

# WORKSHOPS & PROGRAMS FOR ADULTS – Fall 2008

## Calendar

### Online Courses (register anytime):

Mystery Shopping  
 Bartending the Easy Way  
 Ed2Go Courses – *your choice of many!*

### September

- 8** Strength Training – Section 1 (Mons.)  
 Yoga-Lates – Section 1 (Mons.)
- 9** Belly Dancing – Section 1  
 Strength Training – Section 1 (Weds.)
- 10** Yoga-Lates – Section 1 (Weds.)
- 13** Ballroom Dance Workshop: The Salsa Dances
- 15** Beginning Piano I – Section 1  
 Yoga Dance – Section 1  
 For Goodness Sake: Hand-Tied Fleece Blankets
- 16** \*\* *The Holy Land Today: Current Issues in Israel & Palestine*  
 QuickBooks Pro 2007  
 Cake Decorating I: The Basics  
 Gentle Yoga – Section 1
- 17** First Impressions: How to Answer the Phone  
 Beginning Piano II – Section 1
- 18** Rollover IRA Planning for Job Changers & Retirees  
 Community Choir Sings "Songs of the Seasons"  
 Dancercise – Section 1  
 Yoga with JoDee – Section 1  
 Intermediate Pilates – Section 1  
 Pilates with a "Twist" – Section 1 (Thurs.)  
 For Goodness Sake: Sewing Projects
- 20** Cardio Salsa/Dance – Section 1  
 \* Zumba® Fitness – Section 1  
 Express Weight Training – Section 1  
 Chair Exercises – Section 1  
 \* Spring Bulbs  
 Women's Wisdom in Midlife: Pathways to Your Authentic Self
- 22** Developing a Photographer's Eye
- 23** \*\* *Life in Saudi Arabia*  
 \* The Basics: Waltz, Fox-Trot, & Tango  
 \* Hula / Tahitian Dance – Section 1  
 French Film: The 7<sup>th</sup> Art – Section 1  
 Cardio Kick-Boxing  
 Strength through Stretching – Section 1  
 Pilates with a "Twist" – Section 1 (Tues.)
- 24** Time Management  
 Beginning Guitar I  
 Tai Chi Chuan  
 Introduction to 3-D Beading
- 25** Survival French for Travelers
- 27** Discover Your Life Purpose  
 Gardens to Attract Birds & Butterflies  
 Birding 101  
 Portable Power Tools & Project Organization

\* *New workshop*

\*\* *Armchair Traveler Weekly Presentation*

### September (Continued)

- 29** \* East Meets "Western"  
 Basic Aikido  
 \* Techniques in Scrapbooking
- 30** \*\* *Ecuador & the Galapagos Islands*  
 Businesses You Can Run from Home  
**FREE** Tour Presentation

### October

- 1** \* How Likeable Are You Professionally?  
 Life-Enhancing Meditation: It's Not Magic, It's Energy!
- 2** Overcoming Nervousness in Public Speaking
- 4** Real Estate Investing: Working the Numbers  
 Notary Public & State-Proctored Exam  
 \* Notary Public: Test-Only Option  
 \* Introduction to the Internet & E-Mail for Adults 55+  
 Introduction to MS Word  
 \* Decoración de Pasteles: Lo Basico  
 Hypnosis Helps!  
 Conversations in Spanish  
 \* Italian for Travelers  
 Front Yard Haunting 101  
 \* Front Yard Haunting 102
- 6** Digital Photo Basics – Section 1
- 7** \*\* *Georgetown, Jamestown, & Williamsburg, Virginia*  
 Presentations Done Right  
 Tools to Start Your Home-Based Business  
 Living in the Black  
 Introduction to Watercolor Painting
- 8** Introduction to Oil Painting
- 11** Mid-Life Career Change  
 A User's Guide to Google  
 Music Reading for Total Beginners  
 Instant Piano for Busy People  
 Wine Appreciation & Enjoyment  
 Costuming for Film & Television  
 Sports Broadcasting  
 \* Meditation 101: Pathways to Inner Peace  
 \* Nightmares & Tablescapes  
 Knitting for Beginners  
 Firearm Safety for Citizens  
 Boosting Your Brain Power
- 13** \* Ace the Interview & Dress for Success  
 \* Healthy Harmonica  
 Beginning Blues Harmonica  
 \* Magic for Beginners
- 14** \*\* *What I Did Last Summer*  
 Scottish Country Dancing  
 \* Nightclub Two-Step  
 Introduction to Electric Bass  
 Advanced Royal Icing Flowers  
 Beginning Drawing  
 \* Thanksgiving Centerpiece Arrangement

