

LEISURE ENRICHMENT PROGRAMS

Mosaic Stepping Stone

With Suzanne Bell

NEW!

Artisans around the world have been creating mosaics for hundreds of years. This beautiful craft can transfer a plain object into a colorful masterpiece. In this fun beginners workshop students will learn the ancient art of using fragments of colorful stained glass, fun tiles, and fabulous china to design a mosaic stepping stone. Mosaic artists will learn breaking methods, adhesives, tile setting, grouting, sealing techniques and individual design concepts. Each mosaic is a distinctive design: exquisite and delicate detailing adds to the charm and character of each piece. The result is a beautiful object of art; a treasured mosaic that will inspire the beauty of any garden.

Location: Carmichael Park Clubhouse

*Register at 5750 Grant Avenue

Day/Time: Monday 6-9pm

Class Fee: \$69 (+\$25 material fee payable to the instructor day of class)

Session 1: 4/14-4/21 (2 weeks)

Mixed Media Fest

With Suzanne Bell

NEW!

This class is truly a fest, an artistic celebration! Mixed media fest is packed full of sketching and painting techniques, freely exploring an array of exciting materials. Each will catapult your creativity into new and wonderful directions. Students will expand their creative knowledge while combining a multitude of mediums: charcoal, watercolor, pen & ink, pastels, and acrylics. Come join our celebration in creating unique works of art ready for showing! Art forms include: surrealism, still life, abstract and realism. All supplies provided.

Location: *Fair Oaks Arts & Crafts Bldg., 7997 California Avenue

* Register at 5750 Grant Avenue

Time: 6-9pm (2 weeks)

Fee: \$69 (+\$15 material fee payable to instructor for use of quality art supplies)

Session 1: 5/21-5/28 Wednesday

Become a State Notary Public

18 years and above

With Deidra Williams

This course is approved by the Secretary of State. It provides instruction, review and testing to become a California Notary Public. You'll learn everything you need to know to pass the State exam and easily turn being a Notary into a part-time or full-time career. Depending on enrollment, the State exam may be offered at the end of the class or the following week after the loan signing class. To take State exam, you must bring a separate check made payable to the Secretary of State for \$40.00 (no cash), an official photo ID and two #2 pencils. If you'd like to contact the instructor, please call Deidra Williams at 916-541-8048. **Register at 5750 Grant Avenue.**

Class Location: Carmichael Park, 5750 Grant Avenue

Day/Time: Saturday 8am-5pm

Class Fee: \$90 (+\$10 material fee payable to the instructor day of class) \$40 Exam Fee payable to Secretary of State

Session 1: 3/8



Clownology...The Art of Clown Make-up & Design

With Bob Hoagland

This class provides the fundamentals for refining the clown in us all! You will learn the history of clowning, types of clowns, what makes a successful clown, and various styles of clown facial make-up. Create your very own clown character and costume. You can't help but have a great time! Graduation: Egg Hunt March 22, 2008.

Class Location: *Carmichael Park

*Register at 5750 Grant Avenue.

Day/Time: Wednesday 7-9 p.m.

Fees: \$75 (+\$10 lab fee to be paid at first class) (10 weeks)

Session 1: 1/30-3/19 (+ 2 Monday classes TBA)

Ikebana...Japanese Floral Art

With Molly Kimura

Molly Kimura, who has over 35 years experience, will teach the history, philosophy, and the basic skills of the Ikenobo School of Ikebana. This school is the origin of all the Ikebana Schools of Japan. It has a history of over 500 years and teaches classical, semi-classical, and free styles in floral art.

Class Location: *Carmichael Park

*Register at 5750 Grant Avenue

Day/Time: Tues 3-5pm

Class Fee: \$75 (+\$10 material fee payable to the instructor day of class)

Session 1: 2/5, 2/19, 3/4, 3/18, 4/1, 4/15 (class dates)

What Do I Do With All This Stuff?

With The Senior Connection

Are you surrounded by clutter in your home? How do you begin to organize years of paperwork and belongings? This class with Lisa Smith-Youngs, program coordinator from The Senior Connection, will help simplify the task of sorting and disposing of clutter in your home and life.

Class Location: Carmichael Park Clubhouse

Call (916) 485-5322 to register or stop by at 5750 Grant Avenue

Time: 10am-11am

Fee: FREE

Session 1: 1/29 Tuesday

Time: 6:30-7:30pm

Fee: FREE

Session 2: 2/21 Thursday

Recreation...Life's Necessity!

