



Growing and Learning Together

Spooner Area Community Education

Explore something new, connect with your community, enrich life...

SACE is always interested in more class ideas and leaders who enjoy sharing their experiences and gifts with others. Contact Karen at 635-0243 or collinsk@spooner.k12.wi.us.

Karen Collins, Spooner Area Community Education

BOOT CAMP – 5:40-6:30 a.m., ten Tuesdays and Thursdays, January 3 through March 8, High School Weight Room and Gym, instructor Leslie Gudmunsen. Fee \$83. Bring to class: athletic shoes and clothing, water bottle, towel (optional).

See great results from this intense 50 minute fitness class. Includes core, strength, and cardio exercises. Registration Deadline: December 21.

FREE class Thursday, December 22, 5:40am-6:30am Come check it out!

NUTRITION & WEIGHT LOSS CHALLENGE – 6-7 p.m., ten Tuesdays, January 3 through March 8, High School Room C16, instructor Donald Ross. Fee \$23 + Materials \$10. Bring to class: Yoga type mat, comfortable clothing (for fitness portion of class), pencil, paper.

Win a piece of the Biggest Loser pot at end of class! Understand how your body can process food more efficiently. Topics will cover proteins, carbohydrates, fats, metabolism, nutrition labels, fiber, dining out, digestive health, stress, meal planning, and goal setting. 1st group has lost about 50 lbs so far!! **YOU CAN DO IT TOO!** Registration Deadline: December 21.

FLIRTY GIRL FITNESS – Ten Tuesdays and Thursdays, January 5 through March 13, High School Room C45, instructor Roni Tennant. Fee \$60. Bring to class: yoga type mat, athletic shoes and clothing, water bottle, towel (optional).

Dance your way to fitness! Enjoy flirty, intense dance-based cardio sessions! Fun dance moves straight from latest music videos and dance floors spice up the routine. All fitness levels welcome. No prior dance experience necessary. Registration Deadline: December 21.

Tuesdays and Thursdays, 6:30-7:30 a.m. (Elementary School Gym)

Tuesdays, 5:30-6:30 p.m (High School Room C45)

Thursdays, 4:15-5:15 p.m. (High School Room C45)

FREE class Tuesday, January 3 at 4:15 p.m. (High School Room C45)

ZUMBA – Ten Tuesdays and Thursdays, January 5 through March 13, High School Room C45, instructor Roni Tennant. Fee \$60. Bring to class: yoga type mat, athletic shoes and clothing, water bottle, towel (optional).

Forget just working out! Enjoying high energy, motivating music, and unique moves and combinations is your ticket to fitness. Mix effective body sculpting movements with easy-to-follow, fun dance steps. Registration Deadline: December 21.

Tuesdays, 4:15-5:15 p.m. (High School Room C45)

Thursdays, 5:30-6:30 p.m (High School Room C45)

FREE class Tuesday, January 3 at 4:15 p.m. (High School Room C45)

TEEN BOOT CAMP – 3:30-4:15 p.m., twenty Tuesdays and Thursdays, January 10 through March 15, instructor Michelle Jochimsen. Bring to class: Water bottle, athletic shoes and clothing.

Reach your fitness goals in an enjoyable group setting! Ease back into shape or tone up after the holidays! Focus on cardiovascular endurance, strength, and flexibility. Routines are mixed up and never boring, yet as intense as you make it!

GIRLS LIVE STRONG – 3:30-5 p.m., fifteen Mondays, January 16 through April 26, Middle School Classroom, instructor Michelle Jochimsen. For girls ages twelve through fourteen. Be joyful, healthy, and confident through this fun, experience-based curriculum which creatively integrates running. We'll train for a 3.1 mile running event with self-esteem enhancing, uplifting workouts. Girls will strive for a strong sense of identity and greater knowledge of team and community membership. Registration Deadline: January 9.

