



HEALTH & WELLNESS

WESTMINSTER FAMILY CENTER 11 Longwell Avenue 410-751-5501

FLOW YOGA

8 sessions Saturdays
Program #09SG102 January 31-March 21
Program #09SG103 March 28-May 16

Connects movement with the breath in a series of flowing yoga postures. Through awareness and intention, we will use the flow of postures as a vehicle to enhance the body/mind/spirit connection. By moving with the breath, the mind becomes calm and the body responds by reaching deeper states of relaxation, balance and flexibility. Prior yoga experience is helpful, but not necessary; please arrive on time. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: 10-11am FEE: \$56



CARDIO CHISEL FUSION

January 27-March 20 8 sessions
Program #09SG104 Tuesdays @ 6-7am
Program #09SG105 Wednesdays 9:30-10:30am
Program #09SG106 Thursdays 6-7pm
Program #09SG107 Fridays 9:30-10:30am

A mixture of aerobic training for heart health and calorie burning, followed with a body sculpting segment. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56

STEP/CHISEL INTERVAL

January 26-March 19 8 sessions
Program #09SG108 Mondays @ 9:30-10:30am
Program #09SG109 Mondays 7-8pm
Program #09SG110 Wednesdays 6-7pm
Program #09SG111 Thursdays 6-7am

A cardiovascular workout that consists of alternating Step aerobics and resistance training to create a complete workout. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56

RIP 'N CHISEL

January 26-March 19 8 sessions
Program #09SG112 Mondays @ 6-7am
Program #09SG113 Mondays @ 6-7pm
Program #09SG114 Tuesdays @ 10-11am
Program #09SG115 Thursdays @ 10-11am

A total body sculpting class designed to contour, tone, and strengthen from head to toe. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56

CARDIO CHISEL FUSION

March 24-May 15 8 sessions
Program #09SG116 Tuesdays @ 6-7am
Program #09SG117 Wednesdays 9:30-10:30am
Program #09SG118 Thursdays 6-7pm
Program #09SG119 Fridays 9:30-10:30am

A mixture of aerobic training for heart health and calorie burning, followed with a body sculpting segment. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56

STEP/CHISEL INTERVAL

March 23-May 14 8 sessions
Program #09SG120 Mondays @ 9:30-10:30am
Program #09SG121 Mondays 7-8pm
Program #09SG122 Wednesdays 6-7pm
Program #09SG123 Thursdays 6-7am

A cardiovascular workout that consists of alternating Step aerobics and resistance training to create a complete workout. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56

RIP 'N CHISEL

March 23-May 14 8 sessions
Program #09SG124 Mondays @ 6-7am
Program #09SG125 Mondays @ 6-7pm
Program #09SG126 Tuesdays @ 10-11am
Program #09SG127 Thursdays @ 10-11am

A total body sculpting class designed to contour, tone, and strengthen from head to toe. Please stop at front desk on first day of class to check in and receive your punch card. Instructor: Staff

TIME: Choose program above FEE: \$56



HOME & GARDEN

AHHHH SPA - PAMPERING EVENING

March 11 1 session Wednesday
Program #09SG128

Treat yourself to an Herbal Facial Steam you will concoct with herbs and essential oils, especially designed for your skin type. This health and beauty evening will include a clay mask, toner and moisturizer in your treatments. Enjoy a hand soak, ending with a lemon sugar scrub for really soft hands. Share refreshments and fun. Bring a towel and hair band. A \$10 materials fee is due to instructor at beginning of class. Ages 16+. Instructor: Sharon Marie Birnie

TIME: 7-8:30pm FEE: \$20

LOCATION: Westminster High School, Room #E-125

CHAIR SEAT WEAVING

February 25-April 1 6 sessions Wednesdays
Program #09SG129

Do you love that antique caned chair? However, cannot enjoy sitting on it because it needs work. Now is the time to start enjoying it while proudly displaying your newly gained skill. Learn the art of woven cane, pressed cane, flat cane or rush. Bring your project to the first class and purchase your supplies from the instructor for less than \$20 typically. Maximum enrollment is 10. Instructor: Linda Lantz

TIME: 7-9pm FEE: \$65

LOCATION: Westminster High School, Room #E-113

HISTORY OF TEA

March 6-March 20 OR May 22-June 5 3 sessions Fridays
Program #09SG130 March 6-March 20
Program #09SG131 May 22-June 5

Come enjoy learning about the history and geography of tea and the many types of tea. During our second session enjoy a tea tasting, and on the third night finish up with a full tea party where you will enjoy a menu to include scones, tea sandwiches, fresh fruit, desserts, and, of course, tea! This program is for adults. Visit www.gypsys-tearoom.com. No early bird or senior discount. Instructor: Lora Andrews

TIME: 6-8pm FEE: \$60

LOCATION: Gypsy's Tearoom, 111 Stoner Avenue, Westminster

MASTER GARDENER SERIES: GROWING ORGANIC VEGETABLES

April 28 OR May 5 1 session Tuesday
Program #09SG132 April 28
Program #09SG133 May 5

Pick pest-free and pesticide-free produce from your very own garden by learning how to easily grow vegetables the "organic way." No early bird or senior discount. Instructor: Lou Boulmetis, Nationally Syndicated Columnist and Master Gardener

TIME: 7-8:30pm FEE: \$20

LOCATION: South Carroll Senior and Community Center





HOME & GARDEN

MASTER GARDENER SERIES:

