

COURSE DESCRIPTIONS

Meet our talented Instructors by [clicking here](#).

ACRYLICS *Beginners and Intermediate Courses* In *Acrylics for Beginners*, students will be working with a limited palette, focusing on painting techniques: blending, layering, glazing, highlighting, and much more! Inexperienced students will receive a supply list at the first class. If you have painted a bit before and have some supplies, bring them with you and instructor **Loran Chavez** will make recommendations on items to add or subtract from your paint box. If you are already familiar with acrylics and are ready to push your paintings to the next level, *Amazing Acrylics, our Intermediate course*, is the one for you. Using patterns, we will explore this wonderful medium and learn new techniques for making your paintings better. You will need to have a beginning level of Acrylics for this course, which is designed to help you improve and expand your horizons. Bring your supplies, and Loran will go through your paint box and review with you those needed for this course. A supply list will be provided at the first class so that you can avoid spending money on things you don't need or want. **Class sizes are limited.**

AGING GRACEFULLY *New Course!* This two-day, interactive workshop will introduce participants to scientifically sound strategies and interventions to counter the effects of aging. Common aging issues will be addressed with specific recommendations for dealing with them. This course will be led by three instructors. **Harvey Joanning** and **Phil Hooper** are well-versed and experienced in dealing with clients and patients concerned about changes related to the aging process. **Dana Roberts** will address aging from a woman's perspective.

AMERICA'S FIRST MURDERER: A DARK SIDE OF THE PILGRIM EXPERIENCE *New Course!* John Billington, one of the original Mayflower Pilgrims, was the first man executed for murder in the new land. Details of his crime are scarce, but, even so, Billington, the man and the murderer, provides a focus for an examination of some of the problems that beset the Pilgrims from the very beginning of their journey to the New World. **Brenda Huchingson** is the instructor.

AMERICAN SIGN LANGUAGE FOR PROFESSIONALS *Beginners and Intermediate Courses* Both of our Sign Language courses feature intense sessions that enable students to communicate with deaf persons whom they may meet in their place of employment. Students will learn conversational Sign Language, along with Deaf Culture, and will be able to use what they learn in class in the Deaf Community to assist the deaf when needed. Speak with instructor **Cheray Vitrano** about acquiring a copy of the required text, *Learning American Sign Language*. **Class sizes are limited.**

THE ART AND SCIENCE OF COMPOSTING *New Course!* What can you keep out of our local landfill? Come learn the basic elements of composting and how your effort can lead to a microbe-rich soil amendment that will benefit your personal landscape. **Mike Healy** is the instructor

ASTRONOMY A-Z This course will cover all aspects of astronomy, not just the planets and constellations. Students will learn about telescopes and their use, about measuring distances, and about using star maps. There will be many interesting things to look at, and instructor **Charles Scovil** will show you how to find them in the night sky.

BASIC DRAWING, COMPOSITION, AND SHADING *New Course!* Learning to see, study and practice can make everybody produce beautiful drawings. Even beyond that, instructor **Anne Brooks** promises you will see the world differently! We have expanded this course to include printing techniques to make note cards with your original artwork. A supply list will be provided for materials to buy.

A BEST FRIEND'S APPROACH TO DEMENTIA CARE *New Course!* The goal of this course is to broaden understanding of dementia and the care that is needed for those who suffer from it. Participants will learn how to identify symptoms of dementia and will be given information on both medical and non-medical interventions that can be employed to reduce the patient's anxiety and unacceptable behaviors. The instructor is **Martha Allegri**.

BLOGGING BASICS *New Course!* This course will provide basic instructions on how to set up a free or hosted (paid) blog. Instructor **Cindy Jones** will guide you through the process of why you should blog, what type of blog you should use and how to discover your blog's purpose and goals. Topics include choosing a domain name, basic instructions and suggestions on choosing either a free blog or building a hosted site, along with three different ways of dressing up your blog and making it look great. A hands-on tutorial will be given on creating a hosted site using www.wordpress.org. Fees associated to secure a domain name, a hosted site, and a blog theme are the student's responsibility - costs will vary. Bring your laptop. **Class size is limited.**