COMPUTERS: MICROSOFT WORD 2010 – 6-8 p.m., Wednesday, January 25, Spooner High School Room B93, instructor Tucker McCumber, Hugh Miller. Fee: \$12. Learn about labels, mail merge letters, cover pages, tables, headers/footers, word art and more page formatting. This in-depth class will expand your Microsoft Word knowledge. Registration Deadline: January 18.



BASKET: HEARTH – 6-10 p.m., Thursday, January 26, High School Art Room B99, instructor Roxanne Melton. Fee \$12 + Materials \$20. Bring to class: Dishpan, flexible tape measure, scissors, 10 clothes pins, pencil, butter knife, old towel. Great to dress up your hearth or carry your garden and Farmer's Market produce. Registration Deadline: January 18.

COMPUTERS: PHOTOSHOP CS4, Advanced – 6-8 p.m., Tuesday, January 31, Spooner High School Room B93, instructor Tucker McCumber, Hugh Miller. Fee: \$12. Take Photoshop CS4, a photo editing program from Adobe, to the next level. Use this powerful software to manipulate pictures, remove bad spots, or just touch them up for a card. Once you use Photoshop, you'll never go back! Registration Deadline: January 24.

COMPUTERS: MICROSOFT OFFICE 2010 – 6-8 p.m., Wednesday, February 8, Spooner High School Room B93, instructor Tucker McCumber, Hugh Miller. Fee: \$23. Learn about Microsoft's latest version of Office. Office 2010 looks very different than Office 2003 but is meant to be easier to use. Class covers Excel, PowerPoint, Word & Outlook 2010. Question/Answer and experimentation time built into class. Registration Deadline: February 1.

MOSAIC SAMPLER: MIRROR OR TABLE – 6-9 p.m., two Thursdays, February 9 and 16, High School Agriculture Room C60, instructor Peggy Ingles. Fee: \$30. Bring to first class: \$15-28 material fee to instructor, 2nd class bring cut up terry towels, small container with lid, and "messy clothes."



Mosaics are easy and fun for the beginning artist. Mosaic glass is cut and ready week one. Grout and protect it week two for home decor that will amaze your friends and family! Choose from

patterns or bring your own to make this a treasure to treasure! Specify mirror or table on registration form. Registration Deadline: February 1.

COMPUTERS: MICROSOFT EXCEL 2010 – 6-8 p.m., Wednesday, February 15, Spooner High School Room B93, instructor Tucker McCumber, Hugh Miller. Fee: \$23.

Explore in-depth formulas, formatting, charts, and other data options. This is a must for anyone using or who wants to begin using Excel! Registration Deadline: February 8.



BASKET: PHOTO – 6-10 p.m., Thursday, February 16, High School Art Room B99, instructor Roxanne Melton. Fee: \$12 + Materials: \$20; Bring to class: Dishpan, flexible tape measure, scissors, 10 clothes pins, pencil, butter knife, old towel.

Celebrate a special day or events in a loved ones life by displaying your much loved pictures around the perimeter of this handcrafted basket! More than artful, more than purposeful!! Registration Deadline: February 8.

COMPUTERS: MEDIUM SKILLS – 6-8 p.m., 2 nights; Tuesday, February 21 and Thursday, February 23, Spooner High School Room B93, instructor Tucker McCumber, Hugh Miller. Fee: \$23.

So you have a computer, you know how to turn it on...now what? Learn more advanced things to do on your computer, such as Folder Organization, File Back Up to an external hard or flash drive, maintain Favorites, uninstall software, use CC Cleaner to keep your system in shape and more. Question/Answer time built into this class. Registration Deadline: February 14.

COMPUTERS: VIRUSES, SPYWARE, TROJAN WHAT?? – 6-8 p.m., Tuesday, February 28, Spooner High School Room B93, instructor Tucker McCumber, Hugh Miller. Fee: \$18

Are you paying too much for Anti-Virus/Anti-Spyware? Is your computer at risk? Some viruses, spyware, Trojans, and malware can: slow down, crash, or steal personal information on your computer. If you have Virus protection but don't have (or know if you have) Spyware/Malware protection you are at risk! Free solutions, just as good as paid versions, will save you \$\$\$ each year. Registration Deadline: February 21.

