

## **JAN –MARCH 2009**

### **EXERCISE, FREE WEIGHTS 12-wks.**

Make new friends, and get fit and toned all at the same time.

P408T,H9    1/6 Tues.& Thurs.    9:00-9:45am    Pine                    Stanbridge    N/C

### **TAI CHI & MEDICAL CHI CHONG 12- wks**

Medical Chi Chong will help to relieve arthritis, stress, and enhance your immune system

O408W100    1/5 Mon            8:30-9:30am                    Mogilene            N/C

### **GENTLE YOGA 12-wks ON HOLD**

Call office for possible class date & time.

### **OIL PAINTING- ONGOING**

New students welcome. Work one on one with instructor. Learn new techniques.

O408H100    1/8 Thurs            1:00-3:00p                    Oak                    Loo                    N/C

### **WATERCOLOR, BEGINNING 12-wks.**

Work one on one with instructor. **Class limited to 10.**

O408M120    1/5 Mon            12:00-2:00pm                    Oak                    VanOverstratton    \$12.00

### **MICROSOFT WORD 10-wks.**

Learn the basics of microsoft word and word processing. Create, save, and print documents, use cut, copy and paste, apply character and paragraph formatting and insert headers and footers. Discover how to work with different document views, apply numbers and bullets and learn basic document formatting.

B408W100    1/7 Wed            10:00-11:00am                    Birch                    Young                    \$12.00

**"My Place" will be partnering with New Frontiers! Call for list of classes that will begin in Feb.**

### **COMPUTER SMORGASBOARD 12- wks.**

A smorgasbord is defined as a collection containing a variety of things. Our smorgasbord will offer a different computer related class each week, including Email, using the Internet, and digital cameras. The curriculum may be specific for a few weeks and then will reflect the needs and desires of the class.

B408T100    1/5Mon        9:00-10:00am        Birch        Young        \$12.00

### **QUIET LEAF AUTHORS PRESENTATIONS**

A different topic each time, from Arizona History to Life Path Solutions. A complete list of topics and dates will be available the last week of August. For more info, call 480-503-6061. Presentations are the 2<sup>nd</sup> & 4<sup>th</sup> Wed. of each month.

O408W100    1/14 Wed        10:00-11:00am        Oak        Various        N/C

**CRAFTS - QUICK PROJECTS** Easy to learn, quick projects that can be completed in one or two sessions. Some materials may be supplied by the instructor.

**Classes subject to change. Cost for classes is for seniors 60 yrs & older. Anyone under 60 may join for an additional fee.**