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. Dionne.............................................. $5

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 to participate. *Expansion for Saturday.*

Instructor: J. Copeland........................................... $5

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

Instructor: C. Barker............................................. $5

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: J. Bryan.............................................. $5

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: S. DePrenger........................................ $10

The Real You – Who are you and what do you want to do? Don’t let others define you and side track you. Show us what you want to do with your life.

Instructor: M. Wright.......................................... $10

Social Cues – Communication is more than just words. This class will help you understand the meaning of unspoken social cues like facial expressions and body language.

Instructor: J. Copeland........................................... $5

Stress Busters – There are many ways to relieve stress and tension in your life. Simple activities such as exercise, music, games or hobbies can help you stay calm and cope. Learn what works best for you.

Instructor: A. Hauser.......................................... $5

Physical Conditioning
Dance and Exercise – Dancing is great exercise and fun. Learn a dance and perform it in the latest show or this year’s drama production.

Instructor: K. Dionne.............................................. $5

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. Pedometers will be furnished.

Instructor: K. Dionne.............................................. $5

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. Malishock......................................... $10

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

Instructor: G. Malishock......................................... $10

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

Instructor: M. Wright........................................... $5

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

Instructor: G. Berry............................................. $5

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

Instructor: G. Berry............................................. $5

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

Instructor: G. Berry............................................. $5

Sewing and Quilting – Complete a simple sewing, iron-on appliqué or quilting project. We’ll help you plan and make a delightful project. Fine motor skills are required.

Instructor: A. Hauser.......................................... $5

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

Instructor: G. Berry............................................. $5

Drama – Be a part of the CLEAR drama production. Session I only. Performance is at 1:30 p.m. Saturday, March 11, in GEB 238.

Instructor: K. Dionne.............................................. $5

Talent Show – Do you have a special talent to share? Take your turn in the spotlight. Session I only. Performance is at 1:30 p.m. Saturday, May 6, in GEB 238.

Instructor: K. Dionne.............................................. $5

Enrichment
America the Greatest – Use the internet and videos to learn about famous Americans who have achieved greatness including entertainers, inventors, athletes and other leaders. *Expansion for Saturday.*

Instructor: J. Copeland........................................... $5

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

Instructor: A. Hauser.......................................... $5

A Bug’s World – Cute as a bug? Yes they are! We’ll learn all about kinds of insects through activities, crafts, videos and books.

Instructor: S. Bergmann........................................ $10

Book Club – Together as a class we will select books and short stories to read and discuss.

Instructor: J. Copeland........................................... $5

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

Instructor: C. Barker.......................................... $10

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

Instructor: L. Stephens.......................................... $5

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......................................... $5

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

Instructor: L. Stephens.......................................... $5

People and Places – Learn about interesting people and the places where they live. From past to the future, we’ll look at the good and the things they do.

Instructor: C. Davidson......................................... $5

Science Fiction: Movies, Books and Games – If you are a science fiction fan, this class is for you! We’ll cover the classics and popular favorites from Star Trek to Star Wars and more.

Instructor: L. Stephens.......................................... $5

Science with Everyday Items – Love doing science experiments? Don’t try this at home, we’ll do it safely in class with everyday objects found around the house.

Instructor: A. Wynne.......................................... $5

Sunshine Club – This class is going to spread cheer and good will to others in need. We’ll send get-well and wishes letters and thank-you notes to people who need some relief.

Instructor: J. Copeland........................................... $5

Star Wars – Are you a Star Wars fan? Come discuss the new movies, the characters, the history and have some fun with previous episodes.

Instructor: C. Barden.......................................... $5

The World of Disney – Based on his famous films and cartoon characters, Walt Disney will take you on a journey through the worlds he created. You’ll learn all about the history of Disney and plan a fantasy trip to the magic kingdom!

Instructor: C. Davidson......................................... $5

The World of Nature – Watch videos and web cameras depicting the wonder of nature: animals, birds, volcanos and lava flows and other elements of nature. Expansion for Saturday.

Instructor: J. Copeland........................................... $5

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