BABYSITTING (Age 12 and up) – 3:30-5:00 p.m., seven Mondays, March 5 through April 30, Spooner Middle School, instructor Deb Meyer, Judy Schnacky. Free.

Learn valuable tips and information to help you become a responsible and safe sitter. Learn about children of various ages and get ideas for fun activities. You will better manage mealtimes, bedtime, temper tantrums, and crying infants after this course. Find out what info you should have about the children in your care, questions to ask their parents, and "house rules."

Registration Deadline: February 28.

COMPUTERS: WINDOWS 7 – 6-8 p.m., Tuesday, March 6, Spooner High School Room B93, instructor Tucker McCumber, Hugh Miller. Fee: \$12.

Demystify Microsoft's latest operating system! Learn latest Windows features such as Snap, Jump Lists, and more! Class meets range of levels: those who want to learn more about their Windows 7, thinking about purchasing W7, or what Windows is all about! Question/Answer and experimentation time built into class. Registration Deadline: February 28.

COMPUTERS: PHOTOSHOP CS4, BEGINNER – 6-8 p.m., Thursday, March 22, Spooner High School Room B93, instructor Tucker McCumber, Hugh Miller. Fee: \$12.

Love editing pictures? Want to? Photoshop CS4, a photo editing program from Adobe, allows you use of this powerful software to manipulate pictures, remove bad spots, or touch them up for a card. Once you use Photoshop, you'll never go back! Registration Deadline: March 15.

COMPUTERS: iPad/Download "Apps" – 6-8 p.m., Wednesday, March 28, Middle School Media Center, instructor Hugh Miller, Tucker McCumber. Fee: \$18

Curious or just getting to know your iPad or iPod Touch? Learn how to create and navigate through your Home screen, sync media with your computer using iTunes, manage your photos, use the cameras, watch videos, and visit the App Store.

Registration Deadline: March 21.



BASKET: SILVERWARE – 6-10 p.m., Thursday, March 29, High School Art Room B99, instructor Roxanne Melton. Fee: \$12 + Materials: \$20, Bring to class: Dishpan, flexible tape measure, scissors, 10 clothes pins, pencil, butter knife, old towel.

Organize your desk or those hostess essentials with chic style! This inspiring basket's wooden base and divider makes for a sturdy yet beautiful tote anywhere/serve any occasion focal piece (office, beach party, Easter Dinner)! Registration Deadline: March 21.

CREATIVE WRITING – 1-3 p.m., four Wednesdays, April 4 through April 25, High School Room C16, instructor Kathleen King. Fee \$26.37. Bring to class: pencil and paper or laptop for exercises.

Transform your story into fascinating fiction or lively memoir. Several activities will help you open your creativity and you'll work on skills and techniques to improve your writing. Katy is a nature photographer and author of ten novels. Registration Deadline: March 15.

COMPUTERS: GDOCS "Living in the Cloud" – 6-8 p.m., Tuesday, April 10, Spooner High School Room B93, instructor Hugh Miller, Tucker McCumber. Fee \$12.

Explore Google Docs, a powerful, free tool for home or business. Use Word, PowerPoint, Excel, and other features all within your web browser on Google Documents. Have all your files available out on the web and accessible anywhere via a Windows computer, Apple computer, or even mobile devices. You too can use these new "Cloud Based" software solutions. Registration Deadline: April 3.

BASKET: PICNIC – 6-10 p.m., Thursday, April 26, High School Art Room B99, instructor Roxanne Melton. Fee: \$12 + Materials: \$30, Bring to class: Dishpan, flexible tape measure, scissors, 10 clothes pins, pencil, butter knife, old towel.

