

Practical Living

Healthy Living – Living a healthy life encompasses many areas: nutrition, home environment, budgeting, relationships and more. Learn to make positive choices to impact your life. *Expansion for Saturday.**

Instructor: J. Bogdan\$5

Let's Talk – The art of conversation is an important life skill. Learn how to better communicate with your peers, coworkers and families. *Expansion for Saturday.**

Instructor: J. Bogdan\$5

Relaxation 101 – 2020 was a stressful year! Learn ways to relax your mind and body through movement, meditation and mindfulness.

Instructor: C. Heigle\$5

Transportation Training – Transportation is a vital part of independence. Whether you need to get to an interview, to work or to the store, learn how to use community resources to safely get where you need to go. **Expansion for Saturday*

Instructor: H. Gibson\$10

Universal Job Skills – There are some skills which are essential for every job, no matter the field. Learning and practicing these skills will help you get and keep a job. *Expansion for Saturday.**

Instructor: J. Copenhaver\$5

Physical Conditioning

Dance Fitness – Dancing is great exercise and great FUN! Learn how to use dance as aerobic exercise.

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

Exercise Playlist – Learn how to use music to motivate your exercise! Help choose the playlist and the exercises.

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

The Arts

Animals in Art – Use our furry and feathered friends as inspiration for your art pieces.

Instructor: G. Malashock\$5

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

Instructor: G. Malashock\$5

Sewing – 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: H. Gibson\$5

Showcase Performance Classes **

#1 Hit Songs – Sing and play along to hit songs through various decades.

Instructor: G. Berry\$5

CLEAR Idol – Share your favorite songs in this karaoke style class. Perform a song at the Talent Show for your peers.

Instructor: M. McKinley\$5

Music of the Movies – Songs and background music enhance our enjoyment and help us understand what is happening on screen. What are your favorite songs from movies?

Instructor: G. Berry\$5

Online Music Activities – Explore music websites with fun and engaging activities.

Instructor: G. Berry\$5

Talent Show –IT'S BACK! Do you have a special talent to share? Take your turn in the spotlight.

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

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

Instructor: G. Berry\$5

Enrichment

Bath Bombs and Soap Making – Learn to make your own soaps and bath bombs for relaxation.

Instructor: J. Wynne\$5

Beginning Sign Language – Learn the alphabet and signs for everyday use in American Sign Language.

Instructor: C. Heigle\$5

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

Instructor: J. Wynne\$5

Dice and Card Games – Learn new games using cards and dice. Play some old favorites, too.

Instructor: J. Wynne\$5

Dude Perfect – Are you familiar with the guys from Dude Perfect? Watch videos of their trick shots, sport competitions and hijinks and learn to do some of your own!

Instructor: M. McKinley\$5

Extreme Weather – Tornados, floods and blizzards are all forms of weather to the extreme! Learn about historical weather events and how to remain safe if severe weather hits.

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

Fairy Tales – What makes a great fairy tale? Study classic stories of heroes and villains, quests and mythical creatures.

Instructor: J. Copenhaver\$5

Genealogy and Generations – From Baby Boomers to Millennials, learn about different generations across history. Learn how to research your own family history.

Instructor: M. Pearson\$5

Greatest Inventions – Learn about the most influential inventions in American history. Study the inventors behind them.

Instructor: J. Todd\$5

Kansas Wildlife – Learn about the birds, plants and animals that grow and live naturally in our State.

Instructor: H. Gibson\$5

Mysterious Wonders of the World – Dig up the facts and find the truth behind unusual and mysterious legends around the world such as the Bermuda Triangle, Stonehenge and the lost continent of Atlantis.

Instructor: J. Todd\$5

Olympic Games – Study the sports and athletes of upcoming and past Olympic games through pictures, videos and projects.

Instructor: D. Bergmann\$5

Puzzlemania – Socialize and work all types of puzzles. Jigsaw puzzles large and small, word, math and hidden-picture puzzles and a few surprises.

Instructor: J. Wynne.....\$5

Sports Talk – Are you a sports fan? Come talk about the sports you enjoy most: football, basketball, baseball and more.

Instructor: M. Pearson\$5

Spying on Nature – Wildlife cameras film nature in action. Everyday life of hummingbirds to eagles, even fish underwater can be seen live as it happens.

Instructor: J. Copenhaver\$5

US Presidents – How well do you know your presidents? Discover little known facts about our current and former leaders.

Instructor: D. Bergmann\$5

WebQuest Research – Which president had an opossum as a pet? What tree does chocolate come from? Research and improve skills through fun and interesting topics. *Expansion for Saturday.**

Instructor: J. Copenhaver\$5

Expansion for Saturday: If you enjoy a higher level of academic instruction, consider these classes. The topics are covered in more detail and reading may be required.