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Beginning Belly Dancing

With Adriane Dellorco

Learn the beautiful art of belly dance in a fun and supportive environment! Adriane's belly dance class offers a full-body workout that tones muscle and provides one of the best low-impact aerobic workouts around. Adriane's popular belly dance classes have been featured on UPN's Good Day Sacramento and in the Sacramento Bee.

Please bring a yoga mat or towel and come ready to dance in workout clothes and bare feet. For more information, go to www.adrianedance.com.

Class Location: * Fair Oaks Clubhouse,
7997 California Avenue

* Register at 5750 Grant Avenue

Time/Days: Tuesdays 5:45-6:45pm

Fee: \$60 (6 classes)

NEW!

Session 1: 2/5-2/26

Session 2: 3/4-3/25

Session 3: 4/1-4/29

Session 4: 5/6-5/27

Intermediate Belly Dancing

Sharpen your belly dance technique and performance skills in this class for continuing belly dance students. Each six-week session focuses on a different theme, such as finger cymbals, veil, shimmies or floorwork. For more information, visit www.adrianedance.com

Location: *Old Fair Oaks Library, 4200 Temescal St., Fair Oaks

* Register at 5750 Grant Avenue

Time/Days: Tuesdays 7-8pm

Fee: \$60 (6 classes)

Truffles

With Karen Moore

Ages 12 and up

Would you like to make your very own swanky truffles? Yep, the kind you see in specialty stores for about \$3 each! Would you like to learn to make them for 35 cents each using fine Belgian chocolate that will leave everyone begging for more?!? Offered here is a two hour, hands-on, make it, take it class. You will leave class with truffle molds, recipes, and a dozen truffles you made yourself. Register one week in advance as class size is limited. Supplies available for purchase after class.

Class Location: *Carmichael Park

*Register at 5750 Grant Avenue

Day/Time: Tuesday

Class Fee: \$38 (+\$12 material fee payable to the instructor day of class)

Session 1: 1/29

7-9:15pm

Financial Fitness

With Brian Rambo, Investment Advisor

Achieve financial security through wise investing. This class covers the basics of investing, including retirement planning, stocks, bonds, mutual funds, annuities and more. Emphasis is placed on diversification and risk management. (4 weeks)

Class Location: Carmichael Park

Day/Time: Wednesday 6:30-8:30pm

Fees: \$10+ (\$10 material fee)

Session 1: 2/6-2/27

Session 2: 3/5-3/26

Session 3: 4/2-4/23

Session 4: 5/7-5/28

Beginning Stained Glass

With Phil & Hazel Teffy Ages 12 +

You will learn the techniques of cutting, soldering and using foil. Students need to purchase a "starter kit" on the first day of class. Kit includes glass cutter, safety glasses, felt tip pen, stained glass book, running pliers, combo pliers, work board, pattern shears, soldering iron and tool box.

Class location: *Rainbow Glass Inc.,
4556 Auburn Boulevard

*Register at 5750 Grant Avenue

Day/Times: Sat 10 am - 12 noon

Fee: \$60 (+\$79 starter kit)

6 weeks

Session 1: 2/9-3/15

Digital Camera Workshop

With Andy Pischalnikoff

You bought the camera; do you know how to consistently take good pictures? A fun 6-hour class to learn more about your digital cameras and taking better pictures! Please - no camcorders. Please bring:

Your digital camera, camera's manual, camera's video adapter (it has a small jack for the camera and a yellow RCA jack on the other end), and a lunch for our 1/2 hour break.

Register at 5750 Grant Avenue.

Location: Carmichael Park

Day/Time: Saturday

9:00 am - 3:30 pm

Fee: \$69 + (\$3 material fee due instructor)

Session 1: 3/8

Country Western Line Dance

With Norman Gifford

Beginning

Learn the basics needed to become a successful line dancer. No partner needed. Routines and teaching also tailored for the active senior. Get your exercise the fun way!

Class Location: Fair Oaks Clubhouse,
7997 California Ave.

Register at 5750 Grant Ave.

Days/Times: Thursday 6-7 p.m.

Fees: \$26 (4 weeks)

Session 1: 1/31-2/21

Session 2: 2/28-3/20

Session 3: 3/27-4/17

Session 4: 4/24-5/15

Intermediate

Previous dance experience required. *No partners required.*

Days/Times: Thurs. 7:30-9 p.m.

Fees: \$30 (4 weeks)

Session 1: 1/31-2/21

Session 2: 2/28-3/20

Session 3: 3/27-4/17

Session 4: 4/24-5/15

Classes continue year round!

Visit our website @
www.carmichaelpark.com