BLOGGING FOR WRITERS – MARKET YOURSELF! *New Course!* This course will provide writers the skills they need to utilize a blog to promote their work. Instructor **Cindy Jones** will help you find your blog's focus and discover its voice. Topics include how to craft compelling content, create images, and post titles on your blog that grab people's attention. We will look at "growing your tribe": gaining new readers, building your platform, and finding new followers who want your content. Also discussed will be networking, making connections, and social media must-haves. If you do not already have a blog, we offer *Blogging Basics* to prepare you for this course. Bring your laptop. **Class size is limited.**

BOGS AND BRANCHES: SELECTED HABITATS OF SOUTH BALDWIN COUNTY AT WEEKS BAY RESERVE *Bogs and Branches* offers participants a close look at selected ecologically important habitats in south Baldwin County, all located at Weeks Bay Reserve. The different environments contribute to the value and function of the Weeks Bay estuary, where freshwater and saltwater meet. Students will learn about the habitats, their different roles in the estuary ecology, and how they influence the plants and animals that live there. In addition, participants will learn about the diverse trees and other native plants that inhabit Baldwin County and Weeks Bay Reserve. This course comprises lectures, a pontoon

boat trip, and walking tours. Wear sturdy shoes and other outdoor attire. **Fred Nation** is the instructor. **Class size is limited.**

CHAIR YOGA – SITTING AND STANDING This course is helpful for anyone who wants to exercise but has difficulty with floor postures (weight on hands and knees or repetitive movement on and off the floor) because of knee pain, extra weight, arthritis, etc. It begins with breath work and seated yoga postures in a chair. We then stand by the chair (or use the wall) to improve balance and strength in standing poses. Participants have the option to stay in their chairs or wheelchairs or lie on the floor for relaxation at the end. Bring a yoga mat. Blocks and straps are provided; they are optional but will help you to perform to your greatest potential. The instructor is **Billie Reinhart**.

CLASSIC JEWISH THINKERS AND LITERATURE – PHILO OF ALEXANDRIA *New Course!* This course is potentially the first of a series dealing with central Jewish thinkers, along with classics of Jewish religious literature. In this first session, we will look briefly at the life and writings of Philo of Alexandria, a Greek-speaking Jew who lived 15 BCE to 45 CE. Philo tried to reimagine the Torah as both a rational and universal text, not a mere chronicle of Jewish history and legend but a coded expression of eternal truths. **Rabbi Dana Evan Kaplan** is the instructor.

THE COMMON PEOPLE IN THE AGE OF HENRY VIII *New Course!* Most histories of England during Henry VIII's reign (1509-1547) focus on the personal life and six wives of the larger-than-life monarch, as well as the religious and political intrigue at his court. This course, however, is concerned with what life was like for common people during Henry's reign—that is, men and women living in an England lit only by fire and beset by plagues, disease, filth, superstition, and severe class distinctions. How were those at the bottom of society affected by the prevailing concept of the "Great Chain of Being," as well as by new religious ideas and the emergence of secular power? Instructor **Art Holder** will help answer these questions.

CREATE YOUR OWN GREETING CARDS *New Course!* This course will begin with simple greeting cards made with stamps, inks, and die cuts. Follow-on classes will include techniques to make beautiful cards with a slightly increased level of intricacy that will add a WOW factor. Students will create twelve impressive greeting cards that include birthday, holiday, and celebratory themes. The instructor is **Emma Rose Fry**. **Class size is limited.**

CREATIVE WRITING Express yourself through creative writing. Join instructor **Mahala Church** for an overview of the basics of fiction writing: characters, setting, plot, voice, narrative, and dialogue. In-class fun exercises and a touch of homework (about an hour a week) enable you to merge class information into practical application. Pencils, pens, and laptops welcome. **Class size is limited.**

DIGITAL DEVICES 101 *New Course!* Technology. It's a rapidly changing and fascinating field that comes with all kinds of digital gadgets fully customizable with apps and software that just make life a little easier – until it doesn't! This course aims to equip you with a few skills, of both the technical and fun variety. Topics include how to use the basic functions of your Apple/Android devices (tablets, cell phones, laptops) and how to use the software and apps on these devices, as well history behind the who, what when, where and why of computers and the internet and what this technology will create for our future. True to the school's objective, this course is geared toward the fun side of using technology and will not be getting so far down into the technical details that you become discouraged. The goal is to provide you with the confidence to use your devices with ease. Students must bring their digital devices. The instructor is **Amanda Blackwood**. **Class size is limited.**