## October (Continued)

- 15** \* Marketing for the Small Business Owner  
\* Intermediate Drawing
- 16** \* Introduction to Chinese Knotting
- 18** \* From Nickels and Dimes to Millions  
The Secrets Behind The Secret  
The Joys & Benefits of Volunteering  
How to Create a Basic Website  
Self-Defense for Women  
Beading for Beginners: Wire Flowers  
\* Zombie 101: Zombies Are People Too!  
Genealogy Is Family History
- 20** Blues Band 101  
Aromatherapy 101  
\* Rubber Stamping Basics
- 21** \*\* *H<sub>2</sub>O: Waters of the World*
- 23** You're On the Air: How to REALLY Make It  
in Voice-Overs
- 25** \* How to Bring Out the Best in Your People  
Investing in Real Estate  
Managing Rental Property  
Introduction to MS PowerPoint  
Fall Garden Tour of Golden Gate Park
- 27** Beginning Piano I – Section 2  
Yoga Dance – Section 2  
Boomers, Get Up & Get Active!  
    Section 1: Scuba Diving/Kayaking  
    Section 2: Classic Cars/Bicycling (On-  
    and Off-Road)  
    Combined Section – SAVE \$5  
Digital Photo Basics – Section 2
- 28** \*\* *Corvallis, Oregon*  
Gentle Yoga – Section 2
- 29** Beginning Piano II – Section 2
- 30** Dancercise – Section 2  
Yoga with JoDee – Section 2  
Intermediate Pilates – Section 2  
Pilates with a "Twist" – Section 2 (Thurs.)

## November

- 1** Making Sense of Investing  
Mobile Notary Signing Agent & Loan Document  
Training  
How to Play Boogie-Woogie Piano  
How to Play Piano by Ear  
Introduction to Television Studio Production  
Boomers, Get Up & Get Active!  
    Section 3: Hiking/Backpacking & Running  
A Hiking Primer: From Your First Steps to  
    Half Dome  
Cardio Salsa/Dance – Section 2  
\* Zumba® Fitness – Section 2  
Express Weight Training – Section 2  
Chair Exercises – Section 2  
Knitting: Beyond the Basics  
\* Pie Crusts for Sweet & Savory Fillings
- 3** Stained Glass Art I

\* *New workshop*

\*\* *Armchair Traveler Weekly Presentation*

## November (Continued)

- 4** \*\* *Peru*  
Belly Dancing – Section 2  
\* Hula / Tahitian Dance – Section 2  
\* Intermediate East Coast Swing  
French Film: The 7<sup>th</sup> Art – Section 2  
Strength through Stretching – Section 2  
Pilates with a "Twist" – Section 2 (Tues.)
- 5** Beginning Guitar II  
Strength Training – Section 2 (Weds.)  
Yoga-Lates – Section 2 (Weds.)
- 8** Relationship Marketing  
Become and Independent Home-Based Online  
    Travel Agent  
Understanding Your 401K  
Debt Freedom: The Abundant Life  
Crouching Taxes, Hidden Profits  
Management Skills  
Introduction to Medical Insurance Billing  
Introduction to MS Publisher  
Working with Windows XP  
Basic Pruning  
How to Build a Basic Birdhouse
- 10** Strength Training – Section 2 (Mons.)  
Yoga-Lates – Section 2 (Mons.)
- 11** \*\* *Ecuador*  
Customer Service = Customer Satisfaction  
Real-Life Notary Skills for Everyday Use  
Introduction to Bookkeeping  
\* Fun with Holiday Wreaths  
How to Make Photo Charm Jewelry
- 15** Advanced Medical Insurance Billing  
Starting Your Own Medical Insurance Billing  
    Business from Home  
Computer Virus Removal  
Stress Management for Work & Home  
Baking Baklava  
Bass Fishing Made Easier
- 16** Computerized Medical Insurance Billing  
Workers' Compensation & Personal Injury
- 18** \*\* *Gorge Scramble, Wet Beaver Wilderness,  
    Arizona*
- 22** \* Holiday Entertaining & Planning Essentials
- 24** Editing Your Digital Photos
- 25** \*\* *Acadian to Cajun: Nova Scotia to Louisiana*  
Creating Mosaic Art

## December

- 2** \*\* *San Francisco Botanical Gardens & Conservatory*  
\* Line Dances: Samba, Electric Slide, Etc.
- 6** Notary Public & State-Proctored Exam  
\* Notary Public: Test-Only Option  
Sensational Gift Packaging  
Advanced Pruning
- 8** Ballroom Dance Workshop: The Smooth Dances
- 13** Building Your Financial Portfolio on \$25 a Month  
    (Or Less)  
Writing & Publishing Your 1<sup>st</sup> Book (Or 7<sup>th</sup>)
- 20** Create a Holiday Garland

