

**March, April, May 2024**  
**SCC Community Education Classes**

**Contact information:**

**Megan at 715-796-4500 ext. 3382 [mfern@scc.k12.wi.us](mailto:mfern@scc.k12.wi.us)**

**Paulette at 612-229-6014 [lupine.anderson@gmail.com](mailto:lupine.anderson@gmail.com)**

**Unicycle Ages 8 and up**

The course will teach anyone the basics of riding a unicycle. Unicycling is an awesome individual or family sport. It's fun, challenging, and unique!

Unicycles will be provided for each participant.

**Instructor: Paulette Anderson**

Every Thursday starting September 7th unless school is closed or gym is in use.

3:00-7:00 PM until the end of May, also open gym for unicycle practice.

Fee: \$10 per person for the year, \$25 per family for the year

Location: SCC Elem Large gym in Roberts, WI

Paulette Anderson, 612-229-6014 or [lupine.anderson@gmail.com](mailto:lupine.anderson@gmail.com)

**SCC Community Education Registration Form**

Name/s \_\_\_\_\_ E-mail \_\_\_\_\_

Address \_\_\_\_\_ Phone \_\_\_\_\_

Name of Class \_\_\_\_\_ Date/s \_\_\_\_\_ Time \_\_\_\_\_ Amount Enclosed \_\_\_\_\_

**Please use a separate form for each class. Please make check payable to SCC.**

**Mail to SCC Box 202, Hammond, WI 54015. Questions? 612-229-6014**

**or [lupine.anderson@gmail.com](mailto:lupine.anderson@gmail.com)**

**THANK YOU FOR YOUR SUPPORT!!**

Hammond Community Library  
850 Davis St  
Hammond WI 54015  
715-796-2281



[www.hammondpubliclibrary.org](http://www.hammondpubliclibrary.org)

E-mail [mjohnson@hammondpubliclibrary.org](mailto:mjohnson@hammondpubliclibrary.org) or [hammondlibraryprograms@gmail.com](mailto:hammondlibraryprograms@gmail.com)

**Library Hours: Tuesday - Thursday 9 am - 8 pm, Friday 9 am - 6 pm, and Saturday 9 am - 1 pm**

Visit our website for more information about the Hammond Community Library, get a library card, and register for the many FREE programs, or stop in to see what the library has to offer you and your family!

**Services:** Faxing, Scanning, Computers, Copy Machine, Wi-Fi, Job Search Assistance with a Wisconsin Job Center, Princh Printing, Hoopla, Libby, and Niche Academy.

The mission of the Hammond Community Library is to provide quality materials and services that fulfill educational, informational, cultural, and recreational needs of the entire community in an atmosphere that is welcoming, respectful, and businesslike.

More information about the programs and services offered at the Hammond Community Library, visit [www.hammondpubliclibrary.org](http://www.hammondpubliclibrary.org)

### **Weekly programs**

- Tuesday evening craft nights from 4-8 PM
- Tuesday evening kid craft nights from 4-6PM
- Friday morning coffee at 9:00 AM, every Friday (some exceptions)
- Homeschool Programs offered September – April, see calendar for schedule and registration
- Fiber Arts Club meets on Wednesdays from 2-7PM. Bring in a project you are working on and share your work, get pointers, and enjoy spending time with other Fiber Enthusiasts.

### **Special Events and Programs**

- Indoor Egg Hunt – Saturday, March 23<sup>rd</sup>
  - Drop in for an Egg Hunt Saturday, March 23<sup>rd</sup> 9am – 10AM Sensory Friendly Egg Hunt 10–1PM - A Free Treat Bag for each child!
- Family Yoga with Jeonsa Yoga Studio – April 11, 18, 25<sup>th</sup> at 5:30-6:30PM – Bring your matts or borrow one from the library!
- KIDS Summer Adventure Series: Offered Tuesday-Thursday 9AM – 12PM for ages 4-12. Fridays 10-11AM with a special activity each Friday.

Parents: We encourage you to visit the library with your child/children and discover what the librarians have come up with for a no/low cost, inclusive family enrichment experience that aims to promote positivity and fun. We will be focusing on the following areas of our Summer Adventure Series: Art, Science and Math, and Literature-based activities.

