Physical Conditioning
Exercise – Dancing is great exercise and fun. Learn a dance and you may perform it in the talent show or this year’s drama production.
Instructor: K. Dionne $5

Walking 10,000 Steps – Walking is the perfect exercise. Clip on your pedometer and join this class to see how many steps you take. Pedometers will be furnished in class.
Instructor: K. Dionne $5

Zumba – Music, dance and aerobic exercise with a Latin flair—it’s great exercise and fun.
Instructor: J. Bogdan $5

The Arts
Art: Make a Person – From corn husks to clothes pins, use different materials each week to create a person.
Instructor: G. Mistahk $5

Art and Crafts – Create different imaginative art projects with a variety of materials each week.
Instructor: G. Mistahk $5

Beatlemania – Who doesn’t love the Beatles? Learn all about the “fab four” and why they became so popular.
Instructor: J. Bogdan $5

Behind the Scenes – Come help design programs and posters and paint scenery for the talent show and drama production.
Instructor: D. Bergmann $5

 Choir – Join the CLEAR choir and learn to blend your voice with others; come prepared to listen, learn and sing.
Instructor: E. Bennett $5

Coloring for Adults – Many adults have rediscovered the fun and relaxation of coloring books to make colorful pictures, patterns and designs. It’s not just for kids anymore.
Instructor: J. Wyne $5

Digital Calendar – Learn how to access and view photos on the computer and use your skills to create a digital calendar.
Expansion for Saturday.*
Instructor: K. Dionne $5

Drawing and Painting from Pictures – Select a favorite photo and we’ll help you recreate it on paper. You’ll take your time and have a lovely piece of art when you are done.
Instructor: D. Bergmann $5

Music and Games – Have a blast with your friends playing music related games and other fun musical activities.
Instructor: D. Bergmann $5

Music and Movies – Songs and background music enhance our enjoyment and help us understand what is happening on screen. What are your favorite songs from movies? Expansion for Saturday.*
Instructor: E. Bennett $5

Perfect Harmony – Learn about and listen to vocalists with perfect pitch and harmonies. These vocalists rely on voices only to make music.
Instructor: G. Berry $5

Sewing and Quilting – Complete a simple sewing, iron-on appliqué or quilting project. We’ll help you make a delightful project, however fine motor skills are required.
Instructor: A. Hauser $5

Enrichment
Animals that Begin with “B” – Bears, bison, binturong… if you don’t know what a binturong is, take the class and find out!
Instructor: L. Stephens $5

Bungee Jumping is a salt game that is 100% luck and easy to learn. Join us for an hour of thrills and fun!
Instructor: C. Davidson $5

Classic Games – Learn some classic and popular games of all ages. We’ll play classic board and party games.
Instructor: C. Davidson $5

DIY Projects – Make fun projects for around the house. These are do-it-yourself projects and creative arts and crafts.
Instructor: C. Davidson $5

Fun with YouTube – Want to know how to froat a cake or make a hat? You’ve discovered at what you can learn from YouTube. Students will choose topics and research them on YouTube.
Instructor: J. Wynne $5

History of Rock and Roll – Love rock and roll? Where did it begin and how has it changed over the years? Trace the early roots of the music we’ve grown up with.
Expansion for Saturday.*
Instructor: C. Davidson $5

Native American Culture – Study the customs, dress, and culture of various tribes of Native American Indians.
Instructor: L. Stephens $5

Newspaper and the PUBLISH the CLEAR newsletter. Interview students and instructors; report on the latest happenings in your neighborhood and the world.
Instructor: A. Hauser $5

Our Lifespan: Birth to Adult – Explore the different stages of development and the personalities throughout their life. Expansion for Saturday.*
Instructor: J. Bogdan $5

Pets I Would Pick – Ever find a baby squirrel or other wild animal in your yard? Learn the facts and what to do to help them.
Instructor: C. Davidson $5

Puzzles and Quilting – scissors, knife and work all types of puzzles. Jigsaw puzzles large and small; word, math and hidden-picture puzzles; and a few surprises.
Instructor: C. Davidson $5

Sports Talk – Are you a sports fan? Come talk about the sports you enjoy, whether they are soccer, basketball, baseball and more.
Instructor: C. Davidson $5

Star Wars – Are You a Star Wars Fan? Come discuss the new movie, the characters, the history and background of previous episodes.
Instructor: C. Davidson $5

The World of Disney – Based on his famous films and cartoon characters, Walt Disney built the “Happiest Place on Earth!” We’ll learn all about the history of Disney and plan a fantasy trip to the magic kingdom!
Instructor: C. Davidson $5

Puzzlemania
Instructor: C. Davidson $5

Sewing and Quilting – Complete a simple sewing, iron-on appliqué or quilting project. We’ll help you make a delightful project, however fine motor skills are required.
Instructor: A. Hauser $5

Song Writing with Tone Chimes – Using the tone chimes, we’ll learn how to make our own simple tones and lovely songs.
Instructor: G. Berry $5

Variety Show – Do you have a special talent to share? Take your turn in the spotlight. Session I only. Performance on Sat., October 7 at 1:30 p.m. in GEB 233.
Instructor: K. Dionne $5

Drama – Be a part of CLEAR’s own drama production. Session II only. Performance on Sat., December 2 at 1:30 p.m. in GEB 233.
Instructor: K. Dionne $5

Light and Easy Cooking
Instructor: J. Wynne $5

* Expansion for Saturday: If you have attended our weekday Expansion program, consider these classes. The topics are covered in more detail and reading may be required.

For Office Use Only
Rec’d: ______
CK: ______
Amt: ______