



JACKSON COUNTY
CENTRAL

*Community
Education*

DECEMBER THROUGH MARCH
2020- 2021

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WWW.JCCSCHOOLS.COM

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Why not share your talents with others?

Over the years, many people have taught Community Education classes for Jackson County Central. Teaching and sharing skills with others encourages a sense of community and can be very enjoyable. JCC Community Education is always looking for new ideas, classes, activities, and facilitators.

Spring and summer class information for April through July is due on or before March 1.

Advisory Council

Jackie Olson	Barry Schmidt
Krystal Preuss	Rachel Kruger
Angie Titus	Amber Lessman
Chris Scholten	Erika Freking
Kirk Dunlavey	Christie Anderson
Melonie Vancura	

Our Philosophy:

Believing that lifelong learning should be important to every citizen of our district and the surrounding area. The Advisory Council shall strive to develop programs and make available the district's facilities to enhance the lives of all our residents. The Advisory Council shall provide educational, recreational, cultural, social, and leisure programs to meet the needs of the community. Such programs, in most cases, will be determined by the community served by the Advisory Council and will be for all ages and free from discrimination of any type.

Tune in to AM 1190/ FM 105.7 for weather-related concerns. Community Education classes and other facility activities are cancelled when there is no school or early out.

Follow us for the latest:



@JCC.CommEd

www.jccschools.com

JCC Community Education

Philosophy for Youth Sports & Activities

JCC Community Education Youth Sports are designed to allow all children an opportunity to have fun, participate and learn fundamental sport skills. We are committed to providing both educational and recreational programs and services. Participants will learn sportsmanship, respect, teamwork, fair play and self-confidence. The sports environment will be safe and well-maintained. Prudent behavior by adults is mandatory.

Essential components of JCC CE Sports Philosophy

1. All children in our communities who meet the basic program registration requirements have a right to participate in JCC CE youth sports programs.
2. JCC CE programs are about the development of the individual and the learning of the sport.
3. JCC CE will offer programs at a reasonable cost while providing quality facilities and quality equipment for both volunteers and participants.
4. JCC CE will recruit volunteers who have the ability to act as role models, mentors and facilitators.
5. All participants in JCC CE youth sports programs shall be treated fairly, and without regard to race, color, disability, religion, sex or national origin.
6. JCC CE youth sport program practices and games should be an enjoyable, challenging and learning experience for all participants.
7. Those people in coaching and leadership positions in JCC CE youth sport programs shall lead by example through the promotion of fair play and sportsmanship.
8. JCC CE programs focus on the enjoyment of the sport—not the score.
9. JCC CE age policy is as follows: a. Children should play at their grade level for CE sports through grade 6. b. In a program set up by grade levels, coaches and volunteers may not bring up a younger player when a player at the correct age level is available—through grade 6. c. If it is necessary to divide a grade level into two teams because of large numbers, the teams should be divided as evenly as possible by skill level. There will not be a “varsity” group and a “b-squad” group. d. Parents may use an “Age Waiver Form” to apply for a higher placement in special circumstances.
10. Parents Guidelines—parents must: a. Select a program that will enhance your child’s emotional, physical, social and educational well-being. Make sure your child is properly equipped. b. Encourage a drug-, tobacco- and alcohol-free environment for their children. c. Recognize that youth sports are only a small part of a child’s life. d. Make a serious effort to take an active role in the youth sports experience of their child providing positive support as a spectator, coach and/or caring parent. e. Be a positive role model for sportsmanlike behavior at games and practices. f. Insist on safe playing facilities and healthful playing situations. g. Insist on equal sports play opportunity for all youth regardless of race, creed, sex, economic status or ability. h. Be drug-, tobacco- and alcohol-free as coaches and fans at youth sports activities.
11. JCC Community Education will follow the MN State High School League guidelines and will not take the place of the high school activities governed by the MSHSL.

Facility Usage

The School Board of Jackson County Central Public School District 2895 recognizes that school facilities belong to all of us. Encompassing a wide range of buildings and facilities, our schools are one of the community’s greatest assets. Allowing groups and organizations to utilize school buildings/facilities is an important part of using our schools to the fullest extent.

Obtain a facility use application or to read through Regulations and Charges, visit our website at www.jccschools.com, under the Community tab.

People Powered Health Plans

UCare members may be eligible for a \$15 discount on most community education classes. If a class is less than \$15, The member may take the class free of charge. Members must be a UCare member at the time of the registration, and throughout the duration of the class. Members need to include their UCare ID at the time of registration. Some restrictions apply.



Opportunity Fund

The Community Education Advisory Council developed the Opportunity Fund to help cover the costs of participation. This fund is made possible by local service organizations' donations. Visit our website for more information at: www.jccschools.com/community DONATIONS NEEDED: please consider helping make this fund sustainable.

Early Childhood Family Education

A program of Jackson County Central Community Education



EARLY CHILDHOOD FAMILY EDUCATION
provides services for
parents and their
children ages birth to 5.

The concept...

The beginning years of a child's life are crucial. Intellectual, social and emotional growth occurs rapidly from birth to age 5. During the important years before school, parents are the first and most significant teachers of a child. They direct the child's perception of himself or herself and his or her world.

Come experience all we have to offer!

Early Childhood Family Education provides services for parents and their children ages birth to 5. It is funded through JCC Community Education. You are invited to participate in any program activities if you are the parent of a child ages birth to 5, and if you live within the JCC School District attendance area.

ECFE and Discovery Place Preschool are located in the lower level of Riverside Elementary in Jackson and in Pleasantview Elementary in Lakefield.

• ECFE Winter Session •

Monday evening class at
Riverside 5:30 - 6:30 pm

Thursday evening class at
Pleasantview 5:30-6:30 pm

Classes starts March 1, 2021

Call 847-5868 for more
information birth-5 years

**“The beginning
years of a child's
life are crucial.”**

Early Childhood Screening

JCC Schools will provide a FREE Early Childhood Screening for preschoolers who are 3 years old by Sept. 1, 2020. Areas screened include speech, language and concepts, motor skills, vision, hearing, emotional and health history. Information packets will be mailed to eligible families in October. Call early to get your child's appointment set. If you do not receive a packet, please call the ECFE office to request one. Early Childhood Screenings are required before entry into kindergarten.

Discovery Place Kids Club

Child care is now available at Discovery Place Preschool. Children must be enrolled in Discovery Place Preschool to attend Kids Club.

Child care is available from
6:30 a.m. to 5:30 p.m.
Open year 'round.

Now enrolling children. Please call
507-847-5868 to talk with Darci
Thurmer, Kids Club director.



