



Winter 2021-2022 - December - February



**That's
Community Ed!**

Paynesville Area Schools ISD #741
www.PaynesvilleCE.com - 320-243-7570



Paynesville Green Roof Area Center





DIRECTORY



Community Education

795 Business 23 West
Paynesville, MN 56362

Phone: (320)243-7570

Visit us on the web www.PaynesvilleCE.com



Central Office Hours
Monday-Friday
8:00 a.m.-4:00 p.m.
Enter Door #1
PACC Main Entrance

Summer, Holiday & No School Hours Will Vary

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Early Childhood Family Education (ECFE)

Lisa Stang, Deb Bengston, Amy Spanier, Alexis Kesteloot
243-3725-Ext 1165

Preschool "Plus" - 243-3725-EXT 1104

Katie Blomker - Kandace Damhof

PAWS Site Leader & PAWS Room - 243-5437 (KIDS)

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kschultz-kierstead@isd741.org

PACC Staff- 243-7570

Jerome Feigum

Macey Brutger, Isabel Campbell, Eli Nelson, Nate Miller

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Find us on
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Paynesville Census 0-4 year olds

Is there a new addition to your family? Paynesville Early Childhood Family Education keeps current records on the number of 0-4 year olds living in our district. These numbers are used to get state aid for our Early Childhood Family Education program. The school district also uses this information to schedule preschool screening for three and four year olds during the year. We do not want to miss you. If you have a child between the ages of 0-4 and they were not born at the Paynesville Area Hospital, please call us at 243-7570 and we will make sure your child is on our census. Thank you for helping!!!

Comm Ed is located in the PACC (Paynesville Area Community Center)



Early Childhood Screening is a FREE check of:

- * Height and Weight
- * Vision and Hearing
- * Immunization Records
- * Developmental Assessment that include: communication, motor, cognitive and social-emotional skills

Scoring is based on the child's age at the time of the screening, so being older does not give them an advantage.

Early Childhood Screening



Screening is required by state law before kindergarten.

That makes is sound as though, a child should be screened right before kindergarten. NOT SO!

Screening is most valuable for three- four year olds.

If a child's developmental delays are not identified until they are about to enter kindergarten. They have missed out on one-two years of early childhood services that could make a huge difference to their school success!

If you are new to the district, if your child is 4, or if your child will be starting kindergarten within the next two years and has not been screened...

Call today 243-7543



Early Childhood Screening Information:

Screening will be held on Fridays throughout the school year. Please call Lisa at 243-7543 during normal school hours to set up a screening.

Dates of Screenings:

December 3 February 4
March 18

Parent/Child classes



ECFE-Christmas PJ Party (Ages 0-5)

Jump in those Christmas PJ's and get ready for an evening of holiday crafts, games, a special holiday snack and circle time.

Date: December 13 **Time:** 5:30-7:00pm **Class Code:** F1148
Fee: \$5 by Nov 29/\$9 regular **Deadline:** Dec 6
Min: 5 **Max:** 30 **Location:** Elem. Rm. 124
Instructors: Mrs. Stang & Mrs. Kesteloot



Math Mania!

(This class is for the children currently enrolled in the 4 year old Preschool Program)



Come anytime during the 2 hour window and play preschool math games and activities with your child. Some games will be a "make and take". This is a great opportunity to learn preschool skills, meet other preschool children, and simply to have fun learning with your child. Snacks and water will be provided.

Date: January 18 **Time:** 5:00pm-7:00pm **Class Code:** W0036
Fee: \$5 by Jan 4/\$9 regular **Min:** 5 **Max:** 40
Deadline: January 11 **Instructors:** Mrs. Stang & Mrs Kesteloot

Location: Elementary Room #124

Reading Rodeo!

(This class is for the children currently enrolled in the 4 year old Preschool Program)

Come anytime during the 2 hour window and play preschool reading games and activities with your child. These games will be focused on letter recognition and rhyming. Some games will be a "make and take". This is a great opportunity to learn preschool skills, meet other preschool children, and simply to have fun learning with your child. Snacks and water will be provided.



Date: January 27 **Time:** 5:00pm-7:00pm **Class Code:** W0037
Fee: \$5 by Jan 13/\$9 regular **Min:** 5 **Max:** 40
Location: Elementary Room #124 **Deadline:** January 20 **Instructors:** Mrs. Stang & Mrs Kesteloot

Thankful for Grandma

(Age 3-4)

As promised before, we are so excited to invite another Grandma to join us for an evening of fun! We will be painting our nails, doing crafts, reading stories, and have a 'Grand' ol time! One Grandma per child please!



Date: February 10 **Time:** 5:30pm-7:00pm
Class Code: W0038 **Fee:** \$5 by Jan 28/\$9 regular
Min: 5 **Max:** 30
Location: Elementary Room #124 **Deadline:** Feb 3
Instructors: Mrs. Stang & Mrs Kesteloot

Thankful for Grandpa

(Age 3-4)

As promised before, we are so excited to bring our Grandpas back in for a night of fun! This evening is all about Grandpa. We will be busy making projects, having a snack, playing, and having a 'Grand' ole time! One Grandpa per kiddo please!

Date: February 17
Time: 5:30pm-7:00pm
Class Code: W0039
Fee: \$5 by Feb 3/\$9 regular
Min: 5 **Max:** 30
Location: Elementary Room #124
Deadline: Feb 10
Instructors: Mrs. Stang & Mrs Kesteloot





ECFE CLASSES



2 and 3 Year old Toddler Evening Preschool Program



Your little ones are changing and discovering more each day! They are curious and looking to explore the world around them. Our program will engage your child through music, art, movement and socialization. We provide an environment that will excite any learner while building a positive foundation that sets the tone for school years to come. During each class parent and child will enjoy playtime and circle time together before giving your child opportunities to gain confidence and a sense of independence when parents separate for a portion of the evening. During this time parents will meet with a Parent Educator to discuss child development and gain support from other parents while students will continue to explore through Teacher guided experiences.

Thursday Evenings

Dates: March 3, 10, 17, 24, 31

Class Code: SP1000

Time: 5:30 pm - 7:00 pm **Min:** 5 **Max:** 8

Location: Elementary School Room #125

Instructors: Mrs. Stang & Mrs. Kesteloot

2 & 3 Year Old Toddler Preschool

Sliding Fee Scale (Per Class Code Fee)

Household Incomes \$50,000 + = \$39

Household Incomes \$39,999 - \$49,999 = \$34

Household Incomes \$25,000 - \$39,999 = \$29

Household Incomes \$24,999 & Below = \$24

****Must show 2020 income tax statement as proof of income if under the \$39/month fee.**

Registration Deadline: One week before classes begin



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Early Childhood Screening Information:

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Dates of Screenings:

**December 3 February 4
March 18**



Parent Advisory Council

Calling all parents of children 0-5!

We want to hear your voice! This council is all about what YOU want in our ECFE programming. What kinds of classes are you looking for? What time of the day/year works best for you for Early Childhood Classes? Childcare is provided during the meetings. No registration is required. There will be meetings throughout the school year Time will be 6-7pm. Meeting

will be in the Elementary School Conference Room #129 with childcare in room #124 (Mrs. Stang's room)

Please email Mrs. Stang at lstang@isd741.org to be a part of the Parent Advisory Council.

help me



Is your child developmentally on track? If you have concerns about a child birth to three years of age, please contact Jeanne Schneider at the West Central Education District (WCED) at 320-256-6026 to learn more about programs and services that are available.

You can also visit helpmegrowmn.org for lots of good resources and suggestions for helping children learn and grow.

PAWS School Age Childcare Program



Activities Include

Sports & Recreation
Homework Help
Arts & Crafts
Free Choice Time
Recess
Enrichment Activities
Science Projects
Games
Field Trips/Special Events

Fun! Fun! Fun!



Before School Care Hours – 6:30 am to 8:00 am

After School Care Hours – 3:00 pm to 6:00 pm

- * Enrichment programming for Paynesville Area Students in Grade (4 year old Preschool to Fifth Grade)
- * Full day programming on most school vacation days and early dismissal days. (6:30 am – 6:00 pm)
- * Conveniently located in Paynesville Area Elementary School.
- * Flexible enrollment options including before and/or after school 1 to 5 days per week and occasional use.



Go to www.PaynesvilleCE.com to Register and for more info!

Boys Basketball Camp (Gr. K-3)



Join us for our winter youth boy's basketball camp. This camp will help your youngster work on all the aspects of basketball while having fun .

Dates: Jan 9, 16, 23

Time: 5:00 pm - 6:00 pm

Fee: \$14 by Dec 24/ \$19 regular

Class Code: W1025

Location: PACC Court #3

Instructor: Varsity Coaching Staff

Min: 10 **Max:** 25

Registration Deadline: January 2

Girls Basketball Camps (Gr. K-3)

Want to try basketball without the commitment? Maybe you already love the sport of basketball and want more practice. Sign up for our one day camps. You can sign up for one or sign up for all three.

Time: 5:00 pm - 6:00 pm

Fee: \$5 per day

Location: PACC Court #2

Instructor: Varsity Coaching Staff

Min: 10

Max: 25

Registration Deadline: one week prior to camp date

Date: Dec 5

Class Code: W1042

Registration Deadline:

Nov 28

Date: Jan 23

Class Code: W1043

Registration Deadline:

Jan. 16

Date: Feb 20

Class Code: W1044

Registration Deadline:

Feb 13

Girls Winter Break Basketball Clinic (Gr. K-3)

Use this winter break to work on your basketball game. Our Varsity coaching staff will put you through some fun basketball drills to help you improve your basketball game. Sign up today to join in on the winter fun.

