

One-Day Workshops

ART: CARTOONING WORKSHOP

This fun and exciting workshop will teach character drawing and basic cartooning. Limited enrollment. Material fee of \$10 is due at class. Pre-registration is required. All materials are provided.

Art Center Studio Kent, Pati
3600.201 7yrs to 12yrs 4/26 3:30pm-5:00pm M \$25
3600.202 7yrs to 12yrs 5/17 3:30pm-5:00pm M \$25

ART: JEWELRY WORKSHOP SERIES

A variety of hands-on art workshops designed to stimulate the creative process and create an area for exploration and experimentation. Walk away with a finished work in silver clay. A \$25 or \$30 materials fee due at each workshop. All materials provided unless otherwise noted. Pre-registration required. Choose one or more.

Art Center Multipurpose Tang Verona, Jewelry Studio
3603.204 13yrs to Adult 4/18-5/30 1:00pm-3:00pm Su \$95
3603.205 13yrs to Adult 4/14-6/02 4:00pm-6:00pm W \$95

ART: PENDANT MAKING WITH A REAL LEAF

Create your own silver jewelry – make a silver pendant by using a real leaf. You can also create your own design by carving or using syringe skills (if you have worked with silver clay before). Repeating students will be working on a more advanced project.

Art Center Multipurpose Tang Verona, Jewelry Studio
3603.201 13yrs to Adult 4/18 1:00pm-3:00pm Su \$35
3603.206 13yrs to Adult 4/14 4:00pm-6:00pm W \$35

ART: UV RESIN

Using silver clay, we will learn to use colorful UV resin, as the base for perfect fitting work. The technique of a finished product will be covered. Bring some ideas and be ready to have fun. Repeating students will be working on a more advanced project.

Art Center Multipurpose Tang Verona, Jewelry Studio
3603.202 13yrs to Adult 5/02 1:00pm-3:00pm Su \$35
3603.207 13yrs to Adult 5/05 4:00pm-6:00pm W \$35

ART: CLASSIC ROSE MAKING

During this workshop, we will learn how to create a rose with Silver Clay. This is a very unique skill to learn; can be used for pendant or for a ring. You will go home with a one-of-a-kind piece. Pre-registration is required. Material fee of \$25 due at class.

Art Center Multipurpose Tang Verona, Jewelry Studio
3603.203 13yrs to Adult 5/30 1:00pm-3:00pm Su \$35
3603.208 13yrs to Adult 6/02 4:00pm-6:00pm W \$35

ART: FRIDAY CHILDREN'S ART WORKSHOP SERIES

A variety of hands-on art workshops designed to stimulate the creative process and explore various art mediums. Walk away with a finished work! Choose all or one! \$10 materials fee payable to instructor/artist at each class. All materials provided. Pre-registration required.

Art Center Studio Ciborowski, Todd
3602.201 6yrs to 12yrs 4/09-5/07 4:00pm-6:00pm F \$65

ART: PRINTMAKING

In this workshop, students will explore a variety of simple printmaking techniques that can also be repeated at home, such as linoleum and stamp making. Printing on paper and fabric is also explored.

Art Center Studio Ciborowski, Todd
3602.202 6yrs to 12yrs 4/09 4:00pm-6:00pm F \$25

ART: WATERCOLOR AND TONER TRANSFER

Investigate different watercolor techniques, learn to use toner transfers as the base for a mixed media work on paper and go home with a finished work such as a landscape or an abstract/cartooning themed painting. Bring fresh photocopies of high contrast images.

Art Center Studio Ciborowski, Todd
3602.203 6yrs to 12yrs 4/23 4:00pm-6:00pm F \$25

ART: PAINTING ON WOOD WORKSHOP

In this workshop, students will experiment with various color relationships and create works of art with a focus on color harmony. Various materials will be used from traditional to unusual, pre-fabricated objects and others. Pre-registration is required. Material fee of \$10 due at class.

Art Center Studio Ciborowski, Todd
3602.204 6yrs to 12yrs 5/07 4:00pm-6:00pm F \$25

BABYSITTING: SERIOUSLY AWESOME SITTERS

Become certified in basic First Aid and Adult, Child and Infant CPR, also learn how to market your services, safely care for children, make healthy snacks, and entertain kids. A material fee is due at first class for training manuals, certification cards, manikins, supplies, etc. Please bring a self-addressed stamped envelope, pen/pencil, lunch, and infant-sized doll or teddy bear to class. Material fee of \$30 due at first class.

