

# ADULT ENRICHMENT

## Green Lake Cruise



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.



**Date:** June 6      **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

## Youth 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:** High 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  
**Min:** 5      **Max:** 12

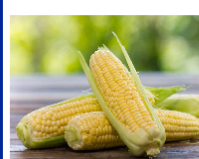
### Whole Chicken...

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 eating) 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:** S1056  
**Location:** MS RM 239  
**Deadline:** July 16  
**Min:** 5      **Max:** 12



### Sweet Corn...



Is the thought of getting a bushel of sweet corn overwhelming to you? In this class

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

**Date:** Aug 13  
**Time:** 6:00– 8:00 PM  
**Fee:** \$19      **Code:** S1057  
**Location:** MS RM 239  
**Deadline:** August 6  
**Min:** 5      **Max:** 12

### Beef...

This class will cover a number of aspects of ordering and preserving beef. We will cover options and choices when ordering direct from the farmer and ways (to preserve it when you get it home. Each participant will take home a quart of canned beef.

**Date:** Sept 17  
**Time:** 6:00– 8:00 PM  
**Fee:** \$19      **Code:** F1080  
**Location:** MS RM 239  
**Deadline:** Sept 10  
**Min:** 5      **Max:** 12



## 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.



**Date:** Tuesday, May 21      **Time:** 5:30-9:30pm      **Class Code:** SP1031  
**Date:** Tuesday, Sept 17      **Time:** 1:30-5:30pm      **Class Code:** F1061  
**Fee:** \$18      **Min:** 20      **Max:** 44      **Location:** Paynesville Area Center

**\*\*Pre-registration is required—Please register online at [www.PaynesvilleCE.com](http://www.PaynesvilleCE.com) or call 243-7570 \*\***