

# WEEKLY PROGRAMS

## STEP AEROBICS

Every Monday at 5:30 p.m.

Join Georgiana Oleson and the rest of your friends every Monday night at 5:30 for step aerobics. This class is a fun aerobics and cardio class with intervals of weights and core exercises. Classes are only \$4 per person.

## GENTLE YOGA

with Lorrie Blockhus of Om Sweet Om Yoga

Every Wednesday at 3:30 p.m.

This gentle yoga class will move you through a series of postures and transitions that are perfect for older adults or people looking to get back into movement after a period of inactivity or injury. Gentle Yoga is only \$4 per person and mats are available. Join anytime!

## YOGA FOR EVERYBODY

with Lorrie Blockhus of Om Sweet Om Yoga

Every Wednesday at 5:30 p.m.

Yoga for Everybody is a detailed, alignment-based yoga class. The slower pace allows time for posture variations and gives beginners, strong beginners and intermediate students the opportunity to practice alongside each other, but each in their own way. You'll be able to explore and learn about what you are doing and appreciate your own unique process while moving toward a state of wellbeing. Yoga for Everybody is \$4 per person and mats are available. Join anytime!

## T.O.P.S.

Every Thursday at 3:30 p.m.

T.O.P.S. is a weight-loss support and education organization throughout the United States and Canada. Your first visit is free!

## COUNTRY HEAT

Every Tuesday and Thursday from 9:00-10:00 a.m.

Join Peggy Sempf in this high-energy, easy-to-follow, low-impact, country dance-inspired fitness program that is so totally fun—you won't even feel like you're working out! Classes are only \$5 per person.

## MINDFULNESS AND MEDITATION

Wednesday, February 14th at 2:30 p.m.

Learning to quiet the mind is known throughout many spiritual traditions as well as the scientific world to bring tremendous benefits, but for many it is challenging to get started. This 30-minute class will guide you in different forms of meditation including concentration, observation, visualization and even Yoga Nidra (Yogic sleep). breath work and mantra will also be explored. Each session will include help with your physical positioning, some guidance into the practice, and quiet time to work with and experience it on your own. Blankets and chairs will be provided to help you find a comfortable, sustainable position. This is a community class, which means cost is by donation.

## GUITAR LESSONS

Every Monday from 4:00-5:00 p.m.

Guitar lessons are available for ages 8 and up every Monday only \$15 per person. For more information contact Ben Eaton at 715-638-0491

## BEGINNERS SEWING CLASS AT NORTHWOOD SCHOOL

Every Thursday at 6-8 p.m.

Have you always wanted to learn to sew? Now is your opportunity, Join Nancy Block on Thursday nights for beginners sewing class at Northwood school in the Home Ec. room. We will cover all the basics of using a sewing machine and make several projects. Please bring a notebook and pen for notes. \$10 each class. To register please call Nancy Block at 715-466-5624.

## FAB LAB AT NORTHWOOD SCHOOL

Available to the PUBLIC free of charge every Thursday evening  
from 4:00-8:00 p.m.

Vision: Making Ideas a Reality

Mission: Design, Create and Fabricate

Website: <https://sites.google.com/site/northwoodfablab/home>

Contact: [benjamin\\_sorensen@northwoodk12wi.com](mailto:benjamin_sorensen@northwoodk12wi.com)

The Northwood Fab Lab has the following tools available for public use on the above dates; laser engraver, vinyl cutter, six 3D printers, soldering equipment, robotics equipment, micro-controllers, general hand tools, welding equipment, woodworking equipment, laptops and other audio visual equipment, CNC router, for making furniture and house sized parts and a precision (micron resolution) milling machine to make three-dimensional molds and surface-mount circuit boards.



## FEBRUARY 2018 NEWSLETTER



**Tracy Elkins | Manager and  
Event Coordinator**  
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715-466-1017

Come in from the cold and enjoy a class or an event at the Minong Center, LLC. All of our classes are taught by skilled community members who are excited to share their passion and knowledge with you. Classes are small in size so you get the most out of learning something new.

If you are trying to get on track with your fitness goals, try our wide variety of health and wellness classes. All fitness levels are welcome and the fun atmosphere makes working out a breeze.

Our arts and crafts classes are a great way to unwind. We have acrylic painting, basket weaving, beginner's sewing, making mosaic garden stakes and much more. Additionally, learn new recipes at our freezer meal class or make natural, elderberry syrup to ward off that winter cough. You can register for all of these classes by calling 715-466-1017 or finding the event on our Facebook page (@minongcenterllc).