DIGITAL PHOTOGRAPHY No matter what kind of camera you use, the process of photography is recording light on some form of media. During this course, you will see how certain fundamental principles apply to all cameras and will explore topics such as composition, portraits, landscape, and action photography. Instructor **Gene Sellier** will introduce you to software that includes Photoshop CC®, Photoshop Elements®, and Lightroom®, as well as some free photo-editing software. This course is open to all levels of experience. Bring a camera and user's manual to class. **Class size is limited.**

FREE-FORM FLOWER PAINTING *New Course!* Learn how to be creative by using easy to follow, step-by-step instructions. This course will show you how to have fun with painting without worrying about the end result. Instructor **Jane Sellier** will provide you with a supplies list.

FRENCH PRONUNCIATION FOR TRAVELERS AND LOVERS OF LITERATURE
New Course! In this course, instructor **Frank Martin** will give students the general "rules" of French pronunciation, using as a model the *français standard* of Touraine, where the most beautiful French is spoken, even by ordinary people. Students will practice pronouncing words and phrases that will be useful to Americans traveling in France or other French-speaking countries, such as the essentials of meeting, greeting, dining and getting around. They will also learn French expressions used in English that many speakers may not know how to pronounce. Students will read and practice saying to each other snatches of French song lyrics or poems to experience the pulse and flow of the language. **Class size is limited.**

FROM OLD SOUTHWEST TO OLD SOUTH: ALABAMA'S TERRITORIAL AND EARLY STATEHOOD YEARS *New Course!* Alabama's rapid transition from a backwoods frontier to a vital part of the American Union is perhaps the most dramatic period in its long and storied history. First coming under American government as the eastern portion of the sparsely populated Mississippi Territory in 1798, by 1825 Alabama had achieved statehood and was rapidly on the way to becoming one of the most economically and politically important states in the Union. Drawing on years of study of the era and three books he has written or co-authored on this period of time, historian **Mike Bunn** will explore

Alabama's beginnings in three fast-moving classes introducing the people, places and events central to Alabama's formative period. This course will be held at Historic Blakely State Park. Students will have the opportunity to participate in an optional hour-long bus/walking tour of the park's Civil War battlefield immediately prior to the last class on Oct. 24. The tour will highlight the several miles of incredibly intact Union and Confederate earthworks throughout the park's 2,100 acres. It will include a few minutes of short hiking over level terrain.

GARDENING WAY DOWN SOUTH Are you a beginning gardener, snowbird, or new to the South? Master Gardeners **Barb Comstock** and **Donna Aplin** will start this course off explaining why gardening in south Alabama is different from gardening anywhere else. This includes hot nights, high humidity, lack of chill hours and more. They will discuss the importance of oxygen and drainage, soil types, root types, mulches, compost, fertilizers and soil additives. The course will also cover growing vegetables throughout the calendar year, varieties and companion plants, and attracting hummingbirds and butterflies and will lightly touch on landscaping, lawns, ornamental plant varieties, and native plants, shrubs and trees. *Before the first class*, students should read ANR-0006-A from www.ACES.edu and watch the video "DIY Soil Sample" on the ACES website. Bring a soil sample to the first class. **Class size is limited.**

GENTLE YOGA *New Course!* This course focuses on gentle stretches for the entire body. Enhanced by calming music that produces a waterfall-type atmosphere and augmented with breathing techniques and balance movements, each session is designed to create a feeling of total relaxation and an experience of belonging and wellness. Come to breathe, relax and enjoy with your instructor, **Marlene Wynn**. Bring a mat.

