

WINTER 2023

WORTHINGTON

COMMUNITY CLASSES & ACTIVITIES



INFORMATION IN THIS PUBLICATION IS AS OF NOV. 27, 2023

District 518 Community Education
827 N. Crailsheim Road
Worthington, MN 56187

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56187

Lifelong Learner



Engage • Enrich • Inspire

www.isd518.net/enrichment



From left to right: Sagrario López, Rosa Hurtado, Cassandra Mendez, Petra Jimenez de Cornejo, Laurie Erwin – Missing Myra Kramer

WELCOME

As Winter is quickly approaching, we are just as excited to celebrate another season. Once again, we have collaborated with many entities to enrich the lives of our community members by bringing fun opportunities for you and your family to stay engaged and continue to learn. There is something for all age groups.

We have planned a fun trip to the Minnesota Twins game. Bring your family and friends to cheer for your favorite team. Although the game is not until June, tickets go fast for the Twins trip, so call to register now.

Also included in this catalog are gymnastics, celebration chorus, cooking classes, watercolor and drawing classes, an indoor soccer camp, intro to boxing, and others. Do not forget to sign up for after-school youth programs through the Nobles County Integration Collaborative (NCIC). NCIC also offers homework help throughout the school year.

At Community Education, we highly believe in the value of school connection, so we work hard to include information on events, contact information, activities, and other school-related announcements.

Please take your time paging through this winter catalog. We look forward to seeing you in a class or activity soon.

If you do come to see us in person, you will probably meet one of our building secretaries. Our Community Education secretaries are a vital part of our organization, and we would like to take this opportunity to recognize and appreciate their hard work and dedication. They play a key role in keeping us organized, providing support to our staff, and ensuring that our programs are delivered seamlessly. Without their efforts, our programs would not be as successful as they are today. We are grateful for all that they do and for the positive impact they have on our community.

Thank you for all your support!

Soom Chandaswang
Enrichment Programs Coordinator



District 518 COMMUNITY EDUCATION

827 N. Crailsheim Road
Worthington, MN 56187

507-376-6105

www.isd518.net/commed

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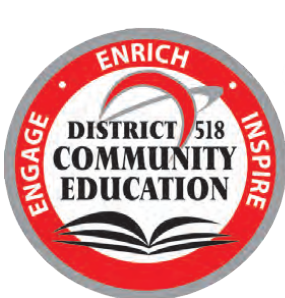
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NOBLES COUNTY INTEGRATION COLLABORATIVE COORDINATOR

**POSITION IS
STARTING SOON**

YOUTH ACTIVITIES

Celebration Chorus	Page 8
Child and Babysitting Safety Class	Page 9
Child and Teen Checkups	Pages 14 & 15
Creature Creating Drawing Class	Page 10
Creative Healing Space	Page 43
Early Childhood Family Education	Pages 4 - 7
Early Childhood Screening	Page 5
Ed2go	Page 22
Family Fun Day	Page 6
Gymnastics	Page 7
Home Alone Class	Page 9
Intro to Boxing	Page 11
Nobles County	
Integration Collaborative	Pages 16 & 17
Nobles County Library	Page 13
Online Guitar Lessons	Page 8
Online Piano Lessons	Page 8
Watercolor Layering with Bugs & Insects	Page 10
Worthington School District 518	Pages 38-41
YMCA	Pages 18 - 21
Youth in the Kitchen: Baking Cookies	Page 10
Youth Scholarships	Page 7
Youth Soccer Camp	Page 11



District 518
Community Education



Photo Use:

Worthington District 518 Community Education and its representatives may take photos or video images of participants in their classes/activities. These images would be used for the Worthington District 518 Community Education catalog, webpage, social media, or other publications.

If you do not want yourself or your child's photo used for such purposes, please contact us via our webpage: www.isd518.net/enrichment and fill out the Denial of Photo Use Form.

Once completed, mail the form to:
Worthington District 518 Community Education
827 N. Crailsheim Road
Worthington, MN 56187

Cover Photo Credit: Sharon Johnson

ADULT ACTIVITIES

Adult Basic Education (ABE)	Page 28
Center for Active Living	Page 34
Community/Senior Services	Page 35
Defensive Driver Training	Page 30
Ed2go	Page 23
Fall Community Events	Page 36
Family & Community Liaisons	Page 29
Helping Hand Pregnancy Center	Page 43
Historic Dayton House	Page 31
How to Cook: Tamales	Page 12
JBS - Scholarships	Pages 24 & 25
Memorial Auditorium	Pages 26 & 27
Nobles County Library	Page 13
Online Guitar Lessons	Page 8
Online Piano Lessons	Page 8
Registration	Page 42
SMOC - ChildCare Aware	Page 33
SMOC - Energy Assistance	Page 31
SMOC - Family Planning	Page 32 & 33
SMOC - Headstart	Page 33
Studio 3	Page 37
Tax Help	Page 30
Teachers On Call	Page 12
Twins Trip	Page 12
Worthington School District 518	Pages 38-41
YMCA	Pages 18 - 21

We invite you to become engaged in the community by enrolling in Worthington District 518 Community Education classes and activities. Programs are designed to enrich and inspire you to get the most out of life!

OFFICE HOURS

Monday - Thursday • 8:00 a.m. - 5:00 p.m.
Friday • 8:00 a.m. - 4:30 p.m.

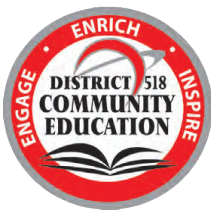
OFFICE LOCATION

827 N. Crailsheim Road • Worthington, MN 56187
Phone: (507) 376-6105
Webpage: www.isd518.net/enrichment

For your registration convenience, we offer Online Registration. This is one of many registration options for you.

PAYMENT POLICY

Payment must accompany registration to ensure enrollment in a class. Registrations without payment will be put on hold until payment is received.
Registrations/payments received the date the class begins will be charged an additional \$5 processing fee. All walk-ins and late registrations will be charged the \$5 processing fee. Participants are strongly encouraged to register early. If you have any questions, please contact the Community Education office.



Early Childhood Family Education



ECFE classes are held at the Community Education Building,
827 N. Crailsheim Road, Worthington, MN 56187

Classes are open to all families in the Worthington School District with children 0-5 years of age and not yet in Kindergarten.

Parents and children attend together and will experience playful learning activities, parent discussion and circle time. Spend time with your child/children and create lasting memories!



CHOOSE A CLASS: WINTER SESSION

10 Sessions • January 30, 2024 — April 18, 2024

No Class February 20 – 22; March 26 - 28

TUESDAY

1-5 year olds
9:00—10:30 a.m.
Class # 0108W24

TUESDAY

SPANISH*
1-5 year olds
10:30—12:00 p.m.
Class # 0401BW24

TUESDAY

SPANISH*
1-5 year olds
12:30—2:00 p.m.
Class # 0401CW24

TUESDAY

0-5 year olds
6:00—7:00 p.m.
Non-separating
Class # 0101W24

THURSDAY

1-5 year olds
6:00—7:30 p.m.
Class # 0108BW24

*Classes are for Spanish speaking families

ECFE ofrece clases para las familias que hablan español. Para mas informacion por favor llamar al 727-1210.

ECFE Class Fees - Winter/Spring 2024

Use your annual income to calculate fees. **Please pay for classes when registering.**

Household Size	Tuition Donation \$0.00	Reduced 50% Off \$24.00	Full Tuition \$48.00
2	0 - \$14,300	\$14,301 - 20,400	\$20,401 & above
3	\$14,301 - 18,000	\$18,001 - 25,600	\$25,601 & above
4	\$18,001 - 21,700	\$21,701 - 30,800	\$30,801 & above
5	\$21,701 - 25,300	\$25,301 - 36,100	\$36,101 & above
6	\$25,301 - 29,000	\$29,001 - 41,300	\$41,301 & above
7	\$29,001 - 32,700	\$32,701 - 46,500	\$46,501 & above
8	\$32,701 - 36,300	\$36,301 - 51,700	\$51,701 & above

If you have 1 child attending class at full tuition, 2nd child is reduced rate. **REGISTER FOR SIBLING CARE WHEN YOU REGISTER FOR CLASSES (see below).** Household size is the total number of people living in your home - parents and children. **ALL FAMILIES ARE WELCOME.** No one will be denied participation due to inability to pay. District 518 residents have priority registration.

Sibling Care Services

ECFE has experienced child care assistants available to care for your children who are not enrolled while you attend classes. These child care services are available according to the sliding fee scale.

# of Children in Sibling Care	Sibling Care Donation	Reduced 50% Off	Full Tuition
1	\$0.00	\$5.00	\$10.00
2	\$0.00	\$8.00	\$15.00
3	\$0.00	\$11.00	\$20.00

Worthington District 518 EARLY CHILDHOOD SCREENING

Do you have a child that is 2-5 years old?
Has your child been to early childhood screening?
If not, read on...

Minnesota State Law requires that children age 3 1/2 - 4 years participate in a developmental early childhood screening. This screening is free. The purpose of the screening is to identify children who may benefit from district and community resources that are available to help in their development.



The screening will consist of the following components: fine/gross motor skills, language development, concepts, height/weight, vision, hearing, review of child's health history, and immunization record (these are not substitutes for comprehensive exams).

District 518 will be sending out letters of invitation to children who are in the appropriate age range. *If your child is 4 years of age and has not been screened or if you would like to check if your child is listed on our census, contact Melanie Kuhl, Early Childhood Screening Coordinator at (507) 727-1207 for more information. Early Childhood Screening Dates for this school year are:*

February 20, 2024
8:00 a.m. to 3:30 p.m.

March 6, 2024
8:00 a.m. to 11:00 a.m.

April 17, 2024
8:00 a.m. to 11:00 a.m.

Held at Community Ed Building

Family Fun

at Early Childhood

Join us Saturdays

9:00 a.m. - 11:00 a.m.

January 6	February 24
January 13	March 2
January 27	March 9
February 3	March 16
February 10	March 23

At Community Education
827 N. Crailsheim Road, Worthington
1-5 year old children (not yet in Kindergarten)

Drop in, no registration required.
Suggested donation \$1 per child.
Activities for parents and children together.