We also have some great events happening including our popular comedy shows, an exciting cribbage tournament and a community talent show that is sure to entertain! Spread the word, bring a friend and enjoy a night out at the Minong Center, LLC.

Thank you all for your continued support and I hope to see you this February!

## Children's Playgroup - Friday, February 9th & 23rd 10-11:30 a.m.



Are the kids starting to get Cabin Fever? Need something fun and different to do with them? Join us for one of our fun playgroups. Children will have the opportunity to enjoy crafts, new friends, toys, music and sensory activities. Playgroups are also a great way for parents to meet other parents while the kids have fun.

Call 715-466-1017 for more information.



# FEBRUARY EVENTS



## MAKE NATURAL WILD CHERRY ELDERBERRY SYRUP AT NORTHWOOD SCHOOL

Monday, February 5th from 6-8 pm

Join naturalist Yuliya Welk and make all natural, nourishing and healing cough syrup that will help support immune system and respiratory health during the winter season. Everyone will be able to take some syrup home. This class requires a minimum of 5 people. Please register before February 5th by calling 715-466-1017. Cost: \$30.00



## MOSAIC GARDEN STAKES

Thursday, February 8th from 6-9 p.m.

Join us for this very fun mosaics class with Peggy Ingles. In this class you will make three fun designs. All materials provided. All ages and abilities are welcome! Cost: \$30.00



## DREAM CATCHER CLASS

Tuesday, February 13th from 6-8 pm

A dream catcher is a circular framed net with a hole in the center that is used by some to help block bad dreams and catch good ones. Make your own unique dream catcher with step-by-step instructions from Mary Ann Zvanovec. All materials will be provided for \$20 per person.



## CARD MAKING CLASS

Thursday, February 15th from 12-2 pm

Make six unique greeting cards! Everything is pre-cut and supplies are provided. Instructor Mary Hull will provide directions so that you can create six beautiful cards that you made yourself! Please call Mary Hull 612-695-1600 to reserve a space. Cost is \$12 per person

## BASKET WEAVING

Saturday, February 17th from 10-3pm

This handy plastic bag organizer basket will keep your plastic bags in one place and easy to grab. You can hang this basket on a hook or door knob or set it in a cupboard and grab bags from the top. It is woven using a wooden base and has a leather bushel basket handle. A choice of dyed reed for accent color will be provided and the basket will be woven using twisted paper cord for a different look. To register contact Kelly King at 715-558-1945. Register By Feb. 5th Cost: \$35.00

## ACRYLIC PAINTING CLASS

Tuesday, February 20th from 6-8 p.m.

Make this beautiful painting with step-by-step instruction from Tracy Elkins. All materials provided. All ages and abilities are welcome! Cost: \$15.00

## KNITTING CLASS - LEARN TO MAKE MITTENS

Tuesday, February 20th and Tuesday, February 27th from 2-5 pm

Knitting mittens on 2 needles. Materials: worsted weight, 4 ply yarn, one skein. One pair of size 7 OR 8 straight knitting needles. Darning needle, scissors, stitch markers, ruler or tape measure. Class will be given in 2 parts to allow for students to complete a pair of mittens. Total cost of the 2 part class is \$20. Free pattern. Basic knitting skills are needed to complete the class. (Cast on, ribbing, stockinette, increase, decrease).

## FREEZER MEALS AT NORTHWOOD SCHOOL

Monday, February 26th from 6-8 p.m.

Make 10 different freezer meals with family and consumer education teacher, Hope Walker. Meals are Beef Barley Stew, Texas Chili, Chicken Cacciatore, Angel Chicken, Chicken and Rice with Black Beans, Pot Roast, French Dip, Steak Italiano Marinara, Pizza Hot Dish, and Cheesy Garlic Chicken. Cost of \$45.00 plus your own meat. 3 lbs. ground beef, 2 boneless beef roasts (2-3 pounds each), 2 lb. boneless sirloin steak, 1 1/2 lb. round steak, and 4-6 pounds of boneless chicken breasts or thighs.

Please call 715-466-1017 to register before Thursday, February 22nd.

## HOSPITALITY CLASS AT NORTHWOOD SCHOOL

Tuesday, February 27th from 6-8 p.m.