Discovery Place Preschool

Jackson Campus

4/5-Year-Old Preschool
Children must be 4 years
old by Sept. 1, 2020

Classes:

Monday, Tuesday,
Wednesday, Thursday and
Friday: 8 a.m. to 3:05 p.m.
(Early out
on Wednesdays at 2 p.m.)
\$500/month

Scholarships available to
qualifying families.



Jackson Campus

3-Year-Old Preschool
Children must be 3 years old
by Sept. 1, 2020
\$140/month

Classes: **Section 1:** Monday,
Tuesday, Wednesday, and
Thursday:
8 to 10:30 a.m.

Section 2: Monday, Tuesday,
Wednesday, and Thursday:
12:15 to 3 p.m. (Early out on
Wednesdays at 2 p.m.)

Scholarships available to
qualifying families.

Lakefield Campus

3-Year-Old Preschool
Children must be 3 years
old by Sept. 1, 2020
Classes: Monday, Tuesday,
Wednesday and Thursday:
8 to 10:30 a.m.
\$125/month

4/5-Year-Old Preschool
Children must be 4 years
old by Sept. 1, 2020
Classes: Monday, Tuesday,
Wednesday, Thursday and
Friday: 8 a.m. to 3:05 p.m.
(Early out
on Wednesdays at 2 p.m.)
\$500/month

Scholarships
available to qualifying
families.

Registration for the 2021-2022 school year will be in February 2021. Be on the lookout for registration information. Classes will fill quickly! Days and times subject to change based on funding

Looking ahead...

Early Childhood Screening

Monday, November 23, 4 - 7 pm
Riverside Elementary

Monday, December 7, 4-7 pm
riverside Elementary

Monday, January 11, 4-7 pm
Riverside Elementary

Call to schedule you child's
screening today!

Preschool Registration

Thursday, March 4th 4-7 pm
Pleasantview and Riverside
Preschool Rooms



ECFE/Discovery Place Preschool Office Hours

Monday through Friday
8 a.m. to 3:30 p.m.

Amber Lessman, Director
amber.lessman@jccschools.net

Do you have a 3-5 year old?

CALL TODAY FOR YOUR CHILD'S FREE
SCREENING!



JCC EARLY CHILDHOOD SCREENING

Early Childhood Screening is required for entrance in Minnesota's public schools. All children age 3-5 are eligible for a screening. Screening is a brief, simple procedure used to identify potential health or developmental problems in infants and young children who may need a health assessment, diagnostic assessment or educational evaluation. Screening in early childhood supports children's readiness for kindergarten and promotes health and development. Screening includes vision and hearing, height and weight, immunization review, large and small muscles, thinking, language and communication skills, as well as social and emotional development.

**NEXT SCREENINGS ARE:
MONDAY, NOV. 23RD 4-7 PM,
MONDAY, DEC. 7TH 4-7 PM AND
MONDAY, JAN. 11TH 4-7 M**

Call Amber at 507-847-5868 or email
amber.lessman@jccschools.net or Facebook Message us
on our JCC Early Childhood Screening page to set up
your child's appointment.

K-3 Basketball Clinics

This clinic will be for all skills with a focus on basketball basics. Break-out instruction and game time. Participants will be announced at halftime during a varsity home game - announced later.

Girls

Instructor: Coach York & Austin Nunez

Dates: January 9, 16, 23, & 30

Time: 10:30 - 11:30 am

Location: HS Aux gym

Fee: \$15

Register by: January 7



Boys

Instructor: Coach Alex Hein

Dates: Saturdays, January 2, 9, 16, 23, 30

February 6, 13, 20, & 27

Times: 9:00-10:00 am

Location: HS Aux gym

Fee: \$20.00

Register by: December 31

Fire Arm Safety

This class consists of classroom learning on the safe handling of firearms, hunter responsibility and wildlife conservation. Students then complete additional field experience.

The field experience consists of scenario-based training opportunities. These scenarios allow students to learn and demonstrate commonly accepted principles of safety in hunting and the handling of firearms.

Requirements: Must be 11 years of age before class start date listed above in order to be eligible to take this class. A parent or guardian is requested to attend the first class and is welcome at all classes.

Instructor: Michael Haeffner, Nathan Miller, & Assistants.

Dates: March, date specifics TBD

Time: Tuesday evenings, TBD

*No pre-registration.

Lifeguard Certification Course

With the American Red Cross, you will learn the skills needed to provide critical care when it is needed most. This course covers the latest rescue techniques- CPR, first aid, AED, etc. All participants must:

- Attend all days/times as listed.
- Be a minimum of 15 years old.
- Be able to pass the prerequisite swim test.

Instructor: Megan John

Dates / Times: December 19 8:00 am - 8:00 pm

December 20 Noon - 5:00 pm.

Location: Jackson Indoor Pool

Fee: \$175.00

Register by: December 14

Minimum: 4 | Maximum: 10

The Jackson Indoor Pool is hiring! We have a course reimbursement program available based on hours worked.



Baseball - Soccer - Softball

*Based on
Spring Grade 2021.*

Youth Spring Soccer League - Grades K-6

Dates and Times: Saturdays

April 24, May 1, 8, & 15

Makeup day: May 22

Times: Range from 10:00 am & 11:00 am

Fee: \$25

Preschool Tee-Ball - Ages 4 & 5 (As of 6/1)

Dates: Wednesdays

June 2, 9, 16, & 23

Times: Range from 5:00-7:00 pm

Location: Dumont Park, Jackson

Fee: \$15

Soft Toss - Grades K-1

Dates: Mondays & Wednesdays

June 2, 7, 9, 14, 16, 21, 23, 28, & 30

Times: Range from 5:00-7:00 pm

Location: Riverside, Jackson

Fee: \$25

Pitching Machine - Girls Grades 2-3

Practice dates will be the last two weeks in May at the discretion of the coach. Games are held in Jackson or in Windom.

This is a traveling league due to participation numbers.

Dates: Mondays & Wednesdays,

June 2, 7, 9, 14, 16, 21, 23, 28, & 30

Times: Game times from 6:00-7:00 pm

Location: Softball fields, Jackson

Fee: \$50

Pitching Machine - Boys Grades 2-3

Practice dates will be the last two weeks in May at the discretion of the Coach.

Dates: Tuesdays & Thursdays

June 1, 3, 8, 10, 15, 17, 22, 24, & 29

Times: Game times from 6:00-7:00 pm

Location: Softball Fields Jackson

Fee: \$50

Minor League - Boys Grades 4-5

This is a traveling team between Trimont, Windom, Sherburn, St. James, Northrup, Winnebago, Blue Earth and Fairmont.

