



KIDACTIVE TOTS PRESCHOOL GYM

Nov 4-Dec 18 (no 11/25 & 11/27) 6 sessions Weds. OR Fridays
Program #09FG139 Wed. 11/4-12/16 @ Linton Springs Community Room
Program #09FG140 Fri. 11/6-12/18 @ Rec & Parks, Robert Moton Center
(Please see full description on previous page.)
TIME: 9:30-10:15am FEE: \$54 each
LOCATION: Choose above

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SPECIALS



BECOME THE ORGANIZED FAMILY MANAGER

Sept 9 OR Sept 23 1 session Wednesday
Program #09FG143 10am-12pm, 9/9, Robert Moton Center
Program #09FG144 7-9pm, 9/23, Westminster Sr. Center
This workshop for busy Moms will guide you in creating a Family Management Center for your busy home. This center becomes the "go to" place for any active family, and can include your calendars, schedules, quick access files (incoming and outgoing papers and communications), meal plans, cleaning schedule, home management notebook and launching pad. Learn to adapt these general ideas to your specific household needs and functions. This can be the first step in living a more organized life as you take control of your time, your calendar and the endless stream of paperwork coming and going in your home. Instructor: Cheryl Osterhouse
TIME: Choose above FEE: \$30
LOCATION: Choose above

A.H.A. HEARTSAVER FIRST AID W/CPR AND AED

September 12 1 session Saturday
Program #09FG145
This American Heart Association course teaches how to manage illness and injuries, adult/child/infant CPR, managing airway obstructions, environmental emergency recognition and treatment, and AED use for adult/child victims. Geared towards those who need formal certification in CPR and First Aid skills (lifeguard, teacher, healthcare professional, public safety official, etc.) Age 14+. Instructor: Dan Egan, AHA certified
TIME: 9am-4pm FEE: \$60
LOCATION: Robert Moton Center



BASIC COMPUTER INSTRUCTION

Sept 15-Oct 6 4 sessions Tuesdays
Program #09FG146
Learn about the basics of your computer's operating system. We will also discover shortcuts to make using your computer easier as well as exploring techniques in word processing. Instructor: Ellen Arvin
TIME: 4-6pm FEE: \$45
LOCATION: Cranberry Station Elementary School

POETRY WRITING WORKSHOP

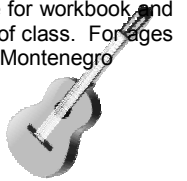
Sept 16-Oct 21 6 sessions Wednesdays
Program #09FG147
A supportive class where participants will explore aspects of craft and technique, use contemporary poems as inspiration, and discuss your poems in a writer's workshop. You can be a seasoned writer or just starting out - the group will embrace all levels. Study material included in program. Instructor: Katherine McCord
TIME: 6:30-8:30pm FEE: \$65
LOCATION: South Carroll Senior Center



GUITAR FOR HOPELESSLY BUSY ADULTS & TEENS

October 6 1 session Tuesday
Program #09FG148

Do you want to learn the guitar but simply find it difficult to find the time? In just a few short hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons! This crash course will teach you some basic chords and get you playing along with your favorite songs. Topics: how chords work in a song, tuning, basic strumming patterns, buying a good guitar, playing along with simple tunes. Bring your acoustic guitar. A \$29 materials fee for workbook and practice DVD will be due to the instructor at the beginning of class. For ages 13 to adult; visit instantguitarnow.com. Instructor: Marcos Montenegro
TIME: 6:30-9pm FEE: \$25
LOCATION: Sandymount Elementary School, cafeteria



ORGANIZING FOR THE HOLIDAYS

Oct 15 OR Oct 29 1 session Thursday
Program #09FG149 10am-12pm, 10/15, Robert Moton Center
Program #09FG150 7-9pm, 10/29, Westminster Senior Center
Does the month of December find you hurried and harried rather than joyful and jubilant? We'll help you cruise through the holidays in organized fashion as you recapture some of that energy and joy that is so often lost in the details of the days. We'll discuss time saving strategies and ways to simplify your holiday plans that you can use year after year. We will talk about expectations, gift giving, cleaning and decorating, holiday meal planning, and the creation of a wrapping center! Instructor: Cheryl Osterhouse
TIME: Choose above FEE: \$30
LOCATION: Choose above

A.H.A. BLS FOR HEALTHCARE PROVIDERS

October 24 1 session Saturday
Program #09FG151
An American Heart Association course for healthcare providers (EMS providers, doctors, dentists) who require cert. in CPR and related skills as a part of their job. Includes adult/child/infant CPR certification, breathing emergencies and airway obstructions, two-rescuer CPR, bag valve mask and barrier device use, and AED adult/child certification. Age 16+. Cert. Instr.: Dan Egan
TIME: 9am-2pm FEE: \$60
LOCATION: Robert Moton Center



DINNER IS ON THE TABLE!

Oct 27 OR Nov 10 1 session Tuesday
Program #09FG152 10am-12pm, 10/27, Robert Moton Center
Program #09FG153 7-9pm, 11/10, Westminster Senior Center
The dinner hour is fast approaching and, once again your anxiety level rises as you anticipate another trip to the grocery store or another trip through the drive through. Let this workshop help you keep your sanity through it all. Learn practical skills, tricks and techniques to meal planning, organizing your kitchen and pantry for maximum efficiency, and how to actually get those meals on the table, day by day! Instructor: Cheryl Osterhouse
TIME: Choose above FEE: \$30
LOCATION: Choose above

A.H.A. PEDIATRIC FIRST AID W/CPR

November 14 1 session Saturday
Program #09FG154
An American Heart Association class for age 14+ involved in child care or who may have reason to respond to a pediatric medical emergency due to a job requirement. The focus is response and mitigation of pediatric medical emergencies. Course topics: adult/child/infant CPR and choking, basic first aid, medical and injury emergencies, environmental emergencies. CPR with AED skills certification included. Instructor: Dan Egan, AHA certified
TIME: 9am-4pm FEE: \$60
LOCATION: Robert Moton Center

THE WAR YEARS - 1941-1945

December 7 1 session Monday
Program #09FG155
The "Greatest Generation" of Americans worked together for 4 long years to defeat tyranny and win freedom for people all across the world. We honor their sacrifice by taking time to celebrate their lives and the patriotism that led to Victory in World War II. We will remember the music, humor, rationing, sacrifices and victories. World War II veterans will be recognized as an honored guest - please call us to let us know you will be attending free of charge. Light refreshments; all ages. No early bird or senior discount.
TIME: 7-8:30pm FEE: \$5
LOCATION: Westminster Senior Center