Teens and Adults, you will find a Summer Art Series offered on Tuesday evenings. You can pick and choose your time between 4-8PM, to come in and enjoy an art project each week. See our program schedule for more details and to register.

### **Other:**

1<sup>st</sup> Friday of the month: Handwriting club, 5:00 – 6:00PM

2<sup>nd</sup> Friday of the month: Bingo, 5:00 – 6:00PM

3<sup>rd</sup> Tuesday of the month: Color with a Cop from 5:30 – 6:30PM

3<sup>rd</sup> Friday of the month: Book Club meeting, 5:30PM

4<sup>th</sup> Thursday of the month: 4-H Club meeting, 5:30 – 6:30PM

4<sup>th</sup> Friday and Saturday of the month: Project work time. Have a project you want to get done, sewing, diamond art, etc. Carve out a little time to work on it at the library. A fun way to meet friends and get your project done.



Hazel Mackin Community Library Fall 2023  
311 West Warren Street, Roberts, WI 54023  
(715) 749-3849

### **Weekly Programs**

**Story Time:** Mondays and Wednesdays from 10:30am – 11:15am, recommended ages 4 and under  
**Strong Seniors:** Thursdays at 1pm  
**Knitting Group:** Thursdays 2:15pm – 5pm  
**Adult Dungeons and Dragons:** Thursdays of every month at 5. Sign up is encouraged for planning  
**Lois Hall Memorial Coffee and Cookies:** Fridays 10am – 12pm in the Community Room

### **Monthly Programs**

**Tech Night:** Second Tuesday of each month 6pm – 7pm Sign up required.  
**Lego Club:** First open Saturday each month 10:30am – 12:30pm Ages 5 up. All Legos supplied  
**Job Center:** Third Wednesday a month 10am – 12pm in the Archive Room  
**A Novel Idea Book Club:** Last Monday of every month 5:30pm. Contact the library for book info  
**Traveling Book Club:** Third Thursday each month rotating locations throughout the county.  
**STEM at the Library:** Early Learners (Ages 3-8) are the first Tuesday each month at 4-5:30PM.  
School Age (Ages 9+) are the fourth Tuesday each month at 4-5:30PM  
**Teen Dungeons and Dragons:** Teens ages 10 -18 can join for dice rolling and adventure each month! Sign up is encouraged for session planning purposes. Every second and fourth Wednesday from 4:15pm-5:45pm  
**No School Movie Days:** Once a month at 3pm on the days when school is out. Check out the website for dates and movie titles!

### **Special Programs:**

**Library Visit Bookmark Challenge:** March 11-16<sup>th</sup> One-Week flash challenge! Stop by each day to the library to receive a stamp on your bookmark and a ticket for a prize!  
**Student Art Show Open House:** March 11<sup>th</sup> 4-6PM Come check out local artists as we showcase St. Croix Central Student artwork at the library!  
**Rock Painting Craft:** March 12<sup>th</sup> 3-5PM Get creative in painting rocks! Supplies and ideas will be provided.  
**Sensory Stations:** March 14<sup>th</sup> 10:30-12PM Age 3+ We'll have playdoh, water beads, rice bins, and puzzles!  
**Card Making Ideas Class:** March 19<sup>th</sup> 5:30-6:30PM Come get ideas for creating your own cards. Learn about what tools, paper, and supplies to use for successful card making!  
**Craft Box and Recipe Swap:** March 23<sup>rd</sup> 10-12PM Bring a recipe to swap. Get crafty decorating a recipe box and take a few new recipes home with you!  
**Eclipse Fun:** April 8<sup>th</sup> 1-3PM Eclipse viewing! Stop by for eclipse glasses to watch the partial eclipse.  
**Glass Mug Decorating:** April 20<sup>th</sup> 10:30-12:30PM Join us to decorate a glass coffee cup with vinyl prints.  
**Paint & Pot:** April 22<sup>nd</sup> 4-6 PM Celebrate Earth Day! Paint a mini flower pot and plant a seed to watch it grow.  
**Gardening Class:** May 14<sup>th</sup> 5:30 – 6:30Pm Learn about gardening perennials, and some landscaping tricks!

Visit our webpage at [www.robertspubliclibrary.org](http://www.robertspubliclibrary.org) for more information about any of these programs, including specific dates for monthly programs. More programs may be added to this schedule as we approach different months. Like us on Facebook at Hazel Mackin Community Library.