Dates: Mondays & Wednesdays,

June 2, 7, 9, 14, 16, 21, 23, 28, & 30

Times: Game times from 6:00-7:00 pm

Fee: \$75

Junior League - Boys Grades 6-7

This is a traveling team between Trimont, Windom, Sherburn, St. James, Northrup, Winnebago, Blue Earth and Fairmont.

Dates: Tuesdays & Thursdays,

June 1, 3, 8, 10, 15, 17, 22, 24, & 29

Times: Game times from 6:00-7:00 pm

Fee: \$75

Pony League - Boys Grades 8-9

This is a traveling team between Trimont, New Ulm, Windom, Sherburn, St. James, Northrup, Winnebago, Blue Earth and Fairmont.

Dates: Tuesdays & Fridays

June 1, 4, 8, 11, 15, 18, 22, 25, & 29

Times: Game times from 6:00-7:00 pm

Fee: \$75

Huskies Fast pitch - Girls Grades 3-11

Registration through Shelly Hotzler.

Huskies Baseball - Boys Grades 10-12

Registration through Mike Wierson.

Interested in Coaching?!

Requirements:

- Ability to have fun!
- Internal background check will be cleared prior to the season.
- Review the JCC Community Education Philosophy for Youth Sports.

Please indicate your interest on the registration form. We appreciate your time and efforts to making our summer recreation programs a success!

2021 Baseball, Soccer, & Softball Registration

Parent/Guardian Name: _____ Phone: (_____) _____ - _____

Email: _____

Address: _____ City/State/Zip: _____

I would enjoy coaching (circle one): Yes, Definitely! No Thanks.

If Yes, circle one: Adult Small Adult Medium Adult Large Adult X-Large Adult XX-Large

Participant Name: _____ Circle One: Male Female

Grade (Spring Grade 2021): _____ Date of Birth: _____

School: Jackson County Central / Immanuel Lutheran / Other

T-shirt Size (Circle one): Youth Small Youth Medium Youth Large

Adult Small Adult Medium Adult Large Adult X-Large Adult XX-Large

Does the participant require any accommodations (Circle One)? YES NO

If Yes, please explain: _____

\$15 _____ Tee Ball - Girls and Boys ages 4-5 who have **NOT** completed Kindergarten

\$25 _____ Soft Toss - Girls and Boys currently in grades K-1

\$50 _____ Pitching Machine - Girls currently in grades 2-3

\$50 _____ Pitching Machine - Boys currently in grades 2-3

\$75 _____ Minor League - Boys currently in grades 4-5*

\$75 _____ Junior League - Boys currently in grades 6-7*

\$75 _____ Pony League - Boys currently in grades 8-9*

\$25 _____ Soccer - Girls and Boys currently in grades K-6

*Boys grades 4-9 fee includes a cap. Subtract \$10 if no cap is needed.

Circle One: XS S M/L XL

*Based on
Spring Grade 2021.*

*Pre-approval required
to play up a league.*

Payment and Registration must be received by:

April 10 for Soccer

May 1 for Softball & Baseball

Late Registrations will NOT be accepted.

Payment Included: CASH CHECK CHECK NUMBER _____

Ucare ID (if applicable): _____

PARENT PERMISSION:

I, the undersigned parent/guardian of the above identified, a minor child, hereby consent to the participation of said child in the JCC Community Education program, activity, or class and do further agree to hold harmless the Jackson County Community Education, its officers, directors, members, agents and employees from any and all claims, actions, or demands arising out of or which occur by reason of the participation of said minor.

X _____
Signature of Parent/Guardian DATE

Youth Gymnastics

Gymnastics works on coordination, balance, develops listening skills, provides interaction with peers plus it is a ton of fun! Skills clinics will be offered throughout the winter.



Please email tjhandevitd@gmail.com if you are interested in receiving information.

Dates and times will be release at a later date.

Midwest Youth Football League (MYFL)

Jackson County Central MYFL fitting will being in May. Watch the spring catalog for updates and information. Questions about the program?

Contact Chris Scholten at jackson.myfl@gmail.com or Facebook: @JacksonMyfl



Toddler Swim Thursdays

Encourage water discovery and burn off some of your little one's energy in a safe, warm environment this winter!

PS. It's a great time to get together with your mom friends without having to clean your house.

Thursdays 10:00 - 11:30 am
\$1.00 per Swimmer
Offered MOST Thursdays at the Jackson Indoor Pool. No pre-registration.

Please follow us on Facebook for schedules and updates: @JCCPOOL

Student Driver's Education

Steps to getting your driver's license:

- 30 hours of classroom training
- Must be 14 for classroom instruction
- Must be 15, take & pass the permit test
- 6 hours behind the wheel training
- 50 hours logged, supervised driving
- Must be 16, take & pass the license exam
- Must have a permit for 6 months before taking the exam

Tentative Informational Parent Meeting:
January 18, 2021 at 5:00 - 6:30 pm in the High School Media Center.

Instructor: Barb Egeland

Winter: February 11 - March 12, 3:15-6:15 pm

Spring: May 12 - June 12 3:15-6:15 pm

school days, 8:00 - 11:00 am summer days.

Location: JCC High School

Fee: \$350, due on first day

Adult Driving Instruction: \$60 per hour

To enroll email:

Barb.egeland@jccschools.com

Supplies: Paper, highlighter, & pen/pencil

Volleyball Clinic - Grades 2-6

Bump, Set, Spike it!

Burn off some holiday break energy with our volleyball skills clinic. For students currently in grades 2nd through 6th.

Former professional volleyball player, Krista DeGeest cannot wait to share her passion for the sport. High School players will be assisting in stationed drills and techniques.

Instructor: Coach DeGeest & HS Players

Dates: Sunday, December 20

Times: 2-4, 4:00 - 4:45 pm

5-6, 5:00 - 6:00 pm

Location: HS Aux gym

Fee: \$10.00

Register by: December 16



Meditation "The Call of Paradise" *A Spiritual Journey to Hawai'i*

Have you ever dreamed of traveling to Hawai'i? Sun-kissed beaches. Firey volcanoes. Lu'au feasts. The gracious beauty of a hula dancer. Hawai'i is all of these things and more! Come spend an evening luxuriating in the aloha of the islands as we look more deeply into the history, culture and spirituality of this remarkable part of America.