Date: December 28, 29, 30

Time: 5:00 pm - 6:00 pm

Fee: \$14 by Dec 14/ \$19 regular

Class Code: W1048

Location: PACC Court 2

Instructor: Varsity Coaching Staff

Min: 10 **Max:** 25

Registration Deadline: December 21





ENRICHMENT

VEX IQ - Elementary Team Robotics (Grades 4&5)



We are very excited to offer **Elementary Team Robotics!** Students will be paired up and tasked with building their robot to compete in our **In-House Robotics League**. Each student will be involved in robot building, operating and coding. No prior experience other than a willingness to learn is required. Parents will be invited to attend the final class competi-



Elementary Team Robotics (Grades 4&5)

Dates: Tuesdays & Thursdays – January 18,20,25,27, Feb 1,3

Time: 3:00 PM - 4:15 PM (3-6 pm on February 3) **Class Code:** W0008

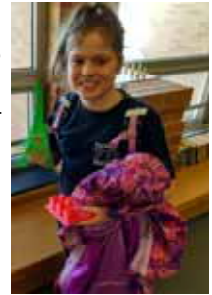
Fee: \$69 Early Bird by January 4/ \$74 regular price - Scholarships are available if needed

Registration Deadline: January 11 **Location:** Elementary School MakerSpace (Media Center) **Min:** 8 **Max:** 16

Team Facilitators: Ben Borgerding Elementary STEM Coordinator—Anita Flanders Secondary Innovation Center Facilitator

Elementary Maker Monday's (Grades 2-5)

Do you enjoy working with your hands, Tinkering, Making and Exploring? Then Maker Monday's are just for you! This program is available for students in grades 2-5. Students will have the opportunity to explore, create and make with the following equipment/supplies, CNC Carving - 3D Printing - Lego Robotics - Cardboard Creations - Ozobot Challenges - Sphero Hero Challenges - Vex Robotics Building - Lego's - K'Nex STEM Kits - Bloxels - Breakout EDU - And More!



Elementary Maker Monday's (Grades 2-5)

Time: 3:00 PM - 4:15 PM **Fee:** \$9 per date

Class Code/Dates:

W0010 Monday - January 17

W0011 Monday - January 31

W0012 Monday - February 28

SP1001 Monday - March 7

Registration Deadline: One week prior to each scheduled date

Location: Elementary School MakerSpace (Media Center)

Min: 8 **Max:** 24 **Maker Facilitators:** Ben Borgerding & Anita Flanders

Family Fun Nights-Fun for All

Bee House Building



Come and join us to learn about native bees. We will learn the bee basics and also the importance of these incredible insects. We will also be making bee houses that you will be able to take home. Turn your crafty creativity into functional fun. More bees means more fruits, veggies, and flowers in your own backyard! All the supplies and materials are provided, just bring your creativity. Please enter number of family members attending in comment line.



Dates: December 16

Time: 6:30-7:15pm

Class Code: W0042

Fee: \$10/Family

Min: 10

Max: 35

Location: HS CTE Wood Shop (Ent. Door #1) **Instructor:** Adam Hjelm **Reg. Deadline:** Dec 9

Build your own Lures



Why do fish chase after one lure but ignore the next one? Do they see every color, certain colors, or none at all? We will be talking about and looking at a wide variety of gadgets and lures, as well as giving you a chance to make your own to take home and try out. All the supplies and materials are provided, just bring your creativity. Please enter number of family members attending in comment line.

Dates: January 13

Time: 6:30-7:15pm

Class Code: W0043

Fee: \$10/Family

Min: 10 **Max:** 35

Location: CTE Wood Shop

Instructor: Adam Hjelm

Registration Deadline: Jan 6

Butterfly Bombs



Come and join us to learn about the magical and mystical journey of the Monarch butterfly. We will follow the migration and incredible journey of these incredible insects. We will also be making butterfly bombs to help increase the population of their favorite and necessary foods...milkweeds! All the supplies and materials are provided, just bring your creativity. Please enter number of family members attending in comment line.

Dates: January 20

Time: 6:30-7:15pm

Class Code: W0044

Fee: \$10/Family

Min: 10 **Max:** 35

Location: HS CTE Wood Shop (Ent. Door #1)

Instructor: Adam Hjelm

Reg. Deadline: Jan 13

Bugged Out Water



Is there anything more exciting than playing with bugs? We will be digging right in and seeing what kind of buggy neighbors are swimming around the lakes and streams. This is a very hands-on session full of creepy crawly fun that will leave you with a better appreciation of how important insects are as well as what they can tell us about the water. Please enter number of family members attending in comment line.

Dates: January 25

Time: 6:30-7:15pm

Class Code: W0045

Fee: \$10/Family

Min: 10

Max: 35

Location: HS CTE Wood Shop (Ent. Door #1) **Instructor:** Adam Hjelm **Reg. Deadline:** Jan 18

ADVENTURES IN STEM



Christmas Ornaments (Grades 6 - 12)

Are you interested in DIY laser cut Christmas decoration with vinyl stickers? Sign up for this class, and personalize Christmas ornaments with your family's name for example. What a unique gift this could be for friends and family!

Date: December 14

Time: 3:15 pm - 4:30 pm

Fee: \$15 All Supplies included

Class Code: W0026

Location: High School Innovation center

Instructor: Anita Flanders

Min: 4 **Max:** 8

Registration Deadline: December 7

Sublimation Mugs (Grades 6-12)

Have you ever heard about sublimation printing? This class includes hands-on training in sublimation transfer. You will customize a blank mug, and make it yours! You will also learn some basics on the software Adobe Illustrator to create your own design. Reserve your spot now!



Date: December 16

Time: 3:15 pm - 4:45 pm

Fee: \$19 All Supplies included

Class Code: W0027

Location: High School Innovation center

Instructor: Anita Flanders

Min: 4 **Max:** 6

Registration Deadline: December 9

Design Your Own Bulldog Shirt (Gr 6-12)



Always wanted to design your very own bulldog shirt? Or a unique logo that would look neat on a shirt? Then this is the perfect class for you! Learn how to design with Adobe Illustrator, and have a finished t-shirt by the end of this class. Register now to reserve your spot!

Date: January 6

Time: 3:15 pm - 4:30 pm

Fee: \$19 (T-Shirt Included)

Class Code: W0028

Location: High School Innovation Center

Instructor: Anita Flanders

Min: 4 **Max:** 8

Registration Deadline: December 30

Sublimation Keychains (Gr 6-12)

Personalize sublimation keychain blanks with photos or designs that you will create with Adobe Illustrator. This is the perfect class if you are looking for personalized gifts and souvenirs. Each 2 sided blank comes with a metal key ring & a plastic snap ring, and you will sublimate your personal touch from design to finish. Don't forget to sign up, to save your spot!



Date: January 13

Time: 3:15 pm - 4:30 pm

Fee: \$15 All Supplies included

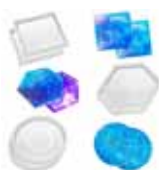
Class Code: W0029

Location: High School Innovation center

Instructor: Anita Flanders

Min: 4 **Max:** 8

Registration Deadline: Jan 6



Introduction to Epoxy (Gr 6-12)

Ready to get messy? In this class you will learn how to use epoxy resin in cool **DIY Projects**. You will learn how to mix, tint, and pour epoxy resin. You will have the opportunity to create your own coasters, jewelry, or keychains, and if you're really fancy, you could bring little flowers, rocks, coins, sea shells, or any other little pieces that you could think of that would look neat in epoxy crafts. Sign

up today, to save your spot in our first epoxy class.

Date: March 3

Time: 3:15 pm - 4:30 pm

Fee: \$15 All Supplies included

Class Code: SP1002

Location: High School Innovation center

Instructor: Anita Flanders

Min: 4 **Max:** 6

Registration Deadline: February 24

Sublimation Bulldog Jewelry (Gr 6-12)

Are you a big bulldog fan, and looking for some unique bulldog-fan jewelry? Sign up for this class, and create something no other bulldog fan has!

Do you have other hobbies than cheering for our bulldogs? Great! There is no limit to creativity and unique creations! Learn how sublimation printing transfers dye onto different materials, and take home your personalized, full color key chain. Reserve your spot today!

Date: March 8

Time: 3:15 pm - 4:30 pm

Fee: \$15 All Supplies included

Class Code: SP1003

Location: High School Innovation center

Instructor: Anita Flanders

Min: 4 **Max:** 8

Registration Deadline: March 1





GEM-DOG GYMNASTICS PROGRAM



School Aged Gymnastics Program

Mobility through our school-aged program is based on ability testing using skill benchmarks.



Tanzanite - (Age 5-12)

This class is for gymnasts age 5 & up who are able to perform a cartwheel to feet first landing and a straight-arm bridge. Gymnasts will work on vault, bars, beam and floor along with focusing on growing their strength and confidence.

Tanzanite 1: (New to the GemDog Gymnastics Program)

Class Code: W1061

Tanzanite 2: (Participated in the Fall 2021 Gymnastics Program)

Class Code: W1062



Dates: Mon & Thurs, Nov 29, Dec 2, 6, 13, 16, Jan 3, 6, 10, 13, 17, 20, 24, 31, Feb 3, 7, 10)

(No class Dec 9, 20, 23, 27, 30, Jan 27)

Min: 6 **Max:** 25

Time: 5:30pm-6:30pm

Fee: \$119

Registration Deadline: November 22

Instructor: Coaching Staff

Location: Paynesville Area Middle School Gym (enter PACC Door #1)



Emerald - (Age 6-12)

This class is for gymnasts ages 6 & up who are able to perform a 5 second straight arm bridge, a forward roll with legs together, backward roll, 3/4 handstand, levering cartwheel w/straight arms, bridge kick over from a mat & lightly spotted pullover, and forward, backward, sideways walks on medium beam and walk unassisted on high beam. Gymnasts will continue to gain strength and confidence while improving key gymnastics shapes and basic skills necessary for more advanced gymnastics.