Murdy Community Center Hall C&D Workshops On Wellness
3605.200 10yrs to Adult 6/12 10:00am-5:00pm Sa \$55

Hall C&D Edison Community Center Workshops On Wellness
3606.200 10yrs to Adult 5/15 10:00am-5:00pm Sa \$55

BASIC TRAVEL PHOTOGRAPHY WORKSHOP

We'll discuss how timing, lighting, weather and mastering basic yet powerful camera techniques can improve one's travel photography. The end result should be images that are unique and compelling no matter the student's equipment or skill level. We'll also discuss how to prepare for a trip that is focused on photography and how to "see like a photographer". This class compliments Capture the Essence of a Place. No camera necessary for class. \$20 materials fee – includes book.

Rogers Senior Center Hall E Velasco, Ralph
4811.201 Adult 4/26 6:30pm-9:30pm M \$39

BEST CHEF – KIDS EDITION: YOU ARE WHAT YOU EAT

In This workshop we will use all organic foods to create delicious dishes. Learn how to shop for locally grown foods and organic foods. Menu items include triple decker turkey club, creamy tortellini salad, veggie wraps, and zucchini bread. Recipes will be provided. A materials fee of \$10 is due at the beginning of class.

City Gym Kitchen Sciumbato, Marieva
3626.201 8yrs to 12yrs 5/15 10:30am-12:30pm Sa \$25

BEST CHEF – KIDS EDITION: ALL ABOUT DESSERT

If you love desserts this is the workshop for you. Participants will be making all types of desserts. Menu items include sherbet bombe-a French frozen dessert, chocolate cupcake cones with homemade frosting and chockfull- of- chips cookies. Recipes will be provided. Material fee of \$10 due at class.

City Gym Kitchen Sciumbato, Marieva
3627.201 8yrs to 12yrs 4/17 10:30am-12:30pm Sa \$25

One-Day Workshops

BIRDS OF PREY

Students will be mesmerized as they get up close and personal with several species of LIVE birds of prey. Students will have the opportunity to take pictures with the birds, so bring your camera! Material fee of \$5 due at first class.

Murdy Community Center Hall A Miknuk, Kenneth M.R
3607.200 11yrs to Adult 3/27 11:00am-12:00pm Sa \$20

BIRDS OF PREY FOR KIDS

Students will be mesmerized as they get up close and personal with several species of LIVE birds of prey. We will cover the basics of falconry, the differences and similarities of various bird species, learn amazing facts. Students will have the opportunity to take pictures with the birds, so bring your camera! Material fee of \$5 due at first class.

Murdy Community Center Hall A Miknuk, Kenneth M.
3608.200 4yrs to 12yrs 5/10 4:00pm-5:00pm M \$20

CAPTURE THE ESSENCE OF A PLACE

We'll discuss how to prepare for and research a destination to photograph. I'll outline the importance of creating a shot list that includes categories such as Architecture, People, Markets, Food & Drink and Establishing Shots, thereby providing a solid foundation for a well-rounded record of one's travels. This class compliments Basic Travel Photography. No camera necessary for class. \$20 material fee -- includes book.

Rogers Senior Center Hall E Velasco, Ralph
4812.201 Adult 6/07 6:30pm-9:30pm M \$39

COOKING: CAJUN COOKING

Come on ya'll and learn to cook Cajun-style with red beans and rice, gumbo, jambalaya, etouffe, blackened red fish, hush puppies and key lime pie. Also learn to make the perfect roux. You will delight your friends and family with this special cuisine. Material fee of \$10 due at first class.

Hall C Edison Community Center Berg, April
3631.200 12yrs to Adult 4/13 6:30pm-9:30pm Tu \$35

COOKING: HOMEMADE AND DELICIOUS MEALS

Assemble meals for your family (4-6 servings), take them home to your freezer, and when you are ready, follow the simple instructions and enjoy your savory meals with suggested sides. *Bring a cooler to take your meals home. Material fee ranges from \$15 to \$26, and is due at first class.

Murdy Community Center Hall C&D Berg, April
3616.200 13yrs to Adult 4/17 9:00am-12:00pm Sa \$18
3616.201 13yrs to Adult 5/15 9:00am-12:00pm Sa \$18

COOKING: SCRUMPTIOUS SALADS

Learn about the endless possible combinations of fresh ingredients. You'll make: tortellini-pesto salad, Santa Fe chicken salad, couscous and lamb salad, wilted spinach with apples and feta cheese and more, including several dressings. Material fee of \$10 due at first class.

