

Fall 2026
September, October, November
SCC Community Education Classes



Contact information:
Staci Paschke at 715-796-4500 ext. 3378
spaschke@scc.k12.wi.us

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 3:00-6:00 PM until the end of May,
unless school is closed or gym is in use.

Unicycle classes will begin on September 10th.

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

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 118, Hammond, WI 54015. Questions? 612-229-6014 or lupine.anderson@gmail.com



E-mail director@hammondpubliclibrary.org or
hammondlibraryprograms@gmail.com

Library Hours: Monday, Wednesday, Friday 9 am – 6 pm,
Tuesday and Thursday 9 am – 7 pm,
Saturday 9 am – 1 pm

Hammond Community Library

Visit our website at www.hammondpubliclibrary.org to learn more about the library, get a library card, and register for **FREE programs** — or stop in to see what we have to offer you and your family!

Library Services

We proudly offer:

- Faxing
- Public Computers
- Wi-Fi
- Hoopla
- Niche Academy
- Job Search Assistance with the Wisconsin Job Center
- Scanning
- Copy Machine
- Princh Printing
- Libby

Our Mission

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

Programs for All Ages

Each month, we offer a wide variety of programs, including:

- Craft Programs
- Educational Talks
- Book Clubs
- Fitness Programs
- Programs for 0-5 Year Olds
- And so much more!

Visit our full calendar online for more information and to register for select programs. Not all programs require registration, but for those that do, we appreciate you letting us know you'll be joining us!

555 Klein Drive
Hammond WI 54015
715-796-2281

www.hammondpubliclibrary.org



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WHAT'S GOING ON AT HAMMOND LIBRARY?

www.hammondpubliclibrary.org

SPECIAL SPEAKERS

Visits from authors, historians, ADRC and others. Educational and FREE

Check the calendar for dates and times

Kindergarten Bootcamp

Monday and Wednesday 11:00-11:40
Registration Required
Begins September 14

Haunted Library

October 17 4-7 PM
A non-frightening, family-friendly community event!

Fresh Express and Fresh Threads

2nd Saturday 12:30-1:00 PM

QR to follow on FB

Scavenger Hunt

A different scavenger hunt each month.

BINGO 5-6 PM

- September 11
- October 9
- November 13
- December 11

Book Clubs

3rd Friday at 5:00 PM
Mystery Book Club

4th Wednesday at 5:00 PM
Foodie Book Club

BUNCO 5-6 PM

- September 25
- October 23

Spice Club

3rd Wednesday at 5:00 PM

Learn more about herbs and spices. Add your knowledge, share your experiences, and try something new! Each month, a new spice.

Mahjong

Play Mahjong

Mondays 12-2 PM
Wednesdays 4-6 PM
Fridays 10 AM - 12 PM

Chair Yoga

Thursdays at 4:00 PM

Gentle stretching, strength building, balance, and breathwork.

Library Speakers Consortium

Enjoy a range of virtual talks from bestselling authors and thought leaders.



Hazel Mackin Community Library Fall 2026

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

Knitting Group: Thursdays 2:15pm – 5pm Bring your own projects to work on!

Adult Dungeons and Dragons: Tuesdays at 5. Sign up is encouraged for planning purposes. Starting in Oct.

Lois Hall Memorial Coffee and Cookies: Fridays 10am – 12pm in the Community Room. Enjoy coffee, cookies, conversation, and games!

Monthly Programs

Lego Club: First open Saturday each month 10:30am – 12:30pm Ages 5 and up. All Legos supplied!

A Novel Idea Book Club: Last Monday of every month 6:00pm. Contact the library for book information.

Traveling Book Club: Third Thursday each month rotating locations throughout the county. Hazel Mackin Library is hosting November 19th at Barn Board at 6pm.

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 other Wednesday from 4:15pm-5:45pm Starting in Oct.

Special Programs

STEM Building Night: September 23rd from 4:30-5:30pm. Stop in to the library to play with building stations! We'll have marble runs, connector straws, and tower building with marshmallows.

Safety Pin Pixel Art: September 26th from 10:30am-12pm. Register to make safety pin pixel art! For ages 8+. String beads onto safety pins to create a fall picture!

Mini Pumpkin Painting: October 23rd Drop in anytime between 2-4pm to paint a mini pumpkin! We'll display creations at the library until Halloween.