Emerald 1: (New to the GemDog Gymnastics Program)

Class Code: W1063

Emerald 2: (Participated in the Fall 2021 Gymnastics Program) **Class Code:** W1064



Dates: Mon & Thurs, Nov 29, Dec 2, 6, 13, 16, Jan 3, 6, 10, 13, 17, 20, 24, 31, Feb 3, 7, 10)

(No class Dec 9, 20, 23, 27, 30, Jan 27)

Min: 6 **Max:** 25

Time: 5:30pm-6:30pm

Fee: \$119

Registration Deadline: November 22

Instructor: Coaching Staff

Location: Paynesville Area Middle School Gym (enter PACC Door #1)



Ruby - (Age 6-12)

This class is for students ages 6 & up who are able to perform a vertical handstand on floor, levering cartwheel w/straight arms & legs, bridge kick-over w/straight legs on floor, round-off from panel mat, beginning back handspring shapes with spot, pull-over on bars, high toe walks on high beam, cartwheel on low beam and straight jump off springboard on mat. Gymnastics will continue to improve key gymnastics shapes and basic skills necessary for more advanced gymnastics. More emphasis will be placed on precision and mastery of key shapes and presentation.

Ruby 1: (New to the GemDog Gymnastics Program)

Class Code: W1065

Ruby 2: (Participated in the Fall 2021 Gymnastics Program)

Class Code: W1066



Dates: Mon & Thurs, Nov 29, Dec 2, 6, 13, 16, Jan 3, 6, 10, 13, 17, 20, 24, 31, Feb 3, 7, 10)

(No class Dec 9, 20, 23, 27, 30, Jan 27)

Min: 6 **Max:** 20

Time: 6:30pm-7:30pm

Fee: \$119

Registration Deadline: November 22

Instructor: Coaching Staff

Location: Paynesville Area Middle School Gym (enter PACC Door #1)



Diamond- (Age 6-12)

This class is for students ages 6 & up who are able to perform a forward roll, backward roll, levering cartwheel w/a lunge, handstand from lever, round-off, back limber, bridge kick-over from floor, pull-over on low bar, straight jump on medium beam and a stuck cartwheel on the low beam. Gymnasts will begin focusing on more advanced skills needed to move into the competitive gymnastics program. More emphasis will be placed on precision and mastery of key shapes and on presentation. This level will begin combining skills, along with the introduction of more dance elements.

Diamond 1: (New to the GemDog Gymnastics Program)

Class Code: W1067

Diamond 2: (Participated in the Fall 2021 Gymnastics Program)

Class Code: W1068

Dates: Mon & Thurs, Nov 29, Dec 2, 6, 13, 16, Jan 3, 6, 10, 13, 17, 20, 24, 31, Feb 3, 7, 10)

(No class Dec 9, 20, 23, 27, 30, Jan 27)

Min: 6 **Max:** 20

Time: 6:30pm-7:30pm

Fee: \$119

Registration Deadline: November 22

Instructor: Coaching Staff

Location: Paynesville Area Middle School Gym (enter PACC Door #1)



YOUTH ENRICHMENT



Theater for Young Actors (Gr. K-2)



Does your child have a flair for drama? Have you ever wondered if they would enjoy the stage? This exploration class will include drama activities, games, and practice of basic theatre skills. Students will perform simple scripts for family members and friends in the Elementary Music room on January 13 at 4:45 pm. This welcoming and supportive program is especially designed for students who have little to no experience with acting.



Dates: Jan. 4, 6, 11, 13*

Time: 3:00-4:45 PM

*Jan 13 3:00 –5:15 PM

Class Code: W0018

Min: 15 **Max:** 24

Registration Deadline: Dec 21

Fee: \$22 Early Bird by Dec 14/\$25 Regular

Instructors: Jennifer Wirz and Susan Teicher

Location: Elem. School Music Room

Simple Sewing Projects (Gr K-5)

Students will learn basic sewing techniques (straight stitch, zigzag, back stitch) and use these techniques to sew some fun projects. Students will complete 2-3 small projects over the 4 classes that they will get to take home and enjoy.

Date: February 8, 10, 15, 17

Time: 3-4:30pm

Fee: \$39 by Jan 18/ \$44 regular

Class Code: W1018

Registration Deadline: February 1

Instructor: Rachel Nelson

Location: Elementary Maker Space

Min: 4 **Max:** 6

Be a Builder! (K-5)



We will be using LEGOS, KEVA blocks, Marble maze, and other materials to create towers, bridges, buildings, forts and more. Students will use the design engineering process to brainstorm, plan, create, and improve their structures. Students will practice communication, cooperation, and problem solving as they work together to BUILD amazing things. Students will show their work to family and friends the last 10 minutes of each classroom session.



Dates: Jan 11,18,25, Feb 1

Time: 3-4:30pm

Fee: \$19

Class Code: W0022

Registration Deadline: Jan. 4

Instructor: Rachel Nelson **Location:** Elementary Room #106

Min: 11 **Max:** 25



PACC Parties



IT'S NERF OR NOTHIN'!



Bounce House Party

Open Gym Party

Ultimate Black Light Nerf Battle Party

Ultimate Black Light Dodgeball Party



GO TO PAYNESVILLE.COM FOR PACC PARTY PRICING



YOUTH ACTIVITIES

Paynesville Fierce Volleyball (Gr. 6-11)



Paynesville Fierce Volleyball (Formerly known as JO Volleyball) is a competitive travel team program for grades 6-11 students that attend Paynesville Area Schools or are Paynesville Area School District Residents. There will be weekly practices and approximately 4 in-state tournaments during the season. The excellent coaching staff work on continuous skill development and maximum participation and fun for all. Join the Fierce and **up your game today!** Team jerseys will be provided. Students need to provide their own knee pads.

Date: Sundays, December 12 through March 6th

Time:

5:00 PM –7:00 PM **Class Code:** W0001

Game Schedule: TBD **Fee:** \$250

In-

structor: Fierce Coaching Staff **Min:** 12 **Max:** 50

Location: PACC & High School Gym (Enter PACC Door #1)

Registration Deadline: December 5



Community Open Gym

Come to the PACC for Open Gym this Winter! Participants may play basketball, pickleball, tennis, soccer or other indoor games depending on space & participation. Open Gym is available almost every day at the PACC! **Students under 6th grade must be accompanied by an adult.**

Check out the PACC Activity Calendar at www.PaynesvilleCE.com for the daily Open Gym Schedule.

Location: PACC Courts #1- #4

Fee: \$3/ per time

Junior Bulldog Girl's Volleyball (Gr. 5&6)

Bump, Set, Spike and **FUN** are what await you in our 5th and 6th grade girls volleyball program. This program is designed for players who want to improve their volleyball skills through participation in structured practices and games. ***We will have the opportunity to play 3 to 4 play-dates with area towns which include ACGC, EVW and Kimball.*** Don't miss this opportunity to have fun, learn the game and make new friends. ***Bus # and practice location will be emailed to students the week prior to the start of the program.***



Class Code: (5th Grade) SP1073

Class Code: (6th Grade) SP1074

Practice Dates: Thursdays, March 3,10,17,24

Time: 3-5pm

Location: TBD - Either PACC Courts or Elem Gym

Game Dates: TBD (3 to 4 Dates)

Min: 6 **Max:** 25

Instructors: Nicole Humbert, Jackie Spanier & Varsity Coaching Staff

Fee: \$30 early bird rate by Feb 1/\$35 regular price (T-Shirt included)

Registration Deadline: Feb 14 (Must register by deadline to get a T-Shirt)

YOUTH



Master Chef - Jr Bulldog - Cooking Club (Grades 3-7)

"Holiday Brunch"

Date: December 21

Class Code: W1045

Fee: Early Bird \$14 before Dec 7
\$19 regular price

Registration Deadline: Dec 14

"Chinese Take-Out"

Date: January 18

Class Code: W1046

Fee: Early Bird \$14 before Jan 4
\$19 regular price

Registration Deadline: Jan 11

"Drive-In Favorites"

Date: February 23

Class Code: W1047

Fee: Early Bird \$14 before Feb 9
\$19 regular price

Registration Deadline: Feb 16

What does it take to become a **Master Chef**? This class will teach your child how fun it can be to prepare great tasting food.

Please see monthly themes for each class date.

Each class will also cover important cooking topics such as, kitchen safety, cleanliness, nutritious ingredients and food preparation. **And of course each class will end with enjoying the meal we created. Students are to ride bus #71 from the Elementary School to the High School (Door #4.) Parent pickup please use PACC Door #1.**



Class Codes: See Theme choices - You must register for each class separately

Times: 3:15 PM - 5:00 PM (New Ending Time!)

Instructors: Dianne Mason & Matt Dickhausen, Jan Eggert, Cookie Mueller

Location: High School Room #132-Home Ec. Room (Enter Door #4) **Min:** 5 **Max:** 12



Christmas Treat Baking

(Grades 3-8)

Let's help get you in the festive spirit by making a variety of different holiday treats. These simple treats will include the use of pretzels, almond bark, and plenty of candies to start. By the end of our two classes, a treats platter will be ready to take home to share. Students are to ride bus #71 from the Elementary School to the High School (Door #4.) Parent pickup please use PACC Door #1.

Dates: Dec 6th & 7th

Time: 3:30-5pm

Class Code: W1036

Location: High School Foods Room #132

Fee: \$29 Early Bird by Nov 22/\$34 Regular (all supplies included)

Registration Deadline: Nov 29

Min: 8 **Max:** 20

Instructor: Mary Leyendecker

Christmas Cookie Baking & Decorating (Grades 3-8)

Get in the holiday spirit with cutout Christmas cookies. Spend the first day of class mixing, rolling, cutting out, and baking festive cookies. The second day of class will be spent mixing frosting and decorating the cookies. Each student will bring home a cookie platter ready to be shared. Students are to ride bus #71 from the Elementary School to the High School (Door #4.) Parent pickup please use PACC Door #1.



