

Italian Cooking Valentines Eve



Make it a date night or just a fun night out with friends! Show love to your family by serving authentic Italian Cuisine.

The Menu: Broscheta, Ensalada Italian, Shrimp Scampi, Chicken Marsala and Fettucini Alfredo.

Feb. 13 Tuesday
6:00-8:00 pm Frederic High School
Class Fee: \$24 + food material fee: \$7

Thai Tuesdays!

If you like Peter's Chinese cooking classes, you'll love Thai Tuesdays! These dishes are very balanced and detailed, colorful and lightly prepared, with strong aromatic components and a spicy edge.

Fee (per class): \$24 / or two for \$40 + \$6 for supplies
Tuesdays: Feb. 27, Mar. 27, Apr. 10 and Apr. 24
This class is at LUCK HS

Cleaning Product Class

Come learn how to make your own natural cleaning products. We will make 5 cleaning products: All Purpose Cleaner, Counter Top Cleaner, Glass & Window Cleaner, Toilet Bowl Cleaner, Multi-surface Floor Cleaner. Cleaners made with natural products & essential oils.

Feb. 28 Weds
6:00 PM *Need to be registered by 2/20.
Class fee: \$50 All materials provided

Cake Decorating

Don't miss this fun Beginner Cake Decorating Class! Participants will learn basic tips and techniques of cake decorating such as how to frost a cake, basic piping skills, design basics, make flowers and roses, and writing. Demo on sheet cakes. Cupcakes and cookies available to practice on and bring home!



All materials provided.

Mon., March 5
6:00 - 8:00 pm
Class Fee: \$35

Indoor Herb Garden

Add a natural touch to your home decorating by making a planter box that you will stain or paint to the color you choose, and plant herb seeds of your choice to use for all your kitchen needs.

March 15 Thursday
5:30-7:30pm Art Room
Fee:\$35



Straw Bale Gardening

Learn to grow a garden without weeding, "heavy lifting" or getting down on your hands and knees. Learn about the advantages of using the Straw Bale Garden method to grow a bountiful garden. Any backyard, concrete patio, rooftop or driveway can become a productive garden space.

March 13th Tuesday
6:00pm Fee: \$10
Elem Cafeteria

Write Right Now!

Whether you are creating short stories, a novel, a memoir or play, or a piece for your local newspaper, this is a place to come for hints to improve your project and for inspiration and encouragement from other listeners/readers/writers. Instructor: Carolyn Wedin

Tuesdays Session 1: Jan 16-February 20
Fee: \$25 Session 2: April 3-May 8
4:00-6:00pm HS Library

Fundamentals of Financial Planning

Life is full of priorities. Whether it's securing a comfortable retirement, paying for a child's education, or purchasing a second home, we all have competing short- and long-term goals that require a personalized plan to be successful. Advisor Patrick Gherity with Bremer Investment Services will help you understand the purpose of having a financial plan and will cover various financial planning concepts.

February 22 Thursday
5:30 pm Fee: Free FHS Library

Resume Writing Workshop

One of the most important, and intimidating, steps in the job search process is writing a solid resume. Create an effective resume or improve the one you already have.

March 8 6:00-8:00 pm *or by appt.
Fee: \$10 FHS Library *Free for students

Design Your Own WordPress Website

For individuals, organizations or small business owners who want to learn how to design,edit and manage their own WordPress website.

April 19 & 26 Thurs.
6:00 - 8:00 pm Fee: \$35 FHS Lab

Woodland Chorale Concert

April 14 at 7:30 pm - Frederic High School
Performing Arts Center

Free will admission to benefit local high school music depts.



OUR FITNESS CLASSES ROCK!!!!

- ◆ **A.M. BOOTCAMP - TUES. & THURSDAYS**
Circuit training and calorie-torching intervals for an effective and sweaty workout! High-intensity interval training consisting of eight rounds of ultra-high-intensity exercises. Bring Mat.
Instr. Cassie McKenzie at Elem GYM
5:45-6:30 AM \$45 for 10 sessions or \$6 a class
- ◆ **BUNS N GUNS - TUESDAYS & THURSDAYS**
A power-packed workout focused on toning your legs, glutes, and arms through fun, high energy routines. Instr. Anne Schaffer. At Elem Cafeteria
Bring a set of 5 lb dumbbells & floor mat
\$30 for 5 classes/\$50 f/10 classes or \$7 drop-in 6 pm @ Elementary Cafeteria
- ◆ **INTERVAL CIRCUIT TRAINING - MONDAYS**
This is a great cardio and strength training class that works the entire body and ends with 5 minutes focused just on your core. The class can be for beginners to advanced athletes. You pick the level you want to perform the exercise. Bring 5 lb. weights, a workout mat, and water. Instructor: Cassie McKenzie
6 pm @ Elem Gym or Cafeteria
4 Weeks Session - \$20 or \$6 drop in/class
[Fitness schedule @](#)
www.frederic.k12.wi.us/community-ed

MORE CLASSES!



Soap Making

Make your own wonderfully moisturizing soap with all natural ingredients. You will learn the cold process method of soap making and leave with your own personal soap creations. We will be working with oils, so dress for a mess and bring an old towel.

April 16 5:30-7:30pm
Fee: \$20 Elem Art Room



Welcome Sign

Rustic Welcome Wood Sign makes the ultimate housewarming gift or perfect to give for mothers day. The mason jar adds a unique touch!

May 3 6:00-8:00pm
Fee: \$35 Elem Art Room

Great Mothers Day gift!



Wild Foods and Folk Medicine

Discover a delightful variety of foods and folk medicine that can be gathered from the wild, and in your own backyard. We'll talk about safe harvesting practices, and each session will include hands on cooking or folk medicine preparation. This class will meet rain or shine (unless there are considerable winds and/or lightning.) Bring a bottle of water, a basket for gathering, and dress for the weather – hiking boots, rain gear, sunscreen, bug spray, etc.

5:30 - 7:30 pm Frederic High School
Cost is \$18 per class or \$48 if for all 3
Material fee: \$2 per class

Register Today!
Online or use form below!



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PFCT moves to SUMMER!

"Wizard of Oz" June 25 - 30

Prairie Fire Childrens Theatre will be in JUNE this year! Auditions on Monday, June 25 @ 1 pm. Get on our mailing list or check the website for more info as we get closer.

ATV Safety

April, 9th 10th and 12th
5:30 – 8:30 pm FHS
Contact Deputy Jeff Hahn at 715-485-8313 email - jeffrey.hahn@co.polkwil.us

Drivers Ed - Frederic

Orientation: June 4 6pm
Class: June 5-28 Mon-Thurs 1- 3pm
www.SafeStartDrivingSchool.com



Kids Paint N' Sip

Come and play in the colorful world of paint!

All materials to create a work of art on canvas, snacks and juiceboxes for our "sipping" will be provided. There is a limited number of seats.

March 13 3:15-5:15 pm
Elem Art Room \$5

How to Register:

Online: www.frederic.k12.wi.us/community-ed

Mail Frederic Community Ed
1437 Clam Falls Drive
Frederic, WI 54837

You may Pre-Register by:
Phone 715-327-4868 Ext. 1117

Email millerm@frederic.k12.wi.us

Community Ed Registration Form

Name: _____

Phone: _____ Email: _____

(Course Title, Date, Fee)

1. _____

2. _____

Make Checks payable to "Community Education"