

# Adult Creativity, Culture & Education

## Acrylic Paint Workshop

Enjoy the art of self-expression while applying basic acrylic painting techniques from still life with a degreed art instructor in a fun relaxed environment. Enjoy socializing, sipping a glass of wine and slice of pizza at the Roland Winery. Come and explore your personal color language and take home your still life painting. All supplies included. Wine and Pizza sold separately. Instructor: Anne-Marie Carr, Scottish-born artist and teacher

**Ages: 18 & Over**

Tu 05/04 6:00 - 8:00 PM \$25.50RD \$30.50

Location: Roland's Winery, 1106 Florida Street

## Ceramics

Throwing pottery on a wheel is a process. Build mind body connection so that your brain, body, hands and fingers work together to create the beautifully harmony that a wheel thrown form is. Working on the potter's wheel is a mechanical process and as such it requires time to get it right. We try to squeeze everything into the four-week class and students may leave with some interesting projects they will treasure and use in their homes. \$30 supply fee due to instructor. Independent Study Students welcome to attend Instructor: Debra Robasky, Mark Morris Ceramics

**Ages: 18 & Over**

M 05/08 - 06/12 6:00 - 8:00 PM \$50.50RD \$55.50

Location: Ceramics Lab 56, Mark Morris High School, 1602 MM Court

## Cooking - Autumn Bonfire

A perfect way to celebrate the upcoming fall season by learning to prepare yummy treats you can share with family & friends around a cozy campfire. You'll make: warm 'em up chili, camping mac n' cheese, campfire skillet nachos & gourmet s'mores." \$10 supply fee due to instructor. Instructor: Cathie Groesbeck, The Gifted Kitchen

**Ages: 18 & Over**

Tu 05/23 6:00 - 8:00 PM \$31.00RD \$36.00

Location: Monticello Middle School, 1225 28th Ave

## Cooking - Becoming a Chocolatier

Using noble fresh ingredients and premium chocolate, you'll create much-loved American classics and traditional European confections as you are guided through the intricacies of dipping and decorating each confection. \$10 supply fee due to instructor. Instructor: Linda Atchinson

**Ages: 18 & Over**

W 05/03 6:00 - 8:00 PM \$35.50RD \$40.50

Location: Monticello Middle School, 1225 28th Ave

## Cooking - Thai Table

Our instructor will introduce you to authentic Asian ingredients and share secrets for balancing flavors for the perfect combination of sweet & spicy. Learn to make chicken pad thai, shrimp cakes w/chili-lime cream sauce, som tum salad & roti (a traditional Thai pancake)for dessert. \$10 supply fee due to instructor. Instructor: Cathie Groesbeck, The Gifted Kitchen

**Ages: 18 & Over**

Tu 08/22 6:00 - 8:00 PM \$35.50RD \$40.50

Location: Monticello Middle School, 1225 28th Ave

## Digital Photos

Learn to sort and organize your digital photo collection and how to do minor photo edits (like cropping, & removing red-eye). You will learn how to alter a photo and add text, adjust colors, or apply artistic transformation (e.g. making it look antique or oil-painted). Instructor: Aaron Dobbins

**Ages: 8 & Over**

T/Th 08/08 - 08/10 6:00 - 8:00 PM \$50.00RD \$55.00

Location: Elks Memorial Building, 2121 Kessler Blvd

## Dog Obedience

Learn how to make your dog your best friend. Training will include behavior modification for issues such as jumping on you, house breaking and excessive barking. As well as basic obedience, owners will be taught to train their dogs to walk on a leash, sit, stay and come. Must bring proof of vaccinations from vet. Bring favorite toy or treat for rewards. Instructor: Camelia McAllister

**Ages: 18 & Over**

Tu 05/16 - 06/13 5:30 - 6:30 PM \$42.50RD \$47.50

Location: McClelland Center, 951 Delaware Street

## Spanish

Have fun while learning basic Spanish vocabulary, grammar and phrases for use while traveling or in the workplace. Instructor has experience teaching at the college level and for the Ethnic Support Council. Instructor: Jovita Potter

