

SENIOR DEFENSIVE DRIVING

Persons ages 55 and over who complete this course qualify for a ten percent discount on their auto insurance premiums for three years. First time participants must complete the 8 hour class. A refresher course is required every three years for the insurance discount. The class will be held in the library and taught by Sheri Siira. You will learn information to keep up with the new technology and rules. Please register.

Refresher classes: Fee: \$20

Thursday, November 1 from 5-9 p.m.

8 hour class: Fee: \$25

Tues, Thurs, October 30, Nov 1 5:00-9:00

FITNESS WEDNESDAY WORKOUTS

Men and women and all abilities are welcome in this class. Each session will be different with cardio, weights, abs, stretching and strengthening. Hand weights and a mat are provided. We meet in the small gym or the fitness room.

Date: Wednesdays 5:45 - 6:45

Fee: \$5/class or \$15 for the month

Instructor: Missy Hexum

COMMUNITY FLU CLINIC AT SCHOOL

Ottertail Public Health is conducting a flu clinic at Underwood School for the community on Wednesday, Oct 10th from 3:00 - 4:30 All ages are welcome to attend. Bring your insurance card.

Underwood Community Education

Anne Stenoien, Director

218-826-6101 ext 108

astenoien@underwood.k12.mn.us

*dance*fitness

ZUMBA MONDAYS

If you enjoy moving to music and are willing to give your brain and your body a workout, then you should try this class! You just follow the leader and be willing to enjoy the challenge. This fun fitness class is great for all ages and will give you a good cardio workout, so be sure to wear comfortable shoes, light weight clothing and bring a water bottle.

Date: Mondays from 5:45 - 6:45 in the gym

Fee: \$5/class or \$15 for the month

Instructor: Missy Hoen

 **ZUMBA** ON SATURDAYS

Zumba with toning is the focus of this class, so make it a fun way to start your weekends. A fun group will support your efforts to get in shape! Wear clothing that is cool and lets you move and bring a water bottle.

Dates: Saturdays from 8:30 - 9:30

Fee: \$5/ class or \$15 for the month

Instructor: Missy Hexum

COMMUNITY FITNESS CENTER

The school year hours for community use of the fitness center are from 6:00 - 7:00 am and from 5:00 - 10:00 pm and is open Monday - Friday. You must be a trained and a registered user to use the facility. To be trained for using the facility, please contact Anne Stenoien.

FUN FABRIC BOWLS

These beautiful bowls are made from cherry wood muslin fabric and cotton clothes line. Very lovely and easy to make. Class supplies to bring: sewing machine with zig-zag stitcher, or use one from school, gray or a selection of cotton thread, rotary cutter, can do attitude for fun and creativity! Please register by 10/17/18

Date: Tuesday, October 23, 5:30 – 8:00

Fee: \$35 includes all materials

Instructor: Heather Thormodson



SAVING TO SUPPORT YOUR SCHOOL

It's amazing that we receive \$\$ by collecting recycling materials!

Please save these items:

* "Box Tops for Education" from hundred of grocery and paper products. Each is worth ten cents for our school.

* Grocery receipts from Service Food. We receive 1% of the total and have received \$53,321 from their program since it started!

* Printer cartridges give us credit for cash.

Please note we can no longer take Campbell labels. The program has been discontinued.

Two new classes with Angela Weber

"I have been a quilt teacher and pattern designer for over 25 years and produced a tv show called "Quilting from the Heartland" and "Quilting with Shar" that aired on PBS.

CRAZY QUILT

Make your own crazy quilt with this easy, fast and fun method. For the class I have pre cut a table runner in fall colors for you out of Cherrywood fabrics. Included in the kit you will receive are blocks border and binding. A template set and book are also included. After you complete the table runner you will be able to go on and complete a quilt of your own! This is a fun class for any level of sewer. Class supplies needed are sewing machine, cotton thread(medium grey or neutral color) seam ripper, scissors. The school will provide an iron and small ironing board and a sewing machine if you need one. Pack your own lunch.



Date: Sat, Nov. 10th 10:00–2:00 Fee: \$65

DOUBLE WEDDING RING QUILT

The double wedding ring is truly a beloved American quilt. Learn how to beautifully and perfectly piece this classic quilt. I will take you through all the tips and you will learn all the skills to achieve this. You will receive a pre cut table runner kit including binding out of Cherrywood fabric. You will also receive the double wedding ring book and templates. Intermediate sewing level but don't be intimidated as it is truly easy with this method. You will have all the skills to make any size double wedding ring quilt after this class. Bring a sewing machine (you need to be able to set to quarter inch or have a quarter inch piecing foot), cotton thread (grey or cream), seam ripper, scissor, pins. Pack your lunch.