Through fascinating pictures and stories we will explore the rich heritage and traditions that make Hawai'i one of the most beautiful, healing and life-giving places on Earth. This year our journey will take us to the beautiful islands of O'ahu and the Big Island of Hawai'i. In the midst of tropical landscapes, we'll visit the solemn memorials of Pearl Harbor and tour 'Iolani Palace—the only royal palace in America. We'll also journey to majestic Hawai'i Volcanoes National Park to witness the creation of new land and life. In addition, we will get to meet with native kahuna shamans, experience spiritual ceremony at sacred sites, and visit the birthplace of Reiki Healing in America.

For those who are interested, there will be an opportunity after the presentation to discuss the details of our 10-day spiritual tour to Hawai'i this coming June. So come join us for an evening of inspiration and let the magic of Hawai'i "call you home" to Paradise!

Instructor: Jesse Wicher
Date: February 15
Time: 5:30 - 8:00 pm
Location: Virtual
Fee: \$10.00
Register By: February 11



Voice Lessons

Learning to sing over the Internet is FUN and EASY! Come bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages! Lessons are 30 minutes of private instruction. ****Online singing lessons can be conducted using a computer, tablet or smartphone via Skype, Zoom and most other live chat platforms**

Instructor: Jesse Wicher

Date: 5 week lessons, flexible scheduling

Location: Virtual

Fee: \$85

Questions or to register call 716-821-1404

Or email HolisticArts@hotmail.com

American Red Cross *CPR- AED- First Aid*

Learn how to provide immediate care in cardiac, breathing, and first aid emergencies until advanced medical personnel arrive from Certified American Red Cross Instructor, Megan John. Each participant will take home a CPR rescue mask kit. Join us so you know what to do in a medical emergency.

Instructor: Megan John

Date: December 14

Time: 5:30 - 9:30 pm

Location: JCC HS

Auditorium Conference Room

Fee: \$60.00

Minimum: 4 | **Maximum:** 6

Register by:

December 7



**American
Red Cross**

Men's Basketball Open Gym

Men, ages 18 and older (out of high school), are encouraged to come to the JCC High School gym on Wednesday evenings to play basketball for fun. This begins in November and will continue through the end of March. Please do not bring unattended children.

Supervisors: Krik Dunlavy

Date: Wednesdays, November 4- March 31

No open gym Nov 25 or Dec 23

Time: 6:00 – 7:30 pm

Location: JCC High School Aux Gym

Fee: \$3.00 per night or \$20 for the year

PickleBall

Join in on one of the fastest growing sports in America! Pickleball is a paddle sport created for all ages and skill levels. The rules are simple and the game is easy for beginners to learn, but can develop into a quick, fast-paced, competitive game for experienced players.

The basics of Pickleball are:

1. A fun sport that combines many elements of tennis, badminton, and ping-pong.
 2. Played both indoors or outdoors on a badminton-sized court and a slightly modified tennis net.
 3. Played with a paddle and a plastic ball.
- It's a game for everyone!

Supervisors: Linda Pribyl,

Bob and Arlene Vee

Date: Sundays

Time: 5:30 - 7:30 pm

Location: JCC High School Aux Gym

Fee: \$2.00 per night, pay at the door.

Punch cards available

*Adult Co-ed Indoor Volleyball*

Get your friends together to play in a fun, yet competitive league. There will be league play and a league tournament the last couple of weeks. For adults, ages 18 and older (must be out of high school).

Supervisors: Dustene Jacobson

Date: Wednesdays, December 2 - March 3 (No league December 25 or January 1)

Time: 6:00 – 7:30 pm

Location: JCC High School Main Gym

Fee: \$60.00

Register by: ASAP

*National Safety Council**Defensive Driving - 4 Hour Refresher*

An abbreviated, yet engaging course reinforcing good driving skills and habits. This 4-hour course is an ideal refresher. It offers practical strategies to reduce collision-related injuries, fatalities, and costs associated with motor vehicle crashes. Registrants, ages 55+, are eligible to receive a 10% discount on automobile insurance. If you need to take the 8-hour course, please indicate that on your registration form.

Date: Tuesday, March 2

Time: Noon - 4:00 pm

Location: Jackson

Date: Tuesday, March 23

Time: 5:00 - 9:00 pm

Location: Lakefield

Instructor: Kathy Pederson

Fee: \$30.00

Minimum: 12



A Handmade Holiday with Essential Oils

'Tis the season for gift giving. Essential oils offer a great way to make some amazing, toxic-free gifts for family, friends, coaches, and teachers. Enjoy holiday music, snacks, hot cocoa, and great company as you make some gifts. You pick five of the following items to make that are included in the class fee. Additional gifts may be made for \$5 an item. This class features the following items made with Young Living essential oils: ornament bath salts, sugar scrub, holiday room spray, energizing shower spray, Soothe Magic Cream, Sleep Magic Cream, Smooth Skin Magic Cream, and Foaming Hand Soap.

Instructor: Mashauna Brudwick
Date: December 5
Time: 10:00 am
Location: JCC HS
Auditorium Conference Room
Fee: \$20.00
Minimum: 2 | **Maximum:** 15



Kicking the Sugar Blues

Are you constantly craving sweets? Do you suffer from afternoon fatigue? You may be experiencing the sugar blues. This insightful class teaches you how to gain control of your sugar cravings without deprivation. It goes over how sugar affects the body and how your lifestyle affects your cravings. Learn how to change your relationship with sugar and easy steps to increase energy and maintain focus.

Instructor: Mashauna Brudwick
Date: January 14
Time: 6:00 pm
Location: JCC HS
Auditorium Conference Room
Fee: \$10.00
Minimum: 2 | **Maximum:** 25



Busting Fat Myths

Have you ever been told you have to eat less fat to lose fat? Have you ever been confused with all the conflicting information about “good” fat and “bad” fat? In this class, we will clear up the confusing information and you will learn why fat is not only healthy, but also extremely important for your overall health. Participants will get to sample various snacks and learn how to incorporate the right kind of fat into their diet. You will leave with renewed clarity about fat and new recipes to try.

Instructor: Mashauna Brudwick
Date: March 31
Time: 6:00 pm
Location: JCC HS
Auditorium Conference Room
Fee: \$10.00
Minimum: 2 | **Maximum:** 10



Valentine's Make & Take

Enjoy refreshments and make something sweet to share with your Valentine or something to enjoy yourself. Kids and adults welcome!

