## ADULT ENRICHMENT

## Green Lake Cruise



Date: June 6

Come aboard the Green Lake Cruise Boat for a wonderful 2- Hour cruise around Green Lake. Spend the afternoon with us on this private cruise. We will be



chartering the boat for our Community Education Group only. \*Snacks and full bar items are available to purchase on the cruise. Class Code: S1031 Fee:\$14 (includes bus ride & cruise)

**Time:** Leave the Paynesville Area Center at 1:15 PM Return Approx. 4:30 PM **Registration Deadline:** Extended to May 30 Minimum: 30 Maximum: 50

# th Mental Health First Aid Class

Youth Mental Health First Aid is designed to teach parents, family members, caregivers, teachers, school staff, peers, neighbors, health and human services workers, and other caring citizens how to help an adolescent (age 12-18) who is experiencing a mental health or addictions challenge or is in crisis. Youth Mental Health First Aid is primarily designed for adults who regularly interact with young people. The course introduces common mental health challenges for youth, reviews typical adolescent development, and teaches a 5-step action plan for how to help young people in both crisis and non-crisis situations. Topics covered include anxiety, depression, substance use, disorders in which psychosis may occur, disruptive behavior disorders (including AD/HD), and eating disorders. This class is designed for ages 18 plus.



Date: Tuesday, June 11 **Time**: 8:00 am- 4:30 pm Fee: Free (Call the Community Ed office to register at 243-7570)

Class Code: S1006 Min: 4 Max:25 Location: Elementary School Media Center Instructor: Dawn Knoll, Kristin Zimmer, David Oehrlein Registration Deadline: June 4

## Fresh From the Farm! Now What???

#### Strawberries...



Wondering ... what to do with all the strawberries you picked? Join us for

this food preservation class. We will be processing strawberries into 3 different jellies and one bag for your freezer. Each participant will take home 3 jars of jelly and one bag of berries ready for the freezer.

Date: June 3 **Time:** 6:00–7:30 PM Fee: \$19 Code: S1055 Location: MS RM 239 Deadline: May 27

#### Whole Chicken...

Have you ever bought a whole chicken and wondered what to do with it? This class will walk you through the process of "processing" a



whole chicken. (Chickens are already butchered and ready for ing) Each participant will take home one cut up organically raised chicken. There will be no cooking done in this class.

Date: July 23 Time: 6:00-7:30 PM Fee: \$29 Code: \$1056 Location: MS RM 239 Deadline: July 16

#### Sweet Corn...

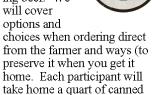


we will go through both pressure canning and freezing sweet corn. Each participant will take home a quart of canned corn and a baggies of corn ready for the freez-

Date: Aug 13 **Time:** 6:00 – 8:00 PM Fee: \$19 Code: S1057 Location: MS RM 239 Deadline: August 6

#### Beef...





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beef. Date: Sept 17 Time: 6:00-8:00 PM Fee: \$19 Code: F1080 Location: MS RM 239 Deadline: Sept 10

### 55 Alive Defensive Driving Classes

#### 4 Hour Refresher Course

If you have taken a State approved 8-hour Defensive Driving Course (55+) in the past, now you can renew your 10%, 3 year car insurance discount by taking this state-approved, 4-hour refresher course. There's no driving and no test. You will receive a certificate of completion to provide to your insurance company.

**Time**: 5:30-9:30pm Class Code: SP1031 Date: Tuesday, May 21 Date: Tuesday, Sept 17 **Time**: 1:30-5:30pm Class Code: F1061

**Min**: 20 Max: 44 Fee: \$18 Location: Paynesville Area Center \*\*Pre-registration is required—Please register online at www.PaynesvilleCE.com or call 243-7570 \*\*