Date: Sat., Dec 10th 10:00–4:00 Fee: \$65



ELEMENTARY FAMILY DANCE FRIDAY, OCTOBER 26TH

Spend the evening with your friends and family! Elementary families are invited to the dance between 6:30 and 8:30. Costumes are not required, but can be lots of fun. The entry fee is \$4/student with a maximum of \$10 per family. Parents are free!

It's a great way to meet other families at school. The dance is sponsored by the 5th grade class for their trip to Long Lake Conservation Center.

AFTER SCHOOL ADVENTURES



This class is almost full. Be sure to call to see if there is still room. Our theme, Acres of Adventure, is sure to create a fun afternoon. Do you like animals? Do you ever wonder where your food comes from? If you would like to learn agriculture then you

should join this after school program with hands on activities. A healthy snack is always provided. This class is taught by the 4-H Coordinator, but you do not have to be a 4-H member to attend.

Who: Kindergarten—4th grade

Where: Science Lab at Underwood School

Time: 3:15 pm -5:00 pm

Dates: 2nd Wednesday of the month in October, November, December, February,

March, and April. (No class in January) **Cost:**

GYMNASTICS

Fire Star Gymnastics is an Underwood Community Education program and starts again in October.

Our program is in its third year and is coached by Charlie Fleck, a national coach of the year. Please contact him at 218-298-4753 to determine the best class for your child's skill level.

Fees should be paid monthly to Community Education and sent to Anne Stenoien, Director.

"Sparks" is the class for kids looking to learn gymnastics skills and improve their strength and flexibility. Wednesdays afternoons
Fee: \$40/month

"Hot Shots" is the the first team class for kids wanting to advance their skills and learn to perform. This class meets on afternoons and Saturdays mornings
Fee: \$55/month

"Nitro" is for skilled gymnasts and members are by invitation from Coach Charlie. This team will practice on Monday, Tuesdays, and Thursdays.
Fee: \$65/month

More information and videos can be seen at www.firestargymnastics.com or on their Facebook page, Fire Star Gymnastics.



YOUTH BASKETBALL LEAGUE



Parents and boys and girls interested in participating in the 5th and 6th grade basketball league are invited to a meeting on Thursday, Nov 1st at 6:30.

We will discuss how the league

is organized, how you can help, who will coach the teams, and when practices are organized. You will also get order forms for jerseys that night.

There is no fee to participate, but players should purchase the team jersey. Please meet in the elementary science lab, just past the big gym. If you cannot attend, please contact Anne Stenoien for all of the information and schedules.

BASKETBALL WITH THE ROCKETS

Join the Rockets for the Back Court Club Basketball on Saturday mornings. For boys and girls in grades preschool through 4th grade to learn about team work, fundamentals of basketball and to have fun! Kids will get to meet and work with the high school players.

Dates: Saturday, October 27th, November 10th and November 17th

Time: 10:00 – 11:00 in the big gym

Cost: \$30 includes a Rocket Basketball

Your child will receive a registration form at school. Please return it by October 5th. You can call or text Kellen Shebeck for more information at 701-205-6727.



FLU SHOT CLINIC FOR STUDENTS AND FAMILIES

Otter tail Co Public Health is providing a flu clinic at Underwood School on Wednesday, October 10th from 3:00 – 4:30. Forms will be available on-line or can be completed at the clinic.

All people 6 months and older should be vaccinated yearly for preventing the virus that infects the lungs, nose and throat. An injectable vaccine is available for all children at the school clinic, regardless of insurance coverage. Flu mist is back this year. A parent/guardian is required to be present for all kids 4th grade and below. This is a great opportunity for the family to get vaccinated.

The form can be found online at <https://www.ottertailcounty.net/ph/2018FLUFORM.pdf>

OPENINGS IN PRESCHOOL

We have a few opening in our three year old preschool program, which meets on Tuesdays or Wednesdays. Children must be three years old by Sept. 1st and potty trained. Classes are held from 8:15 to 3:00.

Fees are \$67/month with scholarships available for families eligible for reduced price meals at school.

Class size is limited to 15 students with a teacher and an assistant in the classroom. Please call Anne Stenoien for more information and enrollment forms.

Underwood Preschool has the highest rating possible by the state – four stars! It's been in existence for over 40 years.