For the adults: sugar scrub, massage oil, bath salts, roll-on.
For the kids: card making, scented playdoh, diffuser keychain, roll-on

Instructor: Mashauna Brudwick
Date: January 30
Time: 11:00 am
Location: JCC HS
Auditorium Conference Room
Fee: \$20.00 per adult | \$5.00 per kid
Minimum: 2 | **Maximum:** 16
***Kids must be accompanied by an adult.**

JACKSON

PUBLIC POOL



*We're a splash
above the rest!*



Sherri's Water Aerobics

A low impact program for all. Instructor Sherry Robinson will lead water-resistance movements to new, upbeat music each day. No need to know how to swim. You don't want to miss this!

Instructor: Sherri Robinson
Date: Monday & Wednesday evenings

Time: 6:00 pm- 6:45 pm

Fee: \$5.00 per class

No pre-registration, just show up!

Deb's Water Aerobics

Relax, lose weight, tone up, and jam out during water aerobics! This low-impact activity is great for sore muscles and joint pain sufferers.

Instructor: Deb Hample

Date: Monday, Wednesday, Friday

Time: 8:00 - 9:00 am

Fee: \$5.00 per class, no pre-registration

*Watch the pool schedule for changes.

Splish Splash, Birthday Bash!

Weekend parties at the pool are a fun way to celebrate without all the mess! Reservations must be made at least a week in advance.

Friday evenings, Saturday and Sunday

10:00 am - Noon or 5:00 pm - 7:00 pm

\$40.00 per 10 swimmers

\$1.50 for each additional swimmer

Rates

Daily:

1-4 \$1.00

5-18 \$3.00

18-65 \$4.00

65+ \$3.00

Lap Swim \$3.00

Sauna only \$1.00

Punch Card: 10 for \$35.00

Family Month: \$40.00

Single Month: \$20.00

Family Year: \$400.00

Single Year: \$200.00

Aerobics \$5.00

Monthly schedules, events, closures, and updates are posted on Facebook and our Website. Check us out and give us a like!

Facebook: @JCCPool

Website: www.jccschools.com

Email: jacqueline.knips@jccschools.net

Phone: 507-847-6627

Lunch Hour Laps

Make aqua jogging, water-walking, and lap swimming part of your life-long fitness goals. Allow lunch hour laps to fit into your busy schedule and help you stay on track!

Date: Tuesday & Thursday

Time: Noon - 1:00 pm

Location: Jackson Indoor Pool

*no pre-registration



Winter Swimming Lessons



Class Selection - Check one:

<input type="radio"/> Parent/Toddler (Ages 1-3)	December 8, 10, 15, & 17	6:00 pm - 6:45 pm
<input type="radio"/> Preschool (Must be 3)	January 18-22 & 25-29	5:00 pm - 5:45 pm
<input type="radio"/> Preschool (Must be 3)	February 1-5 & 8-12	5:00 pm - 5:45 pm
<input type="radio"/> Level 1	January 18-22 & 25-29	5:00 pm - 5:45 pm
<input type="radio"/> Level 2	February 1-5 & 8-12	5:00 pm - 5:45 pm
<input type="radio"/> Level 3	December 7-11 & 14-18	5:00 pm - 5:45 pm

Parent

Parent/Guardian Name: _____ Phone: (_____) _____ - _____

Email: _____

Address: _____ City/State/Zip: _____

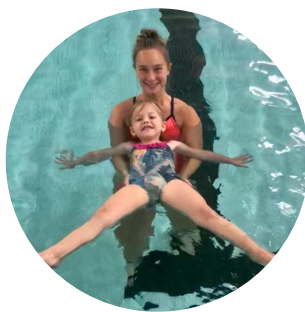
Swimmer

Participant Name: _____ Circle One: Male Female

Current age: _____ Date of Birth: _____

Does the participant require any accommodations (Circle One)? YES NO

If Yes, please explain: _____



Payment

\$40.00

Payment Included: CASH CHECK CHECK NUMBER _____

Ucare ID (if applicable): _____

Consent

PARENT PERMISSION:

I, the undersigned parent/guardian of the above identified, a minor child, hereby consent to the participation of said child in the Jackson Indoor Pool swimming lesson program and do further agree to hold harmless the Jackson Indoor Pool, its officers, directors, members, agents and employees from any and all claims, actions, or demands arising out of or which occur by reason of the participation of said minor.

X

Signature of Parent/Guardian

DATE

*The Jackson County Library System serves Jackson County, Minnesota
with locations in Jackson, Lakefield, and Heron Lake.*

Library Hours

JACKSON (507-847-4748)

Monday, Tuesday, Thursday	10:00 am - 7:00 pm
Wednesday, Friday	10:00 am - 5:00 pm
Saturday	10:00 am - 3:00 pm

LAKEFIELD (507-662-5782)

Monday	1:00 pm - 5:30 pm
Tuesday, Wednesday	11:00 am - 5:30 pm
Thursday	11:00 am - 7:00 pm
Friday	11:00 am - 5:00 pm
Saturday	10:00 am - 1:00 pm

HERON LAKE (507-793-2641)

Tuesday, Thursday	2:00 pm - 6:00 pm
Wednesday	3:00 pm - 8:00 pm
Friday	11:00 am - 5:00 pm
Saturday	10:00 am - 12 Noon

Services During COVID-19

We continue to offer library services while following CDC guidelines. We want to serve you as completely as we can but at the same time maintain needed health standards for the safety of patrons and staff. The library is open by appointment for browsing and checking out library materials and use of the public computers, copier and fax machine. Walk-ins are welcome but must check in at the desk as we are limiting the number of patrons in the buildings at one time. In addition, we offer a Curbside Pickup Service and Homebound Delivery. For updates of any changes, we encourage you to connect with us on Facebook, ask for our monthly newsletter or call with your questions.



Facebook: @jacksoncountylibrary
@lakefieldpubliclibrary
@heronlakelibrary

Instagram: jacksoncoreads

Website: jclmn.org

Email: jacksoncolibrary@co.jackson.mn.us

Preschool Virtual Story & Crafts

Virtual Storytime with Carrie, Kathy and Sunny takes place weekly on Tuesdays at 10:00 a.m. on our Facebook pages and is available on the library's website, - Infants & Toddlers page. You can access the storytimes at any time while available if you are not able to watch at 10:00 AM on Tuesdays. There is also a Virtual Bedtime Storyhour scheduled every third Thursday of the month. Take advantage of the free Craft Kits that correspond with each storytime. The kits contain supplies and instructions to go with the theme for each week. Call the library to reserve your kit and schedule a pick-up time.

Afterschool Craft Kits for K-12

Each month age appropriate craft kits are available for youth in Kindergarten through 4th grade and for 5th through 12th grade students. The free kit includes everything you will need to make the craft of the month. Call the library to reserve your kit to pick up and take home for some creativity time.

