

# Registration Begins March 7th

## Hobbies continued...

### B11—Basics of owning a dog or bringing home a new member of the family!

Do you have a dog in your home that you aren't sure how to train? Maybe he barks at strangers, puts his feet up on the counter, or isn't good in the car. Whatever it may be, this class is provided to help you navigate life with a well-behaved dog! This class is also great for those that are thinking of adding a new dog or pup to the family. Topics will include basic commands (sit, down, stay, wait, come, etc.), socializing your puppy to new environment, many dos and don'ts of owning a dog, and more! Please do **NOT** bring your pet.

Instructor: Kailey Passon  
Saturday, March 26th  
2:30-4:00 p.m.  
HHS Library  
Cost: \$10.00

## Computers

### C1—Google Applications

This training is on G Suite (Google Applications). In the training, we will cover, Classroom, Drive, Docs, Slides, Sheets Drawings, and Sites. After each module, there will be an activity using the tools that were learned in that module.

Instructor: Joe LaPlante  
Tuesday, April 19th  
6:00-8:00 p.m., HHS Media Room  
Cost: \$10.00



### C2— Introduction to Microsoft Excel

Learn the basics of Microsoft Excel. A few of the things students will learn is how to enter and format data, basic formulas, linking spreadsheets together, creating simple reports and learning keyboard shortcuts plus much more.

Instructor: Joe LaPlante  
Tuesday, April 26th  
6:00-8:00 p.m., HHS Media Room  
Cost: \$10.00

### C3—Streaming

We will contrast and compare streaming hardware, services and discuss alternatives to cable and satellite TV. We will explain new terminology as technology advances.

Instructor: Triangle Communications Staff  
Tuesday, March 15th  
6:00-8:00 p.m., Triangle Communications Hospitality Room  
All fees covered by Triangle Communications.

## Life & Health

### AHA Basic CPR and First Aid (Heartsaver)

This course teaches infant, child and adult CPR and First Aid. **Limit of 12 students per class.**

Please indicate which class you will be attending.

Instructor: Jeri Zorn, RN

**D1**—Saturday, April 23rd

8:30- 11:30 a.m., HHS Library

Cost: \$50.00

**D2** —Saturday, May 14th

8:30- 11:30 a.m., HHS Library

Cost: \$50.00

### D3 — Simplifying Meditation

Beginner's introduction to meditation. If practicing meditation has been on your mind, this course will simplify and clarify any misconceptions or difficulties bringing this beautiful practice into your life.

Instructor: Tamara Gibson, Licensed Massage Therapist & Ayurveda Practitioner

Friday, March 25th

6:30-8:00 p.m., HHS Library

Cost: \$10

### D4 — How to Create a Mindful Morning

In this class, we will discuss how to set up a morning environment specific to your goals. From meditation to yoga or journaling and much more. We will give you space to bring all that attracts you into your very own custom morning routine. We will give multiple examples of morning environments to inspire you as well as worksheets to put your beautiful plan into action.

Instructors: Tamara Gibson, Licensed Massage Therapist & Ayurveda Practitioner &

Ryann McLain, Sacred Circle Facilitator

Friday, April 29th

6:00-8:00 p.m., HHS Library

Cost: \$17.00

## Fitness

### E1 — Aqua Exercise

You'll have a great physical workout at the Havre City Pool. Water buoyancy has been shown to make exercise less stressful on the body's joints thus getting the benefit of aerobics without the stress on the body. Non-swimmers are welcome. This is a coed class.

Instructor: Julie Groven

Havre City Pool

T/TH, March 15th—May 12th

8:30—9:30 a.m.

**Max 25 Students**

Cost: \$45.00 **(62+ \$43.00)**



### E2 — OULA

OULA is an easy to follow, high cardio exercise for people of all abilities to Top 40 hits. It is an experience where you are free to let it all out and dance free of judgment because our focus is on "how you feel," rather than "how you look." Join in for a mind-body practice with the playfulness of a living room dance party! Bring a water bottle.

Instructor: Kristi Hickman

LMK Gym, T/TH, March 15th—May 10th

**No class April 14th**

4:15—5:15 p.m.

**Max 25 Students**

Cost: \$41.00 **(62+ \$39.00)**

### E3— Pilates

This class will improve flexibility, build strength, and improve coordination and balance by putting an emphasis on core training. Stability balls, weights, bands, and medicine balls may be used during this class along with bodyweight exercises to additionally train all muscle groups.

Participants are asked to bring their own yoga or Pilates mat. If participants prefer, please bring your own yoga ball.

Instructor: Ronda Holland

LMK Gym, Wednesdays

March 16th—May 11th

4:15—5:15 p.m. **Max 15 Students**

Cost: \$24.00 **(62+ \$22.00)**

### E4— Zumba

Zumba Fitness is a total body workout, combining all elements of fitness- cardio, muscle, conditioning, balance and flexibility. This class involves dance and aerobic movements performed to energetic music such as Cumbia, Merengue, Salsa to name a few. It really does feel like a dance party instead of a dreaded workout session. It is a happy workout! Class is 45 minutes but we spend a few minutes before and after class stretching to thank your muscles. No dance experience necessary. Follow my lead and get into the music. Wear comfy clothes and shoes. Bring a water bottle and a towel.

Instructor: Lirio McKenzie

Highland Park Gym, Tuesdays and Thursdays

7:00 pm- 8:00 pm

March 15th- May 12th -No class April 7th, April 12th and

April 14th

Cost: \$38.00 **(62+ \$36.00)**

## Culinary

### G1— Dutch Oven/Camp Cooking

Join Ray and Judy as they get ready for camping season with a fun afternoon of learning to cook with a variety of Dutch ovens. Rain, snow or sunshine, we will be cooking up delicious food in the garage. Pioneers, Lewis & Clark, and now people who love to cook outside, use these amazing cast iron pots over campfires or charcoal. In this class, you will receive a how-to booklet and recipes. You'll make 5 entrees ranging from appetizers and bread, to breakfast, supper, and even dessert. Please bring a container to class to carry home any leftovers.

Instructors: Judy Jones and Ray Toth

Residence of 707 9th St. W. Havre

Saturday, April 30th, 11:00 a.m.—1:00 p.m.

Cost: \$20.00