GROWING AND PROPAGATING AFRICAN VIOLETS African violets have become the favorite houseplant across the world. This course will cover the seven key factors for successfully growing violets: light, watering, feeding, grooming, environment, soil and potting. Your instructor, **Jere Trigg**, will discuss the procedures for propagating violets from leaves and suckers. Hybridizing your violets will result in the development of new and differently colored flowers, some of which can be truly spectacular. You will learn techniques for cross-pollinating flowers, planting the resulting seeds, and caring for the seedlings to adult blooming plants. There will be demonstrations of grooming, repotting, propagation from leaves and suckers, and cross-pollination of two flowers to produce hybrid seed. Plants will be available for purchase.

HALLOWEEN COOKIES Wow your friends and family as instructor **Chris Zuercher** takes holiday cookies to the next level. She will help you create spectacular "postcard" cookies, which utilize edible paper imprinted with vintage Halloween pictures using food colors. All the classic images will be there – black cats, pumpkins and witches – and in addition there will be shaped cookies of ghosts and whimsical tombstones. In the first class, we will be baking delicious sugar cookies and learning to make homemade marshmallow fondant. In the following class, we will be decorating and presenting packaging options. **Class size is limited.**

HOW TO GROW VEGETABLES HYDROPONICALLY *New Course!* In this course, students will learn about instructor **Mike Healy's** personal system of growing vegetables hydroponically. His extremely productive method uses only 60 sq. ft. of full-sun space and allows him to grow various lettuces in the winter, followed by tomatoes, peppers, and cucumbers beginning in the early spring. Students will also learn about indoor hydroponic growing systems that can now be found in abandoned factories and shipping containers throughout the U.S.

INTERNET SAFETY *New Course!* Internet theft has an annual impact on consumers estimated at \$16 billion. How does the everyday person use the internet and stay safe from this threat? This course will give you the knowledge to protect yourself and your property, including credit card and bank account information. The techniques that your instructor **Richard Geiger** provides will show you how the fraud or theft is committed, how to recognize it, and how to protect yourself. Some of the topics discussed will be how to create strong passwords, internet browser's settings, spam, phishing, malware, online shopping, browser tracking, social media, virus, mobile computing, and phone security. Bring your laptop. **Class size is limited.**

INTRODUCTION TO FILM NOIR: *Out of the Past* and *In a Lonely Place* *New Course!* In this course, **Brenda Huchingson** will provide information on the definition, history, and characteristics of film noir, and the class will view and discuss two films considered classics of this genre: *Out of the Past* (1947) and *In a Lonely Place* (1950).

JEWISH MYSTICISM: THE CENTRAL IDEAS OF KABBALAH *New Course!* Jewish mysticism has ancient roots going back to the time of the Bible. Religious experiences recorded by prophets like Isaiah and Ezekiel seem to indicate mystical awareness. This course will, however, focus specifically on Kabbalah, a form of Jewish mysticism developed in medieval Spain. The *Zohar* is the classic book expressing kabbalistic ideas. We are going to look at the basic concepts found there, including the *Sefirot*, representing pulses of divine energy. Mystics agree that we cannot fully understand God. Perhaps we can come close, however, by thinking about God as a process rather than a being. Kabbalah teaches that God did not create the world in one stroke, but rather in stages, with the *Sefirot* as the means and the pattern for existence. God is a *verb*. **Rabbi Dana Evan Kaplan** is the instructor.

KNIT 1, PURL 2 *Basics and Advanced Beginner Courses* Knitting is fun, relaxing, social, inspirational and *addictive* – come join in! Our ***Knitting Basics*** course is just as it sounds – designed for beginners and those who are a little out of practice and would like a refresher course. Learn the two basic stitches needed to complete projects from the simplest to the most elaborate garments. This course will also include an introduction to knitting tools and materials, how to read and interpret patterns and instructions, and how to start and finish your project. We will make a scarf, a wash cloth, and perhaps a hot pad or coaster. The ***Advanced Beginners*** course is for beginners who are interested in expanding their skills. Learn how to increase and decrease stitches, master yarn overs, and try your hand at short rows. You will learn how to make an ear warmer with increases and decreases, as well as a circular wash cloth with short rows and yarn overs. You need to be able to cast on, knit, purl, and bind off, and

read a simple pattern. Speak with instructor [Wendy Gosnell](#) about the supplies you will need. **Class sizes are limited.**

LIFESTORIES: CREATING A MEMOIR Learn how to start writing life stories for future generations. Students will be provided inspiration, motivation, and organizational tips for beginning the project and staying on track. They will be guided as to what topics to choose, formatting (chronological vs. random stories), and tips to make their writing sparkle and keep readers interested. Students will be shown how to write the text, include some photos and have the pages bound into a simple, inexpensive finished booklet that will be a priceless gift. Instructor [Rosanne Gulisano](#) will provide handouts containing helpful hints and ideas.

