Practical Living

Be the Best You Can Be – Discover how to feel better, live better and improve your outlook on life. Get going and put your best foot forward.

Instructor: K. Dione

Computer Training and Social Networking – Improve your computer skills, use social media and stay safe while you navigate the Internet. Must have basic reading skills and participate. Expansions for Saturday.

Instructor: J. Copenhaver

Cooking for Special Diets – Do you have allergies or follow a special diet? Cooking with dairy, gluten-free or low fat recipes can be challenging. Come learn some tasty ideas to stay on target.

Instructor: G. Berry

Fitness and Wellness – Fitness is more than just exercise and healthy diets. Get motivated with fun activities to help you keep your New Year's resolutions.

Instructor: C. Barden

Home Decorating – Want to redecorate your room or apartment but you're short on cash? Brighten up your space with these fun and easy do-it-yourself ideas.

Instructor: D. Bergmann

Physical Conditioning

Dance and Exercise – Dancing is great exercise and fun. Learn to dance and perform it in the latest dance or this year's drama production.

Instructor: K. Dione

Walking 10,000 Steps – Walking is the perfect exercise. Clip on your step counter and join this class to see how many steps you take. Podometers will be furnished to all class members.

Instructor: K. Dione

The Arts

Ancient American Art – Learn about art created by Eskimos, Incas and other Native Americans in North and South America and do projects based on their art.

Instructor: G. Malachock

Arts and Crafts – Create different imaginative art projects with a variety of materials.

Instructor: G. Malachock

Choir – Join the CLEAR choir and learn to blend your voice with others; come prepared to listen, learn and sing!

Instructor: M. Wright

Country Music – Featuring traditional and contemporary country music artists, we'll listen, sing and play instruments along to your favorite songs.

Instructor: G. Berry

Music: Your Favorites – Do you like classic rock, folk, country or rap? Tell us your favorites and we'll let them in class.

Instructor: G. Berry

Music of the 70's – Sing, dance and listen to popular music and videos from the 70's.

Instructor: G. Berry

Sewing and Quilting – Complete a simple sewing, iron-on appliqué or quilting project. We'll help you plan and make a delightful project. We'll help you plan and make a delightful project.

Instructor: J. Copenhaver

Tone Chimes – Together with your classmates you will make beautiful music using tone chimes.

Instructor: G. Berry

Drama – Be a part of the CLEAR drama production. Session I only. Performance is at 1:30 p.m. Saturday, March 11, in GEB 233.

Instructor: K. Dione

Talent Show – Do you have a special talent to share? Take your turn in the talent show. Session II only. Performance is at 1:30 p.m. Saturday, May 6, in GEB 233.

Instructor: K. Dione

Enrichment

America the Greatest – Use the Internet and videos to learn about famous American artists and their achievements, scientists, inventors, athletes and other leaders.

Expansions for Saturday.

Instructor: J. Copenhaver

Asia – Learn about the countries, people, food, music and popular culture of Asia.

Expansions for Saturday.

Instructor: J. Copenhaver

A Bug's World – Cute as a bug? Yes they are and we'll learn all about the world of insects.

Instructor: J. Wynne

Bunco – Bunco is a dice game that is 100 percent luck and easy to learn. Join us for an hour of thrills and fun!

Instructor: C. Barden

Classic TV – Learn the history of television and how it has changed over the years. Watch and discuss the classics, comedy, drama and commercials.

Instructor: L. Stephens

Leisure Activities – Looking for a new way to pass the time? Come find a new hobby or share a game or activity that you enjoy.

Instructor: C. Davidson

Ocean Life – Learn about the fish and marine animals who make their home in the ocean.

Instructor: L. Stephens

People and Places – Learn about interesting people and places where they live. From music to dance, sea life to the events they enjoy.

Instructor: C. Davidson

Science Fiction: Movies, Books and Games – If you are a science fiction fan, this class will cover the classics and popular favorites from Star Trek to Star Wars.

Instructor: J. Copenhaver

Science with Everyday Items – Have you tried science experiments? Don't try this at home! We'll do it safely in class and bring you the classics and popular favorites from Star Trek to Star Wars.

Instructor: J. Copenhaver

Sunshine Club – This class is going to spread cheer and good will to others in this class.

Instructor: J. Copenhaver

Star Wars – Are you a Star Wars fan? Come discuss the new movie, the characters, the heroes and villains and all related projects.

Instructor: C. Barden

The World of Disney – Discover the history of Disney and the “Happiest Place on Earth!” We’ll learn all about the history of Disney and plan a fantasy trip to the magic kingdom.

Instructor: J. Copenhaver

The World of Nature – Watch videos and web camera diaries depicting the wonder of nature: animals, birds, volcanoes, lava flows and other elements of nature.

Instructor: J. Copenhaver

* Expansion for Saturday:

If you have attended our weekly Expansion programs, consider these classes. The topics are covered in more detail and reading material may be required.

CLEAR Saturday Classes Spring 2017

JCC ID

Name ___________________________ Birth Date (mo/day/yr) ______________________

City ___________________________ State ___________________________ ZIP ______________________

Address ___________________________ Home Phone ___________________________

Residential Service Provider Phone ___________________________ Emergency Contact Phone ___________________________

Transportation Provider on Saturdays _______________________________________________________________________

Please note any special accommodations: Interpreter ____________ Mobility Assistance ____________ Other ____________

* Expansion for Saturday:

If you have attended our weekly Expansion programs, consider these classes. The topics are covered in more detail and reading material may be required.

INDICATE YOUR FIRST AND SECOND CHOICES FOR EACH TIME PERIOD BY WRITING 1 OR 2 IN THE BLANKS.

CHOOSE ONE SESSION:

[ ] I select Session I January 28-31 2017

[ ] I select Session II March 25-25 March (will not meet April 15.)

For Office Use Only

Reco'd ____________ CK ____________________

Ann ____________