Family Fun

at Early Childhood

Join us Saturdays

9:00 a.m. - 11:00 a.m.

January 6	February 24
January 13	March 2
January 27	March 9
February 3	March 16
February 10	March 23

En Community Education
827 N. Crailsheim Road en Worthington
con tus niños de 1 a 5 años de edad (los que no han entrado al Kinder)

Ven cuando quieras, no te tienes que registrar
Se sugiere una donación de \$1 por cada niño
Actividades para padres junto con sus niños.

INTRODUCING EARLY CHILDHOOD COORDINATOR

Hi everyone! My name is Melanie Kuhl, and I am super excited to take on the role as Early Childhood Coordinator and serve my community in this capacity. I have had the privilege to work in District 518 since 2002. During this time, I taught preschool, kindergarten, first, and fifth grade. All were amazing in their own special way. I received my undergraduate, master's degree, and reading licensure all through Southwest Minnesota State University in Marshall, Minnesota. As a Coordinator, I am dedicated to leading students and staff through the building blocks of readiness. My mission is to experience life through teaching and leading others.



GYMNASTICS

4 & 5 Year Olds

Students who are age 4 or 5 or who have not taken gymnastics before. Parents who have children younger than 4 years old may enroll their child, but must assist their child during class.

6101AW23

Sat., Dec. 9 - Jan. 13, 2024 6 ses.

9:00 a.m. - 10:00 a.m. \$40

Worthington Gymnastics Facility

Head Coach: Worthington Gymnastics Staff

Intermediate + Advanced

Intermediate gymnast has experience on gymnastic equipment and is able to do a backbend kickover. Advanced gymnast must be able to do a round-off back handspring.

6101KW23

Sat., Dec. 9 - Jan. 13, 2024 6 ses.

11:30 a.m. - 1:30 p.m. \$58

Worthington Gymnastics Facility

Instructor: Worthington Gymnastics Staff

Beginner I + II

Beginner I student has never taken gymnastics before or has not mastered a cartwheel. Beginner II gymnast has taken gymnastics before and has mastered a cartwheel.

6101JW23

Sat., Dec. 9 - Jan. 13, 2024 6 ses.

10:00 a.m. - 11:30 a.m. \$50

Worthington Gymnastics Facility

Instructor: Worthington Gymnastics Staff



Worthington District 518 COMMUNITY EDUCATION YOUTH SCHOLARSHIP PROGRAM

Worthington District 518 Community Education offers youth scholarships to enable more youth to participate in program offerings. As with most other school district activities, Community Education uses the USDA Free and Reduced Lunch application data to determine whether or not local youth are eligible. Children who qualify for Free or Reduced Lunch, will be able to enroll in most Community Education youth activities for the reduced fee.

To obtain these program scholarships, families should indicate their interest in applying for the reduced fee when enrolling their children in a Community Education class or activity. The Enrichment Programs Coordinator will determine whether any additional information is needed to determine if the child qualifies for this income-based program. For more information, parents can contact the Enrichment Programs Coordinator at the District 518 Community Education office at 507-376-6105.

CELEBRATION CHORUS



Celebration Chorus is an after school singing opportunity for third through fifth grade students. You will learn to sing music in two and three parts, make up some of your own accompaniments and perform out in the community. Come celebrate together in song!

7916W24

Tues., Jan. 16 - Mar. 19, 2024

10 ses.

2:45 p.m. - 4:15 p.m.

\$30

Intermediate School Music Room

Instructor: Debra Moe

INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE - ONLINE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session and a recording of the class is included. For ages 13+. You will be receiving a class link through email one week before class.

Topics include: how chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar (things to avoid), and how to play along with simple tunes.

2307W23

Tues., Jan. 30, 2024

1 ses.

6:30 p.m. - 9:00 p.m.

\$69/person

Online

Instructor: Craig Coffman



INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE - ONLINE



In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do - using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session as well as a recording of the class is also included. The course is partly lecture/demonstration and partly hands on instruction. You will be receiving a class link through email one week before class.

Topics include: how chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid "counting", and how to simplify over 12,000 complex chords

2308W23

Mon., Jan. 29, 2024

1 ses.

6:30 p.m. - 9:30 p.m.

\$69/person

Online

Instructor: Craig Coffman

CHILD & BABYSITTING SAFETY CLASS

The Child and Babysitting Safety (CABS) program from the American Safety and Health Institute gives everything you need to know for safe and successful babysitting. The YouTube "vlogger" style presentation of the video brings a youthful



and high-energy spirit to the program content, and the colorful magazine format of the student book makes learning fun. From getting started with your business, to working with parents and children, to key safety, caregiving, and first aid tips, CABS will help set you up for babysitting success. Students must be present for the entire class and complete achievement of the core learning objectives to receive certification valid for two years. Students attend this class independently and should come prepared with a notebook and pen.

3919W23

Sat., Jan. 20, 2024

9:00 a.m. - 12:00 p.m.

Community Education Room 353

1 ses.

\$55/person

Instructor: Lori Hameister

HOME ALONE CLASS

Is your child ready for the independence of being home alone?

Parents need to be sure their children have the skills and maturity to handle the responsibility safely. Whether it is for an hour after school or several hours a day during the summer, being trusted to be home alone can be a positive experience for a child who is mature and well prepared. This class for children will address several topics relating to being "Home Alone" including age guidelines, safe habits, house rules, after school routines, phone calls and door knocks, dog emergencies, personal safety, handling the unexpected, gun safety, severe weather, fire safety, intruders, and first aid tips. Students attend this class independently and should come prepared with a notebook and pen. Parents are encouraged to review the take home information and discuss it with their child.



3905W23

Sat., Jan. 20, 2024

12:30 p.m. - 2:30 p.m.

Community Education Room 353

1 ses.

\$30/person

Instructor: Lori Hameister

YOUTH IN THE KITCHEN - BAKING COOKIES

Is there anything better than the first bite of a warm, freshly baked cookie? Yes, baking, decorating, and sharing them with friends! Baking cookies is a great way to learn important life skills like teamwork, reading and following directions, measuring ingredients, working safely in a kitchen, as well as the importance of patience and clean up. So, invite some friends and come join us for a fun-filled afternoon of baking and decorating cookies!



1273W23

Fri., Dec. 22, 2023

1 ses.

12:30 p.m. - 4:00 p.m.

\$25

Community Education Room 361

Instructor: Kelly Heseemann

CREATURE CREATING DRAWING CLASS (GR. 3+)



The class starts with a fun drawing exercise to help the creativity flow. You will create some of your own creatures using drawings from the exercise or you can choose to create new ones. Then we will bring them to life using colored pencils and shading. Bring a snack and a resealable drink that may be used for inspiration while working on the final creature character.

2420W23

Thurs., Feb. 8, 2024

1 ses.

5:30 p.m. - 7:30 p.m.

\$25

Community Education Room 361

Instructor: Kelly Henkels

WATERCOLOR LAYERING WITH BUGS & INSECTS (GR. 8+)

This class will work on the basics of layering watercolor from light to dark to create a bug or insect. We will work on two images at the same time with step-by-step direction. You will have the chance to work on another one on your own, if time allows, or you can take it home to practice on your own. You need to have a general understanding of the basics of watercolor before taking this class, for example, controlling the amount of water needed to make multiple shades of a color. Space is limited, register soon!



2419W23

Thurs., Mar. 14, 2024

1 ses.

5:00 p.m. - 8:00 p.m.

\$35

Community Education Room 361

Instructor: Kelly Henkels

YOUTH SOCCER CAMP (GR. 4-6)

Join our beginner indoor soccer camp and discover the many benefits of playing this exciting sport. You'll build confidence, improve your fitness, and make new friends - all while having a great time! Our experienced coaches will guide you through various drills, training exercises, and game simulations to help you develop your skills in a fun and supportive environment. No prior experience is required. All you need is a water bottle, indoor tennis shoes, and shin guards (although they are not mandatory). Don't miss out on this amazing opportunity to improve your game and have fun with fellow soccer enthusiasts. Sign up today!



5105W24

Dec. 26-28, 2023

1:00 p.m. - 3:00 p.m.

Learning Center Gym

3 ses.

\$40

Instructor: Tah So Ghay Collah

5105S24

Mar. 26-28, 2023

1:00 p.m. - 3:00 p.m.

Learning Center Gym

3 ses.

\$40

Instructor: Tah So Ghay Collah

INTRO TO BOXING (GR. 4+)



Are you interested in boxing but don't know where to start? Our beginner's boxing class is the perfect place for you! This class is specifically designed to teach you the essential skills of boxing, including proper form and technique. Not only will you improve your strength and coordination, but you'll also have a great time doing it! Our high-energy workout is both empowering and invigorating, leaving you feeling strong and confident. It's important to note that this class does not include any sparring sessions, so you can focus solely on mastering the basics of boxing. Don't miss out on this amazing opportunity to learn a new skill while improving your overall fitness!

5831W24

Tues. & Thurs., Feb. 6-22, 2024

6:00 p.m. - 7:00 p.m.

Community Education Large Motor Room

6 ses.

\$55

Instructor: Aldo Efrain Rodriguez Lopez

TWINS TRIP

We will watch the Twins take on the Oakland Athletics at the 1:10 p.m. game from seats located in the upper rows of the shaded infield box straight out from 1st base. There will be a breakfast and a supper stop. (All meal costs are on your own.) Fee includes game ticket and charter bus ride. Tickets go fast for this Twins trip!

2807S24
Sun., Jun. 16, 2024
\$122/person
Instructor: Lisa & Tom Nath



Departure Location	Departure Time	Approx. Return
Sioux Falls—Active Generations	7:00 a.m.	9:30 p.m.
Luverne—Comm. Ed Parking Lot	7:30 a.m.	9:00 p.m.
Worthington—Comm. Ed Parking Lot	8:00 a.m.	8:30 p.m.