Dates: December 13th & 14th

Time: 3:30pm-5pm

Class Code: W1037

Fee: \$29 Early Bird by Nov 29/\$34 Regular (all supplies included)

Location: High School Foods Room #132

Registration Deadline: Dec 6

Min: 8 **Max:** 20

Instructors: Mary Leyendecker



Register Online
PaynesvilleCE.com



YOUTH

Little Kickers Tae Kwon Do (Preschool TKD)

(Ages 4-5)

Tae Kwon Do has a foundation built upon courtesy, integrity, self control and perseverance, physical activity with mental exercises. Give your child a strong foundation for lifelong fitness and self respect! Register today!



Tues/Thurs

Dates: January 4, 6, 11, 13, 18, 20, 25, 27
February 1, 3, 8, 10, 15, 17, 24

Class Code: W2104
Class Code: W2108

Time: 6:00-6:30 pm
Time: 6:00-6:30 pm

Location: Elementary School Gym Stage **Fee:** \$25/month

Registration Deadline: One week before each class begins

Min: 5

Max: 12

Instructor: Jamie Soine



Central Lakes Tae Kwon Do (Ages 6-Adult)

Are you looking for a physical activity that can help you and your child gain confidence, physical fitness, discipline, concentration, and is fun? Tae Kwon Do (TKD) may be the answer! TKD helps increase speed, strength, coordination, and concentration as well as teaches practical self-defense skills. TKD Students learn integrity, respect, courtesy, and self-control while participating in a good exercise program that actually helps build self-confidence and self esteem. TKD also helps strengthen and tone muscles, improves flexibility, increases cardiovascular fitness, coordination, and can help control weight. This is an activity that is meant to be life long. Belt promotions are done throughout the year. Additional costs for testing nights and equipment are not included in the class fee.



Tues/Thurs

January 4, 6, 11, 13, 18, 20, 25, 27
February 1, 3, 8, 10, 15, 17, 24

Youth Beginner

Time: 6:30-7:30 p.m.

Class Code: W2105

Class Code: W2109

Youth Advanced

Time: 7:30-8:30p.m.

Class Code: W2106

Class Code: W2110

Ages 14 and Up

Time: 7:30-8:30p.m.

Class Code: W2107

Class Code: W2111

Class Fee: \$45/Month

****Family Discounts Available (\$5 discount per each additional family member)**

Location: Elementary School Gym Stage

Min: 5 **Max:** 35

Registration Deadline: You can join TKD anytime throughout the year.

Instructor: Jamie Soine



Drivers Education Classroom Training



DRIVERS ED
LESSONS FOR THE ROAD OF LIFE

This 30-hour course is a prerequisite to obtaining a Minnesota Driving permit. Students will run through a battery of tests, which will prepare them to take the state offered permit test. Students must have all 30 hours of class attendance. Class limit is first 50 students in with

registration & fee. You must include students middle name & birth date on registration.

Students should be 15 by July 1st, 2022 to take this session.

****March 7 Parent/Guardian needs to be present from 5:30-7:00 PM for a special Project Impact Training Seminar—This is a State of MN requirement.**

Dates: March 7, 8, 9, 10, 11, 14, 15, 16, 17, 18 **Class Code:** SP3500 **Instructor:** Mr. Ron Fuchs

Time: 3:20 p.m.-6:20 p.m

Please note - **March 7—Parent/Guardian must attend from 5:30 pm—7:00 PM

Fee: \$99 Early Bird Rate By Feb 21 /\$109 Regular Price

Location: Paynesville Area High School Seminar Room #115

Registration Deadline: February 28



Go to www.PaynesvilleCE.com to register and for more info!

FITNESS



Water Workout

Come join us at the Paynesville Inn & Suites.



This strength and a aerobic workout in the water is an excellent way to get and stay in shape. You will work on toning, tightening, trimming and **having fun. Water workout** is for **Men and Women** of all fitness levels

and emphasis will be on aerobic fitness, flexibility, muscular strength and endurance. Water exercises are fun in a group setting especially when done to music.

Dates: Monday's, January 10,17,24,31
Feb. 7,14 (6 weeks)
Class Code: W1172 **Time:** 5-6 p.m.
Registration Deadline: Jan 3
Fee: *Early Bird Rate* \$39 By Dec. 27/
\$44 Regular price **Min:** 9 **Max:** 15

Dates: Monday's, February 21,28
March 7,14,21,28 (6 weeks)
Class Code: W1174 **Time:** 5-6p.m.
Registration Deadline: Feb. 14
Fee: *Early Bird Rate* \$39 By Feb 7 /
\$44 Regular Price **Min:** 9 **Max:** 15



Included with PACC Membership
or \$7 class for non-members



Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World Rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. Super effective? Check. Super fun? Check and check.

Zumba Fitness - Mondays - 6:00 PM - 7:00 PM - PACC Group Exercise Room (No Class Dec 27)

STRONG

N A T I O N ™

Stop counting the reps. Start training to the beat. STRONG Nation™ combines **body weight, muscle conditioning, cardio and plyometric training** moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is **driven by the music**, helping you make it to that last rep, and maybe even five more.

In each class you'll **burn** calories while **toning** arms,

legs, abs and glutes. Plyometric or explosive moves like *high knees, burpees, and jumping jacks* are interchanged with isometric moves like *lunges, squats, and kickboxing*. STRONG Nation™ instructors change up the music and moves frequently to make sure you're always challenged to the max.



Zumba Strong - Wednesdays - 6:00 PM - 7:00 PM - PACC Group Exercise Room (No Class Nov 24 & Dec 29)

FREE - PACC Indoor Walking Track



Get active on our NEW Indoor 1/9 mile 2-Lane Walking Track. Free access during weekday staffed hours (Monday-Friday 8am-8pm) FREE for Paynesville Area School District Residents.

24-Hour Walking Track Access included with PACC membership more information about memberships at PaynesvilleCE.com .





WELCOME TO THE PACC

Your 24-Hour Community Center

**That's
Community Ed!**
Paynesville Area Schools ISD #741
www.PaynesvilleCE.com 320-243-7570



Activities at the PACC

Full Activity Schedule @ PaynesvilleCE.com

Daily Pickleball

Just show up to play. Equipment will be available and other players and staff are happy to help you get started

Tennis

Call to reserve your court time.



Open Gym

Includes the following self led activities, Basketball, Pickleball, Volleyball, Tennis, Badminton and more!

Fitness Training

State of the art 24-Hour fitness center. Free weights and strength & cardiovascular machines

Group Fitness Classes

A mix of Virtual and In-Person Group Fitness Classes such as Zumba, TRX, Step, Pilates, Boot Camp, Yoga, Etc.

Indoor Walking Track

Indoor 1/9 mile 2-Lane Walking Track. 24-Hour Walking Track Access included with membership. Free access during weekday staffed hours for Paynesville Area School District Residents - no membership required.



Golf Cage

Come swing away 24-Hours a day in our Indoor Golf Cage.



PACC Parties

Themed parties include; Open Gym, Bounce Time, Black Light Nerf Battle, and Black Light Dodgeball!

PACC Staffed Hours - September - May

Monday - Friday - 8 am - 8 pm

Saturdays - 8 am - 3 pm & Sundays - 12 pm - 6 pm

24-Hour Access for Members to Fitness Areas & Walking Track

PACC courts are available during staffed hours. - 320-243-7570



GO TO PAYNESVILLECE.COM FOR MEMBERSHIP INFORMATION



Over 65?

**Please call us to see if you qualify for a
Free PACC Membership!**

PACC Staffed Hours - September - May

Monday - Friday - 8 am - 8 pm

Saturdays - 8 am - 3 pm & Sundays - 12 pm - 6 pm

24-Hour Access for Members to Fitness Areas & Walking Track

PACC courts are available during staffed hours. - 320-243-7570

243-7570

Did you know?

**Our Fitness Areas are now reserved for
Community Use Only?**



Join Today!

PACC Group Fitness



That's
Community Ed!



ZUMBA
fitness

December - February

Monday's There's Power IN a Group!

6:00 PM - 7:00 PM - Zumba - Jill Eickhoff - Live In Person Instructor

Perfect for everybody and every body! Each Zumba® class is designed to bring people together to sweat it on. We take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World Rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise.

7:15 PM - 7:45 PM - 20-Minute Abs & Core Finisher - Fitness on Demand Class

Gideon Akande leads you through this hard-hitting core finisher! You'll target every section of your abs: upper, lower, obliques... even your deeper core muscles. Attack your abs from every angle with this quick & efficient routine from Gideon!

Tuesdays

6:00 PM - 7:00 PM - 60-Minute HIIT Firestarter - Fitness on Demand Class

Mike Donovanik delivers a brutal 60-min HIIT workout. Prepare yourself for an insanely fun & challenging routine, with a supercharged blitz of 5 different high-intensity circuits. Get ready to push your limits, crush your goals & set a new personal best! [Suggested Weight: 8- to 15-lbs dumbbells]

Wednesdays

6:00 PM - 7:00 PM - Zumba Strong - Jill Eickhoff - Live In Person Instructor

Stop counting the reps. Start training to the beat. STRONG Nation™ combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep, and maybe even five more. In each class you'll burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG Nation™ instructors change up the music and moves frequently to make sure you're always challenged to the max.

7:15 PM - 7:45 PM - 30-Minute Relax & Restore- Fitness on Demand Class

The only way to consistently challenge the body to continue to get stronger and more fit is by adding the proper recovery into your regimen. Anna Renderer will lead you through this restorative routine that begins with a foam-roller series and concludes with a full-body stretch. Treat your body to this relaxing session and you'll feel ready to take on your next workout.