You'll want to offer more picnic lunches to freshen up your spring season! This easy, lidded basket also works great to tote fragile items to the cabin! Registration Deadline: April 18.



SEW AN APRON – 5:30-8:30 p.m., Thursday, May 3 and Tuesday, May 8, Middle School FACE Room, instructor Deb Meyer. Fee \$12. Bring to class: @ 1.5 yards of scrap fabric, 1 spool of thread (any color), and scissors. Your own sewing machines are welcome (optional), in good working condition along with bobbins and operating manuals.

Invite a friend; join this sewing party!! Aprons are popular and a great way to learn/practice



how to sew! Become comfortable operating a sewing machine (on our machines or yours) and practicing seams and hems. Day 1: Plan yardage and learn type of fabric needed. Shop for your material between classes then construct it on Day 2. You'll have your very own apron finished before you leave! Registration Deadline: April 25.



MOSAIC SAMPLER: STEPPING STONE or GAZING BALL – 6-9 p.m., two Thursdays, May 3 and 10, High School Agriculture Room C60, instructor Peggy Ingles. Fee: \$30. Bring to first class: \$15 - \$20 material fee to instructor and bowling ball (if

choosing to make Gazing Ball), 2nd class bring cut up terry towels, small container with lid, and “messy clothes.”

Add sparkle and whimsy to your yard or garden. Mosaic is easy and fun for the beginning artist. Mosaic glass is cut and ready week one! A variety of sizes & shapes of parring stones available or bring your own bowling ball. Grout and protect it week two for yard art that will amaze your friends and family! Choose from patterns or bring your own – handprints (pet or children’s) make forever treasures! Specify stepping stone or gazing ball on registration form. Registration Deadline: April18.



BENT WILLOW CHAIR – 9-5 p.m., Sat & Sun, Date and site to be determined, instructor Bob McNeeley; Fee + Materials: \$230/student, \$10 additional helper (spouse/friend); marker, tape measure, utility knife, power drill (some drills will be available)

Learn the craft of willow bending to create a beautiful, fan backed chair. You will select and cut saplings for the frame and assemble your chair during the first day (location to be announced). Day two learn how to bend willows to create the flowing lines of a traditional fan backed chair. Registration Deadline: May 24

RUSTIC TWIG FURNITURE – 9-4 p.m., Saturday, Date and site to be determined, instructor Bob McNeeley. Fee + Materials: \$115/student prior, plus \$15 additional helper (spouse/friend). Bring to Class: marker, tape measure, utility knife, power drill (all materials, drill bits, fastening hardware, and some drills will be available).



Using barn boards and tree branches give a gift to your home or landscape or someone special with a piece of rustic twig furniture. Specify whimsical twig chair or slab garden bench on registration form. Techniques taught will enable you to build more furniture and garden structures in the future.

Learn. Laugh. Live.

Class Registration Information

Many classes fill quickly. Sessions will be cancelled if sufficient enrollment is not received; such fees will be fully refunded. Avoid disappointment of class cancellations, register early and invite a friend or two to register with you.

Assume you are in the class and it will be held at the time and place indicated. When classes are canceled at Spooner Area School District due to inclement weather, all day and evening ComEd classes and activities are canceled. SACE assumes no responsibility for reaching those who do not provide a daytime email address or telephone number.

All SACE classes are self-funding; we depend on enrollment to cover the cost of instructors. When registering for a class you agree to pay the fee whether or not you attend. We count on your registration to meet minimum enrollments. If our office cancels a class, a full refund will be processed. Please allow 3-4 weeks to receive a refund.

Mail or drop off check(s) and this form:

**Spooner Area Community Education (SACE)
801 Cty A, Spooner, WI 54801
Attention: Karen Collins**

**SEND SEPARATE CHECK FOR EACH CLASS
USE ONE REGISTRATION FORM PER PERSON**

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____ Yes! I live outside Spooner Area School District and would like to be on the
electronic SACE newsletter mailing list.

Your privacy is important to us. We do not share or sell emails.