HOW TO COOK: TAMALES



Looking to impress your friends and family with your culinary skills? Look no further than our tamale-making class! Join us for an exciting and interactive class, as you learn the art of making delicious Mexican tamales from scratch. From mixing the dough to assembling and steaming your tamales, you'll gain hands-on experience with every step of the process. By the end of the class, you'll have the confidence and skills to make this hearty and flavorful appetizer at home and amaze your loved ones with your newfound abilities. Don't miss out on this chance to join our tamale-making community and indulge in one of Mexico's most beloved dishes. Sign up now!

1274AW23
Mon., Feb. 12, 2024
5:30 p.m. - 7:30 p.m.
Community Education Room 361

1 ses.
\$35/person
Instructor: Sagrario Lopez

1274BW23
Mon., Mar. 11, 2024
5:30 p.m. - 7:30 p.m.
Community Education Room 361

1 ses.
\$35/person
Instructor: Sagrario Lopez

Now hiring



Substitute teachers and paraprofessionals

Call or visit our website today!

800.713.4439

teachersoncall.com

Winter '23-'24 Kids Library Programs

STORY TIME

Wednesdays at 10 a.m.

Toddlers & Preschoolers

Join us for stories, action verses and a craft.

WII - U

GRADE 5-9

Mondays After School

3:15 until 4:45 p.m.

Snacks and beverages provided - come challenge your friends!

AFTER SCHOOL PROGRAM

GRADE K-5

Tuesdays and Thursdays

3:30 until 4:45 p.m.

Join us for movie, snacks, crafts, experiments and games!

JUST GURLZ

GRADE 5-9

Wednesday, After School

3:15 until 4:45 p.m.

Join us for art & crafts, cooking, experiments & more. Snacks & beverages available,

BRING ON THE NEW YEAR

Join us Wednesday, December 27, 2023 at 10am & 1 pm as we celebrate the New Year!

Check out our website in December for details. Call the Library to sign up for ONE party!

THESE NEW PROGRAMS ARE SUBJECT TO CHANGE.

SEE THE NEW, MOBILE FRIENDLY WEBSITE

www.nclibrary.org

FOR UPDATES AND MORE INFORMATION

Winter '23-'24 Adult Library Programs

ADULT WINTER READING PROGRAM

January 2 - March 31

Ages 16 & up

Check our website & library facebook page for details.

AARP HOMEFIT WORKSHOP

January 23

10:00 - 11:30 a.m.

Come learn about changes you can make to your home so you can stay longer as you get older.

LOCAL AUTHOR BOOK FAIR

February 9

10:00 a.m. - 4:00 p.m.

Come meet the best and brightest of Minnesota! Featuring tons of authors eager to talk to you about their work and sell copies!

NOBLES COUNTY LIBRARY

407 12TH STREET • WORTHINGTON, MN

WWW.NCLIBRARY.ORG • 507-295-5340



Keeping it Healthy CHILDREN, TEENS and YOUNG ADULTS

FREE benefit to children, teens and young adults enrolled in Medical Assistance

Child and Teen Checkups



Healthy Living with
Regular Health Checkups and
Healthy eating.....



Is a nutrition education
and food assistance program for
pregnant or breastfeeding women and
children up to age 5.

Apply today to see if you qualify:

On-line at:

<https://www.health.state.mn.us/people/wic/>

OR

Call us at: 507-295-5213

Birth through age 20 includes:

- Complete head to toe physical
- Checks on development and growth
- Hearing and vision checks
- Blood test
- Immunizations
- Time with your healthcare provider to discuss questions and concerns you have

Checkups are recommended:

- Between Birth and 1 month
- At 2, 4, 6, 9, 12, 15, 18, 24 and 30 months
- Every year starting at 3 years through 20
- More often if needed



Call your healthcare
provider today to
schedule a Child
and Teen Checkup



Always remember
to buckle up your
child!

For more information or help finding a clinic, scheduling
rides, finding interpreters or making appointments with
specialists contact your local C&TC Contact.

Nobles County Community Services

Main Number: 507-295-5213 or
C&TC Contact at 507-295-5369





A Mantenerse Sanos NIÑOS, ADOLESCENTES Y ADULTOS JÓVENES

Beneficio GRATIS para niños, adolescentes y adultos jóvenes recibiendo Asistencia Médica

Child and Teen Checkups



Vida saludable con
chequeos médicos regulares y
alimentación saludable.....



Es un programa de educación
nutricional y asistencia alimentaria
para mujeres embarazadas o lactantes
y niños de hasta 5 años de edad.

Solicite hoy mismo para ver si cumple los requisitos:

En línea en:

<https://www.health.state.mn.us/people/wic/>

O

Llámenos al:

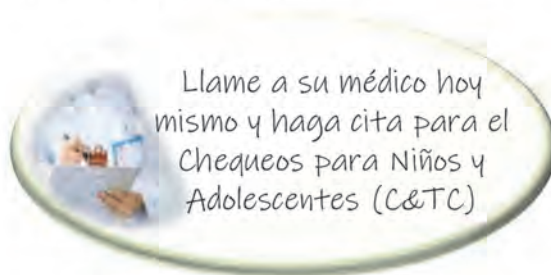
507-295-5213

Desde el nacimiento hasta los 20 años incluye:

- Físico completo de pies a cabeza
- Pruebas de desarrollo y crecimiento
- Prueba de oído y vista
- Prueba de sangre
- Vacunas
- Tiempo con su proveedor de atención médica para discutir las preguntas e inquietudes que tenga.

Se recomiendan chequeos:

- Entre el nacimiento y 1 mes
- A los 2, 4, 6, 9, 12, 15, 18, 24 y 30 meses
- Cada año a partir de los 3 años hasta los 20
- Más a menudo si es necesario



Para obtener más información o ayuda para encontrar una clínica, programar transporte, encontrar intérpretes o concertar citas con especialistas, comuníquese con su contacto local de C&TC.



¡Recuerde siempre
abrochar a sus
hijos!

Servicios comunitarios del condado de Nobles

Número principal: 507-295-5213 o
Contacto de C&TC al 507-295-5369





NOBLES COUNTY INTEGRATION COLLABORATIVE

Adrian Ellsworth Fulda Heron Lake-Okabena Round Lake-Brewster Worthington
827 N. Crailsheim Road, Worthington, MN | 507-376-3300 | www.isd518.net/ncic

The mission of the Nobles County Integration Collaborative, a consortium of adjacent school districts, is to promote student success and community acceptance of cultural differences by providing opportunities for students, families and staff from diverse backgrounds to learn from and with one another.

Winter Opportunities 2023-2024

(All our programs are open to all NCIC member districts and their communities)

Nobles County Equity Advocates (NCEA)

All Community Members Welcome

Professional Development Opportunity: Join the Nobles County Equity Advocates (NCEA) Meetings



Nobles County Integration Collaborative would like to invite you to our carefully designed biweekly meetings that focus on equity, cultural inclusion, race, and LGBTQ+ topics. This is a professional development opportunity and CEU's will be available, including CEU's for school administrators. The NCEA will meet two times a month. NCEA meetings will be offered in person with the option of joining online via a google meeting link provided for each meeting. Remote meetings will also be considered if the need for them arises.

Dates and times: Monday Jan.15, 4:15 p.m.-5:15p.m.

*Every other Monday thereafter, wrap-up session on May 6.

Location: Community Education, Room 353/Online

*827 N. Crailsheim Rd, Worthington MN, 56187

Facilitators: Dr. Jose Morales Collazo and Jesse Nitzschke

To register or to receive more information, please call (507)376-3300

FALLING BEHIND IN SCHOOL? NEED SOME EXTRA SUPPORT? WE'RE HERE TO HELP!

Homework Help (7-12 Grade)

We offer Homework Help for 7th-12th grade students. If you need a place to study. Need help with assignments, or need help to better understand a subject that you are struggling with. For this drop-off tutoring, we will provide snack and beverage.

Dates and times: Available by appointment throughout the school year by calling (507)376-3300

Location: NCIC Room 342

Afterschool Youth Program (7-12 Grade)

Our 7th & 8th Grade Odyssey, Dynamic 507 afterschool programs will meet separately this year. The afterschool programs are centered on: college and career readiness, participation in leadership or civic engagement activities, cultural intergration and academic success. We will provide a snack and beverage as well as transportation by request.



NCIC Afterschool Programs Kick-off at Centennial Park.

To register or to receive more information, please call (507)376-3300

7th & 8th Grade Odyssey

Dates and times: Tuesday, 4:00 p.m. - 5:00 p.m.

Location: NCIC Room 342

Dynamic 507 (9th to 12th grade)

Dates and times: Thursday, 4:00 p.m. - 5:00 p.m.

Location: NCIC Room 342

KEEP UP WITH US BY FOLLOWING US ON SOCIAL MEDIA!



facebook.com/ncic507



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Winter Opportunities 2023-2024

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NCIC Updates

Welcome Lila!

Almost a whole year in the new building, can you believe it! We have had so many changes and brand-new faces. We have had an amazing year thus far hosting summer and after school programming, meetings, special events and more importantly continuing our support of our districts and member district students and families. With that being said, we would like you to meet a recent addition to the NCIC team! Please join us in welcoming Analilia "Lila" Duron. Lila has been hired as a part-time Youth Development Leader (YDL). Lila and Alyssa Sounthala (YDL) will be providing academic support to students at Prairie Elementary throughout the school year.

Hi, my name is Analilia Duron or as I go by, Lila. I work for Nobles County Integration Collaborative (NCIC) as a Youth Development Leader. I am 19 years old. I grew up in Rushmore, MN. I currently live in Worthington with my family. I am the youngest of five. I graduated from an online school and received my high school diploma. Fun fact about me, I love to spend quality time with my family and friends.



Together the YDL's will continue providing academic support to students at our local schools, Chansouk Duangapai (WHS), TahSoGhay Collah (WMS), Alyssa Sounthala (PES) and Lila Duron (PES). The full-time YDL's will spend part of their day planning and facilitating out-of-school-time programs. Focusing on academic achievement, civic engagement/volunteerism, college and career readiness, cultural competency and leadership development.