Thursdays

6:30 PM - 7:00 PM - 4x4 Fat Loss - Fitness on Demand Class

The 4x4 Fat Loss workout consists of 4 exercises for 4 rounds. Short, simple and sweaty. It's just 20 minutes and all you only need is your bodyweight to rev-up your metabolism for faster fat loss. Different moves from the Brazilian martial art of capoeira have been added to 'Brazilify' the exercises and take the calorie burn up a notch. This is where strength meets endurance for 4 rounds...non-stop!

Fridays

6:00 PM - 6:30 PM - Beginner Shred 1 - Fitness on Demand Class

Whether you're looking to start exercising for the first time ever or get back into it, Jillian Michaels Beginner Shred has you covered! Jillian Michaels Beginner Shred is a comprehensive 30-day exercise plan to help you kickstart your weight loss journey, dramatically transforming not just your physique but also your level of fitness and self-confidence.

Saturdays

10:00 AM - 10:30 AM - 30-Minute Tabata Workout with Weights - Fitness on Demand Class

Mike Donovanik leads you through a super-charged Tabata routine! Complete 4 blocks of traditional Tabata before finishing off with a 'Super Tabata' challenge!

Full Group Fitness Class Schedule @ paynesvillece.com

Paynesville WINTERFEST 2022

February 19th - PACC
Destination Paynesville - Winter Fun!
Saturday - February 19th



8:00 AM - PACC Facility Opens (Paynesville Area Community Center)

9:00 AM - 3:00 PM - **Recreational Mixed Doubles Pickleball Tournament

Open to participants with a maximum of a 3.0 rating

9:00 AM - 3:00 PM - **Co-Rec Volleyball Tournament

10:00 AM - 2:00 PM

Concessions & Lunch Available on Grounds for purchase.

Cross Country Skiing - School Grounds and Koronis Hills GC
Skis will be available for checkout.

**Assorted Board Game Play - (Sponsored by Vinny Spade Games)



11:00 AM - 1:00 PM

WINTERFEST Medallion Hunt Begins (A new Clue will be released every 15 minutes)

Bounce House & Kids Carnival Games

Black Light Dodgeball

Snowman Building (HS Football Field)

Crafts & Facepainting

Live Music (Gig Noonan)



1:30 PM - 3:00 PM - Family Movie (HS Auditorium)

Only \$5 Entry for a FULL day of FUN!

****Pre-register @ www.PaynesvilleCE.com**





ENRICHMENT

Learn to Dance

NOW is the time to seize some fun and connect while exercising Body, Mind & Soul. During this two part class you will learn how to simply step to the beat while doing some swing dance moves. These ultra simple moves can be done anywhere from your kitchen floor to social dancing at weddings and parties. The music will be from the 60's all the way to present day. (The second class will have a short review time and then will build on what we have already learned.)



Dates: January 22 & 29

Time: 6:30pm-8pm

Class Code: W0032

Fee per Couple: \$24 by Jan 8/ \$29 Regular

Location: PACC Group Fitness Room - Enter PACC door #1

Min: 4 Couples **Max:** 8 Couples

Registration Deadline: Jan 15

Instructor: Mark and Michelle Ziegler

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: Wednesday, February 2

Time: 1:00-5:00pm

Class Code: W1053

Date: Tuesday, April 5

Time: 3:00-7:00pm

Class Code: SP1029

Date: Tuesday, May 3

Time: 3:00- 7:00 pm

Class Code: SP1030

Date: Tuesday, May 24

Time: 3:00- 7:00 pm

Class Code: SP1031

Fee: \$26

Min: 20 **Max:** 44

Location: Green Roof Area Center

8 Hour Defensive Driving Course

If you are 55 or older, save money on your car insurance premiums and become a better driver! Minnesota law requires insurance companies to offer you a 10% reduction for three years if you complete the National Safety Council's Defensive Driving Course, taught by professional, certified instructors. The course is two sessions of classroom—no driving or test is required. You will receive a certificate of completion to provide to your insurance company. Attendance at both sessions is required to receive credit.

Date: Tuesday & Wednesday, March 15th & 16th

Time: 5:00-9:00pm

Fee: \$30

Class Code: SP1015

Min: 20

Max: 44

Location: Green Roof Area Center

****Pre-registration is required—Please register online at www.PaynesvilleCE.com or call 243-7570 ****

Paynesville ADULT EDUCATION



Call To Register: 243-7570

Classes meet Tuesday Evenings from 5-7 PM!



Whatever your educational goals are, WE CAN HELP!

- **New MN Adult Competency Based Diploma for those over 21**
- CITIZENSHIP.....SELF PACED
- ENGLISH AS A SECOND LANGUAGE
- BASIC COMPUTER.....SIGNUP FOR CLASS
- WORKFORCE PREPARATION.....SELF-PACED
- TRANSITION TO COLLEGE.....BRUSH UP SKILLS
- DISTANCE LEARNING.....YOUR PACE @YOUR PLACE

ELIGIBILITY:

16 YEARS OF AGE OR OLDER NOT enrolled in public school
Desire to LEARN - New Enrollment Available Every Week!

ENROLLMENT every week

Email: jthompson@isd741.org or paynesvilleabe@gmail.com

We now meet in the High School Room #123





Monthly PACC Coffee & Pie Social



Come on in for the Pie & Coffee and ***Stay*** for a Personal Tour of our Exciting New Paynesville Area Community Center (PACC). Join us at the PACC for some delicious pie and fresh brewed coffee. Personal tours of the PACC will be given where you can ask questions regarding programs, explore free memberships, the walking track and more.

Date: Wednesday, December 15 **Class Code:** W0034
Date: Wednesday, January 19 **Class Code:** W0035
Time: 10:00 am -11:00 am **Fee:** \$2/Date
Location: PACC—Door #1 **Min:** 5 **Max:** 20
Registration Deadline: One week prior to the social date.



Gluten Free Baking!

This class is designed to teach a couple of classic recipes for those of you needing/wanting a gluten free diet. You will go home with two delightful gluten free baked items that we will prepare in class along with other recipes that you can try at home. (Enter PACC Door #1). **Adult 18+ class.**

Date: February 2 **Time:** 5:30pm-8pm **Class Code:** W0049
Fee: \$35 **Location:** High School Foods Room #132 **Min:** 5 **Max:** 16
Registration Deadline: Jan 26 **Instructor:** Char Bzdok



German Holiday Treats!

Streuselkuchen

This class is designed to teach a classic German recipe for those of you that LOVE German baking. This classic Streuselkuchen can be filled with a variety of fillings (apricot, blueberry, raspberry, or strawberry). Besides being delicious, this bread goes great with coffee or tea and will make your home smell wonderful! You will go home with a large filled bread that we will prepare in class along with other recipes that you can try at home. Come join us and meet new people while we bake these classics. (Enter PACC Door #1). **Adult 18+ class.**



Date: Monday, February 28 **Time:** 5:30pm-8:00pm **Class Code:** W0050
Fee: \$35 **Location:** High School Foods Room #132 **Min:** 5 **Max:** 16
Registration Deadline: Feb 21 **Instructor:** Char Bzdok

Healthier & Happier You!

Do you want to live a healthier life? You will take away strategies and ideas that you can work towards to feel so much better and have the energy to carry out all the things that you would like to accomplish in your day! **Adult 18+ class.**

In this class we will focus on 6 main areas of Health and Wellness:

- Focus 1: Healthy weight Management**
- Focus 2: Healthy Eating and Hydration**
- Focus 3: Healthy Motion**
- Focus 4: Healthy Sleep and Energy Management**
- Focus 5: Healthy Mind and Mindfulness**
- Focus 6: Healthy Surroundings**

Date: Wednesday, January 12 **Time:** 6:00pm-7:30pm
Class Code: W0048 **Fee:** \$25 **Location:** High School FACS Room #132
Instructor: Char Bzdok (Enter PACC Door #1)
Min: 5 **Max:** 30 **Registration Deadline:** Jan 5

Be Healthy: ☀️ Be Happy





ENRICHMENT

Yoga for Life!



Moving in Stillness (Yoga for all age groups for both Men & Women)

Take the first steps in transforming your life and your body! When we start on this journey you will become more aware of your breathing and you will learn the basis of meditation. People that practice yoga say they feel more relaxed, accomplish more and are less stressed. They move more freely and have more energy.

Meet Nancy as she shares with you her journey in life from having a stroke 11 years ago and how Yoga has transformed her life and how it was her primary source of healing after her stroke. Nancy's personal experiences have cultivated a passion in her to share the healing potentials of breathing and meditative yoga. Nancy is a certified yoga trainer with a passion for helping others.

Please bring a yoga mat if you have one. If you do not have one we will provide one for you.

****Come and meet Nancy at our Coffee & Pie Social on December 15 at 10am. (please register for the Coffee & Pie Social - More info on page 19)**

Dates: Mondays & Thursdays (January 3rd-27th)

Class Code: W1000

Fee: \$35 (8 sessions)

Time: 10:30am-11:30am

Location: PACC Group Fitness Room

Min: 4 **Max:** 8

Registration Deadline: Dec 22

Instructor: Nancy Young (Certified Yoga Instructor)

(Enter PACC Door #1)

**START LIVING
THE LIFE YOU
IMAGINED**

Mid Afternoon Movie Club

Are you looking for something to do after lunch? Do you miss going to the local movie theater? Join us for our Mid Afternoon Movie Club in the Paynesville High School Auditorium.

Time: Movies start at 1:00 PM

Location: High School Auditorium (Enter PACC Door #1)

Fee: \$2 per movie (You are welcome to pay at the door)

Call 243-7570 to register or register online at www.PaynesvilleCE.com



***"Safety"* December 14 PG**

Code: W1054 (2 hours 2 min)

The story of Ray-Ray McElrathbey, a freshman football player for Clemson University, who secretly raised his younger brother on campus after his home life became too unsteady.