MAKE A DECORATIVE BAMBOO WALKING STICK *New Course!* Create your own unique walking stick for you or a loved one with supplies that instructor [Tamlin Allbritten](#) has in her studio...or bring something special you have been saving just for this art course – one earring, charms, buttons, patches, awards, medals, anything that represents YOU (or that loved one). The bamboo will be cut specifically to your request, and a rubber tip will be attached to the bottom for a non-slip surface. The instructor will supply the bamboo, the rubber tips, and many different supplies to choose from. You bring the most important ingredient – your creativity! **Class size is limited.**

MAYA: CHILDREN OF TIME *New Course!* From the depths of mystery they came, and in mystery they left. The Maya flourished for 15 centuries, and developed a magnificent civilization of soaring pyramids and splendid palaces. This course will describe the daily life of the Maya people, their architecture, wars, religion, bloody sacrifices, and remarkable ruins. Instructor [Tony Rhodes](#) will also discuss the best ruins to see and how to get there.

MUSIC FOR SYMPHONY LOVERS AND GO-ERS *New Course!* If you love classical music and perhaps go to the Mobile Symphony Orchestra performances, or have been thinking about doing so, this course is for you. The upcoming season, running from September to April, will feature familiar works by well-known composers and will introduce you to additional compositions that will become some of your favorites. What a program they are offering! Enjoy, among other offerings, Gershwin's *Piano Concerto in F*, Beethoven's *Symphony No. 7*, Vivaldi's delightful *Four Seasons*, and excerpts from Tchaikovsky's *Sleeping Beauty* with dancers from The Juillard School as an accompaniment. And in a landmark production, for the first time ever, MSO is taking on Mahler's larger-than-life *Resurrection Symphony*, featuring three vocal groups – the University of South Alabama Concert Choir, the Mobile Opera Chorus, and the Eastern Shore Choral Society. Listen and study in the classroom and attend the performances if you can. [Vincentine Williams](#) is the instructor.

THE NATURAL LIFE *New Course!* If you are looking for simple, natural, and fun steps to healthier living, this course is for you. From whole foods, green smoothies and essential oils, to non-toxic solutions for your home and body, we will explore ways to increase energy, flexibility, and wellness so you can engage fully with those you love. Green smoothies, essential oils, and other healthy samples will be provided. [Susie Weiss](#) is the instructor.

NAVIGATING SOCIAL MEDIA *New Course!* We have come a long way since the beginnings of social media – Facebook officially became a teenager this year! As more people move online to communicating with their families and friends, more mediums such as Twitter, Instagram and Snapchat have popped up to serve the demand. Learn all the ins and outs to navigating social media, how all of your social media interacts with each other, and how to stay safe when communication online. In this class, we will also talk about some of the newer social-media concepts that are rolling out every day. If time permits, the class will learn how to create their own “networks” to communicate with family and friends. True to the school’s objective, this course is geared toward the fun side of using technology and will not be getting so far down into the technical details that you become discouraged. The goal is to provide you with the confidence to use your options with ease. Students must bring their digital devices. The instructor is **Amanda Blackwood**. **Class size is limited.**

PHOTOSHOP ELEMENTS® TECHNIQUES Students will be provided step-by-step instruction in how to use the powerful software tool *Adobe® Photoshop Elements®*, to organize, store, edit, and present digital images in a variety of formats. There is no prerequisite – beginners are welcome. Instructor **Gene Sellier** will begin by covering how to organize photos and move on to printing, sharing and exporting, basic editing, and color correcting; fixing exposure problems; repairing, retouching and recomposing images; combining images; and advanced editing. No text is required, and students will all work with the same set of images. The Fairhope library computers will be available but students can bring their own laptops if they prefer. **Class size is limited.**

QIGONG *New Course!* Qigong (pronounced chee-gong) is a simple, easy program for those looking for a truly gentle, non-demanding exercise regimen. Utilizing a series of slow, smooth, relaxed movements, you will experience improved range of motion, more energy, and better balance while relaxing your mind and body. **Ed Dinan** is the instructor.