Visit www.isd518.net/district/employment for NCIC employment opportunities

NCIC Fall Highlights



Dynamic 507's trip to the pumpkin farm.



October College Visit: Bethel University and The Urban Village

Joint Powers Board and Collaborative Equity Council Meeting Schedule 2023-2024

February 5, 2024

April 1, 2024

June 3, 2024

Collaborative Council meetings will begin at 5:30 p.m. Joint Powers Board meetings will start immediately after the Council meetings. Meetings will be held at NCIC, Room 342.

CC members: Robert Routh(Ells.), Molly Schilling(Adrian), Ray Hassing(RLB), Sharon Johnson(Wgtn), Pau Bang(HLO), Michael Pagel(Fulda), Rhonda Groen(Ells.), Diane Larson(RLB), Luke Isder(Fulda), Tracy Freking(HLO), Carla Osornio(Adrian), Cristina Adame(Wgtn), Chelsea Wintz(Wgtn), Jay Vargas(Wgtn), Lakeyta Swinea(Wgtn), Dulce Willardson(Wgtn), Jorge Lopez(Wgtn), Maria Garcia(Wgtn), Jessica Chandaswang(Wgtn), Jasmine Eichenberger(Wgtn).
JPB members: Leslie Madison(Adrian), Lindsay Jenniges(Ells.), Loren Carlson(Fulda), Annie Rasche(HLO), Trevor Wintz(RLB), Stephen Schnieder(Wgtn), Tracy Freking(CC rep), Ray Hassing(CC rep), Jorge Lopez(CC rep).

Worthington Area YMCA



January & February Group Swim Lessons

January Monday & Wednesday's January 8th - 31st	Parent/ Child	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5:00-5:30 PM		X		X					
5:35 - 6:05 PM			X		X	X			
6:10pm - 6:50pm							X	X	X

February Monday & Wednesday February 5th - 28th	Parent/ Child	Preschool 1	Preschool 2	Stage 1	Stage 2	Stage 3	Stage 4	Stage 5	Stage 6
5:00-5:30 PM			X	X					
5:35 - 6:05 PM		X			X				
6:10-6:40 PM	X					X			

For class descriptions and more, please visit
our website!

Questions? Contact Us!

p: 507-376-6197

e: joelle.kielkopf@ymcaworthington.org



CHILD WATCH

Child Watch is a safe, cheerful and engaging environment for children to enjoy while their parents spend time at the Y. The program is for children six months to 9 years old, and is only to be used while parents are at the Y. This service is free to members. Non-Member children are \$2 per day.



FACILITY PARTIES & RENTAL INFORMATION

Are you looking for indoor space for an upcoming event? Upon availability, YMCA facilities are available to rent during specified times. We have a variety of rental options available to fit your needs! Event must be booked at least two weeks in advance. Alcohol is prohibited at the YMCA. Rental options and pricing information can be found on our website!



ANNUAL SENIOR LUNCHEON

Each year the YMCA hosts our annual Senior Luncheon. This event is to recognize our Senior Members and celebrate the holiday season together!

Join us at the YMCA to give the gift of life!

The Worthington Area YMCA is a proud site host for the American Red Cross Blood Drives! These events are sponsored by Leading Edge Credit Union! You can make a huge impact in a small way!

Future dates at the YMCA:

December 20, 2023 from 12:00 pm - 6:00 pm

Schedule your donation at:

<https://www.redcrossblood.org/>





Worthington Area YMCA FITNESS



Group Exercise Schedule/Clases de Ejercicio

*Aquanastics monthly fee: MEMBERS: \$35/ NON-MEMBERS: \$65



Class	Monday	Tuesday	Wednesday	Thursday	Friday
Group Cycling (10)	5:40am				5:40am
*Aquanastics (R-\$)	8-8:55am		8-8:55am		8-8:55am
Fusion	9-9:45am		9-9:45am		9-9:45am
SilverSneakers Classic	10-10:45am		10-10:45am		
PICKLEBALL	10am-	10am-	10am-	10am-	10am-
Strong In 30 (12)	5:15-5:50pm	8:30-9:05am	5:15-5:50pm	8:30-9:05am	
SilverSneakers Chair Yoga		9:15-9:55am		9:15-9:55am	
ForeverWell Strength Circuit		10-10:30am			
Strength Train Together (12)		4:15-5:15pm		4:15-5:15pm	
STEP It Up (12)		5:15-6:00pm			
ZUMBA		6:30-7:30pm		6:30-7:30pm	
Defend Together			4:15-5:15pm		
ForeverWell Strength & Balance Circuit				10-10:30am	
Drum Fit					10-10:30am

Classes are free with your membership!

please reach out to: trista.jacobs@ymcaworthington.org



Personal Training Entrenamiento Personal



Whether your goal is to lose pounds/inches, gain strength and balance, reduce stress, increase performance, build muscle/tone, or improve your health, our trainers are dedicated to your success.



Ya sea que su objetivo sea perder libras/pulgadas, ganar fuerza y equilibrio, reducir el estrés, aumentar el rendimiento, desarrollar músculo/tono o mejorar su salud, nuestros entrenadores están dedicados a su éxito.

Length	Number of Sessions			
Members	6	8	12	
	30 min	\$125	\$170	\$220
	45 min	\$175	\$230	\$300
	60 min	\$220	\$295	\$380
Non-members	Number of Sessions			
	6	8	12	
	30 min	\$190	\$250	\$345
	45 min	\$235	\$315	\$425
	60 min	\$285	\$380	\$505



Active Teens Adolescentes Activos



Active teens: youth ages 13-15 years will learn how to correctly use the strength and cardio equipment in the Fitness Center. By passing this program, the student will receive their Active Teens pass allowing them to use the Fitness Center.

Member: \$20 Non-Members: \$35

Adolescentes activos: los jóvenes aprenderán cómo usar correctamente el equipo de fuerza y cardio en el gimnasio. Al aprobar este programa, el estudiante recibirá su pase que le permitirá usar el gimnasio.

Training Plans Tailored To You! Planes de entrenamiento a tu medida

Are you looking for a fitness plan that is tailored to your needs, but already have the motivation to work out on your own? Check out our website to see how we can help you create an individualized exercise program!

2-Day: \$40, 3-Day: \$45, 4-Day: \$50, 5-Day: \$55

**use your plan up to 12 weeks*

¿Está buscando un plan de acondicionamiento físico que se adapte a sus necesidades, pero ya tiene la motivación para hacer ejercicio por su cuenta? Visite nuestro sitio web para ver cómo podemos ayudarlo a crear un programa de ejercicios individualizado.



PROGRAM	AGE/ GRADE	DAY OF THE WEEK
Mini-Sports	Pre-school	Saturday Morning
Nerf Football	K - 1st Grade	Tuesday Nights
Homeschool Gym	8th Grade and Under	Monday Afternoon
Indoor Soccer	K-12th Grade	Saturday's
Youth Basketball	2nd - 4th Grade	Thursday's After School
Boys and Girls Traveling Basketball	4th - 8th Grade	Practice twice a week and play in various towns on 5 Saturdays throughout the season
3 on 3 Sports	4th-9th Grade	Meets Wednesday after school

More Info Available on Our Website
www.ymcaworthington.org

Para más información visite nuestra pagina
www.ymcaworthington.org

Instructor-Led **ONLINE**

Youth Courses



Worthington District 518 Community Education

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. **Complete any of these courses entirely from your home or office and at any time of the day or night.**



Drawing for the Absolute Beginner

Gain a solid foundation in drawing and become the artist you've always dreamed you could be!



Introduction to Microsoft Word

Learn how to create and modify documents with the world's most popular word processor.



Introduction to Microsoft PowerPoint

Build impressive slide presentations filled with text, images, video, audio, charts, and more.



Introduction to Microsoft Publisher

Find out how to use this software to design, develop, and publish newsletters, Web sites, and brochures.



Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.



Blogging and Podcasting for Beginners

Learn how to create your very own blog and add a podcast too using the tools you already have on your computer.



Introduction to Photoshop

Learn how to use Photoshop, the world's best graphics program, to edit and process photos and create original images.



Photoshop Elements for the Digital Photographer

Master the secrets of correcting digital photos, and bring out the best in all your photographs!



Secrets of Better Photography

Discover strategies and tricks for taking excellent pictures no matter what or where you're shooting.



Discover Digital Photography

Explore the fascinating world of digital photography equipment.



SAT/ACT Preparation

Get your best possible score on the verbal and reasoning sections of the new SAT exam.



Introduction to Algebra

Understand how algebra is relevant to almost every aspect of your daily life, and become skilled at solving a variety of algebraic problems.

Learn from
the comfort
of home!

- 24-Hour Access
- Discussion Areas
- 6 Week Format
- Expert Instructor

Prices start as low as: **\$105**

PLEASE VISIT OUR WEBSITE FOR START DATES AND ADDITIONAL COURSES

ed2go.com/wgtnce

(507) 376-6105

Start Speaking SPANISH in 6 weeks!

Worthington District 518 Community Education

Break down the language barrier and learn useful, conversational Spanish that will help you in your personal or professional life. Our **100% online courses** allow you to quickly build confidence speaking Spanish in a variety of everyday contexts.

FEATURED COURSES:



Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.



Spanish for Medical Professionals

Build basic medical phrases to help you better communicate with the Spanish-speaking community.



Spanish for Law Enforcement

Gain the language skills to help you handle situations that involve Spanish-speaking victims, witnesses, or criminals.

More Spanish Courses Available on our site!