***"23 Blast"* January 11th PG 13 Code: W1055** (1 hr 38 min)

When a high school football star is suddenly stricken with irreversible total blindness, he must decide whether to live a safe handicapped life or bravely return to the life he once knew and the sport he still loves.



***"I Still Believe"* January 25th PG Code: W1056** (1 hr 56 min)

The true-life story of Christian music star Jeremy Camp and his journey of love and loss that looks to prove there is always hope.

***"Only God Can"* February 8 PG Code: W1057** (1h 37 min)

When high-powered sports agent Rob Decker arrives looking for his next major league prospect, he finds more than he bargained for at the Cooke Boys Ranch. As he works to secure Shawn Hart, the top high school baseball prospect in the country, he encounters a cast of characters who value happiness and common sense over dollars and cents.



***"Healed by Grace"* February 22 TV-G Code: W1058** (1h 51min)

Healed by Grace is a charming tale of a faith, friendship, and love. It's at the darkest of times where these powerful elements of life all come to together.

ADULT

Learn to Play Pickleball



Pickleball is one of the fastest growing activities in the country and is an easy game to learn to play! We encourage everyone interested in having some serious fun and getting a good workout at the same time to join us and learn how to play this fun sport! Pickleball is a racquet sport that combines elements of badminton, tennis, and table tennis. All equipment will be provided. Please carry your tennis shoes into the PACC. **Please register for one date only. For continuous play see Open**

Pickleball Schedule Below.

Class # W1038 - December 6 **Class # W1039 - January 10** **Class # W1040 - January 24** **Class # W1041 - February 21**
Times: 10:30 am -11:30 am **Fee:** \$3/Date **Min:** 4 **Maxi:** 8 **Registration Deadline:** One week before class begins
Location: PACC Court #1 (Paynesville Area Community Center) **Facilitator:** Matt Dickhausen



Open AM Pickleball - Monday - Fridays - 8:15 am - 10:30 am
Open PM Pickleball - Monday's - 6:00 pm - 8:00 pm & Wednesday's - 6:30 pm - 8 pm
 All Open Pickleball held on PACC (Paynesville Area Community Center) Court #1

CPR & First Aid

The American Heart Adult and Pediatric CPR, First Aid, AED course is designed to meet the regulatory requirements for child care workers, teachers, youth group leaders and others responsible for children. This course will teach you how to respond to breathing and cardiac emergencies, manage illnesses and injuries in a child, infants and adults until professional help arrives.

Date: Thursday, January 6 **Time:** 6:00pm-10pm **Class Code:** W0040
Date: Wednesday, February 23 **Time:** 6:00pm-10pm **Class Code:** W0041
Instructor: Susie Wistrom **Min:** 4 **Max:** 12 **Fee:** \$69
Location: High School Student Center (Former High School Media Center) - Enter Door #6
Registration Deadline: One week before class begins



Open Indoor Soccer



Join us in the PACC on Sunday afternoons for some soccer open gym. Please wear appropriate shoes (no soccer cleats allowed) and attire. Pay each week at the PACC Welcome Center Desk.

Dates: Sunday's, November 7-January 2nd **Time** 3:00 PM -4:00 PM
Class Code: F1039 **Fee:** \$3 daily fee **Location:** PACC Courts

Indoor Soccer League (Gr 7-Adult)

The Co-Rec Soccer league will begin on Sunday, January 9th. The season length and structure will depend on how many teams register. Indicate the team name, captain's name, email address and phone number when registering. Registration deadline is Sunday December 19th. All teams must have fee paid before they will be scheduled in the league. Schedules will be posted online at www.PaynesvilleCE.com.



Dates: Sunday's Beginning January 9th **Time:** 3:00—4:00 PM **Class Code:** W0009
Fee: Early Bird rate by December 5th \$99 /\$109 Regular Price **Location:** PACC Courts 2-4
Registration Deadline: December 19th **Instructor:** Soccer Staff

Sunday Community Open Volleyball

All high school students and adults are invited to community open gym volleyball Sunday evenings starting November 7, 2021 and will run through Sunday March 27, 2022, at the Paynesville Elementary Gym. No charge just a night of volleyball 5:30 – 7:30 pm. Come for one day or come for all, we hope to see you there.



ENRICHMENT

PD POWER UP! PD POWER UP utilizes PWR!Moves, which is an exercise protocol for those with Parkinson's disease. It is designed around four basic elements of exercise, targeted to help counteract bradykinesia, rigidity, and incoordination. Some of the Parkinson's symptoms that exercise can positively affect include self-confidence, fatigue, gait, and balance.



Dates: Tuesdays and Thursdays Jan 4– Feb 3 **Time:** 9:00 AM—10:00 AM
Class Code: W0046 **Fee:** \$54 By Dec 21/\$59 Regular
Location: PACC Group Fitness Room - Enter PACC door #1
Min: 4 **Max:** 15 **Registration Deadline:** Jan 4 **Instructor:** Katie Wendroth

Virtual Classes presented by Sauk River Watershed District



Rain Gardens Do you want a rain garden that looks beautiful year round, requires little maintenance and will look great year after year? Learn about the latest trend in landscaping including sizing, location, installation and plant selection for your rain garden and rain water harvesting. With the wide variety of plants and materials available you can create a rain garden with a natural wild look or an organized planting suitable for the most refined settings. Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.



Dates: February 24 **Time:** 6:30-7:30pm **Class Code:** W0004 **Fee:** \$8 **Min:** 5 **Max:** 25
Location: Virtual class in your own Home-a couple days before the class a virtual link will be emailed to you

Rain Barrels Rain barrels harvest rain water from roofs and other structures that can then be used to water gardens, lawns, and potted plants. Installing a rain barrel is an excellent way to reduce run-off and pollution as well as save MONEY! As much as 40% of residential water is used for irrigation in the summer. Participants will learn the ins and outs of rain barrels, site selection, and other tips to use rain barrels most efficiently. We will also talk about the pros and cons of many of the commercially available rain barrels and how to make your own. Participants will receive a free native plant book and there will be several gift certificates from local nurseries given away as door prizes.



Dates: March 8 **Time:** 6:30-7:30pm **Class Code:** SP1099
Fee: \$8 **Min:** 5 **Max:** 25
Location: Virtual class in your own Home-a couple days before the class a virtual link will be emailed to you

Living Fencelines Natural fences constructed of shrubbery, tall flowers, and clumping grasses are attractive and environmentally friendly. These living fences add an eye-catching way to define your property boundaries, while also adding pollinator plants that serve as effective privacy screens. Good fences make for good neighbors....and good habitat! Participants will receive an informational folder full of great publications, and several door prizes will be given away from local plant specialists.



Dates: March 10 **Time:** 6:30-7:30pm **Class Code:** SP1094
Fee: \$8
Min: 5 **Max:** 25 **Location:** Virtual class in your own Home-a couple days before the class a virtual link will be emailed to you

BULLDOG SCHOOL NEWS



As I write this, we are just finishing up the first quarter of school. Students and staff have settled in, the weather is changing and winter activities are on the horizon. I continue to be amazed at how fast the school year goes. It won't be long and we will be planning for next fall! After a year of COVID-19 restrictions, implementing numerous learning models and shutdowns, we were excited to begin this school year under relatively "normal" circumstances. The summer was spent finishing up projects around the building, filling staffing openings and finalizing student schedules.

On August 12, we hosted a community open house for our new facilities. The PACC and Auto Shop were finished and ready for students by the first day of school. The renovated Woods, Metals and Ag classrooms are in their second year of operation. The new spaces have allowed us to offer new and exciting programming that will help prepare our students for college and the workforce.

This fall we welcomed some new staff to our district.

We also had some staff members move into new positions.

Laura Naujokas - 7-12 Science. Steve Guzy - Buildings and Grounds Supervisor - Kelly Pritchett - Paraprofessional
Brad Wolters - Head Custodian - Courtney Mackadanz - Custodian - Beverly Wiebe - Custodian -
Max Meagher - Middle School CTE - Sally Zumwalde - Health Office Assistant

Our mission at Paynesville Area Schools is to prepare students with the academic, social and personal skills to succeed in their career and community. We want our students to graduate from Paynesville Area Schools with 21st Century skills that include; critical thinking, creativity, collaboration, leadership, technology literate, productive, strong initiative and social skills. I am honored to be a part of Paynesville Schools. If you have any questions or would like to come in for a tour and to hear about the great things going on, please feel free to contact me at school.

**David Oehrlein, Secondary Principal - doehrlein@isd741.org
320-243-3725 Ext. 1015**

Please follow us on  at: @isd741



We are off to a running start here at Paynesville Area Elementary, with the end of first quarter approaching as this article is written. As we wrap up the fall season and look ahead to winter, we are thankful for the continued support of families and our greater PAES communities. What an exciting time to be part of Paynesville Area Schools! We have several initiatives underway that we are really excited about. Our Family Groups are thriving, our staff is engaging in ongoing literacy training and new, engaging tools are being added to our Makerspace.

Paynesville Area Schools embarked on a Social Emotional Learning (SEL) journey in the fall of 2020. Since then, elementary students have been learning foundational SEL skills weekly through the 7 Mindsets curriculum. This year, those SEL skills continue to be reviewed weekly. A system of multi-age mentoring, called Family Groups, has been implemented with our kindergarten through fifth grade students. Family Groups are an avenue with which students and teachers work to build community, integrate the 7 Mindset of the month, and model our PBIS principles of Being Mindful, Being Respectful and Being Connected. Each group is led by a fifth grade student, providing a wonderful opportunity to learn and practice leadership skills in a small group, peer-friendly setting. Please ask your junior bulldogs about Family Groups!