SELF -CARE PRACTICES FOR HEALTH AND WELLBEING This is a practical self-help healing approach that produces positive emotional, mental, physical and spiritual changes and brings more balance, joy and awareness into your life. The course is designed around a core of gentle and effective techniques and practices that include meditation, movement, breathing, healing, and affirmation techniques. It will foster more awareness and grounding, and allow for deeper understanding and healing of self. No experience is necessary. Wear comfortable clothes, and bring a light lunch. **Bob Maldonado** is the instructor. **Class size is limited.**

SPEECHCRAFT *New Course!* Overcome your fear or discomfort when speaking in public and have the confidence, poise and eloquence to thrive in any setting. There will be no more hiding in the corner or avoiding groups for you! Seasoned Toastmaster members will share simple, effective skills for looking confident and speaking with influence and ease. Your instructors are **Susie Weiss, Kathryn Cockrell** and **Billy Brown**.

STORYTELLING AND YOU! TIPS AND TECHNIQUES Learn the storytelling techniques of choosing a story, learning how to tell it, and prompting enjoyable interaction with your audience. In this course, instructor **Irene Wegner** will discuss the different types of stories there are and you will discover what you like best - fables, fairytales, history, original stories, Jack tales or other kinds. The techniques Irene will provide will help you to bring language, people, cultures and expression to the stories you select. The course includes an optional sharing of stories. On November 18, storytelling festivals will be held all over the world as well as here in Fairhope, and students will receive an invitation to the international storytelling telethon being held at the Fairhope Unitarian Fellowship. **Class size is limited.**

T'AI CHI FOR ACTIVE ADULTS *New Course!* This course will teach the “short form” of Master Cheng Man Ching, a Yang-style T'ai Chi containing the basic moves of traditional Chinese exercise developed through the centuries. This is a demanding course but well worth the effort in enhancing increased flexibility, greater fitness and the integration of body, mind and spirit. Over the course of time, students will have the opportunity to master the moves that will provide the full benefit of this exercise regime. The instructor is **Ron Driesbach**.

TAMING THE PAPER DRAGON: ORGANIZE YOUR PAPERWORK, SIMPLIFY YOUR LIFE Have you ever looked at the stacks of paper on your kitchen table or desk and then turned away because you didn't know where to start? *Taming the Paper Dragon* will give you practical tools to help you organize your personal paperwork, freeing your time for more fun pursuits. The course includes an organizational plan and budget preparation. Give yourself the gift of simplifying your life! **Wendy Gosnell** is the instructor.

TEMARI – JAPANESE EMBROIDERED THREAD BALLS Temari began as a Japanese kick toy constructed from the remnants of old kimonos bundled into a ball and stitched; later, stitching became more decorative and detailed with intricate embroidery, and it transitioned into an art. Learn how to prepare temari for sewing and use the Spindle, Interlocking Diamonds, Chrysanthemum, and Rose Garden patterns. Past students are encouraged to return to learn new techniques. Materials fee is \$30, or past participants may bring their own supplies. Bring scissors. **Blair Heald** is the instructor. **Class size is limited.**

UKULELE FOR BEGINNERS Learn the basics of this fun folk instrument. Students will achieve beginners' skills in tuning the ukulele, playing simple chords in different musical keys, and employing different strumming styles, all while playing many traditional, popular and Hawaiian songs. No musical knowledge required – just a willingness to have fun! Students must provide their own ukulele; instructor **Carl Couret** will provide information about purchasing an instrument. Children under the age of 18 must be accompanied by a parent or guardian at every class. **Class size is limited.**

THE UNRECOGNIZED DANGERS OF RETIREMENT: IT'S NOT JUST ABOUT THE MONEY! Most people spend more time planning a three-week vacation to Europe than how they will spend their retirement years. In fact, our ideas about successful retirement are not only outdated, but also counter-productive. This course will explore why this is so and

how to plan for (or begin) a happy and purposeful retirement, rather than a boring one. The course is geared to people already retired or planning to retire within the next five years. It is based on Mitch Anthony's book *The New Retirementality: How to Plan Your Life and Live Your Dreams At Any Age You Want*, which one reviewer called "enormously inspirational and immensely practical." Students will be provided a methodology to guide them to a great retirement, no matter their present or future circumstances. **John Brown** is the instructor.