COURSE FEATURES:



100% Online



24/7 Course Access



6-Week instructor-led
OR self-paced formats

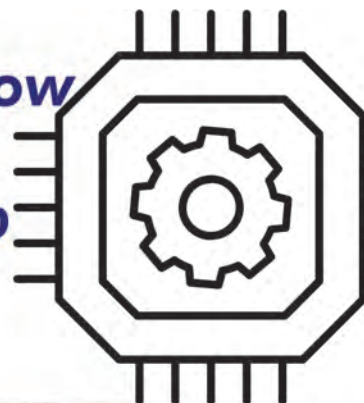


Receive a certificate
of completion

To learn more and enroll, visit:

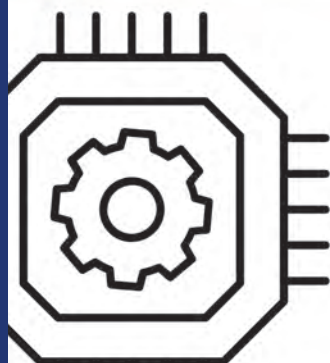
ed2go.com/wgtnce

**Do you or someone you know
interested in a
maintenance scholarship
opportunity?**



JBS is offering scholarships to individuals interested in pursuing an education & career in Maintenance with JBS. This 3 semester degree and hands-on training program starts August 2024 and includes:

- Basic Hydraulics & Pneumatics
- Electrical & Programmable Logic Controls
- Computer Aided Design
- Fluid Power Calculations
- Prepares students for entry-level technician positions of industrial manufacturing and maintenance



FOR MORE INFORMATION OR TO APPLY CONTACT:
VICTOR MORENO
PHONE: 507-372-6324
EMAIL: VICTOR.MORENO2@JBSSA.COM



BETTER FUTURES PROGRAM

DID YOU KNOW...

JBS USA and Pilgrim's are providing team members and their dependents the opportunity to pursue their higher education dreams for Associates Degrees and Trade Certificates tuition free.

SABIAS QUE...

JBS USA y Pilgrim's están brindando a los miembros del equipo y sus dependientes la oportunidad de perseguir sus sueños de recibir educación superior para obtener títulos técnicos y diplomas profesionales sin costo de matrícula.

WHO'S ELIGIBLE

Team members or child dependents (under 26) of team members who:

- Are in good standing
- Have been employed by the Company for the preceding six months
- Have a base salary that does not exceed \$130,000 per year

QUIEN ES ELEGIBLE

Miembros del equipo o hijos dependientes (menores de 26 años) de los miembros del equipo que:

- están al día
- han sido empleados de la Compañía durante los seis meses anteriores
- Tener un salario base que no exceda los \$130,000 por año

CONTACT INFORMATION:

507-372-6318

betterfutures@jbssa.com

PROCESS

- Complete the Sign-Up Form on the Better Futures website: betterfutures.jbssa.com
- Review the list of approved schools – select a local partner school or the Rio Salado College online option
- Complete the Free Application For Federal Student Aid (FAFSA) – <http://studentaid.gov/h/apply-for-aid/fafsa>
- Apply to the college of your choice on the college's admissions website

PROCESO

- Complete el formulario de registro en el sitio web de Better Futures: betterfutures.jbssa.com.
- Revise la lista de escuelas aprobadas: seleccione una escuela asociada local o la opción en línea de Rio Salado College
- Complete la Solicitud Gratuita de Ayuda Federal para Estudiantes (FAFSA) - www.fafsa.gov
- Postúlese a la universidad de su elección en el sitio web de admisiones de la universidad

LEARN MORE AT:

betterfutures.jbssa.com

**Better Futures information available in Arabic, Burmese, French, Somali, and Spanish*

Looking
for a
place for
your
special
event?



Memorial Auditorium does
rentals for private parties,
movie screenings, meetings
and other special events.

For information
507-376-9101
or email
thememorialauditorium@gmail.com



MEMORIAL AUDITORIUM SEASON 2023-2024



MEMORIAL AUDITORIUM PERFORMING ARTS CENTER
www.friendsoftheauditorium.com • 714 13th St. Worthington, MN • 507-376-9101

OKTOBERFEST KICKOFF PARTY
MOLLIE B & SQUEEZEBOX WITH TED LANGE
Friday, September 8 • 7:00 pm



PEACE, LOVE AND CHEESE CURDS
COMEDY WITH MARY MACK AND FRIENDS
Saturday, October 14 • 7:00 pm



CRAZY FOR PATSY CLINE
KATIE DEAL AND HER NASHVILLE BAND
Saturday, November 4 • 7:00pm



VETERAN'S DAY USO SHOW
FEATURING FULDA AREA BIG BAND, "BOB HOPE",
"MARILYN MONROE" AND MORE
Saturday, November 11 • 3:00 pm



SIMPLEGIFTS: MUSIC OF THE HOLIDAYS
20TH ANNIVERSARY CHRISTMAS TOUR
WITH BILLY MCLAUGHLIN
Saturday, December 9 • 7:00 pm



ABBA-SOLUTELY FAB
TRIBUTE TO THE MUSIC OF ABBA
Saturday, March 16 • 7:00 pm



GONE COUNTRY:
LOCAL COUNTRY MUSIC ROUNDUP
Saturday, April 6 • 7:00 pm



WILD ANGELS AND THE HANDSOME DEVILS
WOMEN OF ROCK, POP & COUNTRY
Saturday, April 13 • 7:00 pm



MICHAEL MARTIN MURPHEY
AN AFTERNOON OF STORIES & SONGS
Sunday, May 5 • 3:00 pm





LEARN ENGLISH ONLINE

Study from home!

Join our teacher- led, real-time classes

CLASSES OFFERED MONDAY - THURSDAY

8:45 A.M. - 1:30 P.M.

AND

6:00 P.M. - 8:00 P.M.

Complete Orientation - Receive a link to join the class

Call Worthington Adult Basic Education to register!

SW ABE-South serves the following communities

Worthington
Pipestone
Luverne
Slayton
Fulda
Edgerton

Adrian
Windom
Jackson
Mountain Lake
Heron Lake -Okabena
Ellsworth

Fairmont
St. James
Madelia
Truman
Sherburn
Butterfield

Call 507-727-1239 to schedule an orientation

FAMILY & COMMUNITY LIAISON

Family and Community Liaisons help connect people with resources in the community and schools.
Los Enlaces de Familias y con la Comunidad ayudan a conectar a las personas con recursos en la comunidad y las escuelas.

New location
Nueva ubicación

Offices are still located in Community Education, now located at:
Las oficinas siguen en el edificio de Community Education, que ahora se encuentra en:
 827 N Crailsheim Rd
 Worthington, MN 56187

Staff



	Liliana Perez
Adry Stafford	Speaks Spanish
Coordinator	507-727-1123
Speaks Spanish	
507-370-3682	SaK Blu Promisland
	Speaks Karen
Nelson Bonilla	507-372-1205
Speaks Spanish	
507-372-4664	Sargrario López
	Speaks Spanish
	507-727-1163

This department will connect people with Community resources related needs such as:
 Housing
 Healthcare
 Employment
 Transportation
 Education
 Legal Services
 Financial Info
 Citizenship

The department will also connect people with School information, resources, and opportunities such as:
 School Registration
 Family Engagement
 Language Support
 Conferences
 Home Visits
 Referrals to school opportunities
 Training for on-call interpreters

Este departamento conecta a personas con recursos en la comunidad que puedan necesitar, como:
 Vivienda
 Cuidados de Salud
 Empleo
 Transporte
 Educación
 Servicios Legales
 Información Financiera
 Ciudadanía

Este departamento también conecta a personas con Información, recursos y oportunidades escolares, como:
 Inscripciones Escolares
 Participación Familiar
 Apoyo con el Lenguaje
 Juntas Escolares
 Visitas a Domicilio
 Recomendaciones para Oportunidades Escolares
 Entrenamiento para Intérpretes

ဝဲကျိၤတခါအံၤကဒုးစဲဘူပုၤဂီၢ်မုၢ်ဃုာ်ဒီး
 ပုၤတဝါအတၢ်ဟ့ၣ်မၤစၢၤလီၤတၢ်လၢအဘၣ်ထွဲလိာ်အသး
 တၢ်လၢအလိာ်သ့ၣ်တဖၣ်ဒ်အမ့ၢ်:
 ဟံၣ်ဃီ
 ဆူၣ်ချ့
 တဖံးတၢ်မၤ
 ဝံစိာ်တီဆုၤ
 တၢ်ကူၣ်ဘၣ်ကူၣ်သ့
 သဲစးအတၢ်မၤစၢၤ
 ကျိၣ်ဒီးစ့ဒီးအဂ့ၢ်အကျိၣ်
 တၢ်ကဲထံဖိကီၢ်ဖိ

ဝဲကျိၤတခါအံၤကဒုးစဲဘူပုၤဂီၢ်မုၢ်ဃုာ်ဒီးကွီ
 တၢ်ဂ့ၢ်တၢ်ကျိၣ်, တၢ်ဟ့ၣ်မၤစၢၤလီၤတၢ်,
 ဒီးတၢ်ခွဲးအယာ်ဒ်အမ့ၢ်:
 တစဲးလီၤမံၤလၢကွီ
 ဟံၣ်ဖိဃီဖိအတၢ်ရဲလိာ်
 ကျိၣ်အတၢ်ဆိၣ်ထွဲမၤစၢၤ
 တၢ်အိၣ်ဖျိၣ်ကူၣ်လိာ်
 ဟံၣ်အတၢ်လဲၤအိၣ်သကိး
 တၢ်မၤစၢၤဆူၣ်ကျိၣ်တၢ်ခွဲးတၢ်ယာ်တဖၣ်
 တၢ်သိၣ်လိၤလၢပုၤကျိၣ်ထံတၢ်အဂီၢ်

DEFENSIVE DRIVER TRAINING

MATURE DRIVER

Improve your driving skills, and if you're 55 or older, get a discount on your personal auto insurance. This course teaches basic crash prevention techniques and has a proven record of reducing traffic violations and incidents. It is taught by experienced, professional traffic safety instructors. The class consists of lectures, films, and discussions. There is no behind-the-wheel driving and there are no tests. According to Minnesota state law, people age 55 and older who complete a state-approved defensive driving course are eligible to receive a 10 percent, three-year discount on auto insurance. Contact your insurance agent for details. After you complete the course, you will receive a certificate of completion to give to your insurance company. This 4-hour refresher course is for mature drivers who have completed the initial 8-hour class.



7204AS24

Thurs., March 7, 2024

1:00 p.m.-5:00 p.m.

Community Education Room 353

1 ses.

\$28

7204BS24

Thurs., March 21, 2024

1:00 p.m.-5:00 p.m.