In an effort to constantly improve our practice and meet the literacy needs of our students, K-8 staff have engaged in *LETRS training*. *LETRS provides teachers with the research, depth of knowledge, and skills to make a significant improvement in the literacy and language development of every student. We've combined LETRS training with Power Half Hour, a daily focused learning opportunity for students to work with classroom, intervention, ELL and special education staff to get 'just the right fit' language instruction.*

Finally, we continue to update our Makerspace. Shout out to the Community Foundation for a recent grant that allotted us to purchase supplies for a Mobile Makerspace, a project that extends our current Makerspace to the classrooms. Mobile MakerSpace consists of two themes: Storytelling and Design & Marketing. The Storytelling Cart will have audio and video equipment for students to create multimedia stories/projects. The Design & Marketing Cart will have equipment for students to experience the design process in creating a product to market an idea. Student understanding and experiences in the use of these tools will provide a strong foundation for application in the high school Innovation Center, Auditorium and CTE learning spaces.

The Teals 1% Rebate Program and Casey School Rewards Program provide ongoing monetary support for our school; thank you for your support of these programs! Note that drop off receipt locations include the elementary school and community education office. We also continue to participate in the Box Tops for Education program, which is now online. Thank you for your continued support of our school!

Be sure to follow our webpage: [Paynesville Area Elementary School](https://www.paynesvilleareaelementaryschool.org). Go Bulldogs!

Mary Holmberg, Elementary School Principal
mholmberg@isd741.org
320-243-3725 Ext. 1010

Paynesville Area Community Education & Green Roof Area Center



BULLDOG SCHOOL NEWS



Greetings Community Members,

I was in a training session this fall and the “icebreaker” posed this question, “Which season is your favorite and why?”. As I pondered this question I realized, I really like change therefore I like the changing seasons. The change of seasons brings freshness and renewal. I communicated with my cohort that I love the newness of each season and the anticipation of the next change. I talked about how much I love the first hard frost of fall that glistens off the rooftop, the ice crystals of winter that hang from the barren trees with the sundogs during those hard winter days, the buds of the flowering crab tree and the first bursts of sun that warm my winter skin in the summer. There is something beautiful about every season, physically and figuratively! And here we are at another season's change!

We recently wrapped up the election season for 2021. Next year's election will be a different focus, flare and emphasis in addition to the school board members and most likely referendum vote. As the school year progresses I know we will be encountering change and decisions with regards to the funding options, programming opportunities and the ongoing operations of the school district. While school finance and school funding is very complex and not the most exciting content, unless you're a superintendent, I invite you to learn more about how schools are funded, where the revenue comes from and why District's look to the taxpayers for support. I look forward to opportunities to share information that may help the community understand the District's request. Sounds like a few more coffee talks may be in the works.

Finally, I do not want to lose focus of all the exciting opportunities that we have in our district! Our innovation center has been a flurry with students exploring their creative ideas. We were able to extend some of those ideas to the elementary to start building the knowledge and skills in our elementary school. There is so much possibility and it all starts with an idea! This is another exciting season that changes and evolves. Had you asked me if elementary school students would be learning how to use design and marketing skills through a Storytelling Cart I would have said, how? What an exciting opportunity to prepare our elementary students for opportunities they have at the Middle School and High School. Talk about preparing our students to embrace a season of change!

As we enter into this new season, embrace the change, find the beauty and get involved to learn more about what we have to offer our students and community!

Janell Bullard - Paynesville Area Schools Superintendent



Technology is all around us in many different forms...from computer chips in tractors and cars to printing brochures (like what you are reading now). Although technology is constantly evolving, our use of technology remains somewhat the same; like problem solving and storytelling. As a technology integrationist, I'm constantly looking for innovative ways to infuse technology in classroom instruction and to provide support to students and teachers.

For example, Paynesville Area Elementary School classrooms will have two Mobile Makerspace carts available for them to use in their classrooms funded by PACF. The Storytelling Mobile Makerspace cart has podcasting equipment for students to use for their readers' theatre and (yes) maybe a podcast. The Design Processing Mobile Makerspace cart has equipment for students to create custom t-shirts, holiday cards, and decals. Both Mobile Makerspace carts will help PAES students develop their storytelling and designing skills they will need as they move onto Middle/High School and beyond.

Colin Wolf
Technology Integrationist
Instructional Coach

Greetings from the Under the Green Roof!

The Center is celebrating its 30th year in 2021. During this time there have been many different activities and programs. Some of the original programs are still happening which is amazing. There have also been many updates to the building over that time. The community has greatly benefited from the planning and foresight of the those involved with the original building project. My question for you today if. If the Center had \$50,000 to make changes to the facility, how would you like to see that money spent? You may use the form below and either mail in or drop off at the Center. Please share any ideas you may have by December 3rd.



December is when the Green Roof Support letters go out to the community. This appeal drive is a major part of our income each year. We love donations from everyone, so if you don't get a letter, feel free to drop off a donation in person or in the mail and mark it Green Roof Support.

Our yearly Christmas Bazaar is back this year. Please stop in on Saturday Dec. 4th from 9-1 for baked goods, (YES THERE WILL BE LEFSE) crafts, lunch and lots of slightly used Christmas decorations. A sloppy joe lunch basket will be served from 11 am –12:30 pm. Apple cider, coffee and hot chocolate will be available throughout the sale.

The public is invited to donate items for this sale. Any items other than food can be dropped of beginning Monday, November 29th. Please drop off any baked goods on Friday.

Inez Jones, Director

Please find below a list of events that happen at the Center regularly.

Bridge: Mondays at 9
TOPS: 9 am Friday
Test Thursday: 1:30 Thursdays
500 Cards: 1 pm several Mondays & Wednesday a month
SAIL: 8:45 Virtual only- 10 am Monday, Wednesday & Friday (virtual or in person)
AA: 7 pm Wednesday & 8 pm Fridays
Senior Dining: 11:30-12:15 Mon. thru Fri.
Aqua Fitness: 9,1 & 3:30 Mondays and Thursdays at Paynesville Inn and Suites
Tai Chi: 2 pm Tuesdays
Whist: 1st & Third Monday at 1

If the Center had \$50,000 to spend on making the facility a better place, how would you recommend we do that?

Please offer the following program at the Center

Please return to the Green Roof Area Center, 1105 W Main Street, Paynesville, MN 56362

Either by mail or in person by Friday December 3rd

Green Roof Area Center Board Member for 2021-2022

Board Chair: Joe Musel, Vice Chair: Ron Mackedanz, Treasurer: Bonnie Kollmann Secretary: Linda Westvig Nancy Deadrick, Roger Hess, Kent Johansen, Sue Johnson, Nandra Looman, Steve Moburg, Linda Musel, Allan Solum,

Ex-Officio: Matt Dickhausen, RedDay Herding, Neil Herzberg, Inez Jones

Officers to be determined in August

YOUR HEART IS A MUSCLE!

As a personal fitness trainer, I'm often asked "Is cardio that important?"

Simple answer: YES!

Your heart is a muscle, and just like any other muscle in your body, it requires training through exercise to become/remain strong and healthy.

Some typical changes in the heart, as we age, are declining maximal heart rate, stroke volume, and cardiac output. The aorta and its major branches stiffen and blood pressure at rest increases.

Exercise has been shown to maintain stroke volume, reduce resting blood pressure and large elastic stiffness. Furthermore, exercise reduces the level of blood lipids and increases blood volume.

The recommendation, for senior citizens, for vigorous intensity exercise is 20 minutes 3 days per week. The SAIL class offers exactly this, meeting 3 days per week and incorporating 20-25 minutes of cardio exercise within the perimeter of an hour. This includes a warm up & a cool down.



The SAIL class attendees participate in various physical activities and hobbies. Several enjoy dancing, while others are avid hikers, work in the garden, on the farm, workout at a gym, or play with (chase) their grand/great grandchildren.

There are a variety of fun, active ways to give your heart a workout, depending on your interests, limitations, and other factors including equipment availability.

A good way to measure how hard your heart is working is by using the Perceived Exertion Chart. This tool utilizes a scale from 1-10. #1 being at rest and #10 feeling completely exhausted, out of breath and unable to continue. Depending on your health and activity level, I typically recommend my students to strive for between a #5 = Moderate Intensity ("I'm sweating a little. I'm working") and #7 = Intense ("The workout is hard, but I can take it").

A proper warm up is necessary in order to slowly and safely raise your heart rate. When getting started, begin slow, whatever exercise you choose. Then gradually increase your activity speed and intensity until you reach a level as noted above.

When exercising, pay attention to your body, be aware of how you feel. A rule of thumb that I use to remind my students is "You should be able to carry on a conversation in phrases, but a bit too short of breath to sing."

Another important element in a cardio workout is the cool down. The last several minutes should be a gradual slow down rather than an abrupt stop. This gives your heart time to recover slowly.

As always, before participating in any physical fitness program, check with your doctor.

Amy Carlson, CPFT



CHRISTMAS BAZAAR

SATURDAY, DECEMBER 4

9-1 PM

LUNCH FROM 11-12:30

BAKED
GOODS
LEFSE
HOMEMADE
CRAFTS
SLIGHTLY

USED CHRISTMAS ITEMS
**DONATED ITEMS CAN BE
DROPPED OFF AFTER
THANKSGIVING**



Green Roof Donors

Dianne & Roger Beihoffer

Kathleen Olmscheid

Gale & Madonna Leimer

Bob & Lois Jung

Tom & Nancy Deadrick

Sharon & Roger Hess

Gary Reinke

Frank, Cy & Dick Dillon Charitable Fund

Kwik Trip

TOPS

Friday AA

Paynesville Lions Bingo Fund

TEALS RECEIPTS

PLEASE CONTINUE DROPPING OFF YOUR
TEALS

RECEIPTS AT THE CENTER!

THANKS TO NANCY AND KATHY FOR FAITH-
FULLY PROCESSING THESE RECEIPTS FOR
US



DID YOU KNOW YOU CAN RENT THE GREEN ROOF AREA CENTER FOR YOUR EVENTS LARGE OR SMALL?