## Western Wisconsin Health Fitness Center Fitness Class Schedule

Please check our website at [www.wvhealth.org](http://www.wvhealth.org) or call 715.684.1642 for class updates. We strive to offer you the best possible variety of classes, so our schedule evolves on a regular basis.

Classes are subject to change without notice.

### FREE CLASSES INCLUDED WITH MEMBERSHIPS

**MEMBERSHIP FEES:** \$35 per person per month if under 65 years of age. \$60 per couple per month if under 65 years of age. \$90 per family per month if under 65 years of age. \$30 per student, fire fighter, veteran, police officer per month if under 65 years of age.

Free: \$0 per person if 65 years of age and older. One-time fee of \$25 for access card.

Western Wisconsin Health Fitness Center is a 24-hour access fitness center with weekday staffed hours (M-Thur 7am – 6 pm, Fri 7am – 4 pm).

### LIVE CLASS DESCRIPTIONS: (led by fitness instructor)

**BODYBALANCE-** A motivating blend of yoga with Tai Chi and Pilates which improves your flexibility and increases core strength while you reduce your stress levels. You'll focus your mind and create a lasting sense of wellbeing and calm.

**BODYPUMP-** The original barbell workout for everyone. Using light to moderate weights with lots of repetition(reps) BODYPUMP gives you a total body workout that burns calories, strengthens, and tones.

**Cardio/Strength-** This class works out all areas of the body with a variety of cardio and strength exercises with a variety of durations and intensities.

**Forever Active-** This class combines cardio and strength training for those individuals seeking an active lifestyle and a little socialization.

**Gentle Vinyasa Flow-** A gentle flow incorporating Vinyasa (plank, chaturanga, upward facing dog) and downward dog or variations. Breath acts as an anchor to the movement from one pose to another, moving with inhalations and exhalations.

**Gentle Yoga-** An easy yoga flow designed to help people destress. Come as you are, no need to change your attire. You can participate on the mat or a chair.

**Simple Strength-** Provides progressive resistance and balance training, and flexibility exercises using a variety of equipment. This class is for beginners. Exercises can be modified to fit all levels of ability. Chairs available for seated participants.

**Spin-** This indoor/outdoor (weather permitting) cycling class provides training in a variety of terrains—hills, climbs, jumps, and more! With a variety of intensity intervals, this class will give you an amazing workout.

**Step Aerobics-** A form of aerobic exercise that involves stepping on and off a small platform. Exercise routines include weights held in the hands for upper body development. Music with a medium (not fast) tempo often accompanies the routine. And learning a choreography sequence can hold the participants' interest. The moves target your legs, upper body, and core, building strength and flexibility. They also improve your balance, coordination, and agility.

**Strength-** This class works out areas of the body with a variety of strength exercises under different durations and rest periods, learning to lift correctly and safely.

**Tabata-** This fitness class will mix your cardio and strength training for a total body workout! Tabata is a form of high-intensity physical training in which very short periods of demanding activity are alternated with shorter periods of rest.

**TRX Fusion-** A TRX-focused class also using other equipment to round off every muscle both main moving and stability muscles for a complete body workout.

## **LES MILLS VIRTUAL CLASS DESCRIPTIONS: (streamed in studio)**

**Les Mills BARRE-** A modern version of classic balletic training; a 30-minute workout designed to shape and tone postural muscles, build core strength, and allow you to escape the everyday.

Also available in a beginner class.

**BODYATTACK-** A high-energy, sports-inspired workout with moves that combine athletic movements like running, lunging, and jumping with strength exercises such as push-ups and squats. Available in a 60-minutes, 45-, 30-, Tutorial, and Base classes.

**BODYBALANCE-** A motivating blend of yoga with Tai Chi and Pilates which improves your flexibility and increases core strength while you reduce your stress levels. You'll focus your mind and create a lasting sense of wellbeing and calm. Available in 60-minutes, 45-min, 30-min Flexibility, 30-min Strength, 20-min Yoga, 15-min Express Flexibility, 15-min Express Strength, Tutorial, and Base classes.

**BODYCOMBAT-** A high-energy martial arts-inspired workout. You'll learn how to punch, kick, and strike your way to superior fitness and strength. Available in a 60-minutes, 45-, 30-min, Tutorial, and Base classes.