WALKING THE BIBLE: DANIEL! New Course Let's meet one of the most intriguing personalities in the Bible as we study the complex and challenging Book of Daniel. Bring your own favorite edition of the Bible. No prior study of the Bible is necessary. The instructor is **Rabbi Steven Silberman**.

WATERCOLOR *Beginners and Intermediate Courses* In *Watercolors for Beginners*, you will gain confidence in watercolor basics using a limited palette. The course concentrates on types of washes, paint, paper, and brushes, and all their uses. You will practice such techniques as dry brushing, masking, lifting, washes, glazes, bubbles, and more. You will create and complete paintings on your own, taking home a paint palette, paper, and four brushes. In the *Intermediate* course, you will take your watercolors further than you ever imagined with new techniques and tips, and you will work more with masking, using fluid, fabric and paper, bruising the paper, multiple layers, Chinese white as a resist, wax, nails, and more. See what you can do with this wonderful medium we call watercolor! The beginners course or a working knowledge of the basics of watercolor is a prerequisite for this course. **Loran Chavez** is the instructor. **Class sizes are limited.**

WILL YOUR MONEY LAST TO THE END OF YOUR DAYS? Trying to imagine what the future will be like for you and your spouse and answer this question may feel quite overwhelming. It is commonplace that care expenses for dementia and other diseases can devastate a family's finances. Some of us don't know how to cope with the subject at all, and others who have a start want to know how to safely maximize retirement income and protect nest eggs when interest rates are so low. Take hold of these challenges and seek solutions with the help of instructor **Jeff Phillips**. The class will explore alternate financial instruments (stocks, bonds, annuities, and insurance plans); learn about the advantages and pitfalls associated with each of these investments and strategies; and discuss if, when, and how much interest rates might rise. Sweep away your fears and uncertainties with grounded information.

WILLIAM FAULKNER'S ABSALOM! ABSALOM! New Course! In this course, students will read and discuss with instructor **Margaret Davis** the novel *Absalom! Absalom!*, considered by many to be Faulkner's most challenging work and the most rewarding for study. Students should buy the novel and read as much as possible before the first session.

WORD MAGIC 3 New Course! This course strengthens the writer's ability to describe the persons, places, and things in their writing. Explore with instructor **Mahala Church** the art of word painting using word techniques such as alliteration, parallelism, personification, metaphors, and others. This is a course for all levels and genres of writers who wish to stretch their creativity. We will have fun with exercises to spark imagination and boost

writing skills, while removing some of the mystery of turning writing craft into writing art. In-class exercises and a touch of homework (about an hour a week) will assist the writer to merge class information with practical application. Pencils, pens, and laptops welcome. **Class size is limited.**

YOGA FOR FITNESS AND STRESS MANAGEMENT Find balance between getting a workout tensing all the major muscles in your body and releasing them into relaxing poses – from upright, forward, backward and sideways to twisting and inverted. As you practice yoga with emphasis on your breath and alignment, you become naturally more active and fit. And as you do yoga, you will feel better about yourself in body, mind and spirit. Explore your limits without feeling exhausted. You will feel refreshed, full of energy and ready for anything, with a calmer outlook on life. Bring a yoga mat and towel. The instructor is [Christina Caprez](#).

ZUMBA GOLD® *New Course!* You might have heard of Zumba®, the Latin-inspired dance fitness program for active adults. Zumba Gold®, which features the basics, is a low-impact, easy-to-follow and effective exercise program for anyone at any age. It is designed so that beginners and deconditioned or physically-limited participants can learn at their own speed and physical level in a fun, party-like atmosphere. Bring a towel and water, and dress in comfortable workout clothes with proper shoes (cross-trainers or dance sneakers). [Rebecca La Nasa](#) is the instructor.