Community Education Room 353

1 ses.

\$28

Instructors: Certified AARP Smart Driver Instructor Don Kinker

A \$5 processing fee begins on the date of each class, so please register in advance.

TAX HELP

AARP Tax Volunteers will again be providing free tax counseling and electronic filing of tax returns in Worthington. Trained and certified volunteers will be working at the Center for Active Living, 211 11th Street, Worthington. Your tax appointment will be held at the Center for Active Living.



Mondays & Thursdays

February 5 – April 13

Time: 9:00 a.m. – 11:30 a.m.

For AARP tax program appointments and cancellations, call 507-295-2784. No Appointments will be made until 1/15/24

THERE WILL BE NO WALK-INS.

There are no income guidelines for this program. Program is funded by AARP and encourages seniors to utilize this free service.

THE HISTORIC DAYTON HOUSE IS YOUR HOME FOR

MEETINGS | CONFERENCES | SHOWERS | RECEPTIONS | PARTIES | ANNIVERSARIES
SPECIAL EVENTS | REUNIONS | TOURS | WEDDINGS | PHOTO SHOTS | GUEST SUITES



1311 FOURTH AVENUE | WORTHINGTON, MN 56187 | 507-727-1311 | INFO@DAYTONHOUSE.ORG

WWW.DAYTONHOUSE.ORG

WHAT IS IT?

THIS PROGRAM PROVIDES HOME HEATING COST AND FURNACE REPAIR ASSISTANCE FOR INCOME QUALIFIED CUSTOMERS IN PIPESTONE, MURRAY, ROCK, AND NOBLES COUNTIES.

THIS PROGRAM IS FREE!

-INCOME ELEGIBILITY BASED ON PAST ONE MONTH GROSS INCOME

-RENTERS AND HOMEOWNERS ARE ELIGIBLE

-HELP WITH CURRENT AND PAST DUE BALANCES

ENERGY ASSISTANCE

Let us help you pay your utility bills this winter!

Household Size	1 Month max. Income
1	\$2,722
2	\$3,559
3	\$4,397
4	\$5,235
5	\$6,072
6	\$6,910
7	\$7,067
8	\$7,224

visit our website
OR
scan the QR code below
to fill out an online
application



507-376-4195

eap@smoc.us

www.smoc.us

1106 3rd Ave- Po Box 787
Worthington, MN 56187





SOUTHWEST MINNESOTA OPPORTUNITY COUNCIL

FAMILY PLANNING

FAMILY PLANNING SERVICES

We offer annual exams, testing, preconception health & treatment of sexually transmitted infections.

Supported in part by Minnesota Department of Health

OFFICES LOCATED IN WORTHINGTON

MARSHALL • REDWOOD FALLS

WWW.SMOC.US



HOURS OF OPERATION

Monday - Thursday

8:00am - 4:30 PM

Worthington Open

Thursday until 6pm

Closed Fridays

SMOC FAMILY PLANNING

CONTACT US

Worthington Office

800-658-2444 ext.240

507-376-4195 ext.240

cell phone 507-350-4436

Marshall

Redwood Falls Office

507-537-1950

cell phone 507-591-6435

NÚMEROS DE TELÉFONO

Oficina en

Worthington

800-658-2444 ext.240

507-3764195 ext.240

Número de celular

507-350-4436

Oficina en Marshall

507-537-1950

Número de celular

507-350-4436

တက်ကလေးအကူအညီ

နီဒါနီကွက်ဂီတမကွက်တဖန်
ဆုပေးသောပုဂ္ဂိုလ်တို့သည်တဖန်အကူအညီ

STI တက်ကွက်အားတက်ကွက်ဆီ
တက်ကွက်ထိုင်ဖူးလီတက်ကွက်ဆီမူလအဆီ
ထိုင်အားပေးသောအားတက်ကွက်ပုဂ္ဂိုလ်အ.

တက်ကွက်အားပေးသော:

Pap Smears:တက်ကွက်ပိုင်ဆိုင်မှု

အလီဒိုင်ထီး/ Breast Exam:

တက်ကွက်နီဒါနီ.

ဟုတ်ဆုပေးသောပုဂ္ဂိုလ်တို့သည်တဖန်အကူအညီ
တက်ကွက်ထိုင်ဖူးလီတက်ကွက်ဆီနီဒါနီအဆီ
ဆုပေးသောပုဂ္ဂိုလ်အ.

ကသံပြောဟုတ်သောပုဂ္ဂိုလ်အဆီအကူအညီ
တက်ကွက်ပိုင်ဆိုင်ဖူးလီတက်ကွက်ဆီအကူအညီ

ပုဂ္ဂိုလ်အဆီအကူအညီအကူအညီအကူအညီ

တက်ကွက်အဆီအကူအညီအကူအညီအကူအညီ

တက်ကွက်: Worthington

ပုဂ္ဂိုလ်-ပုဂ္ဂိုလ် 8-4:30

ပုဂ္ဂိုလ်တက်ကွက်ထိုင်ဖူးလီအဆီအကူအညီ

Office: 1.507.376.4195

Cell: 1.507.350.4436

Spanish and English Cell

909 4th Ave

Worthington, MN 56187

Marshall

ပုဂ္ဂိုလ်-ပုဂ္ဂိုလ် 8-4:30

Office: 1.507.537.1950

Cell: 1.507-591.6435

109 S 5th Suite 100 56258

Redwood Falls

ပုဂ္ဂိုလ်အဆီအကူအညီအကူအညီအကူအညီ
သုပေးသောပုဂ္ဂိုလ်အဆီအကူအညီ.

1.507.591.6435

1100 E Broadway Street

Broadway Building CentraCare

(ပုဂ္ဂိုလ်တက်ကွက်ထိုင်ဖူးလီအဆီအကူအညီ)

ပုဂ္ဂိုလ်-ပုဂ္ဂိုလ် 8-4:30

ပုဂ္ဂိုလ်တက်ကွက်ထိုင်ဖူးလီအဆီအကူအညီ

1.800.658.2444

SMOC FAMILY PLANNING SERVICES

PHYSICAL EXAMS FOR MEN AND WOMEN
SEXUALLY TRANSMITTED INFECTIONS TESTING AND TREATMENT
PREGNANCY TESTING
ASSISTANCE IN CHOOSING APPROPRIATE BIRTH CONTROL METHODS
EDUCATION AND COUNSELING BY A QUALIFIED PROFESSIONAL
PRECONCEPTION HEALTHCARE
EMERGENCY CONTRACEPTION
REPRODUCTIVE LIFE PLANNING

EXAMEN FÍSICO PARA HOMBRES Y MUJERES
PRUEBAS DE DETECCIÓN Y TRATAMIENTO PARA INFECCIONES VENERAS
PRUEBAS DE EMBARAZO
AYUDA PARA SELECCIONAR MÉTODOS APROPIADOS PARA CUIDARSE
UN PROFESIONAL CUALIFICADO PROPORCIONA INFORMES EDUCACIONALES Y ASESORAMIENTO
INFORMES EDUCACIONALES SOBRE EL CUIDADO DE SALUD ANTES DE EMBARAZARSE
PLANIFICACIÓN DE EMERGENCIA
PLANEACIÓN Y ORIENTACIÓN PARA CUANDO DECIDA TENER UN BEBÉ.

Need help with child care?

Looking for child care?

Interested in providing child care?

Child Care Aware

can support you.



www.parentaware.org

MN's child care search site

Region 8 Child Care Aware
Southwestern MN Opportunity Council
1106 3rd Avenue
PO 787
Worthington MN
507-376-4195 or 800-658-2444

Services in Murray,
Nobles, Rock &
Pipestone County

1077 Pleasant Ave,
Worthington, MN 56187

SMOC HEAD START

507-727-1759



English Application

REGISTER NOW FOR OUR 2023-2024 SCHOOL YEAR

What is Early Head Start & Head Start?

- Early Head Start (EHS) and Head Start (HS) are comprehensive early education programs for eligible children from birth to age 5 and pregnant women.
- Head Start recognizes the role of parents as their child's first and lifelong educators and engages parents as equal partners.



¿Qué es Early Head Start y Head Start?

- Early Head Start (EHS) y Head Start (HS) son programas integrales de educación temprana para niños elegibles desde el nacimiento hasta los 5 años de edad y mujeres embarazadas.
- Head Start reconoce el papel de los padres como los primeros y educadores de por vida de sus hijos e involucra a los padres como socios iguales.



Spanish Application

Servicios en los
Condados de
Murray, Nobles,
Rock e Pipestone

sistr

FREE ONLINE PrEP ...and STI testing too.

No needles, no doctor's office, no paperwork. Consult online with a doctor, do the required labs and full STI testing from the privacy of your home and enjoy the convenience of free monthly delivery. Medication, doctor consultation and testing at no cost to you. Yep...zero, nada, zilch.

Comienza ahora en heysistr.com/smoc!



mistr

FREE ONLINE PrEP ...and STI testing too.



PrEP DELIVERED.



**SOUTHWEST MINNESOTA
OPPORTUNITY COUNCIL**

OFFICES LOCATED IN

WORTHINGTON

MARSHALL

REDWOOD FALLS

WWW.SMOC.US

The Center for Active Living

WE ARE A VIBRANT COMMUNITY CENTER FOR THOSE 50+

Pickleball



Piano nights



Speakers

*Old enough to retire,
but young enough to enjoy it!*



**JOIN OUR COMMUNITY OF STRONG AND
COMPETITIVE LIFELONG LEARNERS!**



Technology sessions



Group fitness



Bicycles



211 - 11th St * Worthington * 376-6457

jill@centerforactiveliving.com

COMMUNITY/ SENIOR SERVICES



RSVP Bone Builders

Trained volunteers lead light weight training exercises that help in protecting against fractures caused by osteoporosis by increasing muscular strength and bone density. Class can help prevent and reverse bone loss, helps to improve balance, enhances energy and well-being, increases socialization, and provides health information. No reservation needed – come and join the fun!