Adult Craft Kits

Craft kits for adults ages 18 and up are available for pickup at the library each month. Supplies and instructions will be included with each free kit that is requested. Call the library to reserve your craft kit each month.



Curbside Pickup Service

The Jackson, Lakefield, and Heron Lake libraries offer Curbside Pickup Service. Library material requests can be made through the online catalog or by telephone. Staff will check out your items, schedule a pickup appointment and have them waiting for you to pick up near the library entrance. If you do not know of a specific title you would like, let staff know what type of genre interests you and they will pull items for you.

Homebound Delivery

This service is available to residents in the city limits of Jackson, Lakefield and Heron Lake who are unable to leave their home. Let us know what you would like and we will deliver to your doorstep.



Wi-Fi Hotspots

The Jackson County Library System has internet hotspots available for community members to check out! These hotspots can be used by anyone who does not have internet access at home. You can also check them out to use for internet access on long road trips, or if you are somewhere without WiFi for two weeks. The hotspots are available on a first come, first serve basis.



Winter Reading Program

Adults and Teens can get involved in the Winter Reading Program and earn prizes by reading! The program will be held beginning January 1, 2021 and continues through March 31. Contact your local library for more details.

Monthly Newsletter

A newsletter is published monthly to keep everyone current on what events and activities are available at your library. Contact your library to receive a copy of the newsletter in the mail or by email. The newsletter is also posted on the library website.

Do you have a Library Card?

Residents and landowners of Jackson County are eligible to receive a library card at no cost. Children under the age of 16 may receive a card if the application is signed by a parent or legal guardian.

A few things to know about using your library card:

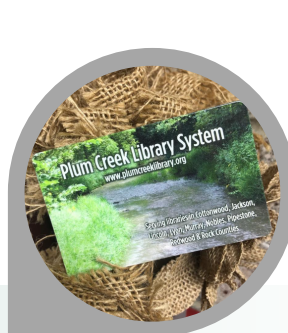
- Always bring your Jackson County Library card with you when you visit the library.
- You are responsible for all materials borrowed on your library card.
- Please report a lost/stolen card to avoid unauthorized use. There is a \$1.00 charge for a replacement card.
- Please notify the library of name, phone, and address changes.
- Renewals may be done in person, online, or by telephone.
- Materials can be reserved at no charge. This includes materials from all over the state of Minnesota.
- An afterhours outside book return is available at each library.
- Books may be returned to any public library in the Plum Creek Library System. For a full list go to: plumcreeklibrary.org/libs.htm
- The date due receipt shows when materials are due.
- Holds may be placed in person, over the phone, or online.

Available for check-out with your library card:

- Adult Audiobooks
- Adult Fiction
- Adult Non-Fiction
- Adult Movies
- Cakepans
- Children's Books
- Children's Movies
- iPads
- Juvenile Audiobooks
- Juvenile Fiction
- Juvenile Non-Fiction
- Kindle Fire HDX
- Magazines
- Ebooks & Eaudiobooks
- Projector
- Projector Screen
- Teen Audiobooks
- Teen Fiction
- Teen Non-Fiction

1,000 Books Before Kindergarten

1000 Books Before Kindergarten is a self-paced program that encourages families and caregivers to read 1,000 books with their children from birth until before they enter kindergarten. Contact your local library for the program folder.



How to Renew and Place Holds Online:

To log in to your account

- Go to: opac.plumcreeklibrary.net
- Click "log in to your account" in the upper right corner
- Enter your login, which is your library card barcode number. Your password, is the last four digits of the phone number on your library account or it could be the last four numbers of your library barcode number.
- You're logged in! If you have any issues logging in call your local library. Now you can renew, place a hold, and view your checkouts, fines and reading history.

To renew an item

- Select the renew box next to the item you wish to renew.
- Click on "Renew".
- If you want to renew everything, click on "Renew all"

To request an item

- Type the word, phrase, author, title or subject you are looking for in the search field at the top of the screen and click "Go".
- Click "Place a Hold" on the item you wish to request.
- Click "Confirm Hold".
- You can also place holds following this process on MNLink.org, which searches all of Minnesota.

Additional services at your library:

- Disc Cleaning
- Free WiFi
- Laminating
- Proctoring
- Public Access Computers
- Copy/Scanner/Fax Machine
- Magazine & Puzzle Exchange

Nature Tots - Ages 0-5

Bring your tots and preschoolers to our nature hour to create, play, learn, and explore the wonder that is the world around us.

Cost (per child per program):

Free for members/\$3 for non-members

Program days: Wednesdays, 4:00 - 4:45 pm

Dates: December 16, January 20,

February 17, & March 17

Location: Sparks Park, Lakefield

Pre-registration required.

Nature Buddies - Ages 3-5

Prepare young nature lovers for kindergarten with preschool activities in a nature setting.

Cost (per child per program):

\$10 for members / \$12 for non-members

Program days: Every Friday, 9:00 - 11:00 am

Location: Sparks Park, Lakefield

Pre-registration required.

*Ask about discount program pass!

Homeschool Programs - Ages 5-12

The homeschool program explores science through hands-on experiments, activities, and inquiry-based learning with lots of outdoor time for your students to explore and investigate freely using their own natural curiosity.

Cost (per child per program):

\$10 for members / \$12 for non-members

Program days: Wednesdays, 10:00 - Noon

Dates: December 9 & 16, January 13 & 27,

February 10 & 24, March 10 & 24

Location: Sparks Park, Lakefield

Pre-registration required.

*Ask about discount program pass!

Afterschool Nature Club - 3rd-5th grade

The Nature Club kids will explore engineering, art, animals, plants, and what is gross in nature!

Cost (per child per program): FREE

*Funded in part by the Remick Foundation

Program days: Tuesdays, 4:30 - 6:00 pm

Dates: December 15, January 19, February

16, & March 16

Location: Sparks Park, Lakefield

Pre-registration required.

*Ask about discount program pass!



Holiday Gifts from Prairie Ecology Bus Center

PEBC has the fun gifts you are looking for! Give a nature focused kit to a kid and watch them learn, create, and play with the activities included. Order a kit by November 23 for pickup or shipping by December 14th.

Become a Butterfly - Ages 2-5

Celebrate the amazing Monarch butterfly with this rhythmic story about a butterfly's trip to Mexico and help your child design their own wings to wear. Includes book and DIY wing kit.

Cost: \$25

Start a Collection - Ages 3+

Every collector needs a way to display their treasure. This kit provides two glass front display boxes, a plant press, a preserved flower bookmark craft, a hanging display with clips, and a personalized label for the collection.