HOW TO HAVE THE NICEST LAWN IN THE NEIGHBORHOOD

March 31 OR April 21 1 session Tuesday

Program #09SG134 March 31

Program #09SG135 April 21

Guaranteed to make your gardening experiences less time consuming, less expensive, more muscle friendly and more fun! Want to have the nicest lawn in the neighborhood? As a gardener in-the-know, Lou (nationally syndicated columnist and master gardener) knows that the best looking spring and summer lawns are prepped in the fall. In Lou's lawn care presentation, he explains why fertilizing your lawn in the fall, along with many other tips, will produce a picture-perfect lawn with less work and less money - that passers-by will covet all year long. **No early bird or senior discount.** Instructor: Lou Boulmetis



TIME: 7-8:30pm

FEE: \$20

LOCATION: South Carroll Senior and Community Center

ORGANIZING SOLUTIONS FOR YOUR HOME & FAMILY

2 sessions Thursdays

Program #09SG136 1/29-2/5, 7-9pm @ Westminster Senior Center

Program #09SG137 2/19-2/26, 9:30-11:30am @ Robert Moton Center

Program #09SG138 3/26-4/2, 7-9pm @ Westminster Senior Center

Does your home, your family, or your life feel "out of order"? Do you often feel overwhelmed in the details of life, or feel that you lack the time or energy to keep your home in order? This organizing workshop will teach you practical skills, tricks, and techniques to get your home, your family, and your life

in order. From your closets to your time, your family schedule to your photos, your paper flow to your laundry. The instructor will share her experiences as a Professional Organizer, and will encourage and motivate you in the latest trends and ideas. Instructor: Cheryl Osterhouse

TIME: Choose above FEE: \$45

LOCATION: Choose above

SMALL ENGINE REPAIR (no class 4/8, 4/15, 5/13)

March 18-May 27 8 sessions Wednesdays

Program #09SG139

BASIC Small Engine Repair - Learn the basics of small engine theory and operation including two and four stroke cycle engines, carburetion and fuel systems, ignition systems, valve jobs and complete overhauls. Class time will be equally divided between lecture and hands-on experience. Students are encouraged to bring their own engine for the last 4 weeks. Maximum enrollment is 15. Instructor: Henry Hartman

TIME: 7-9pm FEE: \$80

LOCATION: Westminster High School - AG-3

WHIPPED UP MOISTURIZER

April 2 1 session Thursday

Program #09SG140

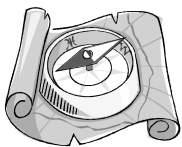
Welcome Spring!! Whip up your own cosmetic container of natural moisturizer with beeswax and pure essential oil of lavender. Learn the secret of making a healing lip balm to give to "some-bunny" you love. Herbal Indulgences...do try these at home!. Enjoy tea and cookies. A \$15 materials fee is due to instructor at beginning of class. Age 16+. Instructor: Sharon Marie Birnie

TIME: 7-8:30pm FEE: \$20

LOCATION: Westminster High School, Room #E-125

OUTDOOR FUN

BEGINNER MAP AND COMPASS



March 14 1 session Saturday

Program #09SG141

For ages 10 and up. Learn how to tell direction, how to use different types of maps, measure distances and heights, use a compass, and measure your pace for orienteering. There will be both indoor and outdoor activities. Basic math skills are required. We have compasses, or bring your own. This program will meet Cub Scout requirements.

No early bird or senior discount. Instructor: Tina Shupp

TIME: 9am-12noon FEE: \$8

LOCATION: Bear Branch Nature Center, library

EAGLE FESTIVAL TRIP TO BLACKWATER REFUGE

March 14 1 session Saturday

Program #09SG142

Join us for a memorable trip to Maryland's Eastern Shore for Blackwater National Wildlife Refuge's Annual Eagle Festival! Highlights include guided bird walks, live animal presentations and notable guest speakers. There will be ample time to explore the Visitors Center and Refuge on your own or with our group. Dress for the outdoors and bring binoculars. Fee includes van transportation and a bag lunch. Recommended for ages 14-adult. **No early bird or senior discount.** Instructor: Melissa Boyle, Hashawha

TIME: 8am-approx. 6pm FEE: \$25

LOCATION: Meet at Bear Branch Nature Center



MAPLE SUGARIN' AND CRAFT

February 28 1 session Saturday

Program #09SG143 10:30am-12noon

Program #09SG144 1:30-3pm

For all ages! (Children under 8 must be accompanied by a paying adult.) Learn all about the history of Maple Sugarin' and tree tapping. Enjoy a short hike, movie and demonstration. Take a taste test and make a spile or mukuk! **No early bird or senior discount.** Instructor: Tina Shupp

TIME: Choose above FEE: \$5

LOCATION: Bear Branch Nature Center



TAPPING MAPLES AND SAP COLLECTING

2 sessions

Program #09SG145 Fridays, February 6 & 13, 2pm

Program #09SG146 Wednesdays, February 11 & 18 @ 10:30am

Program #09SG147 Thursdays, February 19 & 26 @ 5pm

For ages 8 to adult, children accompanied by an adult.

Help us prepare for the upcoming Maple Sugarin' Festival by tapping our maple trees the first week and then coming back to collect sap the second week. Learn how and why we tap trees and about the boiling down process. Even try some real maple syrup! We will be hiking and carrying equipment so dress appropriately. Please be sure you can attend BOTH days when signing up. **No senior or early bird discount.** Instructor: Tina Shupp

TIME: Choose above FEE: \$5

LOCATION: Bear Branch Nature Center