**BODYPUMP-** The original barbell workout for absolutely everyone. Using light to moderate weights with lots of repetition (reps) BODYPUMP gives you a total body workout that burns calories, strengthens, and tones. Classes are available in an assortment of different lengths of time. Available in 60-minutes, 45-, 30-, 20-min Upper, 15-min Lower, 15-min Arms, Tutorial, and Base classes.

**GRIT Cardio, Strength, and Athletic-** 30-minute High Intensity Interval Training (HIIT) workouts for members looking to take their fitness to the next level. Improve cardio fitness and agility, lean muscle growth, increases calorie burn and fat loss. NOTE: We recommend that GRIT (or any other HIIT classes) be taken no more than two times per week. There is a "Beginner" class available.

**Les Mills CORE-** 45-minutes, 30-, and 15- core training workout that delivers quick results for all fitness levels and are also available in "Base", "15-min Ab Blast", and a Tutorial.

**RPM-** 50-minute or 30- indoor cycling class set to motivating music. Burn calories, get fit, and feel euphoric. Also available in a Tutorial and Base classes.

**SH'BAM-** A fun-loving, insanely addictive dance workout. Your instructor will guide you through simple, sassy dance moves, all set to a party playlist. Available in 45-minute, 30-, and Beginner classes.

**SPRINT-** High-Intensity interval training on a bike. It's a short, intense style of training where the thrill and motivation come from pushing your physical and mental limits. 30-minute class.

**The TRIP-** A fully immersive workout experience that combines a 40-minute multi-peak cycling workout with a journey through digitally created worlds. With its cinema-scale screen and sound system, The TRIP takes motivation and energy output to the next level, burning serious calories.

**On Demand-** Play any of the virtual classes above, during the time slots, in any combination of time and workout style. (Directions for equipment needs and how to play are in the studio--or ask a trainer).

### **Personal Training Packages**

#### **Personal Training Hours:**

Monday to Thursday: 6:00am (start time) to 6:00pm (session completed by 6:00pm)

Fridays: 6:00am (start time) to 4:00pm (session completed by 4:00pm)

#### **Included with Personal Training Packages:**

☐ Personal Consult—Meet one-on-one with a WWH Personal Trainer for 30-minutes.

Assess your fitness goals and needs to support your path to a healthy lifestyle.

☐ Fitness Assessment—Meet one-on-one with a WWH Personal Trainer for 30-minutes.

Assess your current fitness level and establish a fitness baseline to help monitor progress.

#### **Items optional to add to any Personal Training Package:**

☐ 60-minute Dietitian Consult: \$60

Scan QR Code below for Western Wisconsin Health Fitness Center Webpage and Schedule





## American Red Cross Babysitter's Training Class

This 1-day certification course is held in-person and provides hands-on activities, exciting videos, role-plays and lively discussions. Youth ages 11–15 learn childcare, first aid, leadership, and communication skills. Both girls and boys welcome.

### Topics include:

- supervising children and infants
- child-care skills such as diapering, feeding and dressing
- choosing safe, age-appropriate games and toys
- handling bedtime issues
- identifying safety hazards and preventing injuries
- caring for minor cuts, burns and bee stings
- communicating effectively with parents
- finding and interviewing for babysitting jobs

### 2023-2024 Schedule:

Location:

Hudson Hospital & Clinic Conference Center  
405 Stageline Road  
Hudson, WI 54016

- Friday October 20, 2023 10:00 am - 5:00 pm
- Friday December 29, 2023 9:00 am - 4:00 pm
- Monday January 15, 2024 9:30 am - 4:30 pm
- Friday March 15, 2024 9:00 am - 4:00 pm
- Friday June 14, 2024 9:00 am - 4:00 pm
- Friday July 12, 2024 9:00 am - 4:00 pm
- Friday August 16, 2024 9:00 am - 4:00 pm

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Advanced registration is required. Please visit:

<https://www.healthpartners.com/about/classes-events/>

A course fee of \$75.00 includes materials, snacks and beverages. Students are asked to bring their own lunch.

Contact:

Paige Lewis, BS, ICCE, CPST

[Paige.A.Lewis@HudsonHospital.org](mailto:Paige.A.Lewis@HudsonHospital.org)

715-531-6029