**Ages: 18 & Over**

Th 05/04 - 06/22 6:30 - 7:30 PM \$42.50RD \$47.50

Location: Recreation Building, 2920 Douglas St

## Ukulele (Beginning)

A unique and inexpensive way to have musical fun with family and friends. A 'take anywhere' instrument anyone can play with easy and simple instruction. Students must bring their own ukulele. Children under the age of 12 must attend with an adult. For more information call 425-3786. Instructor: James Lee

**Ages: 12 & Over**

Tu 05/09 - 06/06 6:00 - 7:00 PM \$38.50RD \$43.50

Location: McClelland Center, 951 Delaware Street

## Wills and Estates

Learn the basics about estate planning and the probate process. Class will address Wills, Trusts, Power of Attorneys, Health Care Directives (Living Wills), and Community Property Agreements. If your estate is under \$1 million with no unusual circumstances you can sign a simple will, health care directive, and durable power of attorney on the third night of this class. For Washington and Oregon state residents. Instructor: Amanda Proujan, Attorney at Law

**Ages: 18 & Over**

W 06/07 - 06/21 5:30 - 7:00 PM \$105.50RD \$110.50

W 08/02 - 08/16 5:30 - 7:00 PM \$105.50RD \$110.50

Location: Recreation Building, 2920 Douglas St



## Guitar - Beginning

No experience necessary! This fun and popular class is the place to get started. You will learn easy chords, strumming, and songs. Please provide your own guitar. \$8 supply fee due to instructor. Instructor: Bill Price

**Ages: 8 & Over**

Th 05/18 - 06/15 6:30 - 7:15 PM \$59.50RD \$64.50

Location: McClelland Center, 951 Delaware Street

## Guitar - Beyond Beginning

Add real style to your playing! Learn new chord, strumming, and basic finger picking. Some guitar experience required. Instructor: Bill Price

**Ages: 14 & Over**

Th 07/27 - 08/24 6:30 - 7:15 PM \$59.50RD \$64.50

Location: McClelland Center, 951 Delaware Street

## Guitar - Intermediate

This is a continuation of the beginning class. More chords, strumming, and great songs! Instructor: Bill Price

**Ages: 14 & Over**

Th 06/22 - 07/20 6:30 - 7:15 PM \$59.50RD \$64.50

Location: McClelland Center, 951 Delaware Street



## First Aid

This AHSI certified course will teach CPR/First Aid/AED. Develop the knowledge, skills and confidence to respond in a medical emergency. \$10 supply fee due to instructor. Instructor: Steve Pitts

**Ages: 18 & Over**

Sa 05/20 9:00 - 12:00 PM \$46.50RD \$51.50

Location: Recreation Building, 2920 Douglas St



## Golf Lessons

Get Golf Ready in 5 Days. This program is designed to teach you in five short lessons everything you will need to know to step onto a golf course and play with confidence. Lessons include on-course activities guided by an instructor who will make sure you have fun each step of the way. All equipment provided however you can use your own if you have it. Instructor: Steve Schadowitz

**Ages: 14 & Over**

M-Th 07/10 - 07/17 6:00 - 7:00 PM \$101.50RD \$106.50

M-Th 08/07 - 08/14 6:00 - 7:00 PM \$101.50RD \$106.50

Location: Mint Valley Golf Course, 4003 Pennsylvania St

## Let the Water Move You

An ideal way for you to get in a low-impact session of exercise that also yields fitness results. Besides good for cardio and your joints, other benefits include improvement of your balance, flexibility, strength, fun and good for your social life! Class is geared for the older adult or those who need a lower intensity workout. Instructor: Judy Bain

**Ages: 18 & Over**

Th 05/11 - 06/22 11:30 - 12:30 PM \$32.50RD \$37.50

Th 07/13 - 08/31 11:30 - 12:30 PM \$32.50RD \$37.50

Location: Heritage Swimming Pool, 1328 18th Ave

## Modern Line Dancing

Excellent exercise for both body and mind. Line dance done to all styles of music. Instructor has 25+ years of teaching experience. Practice CD is included in class fee. No partner needed. Instructor: Rhonda Goldsmith