Cost: \$35

Birder Box - Ages 3+

Start off a beginning birder with this birding kit. The box includes durable and functional binoculars, a laminated id guide, a journal and colored pencils to record their findings, and the supplies to make an ornament to attract birds to the yard this winter.

Cost: \$45

Animal Art - Ages 8+

Perfect for the animal-loving artist! Young artists will follow the instructions to fold their own origami creations, sculpt a critter, and create beautiful string art for their room. Choose from a few string art patterns to make it perfect for your artist!

Cost: \$25

Gift Certificates

Send your student to summer camp or Jungle Discovery! Give the gift of lasting memories, experiences, and knowledge.

PRAIRIE

ECOLOGY BUS CENTER

Winter Day Camps - K-5th Grade

Don't be bored at home on a day off from school. Come play games and try new things with PEBC!

Cost (per child per program):
\$25 for members | \$30 for non-members

Program days:

Pokemon - January 11

Ooey Gooey Sceince - February 15

Adventure Quest - March 12

Location: Sparks Park, Lakefield

Pre-registration required.



Snowshoe Exploration

Snowshoe with us! For Families and adults. Snowshoes are provided.

Cost: \$3 for members | \$5 for non-members

Program days: February 6

*Weather back-up date is February 13

Time: 2:00 - 3:30 pm

Location: Sparks Park, Lakefield

Pre-registration required.



Jungle Discovery - 5-99+

Try this fun nature spin on an escape room! On a hike through a rainforest you stumble across a surprise, poachers! Can you work with your team to solve the puzzles in time to save the endangered animal?

Time slots are limited so register early! Give the gift of a fun family adventure!

Teams of 4-6 people

Cost: \$40 per team

Program days: February 3-6

Location: Sparks Park, Lakefield

Pre-registration required.



2020- 2021

Winter Public Programs

Located at the Learning Center:

Sparks County Park

939 N. Hwy 86, Lakefield, MN

Pre-registration programs

Please help us ensure the success of these programs by registering ahead of time.

Call 507-662-5064 or send an email to:
marilyn@ecologybus.org.

Interested in becoming a member and receive program discounts?

Membership information is available
at the PEBC office

or online at www.ecologybus.org.

Ask us about family discounts!

JCC Music Boosters

The JCC music booster goal is to support the band and choir programs at JCC through fundraising, donations, volunteerism and awareness so any student can participate in these great groups!

If you would like more information, contact jccmusicboosters@gmail.com. Follow our social media channels for more info: JCCMusicBoosters on Facebook, Twitter and Instagram!

IF YOU ARE INTERESTED IN MAKING A DONATION TO THE JCC MUSIC BOOSTERS, YOUR NAME WILL BE RECOGNIZED AT ALL CHOIR AND BAND EVENTS. PLEASE FILL OUT THE INFORMATION BELOW AND SEND TO:
JCC MUSIC BOOSTERS, PO BOX 119, JACKSON, MN 56143

NAME: _____
MAILING ADDRESS: _____
EMAIL ADDRESS: _____

DONATION AMOUNT \$: _____



Follow our social media channels for more info:

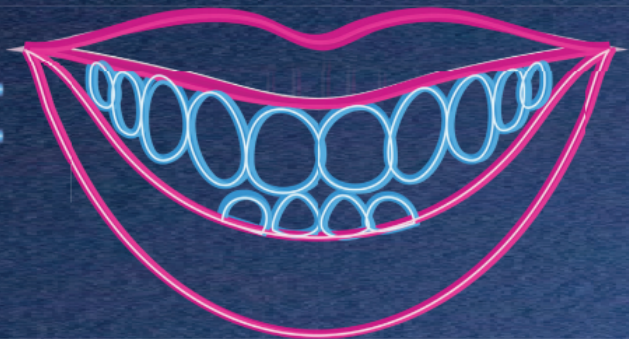
@JCCmusicbooster



@JCCmusicboosters



2 Minutes
2 Times A Day
Twice A Year



A Healthy
Smile!

Your teeth are made to be permanent. Are you doing everything you can to keep them?
Brush and floss your teeth twice a day.
Brush each time for two minutes.
See your dentist every 6 months for preventative care.



*Important reminders brought to you by
Des Moines Valley Health and Human Services - Public Health Office.*



Help slow the spread so we can stay in school together.



Wash your
hands.



Wear a
mask.



Stay 6 feet
from others.

mn MINNESOTA

STAY SAFE **MN**

health.mn.gov

Minnesota Department of Health | health.mn.gov | 651-201-5000 | Contact health.communications@state.mn.us to request an alternate format. | 9/3/2020

P	D	T	M	F	M	S	S	A	H	P	H	L	K	N
Q	A	A	U	F	I	U	M	Z	H	Q	F	Y	M	Q
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BUCHE DE NOËL
 CANDY CANE
 CHOCOLATE
 CLOVES
 COOKIES
 CRANBERRIES
 EGGNOG
 FLAT BREAD