Trick or Treat on Main: October 30th Keep an eye out from the Chamber of Commerce for our Trick or Treat on Main event! On main street after the SCC Halloween Parade.

Halloween Goodie Bags: October 31st from 10am-1pm. Drop in to trick or treat at the library!

Rice Krispy Treat in a Mug: November 10th from 5:30-6:30pm Register at the library to make a sweet treat! We'll have everything to make a rice krispy treat in a mug.

Cubelet Coding: November 14th from 10:30-11:30am. Drop in to test code with our cubelet coding blocks!

Battle of the Books: Interested in joining Battle of the Books? Contact SCC School to inquire about participating! The library has the Battle of the Books Lists on our website under programs.

Mango Languages: Interested in learning a language? Try Mango Languages! Found on our website under research and learning. If your kids are interested in learning a language try the child friendly version of Mango Languages -Little Pim!

2026 Fall Fitness Class Schedule

Western Wisconsin Health – Fitness Center



Membership Fees (Under 65)

- **Individual:** \$45/month
- **Combined:** \$70/month
- **Household:** \$100/month
- **Student/Firefighter/Veteran/Police:** \$35/month
- **Access Card:** One-time \$25

Age 65+

- **FREE membership**
- **Access Card:** One-time \$25

***24/7 fitness center access.**

***No Enrollment Fee.**

***Free 30 min Equipment Consultation**

***Staffed Hours:** Mon–Thu 7am–6pm · Fri 7am–4pm

FREE CLASSES WITH MEMBERSHIP:

LIVE CLASS DESCRIPTIONS (Instructor-Led)

BODYBALANCE – Yoga/Tai Chi/Pilates blend for flexibility, core strength, and stress relief.

BODYPUMP – Light–moderate barbell work with high reps for total-body strength.

Cardio/Strength – Full-body cardio and strength intervals.

Chair Fitness - A gentle chair-assisted class for strength, balance, flexibility, and accessible movement.

Forever Active – Cardio + strength for active adults.

Forever Active 2 – More advanced version of Forever Active.

Gentle Yoga – Relaxing flow; mat or chair options.

Low Impact Cardio – Accessible cardio with light stretching.

Mindful Stretch – Mobility, flexibility, and recovery-focused stretching.

Parkinson's Class – Exercise to improve function and balance for people with Parkinson's at any stage.

Pilates – Core-focused strength, alignment, flexibility, and balance.

Simple Strength – Beginner strength and balance with equipment; chair-friendly.

Spin – Indoor/outdoor (weather permitting) cycling with varied terrain and intensities.

Strength – Technique-focused strength training under different durations and rest periods.

TRX Fusion – TRX-based suspension with other equipment for a complete body workout.

Yoga Sculpt - An energizing full-body workout that builds strength, balance, and flexibility.

LES MILLS VIRTUAL CLASS DESCRIPTIONS (streamed in studio)

BODYATTACK – High-energy athletic workout (60/45/30 min + tutorial/base).

BODYBALANCE – Yoga/Tai Chi/Pilates (multiple formats from 15–60 min).

BODYCOMBAT – Martial-arts-inspired cardio (60/45/30/20/15 min + tutorial/base).

BODYPUMP – Barbell-based strength (multiple lengths + upper/lower/arms options).

GRIT (Cardio/Strength/Athletic) – 30-min HIIT; recommended max 2×/week; beginner option available.

Les Mills CORE – 15/30/45-min core training + specialty formats.

Les Mills DANCE – Fun, beginner-friendly dance workout.

RPM – 30 or 50-min indoor cycling + tutorial/base.

SPRINT – 30-min high-intensity cycling intervals.

The TRIP – Immersive digital-world cycling experience (40 min).

On Demand – Play any virtual class during designated hours.

PERSONAL TRAINING

Pricing varies per package. Please see website.

Trainer Hours:

- **Mon–Thu:** 5:00am–6:00pm (session completed by 6pm)
- **Fri:** 5:00am–3:00pm (session completed by 3pm)

Included:

- **Fitness Assessment (30 min)** – Establishing baseline + progress tracking
- **Personalized programming to fit your fitness needs**

Please visit www.wwhealth.org or call **715.684.1642** for the most up-to-date class information. Our schedule evolves regularly to offer you the best class variety. *Classes may change without notice.*

Scan QR Code for the WWH Fitness Center webpage and full schedule.