**Ages: 18 & Over**

Th 05/25 - 06/08 6:00 - 7:30 PM \$16.50RD \$21.50

Location: McClelland Center, 951 Delaware Street

## Modern Line Dancing Ultra Beginning

A very slow paced class for the ultra beginner. Learn the very basic steps. A lot of repetition, great exercise physically and mentally. Dance to all styles of music. No partner needed.

Instructor: Rhonda Goldsmith

**Ages: 18 & Over**

Th 05/25 - 06/08 5:15 - 6:00 PM \$15.00RD \$20.00

Location: McClelland Center, 951 Delaware Street

# Adult Health & Fitness



## Hula (Beginning)

Learn the various types of Hawaiian dance: Hula Kahiko and Hula Auana. Learn the basic foot and hand motions, and complete choreographies. Instructor: Kate Denman

**Ages: 12 & Over**

T 05/02 - 05/30 6:00 - 7:00 PM \$37.50RD \$42.50

Location: Woman's Club, 835 21st Avenue

## Hula (Intermediate)

Intermediate Class to extend the learning of Hawaiian dance: Hula Kahiko and Hula Auana. Learn the basic foot and hand motions, and complete choreographies. Instructor: Kate Denman

**Ages: 12 & Over**

T 05/02 - 05/30 7:00 - 8:00 PM \$37.50RD \$42.50

Location: Woman's Club, 835 21st Avenue

## On the Move With Judy

A fun lower intensity exercise class, the goal of this class is to keep you moving! Especially designed to include the active older adults, a person who hasn't been exercising in a long time or individuals who may be limited physically. Instructor has over 40 years of teaching various fitness classes. Instructor: Judy Bain

**Ages: 18 & Over**

T/Th 04/25 - 06/22 9:00 - 10:00 AM \$53.50RD \$58.50

T/Th 07/11 - 08/31 9:00 - 10:00 AM \$53.50RD \$58.50

Location: Youth & Family Link, 907 Douglas St

## Renew You

Learn how the 6 Influences of your life can be on target and balanced as you continue on this season of your life. Also learn how to detox your body, mind and home of the things that are holding you back from reaching your full potential. The 7 Keys to a Joy Filled Life will also help in this process. This class is packed full of tools and opportunities to help you make lasting changes and a difference in your life. Instructor is a certified life coach. Instructor: Tracey Pruitt

**Ages: 18 & Over**

Sa 05/20 2:00 - 4:30 PM \$32.50RD \$37.50

Location: Recreation Building, 2920 Douglas St

## Rotary Waltz

A great dance for faster tempoed waltzes. This style has become wildly popular along the west coast and Europe. Instructor: Joseph & Julieann Platt

**Ages: 18 & Over**

T 05/30 - 06/20 8:00 - 9:00 PM \$42.50RD \$47.50

Location: McClelland Center, 951 Delaware Street

## West Coast Swing

One of the most versatile dances for any occasion. A smooth, sensual, slotted variation of the Lindy Hop or Jitterbug that showcases the lady. Instructor: Joseph & Julieann Platt

**Ages: 18 & Over**

T 05/30 - 06/20 7:00 - 8:00 PM \$42.50RD \$47.50

Location: McClelland Center, 951 Delaware Street

## Yoga, Gentle Flow

This gentle yoga class involves modifications to the standard poses with decreasing the intensity and yet increasing physical and mental strength, stretching and flexibility. Bring a yoga mat, yoga or mexican blanket, and yoga block. Instructor: Karen Ward

**Ages: 18 & Over**

F 05/05 - 06/02 9:00 - 10:00 AM \$31.50RD \$36.50

F 06/09 - 07/07 9:00 - 10:00 AM \$31.50RD \$36.50

Location: McClelland Center, 951 Delaware Street