Hall C Edison Community Center Berg, April
3630.200 12yrs to Adult 4/27 6:30pm-9:30pm Tu \$35

COOKING: VICTORIAN TEA

Host that shower, birthday or garden party in high style with high tea. You'll learn about different teas and their origin, place settings, and a vast variety of tea sandwiches. You will also learn to make scones, lemon curd, and authentic English trifle. Material fee of \$10 due at first class.

Hall C Edison Community Center Berg, April
3632.200 12yrs to Adult 5/11 6:30pm-9:30pm Tu \$35

CPR – AMERICAN HEART ASSOCIATION

Learn to give basic life support to an adult, child and infant. Upon completion, you will receive a card stating your successful completion of the course, and you will be mailed a two-year AHA CPR certificate. The Heartsaver Class is equivalent to an A/B card. Material fee of \$5 due at first class.

Hall C&D Edison Community Center Zimmerman, Lila
3617.200 11yrs to Adult 4/24 9:00am-1:00pm Sa \$40
3617.201 11yrs to Adult 5/22 9:00am-1:00pm Sa \$40

Murdy Community Center Game Room Zimmerman, Lila
3618.200 11yrs to Adult 4/10 9:00am-1:00pm Sa \$40
3618.201 11yrs to Adult 5/08 9:00am-1:00pm Sa \$40
3618.202 11yrs to Adult 6/12 9:00am-1:00pm Sa \$40

FALCONRY: INTRO TO AN AGE-OLD ART

See birds in flight and learn the basics of this 6,000-year-old art from a master falconer of 37 years. You will learn how to take a wild bird of prey and turn it into a hunting companion. Students will have the opportunity to take pictures with the birds, so bring your camera! Material fee of \$5 due at first class.

Murdy Community Center Hall A Miknuk, Kenneth M.
3609.200 4yrs to Adult 4/08 7:00pm-8:30pm Th \$30

OFFICE YOGA

Working long hours at a desk every day can lead to a host of problems from muscle tension to neck/back injury to carpal tunnel syndrome. Now learn what you can do for yourself, caring for the body without leaving your office. No prior yoga experience necessary. Please bring one pillow, and the desk and chair will be supplied.

City Gym Room B HelpYourHealth, RoxAnn Madera
3623.201 Adult 4/17 10:00am-12:00pm Sa \$26
3623.202 Adult 5/22 10:00am-12:00pm Sa \$26
3623.203 Adult 6/12 10:00am-12:00pm Sa \$26

OWLS: AMAZING HUNTERS OF THE NIGHT

See owls in flight and learn why owls are unique among other raptors. We will cover the difference between owl myths and facts, comparison to diurnal birds, habitat and much more. Students will have the opportunity to take pictures with the birds, so bring your camera! Material fee of \$10 due at first class.

Murdy Community Center Game Room Miknuk, Kenneth M
3610.200 4yrs to Adult 5/29 10:00am-11:00am Sa \$30

YOGA: ESCAPE STRESS

Stress is a major health concern in the U.S. and can manifest with serious health consequences. Discover how to clear your mind of everyday clutter, find a new path that will bring harmony and calm to your life. No prior yoga experience necessary. Please bring a mat, three blankets, one pillow and something to cover your eyes.

City Gym Room B HelpYourHealth, RoxAnn Madera
3624.201 Adult 4/10 10:00am-12:00pm Sa \$26
3624.202 Adult 5/15 10:00am-12:00pm Sa \$26
3624.203 Adult 6/05 10:00am-12:00pm Sa \$26

YOGA: HEALTHY, HAPPY BACK

Are you, or will you be one of the 80 percent of Americans with back pain? Learn to create balance with proper breathing techniques, body alignment/posture & restore flexibility in a specially designed yoga workshop. If undergoing treatment please consult your doctor before joining. Bring a mat and a blanket.

City Gym Room B HelpYourHealth, RoxAnn Madera
3622.201 Adult 4/03 10:00am-12:00pm Sa \$26
3622.202 Adult 5/08 10:00am-12:00pm Sa \$26
3622.203 Adult 5/29 10:00am-12:00pm Sa \$26