WESTERN WISCONSIN HEALTH

Western Wisconsin Health Therapeutic Pool Fall 2026 Schedule

Please check out the Therapeutic Pool page on our website

www.wwhealth.org



or call **715.684.1642**

for inquiries and more information

- Swimming lessons:

- **Private lessons: 7-week session, 1x week**
 - **Adults \$170**
 - **Children \$115**
 - **September-October session: FULL**
 - **Contact the Aquatics Office for more information**
- **Group lessons: 7-week session, 1x week**
 - **Tots+ Parent Intro to Aquatics \$65**
 - **Level 1 (4-5yo) \$65**
 - **Level 1 (6-8yo beginners) \$65**
 - **September-October session: FULL**
 - **Contact the Aquatics Office for more information**

- Membership

- Contact the Fitness Center front desk at **715-684-1642** for general inquiries and scheduling
- Independent Exercise Schedule- membership or pass required
 - Mondays and Wednesdays 7-10am and 12-1:30pm
 - Tuesdays 4:30-6pm
 - Thursdays 3:30-6pm
 - Fridays 8-10am and 12-2pm
 - Schedule subject to change- please visit our website for most up to date information



Scan the QR code to schedule online

or call **715-684-1642**

Aquatics Office

Open MWF

715.684.1646 Lauren.petersen@wwhealth.org

Western Wisconsin Health- Integrative Health

MASSAGE THERAPY

Massage therapy is a hands-on treatment that involves manipulation of the body's soft tissues to relieve pain, reduce stress, and improve overall wellness.

Massage therapy can help with pain, improve circulation, reduce tension, aid in relaxation, help with sleep, increase flexibility, and speed up recovery from workouts.

Massage therapy can help with common issues such as headaches, and back pain. Different modalities used to include deep tissue, Swedish, trigger point therapy, and sports.

Pricing

30 minutes \$60.00

60 minutes \$90.00

Acupuncture and Herbal Medicine

Acupuncture and herbal medicine is part of the Traditional Chinese medicine (TCM) scope of practice. TCM is a comprehensive medical health care system that is comprised of a range of therapies. Other therapies are cupping, gua sha, moxibustion, electrical stimulation, acupressure, ear seeds/magnets, tuning fork, tui na, and food therapy.

TCM can help with a wide range of diseases and disorders. Common conditions include pain, headaches, digestive disorders, sleep, anxiety and depression, women's health issues, pregnancy and postpartum support, infertility, allergies, cancer support, and general wellness.

Western Wisconsin Health's TCM provider is specialized in the women's health scope (infertility, pregnancy, post-partum, menstruation disorders, and menopause), Mental health, and Geriatrics.

Pricing

Initial (90 minutes)- \$85.00

Follow up (60 minutes)- \$60.00

Packages:

3 visits for \$170.00

6 visits for \$325.00

12 visits for \$620.00

HSA/Flex spending accepted for both services

To schedule call 715-684-1500

For more information visit www.wwhealth.org/service/integrative-health-services/



Youth League (Grades K-12)

- Game Dates: Saturday mornings starting September 12th through October 24th at Meyer Middle School in River Falls
- Registration is open
- Co-ed Team registration is \$160 per player.
More details here: <https://www.carbonitesports.com/riverfalls-nflflag>
- All-Girl Team registration is \$145 per player.
More details here: <https://www.carbonitesports.com/riverfalls-girlsflag>

Key Fall 2026 Dates & Registration Fees

- July 1st - August 15th: Regular Registration
- August 16th - Late Registration:
(note: late registration players may not have their game jersey by the first game)
- Last Week of August: Team rosters completed and practices start
- August 29th: Last Day to Register
- September 12th: Week #1 Game Day



Adult (18+) Women's League

- Game Dates: Sunday afternoon starting September 13th through October 25th at Meyer Middle School in River Falls
- Registration is open
- \$145 per player.
More details here: <https://www.carbonitesports.com/womens-flagfootball-league>

Key Fall 2026 Dates & Women's Division Registration Fees

- July 1st - August 15th: Regular Registration
- August 16th: Late Registration: \$175 per player
(note: late registration players may not have their game jersey by the first game)
- August 23rd: Last Day to Register
- Last Week in August: Teams start practicing
- September 13th: Week #1 Game Day