The dining area seats over 100 and the front lounge area
comfortable holds 20 people.

RATES ARE AVAILABLE PER HOUR OR PER DAY
(NO CHARGE FOR NON-PROFITS)

NEXT TIME YOU ARE LOOKING FOR A SPACE TO
HOLD YOUR EVENT CHECK OUT THE CENTER!

*RENTALS ARE TYPICALLY ONLY AVAILABLE ON
EVENINGS OR WEEKENDS*

CALL 320.243.4799



DEFENSIVE DRIVING CLASSES

Refresher Courses:

Wednesday, February 2: 1 pm

Register with CE at 320.243.7570

GREEN ROOF AREA CENTER MEMORIALS

Ermie Albrecht: Tom & Nancy Deadrick, Bud & Leola Wendroth

Harold Easterday: Tom & Nancy Deadrick, Bud & Leola Wendroth, Tess Thielen, Jane Burr

Gary Nepsund: Bud & Leola Wendroth

Doreen Schaefer: Bud & Leola Wendroth

Dave Stumo: Bud & Leola Wendroth

What's Happening at the R.O.S.E. Center

Support Services

Caregiver Support Group: A support group led by a staff person for current caregivers to receive support and discuss questions and concerns related to caring for their loved ones is held at the Area Center every month. There is no need to register, just show up!

December 28th at 1pm

January 25th at 1pm

February 22nd at 1pm

Tech Teaching & Support: The R.O.S.E. Center is able to offer education and support for learning how to use your technological devices (cell phones, computers, smart TVs, etc.). To utilize this service please call RedDay at 243-5144 to set up your assistance appointment.

Entertainment & Dining

Taste Test Thursday: This group is held every Thursday from 1:30pm to 2:30pm at the Green Roof Area Center. This group focuses on increasing the social connections for people, while we try some yummy snacks, learn something new and laugh (A LOT). If you're interested in attending, please call me at 243-5144 to sign up. Sign up is requested to ensure proper food count for those in attendance.

Free Christmas Party & Meal Delivery: The R.O.S.E. Center will be preparing a FREE traditional Christmas meal for seniors (60+) who don't have anywhere to celebrate Christmas. There will be an option to celebrate at The Green Roof Area Center from 11:30am to 1:30pm (in-person party is dependent on whether groups are allowed) or have the meal delivered to your home by volunteers between 11:45am and 12:30pm. To sign up call the R.O.S.E. Center at 243-5144 by Friday, December 17th at 2pm.



Meal Prep Class: Beginning on Monday, January 31st at 4pm we will be hosting a monthly dinner party where participant will cook a healthy meal together and then have a family style dinner at the Green Roof Area Center. Participants must sign up by Wednesday, January 26th.

Anniversary Celebration: Join us to celebrate our 22nd on February 22nd at 2pm. Details of how we will celebrate are still to be determined but watch the Paynesville Press for more information.

Senior Fitness

SAIL (Staying Active & Independent for Life): Our SAIL class has become a phenomenal opportunity for seniors to come and meet their fitness goals, along with making some supportive and lasting friendships. This is a one hour, evidence-based class that is offered Mondays, Wednesdays and Fridays at 8:45am or 10am. The course is led by Amy Carlson, a certified fitness instructor.

Call the R.O.S.E. Center to learn about how to get enrolled.



Please watch our article in the newspaper for more information on any of the activities listed in this brochure.

Taste Test Thursdays

Every Thursday at 1:30pm

Join us at the Green Roof Area Center to socialize & try some new & exciting foods.

Space is limited to the first 30 people to sign up.

To sign up call 243-5144.

Every Monday, Wednesday & Friday

at the Green Roof Area Center

8:45 am—Online Only

10 am—Online or in person

Classes are limited to 20 people per class.

Call to check for available open spots



Caregiver Support Group

A support group for people caring for their loved ones. This is a chance to share, learn & decompress.

December 28th at 1:00pm

January 25th at 1:00pm

February 22nd at 1:00pm

At the Green Roof Area Center

No need to sign up & cost is FREE!

Are you alone for Christmas?

Let us bring you some Holiday cheer!

Christmas meals will be prepared & delivered by

R.O.S.E. Center

volunteers to seniors in the Paynesville area who are alone for the holiday.

There will also be a meal and games held at the Green Roof Area Center

from 11:30am to 1:30pm for those interested in having some holiday companionship.

If you are interested in having a meal delivered to you or attending sign up is required by December 17th by calling 243-5144.

Sponsored by Paynesville Lions Club



DO YOU LIKE TO COOK BUT HATE DOING IT ALONE?

Join us the 4th Monday of the month to learn some new skills, try some new things and just have fun together from 4-5:30

Green Roof Area Center

Call 320.243-5144 to sign up or learn more!



ROSE CENTER BOARD MEMBERS

Chairman Linda Musel

Vice Chair: Jen Ryan

Treasurer: Jan Eggert

Secretary: Open

Members at Large: Deanna Fuchs,

Lil Jacobson, Lynn Lange,

Donna Johansen, Marsha Meed,

Jane Monson, Carolyn Swyter

Ex-Officio: RedDay Herding, Inez Jones

TECH SUPPORT/EDUCATION

NEED A LITTLE HELP WITH PHONE, COMPUTER OR IPAD?

SETUP AN APPOINTMENT WITH REDDAY TO HELP WALK YOU THROUGH SOME SIMPLE ISSUES!

Memorials for ROSE Center



Ermin Albrecht: Gary & Marilyn Herzberg

John Buermann: Joe & Ole Kremer

Carol Cook: Neil & Patti Herzberg

Jim Drimel: Lois Nehring, Neil & Patti Herzberg, Jane Monson

Harold Easterday: Evelyn Borchard, Donna Adams, Angeline Arends, Wayne & Margaret Kahle, Family & Friends of Harold, Gary & Marilyn Herzberg

Lloyd Eggert: Elaine Roberg

Kay Fore: Deloris Haines

Virgil Fuchs: Joe & Ole Kremer, Neil & Patti Herzberg, Family of Virgil Fuchs

Phil Gottwald: Neil & Patti Herzberg

Shari Heitke: Bonnie Kollmann, Bill & Kris Henderson, Jane Monson Bruce & Peggy Bayer, Louann Fahlberg, Wayne & Margaret Kahle, Nancy Kjar, Bev Mueller, Allan Solum, Jane Burr, Jen & Doug Ryan, Lil Jacobson, Barb Klover, Judy Wander, Judy Mayhew, Elaine Niewind, Carole Berg

John Horn Jr.: Donna Liebl

Shirley Jaszczak: Vivian Johnson, Angie Arends

David Morris: Clarice Albrecht, Donna Adams, Donna Liebl

Mike Olmscheid: Donna Liebl

Carolyn Reeck: Family of Carolyn Reeck

Doreen Schaefer: Joe & Ole Kremer, Pat Koglin, Kevin Koglin, Jane Burr, Paynesville Legion Auxiliary, Family of Doreen

Dave Stumo: Jane Burr, Gale & Madonna Leimer, Sheryl Schmiginsky, Dee Haines, Donna Adams, Donna Liebl

Clark Swenson: Neil & Patti Herzberg

James Wegner: Neil & Patti Herzberg



R.O.S.E. Center Donors

| | | |
|---|----------------------|--------------------------------|
| Donna Adams | Ken & Katie Albrecht | Angeline Ahrens |
| Carol Bacon | Carol Berg | Roger & Dianne Beihoffer |
| Jane Burr | Nancy & Tom Deadrick | Rhea Eblen |
| Louann Fahlberg | Agnes Fangmeier | Jim & Kathy Fuchs |
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| Arnold Zimmerman | Hartert Family Trust | Wes & Lois Nehring Family Fund |
| Paynesville Masonic Lodge AF & Community Fund | | |
| Frank, Cy & Dick Dillon Charitable Fund | | |

SCHEDULE OF TYPICAL DAILY

MONDAY: 8:45 & 10 SAIL

9 am Bridge
9,1 & 3:30 Aqua Fitness
1 pm Whist (1st & 3rd)
1 pm 500 Cards (4th)

TUESDAY: 9 AM Recycle eyeglasses

1 pm Caregiver Support Group (Last Tuesday)
2 pm Tai Chi
5 pm NA

WEDNESDAY:

8:45 & 10 SAIL
1 PM 500 Cards (2nd & 4th)
7:30 AA



THURSDAY:

9,1 & 3:30 Aqua Fitness
1:30 Taste Test Thursday
Pedi-Care by appointment
(1st & 4th)
8 pm AA

FRIDAY:

8:45 & 10 SAIL
9:30 TOPS
8 pm AA

Meals served daily from 11:30-12:15
Many other events



Rooted in your community.
Yesterday, today, and tomorrow.

We are proud to be neighbors and friends who share a long history of serving and supporting one another.
Through our roots, we grow together in new ways and plant the seeds for a healthier tomorrow.

Together, our roots run deep.

CentraCare.com



Paynesville Area Public School District #741

Paynesville Area Community Ed Paynesville Area Community Center



Find us on
Facebook



SCAN ME



Paynesville Area Schools recently updated all of our Secondary School Career & Technical Shop Areas as a part of the recent building project. These shops include a new Automotive Shop, Metal Shop, Wood Shop & Innovation Center. Please scan the QR code above or go to our website at www.PaynesvilleCE.com to complete our brief survey. **Our goal is to provide Community Access to all of these newly remodeled spaces and we need to know what your interests are in using the spaces.**



FREE - PACC Indoor Walking Track



Get active on our NEW Indoor **1/9 mile 2-Lane Walking Track**. Free access during weekday staffed hours (Monday-Friday 8am-8pm) FREE for Paynesville Area School District Residents. **24-Hour Walking Track Access included with PACC membership** more information about memberships at PaynesvilleCE.com.

Save a Stamp & Register online at www.PaynesvilleCE.com

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