For time and location in Reading, Adrian, Rushmore or Round Lake, please call A.C.E. of SWMN/Nobles Co. Coordinator Joanne Bartosh at 507-295-5262.

Worthington Senior Dining

Senior Dining ph#: 507-376-9718

Dining site: Center for Active Living

211 11th Street, Worthington

Senior Dining offers a good, healthy meal!

- Meals delivered daily (weekend meals available)
- Congregate dining Monday – Friday: 11:30 a.m.

Ages 60+ \$5.00 - suggested donation per meal

Under age 60 \$8.75 suggested donation per meal

Accepts SNAP benefits.

Call to reserve your meal by noon the day before.

VOLUNTEERS NEEDED FOR MEAL DELIVERY!

Manna Food Pantry

Mon., Wed., Fri. 11:00 a.m. - 2:00 p.m.

Volunteers needed for distributions.

Westminster Presbyterian Church, 230 Clary Street
507-329-1951 or mannafoodpantry1@yahoo.com

Important Information for Seniors/Boomers

Nobles County Community Services
(Family Services and Public Health)
507-295-5213

Nobles County Veterans Service Officer
507-295-5292

A.C.E. of SW MN, Nobles County
507-295-5262

Active Older Adult Programming

Worthington Area YMCA, 1501 College Way
507-376-6197

Silver Sneakers Exercise programming and membership...YOU may qualify for FREE membership at the Y! Come check it out.

ForeverWell Strength Circuit & Balance every Tuesday and Thursday at 10 a.m. Free to members

Aquanastics Monday, Wednesday, Friday at 8 a.m. Cost is \$25 for members, \$50 for non-members.

Group Cycling Exercise Programs for all ages and abilities... Come join the fun for the HEALTH of it! Mondays & Fridays, 5:40 a.m. Free to members.

Mobile Meals of Worthington

Monday - Friday Meals delivered after 11:00 a.m.

If you are in need of good, healthy meals to be delivered to your home, contact Dee Ella at 376-4769. Meals are prepared for the noon meal and delivered Monday through Friday. Cost is \$5 per meal per day. Call and get on the list.

Worthington Christian Church Food Shelf

Tuesday 3 p.m. to 6 p.m.

Thursday 1 p.m. to 5 p.m.

Friday 1 p.m. to 3 p.m.

First Sunday of each month 4 p.m. to 6 p.m.

Contact: LeAnn Thiner 507-376-5921



Senior Linkage Line®
1-800-333-2433

MN Online Resources
www.minnesotahelp.info

Nobles County Senior Advisory Committee

Meets 4th Thursday of each month via Zoom at 11 a.m. Anyone is welcome to join us, and we encourage people over 55 to participate. Please contact Joanne Bartosh at 507-295-5262 to get on the notification list with further information.

Winter 2023-2024

DECEMBER

Dec. 1 – Dec. 22	12:00 p.m. – 4:00 p.m.	Holiday Art Show and Sale, Nobles County Art Center
December 7, 2023	7:30 p.m.	HS Fall Play, Memorial Auditorium
December 8, 2023	7:30 p.m.	HS Fall Play, Memorial Auditorium
December 9, 2023	8:00 a.m. – 5:00 p.m.	Wild Turkey Shoot-Out,
December 9, 2023		Worthington Wonderland
December 9, 2023	7:00 p.m.	SimpleGifts: Music of the Holidays, Memorial Auditorium
		20th Anniversary Christmas Tour with
		Billy McLaughlin, Memorial Auditorium
December 13, 2023		IMS Celebration Chorus & 5th Gr. Strings Concert, IMS
December 16, 2023	12:00 p.m. & 6:00 p.m.	HS Madrigal Dinners, HS
December 18, 2023	7:00 p.m.	MS/IMS Festival of Music Concert, HS Gym
December 21, 2023	12:00 p.m.	Orchestra Alumni Day, HS Lobby

JANUARY

January – February	12:00 p.m. - 4:00 p.m.	Art Show “Horse Meditations” by Dan Wahl, Nobles County Art Center
vJanuary 22, 2024	5:30 p.m.	Art Club, Nobles County Art Center

FEBRUARY

February 12, 2024	7:00 p.m.	HS Music Depart Concert, HS Gym
February 22, 2024	7:30 p.m.	HS Musical, Memorial Auditorium
February 23, 2024	7:30 p.m.	HS Musical, Memorial Auditorium
February 24, 2024	7:30 p.m.	HS Musical, Memorial Auditorium
February 25, 2024	2:30 p.m.	HS Musical, Memorial Auditorium
February 26, 2024	5:30 p.m.	Art Club, Nobles County Art Center
February 28, 2024		MS Band & Choir, Festival of Music in Brandon, SD

STUDIO3

WGTN-TV (Studio 3) facilitates awareness, encourages involvement and promotes student and community participation through locally originated cable television. Studio 3 works for and is governed by the City of Worthington and District 518 Schools.

We have been working towards getting ready for our future. Cable television continues to make changes, and we know that some do not have cable in their homes any longer. We have 2 YouTube Channels that will have our Worthington and District 518 events on – concerts, Trojan soccer, football, volleyball, basketball and more. We will be doing less Facebook Live events and more live YouTube events for the coming school year. This is how to find us:



Community Feature Stories
Trojan News
District 518 Features
School Features
Worthington City Council Meetings
District 518 School Board Meetings
Focus Forward – Chamber Highlights
Special School Events
Nobles Co. Historical Society
Trojan Sports
Worthington Music – WASO, City Band
District 518 Music Programs
Church Services

Webpage: wgtntv3.isd518.net



@worthingtonisd518events

We will be using the YouTube Channel for all live events - Homecoming, Graduation, Prom, Music Concerts, and more.

We will have Trojan Volleyball, Football, Soccer (b/g), Wrestling, and Basketball (b/g) games live on our YouTube channel as the game is happening. The recorded game will stay on the page for 24 - 48 hours and then deleted. Once the respective sports season has concluded, they will be re-added. We will have all archived broadcasts available after that point for your viewing.

Trojan News
School Features
Prairie Elementary & Intermediate
School Concerts
WMS & WHS Concerts
Special School Events
Trojan Sports

Webpage: wgtntv3.isd518.net





WORTHINGTON

DISTRICT 518

The school year has moved quickly, with winter weather arriving soon. We have simplified some of the terminology for days students will not be at school because of the weather and possibly having adjustments to the normal school day. You will get notification of an "Alternative Learning" day for your student. This notification can come in a variety of ways such as an email, call, text, school social media post, and on local radio or television stations. An "Alternative Learning" day will be announced the night before or right away in the morning so parents can make plans for their student, and everyone will know what to expect of the learning day. We encourage you to ask questions if you do not understand and, in this catalog, we have included a chart that will help you with the different terms and plans for each possible situation. Please also use the student management system (CAMPUS, See Saw, Schoology) for specific information. If you as a parent or student have not signed up for the notifications, or have changed phone numbers, please contact your child's school building to give the correct information. We would like to thank all of you for helping to ensure we can continue our education even when this may be from home.

The EDGE (Enrichment Directed towards Gaining and Extending knowledge) after school program for students in grades kindergarten through 8th grade has helped our students work on their math and reading skills. EDGE also helps with social and emotional skill building for students that need that additional guidance. The number of students might increase after parent teacher conferences, testing, or a student is having frustrations in the classroom as the year progresses. EDGE is offered after school and during summer school for District 518 students.

The availability of credit recovery and night school has been beneficial to many of our high school students from WHS and the Learning Center. Our VIBE (Virtual Instruction by Excellence), an online program has students from around Minnesota participating in classes from home. These programs will help in working with students to keep them on track in the classroom and towards graduation.



Our District 518 staff has worked hard this year on many fronts to provide innovative teaching lessons, assignments, and projects for our students. We appreciate their efforts to adapt and be flexible in working on many levels to keep kids learning and doing well in the classroom.

I would like to thank all of you for the continued support of District 518 as we continue to support, educate and work to enhance the educational experiences of our students.

- John Landgaard

Worthington School District 518 Superintendent

IN THE EVENT OF ISD 518 SCHOOLS CLOSING, HAVING LATE STARTS, OR BEING DISMISSED EARLY DUE TO WEATHER, ISD 518 WILL NOTIFY THE FOLLOWING NEWS STATIONS:



RADIO

95.1 FM • 93.5 FM
104.3 FM • 730 AM

TV

KELO TV • KSFY TV
WORTHINGTON CABLE 3

Also, check our social media pages on Facebook, Instagram, and Twitter for weather related updates.



IMPORTANT CONTACTS

DISTRICT OFFICE

Phone: 507-372-2172
Fax: 507-372-2174
www.isd518.net

PRAIRIE ELEMENTARY

Phone: 507-727-1250
Fax: 507-727-1255
www.isd518.net/pe

INTERMEDIATE SCHOOL

Phone: 507.727.1275
Fax: 507.727.1176
www.isd518.net/schools/is

WORTHINGTON MIDDLE SCHOOL

Phone: 507-376-4174
Fax: 507-372-1424
www.isd518.net/ms

WORTHINGTON HIGH SCHOOL

Phone: 507-376-6121
Fax: 507-372-4304
www.isd518.net/hs

LEARNING CENTER

Phone: 507-372-1322
Fax: 507-372-1361
www.isd518.net/lc

COMMUNITY EDUCATION

Phone: 507-376-6105
Fax: 507-376-6703
www.isd518.net/commed

SPECIAL EDUCATION

Phone: 507-372-2983
Fax: 507-372-2980

DEPT. OF TEACHING & LEARNING

Phone: 507-727-1247

ISD 518 SOCIAL MEDIA



www.facebook.com/ISD518



www.instagram.com/worthingtonisd518

K-12 REGISTRATIONS, along with all Community Education programs, will be at the new site as of February 13, 2023

**Community Education Center
827 N Crailsheim Rd
Room #310**

Documents needed to register a new student:

- Birth certificate
- Immunization records
- Power of attorney (if applicable)
- Information from previous school (if transferring)

For more information or to schedule an appointment, please call 507-376-6105. You can text or email Adry at 507-370-3682 or adry.stafford@isd518.net