FRUITCAKE
 FUDGE
 GINGERBREAD
 GOOSE
 GRAVY
 HAM
 MINCEMEAT
 NUTS

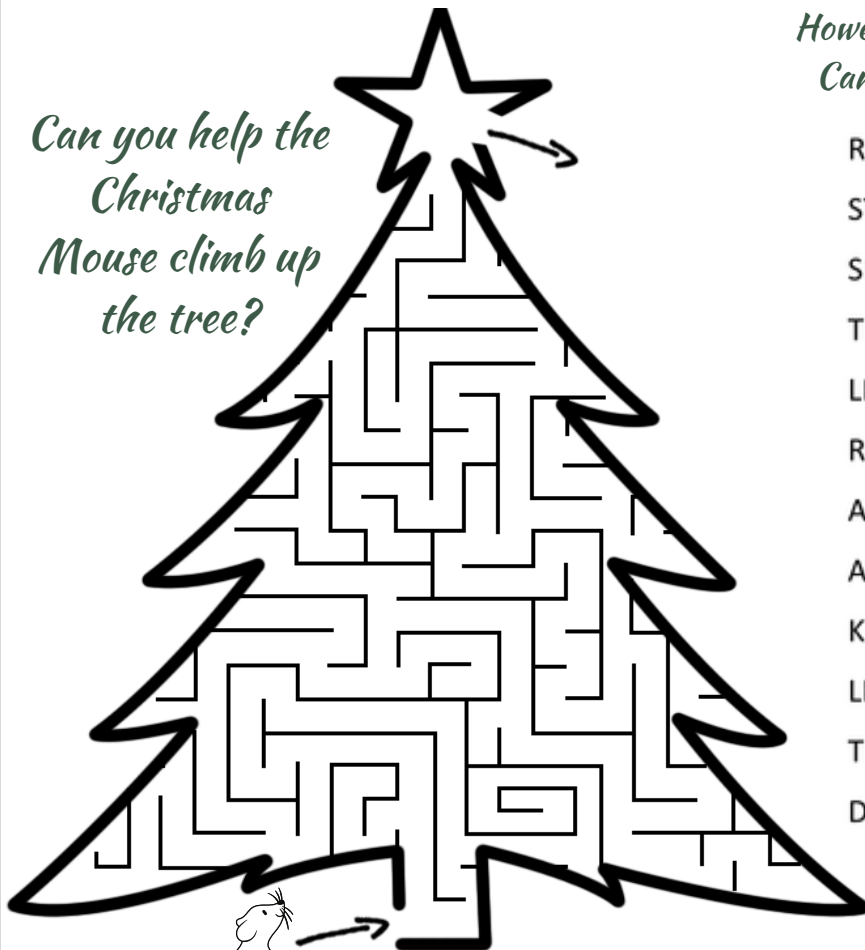
ORANGES
 PUMPKIN PIE
 SCRUMPTIOUS
 STUFFING
 SUGARPLUMS
 SWEET POTATOES
 TURKEY

Color this sweet little Elf!



*All the words below are related to Christmas.
 However, they have all been muddled up!
 Can you help by unscrambling them?*

*Can you help the
 Christmas
 Mouse climb up
 the tree?*



RATS _____
 STHICMRSA _____
 SMWANNO _____
 TERE _____
 LRDOHOP _____
 RPNETES _____
 AANST _____
 ALGNE _____
 KTUERY _____
 LHISEG _____
 TRARNEICOOS _____
 DAMEAGRIRNBNE _____

Lakefield Food Shelf

Location: 416 Broadway, Lakefield
Contact: Connie Rossow
Phone: 507-841-3350
Email: connie@therossows.com
Facebook: Lakefield MN Food Shelf
Hours of Service: Tuesdays 4:30 - 5:30

Food Drive happening now! Please consider contributing to our community through the donation of non-perishable food and hygiene items. Drop off at Maynards or Food Shelf.

Jackson Food Shelf

Location: 1229 North Highway, Jackson
Email: jacksonfoodshelf@gmail.com
Facebook: Jackson County Food Shelf

Hours of Service:

- Thursday 5:00 - 7:00 pm
- Tuesday and Friday 10:00 am - Noon
- Delivery Truck arrives the 2nd and 4th week of each month.

Interested in donating?
Contact us!



Head Start

Head Start is a FREE, family-focused preschool program for income-eligible children ages 3 to 5. Head Start is a comprehensive program that provides a quality preschool experience while helping parents to assure that children are receiving needed health, dental, and nutrition education and services. In Jackson County, Head Start is provided by United Community Action.

Children may participate in our classroom program which meets in Jackson 4 days/week for 6 hours each day during the school year. Transportation is provided within the City of Jackson. Free breakfast and lunch is provided. Early Head Start is for children ages birth - 3 years old. Weekly home visits with these families as well as occasional group meetings are done.

For information about Head Start, contact United Community Action at 1-800-658-2448.



Community Transit

Public Transportation for Jackson and Cottonwood Counties

Community Transit of United Community Action Partnership is available to provide transportation for riders of all ages and incomes.

- Our lift accessible buses operate Monday - Fridays, 6:30 am to 6:00 pm.
- Dispatch hours are Monday - Friday, 8:00 am - 4:30 pm.
- Ride requests are to be scheduled 24 hours in advance.
- Monthly unlimited bus ride coupons are available..
- Volunteer drivers who drive their own vehicles are also available for rides to areas or hours not served by the buses.

Contact Community Transit at 507-847-2632, extension 1 for more information.

ABE/GED

The Southwest Adult Basic Education website provides classes around the area.

Go to: www.southwestabe.org then select the Jackson region.



Registration made easy:

- **Mail in registration forms to:**
JCC Community Education
PO BOX 119
Jackson, MN 56143
- **Drop off registrations forms to:**
JCC High School front counter
Door #2
- **Email registration forms to:**
Jacqueline.Knips@jccschools.com
- **Need another form?**
www.jccschools.com/community
- **Please submit a separate check for each class or activity.**

Guidelines:

Register Early: Avoid disappointment. Many classes have limited enrollment and are filled on a first come, first serve basis. On the flip side, if minimums are not met, classes are subject to cancellation.

Confirmation: Once your fee is paid, you are officially registered. Please plan to attend. You will only be notified if the class is cancelled.

Enrollment Cancellation: Please notify the Community Education Office prior to the first day of the class. Refunds will not be given if cancellation is received any later.

Inclement Weather: Weather-related changes will be announced on KKOJ 1190 AM / KRAQ 105.7 FM. Community Education classes are not held when school is cancelled.

Registrations Information:

Participant Name: _____ Circle One: **Male** **Female**

Current Grade: _____ Date of Birth: _____

Does the participant require any accommodations (Circle One)? **YES** **NO**

If Yes, please explain: _____

Parent/Guardian Name: _____ Phone: (_____) _____ - _____

Email: _____

Address: _____ City/State/Zip: _____

Ucare ID (if applicable): _____

Payment Included: **CASH** **CHECK** **CHECK NUMBER** _____

Circle One:

Adult Interests

- Busting Fat Myths, \$10
- CPR, \$60
- Defensive Driving - Lakefield, \$30
License Number: _____
- Defensive Driving - Jackson, \$30
License Number: _____
- Essential Oils - Holiday, \$20
- Essential Oils - Valentine's, \$20
- Kicking the Sugar Blues, \$10
- Mediation, \$10
- Voice Lessons, \$85
- Volleyball, \$60 per team

Youth Interests

- Baseball, See page 8-9
- Basketball - Girls, \$15
- Basketball - Boys, \$20
- Essential Oils, - Valentines, \$5
- Lifeguard Certification, \$175
- Soccer, See page 8-9
- Softball, See page 8-9
- Swimming Lessons, See page 15
- Voice Lessons, \$85
- Volleyball Clinic, \$10

PARENT PERMISSION:

I, the undersigned parent/guardian of the above identified, a minor child, hereby consent to the participation of said child in the JCC Community Education program, activity, or class and do further agree to hold harmless the Jackson County Community Education, its officers, directors, members, agents and employees from any and all claims, actions, or demands arising out of or which occur by reason of the participation of said minor.

X

Signature of Parent/Guardian

DATE