town Yoga - Old Roosevelt School	\$15

## Early Childhood

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Description:

Join us for a Early Childhood discussions covering nutrition, infant and toddler attachment and socialization, immunization, child development and screen time, parenting techniques and easy, engaging kids activities. Each session will have a time for instruction, as well as a time to ask questions, talk with other parents or engage with an activity related to the topic discussed. We will provide on site childcare for parents who need it. Fee waived.

<b>Dates</b>	<b>Weekday/Time</b>	<b>Instructor</b>	<b>Location</b>	<b>Supply Fee</b>
Oct 4, 11, 18, 25 Nov 1, 8	Tues. 6-7:15pm	Jenel Bloom	Roosevelt Middle School 413 S. Oakes	None

## Spanish

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Description:

Do you want to learn beginning Spanish but have never taken a class? Have you taken classes and want to learn more? Used to speak Spanish but never have the opportunity now and want a refresher? This class will benefit all of you! Expand your brain while having fun!!! Certified Spanish Teacher, teaches K-8 and tutors adults and children, lived in Spain and Honduras.

Limited to 20 students.

<b>Dates</b>	<b>Weekday/Time</b>	<b>Instructor</b>	<b>Location</b>	<b>Supply Fee</b>
Nov 1 & 2, 8 & 9, 15 & 16	Tues & Weds 6-8pm	Stephanie Naftal	Roosevelt School 413 S. Oakes	None



## NRA Basics of Pistol Shooting – Phase 2

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Description:

The NRA Basics of Pistol Shooting course teaches the basic knowledge, skills, and attitude necessary to use, clean, and store a pistol safely and responsibly. The class is now a two-part course consisting of an e-learning portion Phase 1 (completed online-at your own pace, usually 6 to 8 hours) and a hands-on practical portion Phase 2 conducted at a range under the guidance and supervision of an NRA-Certified Instructors. This course includes the morning followed by the Phase 2 range session. Gun rental available.

To register for this course you must have completed the Basics of Pistol Shooting Phase 1 (which is the classroom portion of the course) online available at <https://onlinetraining.nra.org/>. Phase 1 NRA fee is \$60.

*Upon successful completion of Phase 1 and you print your certificate, your Personal Identification Number(PIN) is activated. You must have that activated PIN to participate in this course.*

Phase 2 Class session starts at 9:00am in The Montana Carry classroom – located at 320 S Broadway, lower level and will finish at the outdoor range (approximately 4pm), depending on weather.

(Class size limited to 8 people - Student must have completed the NRA Basic Pistol Course Certificate)

Contact Information: (406) 425-2684 or [rod@montanacarry.com](mailto:rod@montanacarry.com)

<b>Dates</b>	<b>Weekday/ Time</b>	<b>Instructors</b>	<b>Location</b>	<b>Supply Fee</b>
Oct 8	Sat 9am-4pm	Rod and Donna Bastian, Shawn Halvorsen	The Bunk House 320 S. Broadway	\$10 + Ammunition + Optional Gun Rental

## Furniture Refinishing

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Description:

Make that shabby antique into a beautiful, finished piece of furniture! Bring a notepad, a small sized project and your questions for the first evening. Mark will determine what your project needs are to complete the job. He will cover how to buy a piece, how to break it down without destroying it stripping techniques, prep work for refinishing, the gluing process and the actual refinishing techniques and supplies.

This combined skills class also offers solutions for more difficult problems like veneer repair, making and replace missing parts, repairing badly damaged parts, how to deal with damaged or missing carved pieces, and how to repair or replace broken turnings. Call Mark directly if you have questions. 406-598-8768. Two courses offered below. Supply Fee to be paid to instructor.

Class limited to 5 students.

<b>Dates</b>	<b>Weekday/ Time</b>	<b>Instructor</b>	<b>Location</b>	<b>Supply Fee</b>
Oct 3, 10, 17, 24, 31 Nov 7	Mon. 6-8pm	Mark Smith	Roosevelt Middle School 413 S. Oakes	Depends on project

<b>Dates</b>	<b>Weekday/Time</b>	<b>Instructor</b>	<b>Location</b>	<b>Supply Fee</b>
Oct 4, 11, 18, 25 Nov 1, 8	Tues. 6-8pm	Mark Smith	Roosevelt Middle School 413 S. Oakes	Depends on project

## **NRA Basic Personal Protection In the Home Course**

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**Description:**

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.

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

Contact Information: (406) 425-2684 or [rod@montanacarry.com](mailto:rod@montanacarry.com)

*\*Firearm not required to participate in class – gun rental available. Bring unloaded firearm to class, no ammunition in classroom. Limited to 10 students.*

<b>Dates</b>	<b>Weekday/ Time</b>	<b>Instructors</b>	<b>Location</b>	<b>Supply Fee</b>
Oct, 12, 14, 17 Range Day Oct 16th	Various 6-9pm	Rod and Donna Bastian, Shawn Halvorsen	The Bunk House 320 S. Broadway	\$30 + Ammunition + Optional Gun Rental