Independent School District 518
Worthington, Minnesota



Las INSCRIPCIONES de Kinder a 12º del Distrito 518, junto con todos los programas de Community Education, van a estar en un lugar nuevo a partir del 13 de Febrero, 2023

**Community Education Center
827 N Crailsheim Rd
#310**

Documentos necesarios:

- Acta de nacimiento
- Registro de vacunas
- Carta de poder legal (si aplica)
- Información de la escuela anterior (si vienen de otra escuela)

Si necesitan más información o hacer una cita, pueden llamar al 507-376-6105. Mensaje de texto o correo electrónico a Adry al 507-370-3682 o adry.stafford@isd518.net



Independent School District 518
Worthington, Minnesota





Alternative Learning Schedule

Schedule Variations

Information for grades PreK-12

Late Start

- * A late start schedule will be used for in-person classes
- * Buses will run
- * Attendance will be taken

Early Dismissal

- * Schools will have a shorter schedule of classes until students are sent home for the day
- * There will be no in-person classes or learning from home
- * Buses will run
- * No evening classes

No School/Snow Day

- * There will be no in-person classes or learning from home
- * Buses will not run
- * Attendance will not be taken
- * This may be made up at a later date

Buildings Closed

- * No one will be allowed to enter ISD 518 buildings or offices except for essential personnel

Alternative Learning

- * There will be no in-person classes for the day
- * Students will learn from home according to school plan
PreK-2nd- Learning Packets and SeeSaw
3rd-5th- Learning Packets
6th-12th- check Schoology
- * Classes could start later than normal
- * Teachers will be available from 7:30 a.m. to 3:30 p.m.
- * Buses will not run
- * Attendance will be taken

Distance Learning

- * There will be no in-person classes for multiple days in a row
- * Students will learn from home according to school plan
PreK-2nd- Learning Packets and SeeSaw
3rd & 4th- SeeSaw
5th-12th- check Schoology
- * Virtual classes for 5th-12th may be required
- * Teachers will be available from 7:30 a.m. to 3:30 p.m.
- * Buses will not run
- * Attendance will be taken



WORTHINGTON
DISTRICT 518

Horario de Aprendizaje Alternativo

Información de posibles cambios al horario de clases de PreKínder a grado 12

Entrada Tarde a Clases

- * Se utilizará el horario de entrada tarde a clases, para clases presenciales
- * Habrá transporte
- * Se tomará la asistencia

Salida Temprana de Clases

- * Las escuelas tendrán un horario de clases más corto hasta que los estudiantes sean enviados a casa
- * No habrá clases presenciales o aprendizaje en casa
- * No habrá clases en la tarde

No Hay Clases/Mal Clima

- * No habrá clases presenciales, ni aprendizaje en casa
- * No habrá transporte
- * No se tomará la asistencia
- * Este día de clases se podría recuperar después

Las Escuelas Están Cerradas

- * Nadie podrá entrar a las escuelas u oficinas del Distrito 518, a excepción del personal esencial

Aprendizaje Alternativo

- * En este día no habrá clases presenciales
- * Los estudiantes tendrán aprendizaje en casa de acuerdo con el plan de estudio escolar PreK a 2º- Paquetes de Aprendizaje y SeeSaw
3º a 5º- Paquetes de Aprendizaje
6º a 12º- consulten Schoology
- * Las clases podrían iniciar más tarde de lo normal
- * Maestros/profesores estarán disponibles de 7:30 a.m. a 3:30 p.m.
- * No habrá transporte
- * Se tomará la asistencia a clases

Aprendizaje a Distancia

- * No habrá clases presenciales por varios días seguidos
- * Los estudiantes aprenderán desde casa de acuerdo con el plan de estudio escolar PreK a 2º- Paquetes de Aprendizaje y SeeSaw
3º a 4º- SeeSaw
5º a 12º- consulten Schoology
- * Se podría exigir que los estudiantes del 5º al 12º grado asistan clases virtuales
- * Maestros/profesores estarán disponibles de 7:30 a.m. a 3:30 p.m.
- * No habrá transporte
- * Se tomará la asistencia a clases

4 Easy Ways To Register

1. MAIL-IN:



Checks payable to
District 518 Community Education
827 N. Crailsheim Road
Worthington, MN 56187
Send registration form & payment.

2. PHONE-IN:



Have a catalog handy!
Call (507) 376-6105
Monday - Thursday, 8:00 a.m. - 5:00 p.m.
Friday, 8:00 a.m. - 4:30 p.m.
You may use your credit, debit card or
e-check to pay.

3. DROP-OFF:



District 518 Community Education Office
827 N. Crailsheim Road
Monday - Thursday, 8:00 a.m. to 5:00 p.m.
Friday, 8:00 a.m. - 4:30 p.m.

4. ONLINE:



You may register & pay via our website:
www.isd518.net/enrichment

REGISTER ON TIME TO SAVE MONEY

Persons interested in enrolling in a Community Education class may register by these four easy methods. Most programs have limited enrollment and are filled on a first-paid, first-served basis. Registrants may miss the first session of a class, but must be registered before the second session is held in order to participate in the class. *Payment Policy: Payment must accompany registration to ensure enrollment in a class. Registrations without payment will be put on hold until payment is received. Registrations/ payments received the date the class begins will be charged an additional \$5 processing fee. All walk-ins and late registrations will be charged the \$5 processing fee. Participants are strongly encouraged to register early. If you have questions, please contact the Community Education office.*

Each class has a minimum required enrollment. If this minimum is not met one week prior to a class starting, the class will be canceled and enrollment fees returned.

CONFIRMATION

Once your fee is paid you are officially registered. Plan to attend the first session as scheduled. You will be notified only if the class is canceled.

ENROLLMENT CANCELLATION

Please notify the Community Education office during office hours at 376-6105 prior to the start of a class to cancel from a class and request a refund.

INCLEMENT WEATHER

Weather related changes will be announced on 730 AM and US95 by 4:00 p.m. on the day of the class.

UCARE DISCOUNTS

A UCare discount of \$15 per class is available. Please ask about this program!

District 518 Community Education

827 N. Crailsheim Road
Worthington, MN 56187
(507) 376-6105



REGISTRATION FORM

Class Name _____ Class # _____

Fee _____ Start Date _____ Level _____

Class Name _____ Class # _____

Fee _____ Start Date _____ Level _____

UCare ID # _____

Name _____

Date of Birth _____

Address _____

City _____

Phone (Home) _____ (Cell) _____

E-mail: _____

Check(s) Enclosed ☐ Mastercard ☐ Visa ☐ Discover ☐

Card # _____ Expiration Date _____

FOR YOUTH Classes ONLY

Parent's Name _____

Student's Grade _____

District 518 Community Education

827 N. Crailsheim Road
Worthington, MN 56187
(507) 376-6105



REGISTRATION FORM

Class Name _____ Class # _____

Fee _____ Start Date _____ Level _____

Class Name _____ Class # _____

Fee _____ Start Date _____ Level _____

UCare ID # _____

Name _____

Date of Birth _____

Address _____

City _____

Phone (Home) _____ (Cell) _____

E-mail: _____

Check(s) Enclosed ☐ Mastercard ☐ Visa ☐ Discover ☐

Card # _____ Expiration Date _____

FOR YOUTH Classes ONLY

Parent's Name _____

Student's Grade _____

Our Programs

Unearth an artistic and healthier approach to managing daily stressors with Creative Healing Space. We promote mindfulness, a mind-body connection and creative self-expression.

Virtual

Explore our monthly Virtual Art Therapy Tuesday Program, where you'll be guided by a registered art therapist.

Destination Art

Learn self-expression and mindfulness opportunities offered to schools, senior centers, organization team-building experiences, clubs, and other groups looking for individual and community health.

Workshops

Discover different avenues of artistic expression through this hands-on opportunity, i.e., dance/movement, sculpting, painting, writing, poetry, photography, jewelry making, mosaics, culinary arts, and so much more!

Festivals

We're spreading the word and craft of a healing mindset by attending festivals around Worthington and beyond. Check out the schedule to see where you might find us!

Creative Balance in the Head & Heart

Diverse guest artisans share how their art cultivates general happiness, serves as a therapeutic mental health release, and is a mouthpiece for equity and social justice. Discover healthy ways to manage stress and integrate the philosophy into their lives

Restorative Expression

Take a timeout from our unpredictable world and communicate your artistic expression to help you find compassion for yourself, live happier in your present, and gain the peace you deserve.

Creative Sparks Scholarship

Three applicants, ages 16 to 24, selected will receive \$4,000 each to apply to a creative project that helps the community.

Teacher Appreciation Collective

Supported by a generous grant from United Way, our Teacher Appreciation Collective is a supportive network that allows teachers to connect while exploring nurturing activities that rejuvenate their minds, bodies, and spirits.

FOLLOW US!



@CREATIVEHEALINGSPACEMN

Creative Healing Space is a nonprofit with the mission is to offer intentional time for artistic freedom to support mindfulness and overall mental and physical healing and wellness through various creative expressions.



DONATE TODAY!

100% Tax Deductible

JOIN THE FUN, VOLUNTEER!

Visit, register for events, or ask questions at
www.creativehealingspace.org
info@creativehealingspace.org



Helping Hand Pregnancy Center

FREE PREGNANCY TESTING & OPTIONS COUNSELING

Pregnancy & Parenting Topics

- Healthy and complicated pregnancy
- Childbirth education
- Infant growth, development and concerns
- Healthy relationships and boundaries
- Management of anger, time and money
- Discipline Training for parents of infants
 - Love & Logic
 - 1-2-3 Magic
- Emotional Support
 - Incentives for your efforts (diapers, baby clothes & items)



910 3rd Avenue • Worthington, MN
507-372-2111

Community Education

827 N. Crailsheim Road • Worthington, MN • 507-376-6105

Adult Basic Education • Family & Community Liaisons
Early Childhood Family Education • Enrichment Programs
Nobles County Integration Collaborative



Office Hours

Monday - Thursday 8:00 a.m. - 5:00 p.m.

Friday 8:00 a.m. - 4:30 p.m.

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