Please join us for a free Customer Service & Hospitality Coaching Program for business owners and employees presented by Regional Tourism Specialist Julie Fox with the Wisconsin Department of Tourism. Topics to be covered include: Bringing FUN to Life in Wisconsin; Show Pride in Your Region; The Basics of Customer Service; Defusing Dissatisfied Customers; and Service for Diverse Customers. Please register by calling 715-466-1017 or e-mail minongcenterllc@gmail.com

# SPECIAL EVENTS



Saturday, February 3rd from 3-6 pm

Grab a partner and test your cribbage skills for a chance to win great prizes.

If you don't have a partner, we will find one for you.

1st place winning team - \$50 cash prize!

2nd & 3rd place winners receive gift certificates to local Minong Businesses

Registration fee is \$5 per person. Please register by calling 715-466-1017

**SHAKE A PEG**  
It's Cribbage Time!

*Show Us*  
**YOUR TALENT!**

**SATURDAY, FEBRUARY 24**  
**6:00-8:00 P.M.**

THE MINONG CENTER, LLC  
WILL BE HOSTING AN AREA WIDE  
**COMMUNITY TALENT SHOW**

**SHOW US YOUR TALENTS AND WIN CASH!**

**CHILDREN & ADULT CATEGORIES**  
All family appropriate acts are welcome  
\$10 entry fee for adults • \$5 entry fee for children

FIRST • SECOND • THIRD PLACE PRIZES  
**TOP PRIZE IS \$200!**

**Register by Saturday, February 10th**  
E-mail minongcenterllc@gmail.com for more information and register to be a part of this fun and entertaining event!

**The Minong Center, LLC**  
212 West 5th Ave (Hwy 77) • Downtown Minong

**Stand-Up Comedy**

**APPEARING ON FRIDAY, FEBRUARY 2, 2018**

**Frank Roche** From Detroit, this national headliner is one of the most high energy acts on the comedy circuit today. Fusing rapidfire antics, improv and dead-on celebrity impressions has made Frank Roche a crowd favorite coast to coast. In 2012, he was a Top 100 Finalist on NBC's America's Got Talent. Winner of Comedy Central's Michigan Comedy Survivor, voted Festival Favorite at the Boston Comedy Festival and headliner of Laughapalooza at Meadowbrook Theater are just a few of Frank's accolades. Frank headlines some of the best comedy clubs, casinos and venues throughout the country. [www.comedianfrankroche.com](http://www.comedianfrankroche.com)

**Ali Sultan** Ali Sultan saw his first stand up comedian when he moved to America from Yemen at the age of 15. He grew the desire to go on stage but first he needed to learn English. In his first year of comedy he made name for himself in the Minnesota comedy scene by becoming the first comic to win both Acme's Funniest Person Contest and House of Comedy's Funniest Person with day job contest in the same year. He was named in the 2017 Grouper's magazine as top 5 comedians to watch. He also made history by becoming the first Yemeni American to make it on national television by being on Comedy Central's Hart of The City show with Kevin Hart. Ali also feels very strange about writing this bio in the third person. [alislطانcomedy.com](http://alislطانcomedy.com)

**APPEARING ON FRIDAY, FEBRUARY 16, 2018**

**Mike Marvell** Too old for bicycle shorts and too young for AARP. can you relate? If so, Mike's your guy! From finding morning people tough to live with (why DO they wake up with a smile on their face?) to home repairs gone horribly wrong. Mike takes the audience through a day in the life of a normally abnormal guy. Shopping with the wife and tales of 25 hap, hap, happy years of marriage are all fair game as Mike counts down the days to the convalescent center and carefree days of lukewarm oatmeal and sponge baths. [www.facebook.com/mike.marvell.5](http://www.facebook.com/mike.marvell.5)

**Steve Hartman** Steve Hartman used to sell fire trucks, now he is a stand up comedian. His high school guidance counselor didn't tell him those were options; she said he'd have a successful career as an underachiever. Steve's sardonic optimism oozes positive energy while he skewers life's absurdities. To Steve the glass is half full and ready to spill. When it does, the result is a memorable performance and a journey into a world where we are all the punchline. Steve was featured in a story on Fox and CNN about the importance of stand up during tough times. He can be seen on Comedy Central's Jokes.com.

Doors open at 6:30 • Show starts at 7:00  
Tickets are only \$5  
All the proceeds go back to the community  
CALL FOR TICKETS: 715-466-1017  
SHOWS ARE RATED R • ADULT CONTENT  
Comedians provided by [www.funny-business.com](http://www.funny-business.com) • 888-593-7387

**UPCOMING SHOW**  
**Friday, March 2, 2018**  
Geoff LaFleur & Chad Filley